



It's a new year, which means now is the perfect time to update your contact information. Helping us keep our records current will ensure that you receive timely communications from us. Please contact the office to update your information, 760-951-0006.



**RETURNS JANUARY 8<sup>th</sup> with New Winter Hours Every Wed 2-6 PM**  
**GET FRESH FRUITS & VEGGIES, EGGS, SEAFOOD, AND MORE!**  
**We also have great food vendors, artisan crafts and more!**  
**26540 Vista Rd. Helendale**



## Mattress Recycling

Did you know you can dispose of your mattress at the Helendale Thrift Store during regular business hours: Monday - Saturday from 10 am - 5 pm and Sunday 11 am - 5 pm. If you need your mattress picked up call the CSD at 760-951-0006 to schedule a Bulky Item Pick Up.



## Mobile Veterinary Clinic

Starting in February Angels Touch Mobile Veterinary Services will be at the CSD on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month! Pets get a free nail trim with every service. For surgeries, dentals, exams and prescription refills please make an appointment by calling (760)447-5300.



## Assemblyman Office Hours

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.

## AWAC Calendars

We will have our AWAC Calendars beginning the first week of January! Be sure to stop by the office and pick up your FREE 2020 calendar.

## 2020 Clean Up Days

Mark your calendar for our 2020 clean up days: **April 11 & November 7**. Residents can bring large items, metal, green waste, tires without rims (no commercial customers please) and electronic waste. Our April clean up day will also have household hazardous waste collection and shredding.



## Tai Chi for Arthritis and Fall Prevention 8 Week Class

Learn Tai Chi to improve joint strength, Improve mobility and Reduce pain & stiffness. This is an instructor led course. Participants will also learn valuable nutrition information such as how to eat healthy on a budget and how to read food labels.

Classes start on March 3rd. Classes will be held on Tuesdays at 9 am in the Community Room – 26540 Vista Rd. To register call 760-951-0006 ext. 230 or go online to:

<https://helendalecsd.recdesk.com>

Participants are also welcome to join our FREE Tai Chi video classes held Tuesdays and Thursdays from 8:00 – 9:00 am.



### Belly Dance Classes Return!

Learn the art of Belly Dance in this introductory class. Great for all ages and abilities. Classes are every Thursday from 5:30 – 6:30 pm. Registration fee is \$20 per month. Register online at <https://helendalecsd.recdesk.com>



### 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.**

### 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.

**Group Guitar Lessons:** Monday's at 5 pm. \$35 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.

Register at: <https://helendalecsd.recdesk.com>

## New Years

## Resolutions:

## Fitness



**Is your New Year's Resolution to get fit?  
If it is join our group fitness classes at the CSD!**

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!



**January Watering Times:** Between 9:00 am and 3:00 pm. January: Frost is likely on dry, windless, clear nights this month. To prevent ice forming on driveway and sidewalks, water only during the warm time of day.