

Phone
760-951-0006

Address
26540 Vista Rd. Helendale

Our Lobby is Open
Monday – Friday 8 am – 5:30 pm

Daily Lunch at the Community Center

Monday through Friday from 11:30 – 12:30. ALL ARE WELCOME
A voluntary \$4 donation is suggested for anyone over 60, for anyone under 60 lunch is \$7.50.
Menus available at www.helendalecsd.org



Spring Clean Up Day

Date: April 6, 2024 **Time:** 8:00 am-11:30 am

Location: 26540 Vista Rd. (Vehicles enter on Jordan Rd.)

Residents may bring:

- General Trash
- Green waste, Landscape Debris
- Large Items (furniture & mattresses)
- Metal Items (appliances)
- Tires without rims
- (No commercial tires will be accepted)
- E-waste including TV's, microwaves, DVD players, computers, phones, small appliances, etc.



Not Accepted:

- **NO HAZARDOUS MATERIALS** - This includes paints, oil, batteries and household or industrial chemicals, etc.
- **NO CONSTRUCTION MATERIALS** - This includes concrete, brick, drywall and roofing material.

Onsite Document Shredding

Bring confidential files, papers, and receipts for shredding. Limit two bankers' boxes per person.

PAINT AND LEARN

FREE "Paint and Learn" hosted by Providence Medical Group.

Friday, March 8th at 6:00 pm.

Open to adults 18 and older. All supplies will be provided. Create a beautiful St. Patrick's Day

themed painting and learn about



Providence Medical and their proposed mobile services coming to Helendale. They will also be doing FREE blood pressure checks.

To register go to www.helendalecsd.org, click on the Park and Recreation button and then go to "Paint Parties." Register early, a limited number of spaces are available.



Notice of Vacancy on Board of Directors

There is a vacancy on the Helendale CSD Board of Directors. Any member of the public residing within the Helendale CSD boundaries is invited to apply. For more information visit our website at www.helendalecsd.org.



Find out how you can help your community in an emergency

The Helendale CSD is putting together a list of residents who would be interested in participating in a Community Emergency Response Team (CERT) program. The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for hazards that may impact our area and trains you in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks.

If you are interested in learning more, you can add your name to the list. When a training opportunity becomes available, we will notify you. Register online at www.helendalecsd.org. Click on the Park and Recreation Button under the **volunteer** section.

ACTIVITIES FOR SENIORS

FOREVER FIT EXERCISE CLASSES

A low impact class that offers a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. This class is a combination of cardio, yoga, tai chi, weight training and core strengthening.

This class is FREE for Seniors 55+. Please pre-register for this class by calling 760-261-5016.

Equipment needed: 1- or 2-pound weights and elastic bands

TAI CHI CLASSES

Tai Chi for Arthritis and Fall Prevention is a 10-week program designed to improve multiple aspects of health through slow, gentle movements. The program is suitable for adults with or without arthritis, rheumatic, or musculoskeletal conditions.

BENEFITS OF TAI CHI:

- Improved balance and mobility
- Improved strength and flexibility
- Improved relaxation
- Decreased pain and falls



**TUESDAYS STARTING JANUARY 30 FROM 10:15 – 11:15 AM
26540 VISTA RD. SUITE C. HELENDALE**

FREE CRAFT CLASSES

Providence Medical Group will be hosting a **FREE** craft class for Seniors 55+ on **Tuesday, February 13th from 12:30 – 1:30**. Create a cute Valentines Day candy basket! All supplies will be provided.

Reservations are required – call 760-261-5016



Obernolte Office Hours

A representative for Congressman Jay Obernolte will be at the Helendale CSD Community Center on the third Tuesday of every even numbered month from 2:30 pm – 5:00 pm. Office hours are open to anyone in the community. This is your opportunity to discuss any federal issues or veterans' services that are important to you. No appointment needed.

Location: 26540 Vista Rd. Suite C. Helendale.



Our office will be closed on Monday, February 19th in observance of Presidents' Day.

SPRING/SUMMER YOUTH SPORTS

SPRING CO-ED SOCCER

Open to players 4 -18 years old. The upper division (ages 15-18) will be interleague and will require travel some travel to Barstow.

Fee: \$60

Season: April 13 – May 18

Games will be held Saturdays at the Helendale Community Park – 15425 Wild Rd.

Registration Deadline: March 25th



NFL FLAG FOOTBALL

Open to players 5 -14

Fee: \$70

Season: April 20th – June 22.

The Superbowl game will be held for some teams on June 29th.

Assessments: Will be held at the Community Center – 26540 Vista Rd. Suite D. You must attend one of the assessments. Coaches will draft teams on 3/20.

Option 1 – March 16th 9 am (5- to 8-year-olds) 10 am 9- to 11-year-olds, 11 am (12- to 16-year-olds)

Option 2 – March 18th 5 pm (5- to 8-year-olds) 6 pm 9- to 11-year-olds, 7 pm (12- to 16-year-olds)

Option 3 – March 19th 5:30 pm all ages

Games will be held at the Helendale Community Park – 15425 Wild Rd.

Registration Deadline: March 19th

CO-ED VOLLEYBALL

Fee: \$60

Season: June 8th – July 27th

Games will be held Saturdays at ACE High School Open to players 13 – 18 years old

Assessments: You must attend one of the assessments. Coaches will draft teams on 5/24

Option 1 May 25 from 10 am – 1 pm

Option 2 May 28th from 10 am – 1 pm

Registration Deadline: May 28th



NOTICE for all sports a late fee of \$10 will be applied to all registrations after the deadline. Registrations will be accepted until teams are full. the season may be cancelled due to lack of registration. Please register early so we know if will have enough players to hold the season.

Registration Fee includes:

Shirt, team practice balls, award and team picture.

To register go to www.helendalecsd.org and click on the Park and Recreation button.

If you would like to volunteer to referee for football or volleyball, please call 760-951-0006 ext. 230.