



# APRIL 2024 Newsletter



**Phone** 760-951-0006     
 **Address** 26540 Vista Rd. Helendale     
 **Our Lobby is Open** Monday – Friday 8 am – 5:30 pm

## 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.
- **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.

## 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.

### Join us for FREE lunch on April 16

Join us on April 16<sup>th</sup> for the intergenerational lunch program! To reserve your spot call 760-951-0006 ext. 232 or sign up at the Senior Center..

## Concerts in the Park

Join us for our 2024 Concerts in the Park series! We will kick off our concert series on May 11th with City Beat and the Main Street Horns! Their 10-piece band will keep everyone dancing!

All concerts are held at the Helendale Community Park – 15425 Wild Rd. from 6- 9 pm and admission is FREE! We also have a variety of food trucks, and the Lions Club will be hosting a beer garden!

Bring your friends and family and be ready for a great night of music!

**2024 Concert Dates: May 11<sup>th</sup>, June 8<sup>th</sup>, July 13<sup>th</sup>, August 10<sup>th</sup>, September 14<sup>th</sup>**

Thank you to our sponsors: First District Supervisor Paul Cook, Providence St. Mary Medical Group, Silver Lakes Association, Lakeside Heating and Air Conditioning, Red Rocket Plumbing, High Desert Underground, Ursus Solar, CalPortland Cement, Yeghoian Grading and Paving, Burrtec Waste, UIA, Mitsubishi Cement, FACT K9.



Earth Day is on April 22<sup>nd</sup> how will you celebrate? Protecting the planet is something we should do everyday. By making small changes to our everyday lives, collectively, we can all make a big difference. Here are a few things you can do:

1. Avoid Disposable Plastic
2. Plant a tree
3. Volunteer to clean up your community
4. Shop used when possible
5. Plant a garden
6. Choose paperless billing
7. Take shorter showers
8. Fix leaks
9. Use LED lights
10. Bring your own bags to the store

# 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.

**WHEN:** 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month at 10:45 am.

## 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



**WEDNESDAYS MAY 8 – JUNE 26 10:15 – 11:15 AM 26540 VISTAR D. SUITE C. HELENDALE**

## FREE CRAFT CLASSES

**FREE** craft class hosted by Providence Medical Group. On Tuesday, April 9th at 12:30 pm we will be creating beautiful suncatchers. All supplies will be provided.

On April 23<sup>rd</sup> at 12:30 pm, join us for a fun game of **Left, Center Right.**

These activities are FREE and we encourage everyone to attend – new members are always welcome!



## 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.

# SPRING/SUMMER YOUTH SPORTS

## SPRING CO-ED SOCCER

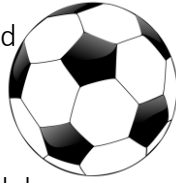
Open to players 4 -18 years old. The upper division (ages 15-18) will be interleague and will require some travel to Barstow.

**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 -16

**Fee:** \$70

**Season:** June 1st – August 3

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

**Assessments:** Will be held at the Helendale Community Park – 15425 Wild Rd. You must attend one of the assessments.

**Dates:** April 13 or April 20<sup>th</sup>

**Time:** 9 am (5 -10 year olds) 10 am (11- 16 year olds)

**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

**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.



## 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 6 players on a team). Register online at [www.helendalecsd.org](http://www.helendalecsd.org) and click on the Park and Recreation button.

