

CITY OF LOS ALAMITOS

3191 Katella Avenue
Los Alamitos, CA 90720

AGENDA PARKS, RECREATION, AND CULTURAL ARTS COMMISSION REGULAR MEETING Wednesday, September 4, 2019 – 7:00 P.M.

This Agenda contains a brief general description of each item to be considered. Except as provided by law, action or discussion shall not be taken on any item not appearing on the agenda. Supporting documents, including staff reports, are available for review at the Recreation & Community Services Department or on the City's website at www.cityoflosalamitos.org once the agenda has been publicly posted.

Any written materials relating to an item on this agenda submitted to the Parks, Recreation & Cultural Arts Commission after distribution of the agenda packet are available for public inspection at the Recreation & Community Services Department, 10911 Oak St., Los Alamitos CA 90720, during normal business hours. In addition, such writings or documents will be made available for public review at the respective public meeting.

It is the intention of the City of Los Alamitos to comply with the Americans with Disabilities Act (ADA) in all respects. If, as an attendee, or a participant at this meeting, you will need special assistance beyond what is normally provided, please contact the Recreation & Community Services Department at (562) 430-1073, extension 540, 48 hours prior to the meeting so that reasonable arrangements may be made. Assisted listening devices may be obtained from the Parks, Recreation & Cultural Arts Commission Secretary at the meeting for individuals with hearing impairments.

Persons wishing to address the Parks, Recreation & Cultural Arts Commission on any item on the Parks, Recreation & Cultural Arts Commission Agenda should complete a yellow "Request to Speak" card and will be called upon at the time the agenda item is called or during the Parks, Recreation & Cultural Arts Commission's consideration of the item and may address the Parks, Recreation & Cultural Arts Commission for up to three minutes

1. CALL TO ORDER

2. ROLL CALL

Commissioner Crans
Commissioner Doby
Commissioner Hill
Commissioner Hunter
Commissioner Murphy
Vice Chair Duran
Chair Olveda

3. PLEDGE OF ALLEGIANCE

4. ORAL COMMUNICATIONS

At this time, any individual in the audience may come forward to speak on any item within the subject matter jurisdiction of the Parks, Recreation & Cultural Arts Commission (PR&CA). Please state if you wish to speak on an item on the Agenda. Remarks are to be limited to not more than five minutes.

5. MINUTES

Approval of the Minutes for the Regular Meeting of August 7, 2019.

6. STAFF REPORTS

A. 2019 Summer Recap

This report provides the Parks, Recreation & Cultural Arts Commission a recap of the Los Alamitos Recreation and Community Services Department's 2019 summer programs, classes, camps, and events.

Recommendation: Commission receive and file.

B. Family Dance

This report provides the Parks, Recreation & Cultural Arts Commission a preview of the Los Alamitos Recreation and Community Services Department's 2019 MemorialCare Miller Children's & Women's Hospital Long Beach Family Dance scheduled for Saturday, September 28 at the Oak Gymnasium.

Recommendation: Commission receive and file.

C. Teen Expo

This report provides the Parks, Recreation & Cultural Arts Commission with a report on the upcoming Teen Expo.

Recommendation: Commission receive and file.

7. ITEMS FROM THE RECREATION & COMMUNITY SERVICES DEPARTMENT

8. COMMISSIONER REPORTS

At this time, Commissioners may report on items not specifically described on the Agenda that are of interest to the community, provided no action or discussion is taken except to provide staff direction to report back or to place the item on a future Agenda.

9. ADJOURNMENT

I hereby certify, under penalty of perjury under the laws of the State of California that the foregoing Agenda was posted at the Community Center, Museum and City Hall not less than 72 hours prior to the meeting. Dated this 29th day of August 2019.



Terri Zenovka, Department Secretary

**MINUTES OF PARKS, RECREATION AND CULTURAL ARTS COMMISSION
OF THE CITY OF LOS ALAMITOS**

REGULAR MEETING – WEDNESDAY, August 7, 2019

1. CALL TO ORDER

The Parks, Recreation and Cultural Arts Commission (PR&CA) met in a Regular Session at 7:03 p.m., Wednesday, August 7, 2019, in the Community Center, 10911 Oak St., Chair Olveda presiding.

2. ROLL CALL

Present: Commission Members: Crans, Doby, Duran, Hill, Murphy, Olveda

Absent: Commission Members: Hunter

Present: Staff: Ron Noda, Recreation Manager
Emeline Noda, Recreation Manager
Trini Zenovka, Department Secretary

3. PLEDGE OF ALLEGIANCE

Chair Olveda led the Pledge of Allegiance.

4. ORAL COMMUNICATION

Chair Olveda opened Oral Communications. There being no one present wishing to speak, Chair Olveda closed Oral Communications.

5. MINUTES

Motion/Second: Hill/Murphy May 1, 2019; Duran/Murphy June 5, 2019; Doby/Duran July 10, 2019

Abstain: Duran May 1, 2019; Crans/Hill/Olveda June 5, 2019; Crans/Hunter/Olveda July 10, 2019

Motion Carried: The Parks, Recreation and Cultural Arts Commission approved the Regular Meeting of May 1, 2019, June 5, 2019 and July 10, 2019.

6. STAFF REPORTS

A. Preview of Contract Classes

Recreation Manager Emeline Noda provided the Parks, Recreation & Cultural Arts Commission a preview of some of the new weekend contract classes within the Recreation and Community Services Department. The City of Los Alamitos offers the community a wide variety of specialty programs, classes and camps through contract instructors. The use of contract instructors allows the Recreation and Community Services Department to find specialized professionals who have expertise in areas of interest to the members of the community. These specialized areas include fitness, sports, painting, performing arts, educational development, engineering, animal training, and much more. Staff continuously adds new classes to the Recreation and Community Services Recreation Brochure to keep up with program trends and public interest.

Staff expenditures includes coordinating the classes, produce and mail the Recreation Brochure, set up and tear down for each class/camp, and staffing

the facility. The percentage the City receives in revenue for the classes helps to offset these costs. The City collects all registration fees and then cuts a check to the instructors according to the agreed upon commission split.

City staff received feedback from the public, class registrants, and the Parks Recreation & Cultural Arts Commission on the type of class offerings. An overwhelming response is to increase programming after school and on the weekends to accommodate working families and their busy schedules. There was also requests to increase programming in education, special interest, and teen programming.

B. Serve Los Al Debrief

Emeline Noda Recreation Manager provided the Parks, Recreation & Cultural Arts Commission with a report on the "Serve Los Al" Citywide Volunteer Service Event. The Los Alamitos Recreation and Community Services Department offers a wide variety of events and programs for all ages. Social service programs fall under the umbrella of the Community Services element of the Department.

The inaugural Serve Los Al Event was successful with 200 volunteers and the first annual Health Fair Clinic. From the first year event, the committee expanded the second annual Serve Los Al to include resident projects, shelter animal projects, a new outdoor Health Expo, in addition to the nonprofit and City projects and indoor Health Fair Clinic. The second Serve Los Al event took place on Saturday, June 21-22, 2019 with approximately 200 volunteers over two days with more projects than the first year event.

Items discussed for consideration at the Serve Los Al Debrief meeting:

- Time of Year – moving it to September to involve the School District.
- Projects – involving more resident, School District, and business projects.
- Sponsorships
- Involvement – Make Serve Los Al a year-round event.
- Identify Projects – application process
- How to brand Serve Los Al to create more community awareness.
- Develop database of volunteers that can work year round

C. Recap of the 2019 4th of July Fireworks Spectacular

Recreation Manager Ron Noda provided the Parks, Recreation & Cultural Arts Commission a recap of the 2019 4th of July Fireworks Spectacular. The annual 4th of July Fireworks Spectacular was produced by the city of Los Alamitos with financial support from the City of Seal Beach and hosted by the Joint Forces Training Base (JFTB).

The 4th of July Fireworks Spectacular offers attendees a wide selection of food options, vendors, live music entertainment, and a 22-minute firework show. This year, the 4th of July Fireworks Spectacular brought out an estimated 14,000 people onto the Joint Forces Training Bases with several residents in neighborhoods that surrounds the installation viewing the firework show as well.

The family fun zone expanded for the 2019 event: Free activities included two caricature artists, three balloon twisters, and three face painters. The family fun zone also increased the number of giant board games, provided a 45-minute magic show, and held a pie-eating contest. The King Salmon Band kicked off the event by providing entertainment on the main stage from 4:00 – 6:00 p.m. The 40th Infantry I.D. Band followed up until the firework show at 9:00 p.m.

The 4th of July Fireworks Spectacular collaborates with the Army & Air Force Exchange Services (AAFES) for vendors. Nine food vendors and five commercial vendors were present for the event and the Los Alamitos Recreation & Community Services Department sold light up toys and balloons to offset the expenditures for the event.

Surplus from the Race on the Base event are utilized for the 4th of July Fireworks Spectacular to benefit the Joint Forces Training Base and soldiers. The 4th of July Fireworks Spectacular netted \$76,479 in revenues with a direct expense of \$75,806 resulting in a surplus of \$673. The surplus will be deposited into a 4th of July Reserve Account to be utilized for future 4th of July Fireworks Spectacular events.

PR&CA Commission recommended the following items for next year 4th of July Spectacular Event:

- Signage on tarmac – vehicles 10 M.P.H.
- Lost Children Locations (signage)
- Add more fireworks, sound and 2nd stage if more funding is acquired

7. ITEMS FROM THE RECREATION & COMMUNITY SERVICES DEPARTMENT

Ron Noda, Recreation Manager

Provided the PR&CA Commission an update on the following programs and events

- Announced City Manager Bret Plumlee retirement from the City of Los Alamitos effective Friday, August 16, 2019. Les Johnson, Development Services Director, will serve as Interim City Manager while City Council recruits and hires a new City Manager.
- On August 24, 2019, the Los Alamitos Museum will have a ceremony designating the facility as a Historical site.
- Winter Wonderland - the City of Los Alamitos Recreation and Community Services Department will host the annual Winter Wonderland event on December 7, 2019 on Pine Street. The Chambers is no longer involved with the planning and implementation of the event. Sponsorship opportunities will be available on the City's website soon.
- Race on the Base (ROTB) is scheduled for February 21-22, 2020, and information will be available on the website within the next two weeks.
- Fall 2019 Recreation Brochure and City News was mailed to residents and is produced by Recreation Supervisor Megan Shimada.
- Adult Sports Leagues (Soccer and Softball), registration began on July 15 and will end on September 6, 2019. If you know of any teams interested in joining our league, please have them contact our office for more information. Pick Up Soccer on Tuesdays from 7:00-8:30 p.m. as well as Pickle Ball on Tuesdays from 9:00 -11:00 a.m. at Laurel Park for a drop in fee \$3 per person.

- After Schools Sports - Basketball, 1st-5th Grade beginning the week of August 26, 2019 are being offered at Los Alamitos Elementary, Hopkinson, Weaver, Rossmoor, Lee, and McGaugh. We are also offering Parent and me Soccer for 2-3 year olds beginning Saturday, September 7 from 9:15-10:00 a.m. at Lee Elementary. AYSO Schoolyard will be offer beginning on September 7, 2019 for ages 4-5 at 9:00 a.m. for boys and 10:00 a.m. for girls at Lee Elementary. Mini Superstars ages 2-3 beginning October 26 at 9:15 a.m. at Oak Middle School Field.

Emeline Noda, Recreation Manager

Provided the PR&CA Commission an update on the following programs and events:

- Escape Room - provided new preliminary information on the upcoming Escape Rooms offered at the Community Center during the months of October to November. Registration will be available soon.
- Family Dance – MemorialCare Miller Children’s & Women’s Hospital Long Beach Fly Me to the Moon Los Alamitos Family Dance will be held on Saturday, September 28, 2019 from 6:00 – 9:00 p.m. in the Oak Middle School Gymnasium. Please join us and invite everyone you know.
- Coed Youth Volleyball Grades 4th – 8th will begin the week of September 9, 2019. Practice sites will be offered at various School District sites with games played on Fridays at the Oak Gymnasium.
- MemorialCare Miller Children’s & Women’s Hospital Long Beach Trunk or Treat presented by AYSO Region 159 will be held on October 26, 2019 from 5:00-7:30 p.m. at Little Cottonwood Park.

8. COMMISSIONER REPORTS

Commissioner Hill

- Nothing to report.

Commissioner Murphy

- Nothing to report.

Vice Chair Duran

- Thanked staff for facilitating National Night Out on Tuesday, August 6, 2019 from 5:00-8:00 p.m. at Little Cottonwood Park by providing a great event for the community.

Commissioner Doby

- Thanked staff for offering new classes in the Fall 2019 Recreation Brochure and City News, also mentioned that she was excited about the brochure cover and surprised to see her son in costume on the front cover.

Commissioner Crans

- Nothing to report.

Chair Olveda

- Thanked staff for a job well done on the 4th of July Fireworks Spectacular event. Chair Olveda inquired about the new constructions at Los Alamitos Luxury Apartments and Oak Walk Projects and parking plans for these facilities as well as Recreation and Community Services Department CIP Projects funding infrastructure.

9. ADJOURNMENT

The Parks, Recreation, and Cultural Arts Commission adjourned at 8:52 p.m.
Motion/Second: Commissioners Duran/Murphy

Attest:

Steven Olveda, Chair

Emeline Noda, Recreation Manager
Recreation & Community Services Department

City of Los Alamitos

PARKS, RECREATION & CULTURAL ARTS

AGENDA REPORT

MEETING DATE: September 4, 2019

ITEM NUMBER: 6A

To: Chair Steven Olveda & Members of the Parks, Recreation and Cultural Arts Commission

Presented By: Megan Shimada, Recreation Supervisor

Subject: 2019 Summer Recap

SUMMARY

This report provides the Parks, Recreation & Cultural Arts Commission a recap of the Los Alamitos Recreation and Community Services Department's 2019 summer programs, classes, camps, and events.

RECOMMENDATION

Commission receive and file.

BACKGROUND

The Recreation and Community Services Department had a very successful 2019 summer. The nine weeks of summer is one of the busiest periods of the year with the largest number of participants along with the variety of summer events and activities. During these summer weeks, the department experiences an increase in staffing levels (paid staff and volunteers) and revenue generated, as a majority of programs, events, and classes occur throughout this season.

DISCUSSION

Los Alamitos Volunteer Program (L.A.V.P.)

L.A.V.P. is a volunteer-based program for middle and high school students to give back to their community, while assisting them in completing their community service requirements necessary for high school graduation. These students gain experiences in the varied field of recreation, while supporting other local non-profit organizations as well as the City of Los Alamitos.

This summer, the L.A.V.P. program had an all-time high of 108 registered volunteers who volunteered a combined 4800+ hours in various programs and events:

Special Events: Serve Los Al, Music and Movies in the Park, and 4th of July Fireworks Spectacular

Pre-School Program: Assist staff with classroom duties

Youth Sports: Scorekeeping, assisting staff with field preparation, a variety of youth sports activities

Summer Day Camp: Assist staff with leading campers in games, art and crafts, tournaments, special events and excursions for an additional cost

Summer Park Program: Assist staff with games, arts and crafts, special events, and excursions

Community Service Projects: Seal Beach Clean Up, Cypress Run, and Arts & Crafts Recreation Project

There was one career workshop also held this summer providing L.A.V.P. members additional learning opportunities. The workshop involved working professionals that shared their experience and professional journey with the teens.

Parks Program

Parks Program is a free drop-in program held at Little Cottonwood Park and Orville Lewis Park in the summer. The 9-week program has Recreation Leaders organize, plan, and implement structured activities including sports, arts and crafts, tournaments, and special events.

Over 2,000 children participated in the Parks Program and they were treated to free excursions such as Discovery Cube, Sky Zone, Scooters Jungle, Santa Ana Zoo, Atlantis Park, and Mother's Beach.

Los Alamitos Summer Day Camp

The Los Alamitos Summer Day Camp program provided 12 weeks of camp programming for children ages 5-12. Weekly themes will incorporate S.T.E.A.M, cooking, ocean, space, sports, the environment, and cultural arts. Campers participated in crafts and activities centered around the weekly theme.

More than 3,300 campers registered for the day camp who had the chance to participate in fun arts & crafts, sports, games, swimming, and excursions every Thursday to popular places like the Aquarium of Long Beach, John's Incredible Pizza, Medieval Times, OC Fair, Knott's Berry Farm, an Angels Baseball game, and the Discovery Cube.

Ready, Set, Go! Preschool Program

The summer preschool session ran for 9 weeks with two classes – a 4 to 5 year old class held three times a week (Monday, Wednesday, Friday) and a 3 year old class held twice a week (Tuesday, Thursday). The 4 to 5 year old class had 16 participants registered and the 3 year old class had 10 participants with a total number of 36 children enrolled each week. Highlights for the summer preschool sessions include learning about 3-D shapes, learning ten frames, making dinosaur fossils, making a volcano and watching it erupt, and learning to tie shoes.

Events

Serve Los Al

The 2nd annual Serve Los Al event occurred on Saturday, June 21-22, 2019. The event had approximately 200 volunteers over two days with several projects. From the first year event, the committee expanded the second annual Serve Los Al to include resident projects and a shelter animal projects, and a new outdoor Health Expo, in addition to the nonprofit and City projects and indoor Health Fair.

4th of July

The 32nd Annual 4th of July Fireworks Spectacular took place on Thursday, July 4th at the Joint Forces Training Base (JFTB) in Los Alamitos. The cities of Los Alamitos, Seal Beach, and the JFTB collaborated to host this annual event to honor the men and women of the military and celebrate our country's birthday.

Approximately 15,000 people attended the patriotic event which included activities like military static displays, food booths, and live music on the main stage. The evening concluded with a 22-minute long fireworks show which remains one of the best and longest displays in Southern California.

Music and Movies Event Series

The Music and Movies Event Series, presented by the Parks, Recreation, & Cultural Arts Commission took place on four Saturdays throughout the summer. An average of 350 community members came out to each event with their friends and family to listen to great live music and watch a movie under the stars. Below is a recap of the band and movie schedule:

June 15th at Little Cottonwood Park

Movie – Trolls

Band – Southland Mega Groove

June 29th at Sunburst Field at Joint Forces Training Base

Movie – Star Wars The Force Awakens

Band – 4 Alarm Band

July 13th at Orville R. Lewis Park

Movie – Ralph Breaks The Internet

Band – Mike Sullivan Band

July 27th at Los Alamitos School District Office Field
Movie – Incredibles 2
Band – Hollywood Blonde

FISCAL IMPACT

The Recreation and Community Services Department receives a significant amount of its revenue during the summer months in each of the areas discussed above. Funding for these programs have been budgeted in various accounts listed in the current Fiscal Year (FY) 2018-19 (through June 30, 2019) and the FY 2019-20 (begins July 1, 2019) Recreation and Community Services Department budgets. All classes and programs have fees that help offset the costs of the programs except for Serve Los Al, 4th of July Fireworks Spectacular, Music and Movies Event Series and Parks Programs which are free to attend.

City of Los Alamitos

PARKS, RECREATION & CULTURAL ARTS

AGENDA REPORT

MEETING DATE: September 4, 2019

ITEM NUMBER: 6B

To: Chair Steven Olveda & Members of the Parks, Recreation and Cultural Arts Commission

Presented By: Ron Noda, Recreation Manager

Subject: 2019 Family Dance

SUMMARY

This report provides the Parks, Recreation & Cultural Arts Commission a preview of the Los Alamitos Recreation and Community Services Department's 2019 MemorialCare Miller Children's & Women's Hospital Long Beach Family Dance scheduled for Saturday, September 28 at the Oak Gymnasium.

RECOMMENDATION

Commission receive and file.

BACKGROUND

The Recreation and Community Services Department will be hosting the inaugural MemorialCare Miller Children's & Women's Hospital Long Beach Family Dance on Saturday, September 28 from 6:00 p.m. to 9:00 p.m. in the Oak Gymnasium. The event is a fundraiser for the elementary schools in the Los Alamitos Unified School District as 50% of the ticket sales will go back to elementary school or the Recreation & Community Services Department's scholarship fund.

DISCUSSION

MemorialCare Miller Children's & Women's Hospital Long Beach is the title sponsor for the 2019 family dance. The theme for the night will be "Fly Me to the Moon" and the Oak Gymnasium will be transformed into a visual inspiring venue. Activities for the evening will include a video game truck, a Nerf Shooting gallery, balloon twisters, caricature artists, glitter tattoos, inflatable games, and a dance floor with DJ. Heavy appetizers, a candy station, a smores bar, and a donut wall, along with all of the activities, are included in the price of the ticket. Attachment A is the flyer for the event.

Tickets can be purchased by visiting the City of Los Alamitos website – cityoflosalamitos.org. Tickets are \$40 per person ages 5 and older with 50% of all ticket sales going back to a local organization. Children ages 4 and under are free. Participants will be able to determine what organization receive their funds by choosing between the elementary school in the Los Alamitos Unified School District or the Recreation & Community Services Department’s scholarship fund when they purchase their tickets.

FISCAL IMPACT

Funding for the event is budgeted in the Special Event Division of the Recreation & Community Services Department. MemorialCare Miller Children’s & Women’s Hospital Long Beach’s title sponsorship along with 50% ticket sales will offset the cost of the event.

Fundraise for your school!

Fly Me

All Ages!

to the Moon



MemorialCare™
Miller Children's & Women's
Hospital Long Beach

Los Alamitos

**Family
Dance**

**DJ & Dancing
Appetizers
Activities
Dress to Impress**

Oak Middle School Gymnasium
10821 Oak Street, Los Alamitos, CA 90720

Saturday.

6 p.m. to 9 p.m. September 28, 2019

50% of ticket proceeds goes towards LAUSD school of your choice

\$40 for ages 5+ / 4 & under free

www.cityoflosalamitos.org/recreation

Register at <https://losalamitosfamilydance.eventbrite.com>

City of Los Alamitos

PARKS, RECREATION & CULTURAL ARTS

AGENDA REPORT

MEETING DATE: September 4, 2019

ITEM NUMBER: 6C

To: Chair Steven Olveda & Members of the Parks, Recreation and Cultural Arts Commission

Presented By: Emeline Noda, Recreation Manager

Subject: Teen Expo

SUMMARY

This report provides the Parks, Recreation & Cultural Arts Commission with a report on the upcoming Teen Expo.

RECOMMENDATION

Commission receive and file.

BACKGROUND

The Los Alamitos Recreation and Community Services Department offers a wide variety of events and programs for all ages. The Parks, Recreation & Cultural Arts Commission met on February 6, 2019 and March 6, 2019 to brainstorm on program and/or events that can supplement the existing Recreation program offerings. The brainstorm session also assisted staff on the direction of future programming. Part of the feedback provided by the Parks, Recreation & Cultural Art Commissioners was the need to address the community's teen population.

Historically, the Department has not offered much teen programming outside of the Los Alamitos Volunteer Program (LAVP) and the Counselors in Training Program (CIT). Recreation staff along with an offshoot group from the Serve Los Al committee came up with the idea of a Teen Expo. The Teen Expo Committee includes the City of Los Alamitos Recreation & Community Services Department, Casa Youth Shelter, Los Alamitos Education Foundation (LAEF), Summer Harvest, and The Youth Center. The committee has met three times to date and have finalized the date for the event. The Teen Expo is scheduled for Saturday, April 4, 2020 and will be held at the Los Alamitos Community Center.

DISCUSSION

The brainstorming notes from the Parks, Recreation & Cultural Arts Commission meetings in regards to teen resulted in the following suggestions:

- Art & Special Interest Classes (environmental friendliness)
- Financial Literacy (Basic Banking: i.e. balance check book, check writing and budgeting)
- Teen Mentor Groups
- Fitness (non-sports) Yoga Workout, etc...
- Swim
- Train to be Certified Guard
- Handball
- Finance "101"
- Debate
- Mental Health Class and Understanding
- Bonfire Event
- Lacrosse
- Basic Home Repair
- Basic Auto Maintenance
- Overnight Camp (Catalina YMCA)
- Driver's Education
- Sensitivity Training
- Test Taking/Strategies/Preparation
- Mediation/Mindfulness

Attachment "A" includes the outline and schedule of what will be offered in this first year of the Teen Expo.

Staff has met with Dr. Jerry Friedman, Director of Safety and Student Services for Los Alamitos Unified School District to inform him of the upcoming event and seek support in promotion through the School District. Dr. Friedman was receptive to the event and said that he would bring the event forward to be considered for promotion to Los Alamitos High School and to both Oak and McAuliffe Middle Schools.

FISCAL IMPACT

Staff will seek sponsorships to fully fund the Teen Expo so there is no impact to the City's General Fund.

Attachment A

Teen Expo Session Topics

1. Life After High School
 - a. Personality test & career exploration (True Colors Test)
 - b. Resumes, job application, interview skills
 - c. Goal setting/career requirements
 - d. Different types of careers – job fair speaker panel (Road Trip nation/include trades)
 - e. Renting your first apartment
2. Self-confidence, self-worth, self-care
 - a. Public speaking
 - b. Healthy Relationships
 - c. Communication Skills, Social Media
 - d. Stress Management/Therapy
3. Safety
 - a. Emergency preparedness/resourcefulness
 - b. Drugs
 - c. Mental health/Suicide
 - d. Awareness – Be smart – Trust your instincts
4. Special Interests
 - a. Digital photography/Graphic Design/Video Editing
 - b. Painting/Creative Writing
 - c. Succulent arrangements
 - d. Fitness
5. Adulting 101
 - a. Life Skills (Field)
 - Rotate speed dating style
 - i. Financial planning
 - ii. Car maintenance
 - iii. Basic first aid
 - iv. Phone etiquette
 - v. Emotions
 - vi. Conflict resolution
 - vii. How to make a good first impression

Attachment A

Schedule

8:00 – 9:00 am	Continental breakfast and sign in
9:00 – 9:15 am	Ice breaker & Instructions
9:15 – 9:45 am	Key Note Speaker I
9:45 – 9:50 am	Passing period
9:50 – 10:20 am	Break out session I (Life After High School)
10:20 – 10:25 am	Passing period
10:25 – 10:55 am	Break out session II (Self-Confidence)
10:55 – 11:00 am	Passing period
11:00 – 11:30 am	Break out session III (Safety)
11:30 – 12:15 pm	Lunch – How to get involved in your community (Youth Engagement Resource Fair)
12:15 – 1:00 pm	Break out session IV (Special Interests)
1:00 – 1:45 pm	Life Skills Rotation (Adulting 101) (Oak Field)
1:45 – 2:45 pm	Key Note Speaker II
2:45 – 3:00 pm	Raffle and Closing