



# AUGUST 2025 NEWSLETTER

26540 Vista Rd. PO Box 359 Helendale CA 92342 | 760-951-0006 | Our office is open Monday – Friday 8 am – 5:30 pm

## Concerts in the Park

Join us for our 2025 Concerts in the Park series! Remaining concert dates are August 9, September 13, and October 11.

All concerts are held at the Helendale Community Park – 15425 Wild Rd. from 6- 9 pm and admission is FREE! We also have a fun classic car show, a variety of food trucks, and the Lions Club will be hosting a beer garden! Bring your friends and family and be ready for a great night of music!

**August 9 – Keepin’ the Summer Alive Band** brings the ultimate summer soundtrack to life with a vibrant mix of Beach Boys classics, Eagles favorites, Jimmy Buffett vibes, and more! Led by former Beach Boys musical director Chris Farmer, this all-star tribute band delivers a high-energy performance that captures the spirit of California’s golden era.

## Thank you to our Sponsors



**Diamond Level:** Barstow Community Hospital, San Bernardino County First District Supervisor Paul Cook and AMS Roofing Construction. **Platinum Level:** Silver Lakes Association, Red Rocket Plumbing, Lakeside Heating and Air Conditioning and Cal Portland Cement. **Gold Level:** Yeghoian Grading & Paving. **Silver Level:** Burrtec Waste, JDR Construction, UIA, Mitsubishi Cement, and Fratelli’s, Silver Lakes Maintenance, Print Mart **Bronze Level:** SoCal Energy Group, SoCal Group /EXP Realty



**Healthcare Services at the Community Center-** Your health matters, and St. Mary Neighborhood Health with Providence is here to ensure you receive the care you need. Mobile healthcare services will be available in Helendale on the second Tuesday of each month, offering a wide range of medical support.

### Services Include:

Pregnancy testing and prenatal care; same-day sick visits for urgent health concerns; annual physicals and well-woman exams; chronic disease management for diabetes and blood pressure; cancer and TB screening; sports and work physicals; health education and support groups; nutrition and weight management, counseling and community referrals; telehealth/virtual visits for added convenience; electronic medical records through the MyChart app.

Patient advocates are available to assist you with medical enrollment and ensure you have access to the care you need.

### Location & Hours:

📍 26540 Vista Rd., Suite C, Helendale, CA 92342

📅 Available on the second Tuesday of every month

🕒 Hours: 10:30 AM – 3:00 PM

Accepting Uninsured, Medi-Cal, and IEHP-Direct  
To schedule an appointment, call (760) 946-8169.

## HELENDALE YOUTH SOCCER



### REGISTER NOW

Open to kids ages 4 - 16

Season: September 20 – November 8

Games on Saturdays at:

Helendale Community Park – 15425 Wild Rd.

Registration Fee: \$80

REGISTRATION DEADLINE AUGUST 15

Includes uniform, pictures, and participation medal.

Register online at: <https://helendalecsd.org> – click on the Park and Recreation Button.

Call 760-951-0006



**VOLUNTEER COACHES NEEDED**

## Group Sound Baths



TOTALITY HEALING  
HEALTH & WELLNESS

### JOIN US EVERY FRIDY FROM 5:30 – 6:30

Come and enjoy the experience of a crystal bowl sound healing bath. There are only 9 slots available per class, so reserve your spot today.

SESSIONS HELD IN THE CSD COMMUNITY ROOM

Group sessions are \$25 a person. Reserve your spot by sending a message via website, email or text.  
805-674-0515  
[totalityhealing@outlook.com](mailto:totalityhealing@outlook.com)

[www.totalityhealing.com](http://www.totalityhealing.com)

## Community Lunch: A Warm Welcome & Great Meal

Looking for a delicious, affordable lunch in a friendly community setting? We invite everyone to join us for our weekday lunch held **Monday through Friday from 11:30 AM to 12:30 PM**. Lunch is open to everyone. For seniors 60 and over, a **voluntary \$4 donation** is suggested, while attendees under 60 can enjoy lunch for **\$7.50**. Menus are available online at [www.helendalecsd.org](http://www.helendalecsd.org)



## Helendale Thrift Store



**September 19<sup>th</sup>**  
**Starting at 11 am**  
**Hundreds of Fall and**  
**Halloween decorations at great**  
**prices!**

**26540 Vista Rd. Suite A**

## Eat Healthy – Be Active Workshop

**August 12<sup>th</sup>, from 12:00 – 1:30 – 26540 Vista Rd. Suite C.**

### Learning Objectives

- Identify 3 tips for preparing meals quickly
- Identify 5 tips to make healthy selections when eating out
- How to use a slow cooker to prepare easy, healthy meals

Contact our Health Educators to register 760-946-4241



## Activities at the Senior Center

**MONDAY** at 10 am Wii Bowling & 12:30 pm Mexican Train

**TUESDAY** at 12:30 pm Mexican Train

**WEDNESDAY** at 10:15 am Tai Chi & 12:30 Mexican Train

**THURSDAY** at 10:00 Pinochle & 12:30 Mexican Train and on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday BINGO at 10 am

**FRIDAY** at 10 am Bridge and Texas Hold 'Em

**CELEBRATE BIRTHDAYS WITH US!** On the 2<sup>nd</sup> Thursday of the month join us for our monthly birthday party at 1 PM. Belview Hospice generously provides the cake every month for the birthday celebrations!

## Helendale CERT Program

Are you interested in helping in the event of an emergency? Do you want to learn about what you can do to be prepared? Attend our monthly CERT meetings on the first Monday of every month at 6:00 pm.

For more information, or if you have questions, please contact our CERT commander Angela Rosenberg at 760-271-3904 or at [angelaroses70@yahoo.com](mailto:angelaroses70@yahoo.com)

## Volunteers Needed

Would you like to help place flags for the 9/11 tribute at the Concert in the Park? We will be placing flags on the morning of September 13th beginning at 7:00 am. Volunteers should bring a drill with a long drill bit (if you don't have long drill bits we will have some available).



## Board Meetings

The Helendale CSD Board of Director's meet on the First and third Thursday of every month at 6:00 PM.

The public may attend in person or virtually. Virtual meetings are held via Zoom - the access code is 463 173 8547 and the passcode is HCSD. Full agenda packets and links to our meetings can be found under the agenda tab at [www.helendalecsd.org](http://www.helendalecsd.org).

## Sign up for ACH

Stop worrying about due dates - it's time to switch to ACH payments!

• **Never miss a payment!** Payments come out on the last business day of the month. **It's FREE:** No convenience fees!

Bring in a voided check and fill out the ACH form and get started today!



## Indoor Pickleball

The indoor pickleball court at the CSD is open for play! Join the "CSD Indoor Pickleball" group on WhatsApp to schedule court time. **Open to everyone!** Bring your own paddles and balls. Register at [www.helendalecsd.org](http://www.helendalecsd.org) under the park and recreation section. To use the court during regular business hours, call the CSD at 760-951-0006.

## Legislative Office Hours

A representative for **Congressman Jay Obernolte** will be at the Helendale CSD on October 21<sup>st</sup> from 2:30 pm – 5:00 pm.

A representative for **Senator Rosilicie Ochoa-Bogh** will be here on September 16<sup>th</sup> from 11 am – 1 pm. Everyone is welcome! Representatives will be able to answer questions and provide assistance with a variety of services, issues. No appointment needed.

**Location:** 26540 Vista Rd. Suite C.