La Palma Celebrates its 65th Birthday on October 26, 2020 (See page 5)
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.
Calendar of Events
City offices are closed on Fridays. Public Safety services are always available.

August
4 City Council Meeting – 7:00 p.m.
10 Development and Circulation Committee Meeting – 7:00 p.m.*

September
1 City Council Meeting – 7:00 p.m.
7 Labor Day – City Offices Closed
8 Community Activities and Beautification (CAB) Committee Meeting – 6:30 p.m.*
11 Patriot Day – City Offices Closed
22 Fall Equinox

October
6 City Council Meeting – 7:00 p.m.
12 Development and Circulation Committee Meeting – 7:00 p.m.*
13 Community Activities and Beautification (CAB) Committee Meeting – 6:30 p.m.*
15 The Great California ShakeOut – 10:15 a.m.
26 Dairyland Incorporation Day (1955)
31 Halloween Carnival – 6:00 to 8:00 p.m.*

November
1 Daylight Saving Time Ends #FallBack
3 City Council Meeting – 7:00 p.m.
10 Community Activities and Beautification (CAB) Committee Meeting – 6:30 p.m.*
11 Veterans’ Day – City Offices Closed
26 Thanksgiving Day – City Offices Closed

*Subject to change. See the City’s website for the most up-to-date information

IMPORTANT NOTICE
Due to the COVID-19 pandemic, fall classes, programs, and facility reservations may be cancelled, postponed, or otherwise altered. Please check the City’s website for the most recent Community Recreation information at www.CityofLaPalma.org/Recreation or call 714-690-3350.

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.

Contents

ACTIVITY GUIDE
Message From The City . . . . . 2
City Council Highlights . . . . . 3
Community News . . . . . . . . . 5
Non-profit Information . . . . . 7
Activity Guide . . . . . . . . . . . 9
Social Services Resources . . . 12
Registration Form . . . . . . . . . 13

On the Cover:
Then & Now.
La Palma Avenue near Valley View Street.
Welcome to the fall issue of the La Palma Mosaic!

Beginning with the 2020 summer issue, the Mosaic designers re-developed the brochure’s look to keep it dynamic and engaging for its readers. However, due to the pandemic the summer Mosaic was only available digitally. We hope you enjoy this new design now available in print!

As we move through 2020 and the pandemic, the City has continued to operate under the new standards and guidelines to protect the community from the spread of the virus. On June 8, the City re-opened its public lobbies, which had been closed since April 1. Prior to re-opening, each lobby was outfitted with plexiglass counter shields, sanitizer stations, and signage. In addition, staff has been limiting the number of people in the lobbies to keep physical distancing of at least 6 feet as well as requiring face coverings.

At their June 2 meeting, the City Council discussed and adopted the Fiscal Year 2020-21 Budget. The budget was developed with much consideration to the economic impacts of the pandemic while maintaining essential services for the community. More information is available on the City’s website and a brief overview of the budget adoption meeting is available on page 3.

Happy Birthday, La Palma! Originally incorporated as Dairyland, October 26, 2020, marks the City’s 65th Anniversary. See more on page 5.

Despite the pandemic, City operations and essential projects have continued with proper precautions. In June, the City completed the Citywide Facility Security System project, a multi-year goal for the City Council since 2017. The project was approved by the City Council in November 2019 and construction began March 2020. The system is monitored by the La Palma Police Department and provides a higher level of security for La Palma’s water system, City Hall, and Community Center/Central Park.

At the May 5 City Council meeting, the City Council decided to postpone the street median re-design project due to statewide economic impacts. As a result of the project’s design phase, however, a number of trees were identified by a certified arborist in need of removal due to their poor health and structural conditions. In July/August 2020, the City will remove said trees and plant new street trees, in accordance with the City’s Tree Policy, along La Palma Avenue.

La Palma students are expected to be going back to school the second week of August; however, this may change. In any case, please be cautious and drive the speed limit in school zones and remind your students, if they take themselves to school, to look both ways when crossing streets, walk on the sidewalks, and use the bike lanes.

At the time of this publication, the Halloween Carnival is still scheduled for Saturday, October 31 in Central Park. This event is subject to change pending restrictions, please check the City’s website for the most up-to-date information.

Stay safe and healthy, La Palma!
Accessory Dwelling Units

On May 5, 2020, City Council approved an Ordinance to update to the City’s zoning regulations to address the State’s recent changes regarding Accessory Dwelling Units (ADUs) and Junior Accessory Dwelling Units (JADUs), which are small housing units built by homeowners on their properties. The update ensures that the City’s regulations are consistent with State law and allow City staff to appropriately regulate ADU developments going forward. City staff anticipates an influx of requests based on the latest State standards.

Reaffirming of the Local Emergency Declaration

On March 17, 2020, the City Council approved a Local Emergency Declaration in response to the COVID-19 pandemic. At their May 5, 2020, meeting, the City Council adopted a Resolution to continue the local emergency.

Annual Fee Schedules for Fiscal Year 2020-21

The City Council recently contemplated fees for FY 2020-21. At their May 5, 2020, meeting, the City Council adopted Resolutions for both the Development Project Fees and Service Charges along with various Municipal Activities and Services with no increase in fees to members of the public.

Fiscal Year 2019-20 Third Quarter Report and Budget Adjustments

At the May 5, 2020, City Council meeting, City Staff reported on the City’s finances in the third quarter of Fiscal Year 2019-20. The report provided a snapshot of the City’s spendable fund balances as of March 31, 2020, as well as the year-to-date change in spendable fund balances. It included a review of the General Fund’s revenue and expenditures through the third quarter of the fiscal year (75 percent of the year as of March 31, 2020), including brief discussions of relevant proposed budget amendments, which were approved.

Adoption of Fiscal Year 2020-21 Budget

At the April 7, 2020, City Council meeting, staff was directed to present a “status quo” budget for adoption in June 2020. At the May 5, 2020, City Council meeting, staff prepared and presented a 10-year financial projection for the General Fund. However, the Fiscal Year 2020-21 General Fund budget has an estimated deficit of $403,400 due to the economic impact caused by the COVID-19 pandemic. The proposed budget for 2020-21 includes a transfer of $403,400 from the Emergency Reserve to the General Fund to balance the budget. Over the years, the City has increased its Emergency Reserve which is well-funded to meet these type of economic emergencies. This budget was adopted by the City Council on June 2, 2020.

Ordinance Amending the Frequency of the City Council’s Regular Meetings

Due to the COVID-19 pandemic and economic impact, the City Council saw a decrease in the amount of agenda items going forward. At the April 4, 2020, City Council meeting, it was decided that monthly meetings could address City business without impacting operations and would continue to decrease potential public exposure to COVID-19. Staff proposed adopting an Ordinance that allows the City Council the ability to reduce City Council meetings to once a month, meeting on the first Tuesday of each month. The Ordinance was adopted by the City Council on May 5, 2020, and went into effect on June 4, 2020. At their June 2, 2020, meeting, the City Council adopted a Resolution solidifying the change until the City experiences an increase in activity resulting in the need to return to the bi-monthly meeting format.
Median Islands Project Postponed

At their May 5, 2020, City Council meeting, the City’s Long Term Fiscal Status, Fiscal Year (FY) 2019-20 Budget Adjustments, and Capital Improvement Program (CIP) were discussed in light of the COVID-19 pandemic. From those discussions, the City Council directed City Staff to remove the Median Island Project from the FY 2020-21 CIP to free up funds which could offset budget shortfalls in the coming years.

Median Island Tree Removal and Sidewalk Tree Removal/Replacement Project

In the design phase of the Median Island Project, 51 trees had been identified by a certified arborist to be removed due to poor health or structural conditions. With the Median Island project on hold per the City Council direction at their May 5, 2020, meeting, City Staff issued an RFP for the removal these 51 trees in the median island. To help offset the loss of median trees in the City's urban forest, the RFP also included sidewalk tree removal and replacement along La Palma Avenue. This includes removing a total of 49 dead trees, removal of root balls from 38 empty tree wells where the trees have already been removed, and converting the existing surface tree well irrigation to a deep watering system. A total of 87 new trees will be planted. The City received five (5) bids and the City Council awarded the contract to West Coast arborists at their June 2, 2020, meeting.

Notice of Election (November 3, 2020)

The City of La Palma will hold an election on November 3, 2020 to fill three City Council seats. The election will be consolidated with the Federal, State, and Countywide election on that same date. City Elections for the La Palma City Council are held every two years (in even number years). The terms for Council’s five at-large seats are staggered. Therefore, all five council seats are not up for election during the same election year.

The nomination filing period is July 13 to August 7. If no one or only one person is nominated for each office, the City Council may appoint someone to the office. If you have questions regarding the process or wish to make an appointment to pull nomination papers, please visit the City’s website at www.CityofLaPalma.org/Elections or contact the City Clerk’s office at 714-690-3334 or Administration@CityofLaPalma.org.

Miscellaneous

During this time period, the City Council also:

• Approved the City Council and Successor Agency 3rd Quarter Cash and Investment report for Fiscal Year 2019-20;
• Cancelled the April 21 and May 16, 2020, City Council Meetings;
• Received and filed the City Cash and Investment Report for the Fiscal Year 2019-20 third quarter;
• Approved the Cooperative Agreement with the Cities of Cerritos and Lakewood for Environmental Clearance and Design Phase of the Del Amo Boulevard Bridge Replacement Project;
• Adopted a Resolution for the November 3, 2020, General Municipal Election;
• Received and filed the 2020 Annual Water Quality Report;
• Extended the services agreement with Charles Abbott Associates for building and community development services;
• Received and filed the 2019 Housing Element Annual Project Report;
• Approved lease agreement amendments for City property tenant;
• Adopted the review of the continued work plan for the Business Engagement Ad Hoc Committee.
La Palma Celebrates its 65th Anniversary

The City La Palma was incorporated on October 26, 1955, about 3 months following the opening of Disneyland (July 17, 1955). It was originally incorporated as Dairyland, and was one of three dairy cities in the region (the other two being Dairy Valley in Cerritos and Dairy City in Cypress).

Dairyland held its first election on October 11, 1955, and elected Paul Furman, William De Jager, Peter G. Bouma, Pete De Groot, and Jack De Vries to the first City Council. Burton Wesenberg became the community’s first City Manager, serving from 1955 to 1980. The City’s first motto was “United to Preserve.”

By the mid-1960s, Dairyland farmers decided their land had become too valuable to remain wholly agricultural. In 1965, the City’s name was changed to La Palma, after the region’s Spanish heritage and its main thoroughfare, La Palma Avenue, and drafted a master plan with well-defined residential, commercial and industrial areas. The City also changed its motto to “City of Vision.”

Today, La Palma is a well-balanced City which prides itself on a responsive municipal government and a strong sense of community. The City’s small town character allows residents to live in quiet and friendly neighborhoods. With one of the lowest crime rates in Orange County, La Palma is a place where residents can rest easy and enjoy hometown living.

Tell Us Your La Palma Story!

La Palma, ranked as one of the best places to live in America, is special because its residents come together from varied backgrounds and heritages to embrace and celebrate all that their hometown represents. In advance of La Palma’s 65th Birthday in October, please tell us Your La Palma Story….

• How long have you lived in La Palma?
• How did you or your family choose La Palma?
• What family traditions do you have?
• What does La Palma represent to you?

These stories will be used for La Palma’s 65th Anniversary marketing, public relations and promotional purposes, so please only submit a story/photo/video if you’re willing to share your story publicly. Stories will not be used if they endanger the safety or security of others.

Any La Palma resident can submit their story. Entrants under 18 years of age require the permission of a parent or guardian. This is a fun, informative, and positive campaign, so please keep your stories on-topic and family-friendly.

For complete submittal details and instructions, please visit: www.CityofLaPalma.org/MyStory.

Thank you for telling us your unique and diverse La Palma story!
Misty Torres has worked in the La Palma Community Services Department for 2 years as a Recreation Specialist, overseeing the Tiny Tots program. Misty’s hands-on approach to her program creates for a dynamic classroom that focuses on enrichment learning, fun activities, crafts, and physical fitness activities. She is a dedicated Tiny Tots teacher whose priorities are the health and safety of each child and to provide a colorful and inviting classroom for every Tiny Tot participant. During the COVID-19 pandemic, Miss Misty continued the Tiny Tots session and converted the class into virtual where she provided Zoom conference calls with the kids and provided crafts that parents picked up from the Community Center every week. Misty not only serves as a fantastic teacher, but also a Department team player by always extending her hand to other programs such as delivering for Meals on Wheels and day-to-day Department tasks. She is also involved in developing and implementing the kid’s area in City wide events such as the 4th of July Fitness Run for Fun, Halloween Carnival, Festival of Nations, Tree Lighting Ceremony, and Arbor Day.

Misty is proud of being a part of the La Palma Community Services Department family and the work that she has done, so far. When asked, “What is your favorite part of your job?” Misty says that being able to guide the children into their next chapter, Kindergarten, is closets to her heart. This is a special time for all the children that go into this program where Miss Misty helps them learn how to write their names, the ABC’s, numbers, shapes colors, and rhyming. “This is why I work for the La Palma as a Tiny Tots teacher!” said Misty.

Of her many accomplishments, Misty is most proud of being a mother to her two sons. Her oldest graduated with his Biology degree at California State University, Long Beach in 2019. Her youngest will be a senior in High School this upcoming fall and is the current varsity catcher for his baseball team.

Fall 2020 Home Spotlight Award

The City of La Palma would like to congratulate residents Jon and Sherry Forbes of 5452 Pembury Drive for winning the 2020 Fall Home Spotlight Award!

The Forbes’ are longtime residents of La Palma, having lived here for over 40 years! By switching to a synthetic lawn it has eliminated them having to continually replace their lawn, saving them time, water and money. Also their lawn looks well maintained year round!

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 ranked by CNN’s Money Magazine as one of the “Best Places to Live” in the United States!

We thank Mr. & Mrs. Forbes for contributing!

If you’d like to nominate a La Palma home for the Home Spotlight Award, please contact (714) 690-3350 or Recreation@CityofLaPalma.org. Nomination forms, information and past award winners can be found on the City’s website at: www.CityofLaPalma.org/HomeSpotlight.
La Palma-Cerritos AAUW Elects New Officers for 2020-2021
By Edna Ethington

Due to the COVID-19 pandemic, the La Palma-Cerritos Branch of the American Association of University Women (AAUW) cancelled the meetings and activities planned for the months of March, April, May and June. Hopefully, the speakers will be able to be re-scheduled to speak when large group meetings are allowed.

The Academic Awards Brunch that was scheduled for April 4 at Cerritos College will be postponed to April of 2021. Persons who wish to donate funds for these Academic Awards at Cerritos College can contact Awards Chairperson Carol Marsh at 714-995-6141.

Congratulations to the elected members of the 2020-2021 AAUW year starting on July 1! The newly elected members are: President, Beverly Zwick; Co-VPs of Programs, Karen Cox, Nancy Kawamura, and Mary Ann Quinn; Co-VPs of Membership, Joan Flax and Diane Merrick; Co-VPs of AAUW Fund, Esther Aronson and Thea Siegel; Secretary, Christine Taxier; and Treasurer, Marilyn Forsstrom.

The newly elected board members will be meeting virtually via Zoom meetings starting in June to start planning for the 2020-2021 AAUW year. For more information about joining the meeting, contact Zoom Coordinator, Tobi Balma, at 562-865-8675.

Unfortunately, due to the COVID-19 pandemic, Whittier College cancelled all summer camps and activities. The AAUW California Board also cancelled all Tech Trek camps in California for 2020. It was also decided that, if there are Tech Trek Camps in 2021, the camps will be designated only for seventh graders who will be incoming eighth graders in June of 2021. The La Palma-Cerritos AAUW congratulated the four middle school girls they selected to attend the Whittier Tech Trek Camp. Since the four girls will not be able to attend a Tech Trek Camp, the branch plans to honor them at a branch meeting when large group meetings are allowed, hopefully later in 2020. Contact newly elected President Beverly Zwick for more information at 562-943-6149.

Persons who wish to join the La Palma-Cerritos AAUW and work for equity for women and girls can contact Co-Membership VP’s, Joan Flax at 562-860-0642 or Diane Merrick at 562-594-4129 for membership information.
John F. Kennedy High School Scholarship Foundation Update

Attention All JFK Seniors!

It is time to submit your application for one of our 19 scholarships. There is a scholarship that fits the dreams of almost every JFK senior that wants to continue their education beyond high school.

- Is your strength math and science? Then an application for the Donald Widen Memorial Scholarship might be your choice.
- If your goal is to be a teacher, there is the Glenn Taylor Memorial Scholarship or the John Alvis Memorial Scholarship.
- For the students that have spent a considerable time volunteering in the community there is the Chris O’Neal Memorial Scholarship.
- Future health care workers will want to apply for the La Palma Intercommunity Hospital Scholarship.
- Aspiring musicians, artists, and performers should apply for the Eva Lutz Memorial Scholarship.
- If you are a senior in JROTC now is the time to apply for the Aragona Family Scholarship.
- Female Varsity Soccer players should apply for the Bob Van Herk Memorial Scholarship.
- If your goal is to have a job in public service, then apply for one of the two La Palma Community Foundation’s Scholarships.
- Is a community college in your plans? Apply for the Patel Community College Scholarship.
- If you would be the first one in your family to attend college, it is time to apply for the Mark 1 Real Estate Scholarship.
- If your dream career has not been mentioned then you should apply for one of the five General Scholarships, Patel Academic Excellence Scholarship or the Duke DeKovner Memorial Scholarship.

Scholarship applications can be found at our website www.jfkscholarshipfoundation.org. Review the qualifications for the scholarships and get your applications (limit 2) in by January 16, 2021. If you have further questions please contact the Foundation by email at info@jfkscholarshipfoundation.org.

La Palma Kiwanis Club Update

This year has impacted everyone, including the La Palma Kiwanis Club. Meetings were in need of adjustment so we changed to virtual (Zoom) meetings, a new and novel/challenging way to communicate. Despite the impact of the pandemic, the economic slowdown and the weeks of protests around the country, our club has continued to provide services and help where possible in our City. As previously reported, we have been supporting the food pantry at JFK for two years, and over the summer we accelerated the help by providing much needed items to several families, working with staff from Kennedy.

Now that we have come through the summer, we are ready to get back to what we do as a service organization.

We all recognize that life as we knew it will be different, and our club has been working to prepare for this new reality, with social distancing, and other precautions. We are working with the schools to provide assistance on programs and events. We are also working with City staff to see how our club can be involved in uplifting with positive events to take some of the sting out of the impact we have all felt this year.

Due to the pandemic, the City had to cancel its 4th of July Fitness Run for Fun. Our club has always enjoyed serving the pancake breakfast at the event and are working with City staff to plan a FREE community pancake breakfast for later in the year given large group gathering restrictions are lifted and with the appropriate health procedures. The date has not been finalized, but when it is we will let the community know and we will invite all to come to the park and once again have some of those great Kiwanis pancakes. Stay tuned!

In these confusing and complicated times we can all use a positive outlet, so we encourage anyone interested in being involved in our City and schools to come join us at a meeting, any Thursday morning starting at 7:00 a.m. at the La Palma Hospital when meeting in person is possible.
Recreation Activity Guide
Due to the COVID-19 pandemic, the City of La Palma has been changing recreational activities, programs, and events to help mitigate the spread of the virus. City staff continually monitors the health guidelines for recreation activities provided by the State and County. In addition, staff has been in close contact with neighboring cities, gathering information on how best to approach recreation during this time. The classes, programs, and events publicized in this issue may be cancelled, altered, or otherwise modified to meet the pandemic health requirements. Please visit the City’s website for the most up-to-date information or contact the Recreation department at 714-690-3350 or Recreation@CityofLaPalma.org.

Tiny Tots  
Ages: 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. For most recent information regarding the fall program please visit www.CityofLaPalma.org/TinyTots.

Lil’ Palms Multi-Sport  
Ages: 4 – 7 yrs.
As an introductory class, 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. Each player will receive a certificate of participation and the conclusion of the session. To register, stop by the Community Center in Central Park or visit www.CityofLaPalma.org/LilPalms.

Anaheim ICE: Skating for Tots  
Ages: 3 – 6 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. To register for a class, visit www.CityofLaPalma.org/Recreation.

Math Workshop  
Ages: 3rd – 8th grade
This is a great refresher course for students who want to brush up on their Math skills. 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. To register for a class, visit www.CityofLaPalma.org/Recreation.

Practical Chess  
Ages: 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. To register for a class, visit www.CityofLaPalma.org/Recreation.

Math Competition Prep Class  
Ages: 3rd – 6th grade
Go beyond school mathematics and learn how to apply problem-solving, creativity, and logic skills to solve challenging problems. Each week, students are taught how to approach competition-style math problems to improve their skills and attain mastery. Space is limited! To register for a class, visit www.CityofLaPalma.org/Recreation.

Filipino Traditional Games  
Ages: 7 – 11 yrs.
Attend this class and learn about traditional Filipino games! You will learn the cultural background to these games and be able to create some of the actual toy pieces that will be used in the class! This is the perfect activity that is both fun and educational. A $15 materials fee is due to instructor at the first class. To register for a class, visit www.CityofLaPalma.org/Recreation.

I Am An Engineer!  
Ages: 7 – 11 yrs.
A fun introduction to the world of engineering! Our young engineers will engage in mentored play activity to learn the foundational concepts prerequisite to STEM. You will learn spatial reasoning, problem solving and symbolization using Kids Spark building blocks. Classes align with the Next Generation Science Standards. To register for a class, visit www.CityofLaPalma.org/Recreation

To see what’s happening in the Virtual Recreation Center, visit: www.CityofLaPalma.org/VirtualRecCenter.
Youth Intermediate Volleyball  Ages: 8 – 11 yrs.
Come have fun and learn with us! This volleyball course is designed for the youth athlete with some volleyball experience but exceptions do apply. This class is co-sponsored with the City of Buena Park. To register for a class, visit www.CityofLaPalma.org/Recreation.

Anaheim ICE: Skating for Beginners  Ages: 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 and taught by Anaheim ICE Staff. To register for a class, visit www.CityofLaPalma.org/Recreation.

Traditional Martial Arts  Ages: 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 (no experience), Intermediate (some experience), and Advanced. If you are not sure what level you should take, please contact 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 rate, 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. To register for a class, visit www.CityofLaPalma.org/Recreation.

Teen Intermediate Volleyball  Ages: 12 – 14 yrs.
Come have fun and learn with us! This volleyball course is designed for the teen athlete with some volleyball experience but exceptions do apply. This class is co-sponsored with the City of Buena Park. To register for a class, visit www.CityofLaPalma.org/Recreation.

Intro to Japanese Swordsmanship  Ages: 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 City of Buena Park. To register for a class, visit www.CityofLaPalma.org/Recreation.

Teen Intermediate Volleyball  Ages: 12 – 14 yrs.
Come have fun and learn with us! This volleyball course is designed for the teen athlete with some volleyball experience but exceptions do apply. This class is co-sponsored with the City of Buena Park. To register for a class, visit www.CityofLaPalma.org/Recreation.

Teen Programs

Teen School Readiness Workshop
October, 8, 2020
The Cities of La Palma and Cypress are hosting a school readiness workshop for the teens in our local communities. This workshop will help teens prepare college and scholarship applications. If the in-person workshop is not feasible, an online/virtual workshop will be provided. As planning continues, more information will be available on the City’s website at www.CityofLaPalma.org/Teens.

InspoTeen Afterschool Program
The City of La Palma is planning on bringing InspoTeen back to Walker Junior High School and Kennedy High School this fall! Following approval from the schools on how to safely continue the program, La Palma Recreation Staff will provide a safe space for teens to be themselves, play games, learn new things, meet new people, and most importantly enjoy snacks! For the most current information, please check the City’s website at www.CityofLaPalma.org/Teens.

Open Mic Night
November 14, 2020
This event makes you the star of the show. Whether you’re an acoustic or instrumental musician, a poet, or a vocalist, you can participate and show everyone what you’ve got! As planning continues, more information will be available on the City’s website at www.CityofLaPalma.org/Recreation.

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Ancient Solutions for Modern Problems
Ages: 18+ yrs.
This class will teach Tai Chi, Qigong, and Kung Fu to boost health, immunity, and relaxation/stress reduction. Become one of the few to access these powerful methods and learn the immense benefits these ancient and safe techniques have to offer you. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. To register for a class, visit www.CityofLaPalma.org/Recreation.

Aerobic Dancing
Ages: 40+ 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 and 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. Aerobic Dancing is a fitness sport which requires progressive instruction. Therefore, we cannot accept new students after the first week of class. To register for a class, visit www.CityofLaPalma.org/Recreation.

Anaheim ICE: Skating for Adults
Ages: 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. To register for a class, visit www.CityofLaPalma.org/Recreation.

Aikido—A Different Martial Art
Ages: 13+ yrs.
Unlike martial arts that teaches how to fight, Aikido teaches 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. To register for a class, visit www.CityofLaPalma.org/Recreation.

Intro to Japanese Swordsmanship
Ages: 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 City of Buena Park. To register for a class, visit www.CityofLaPalma.org/Recreation.

Easy Martial Art Training for Adults
Ages: 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. 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. To register for a class, visit www.CityofLaPalma.org/Recreation.

Practical Chess
Ages: 18+ 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. To register for a class, visit www.CityofLaPalma.org/Recreation.

Intro to Typing, Word and PowerPoint
Ages: 18+ yrs.
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. A $10 materials fee is due to instructor on the first class meeting. This class is co-sponsored with the City of Buena Park. To register for a class, visit www.CityofLaPalma.org/Recreation.

Lei Workshop Series
Ages: All Ages
In Hawaiian tradition, these garlands were worn by ancient Hawaiians to beautify and distinguish themselves from others. A lei is a symbol of celebration and a sign of affection from one person to another. Come join us this fall in the Lei Workshop Series! To register for a class, visit www.CityofLaPalma.org/Recreation.

Adult Hula
Ages: 17+ yrs.
This class will strive to create a respectful, fun environment for adults to enjoy “their time” to learn Hula and Tahitian. Our goal in all adult classes are to create and maintain a solid foundation in Polynesian basics. All classes are progressive. To register for a class, visit www.CityofLaPalma.org/Recreation.

Line Dance
Ages: 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 co-sponsored with the City of Cypress. To register for a class, visit www.CityofLaPalma.org/Recreation.

Two Step and Swing
Ages: 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 co-sponsored with the City of Cypress. To register for a class, visit www.CityofLaPalma.org/Recreation.

Strictly Ballroom Dance
Ages: 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 the City of Cypress. To register for a class, visit www.CityofLaPalma.org/Recreation.

For complete class details visit www.CityofLaPalma.org/Recreation.

Check out La Palma’s new Rec YouTube Channel at: www.CityofLaPalma.org/VirtualRecCenter.
Social Services Resources

Senior Information and Referral
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. For more information, call 800-510-2020, Monday – Friday, 8 a.m. to 5 p.m.

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.

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.

Registration Information

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.

City & Class Activity Locations

1. La Palma Community Center
   Royal Palm Room, King Palm, Queen Palm, Sago Palm, Pygmy Date Palm, Meals on Wheels
   7821 Walker Street, La Palma
2. City Hall
   7822 Walker Street, La Palma
3. La Palma Police / OC Fire Department
   7792 Walker Street, La Palma
4. OC Library – La Palma Branch
   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
13. Buena Park Junior High School
    6931 Orangethorpe Avenue, Buena Park
Requests for refunds will be honored by Recreation and Community Services only if they are made at least one (1) day prior to the start of classes with one or two meetings; or, on classes that consist of three or more meetings, the request for a refund must be made before the second class meeting. No refunds will be given after the second class meeting. An $11 processing charge will be deducted from all requested refunds. A full refund will be issued if a class or program is filled or cancelled by Recreation and Community Services.

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

I, ____________________________ (FULL NAME), fully understand that my participation in any City of La Palma Community Services program (hereinafter “event/class”) exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge that I am voluntarily participating in this event/class 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, my participation in the event/class from whatever cause, including the active or passive negligence of the City of La Palma or any other participants in the event/class. 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 being permitted to participate in the event/class, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of La Palma from any and all claims, demands actions or suits arising out of or in connection with my participation in the event/class 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 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.

______________________________
Signature/ Parent or Guardian
(If under age 18)

______________________________
Date

**DECLARATION**

I, ________________________________, declare under penalty of perjury under the laws of the State of California that I am the parent or legal guardian of Minor. I further declare that I shall indemnify and hold harmless the City of La Palma from and against any and all Claims resulting from, incident to, or arising out of Minor’s participation in the event/class, any and all risks assumed by Minor and me above, and/or the breach of any promises, covenants, and/or representations made by me herein and/or in the above Release.

By: ________________________________
Signature of Parent/Legal Guardian

Name: ________________________________
Printed Name of Parent/Legal Guardian
Halloween Carnival
Saturday, October 31st
Central Park

Due the COVID-19 pandemic restrictions on community events, La Palma’s Community Services Department Staff have been monitoring the health guidelines for hosting events and are working on a safe family-oriented alternative to trick-or-treating.

Please refer to the City’s website at www.CityofLaPalma.org/HalloweenCarnival for the most up-to-date Carnival information. You can also follow us on Facebook @CityofLaPalma to find out the status and details of the Halloween Carnival.