

City of Rancho Palos Verdes



Recreation and Parks Department

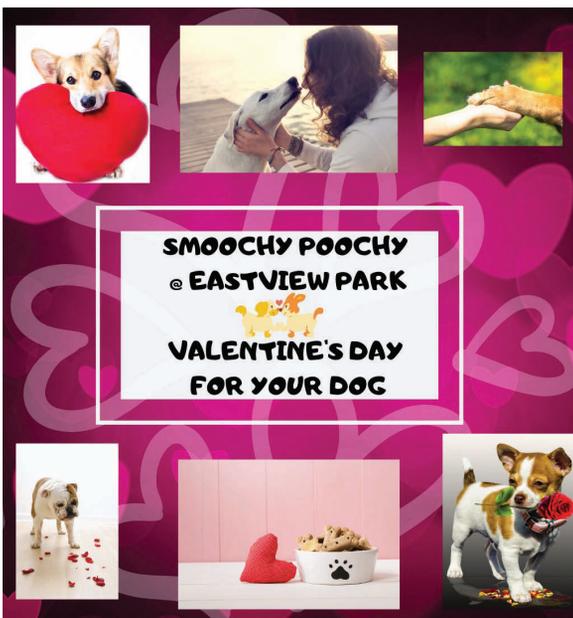
# *Winter 2020 Activity Guide*

**Nature Walks! Free Storytime fun!  
Special Events!  
Volunteer Opportunities!  
Recreation Classes and more!**

Register Online:  
[apm.activecommunities.com/rpv](http://apm.activecommunities.com/rpv)

Visit the Recreation and Parks  
Department Webpage at:

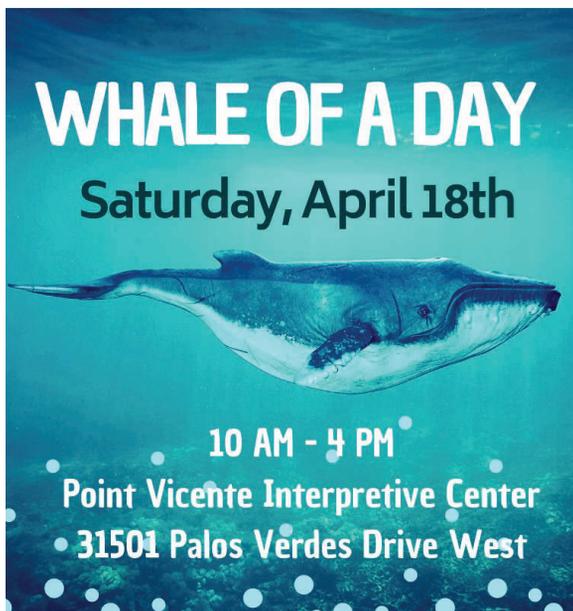
[www.rpvca.gov](http://www.rpvca.gov) or contact us at  
310.544.5260 for more info!



**SMOOCHY POOCHY**  
 @ EASTVIEW PARK  
**VALENTINE'S DAY**  
**FOR YOUR DOG**

**Saturday, February 8**  
**Time 1 PM - 3 PM**  
**Eastview Dog Park**  
**1700 Westmont Drive**

- Several photo booth opportunities to get that perfect, lovey-dovey family photo!
- Delightful dog parade!
- Valentine arts & crafts for kids!
- Fun giveaways!
- Generous raffles!
- Food donations will be accepted for raffle tickets and donated to the local shelter.
- Don't forget to bring a camera!



**10 AM - 4 PM**  
**Point Vicente Interpretive Center**  
**31501 Palos Verdes Drive West**

- Whale watching from the bluffs
- Crafts, games, face painting, live music
- Local environmental organizations, marine-themed art vendors, food vendors
- Tours of the Interpretive Center and Native Plant Garden
- Coast Guard exhibits will be available
- Free parking and shuttle service will be available to and from Point Vicente Park/Civic Center



**Saturday, April 11th**  
**10 AM - 11:30 AM**  
**Ladera Linda Park**  
**32201 Forrestal Drive**

- An appearance by the Big Bunny!
- LOADS of prizes! (You won't leave empty-handed!)
- Fun puppet show by the Los Serenos Docents
- Lots of photo opportunities
- Don't forget to bring a basket and a camera!
- For children ages 1-8 years old
- \$15 per child (Pre-registration is required)
- Register online at: [apm.activecommunities.com/rpv](http://apm.activecommunities.com/rpv)

# NEW RECREATION CLASSES !!

## SPANISH FOR KIDS!

Learn to speak, read, write, and sing in Spanish through interactive and immersive teaching methods!

Age: 3–10 years

Tuesdays (Time Varies)

January 7, 2020–March 31, 2020

Ryan Park - Activity Room



## Introduction To GYROKINESIS

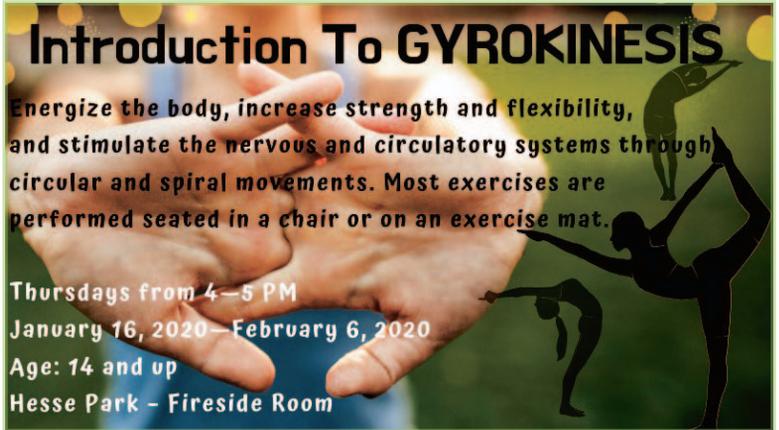
Energize the body, increase strength and flexibility, and stimulate the nervous and circulatory systems through circular and spiral movements. Most exercises are performed seated in a chair or on an exercise mat.

Thursdays from 4–5 PM

January 16, 2020–February 6, 2020

Age: 14 and up

Hesse Park - Fireside Room



## BRIDGE: DECLARER PLAY

For beginner-intermediate players who want to reinforce their skills through hands-on play.

Age: 16 and up

Thursdays from 3–5 PM

January 16, 2020–March 5, 2020

Hesse Park - Activity Room



## BRIDGE: DEFENSE

Age: 16 and up

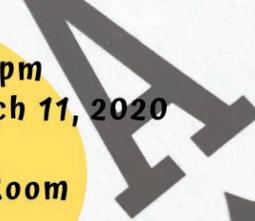
Wednesdays from 3–5 pm

January 15, 2020–March 11, 2020

(no class on March 4)

Hesse Park - Activity Room

The basics and finer points of Defense will be reviewed. Knowing the standard opening lead guidelines and being aware of how to use signals and using the defender's plan will maximize the partnership trick taking potential on defense.



## Yoga and Friends Retreat - Celebrate International Women's Day

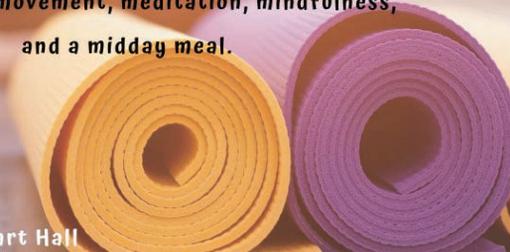
A one day retreat celebrating International Women's Day with gentle yoga, movement, meditation, mindfulness, and a midday meal.

Age: 18 and up

Sunday 9 AM–4 PM

March 8, 2020

Hesse Park - McTaggart Hall



## Meditation For Everyone

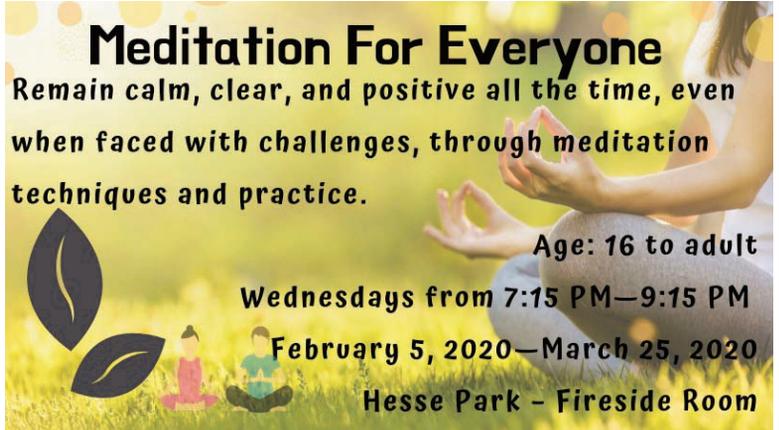
Remain calm, clear, and positive all the time, even when faced with challenges, through meditation techniques and practice.

Age: 16 to adult

Wednesdays from 7:15 PM–9:15 PM

February 5, 2020–March 25, 2020

Hesse Park - Fireside Room



Register Online: [apm.activecommunities.com/rpv](http://apm.activecommunities.com/rpv)

## Fitness Classes for Adults

Jacki Sorensen Aerobic Dance - Lite Impact  
DENISE RAYFIELD and SANDRA ERICKSON:  
310.308.6024  
Hesse Park

Tai Chi Chuan - Yang Style / Long Form  
STAN CORZINE:  
[stancorzine@verizon.net](mailto:stancorzine@verizon.net)  
Hesse Park

Bones for Life - Exercises to Prevent Osteoporosis  
SACHIYE NAKANO:  
Visit: <http://www.movetohealth.net/>  
or 310.326.6831  
Hesse Park

Contact Instructor for dates, times, prices and more information

# We are always looking for extra hands...



Questions? Contact the Recreation and Parks  
Department at 310.544.5260 or  
[volunteer@rpvca.gov](mailto:volunteer@rpvca.gov)

## Volunteer with the

## Recreation and Parks Department!

We have several volunteer events coming up this winter & spring! This is an opportunity for volunteers to earn volunteer credit, learn about their community, and gain work experience!

To view our latest volunteer events please visit our volunteer webpage at [www.rpvca.gov/volunteer](http://www.rpvca.gov/volunteer)



### ABALONE COVE VOLUNTEER EVENT

**SATURDAY, JANUARY 18  
ABALONE COVE PARK  
5970 PV DRIVE SOUTH  
TIME: 9AM-12PM**

**Help beautify your local park! We provide  
gloves, tools, snacks and water.**

**Please wear closed-toe shoes and  
comfortable "ready to work" clothing.**



### Open Space Management Volunteer Event

**SATURDAY, FEBRUARY 15  
SAN RAMON RESERVE  
TIME: 9AM-12PM**

**Keep the "switchbacks" looking clean. Hike through  
moderate/strenuous trails while helping maintain the  
preserve. Please wear closed-toe shoes and  
comfortable "ready to work" clothing.**

**Gloves, tools, water and snacks will be provided.**

**Parking and shuttle information will be provided  
upon sign up.**



### ABALONE COVE VOLUNTEER EVENT

**SATURDAY, MARCH 21  
ABALONE COVE PARK  
5970 PV DRIVE SOUTH  
TIME: 9AM-12PM**

**Join us in planting native species while  
enjoying the view along the bluffs!**

**We provide gloves, tools,  
snacks and water.**

**Please wear closed-toe shoes and  
comfortable "ready to work" clothing.**



*Volunteers  
making a  
difference*



# NATIVE PLANT GARDEN EVENTS, PVPLC...

HELP US MAKE A DIFFERENCE



## Native Plant Garden Volunteer Events

Help keep the native plant garden at Point Vicente Interpretive Center beautiful. Experience hands-on learning.

To join, RSVP to Megan Wolff at: [megan@sccnps.org](mailto:megan@sccnps.org)

Date: Sundays Jan 19th, Feb 16th, & March 15th

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

Time: 10 AM -12 PM



## Palos Verdes Peninsula Land Conservancy volunteer activities

### outdoor volunteer days

every saturday  
9 am to 12 noon  
open to all ages

#### alta vicente reserve

Restore this unique habitat home to many threatened wildlife species.

december 7, february 8, march 7th

#### abalone cove reserve

Join us at our newest restoration site complete with a gorgeous ocean view!

december 14, 28, january 11, 25  
february 15, 22

#### agua amarga reserve

Restore coastal sage scrub habitat in this beautiful canyon reserve.

march 28

#### portuguese bend reserve

Help us to restore this critical habitat and benefit wildlife corridors.

march 14

#### adopt-a-plot

various locations

Contribute to creating native landscapes on your own schedule.



Sign up for a volunteer day or training  
[PVPLC.VOLUNTEERHUB.COM](http://PVPLC.VOLUNTEERHUB.COM)

For questions, please contact Brittany Goldsmith at  
(310) 541-7613 or email: [bgoldsmith@pvplc.org](mailto:bgoldsmith@pvplc.org)

### Volunteer Trail Watch Training

Ladera Linda Community Center

January 25 & February 1, 9 am - 1 pm

Help protect the preserve, its habitat and wildlife as our eyes and ears on the trails while enjoying the nature preserve.

### Trail Crew Introduction

PVPLC Office, 916 Silver Spur Rd 104, RHE CC 90275

Saturday, February 8, 9 am - 12 noon

Enjoy this overview on how you can become skilled in trail assessment and repair techniques through a 50-hour certification training program.

### New Docent Orientation

George F Canyon Nature Preserve, 27305 PV Dr. East, RHE

Sunday, February 23, 11 am - 12:00 noon

Discover the joys of sharing your love of nature with nature center visitors or students on field trips or in the classroom.

### Cactus Wren Monitoring Training

Ladera Linda Community Center

Saturday, March 7, 8 am - 11 am

Learn how to track and monitor the cactus wren, their nests, and their success in rearing babies for this keystone species. Volunteers monitor throughout summer.

# HIKING AND NATURE WALKS

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

FREE! For more information, visit [losserenos.org](http://losserenos.org).

### Abalone Cove Shoreline Park

Dates/Times: Saturday, Jan 25th, 3 PM - 5 PM  
Sunday, Feb 23rd, 2 PM - 4 PM  
Location: 5970 Palos Verdes Drive South  
Level: Moderate to Strenuous

Tour the tide pools teeming with fascinating marine life.

Parking at Abalone Cove is extremely limited. Carpooling is highly recommended.



### Forrestal Reserve

Dates/Times: Saturday, March 21st, 9 AM - 11 AM  
Location: 32201 Forrestal Drive  
Level: Moderate to Strenuous

Walk through coastal sage scrub habitat. Learn about the local geology. Includes a tour of the Discovery Room.

Park in the Ladera Linda Community Center parking lot.

Rain Cancels a hike! Following a rain, check [trailalerts.rpvca.gov](http://trailalerts.rpvca.gov) for closures.

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 310-544-5375 for more information and/or directions or visit our website at [www.losserenos.org](http://www.losserenos.org).

PALOS VERDES PENINSULA  
LAND CONSERVANCY

## 2ND SATURDAY MONTHLY GUIDED NATURE WALKS

Free family-friendly walks are led by naturalists, historians and geologists, Please wear sturdy shoes and bring water. In case of rain, walks are cancelled. RSVP [pvplc.org](http://pvplc.org).

### LOWER PORTUGUESE BEND RESERVE

saturday, december 14, 9 am

Follow Sandbox Trail ascending through grasses and low shrubs for nice views of the Pacific Ocean. Easy. RPV. Park on PV Dr. South, west of Schooner Dr. and east of Peppertree Drive, RPV

### ABALONE COVE RESERVE

saturday, january 11, 2020 3 pm

Visit landscaped trails with interpretive signage and the site of a new restoration project. Enjoy a walk down to explore the tide pools and pillow lava formations. Park in lot, 5970 Palos Verdes Dr. South. RPV

## NATURE CENTER ACTIVITIES

George F Canyon Nature Preserve, 27305 Palos Verdes Dr. East. RHE

### NATURE WALK

december 7 - 11 am, january 4, february 1, march 7 - 10:30 am

Join us for an easy and educational walk in this beautiful preserve. Free and appropriate for all ages.

### NATURE CLUB FOR FAMILIES

january 12, february 9, march 8 - 10:30 am

Parents and children reconnect with nature through art, games, science activities, and outdoor play.

### NATIVE PLANT SALE

december 28 - 11 am, january 18, february 15, march 21 - 10:30 am

Join the backyard coastal habitat restoration movement. Plant beautiful native plants in your yard.

PALOS VERDES PENINSULA LAND CONSERVANCY

FOR MORE INFORMATION AND TO RSVP, PLEASE VISIT: [WWW.PVPLC.ORG](http://WWW.PVPLC.ORG)



# Yoga, Tai Chi Gong, Zen Balance Classes

Yoga, Tai Chi Gong,

Zen Balance Classes

@ Ladera Linda Park

Hatha Yoga

@ Hesse Park

Contact MARIA ARABE: 310.938.7548 for dates, times, prices and more

## Storytime Fun!

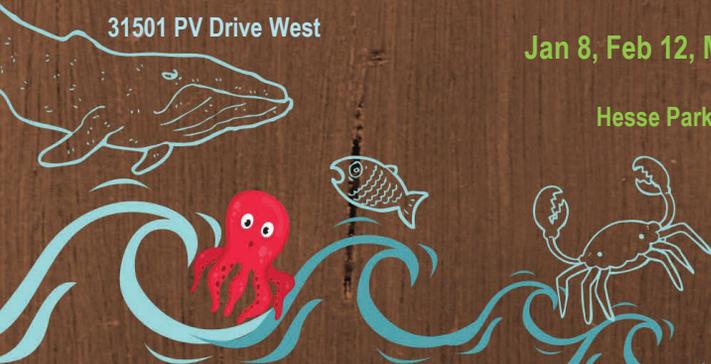
### Little Fish Tales by the Sea

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

Jan 16, Feb 20, Mar 19

Point Vicente Interpretive Center

31501 PV Drive West



Activities include music, stories, and a craft. Program geared for 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

Jan 8, Feb 12, Mar 11

Hesse Park



### Flutterby Storytime

4th Tuesdays, 11 AM - Noon

Jan 28, Feb 25, Mar 24

Ladera Linda Park

32201 Forrestral Drive



December 1, 2019 — May 2020

Watch the Majestic Gray Whale Migration  
from the Point Vicente Interpretive Center  
at:

31501 PV Drive West

310.544.5375

[www.rpvca.gov](http://www.rpvca.gov)

FOLLOW THE  
GRAY WHALE CENSUS AT  
[www.acs-la.org](http://www.acs-la.org)

The American Cetacean Society (ACS) has  
been dedicated to protecting cetaceans  
(whales, dolphins, and porpoises) and their  
habitat since 1967.

# Want Recreation and Park Notifications?

Sign up online for Recreation Activities, Volunteer Events  
and Palos Verdes Nature Preserve

"Notify Me" emails at [www.rpvca.gov](http://www.rpvca.gov).

- 1) Click on the "Notifications" envelope icon on the homepage
- 2) Sign in with your email address, and
- 3) Click on the lists to receive updates

## PALOS VERDES NATURE PRESERVE

### PRESERVE RULES

#### HOURS

One hour before sunrise to one hour after sunset.  
Closed during adverse weather conditions. Check [trailalerts.rpvca.gov](http://trailalerts.rpvca.gov)  
for trail alerts and conditions.

#### PLEASE STAY ON DESIGNATED TRAILS

- FOLLOW TRAIL USE DESIGNATIONS
- HIKERS: yield to horses
- CYCLISTS: yield to horses and hikers
- DOG WALKERS: where dogs are permitted, always keep on leash (maximum of 6 feet) under your command, and clean up after them
- WHEELCHAIRS: Motorized and non-motorized allowed
- TRASH: Place trash and recyclable only in designated containers

#### NOT ALLOWED IN THIS PRESERVE

- Reckless use of trails that endangers people or animals
- Motorized vehicles or radio-controlled models
- Smoking, open flames, or rockets
- Hunting or discharge of any weapons
- Camping, Nudity, or Paragliding
- Animals on the beach
- Creating or damaging trails
- Removing, damaging, or adding any animals, plants, rocks/fossils
- Defacing signs or barriers

PLEASE REPORT VIOLATIONS TO THE PRESERVE INFO  
REPORTING LINE (310) 491-5775 OR THE LOMITA SHERIFFS  
STATION (310) 539-1661

RPVMC Sections 6.04.010, 8.28.020, 9.08.010, 9.08.020 and 12.16.010 - 12.16.150,  
L.A. County Code 10.40.060

### TRAIL CONDITIONS & ALERTS

FOLLOWING A RAIN, CHECK  
[TRAILALERTS.RPVCA.GOV](http://TRAILALERTS.RPVCA.GOV) FOR  
CLOSURES. TRAILS ARE CLOSED  
APPROX. 48 HOURS AFTER RAIN.

Please continue to check this website for  
the latest trail conditions, or contact  
Open Space Management at  
[trails@rpvca.gov](mailto:trails@rpvca.gov) or 310-491-5775.

Thank you for your patience and  
cooperation.

### City of RPV Park & Preserve Information:

- Abalone Cove Shoreline Park, 5970 PV Drive South, RPV.....310.544.5366 (Open Daily 9am - dusk)
- Eastview Park, 1700 Westmont Drive, RPV.....310.544.5269 (Open 1 hour before sunrise to 1 hour after sunset)
- Fred Hesse Jr. Community Park, 29301 Hawthorne Blvd, RPV.....310.544.5350 (Open M-F 9am - dusk & Sat./Sun. 10am-dusk)
- Ladera Linda Community Park, 32201 Forrestal Drive, RPV.....310.544.5370 (Open M-F Noon-5pm & Sat./Sun. 10am-5pm)
- Point Vicente Interpretive Center, 31501 PV Drive West, RPV.....310.544.5375 (Museum Open Daily 10am-5pm)
- Robert E. Ryan Community Park, 30359 Hawthorne Blvd., RPV....310.544.5362 (Open Daily 9am-dusk)
- Palos Verdes Nature Preserve..... 310.544.5353 (Open 1 hour before sunrise to 1 hour after sunset)