



CITY OF GLENDALE, CALIFORNIA
REPORT TO THE PARKS, RECREATION AND COMMUNITY SERVICES COMMISSION

AGENDA ITEM

Report: Recreation & Community Services Section Monthly Activity Report for February and March 2025

COMMISSION/COMMITTEE ACTION

Item Type: Report Only

Approved for April 21, 2025 **Calendar**

ADMINISTRATIVE ACTION

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RECOMMENDATION

This report is provided for information only.

BACKGROUND/ANALYSIS

This report provides a summary of all the programs and events the department hosted in the months of February and March 2025.

Cesar Chavez Commemorative Event

On Saturday, March 29, 2025, Pacific Park & Community Center hosted the City's annual Cesar Chavez Commemorative Event. This annual event brings the Glendale community together to celebrate Chavez's fight against injustice through his tireless leadership and nonviolent tactics.

The fun-filled celebration featured community booths, live performances, an opportunity drawing, and free tacos, aguas frescas, and ice cream. The event's master of ceremonies was Anita Quiñonez-Gabrielian, president of the Glendale Latino Association 2023 to 2025. The event featured keynote speaker Manuel Bernal, president of the Cesar Chavez Foundation. Mayor Elen Asatryan, Councilmember Vartan Gharpetian, State Senator Sasha Renee Perez, and State Assembly Members Jessica Colazo and Nick Shultz were in attendance and addressed the audience, sharing the importance of Cesar Chavez' legacy in our community and its relevance to our daily lives. They presented certificates to the City of Glendale, Glendale Management Association, Glendale City Employees Association, Edison Elementary School, and the Cesar Chavez Foundation.

Over 500 people attended the event throughout the day.





Spring Day Camps

Glendale Unified School District went on spring break from March 24 through 28. CSP offered spring break camps at Pacific Community Center, Sparr Heights Community Center and the Stone Barn Nature Center in Deukmejian Wilderness Park. Camps at Pacific and Deukmejian were at capacity at 90 and 30 campers, respectively. Sparr Heights had 18 participants.

Campers at Deukmejian learned about bugs during camp, as the theme was “Bug Bonanza”. Throughout the week, campers discovered many insects in the area, made intricate pieces of art like velvet ant tile garden mosaics, and discovered how trees and fungi communicate. They also learned how to help a sick tree get healthy again with proper tree proteins. Finally, they had a “Tarantula Laser Challenge” with a red string maze that they had to navigate through.

Maximum Potential Basketball Camp

The Maximum Potential Basketball Camp, operated by Hoopapalooza, also took place from March 24-28, 2025. It provided an enriching experience for 15 young athletes ages 8-16 years old. Under the expert guidance of Coach Mark Herring, campers engaged in daily training sessions focused on fundamental basketball skills and teamwork. Throughout the week, participants had the opportunity to apply their skills in scrimmage games against their fellow campers, fostering both friendly competition and sportsmanship. In addition to skill-building drills, the camp featured exciting basketball competitions, allowing players to challenge themselves and showcase their growth. The program successfully combined skill development with fun, creating a dynamic and engaging environment for all participants.

Parent’s Night Out

Sparr Heights Community Center held a Parent’s Night Out on Friday, February 21, 2025, with 11 participants. Pacific Community Center held Parent’s Night Out on Friday, February 28, 2025, with 16 participants. Participants arrived for an evening of group games, crafts, a pizza party, and a movie.

Edison After School Club

For the months of February and March 2025, Edison After School Club maintained a monthly enrollment of 84 children out of a total capacity of 90. Throughout these months, the children engaged in various creative and recreational activities, fostering both artistic expression and physical activity. They enjoyed making different designs using fuser beads, which helped enhance their fine motor skills and creativity. Additionally, a series of coloring competitions encouraged artistic talent and friendly competition among participants. During free time, the children had the opportunity to engage in various gym activities, promoting physical exercise and teamwork.

One Glendale After School Youth Sports Program - One Glendale ASYSP Basketball Season Championship Evening on Friday, March 7, 2025

The One Glendale After School Youth Sports Program concluded its basketball season with thrilling consolation and championship games. These events marked the culmination of a season dedicated to growth, teamwork, and enjoyment for all of the program's young participants.

The Horace Mann Bulldogs and the Marshall Tigers faced off in a closely contested consolation game. Marshall secured a hard-fought victory, showcasing their improvement and unwavering determination over the course of the season. Both teams exhibited great effort and sportsmanship, embodying the core values encouraged by the program.

The championship game featured a showdown between the Edison Eagles and the Jefferson Tigers. Edison emerged victorious with a convincing win. Throughout the game, the players' skills and collaborative play were evident, creating a memorable finale to the season.

The championship evening was held at Hoover High School. Hoover High School provided their band, cheerleaders, flag, and choir for additional entertainment for One Glendale families. The evening also featured a taco vendor and Nothing Bundt Cakes, along with city departments sharing resources for families. This was an opportunity for the elementary students to experience the excitement of high school sports. Hopefully this will encourage them to pursue playing sports in junior high and high school teams in the future.



Community Services & Parks and Los Angeles Regional Food Bank Collaboration

On February 25, 2025, and March 25, 2025, CSP continued to host the ongoing food kit pick-up coordinated by partner agency Los Angeles Regional Food Bank at the Adult Recreation Center's parking lot. The event provides free monthly food kits to over 100+ seniors, ages 60 years and older. The kits included nutritious items such as fruit, juice, vegetables, milk, cheese, grains, and protein, designed to supplement seniors' dietary intake of calcium, potassium, and vitamins needed to stay healthy.

- 121 Food Kits were distributed in February
- 127 Food Kits were distributed in March

The next event is scheduled for April 22, 2025, from 1:00 PM to 2:30 PM.

Requirements/Eligibility are as follows:

- 60 years of age or older
- Must have a valid form of identification with date of birth (CA ID, Driver's License, US Passport, etc.)
- 1-person household monthly income cannot exceed \$1,632
- 2-person household monthly income cannot exceed \$2,215

LA Regional Food Bank staff review and verify eligibility.



Trails & Open Space Programs

There were four (4) Trails & Open Space programs in February and five (5) programs in March.

On February 8, 19 people volunteered at Riverwalk Workday. They assisted with weeding for invasive plants, weeding grasses from the wild rose garden and other landscaped plants, cleaning of benches, interpretive signs, and the kiosk.



On February 15, Wilderness Workday had 24 volunteers. They weeded for invasive plants and cleaned up a lot of the fallen branches and pine needles from the wind and shoveled decomposed granite from the walkway into the ruts created by the rain.



The One Glendale GO! Outdoors Program visited the Glendale Sports Complex on February 22. There were 20 students and four (4) coaches on the excursion. They hiked the Catalina Verdugo Trail and then held a mock campfire program to learn about coyotes. The excursion concluded with a snack.



The Friday Night Lecture, “The Un-BEE-lievable Bee,” was held on February 28, and had 40 attendees. It was an interesting lecture about the lifecycle and the social hierarchy of the bee world. The lecturer was Kevin Bock, a local apiarist. He also spoke about beekeeping and ended the lecture with a tasting of local honey from his personal hives.



On March 8, 17 volunteers assisted at Glendale Narrows Riverwalk to weed for invasive plants for the Riverwalk Workday. They weeded for invasive plants growing under the landscaped plants and within the wild rose garden and cleaned the kiosk and interpretive signs as well as the benches.



The Wilderness Workday at Deukmejian Wilderness Park was held on March 15. 24 volunteers participated and assisted with trail maintenance and weeding for star thistle.



The Friday Night Lecture, “Dig Deep: The Secrets of Soil held at Deukmejian Wilderness Park’s Stone Barn Nature Center,” was held on March 21, and 14 participants came for the lecture. This very informative lecture was led by City staff, Dennis Gaudenti. Some participants brought a bag full of soil, labeled with their name, phone number and email address for Dennis to test at a later time.



On March 29, the second CPR/First Aid class was conducted for Trail Safety Patrol Recruits at the Glendale Sports Complex. Six (6) new recruits are in the process of joining, and four (4) recruits took the course (the other 2 already had the required certifications).

On March 30, 18 hikers joined together at Deukmejian Wilderness Park to celebrate “National Take a Walk in The Park Day”. There were a large number of younger attendees, so staff kept the hike easier along the Vineyard, Le Mesnager, and Mummy Rock Trails. They stopped along the way and learned about the history of the park, the family that lived there, native California plants and a bit about the animals that have been spotted in the park. At the end of the hike, participants were encouraged to visit the Stone Barn Nature Center.



Stone Barn Nature Center

The Stone Barn Nature Center is currently open for visitors at no cost on Fridays, from 3:00 PM to 5:00 PM, and Saturdays & Sundays, from 9:00 AM – 5:00 PM. We are also continuing to accept rental reservations.

In February, 915 guests visited during the 12 days it was open, and in March, 1,458 guests visited during 14 days of operation. This is a very large jump in attendance, and staff have noticed a large impact on parking. Based on customer comments, it appears that people who would have typically hiked at Eaton Canyon are now coming to Deukmejian Wilderness Park.

Wander the Wilderness Bus

Thanks to a grant provided by Metro, the City continues to offer free weekend transportation to Deukmejian Wilderness Park from south Glendale. The bus is available to ride from Maple Park or Pacific Park on alternating Saturdays and Sundays. Every other Saturday, the bus leaves from Pacific Park to Deukmejian beginning at 9:00 AM, and there are 2 opportunities for people to ride up to the park or return to the community center. The same opportunities exist on alternate Sundays from Maple Park Community Center.



GO! (Glendale Outdoors!) Community Program

The February monthly GO! program topic was about the not-so-loved endangered species in the area and why their “bad looks” have stalled conservation efforts. 45 attendees participated on

February 15 and learned about the Arroyo Toad, California Condor and Kangaroo Rat. After a hike and snack time, they made heart-shaped seed bombs to add native plants to their yards.

The March GO! program topic was the California Mule Deer, including teaching participants about migration and what the deer represent in various cultures. The participants hiked the Vineyard Trail and looked for signs of deer. They saw scat and antler scratch marks on trees, then made their own “deer tree spirits”, inspired by traditional Celtic stories of deer spirits. They used mud to make ephemeral deer in the tree bark, and then took Instax photos of them to take home. The mud washes right off the trees, and the water helps any thirsty trees after.



Field Trips

Between February and March, over 300 youth visited the park as part of field trips. They were from Edison Elementary School, Mountain Avenue Elementary School, and local Girl Scout Troops. Thanks to the Metro Grant, 273 of these field trip attendees rode the bus to the park for free from their school sites.

ONE GLENDALE BASKETBALL SEASON

UCLA vs. Penn State University Game

Forty students from the One Glendale After Sports Youth School Program experienced an amazing basketball game between UCLA and Penn State University on Saturday, February 22, 2025. Students were buzzing with excitement, and it was a fantastic chance for them to get inspired and dream big about their own futures. They kicked off the day with some snacks and pizza, setting the perfect mood for the fun ahead. The game itself was packed with thrilling moments and tons of energy. One Glendale students cheered for their favorite team, making it an unforgettable day for the students who attended.



MENTORING IN MIDDLE SCHOOLS

Mentoring in Middle Schools is a partnership between the City of Glendale's Youth & Family Services unit, Homenetmen Glendale Ararat, and the Glendale Unified School District. Mentoring in Middle Schools is specifically being held at Roosevelt and Wilson Middle Schools.

The Glendale Unified School District recognized a need to provide mentoring programs for Emerging English Language Learners at the Middle School level who needed additional guidance and direction. Consequently, the City of Glendale's Youth & Family Services unit and Homenetmen Glendale Ararat have partnered together to provide students identified by the Glendale Unified School District with on-campus mentoring.

On Tuesday, February 3, 2025, and Wednesday, February 4, 2025, mentees from both Roosevelt and Toll heard a presentation from Sebastian Gonzalez who is a former CSP employee who enlisted in the US Air Force. Sebastian discussed the importance of punctuality, discipline, and responsibility to the group.

On Tuesday, February 11, 2025, and Wednesday, February 12, 2025, the mentees from both Roosevelt and Toll heard a presentation from Laura Issacs-Galvan, Program Coordinator with the Glendale Youth Alliance. Laura explained how at the age of 14, teens with a 3.0 GPA, and good attendance can qualify for employment with the GYA. Laura also explained that GYA is looking for teens with a good work ethic who are responsible.

On Tuesday, February 18, 2025, and Wednesday, February 19, 2025, Alina with the Ararat chapter shared all the wonderful resources Ararat has to offer students. Students learned about the services Ararat offers in the Glendale Community. From scouts to sports teams, Ararat offers many programs and activities to engage students after school.

On Tuesday, February 25, 2025, and Wednesday, February 26, 2025, the mentees from both Roosevelt and Toll heard a presentation from Parks, Recreation and Community Services Commission President, Henrik Sardarbegian, who is an attorney and an Ararat member. President Sardarbegian explained how hard work and perseverance lead to a successful career.

There is a combined total number of 20 students being served at Roosevelt and Toll Middle Schools.

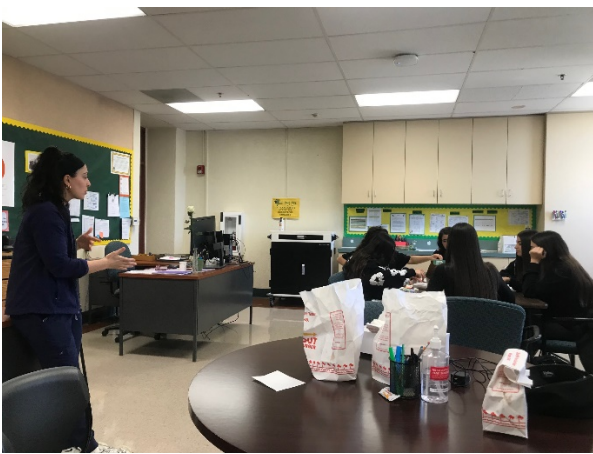


On Tuesday, March 4, 2025, and Wednesday, March 5, 2025, mentees from both Roosevelt and Toll listened to a presentation from Glendale Community College about transferring from a local high school to a local community college.

On Tuesday, March 11, 2025, and Wednesday, March 12, 2025, the mentees from both Roosevelt and Toll heard a presentation from the School Resource Officers from Glendale Police Department. The officers discussed the importance of doing well in school and staying out of disciplinary issues on campus.

On Tuesday, March 18, 2025, the mentees from Roosevelt heard a presentation from Homenetmen Glendale Ararat Executive Board Member Dr. Armen Aboolian. Dr. Aboolian discussed his path from Toll Middle School to becoming a medical doctor. Students were also treated to In-N-Out for lunch.

On Wednesday, March 19, 2025, the mentees from Toll Middle School heard a presentation from Orthodontist Dr. Anna Shahinian also from Homenetmen Glendale Ararat. Dr. Shahinian discussed her path from Glendale High School to becoming a pediatric dentist. Students were also treated to In-N-Out for lunch.



Youth & Family Services Teen Night Out & Workshops

The months of February and March during Teen Night Out at Pacific Park & Community Center were all about fun, connection, and giving back as teens came together for a series of TNO events. The month kicked off with meaningful community service projects, giving participants a chance to make a real impact through volunteer work. But it wasn't just about giving back —there was plenty of time for friendly competition and teamwork with games like pool, board games, and basketball. Snacks kept the energy high, creating the perfect setting for teens to relax, socialize, and enjoy the moment. More than just a way to wrap up winter, these events fostered a sense of community and gave teens a positive start to the year ahead.

February 7, 2025

On February 7, 2025, Teen Night Out brought an evening of entertainment and connection as participants settled in for a captivating movie night. With snacks and drinks in hand, everyone was fully immersed in the film, enjoying the chance to relax and unwind. Once the credits rolled, the fun didn't stop—teens kept the energy going with board games, a few rounds of pool, and an exciting

basketball game outside. It was the perfect mix of laid-back movie time and lively activities, making for another memorable night.



February 14, 2025

On February 14, 2025, Teen Night Out turned Valentine's Day into a celebration of fun, creativity, and community spirit. The evening was filled with festive decorations, delicious snacks, and exciting games, setting the perfect mood for the holiday. As part of a special appreciation project, participants designed a vibrant wall for Community Services & Parks, crafting heartfelt Valentine's cards and decorations. With markers, colored pencils, crayons, and stickers, they poured their creativity into each design. Afterward, the fun continued with board games, basketball, and pickleball, bringing everyone together for a night of laughter, friendly competition, and connection.



February 21, 2025

On Friday, February 21, 2025, TNO participants came together to lend a helping hand by cutting out four-leaf clovers in various shades of green for the Edison After School Program in preparation for St. Patrick's Day. After finishing up with the clovers, they shifted their focus to the soccer fields, where they worked as a team to pick up trash and tidy up the area, making it a cleaner and more enjoyable space for everyone. Once the hard work was done, they made the most of the remaining time at TNO unwinding with games of basketball and pickleball, enjoying each other's company and the fun atmosphere.



February 28, 2025

On Friday, February 28, 2025, TNO participants came together to give back to their community by designing brand-new banners for One Glendale’s championship. With the basketball season coming to a close, they dedicated their time and creativity to crafting vibrant, eye-catching banners for local elementary schools. Armed with paint and their artistic talents, teens poured their energy into making each banner unique and full of school spirit.

As teens worked, they enjoyed a selection of snacks, adding to the lively and collaborative atmosphere. Once the banners were complete, the participants wrapped up the evening with some friendly competition, heading outside for exciting games of basketball and pickleball. It was a night filled with teamwork, creativity, and fun, leaving a lasting impact on both the community and the participants themselves.





March 7, 2025

On March 7, Teen Night Out participants played a vital role in the success of One Glendale's Basketball Championship at Hoover High School. Upon arrival, they assisted in setting up a table outside for the City of Glendale, ensuring everything was organized for the event. Some participants brought energy and enthusiasm by wearing mascot costumes, engaging with the crowd, and dancing throughout the games, keeping the atmosphere lively and exciting. Their involvement didn't stop there —after the championship concluded, they stayed to help with clean-up, making sure the gym was left in great condition. Their dedication and hard work contributed greatly to the smooth execution of the event, making it an unforgettable experience for all in attendance.



March 14, 2025

On March 14, TNO participants gave back to their community by taking inventory of jerseys in preparation for the upcoming One Glendale Soccer Season. To make the task more enjoyable, they were provided with snacks and drinks as they worked. Once the boxes were neatly organized, they wrapped up the night with fun games of basketball and pickleball, bringing a rewarding end to their efforts.



March 21, 2025

On March 21, Teen Night Out participants dedicated their evening to preparing for the highly anticipated Spring Eggstravaganza. Their task involved sorting through countless boxes of Easter eggs and carefully taping each one to ensure they were securely closed and ready to be hidden. The teens paid great attention to detail into their work, making sure every egg was properly sealed for the big day. To make the process more enjoyable, they were treated to snacks, drinks, and a movie, creating a fun and relaxed atmosphere as they worked. Once all the boxes were completed, they wrapped up the night with a well-deserved break, enjoying a lively game of basketball and some friendly competition at the pool table. Their hard work and team spirit played a crucial role in ensuring the Easter egg hunt would be a success!



STAR (Students Training as Role Models)

Throughout the months of February and March, STAR students embraced the new year with energy and determination! They continued to build strong connections through engaging lessons and hands-on life skills activities designed to foster personal growth. From teamwork exercises to problem-solving challenges, each experience helped them develop essential skills while strengthening their sense of community. Beyond learning, these moments created lasting friendships and encouraged participants to support one another through every challenge. With a season full of growth, laughter, and encouragement ahead, STAR students are set to make the most of every opportunity.

February 4, 2025

On February 4, 2025, STAR students gathered to engage in a reflective and creative journaling activity. That day's prompt invited them to imagine their dream birthday cake, choosing its flavor, design, and any special decorations that would make it uniquely theirs. After filling their journals with their ideas, they shared their imaginative creations with one another, sparking fun discussions about their favorite flavors and designs.

Following the journaling session, participants channeled their creativity into making heartfelt birthday cards for fellow STAR students whose birthdays were being celebrated. Using colorful markers, decorative paper, and thoughtful messages, they crafted personalized cards filled with warm birthday wishes.

The celebration continued as the officers arrived with a special treat, McDonald's meals and cupcakes, adding to the festive atmosphere. Everyone came together to celebrate those with birthdays in January and February, enjoying the food and the joyful company of their peers.

To conclude the gathering, Sebastian, a former Parks employee now serving in the US Air Force, visited to share his experiences and insights with the participants. His story captivated the group, offering them a glimpse into the challenges and rewards of military service. Many found his talk both educational and inspiring, leaving them with a greater appreciation for his journey.



February 8, 2025

On February 8, 2025, STAR students embarked on an exciting field trip to the AMC Theatres at the Americana at Brand, accompanied by the officers. The highlight of the trip was watching *Dog Man*, a highly anticipated film that had everyone eager to see their favorite characters come to life on the big screen. As they settled into their seats, they stocked up on classic movie snacks: freshly buttered popcorn, candy, and refreshing drinks, all adding to the fun and immersive experience.

Once the movie ended, the group continued the day's fun by heading to In-N-Out. Over delicious burgers and fries, they shared their favorite moments from the movie. The trip wrapped up on a high note, leaving everyone with great memories and a strong sense of connection.



February 11, 2025

On February 11, 2025, STAR students celebrated Valentine's Day with a festive party filled with decorations, treats, and creative fun. The room buzzed with excitement as they used colorful paper, stickers, markers, crayons, and glitter to craft heartfelt Valentine's cards for friends, family, and loved ones. They also took a moment to express their gratitude, writing thank-you messages on the whiteboard for one of their generous sponsors, Anahid.

The celebration continued when the sponsors arrived with pizza and cupcakes, always a favorite among the kids! They enjoyed the delicious food while chatting and sharing laughs with the sponsors. Afterward, they headed outside for a lively game of basketball and volleyball before wrapping up the evening. It was a day filled with joy, creativity, and community spirit, making for a Valentine's celebration to remember!

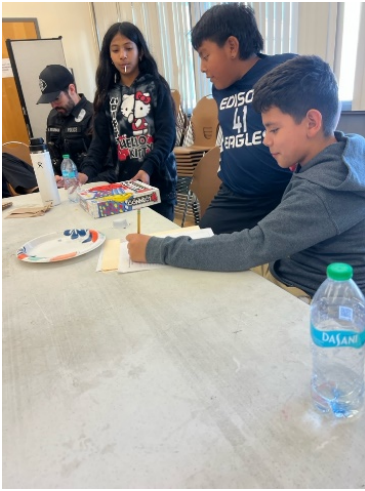


February 18, 2025

On February 18, 2025, STAR students kicked off their day with a reflective journal prompt: "What skills do you use when working with others?" After jotting down their thoughts, they shared their answers in group discussions, sparking meaningful conversations about teamwork and collaboration.

Once their journals were complete, students focused on homework, played board games, and spent time coloring while enjoying a meal from McDonald's alongside the officers. After tidying up, they

wrapped up the day with some friendly competition on the basketball and volleyball courts, ending on an active and energetic note. It was a well-rounded day of learning, fun, and connection!



February 25, 2025

On February 25, 2025, STAR students gathered to reflect on the journal prompt of the day: *"What is one thing you're proud of accomplishing in school?"* Each participant took time to write their response before sharing their thoughts with their peers, fostering a sense of encouragement.

Following the journal activity, participants focused on completing any unfinished projects that required coloring. Once their projects were done, they enjoyed an afternoon of creativity, bringing their favorite characters to life using coloring books generously provided by the officers.

Later, sponsors arrived with a delicious meal from El Pollo Loco, which the kids happily enjoyed. After cleaning up, they headed outside for some friendly games of basketball and volleyball, ending the day on an energetic and joyful note.



March 4, 2025

On March 4, STAR students kicked off their day with a thought-provoking journal prompt: "If you could have any job when you grow up, what would it be and why?" After putting their ideas on paper

and sharing their aspirations with fellow members, they welcomed the officer's arrival with Jersey Mike's and enjoyed lunch while chatting and bonding. Once finished, the group headed to the gym to cheer on their school's team, supporting Edison Elementary during their playoff game. The STAR students added to the energy and contributed to the school spirit displayed at the game. After an exciting match, they spent time outside playing basketball and volleyball before returning inside to help with clean-up, demonstrating teamwork and responsibility.



March 11, 2025

On March 11, in celebration of St. Patrick's Day, STAR students explored their creativity with a fun craft activity, designing personalized name tags using four-leaf clover cutouts. With markers and crayons in hand, they decorated their clovers, adding their unique artistic touches. The excitement continued when the officer arrived with Wingstop, always a crowd favorite, as students enjoyed their meal while chatting and bonding. After lunch, they dove into their journal prompt: "If you found a four-leaf clover, what would you wish for?" Once everyone had finished writing, they shared their responses, sparking a thoughtful and engaging conversation. To round out the day, the students headed outside for a lively game of basketball and volleyball before returning inside to help with clean-up. It was a day filled with creativity, meaningful discussions, and plenty of fun!



March 18, 2025

On March 18, STAR students put their creativity and effort into making César Chávez posters that were displayed at the César Chávez Commemorative Event. They took their time designing thoughtful and artistic pieces, carefully incorporating meaningful messages and imagery that honored Chávez's legacy. Many students expressed pride in their work, excited to see their posters contribute to the event. Once they finished, they were treated to a meal from In-N-Out, a favorite among the group, and enjoyed their food while chatting with one another. After lunch, they completed their journal prompt: "What are some ways we as humans can control our emotions and how we react to situations that are not in our favor?" The discussion that followed was both thoughtful and insightful, as students shared personal perspectives and strategies for emotional resilience. To wrap up the day, they headed outside for a fun game of Monkey in the Middle before returning inside to help with clean-up.



Therapeutic Recreation

Maple Inclusive Play Day

Maple All Inclusive Play Day (MIP Day) took place on Saturday, February 15, 2025, and Saturday, March 15, 2025, from 11:00 AM to 1:00 PM. This monthly play day, held on the third Saturday of each month, utilizes Shane's Inspiration All-Inclusive Playground at Maple Park as the primary attraction, bringing together children of all abilities to socialize through the universal language of play.

CSP also sets up an informational table to promote various department and City programs, as well as providing crafts and games for those participating in the event.

February's MIP Day was all about celebrating Valentine's Day with themed crafts and artwork.



MIP Day in March celebrated Spring, as participants warmed up the morning’s crisp air with joy and laughter while creating their Spring-themed masterpieces.



Club Maple Karaoke Night

On Thursday, February 20, 2025, the Club Maple Program held a karaoke night at Maple Park Community Center. The event took place from 5:30 PM to 8:00 PM and attracted 71 participants. CSP provided refreshments and snacks as the participants sang their hearts out to some fun tunes. Participants voted on a winner, and prizes were given out to the top three performances.



Club Maple Bingo Night

On Thursday, March 13, 2025, the Club Maple Program held a Bingo night at Maple Park Community Center. The event took place from 5:30 PM to 8:00 PM and attracted 74 participants.

CSP provided refreshments and snacks as the participants played bingo! Participants yelled “BINGO!”, each time a winner was announced. Winners received prizes provided by the department.

SENIOR PROGRAMS AND EVENTS

Sparr-Hearts Gathering

On February 13, Sparr hosted a senior Valentine’s Day party. Members danced, enjoyed coffee and desserts, chatted, and shared photo opportunities with the community. The event took place at 12:00 PM after lunch when the members joined staff in the Garden Room. Approximately 35 seniors participated in the celebration.



CVHS Sending Sunshine

Sparr Heights started a collaboration with Crescenta Valley High School’s Sending Sunshine Organization to send self-made greeting cards to seniors at Sparr Heights. This collaboration will continue throughout the 2024-2025 academic year.



LA Metro Senior Tap Presentation

On Thursday, February 20, 2025, LA Metro came to Sparr Heights Community Center, bringing vendors for a pop-up event and hosting a presentation to discuss their “On the Move Riders Program”. The event took place in the south patio and the presentation took place in our Garden Room.



ARC Movie Matinee: Red Tails & Valentine's Day

The ARC hosted two Movie Matinee events in February 2025. On February 4, participants enjoyed a screening of *Red Tails* and on February 14, *Valentine's Day* was shown in celebration of the holiday. A total of 17 participants attended both events, enjoying complimentary movie snacks and a great cinematic experience.



WelbeHealth Nutrition Class: Food Groups & Calories

On February 14, 2025, the Adult Recreation Center hosted the WelbeHealth Nutrition Class on Food Groups & Calories, with a total of 18 participants in attendance. The class provided valuable insights into the different food groups and the role calories play in maintaining a balanced diet. Attendees engaged in discussions and learned practical ways to make healthier food choices.



NUTRITION CLASS SERIES

Hosted by WelbeHealth

Join us for an informative and engaging series of classes designed to help you make healthier choices and achieve your wellness goals.

Adult Recreation Center
201 E. Colorado St. Glendale, CA 91205 10:00 AM – 11:00 AM

Free and open to the community!

February 14 – Food Groups & Calories

Understand the basics of balanced nutrition and how to manage your daily caloric intake.

March 14 – Natural vs. Artificial Sugars

Learn about the differences between natural and artificial sugars and their impact on your health.

April 11 – Food Labels Pt. 1

Decode the mystery of food labels and make informed decisions about what you eat.

May 9 – Food Labels Pt. 2

Dive deeper into understanding food packaging and nutritional information.

June 13 – Importance of Physical Activity and Calories

Discover how physical activity and calorie management work together to support a healthy lifestyle.

RSVP or Questions?

Call 618.946.3779 or Email CS@CeresWellnessAndAging.org

WelbeHealth - empowering you to live your wellness life.



Forest Lawn Presentation: Four Points of Protection for Peace of Mind

On Tuesday, March 6, 2025, the Adult Recreation Center hosted a Funeral Planning Workshop presented by Forest Lawn Funeral Services from 10:00 AM to 11:00 AM. The workshop aimed to provide community members with valuable insights into financial preparedness and the importance of planning such arrangements ahead of time. Participants covered key topics, including financial preparedness, benefits for families, the importance of planning, and essential elements to plan for.

The session was led by Paul Nasi, a representative from Forest Lawn. Approximately 15 seniors attended the presentation where they were provided light refreshments and given the opportunity to receive a free funeral planning portfolio and information packet.



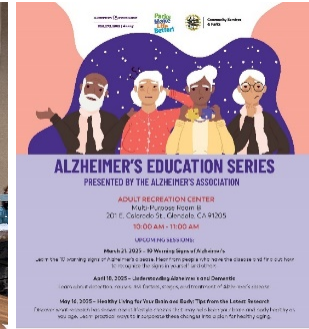
WelbeHealth Nutrition Class: Natural vs Artificial Sugars

On March 14, 2025, the Adult Recreation Center hosted the WelbeHealth Nutrition Class on Natural vs. Artificial Sugars, with 21 participants in attendance. The class provided important distinctions between natural and artificial sugars in common everyday foods. Participants assessed their daily sugar intake and were informed of the various impacts these two sugar types can have on their health.



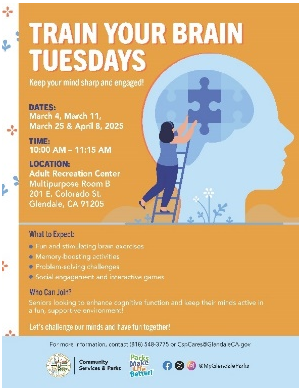
Alzheimer's Association: 10 Warning Signs of Alzheimer's

On March 21, 2025, the Adult Recreation Center hosted the "10 Warning Signs of Alzheimer's," part of a three-session education series. Four participants attended the class, which provided valuable information about warning signs. The next session is set for April 18, 2025.



Train Your Brain Tuesday Class

A Train Your Brain Tuesday session was held on multiple dates in March 2025. In partnership with USC's Chan Division of Occupational Science and Therapy, the classes offered information on how to keep your mind sharp and engaged. A total of 10 participants attended the three sessions held in March.



Elderly Nutrition Program Senior Lunch Celebration: Valentine's Day

On February 14, 2025, the Elderly Nutrition Program (ENP) Senior Lunch Program hosted a wonderful Valentine's Day celebration at the Adult Recreation Center and Sparr Heights Community Center, with over 200 participants in attendance across both locations. Everyone received candy conversation hearts as a special gift, and 15 lucky participants won a box of chocolates.

Guests enjoyed a delicious holiday meal featuring Yankee Pot Roast and Pasta Pilaf, Glazed Baby Carrots, Tossed Salad, Red Valentine's Day Cake, a Banana, and Orange Juice. The celebration was filled with joy, good food, and festive spirit.



ENP Senior Lunch Program: Mardi Gras

On March 4, 2025, the ENP Senior Lunch Program hosted a Mardi Gras celebration at both the Adult Recreation Center and Sparr Heights Community Center, with over 125 participants in attendance across both locations.

Guests enjoyed a delicious holiday meal featuring Chicken Jambalaya and Brown Rice, Steamed Broccoli, Spinach Carrot Salad, and King's Cake.



Bayou Bash: Mardi Gras – After Lunch Party

On March 4, 2025, the Adult Recreation Center hosted Bayou Bash, a Mardi Gras-themed event aimed at celebrating and engaging the senior community. The seniors engaged in an afternoon of fun, music, dancing, and cultural festivities. Attendees were encouraged to dress in their best Mardi Gras attire, with the opportunity to be crowned King or Queen of Mardi Gras. The center was

adorned with festive decorations, including beads, masks, and vibrant colors, which allowed the seniors to accessorize their looks and take pictures with their friends beside our on-theme backdrop.

Delicious treats were served to enhance the celebratory mood and entertainment included music, dancing, and a lively atmosphere that embraced the spirit of Mardi Gras. The event had a high community turnout with an attendance of approximately 30 community members of varying ages, not just seniors. The successful engagement of the senior community resulted in positive feedback from attendees, and the King and Queen crowning ceremony was a highlight, fostering community spirit and friendly competition.



ENP Senior Lunch Program: St. Patrick's Day

On March 17, 2025, the ENP Lunch Program hosted a St. Patrick's Day celebration at both the Adult Recreation Center and Sparr Heights, with over 125 participants in attendance across both locations.

Guests enjoyed a delicious holiday meal featuring corned beef and cabbage, boiled red potato with parsley, cand pineapple salad, and St. Patrick's Day cake.



Elderly Nutrition Program

The ENP congregate meals program is currently available by reservation at the Adult Recreation Center and Sparr Heights Community Center. The congregate meals schedule for February and March 2025 was as follows:

- Adult Recreation Center - 201 E Colorado Street, Glendale, CA 91205
 - Lunch served 7 days a week
 - 11:30 AM - 12:30 PM
- Sparr Heights Community Center - 1613 Glencoe Way, Glendale, CA 91208
 - Lunch served Monday – Friday
 - 11:30 AM - 12:30 PM

The Home Delivered Meals (HDM) program under the ENP is for homebound seniors who are shut-in due to physical and other ailments. HDM program services include a weekly Telephone Reassurance call to check in on clients. Additionally, each year, all clients receive three (3) days' worth of emergency meals, which include non-perishable food staples and water, to ensure they are prepared in case of fire, earthquake, or other disaster.

February 2025

- 3,435 meals were served in the Congregate Meals program. (C1)
- 1,645 meals were delivered in the Home Delivered Meals program. (C2)

March 2025

- 4,072 meals were served in the Congregate Meals program. (C1)

- 1,764 meals were delivered in the Home Delivered Meals program. (C2)

Supportive Services Program

The Supportive Services Program (SSP) provides comprehensive, long-term services to seniors 60 years and older. A case manager uses their professional skills and competence to serve senior clients and link them to a full range of appropriate services, including service coordination, care planning, purchase of services, benefits enrollment, and referral services. The primary goal is to assist the elderly in maintaining their independence and living in their own home. The SSP program is operated through the Senior Services Unit and is funded by LA County Aging and Disabilities Department. Each year, up to 80 unduplicated seniors are assisted in the program.

- 55 unduplicated clients were enrolled in the SSP program as of February 28, 2025.
- 57 unduplicated clients were enrolled in the SSP program as of March 31, 2025.

Senior Needs Assessment Update

The Senior Services Committee met on Wednesday, March 26, 2025, and approved Draft #3 of the Senior Needs Assessment. A report has been drafted and submitted for the special meeting of the City Council on May 6, 2025, which will present the final draft for approval.

Los Angeles County Aging and Disabilities Department Update

On March 27, 2025, CSP received communication from Los Angeles County AD stating that ENP would receive an allocation of \$58,400 in combined Net County Cost (NCC) and One-Time-Only (OTO) funding from Older Americans Act. City Council approved to accept the funding at the April 15, 2025, meeting of the City Council. These funds will allow for an additional 7,113 Home Delivered Meals, staff support, and general supplies in the ENP program through June 30, 2025.

- \$39,900 in NCC funding to C2 Home Delivered Meals Program
- \$18,500 in OTO funding to C2 Home Delivered Meals Program.

FISCAL IMPACT

N/A

ALTERNATIVES

N/A

EXHIBITS

N/A