



Helendale  
Community  
Services  
District

# Newsletter



Helendale CSD will be holding a series of meetings to plan for the future of the Helendale Community Park and we want to hear from you!

Please join us on:

**January 8<sup>th</sup> at 3:30 pm**

**January 17<sup>th</sup> at 6:30 pm**

**January 19<sup>th</sup> at 10:00 am**

**February 12<sup>th</sup> at 3:30 pm**

**February 20<sup>th</sup> at 6:00 pm**

If you can't make it to the meetings, but still would like to add your input, you can take our Survey! A link to the survey is available online at:

[www.helendalecsd.org](http://www.helendalecsd.org)

## **FREE!** Arthritis Foundation Walk With Ease 6-week class

- Understand arthritis and the relationship between arthritis, exercise and pain
- Learn how to exercise safely and comfortably
- Make a doable personal walking plan with goals
- Learn ways to make walking fun
- Identify strategies for overcoming barriers to maintaining a walking program



Starting March 5<sup>th</sup>. Classes will be held on Tues, Wed, and Thurs at 10 am at the Community Center – 26540 Vista Rd.  
To register call 760-951-0006 ext. 230



## Low Cost Veterinary Clinic Second Thursday of every month 8:00 am – 12:00 pm

Provided by Antony Animal Hospital

760-947-0191

**Beginning January 2019!!**



### Vaccines

Rabies - \$16      FLV - \$16  
DA2PP - \$16      Flu Shot - \$35  
Bordetella - \$16      Rattle Snake - \$35  
FVRCP - \$16

### Exams

General Exam - \$30  
Dental Exam - \$15  
House Calls - \$60

### Additional Services

Ear Cleaning - \$35  
Microchip - \$45  
Nail Trim (sm) - \$10  
Nail Trim (lg) - \$14

Also Available: Blood Work (results available next day). Prescriptions & Diet Food Pick-Up (Offered to Clients who's pets are up to date on Exam and Blood work) \*Must be called in no later than Noon on Wednesday\*\*

Please call 760-947-0191 to make your appointment. *When making your appointment let the receptionist know you are scheduling the appointment for the Helendale Clinic day!* Walk-ins also welcome. Accepting cash and cards, sorry no checks.

**Location: 26540 Vista Rd. Suite C., Helendale, CA 92342**

## CHRISTMAS TREE PICK UPS

Burrtec will collect and recycle Christmas trees from single-family residences January 2nd through January 7<sup>th</sup>. Please place your tree at curbside on your collection day. Trees 6' and over need to be cut in half. Please take all ornaments, lights, and metal stands off of the tree.





# HELENDALE FARMERS MARKET

## New Winter Hours Every Wed 2-6 PM

GET FRESH FRUITS & VEGGIES, EGGS, SEAFOOD, BREAD AND MORE! We also have tons of great food vendors. Artisan crafts, and food trucks!

**26540 Vista Rd. Helendale**



### Classes

Sign up for these great classes online at: <https://helendalecsd.recdesk.com>

**Archery** - Monday's at 4 pm. \$45 per month. Learn the basics of archery at our outdoor range. Classes are held at the Community Park—15425 Wild Rd.

**FREE Video Tai Chi** – Classes are held Mondays and Fridays at 9 am. This is not an instructor led class and you can join at any time.

**Belly Dance** – Classes are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month at 6:00 pm. Only \$5 per class!

**Guitar Lessons** – Friday's at 5 pm. \$25 per month. Students must have their own guitar.

**Group Fitness** – Cardio & Core Mondays at 6:05 pm , Cardio and More - Wednesdays at 6:05 pm. Price: 4 Classes \$20. To register for group fitness please contact Patty at (714) 337-5590.

### Services at the CSD

**Green Waste Drop Off** Mon - Sat 10 am - 4 pm & Sun 11 am - 4 pm, at the Helendale Thrift Store

**Thrift Store Pick Ups** Call 760-952-1941 to schedule your free pick ups of re-sellable items.

**Bulky Item Pick Ups** Limit 5 items per pick up twice a year. Call the office to schedule.

**Dump Passes** Get up to four dump passes per month. Good for up to 500 pounds each.

**Extra Blue Barrel** Get a second recycling barrel at no additional cost.

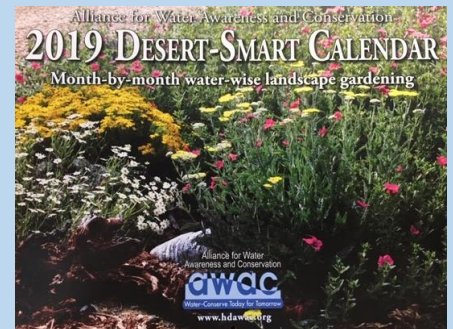
**Flag Recycling** Bring your worn flags to the CSD for disposal by Boy Scout Troop 574.

**Sponsor a Tree at the Park** Trees are \$145 and include a plaque.

**Street Light Outages** Call 760-951-0006 to report street light outages. Please provide the pole number.

### Calendars Available

2019 AWAC Calendars are available now at the office. Stop by and pick one up today!



### Support Groups

**Caregivers Support Group** – Held on the 4<sup>th</sup> Wednesday of every month from 10 am – 12 pm.

New time beginning January 2019- 10 am - 12 pm on the 4<sup>th</sup> Wednesday of every month.

**Bereavement Support Group** – Held on the 3<sup>rd</sup> Tuesday of every month at 1:30 pm.

Our support groups are open to everyone. No registration required.

**TOPS Weight Loss Support Group** – Every Tuesday at 9 am.

### Trash Service

Please be sure your trash and recycling barrels are out at the curb no later than 6 AM on your trash day to ensure service. If your barrels are not out at the curb, there may be an additional fee for pick up, or your trash will be picked up on your next regular service day.

Burrtec Holiday Closures:

**New Years Day**

**Memorial Day**

**Independence Day**

**Labor Day**

**Thanksgiving Day**

**Christmas Day**

When a holiday falls on a weekday, service will be delayed by one day.