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 the Orange County Office on Aging Information and Assistance Department. This program provides older adults, their families and caregivers with information, referrals and access to agencies and programs that can help them with senior-related services. Services include information and assistance on health, housing, adult day care, legislation, nutrition and transportation, follow-up, and community education to groups serving older adults. Call the free Information and Referral Line at 800-510-2020, Monday – Friday, 8 a.m. to 5 p.m.

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
                    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............. 714-670-7400
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
Peter L. Kim, Mayor
Nitesh Patel, Mayor Pro Tem
Gerard Goedhart, Council Member
Marshall Goodman, Council Member
Michele Steggell, Council Member
Calendar of Events

February
4 City Council Meeting – 7:00 p.m.
10 Development and Circulation Committee Meeting – 7:00 p.m.
11 Community Activities & Beautification Committee Meeting – 6:30 p.m.
17 Presidents Day – City Offices Closed
18 City Council Meeting – 7:00 p.m.

March
2 Volunteer Applications Available Online
3 City Council Meeting – 7:00 p.m.
8 Daylight Saving Time Begins – 2:00 a.m.
10 Community Activities & Beautification Committee Meeting – 6:30 p.m.
13 La Palma March Madness Basketball Tournament (see page 17)
17 City Council Meeting – 7:00 p.m.
30 Volunteer Applications Due – 5:30 p.m.

April
4 Teen Fashion Scene – 6:00 p.m. (see page 17)
7 City Council Meeting – 7:00 p.m.
13 Summer Day Camp Registration Opens (see page 15)
Development and Circulation Committee Meeting – 7:00 p.m.
14 Community Activities & Beautification Committee Meeting – 6:30 p.m.
18 Paper Shred Day (see page 6)
21 Arbor Day Celebration – 4:00 p.m.
City Council Meeting – 7:00 p.m.
28 Special Council Meeting (Budget Workshop)
30 2020 State of the City – 7:00 p.m.

May
2 Festival of Nations (see page 7)
5 City Council Meeting – 7:00 p.m.
12 Community Activities & Beautification Committee Meeting – 6:30 p.m.
19 City Council Meeting – 7:00 p.m.
25 Memorial Day Ceremony – 9:00 a.m.
Welcome to the Spring issue of the La Palma Mosaic!

At the beginning of each calendar year the City begins budget discussions in preparation for the upcoming fiscal year that starts July 1. City Council budget meetings and workshops are open to the public. More information and the 2020 meeting schedule can be found on page 6.

You may have heard of the recent retirement of La Palma’s City Manager Laurie Murray, effective December 19, 2019. Ms. Murray announced her retirement in fall 2019 after 23 years of public service, nearly 14 of which were with La Palma. Prior to her departure, the City Council authorized an Employment Agreement with Allan Roeder as Interim City Manager while the nationwide search for La Palma’s next City Manager is conducted.

Mr. Roeder comes to the City with incredible credentials having served as Costa Mesa’s City Manager for 25 years, and recently, Interim City Manager for the cities of Fullerton and Garden Grove. “I am incredibly honored and humbled to have the opportunity to serve the City of La Palma,” said Mr. Roeder. “I look forward to working with City Council, staff, and the community to continue to provide excellent City services to all La Palma residents.”

The City Council has engaged the services of an executive recruitment firm to conduct a nationwide search for qualified candidates for La Palma’s next City Manager. The deadline for applications was Monday, December 23, 2019. The City is anticipating hiring a new City Manager sometime in Spring 2020.

The 2020 State of the City is set for Thursday, April 30, and will be held at the La Palma Community Center in the Royal Palm room. This event will feature information on the City’s accomplishments and outlook for the upcoming fiscal year.

Join us for the Arbor Day Celebration on Tuesday, April 21, beginning at 4:00 p.m. in Central Park. Youth of La Palma interested in participating in the coloring or art contest can download the form from the City’s website. All artwork will be displayed at the Arbor Day Celebration which will also feature vendor booths, artwork awards, and the planting of new trees in Central Park.

In the last issue of the La Palma Mosaic, we introduced a new signature community event coming to La Palma, Festival of Nations! The inaugural event is scheduled for Saturday, May 2, and will host cultural booths, carnival games, food and drink vendors, and a parade! More information is available on page 7.

As always, we wish and yours a safe and happy Spring season and don’t forget to check out the Spring activities section full of classes and activities for all ages!
City Council Meeting Highlights

Approval of Agreement with Recruitment Firm
On September 17, 2019, City Manager Murray announced her plan to retire effective December 19, 2019, after almost 14 years with the City of La Palma. The City Council held a special meeting on September 23, 2019, to discuss how to proceed with the selection of a new City Manager. Staff was directed to solicit proposals from qualified executive recruitment firms and to schedule interviews with interested firms. Staff reached out to five (5) firms who specialize in public sector executive recruitments. Two firms provided written proposals. The City Council’s Ad Hoc Subcommittee interviewed both firms and selected Ralph Andersen and Associates. On October 1, 2019, the City Council executed an Agreement with the firm for the recruitment of a new permanent City Manager.

Interim City Manager Approval
In September 2019, City Manager Murray announced her retirement allowing for an Interim City Manager to fill the vacancy until the formal recruitment had been completed. On November 19, 2019, the City Council conducted interviews for an Interim City Manager. Following those interviews, the City Council directed that an agreement be prepared with Allan Roeder to provide Interim City Manager services. On December 3, 2019, the City Council approved Allan Roeder as Interim City Manager, for up to one year or until a permanent City Manager is hired. Mr. Roeder has over twenty-five years of experience as a City Manager principally for the City of Costa Mesa and more recently as the Interim City Manager for the cities of Fullerton and Garden Grove.

Community Commemorative Nominees
An application was received requesting Mike Brunelli and Rosemary Scichilone be honored in the Community Commemorative Area. The criteria to receive an engraved paver in the Commemorative Area had been met and the City Council approved the Memorial Plaque placement at the October 1, 2019. Mr. Brunelli was a longtime City volunteer, as far back as 1976 when he joined the Bicentennial Committee of La Palma and helped build the gazebo in Central Park. He also served on Neighborhood watch, as a Volunteer in Policing (VIP) from 2010 to 2018, and with the HOPE food bank. Ms. Scichilone was also a longtime City volunteer, serving on Neighborhood Watch, as a Volunteer in Policing (VIP) from 1993 to 2010, with the HOPE food bank, Meals on Wheels, and Relay for Life. She was La Palma's Americana Awardee in 2009. Both Mr. Brunelli and Ms. Scichilone will be honored at the Memorial Day Ceremony on May 25, 2020.

Initial Draft of the Local Hazard Mitigation Plan
On October 1, 2019, the City Council received a presentation from Staff regarding the development of a Local Hazard Mitigation Plan (LHMP). The purpose of the plan is to identify natural and man-made hazards and develop strategies to mitigate their impact. As a part of the process, the City is required to present a draft of the LHMP and seek the public’s input before the plan can be adopted. The draft LHMP was approved by the City of La Palma and could provide additional grant funding opportunities for hazard mitigation projects and activities. The City of La Palma submitted the draft LHMP to the State in Fall 2019 with final adoption expected in spring of 2020.

Permanent Ballot Drop Box at the Civic Center
On October 15, 2019, the City Council received a presentation from the County of Orange Registrar of Voters who are making positive changes to the way people vote. Advancements have been made so there are not multiple precincts open only on Election Day. With the new Permanent Ballot Boxes and Vote Centers, voting now begins one month prior to the election, with every voter receiving a vote-by-mail ballot. Unlike traditional in-person voting options, Vote Centers allow voters to not only vote, but to solve voter registration issues, register to vote, receive replacement ballots, and get general assistance for 11 days, instead of just one. There will be 200 centers across the County, including one at the La Palma Community Center. Additionally, drive-thru drop-off boxes will be located throughout the county, where voters can drop off their ballots. The City Council approved the License Agreement for a ballot drop-off box on October 15, 2019, and the ballot box was installed on December 5, 2019, on the sidewalk in front of City Hall’s main entrance.

Fiscal Review and Reconsideration of Police Canine Program
On October 15, 2019, the City Council received a report regarding the feasibility of reinstituting a Police Canine Program. After considering the report, City Council requested that staff provide additional information regarding recommendations from the 2016 Police Department Organizational Review—specifically the Motorcycle Traffic Enforcement Officer program; other unfunded needs; expenditure increases that staff foresees at mid-year or in the 2020-2021 Budget; and any reductions that can be made to current expenditures that could offset the cost of a Police Canine program. On November 19, 2019, a detailed overview of anticipated increases to the current and future budgets and the City’s long term service needs was presented. The City Council decided to discuss the matter at a later meeting.
City Council Meeting Highlights (continued)

Property Public Nuisance Resolution
On October 15, 2019, the City Council received a presentation from Staff regarding a blighted property on Verner Drive as a result of a property owner’s long history of negligence resulting in numerous citations by Code Enforcement. On September 10, 2019, City staff along with the Orange County Fire Authority and Orange County Mosquito and Vector Control, executed a warrant on the property. The property was found to be in a very poor state and was red-tagged as uninhabitable on September 12, 2019. Between 2009 and 2019, the City issued the Property Owner a number of notices and citations in an effort to gain compliance. Despite the City’s efforts, the Owner had not taken the necessary actions to bring the property into compliance with the La Palma Municipal Code, forcing the City to issue the Owner three more citations over a four month period in 2019. Therefore, Staff requested adoption of a resolution authorizing abatement procedures within 30-days if the Owner did not comply and address the violations on the property. If the Property Owner completes the necessary improvements to the property before the 30-day deadline, then the abatement process would be abandoned. Because the Owner failed to comply, the City Council approved a Resolution on October 15, 2019, finding the property to be a public nuisance. In addition, the City Attorney’s office filed a criminal complaint against the Owner. At the time of this publication, there were no other reportable action on matter.

Adult Day Health Care Facility
On November 19, 2019, a Conditional Use Permit was requested to operate an Adult Day Health Care (ADHC) facility within the Joshua Medical Center office building. The proposed Kalani ADHC will operate on the first floor of the building. An ADHC facility in the building requires approval of a Conditional Use Permit with the City Council being the deciding body with approval authority for the Permit. The Applicant was seeking to expand its health services by opening the Kalani ADHC facility, proposed to operate during normal business hours on weekdays so clients would not stay overnight and would be transported to and from the facility each day. The Orange County Fire Authority reviewed the proposed project and noted that there did not appear to be any significant issues associated with this proposal. The City Council approved Conditional Use Permit at the November 19, 2019, City Council Meeting.

Installation of an Integrated Security System
On July 2, 2019, staff presented Convergint Technologies integrated security system proposal. At the meeting, the City Council directed staff to revisit the scope of work, provide additional analysis, and to trim costs where possible. At the November 19, 2019, Meeting, Staff brought back a detailed analysis of the project along with answers to questions the City Council had in July. The City Council awarded the project contract to Convergint Technologies for the integrated system at five of the City’s facilities. The project is anticipated to be completed in the spring of 2020.

Anytime Fitness Gym Conditional Use Permit
On December 17, 2019, Conditional Use Permit 386 was presented to the Council, requesting permission for the operation of an Anytime Fitness Gym at the La Palma Gateway Center building. The Anytime Fitness business model provides a convenient gym facility that features an “always open” access system and a state of the art security system for its patrons and will offer state-of-the-art cardio and resistance equipment in a clean, safe, and convenient gym. The Anytime Fitness applicant has requested to operate twenty-four (24) hours, seven (7) days a week, three hundred sixty-five (365) days a year. Access to the gym will be secured with proprietary access software, security, and surveillance technology. The Anytime Fitness security system includes remote monitoring of a closed circuit television system and personal safety devices, which allows members to feel safe and secure, even when the gym is not staffed. The proposed Anytime Fitness will provide the opportunity for people to lead healthier lives. Health is one of the civic virtues and characteristics listed in the General Plan. The City Council requested that some security concerns be addressed prior to approval and the item was continued to a January 7, 2020, Special Meeting.

Amendment and Variance to Norman International Building Remodel
On December 17, 2019, the City Council received a presentation from Norman International Inc., who submitted for design review a proposed remodel of their property at 28 Centerpointe Drive. The plan will completely remodel the interior of the building with a new mezzanine, which would increase the square footage requiring a Precise Plan Amendment. The new mezzanine will also increase the interior floor area enough to exceed the allowable square footage for the amount of parking provided on site and required a Variance. Norman International intends to use their property as
Norma International anticipates a total of 68 daily employees working regular hours from 8:00 a.m. to 5:00 p.m. The City Council approved Staff’s recommendations of approval of the Master Sign Plan Amendment and Variance encompassing upgrades to the interior and exterior of the building including a new mezzanine, a new patio cover, a new trash enclosure, and new parking spaces to meet the requirement of eighty-two (82) parking spaces for the 23,250 square foot building—which will address the non-conforming drive aisle and parking space dimensions.

**Real Estate Broker Services for the Sale of the City’s Surplus Property**

On February 19, 2019, the City Council adopted Resolution 2019-07 declaring the City Property at 5062 La Palma Avenue as Surplus Property. As part of the Resolution, the Council directed Staff to solicit proposals from qualified real estate brokers for the sale of the property and to enter into an agreement with the broker or brokers who best meet the City’s needs for the disposition of this Surplus Property. The State of California requires Cities that are declaring City Property as Surplus Property to follow a strict regulatory procedure. Following the City Council’s declaration, Staff worked with the City Attorney to identify all the State required entities that must receive the opportunity to purchase the property prior to the City offering the property for sale on the open market. Staff issued two Request for Proposal (RFP), but did not receive any proposals. Staff followed up with several Broker Firms that had received the RFP to gain feedback on why their firm had not submitted a Proposal for Broker Services. Several firms indicated that the time required to respond to the City’s standard RFP Package was too much effort for such a small piece of Surplus Property (0.39 acres). Subsequently, Staff conferred with the City Attorney regarding the City’s efforts to solicit Real Estate Broker Services to market and sell the Surplus Property. Given the City’s previous extensive RFP and RFQ efforts, the City Attorney advised Staff that it would be appropriate to reach out individually to Multi-family and Vacant Land Real Estate Brokers and request them to submit a proposal for this service. Staff reached out to several real estate brokers and evaluated the background of the proposed CBRE, Inc. Listing Team members and believes the Broker/Firm’s competency, qualifications, experience, knowledge of local and regional multi-family residential real estate market, and proposed fee schedule are appropriate for listing and selling the City’s surplus property at 5260 La Palma Avenue. At the December 19, 2019, Meeting, the City Council voted to continue the item to the January 21, 2020, City Council Meeting.

**Miscellaneous**

During this period, the City Council also:

- Authorized the over-hire of a police officer to fill a vacancy created due to a long-term leave of absence;
- Authorized an amendment to the Agreement with West Coast Arborists, LLC, for Citywide Tree Maintenance Services;
- Approved the City Clerk position reclassification and MOU assignment changes;
- Adopted the Measure M2 expenditure report;
- Authorized the replacement of Police Taser conducted energy devices;
- Submitted the SB 2 Planning Grants Program application and the Public Safety Power Shutoff Resiliency Allocation grant application;
- Adopted three Ordinances approving Amendments to the Building Code, Fire Code, and a new Grading Code;
- Received and filed the Cash and Investment Report for the first quarter of fiscal year 2019-20;
- Updated City Council’s Legislative Affairs Policy and approved a 2020 Legislative Platform;
- Executed an amendment to the Agreement with IDS Group for the Design Engineering Services for City Hall Heating, Ventilation, and Air Conditioning (HVAC) Replacement Project;
- Reorganized the City Council and appointed a new Mayor and Mayor Pro Tem;
- Appointed City Council Representatives and Alternates to the various External and Internal Committees;
- Authorized the filing of the the Notice of Completion and Acceptance of Work with the Orange County Recorder for the Orangethorpe Avenue Rehabilitation Project;
- Accepted, received, and filed the Comprehensive Annual Financial Report (CAFR) of the City of La Palma for the Fiscal Year ended June 30, 2019;
- Approved an extension to the Community Development Consultant Agreement.
La Palma’s Community Emergency Response Team (CERT)

What is CERT?
When disasters happen, normal emergency response systems are quickly overwhelmed. CERT members are community-based volunteers who provide immediate assistance to victims, while assisting local response agencies during disasters or during major planned events, such as parades or festivals.

Who are CERT Team Members?
Community volunteers from six neighboring cities in western Orange County provide effective emergency response through their combined strength in numbers. Using joint training and two emergency response trailers, our CERT volunteers work as a single cohesive unit.

La Palma Needs You!
The City of La Palma needs additional volunteers to participate as members of the West Orange County CERT Team. We are recruiting now for the next training academy. The training occurs on two consecutive weekends and is currently slated for March 2020.

For more information or to pre-register, visit: westcountycert.com or contact Ed Fleming, La Palma’s Emergency Services Coordinator, at 714-690-3385 or edf@cityoflapalma.org.

SCORE Workshops for La Palma Small Businesses

SCORE is a nonprofit association dedicated to helping small businesses get off the ground, grow, and achieve their goals through education and mentorship. SCORE has helped over 10 million people start and grow their business since 1964. SCORE offers workshops designed for small business owners that cover topics such as costing, pricing and breakeven, branding and website strategy, basics of accounting, and many more!

SCORE workshops are held in La Palma on the third Thursday of each month. These workshops are free and meet in the Community Center (7821 Walker Street) from 6 – 9 p.m. To see what other topics or workshops are being offered in your area visit: www.orangecounty.score.org. For information about the next SCORE workshop, contact La Palma’s Business License Officer at marionc@cityoflapalma.org.

City of La Palma Budget Schedule for FY 2020-21 Budget

The City holds several public meetings to discuss the upcoming fiscal year budget to provide the opportunity for the City Council and the community to discuss citywide priorities. The following budget-related meetings have been scheduled:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
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<tbody>
<tr>
<td>April 21</td>
<td>Long Term Fiscal Status &amp; FY 2020-21 Budget Priorities and Capital Improvement Plan (CIP)</td>
</tr>
<tr>
<td>April 28</td>
<td>Special Council Meeting - Budget Workshop</td>
</tr>
<tr>
<td>May 5</td>
<td>Proposed Budget Presentation</td>
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<tr>
<td>May 19</td>
<td>Proposed Budget Questions &amp; Carryovers</td>
</tr>
<tr>
<td>June 2</td>
<td>Public Hearing to Adopt FY 2020-21 Proposed Budget</td>
</tr>
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Note: Dates subject to change. Please check the City’s website for the most up-to-date information.

All meetings, except for the April 28th meeting, are part of regularly scheduled City Council meetings which begin at 7:00 p.m. at City Hall, 7822 Walker Street. A variety of financial documents are available for review on the City’s website at www.cityoflapalma.org/finance or at City Hall. The City’s proposed budget will also be available for review after May 1 and the final budget document will be available after it is adopted by the City Council.

FREE Paper Shred Day!
April 18, 2020, 10 a.m. – 2 p.m.
La Palma Intercommunity Hospital

Neighbors and community members are welcome to join the FREE Paper Shred Day on Saturday, April 18, 2020, from 10 a.m. to 2 p.m. at La Palma Intercommunity Hospital (7901 Walker Street La Palma)!
All services will be provided free of charge. Bring your confidential documents to be shredded and disposed of safely and securely. Please remember to remove all paper clips, staples, and other bindings.
FESTIVAL OF NATIONS
Saturday, May 2, 2020 | Central Park
Parade – 10:30 a.m. | Festival – 12 p.m. to 6 p.m.

In 2019, the La Palma City Council asked staff to plan a new signature event for the City that would reflect La Palma’s diversity, vision, and sense of community. In 2020, this one-day experience will celebrate La Palma’s cultural heritage through dancing, performances, and exhibits. In addition, a parade has been added to the festivities, incorporating a component of La Palma’s previous signature event La Palma Days. Carnival games, various cultural food vendors, and a beer and wine garden, will keep you entertained throughout the day with periodic musical performances at the Central Park Pavilion.

We Need Your Help!
The La Palma Community Services Department is developing an interest list for those who would like to be a part of this inaugural signature event. The roles include, but not limited to:
• Cultural Booth Vendors
• General Festival Volunteers
• Sponsorships & Donations (Personal and Corporate)

To be placed on the interest list, please email recreation@cityoflaplama.org with your name, primary contact information, and your desired role and/or other voluntary service. To ensure participation, please submit by Monday, March 15, 2020.

Questions?
Please contact the Community Services Office at recreation@cityoflaplama.org or 714-690-3350.
Community Spotlight

2020 Spring Home Spotlight Award Winner

The City of La Palma would like to congratulate Michael and Dolores Abeyta of 8181 Suffield Street for winning the 2020 Spring Home Spotlight Award!

Michael and Dolores Abeyta have been residents of La Palma since 2012. They said they thoroughly enjoy living in the City of La Palma with their two children because the City offers them a small community feeling. Over the past seven years, the Abeytas have totally upgraded and remodeled their home’s exterior and interior so that it is like an entirely different model home. They have shown their pride of ownership of their home with all the upgrades that they have done. They replaced the old roof with a new tile roof, remodeled and installed new windows, and painted the exterior walls. They also replaced the old garage doors and side gates with decorative and sturdy wooden doors and gates. They put new landscaping in the front lawn, added olive trees, and installed a lighted pole that displays and honors the American flag. They also had planters built and filled them with beautiful flowers that neighbors also enjoy along with special holiday decorations on their front porch for Halloween, Thanksgiving, and Christmas that add a festive spirit to the neighborhood.

The Abeytas continually show their pride of ownership of their property by always keeping a clean and neat front yard and adding new improvements. Their most recent home improvement involved replacement of a walkway that gave easier access to their home, and new landscape lighting that highlights their beautiful home and front yard.

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. and Mrs. Abeyta for contributing!

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

Employee Spotlight

Gary Wilson, School Resource Officer

Officer Gary Wilson was hired as a La Palma Police Officer in April 2018 and was recently assigned as La Palma’s School Resource Officer. As a School Resource Officer, he not only enforces the law, he also supports and facilitates the educational process within all five schools in La Palma by providing a safe and secure environment. Officer Wilson strives to build strong, meaningful relationships with students, parents, and school staff in hope to build a better community.

Officer Wilson is honored to have been given the responsibility of being La Palma’s School Resource Officer and understands the challenges our youth face every day. He enjoys guiding them through the tough times and feels rewarded when he sees them succeed. Officer Wilson previously worked for the Society for the Prevention of Cruelty to Animals in Los Angeles (spcaLA) while also being a Reserve Police Officer for California City Police Department. He is very proud of the accomplishments he has made in his career and looks forward to serving his new family here in La Palma.

When Officer Wilson is not working, he enjoys spending quality time with his wife and three dogs. He enjoys traveling, hiking, golfing, cooking, and visiting various new restaurants. He also loves meeting new people and establishing new relationships. That being said, Officer Wilson welcomes you to come say hello and looks forward to meeting you.
The La Palma-Cerritos American Association of University Women (AAUW) have planned for interesting activities and speakers for our spring 2020 meetings. Members and guests are always welcomed to attend these meetings and learn more about the AAUW. For more information, contact Program Co-VP Karen Cox at 562-519-0596.

**AAUW Fund Luncheon Fundraiser**
February 8, 2020, 11:30 a.m.
Mimi’s Bistro & Bakery (12727 Towne Center Drive, Cerritos)
Help AAUW raise funds for the fellowships, grants, and advocacy. In addition to the luncheon, attendees will be able to meet Elsie Carbajal, an AAUW Career Development Grant winner. Elsie is a Special Education Teacher working on her Master’s degree in Education Leadership. Donation for the luncheon is $45, with proceeds to benefit the AAUW Fund. Please RSVP by January 25, 2020, to Faith Herschler at 714-821-4067 or fherschler@sbcglobal.net.

**AAUW’s General Meeting**
March 19, 2020, 12 – 3 p.m.
Cerritos Park East (13234 166th Street, Cerritos)
Guest Speaker Miryam Fernandez will discuss “An Immigrant’s Success Story of the American Dream”, a recount of her experiences in the U.S. Air Force and her teaching career. A brief business meeting will follow.

**Academic Awards Brunch**
April 4, 2020, 9:30 a.m.
Cerritos College Board room (1110 Alondra Boulevard, Norwalk)
This event subject to confirmation by the College. Please contact Carol at 714-995-6141 for more information.

**AAUW’s General Meeting**
April 16, 2020, 6:30-8:30 p.m.
Cerritos Park East (13234 166th Street, Cerritos)
Guest Speaker Mark Harrington, a cancer survivor and author of the book, “Stage Four”—written to help others deal with cancer. A brief business meeting will follow.

**Science, Technology, Engineering and Math (STEM) Tech Trek Camp**
June 21 – 27, 2020, Whittier College
Members have been working to raise funds to sponsor four girls for 2020. The cost per camp sponsorship is $950. They must be nominated by a math or science teacher, have a B average or better, complete an application form, and be interviewed by the branch Tech Trek committee. To donate, please contact Celia Spitzer at 562-924-5227, or Edna Ethington at 714-826-1328.

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**La Palma Toastmasters**
Groups Help Us Learn and Grow
By Sina Zaslawski

Numerous studies have found that the best way to improve our lives is to connect with other people who are on the same path. When we share a common goal, it’s easier for us to stay committed and achieve our goals. This is exactly what La Palma Toastmasters Club is all about. Having a goal, meeting and interacting with people who have a similar goal and finding the support needed to help each member reach their full potential. This is a great way to start your year to a better you in 2020!

Toastmasters International has been around since 1924 and is in 143 countries teaching public speaking and leadership skills throughout the world through local clubs. Toastmasters is not only for those who want to further their careers but also for those who want to feel confident in their personal lives, at social gatherings or want to learn how to be a leader. Join Toastmasters and you will:

- Improve public speaking skills
- Build leadership skills
- Maximize your potential
- Enjoy unlimited personal growth
- Build self-confidence and self-awareness

La Palma Toastmasters is an energetic, supportive, and lively Club. La Palma Toastmasters also has a successful Youth Leadership Program that is offered free to students 13-17 years old. The Youth Leadership Program was recently conducted at JFK High School. Students who took part in the program felt it helped them not only in school, it also gave them confidence outside of school.

Have questions? Contact La Palma Toastmasters at 714-521-8395 or kkrishna@aol.com. Please also visit lapalmatoastmasters.org for more information or find us on Facebook @LaPalmaToastmasters. Club meetings are held every Wednesday from 6:30 p.m. – 7:30 p.m. at The Sunrise of La Palma (5321 La Palma Ave, La Palma). Guest are always welcomed. You must be at least 18 years old to join.
Every 15 Minutes

The Every 15 Minutes program is a two-day DUI awareness event for junior and senior students at J. F. Kennedy High School in La Palma to witness, first-hand, the dangers of drinking and driving. The program begins with a reenactment of a DUI crash scene with students who participate as actors—one student plays the role of the DUI suspect and others as victims of the crash.

Junior and senior students gather around the scene, taking place on Walker Street, to watch as the La Palma Police Department and other first responders enact the investigation of the accident including rescuing the survivor, removing the deceased, and ultimately arresting the student actor in the role of the DUI suspect.

The program is based on the 1980’s statistic that someone is killed in an alcohol-related incident every 15 minutes. As the program continues throughout the day, a junior or senior student participant is removed from class every 15 minutes, portraying that the student was killed in a DUI crash.

A black cloth drapes over the student’s empty desk, and the student’s obituary is read to the rest of the class. In the afternoon of the first day of the program, all participating students are transported to a courthouse to witness a mock DUI trial. The group is then transported to the Orange County Coroner’s facility to further experience the impact of a fatal DUI traffic accident. On the second day of the program, an assembly is held for all junior and senior students, designed to enforce the message by staging a mock funeral.

The participants in the program are given an opportunity to read letters illustrating their experience to the entire junior and senior classes. In addition, parents of the participating students are also given opportunities to read letters about how the crash affected them and their family.

The La Palma Community Foundation and its President have been instrumental in raising the funds and creating the partnerships necessary to deploy a program of this magnitude. Both the Foundation’s President and La Palma’s Police Chief wanted to bring a program to La Palma that would have an impact on the students and where students could experience first-hand how their actions affect the lives of so many other people.

The next Every 15 Minutes program is scheduled for Spring 2020. If you would like more information regarding the program or Foundation please call the Foundation’s President at 714-270-4133.

John F. Kennedy Scholarship Foundation

It is time to celebrate!

It is time to celebrate those John F. Kennedy High School Seniors who have won one of the 19 scholarships that are being awarded by the John F. Kennedy Scholarship Foundation.

On, Saturday, April 4, 2020, the Foundation will host its 24th Annual Scholarship Fundraising Dinner at the Knott’s Berry Farm Resort Hotel. At the dinner, each of the 19 winners will be introduced to those gathered for an evening of recognition.

The Scholarship Dinner includes entertainment, a silent auction, raffles, and recognition of those seniors who have worked hard to complete their high school education and plan to take their education to the next level. Net proceeds from the dinner will be used to fund General Scholarships.

Tickets to the dinner can be obtained by going to our website www.jfkscholarshipfoundation.org and sending an email using the “Contact Us” button. Donations can be made on our website or by sending your donation to John F. Kennedy Scholarship Foundation, P.O. Box 1371, Cypress, CA 90630. The foundation is a 501(c)(3) tax exempt organization.
Tiny Tots
Age: 3 – 5 yrs.
Our preschool teacher, Ms. Misty, teaches our enrichment program for POTTY-TRAINED (No diapers or pull-ups), 3 to 5 year-olds. The Tiny Tots program is dedicated to improving the well-being of all young children, focusing on socialization, education and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.
The Tiny Tot program is held 5 days a week. By January 25, 2020, children must be 4 years old to be in the Monday/Wednesday/Friday class. Children must be 3 years old by the start of class for the Tuesday/Thursday session.
SESSION 4 LINE UP REGISTRATION IS ON SATURDAY, JANUARY 25 (RESIDENTS 9:30 AM | NON-RESIDENTS 10 AM).
Resident priority registration is for those La Palma residents (resident verification required) in line by 9:30 a.m., residents that arrive after 9:30 a.m. will not be given priority registration. La Palma residents must bring proof of residency and the child’s birth certificate to register. Non-Residents must bring the child’s birth certificate. Registrations are first come, first served. One adult per family must remain in line until registration is complete. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS.
NO PHONE-IN OR ONLINE REGISTRATION WILL BE ACCEPTED. If class minimum of 12 participants is not met, the class will be cancelled. Class space is limited to 24 students per class.
Fees:
Residents $158 for 7 weeks on M/W/F
$111 for 7 weeks on T/TH
Non-Residents $174 for 7 weeks on M/W/F
$130 for 7 weeks on T/TH
Instructor: M. Torres Location: Pygmy Palm Room

Session 4
10013 M/W/F 2/3-3/20* 9:00 a.m.-12:00 p.m.
10015 T/TH 2/4-3/19 9:30 a.m.-11:30 a.m.
*No Class 2/10, 2/17
Session 5
10014 M/W/F 3/30-5/15 9:00 a.m.-12:00 p.m.
10016 T/TH 3/31-5/14 9:30 a.m.-11:30 a.m.

Music/Art
Kids Love Music: Babies!
Age: 4 – 14 mos.
Musical bonding time for you and your baby by learning lap songs, peek-a-boo songs and active chants. Your baby gains motor skills, building blocks for tonal memory, cognitive development—and fun with you! Adult participation is required. Please bring a baby blanket to all classes. This class is co-sponsored with the City of Cypress.
Instructor: K. Greeno Location: Cypress Community Center

Code Days Dates Time Fee/Weeks
9939 TH 3/19-4/16 3:30-4:00 p.m. $70/5

Kids Love Music: Toddlers!
Age: 1 – 2 yrs.
Together we sing, dance, play rhythm instruments and explore playing drums, xylophones and glockenspiels. Your child will gain tonal memory, motor skills, cognitive development—and fun with you! Adult participation is required. This class is co-sponsored with the City of Cypress.
Instructor: K. Greeno Location: Cypress Community Center

Code Days Dates Time Fee/Weeks
9511 TH 3/19-4/16 4:15-4:45 p.m. $70/5

Kids Love Music!
Age: 1 – 4 yrs.
Spark your child’s imagination using puppets and rhythm instruments! Explore making music with xylophones, glockenspiels and drums. Your child will gain tonal memory, motor skills, cognitive development—and fun with you! Adult participation is required. This class is co-sponsored with the City of Cypress.
Instructor: K. Greeno Location: Cypress Community Center

Art Innovators 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. This class is co-sponsored with the City of Buena Park. Materials fee of $10 due to instructor at the first class.
Instructor: Certified Art Innovators Location: Ehlers Recreation Center

Code Days Dates Time Fee/Weeks
9951 T 2/11-3/10 2:00-2:45 p.m. $70/5
9952 T 3/17-4/7 2:00-2:45 p.m. $70/4
9954 T 4/14-5/5 2:00-2:45 p.m. $70/4

Hula-Tahitian Dance: Parent & Me
Age: 3 – 6 yrs.
This is a great time to spend with your little one as they begin to explore and learn motor skills along with social interaction through authentic Hula and Tahitian dances. This energetic class combines beginning Hula and Tahitian dances moves. Enjoy the island rhythms as you share this time with your little one.
Instructor: H. Miles Location: Sago Palm Room

Code Days Dates Time Fee/Weeks
10034 M 2/3-3/2* 6:30-7:15 p.m. $45/4
10035 M 3/9-3/30 6:30-7:15 p.m. $45/4
10055 M 4/6-4/27 6:30-7:15 p.m. $45/4
*No Class 2/17

NEW
Fitness

Lil’ Palms Multi Sport

Age: 4 – 7 yrs.

Lil’ Palms strongly encourages health and wellness through teaching the fundamental skills of baseball, basketball, and soccer, emphasizing teamwork, and creating positive memories in a safe and caring environment. Players will learn multiple sports through fun and interactive games.

Instructor: La Palma Recreation Staff  
Location: Central Park

<table>
<thead>
<tr>
<th>Code</th>
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<th>Time</th>
<th>Fee/Weeks</th>
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Tiny Tigers Preschool Martial Arts Class

Age: 2 ½ - 6 yrs.

This White Belt program will teach your little one the basic skills that will be an essential part of growing up. Teaching balance, coordination, and confidence, all while having fun!

Instructor: C. Markopulos  
Location: Lakewood Taekwondo Academy

<table>
<thead>
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</table>

Ice Skating for Tot Beginners

Age: 3 – 5 yrs.

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.

Instructor: Anaheim ICE Staff  
Location: Anaheim ICE

<table>
<thead>
<tr>
<th>Code</th>
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<td>$49/4</td>
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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 online and at the Central Park Office.

Instructor: Anaheim ICE Staff  
Location: Central Park

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
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</table>

Persuasive Writing: El Nino, Red Tide, & Pinnipeds

Age: 8 – 12 yrs.

Connecting kids to the “real” world inspires impassioned writing. This class links writing, marine science, and ecology by focusing on the beautiful California sea lions. A $48 material fee is payable to the instructor. Field trip to the Marine Mammal Center in San Pedro 2/17. This class is co-sponsored with the City of Cypress.

Instructor: Write On!  
Location: Cypress Community Center

<table>
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<tr>
<th>Code</th>
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<td>$70/4</td>
</tr>
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</table>

Save Time,
Register Online at:
CityofLaPalma.org/Recreation
Youth Spring 2020

Spring into Magic: Dragons and Fairies
Age: 8 – 12 yrs.
Enter a literary world of your own choosing, a fantastic realm for dragon masters and fiery beasts or a magical pond where tiny fairies frolic among the lotus flowers. A $48 material fee is payable to the instructor at the first class. This class is co-sponsored with the City of Cypress.
Instructor: Write On! Location: Cypress Community Center

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<th>Time</th>
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</table>

Argumentative Essays: Local Animals & Human Interaction
Age: 8 – 12 yrs.
Active learning raises curiosity, advances critical thinking, and inspires writing. In collaboration with the El Dorado Nature Center, this class combines writing, biology, and ecology. A $48 material fee is payable to the instructor. Field trip on 4/14, we will meet with a naturalist at the Nature Center. This class is co-sponsored with the City of Cypress.
Instructor: Write On! Location: Cypress Community Center

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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>$70/4</td>
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</table>

Math Workshop for 3rd and 8th Graders
Age: 8 – 13 yrs.
Whether students need help brushing up on their math skills, assistance with their homework, or want to prepare for a test, this class is for you! This program not only helps with individual improvement but will also help your student manage overall success in school. This class is co-sponsored with the City of Buena Park.
Instructor: AGI Location: Buena Park Community Center

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<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
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Introduction to Engineering
Age: 8 – 10 yrs.
Young engineers will be introduced to the design and engineering process and basic concepts of mechanical and structural engineering using Kid Spark building blocks. Our young engineers will focus on intuitive concepts like how to make things strong and how to make things move. Classes align with the Next Generation Science Standards.
Instructor: Build-A-Ton Location: Fan Palm Room

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<tr>
<th>Code</th>
<th>Days</th>
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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 U.S. Chess Federation. Players should bring their own chess clocks.
Instructor: La Palma Chess Club Location: Sago 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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Math Competition Prep Class
Age: 4th – 6th grade
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. This class is for 4th, 5th, and 6th grade students only, as it prepares them for grade specific tests.
Instructor: Young Leaders of Orange County Location: Sago Palm Room

<table>
<thead>
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<tr>
<td>*No Class 4/11</td>
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Intro to Typing, Word and PowerPoint
Age: 6+ yrs.
Develop your basic typing skills, report writing, flyer making, and slide show presentation using the Microsoft Office programs. Come to sharpen your knowledge with these software to get a head start in school or at work! This class is co-sponsored with the City of Buena Park. Materials fee of $10 due to instructor at the first class.
Instructor: AGI Location: Buena Park Community Center

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<th>Fee/Weeks</th>
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</table>

Don’t Throw It Away
Are you done with this brochure? Pass it on to your friends and family so they can sign up for our great Spring programs too!
Fitness

Youth Intermediate Volleyball
Age: 8 – 11 yrs.
Pass, Set, Hit! We teach the fundamental skills of volleyball in a competitive yet supportive and fun environment. This course is designed for the more seasoned athlete with some volleyball experience but exceptions do apply. Come and have fun while learning volleyball with us!
Instructor: West Grove Volleyball
Location: Buena Park Junior High Gym

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<th>Fee/Weeks</th>
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Hula-Tahitian Dance: Beginning Keiki
Age: 7 – 12 yrs.
Mahalo! Students will learn basic Hula and Tahitian steps and hand motions while learning Hawaiian language and songs. All new students will start in the Recreational Keiki Polynesian class regardless of age and will be evaluated and moved up upon instructor approval.
Instructor: H. Miles Location: Sago Palm Room

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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Ice Skating for Beginners
Age: 6 – 15 yrs.
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.
Instructor: Anaheim ICE Staff Location: Anaheim ICE

<table>
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<td>4/25-5/16</td>
<td>12:15-12:45 p.m.</td>
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</tr>
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</table>

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 the American Moo-Do Kwan and Kukkiwon and are experienced in both traditional martial arts and sports training systems.
First-time students order a Taekwondo uniform, complete with patches and White Belt, from the instructor after enrolling for the first session for a low cost of $45.
Instructor: L. Amsell Location: Sago Palm Room

<table>
<thead>
<tr>
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Aikido for Kids
Age: 5 – 12 yrs.
Aikido is a Japanese martial art that provides self-defense without violence. It teaches how to avoid fighting by redirecting an attacker’s aggression. Training is cooperative and non-competitive. Benefits include training in mind-body coordination, important falling skills, and relaxation.
Instructor: O. Rosenthal Location: Ehlers Recreation Center

<table>
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<tr>
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</table>
Tennis
Age: 7 – 16 yrs.
It's time to jump into action with our tennis classes for all ages! Each student will learn tennis skills such as: footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket, and a $15 supply fee to the first 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: Intermediate players should be able to place their strokes and volleys. They are in the process of learning serves and match play.
Instructor: J. McConnell
Location: Tennis Courts

Fitness

Aikido-A Different Martial Art
Age: 14+ yrs.
This class provides self-defense without violence. It teaches how to avoid fighting by redirecting an attacker’s aggression. Benefits include training in mind-body coordination, important falling skills, and relaxation. This class is co-sponsored with the City of Buena Park.
Instructor: J. Nakayama
Location: Ehlers Recreation Center

Japanese Swordsmanship- Iaido
Age: 14+ yrs.
Students will learn to 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. This class is co-sponsored with the City of Buena Park.
Instructor: J. Nakayama
Location: Ehlers Recreation Center

Kane (Boys/Men) Hula
Age: 8+ yrs.
Whether you’re a beginner or an expert dancer, this Kane class will help you develop as a dancer and take your hula skills to the next level. The curriculum is focused primarily on hula and will be introduced to Hawaiian language, creating your own lei, and preparing for our year-end performance.
Instructor: H. Miles
Location: Sago Palm Room

Ice Skating for Beginners
Age: 12 – 14 yrs.
Learn how to skate across the ice forward and backward, glide, stop, and more! Fee includes skate rental, lessons, free practice on the day of the class, and 3 additional skating passes to be used during the 4-week series. Please arrive 15 minutes early to the first class and dress warm.
Instructor: Anaheim ICE Staff
Location: Anaheim ICE

Summer 2020 Day Camp
Mon. – Fri. 1:30 a.m. to 6:00 p.m.
May 26 through July 31
Ages: 5 – 12 yrs.
Instructors: La Palma Recreation Staff
It’s never too early to start thinking about your child’s summer break! Our dynamic Summer Day Camp is specially catered to working parents on a budget. Club La Palma Day Camp is filled with action-packed activities and exciting excursions that will guarantee a memorable summer of fun! More information, including schedule and registration forms will be available Monday, April 13, 2020.

Private Tennis Lessons
Please call the La Palma Community Center at 714-690-3350 for private lesson times and dates.
**Power Tae Fitness**  
Age: 13+ yrs.  
Lose weight fast and tone your muscles with this class! Combining Taekwondo, cardio, boxing and cardio-weight movements done to high energy up beat music, you will see the results you’ve been looking for! 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!  
Instructor: C. Markopulos  
Location: Lakewood Taekwondo Academy  

<table>
<thead>
<tr>
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<td>8:30-9:20 a.m.</td>
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</table>

**Power Barre Fitness**  
Age: 13+ yrs.  
Looking for a smooth flowing workout that will tone your entire body along with improving balance and flexibility? This class offers nonstop movements that are performed at two tempos: the faster intervals burn fat, the same motions at a slower pace builds lean muscle to achieve a dancer’s body.  
Instructor: C. Markopulos  
Location: Lakewood Taekwondo Academy  

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**Power Tae Remix**  
Age: 13+ yrs.  
Keep your body guessing with this dynamic class by combining Taekwondo and kickboxing done to high energy up beat music! Get inspired, empowered, and take the spirit of professional kickboxing and turn it into a fun fitness challenge focused on cardiovascular health.  
Instructor: C. Markopulos  
Location: Lakewood Taekwondo Academy  

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**Teen Intermediate Volleyball**  
Age: 12 – 14 yrs.  
Pass, Set, Hit! We teach the fundamental skills of volleyball in a competitive yet supportive and fun environment. This course is designed for the more seasoned athlete with some volleyball experience but exceptions do apply. Come and have fun while learning volleyball with us!  
Instructor: West Grove Volleyball  
Location: Buena Park Junior High Gym  

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**Stretching and 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 to class. This class is co-sponsored with the City of Buena Park.  
Instructor: O. Rosenthal  
Location: Ehlers Community Center  

<table>
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</table>

**Tai Chi Chuan**  
Age: 13+ yrs.  
This class is known as a moving mediation and is the most effective mind-body exercise. It's safe, easy to learn, sweat-free and improves your physical condition, muscle strength, coordination, flexibility, and balance. This class is co-sponsored with the City of Buena Park.  
Instructor: O. Rosenthal  
Location: Ehlers Community Center  

<table>
<thead>
<tr>
<th>Code</th>
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<td>$30/6</td>
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</table>

**Hula-Tahitian Dance: Beginning Adults**  
Age: 15+ yrs.  
We strive to create a respectful and fun environment for adults to enjoy their time to learn Hula and Tahitian dance. Our goal in all adult classes are to create and maintain a solid foundation in Polynesian dance basics. All classes are progressive.  
Instructor: H. Miles  
Location: Sago Palm Room  

<table>
<thead>
<tr>
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<td>$60/5</td>
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</table>

*No class 2/20
Teen Events/Activities

Summer 2020 Volunteer Program
Are you a teen who lives in the City of La Palma and would like to have fun this summer while earning some $$? Sign-up for the Summer 2020 Volunteer Program! In the program teens have fun and learn job skills while working alongside the Club La Palma Day Camp staff.

Volunteer applications are available online beginning March 2, 2020, at: www.cityoflapalma.org/teens. All applications are due March 30, 2020. Please turn in applications as soon as possible to avoid delay.

InspoTeen Afterschool Program
InspoTeen is a free on campus after-school program for Walker Junior High and Kennedy High School students. The InspoTeen program is held Tuesdays, Wednesdays, and Thursdays after school. Teens can play games, hangout with friends, watch movies, make crafts, and eat snacks provided by InspoTeen. For more information, please call 714-690-3350.

March Madness Basketball Tournament
Ages: 13 – 18 yrs.
When: Friday, March 13 | 6:00 p.m.
Where: Central Park Basketball Courts (7821 Walker Street, La Palma)
Cost: $10 per Team (Must pre-register, no day-of registration will be accepted)

Teen Fashion Scene
When: Saturday, April 4 | 6:00 p.m.
Where: Cypress Community Center (5700 Orange Avenue, Cypress)
Cost: $5 per ticket

Other Teen Events:
• Under The Sea Teen Dance
  Saturday, May 9, 2020, 6:00 – 9:00 p.m.
  La Palma Community Center

Fitness

Aerobic Dancing
Age: 40+ yrs.
Jacki Sorensen’s Aerobic Dancing is the original dance exercise program which has kept people moving for 50 years! Our class is designed for active adult women, from middle age to seniors. Studies have reported that older women who dance frequently had a 73% lower chance of becoming disabled. There is also a link between dance and improved cognitive function for aging adults, because dance requires both physical agility and mental strength to adapt to and remember choreography.

The Monday, Wednesday, and Saturday pay-as-you-go fee is $7 per class. Reminder that 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 Room

<table>
<thead>
<tr>
<th>Code</th>
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<td>$7 per class</td>
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*No class 5/25

Tai Chi Chuan
Age: 13+ yrs.
This class is known as a moving mediation and is the most effective mind-body exercise. It’s safe, easy to learn, sweat-free and improves your physical condition, muscle strength, coordination, flexibility, and balance. This class is co-sponsored with the City of Buena Park.

Instructor: O. Rosenthal
Location: Ehlers Community Center

<table>
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<tr>
<th>Code</th>
<th>Days</th>
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<td>6:00-7:00 p.m.</td>
<td>$30/6</td>
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Friends of the La Palma Library
Interested in helping out the library? Pick up a volunteer application or become a member of the Friends of the La Palma Library (FoL). You can also visit the Book Sale Room where the FoL holds a sale during the last week of the month: $2 for a bag of books—all proceeds help fund library needs and programs. Please call the La Palma Library at 714-523-8585 to find out more or check us out at www.ocpl.org/libloc/lapalma.
Hula-Tahitian Dance: Beginning Adults
Age: 15+ yrs.
We strive to create a respectful and fun environment for adults to enjoy their time to learn Hula and Tahitian dance. Our goal in all adult classes is to create and maintain a solid foundation in Polynesian dance basics. All classes are progressive.
Instructor: H. Miles
Location: Sago Palm Room

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<td>8:15-9:15 p.m.</td>
<td>$60/5</td>
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Ice Skating for Adult Beginners
Age: 17+ yrs.
Learn how to skate across the ice forward and backward, glide, stop, spin, turn, and more! Fee includes skate rental, free practice on the day of the class, and 3 additional skating passes to be used during the 4-week series.
Instructor: Anaheim ICE Staff
Location: Anaheim ICE

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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Power Tae Remix
Age: 13+ yrs.
Keep your body guessing with this dynamic class by combining Taekwondo and kickboxing done to high energy up beat music! Get inspired, empowered, and take the spirit of professional kickboxing and turn it into a fun fitness challenge focused on cardiovascular health.
Instructor: C. Markopulos
Location: Lakewood Taekwondo Academy

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Power Barre Fitness
Age: 13+ yrs.
Looking for a smooth flowing workout that will tone your entire body along with improving balance and flexibility? This class offers nonstop movements that are performed at two tempos: the faster intervals burn fat, the same motions at a slower pace builds lean muscle to achieve a dancer’s body.
Instructor: C. Markopulos
Location: Lakewood Taekwondo Academy

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Easy Martial Art Training for Adult Fitness
Age: 18+ yrs.
This program is for anyone who have always wanted to learn traditional martial arts but feel out of shape or uncomfortable training with younger students. Students improve physical fitness, increase mental alertness, reduce stress, and achieve a more positive attitude.
Instructor: L. Amsell
Location: Sago Palm Room

<table>
<thead>
<tr>
<th>Code</th>
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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, or 11:00 a.m. on Mondays/Wednesdays OR Tuesday/Thursdays. Classes are 50 minutes long. Special Water Fitness Registration forms are available at the Recreation Office in Central Park.

Traditional Martial Arts
Students will learn several martial arts systems, and advanced students may compete in Taekwondo. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, the U.S. Olympic Committee, 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.

For the most dedicated students, a special weekly package available at a special price. Training includes one of our 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. Class schedule is available on page 14.

Register for Classes Anytime!
Our online registration is ready when you are! Sign up for your favorite classes when it’s most convenient for you. Visit cityoflapalma.org/recreation and click on “Register for a Class” and you’ll be on your way!

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 U.S. Chess Federation. Players should bring their own chess clocks.

Instructor: La Palma Chess Club
Location: Sago 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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<tr>
<td>9945</td>
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<td>3/27-4/24</td>
<td>6:00-11:00 p.m.</td>
<td>$35/5</td>
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</table>

Intro to Typing,
Word and PowerPoint
Age: 6+ yrs.
Develop your basic typing skills, report writing, flyer making, and slide show presentation using the Microsoft Office programs. Come to sharpen your knowledge with these software to get a head start in school or at work! This class is cosponsored with the City of Buena Park. Materials fee of $10 due to instructor at the first class.

Instructor: AGI
Location: Buena Park Community Center

<table>
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<tr>
<th>Code</th>
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<td>9919</td>
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<td>3/19-4/23</td>
<td>4:30-5:15 p.m.</td>
<td>$79/6</td>
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</table>

Dance
Line Dance
Age: 18+ yrs.
Get ready to boot, scoot, and boogie! This class is sure to bring out the country western in you and teach you a variety of line dances. No partner necessary. This class is cosponsored with the City of Cypress.

Instructor: J. Karter
Location: Cypress Senior Center

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<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee/Weeks</th>
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<tr>
<td>9901</td>
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<td>9905</td>
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<td>7:30-8:30 p.m.</td>
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</table>

2 Step and Swing
Age: 18+ yrs.
Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary. This class is cosponsored with the City of Cypress.

Instructor: J. Karter
Location: Cypress Senior Center

<table>
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<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
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<tbody>
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<td>3/24/13*</td>
<td>8:30-9:30 p.m.</td>
<td>$36/6</td>
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</tbody>
</table>

Stricly 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 cosponsored with the City of Cypress.

Instructor: J. Karter
Location: Cypress Senior Center

<table>
<thead>
<tr>
<th>Code</th>
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</tr>
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</table>

Register for Classes Anytime!
Our online registration is ready when you are! Sign up for your favorite classes when it’s most convenient for you. Visit cityoflapalma.org/recreation and click on “Register for a Class” and you’ll be on your way!
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 714-690-3300
   City Manager
   714-690-3334
   Public Works/Water
   714-690-3310
   Finance & Water Billing
   714-690-3330
   Building & Safety
   714-690-3340
   7822 Walker Street, La Palma

3. Police 714-690-3370
   Emergency
   714-527-6722
   911
   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 Event 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. Online registration processing charges will not be returned and 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, including online processing charges. All refunds will be issued in the form of a check; refunds will not be issued to credit cards. Refunds take approximately 4 weeks to receive by mail. Credit balances on all accounts as of June 30 annually will be returned in the form of a check to your address on file.

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<thead>
<tr>
<th>Adult/Guardian LAST Name</th>
<th>Adult/Guardian FIRST Name</th>
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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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**TOTAL PAID**

<table>
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<tr>
<th>Non-residents add an additional fee per class:</th>
<th>Class fee up to $75 = $5 Non-Res Fee</th>
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<tbody>
<tr>
<td>Class fee $76 and over = $10 Non-Res Fee</td>
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**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

Spring 2020
Postal Customer
La Palma, CA 90623

Arbor Day Celebration
Tuesday, April 21 | 4 to 6 p.m.
La Palma Central Park

Hosted by the La Palma Community Activities & Beautification Committee and Community Services Department, the Arbor Day Celebration will include a display of entries from the coloring and art contests. This family event also includes Arbor Day crafts, Arbor Day Tree Sponsorship program, art contest awards presentation, and of course, planting of new trees in Central Park. To participate in the coloring and art contests, please visit the City’s website for the details and coloring sheets at www.cityoflapalma.org/arborday. All artwork will be displayed at the event.

Tree Sponsorship Program
We are seeking organizations and individuals to participate in the Arbor Day Tree Sponsorship program. For more information about participating in the art contest or donating to the Arbor Day Tree Sponsorship program, please call 714-690-3350.

2020 State of the City
Thursday, April 30 | 7 p.m.
La Palma Community Center - Royal Palm Room

The 2020 State of the City will highlight the past fiscal year’s achievements and discuss what is being planned for the coming fiscal year which begins July 1. The event is free to the community and no RSVP is necessary. Light refreshments will be served. Come hear and see what is happening in your City! For more information please call 714-690-3330.

Festival of Nations
Saturday, May 2, 2020 | La Palma Central Park
Parade – 10:30 a.m. | Festival – 12 p.m. to 6 p.m.

Join us for the first-ever Festival of Nations on Saturday, May 2, 2020. This one-day experience will celebrate La Palma’s diverse cultural heritage with special performances, exhibits, carnival games, food vendors featuring food from around the world, and a beer and wine garden. To kick off the event, a parade will be held on Walker Street starting at 10:30 a.m. Come see and enjoy this new exciting event coming to La Palma! For more information see page 7 or call 714-690-3350.