



# September Newsletter

Phone  
760-951-0006

Address  
26540 Vista Rd. Helendale

Our Lobby is Open  
Monday – Friday 8 am – 5:30 pm



## Concert in the Park & 9/11 Tribute

September 14<sup>th</sup> from 6-9 pm  
Tribute will begin at 7:00 pm



*Remembering those we lost. Honoring military, fire and police.*

Band – OC3 (Country)  
Cornhole tournament, Kids Area, Car Show, Food Trucks, Beer Garden and more!

Helendale Community Park - 15425 Wild Rd. Helendale, CA 92342

*Our concert series will conclude with a short fireworks presentation at 9 pm*

### 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 14th 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).



### Special Event at the Community Park

The High Desert Manx club is hosting their buggy fest at the Helendale Community Park - 15425 Wild Rd. Friday, October 11th through Sunday October 13th.

On Friday night beginning at 6 pm, there will be a concert and food trucks at the park. On Saturday morning the public is welcome to attend the club's "Show and Shine" buggy show. Awards will be presented Saturday morning at 10:00 am.

### Youth Basketball Registration is Open

Open to kids from 5 -17 year olds  
**Season:** January 11 – March 1  
**Games:** Saturdays at ACE High School Gym  
**Cost** \$80 – includes uniform and award at the end of the season.



Register at [www.helendalecsd.org](http://www.helendalecsd.org) – click on the park and recreation button.

If you would like to volunteer to coach, please send us an email!

### FREE FAMILY DINNER & TALENT SHOW

Friday, September 20, 2024 from 5:00 - 7:00 PM at the Community Center - 26540 Vista Rd., Suite C.



Do you have a special talent? Enter the talent show – call 760-951-0006 to enter, limited number of entries will be accepted.

#### MENU

We will be serving baby back ribs, creamy potato salad, zesty coleslaw, and rolls. Dine-In Only (No food-to-go is permitted). Food Service ends at 6:30 PM

Call 760-951-0006 to reserve your spot!

ACE CHEER will be waiting tables as a fundraiser and performing.

### Helendale Thrift Store Fall Sale

The Helendale Thrift Store Annual Fall Sale is just around the corner! Get amazing deals on all your fall and Halloween décor!

**When:** September 27<sup>th</sup> from 11 am to 5 pm

### Daily Lunch at the Community Center

Monday through Friday from 11:30 – 12:30. **ALL ARE WELCOME.** A voluntary \$4 donation is suggested for anyone over 60, for people under 60 lunch is \$7.50. Menus available at [www.helendalecsd.org](http://www.helendalecsd.org)

# ACTIVITIES FOR SENIORS

## FOREVER FIT EXERCISE CLASSES

A low impact class that offers a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. This class is a combination of cardio, yoga, tai chi, weight training and core strengthening.

This class is FREE for Seniors 55+. Please pre-register by calling 760-261-5016.

**WHEN:** September 10<sup>th</sup> and September 20<sup>th</sup> at 10:30 am.

**WHERE:** 26540 Vista Rd. Suite C. Helendale

## FREE CLASSES AND ACTIVITIES

**FREE Crafts for Adults 55+** Attend our free craft class hosted by Providence Medical Group. Our next craft will be held on Tuesday September 10, 2024, at 12:30pm at the Helendale CSD - Senior Center 26540 Vista Rd, Helendale, CA. All supplies will be provided. Please call 760-261-5016 to reserve your spot.

The Department of Aging and Adult Services will be at the Senior Center on September 10th at 12:30 pm.



# MOBILE MEDICAL SERVICES

Providence Medical Group's new Mobile Health Clinic will be coming to the Helendale Community Center on September 25th. Services are available for existing Providence patients. If you would like to learn more about the Mobile Health Clinic or how to become a Providence member, please contact them at 760-961-0971. Please call to make an appointment. No walk-ins.



## Helendale CSD Board Meetings

Helendale CSD Regular Board Meetings are held on the first and third Thursday of every month at 6:00. All are welcome to attend.

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

## Congressman Obernolte Office Hours

A representative for Congressman Jay Obernolte will be at the Helendale CSD Community Center on the third Tuesday of every even numbered month from 2:30 pm – 5:00 pm. Everyone is welcome to come to discuss federal or veterans' services. No appointment needed.

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

# FALL CLEANUP DAY OCTOBER 26<sup>TH</sup> 8:00 AM – 11:30 AM

26540 Vista Rd. Helendale – Enter on Jordan Rd.

Helendale CSD will be holding our Annual Fall Clean-up at the Community Center – 26540 Vista Rd. Accepted items: general trash, large items, electronic waste, green waste, and tires without rims (no commercial tires please). Please note there will be **NO SHREDDING**.



## HOUSEHOLD HAZARDOUS WASTE

Residents may drop off antifreeze, batteries, oil and filters, paint, pesticides and fertilizers, fluorescent light bulbs and tubes, home generated needles, medicine (except controlled substances). Transport no more than 15 gallons or 125 lbs in containers no larger than 5 gallons. Containers must be sound and not leaking. Drop off location at the Community Center.



## VOLUNTEER TO CLEAN UP THE DESERT

You can make a difference! Participate in our community clean up as an individual, community group, business or family! Groups will meet at the CSD at 7:30 am to get gloves, safety vests and bags. Volunteers will not have to wait in line to drop off.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” – Margaret Mead



## FREE COMPOST

Compost will be available at the cleanup. Compost has many benefits including retaining moisture, controlling erosion, and it has beneficial nutrients to improve soil. Residents must bring their own shovels and bags/containers for compost.