



# Artesian

**SUMMER 2015**



## **4th of JULY CELEBRATION**

Fun & fireworks at Artesia Park

**NEPAL RELIEF** **CONSTRUCTION OF  
PIONEER BLVD**  
IMPROVEMENTS BEGINS

**JUST DUMP IT!**  
Bulky item & hazardous waste disposal

## **PARKS & RECREATION SUMMER CATALOG**

Events | Activities | Classes | Programs



Renderings of sections of Pioneer Boulevard as proposed in the construction plans. Note the promenade running through the center, the streetscaping, fountains and lanes.

## Downtown Artesia's renovation begins

**W**ork on the Artesia Downtown Streetscape and Infrastructure Improvement Project is now underway.

The first phase of the project will feature sidewalks up to 20 feet wide, streetscaping, and single traffic lanes, which will enhance the pedestrian experience and make it possible for restaurants along the boulevard to offer more outdoor dining. Completion of phase one is expected to occur in time for Artesians to enjoy the boulevard's new features during the winter holidays.

Phase two will install street furniture including

planters, benches, decorative lighting, and more. The final phase adds a large pedestrian promenade to the center of the boulevard.

Phase one construction is taking place in the downtown area between 183rd Street and 188th Street. Traffic detours are anticipated during construction; please allow extra travel time when driving through the construction zone.

For additional information and current updates about the Pioneer Boulevard improvements, please call Justine Menzel at the City of Artesia at 562-865-6262 or visit [www.CityofArtesia.US](http://www.CityofArtesia.US).



Phase III

## Artesia is a leader in outdoor dining/seating safety

**T**he City of Artesia has adopted the first Outdoor Dining & Seating Safety ordinance in the nation; it will become a model for other communities seeking to enhance opportunities for people to enjoy outdoor seating safely.

Vehicle-into-building crashes happen most frequently when a driver is entering or leaving a parking space that is perpendicular to a building. A 2013 study from Texas A&M Transportation Institute suggests that, on average, at least five reported vehicle-in-to building accidents

occur daily in the United States. These accidents occur for a variety of reasons, including "pedal error," lost control, DUI, medical reasons, and others.

Artesia's ordinance requires the reconfiguration of seating and parking or the installation of short safety bollards where outdoor seating and dining is provided and where walkways pass in front of parking stalls.

For additional information on the Outdoor Dining & Seating Safety ordinance, please call Okina Dor at the City of Artesia at 562-865-6262 or visit [www.CityofArtesia.US](http://www.CityofArtesia.US).

## Candlelight vigil held for Nepalese earthquake victims

**A**t 9 pm on May 11, approximately 100 Artesians gathered around the Veterans Memorial at Artesia Park to participate in a candlelight vigil for the victims of the earthquakes in Nepal.

Mayor Miguel Canales thanked all those who attended, "All five of your Councilmembers are out here to show solidarity with the Nepalese community, and we are here to help you." The Mayor talked about the city's response to the humanitarian crisis and the need for funds and tents.

Also in attendance was the Honorary Consul of Nepal, Rishi Dhakal, who thanked Artesia's Mayor for organizing the vigil and thanked the Council for its support. Nepalese community leader Bhakta Chapa and others also led prayers for the victims and offered words of compassion.

Artesia has the distinction of being one of the first communities to host a candlelight vigil for Nepalese earthquake victims and to offer assistance to the relief efforts.

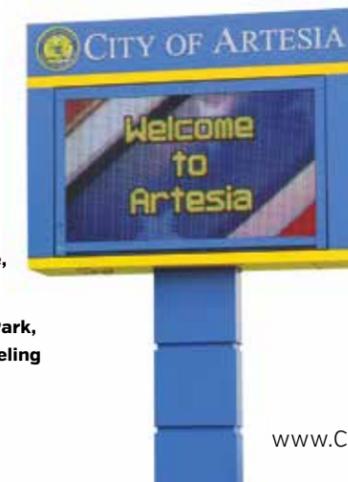
The city has partnered with the American Red Cross to direct resources to the earthquake victims. To donate money or tents, visit <http://familylinks.icrc.org/nepal-earthquake>.



On April 11, the City of Artesia added a new sign featuring a digital display to the many wayfinding signage improvements throughout the city.

The digital sign showcases city events, traffic updates, the time and date, temperature, and upcoming city events.

The sign is situated in Artesia Park, where it can be seen when traveling along South Street.



**Cash and tents are needed!**

**TO DONATE, PLEASE CALL 562-865-6262**

[www.CityofArtesia.US](http://www.CityofArtesia.US)



## FREE Summer Food Program

**JUNE 22 – AUGUST 28**

MONDAY – FRIDAY

Youth 18 and under can enjoy the City of Artesia's free breakfast and lunch program.

In accordance with Federal law and U.S. Dept. of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

**A.J. Padelford Park  
N. Artesia Community Center**

11870 169th Street  
BREAKFAST 9:30-10:30 am  
LUNCH 12:30-1:30 pm

**Artesia Park Community Center**

18750 Clarkdale Avenue  
BREAKFAST 9-10 am  
LUNCH 12:30-1:30 pm

## 4th of July Celebration at Artesia Park

**No personal fireworks allowed at parks or city facilities**

**FIREWORKS**  
SATURDAY, JULY 4 AT 9 pm

**LIVE MUSIC** 6:30-8:30 pm • BLUE BREEZE BAND  
Motown, R&B, Soul Funk, Jazz Blues

**OVER-THE-LINE TOURNAMENT**  
7:30 am (Register by July 2)

**FAMILY OBSTACLE COURSE**  
3-6 pm  
Required teams of 6  
(3 youths and 3 adults)

**PICNIC BARBECUES**  
**WHEELBARROW RACES**  
**POTATO SACK RACES**  
**SPOON RACES**



### MISS ARTESIA PAGEANT

**SATURDAY, JUNE 20**

Albert O. Little Community Center  
4-9 pm • \$10 admission

Celebrating respectful confidence and grace; come cheer as Artesia crowns its new Royal Court.

missartesiapageant@yahoo.com



### INDIA INDEPENDENCE DAY CELEBRATION

**SATURDAY, AUGUST 15**

Artesia Park • 6-10 pm • Free

Join Artesia's Indian community as they celebrate with food and entertainment.



### YOUTH BASEBALL & SOFTBALL PROCESSIONAL & AWARDS CEREMONY

**SATURDAY, JUNE 6**

Artesia Park • 9 am-1 pm • Free

## 2nd Annual International Street Fair

**C**elebrating the diverse communities of Artesia, the second annual International Street Fair will again showcase cuisine, live performance, and fun from cultures around the world.

Held on Pioneer Boulevard in the heart of Artesia's downtown, this festival attracted over 20,000 festival-goers to the 2014 inaugural event. This year's festival, scheduled for **Saturday, October 3**, will be even bigger and better!

Sponsorships are now available by contacting Susie Gomes at the City of Artesia, 562-865-6262, or at sgomes@cityofartesia.us.



## Putting the greens for teens

**A** golf tournament is planned for **Friday, August 21** at 2 pm at La Mirada Golf Course. This event is being held to raise funds to continue the successful teen programs hosted by Artesia's Parks & Recreation Department.

### Artesia Teen Program

The program offers teens a fun and safe place to go after school. Teens are provided with homework assistance, opportunities to hear from recent graduates about their college experience and their career choices, campus tours, and social opportunities just for teens. The program also facilitates teen involvement in community events and public service.

The Artesia Teen Program operates from A.J. Padelford Park in the newly renovated Teen Center.

The Artesia Teen Program launched in June 2013 after the award of a two-year Community Development Block Grant of \$32,000 – but these grant funds are running out in June 2015. The program has been hugely successful, and the need to continue to provide recreation opportunities to teens in a fun, constructive, and safe environment is clear.

In response to this need, parents and members of the Parks & Recreation Commission are hosting a golf tournament at La Mirada Golf Course to raise funds for continuance of the Teen Program, park improvements, and community events.

### Putting the Greens for Teens

La Mirada Golf Course features rolling fairways with several blind target shots into well-bunkered and well-tended greens. La Mirada Golf Course was named

L.A. County's "Course of the Year" six different times, including 2010, and is recognized as one of the "Top 10 Golf Courses to Play" in Los Angeles by *L.A. Magazine. Golf Digest* listed it as "Best Place to Play" in 2009.

The Golf Tournament Fundraiser player registration fees include tournament entry, green fees, golf cart rental, range balls, and one ticket to the awards dinner with tournament prizes and entertainment.

Registration is \$150 per golfer. Non-golfers may purchase tickets to the awards dinner for \$50. Players can purchase mulligans the morning of the tournament for \$5 or \$20 for five. Players will also have the opportunity to compete in the Closest to the Pin, Longest Drive, and Out-Shoot-the-Sheriff contests.

Several sponsorship opportunities are available, including Tee Signs (\$150); Play-with-A-First-Responder (\$150); Sponsored Play for a first-responder or for a teen (\$150); and Title Sponsorships which include eight playing spots, a logo on all printed materials, and a banner at both the morning registration event and the dinner [\$2,500].

Tournament play is limited to 144 golfers, so register early to putt the greens for teens! For more information or to RSVP, call the Parks & Recreation Department at 562-860-3361.



**For information on City of Artesia events please call the Parks & Recreation Department at 562-860-3361**

ALCOHOL IS NOT PERMITTED AT CITY PARKS AT ANY TIME. DOGS MUST BE LICENSED AND ON A LEASH AT ALL TIMES IN CITY PARKS.

# Just Dump It! (legally) Campaign

**Don't know how to get rid of excess junk? Do you have bulky items, E-waste or hazardous waste?**

The City of Artesia, in conjunction with Republic Services, is holding its 10th annual "Just Dump It!" (legally) Campaign **Saturday, July 18** starting at 8 am. This is a **FREE** drive-thru and drop-off event. Purge unneeded and bulky items at two locations, and hazardous waste/E-waste at one location.

Hazardous waste/E-waste includes motor oil, oil filters, brake fluid, paint, paint thinner, turpentine, cleaners with acids or lye, pesticides, herbicides, household and car batteries, pool chemicals, outdated medications, electronics (i.e. TVs, computers, cell phones), fluorescent light tubes, light bulbs, and mercury-containing items.

**An ID and a utility bill is required to prove Artesia residency for bulky item drop-off. The hazardous waste/E-waste drop-off is open to all L.A. County residents.**

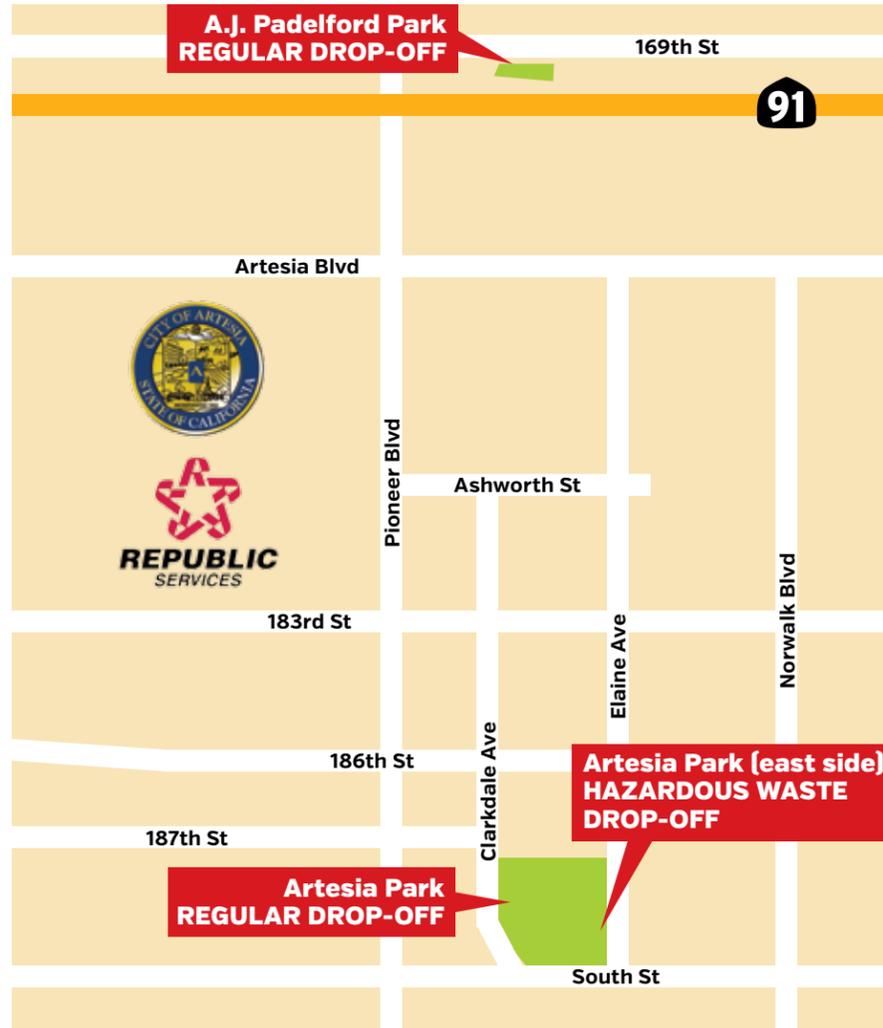


## TWO DROP-OFF LOCATIONS FOR BULKY ITEMS

8 am to noon  
**A.J. Padelford Park**  
 11870 169th Street  
**Artesia Park**  
 18750 Clarkdale Avenue

## ONE DROP-OFF LOCATION FOR HAZARDOUS / E-WASTE

9 am to 2 pm  
**Artesia Park**  
 18750 Clarkdale Avenue  
 (at the Elaine Avenue parking lot)



For additional information please call Andrew Perry at 562-865-6262 or email [aperry@cityofartesia.us](mailto:aperry@cityofartesia.us)  
 ALCOHOL IS NOT PERMITTED AT CITY PARKS AT ANY TIME. DOGS MUST BE LICENSED AND ON A LEASH AT ALL TIMES IN CITY PARKS.

# City of Artesia Park Locations



## Artesia Park ALBERT O. LITTLE COMMUNITY CENTER

18750 Clarkdale  
 Artesia, CA 90701

Office Hours:  
 Monday-Friday 8 am – 8 pm  
 Saturday 10:30 am – 4:30 pm  
 Sunday closed

Hours of operation may be extended to accommodate additional programs.



## A.J. Padelford Park

11870 169th Street  
 Artesia, CA 90701

Office Hours:  
 Monday-Friday 9 am – 6 pm  
 Saturday 10:30 am – 4:30 pm  
 Sunday closed



## Baber Park

17189 Baber Avenue  
 Artesia, CA 90701



# Artesia Library Summer Event Highlights

County of Los Angeles Public Library

## Summer Reading Program

**SATURDAYS JUNE 20 – AUGUST 15**

ALL AGES. Register to earn prizes for reading books. FREE.

### Family Storytime and Art Activity

Tuesdays • June 23–August 4 • 6:30–7:30 pm (No Storytime on Tuesday, July 7)

### Artesia Adult Book Club

Tuesdays • June 9, July 14, August 11 • 12–1 pm

### Library Idol Magic Show by David Skale\*

Saturday • June 20 • 2–2:45 pm

### Buster Balloon Show\*

Saturday • June 27 • 2:00–2:45 pm

### Building Blocks with Richard Woloski\*

Thursday • July 2 • 2–3 pm

### Pearly Whites presented by Virginia Santos

Saturday • July 11 • 2–2:45 pm

### Sounds Like Science Show by Mad Science of West Orange County\*\*

Saturday • July 18 • 2–2:50 pm

### Saving Wildlife International\*\*

Saturday • July 25 • 2–2:45 pm • A real live animal show!

### Ruff Ruff Reading Club by BARK!

Saturdays • June 6 and August 1 • 12–1 pm

Children can read out loud to a real therapy dog from BARK

### Magic Wayne Kawamoto Show\*

Saturday • August 8 • 2–3 pm

### Advanced Smart Gardening

through County of Los Angeles Public Works Department

Saturday • August 15 • 2–3:30 pm

\*Special program provided with generous support from Friends of the Artesia Library.

\*\*Special program provided with support through the County Library Foundation Matching Grant program and Friends of the Artesia Library.



**ARTESIA LIBRARY**  
 County of Los Angeles  
 Public Library  
 18722 Clarkdale Avenue  
 Artesia, CA 90701  
 562-865-6614

**HOURS**  
 Tuesday and Wednesday  
 12–8 pm  
 Thursday  
 10 am–6 pm  
 Friday and Saturday  
 9 am–5 pm

Check the Artesia Library website:  
[www.colapublib.org/libraries/artesia/index.php](http://www.colapublib.org/libraries/artesia/index.php)



Artesia Library

## TEEN CENTER NOW OPEN

- Hangout with your peers
- Make new friends
- Go on excursions
- Make a difference in your community

Looking to get out of the heat this summer? Join the A.J. Padelford Teen Center where you can stay cool, have fun, and hang out with your friends at the same time.

## COLLEGE CAMPUS TOURS

Join us in exploring campus life and discovering what college has to offer.

### USC

Friday • July 17 • Fee: FREE

### Cal State Fullerton

Friday in August TBA • Fee: FREE

## FUNDRAISER

### Teen Program Fundraiser at Chipotle Mexican Grill

12560 Artesia Boulevard  
 Cerritos, CA 90703

Tuesday • June 30

5–8 pm Dine in/Take out

Mention the Teen Program Fundraiser and **50%** of your purchase will be donated to the Artesia Teen Program.

**MEMBERSHIP REQUIRED TO PARTICIPATE IN ANY ACTIVITIES OR EVENTS. SIGN UP TODAY!**



Bolsa Chica State Beach

# A.J. Padelford Park Teen Center

OPEN MONDAY – FRIDAY • 3–6 pm • FOR AGES 13–18

## Speaker Series

### Education & Ethnic Studies – Dr. Jose Moreno

Friday • June 26 • 5 pm

Chicano and Latino Studies Professor Dr. Moreno will be presenting information on Ethnic Studies, the available courses and possible career options.

### Biochemistry – Citlali Espinosa

Tuesdays • June 9, July 14, August 11 • 12–1 pm

Citlali Espinosa will be providing information on the college application process and her internship experience at Kaiser Permanente.

### Law – Stephanie Delgado

Friday • August 28 • 5 pm

Stephanie Delgado, Harvard graduate and lawyer for the District Attorney's court of appeals office of Los Angeles, will be presenting information on her college experience and career choice.

## Movie Nights

Every fourth Friday of the month. Movies shown are PG-13 or below and begin at 6 pm.

## Game Nights

Every second Friday of the month. Games include Nintendo Wii, board games and card games.

## Excursions

Last day to register is two weeks prior to the day of event.

### Bolsa Chica State Beach

Friday • June 19 • 10 am–4 pm

Fee: FREE

### Eaton Canyon Hike

Friday • July 31 • 8 am–2 pm

Fee: FREE



Eaton Canyon

# Youth Activities

## Adventures in Percussion

Your kids will have a blast as we uncover the exciting world of drums and percussion. We'll explore their history and how they were used for communication, in battle and in music. Your child will have a unique opportunity to learn the basics of rhythm and make his or her very own percussion instrument to take home. This is a great start for any child interested in singing, dancing or playing an instrument.

Instructor: Rick Plummer

**Resident \$48 • Non-Resident \$55 • Artesia Park**

Monday 2-3:15 pm Ages 9-14 6/29 - 7/20

Monday 2-3:15 pm Ages 9-14 7/20 - 8/10\*

\*1st class for 2nd session on 7/20 meets 3:15-4:30 pm

## British Summer Soccer Camp

British Soccer Camp will come to Artesia July 6-10 for youth ages 3-16. Campers will learn skills, run scrimmages, play games and have fun. Campers receive a t-shirt and ball.

Age	Time	Price
3-4	9-10 am	\$85
4-5	10:30 am-12 pm	\$102
6-16	9 am-12 pm	\$130
6-16	1-4 pm	\$130
7-16	9 am-4 pm	\$185



Register online at [www.challengersports.com](http://www.challengersports.com)

## Ice-Skating

Learn the fundamentals of ice-skating from certified U.S. Figure Skating Association instructors. Class fee includes skate rental and practice time on lesson day. Please arrive early to size skates. Dress warmly in layers and bring gloves or mittens. Participants are divided by age group: 3-5, 6-12, 13+

Instructor: East West Ice Palace staff

**Resident \$57 • Non-Resident \$80 • East West Ice Palace**

Wednesday 5:40-6:10 pm Ages 3+ 6/3 - 7/1

Wednesday 5:40-6:10 pm Ages 3+ 7/15 - 8/12



## Karate

Our karate dojo is a place for fresh new beginnings and old ways of wisdom. If you are a teenager or a child you will benefit from our fun yet structured program. Whether you want to gain more confidence, focus, balance, learn self control or just be part of a hardworking team, then we have something for you in one of our three classes.

Instructor: Michio Jimenez

**Resident \$35 • Non-Resident \$40 • Artesia Park**

### TOTS KARATE

M/F 4-5 pm Ages 4-7 6/1 - 7/13

M/F 4-5 pm Ages 4-7 7/17 - 8/28

**Resident \$35 • Non-Resident \$40 • Artesia Park**

### BEGINNER/INTERMEDIATE KARATE

M/F 5-6 pm Ages 8-17 6/1 - 7/13

M/F 5-6 pm Ages 8-17 7/17 - 8/28

**Resident \$45 • Non-Resident \$50 • Artesia Park**

### ADVANCED KARATE

M/F 6-7:30 pm and W 7-8 pm Ages 8+ 6/1 - 7/13

M/F 6-7:30 pm and W 7-8 pm Ages 8+ 7/15 - 8/28

No karate classes on 6/19, 7/3 and 7/24

## Tae Kwon Do

Tae Kwon Do is an effective self-defense program which also develops discipline, respect, flexibility, agility, coordination, and leadership. It also aids in weight reduction, increased endurance and lowering one's heart rate.

Instructor: Alex Mendez

**Resident \$50 • Non-Resident \$55 • Artesia Park**

M/W/F\* 5:30-7 pm Ages 4-13 6/1 - 6/29

M/W/F\* 7-8:30 pm Ages 14+ 6/1 - 6/29

M/W/F\* 5:30-7 pm Ages 5-13 7/1 - 7/31

M/W/F\* 7-8:30 pm Ages 14+ 7/1 - 7/31

M/W/F\* 5:30-7 pm Ages 5-13 8/3 - 8/31

M/W/F\* 7-8:30 pm Ages 14+ 8/3 - 8/31

\*All Friday classes meet from 5-6:30 pm

No Tae Kwon Do classes on 6/19 and 7/3

## Tiny-Tot Soccer League

A step-by-step training program for boys and girls to promote the development of fundamental soccer skills. Youth will practice for 30 minutes and play one game for 30 minutes with a 5 on 5 team. Parents interested in coaching a team must submit a volunteer program application to the Artesia Recreation Office. Coaches are needed for program to begin.

**Resident \$50 • Non-Resident \$69 • Artesia Park**

Wednesday 5:45-6:45 pm Ages 3-6 6/29 - 8/5



## Tennis

Tennis lessons for all experience levels. Beginner class for those with little or no tennis experience. Intermediate class for those with a few years playing tennis who would like to improve their game. Advanced class for those with several years of playing experience and who would like to work on consistency and power. Participants must provide tennis racket.

Fees are **\$10 per class paid monthly**, based on the number of class sessions per month, and must be paid before classes begin.

Instructor: Eli Alejo

**\$10 per class paid monthly • Artesia Park**

### 10 AND UNDER TENNIS

Tuesday Beg/Int 6-7 pm Ages 10+ Monthly

Saturday Beg/Int 9-10 am Ages 10+ Monthly

### JUNIOR DEVELOPMENT TENNIS

Thursday Beg/Int 6-7 pm Ages 11-17 Monthly

Saturday Int/Adv 8-9 am Ages 11-17 Monthly

Sunday Int/Adv 9-10 am Ages 11-17 Monthly

### ADULT TENNIS

Wednesday Beg/Int 6-7 pm Ages 18+ Monthly

Friday Beg/Int 7-8 pm Ages 18+ Monthly

Private and Semi-Private Lessons also available

**Private \$40/hour • Semi-Private \$20/30 minutes**



## Young Rembrandts Drawing Class

A different kind of learning, a powerful kind of fun: Young Rembrandts teaches drawing with a see-touch-do method that all kids can succeed with, learn from and love! Watch your child reach a brand new level of confidence and potential with this engaging, award-winning program.

Instructor: Young Rembrandts Teachers

### DRAWING CLASS

**Resident \$55 • Non-Resident \$65 • Artesia Park**

Session dates for classes: 6/2 - 6/23

7/7 - 7/28

8/4 - 8/25

#### Preschool

Tuesday 3:15-4 pm Ages 3.5-5

#### Elementary

Tuesday 4-5 pm Ages 6-12

#### Youth Cartooning Class

Tuesday 5-6 pm Ages 9-12

### SPECIAL WORKSHOPS

**Resident \$120 • Non-Resident \$130 • Artesia Park**

#### Fashion Workshop

Monday-Friday 10:30 am-12:30 pm Ages 6-12 7/27 - 7/31

#### Anime Workshop

Monday-Friday 1-3 pm Ages 6-12 7/27 - 7/31

#### Pirate Workshop

Monday-Friday 10:30 am-12:30 pm Ages 6-12 8/10 - 8/14

#### Fashion Runway - Tween Style

Monday-Friday 1-3 pm Ages 6-12 8/10 - 8/14

## Zumba Kids Fitness with Rocio

Perfect for our younger Zumba fans! 4-12 year olds get the chance to be active and jam out to their favorite music. Zumba kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

Classes incorporate key child development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, balance, coordination and cultural awareness.

Instructor: Rocio Guzman

**Pay-As-You-Go \$4 Artesia Park**

Tuesday 5-6 pm

Ages 4-12

6/30 - 8/18



# Adult Activities

## FITNESS & DANCE

### Cardio Zumba with Jessie

Warm up with high/low impact aerobic to 80s pop music, get healthy and burn fat with hot Zumba moves, using routine steps that are easy to follow. Have tons of fun while burning off the calories. Please bring a mat on Monday, and weights on Friday.

Instructor: Jessie Shepherd

**Residents \$35 • Non-Resident \$40 • Artesia Park**

Monday/Friday 10:40-11:45 am Ages 18+ 7/6 - 8/31  
No class 7/20

### Line-Dancing with Stuart & Jessie

Come learn all the latest line dances. They will break the dances down and teach you step-by-step how to dance the most popular line dances that all the dance clubs are doing. You don't need a partner or any experience. So kick up your heels, have fun while getting a great workout, and exercise your memory as well!

Instructor: Stuart Shepherd

**Residents \$25 • Non-Resident \$30 • Artesia Park**

Monday Int/Adv 9-10:30 am Ages 18+ 7/6 - 8/31  
Friday Int 9-10:30 am Ages 18+ 7/10 - 8/28  
No class 7/20

### Line-Dancing with Trish

Get fit and exercise to the fun of country style line dancing. You don't need a partner. Beginners to advanced students welcome.

Instructor: Trish La Commare

**Pay-As-You-Go \$3 • Artesia Park**

Wednesday Beg/Int 6-7:30 pm Ages 18+ Continuously

### Yoga with Lou

Practice the basic discipline and postures to promote physical fitness. Improve flexibility, strength, concentration, renew your energy, restore emotional stability, and reduce stress. Students must bring a yoga mat to class.

Instructor: Lou Trerotola

**Resident \$35**

**Non-Resident \$45**

**Artesia Park**

Monday/Wednesday 6-7 pm Ages 18+ 5/18 - 6/24  
Monday/Wednesday 6-7 pm Ages 18+ 6/29 - 8/5  
Monday/Wednesday 6-7 pm Ages 18+ 8/10 - 9/16  
No class 5/25



### Yoga with Mike

Learn the psychological and physical effects of stress, and management techniques to improve and regulate stress in your life through the use of self-awareness, meditation, and proper breathing.

Instructor: Mike Jackson

**Resident \$35 • Non-Resident \$45 • Artesia Park**

Tuesday/Thursday 8-9 am Ages 18+ 6/30 - 8/13  
Tuesday/Thursday 8-9 am Ages 18+ 8/18 - 9/24

### Zumba Fitness with Rocio

Party yourself into shape. The Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party. Feel the music and let loose.

Instructor: Rocio Guzman

**Resident \$24 • Non-Resident \$30 • AJ Padelford Park or Pay-As-You-Go \$4**

Tuesday/Friday 9:15-10:15 am Ages 18+ 6/23 - 8/14  
Tuesday/Friday 9:15-10:15 am Ages 18+ 8/18 - 10/9  
No class 7/3

### Zumba Fitness with Lettie

Feel good and look good! Dance your way to better fitness to the Latin rhythms of salsa, merengue, cha-cha, mambo, cumbia, and more. No partner required.

Instructor: Lettie Morris

**Resident \$48 • Non-Resident \$58 session • Artesia Park or Pay-As-You-Go \$7**

Tuesday/Thursday 7-8 pm Ages 13+ 6/2 - 7/9  
Tuesday/Thursday 7-8 pm Ages 13+ 7/21 - 8/27

## ARTS & MUSIC

### Adventures in Percussion

Discover the exciting sights and sounds of drums and percussion. We'll explore their history, introduce you to a variety of instruments, and learn how drums were used for communication, for battle, and for entertainment. You'll learn the basics of rhythm and music, play in an ensemble, and make your own percussion instrument to take home and enjoy. Instrument is not required for class.

Instructor:

Rick Plummer



**\$48 Resident • \$55 Non-Resident • Artesia Park**

Monday 10-11:15 am Ages 55+ 6/1 - 6/22  
Monday 10-11:15 am Ages 55+ 6/29 - 7/20

### Beading

Come and learn to make beautiful jewelry using bead-weaving, stringing and other bead techniques.

Instructor: Flora Jung

**\$20 Artesia Park**

Tuesday 10 am-1 pm Ages 18+ 7/7 - 8/25



### Guitar

**Easy Intermediate (EI):** You must know your basic chords. Learn bass runs, hammers and arpeggios.

**Intermediate Guitar (IG):** for more difficult chords, songs, techniques and tablature.

Instructor: Susan McCormick.

**\$15 Summer Session (5 Classes) • Artesia Park or Pay-As-You-Go \$4 per class**

Wednesday (EI) 9-11 am Ages 18+ 7/1 - 7/29  
Wednesday (IG) 11:15 am-1:15 pm Ages 18+ 7/1 - 7/29

### Sewing for All Levels

**Beginning level:** Students will follow teacher's curriculum to create basic class projects. Bring your portable sewing machine, two yards of non-stretch fabric and thread.

**Intermediate and advanced levels:** Bring a portable sewing machine, commercial sewing pattern and supplies or bring unfinished projects to sew.

Instructor: Rosario Lamoureux

**\$65 Residents • \$75 Non-Resident • Artesia Park**

Thursday 1-5 pm Ages 18+ 6/25 - 8/13  
Thursday 1-5 pm Ages 18+ 8/20 - 10/8

### Ukulele

An intermediate/advanced course in Hawaiian, Tin Pan Alley (1915-1930) and other songs/styles up to today. Students may use any type of ukulele and must furnish their own instrument. Students will improve skills and prepare for performances within the community.

Instructor: Susan McCormick

**\$15 Summer Session (5 classes) • Artesia Park or Pay-As-You-Go \$4**

Thursday 9-11:30 am Ages 18+ 7/2 - 7/30

## SPORTS LEAGUES

### Men's Slow-Pitch Softball on Friday Nights

Join with a team of 10 players. Teams compete in a minimum of 10 games. All games are held at Artesia Park at 7 pm or 8:10 pm. Teams are responsible for umpire fees of \$13 per game.

**Team Fee: \$320, plus \$30 forfeit fee (\$350 Total)**

Friday 7-10 pm Ages 16+  
Register by 6/19  
Begins 6/26

### Co-Ed Slow-Pitch Softball on Friday Nights

Join with a team of 10 players (at least 4 players must be female). Teams compete in a minimum of 10 games. All games are held at Artesia Park at 7 pm or 8:10 pm. Teams are responsible for umpire fees of \$13 per game.

**Team Fee: \$320, plus \$30 forfeit fee (\$350 Total)**

Friday 7-10 pm Ages 16+  
Register by 6/19  
Begins 6/26



# Senior Activities

## PROGRAMS & WORKSHOPS

### Lunch Program

**Lunch is served Monday-Friday at 11:30 am**  
Vegetarian meals are served Wednesdays at 11:45 am. Lunch is served to those 60+ for \$2.25. Participants under 60 may pay \$4.25 to eat lunch. A 24-hour reservation is required, please call 562-924-6509 between 9 am-1 pm Monday-Friday.

### AARP TEK Workshops

#### Beyond the Basics: Smartphones

**Intermediate Workshop**  
Come learn tips and tricks that will up your TEK game. Must have experience with mobile technology.  
July 20 from 10:30 am to 12:30 pm

#### Intro to Facebook and other Social Networks



**Beginner Workshop**  
Learn to keep in touch with family and friends on social networks such as Facebook, Twitter, and keep up to date on world news. Must have experience with mobile technology.  
July 20 from 2:30 to 4:30 pm  
Register through AARP by calling 1-866-740-6947.

### Bingo!

**Tuesday and Friday from 8:45-10:30 am**  
Bingo cards are \$0.25 each  
Come play for a chance to win household prizes!



## GROUPS & CLUBS

### Line-Dancing Group

**Tuesdays from 9:15 to 10:30 am**  
Join the line-dance group for free!

### Loom Knitting Workshop

**Wednesdays from 10 to 11:15 am**  
Weekly meetings include teaching and learning new stitches along with making beanies for newborns, cancer patients, and soldiers overseas.



### Wednesday Club

**Meets the first four Wednesdays of every month from 8 am to 1 pm**  
Meetings include bingo, lunch, and activities.

### Donuts and Game Day Thursday

Come and enjoy a donut and play some games from 8 to 11 am.



### Portuguese Social Hours

**First Friday of every month from 1 to 5 pm**

## FREE TRANSPORTATION

### Artesia Express Free Shuttle Service

The Artesia Express, a free shuttle service, is available to Artesia residents who are 60+ or disabled. Participants must register by appointment at the Artesia Park office prior to using the service. Hours of operation are Monday-Friday from 8 am to 3 pm.

The service area includes the Artesia City limits plus the areas bounded by: Alondra Boulevard (north), Del Amo Boulevard (south), Valley View Road (east) and Bellflower Boulevard (west). Extended service is available on Tuesdays and Thursdays from 9 am to 3 pm. For location information please contact the Artesia Park office. Appointments for service require 24 hour advance notice.

## UPCOMING EXCURSIONS

### JULY 15

ELKS CRYSTAL BALLROOM in Santa Ana  
*Return to Paradise*  
9:45 am-4 pm  
\$35 [Registration opens June 3]

### AUGUST 22

THE GLENDALE THEATRE  
9 to 5  
1-8 pm  
\$22\* [Registration opens July 2]

### SEPTEMBER 16

ELKS CRYSTAL BALLROOM in Santa Ana  
*The Elvis Show*  
9:45 am-4 pm  
\$35 [Registration opens August 5]

\*Meal not included in ticket price.  
Senior Excursions are meant for those age 50 and over.  
Exceptions are made for caretakers.

## EVENTS CALENDAR

### JUNE 4

JUNE BIRTHDAYS celebrated from 10 to 11:30 am

### JUNE 19

FATHER'S DAY PARTY from 10 to 11:30 am

### JULY 2

JULY BIRTHDAYS celebrated from 10 to 11:30 am

### AUGUST 6

AUGUST BIRTHDAYS celebrated from 10 to 11:30 am



Senior Whale Watching Trip  
February 25, 2015

2015

# SUMMER YOUTH & FAMILY EXCURSIONS



## Los Angeles Angels Game

VS. MARINERS ON FRIDAY, JUNE 26

5-10 pm  
Left Field Pavilion  
Fee: \$22



## Raging Waters

THURSDAY, JULY 9

10 am-8 pm  
Fee: All ages \$22 [children under 2 free]



## Discovery Cube of Los Angeles

THURSDAY, JULY 30

9 am-5 pm  
Fee: Youth [3-18 years] \$11  
Adults [19 and older] \$12



## Magic Mountain

THURSDAY, AUGUST 13

9 am-8 pm  
Fee: All ages \$34  
Special instructions: Children must be over 48 inches tall to participate in the Magic Mountain trip.



## Knott's Berry Farm

THURSDAY, AUGUST 27

10 am-7 pm  
Fee: Junior [3-11 years] \$27  
Adult [12 and older] \$30

Excursions are open to all ages. Children under the age of 8 must be accompanied by an adult. All excursion buses will pick up and drop off at A.J. Padelford Park.

## Summer Family Fun Nights



### JULY 23

6:30-8 pm at Artesia Park  
**SOTO BAND**  
Latin - Funk - R&B

Also featuring Movie Night  
**DISNEY'S FROZEN**  
Starting at 8 pm

### AUGUST 6

6:30-8 pm at A.J. Padelford Park  
**TO BE ANNOUNCED**  
[www.CityofArtesia.US](http://www.CityofArtesia.US)

Also featuring Movie Night  
**THE BOXTROLLS**  
Starting at 8 pm

### AUGUST 20

6:30-8 pm at Artesia Park  
**TEASE BAND**  
R&B - Top 40 - Cumbia - Salsa -  
Blues Rock

Also featuring Movie Night  
**THE LEGO MOVIE**  
Starting at 8 pm

ALCOHOL IS NOT PERMITTED AT CITY PARKS  
AT ANY TIME. DOGS MUST BE LICENSED AND  
ON A LEASH AT ALL TIMES IN CITY PARKS.



CHRISTIAN BERTRAND / SHUTTERSTOCK.COM

For information on City  
of Artesia events please call  
the Parks & Recreation Dept.  
at 562-860-3361

JOSE GILL / SHUTTERSTOCK.COM