



The Monterey Park Cascades



Volume XVII, No. II

Citywide News for Business, Community and Education

March 2018

A Message from the Monterey Park Woman's Club

Monterey Park Woman's Club meets on the 2nd Wednesday of each month except for July and August at 10 a.m. and 7 p.m. Both meetings are at 440 S. McPherrin Avenue, Monterey Park in the Barnes Park Service Club House. Over 100 members strong, all working for good in the community. Come join us or contact us at montereyparkwomensclub@gmail.com.

Save the Dates for These Upcoming City Events

Mark your calendars now so you don't miss out on any of these popular city events:

- 21st Annual Cherry Blossom Festival, April 21-22.
- Earth Day Festival and Bike Rides, April 21.
- 36th Annual Cinco de Mayo Celebration, May 6.
- Play Days-Monterey Park's birthday celebration, May 10-13.
- Play Days Parade, May 12.

For more information on becoming a generous sponsor for- or a vendor at these special community events, or if your group would like to participate in the Play Days Parade, please contact the recreation department at 626-307-1388 or Recreation@montereypark.ca.gov.

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Monterey Park Fire Department Announces Community Emergency Response Team (CERT) Class Dates for Spring 2018



The next City of Monterey Park Community Emergency Response Team (CERT) session for spring 2018 will take place Thursday evenings from 6-10 p.m. on: April 12 & 26; May 24; and June 7, 14, 21 & 28.

CERT classes have customarily been held on Saturdays from 9 a.m. to 4 p.m. However, for spring 2018, a Thursday evening class is being offered. The session is followed by a disaster simulation drill. The training course is free to residents of Monterey Park and consists of:

- Utilities - Learning how and where to turn off gas meters, electricity, and water service if leaking or broken pipes are detected
- Putting out small fires using an extinguisher
- Certification on CPR and First Aid
- Helping triage victims by controlling bleeding, treating for shock, and providing basic medical aid

- Organizing yourself and volunteers to be effective towards aiding victims
- Collecting disaster intelligence to support first responder efforts.

Interested parties should complete an application which can be obtained on the city CERT webpage under the fire department tab. Submit via email or turn in a hard copy to the Fire Station 61 front office no later than March 1, 2018. For more information, please contact Captain Justin Birrell at jubirrell@montereypark.ca.gov or 626-307-1271. Station 61 is located next door to city hall at 350 W. Newmark Avenue, Monterey Park, CA 91754.

Environmental Commission Earth Day Festival, Eco-Summit and Bike Rides April 21

By Karl Wong, Monterey Park Environmental Commission



The Monterey Park Environmental Commission is gearing towards preparations for the upcoming Earth Day Festival and Bike Rides which will be held on Saturday, April 21, 2018 at Barnes Park. Monterey Park's annual Earth Day Festival has been conducted for the last ten years and serves to educate and raise awareness about environmental issues surrounding our residential and business community. The US Earth Day was originally founded on April 22, 1970 by U.S. Senator Gaylord Nelson to honor the Earth and as a first-hand environmental teach-in. It has since been celebrated annually across the country and the world in more than 193 countries.

Looking back at recent environmental events, we have witnessed much lower precipitation level during this winter; the unexpected amount of rains in 2017; the droughts that have caused, or at least perpetuated, wildfires across California; the weather-changing patterns that we all now experience on hand; and what our city has accomplished to curb the carbon emissions by means of supporting infrastructures through traffic alleviation, alternative transportation, renewable energy; and water conservation efforts, among other accomplishments. In the past year, our city has gone through selection of waste hauling services to further address the waste and recycling aspects of the environment. With all that has been done to this point, Monterey Park has proven to be sustainable and has been recognized by Money Magazine as one of America's best places to live and raise a family,

The April 21 Monterey Park Earth Day Festival will be celebrated with two kinds of bike rides featuring Family-Friendly and Hill Challenge Rides. Earth Day will feature as many as 20 different environmental vendors / organizations that will represent the various issues related to our city such as waste & recycling, utilities, water conservation, storm water, renewable energy, green



building, air quality, public & alternative transportation, national park, environmental agencies, and environmental education for the youths. The Eco-Summit will feature various environmental presentations and speakers.

The Bike Rides will start with onsite registration at 7 a.m., followed with the Hill Challenge Ride at 8 a.m., and the Family-Friendly Ride at 9 a.m. Pre-registration is recommended and available via www.eventbrite.com under "Monterey Park Bike Rides" and city website link to "Earth Day." At the conclusion of the bike rides, the Earth Day Festival and the Eco-Summit will follow and run from 11 am to 2 pm. The Earth Day Festival is a joint event with the Cherry Blossom Festival and will be a delightful, fun filled experience with entertaining games and giveaways...and an educative event for parents and children. All festivities are free and open to the public. Barnes Park is located at 350 S. McPherrin Avenue, Monterey Park, CA 91754. For more information, please visit www.MontereyPark.ca.gov.



CITY OFFICIALS

Stephen Lam, Mayor
 Peter Chan, Mayor Pro Tem
 Hans Liang, Council Member
 Mitchell Ing, Council Member
 Teresa Real Sebastian, Council Member

Vincent D. Chang, City Clerk
 Joseph Leon, City Treasurer

Ron Bow, City Manager
 Mark Hensley, City Attorney

CITY COUNCIL, COMMISSIONS, COMMITTEES AND BOARDS MEETING SCHEDULE

CITY COUNCIL

1st & 3rd Wednesdays, 7:00 p.m.
 City Hall Council Chambers

COMMISSION ON AGING

3rd Monday, 11:00 a.m.
 Langley Senior Center, 400 W. Emerson Ave.

BUSINESS IMPROVEMENT DISTRICT ADVISORY COMMITTEE

Quarterly, 3rd Thursday, 3:30 p.m.
 City Hall Room 266

COMMUNITY PARTICIPATION COMMISSION

3rd Tuesday, 6:00 p.m.
 City Hall Community Room

DESIGN REVIEW BOARD

1st & 3rd Tuesdays, 7:00 p.m.
 City Hall Council Chambers

ECONOMIC DEVELOPMENT ADVISORY COMMISSION

1st Tuesday, 7:00 p.m.
 City Hall, Room 266

ENVIRONMENTAL COMMISSION

2nd Tuesday, 6:00 p.m.
 Engineering Conference Room 153

LIBRARY BOARD OF TRUSTEES

3rd Tuesday, 7:00 p.m.
 Bruggemeyer Library

PERSONNEL BOARD

2nd Wednesday, 7:00 p.m.
 City Hall Council Chambers

PLANNING COMMISSION

2nd & 4th Tuesdays, 7:00 p.m.
 City Hall Council Chambers

RECREATION & PARKS COMMISSION

1st Monday, 7:00 p.m.
 City Hall Council Chambers

SISTER CITIES COMMISSION

Quarterly, 1st Tuesday, 7:00 p.m.
 Bruggemeyer Library

TRAFFIC COMMISSION

3rd Thursday, 7:00 p.m.
 City Hall Council Chambers

For more information please visit the community calendar at www.MontereyPark.ca.gov

Drop off unwanted items at the Barnes Park Service Clubhouse parking lot on Saturday, April 28, 2018

Drop off unwanted items at the Barnes Park Service Clubhouse parking lot on Saturday, April 28, 2018

Spring Cleaning Event

Saturday, April 28, 2018
 8 a.m.-2 p.m.

Barnes Park Service Clubhouse Parking Lot
 440 S. McPherrin Avenue, Monterey Park, CA 91754
 (enter on Harding Avenue).

how to dispose of those hazardous items call LA County at 800-98-TOXIC or visit www.CleanLA.com.

Additionally, the city will provide free paper shredding at the event. Paper shredding services will be provided on a first come, first served basis beginning at 8 a.m. until the truck is filled.

The City of Monterey Park and Athens Services are offering residents an opportunity to clean up their unwanted items that are cluttering space in the home, garage or basement. Used household appliances and fixtures, rugs, mattresses, broken toys and old clothing are examples of things that can be dropped off. Hazardous waste is not accepted. Electronic waste, such as a TV, is considered hazardous and will not be accepted. For information on

The April 28 spring cleaning event is a special, one-time free event. Residents can also have bulky items picked up from the curbside if they call Athens Services at 888-336-6100. Bulky item pick-ups must be pre-arranged through Athens Services. Any items left abandoned on the curb can be subject to a notice of violation from Monterey Park Code Enforcement. Please call the Monterey Park Public Works Department at 626-307-1320 for more information.

City Hall Frequently Used Phone Numbers

Mayor and City Council	626-307-1465
City Manager	626-307-1255
City Clerk	626-307-1362
City Treasurer	626-307-1488
Animal Control	626-307-1217
Aquatics/ Rec. Classes	626-307-1388
Building Division	626-307-1300
Business License	626-307-1338
Code Enforcement	626-307-1415
Community & Economic Development	626-307-1315
Dial-a-Ride	626-307-1396
Economic Development	626-307-1382
Engineering	626-307-1320
Finance	626-307-1348
Fire Department Admin	626-307-1262
Fire Dept. Ambulance	626-307-1423
Fire Prevention	626-307-1308
Graffiti Removal	626-307-1449
Housing Rehabilitation	626-307-1385
Human Resources	626-307-1334
Job Hotline	626-307-1446
Langley Senior Center	626-307-1395
Library	626-307-1269
Planning and Zoning	626-307-1315
Police (emergency only)	9 1 1
Police (non emergency)	626-573-1311
Police Comm. Relations	626-307-1215
Police Reports & Records	626-307-1211
Pothole Report Line	626-307-2585
Public Works	626-307-1281
Recreation & Community Services	626-307-1388
Recycling Hotline	626-307-1320
Risk Management	626-307-1437
Special Events	626-307-1390
Trash Collection (Athens Services)	626-336-6100
Tree Trimming	626-307-1292
Water Billing	626-307-1342
Water Dept. After Hours	626-307-1282
Weed Abatement	626-307-1415

For additional numbers please visit the city directory at www.MontereyPark.ca.gov

City Hall Hours

Monday-Thursday 7:30 a.m.-5:30 p.m.
 Friday 7:30 a.m.-4:30 p.m.

City Events Calendar

- March 5 Registration begins for spring recreation classes.
- March 7 Regular City Council Meeting, 7 p.m., City Hall Council Chamber.
- March 10 Smart Gardening Workshop, 9:30-11 a.m., Garvey Ranch Park.
- March 17 Free Compost Giveaway, 9 a.m.-12 p.m., Garvey Ranch Park.
- March 20 City Council Guests & Presentations Meeting, 6 p.m., City Hall Council Chamber.
- March 21 Regular City Council Meeting, 7 p.m., City Hall Council Chamber.

Regular city council meetings are held on the first and third Wednesdays of the month in the city hall council chamber, 320 W. Newmark Avenue, Monterey Park, CA 91754. For more city events please visit the event calendar at www.MontereyPark.ca.gov.

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 U.S. Team Head Coach

Guide to the Night Sky

By Tre Gibbs, Los Angeles Astronomical Society

Spring arrives at 9:15 a.m. on the morning of March 20. This is known as the vernal (or spring) equinox. The word equinox is a Latin term which means "equal night." On this day, Earth's northern and southern hemispheres both receive equal amounts of day and night, and as a visual testament to this occurrence, the Sun rises due east and sets due west – again, on this day only. The very next day, the Sun will rise and set just slightly north of due east and west, respectively, and our days will officially become longer than our nights. For our neighbors south of the equator (in the Southern Hemisphere), this day marks the beginning of autumn and the days there begin to get shorter while their nights get longer.

Back in the Northern Hemisphere, the Sun will continue to rise and set further north until June 21 - the summer solstice - at which point the Sun will stop moving north, turn around and start heading back south, reaching its midpoint on September 22 (the autumn equinox), then continuing on to its southern most point on December 21 (the winter solstice). The cycle continues, back and forth, on and on, and so it goes...

Earth's natural satellite, the Moon, is approximately 239,000 miles away from Earth and orbits our planet every 28 days or so. Our word "month" comes from "Moon," as does "Monday." The Moon also travels the same, narrow path in the sky as the planets, which makes the Moon a useful tool in finding the planets. Two full moons this month - just like January! One on the 1st and the other on the 31st. I guess "blue moons" aren't that rare after all.

The word "planet" is derived from the Greek word, "planeta" which means "wanderer." Ancient astronomers noticed that seven lights moved - or wandered - through the sky: The Sun, Moon, Mercury, Venus, Mars, Jupiter and Saturn, which is why we have seven days of the week. The other planets, Uranus and Neptune, require a telescope, or at least a good pair binoculars, to see them. Although planets do resemble stars, there are a few differences that help the novice skywatcher identify which is which. First of all, planets tend to be brighter than stars. Because they are brighter, they tend to be the first objects to appear as the sky darkens. This could be part of the reason why a lot of wishes are not coming true for people. Remember this poem?

"Star light, star bright, First star I see tonight, I wish I may, I wish I might, Have this wish I wish tonight."

You see, most people are wishing on planets rather than stars and thus, said wishes fail to come true. Another difference is that stars twinkle but planets do not. The reason? Planets are a lot closer to us than the stars and therefore appear as disks of light rather than pinpoints of light,



which are more susceptible to the bending and distortion from Earth's turbulent atmosphere. Our eyes detect that bending and distortion of light as "twinkling" or, if you prefer, the more scientific term, "scintillation."

Speaking of planets, Jupiter - the mighty King of the Gods, rises around 12:30 a.m. early in the month and around 11:30 p.m. at month's end, and will be the brightest thing in the eastern sky, after the Moon. On March 7, use the Moon to find Jupiter - on this night only, it will be the bright, steady light just to the right of the waning crescent. Mars and Saturn follow Jupiter, but not until three and four hours later, respectively. On the morning of March 10, the Moon will have positioned itself practically equidistant between Mars and Saturn. Although, at month's end, in the wee hours of March 31, the Moon will be gone and Mars will have caught up to Saturn, both rising in the ESE around 3:00 a.m. as a pair of cosmic "eyes" staring down at us... Mars to the right, Saturn to the left. Set your alarm clock and check it out, weather permitting!

Have a safe and wonderful change of seasons and, as always, keep looking up!

The Los Angeles Astronomical Society meets at Monterey Park's Garvey Ranch Observatory every Wednesday night, rain or shine, from 7-10 p.m. All members are eager to answer your questions and let you have a peek through our 8" telescope, weather permitting. Feel free to contact us, we would love to see you there. Address 781 S Orange Ave, Monterey Park, CA 91755; www.laas.org; Facebook www.facebook.com/losangelesastronomicalsociety; or phone 213-673-7355.

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For Sale \$1.25 Million
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753 Ridgecrest St. Monterey Park
4 beds/2.5baths 2,384 sqft
Prime location w/ amazing panoramic view.
Remodeled kitchen. Bright & spacious living room.

JUST SOLD!

Sold \$835,000
Listed \$778,000

2130 Abajo Dr. Monterey Park
3beds/3baths 1,824 sqft. Dazzling city lights view from living room, dining area, master bedroom & back yard. Remodeled bathrooms. Sharp move-in condition.

JUST SOLD!

Sold \$788,000
Listed \$788,000

1197 Brier Cliff Way., Monterey Park
Prime location at view lot.
Clean, well maintained 3bed/2bath, Den/Dining room 1500 Sqft.

JUST SOLD!

Sold \$745,000
Listed \$698,000

1374 S Isabella Ave., Monterey Park
Fantastic city lights view. Alh SD.
3 bed/ 2bath / 1,688 sqft.
Bright remodeled home w/ rare-find open concept.

JUST SOLD!

Sold \$675,000
Listed \$675,000

2193 College View Dr., Monterey Park
Located in Alh SD, Brightwood School/ Mark Keppel High school.
Clean, Spacious 3 bed/2bath, Family room 1728Sqft.

JUST SOLD!

Sold \$1,100,000
Listed \$1,130,000

782 Ridgecrest St. Monterey Park
Superior Location w/Panoramic View
Top of the Hill, few steps to the Sequoia Park
5bed/3bath/ 2620 sqft, Japanese Garden

JUST SOLD!

Sold \$768,000
Listed \$768,000

240 W. Markland Dr., Monterey Park
Beautifully remodeled,
4 Bed, 3Full Bath, Dining Room, Family Rooms
2638 Sq.Ft with Fantastic View

JUST SOLD!

Sold \$645,000
Listed \$598,000

849 Mira Valle St., Monterey Park
Totally Remodeled Beautiful House in Alh SD.
Brightwood School Dist. 2bed/2bath, Bonus room, view, Call us today to see it, before too tale.

JUST SOLD!

Sold \$430,000
Listed \$468,000

162 Casuda Canyon Dr. # F, Monterey Park
Desirable spacious unit. Alh SD. 2 bed / 2.5 bath/1,272 sqft.
Terrific floor plan w/ view of the large private patio from living room, dining area, & kitchen.

SOLD!

Sold \$965,000
Listed \$918,000

Triplex

120 N Sierra Vista St. Monterey Park
Triplex (2321 Sqft) on Lot 9607 Sqft
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Council Action Review

Regular Meeting of January 17, 2018

The meeting was called to order at 7:08 p.m., with a majority of council members present.

Presentations None.

The City Council acting on behalf of the Successor Agency

New Business

Agenda Item 2-A. Approved payment of warrants and adopted Resolution No. SA-146 of the Successor Agency to the former Monterey Park Redevelopment Agency allowing certain claims and demands per warrant register dated January 3, 2018 totaling \$16.53 and specifying the funds out of which the same are to be paid.

Agenda Item 2-B. Received and filed the monthly investment report for December 2017.

Agenda Item 2-C. Approve the minutes from the regular meetings of December 6, 2017 and December 20, 2017; and the special meetings of December 20, 2017, December 28, 2017 at 4:30 p.m., and December 28, 2017 at 6:00 p.m.

Agenda Item 2-D. Adopted Resolution No. SA-147 approving the Recognized Obligation Payment Schedule (ROPS18-19 A&B) for the period between July 1, 2018 – June 30, 2019; approved the Successor Agency Administrative Budget for July 1, 2018 – June 30, 2019; and directed staff to post and transmit the ROPS and Administrative Budget to the appropriate public agencies.

Resolution No. SA-147, entitled:

A RESOLUTION OF THE SUCCESSOR AGENCY TO THE MONTEREY PARK REDEVELOPMENT AGENCY ADOPTING RECOGNIZED OBLIGATION PAYMENT SCHEDULES PURSUANT TO HEALTH AND SAFETY CODE § 34177

Consent Calendar

Agenda Item 3-A. Approved payment of warrants and adopted Resolution No. 11984 allowing certain claims and demands per Warrant Register dated January 3, 2018 and January 17, 2018 totaling \$896,634.94 specifying the funds out of which the same are to be paid.

Agenda Item 3-B. Received and filed the monthly investment report for December 2017.

Agenda Item 3-C. Approved the minutes from the regular meetings of December 6, 2017 and December 20, 2017; and the special meetings of December 20, 2017, December 28, 2017 at 4:30 p.m., and December 28, 2017 at 6:00 p.m.

Agenda Item 3-D. The item for the 2016-2017 Comprehensive Annual Financial Report was continued, to the February 7, 2018 regular City Council meeting.

Agenda Item 3-E. Adopted Resolution No. 11985 authorizing the transfer of unclaimed monies into the City's General Fund pursuant to Government Code §§ 50050-50056 and Administrative Policy and Procedure No. 20-26.

Resolution No. 11985, entitled:

A RESOLUTION ESTABLISHING UNCLAIMED MONIES BE RECOGNIZED AS PROPERTY OF THE CITY OF MONTEREY PARK AND ORDERING ITS TRANSFER TO THE CITY'S GENERAL FUND PURSUANT TO GOVERNMENT CODE § 50053

Agenda Item 3-F. Waived the second reading and adopted Ordinance No. 2146 relating to Mobile Food Facilities.

Ordinance No. 2146, entitled:

AN ORDINANCE AMENDING MONTEREY PARK MUNICIPAL CODE TO ADD REGULATIONS GOVERNING MOBILE FOOD FACILITIES WITHIN THE CITY OF MONTEREY PARK

Agenda Item 3-G. Waived the second reading and adopted

Ordinance No. 2147 relating to accessory dwelling units.

Ordinance No. 2147, entitled:

AN ORDINANCE AMENDING TITLE 21 OF THE MONTEREY PARK MUNICIPAL CODE TO REGULATE ACCESSORY DWELLING UNITS IN ACCORDANCE WITH GOVERNMENT CODE §65852.2

Agenda Item 3-H. Waived the second reading and adopted Ordinance No. 2148 relating to regulating signs.

Ordinance No. 2148, entitled:

AN ORDINANCE AMENDING MONTEREY PARK MUNICIPAL CODE SECTIONS 21.24.650 AND 21.24.655 REGARDING REGULATION OF SIGNS

Public Hearing

Agenda Item 4-A. Opened the public hearing at 11:09 p.m. to consider the appeal by Councilmember Real Sebastian and Councilmember Ing of the Planning Commission Resolution NO. 13-17, approving a Conditional Use Permit (CUP-17-07) to allow a mortuary in the C-S (Commercial Services) Zone - 1965 Potrero Grande Drive #K; took testimonial and documentary evidence; closed the public hearing at 11:50 p.m.; and after considering the evidence, determined to uphold Planning Commission Resolution No. 13-17.

Old Business

Agenda Item 5-A. Authorized the City Manager to execute the Funding Agreement, in a form approved by the City Attorney, between the City and the Los Angeles County Metropolitan Transportation Authority (Metro) under the 2015 Call for Projects Grant Program for the Monterey Pass Road Complete Streets Bike Project (Project ID: F9502) in the amount of \$3,987,253; and accepted the funding received from Metro in the amount of \$1,993,627 and commit to provide the 50% local match in the amount of \$1,993,626, totaling to \$3,987,253.

RECESSED AND RECONVENED

The City Council recessed at 10:52 p.m. and reconvened with all council members present at 10:57 p.m.

Agenda Item 5-B. Authorized the City Manager to amend the current agreement with Raftelis Financial Consultants, Inc. for water, wastewater, and solid waste rate study for an additional \$49,190 in a form to be approved by the City Attorney.

Agenda Item 5-C. Authorized the City Manager to execute a public works contract, in a form approved by the City Attorney, with Color New Co. of Woodland Hills, CA, in the amount of \$51,000 for the Repainting of the Barnes Park Daycare Classroom, Garvey Ranch Park Daycare Classroom, and Additive Bid Alternate 2 (Police Department areas); and authorized the Interim Director of Public Works to approve change orders and contingency up to \$5,100 or 10% of the contract amount for this project.

Agenda Item 5-D. Introduced and waived first reading of an ordinance that repeals Monterey Park Municipal Code (MPMC) Chapter 9.60. regulating profanity in public. Second reading and adoption would occur on February 7, 2018.

Draft Ordinance:

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF MONTEREY PARK REPEALING CHAPTER 9.60 OF THE MONTEREY PARK MUNICIPAL CODE

New Business None.

Council Member Communications and Mayor/Council and Agency Matters

Discussion only – no action taken

Adjourned – 12:55 a.m.

STREET BEAT MONTHLY CRIME LOG

Addresses are identified by block number, not exact address.

January 2018

AUTO BURGLARY

- 400 S ATLANTIC BLVD
- 400 ELIZABETH AVE
- 1400 S ORANGE AVE
- 700 W GARVEY AVE
- 400 S ATLANTIC BLVD
- 700 S ATLANTIC BLVD
- 400 S ATLANTIC BLVD
- 100 S LINCOLN AVE
- 500 CASUDA CANYON DR
- 400 N ATLANTIC BLVD
- 2300 S ATLANTIC BLVD
- 1700 DORNER DR
- 100 N ATLANTIC BLVD
- 100 N NICHOLSON AVE
- 100 N NICHOLSON AVE
- 300 E MARKLAND DR
- 200 N LINCOLN AVE
- 500 SEFTON AVE
- 2200 S ATLANTIC BLVD
- 1400 PEBBLEDON ST
- 1900 POTRERO GRANDE DR
- 1900 POTRERO GRANDE DR
- 1900 POTRERO GRANDE DR
- 400 N SIERRA VISTA ST
- 900 S ATLANTIC BLVD
- 3600 RAMONA BLVD
- 600 W GLEASON ST
- 1500 SOLAR DR
- 2300 ROSCOMMON AVE
- 1600 W GARVEY AVE/ALH
- 400 ACKLEY ST
- 1500 COLLEGE VIEW DR
- 1500 COLLEGE VIEW DR
- 1200 GRAND VISTA WAY
- 2300 BLEAKWOOD AVE
- 1100 CREST VISTA DR
- 400 N ATLANTIC BLVD
- 400 EL MERCADO AVE

AUTO THEFT

- 1900 ISABELLA AVE
- 1300 DORNER DR
- 1700 COLLEGE VIEW DR
- 1000 COLLEGE VIEW DR
- 2200 S ATLANTIC BLVD
- 1000 HERSHEY AVE
- 100 ELECTRIC AVE
- 100 BALTIMORE AVE
- 100 E ARLIGHT ST
- 600 S GARFIELD AVE
- 300 N SIERRA VISTA ST
- 2000 S ATLANTIC BLVD
- 300 N GARFIELD AVE
- 500 N NEW AVE
- 500 N NEW AVE
- BRIGHTWOOD ST / CREST VISTA DR
- 700 W GARVEY AVE
- 300 BARRANCA DR
- 100 N ALHAMBRA AVE
- 300 W FERNFIELD DR
- E POMONA BLVD / S GARFIELD AVE

BURGLARY COM

- 1200 AVENIDA CESAR CHAVEZ
- 200 BLOOM DR
- 100 N LINCOLN AVE
- 400 S ATLANTIC BLVD
- 400 S ATLANTIC BLVD
- 1000 S ATLANTIC BLVD
- 2100 S ATLANTIC BLVD
- 2100 S ATLANTIC BLVD
- 200 CENTRE PLAZA DR

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- 500 W RIGGIN ST
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- 500 CASUDA CANYON DR
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- 100 N NICHOLSON AVE
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- 500 A LA MONT DRIVE
- 700 W GRAVES AVE
- 300 W MARKLAND DR
- 1900 S MC PHERRIN AVE
- 2100 S GARFIELD AVE
- 1300 ARROYO DR
- 200 CASUDA CANYON DR
- 600 S YNEZ AVE
- 200 CASUDA CANYON DR
- 800 HERSHEY AVE
- 1200 LANGLEY WAY
- 1500 RIDGECREST ST
- 1300 LOMA VERDE ST
- 200 E RIGGIN ST
- 1400 ARRIBA DR

ROBBERY

- 300 E GARVEY AVE
- 1600 BRIGHTWOOD ST



MONTEREY PARK BRUGGEMEYER LIBRARY

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 Fridays and Saturdays 10am - 1pm, Sundays 1pm - 5pm
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Women's History Month Sunday Programs

Celebrate Women's History Month at the library with a series of Sunday programs in March!

For more information about the programs, call the Reference Desk at 626-307-1368.

Women in History Film Program, Sunday, March 4, Friends Room, 1:30 pm:

Watch an Academy Award winning film about the true story of a team of female African-American mathematicians who served a vital role in NASA with the U.S. space program.

Women in History Program, Sunday, March 11, Friends Room, 2 pm:

Guest speaker Barbara Dunsheath will talk about the role of women in U.S. history.

Women in Film Program, Sunday, March 18, Friends Room, 2 pm:

Film producer Lisa Yang will introduce filmmaker Susan Zhou's short documentary film, "Crossing Donner Summit." The film tells the history of Chinese-American immigrants who built the first Transcontinental Railroad.

Library Storytimes

Storytimes for all age levels are held in the Library's Storytime Room and last 25-45 minutes. Children must be accompanied by an adult caregiver at all times. No registration is required.

Family Storytime (all ages): Monday at 7:30 pm, Tuesday at 7:30 pm, Wednesday at 4:00 pm

Preschool Storytime (ages 3-5): Tuesday at 12:00 pm

Baby Storytime (birth to age 2): Thursday at 10:00 am

Homework Help

Mondays, Tuesdays and Wednesdays from 3:30- 5:00 pm in the Children's Department

The Library offers free homework assistance to elementary school children during the academic year. Students may bring in assignments and receive help from high school volunteers. No registration is required but parents must remain with their children – this is not a drop off program.

Little Explorers

Thursday, March 1 at 11:00am or 11:30am in the Friends Room
 Infants through preschool aged children are invited to create tissue paper art and experiment with light tables! Children must be accompanied by an adult. Please wear play clothes that can get dirty, as some activities may be messy.

Homeschool Meetup

Monday, March 5, 12:30 – 1:30 pm in the Children's Department

Meet up with other homeschool families at the library to share ideas, discuss issues and meet new friends! No registration is required.

Afterschool Art

Thursday, March 8 at 3:00pm in the Friends Room
 Get creative at the library! Children ages 5-12 are invited to create fun and quirky landscapes inspired by James Rizzi.

Children's Computer Classes

Wednesday, March 14 at 3:30 pm in the Computer Lab
 Monthly computer classes for 7 - 12 year olds that will teach kids the basic computer skills they need to complete homework assignments. The program will last 45 minutes to an hour and no registration is required.

Tween Program

Thursday, March 15 at 3:00 pm in the Friends Room
 Children ages 8-12 will learn hand sewing techniques

that they will use to create their own drawstring bags to take home.

1,000 Books Before Kindergarten

The 1,000 Books Before Kindergarten program encourages parents and caregivers to read 1,000 books with their child before he or she enters school – a goal experts say helps prepare children to be successful readers once they enter school. Reading to children helps develop important literacy skills that provide a solid foundation for learning and academic success.

To participate:

1. Sign up at the Children's Desk of the Monterey Park Bruggemeyer Library to receive a 1,000 Books Before Kindergarten reading log and tote bag.
2. Read together and write the titles on the reading log. If you read a book more than once, you can record it each time. Books read at library storytime, at daycare, or books that are read by others to your child also count!
3. After each 100 books, bring your reading log to the library to:
 - Place your name on our Readers Board.
 - Collect your next reading log and receive a prize

Free Legal Assistance Clinics

Tuesday, March 13, Friends Room 6-8 pm
 Volunteer attorneys will be on hand to answer legal questions at free legal assistance clinics sponsored by the Asian Pacific American Bar Association (APABA). Volunteer attorneys will answer questions about immigration, criminal law, civil matters, estate planning, government benefits, labor and employment at the legal clinics. For more information and to register for the free legal assistance clinics call the Reference Desk at (626) 307-1368.

Monday Night Beginning Microsoft Word Class

Learn the basics on how to create documents with Microsoft Word using tabs, toolbars and buttons. Practice creating letters, memos, to do lists, and more. Classes will be held on Mondays, March 5, 12, 19, and 26 at 7 pm in the Computer Lab. To register for the free classes contact the Reference Desk or call (626) 307-1368.

Wednesday Morning Beginning Microsoft Word Class

Learn the basics on how to create documents with Microsoft Word using tabs, toolbars and buttons. Practice creating letters, memos, to do lists, calendars and more. Classes will be held on March 7, 14, and 21 on Wednesdays, at 10:30 am in the Computer Lab. To register for the free classes contact the Reference Desk or call (626) 307-1368.

March Open Computer Labs on Tuesdays

The open computer lab runs every Tuesday in the evenings from 7:00-8:30 pm. The lab is designed to offer reinforcement and practice time for adults in the library's computer classes and is also open for individual help with E-mail, Microsoft Word, Excel, and the Internet. A library staff member will be present to answer questions. There is no registration required, but seating is limited to a first-come, first-serve basis. For more information, contact the Reference Desk at (626) 307-1368.

March Afternoon Film Programs

Midweek Movie@ the Library
 Wednesday, March 7 at 3 pm in the Friends Room
 A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. The film, based on a popular Agatha Christie novel, is rated PG-13 and runs 114 minutes. Program Audience: Teens and Adults. Please contact the Reference Department for further information at (626) 307-1368.

Monthly Film Program @ the Library

Wednesday, March 21 at 2 pm in the Friends Room
 Free movie and snacks in the Friends Room. Watch a newly released feature film DVD or an award winning international film. Program Audience: Adults.

Enjoy eBooks Anytime, Anywhere with New Digital Book Service

Browse, borrow and enjoy digital books directly on your computer, tablet, or mobile device with the library's new digital collection. Enjoy best-sellers, classic literature, books for children and teens, and much more anytime and anywhere using your library card and internet access. Visit <https://scdl.overdrive.com/> and with your library card go to the sign in page, select Monterey Park Bruggemeyer Library and sign into your library branch. Borrowed eBooks and audiobooks can be enjoyed immediately in your web browser or can be downloaded to the free OverDrive app for mobile devices. Digital titles can also be enjoyed on tablets and eReader devices such as the iPad and Kindle. No matter how you plan to enjoy reading, titles will automatically expire at the end of the lending period. There are no late fees! This new free service is powered by OverDrive and is free with your library card. For more information about this new library service, contact the library at 626-307-1368.

Junior Friends Programs Fun Programs by Teens for Teens

Do you have the urge to create? Are you a tinker at heart? Come check out our GREEN-themed teen program on March 14 in the Friend's Room at 3 pm. The program is hosted by the Junior Friends, a teen volunteer organization at the library. For more information about the free program, contact the Reference Desk at (626) 307-1368.

Anime/Manga Club

Join the library's Teen Anime and Manga Club and watch the latest Anime releases, meet other Otaku and discuss new titles for the library. We meet on the fourth Wednesday of each month in the Friends Room from 3:30-5:00 pm. See you on March 28.

Extended Passport Hours!

Do you plan on travelling in the summer? Apply now for a U.S. passport! The Monterey Park Library will now be accepting passport applications on Sundays from 1 pm to 4 pm by appointment only. Submit your passport application well ahead of your planned travel dates in order to avoid possible delays. Residents can also take advantage of evening and Saturday appointments at the Library. Services are by appointment ONLY. Passport hours are: Monday and Tuesdays: 4 pm to 8 pm, Wednesdays and Thursdays: from 3 pm to 5 pm, Saturdays: 10 am to 12 pm, and Sundays: from 1 pm to 4 pm. Please call (626) 307-1357 for appointments and/or inquiries.

Join the LAMP Team of Volunteers!

Are you interested in giving back to the community of Monterey Park and have command of the English writing, reading and speaking skills? We are looking for motivated people who are interested in tutoring adult learners in the English Language via a one-to-one approach, a small group, or a full class if you are comfortable and qualified. On-going training and coaching will be provided for all volunteers. Give the gift that will last a lifetime by helping someone learn English so they can flourish and prosper in their communities. Contact Jose Garcia at (626) 307-1251 | jgarcia@montereypark.ca.gov for details and inquiries.



A & B SMOG TEST & REPAIR CENTER

501 E. Garvey Ave., #B-2 Monterey Park
 (corner of Sierra Vista St & Garvey)
 (626) 280-2678
 Open Monday to Friday 9am to 5:45 pm. Saturday 9am to 4pm



SMOG CHECK

STAR

\$36⁷⁵

+ State Certificate \$8.25
 Total \$45.00

Please bring your DMV Renew Papers

Smog Check

\$26⁷⁵

+ State Certificate \$8.25
 Total \$35.00

Please bring your DMV Renew Papers

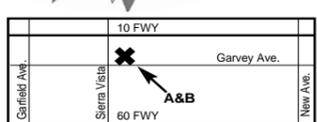
Price valid with this Coupon

Evap. Test FREE

WE CERTIFY ALL VEHICLES

• PASS or FREE RE-TEST

政府指定排煙檢查



Willie's Tires & Alignment



Free mounting, balancing & rotation, when you purchase 4 tires.

✓ Computerized Wheel Balancing

All Major Brands – Low Cost!

Wholesale & Retail

Over 1,400 tires in stock!

Computerized Four Wheel Alignment \$59⁹⁹

We Fix Flat Tires!

Brakes, Shocks, Struts, Front Suspension

Willie's Tires & Alignment

705 Monterey Pass Rd. Unit #B, Monterey Park
 Near the intersection of Monterey Pass Rd. & Vagabond Dr.

Open Mon. to Fri. 8 a.m. to 6 p.m. Sat. 8:30 a.m. to 4 p.m.

Tel # 323-604-0905 • Cell # 323-819-3337

www.williestire.com • info@williestires.com
 All Major Credit Cards Accepted

LANGLEY SENIOR CENTER

400 WEST EMERSON AVE., MONTEREY PARK CA 91754 PHONE (626) 307-1395 www.langleycenterconnection.com

MARCH DATES TO REMEMBER:

- March 7, 14, 21, 28—Notary Services, 11:30 am—3:00 pm
- March 12—Mature Driving Course, 8:00 am—4:30 pm
- March 13—St. Patrick's Day Lucky Dance & Lunch, 11:30 am—3:00 pm
- March 15—Garfield Health Center Health Screening, 12:00 pm—4:00 pm
- March 19—Commission on Aging Meeting, 11:00 am
- March 20—Blood Pressure Screening, 9:00am—11:00am
- March 20—Case Management Services, 10:00am—12:00noon
- March 22—Spring Wellness Health Day, 9:00am—2:00 pm
- March 22—Free Uber & Lyft Class Workshop, 2:00pm—3:00pm
- March 30—Free Legal Services (20 min appt), 10:00 am—12:00pm

UPCOMING EVENTS TO REMEMBER:

- April 20—AARP SmartTEK Workshop, 9:00 am—1:00 pm
- April 7, 14, 21, 28—Regal Medical Group Mah-Jong play, 9:00 am - 1:00 pm
- April 22—24th—Golden Nugget Hotel & Casino, Las Vegas Trip

NEW Dial-A-Ride Membership ID Card

- All Dial-A-Ride members will be issued a new ID Card.
 - Applications and photos will be taken on site
 - Valid current photo ID required
 - ID Cards cost \$5.00 for all registered members
 - After December 18th 費用 : \$ 5 . 0 0
- Call Dial-A-Ride to make your appointment!**
626-307-1395 or 626-307-1396



(626) 307-1396	J.Bautista@MontereyPark.CA.Gov
Dates Available:	Time:
January 26, 2018	2PM-3PM
February 22, 2018	2PM-3PM
March 22, 2018	2PM-3PM
Location: AB Room	Langley Center 400 W. Emerson Ave Monterey Park, CA 91754
Required:	1) Age 50 and up 2) Name & Phone # 3) Smartphone 4) Email Account 5) Credit / Debit Card

Langley Center BILLIARDS TOURNAMENT
MARCH 24, 2018
DODSOPEN 8AM | 9AM START
\$5.00 Registration Lunch Included
400 W EMERSON AVE
MONTEREY PARK, CA 91754
Registration Starts: February 05 2018
Registration Ends: March 07 2018
SIGN UP AT LANGLEY SENIOR CENTER
SPACE IS LIMITED
CALL FOR INFO: 626-307-1395

SENIOR LUNCH PROGRAM

Monday—Friday 11:00 a.m.—12:15 p.m.
Must be at least 60 yrs and older

Join us for a hot lunch meal in our Main Dining Room. Reservations must be made in advance on Monday from 8:00 a.m.9:15 a.m. for the following week. Suggested donation \$3.00

MEALS ON WHEELS

The Home Delivered Meals Program is available on a donation basis for qualifying homebound seniors that are delivered each weekday, or can be frozen meals that are delivered once per week. Please call the YWCA Intervale Senior Services at 626-214-9465 for information.

ACTIVITIES, SERVICES & WORKSHOPS

AARP SENIOR TECH WORKSHOP—April 20, 2018

Join us as AARP brings you FREE hands-on technology workshops in order to help you make the most out of your mobile devices. You do not have to be an AARP member.

BLOOD PRESSURE SCREENING - March 20, 2018

9:00am—11:00am, Provided by CVS Pharmacy and Chinatown Service Center.

NOTARY - Virginia Greene, a Notary Public with over 23 years of professional service is available to make your document life easier! Wednesdays, 11:30 am—3:00 pm. Appointments required—Call

BINGO - Every Friday from 12:30 P.M. - 4:00 P.M. Doors open at 11:00 A.M., everyone over 18 years of age is invited to play. No children are allowed.

BINGO - On the 1st, 2nd, 3rd and 5th Sunday of the month. Doors open at 10:30 A.M., everyone over 18 years of age is invited to play. No children are allowed.

BRIDGE - Contract or Duplicate - Mondays and Thursdays, 12:30 p.m. - 3:45 p.m. If you play contract Bridge and are looking for a good group to share an afternoon of bridge with, come join us.

MAH JONG - 12:00 p.m. - 4:30 p.m., Monday through Friday.

BALLROOM DANCE CLASSES
Glenn Yata, Instructor, Every Wednesday 6:30 p.m.—9:30 p.m. and Every Friday 7:30 p.m.—10:00 p.m. Learn the basics of ballroom dance and enjoy a wonderful evening with a classic instructor that will teach you fundamentals. Fee: \$5.00 per lesson

TUESDAY DANCE, 1:00 P.M. - 3:30 P.M., Dance to live music performed by Gary and Eric. \$2.50 per person.

JEWELRY AND WATCH REPAIR - Wednesday, 8:00 a.m. - 11:00 a.m., for repair or estimate.

TRANSPORTATION SERVICES

DIAL-A-RIDE
Service available Monday through Friday, 8:30 A.M.—4:00 P.M., (626) 307-1396. Free service for seniors 55 years of age and over, transportation within Monterey Park City limits, except for medical needs, and then into adjacent communities only.



什麼是耆英免費接送專車 (DIAL-A-RIDE)

耆英專車接送服務是免費的，專為蒙特利公園市居住的年齡在55歲以上長者或者是具有殘障需求的居民，提供

供蒙特利公園市內專車接送服務。因醫療方面的預約，蒙特利公園市居民還可享受專車接送服務到，阿罕布布市，蒙地貝婁市，聖蓋博谷市及其他洛杉磯郡附近相鄰的城市

MATURE DRIVER'S IMPROVEMENT—March 12, 2018

Class held from 8:00 A.M. - 4:00 P.M. Each senior must register in person with a valid California Driver's License. Seniors completing the 8-hour course will be certified and eligible to get a 5% to 10% reduction on their premiums. FEE of \$1.00 includes State Certificate of Completion. For information call (626) 307-1395.

METRO "TAP CARD"

TAP Cards are sold Mon. - Fri., 8:30 A.M. - 4:30 P.M. and Saturday—Sunday from 8:00am—1:00pm! To receive the City's discount, you must be 62 or older and have proof of Monterey Park residency, which must include identification with name and address imprinted, such as a Driver's License, DMV ID Card, and a valid "TAP CARD". Senior Citizen/Handicapped monthly fee is \$20 non-residents or \$17 for Monterey Park residents.

SENIOR CLASSES - FREE

AMERICAN CULTURE

Explore American life and language. Paul Cheng, Instructor
Thursday, 1:00 P.M.—4:30 P.M.

BEADING CLASS

Small fee for materials used. Francis Lau, Instructor
Monday, 9:00A.M.-11:00A.M.

CHINESE PAINTING

Small fee for materials used. Ping Wen Chiang
Thursday, 9:30A.M.-11:45 Noon

CHINESE BRUSH PAINTING (Tentatively Cancelled)

ENGLISH CONVERSATION

Refine your English language skills in conversation with other students.

Betty Cheng, Instructor

Thursday, 9:15 A.M.-11:30 A.M.

KARAOKE

Betty Cheng, Instructor

Tuesday, 9:00 A.M. - 12 Noon

NEEDLE CRAFT WORKSHOP

Sew or knit with friends learning new skills or sharing your designs.

Tuesday, 9:00A.M.-11:00A.M.

LINE DANCING - Main Room

Beginning: Friday 8:45 A.M. - 10:00 A.M.

Instructors: Jeannie Chau, Sandra Lin, Beryl Shieh

Advanced: Monday and Tuesday, 10:00 A.M. - 11:00 A.M.

Instructors: Jeannie Chau, Mary Chan, Beryl Shieh

Beginner: Friday - 9:00 A.M. - 11:00 A.M.

Class Room 2

YUAN CHI DANCE/TAI CHI EXERCISE

Sandra Lin and Rosa Yee, Instructors

Monday - Tuesday, 8:00 A.M. - 10:00 A.M.

Wednesday - Thursday, 8:00 A.M. - 10:30 A.M.

MEMORY MAKERS FITNESS

Includes Yuan Chi Dance, Line Dance and Tai Chi Exercises

Sandra Lin and Rosa Yee

Saturday, 9:00 A.M. - 11:00 A.M.

FRIENDSHIP CHORUS

Director: Prof. Ping Qiao

Wednesday, 9:30 A.M. - 12:00 Noon

CHINESE EVERGREEN CHORUS

Director: Delly Chow

Wednesday, 1:00 P.M. - 3:00 P.M.

CHINESE OPERA

Instructor: Fuller Chen

Monday, 9:00 A.M. - 12 Noon

CHINESE OPERA

Friday, 9:00 A.M. - 12 Noon

MONTEREY PARK CHORUS

Wei Pu, Conductor Monday, 7:00 P.M. - 9:00 P.M.

MONTEREY PARK CONCERT BAND

Monday, 7:30 P.M. - 9:15 P.M., Monthly fee

SPRING SESSION BEGINS

APRIL 2, 2018—JUNE 22, 2018

REGISTER ON-LINE OR AT LANGLEY CENTER

CARDIO DANCE & CORE FITNESS EXERCISE

A total workout, combining all elements of fitness cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class! This Zumba class includes 15 minutes of core exercises prior to the start of class. Bring a water bottle and mat to each class.

4215.417 Wed 6:30 P.M.—7:30 P.M. \$45.00

CHAIR FITNESS EXERCISE

Aerobic movement, strength training, exercises for joint mobility and stretching all performed in a seated position. Perfect for students with balance issues or those recovering from an illness or injury. This wellness course blends yoga, breath work, strength building and most importantly brain charging exercises!

4215.401 Tues/Thur 1:15 P.M. - 2:15 P.M. \$50.00

4215.419 Tues 1:15 P.M. - 2:15 P.M. \$30.00

4215.402 Thur 1:15 P.M. - 2:15 P.M. \$30.00

FITNESS AFTER 50

Heart healthy low impact aerobic movement, strength training and flexibility all wrapped into one class. Each session is a head-to-toe workout designed to improve your balance, muscle tone and posture! Bring a water bottle, one pair of hand weights (2lbs-5lbs) and a resistance band (may be purchased in class for \$4.00) to each class. Wear comfortable clothing and athletic shoes.

FITNESS AFTER—BEGINNING LEVEL

4215.403 Mon/Wed 1:00 P.M.- 2:30 P.M. \$55.00

4215.434 Mon 1:00 P.M.—2:30 P.M. \$38.00

4215.433 Wed 1:00 P.M.—2:30 P.M. \$38.00

FITNESS AFTER 50 - INTERMEDIATE CLASS

4215.404 Fri 10:00 A.M.- 11:00 A.M. \$38.00

FITNESS AFTER 50 - ADVANCE CLASS

4215.412 Mon/Thur 2:45 P.M.- 4:15 P.M. \$50.00

4215.406 Mon 2:45 P.M.- 4:15 P.M. \$38.00

4215.409 Thur 2:45 P.M.- 4:15 P.M. \$38.00

LATIN DANCE

Learn to dance Salsa, Meringue, Cha Cha, Rumba and other Latin dances with easy to follow steps and routines. Our afternoon class is for everyone from absolute beginners to seasoned dancers, and you don't need a partner!

4215.311 Fri 11:00 A.M.—12:00 P.M.\$50.00

LATIN DANCE

Learn to dance Salsa, Merengue, Cha Cha, Rumba and other Latin dances with easy to follow steps and routines. Our Friday afternoon class is for everyone from absolute beginners to seasoned dancers and you don't need a partner!

5 Weeks—1st Session: April 6—May 4, 2018

4215.431 Fri 1:00 P.M.—2:00 P.M. \$42.00

5 Weeks—2nd Session: May 11—June 8, 2018

4215.432 Fri 1:00 P.M.—2:00 P.M. \$42.00

YOGA

This easy to follow class is designed for all levels that use special breathing and strength building yoga posture. A modified version is simultaneously demonstrated for those with limited flexibility and strength. Students can do the class in the chair or standing with or without shoes.

4215.416 Tues and 2:30P.M. - 3:30P.M. \$55.00

Thurs 12:00P.M.—1:00P.M.

4215.434 Tues 2:30 P.M.—3:30 P.M. \$38.00

4215.415 Thur 2:30 P.M.—3:30P.M. \$38.00

YOGA SCULPT

Yoga Sculpt combines yoga and light weight training to tone the full body. Using traditional Hatha and Vinyasa Yoga poses with weight training moves, you will firm, tone and elongate the muscles and joints with the added benefit of improved bone density. Class is standing moves with part of the class in a chair. Bring light hand weights.

4215.425 Sat 10:00 A.M.— 11:00 A.M. \$42.00

ZUMBA GOLD

Dress to sweat in this low impact, easy to follow, Latin-inspired dance fitness party that keeps you in the groove of life! Some of the dance styles include: Meringue, Salsa and Cumbia. Instructor is Zumba and Zumba Gold licensed.

4215.407 Tues 12:00 P.M.— 1:00 P.M. \$42.00

ZUMBA DANCE (NEW CLASS)

Join your friends for an evening exercising to Latin inspired dance that will help you strengthen your heart while moving and dancing to Latin and pop music! Zumba and Zumba Gold licensed.

Instructor: Lupe Farias

4215.422 Tues/Thurs 5:30 P.M.—6:30 P.M. \$45.00

PING PONG, BILLIARDS AND FITNESS ROOM

Open Play—Monday to Friday 8:00 A.M.— 4:45 P.M.

Saturday and Sunday 8:00 A.M.-1:45 P.M.

Our fitness center provides seniors with a safe and comfortable workout environment. Equipment is available for cardiovascular and strength training. Comfortable clothes and athletic shoes required at all times.

4602.401 Monday—Friday 6:00 A.M.—8:00 A.M. \$39.00

4602.406 Monday—Friday 5:30 P.M.—7:00 P.M. \$30.00

4602.405 Monday—Friday 7:00 P.M.—9:00 P.M. \$39.00

TRIPS & TOURS

TOUR DESK IS OPEN Monday—Friday 8:00am—5:00pm

Trips and Tours are for senior citizens 50 years and older only.

Trips are limited on a first-come, first served basis. For more information or to make a reservation, contact 626-307-1478 Or register online at www.montereypark.ca.gov

The Getty Center Museum

March 20, 2018 9:00 am—5:00pm

Check-In Time 8:30 am

Cost—FREE

Explore the visual arts collection, exhibits, architecture and wondrous gardens of the J.Paul Getty Museum at this world renowned hidden gem located in Los Angeles. Dine in one of the full-service restaurants or enjoy a picnic lunch at the self-service café. Limited seats available.

Golden Nugget Hotel & Casino, Las Vegas, Nevada

April 22—24, 2018 2 nights & 3 days (Sun-Tues)

Check-in Time: 8:30 am Return approx 4:00 pm

Cost \$130.00 per person, Double Occupancy

\$170.00 per person, Single Occupancy

Exciting overnight road trip to enjoy a classic Vegas strip-style accommodations, shark-filled pool and popular restaurants at the newly renovated hotel rich on comfort and fun in Downtown Las Vegas! Deluxe room with one or two beds for 2 night stay, all taxes included.



Residents of Monterey Park

FREE COMPOST



Saturday, March 17, 2018
9:00 am to 12:00 pm
 Garvey Ranch Park
 751 S. Alhambra Ave., Monterey Park, CA 91755
 (service road off Alhambra Ave.)



Athens' compost is a blend of organics material including a mix of green waste, wood waste, and food scraps.* Our compost is OMRI Listed® and licensed by the California Department of Food and Agriculture. (*May contain small particles of glass.)



- ▶ **MONTEREY PARK RESIDENTS ONLY** (ID OR BILL REQUIRED)
- ▶ **BRING SHOVELS, DOLLY, AND STURDY CONTAINERS** (SELF-SERVICE EVENT)
- ▶ **NO PLASTIC BAGS ALLOWED**
- ▶ **WHILE SUPPLIES LAST** (30 GALLON LIMIT FIRST HOUR)
- ▶ **NO CONTAINER LARGER THAN 32 GALLONS** DUE TO SAFETY & WEIGHT CONCERNS
- ▶ **DRIVE UP ONLY (NO WALK-INS)**
- ▶ **GLOVES AND EYE PROTECTION RECOMMENDED**

Participation in the event and all items accepted are at your own risk. It is the attendees' responsibility to practice safe lifting and take all protective measures to guard against injury or any other loss.

Athens Services CS@athensservices.com (888) 336-6100 AthensServices.com

SPRING CLEANING DAY

DROP-OFF EVENT

SATURDAY
APRIL 28TH, 2018
 8AM TO 2PM



- BULKY ITEMS** ✓
Includes Furniture, Rugs, Mattresses, and Appliances
- PAPER SHREDDING** ✓
Free services provided by the City of Monterey Park. First come, first served.
- NO ELECTRONIC WASTE** ✗
No Televisions, Printers, Computers, Power Cords, or Other Electronic Devices
- NO HAZARDOUS WASTE** ✗
No Batteries, Bulbs, Paint, Oil, Medical, Toxic, or Liquid Waste

FREE EVENT
SATURDAY, APRIL 28TH, 2018
 8AM TO 2PM

BARNES PARK SERVICE CLUB HOUSE
 440 S MCPHERRIN AVE, MONTEREY PARK, CA 91754
 (ENTRANCE ON HARDING AVE.)

* Local Monterey Park Only (Proof of residency and address required)

888-336-6100 AthensServices.com

you're invited to a free Smart Gardening Workshop

Saturday • March 10, 2018 • 9:30 am - 11:00 am



Learn backyard composting, water-wise gardening, worm composting, and grasscycling. No reservations needed.

Bring friends and neighbors!



Compost bins will be available for purchase at a discount after you attend the workshop by cash or check.

- \$40** (\$100 value)
Backyard Compost Bin
- \$65** (\$140 value)
Worm Compost Bin (includes worms)



Garvey Ranch Park
 751 S Orange Ave
 Monterey Park

1(888)CLEAN LA CleanLA.com smartgardening.com

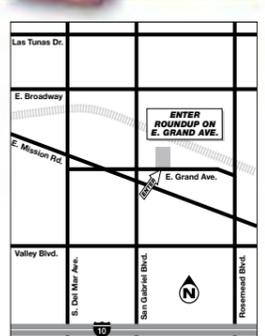
TOO TOXIC TO TRASH



FREE Household Hazardous & E-Waste Recycling Roundup

SATURDAY, MARCH 3 • 9AM - 3PM

City of San Gabriel Public Works Yard
 917 East Grand Avenue • San Gabriel



- Bring items in a sturdy box, preferably in their original labeled containers.
- Limit of 15 gallons or 125 pounds of hazardous waste per trip.
- No business waste accepted.
- No explosives, ammunition, radioactive materials, trash tires, large appliances like refrigerators, stoves and washing machines or controlled substances.



(888) CLEAN-LA • CleanLA.com • lacsd.org • 1(800) 238-0172

PUBLIC WORKS LOS ANGELES COUNTY

SANITATION DISTRICTS OF LOS ANGELES COUNTY

Event serves the cities of Alhambra, East San Gabriel, El Monte, Montebello, Monterey Park, Rosemead, San Gabriel, San Marino, South Pasadena, South San Gabriel, and Temple City.

Recreation and Community Services Department

Spring



CLASSES AND PROGRAMS

Online and Walk-in Registration Begins Monday, March 5, 2018 at 7:30 a.m. at www.MontereyPark.ca.gov or 320 W. Newmark Avenue, Monterey Park, CA 91754

ART CLASSES

Cartoon Drawing

Help kids and young teens develop their creativity, imagination, and artistic skills through comics and cartooning. Painting technique include: watercolor, color pencil, oil painting, acrylic painting, crayons, and gouache. Students will learn the basic in drawing, character design, composition, storytelling, page layout, and publishing.



Apple Yuk, Barnes Park Service Club

10 weeks: April 6 – June 8, 2018 Fees: \$159
1512.401 Friday 3:30pm – 5:30pm

WATERCOLOR PAINTING

Watercolor Painting is fun and relaxing. Join us as we paint bright & beautiful watercolors from photos. This is an adult class and is geared for beginning, intermediate, and advanced students. Students are responsible for any/all art supplies.



Peter Morris, Barnes Park Service Club

10 Weeks: April 3, 2018 – June 5, 2018
Fees: \$52.00 18yrs & Up
1510.401 Tuesday 6:30-8:30pm

ART AND CRAFTS

Students will learn various crafts using the latest materials: Wall Art, Greeting Cards, 3D Pictures, Jewelry, Clay, Holiday, Projects, Ribbon Embroidery, Stained Glass, Paper Sculpture and much more!

Marlene Cardinali, Barnes Park Service Club

12 Weeks: April 5, 2018 – June 21, 2018
Fees: \$49.00
1509.401 Thursday 9:00am-12:00pm

Belly Dance

This is where all new dancers start. This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength. You must have a working knowledge of the material in the intro class to move into the intermediate drills. This class is drop in friendly.



Apple Yuk, Barnes Park Amphitheatre

10 weeks: April 7, 2018 – June 10, 2018
Fees: \$120 4yrs – 17 yrs
1422.403 Sunday 3:00pm – 4:00pm

Salsa

Salsa is the most popular latin dance. Salsa dancing introduces students to the rhythm and timing of the music. This class will teach student beginner level salsa steps, while instructing students in technique, musicality and styling. Students will learn the choreography that focuses on arm and leg styling, body isolation technique, footwork, hand and foot placements.

Apple Yuk, Barnes Park Amphitheatre

10 weeks: April 1, 2018 – June 3, 2018
Fees: \$120 4yrs – 17 yrs
1422.404 Sunday 1:00pm – 2:00pm

Swing Dance

Swing dance is a lively style of social dancing that developed with the swing style of Jazz music. Swing dance is characterized by lots of swinging and jumping movement. It is a quick, fast paced dance. Swing dance is energetic and lots of fun, students are going to have the chance to add their personal style and expression with the swing basic steps and patterns.

Apple Yuk, Barnes Park Amphitheatre

10 weeks: April 1, 2018 – June 3, 2018
Fees: \$120 4yrs – 17 yrs
1422.405 Sunday 2:00pm – 3:00pm

Hip Hop Dance for Kids

Learn various styles of dances from basic include but not limit to K-pop, Hip-hop, and Jazzy. Improve body coordination, sense of rhythm, and flexibility. Performance opportunity is offered for all students. Class is held in a fun and supportive environment

Apple Yuk, Barnes Park Amphitheatre

10 weeks: March 31, 2018 – June 2, 2018
Fees: \$120
1422.402 Saturday 4:00pm – 5:00pm

Hip Hop Dance for Teenagers

Learn and explore various styles of dances include but not limit to K-pop, Hip-hop, and Jazzy. Class include warm up to improve body coordination, sense of rhythm, and flexibility. Performance opportunity is offered for all students. Class is held in a fun and supportive environment, everyone is welcome.

Apple Yuk, Barnes Park Amphitheatre

10 Weeks: March 31, 2018 – June 2, 2018
Fees: \$120
1422.401 Saturday 5:00pm – 6pm

Chinese Classic Dance-Dunhuang Dance/

Fan Dance/ Folk / Ethnic

Chinese Dance- New Class

Perfect for the younger student, this class is designed as an introduction to dance. Learn the elegant ritual dances of the Imperial Palace, including dances using highly refined hand gestures, flowing silk sleeves, or colorful fans. The class will explore movement through music, stimulate students' imagination and promote creativity. It will also give them an understanding of the classroom community, improve social skills and develop fine motor skills all while having fun!



Apple Yuk, Barnes Park Amphitheatre

Fees: \$120/ 10 weeks-
April 1, 2018 – June 10, 2018 - Age: 5yrs-12yrs
1422.407 Sunday 12:00PM-1:00PM

Beginner Ballet Dance – New Class

Students will learn classical ballet techniques and terminology. Each class includes barre exercises, center floor work, and across-the-floor combinations. The ballet curriculum is based on a combination of the French, Vagonova and Cecchetti methods as students progress through each level curriculum will become increasingly more complex and intricate



Apple Yuk, Barnes Park Amphitheatre

Fees: \$120/ 10 weeks- April 1, 2018 – June 10, 2018
Age: 5yrs-7yrs
1422.408 Sunday 11:00AM-12:00PM

Ballet/ Tap/ Jazz

This combo Dance class is fun, fun, fun for both boys and girls. Basics to intermediate, traditional to contemporary music! Creates great self-esteem with opportunities to perform.

Laura Torres, Barnes Park Amphitheatre Dance Room

Monthly: April, May, June 2018
Fee: \$50 monthly Ages: 7-12 years
1421.410 Apr Tuesday 5pm-6pm
1421.411 May Tuesday 5pm-6pm
1421.412 Jun Tuesday 5pm-6pm

Ballet & Cardio

This dance class mixes graceful art of ballet with a fast paced cardio workout. You will be learning dance

DANCE CLASSES

technique that applies to each exercise. Beginner to intermediate levels.

Laura Torres, Barnes Park Amphitheatre Dance Room

Monthly: April, May, June 2018

Fee: \$50.00 or \$60.00 (both classes- includes Jazz & Hip Hop)

Ages: 12 years – Adult

1421.401	Apr- beg/inter	Tuesday 6pm- 7pm
1421.402	May- beg/inter	Tuesday 6pm – 7pm
1421.403	Jun- beg/inter	Tuesday 6pm – 7pm

Jazz & Hip Hop

Upbeat jazz & Hip Hop with the latest movements, music and styles. Each class will include dance warm-ups & technical training in each form. Dance steps & Choreography will be introduced as well as dance routines for performances. Dance creates self-esteem, creativity, strength & exercise. Dance is fun!

Laura Torres, Barnes Park Amphitheatre Dance Room

Monthly: April, May, June 2018

Fee: \$50.00

Ages: 12 years – Adult

1421.404	Apr – beg/inter	Tuesday 7pm – 8pm
1421.405	May – beg/inter	Tuesday 7pm -8pm
1421.406	Jun – beg/inter	Tuesday 7pm – 8pm

Ballet & Cardio / Jazz Hip Hop- Both Classes -- \$60

1421.407	Apr-beg/inter	Tuesday 6pm-8pm
1421.408	May-beg/inter	Tuesday 6pm-8pm
1421.409	Jun-beg/inter	Tuesday 6pm-8pm

Tippi Toes Baby Ballerina and Me (1.5 – 3 years old)

Music, movement, balance and the basic dance steps are introduced to boys and girls in a fun, friendly and positive manner during this 30 minute class. Mom, dad or another loved one participates in the class along with the little dancer. We will enjoy watching these dancers learn and grow through the year! Class begins with circle time then continues with high-energy, kid-friendly music which incorporates basic choreography. Boys & girls will do activities across the floor and class is completed with a sticker and a high five! More Info: www.TippiToesDance.com

Instructor- Tippi Toes Staff

Barnes Park Amphitheater Dance Room (Thur) Barnes Park Service Club (Sat)

Sessions: 8 Weeks

Fee: \$90

Ages: 1.5 - 3 years old

1408.402	April 7 - May 26 (*no class May 19th)
	Saturday 10:00am – 10:30am
1408.404	June 9 - August 4 (*no class July 7th)
	Saturday 10:00am – 10:30am
1408.415	April 5 - May 24
	Thursday 5:00pm – 5:30pm
1408.417	June 7 - August 2 (*no class July 5th)
	Thursday 5:00pm – 5:30pm

Tippi Toes Ballet, Tap & Jazz Level 1 (3 – 4 years old)

Ballet, Tap & Jazz dance classes offered for children 3 - 4 years old. This class incorporates an even mix of ballet, tap & jazz during the 45 minute class time using high-energy music. Your ballerina will have a blast learning basic dance techniques while using their imagination and building confidence. Class begins with circle time then continues with high-energy, kid-friendly music which incorporates ballet, tap & jazz choreography. Boys & girls will do activities across the floor and class is completed with a sticker and a high five! Ballet slippers recommended More Info: www.TippiToesDance.com Optional Spring Recital May 19, 2018

Instructor- Tippi Toes Staff

Barnes Park Amphitheater Dance Room

Sessions: 8 Weeks

Fee: \$100

Ages: 3 - 4 years old

1408.405	April 7 - May 26 (*no class May 19th)
	Saturday 10:45am- 11:30am
1408.407	June 9 - August 4 (*no class July 7th)
	Saturday 10:45am- 11:30am
1408.418	April 2 - May 21
	Monday 4:45pm-5:30pm
1408.420	June 4 - July 30 (*no class July 2nd)
	Monday 4:45pm-5:30pm

Tippi Toes Ballet, Tap & Jazz Level 2 (4 – 6 years old)

Ballet, Tap & Jazz dance classes offered for children 4 - 6 years old. This class incorporates an even mix of ballet, tap & jazz during the 45 minute class time using high-energy music. Your ballerina will have a blast learning dance techniques while using their imagination and building confidence. Class begins with circle time then continues with high-energy, kid-friendly music which incorporates ballet, tap & jazz choreography. Boys & girls will do activities across the floor and class is completed with a sticker and a high five! *Ballet slippers recommended More Info: www.TippiToesDance.com Optional Spring Recital May 19, 2018



Instructor- Tippi Toes Staff
Barnes Park Amphitheater Dance Room
Sessions: 8 Weeks
Fee: \$100 **Ages: 4 - 6 years old**
 1408.409 April 5 - May 24 Thursday 5:45pm – 6:30pm
 1408.421 June 7 - August 2 (*no class July 5th) Thursday 5:45pm – 6:30pm

Tippi Toes Hip-Hop/Pop (5 – 12 years old)

Hip Hop/Pop dance classes created especially for children 5 - 12 years of age. Using popular and current music the students start learning dances and choreography quickly as well as learning various dance elements. Our version of hip hop/pop dance is extremely tasteful and clean and our priority is offering age-appropriate material. More Info: www.TippiToesDance.com Optional Spring Recital May 19, 2018

Instructor- Tippi Toes Staff
Barnes Park Amphitheater Dance Room
Sessions: 8 Weeks
Fee: \$100 **Ages: 5 - 12 years old**
 1408.411 April 2 - May 21 Monday 5:45pm – 6:30pm
 1408.426 June 4 - July 30 (*no class July 2nd) Monday 5:45pm – 6:30pm

Tippi Toes – Tippi Pro (5 – 9 years old)

This ongoing monthly class is offered for children 5 - 9 years old or previous experienced Tippi Toes students. Ballet and Jazz dance class for our dancers who are ready for a bit of a challenge, while still keeping the fun, positive atmosphere of Tippi Toes! Ballet attire required More Info: www.TippiToesDance.com Optional Spring Recital May 19, 2018

Instructor- Tippi Toes Staff
Barnes Park Amphitheater Dance Room
Sessions: 8 Weeks
Fee: \$100 **Ages: 6 - 9 years old**
 1408.427 April 4 - May 21 Wednesday 5:45pm – 6:30pm
 1408.429 June 6 - August 1 (*no class July 4th) Wednesday 5:45pm – 6:30pm

International Style Latin and Ballroom Dance

Learn to dance Cha Cha Cha, Rumba, Jive, Samba, Paso Doble, Waltz, and Tango. No partner necessary.

Winnie Fung and Asst. Wilson Ng, Sierra Vista Park
10 Weeks: April 1, 2018 – June 3, 2018
Fees: \$49.00 **18yrs and Up**
 1409.401 Sunday 1:30 to 4:30pm

Line Dance (Intermediate Class)

Learn to dance your way to beautiful variety music from various culture includes Cha Cha, Rumba, Swing, Tango, Waltz, and upbeat modern music to reduce tension, using dance step to improve memory, enhances coordination and build your stamina. Requirement: Must be able to adapt to loud music and some line dance preferred.



Laurinda Truong, Sierra Vista Park

10 Weeks: April 10, 2018 – June 12, 2018

Fees: \$50.00 **18yrs and up**
 1405.401 Tuesday 7:00 to 10:00pm
 (7:00- 8:00 review, 8:00- 8:30 new dance, 8:30- 9:30 advance)

Line Dancing - Clogging

Clogging is an American Folk Dance. It is done to music such as Latin, Polka, Irish, Dixieland and Bluegrass. It is true exercise without exercising. You don't dance with a partner and no experience is necessary. The instructor has been teaching for over thirty years.

Reggie Stevens, George Elder Community Center
3 Months: April 5, 2018 – June 7, 2018
Fees: \$34.00 **All Welcome**
 1407.401 Thursday 5:30 to 9:00pm
 (Beginners 6:15 to 7:00pm)

SALSA

Salsa is very energetic and fun Latin Dance as well as great exercise. Beginning students will learn all the fundamental steps and partnering techniques for salsa dancing. Intermediate students will learn more advanced partnering and more sophisticated footwork. Lessons also include: Cha Cha Cha, Bachata, Merengue and Cumbia. No partner necessary. Students must verify any holiday make ups with instructor.



Dorothy Tsu & Moses Navarro, Garvey Ranch Park
10 Weeks: April 6, 2018 – June 8, 2018
Fees: \$90.00 **All Welcome**
 1406.401 Beginner Friday 7:30 to 8:30pm
 1406.402 Intermediate Friday 8:30 to 9:30pm

EDUCATION CLASSES

CHILD - PARENT EDUCATION

Children will learn social and academic skill through music, crafts and other learning activities. Class will also lend insight about child development and personality. Credentialed Parent Education Instructor, Garvey Ranch Park OR Barnes Park Service Club



CHILD - PARENT EDUCATION

Barnes Park Service Club
11 Weeks: April 3, 2018 – June 12, 2018
Fees: \$130.00 per child. Additional sibling in the same household \$65.00- **0yrs to 4yrs**
 1305.402 Tuesday 9:00 to 11:00am

Child Parent Education

Garvey Ranch Park Community Room
11 weeks: April 4, 2018 – June 13, 2018
Fees: \$130.00 per child. Additional sibling in the same household \$65.00 **3 Years Old Class**
 1305.405 Wednesday 9:00am- 11:00am

CHINESE LANGUAGE - ADULT

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center
10 Weeks: April 1, 2018 – June 10, 2018
Fees: \$129.00 **18yrs & Up**
 1301.401 Sunday 9:00 to 11:00am
 1301.402 Sunday 11:15 to 1:15pm
 1301.403 Sunday 2:00 to 4:00pm

CHINESE LANGUAGE - GRADE 1

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters.

Students must verify any holiday make ups with instructor.
Peter Thai, George Elder Community Center
10 Weeks: March 31, 2018 – June 9, 2018
Fees: \$79.00 **6yrs to 7yrs**
 1301.404 Book 1 Saturday 9:00 to 11:00am
 1301.405 Book 2 Saturday 9:00 to 11:00am
 1301.406 Book 2 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 2

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.



Peter Thai, George Elder Community Center
10 Weeks: March 31, 2018 – June 9, 2018
Fees: \$79.00 **7yrs to 8yrs**
 1301.407 Book 3 Saturday 9:00 to 11:00am
 1301.408 Book 4 Saturday 11:15 to 1:15pm
 1301.409 Book 5 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 3

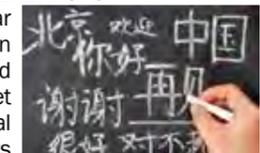
Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center
10 Weeks: March 31, 2018 – June 9, 2018

Fees: \$79.00 **8yrs to 9yrs**
 1301.410 Book 6 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 4 & 5

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic Alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.



Peter Thai, George Elder Community Center
10 Weeks: March 31, 2018 – June 9, 2018
Fees: \$79.00 **10yrs to 12yrs**
 1301.411 Book 7 Saturday 11:15 to 1:15pm
 1301.412 Book 8 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE – JR HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center
10 Weeks: March 31, 2018 – June 9, 2018
Fees: \$129.00 **12yrs to 14yrs**
 1301.413 Saturday 11:15 to 1:15pm

CHINESE LANGUAGE – HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center
10 Weeks: April 1, 2018 – June 10, 2018
Fees: \$129.00 **14yrs & Up**
 1301.414 Sunday 9:00 to 11:00am
 1301.415 Sunday 11:15 to 1:15pm
 1301.416 Sunday 2:00 to 4:00pm

EXERCISE CLASSES

Zumba Class – New Class

Zumba is a dance fitness party, using a Latin and International music, no need to know how to dance, just follow the lead and enjoy the music. It's such a total fun fitness dance party. Please wear comfortable active clothing & shoes, towel, water and be ready to dance!

Instructor, Lily Thatcher.
10 weeks: April 4, 2018 - June 6, 2018
Fees: \$45- Barnes Park Amphitheatre
 1224.401 Wednesday 10:00am – 11:00am
 Fees: \$72 both days
 1224.402 Mon/Wed 8:15am – 9:15am

Aerobic –Hi-Lo Impact Class

This class will focus on cardio and strength training. Improving stretch, balance and resistance. A total body workout. 17 years and up. NO CHILDREN ALLOWED. Dress comfortably and bring water bottle and mat

Margaret Nalbandian, Barnes Park Amphitheatre Community Room
10 Weeks: March 19, 2018 – May 21, 2018
Fees: \$90.00
 1222.401 Tuesday/Thursday 3:00 to 4:00pm

CHI GONG- Energy Enhancement Exercise

The sequence movements improving your coordination, strength, flexibility and stamina. Students must verify any holiday make ups with instructor.



Nelson Ong, Barnes Park Memorial Bowl
10 Weeks: March 30, 2018 – June 1, 2018
Fees: \$100.00 **All Welcome**
 1203.401 Friday 10:00 to 11:30am

Chi Gong- Chiinese Yoga Taoist Nei Gong exercise

Express Physically with the mind and heart feel to be eternal truth. Energy balance through the menatal emotion and spiritual principles.

Fees: \$100 March 31, 2018 – June 2, 2018
 1203.402 Saturday 9:00 to 10:30am

Ba Gua Zhang- Walking, Turning Exercise

Distinguished by walking, turning and movement its own internal energy exercise. It has the techniques for keeping

the joints loose and enchanting deep breathing alternative health and meditative practice.

10 Weeks: March 31, 2018- June 2, 2018
Fees: \$100
 1203.403 Saturday 1030am- 11:30am

Yoga for Weight Loss

Yoga postures are effective instruments to get into shape and to keep fit. Not only do the postures contribute to slimming, but attitude towards health can improve. In this class: joints stretch and long muscles will grow without additional fat. Come with a mat and join to see muscle force, flexibility, movement of joints, endurance, and resistance increase. For all levels. Instructor Haruna Asakawa

6 weeks – April 30, 2018 – June 4, 2018
Barnes Park Service Club
Fee: \$76 one class or \$96 two classes **Ages: All Welcome**
 1223.401 Monday 9:30am to 10:30am
 1223.402 Mon/Fri 9:30am-10:30am



CHEN'S TAI CHI

Help calm down the mind and relax the body which is becoming survival skills in today's hectic and stress-filled world. Students must verify any holiday make ups with instructor.



Nelson Ong, Barnes Park Memorial Bowl

10 Weeks: April 1, 2018 - June 3, 2018

Fees: \$100.00

1208.402 Sunday

All Welcome
9:00 to 10:30am

PILATES - MAT CLASS

Pilates is an exercise system for the mind and body - toning different muscles, developing proper breathing,

posture, and mental concentration. This class will use props for quicker results. Students must provide their own exercise mat, one pound weights, and flexi-band.

Gabriela Kasanjian, Service Club House

10 Weeks: April 5, 2018 - June 7, 2018

Fees: \$73.00

1207.401 Thursday

All Welcome
5:30 to 6:30pm

TAI CHI - MIXED STYLE

Learn Tai Chi stemming from all styles including Chen, Sun, Woo, Wu and Yang. Students must verify any holiday make ups with instructor.

Jie Guo, Garvey Ranch Park

3 Months: April 1, 2018 - June 24, 2018

Fees: \$151.00

1217.401 48 Hand Form

All Welcome
Sunday 9:30 to 10:30am

1217.402	24 Hand Form	Sunday	8:30 to 9:30am
Fees: \$151.00			
1217.403	New Frame (Int)	Sunday	7:30 to 8:30am
1217.404	Tai Chi (Adv)	Sunday	12:30 to 1:30pm
1217.405	48 Tai Chi Hand	Sunday	8:30 to 9:30am
1217.406	Tai Chi Sword	Sunday	9:30 to 10:30am
1217.407	24 Hand Form	Sunday	8:30 to 9:30am
1217.408	48 Hand Form	Sunday	9:30 to 10:30am
1217.409	32 Tai Chi Sword Beg	Sunday	10:30 to 11:30am
1217.410	Tai Chi Push Hand	Sunday	11:30 to 12:30pm
1217.411	New Frame Tai Chi Hand	Tuesday	8:00 to 9:00pm
1217.412	Tai Chi Hand Form Review	Tuesday	6:00 to 7:00pm
1217.413	Shao Lin	Tuesday	5:00 to 6:00pm
1217.414	Basic Training	Tuesday	7:00 to 8:00pm

MARTIAL ARTS CLASSES

NIPPON KEMPO FOR KIDS

Nippon Kempo is a Japanese Martial Art. Through training in Nippon Kempo a student will learn Discipline, Effort, Patience, Endurance, Unbending will, and Self-defense. Advanced class requires Instructor's approval. Students must verify any holiday cancellations with the Instructor.



Mark Ishida, Garvey Ranch Park

Each Month: April 5, 2018 - Jun 30, 2018 - Ages 5 to 17 years of age.

Fees: \$35.00 or \$30.00 Subsequent Family

1102.407 Apr-Beg

5yrs & Up
Thursday 6:15 - 7:30pm

1102.408 May-Beg

Thursday 6:15 - 7:30pm

1102.409 Jun-Beg

Thursday 6:15 - 7:30pm

1102.410 Apr-Adv

Thursday 7:30 - 8:30pm

1102.411 May-Adv

Thursday 7:30 - 8:30pm

1102.412 JUN- Adv

Thursday 7:30 - 8:30pm

& Saturday 10:00 - 11:00am

virtues, perseverance, and independence so that they will become more disciplined and confident. The Shaolin Kung Fu class is taught by Peter Thai, a Shaolin disciple, who has been practicing martial arts for 15 years.

Peter Thai, George Elder Community Center

10 weeks: March 31, 2018 - June 9, 2018

Fees: \$99.00

1301.437 Beginner/Intermediate Saturday 9:00 to 10:30am

1301.438 Beginner/Intermediate Saturday 11:00 to 12:30am

5yrs & Up

SHOBU KAI KARATE DO

Shobu Kai Karate-Do is a traditional karate style. It will help students learn self defense. Class will help improve self-discipline, confidence and concentration.

Ricky Wong, George Elder Community Center

1 Month: April 3, 2018 - June 28, 2018

Fees: \$31.00 or \$26.00 Subsequent Family

1105.401 Apr Tues & Thurs 7:00 to 8:00pm

1105.402 May Tues & Thurs 7:00 to 8:00pm

1105.403 Jun Tues & Thurs 7:00 to 8:00pm

6yrs & Up



Each Month: April 2, 2018 - June 29, 2018

Fees: \$37.00 or \$32.00 Subsequent Family

1103.401 Apr-Beg Mon/Wed/Fri

1103.402 May-Beg Mon/Wed/Fri

1103.403 Jun-Beg Mon/Wed/Fri

1103.404 Apr-Adv Mon/Wed/Fri

1103.405 May-Adv Mon/Wed/Fri

1103.406 Jun-Adv Mon/Wed/Fri

6yrs & Up

6:30 to 7:45pm

6:30 to 7:45pm

6:30 to 7:45pm

8:00 to 9:00pm

8:00 to 9:00pm

8:00 to 9:00pm

WING CHUN KUNG FU

Authentic Wing Chun, Desui Kung Fu including: Chinese ground grappling and Tai Ji Chi Gong breathing exercises for health and self discipline. Students must verify any holiday make ups with instructor.



Thomas Wong, Barnes Park Bowl (Thu) Garvey Ranch Park (Sat)

Each Month-Wing Chun 1: April 5, 2018 - June 30, 2018

Fees: \$89.00

1104.401 Apr-Beg

1104.402 May-Beg

1104.403 Jun-Beg

All Welcome

Thursday 8:00 - 9:00pm

or Saturday 4:00 - 5:00pm

Thursday 8:00 - 9:00pm

or Saturday 4:00 - 5:00pm

Thursday 8:00 - 9:00pm

or Saturday 4:00 - 5:00pm

Each Month-Wing Chun 2: April 5, 2018 - June 30, 2018

Fees: \$89.00

1104.407 Apr-Adv Saturday

1104.408 May-Adv Saturday

1104.409 Jun-Adv Saturday

All Welcome

2:00 to 4:00pm

2:00 to 4:00pm

2:00 to 4:00pm

SHAOLIN KUNG FU

The Shaolin Kung Fu class teaches various Shaolin Martial Arts to help improve your body flexibility and overall health. The class also allows students to foster their martial



SHOTOKAN KARATE DO

Shotokan Karate-Do will help students develop mobility, balance, awareness, reflexes, timing, and discipline. Promotional rankings are available. Friday class is optional. Students must verify any holiday make ups with instructor.

Richard Kageyama, George Elder Community Center

SPORTS CLASSES

PING PONG

Sierra Vista Ping Pong is an open play.

Sierra Vista Park

Month to Month: April, May, June 2018

Monthly Fee: \$13.00 Daily Fees: \$3.00

1610.401 Apr - Monday-Friday

1610.402 May- Monday - Friday

1610.403 Jun- Monday - Friday

6yrs & Up
7:30 to 12:00pm

7:30 to 12:00pm

7:30 to 12:00pm

TENNIS - ADULT

Students are required to bring 2 cans of tennis balls with them to the first class.

Dean Eddow, Barnes and Elder Tennis Courts

10 Weeks: April 3, 2018 - June 9, 2018

Fees: \$50.00

Elder Tennis Courts

1609.401 Inter/Adv Tuesday

1609.402 Advance Tuesday

1609.403 Inter/Adv Thursday

1609.404 Advance Thursday

18yrs & Up
7:00 to 8:30pm

8:30 to 10:00pm

7:00 to 8:30pm

8:30 to 10:00pm



Barnes Tennis Courts

1609.405 Beg/Inter Saturday 4:00 to 5:30pm

TENNIS - Highlands Park

This program is designed to teach, train and prepare kids for competitive tennis (Varsity, USTA, ITF)

Mercedes Soriano/Ian Guzman, Highlands Park

Monthly: April 2, 2018 - June 29, 2018- Mondays-Wednesdays-Fridays

Fees: \$250 (8-12 yrs), \$300 (13-18yrs), \$100 (18yrs +)

1606.401 8 -12 yrs Apr 3:30 - 5:00pm (int/adv)

1606.402 13- 18 yrs Apr 5:00 - 7:00pm (adv/elite)

1606.403 18Yrs + Apr 7:00 - 9:00pm (adv/NTRP)

1606.404 8 -12 yrs May 3:30 - 5:00pm (int/adv)

1606.405 13- 18 yrs May 5:00 - 7:00pm (adv/elite)

1606.406 18Yrs+ May 7:00 - 9:00pm (adv/NTRP)

1606.407 8 -12 yrs June 3:30 - 5:00pm (int/adv)

1606.408 13- 18 yrs June 5:00 - 7:00pm (adv/elite)

1606.409 18Yrs+ June 7:00 - 9:00pm (adv/NTRP)

Fee: \$80

1606.410 5yrs-8yrs Apr- Sunday 9:00am-11am (beginner)

1606.411 5yrs-8yrs May-Sunday 9:00am-11am (beginner)

1606.412 5Yrs-8yrs June-Sunday 9:00am-11am (beginner)

Hitting Fundamentals for Beginning to Advanced Baseball / Fast-pitch Softball

This class is designed to teach boys and girls the fundamentals of hitting for baseball and fast-pitch softball. Students will get a lot of hitting repetition by utilizing the latest tee drills, flip drills and toss drills in a structured environment.



Classes are limited to 6 per class to ensure each student receives maximum instruction. Private instruction is also available. Players need their own bat and batting helmet. Contact instructor for times and days available (Jay Simper 626-664-4583)

Jay Simper, La Loma Field

Group: April- June, 2018 (Group Includes: 1hr class (4) classes)

(Group classes must have a minimum of 3 and Maximum of 6)

Fees: \$89.00

5604.401 Thursday

13ace

Private: April- June, 2018 (Group Includes: 1/2hr class (4) classes)

Fees: \$129.00

5604.402 Thursday

8yrs to 18yrs

3:00pm to 7:00pm

8yrs to 18yrs

3:00pm to 7:00pm

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Important information:

Due to Barnes Park Pools repairs, all activities have been moved to Georgia Elder Park Pool, 1950 Wilcox Ave. U in a sense to put this on my header until further notice.

SPRING SWIM CLASSES 2018

Swim Registration Begins Monday, March 5th, at 7:30 a.m. at the Monterey Park City Hall Recreation Department, 320 W. Newmark Avenue, Monterey Park, CA 91754 or online at www.montereypark.ca.gov

NO MAKE-UPS OR REFUNDS ALLOWED FOR SWIM LESSON CLASSES!
We offer a number of courses in which the objective is to teach people to swim and to be safe in, on and around the water. Our Learn-to-Swim programs are the most comprehensive and effective programs of their kind available anywhere.

Learn-to-Swim

The seven learn-to-swim levels and the objectives for each level include:

PARENT & TOT

Parents and children (ages 6 months up to 5 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

LEVEL I: WATER EXPLORATION

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

LEVEL II: PRIMARY SKILLS

Fundamental Aquatic Skills: gives students success with fundamental skills.

LEVEL III: STROKE READINESS

Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

LEVEL IV: STROKE DEVELOPMENT

Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

LEVEL V: STROKE REFINEMENT

Stroke Refinement: provides further coordination and refinement of strokes.

LEVEL VI: STROKE PROFICIENCY

Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focuses on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training. These options include:

- Personal Water Safety
- Fundamentals of Diving
- Fitness Swimming

PARENT & TOT

Parents are required to be in the water during class time.

Staff, Barnes Park Pool

Cycle 1: March 10, 2018 - April 7, 2018

Fees: \$40.00

6mos to 5yrs

2108.401 Saturday 10:30am to 11:20am

2108.402 Saturday 11:30am to 12:20pm

Cycle 2: April 14, 2018 - May 12, 2018

Fees: \$40.00

6mos to 5yrs

2108.403 Saturday 10:30am to 11:20am

2108.404 Saturday 11:30am to 12:20pm

LEVEL I: WATER EXPLORATION

Students must meet minimum age requirement - 5 years of age.

Staff, Barnes Park Pool

Cycle 1: March 10, 2018 - April 7, 2018

Fees: \$40.00

5yrs to 7yrs

2101.401 Saturday 10:30am to 11:20am

2101.402 Saturday 11:30am to 12:20pm

2101.403 Saturday 12:30m to 1:20pm

Cycle 2: April 14, 2018 - May 12, 2018

Fees: \$40.00

5yrs to 7yrs

2101.404 Saturday 10:30am to 11:20am

2101.405 Saturday 11:30am to 12:20pm

2101.406 Saturday 12:30m to 1:20pm

LEVEL II: PRIMARY SKILLS

Level 1 Water Exploration Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: March 10, 2018 - April 7, 2018

Fees: \$40.00

7yrs to 17yrs

2102.401 Saturday 10:30am to 11:20am

2102.402 Saturday 11:30am to 12:20pm

2102.403 Saturday 12:30m to 1:20pm

Cycle 2: April 14, 2018 - May 12, 2018

Fees: \$40.00

7yrs to 17yrs

2102.404 Saturday 10:30am to 11:20am

2102.405 Saturday 11:30am to 12:20pm

2102.406 Saturday 12:30m to 1:20pm

LEVEL III: STROKE READINESS

Level 2 Primary Skills Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: March 10, 2018 - April 7, 2018

Fees: \$40.00

7yrs to 17yrs

2103.401 Saturday 10:30am to 11:20am

2103.402 Saturday 11:30am to 12:20pm

Cycle 2: April 14, 2018 - May 12, 2018

Fees: \$40.00

7yrs to 17yrs

2103.403 Saturday 10:30am to 11:20am

2103.404 Saturday 11:30am to 12:20pm

LEVEL IV: STROKE DEVELOPMENT

Level 3 Stroke Readiness Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: March 10, 2018 - April 7, 2018

Fees: \$40.00

7yrs to 17yrs

2104.401 Saturday 10:30am to 11:20am

2104.402 Saturday 11:30pm to 12:20pm

Cycle 2: April 14, 2018 - May 12, 2018

Fees: \$40.00

7yrs to 17yrs

2104.403 Saturday 10:30m to 11:20Am

2104.404 Saturday 11:30am to 12:20Pm

LEVEL V: STROKE REFINEMENT

Level 4 Stroke Development Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: March 10, 2018 - April 7, 2018

Fees: \$40.00

7yrs to 17yrs

2105.401 Saturday 12:30pm to 1:20pm

Cycle 2: April 14, 2018 - May 12, 2018

Fees: \$40.00

7yrs to 17yrs

2105.402 Saturday 12:30pm to 1:20pm

LEVEL VI: STROKE PROFICIENCY

Level 5 Stroke Refinement Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: March 10, 2018 - April 7, 2018

Fees: \$40.00

7yrs to 17yrs

2106.401 Saturday 12:30pm to 1:20pm

Cycle 2: April 14, 2018 - May 12, 2018

Fees: \$40.00

7yrs to 17yrs

2106.402 Saturday 12:30pm to 1:20pm

ADULT LEARN TO SWIM

Beginning and Advanced classes for Adults.

Staff, Barnes Park Pool

Cycle 1: March 10, 2018 - April 7, 2018

Fees: \$40.00

18yrs & Up

2109.401 Beginner Saturday 12:30pm to 1:20pm

2110.401 Advanced Saturday 12:30pm to 1:20pm

Cycle 2: April 14, 2018 - May 12, 2018

Fees: \$40.00

18yrs & Up

2109.402 Beginner Saturday 12:30pm to 1:20pm

2110.402 Advanced Saturday 12:30pm to 1:20pm

Water Aerobics Shallow Water

Water aerobics is an effective low impact class that provides cardiovascular benefits as well as flexibility and muscular toning.

Students are required to provide their own water noodle.

Margaret Nalbandian, George Elder Park Pool

10 Weeks: March 19, 2018 - May 24, 2018

18yrs & Up

Monday & Wednesday 3:30pm - 4:30pm

***If you will be registering for Water Aerobic classes, the following fees will be applied:

2402.401 One Class per week: \$60

2402.402 Two Classes per week: \$72

2402.403 Three Classes per week: \$92

2402.404 Unlimited Classes: \$115

Water Aerobics Deep Water

Water aerobics is a great way to strengthen and tone muscles while building cardiovascular fitness. Students wear a buoyancy belt during class to provide flotation, alignment and freedom of movement.

Students should feel comfortable in deep water.

Margaret Nalbandian, George Elder Park Pool

10Weeks: March 19, 2018 - May 24, 2018

18yrs & Up

Monday & Wednesday 4:40pm - 5:40pm

***If you will be registering for Water Aerobic classes, the following fees will be applied:

2402.401 One Class per week: \$60

2402.402 Two Classes per week: \$72

2402.403 Three Classes per week: \$92

2402.404 Unlimited Classes: \$115

Use this form for Mail-In Registration ONLY

WALK IN

- Register starting March 5, 2018 at 7:30am
- Come to the Recreation and Community Services Counter at Monterey Park City Hall from
- Mon - Thurs 7:30am - 5:30pm, Friday 7:30am - 4:30pm.
- CREDIT CARDS (Visa, Mastercard & American Express) ARE ACCEPTED.

MAIL IN

- Complete Registration Form (Photocopies can be used)
- Enclose stamped, self-addressed envelope
- Include a check for EXACT AMOUNT for each class payable to: City of Monterey Park
- Mail form and check to:

Recreation and Community Services
320 W. Newmark Ave.
Monterey Park, CA 91754

GENERAL INFORMATION

- Classes are filled on a first come first serve basis. Space is limited.
- \$2 Senior Discount for residents 55 years of age and older. DISCOUNT MAY NOT BE COMBINED WITH ANY OTHER DISCOUNT OFFER.
- A cancellation fee of \$9.00 will be deducted from all refunds made prior to the start of first class meeting. No refunds will be made after class begins. Cancellations must be made in person.
- No telephone cancellations will be accepted.
- Full refund by City check will be made if class is cancelled by the Recreation and Parks Department. REFUNDS MAY TAKE FROM (3) THREE TO (5) FIVE WEEKS.
- All programs are subject to cancellation or schedule to change if class minimums are not reached. Classes are closed when class maximums are met. The department will make an attempt to contact all cancelled class participants by phone, letter or email. To assure that your class has not been cancelled, please call our office at (626) 307-1388 the first day of class.
- Do not buy class supplies until you have received confirmation that the class has been filled.

PARTICIPANT: _____
 ADDRESS: _____
 CITY: _____ ZIP: _____
 HOME PHONE: _____ WORK PHONE: () _____
 AGE: _____ EMAIL: _____

CLASS #	NAME OF CLASS	DAY	TIME	FEE
1				
2				
3				

Name of Parent or Guardian _____
 Emergency Phone # _____ or _____

By placing my signature on the registration form, I understand and will comply with the rules set forth by the Parks and Recreation Department regarding participation in the above named classes. I further agree for myself, my heirs, executors, administrators, and assigns to waive all rights and claims for damages against the organizations, this event, its agents, representatives, successors and assigns for any and all injuries suffered by the above-named participant at and/or during said event or activity.

I also consent to emergency treatment for my child.
 _____ Date: _____
 Signature of Adult Participant or Parent/Guardian

36TH ANNUAL CINCO DE MAYO

SUNDAY MAY 6TH
1:00PM - 5:00PM

LIVE ENTERTAINMENT AND FOOD

AT BARNES PARK
350 S MCPHERRIN AVE MONTEREY PARK

21ST ANNUAL Cherry Blossom

April 21-22
10:00 AM - 6:00 PM

LIVE ENTERTAINMENT AND FOOD

At Barnes Park
350 s McPherrin ave Monterey Park

Location of Classes
Barnes Park Pool
400 S. McPherrin Ave.
Monterey Park, CA 91754
(626) 307-1389
Contact: Orlando Muro

City of Monterey Park
320 West Newmark
Monterey Park, CA 91754
(626) 307-1389

American Red Cross
Together, we can save a life

Lifeguard Training

Age Requirement: 15 years or older.

Train with the Best
Train with the most trusted name in lifeguarding, swimming and water safety education –American Red Cross certified instructors.

High-Quality, Cost-Effective Skills Instruction
This comprehensive course prepares participants for employment as lifeguards. **Class Cost: \$200.00**

Key features include:

- CPR, first aid and other lifesaving skills presented in an aquatic setting
- Skills-based scenarios and decision making
- Consolidated participant's manual containing course information for:
 - Lifeguard Training
 - First Aid
 - CPR for the Professional Rescuer
 - Automated External Defibrillation (AED) Essentials
 - Oxygen Administration for the Professional Rescuer
 - Preventing Disease Transmission (Bloodborne Pathogens)
 - Waterpark and Waterfront Lifeguarding (optional modules)

Course Schedule

March 2018
#1 CLASS!!

Fri	3/16	-	5pm-10pm
Sat	3/17	-	9am-5pm
Sun	3/18	-	9am-5pm
Mon	3/19	-	5pm-8pm

March 2018
SPRING BREAK #2 CLASS!!

Mon	3/26	-	9am-5pm
Tue	3/27	-	9am-5pm
Wed	3/28	-	9am-5pm
Thur	3/29	-	9am-5pm
Fri	3/30	-	9am-5pm

April 2018
SPRING BREAK #3 CLASS!!

Mon	4/2	-	9am-5pm
Tue	4/3	-	9am-5pm
Wed	4/4	-	9am-5pm
Thur	4/5	-	9am-5pm
Fri	4/6	-	9am-5pm

Participants must attend all class meetings with in the session!

Ask how you can become a lifeguard today!

REGISTER TODAY!

- Register by emailing: omuro@montereypark.ca.gov
- Apply for a lifeguard position online at www.montereypark.ca.gov

Water Aerobics

SPRING 2018

Instructor Margaret Nalbandian

Elder Park Pool
1950 Wilcox Ave. Monterey Park, CA 91754

Monday, March 19th – Wednesday, May 23rd 2018

Shallow Water class:
Water aerobics is an effective low impact class that provides cardiovascular benefits as well as flexibility and muscular toning. Students are required to provide their own water noodle.

10 weeks: Monday & Wednesday 3:30 – 4:30 PM

Deep Water class:
Water aerobics is a great way to strengthen and tone muscles while Building cardiovascular fitness. Students wear a buoyancy belt during class to provide flotation, alignment and freedom of movement. Students should feel comfortable in deep water.

10 weeks: Monday & Wednesday 4:40 – 5:40 PM

Sign up today for Deep/Shallow Water Aerobics!

2402.201	1 class per week	\$60.00
2402.202	2 class per week	\$72.00
2402.203	3 class per week	\$92.00
2402.204	Unlimited classes	\$115.00

IT'S A CELEBRATION OF OUR COMMUNITY AND SCHOOLS!

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SATURDAY, MARCH 17, 2018

6:00 PM - 9:00 PM

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225 W. VALLEY BLVD., SAN GABRIEL

INDIVIDUAL TICKETS: \$60

HONORING OUR COMMUNITY'S DEDICATED VOLUNTEERS AND LEADERS:



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David Mejia
*Councilmember
City of Alhambra*

Education



May May Lee
AUSD Teacher



Sharon Woo
Instructional Aide

Community Organizations



Alhambra Fire Department



Monterey Park Fire Department



San Gabriel Valley
New Generation



Community Volunteer

Sharon Gibbs
*Executive Director
Alhambra Chamber of Commerce*

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AEF is the official fundraising partner of the Alhambra Unified School District, and a 501(c)(3) nonprofit organization.

Dual Immersion Program - Fremont Elementary School Alhambra Unified School District

Fremont Elementary School is proud to offer a high-quality Spanish Dual Immersion Program. The Spanish Dual Immersion program is an opportunity for students to gain fluency in two languages, Spanish and English. In our Spanish Dual Immersion program, we will immerse students in the Spanish language along with culture and history of the regions where Spanish is spoken.

This program is a 90/10 model which means beginning in Kindergarten, students are instructed in Spanish 90% and in English 10% of the instructional day. Each year the English instruction is increased by 10% until instruction reaches 50% English and 50% Spanish in fourth grade. It continues as a 50/50 program through the eighth grade.

Parents of students in the Dual Immersion Program attend Parent Workshops. The workshops are designed to support parents as their children grow in the Spanish language. At the January 25th, 2018, parent workshop, participants were presented with information on the Guiding Principles of Dual Immersion programs. Dual Immersion teachers, Patricia Simental-Diaz, Nidia Ureña, Alejandra Colon, and Iris Jule presented on strand three, Instruction, of the Guiding Principles. This information was informative and useful to parents as they learn to support their children towards becoming both bilingual and bicultural.

This school year is the second year of the program at Fremont Elementary School with Kindergarten and First grade classes. In the 2018-2019 school year Fremont will continue to grow with the addition of second grade classes. We are currently accepting applications for incoming Kindergarten and First grade students for the fall of 2018. Information on the application process may be found on the Alhambra Unified School District website, www.ausd.us.

The teachers at Fremont School are highly trained and collaborate daily to deliver a quality instructional program. Cecilia Ibarra is the Instructional Specialist at Fremont



School, she coordinates the professional development of the teachers. The teachers receive support of a knowledgeable consultant, Dr. Lilia Sarmiento, who specializes in bilingual education. Dr. Sarmiento meets regularly with teachers to develop curriculum and long term plans for the dual immersion program and traditional programs at Fremont School. The Alhambra Unified School District is dedicated to supporting the program working alongside the teachers and parents at Fremont Elementary School. Dual Immersion students demonstrate confidence in the use of the second language as demonstrated in their growth in expressive and receptive language skills in Spanish. Parents are excited with the success their students are experiencing.

The principal of Fremont Elementary School, Dr. Ignacio Muñoz, invites you to an informational meeting and a tour of the dual immersion classrooms. The informational meeting and tour dates are March 13, April 10, and May 15 beginning at 9:45 am. You may contact the school at 626-943-3360 for more information. The Alhambra Unified School District is proud of the Spanish Dual Immersion program at Fremont Elementary School.

Repetto Hosts Parent/Student Academic Sessions

Repetto has had a busy month of parent activities. During the month of January, Repetto hosted multiple Parent/Student Academic Sessions to support families in various areas.

Instructional Specialist, Kathy Taggart in conjunction with third grade teachers: Fonda Tang, Lim Szeto, and Christine Franco provided 3rd grade parents and students two Smarter Balanced Assessment (SBA) sessions that included information and resources to better prepare students for district and state SBA assessments.

In an effort to support parents of English Learners transition from the California English Language Development Test (CELDT) to the English Language Proficiency Assessments for California (ELPAC), Repetto offered parents of 3rd-8th grades an overview of California's new testing system and assessment process. Our School Community Coordinators, Claudia Martinez and Jane Yeh provided interpretation for our parents in Mandarin and Spanish.

In addition, our kindergarten teachers, Andrea Young, Patty Pang-Leong, and Kora Mac offered a Writing Workshop with steps on becoming a proficient writer. Invites for our second kindergarten Writing Workshop will be sent out in in early March.

We encourage our parents to attend our academic sessions.

Lunch with Parents Day

By: Alma R. Nelson

On Friday, January 26, 2018, Granada School held their annual event "Lunch with Parents Day". On this day parents were invited to visit the school and have lunch with their children in the patio area.



The goal of "Lunch with Parents Day" is for parents and students to enjoy quality and fun time together. Meanwhile, parents have the opportunity to mingle with other parents, students and school staff. This year, over three hundred families participated in this event under the warm sunshine of Southern California.

Ms. Liliana Sosa, a parent who attended the event for the first time, gave her thoughts: "Lunch with Parents is great for kids and parents. They get to spend time together, parents meet other parents and get to know their children's friends. Most important, children feel happy and proud to have their parents participating in school events. Granada should keep having this event!"

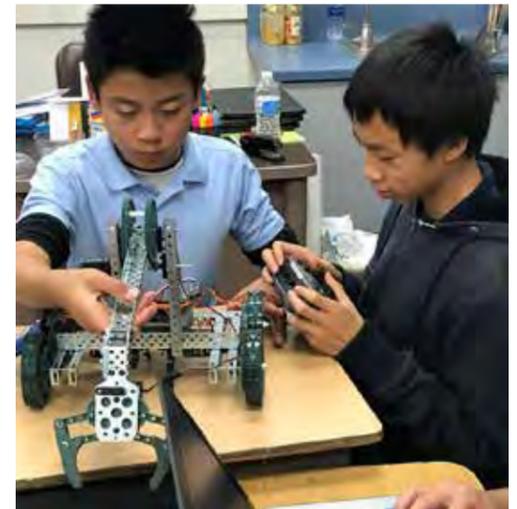
Ms. Clarence Ho, a parent who also attended the event for the first time, told us her experience: "I like this event because parents get to interact with other parents, our children's teachers and their classmates. We really enjoyed it".

(No picture available) Mrs. Maricela Jorge, a parent who has attended this event for the past 6 years, said: "This is a wonderful event for parents and children! Granada and all other schools should have similar events. "Lunch with Parents" is a happy, together time for the whole family!"

Granada Elementary School is always happy to host such events to bring families together.

Martha Baldwin Students Dive into Engineering with Vex Robotics

During Universal Access, Baldwin students have the opportunity to explore Virtual Reality, engineering, and coding through the programming of Vex Robots. Students begin by taking an online curriculum which familiarizes them with the functions of the Robots. They are then tasked with building the Vex Clawbot Robots, ensuring that the gears and parts function properly. Students then learn to write codes for the Clawbots, which are tested in challenges and games via Virtual Reality. Students work collaboratively to transfer their codes onto their Vex Clawbot Robots, once they are able to successfully clear their Virtual challenges. The course will culminate in a competition amongst the student teams entering their Robots into actual challenges.



Seventh graders, Dylan Truong and Justin Tan, checking to make sure that the claw and the remote work before they start to add their code to their VEX Clawbot.

Mrs. Marlena Garcia, the class teacher states, "The students come to class very eager to learn. They seem to really enjoy this class." The experiences that are gained through this program create opportunities for students to explore careers in engineering and technology. Students learn to work collaboratively, think critically and use their problem solving skills to complete the challenges.

Mark Keppel High School presents
The 25th Annual Putnam County
SPELLING BEE

March 2, 3, 9, 10
at 7:30 PM
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at 2:00 PM

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龍蝦配伊麵	港式炸醬撈麵
龍蝦配肉絲炒麵	星洲蝦炒米粉
海南雞飯	港式魚湯米線
燒味雙拼飯	益街坊下午茶套餐

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Presented by: **DAVID J. HABIB, JR.**
Lawyer, Mediator, and Educator

Tuesday March 13, 2018 9:00am-12:00pm

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Continental Breakfast will be Served

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Jacqueline M. - parent

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City of Monterey Park

DISASTER PREPAREDNESS DAY

Is Your Family Ready?

Fire Earthquake Extreme Weather Terrorism Sudden Illness

Go to the Recreation page at www.montereypark.ca.gov to reserve your spot today!

10AM - 12PM at the following locations in Monterey Park:

Saturday, April 14, 2018 @ Sequoia Park, 750 Ridgecrest St. (Activity Code: 6101.101)

Saturday, July 7, 2018 @ Edison Trails, 1600 Garfield Ave S. (Activity Code: 6101.102)

Saturday, October 20, 2018 @ Sierra Vista, 311 N Rural Dr. (Activity Code: 6101.103)

With disasters happening throughout the world, are you ready? It is more important now than ever to be prepared for a disaster. The City of Monterey Park Fire Department, together with the Recreation and Community Service Department is holding a sidewalk training course that will give you the knowledge and tools to prepare for emergencies and disasters, and how to respond accordingly to keep you, your family and friends safe.

First 30 participants to arrive will receive a free travel first aid kit and flashlight *Compliments of the Recreations and community service department

Family & Friends Sidewalk CPR
Take a free and fast course in basic CPR

**Emergency Kit and Disaster Plan Instructions
First-Aid, Fire & Emergency Equipment Demonstrations**

Workshop is open to students, employees and community members.

For more information, contact (626) 307-1388 or go to our website www.montereypark.ca.gov

AUSD Gateway to Success Collaborative Efforts Bond Community: New Monthly Mobile Food Pantry Draws Volunteers to Help Students & Families - Sign up to help March 24th 8-Noon

By Toby Gilbert

When a school district, a non-profit and a city truly band together, hungry students and their families get real help.

Food insecurity for students and families is a national story. AUSD Gateway to Success provides a model for tackling such a widespread challenge with its particular wide web of community partners.

Students who do not reliably have enough to eat understandably have trouble learning, going to class and graduating.

To address these issues, Dr. Laurel Bear, AUSD assistant superintendent of student/ employee welfare and founder of Gateway to Success, spearheaded a joint effort between AUSD Gateway, the Tzu Chi Foundation, the YMCA of WSGV, Alhambra Police Department, the City of Alhambra and the Alhambra Fire Department to create a monthly mobile food pantry for specially invited students and families.

Volunteers are needed for the upcoming Mobile Food Pantry on Saturday, March 24th from 8:00 am to Noon.

The Tzu Chi Foundation graciously provides two mobile trucks provisioned with up to 20,000 lb. of fresh and nutritious food which will feed up to 500 families for a week. The signature beauty, bounty and welcome with which the Tzu Chi Foundation volunteers deliver such vital cargo is legendary.

Below, left, a smiling Tzu Chi volunteer stands with Dr Laurel Bear as together they help serve families in need.

The morning Food Pantry is a remarkable visual feast from the Tzu Chi Foundation which includes fresh farm produce reminiscent of a French Market, School Clothes, Shoes, Haircuts, and School Supplies.

Dr Laurel Bear, founder of AUSD Gateway, calls this bountiful community effort “an example of the infrastructure of hope and opportunity that the Alhambra community brings to AUSD students. Gateway addresses the root causes of student lethal despair as well as the symptoms. We can only do this because of our amazing AUSD community and our incredible City of Alhambra partners.”

Han Huang, CEO Tzu Chi Foundation, says, “We are always asking ‘What more can we do?’” Tzu Chi means Compassion and Relief In Mandarin. The Foundation also has the Tzu Chi Medical Clinic in Alhambra and plans, among other things, to also provide glasses for students. The Tzu Chi Mobile Food Pantry trucks hold up to 20,000 lb. of fresh and nutritious food and can provide 500 families with a week’s worth of food.

Valarie Gomez, CEO of the YMCA WSGV, says, “We exist to help the children and families in our community.” With the help of Assemblymember Ed Chau, the YMCA recently received a \$1.825 million grant from the State for a new building for children’s programs. Assemblymember Chau is well-known for championing students.

Jessica Binnquist, Alhambra City Manager, says, “We are so proud of our Alhambra residents who always rally for our children and families. We are a community which repeatedly demonstrates its compassion.”

Alhambra Police Chief Timothy Vu, says, “Our officers are honored to help serve our children and families. It takes all of us working together on many fronts to help one another.”

Alhambra Fire Department Chief Tom Phelps echoes these views, saying, “The AFD is dedicated to partnering with the community to assist our students.”



The Monthly Mobile Food Pantry event is a heart-warming event that is only possible with wide-spread support from community.

Please sign up here to volunteer on March 24th - it will lift your spirits:

To accompany earlier story on upcoming March 24th Mobile Food Pantry.

https://docs.google.com/forms/d/e/1FAIpQLSe2x2rUWoap_4ABN6cr1DYQixPsmrXY6o_RX5GMuNnlwga4_Q/viewform

Alhambra High School Engages and Guides Students in Course Selection Recruitment Fair

Alhambra High School’s Course Recruitment Fair on Jan. 31st, 2018, was spearheaded by the AHS Counseling Department to help students make more informed decisions when they register for classes for the following year. Harnessing the insights of the whole school community in order guide and engage students is one of signature traditions of the AHS Course Recruitment Fair.

All students are brought to the Big Gym throughout the day to view course information on electives including honors/ AP classes from every single department.

Information was provided by upperclassmen who have previously taken the courses and are committed to their programs. They acted as spokespersons and advocated for interested students to take these classes.

Students used a worksheet as they made their way around the gym to respond to career related questions, recorded their notes on conversations with their peers and came up with a tentative schedule that complimented their extracurricular activities.

Some teachers went above and beyond by requiring the completed worksheet for the day’s assignment and even enjoyed learning about their student’s goals and talents beyond the classroom.

Special consideration was given to our English Language Learners so they were accompanied by the school community coordinators. Athletes who couldn’t attend at the end of the day were also given permission to attend earlier.

This is just one event in a series during registration



season that demonstrates how Alhambra High School “reach for moor” when it comes to thinking of different ways to meet its students’ needs.

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7 Reasons Why Sugar Is Bad for You

By John Chao, D.D.S.



Dr. John Chao, DDS

Refined sugar or added sugar is said to be the most harmful ingredient in the Standard American Diet (SAD). Its harmful effects on metabolism may be traceable to many other diseases. Below are 7 of the reasons for you go sugar-free for 2018:

(1) Sugar, as we all know, is bad for your teeth. What you may not know is that it is also bad for your gums. Bacteria which cause gum disease and loose teeth can metabolize sugar in its pure form in the mouth, leading to increase in the growth of these germs. Therefore, sugar can cause cavities and loose teeth.

(2) Sugar and Liver Disease. Overloading your diet with

sugar can cause the liver to overwork to convert sugar into glycogen. When the saturation is reached, liver is forced to covert glycogen into fat, which in term has deleterious effect on the body. In more extreme cases of heavy sugar intake, the liver itself can be damaged, leading to Fatty-Liver-Disease.

(3) Sugar and Diabetes. Excessive intake of sugar can cause insulin resistance. Insulin is necessary for glucose to enter the cells and be used for energy. Excessive glucose can cause the cells to become “insulin resistant.” Be insulin resistant can be the cause of diabetes II, metabolic syndrome, obesity, cardiovascular diseases, etc.

(4) Sugar and Cancer. Cancer is characterized by uncontrolled growth and multiplication of cells. Insulin plays a key role in regulating cell growth. Elevated insulin levels because of abnormally high take of sugar can contribute to cancer, according to leading experts. Additionally, high blood glucose is associated with high levels of inflammation, which also contributes to higher risk of cancer.

(5) Sugar and Addiction. Sugar stimulate the production of dopamine from the “feel-good” center of the brain. Those who have susceptibility to addiction may become addicted to sugar and junk foods.

(6) Sugar and Obesity. Strong links have been found between sugar and obesity. That is no surprise. But obesity in children has been found to associated with sugar- sweetened beverages. There is a 60% chance of obesity in children who consume high amounts of these beverages.

(7) Sugar and Heart Disease. Strong links have been shown between sugar and heart disease. High intake of sugar can lead to rise in triglycerides, LDL, high blood glucose and abdominal obesity, all of which are risk factors for heart disease.

So, cutting down or cutting out refined/added sugar in your diet can not only save your teeth, but can save your life. See your dentist regularly. Make your goal for 2018 to cut down or cut out added sugar altogether. Do it now! You won’t regret it.

Featured Stories in Chinese and Spanish

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地球日及自行車活動，4月21日
第36屆墨西哥哥普天同慶活動，5月6日
慶祝蒙特利公園生日慶典，嘉年華會活動5月10日至13日
嘉年華會大遊行，5月12日

有關成為或參與這些特別活動的慷慨贊助商或供應商或是您的公司團隊想要參與嘉年華會大遊行隊伍活動的更多詳情，請和娛樂部門 (626) 307-1388 聯繫。

蒙特利公園市清理雜亂物件，春季清潔大掃除活動，星期六，4月28日
您可以將您不要的廢棄物品送到博恩斯公園 Service Club House 停車場處理

蒙特利公園市及Athens Disposal 垃圾公司，將免費協助居民收取您的居家環境中雜亂的物品，您可以將車庫或是地下室不用的多餘物件。如舊的二手家電或是器具，地毯，床墊，損壞玩具，舊衣服等物件皆可以送到停車場來。電子廢物，例如電視是屬於有害廢品，這一類的廢品是不予接受的，若想知道更多資訊如何處理這些有害電子廢物，請與洛杉磯郡1800-98TOXIC聯繫或瀏覽網址visit www.CleanLA.com

春季大掃除清潔活動
星期六，2018年4月28日
上午8點至下午2點
博恩斯公園旁Service Club House停車場
地址：440 McPherrin Avenue
Monterey Park, CA 91754
(請由Harding Avenue 街進入)

另外市政府還收取紙張文件服務，現場將準備免費碎紙機協助您攪碎掉您的文件，此項服務是免費的，先來先服務，此免費活動由早上八點開始一直到卡車裝滿為止。

4月28日春季清潔大掃除是一個獨特一次性的免費活動，居民可以將大型物件放在家門口等待被收取，但居民必須要打電話給Athens Disposal 垃圾公司1-888-336-6100。大型物件收取服務必須提前與Athens Disposal 垃圾公司聯繫，先安排預定要求處理大型物件的服務，隨地丟棄大型垃圾物件在街邊上將會被市政府違規小組取締並開罰單，若想欲知更多信息，請與公共設施部門 (626) 307-1320聯繫。



21avo Festival Anual del Cherry Blossom, 21 y 22 de Abril.
Festival del Día de la Tierra y Paseos en Bicicleta, 21 de Abril.
36ava Celebración Anual del Cinco de Mayo, 6 de Mayo.
Celebración del cumpleaños de Monterey Park durante Play Days, del 10 al 13 de Mayo.
Desfile de Play Days, 12 de Mayo.

Para obtener más información sobre cómo convertirse en un patrocinador generoso, o un vendedor, en estos eventos comunitarios especiales, o si su grupo desea participar en el desfile de Play Days, por favor póngase en contacto con el Departamento de Recreación llamando al (626) 307-1388 o en el Recreation@montereypark.ca.gov.

Elimine el Desorden en su Casa Durante el Evento Gratuito de Limpieza de Primavera de Monterey Park

Deshágase de los artículos no deseados llevándolos al estacionamiento del Service Club House del Barnes Park, el sábado 28 de Abril del 2018

La Ciudad de Monterey Park y Athens Services están ofreciendo a los residentes una oportunidad de deshacerse de los artículos no necesitados que están ocupando mucho espacio en el hogar, garaje o sótano. Electrodomésticos usados y accesorios, alfombras, colchones, juguetes rotos y ropa vieja son ejemplos de cosas que pueden ser llevadas. Residuos peligrosos no son aceptados. Desechos electrónicos, tal como un televisor, son considerados peligrosos y no serán aceptados. Para obtener información sobre cómo deshacerse de artículos peligrosos llame al Condado de Los Angeles al (800) 98-TOXIC o visite el www.CleanLA.com.



Evento de Limpieza de Primavera
Sábado, 28 de Abril del 2018
8:00 a.m. – 2:00 p.m.
Estacionamiento del Service Clubhouse del Barnes Park
440 S. McPherrin Avenue, Monterey Park, CA 91754
(Entrar en Harding Avenue).

Adicionalmente, la Ciudad proporcionará servicio gratis de trituración de papel. Este servicio será proporcionado en orden basada en primer llegado, primer servido, empezando a las 8:00 a.m. hasta que el camión se llene.

El evento de limpieza de primavera del 28 de Abril es un evento especial, gratuito que solo ocurrirá una vez. Los residentes también pueden tener artículos voluminosos recogidos de la acera si llaman a Athens Services al (888) 336-6100. El recojo de artículos voluminosos debe ser previamente arreglado a través de Athens Services. Cualquier artículo que dejen abandonado en la acera puede estar sujeto a un aviso de violación de la División de Code Enforcement de Monterey Park. Por favor llame al Departamento de Obras Públicas de Monterey Park al (626) 307-1320 para obtener más información.



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4 Bed/4 Bath house with 2,571 sqft.

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1707 E. Maple St, Pasadena
3 Bed/2 Bath house with 1,392 sqft.

SOLD OVER ASKING

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