

REACH - Therapeutic Recreation Program

What is REACH?

REACH is a community outreach program administered by the City of Rancho Palos Verdes Recreation and Parks Department. Our program is designed to serve the social and recreational needs of adults with developmental disabilities in Rancho Palos Verdes and the South Bay on a space available basis. REACH offers recreational programs throughout the year that are diverse and challenging, while promoting social interaction, physical fitness, independent living and community assimilation.

What types of programs does REACH offer?

Evening programs at Hesse Park provide an opportunity for participants to prepare and eat dinner together. The evening is topped off with arts and crafts, games, or a physical activity. Off-site activities consist of outings to local restaurants and various fun activities such as bowling, miniature golf, movies, and local musical performances. Weekend events vary, such as adventures to theme parks, museums, gardens, and cultural events.

How can I support REACH?

REACH greatly appreciates help from our supporters! If you are interested in donating or volunteering your time, please contact us at: (310) 544-5260.

Here are the ways you can get involved as a volunteer/supporter!

#1 Provide financial sponsorship for one of our programs or special events, such as Breakfast with Santa, REACH Restaurant, or REACH dances.

#2 Volunteer at one of our Monday programs, assist with games or crafts, or perhaps lead our group in an activity that matches your expertise!

This sounds like a great program! Where can I receive more information?

Please contact Recreation and Parks Department REACH Coordinator, Helen Barnfather at helenb@rpvca.gov



City of Rancho Palos Verdes

Recreation and Parks Department

Fall 2017 Activity Guide

Parks
Make
Life
Better!

Nature Walks! Free Storytime Fun!

Special Events!

Volunteer Opportunities!

Recreation Classes and more!

City of RPV Park Information: City and Park phone numbers have changed. Old numbers will still work temporarily.

- **Abalone Cove Shoreline Park**, 5970 PV Drive South, RPV.....310-377-1222 **NEW# 310.544.5366**
(Open Daily 9am - dusk)
- **Fred Hesse Jr. Community Park**, 29301 Hawthorne Blvd, RPV.....310-541-8114 **NEW# 310.544.5350**
(Open M-F 9am - dusk & Sat./Sun. 10am-dusk)
- **Ladera Linda Community Park**, 32201 Forrestal Drive, RPV.....310-541-7073 **NEW# 310.544.5370**
(Open M-F Noon-5pm & Sat./Sun. 10am-5pm)
- **Point Vicente Interpretive Center**, 31501 PV Drive West, RPV.....310-377-5370 **NEW# 310.544.5375**
(Museum Open Daily 10am-5pm)
- **Robert E. Ryan Community Park**, 30359 Hawthorne Blvd., RPV.....310-377-2290 **NEW# 310.544.5362**
(Open Daily 9am-dusk)

Register Online:

apm.activecommunities.com/rpv

Visit the Recreation and Parks
Department Webpage at:

www.rpvca.gov or contact us at
310.544.5260 for more info!



SPECIAL EVENTS

Night at the Museum Sleepover

Friday-Saturday, October 13th-14th

6:30 PM - 9 AM

Point Vicente Interpretive Center

31501 PV Drive West

Join the staff and volunteers of PVIC for a night of fun and fantasy. Bring your sleeping bag, pillow, and P.J.'s. We'll enjoy snacks and a movie along with a night walk along the trail, crafts, and more! Snacks and breakfast provided. **Ages 7-12 Fee: \$49 per child.** Register online today at apm.activecommunities.com/rpv



Kids Music Fest and Trunk or Treat!

Saturday, October 21st

11 AM - 2 PM

Ladera Linda Park

32201 Forrestal Drive

Join us at Ladera Linda for the popular Kids Music FEST & Trunk or Treat! Costumed youngsters can delight in trick or treating at decorated car trunks provided by community organizations. Children can enjoy free arts and crafts activities, a Halloween-themed marionette show, sample various musical instruments, plus dance and music classes provided by Kids Music N Motion! This event is **FREE** to attend, no RSVP required. To sign up for your own trunk, please contact the Recreation & Parks Department at [parks@rpvca.gov](mailto: parks@rpvca.gov) by October 1st.



LOCAL AUTHOR BOOK SIGNING EVENT

Saturday, November 4th

11 AM - 1 PM

Point Vicente Interpretive Center

31501 PV Drive West

This event will feature an array of books focused on the Palos Verdes Peninsula, wildlife, and children's education. Come meet the authors! Have your book signed, or get a jump start on your holiday shopping with a special gift! **Free!** Call 310-544-5375 for more information or visit www.rpvca.gov. **Featured books will be 10% off the day of the event!**



LET'S PAW-ty AT YAPPY HOUR! 🐾

Sunday, November 5th

1 PM - 3 PM

Rancho Caninos Dog Park
30940 Hawthorne Blvd.

COME. SIT. STAY. PLAY

The Rancho Caninos Dog Park will be celebrating it's 5 year anniversary! Bring your four-legged friend(s) and enjoy **free** treats, prizes and more! Costumes are encouraged! *Bring unopened pet food to donate to a local dog shelter.*



"I WISH I WAS AT YAPPY HOUR"

CITY OF RANCHO PALOS VERDES PRESENTS:

Breakfast with Santa

Saturday, December 9th

9 am-10:30 am

Hesse Park (29301 Hawthorne Blvd.)

Join us for a hot buffet breakfast, music, performances, crafts, caroling and SANTA! This is a fundraiser to benefit the City's REACH program for adults with developmental disabilities. Cost is \$17 per person (children ages two and younger are free). This event sells out fast and seating is limited! Registration begins October 16th at:

apm.activecommunities.com/rpv



STORYTIME FUN

Activities include music, stories, and a craft. Program geared to children ages 2-5 years, but children of all ages are welcome. Designed for children and parents to attend together. **Free!**

Little Critter Afternoon Tales

2nd Wednesdays, 1:30 PM - 2:30 PM,

Sep. 13, Oct. 11, Nov. 8, Dec. 13

Location: Hesse Park, 29301 Hawthorne Blvd.

Little Fish Tales by the Sea

3rd Thursdays, 10:30 AM - 11:30 AM,

Oct. 19, Nov. 16, Dec. 21

No Storytime in September (due to the acoustic project)

Location: Point Vicente Interpretive Center
31501 PV Drive West

Flutterby Storytime

4th Fridays*, 11 AM - Noon

Sep. 22, Oct. 27, Nov. 17, Dec. 15

Location: Ladera Linda Park, 32201 Forrestal Drive

* Exceptions in Nov. and Dec. due to holidays.

VOLUNTEER CALENDAR

Please email volunteer@rpvca.gov or call 310.544.5260 for more info or if you want to sign up!

We are always looking for extra hands...

Volunteer with the Recreation and Parks Department! We have several volunteer events coming up this Fall and Winter! This is an opportunity for volunteers to earn volunteer credit, learn about their community, and gain work experience!

Saturday, Sep. 16th 9am-12pm

Coastal Cleanup Day

Abalone Cove 5970 PV Dr. South

* No Registration Required for this event, but a signed waiver is required. (will be provided at event)

Sunday Sep. 24th 9am-12pm

Abalone Cove Park Volunteer Day

Abalone Cove 5970 PV Dr. South

R.S.V.P. at volunteer@rpvca.gov



Saturday, Oct. 7th

Dog Park Volunteer Day

9am-12pm at Los Caninos Dog Park at 30940 Hawthorne Blvd.

Job Duties: Help beautify your local dog park! Volunteers will assist with raking, pulling weeds, and spreading mulch. Please R.S.V.P. to the Recreation and Parks Department at volunteer@rpvca.gov.



Saturday, Oct. 14th

Ocean Trails Reserve Beach Cleanup Day

9am-12pm

Job duties: Hiking/walking shoes are encouraged, and bring sunblock and a hat. Expect a good workout since we will be picking up trash and hauling the bags! Tools, trash bags, gloves, and trash-pickers will be provided! Please contact us for updated parking info: volunteer@rpvca.gov



Saturday, Oct. 21st

Kids Music Fest & Trunk or Treat

9am-3pm (Event runs from 11am-2pm) at Ladera Linda Park at 33201 Forrestal Drive

Job Duties: We need Volunteers and Trunks (see image below for examples of decorated trunks). Volunteers will assist with event setup, decorating, games and prizes! To sign-up with your own trunk, please contact the Recreation and Parks Department at parks@rpvca.gov



Sunday, Oct. 22nd

Abalone Cove Park Volunteer Day

9am-12pm at Abalone Cove at 5970 PV Drive South

Job Duties: Help beautify your local park. We'll be lining trails with rocks, trimming native plants and distributing mulch. Hiking/walking shoes are encouraged, and bring sunblock and a hat. Please R.S.V.P. to the Recreation and Parks Department at volunteer@rpvca.gov.



Sunday, Nov. 5th

Let's Paw-ty at Yappy Hour!

11am-3:30pm (Event runs from 1pm-3pm) at the Rancho Caninos Dog Park, 30940 Hawthorne Blvd.

Help celebrate our 5th year of the Rancho Caninos Dog Park! We need help setting up, decorating, staffing booths and enjoying our four-legged friends! Bring unopened pet food for a local shelter donation. Please R.S.V.P. to the Recreation and Parks Department at volunteer@rpvca.gov.



Saturday, Nov. 11th

Beach Cleanup or Trail Maintenance Volunteer Event

(Event planning in progress)

9am-12pm

We are in the process of planning an outdoor volunteer event. Save the date! Details coming soon! Please R.S.V.P. to the Recreation and Parks Department at volunteer@rpvca.gov.



Saturday, Dec 9th

Breakfast with Santa

8am-11:30 (Event runs from 9am-10:30am) at Hesse Park 29301 Hawthorne Blvd

Help Santa and his elves with event set-up and decorations. Assist with games & crafts. Ugly Christmas sweaters, Santa hats, elf hats or any fun holiday attire is encouraged! Please R.S.V.P. to the Recreation and Parks Department at volunteer@rpvca.gov.



Saturday, Dec. 16th

Beach Cleanup or Trail Maintenance Volunteer Event

(Event planning in progress) 9am-12pm

We are in the process of planning an outdoor volunteer event. Save the date! Details coming soon! Please R.S.V.P. to the Recreation and Parks Department at volunteer@rpvca.gov.



NATIVE PLANT GARDEN EVENTS, PVPLC...

Volunteer Voices –

“The smiles on the faces of the young high school boys when they handed out clothing to Veterans in need”...

This comment was from Julie Robinson, Student Service Advisory Council (SSAC) Chair's response to my question, “what has been the most rewarding moment in your 10 years of volunteering with SSAC?”

Who is Julie? What is SSAC? Julie's email is one of our first 'go to' contacts when we need volunteers for an RPV event. Julie gets the word out to all areas of PV as quickly as we can send it to her and then the parent and student volunteer responses pour in. Julie said, “I want to get the kids growing up here in PV involved and have them learn that a good community doesn't just happen – you need to be part of the community to make it good.” For more information about the RPV Volunteer Program, visit our volunteer page at www.rpvca.gov or email us at volunteer@rpvca.gov.

-Mary Hirsch

Volunteer Coordinator for the City of RPV

HELP US MAKE A DIFFERENCE

Native Plant Garden Volunteer Events

Help keep the native plant garden at Point Vicente Interpretive Center beautiful and pristine. Enjoy a 180-degree ocean view while experiencing hands-on learning. To join, RSVP to Megan Roy at megan@sccnps.org

Date: 3rd Sundays, Sept. 17th, Oct. 15th, Nov. 19th, Dec. 17th

Where: Point Vicente Garden, Point Vicente Interpretive Center,
31501 PV Drive South

Time: 10 AM -12 PM

Palos Verdes Peninsula Land Conservancy Outdoor Volunteer Days

Join us for fun and educational volunteer days. Closed-toed shoes are required and sunscreen and a hat are recommended. Please sign up at: www.pvplc.volunteerhub.com

September 2, October 7, December 2, 9 a.m. – noon

Portuguese Bend Reserve – Join this effort to eradicate invasive species and protect important wildlife habitat while looking out at a beautiful view of the Pacific.

September 16, November 18, December 16, 9 a.m. - noon

Alta Vicente Reserve - Help restore this unique coastal habitat, home to many threatened and endangered wildlife species.

Rapid Response – Friday and Saturday, 9 a.m. – noon, various locations

Unauthorized trails can damage sensitive habitat and cause soil erosion. Help keep them closed by volunteering with us in the Preserve. For more information and to sign up, contact: Brittany Goldsmith at bgoldsmith@pvplc.org.

Wildlife Tracking Volunteers Training, October 7, 14, 21 and 28, 8:30-11:30 a.m.

Volunteer to monitor wild foxes and coyotes in the PV Nature Preserve. Ages 16+. No experience required.

For more information and to sign up: pvplc.volunteerhub.com



HIKING AND NATURE WALKS

Upcoming Docent-led hikes with the Los Serenos Docents de Point Vicente

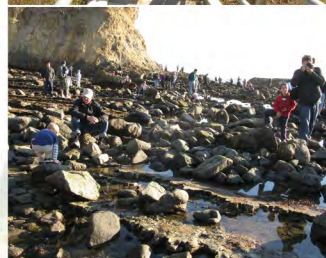
FREE! For more information, visit losserenos.org.

Switchback Trail at Trump National Golf Club

Date/Time: Saturday, October 21st, 3 PM - 5 PM

Location: 1 Trump National Drive

Level: Moderate



Abalone Cove Shoreline Park

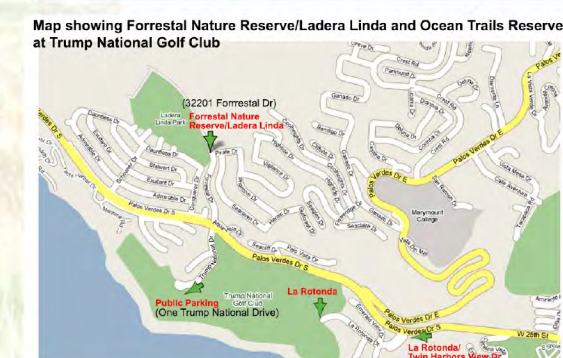
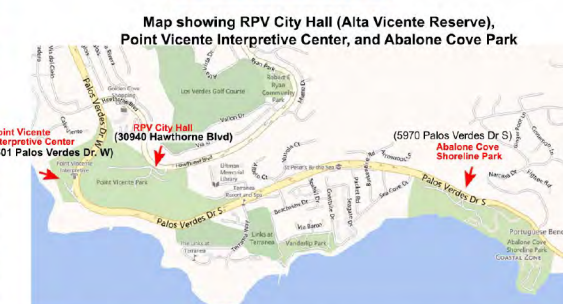
Dates/Times: Sunday, November 5th, 2:30 PM - 4:30 PM

Saturday, December 2nd, 1 PM - 3 PM

Location: 5970 Palos Verdes Drive South

Level: Moderate to Strenuous

Wear sturdy shoes because part of the walk will be on cobblestones. All events are free to the public and take approximately 2 hours. Wear sun protection and bring water. Any parking fees will be waived up to 45 minutes prior to the event and 30 minutes after. Call 310-377-5370 for more information and/or directions or visit our website at www.losserenos.org.



Nature Walks with the Palos Verdes Peninsula Land Conservancy

September 9, 3 p.m. Pelican Cove - Admire picturesque views and restored buckwheat covered bluffs supporting the recovery of the rare El Segundo blue butterfly. Plain air artists will be painting along walk route. Moderate.

October 14, 9 a.m. Lunada Canyon – Walk the Trail in this quiet neighborhood canyon in the Agua Amarga Reserve. This is the first land owned by the Conservancy, donated by the Zuckerman Family in 1992. Moderate.

December 9, 9 a.m. Portuguese Bend Reserve – Hike along Rattlesnake Trail and climb through spectacular Altamira Canyon to admire the natural scenery. Plain air artists will be painting along walk route. Strenuous.

Beauty of Nature Film Series- Palos Verdes Peninsula Land Conservancy presents **Emptying the Skies** and **The Sagebrush Sea**, September 22, 3:30 p.m. **Peninsula Center Library**. Tickets \$10. Youth Free. RSVP and tickets at: pvplc.org, Events and Activities.

General Information

Led by naturalists, historians and geologists, all walks are free and family-oriented. Walk-Only groups are now available for those who wish to walk without interpretive stops. Participants are urged to wear comfortable shoes with good traction and sun protection. In case of rain, walks are cancelled. For more information and to RSVP, please visit: www.pvplc.org, Events, Nature Walks.



RECREATION CLASSES

CLASSES FOR KIDS

BAMBOLEO-SPANISH CLASSES (2 YRS - 6 YRS) **HESSE PARK**

BAMBOLEO KIDS PROGRAM - SUSANA PANIAGUA: 562.661.3168

CHINESE CLASS; CHESS CLASS, TENNIS CLASS (KINDERGARTEN-8TH GRADE) **LADERA LINDA PARK** CONCORD EDUCATION LLC / CYNTHIA CHEN: 949.228.3712

EARLY CHILDHOOD MUSIC CLASSES (BIRTH-K), MOMMY & ME (BIRTH-3 YRS) **HESSE PARK & RYAN PARK** KIDS MUSIC N MOTION / ANNETTE GUNDERSON: 310.373.0280

HEALTHY COOKING CLASSES (5 YRS - 13 YRS) **HESSE PARK** CREATIVE PLATE / NIGEL NAPOLION & TANIKA ROUNDTREE: 310.945.6495

PEE WEE PICASSO ART CLASSES (18 MO.-5 YRS) **HESSE PARK** ART TO GROW ON, INC./ LAUREN PERELMUTER: 310.625.6028

SPANISH CLASSES (18 MO - 1/2 YRS) & (5 YRS – 8 YRS) **HESSE PARK** ELSA BRACERO: 310.291.2145

PIANO LESSONS -PLAYING-BASED MUSIC LEARNING (4 YRS—12YRS) **HESSE PARK** SIMPLY MUSIC PIANO / KATE OGDEN: 310.487.4728

SUPER SOCCER STARS (2 YRS - 5 YRS) **RYAN PARK** SUPER SOCCER STARS/ BOB GIBSON : 310.998.0010



FITNESS CLASSES FOR ADULTS

BONES FOR LIFE - EXERCISES TO PREVENT OSTEOPOROSIS MOVE TO HEALTH / SACHIYE NAKANO: 310.326.6831 **HESSE PARK**

JACKI SORENSEN AEROBIC DANCE : LITE IMPACT DENISE RAYFIELD 310.308.6024 **HESSE PARK**

TAI CHI CHUAN - YANG STYLE / LONG FORM STAN CORZINE: 310.376.8088 **HESSE PARK**

YOGA, TAI CHI GONG, ZEN BALANCE CLASSES MARIA ARABE: 310.938.7548 **LADERA LINDA PARK**

CLASSES FOR TEENS & ADULTS

DRAWING AND PAINTING CLASS-BASICS OF FINE ARTS (16 YEARS - ADULT) **HESSE PARK** KEVIN McCANTS: 818.753.8477



PIANO LESSONS **PLAYING-BASED MUSIC LEARNING** **HESSE PARK** SIMPLY MUSIC PIANO KATE OGDEN: 310-487-4728



HAM RADIO CLASSES **FCC TECHNICIAN'S LICENSE - (16 YEARS - ADULT)** **HESSE PARK** WALT ORDWAY: 310.541.4007

