



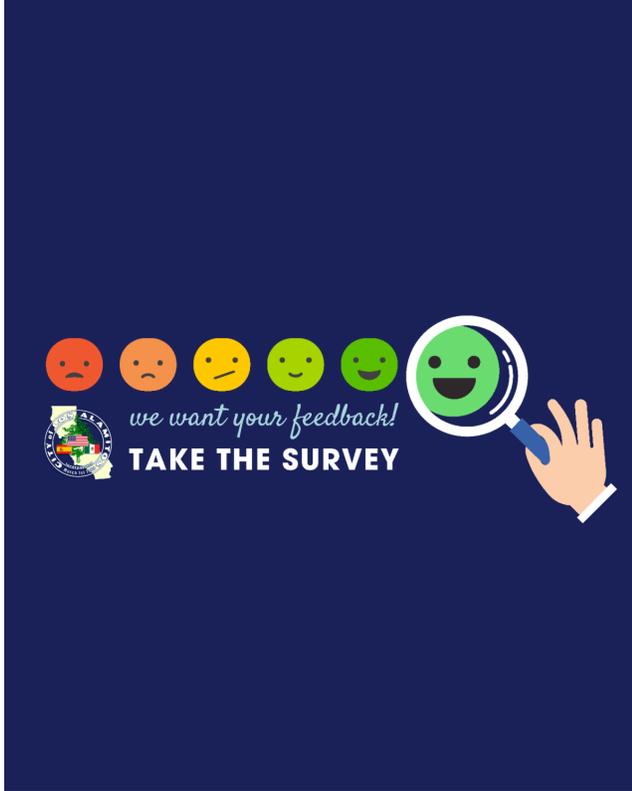
Weekly E-News

News

Community Survey Now Open – How do you stay informed?

Help the City of Los Alamitos improve how we share news, events, and alerts with YOU. In order for us to succeed, we need your feedback. Please take a moment to complete this short survey so that we can serve you better. Your feedback matters! **Take the survey online until August 31, 2025 here:**

<https://mylosalengage.com/en/projects/engagement-survey>



I-605/Katella Avenue Interchange Construction is Underway

CENTER MEDIAN RECONSTRUCTION CONTINUES THROUGH AUGUST

Night time reconstruction of the center median just east of the Coyote Creek channel is expected to continue through the end of August. Crews will continue to perform concrete work to form the curb of the new median.

Crews are expected to continue night time vegetation removal before this activity concludes in mid-August. Next week, vegetation will be removed near the northbound I-605 on-ramp, which will require the closure of the outside lanes on northbound I-605 as well as the on-ramp, beginning as soon as 9 p.m. to 5 a.m. nightly, Monday, Aug. 4, through Friday, Aug. 8 (into Saturday morning).

In addition, several trees that conflict with improvements planned along westbound Katella Avenue are expected to be removed in mid-August. Impacts associated

with this activity will be shared in the coming week.

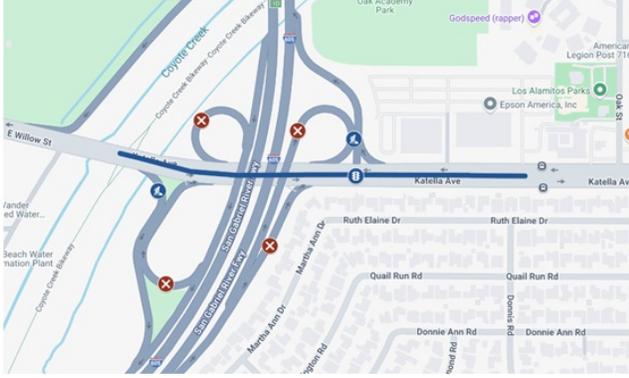
CLOSURES AND DETOURS MAP

An interactive "Closures and Detours Map" will be updated regularly highlighting major activities and associated closures and detours. We encourage the community to bookmark the link for quick access to real-time construction information. Click on the image to be redirected, or [Click here](#).

ABOUT THE PROJECT

The Orange County Transportation Authority (OCTA), in cooperation with Caltrans, is improving the local interchange at Interstate 605 (I-605) and Katella Avenue. The project will enhance safety and traffic flow by modifying existing on- and off-ramps, making improvements on Katella Avenue, and improving bicycle and pedestrian facilities.

For more information, including closures and detours visitocta.net/605Construction.. or email the Outreach Team at: 605KatellaInfo@octa.net.



STAY CONNECTED

octa.net/605Katella

888-200-3302

605KatellaInfo@octa.net

@605Katella

Text 605Katella to
888-720-7016

Message and data rates apply



Recreation and Community Services

Aquatics

Free Rec Swim! Please be sure to read the flyer for accurate dates, times, and locations. Reservations are required.

Click the link below to make your reservation today! Time slots will open two weeks before each date, as space is limited.

For more information, visit: cityoflosalamitos.org/recreation

[Reserve Here](#)

FREE RECREATION SWIM

Friday, August 8
1:00 PM – 4:00 PM

Location: Los Alamitos High School Pool
Cost: FREE (Reservation Required)

Fridays, August 15, August 22, and August 29
10:00 AM – 2:00 PM

Location: MWR Aquatic Center on the Joint Forces Training Base in Los Alamitos
Cost: FREE (Reservation Required)

Parent supervision required USCG approved life jackets are allowed
*Swim test required to enter deep end



For more information, please call the Front Desk at 562-430-1073 or email aquatics@cityoflosalamitos.org

All days and times may be subject to change or cancellation

Presented by the Parks, Recreation & Cultural Arts Commission

Los Alamitos
Recreation & Community Services
Creating Quality of Life

SUMMER CONCERT SERIES

FREE EVENTS 6:30 p.m. - 8:00 p.m.

Concerts in the Park

COMMUNITY SPONSORS:

RANDY W. HILL
FINANCIAL ASSOCIATE - ORANGE COUNTY
(562) 447-4111



CONCERT DATES & LOCATIONS

Little Cottonwood Park
4000 Farquhar Ave, Los Alamitos

July 17 - Remix
(Funk & R&B)

July 31 - Hard Day's Night
(Beatle's Tribute)

Orville R. Lewis Jr. Park
3662 Kempton Dr, Los Alamitos

July 24 - Chris Lozano Band
(Country & Rock)

Aug. 7 - Spin Town
(Top 40 Band)

My City ♥ My Los Al

cityoflosalamitos.org

Summer Concert Series

The City of Los Alamitos Recreation and Community Services Department Summer Concert Series continues on Thursday nights, and summer nights are better at the Parks! Presented by the Parks, Recreation & Cultural Arts Commission with the help of Community Sponsors Randy W. Hill and Hirsch and Associates, the last concert of this summer will be today Thursday, August 7 (Orville R. Lewis Jr.) from 6:30 p.m. to 8:00 p.m. Enjoy live music, food vendors, free summer giveaways, and family fun activities provided by Los Alamitos Rec on the Go. Whether you're here for the tunes, the food, or the community vibe, there's something for everyone. It's the perfect way to connect with participants, support local businesses, and celebrate the summer vibes.

Senior Expo

Join the Los Alamitos Recreation & Community Services Department for our MemorialCare Elevate Encore Senior Expo,

MemorialCare. **ELEVATE ENCORE** **50+**
SENIOR EXPO Presented by LivingWell
 Health, Wellness and Resources for Your Second Act
AUGUST 27, 2025 • 10:00 A.M. - 12:00 P.M.
 Los Alamitos Community Center
 (10911 Oak St., Los Alamitos)
562-430-1073
 cityoflosalamitos.org/recreation



presented by Living Well Homecare, and Scan Medical Advantage, for an informative event featuring resources and information to help you in your second act! Resources will be available on housing, transportation, caregiving, leisure services, volunteer opportunities, and more! This free event will be held Wednesday, August 27 from 10:00 a.m. to 12:00 p.m. at the Los Alamitos Recreation and Community Center. The first 150 participants in attendance will receive a FREE giveaway, while all in attendance can be entered to win one of several opportunity drawings!



Bump, Set, Dominate!

Co-ed Youth Volleyball is back this Fall Season! Join us for a season full of total volleyball domination. Bump-Set-Dominate! It never gets old.

The Co-ed Youth Volleyball League is returning this fall, offering an exciting opportunity for students in grades 4 through 8 to learn and compete in a fun, team-oriented environment. Players are divided into two divisions—Set Division for 4th–5th graders and Spike Division for 6th–8th graders—The league emphasizes skill development, teamwork, and sportsmanship. All participants will receive a jersey and medal, while division champions will earn a trophy. The season concludes with a thrilling Skills Contest and awards ceremony, bringing all teams together to celebrate their progress. This program is a great way for youth to stay active, make friends, and grow both on and off the court.



Grades: 4 - 8

Res. Price: \$145 / Non Res. Price: \$150

Dates: September 8 - November 14



For more information and to register, click on the button below.

[Register Here](#)



Bump Clinic for 1st-3rd Grade!

If your athlete is too young for our Youth Volleyball League, we've got the perfect program! Bump Clinic clinic is meant to introduce your child to the basic skills and techniques of volleyball so that when they're of age, they can jump into our Volleyball League feeling equipped and confident. Taught by Recreation Staff, participants will engage in various drills and activities to help them develop the fundamental skills needed to excel in the sport. A T-shirt and certificate are included in the fee.



Dates: Tuesdays, September 9 – October 14
Time: 5:15 – 6:15pm
Location: Oak Middle School Gym (10821 Oak St.)

[Register Here](#)



It's Football Season!

Get a jump start on your football career with our Flag Football Clinic! Participants will learn the skills of the game in a clinic-style, fun, and energetic atmosphere. Led by experienced Recreation coaches, future football stars will learn basic skills such as passing, catching, and flag pulling. Whether your child is trying football for the first time



or looking to build confidence on the field, our experienced coaches ensure every participant feels encouraged and included. An award is included in the fee.

Dates:

Tuesdays, September 9 – October 7

Time: 5:15 – 6:00pm

Location: Little Cottonwood Park
(4000 Farquhar Ave.)

Divisions:

Parent & Me (Ages 2-3)

*Parent Involvement Required

Jr. Pee Wee (Ages 4 – 7)

[Register Here](#)



Cross Country Program

We're proud to announce the launch of our brand-new Cross Country Program, where passion meets endurance and every mile builds champions. Whether your child is an experienced runner or just looking to challenge themselves in a new way, this program offers a supportive atmosphere and the chance to compete, grow, and push past limits. Lace up and join the journey—because greatness doesn't come easy, it comes earned, one step at a time.



Starting Location: Los Alamitos

Community Center (10911 Oak St.)

3rd-5th Grade: Will train for the mile

6th-8th Grade: Will train for the 2-miler

Res. Price: \$125 / Non Res. Price: \$130

Dates: Thursdays, September 11 -
November 13

[Register Here](#)

Serve Los Al

Join us for a city-wide volunteer service event on **September 13, 2025**. We need your help to volunteer and assist in



[Register Here](#)

completing projects at local non-profits and parks within the City of Los Alamitos. Serve Los Al is an event where our City pulls together in unison to make an impact within our community.

A project will take place on Friday, September 12, with our main event day on Saturday, September 13. An assembly will occur at the Oak Middle School Amphitheater at 8:30 a.m. on Saturday, September 13. At this Assembly, volunteers will gather for a rally with complimentary breakfast, and a speech from our Mayor. Volunteers will also receive their volunteer t-shirts and following the Assembly, volunteers will disperse to their projects from 9:00 - 12:00 p.m. It is events like Serve Los Al where our community shows just how strong the City of Los Alamitos is!

Women's Conference

A dynamic, empowering experience that blends personal growth, professional development, and community building

Learn about emotional intelligence and navigating through your personal & professional life.

Learn about “becoming whole” and the process of intergrating all parts of yourself, your emotions, values, experiences, & identities into a strong, authentic, and balanced sense of self.

Connect with other local women, like yourself, who are also committed to growing and developing themselves & a powerful sense of community.

[Register Here](#)

CITY OF
Los Alamitos
California

ELEVATE WOMEN'S CONFERENCE

Premier Sponsor:



Wednesday, October 1, 2025
8:30 a.m. to 1:00 p.m.

A dynamic, empowering experience that blends personal growth, professional development, and community building

- Learn about emotional intelligence and navigating through your personal & professional life.
- Learn about "becoming whole" and the process of integrating all parts of yourself, your emotions, values, experiences, & identities into a strong, authentic, and balanced sense of self.
- Connect with other local women, like yourself who are also committed to growing and developing themselves & a powerful sense of community.

Los Alamitos Community Center
10911 Oak Street Los Alamitos, CA 90720

Ages 18+ **\$40**
Pre-registration required. Limited seating.
No registration at the door.

Register at losalrecreation.myrec.com



CITY OF
Los Alamitos
California

ELEVATE WOMEN'S CONFERENCE

My City ♥ My Los Al

8:30am **Check-in**

Intro & Welcome Mayor Shelley Hasselbrink - City of Los Alamitos

Keynote Speakers

- *The Beautiful Chaos of Becoming: Learning to Celebrate the Highs (and Survive the Lows)* - Mayor Shelley Hasselbrink, City of Los Alamitos
- *You've Got Style: Know Your Communication Style to Influence and Lead* - Gwen Hennessey, Hennessey Communications

Breakout Session 1 (Choose one):

- *When the Past Shows up in the Present: Meeting Your Inner Child* - Stephanie Archinas-Murphin, LMFT, Nurture & Heal Counseling
- *From Nervous to Noteworthy: Conquering Your Fears in Public Speaking & Self-Branding* - Felicia Gonzalez, Edward Jones®
- *Strong is the New Empowered: Redefining Women's Wellness* - Lisa Patino, Motivated by Lisa

Breakout Session 2 (Choose one):

- *Restoring Balance: The Female Body Under Stress & Eastern Wisdom* - Sarom "Grace" Han, L.Ac, BT Wellness
- *Your Hips Don't Lie: How Pelvic Floor Therapy Can Help You Feel More Confident in Your Body* - Kristin DiMiceli, Garage Pilates & Dr. Stacie Groat, DPT, Sunshine Physical Therapy & Wellness
- *Strong Hearts, Strong Women: Taking Charge of Your Heart Health* - Dr. Nissi Suppogo, Medical Director, Women's Heart Center, and Dr. Christina Rodriguez Ruiz, Medical Director, Advanced Cardiac Imaging, MemorialCare Heart & Vascular Institute at Long Beach Medical Center

Keynote Speaker

Unapologetic Wellness: Prioritizing Yourself Without Guilt - Mayor Pro Tem Tanya Doby

Speed Networking

Women Who Connect: The Power Exchange - Michelle Boos-Stone, Five Elements Consulting Group LLC.

12:15pm **Lunch & Small Group Discussion**

1:00pm **Closing**

Pals of Los Al

The City of Los Alamitos invites participants requiring additional support or accommodations due to physical, mental, or developmental challenges, and their families to participate in our second annual Pals of Los Al on November 5, from 3:30

City of Los Alamitos California
My City ♥ My Los Al

Pals Of Los Al

Adaptive Sports

The City of Los Alamitos proudly invites participants requiring additional support or accommodations due to physical, mental, or developmental disabilities to join us at our second annual Pals of Los Al Youth Sports Day!

This inclusive afternoon is completely FREE! Go for the gold and come and showcase your skills. Individuals with disabilities and their siblings are welcome (ages 5+), registration is required. Parent/Guardian and or Aide is required to accompany participants at all times.

Wednesday, November 5, 2025 | **Oak Middle School Field (10821 Oak St.)**

Space is limited and pre-registration is required. Ages 5+

SCHEDULE

3:10 p.m. - 3:30 p.m.	Check-in
3:30 p.m. - 3:40 p.m.	Warm Up
3:40 p.m. - 4:25 p.m.	10 Minute Sports Rotations
4:25 p.m. - 4:45 p.m.	Kona Ice

REGISTER HERE! FREE

Sponsored by: Los Alamitos Community Foundation | www.cityoflosalamitos.org/recreation | 562 - 430 - 1073

p.m. to 5:00 p.m. Go for the gold in this free youth sports event! **Registration starts in September.**

For any questions about this event please visit www.cityoflosalamitos.org/recreation or email cdeterding@cityoflosalamitos.org.



Pick-up Basketball

Pick-Up Basketball is back on Tuesday nights! Join us for Pick-Up Basketball from 8:30 – 10:00 p.m. at the Oak Middle School Gym (10821 Oak St.) The drop-in price is \$5 cash per person. Come solo or bring friends and rotate through games of basketball. **Must be at least 18 years old.** All skill levels welcome!



Calling All Seniors

Are you ready to make new friends or perhaps learn something new? Join us and discover all our engaging programming for the aging adult by clicking the link below. Don't miss out on the fun!

[Click Here](#)



Fall Brochure

The 2025 City of Los Alamos printed Fall Recreation Brochure is available now. There are so many new and exciting classes and camps to keep you and your family busy all fall that you don't want to miss!

The MemorialCare Miller Children's & Women's Hospital Long Beach Scholarships are also available for eligible Los Alamos residents.



2025 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](#)

Los Alamitos
Recreation & Community Services
Creating Quality of Life

The City of Los Alamitos Recreation and Community Services Department prides itself on planning a wide variety of special events throughout the year for all ages which bring together upwards of 12,000 community members. Each event offers a unique sponsorship opportunity for local businesses and organizations who in turn receive unique marketing benefits allowing them to connect with the local community.

EVENT SPONSORSHIP OPPORTUNITIES

My City ♥ My Los Al

City of Los Alamitos Recreation & Community Services Department
10911 Oak St. Los Alamitos • 902-430-1073 • www.cityoflosalamitos.org

[Sponsor Application](#)

Economic Development

NEW ROMANTICS
AN *unofficial* TAYLOR SWIFT TRIBUTE



Nites on Pine ST
LOS ALAMITOS

August 14
New Romantics

Free Event

Nites on Pine

Nites on Pine is less than a week away, and we are beyond excited to have New Romantics take the stage for what's sure to be an unforgettable night! So, grab your bestie, channel your inner Swiftie, and get ready to sing your heart out under the stars. Whether you're dancing and exchanging friendship bracelets or just there for the vibes, this is one show you won't want to miss.

Join us on **Thursday, August 14th** from **6:30 p.m. to 8:00 p.m.** at **10901 Pine Street, Los Alamitos** for a night full of music, fun, and Midnight memories!

Follow: [@nitesonpine](#) on Instagram.



Discover Los Al

Our Discover Los Al series is back with a brand-new Foodie Finds video, spotlighting



some of the incredible restaurants that make Los Alamitos a hidden gem for local eats!

From cozy Italian kitchens and all-American favorites to fresh sushi spots and a charming neighborhood bakery, this feature highlights the diverse flavors that define our community.

Whether you're on the hunt for your next go-to restaurant or just love discovering new places to eat, this video is full of delicious inspiration.

Head over to [@DISCOVERLOSAL](#) on Instagram to watch the full video and explore the foodie gems that make Los Al a must-try destination!

Online Calendar



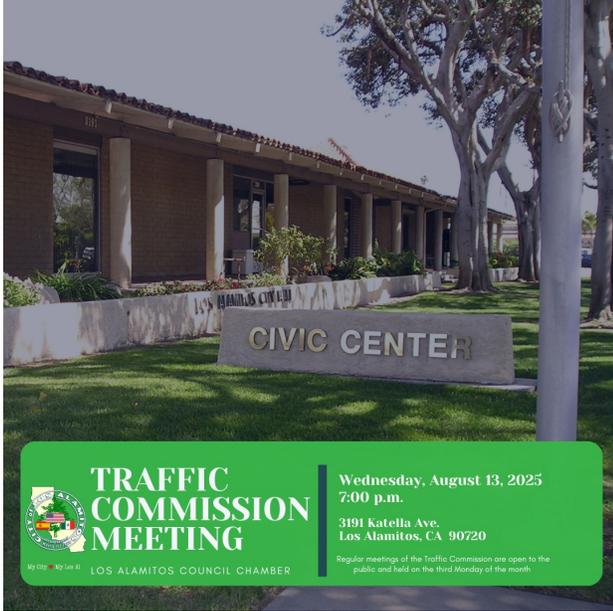
For more details on all City events,
please visit our online calendar at:
www.cityoflosalamitos.org

[Click Here](#)

Business Calendar

Upcoming City Meetings

**Upcoming Schedule
City Business**



The **Traffic Commission** meeting will meet in person Wednesday, August 13, 2025 at 7:00 p.m. in the Council Chamber located 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

- AUG 18** CITY COUNCIL
6:00 p.m. - Third Monday of the Month
- OCT 1** PARKS, RECREATION, AND CULTURAL ARTS COMMISSION
7:00 p.m. - First Wednesday of the Month
- AUG 27*** PLANNING COMMISSION
7:00 p.m. - Fourth Wednesday of the Month
** Cancelled July Regular Meeting*
- AUG 13** TRAFFIC COMMISSION
7:00 p.m. - Second Wednesday of the Month

Full Agenda Details Online:
<http://cityoflosalamitos.org/129/Agendas-Minutes>

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>

Never Miss an Update



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

Join our Team

My City My Los Al

APPLY NOW!

WWW.CITYOFLOSALAMITOS.ORG

In

Los Al
Loop



My City  My Los Al

For questions regarding the content
in this email, please
visit: www.cityoflosalamitos.org
or email: **Weekly E-News Inquiry.**

Get In Touch / Staff
Directory

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

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

[Unsubscribe](#) | [Constant Contact Data Notice](#)