



## YOUTH BASKETBALL



**WHEN:** Saturday's, January 11th through March 7th.

**FEE:** \$60 per player. Registration fee includes: Uniform, pictures, and award at the end of the season.

**REGISTER ONLINE AT:**

<https://helendalecsd.recdesk.com>

**Register by December 13th. NO LATE REGISTRATIONS WILL BE ACCEPTED.**

Call 760-951-0006 ext. 230 for questions.

**VOLUNTEER COACHES NEEDED**

**REGISTER TO COACH AT**

<https://helendalecsd.recdesk.com>

### Mobile Veterinary Clinic

Angel's Touch Mobile Veterinary Clinic will be at the CSD on December 19<sup>th</sup>. Please note the date change for the month of December!



They will be back to their regular schedule in January – on the second Thursday of every month. For appointments call (760)447-5300.

### Assemblyman Office Hours

Starting in December, Assemblyman Obernolte's field staff will be at the CSD on the third Tuesday of even numbered months from 2:30 to 5:00 pm to discuss community concerns, discuss statewide issues, or seek assistance in dealing with State agencies. To make an appointment, please call (760) 244-5277. Walk-ins are also welcome.

### Support Groups

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

**Bereavement Support Group** – Meets on 3rd Tuesday of every month at 1:30 pm.

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

### Recycling

Approximately 80% of holiday packaging is recyclable. All gift boxes, non-coated wrapping paper, greeting cards, and cardboard packaging are items that may be placed in the recycling barrel. Consider reusing items like gift boxes, gift bags, ribbons, bows, and decorations.

You can request a second blue recycling barrel **at no cost** by calling the office at 760-951-0006.



### Christmas Tree Pick Ups

Burrtec will collect and recycle Christmas trees from single-family residences beginning on December 30th through January 7th on your regularly scheduled trash day. 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 the tree. Flocked trees will not be recycled, they will be collected as trash. Flocked trees 6' and over need to be cut in half.



**The Office will be closed on  
December 24, 25, & 31 &  
January 1**



## Winterizing Your Pipes— Avoid a Leak and Save Water this Winter



### Before Cold Weather Sets in:

- Make sure you've turned off your irrigation or are watering during the day.
- Know how to shut off your water—Locate your courtesy shut off valve in your meter box and know how to turn it off. Replace if necessary.
- Protect your pipes—Wrap pipes that are exposed to cold with insulation.
- If pipes run through cabinets or vanities, open the doors to let warmer room temperatures in.

### If your pipes do freeze...

- Shut off the water immediately. Don't try to thaw pipes before turning the water off.
- As outside temperatures rise your pipes will begin to thaw and your water should be restored.
- Be careful when turning water back on—Once pipes are thawed, slowly turn the water back on and check exposed pipes for cracks or leaks. If there are any leaks turn your water off and make the necessary repairs.

A little preparation could save hundreds of gallons of water! Be sure to prepare for the cold weather this winter by following these easy steps.

If you need assistance contact the Helendale CSD at 760-951-0006.

## Classes

**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.

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

**Essential Oils for Wellness:** Using Essential Oils for Detox – Tuesday, January 14<sup>th</sup> at 6:00 pm. In this class, you will learn: Why you should detox; what are the common toxins you're exposed to everyday; what are the symptoms of a toxic overload; what could happen to your body if you don't detox; and ways to start detoxifying immediately.

## Holiday Music Fest

Helendale Senior Outreach is hosting the Annual **Holiday Music Fest!** Enjoy a morning of festive music performed by local Silver Lakes talent! Light refreshments will be served.

**When:** December 13<sup>th</sup> at 11:00 am

**Where:** Helendale Community Center – 26540 Vista Rd. Suite C.



## Holiday Home Tour

Helendale Senior Outreach is holding their Christmas Home Tour on Sunday, December 8<sup>th</sup>. The tour will begin with a reception at the CSD from 4-6 pm. There you will get your program and map of homes on the tour. Tickets can be purchased at the Helendale Senior Center. For more information call (760) 843-7849.

## Winter Watering

**December** - Winter begins and plant growth is on hold until February. Now is a good time to prune back trees and shrubs.

**Watering Schedule:** Between 9:00 am and 6:00 pm.

Consider setting irrigation timers to "off", and manually water when your plants and lawns need it. Using the manual mode on your controller in winter can save water.

## New Years

## Resolutions: Fitness



**FREE Video Tai Chi** – Classes are held Tuesday's and Thursday's at 8 am. This is not an instructor led class and you can join at any time.

**Group Fitness** – Boot Camp Monday's at 6:05 pm , Cardio and Core - Wednesday's at 6:05 pm. Price: 4 Classes \$20. Call Patty at (714) 337-5590 to sign up!

**Belly Dance** – Thursday's at the Community Center 5:30 pm - \$20 per month (Resumes in January).