



# Council In Your Neighborhood

Date: January 17, 2023

Location: Griffith Manor Community Building

# Glendale Narrows Riverwalk Phase I & II





# Glendale Narrows Riverwalk – Phase I

- Located on the north bank of the Los Angeles River across from Griffith Park.
- Phase I includes two small parks, an equestrian facility, public art elements, and a half mile of recreational trail.
- Completed in 2012.



# Glendale Narrows Riverwalk – Phase II



- Phase II continues the recreational trail eastward and includes an additional park, a river overlook, and a gated entry area.
- Completed in 2018.
- *Phase III and final portion of the Riverwalk, envisions a bridge from the Riverwalk across the river into Griffith Park.*





# Glendale Narrows Riverwalk – Phase II



# Trails & Open Space Programs





# Trails & Open Space Programs

- Restoration Programs
  - Riverwalk Workdays
  - Deukmejian - Wilderness Workdays
  - Brand – Lend a Hand
- Interpretive Programs
  - Friday Night Lectures
  - Interpretive Hikes
- Campfire Programs
- Glendale Outdoors! GO!

[Website: www.glendaleca.gov/trails](http://www.glendaleca.gov/trails)



# Riverwalk Programs

## Riverwalk Workdays - 2<sup>nd</sup> Saturday Monthly



Trails & Open Space Program

## RIVERWALK WORKDAY

**Saturdays,  
Jan. 14 & Mar. 11, 2023**

**8:00 AM - 11:00 AM**

**Glendale Narrows Riverwalk**  
300 Paula Avenue, Glendale, CA 91201  
(corner of Paula Ave. & Garden St.)

Spend the morning working next to the Los Angeles River on the City of Glendale's Riverwalk. We need volunteers to help us remove invasive plants from the landscaped areas along the L.A. River. Please wear sturdy shoes, protective clothing, and bring sunscreen, sunglasses and a hat. We'll provide the tools and gloves. Families, individuals, clubs, and students needing community service hours are welcome. In case of rain, this event will be cancelled.

Please RSVP at [glendaleca.gov/trails](http://glendaleca.gov/trails)

For more information, call (818) 548-3795 or email [Trails@glendaleca.gov](mailto:Trails@glendaleca.gov)

Para información en español, llame a (818) 548-2000.

Հայերեն տեղեկությունների համար զանգահարել հետևյալ հեռախոսահամարով (818) 548-2000.

Please follow the current Health Officer Order concerning masking requirements and safety measures while participating in the activities.



Community Services  
& Parks

Sponsored by:

GLENDAL PARKS &  
OPEN SPACE  
FOUNDATION



Reasonable accommodations will be made upon request.  
Please notify us within 72 hrs prior to event date.

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## Birdwalk on the Riverwalk - Once a Year



TRAILS & OPEN SPACES

## BIRDWALK ON THE RIVERWALK

**Saturday,  
December 3, 2022**

**8:00 AM - 10:00 AM**

**GLENDAL NARROWS  
RIVERWALK**  
300 Paula Avenue,  
Glendale, CA 91201

© Kyle Gerber

Join us for our annual bird watching trek along the Los Angeles River in the City of Glendale. This is a rare opportunity to spend time watching the birds that are on the river during the fall and winter months. Our leader for the morning is Kyle Gerber. Please bring your binoculars and camera to view and capture photos of our fine feathered friends.

**RSVP at [Glendaleca.gov/birdwalk](http://Glendaleca.gov/birdwalk)**

**For more information call (818) 548-3795.**

Para información en español, llame a (818) 548-2000.

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Disclaimer: All topics and speakers are presented for informational purposes only. The speaker's information, views, opinions, do not necessarily reflect or represent the official policy or position of the City and its Community Services & Parks Department.



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# Other Trails & Open Space Programs



Trails & Open Space Program

## WILDERNESS WORKDAY

**Saturdays,  
Jan. 21, Feb. 18, Mar. 18, 2023**

8:00 AM - 11:00 AM

Deukmejian Wilderness Park  
3429 Markridge Road, Glendale, CA 91214

Help us water our bigcone spruce and coast live oaks, assist with trail repairs, and remove invasive plants from the park. Please wear sturdy shoes and bring sunscreen, sunglasses and a hat. Families, individuals, clubs, and students needing community service hours are welcome. In case of rain, this event will be cancelled.

Please RSVP at [glendaleca.gov/trails](https://glendaleca.gov/trails)  
For more information, call (818) 548-3795 or email [Trails@glendaleca.gov](mailto:Trails@glendaleca.gov)

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TRAILS & OPEN SPACE PROGRAM

## CHiPs in La Crescenta

### Friday Night Lecture

**Friday, January 27, 2023**  
6:30 p.m. - 8:30 p.m.  
Brand Studios at Brand Park  
1601 West Mountain Street, Glendale, CA 91201

Local filmmaker John Newcombe has compiled a narrated film about the half-century old TV series and its history of filming in La Crescenta. This will be an entertaining blast from Crescenta Valley's past.

**Please RSVP at [www.Glendaleca.gov/chips](https://www.Glendaleca.gov/chips)**

For more information call (818) 548-3795.

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Community Services & Parks **Glendale Parks & Open Space**

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Trails & Open Space Program

## Lend a Hand at Brand

**Saturday,  
February 4, 2023**  
8:00 AM - 11:00 AM  
Brand Park  
1601 West Mountain Street,  
Glendale, CA 91201

Please join us as we work to improve some of the neglected wilderness areas of Brand Park. Work may include trail maintenance, plant watering, and removal of invasive plants from the park. In case of rain this event will be cancelled.

**Please RSVP at [Glendaleca.gov/trails](https://glendaleca.gov/trails)**

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TRAILS & OPEN SPACE PROGRAM

## ECO-GARDENING & COMPOSTING

### FRIDAY NIGHT LECTURE

**Friday, February 24, 2023**  
6:30 PM - 8:30 PM  
Deukmejian Wilderness Park  
Stone Barn Nature Center  
3429 Markridge Road,  
Glendale, CA 91214

Growing an eco-garden isn't just great for the environment, it will produce a beautiful and productive garden. The Office of Sustainability's Elizabeth Harris is our speaker for the evening. Elizabeth will show us how to reduce waste through composting, and ensure a bounty of fruits, vegetables and flowers. Seating is limited.

**RSVP at [Glendaleca.gov/garden](https://glendaleca.gov/garden)**

**This event is Free!**

Para información en español, llame a (818) 548-2000.

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# Senior Services





# Senior Meals Program

# Senior Exercise Classes

# Senior Educational Seminars

## Elderly Nutrition Program



In person dining and Grab and Go available at the following meal sites:  
Space is limited, please contact us at 818-548-3778 to make your reservation.

### Adult Recreation Center

201 E. Colorado St.  
Glendale, CA 91205

Grab and Go  
11:00a.m.-11:30a.m.  
Monday-Sunday

In-Door Dining  
12:30p.m.-1:30p.m. (M-F)

### Sparr Heights Community Center

1613 Glencoe Way.  
Glendale, CA 91208

Grab and Go  
11:30a.m.-12:30p.m. (M-F)

In-Door Dining  
12:30p.m.-1:30p.m. (M-F)

### Pacific Community Center

501 S. Pacific Ave.  
Glendale, CA 91204

In-Door Dining  
12:30p.m.-1:30p.m. (M,W,F)



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ELDERLY NUTRITION PROGRAM  
HEALTHY. NUTRITIOUS. DELICIOUS.



## Senior Exercise Classes

ALL LOCATIONS

Effective Dates, See Below

### Mondays @ Adult Recreation Center

Effective January 23, 2023 (No Class January 16, 2023)

Aerobics

9:00 a.m. to 10:00 a.m.

Slow Stretch

10:00 a.m. to 11:00 a.m.

### Mondays @ Pacific Community Center

Effective January 9, 2023 (No Class January 16, 2023)

Absolute Beginner Line Dancing

11:15 a.m. to 12:15 p.m.

\* Beginner/Improver Line Dancing

12:30 p.m. to 2:30 p.m.

### Tuesdays @ Sparr Heights Community Center

Effective January 17, 2023

Muscle Toning

10:00 a.m. to 11:00 a.m.

### Thursdays @ Sparr Heights Community Center

Effective January 19, 2023

Aerobics

9:00 a.m. to 10:00 a.m.

Slow Stretch

10:00 a.m. to 11:00 a.m.

### Fridays @ Adult Recreation Center

Effective January 20, 2023

Muscle Toning

10:00 a.m. to 11:00 a.m.

Meeting ID: 894 7893 4835 | Passcode: PMLB2022

For ALL Classes Listed Above

If you have questions, please email [cspcares@glendaleca.gov](mailto:cspcares@glendaleca.gov) or call (818) 548-4098 or (818) 548-2188.



Reasonable accommodations will be made upon request.



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Virtual presentation on

## Nutrition and Healthy Eating

Hosted by: Community Services & Parks

Presented by: Ani Vartani, MS, RDN, DPP Lifestyle Coach

**Wednesday, January 18, 2023**

10:30 a.m. - 11:30 a.m.

Join CSP for a virtual presentation  
about nutrition and healthy eating.

For more information, please call

**(818) 548-3775.**

Email [CSPCARES@GLENDALECA.GOV](mailto:CSPCARES@GLENDALECA.GOV) with  
your first name, last name, and your telephone  
number. We will email you a link for you to join  
the virtual presentation.

### Disclaimer:

The City of Glendale's Community Services & Parks  
Department is not affiliated with presenting organization.  
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purposes. The organization's or speaker's opinions do not  
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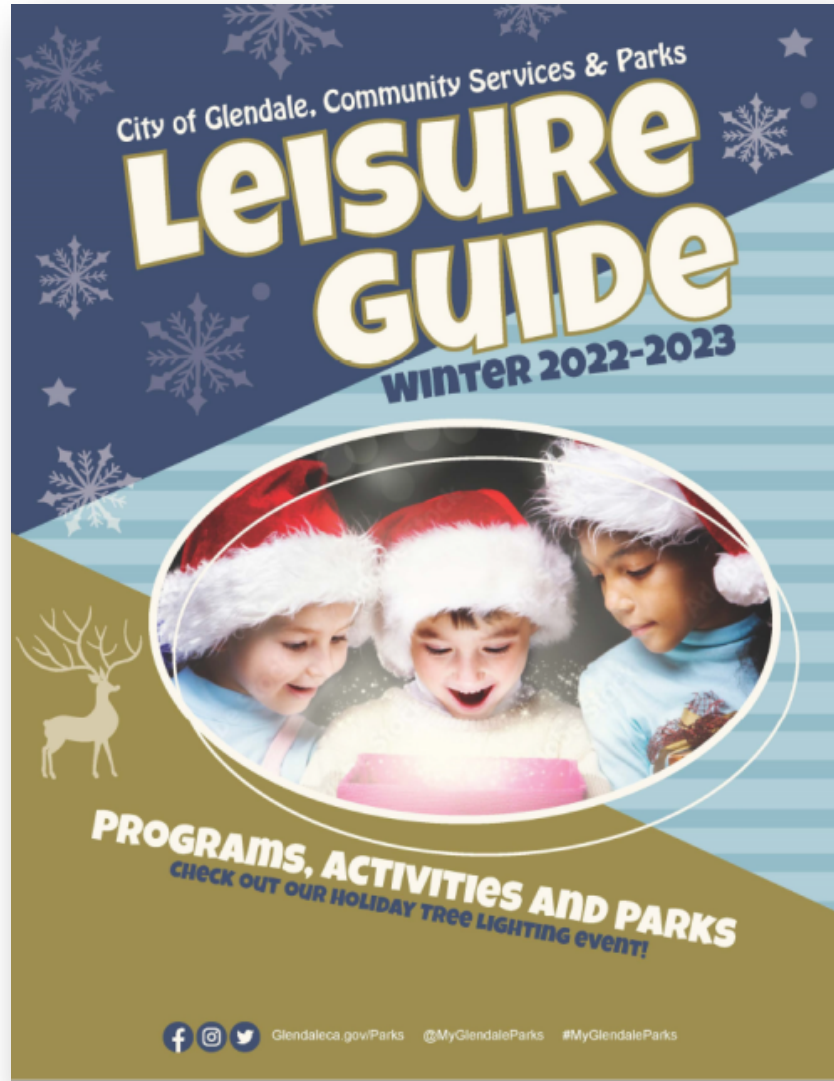


# Leisure Guide





# Leisure Guide



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Website:

[www.glendaleca.gov/leisureguide](http://www.glendaleca.gov/leisureguide)



# Leisure Guide Cont...

## ADULT OPEN PLAY BADMINTON

Join a sport that gives you a great aerobic workout! All skill levels are invited to participate!



**Location:** Pacific Community Center Gym  
501 S. Pacific Ave., Glendale, CA 91204

**Fee:** Free for Activity Card Holders (see fee schedule above)  
\$2 for Non-Activity Card Holders

**Days/Times:** Fridays, 6:00 p.m. - 10:00 p.m.  
Call the facility to check for closures: (818) 548-4098.

## ADULT DROP-IN BASKETBALL

Open play basketball is available to adults of all skill levels in our gyms at Maple Park Community Center and Pacific Community Center. All skill levels are welcome to drop-in for a good workout by playing pickup games. Ask for the drop-in calendar from the front desk to know when drop-in goes dark due to facility reservations and special events. Drop-in calendar is subject to change without notice. Please contact the Community Center for an up-to-date schedule.

**Fee:** Free for Activity Card Holders (see fee schedule above)  
\$2 for Non-Activity Card Holders

**Location:** Maple Park Community Center  
820 E. Maple St. Glendale, CA 91205

**Days/Times:** Monday through Friday 4:00 p.m. - 5:00 p.m.  
Saturday 9:00 a.m. - 5:00 p.m.

**Location:** Pacific Community Center  
501 S. Pacific Ave. Glendale, CA 91204

**Days/Times:** Monday and Thursday 5:00 p.m. - 8:00 p.m.  
Saturday 12:00 p.m. - 4:00 p.m.



Events and programs may be cancelled due to L.A. County Department of Public Health protocols. For updates, visit [www.glendale.ca.gov/LG](http://www.glendale.ca.gov/LG).

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## PICKLEBALL

Come out and try this fun sport, make some friends and see what everyone is talking about.

- ◊ All Levels and Ages Welcome
- ◊ Coaching Available for Beginners
- ◊ Paddles Available



### 3 Outdoor Courts

Monday - Saturday 9:00 a.m. - 12:00 p.m.

### Pickleball for Parkinson's

Tuesdays and Thursdays 6:00 p.m. - 9:00 p.m.  
Fridays 9:00 a.m. - 12:00 p.m.

### 4 Indoor Courts

Tuesdays 5:30 p.m. - 8:00 p.m.

## Day Camps - Spring

### Travelin' Teens Spring Camp

Pacific Community Center  
501 S. Pacific Ave., Glendale, CA 91204  
For information, call (818) 548-4098

Teen campers will explore fun Glendale locations and surrounding communities by foot or using local bus lines. Teens will make new friends, go on a field trip, and chill with other teens. Campers must provide their own lunch, drink, and snacks daily.

### 5-Day Camp

**Dates:** Monday - Friday, March 13 - 17, 2023

**Ages:** 12-14

	<u>Glendale Resident Fees</u>	<u>Non-Resident Fees</u>	<u>Times</u>
Full Day	\$85/week/child	\$100/week/child	9:00 a.m. - 4:00 p.m.
Before Care	\$20/week/child	\$20/week/child	7:00 a.m. - 9:00 a.m.
After Care	\$20/week/child	\$20/week/child	4:00 p.m. - 6:00 p.m.



## Youth Classes



### DRAMA MANIACS

Do you have a creative young performer in your family? Give their budding creativity a place to blossom in our fun-filled, high-energy class! Students will learn about the wild world of DRAMA, including improvisation, musical theatre, mime, student-developed scenes, public speaking, and acting skills! This class is guaranteed to be fun and accessible for all levels of ability and experience. Join us for an exciting session of activities and help your child develop their confidence, creativity, and character with Drama Maniacs!

8 weeks		Fee: \$160	Instructor: Drama Maniacs		
<u>Ages</u>	<u>Number</u>	<u>Location</u>	<u>Resins</u>	<u>Day</u>	<u>Time</u>
12	380501-01	Sparr Heights CC	1/19	Th	4:30 p.m. - 5:30 p.m.





**#MyGlendale**