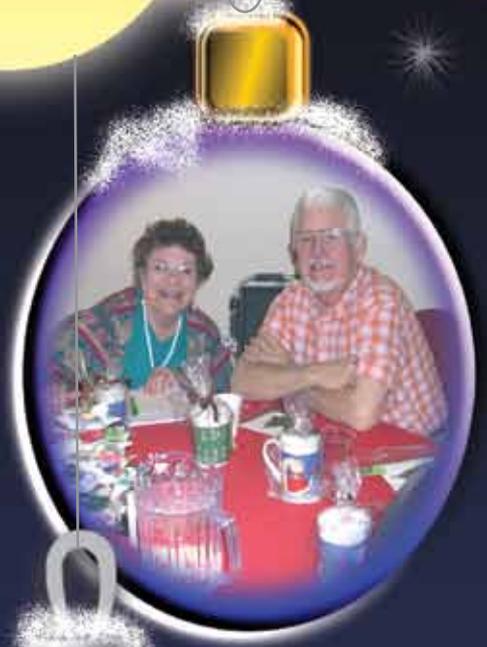
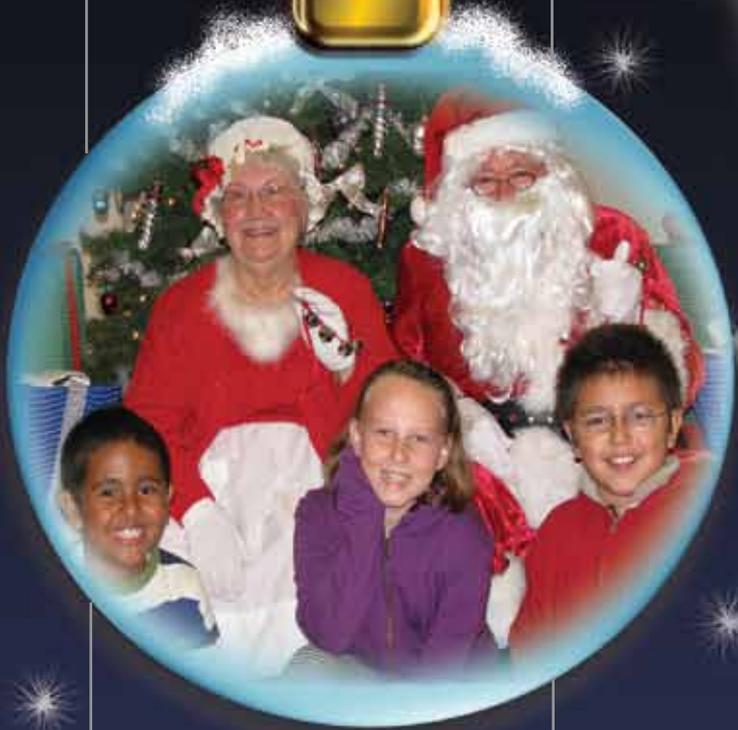


# Westminster

City Newsletter & Recreation Program Guide



Winter 2011



See Us At: [www.westminster-ca.gov](http://www.westminster-ca.gov)



**THE CITY OF WESTMINSTER**

*PRESENTS*



**2•5•11**



THE CITY OF WESTMINSTER &  
THE WESTMINSTER CITY COUNCIL  
INVITE YOU TO THE

*Holiday Tree Lighting Ceremony  
and Community Sing*

JOIN US ON  
MONDAY, DECEMBER 6, 2010 AT 6:00 P.M.  
CIVIC CENTER, 8200 WESTMINSTER BLVD  
(714)895-2860

VISIT WITH SANTA FROM 6:00-6:30 & AFTER THE CEREMONY.

Please bring canned goods to donate to those in need this holiday season. Dress warmly, event will be held outdoors.

*Rose Parade  
Excursion*



**Saturday, January 1, 2011**  
**6:00 a.m. - 2:00 p.m.**  
**\$85.00**

Reservations are available on a limited, first come, first served basis. For more details, please call the Westminster Community Services Department at (714) 895-2860 or register online at [www.activenet.active.com/westminster](http://www.activenet.active.com/westminster).

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Winter Highlights

**November 29, 2010**

Winter Class Registration Begins

**December 2**

Home Decorating Contest Entry Deadline

**December 4**

Breakfast with Santa

**December 6**

Tree Lighting Ceremony

**December 20-31**

Basketball Camp

**December 27-December 31**

City Offices Closed

**January 1, 2011**

Rose Parade Excursion

**January 17**

Adult Softball Winter Season Begins

**January 24**

Winter Youth Sports Program Begins

**February 14**

Watch out for Spring Brochure

**CLASS REMINDERS**

1. Most recreation classes will begin the week of January 10, 2011.

Please check your starting date carefully.

2. Classes may be cancelled if minimum enrollment is not met prior to class starting date. Don't miss out!

**BE SURE TO REGISTER EARLY!**

**Internet access to Westminster City Council Meetings**

Check the city's website at [www.westminster.ca.gov](http://www.westminster.ca.gov) for information about viewing live and archived City Council meetings. If you have Internet access, you can follow the meeting live with a video stream on your computer. You will also have access to an archive of recent City Council meetings if you are interested in viewing a particular meeting segment along with meeting agendas and minutes.

## Council Thoughts • Winter 2011

As you celebrate the holidays and develop plans for the New Year, Westminster's Mayor and City Council ask that you keep in mind how you can help yourself and your neighbors by doing business locally. Shopping at the Westminster Mall is not only convenient; it helps support your neighborhood by providing sales tax revenue to the City of Westminster. While you save time and energy patronizing local shops, restaurants and other businesses, you also help provide funding for your local parks, police, streets and other city services. More than one-third of our City's General Fund comes from sales tax revenue.

As we have indicated in this column previously, we must all work together to continue to meet the needs of our community during these tough economic times. So remember, one important way you can help maintain city services is to shop, eat and do business in Westminster and encourage your friends and family to do the same.

*We wish you all a wonderful holiday season and peace and prosperity during 2011.*

**Parks  
Make  
Life  
Better!™**



### **CITY OF WESTMINSTER WESTMINSTER CITY HALL**

8200 Westminster Blvd.  
Monday – Thursday 7:30 a.m.- 5:30 p.m.  
Friday 7:30 a.m. - 4:30 p.m.  
Closed alternate Fridays  
(714) 898-3311

**CITY COUNCIL**  
Meetings are held the  
2<sup>nd</sup> & 4<sup>th</sup> Wednesdays  
of the month in the  
Council Chambers  
at 7:00 p.m.  
8200 Westminster Blvd.

**Margie L. Rice**  
MAYOR  
(714) 548-3183

**Frank G. Fry**  
MAYOR PRO TEM  
(714) 548-3180

**Tyler Diep**  
COUNCIL MEMBER  
(714) 548-3181

**Andy Quach**  
COUNCIL MEMBER  
(714) 548-3182

**Tri Ta**  
COUNCIL MEMBER  
(714) 548-3179

**Donald D. Lamm**  
CITY MANAGER  
(714) 548-3242

## COMMUNITY SERVICES & RECREATION DEPARTMENT

8200 Westminster Boulevard  
Monday – Thursday • 7:30 a.m. – 5:30 p.m.  
Alternate Fridays • 7:30 a.m. – 4:30 p.m.

### RECREATION PROGRAMS

#### FACILITY RENTALS

(714) 895-2860

#### SENIOR CENTER

(714) 895-2878

#### DAMAGE TO PARKS/GRAFFITI HOTLINE

(714) 895-2876

## COMMUNITY SERVICES & RECREATION COMMISSION

Leo Lopez, Chairperson

Nhi Ho

Miriam Aguillares

Jacko Luong

Gia Ly

## COMMUNITY SERVICES & RECREATION DEPARTMENT STAFF

### Community Services Director

Greg Johnson

### Assistant Community Services Director

Diana Dobbert

### Senior Services Supervisor

Claire Hutchinson

### Community Services Supervisor

Vanessa Johnson

### Cable TV Production Supervisor

LaVada Cordasco

### Community Services Coordinators:

Stacy Yoshida – Sports

Pam Gremling – Special Events

### Administrative Assistant

Jennifer Espinoza

The City of Westminster does not discriminate on the basis of race, color, national origin, sex, religion, age, or handicapped status in employment or the provision of services.

## SPECIAL EVENTS



### BREAKFAST WITH SANTA

**Saturday, December 4**

**9:00 a.m. – 10:30 a.m.**

You'd better watch out because Santa is making a special trip to Westminster. On Saturday, December 4, Santa will arrive to delight and entertain at this traditional event. Children must be accompanied by an adult. The cost is \$7.00 for children and adults and includes breakfast, crafts, a visit from Santa Claus and a small stocking for each child. Adults are encouraged to bring their cameras to capture these holiday memories. **SPACE IS LIMITED, SO PLEASE REGISTER EARLY!!!** For more information, please call (714) 895-2860.

**\$7.00 – Adults & Children (2+)**

**Activity #: 8010.401**

### ROSE PARADE EXCURSION

On **Saturday, January 1, 2011**, celebrate the New Year with the 122<sup>nd</sup> **Rose Parade**. This year's theme "Building Dreams, Friendships & Memories" promises to bring even more creativity with flowers, music, equestrian units and lots of animation from all over the world. Fee includes transportation on a luxury coach bus, with nearby parking, and reserved grandstand seats. Reservations are now available on a limited, first-come, first-served basis.

**Date: Saturday, January 1, 2011**

**Age: Adult (under 18 must be accompanied by an adult)**

**Time: 6:00 a.m. – 2:00 p.m.**

**Cost: \$85.00 - (Activity #: 7010.401)**

**Refund Policy:** Sorry, no refunds on the Rose Parade excursion, unless your space is filled by another registrant. The bus leaves from 8200 Westminster Blvd., where ample parking is available.

## Youth Sports Contacts

American Youth Soccer Organization (AYSO)  
 Region 5 • (714) 927-5969  
 Region 143 • HOTLINE • (877) 976-6333  
 Westminster Little League • (714) 894-1578  
 National Junior Basketball (NJB) • (714) 765-6567  
 Junior All-American Football • (714) 983-4284

## YOUTH SPORTS



### BASKETBALL SKILLS CAMP

This camp will introduce boys and girls to the sport of basketball in a fun and productive way. Emphasis will be on the basic FUNDamentals of the sport, which will include ball handling, dribbling, passing, shooting, footwork, defense and rebounding. Children of all abilities and skill levels are encouraged to participate.

*Instructor: Recreation Staff*                      *Ages: 8-12 years*  
*Fee: \$25.00*    *Length: 2 weeks*  
 6010.101    Liberty Park            M-F    12/20-12/31    2:00-3:00 p.m.

### SOCCER STARS

Kick into a fun time and learn the basic fundamentals of soccer. Learn to dribble, pass, shoot and defend. Program will cover aspects of defensive and offensive play. Participants should dress in comfortable clothes and tennis shoes (no cleats).

*Instructor: Recreation Staff*                      *Ages: 8-12 years*  
*Fee: \$20.00 (Includes T-shirt)*                      *Length: 8 weeks*  
 6010.102    Liberty Park            M        1/24-3/14        3:30-4:30 p.m.

### YOUTH HOOPSTERS

This is a non-competitive program designed for recreational play. Coaches will teach the fundamentals of the sport, emphasizing teamwork, passing, dribbling and shooting. Games will be played on the last three Saturday mornings of the program - March 5, 12 & 19 (location and time to be determined).

*Instructor: Recreation Staff*                      *Ages: 8-12 years*  
*Fee: \$30.00 (Includes T-shirt)*                      *Length: 8 weeks*  
 6010.103    Bolsa Chica Park    Tu/Th    1/25-3/17        3:30-4:30 p.m.  
 6010.104    Liberty Park            Tu/Th    1/25-3/17        3:30-4:30 p.m.  
 6010.105    Sigler Park              Tu/Th    1/25-3/17        3:30-4:30 p.m.

### PEE-WEE HOOPSTERS

Participants will learn the beginning fundamentals and basic skills of basketball. Coaches will teach techniques that will help improve the children's abilities while having fun learning the sport. Games will be played on the last three Saturday mornings of the program - March 5, 12 & 19 (location and time to be determined).

*Instructor: Recreation Staff*                      *Ages: 5-7 years*  
*Fee: \$20.00 (Includes T-shirt)*                      *Length: 8 weeks*  
 6010.106    Bolsa Chica Park        W        1/26-3/16        3:45-4:30 p.m.  
 6010.107    Liberty Park              W        1/26-3/16        3:45-4:30 p.m.

### CHEERLEADING

This program will teach aspiring cheerleaders voice projection, arm motion, and hand, leg, and feet formations. Cheers, chants, and dance movements are taught with flair and enthusiasm. Wear comfortable clothes and tennis shoes. Skills learned will be showcased at the basketball games - March 5, 12 & 19 (location and time to be determined). Each participant will receive a t-shirt along with a set of pom-poms and a mini-megaphone.

*Instructor: Recreation Staff*                      *Ages: 8-12 years*  
*Fee: \$20.00 (Includes T-shirt)*                      *Length: 8 weeks*  
 6010.108    Liberty Park              F        1/28-3/18        3:45-4:30 p.m.



# SPECIAL ACTIVITIES

**REGISTER NOW!!**



## LIL' KICKERS

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Participants should dress in comfortable clothes and tennis shoes (no cleats).

Instructor: Recreation Staff  
Fee: \$20.00 (Includes T-shirt)

Ages: 5-7 years  
Length: 8 weeks

6010.109 Liberty Park F 1/28-3/18 3:45-4:30 p.m.

## CLUB WESTMINSTER WINTER PARKS PROGRAM

The City of Westminster's After School Parks Program, **Club Westminster**, is a drop-in recreational program that offers supervised activities for children 6 years and older. Children can participate in sports, games, crafts and many other activities. The parks noted below are opened Monday through Friday from 2:30 to 5:00 p.m.

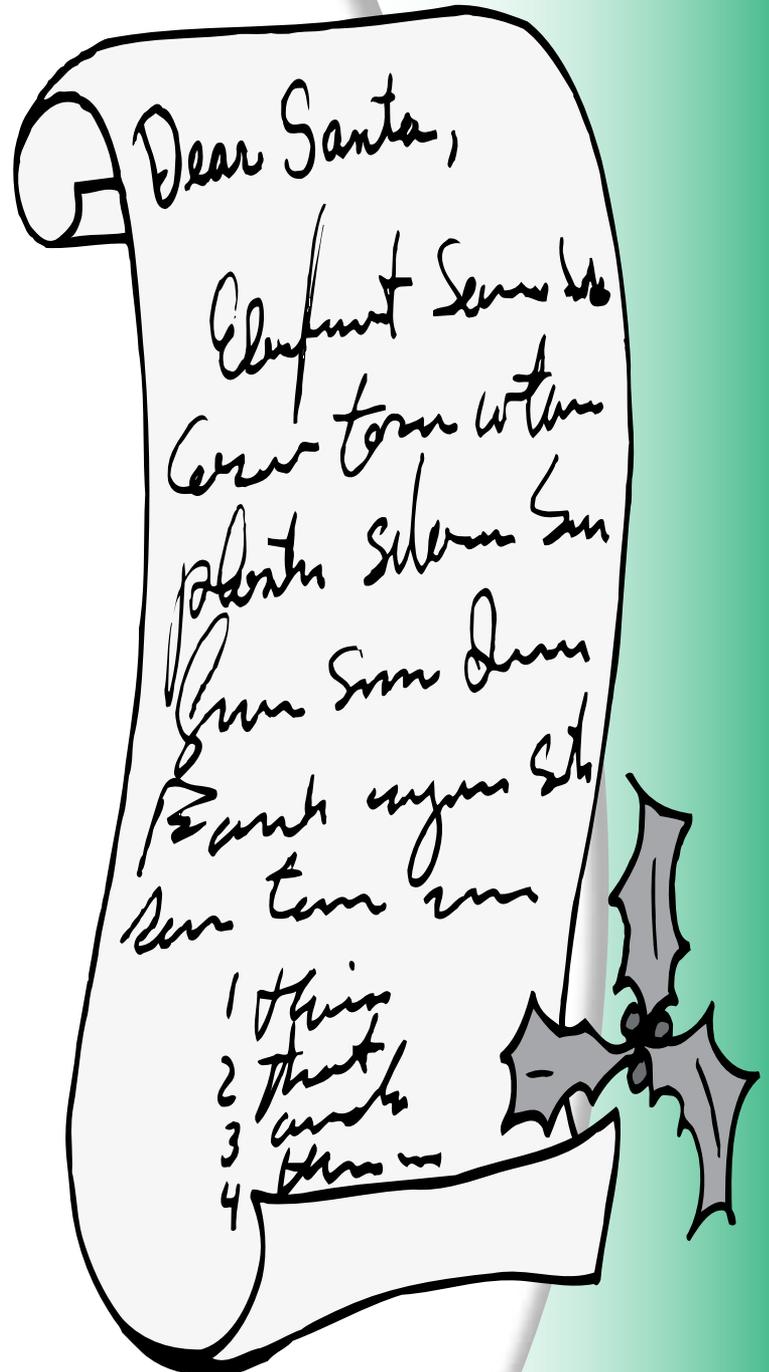
**BOLSA CHICA PARK**, 13660 University St., Phone (714) 897-5911  
**LIBERTY PARK**, 13900 Monroe St., Phone (714) 412-2617  
**SIGLER PARK**, 7200 Plaza St., Phone (714) 715-0262

## SPECIAL WINTER VACATION SCHEDULE

The after school parks program will be extending their hours during winter break at the sites listed above. Park hours will be from 10 a.m. to 4 p.m. during winter vacation, weekdays only, beginning Monday, December 20 and ending Friday, December 31.

## WRITE A LETTER TO SANTA CLAUS

All children are invited to write a letter to Santa. Santa's helpers will assist Mr. and Mrs. Claus in answering all the letters received. Make sure your return addresses are on all the letters and they are mailed to the City of Westminster. As Santa is really busy during this time of year, all letters must be received prior to **Monday, December 13.**



## ACADEMICS

### SPANISH FOR PRESCHOOLERS

This is a unique language learning experience designed for young children. The course combines TPR (Total Physical Response) activities, music, movement, and hands on arts and crafts. This effective method introduces youngsters to a second language much in the same way as learning one's native language, by experiencing it. **A \$5 material fee will be due to the instructor at the first class meeting.**

Instructor: CALINK Institute Staff      Ages: 3-5 ½ yrs.  
 Fee: \$130 (+ materials fee)      Length: 8 weeks  
 Location: Fountain Valley Recreation Center      Min: 4 Max: 8  
 0000.101      Tu      1/25-3/15      4:00-4:50 p.m.

### SPANISH FOR CHILDREN Level 1 & 2 Combo Class

This fun class opens a window of opportunity for children. Exploring the world of foreign language at an early age puts children ahead of the rest! Children will be introduced to greetings, colors, numbers, shapes, and animals, through vocabulary and bingo games in a fun and easy way. **There will be a \$5 material fee due at the first class.**

Instructor: CALINK Institute Staff      Ages: 5-12 yrs.  
 Fee: \$130 (+ materials fee)      Length: 8 weeks  
 Location: Fountain Valley Recreation Center      Min: 4 Max: 8  
 0000.102      Tu      1/25-3/15      5:00-6:00 p.m.

### SPANISH - LEVEL 1

Learn Spanish with this innovative course that emphasizes vocabulary method development. Gradually acquire basic communication skills through listening and speaking at a "survival level" of proficiency. You will benefit from a supportive learning environment that utilizes effective second language acquisition techniques. This class will help non-natives increase their potential for long-term career success by learning oral and written communication skills in Spanish. Course is also open to high school students who need tutoring. **A \$5 material fee is due at the first class.** For more information, please email [alimig@cox.net](mailto:alimig@cox.net).

Instructor: CALINK Institute Staff      Ages: 13+  
 Fee: \$130 (+ materials fee)      Length: 8 weeks  
 Location: Fountain Valley Recreation Center      Min: 4 Max: 8  
 0000.103      Tu      1/25-3/15      6:00-7:00 p.m.

### SPANISH LEVEL 2

This combo class will help those students wishing to polish their basic skills while participating in challenging conversation. Continued enhancement of listening and reading comprehension with practice in speaking and writing Spanish based on cultural/literary materials. Emphasis on vocabulary building while developing grammatical accuracy. In the Advanced Level, learn to master this language by using the appropriate verb in the right tense. This course also includes enhanced reading materials and conversation practice. Also open to high school students who need tutoring. **A \$5 material fee will be due to the instructor at the first meeting.** Please email the instructor for more information at [alimig@cox.net](mailto:alimig@cox.net).

Instructor: CALINK Institute Staff      Ages: 13+  
 Fee: \$130 (+ materials fee)      Length: 8 weeks  
 Location: Fountain Valley Recreation Center      Min: 4 Max: 8  
 0000.104      Tu      1/25-3/15      7:00-8:00 p.m.

## WESTMINSTER PARKS PROGRAM

**FREE** Monday - Friday  
2:30 - 5:00 pm

<p><b><u>Park Locations</u></b></p> <p><b>Balsa Chica Park</b> 13660 University St. 714.897.5911</p> <p><b>Liberty Park</b> 13900 Monroe St. 714.412.2617</p> <p><b>Stigler Park</b> 7200 Plaza St. 714.715.0262</p>	<p>*CRAFTS </p> <p>*SPORTS </p> <p>*GAMES </p>
--	---

**WINTER VACATION**

10:00 am - 4:00 pm  
Monday, December 20 through  
Friday, December 31  
(weekdays only)

Westminster Community Services & Recreation  
714.895.2866 [www.westminster.ca.gov](http://www.westminster.ca.gov)

# RECREATIONAL CLASSES

**REGISTER NOW!!**

## ARTS & CRAFTS

### HOLIDAY FUN WORKSHOPS AT THE MALL

Join professional artist, Pati Kent for these unique and unusual art workshops at the Westminster Mall! **There will be a \$10 material fee due to the instructor which will include all materials.**

Instructor: Pati Kent                      Ages: 7-11 yrs.  
 Fee: \$15 (+materials fee)                  Length: 1 day  
 Location: Westminster Mall                Min: 4 Max: 20

(Entrance to classroom located outside mall, next to Today main mall entrance in room 2010)

#### Tingit Indian's Far Far North-A Totem:

1111.101              W              12/29/10              1:30-2:30 p.m.

#### Time Machines!:

1111.102              W              12/29/10              2:45-3:45 p.m.

#### Wayne Thiebaud Yummy & More Sculptures!:

1111.103              W              12/29/10              4:00-5:00 p.m.

### PARENT & TOT CLAY TIME

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. **There will be a \$20 material fee due to the instructor which includes kiln firing and glazing.**

Instructor: Lucia Y. Henry, My Arts Studio      Ages: 3-5 yrs.  
 (+ parent)  
 Fee: \$61 (+ materials fee)                      Length: 5 weeks  
 Location: WCSB Craft Room                      Min: 4 Max: 10  
 1000.101              M              2/28-3/28              2:15-3:00 p.m.

### CERAMICS CREATIONS

Have a blast learning how to turn clay into wonderful creations and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring and slab, and decorate them with under glazes. Different projects each class. All pieces will be glazed and fired. Aprons will be provided. **There will be a \$20 material fee due to the instructor which will include kiln firing and glazing.**

Instructor: Lucia Y. Henry, My Arts Studio      Ages: 6-12 yrs.  
 Fee: \$65 (+ materials fee)                      Length: 5 weeks  
 Location: WCSB Craft Room                      Min: 4 Max: 20  
 1000.102              M              2/28-3/28              3:30-4:45 p.m.

### MY LITTLE ZOO

This class is full of imagination! Join in the fun as we create all kinds of animals using paint, clay, paper, fabric and more! We will read a short story, and then create a piece of art such as bunnies surrounded by colorful gardens, a clay cave with a bear to tame, and more! **A \$15 material fee will be due to the instructor which will include all art supplies and apron.**

Instructor: Lucia Y. Henry, My Arts Studio      Ages: 3-5 yrs.  
 Fee: \$59 (+ materials fee)                      Length: 5 weeks  
 Location: WCSB Craft Room                      Min: 4 Max: 10  
 1000.103              W              2/23-3/23              11:15 a.m.-12:00 p.m.

### SPLISH, SPLASH, ART!

Dive in and splash around! Little artists will explore a variety of painting media in this developmental art class. Fun projects will nurture your child's imagination as we learn to use watercolors, pastels, tempera paints and more. Prepare the frames! No parent participation required. **A \$15 material fee will be due to the instructor which includes all art supplies and apron.**

Instructor: Lucia Y. Henry, My Arts Studio      Ages: 3-5 yrs.  
 Fee: \$59 (+ materials fee)                      Length: 5 weeks  
 Location: WCSB Craft Room                      Min: 4 Max: 10  
 1000.104              W              2/23-3/23              10:00-10:45 a.m.

### KIDS' ART CLUB

Want to encourage a creative mind? Bring your little one to this developmental art class where we will use fine motor skills and have lots of fun! Your child will explore a wide variety of art activities such as drawing, painting, clay sculpture, printmaking, collage and more! **There will be a \$20 material fee which covers all art supplies and aprons.** Please send a small snack for your little artist.

Instructor: Lucia Y. Henry, My Arts Studio      Ages: 3-5 yrs.  
 Fee: \$65 (+ materials fee)                      Length: 1 week  
 Location: WCSB Craft Room                      Min: 4 Max: 8  
 1000.105              M-F              3/28-4/1              11:30 a.m.-12:30 p.m.

### RELAXATION THROUGH ART WORKSHOPS

Relax and enjoy the wonders of art while experiencing creative exercises in drawing, painting and more. Class is geared towards creativity and personal expression in a fun atmosphere! **There will be a \$10 material fee due at class which covers all materials.**

Instructor: Pati Kent                                      Ages: 12-Adult  
 Fee: \$18 (+material fee)                                  Length: 1 day  
 Location: WCSB Craft Room                              Min: 3 Max: 20

1000.106	M	1/10/11	4:00-5:00 p.m.
1000.107	M	1/17/11	4:00-5:00 p.m.
1000.108	M	1/24/11	4:00-5:00 p.m.
1000.109	M	1/31/11	4:00-5:00 p.m.
1000.110	M	2/7/11	4:00-5:00 p.m.
1000.111	M	2/14/11	4:00-5:00 p.m.

## DRAWING AND PAINTING for TEENS & ADULTS!

Maximize your time! This class is designed for beginning and intermediate students who would like to learn the necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. **Note: Please ask for the materials list when registering for this class, and bring all materials to the first class meeting.**

Instructor: Pati Kent  
 Fee: \$85 (+ materials)  
 Location: WCSB Craft Room

Ages: 12 +  
 Length: 5 weeks  
 Min: 3 Max: 20

1000.112	W	1/12-2/9	1:15-2:45 p.m.
1000.113	W	2/16-3/16	1:15-2:45 p.m.

## CARTOONING

Character drawing and basic cartooning are taught in this EXCITING class! An additional \$10 material fee is payable to the instructor at the workshop which covers ALL supplies that will be needed.

Instructor: Pati Kent  
 Fee: \$15 (+ materials fee)  
 Location: WCSB Craft Room

Ages: 6-13 yrs.  
 Length: 1 day  
 Min: 3 Max: 20

1000.116	W	1/12/11	4:30-5:30 p.m.
1000.117	W	1/19/11	4:30-5:30 p.m.
1000.118	W	1/26/11	4:30-5:30 p.m.
1000.119	W	2/2/11	4:30-5:30 p.m.
1000.120	W	2/9/11	4:30-5:30 p.m.
1000.121	W	2/16/11	4:30-5:30 p.m.
1000.122	W	2/23/11	4:30-5:30 p.m.
1000.123	W	3/2/11	4:30-5:30 p.m.
1000.124	W	3/9/11	4:30-5:30 p.m.
1000.125	W	3/16/11	4:30-5:30 p.m.

## YOUNG REMBRANDT'S PRESCHOOL DRAWING

Preschoolers are eager to learn and a joy to teach. Your young artist will learn to draw using our step-by-step process. Give your child a head start in being handwriting ready by developing his/her fine motor skills. There will be new lessons each week!

Instructor: Certified Young Rembrandts Teacher  
 Ages: 3 ½ -5 yrs.  
 Fee: \$67  
 Location: WCSB Craft Room

Length: 6 weeks  
 Min: 6 Max: 15

1000.126	Tu	1/11-2/15	3:15-4:00 p.m.
1000.127	Tu	2/22-3/29	3:15-4:00 p.m.



## CHILDREN'S MASTERPIECES with Pencils & Paints!

Taught by professional artist, Pati Kent, children learn the necessary skills needed to inspire and improve their paintings and drawings, and have FUN while doing it! Classes alternate: drawing one week; painting the next. Beginners welcome!! **Note: Please ask for the materials list when registering for this class, and bring all materials to the first class meeting. Class will end with an art show of the children's work!**

Instructor: Pati Kent  
 Fee: \$60 (+materials)  
 Location: WCSB Craft Room

Ages: 7-12 yrs.  
 Length: 5 weeks  
 Min: 3 Max: 20

1000.114	W	1/12-2/9	3:15-4:15 p.m.
1000.115	W	2/16-3/16	3:15-4:15 p.m.



# RECREATIONAL CLASSES

**REGISTER NOW!!**

## YOUNG REMBRANDTS ELEMENTARY DRAWING

Artists will learn to draw and color still lifes, scenery, and animals in a fun and nurturing atmosphere. There will be a once a month art history lesson included. No prior art experience necessary. New lessons every week!

*Instructor: Certified Young Rembrandts Teacher*

Ages: 6-12 yrs.

Fee: \$67

Location: WCSB Craft Room

1000.128	Tu	1/11-2/15	4:00-5:00 p.m.
1000.129	Tu	2/22-3/29	4:00-5:00 p.m.

Length: 6 weeks

Min: 6 Max: 20

## YOUNG REMBRANDTS CARTOONING

Artists will have fun drawing and coloring a myriad of expressive characters while learning how to stay on task, follow directions, and be visually, spatially organized. There will be new lessons each week, even for previous Young Rembrandts students!

*Instructor: Certified Young Rembrandts Teacher*

Ages: 6-12 yrs.

Fee: \$67

Location: WCSB Craft Room

1000.130	Tu	1/11-2/15	5:00-6:00 p.m.
1000.131	Tu	2/22-3/29	5:00-6:00 p.m.

Length: 6 weeks

Min: 6 Max: 20



## DANCE



### ZUMBA LATIN DANCE FITNESS!

Zumba is a fun, high-energy, cardio workout that will help you get into great shape! You will learn salsa, merengue, cumbia, cha cha, bachata, and more.

*Instructor: Georgina Espinosa*

Fee: \$59

Location: WCSB E/W Room

2000.101 F 1/14-3/4

Ages: 12+

Length: 8 weeks

Min: 10 Max: 40

7:00-8:00 p.m.



### BALLROOM, SWING, AND LATIN COMBO!

Learn fun, easy patterns in Swing and Cha Cha in session 1, Swing and Waltz during session 2, and Swing, Bachata and Merengue in session 3! Learn to dance to the music played at parties, night clubs, weddings, and cruises. No partner necessary.

*Instructor: Efren Barrera*

Fee: \$45

Location: WCSB E/W Room

2000.102	Tu	1/11-2/1	6:00-7:00 p.m.	(Swing & Cha Cha)
2000.103	Tu	2/8-3/1	6:00-7:00 p.m.	(Swing & Waltz)
2000.104	Tu	3/8-3/29	6:00-7:00 p.m.	(Swing, Bachata & Merengue)

Ages: 14+

Length: 4 weeks

Min: 4 Max: 30

## SALSA 1 & 2 for ADULTS!

Salsa, the hot and spicy dance, lets you move to the Latin rhythms in today's club and party scene. Learn hot, beginner patterns in Salsa 1 and intermediate patterns in Salsa 2! Meet people, socialize, and show off your moves! No partner needed. For more information, call Efred Barrera at 714-595-4766.

Instructor: Efred Barrera  
 Fee: \$45  
 Location: WCSB E/W Room

Ages: 14+  
 Length: 4 weeks  
 Min: 4 Max: 30

2000.105	Tu	1/11-2/1	7:00-8:00 p.m.	(Salsa 1)
2000.106	Tu	1/11-2/1	8:00-9:00 p.m.	(Salsa 2)
2000.107	Tu	2/8-3/1	7:00-8:00 p.m.	(Salsa 1)
2000.108	Tu	2/8-3/1	8:00-9:00 p.m.	(Salsa 2)
2000.109	Tu	3/8-3/29	7:00-8:00 p.m.	(Salsa 1)
2000.110	Tu	3/8-3/29	8:00-9:00 p.m.	(Salsa 2)

## LINE DANCING!

Ramble! Ramble! Line dancing is healthy for the body and mind! Learn new steps and make friends while staying fit. Sign up today and learn a variety of basic steps from different kinds of dances – Latin, Folk, Soul, and funk songs! This class does not require a partner and is a great cardio work-out.

Instructor: Jimmy Camarena  
 Fee: \$40  
 Location: WCSB E/W Room

Ages: 18+  
 Length: 4 weeks  
 Min: 10 Max: 25

2000.111	W	1/12-2/2	6:00-7:30 p.m.
2000.112	W	2/9-3/2	6:00-7:30 p.m.
2000.113	W	3/9-3/30	6:00-7:30 p.m.

## INTERMEDIATE LINE DANCING

Dancing is a great way to reduce stress and get fit while having fun. A study at the Albert Einstein Medical Center found dancing to be the only regular physical activity associated with a significant drop in the incidence of dementia, including Alzheimer's. Other studies have shown it to be helpful in the areas of memory, balance and cardiovascular fitness. It's done to all kinds of great music including top 40, waltzes, Latin, country, and disco. No partner needed. Intermediate (Level 3 and 4) dancers only.

Instructor: Suzy Hazard  
 Fee: \$50  
 Location: WCSB E/W Room

Ages: 18+  
 Length: 10 weeks  
 Min: 15 Max: 65

2000.114	M	1/10-3/28*	9:30-11:30 a.m.
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\*No class on 2/14 and 2/21.

## BALLET, TAP, & JAZZ 1

An introduction to the basic steps of ballet, tap, and jazz. Students learn basic steps and develop these into a dance routine. There will be a recital on the last day of each session, after class. Dance attire: pastel ballet shoes, tights, and leotards; tap shoes optional.

Instructor: Elizabeth Gremling Gonzalez  
 Fee: \$40  
 Location: WCSB East/West Room

Ages: 3-5 yrs.  
 Length: 5 weeks  
 Min: 8 Max: 15

2111.115	Sa	1/8-2/5	11:00-11:45 a.m.
2111.116	Sa	2/19-3/19	11:00-11:45 a.m.

## BALLET, TAP, & JAZZ 2

This class may be taken after participating in 2 sessions of Mrs. Elizabeth's Ballet, Tap, & Jazz 1. Students will continue to learn steps in ballet, tap, and jazz. There will be a recital on the last day of the 5 week session, after class. Dance attire: pastel ballet shoes, tights, and leotards; tap shoes optional.

Instructor: Elizabeth Gremling Gonzalez  
 Fee: \$40  
 Location: WCSB East/West Room

Ages: 5-8 yrs.  
 Length: 5 weeks  
 Min: 8 Max: 15

2111.117	Sa	1/8-2/5	10:00-10:45 a.m.
2111.118	Sa	2/19-3/19	10:00-10:45 a.m.

## HIP HOP TIL' YOU DROP!

Learn the hottest dance moves to the latest Hip Hop music! This class is an introduction to beginning Hip Hop. Students will learn Hip Hop combinations and a complete dance routine. There will be a recital on the last day of the 5 week session, after regular class.

Instructor: Elizabeth Gremling Gonzalez  
 Fee: \$40  
 Location: WCSB East/West Room

Ages: 6-10 yrs.  
 Length: 5 weeks  
 Min: 8 Max: 15

2111.119	Sa	1/8-2/5	12:00-12:45 p.m.
2111.120	Sa	2/19-3/19	12:00-12:45 p.m.

## PEE WEE (INTRO TO DANCE)

Come learn the foundation for all dance styles in this combination of ballet, jazz, and tap. Have fun while listening to friendly children's music. Dance attire: Wear all ballet pink leotard, tights and ballet shoes. Student must be potty trained prior to taking class. **This is not a parent & me class so parents are encouraged to watch from the lobby.** For more info visit our website at [www.wespacdance.com](http://www.wespacdance.com) or call 714-893-2623.

Instructor: Valerie Bartosch  
 Fee: \$45  
 Location: Wespac Dance Center

Age: 2-6 yrs.  
 Length: 5 Weeks  
 Min: 6 Max: 10

2000.115	Th	1/13-2/10	6:00-6:45 p.m.
2000.116	Th	2/17-3/17	6:00-6:45 p.m.

# RECREATIONAL CLASSES

**REGISTER NOW!!**



## BALLET

This class will utilize ballet barre, center floor work and across the floor. Learn ballet positions in 1<sup>st</sup> - 5<sup>th</sup>, jumps, tendue's, plie's, chaine's, pique's, pirouettes and leaps. A routine will be taught at the end of class. Dance attire: Wear pastel colored leotard (i.e. light pink, yellow, baby blue or lilac), ballet pink tights and pink ballet shoes, ballet skirt is optional. For more info visit our website at [www.wespacdance.com](http://www.wespacdance.com) or call 714-893-2623.

Instructor: Jaseida Mojica  
 Fee: \$45  
 Location: Wespac Dance Center  
 2000.121 Tu 1/11-2/8 4:30-5:30 p.m.  
 2000.122 Tu 2/15-3/15 4:30-5:30 p.m.

Age: 5-12 yrs.  
 Length: 5 Weeks  
 Min.: 6 Max: 10

## HIP HOP

Come learn the latest LA style Hip Hop dance moves as seen on television, film and videos. Get a great workout while learning how to dance! Dance attire: Wear all black pants, tank and clean sneakers with non - marking soles. For more info visit our website at [www.wespacdance.com](http://www.wespacdance.com) or call 714-893-2623.

Instructor: Jaseida Mojica, J. Reyes & Jerome Moore  
 Fee: \$45  
 Location: Wespac Dance Center  
 2000.123 M 1/10-2/7 6:45-7:30 p.m. 5 - 12 yrs Beg.  
 2000.124 M 2/14-3/14 6:45-7:30 p.m. 5 - 12 yrs Beg.  
 2000.125 W 1/12-2/9 4:30-5:30 p.m. 12 - 18 Adv.  
 2000.126 W 2/16-3/16 4:30-5:30 p.m. 12 - 18 Adv.  
 2000.127 Th 1/13-2/10 6:45-7:30 p.m. Teen/Adult Beg.  
 2000.128 Th 2/17-3/17 6:45-7:30 p.m. Teen/Adult Beg.

Ages: 5+  
 Length: 5 Weeks  
 Min: 6 Max: 10

## HULA

Learn the cultural dance of the Hawaiian and Tahitian Islands. This class is geared towards students who are looking to get a great workout while having fun. Dance attire: Wear black tank or leotard with black shorts or leggings and any color sarong is optional. For more info visit our website at [www.wespacdance.com](http://www.wespacdance.com) or call 714-893-2623.

Instructor: Brenda Colombel  
 Fee: \$45  
 Location: Wespac Dance Center  
 2000.129 F 1/14-2/11 5:45-6:45 p.m.  
 2000.130 F 2/18-3/18 5:45-6:45 p.m.

Age: 5-12 yrs.  
 Length: 5 Weeks  
 Min: 6 Max: 10

## TUMBLING

Learn beginning tumbling technique including splits, somersaults, cartwheels, roundoffs, back handsprings and leaps. A must take course for anyone looking to try out for a competitive cheerleading or dance team at any junior high school, high school, university or professional level. Abs, chest and arms will be toned in the class! Tumbling attire: Wear any color leotard with black ballet/jazz shorts and no shoes. For more info visit our website at [www.wespacdance.com](http://www.wespacdance.com) or call 714-893-2623.

Instructor: Susan Prough  
 Fee: \$45  
 Location: Wespac Dance Center  
 2000.117 F 1/14-2/11 4:45-5:45 p.m.  
 2000.118 F 2/18-3/18 4:45-5:45 p.m.

Age: 5-13 yrs.  
 Length: 5 Weeks  
 Min: 6 Max: 10

## TAP

You will learn basic tap including shuffles, flaps and ball change in this rhythmic style of dance. Dance attire: Wear black tank or leotard with black ballet/jazz shorts or capri pants and tap shoes. For more info visit our website at [www.wespacdance.com](http://www.wespacdance.com) or call 714-893-2623.

Instructor: Amanda Mikkelson  
 Fee: \$45  
 Location: Wespac Dance Center  
 2000.119 Th 1/13-2/10 5:00-6:00 p.m.  
 2000.120 Th 2/17-3/17 5:00-6:00 p.m.

Age: 5-13 yrs.  
 Length: 5 Weeks  
 Min: 6 Max: 10



# RECREATIONAL CLASSES

**REGISTER NOW!!**

## MUSIC

### BREAKTHROUGH AUSTRALIAN PIANO

Play 4 songs in 4 different styles in 6 weeks! Breakthrough Australian-developed, playing-based method allows students to play immediately from their first lessons. All materials will be included. Students will receive a DVD and workbook. For more information, please visit [www.dancingkeys.com](http://www.dancingkeys.com).

Instructor: Alex Thai Nguyen  
 Fee: \$60  
 Location: WCSB A/B Room

3000.101	M	1/10-2/14	5:00-6:00 p.m.	(Age 7-13)
3000.102	M	1/10-2/14	6:00-7:00 p.m.	(Age 14-Adult)

Ages: 7 +  
 Length: 6 weeks  
 Min: 4 Max: 8



### BEGINNING PIANO OR KEYBOARD LESSONS FOR CHILDREN

In this fun and popular class students will take their first steps in reading music, playing by ear, and making up their own songs. Students learn or create a new song EVERY LESSON and children love learning and making music TOGETHER! In class, each student chooses their own REAL piano to play on. Recitals and State examinations are eventually offered to all qualified students. All materials are FREE!

Instructor: Dr. Robert Rios, Teresa Rios, and staff  
 Ages: 4 -12 yrs.  
 Fee: \$40  
 Location: Piano Place Music and Arts Center  
 Length: 4 Weeks  
 Min: 5 Max: 8

3000.103	M	1/10-1/31	3:30-4:15 p.m.	(Ages 4-7)
3000.104	M	1/10-1/31	4:15-5:00 p.m.	(Ages 8-12)
3000.105	Sa	2/5-2/26	10:30-11:15 a.m.	(Ages 4-7)
3000.106	Sa	2/5-2/26	11:30 a.m.-12:15 p.m.	(Ages 8-12)

### BEGINNING PIANO OR KEYBOARD LESSONS FOR TEENS

In this fun and easy class, students will be introduced to reading music and playing the piano by ear, performing all styles of music, while learning or creating a NEW song each lesson! Students love learning and making music as a group, playing in class on their own REAL quality pianos. Recitals and State Examinations are provided. All materials are included FREE!

Instructor: Dr. Robert Rios, Teresa Rios, and staff  
 Ages: 13-18 yrs.  
 Fee: \$40  
 Location: Piano Place Music and Arts Center  
 Length: 4 weeks  
 Min: 5 Max: 8

3000.107	M	1/10-1/31	5:00-5:45 p.m.
3000.108	Sa	2/5-2/26	1:45-2:30 p.m.

### BEGINNING PIANO/ KEYBOARD LESSONS FOR ADULTS AND SENIORS

Now is your chance to learn how to play those favorite songs in all styles that you've always loved! In this enjoyable, small group class (where only REAL pianos are used) you'll learn how to read music under melodies and chords. Students learn a NEW song each lesson! No practice or keyboard is required to take this class; just show up and try your hand(s) at it! **A \$10 material fee will be due to the instructor.**

Instructor: Dr. Robert Rios and staff  
 Ages: 18 +  
 Fee: \$40 (+ Material fee)  
 Location: Piano Place Music and Arts Center  
 Length: 4 Weeks  
 Min: 5 Max: 8

3000.109	M	1/10-1/31	5:45-6:30 p.m.
3000.110	F	2/4-2/25	5:45-6:30 p.m.

### BEGINNING GUITAR LESSONS FOR CHILDREN, TEENS, AND ADULTS

In this fun and popular class, students will enjoy playing songs in different styles using single notes and chords, and will learn how to read music and play in different rhythms. Learn basic theory, and of course, how to tune your guitar. **A material fee of \$10 will be due to the instructor. Students must bring their own guitar.**

Instructor: Piano Place MAC Staff  
 Ages: 6 +  
 Fee: \$40 (+ Material fee)  
 Location: Piano Place Music and Arts Center  
 Length: 4 Weeks  
 Min: 5 Max: 8

3000.111	Tu	1/11-2/1	4:15-5:00 p.m.	(Ages 6-9)
3000.112	Tu	1/11-2/1	5:00-5:45 p.m.	(Ages 10-16)
3000.113	M	1/10-1/31	6:30-7:15 p.m.	(Ages 17-Adult)

## BEGINNING VIOLIN LESSONS FOR CHILDREN, TEENS, AND ADULTS

This intriguing class will teach some basics of the violin: intonation, technic, and bowing. In addition, some basic music theory and reading skills will be taught. Students enjoy learning in small groups, where they can make and create ensemble music TOGETHER! A material fee of \$10 will be due to the instructor. Students must provide their own violin.

Instructor: Piano Place MAC Staff      Ages: 6 +  
 Fee: \$40 (+ Material fee)      Length: 4 Weeks  
 Location: Piano Place Music and Arts Center      Min: 3    Max: 6

3000.114	Th	1/13-2/3	4:15-5:00 p.m.	(Ages 6-9)
3000.115	Th	1/13-2/3	5:00-5:45 p.m.	(Ages 10-16)
3000.116	Th	1/13-2/3	5:45-6:30 p.m.	(Ages 17-Adult)

## BEGINNING DRUM LESSONS FOR CHILDREN AND TEENS!

Have fun in this exciting class devoted to learning the basics of drum technic! Different rhythms, basic drum notation, and hand coordination will be covered, using drum pads and/or snare drums. Students enjoy making different rhythms and music together! Students must provide their own drum pad and sticks (which can also be purchased at the first lesson). **A material fee of \$10 will be due to the instructor.**

Instructor: Piano Place MAC Staff      Ages: 6-17 yrs.  
 Fee: \$40 (+ Material fee)      Length: 4 Weeks  
 Location: Piano Place Music and Arts Center      Min: 3    Max: 6

3000.120	W	1/12-2/2	6:30-7:15 p.m.	(Ages 11-17)
3000.121	Th	1/13-2/3	5:00-5:45 p.m.	(Ages 6-10)



Robert Rios, M.A., Ph.D., has served as past branch president and State Chairman of the Music Teachers Association of California. He now serves as Director of the Piano Place Music and Arts Center, whose popular and professional classes have resulted in numerous satisfied parents and students in L.A. and Orange Counties for the past thirty years.

## BEGINNING SINGING LESSONS FOR CHILDREN, TEENS, AND ADULTS

In this fun introductory class, you'll learn vocal technic, style, and intonation, to prepare you for singing some of those top music hits you've always loved! Correct breathing and posture, and some basic theory will also be covered. Students enjoy learning in small groups, where musical numbers can really come to life! **A material fee of \$20 will be due to the instructor (which includes a book and CD).**

Instructor: Piano Place MAC Staff      Ages: 5 +  
 Fee: \$40 (+ Material fee)      Length: 4 Weeks  
 Location: Piano Place Music and Arts Center      Min: 5    Max: 8

3000.117	Tu	1/11-2/1	4:15-5:00 p.m.	(Ages 5-9)
3000.118	Tu	1/11-2/1	5:00-5:45 p.m.	(Ages 10-16)
3000.119	Tu	1/11-2/1	5:45-6:30 p.m.	(Ages 17-Adult)

## HAND DRUM JAM

Play drums and have fun! You will work on rhythm and play songs perfect for the whole family. You will need to provide your own hand drum. **There will be a \$20 material fee due to the instructor which includes a book and CD.**

Instructor: FVM Staff      Ages: 8 +  
 Fee: \$30 (+ material fee)      Length: 4 weeks  
 Location: Fountain Valley Music      Min: 5    Max: 25

3000.122	Su	1/23-2/13	6:00-6:30 p.m.
3000.123	Fr	1/28-2/18	7:00-7:30 p.m.

## UKULELE JAM

Play Ukulele and have fun! You will work on chords, sing, and learn songs. Perfect for the whole family. You will need to bring your own ukulele. **There will be a \$20 material fee due to the instructor which will include a book, CD and chord chart.**

Instructor: FVM Staff      Ages: 8 +  
 Fee: \$30 (+ material fee)      Length: 4 weeks  
 Location: Fountain Valley Music      Min: 5    Max: 25

3000.124	Su	1/23-2/13	5:00-5:30 p.m.
3000.125	Fr	1/28-2/18	6:00-6:30 p.m.

# RECREATIONAL CLASSES

**REGISTER NOW!!**



## GUITARLAND

This course is a basic approach to playing the guitar, for beginners only. Students will learn: Basics of reading music, learn rhythm and tempo, and how to tune your guitar. This is a very popular and fun class. **A materials fee of \$20 will be due to the instructor which will include book(s) and CD. Please bring your guitar to practice or you may rent one for a nominal cost.**

<i>Instructor: FVM Staff</i>		<i>Ages: 6 +</i>	
<i>Fee: \$40 (+ materials fee)</i>		<i>Length: 4 weeks</i>	
<i>Location: Fountain Valley Music</i>		<i>Min: 5 Max: 10</i>	
3000.130	Sa	1/29-2/19	8:00-9:00 a.m. (Ages 6-9)
3000.131	Su	1/30-2/20	2:00-3:00 p.m. (Ages 6-9)
3000.132	Sa	1/29-2/19	9:00-10:00 a.m. (Ages 10-14)
3000.133	Su	1/30-2/20	3:00-4:00 p.m. (Ages 10-14)
3000.134	Su	1/30-2/20	4:00-5:00 p.m. (Adult)

## SESAME STREET MUSIC WORKS PROGRAM

Sesame Street Music Works program is a fantastic program designed for children ages 2-6 and their parents, grandparents, teachers and caregivers to be involved in music making. The program taps into the appeal of one of the world's most respected children's shows to reach a whole new generation of music makers. Fountain Valley Music is a licensed education center for the Sesame Street Music Works Program. Learn from the best! **There will be a material fee of \$20 due to the instructor which will cover all the materials used for class.**

<i>Instructor: FVM Staff</i>		<i>Ages: 2-6 yrs.</i>	
<i>Fee: \$40 (+ material fee)</i>		<i>Length: 4 weeks</i>	
<i>Location: Fountain Valley Music</i>		<i>Min: 5 Max: 15</i>	
3000.126	Tu	1/25-2/15	10:15-11:00 a.m.
3000.127	Th	1/27-2/17	10:15-11:00 p.m.

## KEYS TO MUSIC~ Beginning Piano/Keyboard

Our classes are fun and made to make learning enjoyable. Learn to read music, play songs, and more! **There will be a \$30 material fee due to the instructor which includes a book, note finder, bag, and CD.**

<i>Instructor: FVM Staff</i>		<i>Ages: 4+</i>	
<i>Fee: \$40 (+ materials fee)</i>		<i>Length: 4 weeks</i>	
<i>Location: Fountain Valley Music</i>		<i>Min: 5 Max: 10</i>	
3000.135	Su	1/23-2/13	11:00a.m.-12:00 p.m. (Ages 4-5)
3000.136	Su	1/23-2/13	12:00-1:00 p.m. (Ages 6-9)
3000.137	Tu	1/25-2/15	6:00-7:00 p.m. (Ages 6-9)
3000.138	Su	1/23-2/13	1:00-2:00 p.m. (Ages 10-15)
3000.139	Su	1/23-2/13	2:00-2:45 p.m. (Adult)

## GOTTA' SING! Today's Top Hits

This is a fun vocal techniques class. All ages are taught proper breathing, posture and technique. You will learn how to train your voice while learning to sing in a group. Music is age appropriate based on group interest, examples: Mylie Cyrus/Hannah Montana, High School Musical & more. **There will be a material fee of \$20 due to the instructor which includes book(s) and CD.**

<i>Instructor: FVM Staff</i>		<i>Ages: 7-12 yrs.</i>	
<i>Fee: \$40 (+ materials fee)</i>		<i>Length: 4 weeks</i>	
<i>Location: Fountain Valley Music</i>		<i>Min: 5 Max: 10</i>	
3000.128	Tu	1/25-2/15	5:00-6:00 p.m.
3000.129	Sa	1/29-2/19	9:30-10:30 a.m.

## MUSIC BEGINNINGS

This music class is designated for children ages 18 months to 3 years, each with an accompanying parent. The class meets once a week for a half hour and encourages singing, moving, listening, and playing instruments. **An additional \$5 material fee is payable to instructor at the first class.**

<i>Instructor: Ching Liew</i>		<i>Ages: 1½ - 3 yrs.</i>	
<i>Fee: \$44 (+ materials fee)</i>		<i>Length: 8 weeks</i>	
<i>Location: West Grove Park</i>		<i>Min: 5 Max: 12</i>	
3000.140	M	1/10-2/28	9:00-9:30 a.m.

**SPECIAL INTEREST**

**BUTTONS & BOWS ETIQUETTE CLASS**

This class is designed to teach young children the art of social graces. Good manners are simply polite, kind ways to behave with others. Manners are easy to learn, and they never change. Children will participate in fun and exciting activities, etiquette games, play-acting, traditional customs, table manners, and more!

Instructor: Miss Dawna  
 Fee: \$40  
 Location: Garden Grove Sports & Rec. Center  
 4000.101 Sa 1/15-2/12 12:25-12:55 p.m.  
 4000.102 Sa 2/19-3/19 12:25-12:55 p.m.

Ages: 3-11 yrs.  
 Length: 5 weeks  
 Min: 8 Max: 20

**YOU'RE ON THE AIR...HOW TO REALLY MAKE IT IN VOICE-OVERS!**

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such a notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business!

Instructor: Ann Ganguzza  
 Fee: \$30  
 Location: WCSB Craft Room  
 4000.103 Tu 3/15/11 7:00-9:00 p.m.

Ages: 18 +  
 Length: 1 day  
 Min: 7 Max: 30

**CREATIVE MENTAL TECHNIQUES FOR RELEASING STRESS ~ NEW!**

Learn how private hypnotherapy clients have been able to **free** themselves from stress caused by various situations, and have the **opportunity** to use your own mental creativity to do the same in a casual and comfortable environment. Bring a pillow/mat/blanket if you would like. Each workshop is one day.

Instructor: Pamela J. Schmidt, M.S., C.C.H.  
 Fee: \$20  
 Location: WCSB Room A/B  
 4000.104 M 1/17/11  
 Ages: Adult  
 Length: 1 day  
 Min: 8 Max: 20  
 7:00-9:00 p.m.

**BECOME SLENDER WITH HYPNOSIS**

Using hypnosis to **change** the habits and behaviors that have led to weight problems is safe and comfortable. Many people find that by using the **natural** power of their own mind they are able to create **success** and **satisfaction** with surprising ease, without dieting or deprivation. **An accompanying CD/cassette is recommended and available in class for \$13.** Pillow/blanket/mat optional.

Instructor: Pamela J. Schmidt, M.S., C.C.H.  
 Fee: \$46  
 Location: WCSB Room A/B  
 4000.105 M 1/24-2/14  
 Ages: Adult  
 Length: 4 weeks  
 Min: 8 Max: 20  
 7:30-9:00 p.m.

**BECOME A NON-SMOKER WITH HYPNOSIS**

If you are committed to claiming your **freedom** to be a nonsmoker, hypnosis is one of the easiest, most **natural** ways to accomplish this goal. Save your breath-and your money-and let the natural **power** of your own mind bring about this **success**. **An accompanying CD is recommended and available in class for \$13.** Pillow/blanket/mat optional.

Instructor: Pamela J. Schmidt, M.S., C.C.H.  
 Fee: \$24  
 Location: WCSB Room A/B  
 4000.106 M 2/28-3/7  
 Ages: Adult  
 Length: 2 weeks  
 Min: 6 Max: 20  
 7:30 - 9:00 p.m.

**GO GREEN!**

Register for any recreation classes online at:

[www.activenet.active.com/westminster](http://www.activenet.active.com/westminster)

Save gas, save time, save paper and trees and help save the environment.

Also, check out our 250+ online courses at [www.ed2go.com/westminstr](http://www.ed2go.com/westminstr)

# RECREATIONAL CLASSES

**REGISTER NOW!!**

## ONLINE DRIVER'S EDUCATION

Independence is just a click away. Complete your Driver's Education requirement from home, on your computer. This is an interactive, online course with videos and animated driving scenarios. Learn the rules of the road, driver responsibility, DMV procedures and much more. Receive DMV-approved Certificate of Completion (OL 237). A licensed instructor is available to answer any questions. Sign up any time.

Instructor: Erika Vieyra      Ages: 15 +  
 Fee: \$49      Length: 24/7 daily access  
 Location: Online

4000.107	Sa	1/1/11	Arranged after registering
4000.108	Tu	2/1/11	Arranged after registering
4000.109	Tu	3/1/11	Arranged after registering

## CPR FOR ADULTS, INFANTS, AND CHILDREN

This class is designed to teach both the average person and professional how to initially respond to cardiac or respiratory arrest. Learn simple rescue CPR for adults, children and infants, as well as, foreign object removal techniques for airways. You will receive your certification upon completion of the class. **A \$20 materials fee is payable to the instructor at class.**

Instructor: Jack Griswold      Ages: 12 yrs. +  
 Fee: \$10 (+ materials fee)      Length: 1 day  
 Location: WCSB Room A/B      Min: 8 Max: 20

4000.110	Sa	1/15/11	8:00-11:00 a.m.
4000.111	Th	2/3/11	6:00-10:00 p.m.
4000.112	Sa	2/26/11	8:00-11:00 a.m.
4000.113	Th	3/3/11	6:00-10:00 p.m.
4000.114	Sa	3/19/11	8:00-11:00 a.m.

## FIRST AID

Learn to respond to and assess an injury or illness. Topics covered include vital signs, bleeding, heat and cold emergencies, strokes, and seizures. You will receive a state and nationally recognized EMS first aid card and certification. **A \$20 materials fee is payable to the instructor at class.**

Instructor: Jack Griswold      Ages: 12 yrs. +  
 Fee: \$10 (+ materials fee)      Length: 1 day  
 Location: WCSB Room A/B      Min: 8 Max: 20

4000.115	Sa	1/15/11	11:00a.m.-2:00 p.m.
4000.116	Th	2/17/11	6:00-10:00 p.m.
4000.117	Sa	2/26/11	11:00a.m.-2:00 p.m.
4000.118	Th	3/3/11	6:00-10:00 p.m.
4000.119	Sa	3/19/11	11:00a.m.-2:00 p.m.

## PUPPY KINDERGARTEN

### Start Your Pup Out on the Right Paw!

Establish good manners at an early age and make your new puppy a more enjoyable family member and better citizen of his community! Geared for young puppies between two and five months of age, course emphasizes socialization and introduces basic commands and walking on a leash. Various puppy care topics such as housebreaking, teething problems, health care pointers, etc. are discussed. Awards are presented at the last class. **Please do NOT bring puppies to the first, orientation meeting.** Do bring vaccination records and \$5 insurance fee due to your instructor at first meeting.

Instructor: Khara Knight (HHDOC)      Fee: \$72  
 Hacienda Hills Dog Obedience Club      Min: 6 Max: 25  
 Ages: 10 yrs. to Adult (Handlers)      Length: 6 weeks  
 Location: H. Louis Lake Senior Center      Dogs: 2-5 months  
 11300 Stanford (between 9<sup>th</sup> & Euclid) in GARDEN GROVE  
 1<sup>st</sup> mtg. **orientation**, held inside **without** dogs  
 (ALL other mtgs. **with** dogs on grass area adjacent to Senior Center)

4000.120	Sa	1/15-2/19	8:30 - 9:30 a.m.
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## DOG OBEDIENCE TRAINING

**Give your dog a new leash on life!** This beginner-level course is open to all breeds of dogs over 5 months (larger breeds accepted at 4 months) Exercises will include the proper heel command, automatic sit, sit-stay and down-stay, stand for inspection, and come commands. Behavior problems such as destructive chewing, hole digging, and over-exuberance will also be addressed. Trophies and certificates will be awarded at graduation. The **first meeting will be an orientation, WITHOUT DOGS.** Please bring vaccination records and \$5 insurance fee due to your instructor at first meeting.

Instructor: Khara Knight      Fee: \$82  
 Hacienda Hills Dog Obedience Club      Min: 8 Max: 25  
 Dogs: 6 mos. + older (lrg. breeds 4 mos. + older)      Length: 8 weeks  
 Ages: 10 yrs. to Adult (Handlers)  
 Location: H. Louis Lake Senior Center  
 11300 Stanford (between 9<sup>th</sup> & Euclid) in GARDEN GROVE  
 1<sup>st</sup> mtg. **orientation**, held inside **without** dogs  
 (ALL other mtgs. **with** dogs on grass area adjacent to Senior Center)

4000.121	Sa	1/15-3/5	9:30 - 10:30 a.m.
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**DOG MANNERS “CRASH COURSE”**

A 4 week, fast-paced course designed for people who need to accomplish their dog training goals and get behavior problems under control within a limited period of time. Each week several new obedience skills will be introduced and preventative and corrective measures for a variety of bad habits will be discussed (e.g. sit, down on command, stay in sit or down position in presence of distractions, come when called, and controlled walking on a leash. **Pre-Register! You will be contacted regarding what to bring to the first lesson. Dogs are brought to all meetings.** There will be a \$5 insurance fee due to your instructor at first meeting.

Instructor: Khara Knight,	Fee: \$69
Hacienda Hills Dog Obedience Club	Length: 4 weeks
Ages: 10 yrs. to Adult (Handlers)	Min: 6 Max: 20
Dogs: 6 mos. + (lrg. dogs 4 mos.)	Location: Bolsa Chica Park
4000.122	Tu 1/25-2/15 6:00-7:15 p.m.

**IN-HOME TRAINING for your DOG or PUPPY**

Need help in canine communication, but prefer the convenience and privacy of your own home rather than a group setting? This one-on-one training course is for you! A professional trainer from Hacienda Hills Dog Obedience Club will meet with you for 3 one hour lessons, at a time convenient for you. Basic obedience commands and personalized help with correcting annoying bad habits like jumping on guests, nuisance barking, digging, chewing, escaping from the yard, housebreaking, etc. will be taught. You will be contacted to schedule your lessons after registering for the class.

Instructor: Khara Knight	Fee: \$230.00
Hacienda Hills Dog Obedience Staff	Ages: 14+
Location: Registrant’s Home	Length: 3 (1 hr.) classes
4000.124	TBD January – March, 2011 8:00 a.m.-8:00 p.m.



**FUN ON THE FARM**

This is a preschool educational class that teaches young children about farm animals. We will visit each week with a different animal. Make a farm craft, sing songs with puppets and take a pony ride. Please wear closed toed shoes. No unregistered siblings. Parent participation is required! **There will be a \$20 material fee due to the instructor which includes crafts, grounds fee, horse pallets, carrots, and handouts.**

Instructor: Cheryl Skidmore & Staff	Ages: 3-6 yrs.
Fee: \$55 (+ materials fee)	Length: 4 weeks
Location: Rancho Del Rio Stables	Min: 5 Max: 15
4000.125	F 1/14-2/4 11:00 a.m.-12:00 p.m.
4000.126	F 2/11-3/4 11:00 a.m.-12:00 p.m.

**FRISBEE FUN WITH YOUR DOG!**

Here’s your chance to spend a few hours learning the fun sport of Dog-Frisbee Toss ‘n Fetch from an avid Dog-Disc competitor, David Procida. The workshop will include instruction on proper Frisbee throwing techniques, getting your dog motivated to catch a disc AND bring it back to you, and an introduction to teaching your dog some freestyle moves. **Please PRE-REGISTER, and bring your dog with leash, collar, current vaccination records, water, a lawn chair and \$5 materials fee (includes a Frisbee).**

Instructor: David Procida	Fee: \$39.00
Hacienda Hills Dog Obed. Club	Length: 3 hrs.
Ages: Handlers, 10 yrs +	Dogs: (6 mos +)
Location: Arnold/Cypress Park, Cypress	Min: 3 dogs Max: 12 dogs
Address: 8611 Watson Street in Cypress,	
located just south of Crescent between Moody and Walker St.	
4000.123	Sa 2/26/11 12:30-3:30 p.m.

# RECREATIONAL CLASSES

**REGISTER NOW!!**



## HORSE FUN FOR PRESCHOOLERS

Bring your parent and learn together how to halter, groom, feed, lead, saddle and ride real live ponies and horses! Please wear closed toed shoes. No unregistered siblings. **There will be a \$20 material fee due to the instructor to cover grounds fee, horse pellets, carrots, and handouts.**

Instructor: Cheryl Skidmore & Staff      Ages: 3-6 yrs.  
 Fee: \$55 (+ materials fee)      Length: 4 weeks  
 Location: Rancho Del Rio Stables      Min: 5 Max: 15

4000.127	Sa	1/15-2/5	1:00-2:00 p.m.
4000.128	Sa	2/12-3/5	1:00-2:00 p.m.

## HORSE FUN FOR KIDS

Learn how to handle real life horses! We use gentle horses to teach our riders how to halter, lead, groom, feed, saddle, and ride! Prepares students for private lessons. **There will be a \$20 material fee due to the instructor which includes grounds fee, handouts, horse pellets, and carrots.** [www.HaveFunWithHorses.com](http://www.HaveFunWithHorses.com).

Instructor: Cheryl Skidmore & Staff      Ages: 7-12 yrs.  
 Fee: \$55 (+ materials fee)      Length: 4 weeks  
 Location: Rancho Del Rio Stables      Min: 5 Max: 15

4000.129	Sa	1/15-2/5	2:00-3:00 p.m.
4000.130	Sa	2/12-3/5	2:00-3:00 p.m.

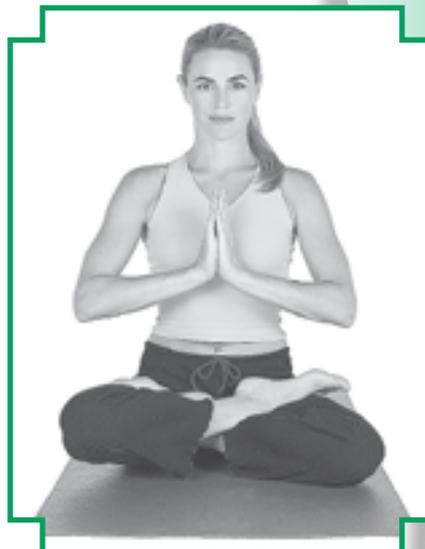
# SPORTS AND FITNESS

## YOGA FOR SENIORS

Yoga is an excellent way to break out of the frozen blues of winter by dethawing into warm rosy yogi. This class is based on the Iyengar method utilizing chairs, and blankets which will be provided! Bring a yoga sticky mat. **Do not eat a large meal, or drink anything an hour before class. Please, also wear flexible clothing, and socks.**

Instructor: Karla Urquidez      Ages: 50+  
 Fee: \$112      Length: 11 weeks  
 Location: Westminster Mall      Min: 2 Max: 15  
 (Entrance to the classroom is located outside the mall in room 2010, next to the Today main mall entrance in between Macy's and JCPenney.)

5000.101	Sa	1/15-3/26	9:00-10:00 a.m.
5000.102	Sa	1/15-3/26	10:15-11:15 a.m.



## BALANCE & RELIEF YOGA (Therapeutic Yoga)

Regain and maintain balance. In this class, our focus is to regain and maintain balance through simple yoga movements. The other half of class we will do easy breathing, meditating, and relaxing movements to end the class completely relaxed. **There will be a \$5 material fee due to the instructor at the first class for handouts.**

Instructor: Athina Rosario      Ages: 16+  
 Fee: \$105 (+ materials fee)      Length: 10 weeks  
 Location: WCSB Room A/B      Min: 5 Max: 40

5000.103	W	1/12-3/16	8:30-10:00 a.m.
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## THE PHILOSOPHY OF YOGA ~ NEW!

Have you ever wanted to learn about the history and philosophy of yoga? In this class you will learn about the origin, the different types of yoga, and its philosophy. This class is great for new and old yoga students wanting to learn more about the practice.

Instructor: Athina Rosario

Fee: \$30

Location: WCSB Room A/B

5000.104

Sa

1/22/11

5000.105

Th

3/10/11

Ages: 16+

Length: 1 day

Min: 5 Max: 40

11:00 a.m.-1:00 p.m.

7:00-9:00 p.m.

## YOGA POSTURE FUNDAMENTALS ~ NEW!

Learn the basic fundamental postures or improve upon your alignment. In this class there will be one-on-one instruction. In one day, you will have a strong foundation of yoga working within your limits.

Instructor: Athina Rosario

Fee: \$30

Location: WCSB Craft Room

5000.106

Sa

2/26/11

Ages: 16+

Length: 1 day

Min: 5 Max: 40

11:00 a.m.-1:00 p.m.

**Our brochure is ONLINE!**  
See our website @  
[www.westminster-ca.gov](http://www.westminster-ca.gov)

## TAI CHI FOR HEALTH (Adults & Seniors)

Find balance, rejuvenate the mind, and relax the body. Through 26 fluid basic movements you will learn to regain energy while learning a method to alleviate stress. This is not a religion or a martial art but a therapy to help rebalance energy in the body. **There will be a \$5 material fee due to the instructor at the first class for handouts.**

Instructor: Athina Rosario

Fee: \$105 (+ materials fee)

Location: WCSB Room A/B

5000.107

W

1/12-3/16

Ages: 16 +

Length: 10 weeks

Min: 5 Max: 40

10:00-11:00 a.m.

## CALMING THE MIND (MEDITATION & RELAXATION) at the Mall!

Do you find your mind racing? Do you need a break or some R&R? Learn to relax your mind through breathing, meditation, and relaxation techniques. This is not a form of religion but a class on easy practical tools to learn to de-stress. **There will be a \$5 material fee due to the instructor at the first class for handouts.**

Instructor: Athina Rosario

Fee: \$105 (+ materials fee)

Location: Westminster Mall

5000.108

W

1/12-3/16

Ages: 16+

Length: 10 weeks

Min: 5 Max: 40

(Entrance to the classroom is located outside the mall in room 2010, next to the Todai main mall entrance in between Macy's and JCPenney.)

7:00-8:15 p.m.

**CITY OF WESTMINSTER**

## Winter Adult Softball League

Program begins January 17, 2011.  
Registration fee is **\$255.00** per team.  
plus **\$20.00** per game paid to the officials on the field. Please call the Sports Office for more info.



**Spring/Summer 2010 Champs**

**SPORTS OFFICE 714.348.3671**

# RECREATIONAL CLASSES

**REGISTER NOW!!**

## INTRO TO MEDITATION ~ NEW!

Are you stressed? Do you want to learn how to calm your mind? In one day, you will learn techniques to meditate. All it will take is 2 hours to get started to a calmer mind and life.

Instructor: Athina Rosario  
 Fee: \$30  
 Location: WCSB A/B Room  
 5000.109 Sa 3/26/11  
 Ages: 16+  
 Length: 1 day  
 Min: 5 Max: 40  
 9:00-11:00 a.m.



## KIDDIE KARATE

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence, and concentration. Wear loose clothing. Parents should remain outside classroom.

Instructor: Gary Pitts  
 Fee: \$29  
 Location: WCSB East/West Room  
 5000.113 Th 1/13-2/3 5:00-5:30 p.m.  
 5000.114 Th 2/10-3/3 5:00-5:30 p.m.  
 Ages: 3-6 yrs.  
 Length: 4 weeks  
 Min: 6 Max: 28



## OWN YOUR POWER - SELF DEFENSE FOR WOMEN

Statistics prove that more than 1 in 3 women will be the victim of an assault. The vast majority know their attacker! Just learning striking techniques is not enough. This class teaches students how to recognize when their boundaries are being crossed and allows a space for practicing powerful communication skills. We also teach effective, easy to remember strikes that can be used in physical attacks. Take 3 hours out of your busy life to give yourself and any young women in your life these life enhancing skills.

Instructor: April Hawley & Melanie Vernon Sinclair  
 Fee: \$39  
 Location: American Tiger Martial Arts + Fitness  
 5000.110 Su 1/16/11 1:00-4:00 p.m.  
 5000.111 Su 2/20/11 1:00-4:00 p.m.  
 5000.112 Su 3/20/11 1:00-4:00 p.m.  
 Ages: 13+  
 Length: 1 day  
 Min: 4 Max: 15

Taught by April Hawley, 5<sup>th</sup> degree Black Belt, owner, and head instructor of American Tiger Martial Arts & Fitness and Melanie Sinclair-a lifelong researcher in the emotional/sensory aspects of self defense and empowerment.

## BEGINNING/ADVANCED KARATE

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline, and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu". Parents should remain outside classroom.

Instructor: Gary Pitts  
 Fee: \$35  
 Location: WCSB East/West Room  
 5000.115 Th 1/13-2/3 5:30-6:00 p.m.  
 5000.116 Th 2/10-3/3 5:30-6:00 p.m.  
 Ages: 7-17 yrs.  
 Length: 4 weeks  
 Min: 1 Max: 28

## ADULT KARATE

Learn the art of self-defense. Improve coordination, confidence, respect, discipline, and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu".

Instructor: Gary Pitts  
 Fee: \$45  
 Location: WCSB East/West Room  
 5000.117 Th 1/13-2/3 6:15-7:00 p.m.  
 5000.118 Th 2/10-3/3 6:15-7:00 p.m.  
 Ages: 18 +  
 Length: 4 weeks  
 Min: 1 Max: 28

## JUDO~JUST FOR KIDS

An introductory class that focuses on the way of Judo by building the child's skills physically, mentally, and spiritually. This pertains to tumbling and falling drills, basic judo techniques and terminology, and learning self discipline. Included in the techniques are Judo throwing and controlling techniques.

Instructor: Tu Nguyen

Fee: \$85 2 days/week; \$100 3 days/week

Location: WCSB Room A/B

5000.119	Tu/W	1/4-2/2	6:00-7:30 p.m.
5000.120	Tu/W/F	1/4-2/4	6:00-7:30 p.m.
5000.121	Tu/W	2/8-3/9	6:00-7:30 p.m.
5000.122	Tu/W/F	2/8-3/11	6:00-7:30 p.m.
5000.123	Tu/W	3/15-4/13	6:00-7:30 p.m.
5000.124	Tu/W/F	3/15-4/15	6:00-7:30 p.m.

Ages: 5 - 11 yrs.

Length: 5 weeks

Min: 3 Max: 15



## COMPETITIVE JUDO~ BIG KIDS & ADULTS

This class is designed for all levels to learn the competitive aspects of Judo. This class focuses on training for a competition and the self defense aspects of Judo. Learn how to lose weight, increase your strength, quickness, coordination and flexibility while learning one of Japan's most prominent martial art! This class includes Judo throwing (tachi waza), choking (shime waza), and joint manipulation (kansetsu waza) techniques.

Instructor: Tu Nguyen

Fee: \$100 2 days/week; \$120 3 days/week

Location: WCSB Room A/B

5000.125	Tu/W	1/4-2/2	7:00-8:30 p.m.
5000.126	Tu/W/F	1/4-2/4	7:00-8:30 p.m.
5000.127	Tu/W	2/8-3/9	7:00-8:30 p.m.
5000.128	Tu/W/F	2/8-3/11	7:00-8:30 p.m.
5000.129	Tu/W	3/15-4/13	7:00-8:30 p.m.
5000.130	Tu/W/F	3/15-4/15	7:00-8:30 p.m.

Ages: 12 yrs. +

Length: 5 weeks

Min: 3 Max: 15

Tu Nguyen's class took home 6 1<sup>st</sup> places, 1 second, and 1 third place at the recent Nikkei Games in Long Beach!! Way to go!!!

## SHORINJI KEMPO MARTIAL ARTS for Kids and Teens

Shorinji Kempo is a martial art that teaches people to be peaceful, improve their minds, and promote good health and is a means of protecting oneself. Rather than always focusing on physical strength Shorinji Kempo also improves the character of the person through the study of: Japanese language, punches, kicks, escapes, and philosophy. For questions about the class, feel free to email the instructor at Pankaj.rastogi@panasonic.aero or call 714-585-2162 or 949-510-1569. **There will be a \$20 material fee for Technique and Philosophy books.**

Instructor: Pankaj Rastogi, Mike Hagiwara & Robert Naito

Fee: \$105

Location: Carden Conservatory

5000.131 M/Th 1/10-4/14 6:30-7:30 p.m.

Ages: 5-17

Length: 3 months

Min: 1 Max: 50

## SHORINJI KEMPO MARTIAL ARTS for Adults

Shorinji Kempo is a martial art that teaches people to be peaceful, improve their minds, and promote good health and is a means of protecting oneself. Rather than always focusing on physical strength Shorinji Kempo also improves the character of the person through the study of: Japanese language, punches, kicks, escapes, and philosophy. For questions about the class, feel free to email the instructor at Pankaj.rastogi@panasonic.aero or call 714-585-2162 or 949-510-1569. **There will be a \$20 material fee for Technique and Philosophy books.**

Instructor: Pankaj Rastogi, Mike Hagiwara & Robert Naito

Fee: \$105

Location: Carden Conservatory

5000.132 M/Th 1/10-4/14 7:30-9:00 p.m.

Ages: 18+

Length: 3 months

Min: 1 Max: 50



This Shorinji Kempo branch just attended the NYC Tournament and they came home with 3 first place trophies!

# RECREATIONAL CLASSES

**REGISTER NOW!!**

## MUAY THAI (KICKBOXING)

Intro to Muay Thai will teach basic kickboxing techniques, help improve confidence, create responsibility, quicker reflexes, coordination, and balance. Students will need to bring hand wraps and boxing gloves. Hand wraps and gloves will also be available for purchase.

Instructor: Adrian Bio, World Class MMA Boxing  
 Ages: 13-17 yrs.  
 Fee: \$65 Length: 4 weeks  
 Location: World Class MMA Boxing Min: 4 Max: 10

5000.133	M-F	1/10-2/4	4:00-5:00 p.m.
5000.134	M-F	2/7-3/4	4:00-5:00 p.m.
5000.135	M-F	3/7-4/1	4:00-5:00 p.m.

## INTRO TO JIU JITSU

Intro to Jiu Jitsu will cover basic Jiu Jitsu submissions, sweeps, position and defense. The class will also cover basic judo/wrestling takedown and defense.

Instructor: Felipe Fogolin,  
 World Class MMA Boxing  
 Ages: 13-17 yrs.  
 Fee: \$65 Length: 4 weeks  
 Location: World Class MMA Boxing Min: 4 Max: 10

5000.136	M/W/F	1/10-2/4	3:30-4:30 p.m.
5000.137	M/W/F	2/7-3/4	3:30-4:30 p.m.
5000.138	M/W/F	3/7-4/1	3:30-4:30 p.m.

## WCMB CARDIO/WEIGHT MANAGEMENT

This class will teach a combination of MMA techniques, conditioning and strengthening. Each student's progress will be monitored each week with body, weight, and BMI measurements. Everyone will receive an individualized diet. Students will need to bring 12 oz. gloves, 2 pieces of hand wraps and a diet journal.

Instructor: Lidia McCarter,  
 World Class MMA Boxing  
 Ages: 17+ yrs.  
 Fee: \$65 Length: 4 weeks  
 Location: World Class MMA Boxing Min: 4 Max: 10

5000.139	M/W/F	1/10-2/4	7:00-8:00 p.m.
5000.140	M/W/F	2/7-3/4	7:00-8:00 p.m.
5000.141	M/W/F	3/7-4/1	7:00-8:00 p.m.

"I really like this class, it really makes me work out, the instructor motivates each student and there is always something new to learn" –Student, Spring 2010

## BASIC ROCK CLIMBING

ClimbX provides all of the equipment along with a safe environment and knowledgeable staff. Choose from 30 top ropes and over 100 different routes for novice to advanced climbers. We will teach proper belay technique and the two knots associated with rock climbing. **PLUS: A FREE MONTH MEMBERSHIP, INCLUDING EQUIPMENT, AT THE CONCLUSION OF THE CLASS.**

Instructor: ClimbX Staff  
 Ages: 16+  
 Fee: \$70 Length: 2 weeks  
 Location: ClimbX Rock Gym Min: 2 Max: 20

5000.142	W	1/12-1/19	6:00-8:00 p.m.
5000.143	Th	2/10-2/17	6:00-8:00 p.m.
5000.144	Tu	2/22-3/1	6:00-8:00 p.m.
5000.145	W	3/16-3/23	6:00-8:00 p.m.

## KIDS ROCK CLIMBING CLUB

ClimbX is dedicated to teaching children the basics of climbing. Kids are natural climbers and love to explore their environment. This class offers children the opportunity to problem solve, work on communication, teach team work, have a fun time, and exercise. **This camp covers the requirements for the BSA Rock Climbing Merit Badge.**

Instructor: ClimbX Staff  
 Ages: 8-16 yrs.  
 Fee: \$125 Length: 4 weeks  
 Location: ClimbX Rock Gym Min: 2 Max: 20

5000.146	M/W/F	1/17-2/11	4:00-6:00 p.m.
5000.147	M/W/F	2/21-3/18	4:00-6:00 p.m.

## O.C. ELITE CHEER & TUMBLING

Join Orange County's National Award winning competitive cheer and tumbling organization! Beginning through advanced levels will learn the correct fundamentals of tumbling, cheerleading, dance, and stunting while increasing flexibility, strength, self-confidence, self-motivation, perseverance, and teamwork skills. Participants will be required to purchase uniforms for competitions (approximately \$250); however, fundraising opportunities will be available to help defray the cost. There will be extra practices before competitions at the Westminster Mall Community Classroom on 1/14, 2/11, 3/4, and 3/18.

Instructor: Brooke McComb & Staff  
 Ages: 9-15 yrs.  
 Fee: \$50 (+ uniform cost) Length: 4 weeks  
 Location: WCSB East/West Room Min: 6 Max: 25

5000.148	M	1/10-1/31	5:45-7:15 p.m.
5000.149	M	2/7-3/7*	5:45-7:15 p.m.
5000.150	M	3/14-4/4	5:45-7:15 p.m.

\*No class on 2/21.

## GYMNASTICS - PARENT-N-ME

This is where parents become coaches too. Enjoy participating in your child's development and fun. Activities include balance and tumbling developmental skills, flexibility and strength, using our various mats and equipment, low beam, foam pit, mini-bars, tumble-trak and trampoline.

Instructor: New Hope Gymnastics Staff      Ages: 2-3 yrs. +Parents  
Fee: \$89      Length: 8 weeks

Location: New Hope Academy Gymnastics      Min: 3      Max: 7

5000.151	M	1/10-2/28	5:30-6:25 p.m.
5000.152	Tu	1/11-3/1	10:30-11:25 a.m.
5000.153	W	1/12-3/2	9:00-9:55 a.m.
5000.154	W	1/12-3/2	6:30-7:25 p.m.
5000.155	Th	1/13-3/3	10:30-11:25 a.m.
5000.156	Sa	1/15-3/5	9:30-10:25 a.m.

## GYMNASTICS - PARENT-N-ME PLAYTIME

This is a 1-hour "open play" session for tots and their parents. There is an instructor on-hand to teach parents activities they can play together with their kids on the various types of mats and equipment-low beam, foam pit, mini-bars, tumble-trak and trampoline. Parents are expected to participate and must remain within arms-reach of their child.

Instructor: New Hope Gymnastics Staff      Ages: 2-10 + parents  
Fee: \$64      Length: 8 weeks

Location: New Hope Academy Gymnastics      Min: 3      Max: 7

5000.157	M	1/10-2/28	11:00 a.m.-11:55 a.m.
5000.158	Th	1/13-3/3	11:00 a.m.-11:55 a.m.

## GYMNASTICS - BEGINNING CO-ED

This program is a recreational program designed to develop social, emotional, and physical confidence. We teach basic gymnastic skills and have a lot of fun-using our various mats and equipment-low beam, foam pit, mini-bars, tumble-trak, and trampoline.

Instructor: New Hope Gymnastics Staff      Ages: 3-5 yrs.  
Fee: \$89      Length: 8 weeks

Location: New Hope Academy Gymnastics      Min: 3      Max: 7

5000.159	M	1/10-2/28	9:00-9:55 a.m.	(Age 3-4)
5000.160	M	1/10-2/28	6:30-7:25 p.m.	(Age 3-4)
5000.161	Tu	1/11-3/1	9:30-10:25 a.m.	(Age 3-4)
5000.162	Tu	1/11-3/1	11:30 a.m.-12:25 p.m.	(Age 4-5)
5000.163	Th	1/13-3/3	4:00-4:55 p.m.	(Age 4-5)

## GYMNASTICS - LEVEL 1 GIRLS and BOYS

This program is a progressive developmental program designed for every ability level. Children learn specific skills on each of the individual apparatus (vault, bars, beam, floor, and trampoline for girls; floor, pommel horse/mushroom, rings, vault, parallel bars, high bar, and trampoline for boys).

Instructor: New Hope Gymnastics Staff      Ages: 5-12 yrs.  
Fee: \$119      Length: 8 weeks

Location: New Hope Academy Gymnastics      Min: 3      Max: 7

5000.164	M	1/10-2/28	5:00-6:30 p.m.	(Girls Age 8-12)
5000.165	W	1/12-3/2	5:00-6:30 p.m.	(Girls Age 5-8)
5000.166	Th	1/13-3/3	3:30-5:00 p.m.	(Girls Age 5-8)
5000.167	F	1/14-3/4	3:30-5:00 p.m.	(Girls Age 5-8)
5000.168	Sa	1/15-3/5	9:00-10:30 a.m.	(Girls Age 5-8)
5000.169	Sa	1/15-3/5	10:30-12:00 p.m.	(Girls Age 8-12)
5000.170	M	1/10-2/28	3:30-5:00 p.m.	(Boys Age 5-8)
5000.171	M	1/10-2/28	5:00-6:30 p.m.	(Boys Age 8-12)



## PARENT & ME ICE SKATING

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (3:10-4:40 p.m. for Tuesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1<sup>st</sup> class and dress warm.**

Instructor: Westminster Ice Arena Staff      Ages: 3-5 yrs.  
Fee: \$35      Length: 4 weeks

Location: Westminster ICE      Min: 1      Max: 8

5000.172	Tu	1/11-2/1	4:10-4:40 p.m.
5000.173	Sa	1/15-2/5	11:15-11:45 a.m.
5000.174	Tu	2/8-3/8*	4:10-4:40 p.m.
5000.175	Sa	2/12-3/12**	11:15-11:45 a.m.

\*No class on 3/1.

\*\*No class on 3/5.

# RECREATIONAL CLASSES

**REGISTER NOW!!**

## ICE SKATING FOR TOTS

Join the fun at Westminster ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40 p.m. for Wednesday class and 12:00-2:00 pm. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1<sup>st</sup> class and dress warm.**

Instructor: Westminster Ice Arena Staff		Ages: 3-5 yrs.	
Fee: \$35		Length: 4 weeks	
Location: Westminster ICE		Min: 1 Max: 8	
5000.176	W	1/12-2/2	5:30-6:00 p.m.
5000.177	Sa	1/15-2/5	10:45-11:15 a.m.
5000.178	W	2/9-3/9*	5:30-6:00 p.m.
5000.179	Sa	2/12-3/12**	10:45-11:15 a.m.

\*No class on 3/2.  
\*\*No class on 3/5.



## BEGINNING ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on day of class (7:15-8:15 p.m.), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1<sup>st</sup> class and dress warm.**

Instructor: Westminster Ice Arena Staff		Ages: 17 +	
Fee: \$35		Length: 4 weeks	
Location: Westminster ICE		Min: 1 Max: 12	
5000.184	W	1/12-2/2	6:45-7:15 p.m.
5000.185	W	2/9-3/9*	6:45-7:15 p.m.

\*No class on 3/2.

## ICE HOCKEY SKATING SKILLS

Want to play hockey but don't know where to start? Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1<sup>st</sup> class and dress warm.**

Instructor: Westminster Ice Arena Staff		Ages: 6-16 yrs.	
Fee: \$35		Length: 4 weeks	
Location: Westminster ICE		Min: 1 Max: 12	
5000.186	W	1/12-2/2	5:30-6:00 p.m.
5000.187	Sa	1/15-2/5	10:45-11:15 a.m.
5000.188	W	2/9-3/9*	5:30-6:00 p.m.
5000.189	Sa	2/12-3/12**	10:45-11:15 a.m.

\*No class on 3/2.

\*\*No class on 3/5.



## BEGINNING ICE SKATING

Catch the Olympic spirit! Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1<sup>st</sup> class and dress warm.**

Instructor: Westminster Ice Arena Staff		Ages: 6-16 yrs.	
Fee: \$35		Length: 4 weeks	
Location: Westminster ICE		Min: 1 Max: 12	
5000.180	W	1/12-2/2	5:00-5:30 p.m.
5000.181	Sa	1/15-2/5	11:15-11:45 a.m.
5000.182	W	2/9-3/9*	5:00-5:30 p.m.
5000.183	Sa	2/12-3/12**	11:15-11:45 a.m.

\*No class on 3/2.

\*\*No class on 3/5.

## TENNIS



### TINY TOT TENNIS

Introduce your little one to a great sport taught by Becky Recavarren, a member of the United States Professional Tennis Association. Her half hour class focuses on general motor skills development. A racquet and one unopened can of tennis balls are required.

<i>Instructor: Becky Recavarren, USPTA</i>		<i>Ages: 4-7 yrs.</i>	
<i>Fee: \$33</i>		<i>Length: 5 weeks</i>	
<i>Location: Park West Park</i>		<i>Min: 6 Max: 15</i>	
6000.101	Tu	1/11-2/8	4:00-4:30 p.m.
6000.102	W	1/12-2/9	4:00-4:30 p.m.
6000.103	Th	1/13-2/10	3:30-4:00 p.m.
6000.104	Tu	2/22-3/22	4:00-4:30 p.m.
6000.105	W	2/23-3/23	4:00-4:30 p.m.
6000.106	Th	2/24-3/24	3:30-4:00 p.m.

### BEGINNING JUNIORS

Taught by Becky Recavarren, a member of the United States Professional Tennis Association, your junior tennis star will learn the basics while at the same time develop a lifetime enjoyment for the sport. A racquet and one unopened can of tennis balls are required.

<i>Instructor: Becky Recavarren, USPTA</i>		<i>Ages: 7-15 yrs.</i>	
<i>Fee: \$53</i>		<i>Length: 5 weeks</i>	
<i>Location: Park West Park</i>		<i>Min: 6 Max: 15</i>	
6000.107	Tu	1/11-2/8	4:30-5:30 p.m.
6000.108	W	1/12-2/9	4:30-5:30 p.m.
6000.109	Sa	1/15-2/12	8:00-9:00 a.m.
6000.110	Tu	2/22-3/22	4:30-5:30 p.m.
6000.111	W	2/23-3/23	4:30-5:30 p.m.
6000.112	Sa	2/26-3/26	8:00-9:00 a.m.

### INTERMEDIATE/ADVANCED JUNIORS

Becky Recavarren, a member of the United States Professional Tennis Association, will guide your developing junior tennis player through this course which covers more advanced strokes and scoring, including drills and actual playing. A racquet and one unopened can of tennis balls are required.

<i>Instructor: Becky Recavarren, USPTA</i>		<i>Ages: 7-15 yrs.</i>	
<i>Fee: \$53</i>		<i>Length: 5 weeks</i>	
<i>Location: Park West Park</i>		<i>Min: 6 Max: 15</i>	
6000.113	Tu	1/11-2/8	5:30-6:30 p.m.
6000.114	W	1/12-2/9	5:30-6:30 p.m.
6000.115	Tu	2/22-3/22	5:30-6:30 p.m.
6000.116	W	2/23-3/23	5:30-6:30 p.m.

### BEGINNING/INTERMEDIATE ADULTS

Becky Recavarren has the skills needed to help you begin or resume your adult tennis interest. This course covers strokes and scoring, including drills, serving, forehand, backhand, and volleys. A racquet and one unopened can of tennis balls are required.

<i>Instructor: Becky Recavarren, USPTA</i>		<i>Ages: 16 yrs. to Adult</i>	
<i>Fee: \$53</i>		<i>Length: 5 weeks</i>	
<i>Location: Park West Park</i>		<i>Min: 6 Max: 15</i>	
6000.117	Tu	1/11-2/8	6:30-7:30 p.m.
6000.118	Sa	1/15-2/12	9:00-10:00 a.m.
6000.119	Tu	2/22-3/22	6:30-7:30 p.m.
6000.120	Sa	2/26-3/26	9:00-10:00 a.m.

### INTERMEDIATE/ADVANCED JR. TOURNAMENT PLAY

**Instructor permission required for this class.** Juniors will play match-play specific games, along with playing matches.

<i>Instructor: Becky Recavarren, USPTA</i>		<i>Ages: 10-16 yrs.</i>	
<i>Fee: \$53</i>		<i>Length: 5 weeks</i>	
<i>Location: Park West Park</i>		<i>Min: 6 Max: 15</i>	
6000.121*	Th	1/13-2/10	4:00-5:15 p.m.
6000.122*	Th	2/24-3/24	4:00-5:15 p.m.

\*Instructor Permission Only

*"Coach is gifted at teaching kids of all levels. Makes the kids love the sport." – Coreen Correa, Parent.*

### Cultural Arts Commission

Miriam Aguilares, Chairperson  
 Mimi Lozano Holtzman  
 Larry Luera  
 Gloria Reyes  
 Loretta Krippner  
 Ginger Waugh-Borden, Alternate  
 Nhi Van Ho, Alternate  
 Linh Nguyen, Alternate  
 Peter Nguyen, Alternate

**BLAKEY HISTORICAL PARK & MUSEUM** - Call Joy L. Neugebauer at (714) 891-2597. Blakey Park is located at 8612 Westminster Blvd., just east of Newland Street. The museum and park feature a variety of displays depicting the everyday life of persons living here during the late 19th and early 20th centuries. The Westminster Historical Society operates the park, with museum hours on the first Sunday afternoon of the month from 1:00 to 4:00 p.m. For guided tours, special arrangements can be made to accommodate your group. Students of all ages are welcome to do research at the Museum. If you would like to become a member and help preserve our common heritage for future generations, drop by the Museum or call the number listed above.

**LAS TAPATIAS FOLKLORIC DANCERS** - Call Julia Martinez at (714) 893-2784. Audiences enjoy Las Tapatias' colorful costumes and spirited Mexican dances. All ages participate. Children begin dancing at an early age, but adult performers are also welcome. Las Tapatias rehearses at the Westminster Community Services & Recreation Building, Craft Room on Wednesdays at 7:00 p.m. Call to join the group, attend a performance, or to schedule them to entertain for your event.

**VIETNAMESE CULTURAL PROGRAMS** - Call Professor Chau Van Nguyen, Program Director, at (714) 531-4907, or (714) 240-0475 (cell). Traditional Vietnamese music, song and dance are performed by multi-talented Vietnamese artists. Musicians who perform on traditional instruments, such as the monostring, two-string fiddle, bamboo flute, and other instruments, are available to entertain along with the colorful drum dancers, dragon dancers, youth, and adult choirs

**WESTMINSTER CHORALE** - Call Robert Munn at (714) 894-5644 or (714) 496-5607. The Chorale performs a variety of music that includes patriotic, show tunes, religious, country western, jazz, and operettas. Rehearsals are held weekly on Mondays at 7:00 p.m. in the Senior Center dining room, Civic Center, 8200 Westminster Blvd. Call to find out how you can book this dynamic chorale for your event or ask about performance dates.

**WESTMINSTER COMMUNITY THEATER** - Call Rhonda at (714) 527-5546. The theater is located at 7272 Maple Street. WCT has been entertaining local audiences with live theater for over 30 years. Productions feature fine family entertainment with comedies, musicals, and plays each season. Phone Rhonda for tickets or current show information.

**NICHOLSON PIPES & DRUMS** - Call Malcolm Willis at (714) 891-9445 and ask the operator to page him. This award-winning Scottish bagpipe band marches in parades, plays at a variety of special events, holds annual concerts, takes part in regional and national competitions, and is available for bookings at any private party or public event. New musicians are welcomed into the group and quickly become part of this fantastic band. Just call Malcolm for current information on bookings, rehearsals, lessons, and performances.

**ORANGE COUNTY CHILDREN'S THEATER** - Call (714) 502-2244. This group of talented young actors, singers, dancers, and their parents has been active in the Southland area for more than 20 years. This theater organization is for children, by children, and is open to all young people ages 5 through 18. Parent involvement is required. Call now to get on their mailing list so you will not miss productions or auditions.

**ORANGE COUNTY ROSE SOCIETY** - Call Tom Cooney at (949) 362-2710 or visit our website at <http://www.websight-stech.com/ocrs/>. Join this group of rose lovers and increase your knowledge of growing roses in your garden. The Orange County Rose Society (OCRS) is a group of people who grow and enjoy roses and is dedicated to fostering the enjoyment, enhancement, and education of the rose. OCRS is affiliated with the American Rose Society. OCRS holds monthly meetings on the first Thursday of each month, except for July and August. Monthly meetings include educational presentations on the care of roses. You'll also have access to have your questions answered by American Rose Society certified Consulting Rosarians.

**ROSE CENTER FOUNDATION** - The Rose Center Foundation is a non-profit organization that administratively operates the beautiful, new, 419 seat Rose Center Theater located within the Westminster Rose Center at 14140 All American Way. State-of-the-art performances are



held in the theater throughout the year. To contact the Rose Center for information please call Mayor Margie L. Rice at: 714-548-3183 or 714-893-1732. For event and ticket information, please call the theater Box Office at 714-793-1150. [www.rosecentertheater.com](http://www.rosecentertheater.com)

**WESTMINSTER TOASTMASTERS** - Call William "Bill" or Carol Ostashay at (714) 897-2737. Join this group of orators and become a professional speaker. Whether already a skilled professional, a leader-in-training, or even a parent who wants to improve his/her speaking skills, this organization can help you learn how to relax, plan, and present your ideas more professionally. A member organization of Toastmasters International, members compete and perform at various functions.

**COMMISSION ON AGING**

Vince Agor, Chairperson  
 Nora Barajas  
 Owen Eames  
 Phil Hodgetts  
 Ginger Waugh-Borden  
 Erwin Vysma, Alternate

The Westminster Senior Center is a focal point for seniors, offering an array of services and activities. Listed below are the types of services offered. If you desire additional information, please call the Senior Center at (714) 895-2878, Monday – Thursday, 7:30 a.m. – 5:30 p.m., and Fridays 7:30 a.m. – 4:30 p.m., and alternate Fridays 8:00 a.m. – 1:00 p.m.

**SERVICES**

The Westminster Senior Center offers a variety of services such as:

- Blood Pressure Testing
- Commodities Distribution
- Home Delivered Meals
- Information and Referrals
- Free Legal Services
- Westminster on Wheels (WOW) Nutrition Van and Transportation Shuttle
- H.I.C.A.P (Health Insurance Counseling and Advocacy Program)
- Haircuts and manicures
- Podiatrist
- Health screenings by appointment

For more information on any of these services, please visit our website at [www.westminster-ca.gov](http://www.westminster-ca.gov), go to City Departments, Community Services, and click on Senior Services, or call the Senior Center at 714-895-2878.



**SENIOR FITNESS**

Join one of the following weekly exercise classes, designed specifically for older adults.

Adult Fitness	Monday, Tuesday or Wednesday	10:00 a.m.
Beg. Adult Fitness	Tuesday & Thursday	12:30 p.m.
Balance & Mobility	Tuesday & Thursday	8:45 a.m.
Longevity Stick	Monday & Thursday	9:00 a.m.
Tai Chi	Friday	9:00 a.m.

The following classes are fee-based and require advanced registration through Huntington Beach Adult School. Please call 714-901-8106 ext. 4405 for registration information:

Intro to Dance Aerobics	Monday	1:00 p.m.
Dance Aerobics 2	Thursday	9:00 a.m.
Dance Aerobics 2/3	Thursday	3:00 p.m.
Dance Aerobics 3	Thursday	10:30 a.m.
Dance Aerobics 4	Tuesday & Thursday	12:45 p.m.
Stretch & Flex	Tuesday	9:30 a.m.
Low Impact Aerobics 2	Tuesday	10:45 a.m.

**Adult Public Health Nursing Services (APHNS)**

These short seminars are held on Wednesdays at 11:00 a.m. They are free & informative.

<b>January 5</b>	<b>Grieving</b>
<b>February 2</b>	<b>Blood pressure</b>
<b>March 2</b>	<b>Arthritis</b>

**Diabetes Education and Support Group (APHNS)**

Facilitated by Jane Hannah, R.N., certified diabetes educator. The group meets the 3<sup>rd</sup> Wednesday of each month from 12:30 p.m. to 2:00 p.m. Everyone is welcome to attend. Current topics to be discussed are:

<b>January 19</b>	<b>Monitoring</b>
<b>February 16</b>	<b>Heart Disease and Diabetes</b>
<b>March 16</b>	<b>Carbohydrate and Label Readings</b>

**Healthy Living Support Group**

Retired teacher, Nancy Sink, M.S.G. will engage you in finding ways to improve your health and well-being. Class meets 4th Monday of each month.

<b>Jan. 24</b>	<b>Feb. 28</b>	<b>March 28</b>
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# ACTIVITIES FOR SENIORS

**REGISTER NOW!!**

## PROGRAMS & CLASSES

### DAILY DINING

Try our hot meals offered Monday through Friday in our Senior Center Dining Room. If you are 60 years or older (or married to someone who is), the suggested donation is only \$2.50 for the hot lunch. No reservation is necessary, but come early to assure a place! Serving time is 11:45 a.m. Pick up a "Senior Spotlight" for only 50 cents at the Senior Center for the month's menu, which is also on the city's website.

### SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.. **The fee is \$12 per person if you are a member of AARP and \$14 per person if you are not a member.** Registration is required. Please make checks payable to AARP. Classes will be held on the following dates:

February 10 and 11  
April 7 and 8

### We Offer Many More Senior Programs & Classes Such As:

- Craft Ladies
- Yarn Spinners
- Bridge Club
- Mah Jongg
- Mexican Train Dominos
- Pool Room
- Needlework
- Dinner Group
- Chess Club
- Sudoku
- Bunco
- Bingo

For more information on any of these programs, please visit our website at [www.westminster-ca.gov](http://www.westminster-ca.gov), go to City Departments, Community Services, and click on Senior Services, or call the Senior Center at 714-895-2878.

### FREE MOVIE FRIDAYS!

Every Friday at 9:15 a.m. a movie is shown. There is no charge for the screening. The "Senior Spotlight" lists the movies monthly.

### VOLUNTEERS ARE NEEDED!

If you are interested in volunteering, please call: Claire Hutchinson at (714) 895-2878.

### WESTMINSTER SENIOR CENTER FOUNDATION

The Westminster Senior Center Foundation (WSCF) was incorporated in December 2002. The Foundation's mission is "To engage in charitable activities and to assist (both financially and otherwise) the Westminster Senior Center and its programs."

The major fundraiser held to fulfill this mission is the Foundation's annual Senior Health Expo providing seniors access to health screenings, insurance and physician information, financial information, and other facts and fun. Proceeds from the Expos help support numerous Senior Center programs.

### TRIPS AND EXCURSIONS

Call the Senior Center or stop by for specific trip details. Day trips and overnight trips are offered. Prices for overnight trips are based on double occupancy. A few single rooms may be available at a higher rate. Note: Prices on all excursions are approximate and may vary. Trips fill quickly. Sign up early at the Reception Desk to reserve your spot.

The following excursions are being planned for your enjoyment:

Palace Station Casino –Las Vegas	Jan. 16-18	\$100/person for double \$130/single
Pala Indian Casino	Jan. 26	\$17
Solvang	Feb. 10	\$49
Laughlin Riverside	Feb. 21-24	\$124/person for double \$154/single
Valley View Indian Casino	Mar. 8	\$30
Avi Resort Casino	Mar. 29-31	\$93/person for double \$105/single
Reagan Library	April 12	\$59
Fantasy Springs Indian Casino	April 26	\$29

### SPRING SILENT AUCTION April 12, 13, and 14

### LIFE STORY WRITING

No special writing experience is needed for this free, ten-session program in Guided Autobiography. Instructor Nancy Sink will help you discover an easy format and ideas for sharing your memories of friends and family, homes and travels, lessons learned and wisdom gained.

**Mondays 12:30 p.m.-2:00 p.m. 1/24-3/28**

## WESTMINSTER YOUTH COMMITTEE

The Westminster Youth Committee addresses the needs of the City's young people through volunteering, while promoting a sense of civic pride. Organizing and implementing youth-focused programs and volunteering their time to established city programs and events, the current members offer unique and diversified perspectives.

For more information on the Westminster Youth Committee, please visit the City's website at [www.westminster-ca.gov](http://www.westminster-ca.gov), or call the Community Services and Recreation Department at 714.895.2860. And be sure to check us out on Facebook.

## CALIFORNIA FRIENDLY LANDSCAPE TRAINING PROGRAM

This training covers the basics of landscape design and is offered as either a four-part series, or a four-hour condensed mini-class. California native and California Friendly plants are featured. The four topics covered are:

Basic Landscape Design      Landscape Sprinkler Systems  
Landscape Plants              Landscape Watering & Fertilizing

Contact Beth Fahl from the Municipal Water District of Orange County at 714-593-5015 for details, or visit [mwdoc.com/services/ca-friendly](http://mwdoc.com/services/ca-friendly)



## WATER CUSTOMER SERVICE

For water billing, charges, turn-on or turn-off services call (714) 894-3796.

For water main breaks, leaks, quality, or pressure problems call (714) 895-2876, 6:30 a.m. to 5 p.m.

After business hours water emergencies call the Westminster Police Department (714) 898-3315.

## Water Conservation

Water Conservation Ordinance No. 2449 adopted last May 2009 outlines the permanent water restrictions below.

- No outdoor watering between the hours:  
9 a.m. – 5 p.m. October - May  
8 a.m. – 6 p.m. June – September
- Water no longer than 15 minutes per irrigation station per day
- No excessive water run-off
- No washing down hard or paved surfaces
- Fix water leaks within 7 days
- Decorative water features must use re-circulating water
- When washing vehicles must use self-closing positive shut-off nozzle on garden hose
- Restaurants are required to serve water upon request only
- Hotels and motels are required to provide guests option to decline daily linen service
- Commercial car washes and laundries are required to use re-circulating water systems
- Restaurants are required to use water conserving pre-rinse spray valves

The Water Division is available to help you save water at home and at work. Call 714 548-3690 to schedule a water audit. Check out [mwdoc.com/services/incentives](http://mwdoc.com/services/incentives) to get information about water saving appliances.

## Water Conservation Ordinance



**Check out Westminster's Water Conservation Garden at 6312 California Ave!** Over 20 species of drought tolerant California friendly and native plants, trees, and turf are on display. Local nurseries were used to provide plants and signs are posted to identify

the species and costs.

This garden is open to the public to view California native and friendly plants as they grow from newly planted to mature and flowering during the seasons.

It's easy and inexpensive to create a beautiful low-water garden of your own!

# Support your City

**Shop Local  
Shop Westminster-  
It makes Sense!**

*Every time you shop in Westminster, one cent of every dollar you spend goes straight to your city's public services including your Police Department! Why spend your dollars anywhere else?*



1. **Protect Local Character and Prosperity**—Westminster is unlike any other city in the world. By choosing to support locally owned businesses, you help maintain Westminster's diversity and authenticity.
2. **Community Well-Being**—Locally owned businesses build strong neighborhoods by sustaining communities, linking neighbors, and by contributing more to local causes.
3. **Local Decision Making**—Local ownership means that important decisions are made locally by people who live in the community and who will feel the impacts of those decisions.
4. **Keeping Dollars in the Local Economy**—Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent at national chains. When shopping locally, you simultaneously create jobs, fund more city services through sales tax, invest in neighborhood improvement and promote community development.
5. **Entrepreneurship**—Entrepreneurship fuels Westminster's economic innovation and prosperity, and serves as a key means to upward mobility. Locally owned businesses also create more jobs locally and, provide better wages.

**Next time you buy a car, a television, or bag of groceries, make sure you do it in Westminster.**

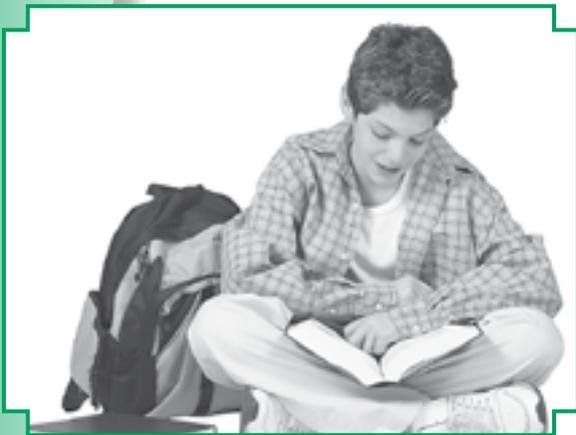
## WESTMINSTER BRANCH LIBRARY

8180 13th Street, Westminster, CA 92683  
(714) 893-5057

HOURS: Monday-Thursday 10:00 a.m.-9:00 p.m.  
Friday and Saturday- 10:00 a.m.-5:00 p.m.  
Sunday- 12:00-5:00 p.m.

### Children's Programs

Throughout the whole year we host **Preschool Storytime** every Wednesday at 10:30 am, **Toddler Storytime** every Wednesday at 11:00 am, and **Family Storytime** every Saturday at 10:30 am. Storytimes give children and families an opportunity to enjoy stories, songs, and crafts to help your child develop a love of books and reading! Children of all ages are invited to join us for **special craft afternoons** on the 2nd Thursday of every month at 3:30 pm in our community room. In addition to regularly scheduled storytimes, the library offers **free homework help** during the school year. If your child needs help with homework or a research project, come to the Information Desk to ask about the Homework Help schedule. Don't forget on your visit to the library to apply for a free library card. Library cards enable you to use Internet computers and check out materials for free! We would like to begin a Book Club for pre-teens. Please call Anna, our children's librarian, if you are interested.



### Teen Programs

For teens, we hold events all year long, such as, **Movies, Crafts, and ACT/SAT Preparation**. Teens ages 12-18 are invited to movie afternoons at the Westminster Library on the 2nd Wednesday of every month at 3:30 pm in our community room. Previous showings have included *Nick & Norah's Infinite Playlist*, *I Love You, Beth Cooper*, and *The Secret Life of Bees*. We are looking for teen volunteers to be **Homework Helpers**. If you'd like to help younger children and have a GPA of 3.0 or above, come to the Information Desk to sign up!

### Adult Programs

The Westminster Public Library will be offering free **Beginner's Computer Classes** starting in late Fall 2010. Classes will cover topics like, how to use the Internet and, how to set up an email account. Visit the library to find out the schedule and to sign up. The **Westminster Branch Book Club** meets on the third Tuesday of each month at 10:30 am. Please join our friendly group for some lively book discussion! Call or stop in for the monthly reading selection.

## Westminster Friends of the Library Used Bookstore

The Friends of the Library are looking for volunteers to assist in their bookstore with sorting, shelving, pricing books and working the desk assisting customers. We accept donations of books, magazines, videos, records, DVDs, CDs and miscellaneous. We are always looking for volunteers, so drop by and visit with our Friends or call us at (714) 898-9845.

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city news!

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[www.facebook.com/CityofWestminster](http://www.facebook.com/CityofWestminster)  
[www.facebook.com/WestminsterYouthCommittee](http://www.facebook.com/WestminsterYouthCommittee)



## PARENT PARTICIPATION PRE-SCHOOL

### Westminster Nursery School

(714-893-7979) [www.ccppns.org/wns](http://www.ccppns.org/wns)

Location: Bolsa Chica Park, 13660 University Ave. Westminster, CA 92683

Westminster Nursery School is a **parent-participation pre-school**.

Open House: March 23, 2011 Wednesday, 10am-noon  
Open enrollment throughout year and advance registration for Fall 2011.

Programs offered are:

Pre-K (Mon/Wed/Fri 9am-noon)

Must be 4 by December 2nd

Registration: \$80

Monthly: \$130

2-day (Tue/Thur 9am-noon)

Must be 3 by December 2nd

Registration: \$80

Monthly: \$90

Parent & Me (Thur: 12:30-1:30 pm)

Must be 2

Registration: \$25

Monthly: \$20

## Westminster School District Child Care Services

### Land School

**Pre-school** services are offered at Land School. The child care program is from 6:00 a.m.-6:00 p.m., Monday - Friday. Children from 3-5 years are welcome, but they must be potty-trained. The cost varies based on the number of days and times care is needed. For more information, please call Land School at 898-8389.

The following schools in the Westminster School District offer child care services from 6:00 a.m. to 6:00 p.m.: Clegg, DeMille (no morning care), Eastwood, Finley, Fryberger, Hayden, Meairs, Sequoia, Schmitt (no morning care), and Schroeder.

Fees vary based on the type of care needed. Please contact Westminster School District Child Development Programs office at 898-8389 for more detailed information.

## City of Westminster

Community Services & Recreation Department

8200 Westminster Blvd. (714) 895-2860

[www.westminster-ca.gov](http://www.westminster-ca.gov)

## ENTRY FORM

(Please Print)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE (home) \_\_\_\_\_  
(work) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

NEAREST CROSS STREET \_\_\_\_\_

Please select  
one(1) Category

TOTAL DISPLAY \_\_\_\_\_

BEST USE OF LIGHTS \_\_\_\_\_



## Home Decorating Contest

**DEADLINE FOR ENTRY: DECEMBER 2nd**  
Westminster addresses only

Judging and selection of contest winners will be on Tuesday, December 7th, Wednesday, December 8th & Thursday, December 9th. Please have all display registrations in the exhibition room (opening: 6:00am - 10:00am). Participation & award certificates will be passed out at the December 9th City Council meeting in the Council Chambers, located at 8200 Westminster Blvd. For more information, call 714-895-2860.

I hereby give my permission to the City of Westminster to release my address to allow the public to view my home.

Signature of Applicant \_\_\_\_\_

Date \_\_\_\_\_

Please return to:

Community Services Dept.  
8200 Westminster Blvd.  
Westminster, CA 92683

**Community Services and Recreation Department  
Registration Information**

**Registration begins November 29, 2010**

*There are 3 easy ways to register for classes . . .*

**ON-LINE**

On-line registration is just a click away...

Please visit  
[www.activenet.active.com/westminster](http://www.activenet.active.com/westminster)

You will need to pay by credit card to register on-line.

**MAIL-IN**

Mail completed form & payment to:

Westminster Community Services & Recreation Department  
8200 Westminster Blvd.  
Westminster, CA 92683

Make checks payable to:  
**City of Westminster**

**WALK-IN**

Visit us...

Westminster Community Services & Recreation Department at 8200 Westminster Blvd.

7:30 a.m. – 5:30 p.m.  
Monday – Thursday  
7:30 a.m. – 4:30 p.m.  
Alternate Fridays

**General Information & Refund Policy**

- × No registration taken at classes.
- × Refunds will be issued approximately 4 weeks following the request.
- × Refunds must be requested before the end of the 2nd class meeting.
- × Activities canceled by the department will be given automatic refunds.
- × Please note: Due to the nature of the activities, there are no refunds on excursions, youth sports and aquatics.

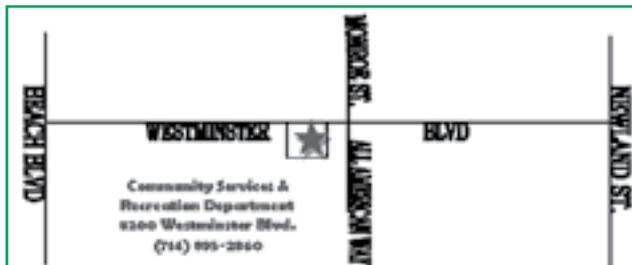
**SATISFACTION GUARANTEED**

The City of Westminster Community Services and Recreation Department is continually striving to provide the highest quality recreation activities, events and programs, and offers a money back guarantee on all our classes.

If you are not completely satisfied, before the end of the 2nd class meeting, tell us and we will arrange for you to:

- × Repeat the class at no charge, -or-
- × Transfer to a different class, -or-
- × Receive a full refund

Applications for refunds may be made in person, by calling (714) 895-2860, or in writing. Your suggestions and comments are appreciated; they will help us do the best job possible.



# Registration Form

City of Westminster Community Services & Recreation Department

All information is required. Please Print

Parent/Adult Name: First \_\_\_\_\_ Last \_\_\_\_\_

Birth \_\_\_\_\_

Address \_\_\_\_\_ Date \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Cell \_\_\_\_\_

Email address \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Name of Participant:		Birth Date	Sex	Activity Number	Name of Activity	Fee
First	Last					
<b>TOTAL FEES</b>						

Do any of the listed participants have any special needs, limitations, and/or allergies? Yes  No   
 If yes, please explain: \_\_\_\_\_

## Liability and Publicity Release

For and in consideration of permitting \_\_\_\_\_ to enroll in and participate in the recreational program entitled, \_\_\_\_\_ sponsored by the City of Westminster, Department of Community Services, the Undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, property damage or wrongful death occurring to him/herself arising as a result of participation in said recreational program or any activities incidental thereto wherever or however the same may occur and for whatever period said program may continue, and the Undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive, discharge and relinquish any action or cause of action, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute or present any claim for personal injury, property damage or wrongful death against the City of Westminster and its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

IT IS THE INTENTION OF \_\_\_\_\_ BY THIS INSTRUMENT, TO EXEMPT AND RELIEVE THE CITY OF WESTMINSTER AND THE RELATED PARTIES MENTIONED HEREIN, FROM ALL LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY THE NEGLIGENCE OF ANY PERSON OR ENTITY.

The Undersigned, for him/herself, his/her heirs, executors, administrators or assigns agrees that in the event any claim for personal injuries, property damage or wrongful death shall be prosecuted against the City of Westminster and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, he/she shall defend, indemnify and save harmless the same City of Westminster and the aforementioned related parties from any claim, cause of action, loss, liability, damage, lawsuit, cost or expense (including reasonable attorney's fees) by whomever or wherever made or presented for said personal injuries, property damage or wrongful death.

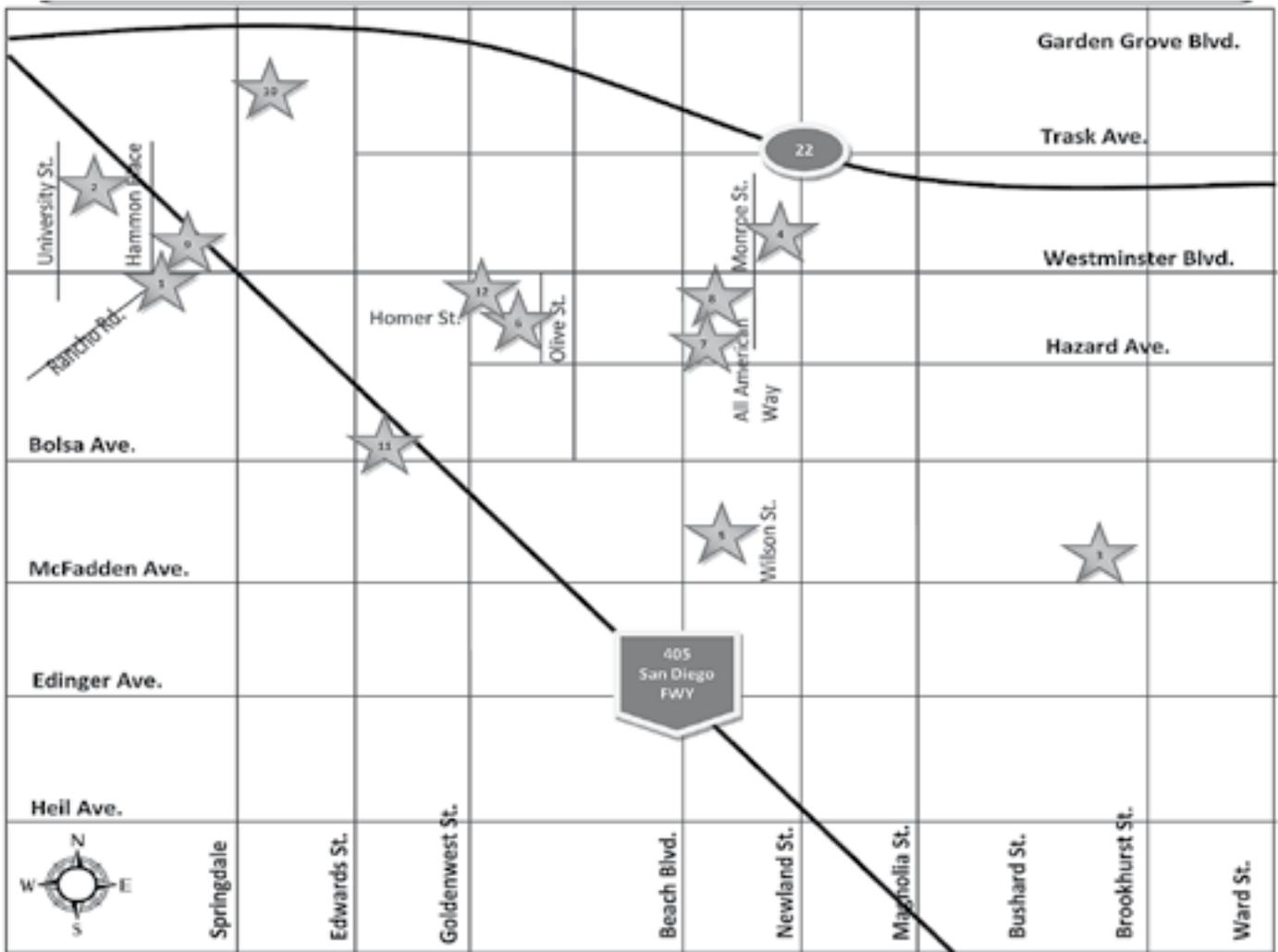
In case of accident or other emergency, the Undersigned hereby gives permission for the City of Westminster and/or its officers, officials, agents, contractors, volunteers, servants or employees, to obtain emergency medical treatment. The Undersigned further agrees to pay any costs incurred as a result of such treatment.

In addition, the Undersigned has been notified that participants involved in City-sponsored community service programs are subject to being photographed or videotaped, and he/she hereby gives permission for the City of Westminster to use such photographs or videotapes on City Department websites and to publicize and promote the City's programs.

The Undersigned acknowledges that he/she has personally read, understands, and voluntarily signs this release and waiver of all liability and indemnity agreement, is fully aware of the potential risks and hazards which are inherently involved in the specified community service program, and in any of the activities, appointments, meetings, or workshops incidental thereto, including but not limited to, any negligent acts performed by the City of Westminster and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, negligently created or maintained dangerous conditions of public property, weather conditions, equipment, machinery, playing conditions, other participants, on-site physical premises, structures or substantial works of improvement. The Undersigned voluntarily assumes all risks of loss, damage, or injury associated with his/her participation in the specified recreational program or any activities incidental thereto.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Parks & Recreation Facilities Legend



- |  |  |                                    |
|--|--|------------------------------------|
| <ol style="list-style-type: none"> <li>1. American Tiger Martial Arts &amp; Fitness</li> <li>2. Bolsa Chica Park</li> <li>3. Elden F. Gillespie Park</li> <li>4. Liberty Park</li> <li>5. Park West Park</li> <li>6. Sigler Park</li> <li>7. The Piano Place Music and Arts Center</li> <li>8. WCSB (Westminister Services &amp; Rec. Building)</li> <li>9. Wespac Dance Center</li> <li>10. Westminister ICE</li> <li>11. Westminister Mall</li> <li>12. World Class MMA Boxing</li> </ol> <ul style="list-style-type: none"> <li>• Carden Conservatory Multipurpose Room</li> <li>• Climax Rock Gym</li> <li>• Five Star Taekwondo School</li> <li>• Fountain Valley Music</li> <li>• Fountain Valley Recreation Center</li> <li>• Fountain Valley Senior Center</li> <li>• Garden Grove Community Meeting Center</li> <li>• Garden Grove Sports/Recreation Center</li> <li>• H. Louis Lake Sr. Center</li> <li>• New Hope Academy</li> <li>• Rancho Del Rio Stables</li> <li>• Stanton Community Center</li> <li>• West Grove Park</li> </ul> | <ul style="list-style-type: none"> <li>5845 Westminister Blvd.</li> <li>13660 University St.</li> <li>9801 McFadden Ave.</li> <li>13900 Monroe St.</li> <li>8301 McFadden Ave.</li> <li>2100 Plaza St.</li> <li>14441 Beach Blvd. #100 (714) 899-4823</li> <li>8200 Westminister Blvd.</li> <li>5905 Westminister Blvd. (714) 893-2623</li> <li>13071 Springdale (714) 518-3212</li> <li>1025 Westminister Mall</li> <li>14042 Locust St. (714) 892-3355</li> <li>5202 Clark Drive, Huntington Beach (949) 510-4569</li> <li>18411 Cothard St. Unit 1, Huntington Beach</li> <li>8851 Garden Grove Blvd. Suite 102, Garden Grove</li> <li>8740 Warner Ave., Fountain Valley (714) 963-2010</li> <li>16400 Brookhurst St., Fountain Valley</li> <li>12907 Bushard St., Fountain Valley (714) 839-8611</li> <li>11300 Stanford Ave., Garden Grove</li> <li>13641 Deodara, Garden Grove (714) 741-5200</li> <li>11300 Stanford, Garden Grove (714) 892-2099</li> <li>12270 New Hope St., Fountain Valley (714) 556-8050</li> <li>1570 So. Sanderson, Anaheim</li> <li>7800 Kabella Ave., Stanton (714) 529-9222</li> <li>5321 Cerulean, Garden Grove</li> </ul> | <p><b>*MAP IS NOT TO SCALE</b></p> |
|--|--|------------------------------------|

*Hold your next event at*  
**Westminister Community Services & Recreation Building**

Wedding Receptions  
 Meetings  
 Birthdays  
 and other special events

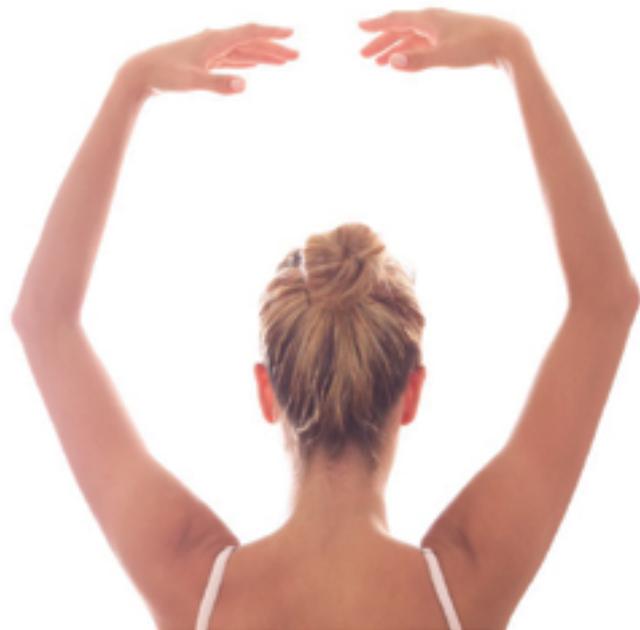
**8210 Westminister Blvd.**  
 Please call **714.895.2860**  
 For more information or visit  
[www.westminister.org](http://www.westminister.org)

# Stay in Shape this New Year!

KEEP YOUR NEW YEAR'S RESOLUTIONS THIS  
YEAR AND STAY ACTIVE WITH CLASSES!

BALLET	Page 12-14
HIP HOP	Page 12-13
YOGA	Page 21-22
TAI CHI	Page 22
MARTIAL ARTS	Page 23-25
SALSA 1 & 2	Page 12
YOUTH SPORTS	Page 6-7
GYMNASTICS	Page 26
ICE SKATING	Page 26-27
TENNIS	Page 28
BALLROOM & SWING	Page 11
ZUMBA DANCE FITNESS	Page 11

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1. Visit our Online Instruction Center  
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2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll** button. Follow the instructions to enroll and pay for your course. Here you will choose a username and password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with the username and password you selected during enrollment.

### Requirements:

All courses require Internet access, e-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

All instructor-facilitated online courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

### GRE prep I and II

This course covers all question types on the verbal and analytical sections of the GRE. We will discuss how to do your best on reading comprehension, analogies, sentence completions, antonyms, and logical and analytical reasoning questions. We will cover time saving techniques for both the paper based and computer administrations of the test.

### GMAT

Applying to graduate business and management schools usually means taking the GMAT. Taking this course will provide you with test-taking techniques and methods for improving your score and saving time on all GMAT question types.

### LSAT Prep I and II

Law school entrance procedures, law school survival techniques, test-taking techniques, analytical reasoning, and drafting diagrams are discussed in the first of this two-part series.

### SAT/ACT Prep I and II

So, you've decided you're going to college. Now you just need to take the entrance exams! This course will prepare you to take the verbal question types on both the ACT and the new SAT 2005. SAT/ACT Preparation Part I is designed to prepare you for the reading, English, and science sections of the ACT and the critical reading and writing sections of the new SAT 2005. You'll refresh your knowledge of verbal topics and learn techniques that can help you relieve test-taking anxiety.

**City of Westminster**

714.895.2860

**MORE COURSES AVAILABLE  
AT OUR ONLINE INSTRUCTION CENTER.**

[www.ed2go.com/westminstr](http://www.ed2go.com/westminstr)



**New Location: Sigler Park, 7200 Plaza St., Westminster, CA 92683**

**Services are offered in English, Spanish and Vietnamese**

*The Family Resource Center is a community collaborative:*



**The following Services are for FREE!**

- ◆ Family Advocacy
- ◆ Personal Empowerment Program
- ◆ Domestic Violence Counseling
- ◆ Information & Referral
- ◆ Parent Education Workshops
- ◆ Adoption Promotion & Support
- ◆ Family Reunification Services
- ◆ Dental Services
- ◆ Emergency Food Program
- ◆ Emergency Assistance Program (hygiene kits, diapers, food vouchers)
- ◆ After School Enrichment Programs
- ◆ Case Management Services
- ◆ Individual and Family Counseling

**Los siguientes servicios son ¡GRATIS!**

- ◆ Representación Familiar
- ◆ Programa de Superación Personal
- ◆ Consejería en Violencia Doméstica
- ◆ Información y Referencias
- ◆ Talleres de Educación para Padres de Familia
- ◆ Promoción y Apoyo para Adopciones
- ◆ Servicios para Reunificación de Familias
- ◆ Servicios Dentales
- ◆ Programa para recibir Alimentos
- ◆ Programa de Asistencia en Emergencias (paquete de higiene, pañales, cupones para comida)
- ◆ Programas para Después de Escuela
- ◆ Servicios de Administración de Casos
- ◆ Consejería Individual y para Familias

**Phục vụ MIỄN PHÍ những dịch vụ sau đây:**

- ◆ Bệnh Vực Gia Đình
- ◆ Chương Trình Đào Tạo Khả Năng Cá Nhân
- ◆ Cố Vấn Về Bạo Hành Trong Gia Đình
- ◆ Thông Tin & Giới Thiệu
- ◆ Hội Thảo Dành Cho Phụ Huynh
- ◆ Khuyến Khích & Hỗ Trợ Dịch Vụ Nhận Con Nuôi
- ◆ Dịch Vụ Đoàn Tụ Gia Đình
- ◆ Dịch Vụ Nha Khoa
- ◆ Chương Trình Thực Phẩm Khẩn Cấp
- ◆ Chương Trình Trợ Giúp Khẩn Cấp
- ◆ Chương Trình Sau Giờ Học
- ◆ Dịch Vụ Phụ Trách Các Vấn Đề
- ◆ Dịch Vụ Cố Vấn Cá Nhân Và Gia Đình

## *Holiday Donation Drive*

Every year the WFRC distributes Thanksgiving Food Baskets, Christmas Food Baskets and Toys to families in need that are in our community. These programs are made possible through donations from various individuals, groups, and organizations. You can make a difference in your community by supporting one or all of the following programs.

### *Thanksgiving and Christmas Food Basket Program*

You can donate the following items for a food basket. These items will be distributed to a family in need.

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 bag/box of pasta            | 1 can of pasta sauce              |
| 2 cans of green vegetables    | 2 cans of other vegetables (corn) |
| 1 small bottle of cooking oil | 1 small bag of rice               |
| 1 box of mashed potatoes      | 2 packets of gravy                |
| 1 box of stuffing             | 2 cans of fruit                   |
| 1 small box of crackers       | 2 packets of jell-o               |

And (1) \$20 gift card to a grocery store in Westminster

**Thanksgiving Food** Items must be delivered to the FRC by Monday, **November 15, 2010** in order to allow enough time for sorting and packaging.

**Christmas Food** Items must be delivered to the FRC by Friday, **December 17, 2010** in order to allow enough time for sorting and packaging.

### *Toy Drive*

Here is a great opportunity to get our youth involved in giving back to our community. Youth and their families can donate toy items for children ages 0-17 years old.

Gift Ideas:

- Game boards \* Puzzles \* Legos \* Barbies \* Sports Gear \* Purses \* Play-Doh \* Arts & Crafts \* Book \* Gift Baskets \* Movie Tickets \* Restaurant Gift Cards \* Skateboards \* Dollar Donations also accepted

### **Collection Site:**

Community Services & Recreation,  
8200 Westminster Blvd., Westminster, CA 92683

**November 1, 2010-December 17, 2010**