

**Phone**  
760-951-0006

**Address**  
26540 Vista Rd. Helendale

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

## Have lunch with us! At the Helendale Senior Center Monday – Friday 11:30 – 12:30

### TYPICAL MENU ITEMS:

BAKED FISH	ORANGE CHICKEN	POT ROAST
CHICKEN FRIED STEAK	CHICKEN ALFREDO	MEATLOAF
SHEPHERD'S PIE	CHEESE ENCHILADA	PORK ROAST
BEEF STROGANOFF	BAKED HAM	HAMBURGER
LASAGNA	TUNA CASSEROLE	MANICOTTI

### Voluntary Contribution of Just \$4

For seniors 60 and over there is a suggested donation of \$4 all others only \$7.50.



There IS such a thing as a  
**Free Lunch!**

### Try us out for FREE on April 16<sup>th</sup>

Join us on April 16<sup>th</sup> for the intergenerational lunch program! To reserve your spot call 760-951-0006 ext. 230 or sign up at the Senior Center. We will be celebrating Earth Day with fun games and prizes.

### 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 (Commercial tires will not 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.

### County Repair Request System

- With San Bernardino County's free SeeClickFix mobile app and web tools, citizens can report things like curb damage, dead animals, flood control issues, graffiti, homeless, potholes, road issues, storm drain issues, and more! Through the app you will be able to provide County Public Works with pictures, videos, specific descriptions, and more. The SeeClickFix citizen reporting solution feeds valuable information needed to get the job done.
- You can download the SeeClickFix app on the Apple App Store or Google Play Store. You can also use their website at <https://dpw.sbcounty.gov/operations/see-click-fix/>



### 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](http://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 FROM 10:15 – 11:15 AM  
26540 VISTA RD. SUITE C. HELENDALE

## FREE CRAFT CLASSES

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.



FREE blood pressure checks will be offered. To register go to [www.helendalecsd.org](http://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

## ADULT SPORTS

We will be starting an adult co-ed basketball league that will begin at the end of April.

Games will be held on Sunday afternoons at ACE High School. Registration is \$250 team (maximum of 8 players on a team). Register online at [www.helendalecsd.org](http://www.helendalecsd.org) and click on the Park and Recreation button.



# 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:** June 8th – August 3.

**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:** May 10th

## 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

**Registration Fee includes:**

Shirt, team practice balls, award and team picture.

To register go to [www.helendalecsd.org](http://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.



## Congressman 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. Everyone is welcome to come to discuss federal or veterans' services. No appointment needed.

**Location:** 26540 Vista Rd. Suite C. Helendale.