City Information
City Hall Hours:
7:30 a.m. – 6:00 p.m.  Monday – Thursday

City Council and Successor Agency to the Community Development Commission Meetings are held on the first and third Tuesday of each month. Meetings start at 7:00 p.m. and are open to the public. Agendas are available on the City’s website at www.cityoflapalma.org under Agendas and Minutes or by calling the City Clerk’s office at 714-690-3334.

Any person wishing to address the City Council on any matter, whether or not it appears on the agenda, may do so under the Public Communications portion of the agenda. Each individual is allowed five minutes to address the Council. No action will be taken on any items not on the agenda.

Development and Circulation Committee Meetings are held at 7:00 p.m. on the second Monday of February, April, June, August, October, and December.

Community Activities & Beautification Committee Meetings are held at 6:30 p.m. on the second Tuesday of every month, September – June.

All meetings are held in the City Council Chambers at City Hall, located at 7822 Walker Street.

Social Services Resources
Improving Access to Community and Social Services
2-1-1 is a free 3-digit telephone number that provides referrals for essential services, such as food, shelter, child care, services for persons with disabilities, older adults and their caregivers, and alcohol and drug services. This much-needed telephone number helps streamline the point of access for persons in need of emergency services.

Senior Information and Referral
If you or someone you know needs help, call Orange County Senior Information and Referral. This program is designed to provide seniors access to the available agencies and human services programs that can assist them with their problems, legal information, nutrition programs, and much more. Information and Referral is there to help you and to follow up, if necessary, on any contact that might be made. Call the Orange County Senior Information and Referral Office at 714-567-7500.

La Palma Meals on Wheels
La Palma’s Meals on Wheels program serves nutritionally balanced meals to residents who are physically unable to prepare their own. There are still spaces available to receive meals if you live in La Palma. For more information about the program, please call 714-690-3352.

Important Contact Information
City Hall                      .714-690-3300  
                           Administration@cityoflapalma.org       .714-690-3300  
                           CityCouncil@cityoflapalma.org
Community Development      .714-690-3340  
                           CommDev@cityoflapalma.org
Public Works/Water          .714-690-3310  
                           PublicWorks@cityoflapalma.org
Recreation                 .714-690-3350  
                           Recreation@cityoflapalma.org
Police Department          .714-690-3370  
                           Police@cityoflapalma.org

Frequently Requested Numbers
EDCO (Park) Disposal-Trash Services .714-522-3577
La Palma Intercommunity Hospital .714-670-7740
Orange County Fire Authority   .714-573-6000
Orange County Library         .714-523-8585
SEAACA (Animal Control)       .562-803-3301
Orange County Vector Control  .714-971-2421

Schools
Anaheim Union High School District .714-999-3511
J.F. Kennedy High School        .714-220-4101
Walker Junior High School       .714-220-4051
Centralia School District      .714-228-3100
Los Coyotes Elementary School  .714-228-3260
Miller Elementary School       .714-228-3270
Cypress School District        .714-220-6900
Luther Elementary School       .714-220-6918
Fullerton Union High School District .714-870-2800
Buena Park High School         .714-992-8600
Buena Park Junior High School  .714-522-8491
Buena Park School District     .714-522-8412
Corey Elementary School       .714-739-4058

La Palma City Council
Marshall Goodman, Mayor
Peter Kim, Mayor Pro Tem
Gerard Goedhart, Council Member
Nitesh Patel, Council Member
Michele Steggell, Council Member
## Calendar of Events

### May
- **7** City Council Meeting – 7:00 p.m.
- **12** Mother’s Day
- **14** Community Activities and Beautification (CAB) Committee Meeting – 6:30 p.m.
- **20-24** Bulky-Item Pick-Up / Spring Clean-Up Week
- **21** City Council Meeting – 7:00 p.m.
- **27** Memorial Day Ceremony – 9:00 a.m.
  (City Offices Closed)
- **28** Summer Day Camp Begins

### June
- **4** City Council Meeting – 7:00 p.m.
- **10** Development and Circulation Committee Meeting – 7:00 p.m.
  Camp Tiny Tots Begins
- **11** Community Activities and Beautification (CAB) Committee Meeting – 6:30 p.m.
- **14** Flag Day
- **16** Father’s Day
- **18** City Council Meeting – 7:00 p.m.
- **21** First Day of Summer
- **29** Hometown Heroes Concert – 6:00 p.m.

### July
- **2** City Council Meeting – 7:00 p.m.
- **4** Independence Day (City Offices Closed)
  39th Fitness Run For Fun – 7:30 a.m.
- **6** Concert in the Park – 6:30 p.m.
- **13** Concert in the Park – 6:30 p.m.
- **16** City Council Meeting – 7:00 p.m.
- **20** Concert in the Park – 6:30 p.m.
- **27** Concert in the Park – 6:30 p.m.

### August
- **3** Tiny Tot Registration Opens – 9:00 a.m.
  Civic Expo & National Night Out / Concert in the Park – 5:30 p.m.
- **6** City Council Meeting – 7:00 p.m.

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**For up-to-date news . . .**

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Follow us on Instagram, @CityofLaPalma
Sign-up for our weekly E-newsletter, www.CityofLaPalma.org/newsletter

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**Mosaic**

The La Palma Mosaic is your magazine; we welcome your suggestions and feedback.
If you would like to see something specific or want to include an upcoming community, school, or business event in the magazine, please contact the La Palma Mosaic Editor at recreation@cityoflapalma.org.
A Message From The City

Are you ready for Summer? The City of La Palma is—with events and activities underway and much more to come. Summertime in the City is always fun-filled and exciting!

Summer begins at the end of May for La Palma students. The City, in cooperation with the Cities of Cypress and Buena Park, offers a wide-range of recreational classes and activities. Spots fill quickly so don’t delay your registration. See the “Summer in the City” insert or activity guide on pages 13 – 23 for more information.

During Summer’s hottest days, the City of La Palma activates its Cooling Center in accordance with its Emergency Operations Plan for Extreme Heat Emergencies. The Cooling Station could be opened if the temperature in La Palma exceeds or is predicted to exceed 95°F during the day. If activated, the Cooling Station will be located at the La Palma Community Center (7821 Walker Street), which allows individuals to relax in an air-conditioned room.

In partnership with EDCO disposal services, the City has scheduled the Bulky-Item Pick-Up / Spring Clean-Up week from Monday, May 20, through Friday, May 24, 2019. This is an excellent opportunity for residents to get rid of large unwanted items free of charge. More information on Spring Clean-Up week can be found on page 8.

The City invites you to the annual Memorial Day Ceremony on May 27 at 9 a.m. in front of City Hall. This 30+ year tradition has become a signature event for La Palma and its dedicated service members, honoring the sacrifices the men and women of our Nation’s Armed Forces have made. More information is on the back cover, including information on the La Palma Military Registry.

Kicking off Concerts in the Park, the City is proud to present the Hometown Heroes Concert on Saturday, June 29 at 6 p.m. in Central Park. In its second year, this concert will commemorate members who have served in the Korean War. More information about Concerts in the Park line-up is on page 12.

Join the La Palma Fitness Run For Fun on Thursday, July 4 beginning at 7:30 a.m. in Central Park. Enjoy the small town experience while challenging yourself to either the 5K Walk, 5K Run, or 10K Run. For kids, ages 2 – 12, try the non-competitive Yankee Doodle Dash and receive a prize. Following the races, don’t forget to get a pancake breakfast served by La Palma’s Kiwanis Club and visit the Family Fun Zone. Prizes and awards will also be announced following the race at the Central Park Pavilion. You don’t want to miss this fun and thrilling event! Registration is open and available at: www.cityoflapalma.org/run. Register early and save!

Wrapping up Summer, the City of La Palma will be hosting its annual Civic Expo and National Night Out on Saturday, August 3 from 5:30 p.m. to 8:00 p.m. in Central Park. The Civic Expo is a once-a-year opportunity for residents to meet the various City Departments and Staff as well as learn about other local services available to the community. Also the final Concert in the Park of the summer will take place with activities for the whole family; this event promises to be a great time for all. As the date comes closer, more information will be publicized on the City website and social media accounts.

Summer is a great opportunity to get out and meet your neighbors, interact with the City, and of course, enjoy the outdoors in the iconic Southern California weather. We hope to see you around town this Summer!
Council Meeting Highlights

Isla Cuban Restaurant at 30 Centerpointe Drive, Suites 12 and 13, Liquor License

Isla Restaurant Inc. applied for Amendment No. 4 to Precise Plan 203 for permission to construct a new outdoor patio dining area at the Isla Cuban and Mexican Kitchen restaurant located in Centerpointe. The City Council heard their application and approved it at the December 18, 2018, Regular Meeting. The applicant agreed to the 22 conditions of approval and asked the City Council to consider their application for Conditional Use Permit 380, to serve alcohol at their restaurant, be continued to the January 15, 2019, City Council Meeting due to a schedule conflict with the Applicant’s liquor license permit specialist. The City Council received the applicant’s presentation on January 15, 2019, and approved their request to include live entertainment as an accessory use as they welcomed the new restaurant to La Palma.

Adoption of Development Standards to Multi-Family Residential (R3) Properties to which the Village Residential Overlay (VRO) has been applied

On December 18, 2018, the City of La Palma introduced Ordinance 2019-01 and on January 15, 2019, the City Council took action and approved Ordinance 2019-01 that amended Section 44-76 of the La Palma Municipal Code to provide that absent City Council approval of a tailored site design and/or development standards for a particular project application, the development standards applicable to all properties in the R-3 zone apply with equal force to all properties located in the VRO zone. In essence, this amendment prohibits by-right development of higher density projects, absent explicit City Council approval. As a result of the high density project proposal and the City having to purchase the property at 5062 La Palma Avenue designated with the VRO zoning, it became clear that the lack of clear development standards for VRO zoned properties may result in a number of negative impacts that deviate substantially from the established multiple-family residential land uses found on other R-3 and VRO zoned properties throughout the City of La Palma. In response, the City adopted Ordinance 2019-01 to amend Section 44-76 of the La Palma Municipal Code to resolve any future development issues.

Adoption of 2019 City Council Goals

The City Council held a Strategic Planning and Goal Setting Workshop on January 25, 2019, where they discussed a variety of both short term and long range issues. The priority goals were presented for the City Council’s consideration based on the January 25 meeting including negotiating a Master Developer Agreement with Eight88 Hospitality, LLC; investigating new Redevelopment rules and develop a Comprehensive Plan to improve neighborhood shopping areas; developing a Concept Plan for the Brookside Apartments complex; encourage and/or facilitate enhanced architecture design and/or niche shopping areas within current strip mall locations; developing a Business Engagement Plan through the Business Engagement Ad Hoc Committee; identify funding and phasing for construction of medians throughout the City; review funding options for the Civic Center Replacement Fund to ensure ability to rebuild in 20 years; and develop a City International Day Signature Event for April 2020. Two long term Goals were also presented, Citywide undergrounding of Utilities and construction of Water Treatment Facilities. These projects exceed $25 million and could take decades to accomplish. The goals were adopted at the February 5, 2019, Regular Meeting and will be incorporated into the City’s work plans, budget, and other processes such as labor negotiations and departmental goal setting.

Exclusive Negotiation Agreement with Eight88 Hospitality, LLC to negotiate a Master Development Agreement

At its January 25, 2019, Strategic Planning and Goal Setting Session, the City Council voted unanimously to approve and authorize the Mayor to execute an Exclusive Negotiation Agreement with Eight88 Hospitality, LLC to negotiate a Master Development Agreement for the development of property within the City located at Centerpointe. City staff was approached by developer Eight88 Hospitality, LLC (“Eight88”) regarding a proposed development. Eight88 expressed a desire to pursue a potential development by submitting an Exclusive Negotiation Agreement (ENA) to the City for review and approval. Eight88 seeks to develop and expand the current Mixed Use Business (B1) Zone and a portion of the General Industrial (GI) Zone seeking to energize the area, businesses, and residents, while creating demand generators to generate tourism and visitors to the revitalized area. The Developer indicated that the improvements could include 300 hotel rooms, 1,000 condominiums and/or apartments, 4,000 tram/trolley access parking, 2,000 onsite parking, 1 Million square feet of retail and entertainment venues with a 10,000 capacity for all venues, 8 restaurant pads, and improvements to double the capacity of the freeway on and off ramps. The agreement is for three years with two, one year extensions to allow adequate time for the City and the Developer to negotiate the various components of a Master Development Agreement (MDA) for the 114-acre site from infrastructure to entitlements. With the ENA approved, the Developer’s agents will interview current tenants of property in the site to find out their uses, lease terms, and possible future plans. They will also interview property owners to find out what their income return needs are. With this information
Council Meeting Highlights (continued)
the agents will begin investigating possible relocation properties. The Developers will then review information and look for the path to purchase the percentage of the project area that must be owned and make purchase offers, which have an 18-month life. Once the Developer’s agents have made purchase or lease agreements for relocation of tenants, the Developer will return to the City to negotiate final terms for a Master Development Agreement (MDA) or a DDA. Upon approval of the MDA or DDA, the tenants would move at the Developers’ expense and the sale of the properties would be completed. The Developers would then proceed with the same process for the balance of property to be owned or leased by Developer. Pending successful negotiations and development, the City could conservatively see revenues increase from $5.8 to $6.6 Million. These estimates are based on 500,000 square feet of entertainment and retail. The Developer indicated that the square footage will be twice that and with entertainment and other taxes, at full build-out, this estimate could double or triple.

Declaration of property at 5062 La Palma Avenue, as Surplus Property
The City Council formally declared 5062 La Palma as Surplus Property by adopting Resolution 2019-07 at the February 19, 2019, Regular Meeting. The City purchased the property located at 5062 La Palma Avenue for the amount of $1,550,000, on August 15, 2017, which included: compensation to the property owner to avoid litigation and for a full waiver and release of claims against the City; the City’s purchase of the owner’s design drawings, and engineering plans and related documents pertaining to the proposed development of the property. The purchase price was based upon an appraisal of the property with the entitlements at that time. Under the Surplus Property Land Act, Government Code Section 54200- 54232, surplus property is defined as “land owned by any agency of the state, or any local agency, that is determined to be no longer necessary for the agency’s use, except property being held by the agency for the purpose of exchange.” City staff evaluated the property for public uses, including a fire station, a park, and a dog park. The Orange County Fire Authority informed the City that the lot was too small and that they were not in a position at this time to purchase or build a new station. Uses as either a park or dog park were dismissed due to onsite parking and access concerns. Upon Council declaring the property surplus, and before it is marketed, the City will seek an appraisal to ensure the City receives fair market value. One element of the process involves providing notice to and negotiating in good faith to sell surplus property to entities that undertake affordable housing, parks, or school development. This practice is in accordance with California Government Code.

Mid-Year Operating Report and Budget Adjustments, Fiscal Year 2018-19
The City Council received a Staff presentation at the February 19, 2019, Regular Meeting regarding a snapshot of the City’s spendable fund balances as of December 31, 2018, as well as the year-to-date change in spendable fund balances. A review was presented to the City Council of the General Fund’s revenue and expenditures through the second quarter of the fiscal year (50% of the year as of December 31, 2018), including brief discussions of relevant proposed budget amendments. A detailed analysis of the proposed budget amendments was presented with direction to proceed with a proposal for a Dog Park, move forward with the Citywide Median Rehabilitation Project, review a generalized proposal for a Citywide Community Event, and to review the City’s unassigned fund balance in August or September, after the budget has been approved. The Staff recommended adjustments to the Budget were approved and are necessary to fulfill certain spending commitments or to authorize expenditures for programs or projects authorized subsequent to the adoption of the budget.

Bulgogi BBQ House Amendment No. 1 to Conditional Use Permit 358
The Bulgogi BBQ House restaurant currently operates out of 6901 Walker Street under Conditional Use Permit (CUP) 358. CUP 358 was approved on December 17, 2013, permitting the Bulgogi BBQ House Restaurant to sell beer, wine, and distilled spirits under a Type 47 Liquor License. Condition of Approval No. 27 of CUP 358 states that the Alcoholic Beverage License (Type 47) shall not be exchanged or upgraded for any other type of Alcoholic Beverage License from the State ABC without the restaurant first obtaining City Council approval of an Amendment to CUP 358. The Applicant has decided to remove distilled spirits from their beverage menu and sell beer and wine only. The Applicant has indicated there are no other changes proposed in the layout or operation at the restaurant. The City Council approved Amendment No. 1 to CUP 358 at the March 5, 2019, Regular Meeting of the City Council, allowing for Bulgogi House to remove distilled spirits from their beverage menu.

Denials of Conditional Use Permits for two Massage Facilities
In 2018 the Community Development Department conducted a series of inspections of the massage establishments within La Palma to determine compliance with Municipal Code regulations. These inspections revealed that there were a number of massage establishments that were not fully permitted and in compliance with the Municipal Code regulations. City Staff informed them that they must be brought into compliance with the Municipal Code regulations and obtain all necessary approvals, including a CUP. On
March 5, 2019, the City Council denied CUP 358 for Health and Healing Massage at 5451 La Palma Avenue. On March 19, 2019, the City Council denied CUP 382 for Venus Spa Salon at 10 Centerpointe Drive, Suite 9. Both of these denials were approved because these facilities violated Zoning Code Section 44-230(9) regarding illicit advertising and Zoning Code Section 44-232(g) regarding prohibited conduct. Venus Day Spa filed an appeal and a final decision was pending at the time of publication.

2018 Community Opinion Survey
The City Council received the 2018 Community Survey results at the March 5, 2019, Regular Meeting. The City Council approved an agreement with True North Research on October 16, 2018, to conduct a community opinion survey in order to profile residents’ needs and priorities, measure how the City is performing in meeting those needs through existing services, and gather data on a variety of quality-of-life, issues, engagement, and policy-related matters. The survey was administered in two phases using a mixed-method design and conducted in the language according to the respondent’s preference. The first phase (November 28 – December 16, 2018), used a mixed-method design, which employed multiple recruiting methods (mail, email, and telephone) and multiple ways to participate in the survey (telephone and online). A total of 336 individuals participated in the first phase resulting in a maximum statistical margin of error, due to sampling, of ±5.28% at the 95% level of confidence. The second phase (January 23 – February 17, 2019) included a mailed postcard to all households to participate in an online survey. A total of 492 individuals participated in the second phase. Although the second phase was not statistically valid, it provided valuable input on various issues. Overall, the City received high marks from its residents with 95% of respondents rating La Palma as an excellent or good place to raise a family and 91% of respondents rating the quality of life in La Palma as excellent or good. 86% of respondents were very or somewhat satisfied with the City’s efforts to provide municipal services. 87% of respondents indicated they were satisfied with the City’s efforts to communicate with residents. The survey results enable the City Council to acquire statistically valid and reliable data of residents’ opinions in order to make sound strategic decisions for the future of the La Palma community.

Walmart Shopping Center Code Enforcement
Walmart Neighborhood Market opened on May 10, 2013, and staff began fielding complaints from residents behind the store about noise from deliveries as the store transitioned from a construction site to a retail grocery. On August 6, 2013, the City Council adopted Resolution 2013-33, which established a “No Parking, Stopping, or Standing” zone between 10 p.m. – 7 a.m. behind the store. Additionally, the City adopted Resolution 2013-32 on the same date to waive building permit fees for noise attenuation improvements completed through June 2014. Resident complaints decreased after that time with occasional complaints, mostly early in the morning, to the Police Department. This pattern changed in early 2018 and on April 17, 2018, residents addressed the City Council regarding the delivery truck noise from the Walmart Center. After the City conducted noise studies, a sound report was prepared in May 2018. The results were shared with the Walmart Store Manager and in June, the Police Department increased enforcement of the City’s Noise Ordinance. In July, Staff met with Walmart affiliates, the Property Owner, and the Fire Authority to work on a resolution to address the issues after continued complaints. As a result of unanswered communication with Walmart Corporate, a final warning and demand to cease noise violations was mailed to them on October 4, 2018, and citations issued shortly thereafter. The City of La Palma sent letters to adjacent residents in July and in October updating them on the steps taken. On October 17, the City met with Walmart's attorney and learned that the company engaged a civil engineer to provide cost estimates for mitigation efforts. While the City continued to monitor violations, citations were suspended while progress was being made towards a solution. Walmart and their attorney understood the timeliness of the issue and the importance of coming to a solution quickly. Walmart presented a design to the City and proceeded to conduct a sound analysis from the properties adjacent to Walmart to determine if the proposed design would provide adequate mitigation over the holiday periods of November 2018 through January 2019. Unfortunately, the results of that analysis were not what Walmart had hoped to achieve. Walmart hired a third party noise consultant to take a fresh look at the noise issues and all potential alternatives so that the City, Walmart, and the property owners can be assured that the ultimate solution is effective and financially feasible. Based on the data received from the noise consultant, Walmart worked with an engineer on a new design. A neighborhood meeting with Walmart Corporate and City Staff occurred on March 26, 2019, where mitigation efforts and solutions were presented to adjacent residents.

Memorandum of Understanding for the North Orange County Service Planning Area

Homelessness Outreach Efforts
On March 19, 2019, the City Council approved a Memorandum of Understanding (MOU) with other North Orange County cities to combat the increasing homelessness issue. La Palma is a member of the North Service Planning Area (North SPA), a regional subsection of the County of Orange’s Continuum of Care system to address homelessness, comprised of 13 cities. The concept of the SPA allows for greater regional coordination while reducing the span of control regarding working with the County and other stakeholders. According to a 2017 Point in Time Homeless Count, approximately 4,800 people in
Orange County experienced homelessness. Of that total, approximately 2,550 of those were unsheltered on any given night and approximately 1,100 of these unsheltered individuals resided in North Orange County. In 2017 and 2018, multiple lawsuits were filed against the County of Orange and several cities related to policies and procedures impacting homeless individuals as well as related to the lack of adequate services and facilities. While La Palma was not named a defendant on the 2018 OC Catholic Worker et al case; it was named in a cross complaint filed by the City of Santa Ana that has not yet been served on the City. The North SPA began working collectively to address homelessness in the region including seeking the development of multiple shelters to provide homeless services in the region. Two locations for the development of “navigation centers” (centers) were identified – one in Buena Park and the other in Placentia. These proposed locations were selected based on a number of factors including zoning, proximity to related services, and site availability. It is the intent that the centers will be a multi-jurisdictional approach to guiding underserved residents back into society by increasing access to a shelter with basic needs, healthcare and job resources, and opportunities to reunite their families. Each center is proposed to provide 100 beds. Combined with the 325 new beds being provided in the City of Anaheim, the North SPA region will have 525 additional beds available to homeless individuals. This amount complies with the Settlement Agreements with the Cities of Anaheim and Orange in the OC Catholic Worker et al case and a pending settlement Agreement with the North SPA cities. Funding for construction and operations is expected to be from State, County, and other local funds. Cities are funding $1.2 Million of construction costs, with La Palma’s share of $23,000. Local funds needed for annual operating costs are estimated to be approximately $182,000, with La Palma’s share estimated at $4,300, however the amount could fluctuate in future years based on changes in center operating costs and the City’s use of beds in the centers. By executing the MOU, which leads to opening the two navigation centers in the north Orange County area, the cities of the North SPA believe that we will be complying with the federal mandate of the Honorable David O. Carter, United States District Court Judge, who has threatened to prohibit cities from enforcing anti-camping laws if additional shelters or alternative housing were not provided. Overall, the North SPA cities believe that both the Buena Park and Placentia Navigation Centers are part of the region’s commitment to continue to provide homeless individuals with the supportive services they need.

**Miscellaneous**
The City Council also approved a General Sewer Cleaning Maintenance Services Agreement with Empire Pipe Cleaning; approved a General Sewer Repair Services Agreement with MJC Construction; approved a Well Pump Maintenance Agreement for the Walker Well with Layne Christensen Company; approved attendance at the 2018 Cypress College Foundation Americana Awards event; approved the thirteenth Recognized Obligation Payment Schedule (ROPS 19-20) and Administrative Budget – July 1, 2019, to June 30, 2020; received and filed the Cash and Investment Report for the second quarter of fiscal year 2018-19; accepted the work and authorized the Community Services Director to file the Notice of Completion and Acceptance of Work with the Orange County Recorder for the Community Development Block Grant (CDBG) Americans with Disabilities Act (ADA) Ramp Construction Project, Phase III, City Project No. ST-352; authorized the City Manager to execute the Quote with Motorola Solutions (Spillman Technologies) for GIS Managed Services; awarded a Professional Services Agreement to AKAL Consultants for the Design Engineering Services for Orangethorpe Avenue Rehabilitation Project; approved Street Closures for 2019 City Special Events; adopted a Resolution approving the acceptance of a $1,998 Emergency Management Performance Grant (EMPG) from the California Office of Emergency Services; filed the 2018 General Plan Annual Progress Report, 2018 Housing Element Annual Progress Report, and the 2018 Housing Successor Annual Report and transmitted the reports to the State; approved an Agreement with Infrastructure Engineers to conduct and prepare the Water System Master Plan, City Project No. 18-WTR-03; and approved an Agreement with Greenfields Outdoor Fitness for the purchase and installation of exercise equipment in Central Park.
Community Information

Whittier Narrows Dam

Residents may have read an article or heard on the news about the Whittier Narrows Dam located in Pico Rivera. This dam is a flood risk management and water conservation project and is located 11 miles east of downtown Los Angeles. The Dam was constructed in 1957 to keep the San Gabriel and Rio Hondo rivers from flooding homes in a stretch of Los Angeles County from Pico Rivera to Long Beach.

The U.S. Army Corps of Engineers (USACE) who operates the Dam is proposing plans to reduce the potential for and consequences of catastrophic flooding resulting from failure of the Whittier Narrows Dam during very rare flood events. As one of the cities downstream from the Whittier Narrows Dam, the City of La Palma could be effected if the dam, channels, or levees below the dam are unable to contain waters from an exceptionally large and rare storm, which has a 1 in 900 (0.1%) chance of occurring in any given year.*

During this 1 in 900 chance rare storm, depending on the magnitude of the storm and the size of a dam breach, La Palma could see flood waters ranging anywhere from zero to eight feet.* It is important to note that a storm of this size has not been seen since before the dam’s construction. For reference, the flooding associated with Hurricane Harvey, a Category 4 hurricane, in Texas in 2017 has been estimated to be an approximate 1 in 500 (0.2%) chance of occurring in any given year.*

La Palma Flood Risk Assessment

In general, La Palma is in an area where there is a moderate to low risk of flooding due to geographic location near various creeks. The risk is reduced, but not completely removed, by the levees along Coyote Creek. The map shows the areas of La Palma that are most at risk for flooding. For example, the western part of La Palma with the grey striped lines is in an area with reduced flood risk due to levees, which indicate less than a 1% chance of annual flooding. The other areas of La Palma shaded orange have a 1 in 500 (0.2%) chance of annual flooding.

Flood Insurance Information

Under federal law, flood insurance is mandatory for all federal or federally-related financial assistance for the acquisition and/or construction of buildings, such as homes, in high-risk flood areas. Since La Palma is not in a high-risk flood area, flood insurance is not required. However, residents may want to consider purchasing flood insurance. The National Flood Insurance Program allows property owners in La Palma to purchase affordable flood insurance to protect against flood losses. For more information about flood insurance visit: www.floodsmart.gov.

For more information about the City’s Emergency Preparedness efforts or the Whittier Narrows Dam visit: www.cityoflapalma.org/180/emergencypreparedness.

* 2018 Whittier Narrows Dam Safety Modification Study

DigAlert

California didn’t always dig safely. DigAlert (Underground Service Alert of Southern California or USA/SC) was formed on September 13, 1976, in response to a tragic and deadly accident that occurred in Culver City three months prior. Since then, DigAlert has been serving nine Southern California counties (including Orange County) in efforts to ensure these preventable accidents stay prevented.

By law, anyone doing any type of digging, with power driven equipment or when a permit is required MUST contact DigAlert prior to excavation. The consequences for not doing so are not only severe but could lead to injury or loss of life.

To call in a new, renew or add/change any DigAlert ticket, please call 8-1-1. Normal hours of operation are Monday through Friday from 6 a.m. to 7 p.m. (excluding holidays). For more information please visit: www.digalert.org
Graffiti Is A Problem For Both Businesses And Residents

Graffiti is a problem for both business and residential property owners. Minimize access to your location by using fences, gates, and foliage. Be proactive by keeping your property clean and neat making sure your property has sufficient outdoor working lights.

By increasing the lighting you decrease the desirability of making your property their canvas. If your property has been vandalized by graffiti, report graffiti quickly to the La Palma Police Department and remove graffiti quickly within 72 hours. If you remove graffiti quickly, there is little chance of graffiti becoming a reoccurring problem. It is recommended to use protective coating with anti-graffiti coating when clearing graffiti. This will make it much easier to clean and will result in less damage. By making the Police and Code Enforcement Departments aware of graffiti in the area the City can create a team approach to deterring graffiti in La Palma.

Contact your La Palma Police Department at 714-690-3368 if your property has been vandalized by graffiti. Code Enforcement will then follow-up to ensure the graffiti has been removed within 72 hours by the property owner. Please contact Code Enforcement at 714-690-3342 if graffiti is still present and has not been removed.

Annual Spring Clean-Up Week

May 20 – 24, 2019

The annual Bulky-Item Pick-Up / Spring Clean-Up Week will be conducted the week of Monday, May 20 through Friday, May 24, 2019. Collection will occur on your normal trash collection day and items must be placed near the curb. While this clean-up event includes the removal of most large or bulky items, please note the following types of items can NOT be collected during this event:

- Tree branches longer than four feet (please cut them down to smaller sizes).
- Construction materials including: concrete, asphalt, dirt, rocks, sod, etc.
- Automobile-related items including: motor oil, auto parts, engines, tires, etc.
- Household hazardous waste including: all batteries, fluorescent light bulbs, paints, pesticides, etc.
- E-Waste items including: TVs, computers, monitors, VCR/DVD players, etc.

For information regarding the proper disposal of Household Hazardous Waste or E-waste items, please visit the City’s website at www.cityoflapalma.org/recycling; some of these items can be collected as part of the City’s curbside special waste collection program.

If you want to know whether a specific item can be collected as a part of the annual clean-up event or through the special waste collection program, please call Edco Park Disposal directly at 714-522-3577.
Community Spotlight

Home Spotlight

The City of La Palma would like to congratulate Phil and Audrey Hodges of 5327 Achilles Circle for winning the 2019 Summer Home Spotlight Award!

The Hodges purchased their home in 1996 and started renovation which included installation of energy efficient windows, remodeling the kitchen, and removing a wall to create an open concept, living space. The renovation continued to the exterior of the home with remodeling the front porch and renewing the landscape. Phil and Audrey said La Palma is a great City to raise their two boys, Bryan and Mitchell, who both attended La Palma schools growing up and are currently away at college.

Proud, diligent homeowners are the heart of strong, safe neighborhoods and a vibrant city. By keeping La Palma beautiful, residents like these are one of the many reasons why La Palma has been named one of the best places to live in the United States! We thank you Mr. & Mrs. Hodges for contributing!

If you’d like to nominate a home for the Home Spotlight Award, please contact 714-690-3350 or visit www.cityoflapalma.org/homespotlight

Employee Spotlight

Lori Whalen, Recreation Coordinator

Lori has been with the City of La Palma since November 2008. As a Senior Office Assistant, Lori worked as the public’s main contact for the La Palma Community Center, coordinating outdoor rentals, community events, and registrations for recreation classes. In July 2017, Lori was promoted to Recreation Coordinator. Her regular duties include working with La Palma’s contract instructors administering recreation classes; running the City’s Aquatics program; point of contact for the Community Center facility; and she is also responsible for developing and organizing the City’s special events including, the Halloween Carnival, Volunteer Recognition, and the 4th of July Fitness Run for Fun. Additionally, Lori serves as the System Administrator for ACTIVE Net, the Community Services Registration / Facility software program. Lori also oversees the Tiny Tots program, Lil Palms Sports program, and training of the Department’s part-time staff.

The best part of Lori’s position is meeting the needs of the people of La Palma and also assisting her co-workers. Over the past 10+ years, Lori has been involved with the employee appreciation committee Team Vision all but 1 year! She enjoys and loves “crafting and creating” enjoyable events for her co-workers!

Personally, Lori has three children whom she thoroughly enjoys spending time with as well as three perfect grandsons Maximillian, Harvey and William and one semi-perfect grand-dog, Leopold. When she is not traveling to San Luis Obispo (or Montana) to visit her family, she enjoys crafting on her CRICUT and planning events for her friends, family and church.

Lori is retiring this summer so that she can watch and enjoy her grandsons growing up. Lori will certainly be missed, but she will always be a member of the La Palma family!

Best wishes and happy travels in your retirement Lori!
La Palma-Cerritos Branch of the AAUW

The La Palma-Cerritos Branch of the American Association of University Women (AAUW) would like to thank its members, family, friends, community, and business associates for supporting the Branch’s fundraisers this year. Because of the generous donations received for the National AAUW Fund, Academic Achievement Awards and Scholarships, and Tech Trek Camperships, many deserving women received financial assistance, recognition and encouragement to pursue their goals.

Last year, six outstanding women students from Cerritos College received Academic Achievement Recognition and Scholarship Awards from the La Palma-Cerritos AAUW assisted by the Cerritos College Foundation. In April, Awards Committee Co-Chairs, Carol Marsh and Peggy Brutsche, nominated women students who were also recognized at the Branch’s 26th Annual Academic Achievement Recognition and Scholarship Awards Brunch.

In June 2018, the Branch sent four 7th grade students to the STEM Tech Trek Camp at Whittier College. Two students from Ross Middle School, in Artesia, and two students from Walker Jr High School, in La Palma, were selected to receive $900 per student to attend the camp. Because of donations received, the Branch is preparing to send four 7th grade students to the STEM Tech Trek Camp at Whittier College.

Our Branch is very thankful for all donations received for the Whittier College Tech Trek Camp. We are especially grateful for the following donations:

- Todd Ethington for $250, with a matching grant of $250 from his company, Raytheon of El Segundo;
- Robert D. Chatterton Jr., Certified Financial Planner, for $250 from Chatterton & Associates of Anaheim;
- Jennifer Brown, Principal of Walker Jr High School in La Palma, a personal donation of $250; and
- Ryan Anderson, Customer Care Director at the House of Imports, Mercedes Benz Dealership in Buena Park, for a donation of $950.

And a special thanks to Tobi Balma, member of the Board of Directors for AAUW CA Special Projects Fund and Assistant Director at the Tech Trek Camp.

The AAUW La Palma-Cerritos Branch invites interested persons to come to their general meetings which are held on the third Thursdays of the month from 6:30 to 8:30 p.m. at various locations. Our May meeting will be held on May 16 at Liberty Park in Cerritos, with a guest speaker from the La Palma Community Foundation. For more information about the La Palma-Cerritos AAUW, contact President Harriet Moses at 714-994-1487.

The AAUW’s goal is to advance equity for women and girls through education, research and advocacy. Membership is open to persons who have an associate, baccalaureate, or higher degree from an accredited college or university.

Help Finish the Fight Against Cancer During Relay for Life of North Orange County!

Join the American Cancer Society’s Relay for Life of North Orange County on June 1 – 2, 2019, at Buena Park Jr High School beginning at 9:00 a.m. and help finish the fight against cancer. This 24-hour event celebrates cancer survivors, remembers those we have lost and provides the community with an opportunity to unite and fight back against this disease! For more information or to join the fight against cancer visit www.relayforlife.org. Funds raised through Relay for Life support the American Cancer Society’s effort to make this cancer’s last century.
Kiwanis Club of La Palma

The final months of the school year are not just busy for the students, we in the Kiwanis Club match their pace. Over the final months of this school year we have cooked and served breakfast and dinner to students, parents, and teachers at Kennedy, Walker, Buena Terra, Miller, and Luther Schools. In addition, we went to Los Alamitos and cooked breakfast for 600 people at the opening day of their Little League season.

What’s next? On the 4th of July Kiwanis Club will be participating for the 39th year in the La Palma Fitness Run For Fun, serving a pancake breakfast to upwards of 800 participants. Throughout the Summer, we will be at the Concerts in the Park selling hot dogs and drinks. We invite you stop by and say hi, we are always seeking new members.

Kiwanis Club has also tackled a new project this spring, providing food for the newly opened food pantry at Kennedy High School in La Palma. Our members have donated hundreds of cans of single serving meals, fruit bars, soups and a student favorite, Vienna sausages.

Summers Feature: Kiwanis Club members of La Palma sponsor Key Clubs at Whitney High and Kennedy High. This article will feature the Club from Whitney High. The Whitney High Key Club membership is 200 strong with super energetic and creative students. They have helped us at many events and this year alone they have accomplished the following:

- Prepared holiday decorations for seniors at a nursing facility
- Supported 10 families from Salvation Army over the holidays
- Prepared 750+ sandwiches for a Long Beach Shelter event
- Raised over $1,000 for the United Nations International Children’s Emergency Fund (UNICEF)
- Worked up to ten hours during two Saturdays each month at HOPE food bank
- Collected toys and blankets for the Long Beach Animal Shelter

We are delighted to work with these fine young men and women and feel confident our future is secure in their hands.

Kiwanis Club of La Palma meets Thursday mornings for breakfast at 7:00 a.m. at the Community Room in the La Palma Intercommunity Hospital. Come, have breakfast, meet your neighbors, and get involved!

For more information please visit: www.kiwanis30.org/lapalma.

La Palma Toastmasters

The Power of Self Investing! Ask more of yourself and get out of your comfort zone.

By Sina Zaslowski

Have you ever been at work and been asked to stand up and introduce yourself, give a presentation, or conduct a meeting? Part of you willing to take charge and be seen while the other part of you was overtaken by fear and either passed on the opportunity or fumbled over your words when all eyes were on you? Well, you are not alone. The good news is that Toastmasters International Pathways Program is available to everyone seeking personal growth. La Palma Toastmasters, a local club of the Toastmaster International, is where one can begin their journey on developing their communication skills and becoming a confident leader—all while surrounded by a supportive group of fellow members.

Investing in yourself will not just boost your confidence at the workplace, it will carry over into every aspect of your life. We are constantly meeting new people and taking on new challenges.

Why not put your best foot forward? Throughout the program, you will be inspired by peers from your community of like-minded individuals who share the passion of wanting to be the best that they can possibly be, all while in a positive learning environment.

Everyone is welcome to come and observe for themselves. Whatever your reason for coming, personal or professional, the La Palma Toastmasters Club will be able to guide you toward your personal goals, supporting and cheering you along your journey.

La Palma Toastmasters Club is open to the public over 18 years of age. Club meetings are held at The Sunrise of La Palma (5321 La Palma Ave., La Palma), every Wednesday 6:30 p.m. – 7:30 p.m. Guests are always welcome! Please call 714-521-8395 or send an email to kkrishna@aol.com for any questions you may have. Also, visit: www.LaPalmaToastmasters.org.
The Foundation of John F. Kennedy High School is dedicated to raising funds for scholarships from private, civic, and corporate sectors. Scholarships are granted to graduating JFK students, providing them the opportunity to continue their education at a college or professional/trade school level.

On April 28, the Foundation completed its 23rd Annual Dinner and Silent Auction at the Knott’s Berry Farm Resort Hotel to support scholarships for JFK High School’s Seniors. During the dinner the Scholarship recipients were recognized and money was raised to fund future scholarships. Since its inception in 1995 the Foundation has awarded scholarships in 15 different categories to 240 students with a total sum of $159,500. The proud recipients for 2018-19 school year are as follows:

1. General Scholarship for $1,500 – Sungmin (Gloria) Chang, Sarah Ito, Ashley Kuwahara, Jennifer Lim and Gabriel Trejo
2. April Pflug Memorial for $500 – Leiton Pinto
3. Duke DeKovner Memorial for $500 – Jessica Pham
4. John Alvis Memorial (Teaching) for $500 – Angela Park
5. Aragona Family (JROTC) for $1,000 – Euri Lee
6. La Palma Community Foundation (Public Service) for $500 – Hanbi (Mary) Kim
7. La Palma Intercommunity Hospital (Healthcare) for $500 – Natalie Thach
8. Eva Lutz Memorial (Fine & Performing Arts) for $500 – Kayla Tran
9. Neighborhood Watch (Community Volunteerism) for $500 – Christine Nguyen
10. Chris O’Neal Memorial (Community Volunteerism) for $2,000 – Daytonkhoa Ly
11. Nitesh & Niti Patel (Volunteerism) for $250 – Rachel Chow
12. Michele Steggell & Mark1 Real Estate (No Family Grad. from College) for $500 – Grace Lim
13. Glenn Taylor Memorial (Teaching) for $500 – Ariana Betts
14. Bob Van Herk Memorial (Soccer) for $500 – Natalie Verde
15. Donald Widen Memorial (Math & Science) for $1,000 – Anh Tran

The Foundation congratulates the winners and wishes them the best of luck in the fall of 2019 when they embark on a new chapter in their lives.

The Foundation accepts donations for both unrestricted and designated scholarships. Funds are placed in investments and only the earnings are used to fund the scholarships. Donors may be involved in establishing the criteria for designated scholarships and the Foundation will assist in the selection process. To find out more about the John F. Kennedy High School Scholarship Foundation please go to our website at: www.jfkscholarshipfoundation.org.
Early Childhood

Dance

Classic Princess Ballet
Age: 4 – 5 yrs.
Enjoy your favorite classic princess songs and stories in this special edition of Princess Ballet! Young dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and old-time fantasy. Princess Ballerinas will use props, wear princess tutus and dance to songs from their favorite classic princesses. Class also promotes listening skills, coordination, balance and musicality. Please contact OC Dance for more info: info@ocdanceproductions.com. Nominal costume fee applies. A material fee of $5 is due to the instructor on the first day of class.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Instructor Code: 8653
Location: Cypress CC
Date: 6/17-7/29
Time: 4:20-5:05 p.m.
Fee/Weeks: $84/7

Classic Beginning Ballet
Age: 4 – 6 yrs.
Beginning dancers focus on terminology, positions, and movements with emphasis on self-discipline, alignment, and poise through barre and center throughout the floor work in this structured class. Wear leotard, tights and ballet shoes. Suitable for those continuing from tot ballet class, have had little dance experience, or are new to ballet but wanting to explore the disciplined art form. Please contact OC Dance for more info: info@ocdanceproductions.com.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Instructor Code: 8648
Location: Cypress CC
Date: 6/17-7/29
Time: 3:30-4:15 p.m.
Fee/Weeks: $84/7

Butterfly Ballerinas
Age: 4 – 6 yrs.
Transform into a magical butterfly and float across the floor with beginning ballet movements and an introduction to ballet terminology. Instruction includes practice at the barre, traveling across the floor, and choreography. Performance for parents on the last day. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Instructor Code: 8653
Location: Cypress CC
Date: 6/17-7/29
Time: 4:20-5:05 p.m.
Fee/Weeks: $84/7

“Aladdin” Princess Ballet
Age: 3 – 5 yrs.
Take a magic carpet ride into the life of a Desert Princess! Your little ballerina will enter a whole new world of magic and imagination in this special edition Princess Ballet class. Dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and fantasy. Dancers will use props, hear stories from “Aladdin”, and dance to songs from the movie and other princess favorites. Ballet shoes required. A material fee of $5 is due to instructor on the first day of class. Please contact OC Dance for more info: info@ocdanceproductions.com.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Instructor Code: 8650
Location: Cypress CC
Date: 6/18-7/30
Time: 3:30-4:15 p.m.
Fee/Weeks: $84/7

Hip Hop Tumble
Age: 3 – 6 yrs.
Dancers train in beginning jazz, hip-hop, and basic tumbling which are incorporated in dance combinations. Perform for family and friends on the last day of class. Suitable for boys and girls. Sneakers or dance shoes are required. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Instructor Code: 8654
Location: Cypress CC
Date: 6/18-7/30
Time: 4:15-5:00 p.m.
Fee/Weeks: $84/7

All-in-One Dance Level I
Age: 4 – 5 yrs.
Dancers will learn the basic fundamentals in ballet, jazz, tumbling, and hip hop. Class promotes balance, coordination, rhythm, listening skills, and imagination through creative movement exercises. Suitable for boys and girls. Dance shoes required. Recommended to complete Level I or have previous dance experience before Level II. Choreography performed for the parents on the last day of class. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Instructor Code: 8651
Location: Cypress CC
Date: 6/17-7/29
Time: 5:10-5:55 p.m.
Fee/Weeks: $84/7

Hip Hop Funky Jazz
Age: 4 – 7 yrs.
Dancers train with a mix of hip hop and funky jazz movements thus creating a fun, energetic foundation for both genres of dance. Class develops awareness for personal technique and emphasis on coordination, rhythm, creativity and individuality. Class promotes strength, flexibility, confidence and even sports ability. Appropriate for all levels. Sneakers required. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Instructor Code: 8656
Location: Cypress CC
Date: 6/18-7/30
Time: 5:30-6:35 p.m.
Fee/Weeks: $84/7
All-in-One Dance Level II
Age: 5 – 8 yrs.
For those continuing from Level I or who are new to dance between ages 5 – 8. Dancers will learn the basic fundamentals in ballet, jazz, tumbling, and hip hop. Class promotes balance, coordination, rhythm, listening skills, and imagination through creative movement exercises. Choreography performed for the parents on the last day of class. Suitable for boys and girls. Dance shoes required. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Location: Cypress CC
Code Days Dates Time Fee/Weeks
8652 M 6/17-7/29 6:05-6:50 p.m. $84/7

Pop Star Hip Hop
Age: 5 – 9 yrs.
Dancers learn lyrics and hip hop/jazz choreography to kids’ favorite artists of 2019 including, but not limited to, Taylor Swift, Selena Gomez, and Alessia Cara. Dancers will learn how to make their own pop star dances at home and about stage presence and performance skills that will improve confidence and improvisation. All dance choreography is clean, fun and age appropriate. Sneakers or jazz shoes required. Please contact OC Dance for more info: info@ocdanceproductions.com.
This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.
Instructor: OC Dance Productions
Location: Cypress CC
Code Days Dates Time Fee/Weeks
8655 T 6/18-7/30 6:50-7:35 p.m. $84/7

Music/Art
Zumbini
Age: 0 – 4 yrs.
Zumbini classes celebrate the power of music to enhance our lives, stimulate learning, inspire dance and movement, and strengthen the bond between caregiver and child. All levels of participation are welcome in this music and movement program. A free Zumbini Bundle (songbook and 2 CDs) are provided to promote ongoing learning of the child away from class. Caregiver with the child is included in the class fee and must be present in each Zumbini class.
Instructor: C. Campagna
Location: Sago Palm Room/King Palm Room
Code Days Dates Time Fee/Weeks
8805 F 6/7-6/28 2:30-3:15 p.m. $75/4
8806 F 7/5-7/26 2:30-3:15 p.m. $75/4

Art Innovator’s Preschool
Age: 3 ½ – 5 yrs.
Unleash your little one’s power to create and innovate! Learning to draw on their own not only refines their fine motor skills but boosts their confidence like never before! Students explore various subjects and fun art media each class. There is a $5 material fee payable to the instructor at the first class meeting.
This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Recreation Center.
Instructor: Certified Art Innovators Instructor
Location: Ehlers Recreation Center
Code Days Dates Time Fee/Weeks
8618 T 6/4-6/25 2:00-2:45 p.m. $52/4
8619 T 7/2-7/30 2:00-2:45 p.m. $60/5

Swimming Safety and Beginning Swim Lessons for Children
Age: 6 mos. – 8 yrs.
A fun and safe way to make a splash! Participants will gain lifelong confidence in and out of the water. Classes are taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. Classes teach basic water skills. Due to pool size restrictions, all levels are designed for the non-swimming student. Registration forms are available at the Community Services Office in Central Park or Register online.

Fitness
Lil’ Palms Baseball
Age: 4 – 7 yrs.
As an introductory class, Lil’ Palms strongly encourages health and wellness through teaching the fundamental skills of baseball, emphasizing teamwork, and creating positive memories in a safe and caring environment. Each player will receive a certificate of participation and the conclusion of the session.
Instructor: La Palma Staff
Location: Central Park
Code Days Dates Time Fee/Weeks
8827 T 5/7-5/28 5:00-6:00 p.m. $45/4
8828 T 6/4-6/25 5:00-6:00 p.m. $45/4

WIN Sports Summer Academy
Age: 6 – 8 yrs.
Cool down with a game of fun and competitive basketball as Coach Don and his staff show you fundamental components of the game. Each session begins with a skills warm-up and shooting drills, and ends with team play. If you’re looking to develop more skills or just have some fun, sign up today! A $10 material fee is due to the instructor the first day of class. Snacks and water provided by instructor.
Instructor: D. Moser, TripleThreat Basketball Academy
Location: Central Park
Code Days Dates Time Fee/Weeks
8790 W 5/1-5/22 5:00-6:00 p.m. $45/4
8791 W 6/4-6/25 5:00-6:00 p.m. $45/4
8792 W 7/10-7/31 5:00-6:00 p.m. $45/4
Anaheim Ice Parent & Me Skating
Age: 3 – 5 yrs.
What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. The fee includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.
This class is located at Anaheim ICE.
Instructor: Anaheim ICE Staff  Location: Anaheim ICE

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*No class 7/6

Anaheim Ice Skating for Tots
Age: 3 – 5 yrs.
Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Class includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.
This class is located at Anaheim ICE.
Instructor: Anaheim ICE Staff  Location: Anaheim ICE

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*No class 7/6

Educational

The Beauty and Art of Numbers
Age: 8+ yrs.
Yes, it’s possible to have fun with addition, subtraction, multiplication and division without the struggle! Did you know numbers have special shapes and patterns? We will explore those shapes and patterns and how to use them, which allows us to excel at computing equations quickly, easily and accurately!
Instructor: M. McGlasson  Location: Fan Palm

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Handwriting
Age: 8+ yrs.
Fascinating new research points out the value and benefits of cursive writing. It trains the brain to integrate visual and tactile information and fine motor dexterity, helps to improve reading comprehension with higher rates of retention, and allows students to write more words quickly and express more ideas. Using a psycho-motor approach, this class is a fun way to learn handwriting and also allows your child a creative opportunity for self-expression.
Instructor: M. McGlasson  Location: Fan Palm

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Math Workshop for 3rd to 8th Graders
Age: 8 – 13 yrs.
This is a great refresher course for students who want to brush up on their Math skills. Experience a new approach to math problem solving and hands-on practice for 3rd – 8th grade students. Whether your student needs help with homework assistance or wants to prepare for a test, AGI is here to help. The program not only helps with individual improvement but will also help your student manage overall success in school. A $10 materials fee is due to instructor at the first class meeting.
This class is co-sponsored with the City of Buena Park and will be held at the Buena Park Community Center.
Instructor: AGI  Location: Buena Park CC

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*No Class 7/4

Intro to Typing, Word and PowerPoint
Age: 10+ yrs.
Develop your basic typing skills and prepare for many years of future usage. Let AGI introduce you to Microsoft Word for writing reports, homework or basic communication. Hands on exercises are provided with the opportunity to make a flyer and turn out an awesome slide show presentation by using PowerPoint. Come to sharpen your skills to get a head start in school or at work. A $10 materials fee is due to instructor on the first class meeting.
This class is co-sponsored with the City of Buena Park and will be held at the Buena Park Community Center.
Instructor: AGI  Location: Buena Park CC

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*No Class 7/4

Practical Chess
Age: 8+ yrs.
Play Chess! Your brain needs exercise too. Every Friday night chess tournaments are held that are officially rated by the US Chess Federation. For more information about the La Palma Chess Club and the tournaments, go to their website at www.lapalmachess.com. Players should bring their own chess clocks.
Instructor: La Palma Chess Club  Location: Sago Palm/Pygmy Palm Room

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Math Competition Prep Class
Age: 3rd – 6th grade
Become a confident competitor in math tests such as AMC and Math Kangaroo! Go beyond school mathematics and learn how to apply problem-solving, creativity, and logic skills to solve challenging problems. This class offers a great environment for those seeking to improve their math skills. Each week, students are taught how to approach competition-style math problems to improve their skills and attain mastery. Space is limited!
Instructor: Young Leaders of Orange County
Location: Sago Palm

Music/Art

Art Innovators
Age: 5 – 11 yrs.
Learn to draw with Art Innovators! Students will build their own portfolio with the masterpieces they create each week. We will explore a variety of subjects and media including watercolor, professional markers, pastels and more. Come build confidence, creative thinking, and problem-solving skills by engaging the imagination in a new way! If you can dream, you can draw! We never repeat! A $10 material fee is payable to the instructor at the first class.
This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Recreation Center.
Instructor: Certified Art Innovators
Location: Ehlers Recreation Center

Fine Arts Club
Age: 8+ yrs.
Through fine arts activities we discover our creative potential and come to realize it’s the energy that allows us to view life as an opportunity for exploration and expanding sense of self. Students will be given the opportunity to explore materials and techniques to develop their skills to transpose their mental images into tangible visual statements. A materials list will be available at the first class meeting.
Instructor: M. McGlasson
Location: Fan Palm

Fitness

WIN Sports Summer Academy
Age: 6 – 8 yrs.
Cool down with a game of fun and competitive basketball as Coach Don and his staff show you fundamental components of the game. Each session begins with a skills warm-up and shooting drills, and ends with team play. If you’re looking to develop more skills or just have some fun, sign up today! A $10 material fee is due to the instructor on the first day of class. Snacks and water provided by instructor.
Instructor: D. Moser, TripleThreat Basketball Academy
Location: Central Park

Zumba Kids Jr. & Youth
Age: 4 – 16 yrs.
Join in the cutting edge fun, high-energy packed Zumba party! Zumba Kids, Jr. is especially choreographed with kid-friendly routines. Boys and girls will increase their focus and self-confidence, boost metabolism, enhance coordination, and improve their overall health and well-being.
Instructor: C. Campana
Location: Sago Palm
Aikido for Kids
Age: 5 – 12 yrs.
Aikido is a noncompetitive, non-violent martial art with the goal of developing both mind and body. Aikido helps children gain confidence through self-defense techniques while also increasing their flexibility and fitness. Each class starts with stretching, rolling and learning to fall safely. Basic movements in joint-lock and throwing techniques are taught step-by-step, ensuring that students learn in a simple and clear methodology. Children who qualify may test for ranks designed to prepare them for transition into the Aikido Association of America. Additional fee required for testing. Wear loose fitting sports clothing that cover knees, or a karate or judo uniform with a white belt.

This class is co-sponsored with Buena Park Recreation and will be held at Ehlers Recreation Center.

Instructor: O. Rosenthal  Location: Ehlers Recreation Center

Code  Days  Dates  Time  Fee/Weeks
8661  M/W/TH  6/3-7/18*  5:30-6:30 p.m.  $90/7
8662  M/W/TH  7/22-9/5  5:30-6:30 p.m.  $90/7

*No Class 7/4, 9/2

Traditional Martial Arts
Age: 5+ yrs.
This program features a variety of traditional oriental martial arts, emphasizing modern training methods and focusing on personal growth. Students improve physical fitness, increased mental discipline, reduce stress, and get a positive attitude. Our instructors are certified by Kukkiwon and are experienced in both traditional martial arts and sports training systems.

There are three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the Beginner course or, if you have previous experience, discuss proper placement with the Senior Instructor before enrolling. This is a continuing program, and students may enroll in as many additional continuing sessions as desired without a contract.

A special weekly package is available for the most dedicated students at a discounted fee, this includes Saturday classes [Beginner, Intermediate, or Advanced] in addition to supplemental classes on Tuesdays and Thursdays. Additionally, there is a session discount for continuing students who wish to sign up for all of the classes offered during any one quarter.

New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for a cost of $45. Advanced students and instructors may wear their own authorized uniforms. Additional equipment can also be purchased as needed.

Instructor: L. Amsell  Location: Pygmy/Sago Palm

Code  Days  Dates  Time  Fee/Weeks
BEGINNER
8626  SAT  5/4-5/25  9:00-10:00 a.m.  $45/4
8627  SAT  6/1-6/29  9:00-10:00 a.m.  $45/5
8628  SAT  7/6-7/27  9:00-10:00 a.m.  $45/4
8629  SAT  5/4-7/27  9:00-10:00 a.m.  $115/13
INTERMEDIATE
8630  SAT  5/4-5/25  10:00-11:30 a.m.  $45/4
8631  SAT  6/1-6/29  10:00-11:30 a.m.  $45/5
8632  SAT  7/6-7/27  10:00-11:30 a.m.  $45/4
8633  SAT  5/4-7/27  10:00-11:30 a.m.  $115/13
ADVANCED
8622  SAT  5/4-5/25  11:30-1:00 p.m.  $45/4
8623  SAT  6/1-6/29  11:30-1:00 p.m.  $45/5
8624  SAT  7/6-7/27  11:30-1:00 p.m.  $45/4
8625  SAT  5/4-7/27  11:30-1:00 p.m.  $115/13
WEEKLY MARTIAL ARTS
8634  T/TH  5/2-5/30  5:00-6:00 p.m.  $70/4
8635  T/TH  6/1-6/29  5:00-6:00 p.m.  $70/4
8636  T/TH  7/1-7/30*  5:00-6:00 p.m.  $70/5
8637  T/TH  5/2-7/30*  5:00-6:00 p.m.  $180/13

*No Class 7/4

Anaheim Ice Skating:
Youth–Beginning
Age: 6 – 16 yrs.
Have fun at Anaheim ICE! Beginning ice skating made fun and easy! Learn how to skate across the ice, glide on one foot, turn, stop and more. The fee includes skate rentals, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class is located at Anaheim ICE.

Instructor: Anaheim ICE Staff  Location: Anaheim ICE

Code  Days  Dates  Time  Fee/Weeks
8749  TH  6/13-7/11*  5:00-5:30 p.m.  $49/4
8750  SAT  6/15-7/13*  12:15-12:45 p.m.  $49/4

*No class 7/4, 7/6
Intermediate Volleyball
Age: 11 – 14 yrs.
PASS, SET, HIT! Volleyball is back and better than ever! We take the science of learning and combine it with the art of coaching to help maximize your child’s development in the fundamental skills of volleyball. This course is tailored to youth with more volleyball experience. Ball will be standard weight and come at faster speeds in a more random nature. We strive to create a growth experience.
This class is co-sponsored with the City of Buena Park and will be held in Buena Park.
Instructor: West Grove Volleyball
Location: Buena Park Junior High Gym

Tennis
Age: 7 – 14 yrs.
It’s time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting, all while instilling good sportsmanship. Bring your own racket and $15 supply fee to the first class. This supply fee covers the cost of balls and session awards to the top player in each class.

LEVEL #1: Player is just beginning to play or has had minimal lessons. At this level you will learn the basics of tennis.
LEVEL #2: Advanced beginning players should be able to hit the ball over the net with some success. At this level, players will begin to work on spins, placement and footwork.
LEVEL #3/ACADEMY: Intermediate players should be able to place their strokes and volleys. They are in the process of learning serves and match play.

Instructor: B. Yuen, McConnell Sports Staff [Thursday class]
Instructor: J. McConnell, McConnell Sports Staff [Saturday class]
Location: Tennis Courts

Private Tennis Lessons
Available through McConnell Sports. Contact Coach Josef McConnell at 562-708-0427 to schedule lesson time and then contact Recreation to register and make payment for the lessons.

Fitness

Aikido—A Different Martial Art
Age: 13+ yrs.
Unlike martial arts that teach how to fight, Aikido trains in how NOT to fight. This is a martial art that emphasizes resolution rather than confrontation. Techniques are based on flowing with the attack and dissipating aggression.
BEGINNING AIKIDO: Students are taught the basics of Japanese etiquette and self-defense. Qualified students may test for their first rank in the Aikido Association of America. Wear loose fitting sports clothing (no shorts) or a training uniform with a white belt.
INTERMEDIATE/ADVANCED AIKIDO: Requires prior attendance in the Beginning Aikido class and/or instructor approval. Training focuses on the next 6 levels towards black belt. Black belt degrees awarded through the International HQ in Japan.
This class is co-sponsored with Buena Park Recreation and will be held at Ehlers Recreation Center.

Instructor: J. Nakayama
Location: Ehlers Recreation Center

Power Tae Fitness
Age: 13+ yrs.
Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, cardio, boxing and cardio-weight movements done to high energy up beat music. Add this fun class to your weekly routine to see the results you’ve been looking for. If you like Tae Bo, you’ll love this class. Please visit their website for more information: www.jgparksmauralarts.com
This class is located at the U.S. Taekwondo Academy.

Instructor: C. Markopolos
Location: Lakewood Taekwondo Academy
**POP Pilates**

**Age:** 16+ yrs.

POP Pilates is an incredible fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. This intense, mat based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you’ve never seen before! Modifications are provided in class to meet every level of fitness. Please bring your mat to class and don’t forget your water bottle!

Instructor: C. Campana  
Location: Sago Palm

**Code** | **Days** | **Dates** | **Time** | **Fee/Weeks**
---|---|---|---|---
8801 | F | 6/7-6/28 | 4:50-5:40 p.m. | $55/4
8804 | F | 7/5-7/26 | 4:50-5:40 p.m. | $55/4

**Power Barre**

**Age:** 13+ yrs.

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos: the faster intervals burn fat, the same motions at a slower pace builds lean muscle. The method is influenced by classical dance (though this is not a dance class), but it will give you a dancers body. A bar is used to achieve optimum positions, and 1-2 pound weights for the arms, along with an 8 inch soft ab ball which will give your abs the shape you desire. Master Cynthia has helped countless participants reshape their bodies. Go to their website for more information at [www.jgparksmartialarts.com](http://www.jgparksmartialarts.com).

This class is located at the U.S. Taekwondo Academy.

Instructor: C. Markopulos  
Location: Lakewood Taekwondo Academy

**Code** | **Days** | **Dates** | **Time** | **Fee/Weeks**
---|---|---|---|---
8666 | M/TH | 5/25-7/5* | 7:10-8:00 p.m. | $65/5
8667 | M/TH | 6/2-6/27 | 7:10-8:00 p.m. | $65/4
8668 | M/TH | 7/1-7/29* | 7:10-8:00 p.m. | $65/5

**Tai Chi Chuan**

**Age:** 13+ yrs.

Tai Chi is one of the most popular forms of internal exercise practiced all over the world. It is a soft and smooth form also known as "a moving meditation". Tai Chi is safe, easy to learn, sweat-free and improves your physical condition, muscle strength, coordination, flexibility, and balance. Wear comfortable clothes.

This class is co-sponsored with the City of Buena Park and all classes are held at Ehlers Recreation Center.

Instructor: O. Rosenthal  
Location: Ehlers Community Center

**Code** | **Days** | **Dates** | **Time** | **Fee/Weeks**
---|---|---|---|---
8702 | T | 6/4-7/16 | 6:00-7:00 p.m. | $35/7
8703 | T | 7/23-9/3 | 6:00-7:00 p.m. | $35/7

**Stretching & Relaxation**

**Age:** 13+ yrs.

Stretching and relaxation can improve posture, flexibility and range of motion; ease back pain; relieve stress; promote blood circulation; and help you sleep better. This class offers you a chance to spend an hour releasing tension physically and mentally. Bring a yoga mat and wear comfortable clothing.

This class is co-sponsored with the City of Buena Park and all classes are held at Ehlers Recreation Center.

Instructor: O. Rosenthal  
Location: Ehlers Community Center

**Code** | **Days** | **Dates** | **Time** | **Fee/Weeks**
---|---|---|---|---
8704 | T | 6/4-7/16 | 7:00-8:00 p.m. | $35/7
8705 | T | 7/23-9/3 | 7:00-8:00 p.m. | $35/7

**Intro to Japanese Swordsmanship**

**Age:** 13+ yrs.

Iaido is the study of Japanese sword forms. This class focuses on the basics of both contemporary and traditional forms. Students use an iaito (unsharpened sword - must be approved by Instructor) or bokken (wooden sword) Swords are provided for beginners. Wear loose fitting sports clothing, or a training uniform. Zazen (sitting meditation) is optional for students from 9:00-9:30 a.m. on Saturdays only.

This class is co-sponsored with Buena Park Recreation and will be held at Ehlers Recreation Center.

Instructor: J. Nakayama  
Location: Ehlers Recreation Center

**Code** | **Days** | **Dates** | **Time** | **Fee/Weeks**
---|---|---|---|---
8657 | W | 6/5-7/20 | 7:30-8:30 p.m. | $60/7
SAT | 8:00-9:30 a.m. | 8658 | W | 7/24-9/7 | 7:30-8:30 p.m. | $60/7
SAT | 8:00-9:30 a.m. |

**Aerobic Dancing**

**Age:** 16+ yrs.

Aerobics – The exercise program to enjoy for life! Do you love to dance? If so, Jackie Sorensen's Aerobic Dancing is a fun fitness program for you! This original fitness program is designed to provide a heart pumping cardiovascular and muscular workout through choreographed dances. The program includes warm-up, cool-down dances, abdominal work, aerobic dances and the Vertifirm concept. Vertifirm (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing; good jogging or cross-training shoes and bring a towel or mat. The Monday, Wednesday and Saturday "Pay As You Go" class fee is $6 per class.

NOTE: Aerobic Dancing is a fitness sport which requires progressive instruction. Therefore, we cannot accept new students after the first week of class.

Instructor: K. Phelps  
Location: Royal Palm

**Code** | **Days** | **Dates** | **Time** | **Fee/Weeks**
---|---|---|---|---
8706 | M/W | 6/17-9/4* | 5:45-6:45 p.m. | $105/12
Pay as you go  
SAT | 6/22-9/7* | 8:30-9:45 a.m. | $7/1 day
Pay as you go  
M/W | 6/17-9/4* | 5:45-6:45 p.m. | $7/1 day
*No class on 7/3, 8/14, 8/31, 9/2
Teen Summer Activities

**Skate Night**
- Friday, May 10 from 6:00 p.m. – 8:00 p.m.
- Veterans Park (4554 Avenida Granada, Cypress)
- Free

Skaters! Come show us your moves and check out some cool tricks demonstrated by Furnace at the annual Skate Night! This event is sponsored by Furnace and is free. Veterans Park is located in Cypress.

**Hollywood Teen Dance**
- Saturday, May 18 from 6:00 p.m. to 9:00 p.m.
- La Palma Community Center (7821 Walker Street, La Palma)
- $10 (7th & 8th grade students ONLY with valid school I.D.)

It’s time to “CLOSE THE CURTAIN” to the school year and say “ACTION” to summer vacation! This will be the last dance of the school year, don’t miss it! The dance is for 7th and 8th grade students only and they must have a valid school identification card or must be a La Palma or Cypress resident to be able to purchase a dance ticket along with entering the dance.

Cities of La Palma & Cypress Youth Action Committee
The City appointed Youth Action Committee works with conjunction with the City of La Palma and outside groups for the benefit of the community and its youth. We are looking for high school students who want to promote and be involved in City programs and teen events. Pick up an application at the La Palma Community Center or on the City’s website at: www.cityoflapalma.org. Applications are available Monday, May 6, 2019, and due Friday, July 26, 2019, by 5:00 p.m. to the La Palma Community Center.

In order to be considered for the Youth Action Committee you must meet the following requirements:

1. Be a resident of the City of La Palma or Cypress, in high school and not older than 18 years of age.
2. Be able to attend committee meetings and activities that require a minimum of two to six hours a month.
3. Require to volunteer a minimum of 45 volunteer hours for La Palma and Cypress events.
4. Required to attend a La Palma Community Activities and Beautification Committee Meeting or a Cypress Recreation Commission Meeting and a La Palma or Cypress City Council Meeting.
5. Required to assist coordinating the annual Halloween Carnival and Teen Fashion Scene.
6. Must be willing to devote the necessary time and effort to research, coordinate, and execute committee projects.

For more information about the La Palma Youth Action Committee, call the La Palma Community Center at 714-690-3364.

Summer Library Programs for Teens

Programs are held at La Palma Library (7842 Walker Street) and are free.

**Teen Movie – Thursday, June 20 & July 18 @ 3:00 p.m.**
Watch a fun summer movie with us in a nice air-conditioned room. Light refreshments will be provided. Ages 13 and up.

**Teen Crafts – Thursday, June 27 & Tuesday July 9 @ 3:00 p.m.**
Enjoy some fun summer crafts in a nice air-conditioned room.

**Henna Tattooing – Tuesday, July 16 @ 3:00 p.m.**
Unique henna designs hand drawn by library staff. Come enjoy some creativity. No registration required.

**Book Club for Teens and Adults**
Thursdays, June 20, July 25 & August 15 from 6:00 – 6:45 p.m.
Join us at the library for Non-fiction Book Club. Pick up a copy at the library.
### Anaheim Ice Skating for Adults

**Age:** 17+ yrs.

Beginning ice skating made fun and easy at Anaheim Ice! Learn how to skate across the ice, glide on one foot, stop, turn and more. Fee includes skate rental, lessons, free practice on the day of class and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early for the first class and dress warm. This class is located at Anaheim ICE.

**Instructor:** Anaheim ICE Staff

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*No Class 7/4

### Zumba Fitness & Zumba Toning

**Age:** 18+ yrs.

Zumba is more like a party than a workout; it is an energetic, fun, and easy to follow way to workout. Based on Latin style of dancing, Zumba is a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Wear comfortable clothes and bring a water bottle.

**Instructor:** L Li

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<td>$40/4</td>
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*No Class 5/27

### STEP Up Your Fitness

**Age:** 18+ yrs.

Step Aerobics will quickly increase your cardiovascular endurance by making you use your muscles to repeatedly step on and off a step platform in various ways while burning calories at a faster rate than a typical aerobic class. Plus, this class will help keep your muscles strong and toned by focusing on whole body fitness exercises. More fun is added with international music and fun dance and fitness routines on the step. No experience is needed and all levels of ability are welcome. Don’t forget to bring a water bottle and face towel!

**Instructor:** C. Campana

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### Power Barre

**Age:** 13+ yrs.

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos: the faster intervals burn fat, the same motions at a slower pace builds lean muscle. The method is influenced by classical dance (though it is not a dance class), but it will give you a dancers body. A bar is used to achieve optimum positions, 1 or 2 pound weights for the arms, along with an 8 inch soft ab ball which will give your abs the shape you desire. Master Cynthia has helped countless participants reshape their bodies. Go to their website for more information at: [www.jgparksmartialarts.com](http://www.jgparksmartialarts.com).

This class is located at the U.S. Taekwondo Academy.

**Instructor:** C. Markopoulos

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<th>Fee/Weeks</th>
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*No Class 5/27, 7/4

### Power Tae Fitness

**Age:** 13+ yrs.

Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, cardio, boxing and cardio-weight movements done to high energy up beat music. Add this fun class to your weekly routine to see the results you’ve been looking for. If you like Tae Bo, you’ll love this class. Please visit their website for more information at: [www.jgparksmartialarts.com](http://www.jgparksmartialarts.com).

This class is located at the U.S. Taekwondo Academy.

**Instructor:** C. Markopoulos

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<td>8671</td>
<td>W</td>
<td>7/3-7/31</td>
<td>7:10-8:00 p.m.</td>
<td>$65/5</td>
</tr>
</tbody>
</table>

SAT 8:30-9:20 a.m.

### Easy Martial Art Training for Adult Fitness

**Age:** 18+ yrs.

This program is focused on adults who have always wanted to learn traditional oriental martial arts, but feel out of shape or uncomfortable training with younger students. Classes emphasize gentle, safe modern training methods and personal growth. Students will improve physical fitness, increase mental alertness, reduce stress, and achieve a positive attitude. A uniform is not required for new students however, if desired, students may order a taekwondo uniform from the instructor for $45.

**Instructor:** J. Amsell

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<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee/Weeks</th>
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<td>8638</td>
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<td>8639</td>
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<td>8640</td>
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<td>8641</td>
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<td>$115/13</td>
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</table>

*No Class 7/4
Zumba Gold
Age: 50+ yrs.
Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Wear comfortable clothes and bring a water bottle.
Instructor: L. Li  Location: Sago Palm

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<th>Code</th>
<th>Days</th>
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<th>Time</th>
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<tr>
<td>8753</td>
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<td>8754</td>
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<td>8832</td>
<td>F</td>
<td>7/5-7/26</td>
<td>9:00-10:00 a.m.</td>
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</table>

Water Fitness
Age: 55+ yrs.
Water Fitness is a shallow water workout that includes aerobic training to strengthen your heart and lungs; muscle conditioning to strengthen your muscles; and a stretch and relax phase to promote flexibility to reduce stress and tension. This class is taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital.
Classes held at 9:00, 10:00 and 11:00 a.m. on Mondays/Wednesdays OR Tuesdays/Thursdays. Classes are 50 minutes long. Special Water Fitness Registration forms are available at the Recreation Office in Central Park.

Traditional Martial Arts
Age: 5+ yrs.
This program features a variety of traditional oriental martial arts, emphasizing modern training methods and focusing on personal growth. Students improve physical fitness, increased mental discipline, reduce stress, and get a positive attitude. Our instructors are certified by Kukkiwon and are experienced in both traditional martial arts and sports training systems.
There are three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the Beginner course or, if you have previous experience, discuss proper placement with the Senior Instructor before enrolling. This is a continuing program, and students may enroll in as many additional continuing sessions as desired without a contract.
A special weekly package is available for the most dedicated students at a discounted fee, this includes Saturday classes (Beginner, Intermediate, or Advanced) in addition to supplemental classes on Tuesdays and Thursdays. Additionally, there is a session discount for continuing students who wish to sign up for all of the classes offered during any one quarter.
New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for a cost of $45. Advanced students and instructors may wear their own authorized uniforms. Additional equipment can also be purchased as needed. See schedule on page 17.

Arts

Beading
Age: 18+ yrs.
Want to learn jewelry-making? Join us and discover a variety of techniques! All levels welcome. All necessary tools will be provided. For more information and photos of projects, please visit the instructor’s website at www.thejewelryhabit.com.

Beading Basics PLUS!
Learn jewelry design basics, materials selection, required tools, construction and finishing. You will create three bracelets. Tools provided for in-class use. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton  Location: Fan Palm Room

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<th>Code</th>
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<tr>
<td>8808</td>
<td>SAT</td>
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<td>2:00-4:30 p.m.</td>
<td>$35</td>
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</table>

Stretch Cord Basics PLUS!
In this re-designed class, you will learn new stretch cord techniques—and, yes, it still requires more than just making a knot! You will create two bracelets. Tools provided for in-class use. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton  Location: Fan Palm Room

<table>
<thead>
<tr>
<th>Code</th>
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<td>SAT</td>
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Pearl Knotting
Learn how to protect your pearls and precious stones. This class will show you how to integrate knotting into your designs, construct and finish jewelry. All skill levels are welcome. Tools provided for in-class use. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton  Location: Fan Palm Room

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<tbody>
<tr>
<td>8809</td>
<td>SAT</td>
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<td>2:00-4:30 p.m.</td>
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Educational

Practical Chess
Age: 8+ yrs.
Play Chess! Your brain needs exercise too. Every Friday night chess tournaments are held that are officially rated by the US Chess Federation. For more information about the La Palma Chess Club and the tournaments, go to their website at www.lapalmachess.com. Players should bring their own chess clocks.
Instructor: La Palma Chess Club  Location: Sago Palm/Pygmy Palm Room

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee/Weeks</th>
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<td>8811</td>
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<td>8813</td>
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<tr>
<td>8814</td>
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<td>7/26</td>
<td>6:00 p.m.-12:30 a.m.</td>
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</table>
Handwriting
Age: 8+ yrs.
Fascinating new research points out the value and benefits of cursive writing. It trains the brain to integrate visual and tactile information and fine motor dexterity, helps to improve reading comprehension with higher rates of retention, and allows students to write more words quickly and express more ideas. Using a psycho-motor approach, this class is a fun way to learn handwriting and also allows your child a creative opportunity for self-expression.

Instructor: M. McGlasson  Location: Fan Palm

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<tr>
<th>Code</th>
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<th>Time</th>
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<td>3:15-3:45 p.m.</td>
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Strictly Ballroom Dance
Age: 18+ yrs.
Learn to dance for all occasions including weddings in this exciting class. Instructor Janet Karter will instruct students in two dances of their choice: cha-cha, waltz, swing, tango, salsa, or foxtrot. Singles are welcome in this popular class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center.

Instructor: J. Karter  Location: Cypress Senior Center

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee/Weeks</th>
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</thead>
<tbody>
<tr>
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<td>7/1-8/12</td>
<td>8:30-9:30 p.m.</td>
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</table>

Country Line Dancing
Age: 55+ yrs.
Join this beginner’s class to learn the art of country line dancing. Volunteer instructors will guide through the intricate yet simple steps to many dances. This is a free class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center.

Instructor: TBA  Location: Cypress Senior Center

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<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td></td>
<td>T</td>
<td>Weekly</td>
<td>12:00-2:00 p.m.</td>
<td>FREE</td>
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</table>

Library Programs for the Adults
Programs are held at La Palma Library (7842 Walker Street) and are free.

Knitting Club – Mondays at 5:00 p.m.
Come to knitting club to work on your latest project, share tips, help others, learn a new skill, and KNIT. All types of crafting welcome.

Summer Garden Seed Starters – Wednesday, June 26 at 11:00 a.m.
The library is a great resource for learning how to start your own edible garden. Join us and make your own biodegradable garden seed starter pots to take home. No reservations required, but space is limited! This program is family friendly.

Color by Number – Wednesday, July 3 at 11:00 a.m.
Create a masterpiece using the simple art of coloring by number. Join in on this relaxing, trendy “new” art form. No reservations required, but space is limited! This program is family friendly.

Bucket List Book Club – Wednesday, July 10 at 3:00 p.m.
Enjoy us for this specially scheduled Adult Summer Reading Program version of the Bucket List Book Club! Read the books you’ve always meant to and chip away at your “to read” pile. Titles range from classics to bestsellers. Please call library to find out the selection. Older teen and adults only.

Watch & Discuss – Wednesday, July 17 at 3:00 p.m.
Watch a film then discuss. Film might be a documentary or feature based on a book. Please call library to find out the selection. No reservations required, but space is limited! For adults only.

Book Club for Teens and Adults
Thursdays, June 20, July 25 & August 15 from 6:00 – 6:45 p.m.
Join us at the library for Non-fiction Book Club. Pick up a copy at the library.
City & Class Activity Locations

1. **Community Services Department – Recreation Division**
The Palms at Central Park Community Center
King Palm, Queen Palm, Sago Palm, Pygmy Date Palm
Meals On Wheels 714-690-3350
7821 Walker Street, La Palma

2. **City Hall**
City Manager 714-690-3300
Public Works/Water 714-690-3334
Finance & Water Billing 714-690-3310
Building & Safety 714-690-3330
7822 Walker Street, La Palma

3. **Police**
Emergency 911 714-690-3370
Fire 714-527-6722
7792 Walker Street, La Palma

4. **La Palma Branch Library**
714-523-8585
7842 Walker Street, La Palma

5. **US Taekwondo Academy**
12233 Centralia Street, Lakewood

6. **Arnold/Cypress Park**
8611 Watson Street, Cypress

7. **Cypress Senior Center**
9031 Grindlay Street, Cypress

8. **Cypress Community Center**
5700 Orange Avenue, Cypress

9. **Anaheim ICE**
300 W. Lincoln Avenue, Anaheim

10. **Ehlers Community Center**
8150 Knott Avenue, Buena Park

11. **Buena Park Community Center**
6688 Beach Boulevard, Buena Park

12. **La Palma Intercommunity Hospital**
7901 Walker Street, La Palma
Register Now!

**METHOD OF PAYMENT:** We accept cash, checks (made payable to the City of La Palma), money orders, credit cards [credit card fees apply.] If cash is your preferred payment choice, you may pay for your registration when the La Palma Community Services Administrative office is open Monday through Thursday, 7:30 a.m.–6:00 p.m. All other payment options may be used during our Central Park extended hours Monday–Thursday until 10:00 p.m.; 8:00 a.m. until 10:00 p.m. on Fridays; and on weekends from 8:00 a.m.–8:00 p.m. Non-Residents will pay an additional $5 fee per class for classes $75 and under and $10 for classes $76 and over.

**ALL RECREATION PROGRAMS ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS!** We encourage advance registration for all our programs. No registrations can be taken at classes, since most instructors need to know their enrollment at least two or three days prior to their starting date.

**REFUNDS:** Requests for refunds will be honored by Community Services only if they are made at least one (1) day prior to the start of classes. An $11 processing charge will be deducted from all requested refunds. A full refund will be made only when a class or program is filled or cancelled by Community Services. Credit balances on all accounts as of June 30 annually will be returned in the form of a check to your address on file.

---

**PROGRAM REGISTRATION FORM**

<table>
<thead>
<tr>
<th>Class Code #</th>
<th>Class Name</th>
<th>Participant Name</th>
<th>Birth Date</th>
<th>Age</th>
<th>Sex</th>
<th>Fee</th>
<th>Total PAID</th>
</tr>
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<tbody>
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<tr>
<td>Non-residents add an additional fee per class:</td>
<td>Class fee up to $75 = $5 non-Res Fee</td>
<td>Class fee $76 and over = $10 Non-Res Fee</td>
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**PAYMENT METHOD** (Checks payable to: City of La Palma)

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<tr>
<th>Circle One:</th>
<th>Cash</th>
<th>Check #</th>
<th>Credit Card</th>
<th>Money Order</th>
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</table>

**WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE**

I fully understand that participation by the person(s) registered in any City Community Services Program exposes him/her to the risk of personal injury, death, or property damage. I hereby acknowledge that I am voluntarily having the person(s) registered, participate in the above program and agree to assume any such risks.

I hereby release, discharge and agree not to sue the City of La Palma for any injury, death or damage to or loss of personal property arising out of, or in connection with the participation in any City Community Services Program, by the person(s) registered, from whatever cause, including the active or passive negligence of the City of Palma or any other participants in any City Community Services Program.

The parties to this agreement understand that this document is not intended to release any party from any act or omission of “gross negligence,” as that term is used in applicable case law and/or statutory provision.

In consideration for the City of La Palma’s acceptance of this registration, I hereby agree to indemnify and hold harmless the City of La Palma, its officers, agents, or employees from any liability or claim or action for damages resulting from or in any way arising out of the participation in any City Community Services Program by the person(s) registered.

Furthermore, I give the City of La Palma, its officers, agents or employees permission to use any related picture, video or electronic images, sounds etc., in the City’s promotional materials.

I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AS IT APPLIES TO MYSELF AND TO ANY MINORS FOR WHOM I AM SIGNING, AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.

X

(Parent or guardian must sign for participants under 18 years of age.)

Print name

Date

Summer 2019

25
Memorial Day Ceremony

Monday, May 27
Civic Center Front Lawn
9:00 a.m. Musical Interlude
9:15 a.m. Ceremony

Each year, the City of La Palma honors those who are willing to go to the ends of the earth to defend our freedoms and our rights, and especially those who have paid the ultimate price.

Calling All Veterans
The Community Activities and Beautification Committee would like to recognize ALL veterans, from past wars to the current conflict, for their service and willingness to defend our American way of life. Please join us on Monday, May 27 at 9:00 a.m. in front of City Hall so we can thank you for service. Please call the La Palma Community Services Department at 714-690-3350 to reserve your place now!

Care Packages Being Accepted Now
The Community Activities & Beautification Committee is collecting items for a Military Care Package and letters to be sent to troops serving overseas. Support our troops by donating personal hygiene products, and/or other needed and wanted items. The full list of requested items is located at the Community Services Office. Donations will be collected starting in May at the Community Center and at the Memorial Day Ceremony.

La Palma Military Registry
The Community Activities and Beautification Committee is creating a historical registry of La Palma community members who have served or are currently serving in the United States Military. If you would like to be a part of this registry or want to honor a friend or family member, please contact La Palma Community Services at 714-690-3350 or visit: www.cityoflapalma.org/memorial-day-ceremony.

Hometown Heroes Concert
Saturday, June 29 from 6:00 – 8:00 p.m.
La Palma Central Park

Join your community in honoring and celebrating La Palma’s veterans, active serving military and police and fire personnel for their tireless service in the Pavilion at Central Park. Food booths, a family fun zone and other activities will available for concert-goers during the concert. This year, a special recognition will be given to those who have served in the Korean War.

Civic Expo & National Night Out
Saturday, August 3 from 5:30 – 8:00 p.m.
La Palma Central Park

The City of La Palma is proud to present the 12th annual La Palma Civic Expo held in conjunction with National Night Out and the Summer’s final Concert in the Park. Representatives from the City’s municipal departments, emergency responders, various service providers, and utility organizations will be available to provide details about their services. This event is an excellent opportunity for you to learn more about your communities’ government and utility services. For more information please call Community Services at 714-690-3350.