

**CITY OF SOUTH SAN FRANCISCO
INTEROFFICE MEMORANDUM**

DATE: October 10, 2024

TO: Mayor, Vice Mayor, and Councilmembers

FROM: Greg Mediati, Director of Parks and Recreation

SUBJECT: Parks and Recreation Department Update

Sports Program Update



Middle school sports have started for the fall.

Fall Sports Evaluations

The fall season for middle school sports includes volleyball and flag football. Evaluations were held on Tuesday, August 27 through Thursday, August 28. Sports staff were able to have three coach evaluators for volleyball and two coach evaluators for flag football.

The volleyball program had a total of 85 participants evaluated, with 32 players for both sixth and eighth grades. The flag football program had a total of 42 participants.

The Sports Program looks forward to the eighth-grade students competing in playoffs this season with three volleyball teams and one flag football team. Flag football players will be able to practice and host games at the new Orange Memorial Park Sports Field for the first time.

Seniors Program Update

Brain Health Dementia Workshops

Seniors Services staff have partnered with the Alzheimer’s Association to provide brain health and dementia workshops. The first workshop, Healthy Living for Your Brain and Body, was on Wednesday, September 11 from 1:00 p.m. – 2:00 p.m. The Alzheimer’s Association volunteer instructor presented to 20 attendees about how to take care of our brains and bodies through science-based recommendations. Research has shown the recommendations provided to participants can help reduce the risk of developing cognitive decline or dementia. The instructor was an outstanding presenter who provided the presentation slides to all



The Brain Health Dementia Workshops took place at the Senior Center.

participants. All the participants enjoyed the information and gained a lot of new knowledge to benefit themselves, loved ones, or others. The next workshop is on Wednesday, October 9 from 1:00 p.m. – 2:00 p.m. at the Roberta Cerri Teglia Center. The topic for the next workshop is 10 Warning Signs of Alzheimer's. There are currently 21 participants registered for this workshop.

Seniors/Preschool Multi-Generational Programming Update

Grandfriends Field Trip



Grandfriends joined the fieldtrip to Filoli Gardens.

On September 17, Siebecker Preschool children and seniors from the Seniors Services Program participated in a Grandfriends field trip to Filoli Gardens in Redwood City. A total of 25 preschoolers and 19 seniors attended the field trip. All rode together on a rented bus. Participants explored the garden and toured the historic mansion.

After touring this vast historical property, the children had lunch, and seniors were given an opportunity to venture on their own, or enjoy lunch at the café.

Preschool Program Update

Fire Department Visits

Recognizing October as Fire Prevention Month, Siebecker and Little Steps Preschools enjoyed a visit from the South San Francisco Fire Department. Firefighters visited the children and talked about fire safety. Fire Department staff showed the children what items they carry on their truck and demonstrated how they put out fires. They also put on their turnouts, masks and oxygen tanks. The children were very excited to receive their own firefighter hats and badges.



The children enjoyed the fieldtrip!



The South San Francisco Fire Department visited Seibecker and Little Steps Preschool.

Youth Enrichment Services Update

Before and Afterschool Program

The start of October brought parent-teacher conference week, which means early dismissal for the children. The extra time in the afternoon allows for community trips as well as extended on-site activities. On-site activities include wheel day, tie-dye crafts, cooking projects, and others.



Children in Youth Enrichment Services participate in a variety of activities.

Aquatics Program Update

Orange Pool – Adult Recreation Swim

The Adult Recreation swim program is one of Orange Pool's most popular offerings. Rosalind "Roz" Stewart has been swimming at Orange Pool for 41 years. Roz shares her appreciation for the friendly staff and enjoys chatting with the many swimmers she has met over the years. Roz also appreciates the number of programming hours offered throughout the day, and sometimes, she will swim twice per day during the morning lap swim and the adult recreation swim in the

afternoon. Roz has always been an advocate for all pool programming and is excited about the opening of the new Aquatics Center in 2025. Roz says, "Orange Pool is like a second home. It brings the community together." Staff appreciates dedicated swimmers such as Roz, whose presence at Orange Pool makes it an exceptional and enjoyable place to visit and work.

Orange Pool has a total of six lanes, and adult recreation swim offers lap swimming in three of those lanes. The remaining lanes of the pool allow participants to do stationary exercises, walk, tread water, socialize, and relax. Many community members come to Orange Pool for lap swimming and water exercise, which offer a wide range of health benefits. They provide a great full-body workout that helps improve cardiovascular fitness, strength, and flexibility. The resistance of the water also makes it an excellent, low-impact exercise, reducing the risk of injury compared to other forms of exercise. Additionally, swimming and water exercise can help with weight management, stress reduction, and overall mental well-being. It's also an excellent option for people of all ages and fitness levels.

Cultural Arts Commission Update

Claudio Talavera-Ballón Free Solo Artist Talk

Fine arts painter and muralist, Claudio Talavera-Ballón, will present a compelling talk on his poignant series "Somos Tierra Que Anda," (We Are Earth That Walks) on Saturday, October 12, from 12:30 p.m. to 1:15 p.m. The presentation will take place at the Library | Parks and Recreation Center Council Chambers. Admission is free.

Claudio's art is on a solo exhibition that began in June at the Library | Parks and Recreation Center, first floor corridor and Council Chambers atrium. Originally planned as a three-month exhibition, it was extended through Friday, November 1, 2024. The series of 19 oil paintings explores the suffering, strife and hopes of those fleeing poverty and violence in their home countries. The collection highlights migrant struggles, while at the same time offering a renewed sense of hope in humanity. The works offer an invitation for needed conversations to help us move beyond this highly charged conflict and towards a solution. Information about the artist and his work is available at www.talavera-ballon.com.

Explore Your Roots Art Show

The South San Francisco Cultural Arts Commission presents an art show titled "Explore Your Roots." The juried visual art exhibit features two-dimensional and three-dimensional work that illustrates the artist's cultural foundations, symbolic connections, and personal origins.

The art show opening weekend dates are this Friday, October 11, from 6:00 p.m. to 8:00 p.m. and Saturday, October 12, from 10:00 a.m. to 3:00 p.m. In addition to the visual art gallery exhibit, the South San Francisco Recreation Department's Mexican Folklorico Dance students will present brief demonstrations of Mexican Folklorico dance on Friday night. Local artist, Evangelina Portillo, will conduct a Day of the Dead mini-shrine craft activity on Saturday from 1:30 p.m. to 3:00 p.m., while supplies last.

Following the opening weekend the gallery hours will run from 10:00 a.m. to 5:00 p.m., Monday through Friday, beginning October 15 through October 25. The show takes place at the Library | Parks and Recreation Center Gallery Room. Admission is free.