



# Park Bench News

## Artesia Parks & Recreation Department

### Creating Community through People, Parks and Programs

# Parks Make Life Better!

#### CITY OF ARTESIA PARK FACILITIES

**Artesia Park**  
Albert O. Little  
Community Ctr.  
18750 Clarkdale  
Artesia, CA 90701  
(562) 860-3361

Office Hours:  
Monday—Friday  
8:30am-8pm

Hours of operation  
may be extended to  
accommodate adult  
sports leagues &  
programs.

Saturday  
10:30am-4:30pm

Sunday closed

**A.J. Padelford  
Park**  
11870 169th St.  
Artesia, CA 90701  
(562) 407-1723

Office Hours:  
Monday—Friday  
9am-6pm

Saturday 10:30am-  
4:30pm.

Sunday Closed

**Baber Park**  
17189 Baber Ave.

[www.cityofartesia.us](http://www.cityofartesia.us)

FALL 2013 SEPTEMBER-DECEMBER

## Patriot Day



The Patriot Day Ceremony will take place on **Wednesday, September 11th from 12-1pm at Artesia Park.** The ceremony will take place at the Artesia Veterans Memorial. Please join us as we pay tribute to those who lost their life in the attack on 9/11/01 and all those who continue to fight for freedom. Light refreshments are served following the ceremony. The event is free and open to the public.

## Veterans Day

The 13th Annual Veterans Day Event will be held at **Artesia Park on Saturday, November 9th from 10am-2pm.** The event will be held at the Artesia Veterans Memorial.

Bricks at the Veterans Memorial are still available for purchase. If you would like your brick to be placed before Veterans Day, an order must be received by September 15th.

The ceremony recognizing area Veterans will begin at 11am. Anyone who has not yet been recognized should register by calling Artesia Park by October 18th. The event will also include information booths for veterans, current service members, and those interested in the military. The event is free and open to the public.

## Spooktacular Halloween

The Spooktacular Halloween Event will be held on **Thursday, October 31st from 5:30-8:30pm at Artesia Park.**

Parents are encouraged to bring children of all ages to participate in the games and Trunk-or-Treat Program.

Members of the community are encouraged to participate in the new way to pass out candy by bringing a decorated car and participating in the trunk-or-treat program.

Please register a car by October 18th.

In addition to trunk-or-treating, youth 12 and under are also eligible to try their hand at the carnival game challenges to win Halloween goodies.

Children and Adults of all ages are also eligible to compete in the annual costume contests and ghoulish limbo games. The Artesia/Cerritos Lions Club will provide hotdogs while supplies last.

## Holiday Program



The Annual Tree Lighting Ceremony will be held at **Artesia Park on Friday, December 6th from 5:30-8:30pm.** Following the lighting of the Tree, youth choir and dance groups will perform the Winter Wonderland Recital.

The Community Holiday Program will take place on **Friday, December 20th at AJ Padelford Park from 5-9pm.** The program begins with the traditional Posadas procession through the community. Following the procession there will be free food and entertainment. Santa will be present to visit with children. Area children 12 and under may receive gifts.



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# Youth & Family Programs

## Artesia Library Activities



18722 Clarkdale Avenue, Artesia CA 90701  
 (562)865-6614 www.colapublib.org  
 Sunday, Monday and Friday – Closed  
 Tuesday-Thursday 10am-8pm  
 Saturday 8am-6pm

**Family Storytime and Art Activity** Tuesdays, 6:30pm-7:30pm September 17-December 17. Enjoy stories, fingerplays, flannel boards, and music followed by an art activity each week.

**Artesia Adult Book Club** 11:00am-12:00pm, the second Tuesday of each month. Fall 2013 Meetings will be September 10, October 8, November 12, and December 10. Discussion, refreshments, prizes and fun! Books are available for checkout at the library.

**What Job Is Right For You: The Road to Job Search Success** Saturday, October 5, 10:30am-11:30am presented by Liz Mohler.

**Networking and the Hidden Job Market,** Saturday, October 19, 10:30-11:30am presented by Liz Mohler.

**The Magic of the Holidays Show by Tony Daniels,** Saturday, December 7, 2:00pm-2:45pm This is a fun magic show for the whole family!

## A.J. Padelford Park

### Youth Activities:

Homework Tutoring Club: Monday-Thursday 3:00pm-5:00pm

Arts & Crafts: Monday-Thursday 5:00pm-6:00pm

Sports: Monday-Friday 5:00pm-6:00pm

Movies: Fridays 4:00pm-6:00pm

### Adult Activities: (Resume Sept 4th)

#### AJPP Parent Group Social Hours

Meet your neighbors and share your recipes. Wednesdays 9:30am-12:30pm.

#### Knitting Group:

Come to learn, share technique and socialize with your neighbors. Fridays 9:30am-12:00pm.

A. J. Padelford Park  
 11870 169th St.

## Teen Center Teen Activities

(562) 407-1723

Come to A.J. PADELDFORD PARK'S TEEN CENTER where you can make new friends! Participate in weekly activities! Go on fieldtrips! Make a difference IN YOUR community! IN A place that CARES ABOUT you! Time spent in teen center will cultivate the development of leadership skills, help teens to cooperate with others, and lead to enhanced communication skills.

### REGULAR ACTIVITIES

**Daily:** Center is open 3pm-6pm Monday-Friday

**Weekly:** Teen Group Meeting

Teens will be updated on upcoming events, changes within the teen center, and community involvement opportunities.

**Bi- Monthly:** Movie Nights

Movie nights will be on the 2nd and 4th Friday of each month at 6pm  
 Snacks will be sold to fundraise for the Teen Center.

**Monthly:** Volunteer Activity

Volunteer Activities will vary in order to give youth exposure to different things that may interest them. Have an idea? Give us a call.

### FALL EVENTS

Ice Cream Social on  
 September 6, 2013 4-6pm

Bowling & Pizza  
 October 4, 2013 5-8pm

Costume Party  
 October 25, 2013 5-8pm

Gift Exchange  
 December 13, 2013 4-6pm

**\*\* MEMBERSHIP REQUIRED TO PARTICIPATE IN ACTIVITIES AND EVENTS. SIGN UP TODAY !\*\***

# Recreation Classes

## Youth Activities

### Ballet & Tap Combo

Help your child develop self-confidence and poise through the art of dance! Postures, grace, rhythm, arm and foot positions and basic stretches are taught through exercises specifically designed for this age group. The class will cover pre-tap and pre-ballet techniques. Instructor: High Fidelity Entertainment  
**Res. \$35/Non-Res. \$45** **Artesia Park**

Mon	4:45-5:30pm	Ages 2-4	09/16-11/04
Mon	5:30-6:15pm	Ages 5-7	09/16-11/04

### Advanced Beginning Class

Mon	6:15-7:00pm	Ages 5-8	09/16-11/04
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### Basketball Clinic

Clinics are designed to provide a step-by-step training program for boys and girls to promote the development of fundamental basketball skills. Instructor: Recreation Staff  
**Res. \$45/Non-Res. \$50** **Artesia Park**

Mon	5:45-6:30pm	Ages 3-5	11/04-12/16
Mon	6:45-7:30pm	Ages 6-9	11/04-12/16

No Class 11/11

### Creative Beginnings Art Class

Each child will learn quick and informal drawings enhancing skills in sketching, still life and landscapes. Each student will complete 6 drawings, one per session. Students will learn through instructor's demonstration and individual instruction. Instructor: Kim Mabin. \$10 Material fee due to instructor on first class.

**Res. \$50/Non-Res. \$60** **Artesia Park**

Wed.	3:30-5:00pm	Ages 5-13	09/25-10/30
Wed.	3:30-5:00pm	Ages 5-13	11/13-12/18

### Football Clinic

Clinics are designed to provide a step-by-step training program for boys and girls to promote the development of fundamental football skills. Instructor: Recreation Staff  
**Res. \$45/Non-Res. \$55** **Artesia Park**

Mon	5:45-6:30pm	Ages 3-5	09/16-10/21
Mon	6:45-7:30pm	Ages 6-9	09/16-10/21

### REMINDER!

All registration is due by the Saturday before a class or program begins.  
 Registration received after the deadline will be charged a \$5 late fee.

### 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

**Res. \$57/Non-Res. \$80** **East West Ice Palace**

Wed	5:40-6:10pm	Ages 3 +	09/04-10/02
Wed	5:40-6:10pm	Ages 3 +	10/16-11/13

### Taekwondo

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 lower heart rate. Instructor: Martin Garcia

**Res. \$40/Non-Res. \$45** **Artesia Park**

Mon/Wed	5:30-7:00pm	Ages 5-13	09/04-09/30
Mon/Wed	5:30-7:00pm	Ages 5-13	10/02-10/30
Mon/Wed	5:30-7:00pm	Ages 5-13	11/04-11/27
Mon/Wed	5:30-7:00pm	Ages 5-13	12/02-12/18(\$30/\$35)

No class on 09/02, 11/11

## All Ages

### 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 are wanting to improve their game. Advance class for those with several years playing and who would like to work on consistency and power. Participants must provide tennis racket.

Fees are **\$10/wk paid monthly**, based on the number of class sessions per month, and must be paid before classes begin. Instructor: Eli Alejo **Artesia Park**

### Quick Start

Tue	Beg./Int.	6:00-7:00pm	Ages 7-10	Monthly
Wed	Beg./Int.	6:00-7:00pm	Ages 12+	Monthly
Thu	Beg.	6:00-7:00pm	Ages 7-10	Monthly
Sat	Adv.	8:00-9:00am	Ages 8-11	Monthly
Sat	Beg./Int.	9:00-10:00am	Ages 7-11	Monthly

### Junior Tennis

Sat	Adv.	8:00-9:00	Ages 8-11	Monthly
Sun	Int.	9:00-10:00am	Ages 12+	Monthly

### Adult Tennis

Fri	Beg/Int.	6:00-7:00pm	Ages 18+	Monthly
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Private & Semi-Private Lessons also available.  
 Private \$40/hr      Semi-Private \$20/30min

No Class 10/31, 11/28, 11/29

# Recreation Classes

**Adult**

## *Fitness & Dance*

### Chinese Folk Dance

Learn basic technical steps. Stretches for specific parts of the body. Exercise to the fun of the folk dance style. Get healthy and perform well with folk dance movement.

Instructor: Linda Yao

**Res. \$25/Non-Res. \$30**

**Artesia Park**

Mon	7:15-8:15pm	Ages 18+	09/09-09/30
Mon	7:15-8:15pm	Ages 18+	10/07-10/28
Mon	7:15-8:15pm	Ages 18+	11/04-11/25
Mon	7:15-8:15pm	Ages 18+	12/02-12/16

No Class 11/11

### Line Dancing (Evening)

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

**\$3 per class**

**Artesia Park**

Wed	Beg.	6:00-7:00pm	Ages 18 +	Continuously
Wed	Int.	7:00-8:00pm	Ages 18 +	Continuously

### Line Dancing (Morning)

Students will learn different types of line dancing to promote health & wellness both physically and mentally.

Instructor: Stuart Shepherd

**Res. \$25/Non-Res. \$30 (8 weeks)**

**Artesia Park**

Fri.	Easy Int.	10:00-11:30am	Ages 18 +	09/06-10/25
Fri.	Easy Int.	10:00-11:30am	Ages 18 +	11/08-01/10

No Class 11/29 & 12/27

### Rumba

Learn a romantic Latin dance that will sharpen your sense of rhythm, timing and muscular control. Learning the Rumba is a prerequisite for good Latin Dancing. Instructor: Linda Yao

**Res. \$25/Non-Res. \$30**

**Artesia Park**

Wed	7:15-8:15pm	Ages 18+	09/04-09/25
Wed	7:15-8:15pm	Ages 18+	10/02-10/30
Wed	7:15-8:15pm	Ages 18+	11/06-11/27
Wed	7:15-8:15pm	Ages 18+	12/04-12/20

### REMINDER!

All registration is due by the Saturday before a class or program begins. Registration received after the deadline will be charged a \$5 late fee. Register in person or by mail at Artesia Park.

### Yoga (Morning)

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

**Res. \$35/Non-Res. \$45**

**Artesia Park**

Tue/Thu	8:00-9:00am	Ages 18 +	09/17-10/24
Tue/Thu	8:00-9:00am	Ages 18 +	10/29-12/12

No Class 10/31 & 11/28

### Yoga (Evening)

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

**Res. \$35/Non-Res. \$45**

**Artesia Park**

Mon/Wed	6:00-7:00pm	Ages 18 +	08/26-10/02
Mon/Wed	6:00-7:00pm	Ages 18 +	10/07-11/13
Mon/Wed	6:00-7:00pm	Ages 18 +	11/18-12/19

09/02 & 11/11

### Zumba Beginner

Is a fun and effective workout that combines fitness and dance to achieve results. It is designed as a slower paced class. Feel good and look good! Dance your way to better fitness to the Latin rhythms of salsa, Merengue, Cha cha, Mambo Cumbia and more. Zumba is good for the mind, body and spirit! No partner required. Instructor: Lettie Morris



**Res. \$30/Non-Res. \$35**

**Artesia Park**

Mon	8:30-9:30am	Ages 18 +	08/19-09/30
Mon	8:30-9:30am	Ages 18 +	10/07-11/18
Mon	8:30-9:30am	Ages 18 +	11/25-12/16 (\$20/\$25)

No Class on 9/2, 11/11



Zumba Class

**Zumba Fitness**

Feel good & 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  
**Res. \$48/Non-Res. \$58 session Artesia Park**  
**Pay-As-You-Go \$7**

Tue/Thu 7:00-8:00pm Ages 13 + 09/03-10/10  
 Tue/Thu 7:00-8:00pm Ages 13 + 10/22-12/05  
 Tue/Thu 7:00-8:00pm Ages 13 + 12/09-12/19

No Class 10/31, 11/28

**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  
**\$36 Session Artesia Park**

Thu 9:00-11:30am Ages 18 + 09/12-12/12

No Class 10/31 & 11/28

**Arts & Music**

**Beading**

Come and learn to make beautiful jewelry using bead-weaving, stringing and other bead techniques. Instructor: Flora Jung  
**\$20 Artesia Park**

Tue 10:00am-1:00pm Ages 18+ 08/27-10/15  
 Tue 10:00am-1:00pm Ages 18+ 10/22-12/10

**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.

**\$36 Session Artesia Park**

Wed (EI) 9:00am-10:45pm Ages 18+ 09/11-12/04  
 Wed (IG) 11:00am-12:45pm Ages 18+ 09/11-12/04

No Class 11/27



*Sewing Class*

**Sewing For All Levels**

Beginning Level students will follow teacher's curriculum to create basic class projects. Bring your portable sewing machine, 2 yards of non stretch fabric and thread.

Intermediate & Advanced Level bring a portable sewing machine, commercial sewing pattern and supplies or bring unfinished projects to sew. Instructor: Rosario Lamoureux

**\$45 Res./\$55 Non-Res. Artesia Park**

Tue. 1:00-4:00pm Ages 18+ 10/01-11/12

**\$65 Res. / \$75. Non-Res.**

Thu. 1:00 - 5:00p.m. Ages 18+ 10/03-11/14

No Class on 10/31

**Special Interest**

**Raja Meditation**

Raja Yoga Meditation is a method of relaxing, refreshing and clearing the mind. Meditation enables an integration of your spiritual identity with the social and physical realities around you. It also helps students think and deal positively with problems and situations in life and builds harmony in relationships. Instructor Brahma Kumaris Staff.

**Free Artesia Park**

Wed 6:30pm-8:00pm Ages 18+ Continuously

**Sports Leagues**

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

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

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

Friday 7:00-10:00pm Ages 16+ 01/10/14

**Men's Slow Pitch Softball on Thursday Nights**

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

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

Thu 7:00-10:00pm Ages 16+ 01/09/14

**REMINDER!**

All registration is due by the Saturday before a class or program begins. Registration received after the deadline will be charged a \$5 late fee. Register in person or by mail at Artesia Park.

## Senior Center at Artesia Park

Holiday Luncheon 2012



### Lunch Program

Lunch is served Monday-Friday at 11:30 am. South Asian meals are served Wednesdays at 11:45am. There is a \$2.25 fee for those 60+.

Participants under 60 may pay \$4.25 to eat lunch. A 24 hour reservation is required, please call 562-924-6509 between 9am-1pm Monday-Friday.



Thanksgiving Luncheon 2012

### Transportation

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.

### Bingo!

Monday, Tuesday & Friday from 8:45-10:30am. Bingo Cards are \$0.25 each.

### Groups & Clubs

Line Dancing: Tuesdays from

9:15-10:30am. Join the Line Dance group for free.

**Loom Knitting Workshop:** Wednesdays 10-11:15am. 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 8am-1pm. Meetings include bingo, lunch, and activities.

**Portuguese Social Hours** are held the first Friday of every month from 1-5pm.

### Events Calendar:

09/02: September Birthday's celebrated 10-11:30 am  
 10/07: October Birthday's celebrated 10-11:30am  
 10/30: Halloween Party 10-11:30am  
 11/04: November Birthday's

celebrated 10-11:30am  
 11/20: Thanksgiving Luncheon 10am-1pm  
 12/02: December Birthday's celebrated 10-11:30am.  
 12/11: Holiday Luncheon 10am-1pm

### Upcoming Excursions:

09/18 L.A County Fair 11am-5pm \$10\*  
 (Registration Open 08/14)  
 10/10 Oktoberfest 10am-4pm \$13\*  
 (Registration Starts 09/05)  
 11/23 Glendale Theatre 1-8pm \$18\*  
 "A Party to Murder"  
 (Registration Starts 10/21)  
 12/05 Holiday Canteen Show 10am-5pm \$57 (Registration Starts 11/04)

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

## Upcoming Special Events & Dates to Remember

**Sept 11:** Patriot Day Ceremony 12-1pm at Artesia Park.

**Oct 31:** Spooktacular Halloween Event 5:30-8:30pm at Artesia Park.

**Nov 9:** Veterans Day Event 10am-2pm at Artesia Park.

**Nov 11:** Veterans Day. Park office hours 12pm-6pm.

**Nov 20:** Thanksgiving Luncheon 10am-1pm at Artesia Park

**Nov 28:** Thanksgiving Day, Parks closed.

**Nov 29:** Holiday. Park office hours 12-6pm.

**Dec 6:** Tree Lighting Event 5:30-8:30pm at Artesia Park.

**Dec 11:** Holiday Luncheon 10am-1pm at Artesia Park

**Dec 20:** Holiday Program 5-9pm at A.J. Padelford Park.

**Dec 25:** Christmas Day, Parks closed. Call for information on any of the above programs (562) 860-3361.

## Santa Letter Program

Santa's mailbox will be outside the Parks & Recreation Offices at Artesia Park & A.J. Padelford Park from **Dec 2-20**. Children may drop off letters at either location. Please include a return address on each letter and Santa will write back to everyone before Christmas Day.

Happy Holidays!

