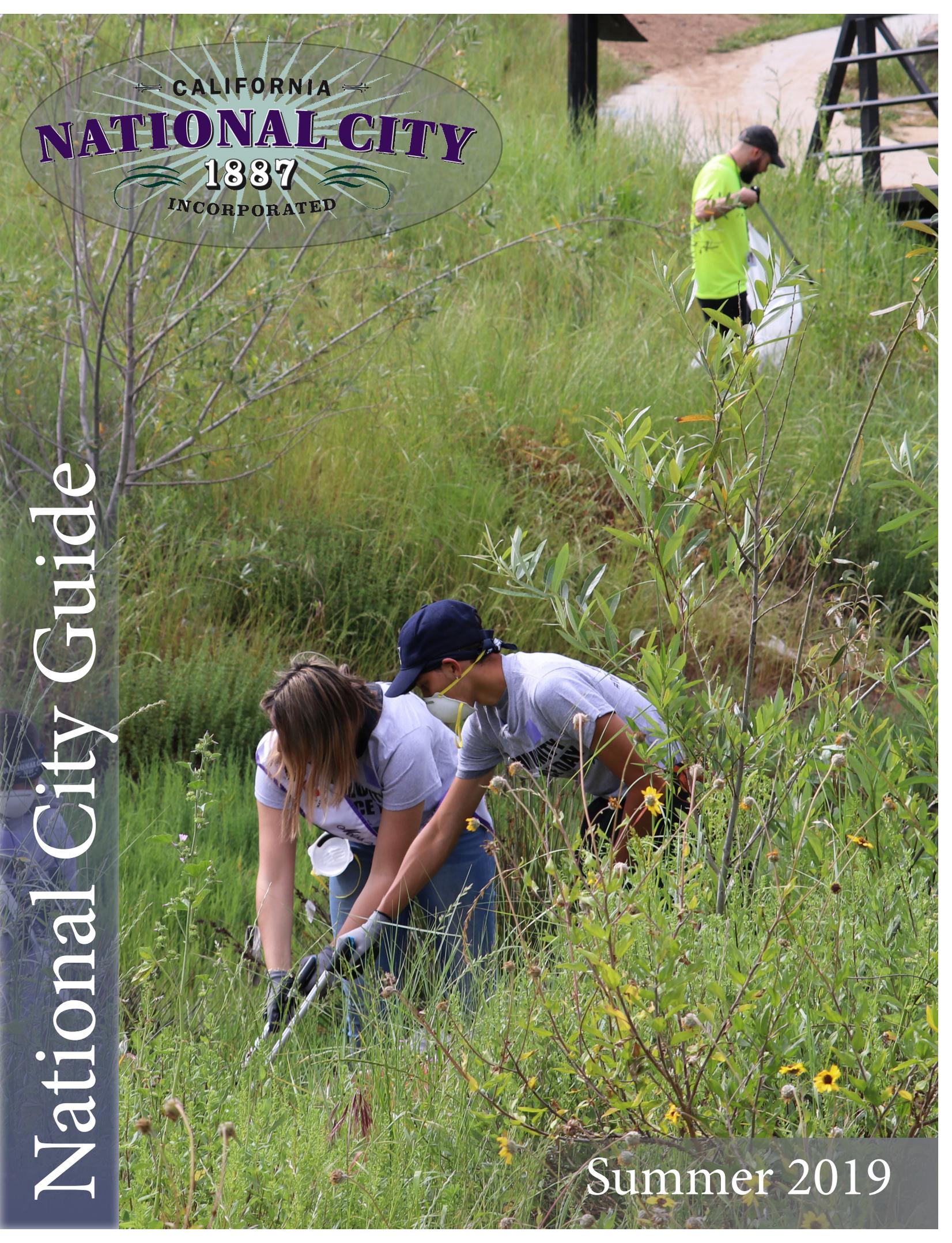


CALIFORNIA
NATIONAL CITY
1887
INCORPORATED

National City Guide

Summer 2019





City of National City City Hall
 1243 National City Blvd
 National City, California 91950

City Council

Mayor	Alejandra Sotelo-Solis	(619) 336-4283
Vice Mayor	Ron Morrison	(619) 336-4233
Councilmember	Jerry Cano	(619) 336-4234
Councilmember	Mona Rios	(619) 336-4237
Councilmember	Gonzalo Quintero	(619) 336-4238

City Departments

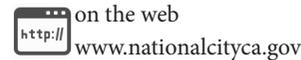
City Attorney	(619) 336-4220
Building	(619) 336-4210
City Clerk	(619) 336-4228
Community Services	(619) 336-4290
Engineering	(619) 336-4380
Finance	(619) 336-4330
Fire Department	(619) 336-4550
Housing and Economic Development	(619) 336-4254
Human Resources	(619) 336-4300
Library	(619) 470-5800
City Manager	(619) 336-4240
Neighborhood Services	(619) 336-4364
Planning	(619) 336-4310
Police Department	(619) 336-4400
Public Works	(619) 336-4580
City Treasurer	(619) 336-4330



On the Cover

Thank you to everyone that participated in the 6th annual Community Service Day at El Toyon and Kimball Park.

Stay Informed



24 Hour Hotlines

Code Enforcement	(619) 336-4287
Dig Alert	(800) 227-2600
Free Graffiti Removal	(619) 336-4545
Gang Enforcement	(619) 336-4264
Stormwater	(619) 336-4389
Employment Opportunities	(619) 336-4306



The City of National City Pledges to Provide:

Commitment

We strive for excellence, as we serve the public and each other with integrity, compassion, responsiveness, and professionalism.

Customer Service

We provide excellent service to residents, businesses, visitors, and colleagues.

Courtesy

We treat everyone with dignity and respect

Communication

We communicate openly, honestly, and with clear, consistent messages.

Collaboration

We work to achieve common goals and value our differences.

2019 Summer Content

Your City

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Recreation

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Register For Programs

Registration For Summer Classes Start:

May 13, 2019

Register Online at:

www.joinnacity.com

or visit the MLK or Camacho Center

Summer sessions starts:

May 28th



City Swears In New Police Chief



National City's new Police Chief, Jose Tellez was sworn into the highest rank of the department on March 19, 2019 following the retirement of former Chief Rodriguez. Chief Tellez has been with the department since 1988 and has risen through the ranks from patrol officer, school resource officer, sergeant, lieutenant, officials' spokesperson, assistant chief before achieving his recent promotion to Chief.

"Chief, Tellez hopes to build stronger bridges between the Police Department and the community to reduce crime and address public safety issues across National City. Tellez said he plans to reshape the gang enforcement unit into a neighborhood policing team designed to tackle area-specific issues — whether gang-related or not — with a focus on long-term solutions." (Hernandez, 2019)

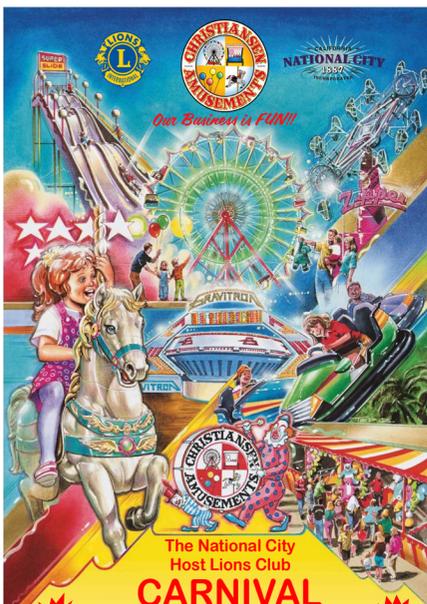
Tellez also intends to create a homeless outreach team in response to a high volume of police calls related to homelessness, mental health and drug addiction.

-Excerpts from David Hernandez' Union Tribune article on 3/25

I am honored to serve as Chief of Police for the City of National City. It is my intention to increase the dialogue and community engagement between our residents, businesses and Department personnel. Please feel free to contact my office at chief@nationalcityca.gov if I can be of assistance.



Chief Jose Tellez made his first promotions in his new role as Chief on March 21, 2019. Promotions included: 24 year veteran Captain Young, Police Sergeant Springer, Corporals Camacho and Taylor, along with Officer Corado. (Also pictured is Captain Espiritu.)



Lions Club 4th of July Carnival

The City of National City and the National City Host Lions Club will host the annual Fourth of July Carnival at Kimball Park from July 3rd – July 7th. The carnival features games, rides, food and drink items for sale by area non-profit organizations, and various entertainment throughout the week including musical acts and contests. Events throughout the week includes the Miss National City Pageant and the National City's very own fireworks display.

June 3 5pm -11:00 pm July 5 3pm - 11pm

July 4 12pm - midnight July 6 1pm -11pm

July 7 1pm - 11pm



Tuesday, August 6, 2019 6pm-9pm
Kimball Park - E. 12th St. & D Ave.

BBQ - 6:00pm & Movie - Sunset

FREE COMMUNITY EVENT, FOOD & MOVIE IN THE PARK

Join us for free hot dogs & hamburgers for the first 500 people, Bike Rodeo, Face Painting, Arts & Crafts, K9 demonstration, Jaws of Life demonstration, lawn games and a Movie in the Park!



The National City Police Department will be hosting a number of safety, educational displays, & demonstrations at their annual National Night Out.



← CALIFORNIA →
NATIONAL CITY
1837
INCORPORATED
YOU'RE INVITED!

NATIONAL CITY GETS ACTIVE!

Family fun **SCAVENGER HUNT**,
breakfast and Arts & crafts for
kids

SATURDAY
JUNE 8TH, 2019 | 9 A.M.
KIMBALL PARK
12TH ST & D AVE, NATIONAL CITY



Register online
space is limited!

www.nationalcityca.gov/ncgetsactive



FOR MORE INFORMATION: 619-336-4290

Community Services



Recreation Superintendent Audrey Denham
 Recreation Center Supervisor Juanita Castaneda
 Recreation Center Supervisor Elyana Delgado
 Recreation Center Supervisor Maria Wright
 Recreation Sr. Office assistant Karina Lopez

Parks and Recreation Centers

Main Office MLK Rec center (619)336-4290
 Camacho Recreation Center (619)336-6756
 Manuel Portillo Casa De Salud
 Youth Center (619)336-6757
 Kimball Senior Center (619)336-6760
 Las Palmas Pool (619)336-6758
 El Toyon Recreation Center (619)336-4290
 Public Works (619)336-4580
 George H. Waters Nutrition Center (619) 336-6752
 National City Library (619) 470-5800

Recreation Facility Hours of Operation



Camacho Recreation Center
1810 E 22nd St

Mon-Fri: 4:00pm-9:00pm
Sat-Sun: 9:00am-2:00pm

Las Palmas Pool
1800 E 22nd St

See page 12 for operation schedule



Casa De Salud Youth Center
1408 E. Harding Avenue

Mon-Fri: 3:00pm-7:00pm

Kimball Senior Center
1221 D Ave

Mon, Wed, Fri: 9:30am-4:30pm
Tue, Fri: 9:30am-2:30pm



MLK Community Center
140 E 12th St

Mon-Thur: 7:00am-6:00pm

George H. Waters Nutrition Center
1415 D Avenue

Mon-Fri: 11:00am-12:30pm



National City Library
1401 National City Blvd

Mon-Thur: 10:00am-8:00pm
Sat-Sun: 1:00am-5:00pm

CALIFORNIA NATIONAL CITY 1337 INCORPORATED

2019 SUMMER MOVIES IN THE PARK

COMM-CINEMA

<p>Sat, 6/22</p> <p>Las Palmas Park 8:15 pm The Sandlot</p>	<p>Sat, 7/20</p> <p>El Toyon Park 8:15 pm Spider-Man: Into the Spider-Verse</p>	
<p>Tue, 8/6</p> <p>Kimball Park 8:00 pm The Greatest Showman</p>	<p>Sat, 9/7</p> <p>Las Palmas Pool 7:30 pm How to Train Your Dragon: The Hidden World</p>	<p>Sat, 9/28</p> <p>Kimball Park 7:00 pm Hocus Pocus</p>

For Full Series Schedule Visit:
<http://www.summermoviesinthepark.com/>

Upcoming Events

JUNE



8 NC GETS ACTIVE & COMMUNITY BREAKFAST KIMBALL PARK

15 SUMMER CONCERT SERIES PEPPER PARK

22 SUMMER MOVIES IN THE PARK LAS PALMAS PARK

JULY



6 MISS NATIONAL CITY KIMBALL PARK

20 SUMMER MOVIES IN THE PARK EL TOYON PARK

AUGUST

6 NATIONAL NIGHT OUT & SUMMER MOVIES IN THE PARK KIMBALL PARK

SEPTEMBER



7 SUMMER MOVIES IN THE PARK LAS PALMAS POOL

14 NC GETS ACTIVE & COMMUNITY BREAKFAST KIMBALL PARK

28 SUMMER MOVIES IN THE PARK KIMBALL PARK



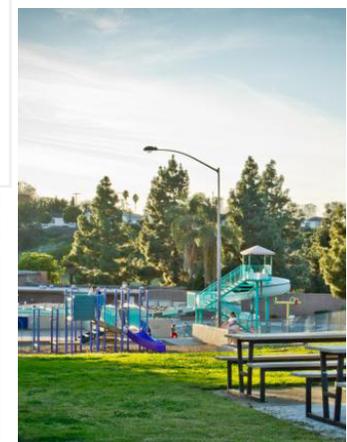
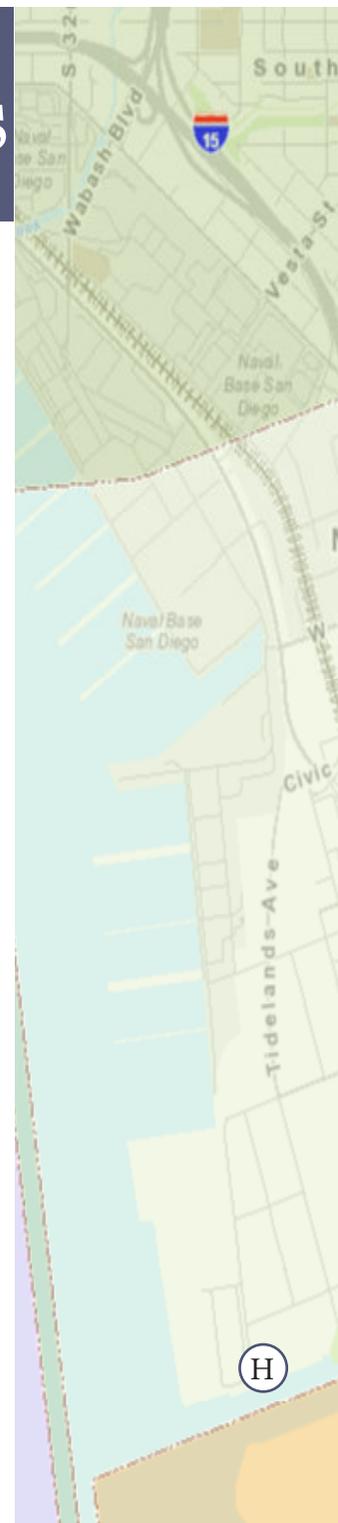
NOVEMBER

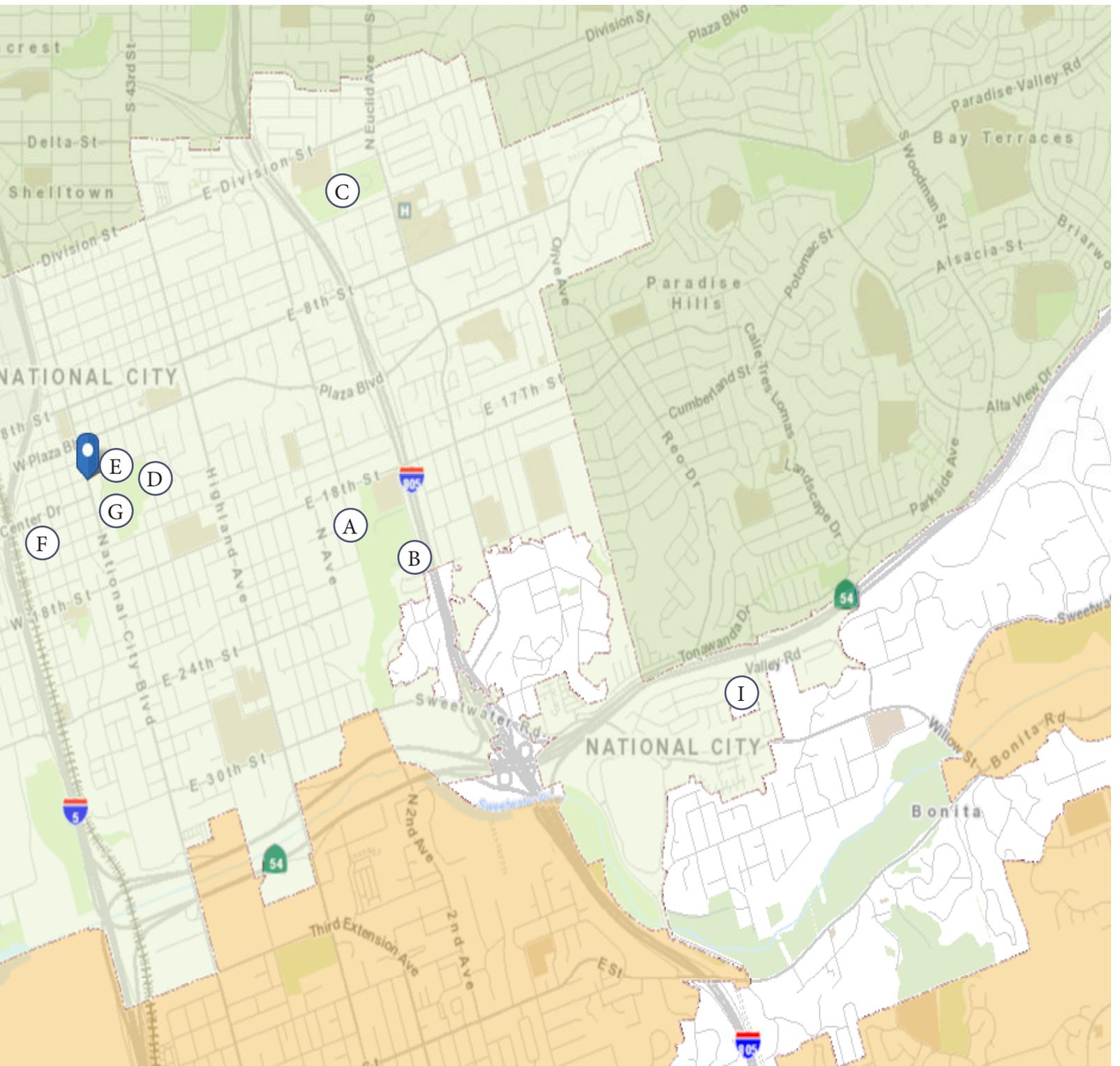
16 ORNAMENT WORKSHOP KIMBALL SENIOR CENTER

23 ORNAMENT WORKSHOP CAMACHO RECREATION CENTER

Recreation & Park Facilities

	Map Key	Rec center/ Mfg Rm	Multipurpose Field	Basketball Courts	Playground	Rest Rooms	Picnic Table	Tennis Courts	Fitness Area	Gymnasium	Ballfield	Amphitheater	Off-leash Dog Parks
Butterfly Park Palm Ave. and E. 22nd St.	A						✓						
Camacho Recreation Center 1810 E 22nd St	B	✓		✓		✓			✓	✓			
Las Palmas Park Newell and E. 22nd Street	B	✓			✓	✓	✓	✓			✓		
Las Palmas Pool 1800 E 22nd St	B	✓		✓		✓							
El Toyon Park 2005 E 4th St	C	✓	✓	✓	✓	✓	✓	✓	✓				✓
El Toyon Recreation Center 2005 E 4th St	C	✓				✓							
George H. Waters Nutrition Center 1415 D Avenue	D	✓				✓							
Kimball Senior Center 1221 D Ave	D	✓				✓	✓		✓				
Kimball Park E 12th St, National City	E	✓		✓	✓	✓	✓				✓	✓	
MLK Community Center 140 E 12th St	E	✓				✓							
Manuel Portillo Casa De Salud Youth Center 1408 E. Harding Avenue	F	✓		✓		✓			✓				
National City Library 1401 National City Blvd	G	✓				✓							
Pepper Park 3299 Tidelands Ave (Operated by port of San Diego)	H	✓			✓	✓	✓						
Sweetwater Heights Park Cagle St. and Bonita Heights Ln	I			✓	✓								







Visual & Performing Arts



Arts & Crafts

Arts & Crafts is a fun way to improve artistic skills and learn how to be creative. In this class, you will be guided through new arts & crafts projects to take home and display. Each craft will encourage you to express your creativity.

Instructor: Recreation Staff

6 - 10 years

Resident \$20 / Non-Resident \$35

5/28 - 8/4

Facility	Session	Time	Day(s)	Activity #
Camacho	A	6:00-6:45pm	M	5040
Camacho	B	5:00-5:45pm	W	5041



Hip Hop

Hip-Hop is a fun, exciting, and energetic class that focuses on the most popular dance moves as well as develop coordination, body awareness, build self-esteem and promote confidence. Learn the fundamental Hip-Hop moves and fun choreography. There will be performance opportunities available.

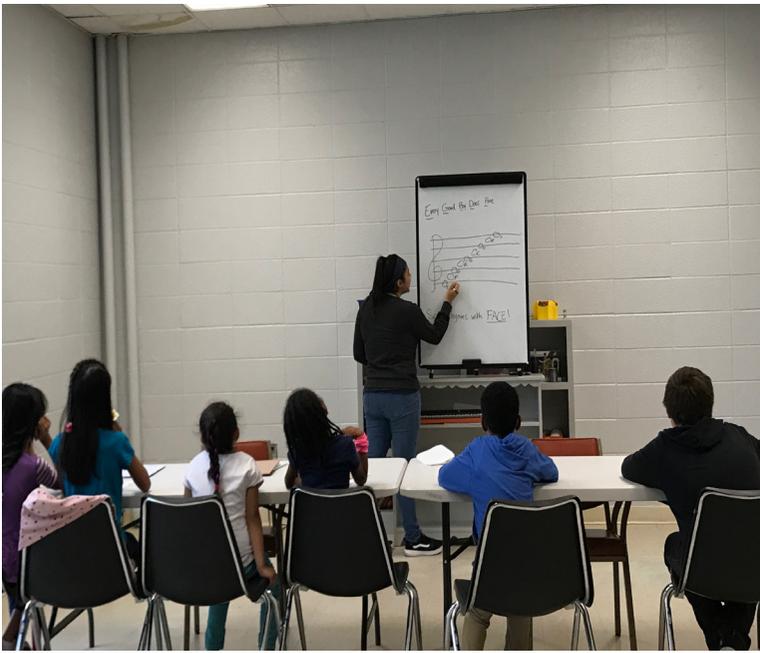
Instructor: Recreation Staff

7 - 13 years

Resident \$25 / Non-Resident \$40

5/28 - 8/4

Facility	Time	Day(s)	Activity #
Camacho	5:00-5:50pm	Mon.	5057



Music Foundation

Music is a fun way to stimulate learning and build confidence. In this class, you will learn how to read music, count rhythms, learn vocal techniques, and learn to sing in a group setting. There will be performance opportunities. No instrument is required for this class.

Instructor: Mrs. Cassandra
6 - 12 years
Resident \$40 / Non-Resident \$62
5/28 - 8/4

Facility	Time	Day(s)	Activity #
Camacho	5:15-6:00pm	T/Th	5058



Beginning Guitar

Guitar for beginners. In this class, you will learn guitar techniques and warm ups, reading music and applying it to the guitar, basic guitar skills, and learn to play songs in a group/ensemble setting. There will be performance opportunities available. You must bring your own guitar.

Instructor: Mrs. Cassandra
12 - 17 years
Resident \$50 / Non-Resident \$86
5/28 - 8/4

Facility	Time	Day(s)	Activity #
Camacho	6:15-7:00pm	T/Th	5047





Martial Arts



Capoeira Angola

Capoeira Angola is an Afro-Braslian dance and martial arts. This class is a combination of dance, music, and martial arts.

Instructor: James Diokno

10+ years

Resident \$60 month / Drop in \$10

5/28 - 8/4

Facility	Time	Day(s)
El Toyon	6:00-8:00pm	W/F

*must meet with instructor during class hours to sign up



Traditional Karate

Karate is a Japanese combat technique without weapons. The training is focused on developing the whole body as a weapon itself. The classes consist of the training of blocks, strikes, kicks and self-defense techniques, considering that the essence relies on the improvement of the mental, spiritual, and physical aspects of the practitioners.

Instructor: Sensei Torres & Sensei Lopez

6 - 11 years & 12 - Adult

Resident \$50 per month

5/28 - 8/4

Facility	Div.	Time	Day(s)
MLK	Youth	6:30-7:30pm	M/W
MLK	Teen / Adult	7:30-9:00pm	M/W

*must meet with instructor during class hours to sign up

Sports & Recreation

Basketball Clinics

Build your physical and mental skills with this awesome program that focuses on basketball essentials, giving every player the tools they need to succeed. This clinic is filled with drills and games to improve your skills. Students are divided into groups by age to maximize their learning experience.

Coach Joey

6 - 14 years

Resident \$40/ Non-Resident \$68

5/28 - 8/4

Facility	Div.	Time	Day(s)	Activity #
Camacho	8U	4:45-5:45pm	T/Th	5046
Camacho	10U	4:45-5:45pm	T/Th	5042
Camacho	12U	6:00-7:15pm	T/Th	5043
Camacho	14U	6:00-7:15pm	T/Th	5044

Soccer Clinics

Introducing you to the beautiful game of soccer in a creative, age appropriate, non-competitive setting. This clinic is filled with drills and games to improve your skills. The clinic focuses on soccer essentials, giving every player the tools they need to succeed.

Instructor: Recreation Staff

6 - 11 years

Resident \$40 / Non-Resident \$68

5/28 - 8/4

Facility	Div.	Time	Day(s)	Activity #
Camacho	8U	4:00-5:00pm	W/F	5061
Camacho	11U	5:00-6:00pm	W/F	5060

Game Night Fridays

Relax with friends & family, and participate in some traditional game night activities. You'll enjoy playing board games, card games & other interactive games! Games will be provided! All ages are welcomed but games are intended for ages 6 to 13.

Instructor: Recreation Staff

6 - 13 years

Free

5/28 - 8/4

Facility	Time	Day(s)	Activity #
Camacho	6:00-7:00pm	F	5062

Senior Programs



Kimball Senior Center Activities

The Senior Center houses two senior clubs within the same building. Each club has their own board of officers comprised of members who help plan activities and events in conjunction with the City of National City Community Services Department's schedule of senior citizen programs.

On Tuesdays and Fridays, the center has open play hours with activities like exercise classes, card games, billiard play and other socialization activities. We invite you to come in and take a tour. For more information on our activities, feel free to call our staff at 619-336-6760.

Transportation

We provide a transportation program for National City senior residents to travel to and from the Kimball Senior Center for the feeling fit senior exercise class, senior club gatherings and lunch at the National City George Waters Nutrition Center. The transportation program operates on Tuesdays, Wednesdays, and Thursdays. Please contact the Kimball Senior Center for more information.



Kimball Senior Club

The Kimball Seniors Club was established in the 1980's. They meet on Mondays and Thursdays.

They host various leisure activities opened to the public.

50 years+

\$15 annual membership

	Time	Day
Board Meeting	1:00pm-2:00pm	1st Monday
Activities opened to the public	9:30am-4:30pm	Mon./Thur.
Dances	1:00pm-3:30pm	2nd & 4th Mondays

Casa de Salud Senior Club

The Casa de Salud seniors club was established in the 1960's. They meet on Wednesdays. They host various leisure activities opened to the public.

50 years+

\$15 annual membership

	Time	Day
Board Meeting	1:00pm-2:00pm	1st Wednesday
Activities opened to the public	11:00am-4:30pm	Wednesdays
Dances	1:00pm-3:30pm	3rd & 5th Wednesdays



S.D. Food Bank
Senior Food Distribution
@ Kimball Senior Center
1221 "D" Avenue

Fourth Thursday of every month.
Distribution times:
9:00 AM-12:00 PM.

The Senior Food Program is a federal program that provides monthly supplemental food packages to income-eligible senior citizens aged 60 and over. Call the Food Bank at 1-866-350-FOOD (3663) to speak with a staff member for more information.

What types of food are distributed?

The box usually contains the following items: reduced-fat milk, instant non-fat milk, canned meats, peanut butter, canned fruits and vegetables, cheese, rice, pasta, fruit juice and cereal.



SENIORS, JUST WANT
TO HAVE FUN!

Thursday is Game Day at the Kimball Senior Center
The fun begins at 9:30 am until 4:30 pm

Canasta & Card Games



Billiard Buddies



Tonk Games



Kimball Senior Center Hours

Monday, Wednesday, Thursday
9:30am-4:30pm
Tuesday & Friday
9:30am-2:30pm
Saturday & Sunday
Closed

National City Library

Teen Leadership Committee

Calling all teens. Do you want to gain real work experience, leadership skills, community hours and have fun? The National City Library is recruiting teens age 13-18 to join the National City Library Teen Leadership Committee and help make the library a teen friendly space. The Teen Leadership Committee helps with craft programs, STEM Club and the Teen Print Shop. The Committee meets once a month and every meeting has food, drinks and a friendly environment to exchange ideas. If you're interested in joining please fill out the application [Here](#)

Crafting At The Library

On the second Monday of the month the master crafters at the library will teach you how to create fun, functional and easy crafts that you can take home and reproduce using simple household items. Previous crafts have included memory jars, Halloween wreaths, paper bead bracelets and other upcycled crafts. Keep an eye on the library calendar to find out what the upcoming crafts are or join the Meetup group to be notified: Here is the link to the calendar event for the adult crafts. Change the text in the write-up to "every second Monday of the month". For more information Click [here](#) or visit the library.

Tuesdays With Books

Let's read some great books, sip something delicious, nibble on a sweet and talk about stories! Join us at the National City Public Library for our New Tuesdays with Books – our once a month Book Club. We will meet the 3rd Tuesday of each month at 2:00 pm. Members will choose three books in advance and the library will have additional copies available for members. Meetings are fun and free – bring a friend!



Magic Show

Joe Mystic, Master of the Mysterious Arts, will visit the library on Thursday, May 16th to present an all-ages magic show. Bring the kids and be prepared to laugh at Joe's jokes and be baffled by his supernatural abilities! The show is free and begins at 6 pm.

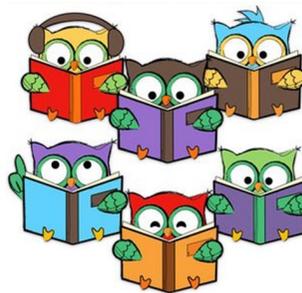
Summer Reading Program

The library's annual summer reading program will run from June 6th through July 18th. Students who sign up in the Children's Room to participate are given logs to track their how much they read, and earn prizes as they do so. The program culminates with a big party on July 18th, with lots of pizza, live music and door prizes. If you'd like your child to keep their "reading muscles" strong over their summer vacation, have them join the summer reading program, and visit the library often – our Children's Room has a huge selection of books sure to appeal to kids with all interests and reading abilities!



Poetry Workshop

Does your child have hidden poetic talent? Sign them up for the workshop we're holding on Tuesday, June 18th at 11 am, and find out! The hour-long workshop will be led by writers from the Kids San Diego Poetry Annual, and the poems the children write at the workshop will be included in the organization's annual published volume of poetry, a copy of which will be added to our library's collection for posterity! The workshop is free, and a snack is provided. No experience writing poetry is necessary! Contact the Children's Room at 619-470-5810 if you'd like to reserve a spot at the workshop.



Gloria Bird Memorial Book Giveaway May 13-19

In honor of longtime library volunteer and advocate Gloria Bird, every National City kid in

Grades K-6

can visit the library between May 13-19 and choose

ONE FREE BOOK

Come to the National City Public Library's Children's Room:

Monday - Thursday 2:45 - 7:45

Saturday & Sunday 1:15 - 4:45



National City Public Library, 1401 National City Blvd., National City, CA 91950

619.470.5810

Sponsored by the Friends of the Library

NATIONAL CITY PUBLIC LIBRARY

Literacy Services

- CITIZENSHIP CLASS**
10-week course to prepare learners for the citizenship test and interview
- ADULT TUTORING**
Free tutoring services for GED, reading, writing, and math!
- COMPUTER CLASSES**
Basic computer & Excel classes. Small group instruction.
- ESL CLASSES**
ESL & ESL Conversation classes at the library!

Interested in Volunteering?
Make an impact on someone's life
Become a **VOLUNTEER TUTOR** today!

Call NCPL Literacy Services at (619) 470-5860 or email us at literacy@nationalcitylibrary.org

Las Palmas Pool Aquatic Activities

Summer Swim Schedule

Monday/Wednesday PM

June (8 classes) 3rd-26th

July (10 classes) 1st-31st

Parent-Child/Tiny Tot Classes

(6 months - 4 years)

Parent Child:

4:00pm

Minnow (2-4 years):

3:30pm, 5:00pm

Preschool Classes (3 - 5 years)

Tadpole:

3:30pm, 4:30pm,

5:45pm, 6:45pm

Turtle:

4:00pm, 5:00pm

Seal:

4:30pm, 6:15pm

Youth Classes (6 - 12 years)

Stingray:

3:30pm, 4:30pm,

5:45pm, 6:45pm

Otter:

4:00pm, 5:00pm,

6:15pm

Dolphin:

4:30pm, 5:45pm,

6:45pm

Stroke Development

5:45pm

Pre-Teen and Teens (12-17 years)

4:00pm (Combo),

6:15pm (Combo)

Adult (18+ years)

5:00pm (Combo)

6:15pm (Combo)

Private Lessons

3:30pm, 4:00pm,

4:30pm, 5:00pm,

5:45pm, 6:15pm,

6:45pm, 6:45pm

Tuesday/Thursday PM

June 4th-27th (8 classes)

July 2nd-August 1st (9 classes)

Parent-Child/Tiny Tot Classes

(6 months - 4 years)

Parent Child:

4:00pm

Minnow (2-4 years):

3:30pm, 5:00pm

Preschool Classes (3 - 5 years)

Tadpole:

3:30pm, 4:30pm

5:45pm, 6:45pm

Turtle:

4:00pm, 5:00pm

Seal:

4:30pm, 6:15pm

Youth Classes (6 - 12 years)

Stingray:

3:30pm, 4:30pm,

5:45pm, 6:45pm

Otter:

4:00pm, 5:00pm

6:15pm

Dolphin:

4:30pm, 5:45pm,

6:45pm

Stroke Development

5:45pm

Pre-Teen and Teens (12-17 years)

4:00pm (Combo)

6:15pm (Combo)

Adult (18+ years)

5:00pm (Combo)

6:15pm (Combo)

Private Lessons

3:30pm, 4:00pm,

4:30pm, 5:00pm,

5:45pm, 6:15pm,

6:45pm, 6:45pm

Saturdays

June (5 classes) 1st -29th

July (3 classes) 13th-27th

Parent-Child/Tiny Tot Classes

(6 months - 4 years)

Parent Child:

11:45am

Minnow (2-4 years):

10:30am, 12:15pm

Preschool Classes (3 - 5 years)

Tadpole:

9:00am, 10:00am,

11:15am, 12:15pm

Turtle:

9:30am, 10:30am

Seal:

9:00am, 10:00am

Youth Classes (6 - 12 years)

Stingray:

9:00am, 9:30am,

10:00am, 11:15am,

12:15pm

Otter:

9:30am, 10:30am,

11:45am

Dolphin:

10:00am, 11:15am,

12:15am

Stroke Development

9:00am

Pre-Teen and Teens (12-17 years)

11:45am (Combo)

Adult (18+ years)

10:30am (Beginners)

11:15am (Intermediate)

Private Lessons

9:00am, 9:30am, 9:30am,

10:00am, 10:30am, 11:15am,

11:45am, 12:15pm, 1:00pm,

1:30pm, 2:00pm, 2:30pm,

3:30pm, 4:00pm,

4:30pm, 5:00pm



SWIM LESSONS AT Las Palmas Pool

Whether you are new to the world of swimming or an experienced water enthusiast, we have an aquatics program that will work for you. Our experienced instructors guide children and adults along the journey to feeling safe and comfortable in the water.

Why Choose Us?

- + Progressive swim lesson program from beginner to swim team levels
- + Low instructor to student ratio
- + Strong focus on technique at all levels
- + Positive reinforcement coaching
- + Year-round swim program – Heated Pool
- + Experienced and Caring staff. All instructors are American Red Cross Lifeguards
- + We offer three different sessions each month:
 - Saturdays (Once a week)
 - Mondays/Wednesdays (Twice a week)
 - Tuesdays/Thursdays (Twice a week)

To learn more about our aquatics programs or to register visit Nationalcity.ca.gov and search Las Palmas Pool. Questions? Call or email us at the information below.

Las Palmas Pool
1800 East 22nd Street
National City, CA 91950
619-336-6758
Laspalmas.pool@yahoo.com

   
MINDSET | NUTRITION | MOVEMENT | RECOVERY



George H. Waters

Nutrition Center

SENIOR LUNCH PROGRAM

MON-FRI 11AM-12:30PM

FOR SENIORS OVER 60 YEARS OF AGE
THERE IS A SUGGESTED DONATION OF \$3.50
FOR A LUNCH MEAL.

FOR ANYONE UNDER 60 YEARS OF AGE,
THERE IS A \$6.00 FEE FOR A LUNCH MEAL.

NEW
LOCATION
STARTING

May 20th

MARTIN LUTHER
KING, JR.
COMMUNITY
CENTER

MARTIN LUTHER KING, JR. COMMUNITY CENTER
140 EAST 12TH ST. MEETING ROOM 2 (SOUTH ROOM)

CALIFORNIA
NATIONAL CITY
1887
INCORPORATED

Manuel Portillo Casa de Salud Youth Center

Welcome to the Youth Center!

The Manuel Portillo Casa De Salud Youth Center is a fun, safe space with free programs for youth ages 8-17 years old. Youth interested in participating must become a member by having their parents or legal guardians fill out a membership packet. Some of the programs offered at the youth center are tutoring, homework help, sports, board games, video games, field trips, youth leadership club, and arts & crafts. Monday through Friday the youth center provides its members with a daily snack.



Arts & Crafts

The Arts and Crafts program at Casa de Salud is opened to registered participants between the ages of 8 and 17 years old. Arts and Crafts day is on Tuesday's from 4pm- 5pm in the classroom. During this scheduled activity, participants will learn to think and act like artists and encourage participant's creativity. Some arts and crafts activities are themed during holidays, the four seasons, and community building.

8 - 17 years
5/28 - 8/5



Youth Club

Youth Club is opened to registered participants between the ages of 14 and 17 years old. Youth Club meets on Thursday's from 5pm-6pm in the classroom. Youth Club participants will have a space where they will be able to express their emotions through active and positive workshops and activities. Participants will have the opportunity to receive professional and academic based workshops, field trips, journal writing, and team building activities.

14 - 17 years
5/28 - 8/5



Tournament Tues.

During Tournament Tuesdays, registered participants will be able to participate in multiple competitive indoor activities. For this season the highlighted activity will be dodgeball! At the end of the season participants will be recognized and rewarded with a fun pizza party.

7 - 17 years
5/28 - 8/5



Tutoring

Casa de Salud provides homework and subject based academic help for all registered participants. Tutoring services are Monday through Thursday from 3:30pm- 4:30pm in the classroom.

Participants can drop-in during this hour for any questions on their homework or other academic assignments. If a participant needs more support with their academics, they can sign up for individual tutoring support.

8 - 17 years
5/28 - 8/5



Lego Club

The Lego Club is opened to registered participants between the ages of 8 and 12 years old. Lego Club meets Friday's from 4pm- 5pm in the classroom. During Lego Club, participants will be able to build and create their ideas and solve different challenges. Legos and other materials are provided by Casa de Salud.

8 - 12 years
5/28 - 8/5

CALIFORNIA
NATIONAL CITY
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INTERGENERATIONAL
Plant Workshop

Join us for a fun day of learning & planting!
People of all ages are invited! We will be learning about the benefits of succulents with our very own horticultural specialist!

SATURDAY MAY 18, 2019
10:00 AM - 1:00 PM
AT CASA DE SALUD YOUTH CENTER
1408 Harding Ave.
National City, CA 92102

Register online
Activity #5064
www.joinnaticity.com

MANUEL PORTILLO
**CASA
DE
SALUD**
YOUTH CENTER

CALIFORNIA
NATIONAL CITY
1837
INCORPORATED

FEEDING
SAN DIEGO MEMBER OF
FEEDING AMERICA



**Free Summer Lunch Program
June 10th - July 19th
Monday - Friday
12:00 pm to 1:00 pm**

**Lunches will be served to
youth ages 17 and younger.**

**Casa de Salud
1408 E. Harding Ave.
National City, CA 91950**

During the months of June & July the City of National City's Manuel Portillo Casa de Salud Youth Center will be partnering with Feeding San Diego to offer free lunches to kids 17 and younger from 12:00pm to 1:00pm. No membership required.

Manuel Portillo Casa de Salud • 1408 E. Harding Ave. • (619) 336-6757

Casa De Salud Calendar of Activities

MAY 2019

- 1- Basketball 3 Pointer Contest
- 2- Youth Club: Improv Activity
- 3- Fun Friday
- 7- Mother's Day Craft: Flower Picture
- 9- Youth Club: Team building Activities
- 14- Paper Plate Snail Craft
- 16- Youth Club: Self Care Workshop
- 21- Begin Bean Plant Experiment
- 23- Youth Club: Journaling Activity
- 28- Summer Season Begins
- 28- Can & Clothes Pin Flower Pot
- 31- Special Event: Casa Farewell Celebration

SUN	MON	TUE	WED	THU	FRI	SAT
			1 	2 	3 	4
5	6	7  Mother's Day Crafts	8	9 	10	11
12 	13	14 	15	16 	17	18
19	20	21 	22	23 	24	25
26	27 	28  Summer Season Begins	29	30	31  Casa Farewell Celebration	

Snack Time 5:00 PM



JUNE 2019

- 4- Scarecrow Making Activity
- 5- Capture the Flag
- 6- Youth Club Academic Workshop
- 7- Fun Friday
- 10- Balloon Activity & 1st Day of Summer Lunches
- 11- Make Dad a Tie!
- 13- Youth Club Academic Development Workshop
- 18- Lunch Bag Puppet Craft
- 18- Field Trip to San Diego Museum of Man
- 19- Straw Race Activity
- 20- Youth Club: Personal Statement Workshop
- 25- Toilet Paper People Craft
- 26- May & June Birthday Celebrations
- 27- Youth Club: Resume Building Workshop

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 	5 	6 	7 	8
9	10 	11 	12	13 	14	15
16 	17	18 	19 	20 	21	22
23	24	25 	26 	27 	28	29
30						

Snack Time 5:00 PM

- 1- Egg Relay Race
- 2- Firework Craft
- 3- Basket Toss Activity
- 4- Facility Closed for Independence Day
- 5- Fun Friday!
- 9- Make a Flag Craft
- 10- Over and Under Race
- 11- Youth Club Mentor Program
- 16- Maracas Craft
- 17- 3 Legged Race
- 18- Youth Club: Trivia Night
- 19- Last Day of Summer Lunches
- 22- Balloon Relay Race
- 23- Make an Animal Mask
- 25- Youth Club: Life Experiences Bingo!
- 29- Circuit Training
- 30- DIY Slime!
- 31- Rock Paper Scissors Activity

JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2 	3 	4 	5 	6
7	8	9 	10 	11 	12	13
14	15	16 	17 	18 	19	20  Movies in the Park
21	22 	23 	24	25 	26	27
28	29 	30 	31 			

Snack Time 5:00 PM



- 1- Youth Club: Fall Season Planning
- 2- Summer Season Ends & Fun Friday!
- 6- National Night Out at Las Palmas Pool
- 6- Lady Bug Craft
- 8- Youth Club Music Lyric Workshop
- 13- DIY Bird Feeder
- 15- Youth Club: Ideal Youth Center Workshop
- 20- DIY Friendship Bracelets & Necklaces
- 22- Youth Club: Trivia Night!
- 26- Fall Season Begins
- 27- Color Melting Art Activity
- 29- Youth Club: Thoughtful Thursday
- 30- July & August Birthday Celebrations

AUGUST 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2 	3
4	5	6  NATIONAL NIGHT OUT National Night Out	7	8 	9	10
11	12	13 	14	15 	16	17
18	19	20 	21	22 	23	24
25	26  Fall Season Begins	27 	28	29 	30 	

Snack Time 5:00 PM

SAN DIEGO LAW ENFORCEMENT TEDDY BEAR DRIVE



Limited Edition "Spirit" Pin for sale
Only \$5!

In its 29th year since its founding in 1990, the National City Police Department has the pleasure of hosting the San Diego Law Enforcement Teddy Bear Drive benefiting Rady Children's Hospital. This charity effort raises donations to provide items of comfort benefiting the children in various hospital care units. This charity is now supported by more than 20 local, state, and federal law enforcement agencies in San Diego County.

HOW YOUR FUNDS HELP THE HOSPITAL

The Bereavement Program, which is funded entirely by philanthropy, provides counseling, quarterly Celebration of Life events, annual World-Wide Candle Lighting Day events and memory boxes to commemorate a life lost.

Your support will provide memory boxes for each family who has lost a child, These include a memory tile of the child's hand print, cardstock, a clip of hair, a mother's journal, recommendations for a therapist or support group, and a silver finger print charm



SOFTBALL/SOCCER TOURNAMENT

Thank you to everyone that played in our first annual Softball/Soccer Tournament benefitting the Teddy Bear Fund at Rady Children's Hospital. It was a huge success, raising more than \$5,900! We plan to host the event every year.



DONATE NOW

[CLICK HERE](#)

QUESTIONS?

For more information or to purchase the "Spirit" pin pictured above, contact Officer Chad Sakamoto at csakamoto@nationalcityca.gov or (619) 336-4425

CONNECT WITH US



SAVE THE DATE

- May 4- [Rady Children's Dream Big 5K Walk](#)
- June TBD- RCHSD Broken Yolk Fundraiser
- September 20- Golf Tournament @ Sycuan Willow Glen
- December 3- Law Enforcement Breakfast @ RCH

