



MAY 2024 Newsletter



Phone
760-951-0006

Address
26540 Vista Rd. Helendale

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

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 night.

All concerts are held at the Helendale Community Park – 15425 Wild Rd. from 6- 9 pm and admission is FREE! We have a variety of food trucks lined up, the Lions Club is hosting a beer garden, and enjoy a great classic car show hosted by the Sunsetters Club.

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

2024 Concert Dates: May 11th, June 8th, July 13th, August 10th, September 14th

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.

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



Best deal in town!

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

HELENDALE SENIOR CENTER

The Senior Center is open weekdays from 10:00 am to 2:00 pm with lots of activities, games, friendship and fun!

Waiver Granted for Food Waste Program

Senate Bill 1383 became effective in 2022, and required residents and businesses as to dispose of food waste separately from regular trash. The community was recently awarded a food waste recycling waiver from the State (Cal Recycle), that is good until 2028. This waiver allows our residential customers to dispose of their food waste in their regular trash can instead of bringing their food waste to the community drop off. The waiver also means customers will see a \$0.40 reduction on trash service in the upcoming fiscal year (July 1, 2024, through June 30, 2025).

If you have any questions regarding the discontinuation of the food waste drop off program, please call 760-951-0006 ext. 224.



Farmers Market

The Helendale Farmers Market is held on the first and third Wednesday of every month from 3:00 to 7:00 pm. Enjoy fresh produce, eggs, seafood, bread, baked goods, handmade items, food trucks and so much more! Our farmers and pre-packaged food vendors accept EBT and thanks to a Market Match grant, we offer up to \$15 in free fruits and vegetables when use your CalFresh benefits. 26540 Vista Rd at the Community Center.

CERT Training

Are you interested in helping in the event of an emergency? Do you want to learn about what you can do to be prepared? We will be holding a **FREE Community Emergency Response** training in June. If you are interested in signing up for the training, please call 760-951-0006 to be added to the list.



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 by calling 760-261-5016.

WHEN: 1st & 3rd Friday of the month at 10:45 am.

WHENRE: 26540 Vista Rd. Suite C. Helendale

TAI CHI CLASSES

Tai Chi for Arthritis and Fall Prevention is an 8-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 – JULY 3 10:15 – 11:15 AM
26540 VISTA RD. SUITE C. HELENDALE

FREE CRAFT CLASSES

FREE Crafts for Adults 55+ Attend our free craft class hosted by Providence Medical Group. Our next craft will be held on Tuesday, May 14th at 12:30 pm. We will be creating cute spring wreaths. All supplies will be provided.



On May 28th at 12:30 pm, join us for a fun game of **Left, Right, Center.**

These activities are FREE, and we encourage everyone to attend. New members are always welcome!



Dice Game

SPRING/SUMMER YOUTH SPORTS

NFL FLAG FOOTBALL

Open to players 5 -16

Fee: \$70

Season: June 8th – August 3

Games will be held Saturdays 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.

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 and click on the Park and Recreation button.

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



ADULT SPORTS

CORNHOLE

Date May 24th

Registration 5 pm

Tournament starts at 6 pm

26540 Vista Rd. Suite D. Helendale

\$10 per player



CO-ED BASKETBALL

Adult co-ed basketball league will begin in May or when enough teams register to hold the season.

Games will be on Sunday afternoons at ACE High School. Registration is \$250 team (maximum of 6 players on a team). Register online at www.helendalecsd.org and click on the Park and Recreation button.



CO-ED SOFTBALL

Fee: \$35 per player (umpire fees included).

Equipment: Bats, personal protective equipment and uniforms to be provided by players.

Umpires: If you would like to be an umpire call 760-951-0006 ext. 230.

Register online at www.helendalecsd.org and click on the Park and Recreation button.