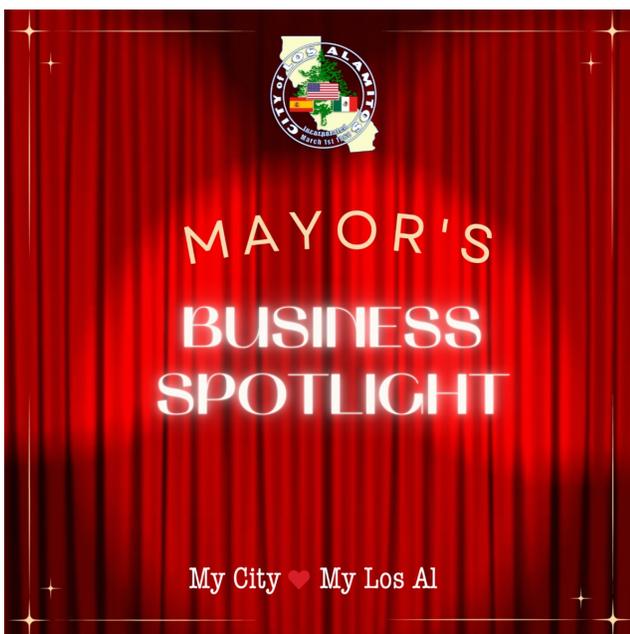




## Weekly E-News

### Mayor's Business Spotlight



### Formula Fitness

Formula Fitness takes an innovative, client-first approach to health and wellness. It's more than personal training. We focus on your whole health: stress management, sleep routines, diet/nutrition, and fitness goals. Formula Fitness is the product of decades of expertise and passion for transforming lives. Owners, Amber Tran and Tony Tran, got their start in the fitness industry in 2003. Tony excelled at his craft as a coveted personal trainer, garnering dedicated clients who continue to train with us to this day.

□ <https://youtu.be/Q8kGVq8fdd8>

☎ (562) 296-8898



## News

My City ♥ My Los Al  
**SAVE THE DATE**  
**NEIGHBORHOOD CLEANUP DAY**

**WHERE & WHEN**  
 SATURDAY, APRIL 27, 2024  
 8:00 A.M. TO 12:00 P.M.  
 PINE STREET BETWEEN FLORISTA STREET  
 AND KATELLA AVENUE

**FREE EVENT**

**WHAT IS NEIGHBORHOOD CLEANUP DAY?**  
 This event will provide an opportunity for residents to dispose of certain bulky items, and documents for shredding. Los Alamitos residents will receive detailed information about this event via postal mail delivery within the next few weeks. The notice will include specific information about eligible items.

The City of Los Alamitos will be partnering with Universal Waste Systems (UWS), to host its annual Neighborhood Clean Up Day for Los Alamitos residents.  
 ☎ (562) 431-3538 🌐 www.cityoflosalamitos.org

## Clean up Day, Save the Date

In partnership with your solid waste services provider Universal Waste Systems (UWS), the City of Los Alamitos will be hosting this event to provide the opportunity for residents to dispose of bulky items, certain electronic equipment/waste, yard waste, and free paper shredding. This event will held on April 27, 2024 from 8 a.m. to 12 p.m. at Pine Street between Florista Street and Katella Avenue. More information to come in the next couple weeks.

## Recreation and Community Services

### Spring Carnival

Join us tomorrow Saturday, March 30, for the MemorialCare Miller Children's & Women's Hospital Long Beach Spring Carnival, presented by CalOptima! This free event will occur rain or shine from 9:30 a.m. to 12:00 p.m. at Little Cottonwood Park (4000 Farquhar Avenue, Los Alamitos). There will be various activities to enjoy, including our well-known egg hunt for youth ages 0-12, carnival game booths, music, face painters, balloon artists, photos

# Rain or Shine!

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

free admission!

Spring Carnival

PRESENTED BY  
CalOptima Health

**SATURDAY MARCH 30**  
**9:30 AM - 12:00 PM**  
**LITTLE COTTONWOOD PARK**  
**(4000 FARQUHAR AVENUE)**

RENEWAL  
BY HANSEN

The carnival will feature the popular egg hunts, arts and crafts, a photo area with Peter Rabbit, carnival game booths, bounce houses, vendor booths, Beverage Garden, and activities for the family to participate in.

[www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)  
CHECK WEBSITE FOR EGG HUNT SCHEDULE



with Peter Rabbit, food, craft vendors, and more! We can't wait to see our communities' smiling faces while making lasting memories!

Event features are subject to change or cancellation due to severe weather (i.e., lightning).



**PICKLEBALL**  
**DROP-IN**

**NEXT DATE:**  
**APRIL 11**

**\$5**  
**DROP-IN**  
**COST/PERSON**

**LAUREL PARK TENNIS COURT #4**  
**10862 BLOOMFIELD ST., LOS ALAMITOS**

My City ♥ My Los Al

## Pickle Ball Time

It's always a fun morning when pickleball is involved! Add drop-in pickleball to your schedule with the City of Los Alamitos and join us for an incredible time. The next drop-in session will be on Thursday, April 11, at Laurel Park from 9:00 a.m. to 11:00 a.m. The drop-in price is \$5 per person (cash only). Participants must be 18 years and older. Invite your friends and family; all are welcome!

**List of Future Drop-In Dates:**  
**4/11, 4/25, 5/9, 5/23**



## Race on the Base is Back

The ever-popular UWS Race on the Base Reverse Sprint Triathlon and 5K Walk/Run is returning on Saturday, April 13, at the Los Alamitos Joint Forces Training Base.

Registration is now open at:  
[www.raceonthebaselosal.com](http://www.raceonthebaselosal.com). You can also click below.

# IT'S BACK...



**LOS ALAMITOS RACE ON THE BASE 2024**

APRIL 13, 2024

**Los Alamitos Recreation & Community Services**  
Creating Quality of Life

**LOS ALAMITOS JOINT FORCES TRAINING BASE**  
11200 LEXINGTON DRIVE  
LOS ALAMITOS, CA 90720

**REVERSE SPRINT TRIATHLON**

**5K WALK/RUN**

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**RACEONTHEBASELOSAL.COM**





Register Now

# Volunteers Needed!



**LOS ALAMITOS RACE ON THE BASE 2024**

APRIL 13, 2024

Volunt  
Chec

Sign up Here



## Weekend of Art Recap

The Los Alamitos Recreation and Community Services Department recently hosted the 9th annual Weekend of Art event, which welcomed artists of all ages. The event was held on March 16 and 17, 2024, in the Multi-Purpose Room at Oak Middle School. The event was presented by the Los Alamitos Parks, Recreation & Cultural Arts Commission and partnered with the Los Alamitos Unified School District.



You can read more about [it here](#).



**REGISTER NOW**

## Los Al Youth Track & Field is Right Around the Corner

This program is an excellent opportunity to introduce your child to Track and Field techniques and events led by Recreation Staff. Whether your athlete is new to the sport or experienced, this program will help develop and refine their skills.

Los Al Youth Track and Field is available to 1st through 8th grade and will take place at Oak Middle School Track on Tuesdays from April 9 – May 14. The last session will entail a Track and Field Meet, giving all participants an opportunity to showcase their skills in front of friends and family! We can't wait to see all of your speedsters on April 9!

**1st - 3rd Grade**  
4:00 - 4:45 PM

**4th - 8th Grade**  
4:45 - 6:00 PM

**Oak Middle School Track (10821 Oak St.)**

---

## The City of Los Alamitos has partnered with the Long Beach Table Tennis Club!

Join us for drop-in play year-round on Mondays, Wednesdays, and Saturdays at the Oak Middle School Gym (10821 Oak St.). Whether it is your first time playing or you are a seasoned pro, this program is an excellent opportunity to increase your skillset through friendly and fun competition.

In addition to drop-in play, league play is seasonal. League play consists of grouped competition based on skill level. Participants can improve their skill rating as the league progresses. The top four

# TABLE TENNIS

**DROP-IN PLAY & LEAGUE YEAR ROUND  
AT THE OAK MIDDLE SCHOOL GYM  
(10821 OAK ST.)**



**FOR MORE INFORMATION PLEASE CONTACT  
THE LOS ALAMITOS COMMUNITY CENTER  
AT (562) 430-1073 OR VISIT US:  
[www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)**

**REGISTER  
HERE**

finalists from each division in the league will compete in a playoff.

For more information regarding the Long Beach Table Tennis Club, please contact the Los Alamitos Community Center at (562) 430 – 1073, or the City’s website at <https://cityoflosalamitos.org/232/Adult-Sports>

## Apply Today



The City of Los Alamitos Recreation and Community Services Department is hiring! If you want a fulfilling, impactful job where you make a difference every day in the City of Los Alamitos. Check out some of our amazing staff in action. Click below.

**Click Here**

## Educational Seminars

My City  
My Los Al

**Los Alamitos**  
Recreation & Community Services  
*Creating Quality of Life*

**FREE EDUCATIONAL SEMINARS FOR SENIORS**

**11:00 a.m. to 12:00 p.m.**

The City of Los Alamitos and Community Services Department will be hosting free, monthly educational workshops on a variety of topics catered to the aging

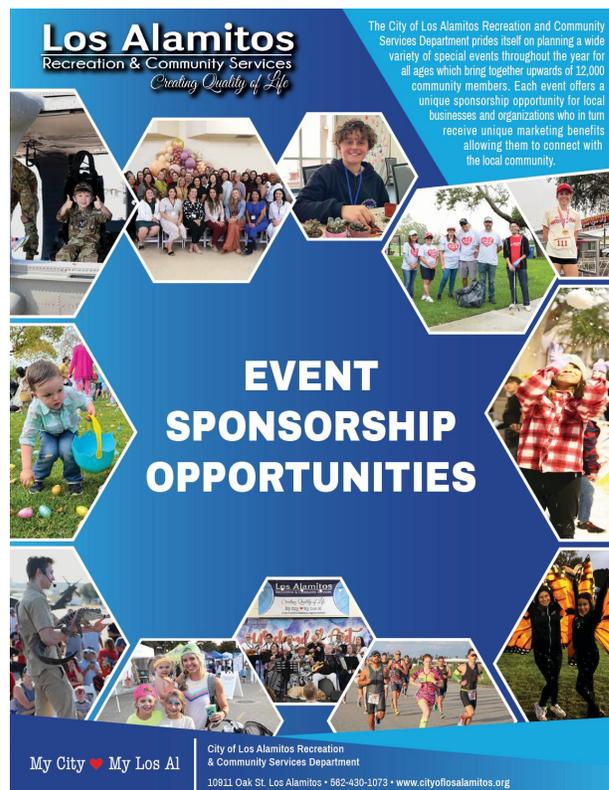
adult. We welcome you to bring a friend and take advantage on these amazing resources!

## 2024 Recreation & Community Services Special Event Opportunities

The Recreation & Community Services Department invites your business to get involved as a Special Event Vendor or an Event Sponsor at one of our upcoming special events. Your partnership can help support our events and keep them free to the public while gaining a wide variety of marketing and community engagement benefits. To view full details, requirements and applications, please click below:



[Vendor Application](#)



[Sponsor Application](#)

## Economic Development

### Arbor Day

In celebration of National Arbor Day, the Public Works Division and City personnel will plant more trees. Expanding the City's Urban Forest will continue to improve our community's quality of life, energy

*Celebrate Arbor Day with Us!*



Thursday, April 25 | 2:30pm-5:00pm

My City ♥ My Los Al

Laurel Park  
10862 Bloomfield St.



Enjoy FREE Games, Snacks, Face Painting, & Help Us Plant a New Tree!



For more information, please contact (562) 431 - 3538

\*Parking may be limited\*

conservation, stormwater attenuation, and improvement to property values. Please support this cause by participating in this year's Arbor Day events and help take good care of trees throughout the City!



City of Los Alamitos Economic  
Development Strategic Planning  
Community Survey



## Los Alamitos Economic Development Strategic Plan – Community Survey

We're on a mission to make our community a better place for everyone, and we need your input. This survey is your chance to shape the future of our local economy. Your opinions, experiences, and ideas can be the key to unlocking opportunities and making our community stronger. To take the survey, please follow the link: [City of Los Alamitos Economic Development Strategic Plan Community Survey](#)

## Shaping Tomorrow Together – Economic Development Strategic Plan

## Revive Los Alamitos



The City of Los Alamitos is working with Jacob Green & Associates to conduct an Economic Development Strategic Plan to solicit valuable input from residents, employers, local businesses, and community organizations.

The Economic Development Strategic Plan will seek to identify Los Alamitos's economic vision, mission, and goals while providing City Council and City Staff with an actionable framework to guide economic development planning and building economic vitality. Through a series of surveys and workshops, the community will have an opportunity to be involved in the discussion. Community, businesses, and key stakeholder consultations will occur between February 2024 and March 2024.



Applications are now being accepted for the Revive Los Alamitos Commercial Façade Improvement Grant Program! Los Alamitos-based businesses will be invited to consider this grant opportunity as a way to invest in their property and make aesthetic or structural improvements that they may qualify for. For more information or an application, please visit the City website at [cityoflosalamitos.org/development](http://cityoflosalamitos.org/development) or contact the Development Services Department at (562) 431-3538.

**Approved Applications are funded on a first-come-first-served basis until funds are exhausted.**

## Online Calendar

**For more details on all City events,**

please visit our online calendar at:  
[www.cityoflosalamitos.org](http://www.cityoflosalamitos.org)

Click Here



## Business Calendar

### Upcoming City Meetings

The Los Alamitos Park, Recreation, and Cultural Arts Commission Meeting will meet in person on Wednesday, April 3, 2024, at 7:00 p.m. in the Council Chamber at 3191 Katella Ave., Los Alamitos, CA 90720.

Full agenda details can be found on the City's website at: <http://cityoflosalamitos.org/129/Agendas-Minutes>

### Upcoming Schedule City Business

The City Council and appointed Commissions meet regularly to discuss City businesses. Meetings are open to the public and your input is always welcome and appreciated. You can sign up to receive notifications every time a new agenda is posted on the City's website here: <http://cityoflosalamitos.org/List.aspx>

## Parks, Recreation and Cultural Arts Commission

**PARKS, RECREATION & CULTURAL ARTS COMMISSION**



Interested in the City's parks, events and programming?

Volunteering on the Parks, Recreation and Cultural Arts Commission maybe right for you!

Visit our website for more information:  
[www.cityoflosalamitos.org/161/Boards-Commissions-Committee](http://www.cityoflosalamitos.org/161/Boards-Commissions-Committee)

**JOIN OUR COMMISSION!**

APPLICATIONS WILL BE ACCEPTED UNTIL SEAT IS FILLED

The City is looking for a volunteer looking to help the Parks, Recreation and Cultural Arts Commission! There is one unexpired term position available and applications will be accepted until the seat is filled. Requirements include being at least 18 years old, a registered voter in Los Alamitos, and a passion for service.

For more information visit us online at <https://cityoflosalamitos.org/161/Boards-Commissions-Committee>

## Follow Us on Social Media



For additional information on what the City of Los Alamitos is doing, make sure to follow us on Facebook and Instagram @cityoflosal

Instagram

Facebook

Linked In

## Join our Team

My City ❤️ My Los Al



**CITY OF Los Alamitos**  
California



**APPLY NOW!**

**WWW.CITYOFLOSALAMITOS.ORG**



For questions regarding the content in this email please visit: [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org) or email: **Weekly E-News Inquiry.**

Sign up here to receive the City's Weekly E-  
News

City of Los Alamitos | 3191 Katella Avenue, Los Alamitos, CA 90720

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