



# Weekly E-News

## News

The poster features a black and white striped shirt and red sunglasses on the left. To the right, a green street sign reads 'Nites on Pine ST LOS ALAMITOS'. Below the sign, the text 'August 14 New Romantics' is displayed, and a yellow circle contains the text 'Free Event'.

### Nites on Pine

Nites on Pine is here, and we are thrilled to have New Romantics take the stage for what promises to be an unforgettable night.

Get ready for an evening filled with energy, great music, and unforgettable moments. Whether you're a longtime fan or just here for the experience, New Romantics will deliver a show that brings everyone together for a night to remember.

Join us today **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](https://www.instagram.com/nitesonpine) on Instagram.



# 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

## VEGETATION REMOVAL UPDATE

Crews are expected to continue nighttime vegetation removal before this activity concludes later this month. This activity will require nightly closures beginning as soon as 9 p.m. to 5 a.m., Monday, Aug. 11, through Friday, Aug. 15 (into Saturday morning).



- Northbound I-605 on-ramp from eastbound and westbound Katella Avenue
- Northbound I-605 outside lanes
- Southbound I-605 off-ramp to eastbound Katella Avenue
- Southbound I-605 on-ramp from eastbound Katella Avenue
- Southbound I-605 on-ramp from westbound Katella Avenue

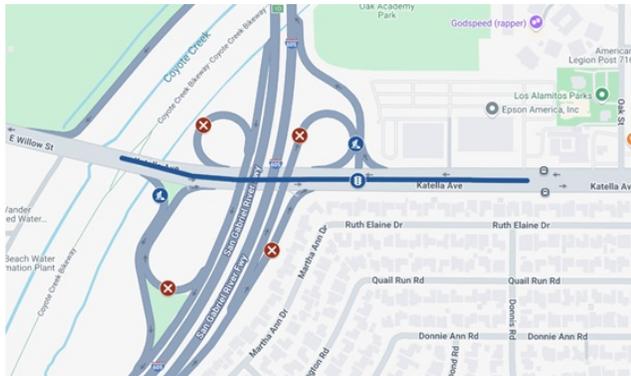
## TREE REMOVAL

Several trees that are in conflict with improvements planned along Katella



Avenue are expected to be removed using chainsaws and excavators, which may generate noise. This activity is expected to occur between 9 p.m. and 5 a.m.

- Westbound Katella Avenue: Tree removal is expected to occur on Wednesday, Aug. 13 and Thursday, Aug. 14 (into Friday morning)
- Eastbound Katella Avenue: Tree removal is expected to occur on Wednesday, Aug. 20 through Friday, Aug. 22 (into Saturday morning)



### 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](#).

### STAY CONNECTED

[octa.net/605Katella](http://octa.net/605Katella)
Text 605Katella to  
**888-720-7016**

888-200-3302
 Message and data rates apply

[605KatellaInfo@octa.net](mailto:605KatellaInfo@octa.net)

[@605Katella](https://www.instagram.com/@605Katella)

### 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](http://visitocta.net/605Construction).. or email the Outreach Team at: [605KatellaInfo@octa.net](mailto:605KatellaInfo@octa.net).

# Recreation and Community Services

## Aquatics

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



# FREE RECREATION SWIM

**AUGUST 15th - AUGUST 29th**  
**FRIDAYS**

**10:00 A.M. - 2:00 P.M.**

**OPEN TO ALL AGES**

**RESERVATIONS REQUIRED**

Visit

[losalrecreation.myrec.com](http://losalrecreation.myrec.com)

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

**LOCATED AT MWR AQUATIC TRAINING CENTER AT THE LOS ALAMITOS JOINT FORCES TRAINING BASE**

**\*Real ID, US Passport, or Government-issued ID required for base entry.**

11360 Valley Forge Ave. Bldg. #44  
Los Alamitos, CA 90720

Scan here to make a reservation!



For more information, please call the Front Desk at 562-430-1073 or email [aquatics@cityoflosalamitos.org](mailto:aquatics@cityoflosalamitos.org)

All days and times may be subject to change or cancellation

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](http://cityoflosalamitos.org/recreation)

**Reserve Here**



MemorialCare. **ELEVATE ENCORE** **50+**  
Presented by **Living Well HOME CARE** and **scan MEDICAL ADVANTAGE**

# SENIOR EXPO

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](http://cityoflosalamitos.org/recreation)



## Senior Expo

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



[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 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 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.

As a part of the Serve Los Al event, we are happy to have **Lestonnac Free Clinic** and **LifeStream Blood Bank** joining us on



September 13. Lestonnac Free Clinic will be providing vision screenings and glasses on site at the Los Alamitos Community Center (10911 Oak St) from 9:00 a.m. to 12:00 p.m. LifeStream Blood Bank will have their bloodmobile set-up in the Community Center Parking Lot for participants to donate blood. If you know anyone who could benefit from this free service or would like to partake in the blood drive, please let them know to stop on by. Events like Serve Los Al where our community shows just how strong the City of Los Alamitos is!

**BLOOD DRIVE**  
Together We Give!  
Proudly Hosted By  
**City of Los Alamitos**

## 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](https://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 disabilities, and their families to participate in our second annual Pals of Los Al on November 5, from 3:30

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.	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: 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](http://www.cityoflosalamitos.org/recreation) or email [cdeterding@cityoflosalamitos.org](mailto:cdeterding@cityoflosalamitos.org).

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

**REGISTRATION OPEN!**  
**FALL 2025 LEAGUE**  
**START WEEK: SEPTEMBER 1**

**Divisions:**

- **Wednesdays 7v7 Men's 35+**
- **Thursdays 7v7 Women's 30+**
- **Sundays 5v5 Co-ed 18+**

**CITY OF LOS ALAMITOS ADULT SOCCER LEAGUE**

## Los Alamitos Fall Adult Soccer League

Dust off those cleats and grab your squad — the Los Alamitos 2025 Fall Adult Soccer League is just around the corner! Whether you're in it for the competition, the camaraderie, or just a good time under the lights, this league is sure to be the highlight of your week. Choose from three exciting divisions: 7v7 Men's 35+ on Wednesdays, 7v7 Women's 30+ on Thursdays, and our brand-new 5v5 Co-ed 18+ on Sundays. All skill levels are welcome and encouraged to join the fun! Regular registration is open through **August 28 at \$660 per team for 7v7 and \$500 per team for 5v5** (with games kicking off the first week of September). Don't miss your shot — register now and let the games begin!

[Register Here](#)

## 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 Alamitos 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 Alamitos 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](#)

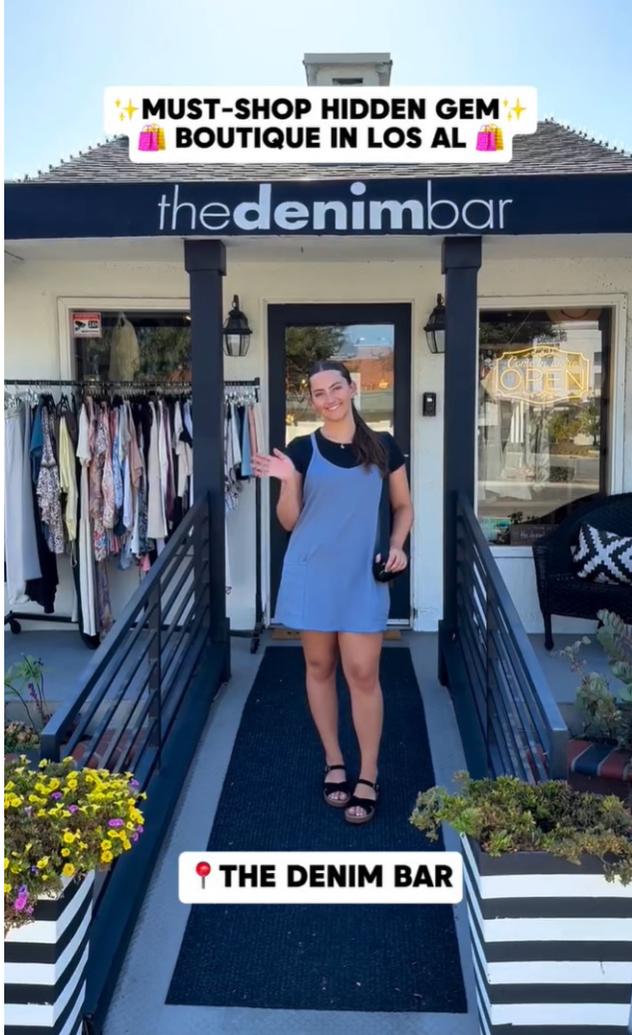


[Sponsor Application](#)

# Economic Development

## Discover Los AI

Looking for the cutest boutique in Los



Alamitos? Look no further.

@thedenimbarlosalamitos has been bringing fresh styles and wardrobe upgrades to the community for 19 years.

Whether you're shopping for back-to-school or refreshing your closet, their friendly team is ready to help you find pieces you'll love. With new arrivals nearly every day and free same day local delivery, often within the hour, shopping local has never been easier.

Visit [@DISCOVERLOSAL](#) on Instagram to watch the full video and discover why The Denim Bar, a small woman-owned boutique, is one of Los Alamitos' favorite shopping destinations.

## 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**

**Upcoming Schedule  
City Business**



## PRESENTATION RECAP City Council - July 21, 2025

1. Oath of Office & Promotion for Los Alamitos Police Department Officer Gossett to the Rank of Sergeant
2. Mayor's Business Spotlight Melodies Dance & Certificate to Heidi Fong
3. Los Alamitos Legacy Business: Rise Up Athletics & Certificate to Cheryl Vuong
4. Orange County Sanitation District - Cypress Trunk Sewer Project

### NEXT CITY COUNCIL

- Monday, August 18, 2025
- 6:00 P.M.
- City Council Chamber (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

SEP  
10

### 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,

## Join our Team

make sure to follow us on Facebook  
and Instagram @cityoflosal

Instagram

Facebook

Linked  
In

Los Al  
Loop

My City  My Los Al



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**Los Alamitos**  
*California*



**APPLY NOW!**

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My City  My Los Al

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