



Weekly E-News

News

City of Los Alamitos Legislative Platform

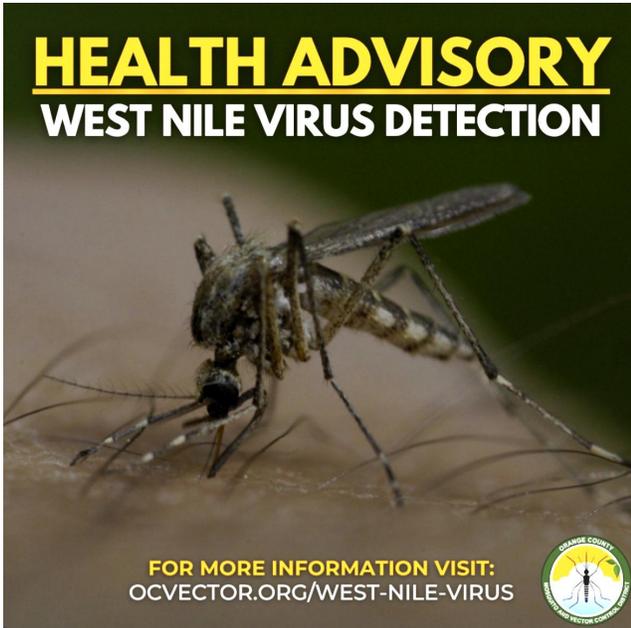
The City of Los Alamitos has updated its Legislative Platform to better protect and represent our community at the Local, State, and Federal levels.

This comprehensive guide outlines our City's top priorities, from economic development and public safety to housing, infrastructure, environmental quality, and more.

It serves as a roadmap for advocacy and action, ensuring Los Alamitos continues to thrive through strong partnerships, smart policy, and focused leadership.



Learn more at cityoflosalamitos.org



Heads up Los Alamitos

Mosquitoes in our area have tested positive for West Nile virus—specifically near Enterprise Dr., Katella Ave., and Lexington Dr.

- OCMVCD is on it! They're checking for breeding spots and keeping an eye on the situation. You might see posters going up in the area soon.
- In the meantime, here's how you can help:
- Wear mosquito repellent, especially at dawn and dusk
- Dump standing water around your home (buckets, birdbaths, plant saucers, etc.)
- Spread the word to neighbors, parkgoers, and sports teams

Let's all do our part to stay safe and bite-free!

More info ocvector.org

I-605/Katella Interchange

[Click Here to View the Latest](#)

I-605 | Katella INTERCHANGE



Safer. Smarter. Smoother.

STAY CONNECTED

 octa.net/605Katella

 888-200-3302

 605KatellaInfo@octa.net

  @605Katella

Text 605Katella to
888-720-7016

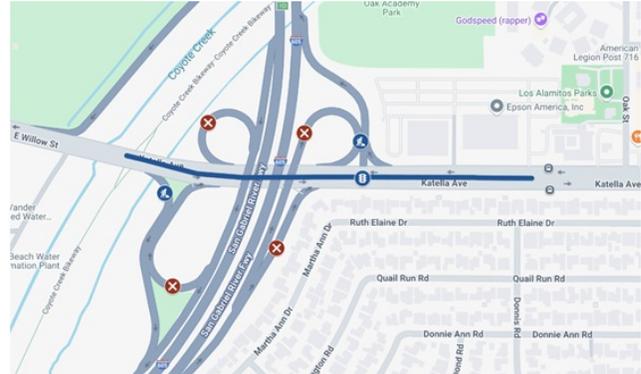
Message and data rates apply



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.

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](#).

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

Recreation and Community Services

Women's Conference

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



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 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.

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 Suppogu, 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**

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



Ghost and Ghouls

The City of Los Alamitos invites participants with disabilities who require additional support or accommodations due to physical, mental, or developmental disabilities to this exclusive afternoon. Join us for an exciting event filled with

Halloween costumes, spooky games, and light refreshments!

THE CITY OF LOS ALAMITOS RECREATION AND COMMUNITY SERVICES INVITES YOU TO

ADAPTIVE RECREATION GHOST AND GHOULS COSTUME SOCIAL

JOIN US FOR AN EXCITING EVENT FILLED WITH HALLOWEEN COSTUMES, BOARD GAMES, AND LIGHT REFRESHMENTS!

OCTOBER 15, 4:00 PM TO 5:00 PM
10911 OAK STREET, LOS ALAMITOS CA 90720

ADAPTIVE RECREATION MEET-UPS ARE DESIGNED FOR PARTICIPANTS WITH DISABILITIES WHO REQUIRE ADDITIONAL SUPPORT OR ACCOMMODATIONS DUE TO PHYSICAL, MENTAL, OR DEVELOPMENTAL DISABILITIES. PARENT, GUARDIANS, AND/OR AIDE ARE REQUIRED TO ACCOMPANY PARTICIPANTS AT ALL TIMES.

SPONSORED BY:

Los Alamitos Recreation & Community Services
 Los Alamitos Community Foundation

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PRE-REGISTRATION ENCOURAGED BUT NOT REQUIRED. WALK-INS WELCOME

[Register Here](#)

Los Alamitos Recreation & Community Services
 Miller Children's & Women's Hospital MemorialCare

Trunk or Treat

TRUNK APPLICATION

Saturday October 25, 2025

APPLY TO BE A TRUNK IN THIS GREAT COMMUNITY EVENT!
TRUNKS MUST ARRIVE BETWEEN 2:30PM TO 4:30PM

Little Cottonwood Park
 4000 Farquhar Ave. Los Alamitos

FILL OUT APPLICATION ON WWW.CITYOFLOSALAMITOS.ORG, THEN SEND APPLICATION TO CDETERDING@CITYOFLOSALAMITOS.ORG

It's Candy Time!

Would you like to host a trunk for Trunk or Treat 2025? The 14th Annual MemorialCare Miller Children's and Women's Hospital Long Beach Trunk or Treat, presented by Southland Credit Union, is on Saturday, October 25th, from 5:00 p.m. to 7:30 p.m. This well-attended event is a great way to participate in the community and make many memories for the families that attend. If you are interested in applying to host a trunk, please click on the image or contact cdeterding@cityoflosalamitos.org.

Make a Splash with Los Alamitos Aquatics

Whether you're splashing around in a Parent & Me class or leveling up in Pre-Swim Team, there's something for

Make a Splash this Fall!

JOIN US FOR SWIM LESSONS!
MORNING & AFTERNOON TIMES AVAILABLE!



REGISTER NOW

everyone!

All classes are held at the MWR Aquatic Center on the Joint Forces Training Base in Los Alamitos. Let the fun begin!

- 4-week sessions (except Session 3)
- 25-minute classes
- Monday/Wednesday or Saturday options available

Session 2: October 6 – November 8

Session 3: November 17 – December 13

Register today and dive into fun!

[Register Here](#)

My City ♥ My Los AI

Pals Of Los AI

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 AI 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

Let the Games Begin! Pals of Los AI

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 AI on November 5, from 3:30 p.m. to 5:00 p.m. Go for the gold in this free youth sports event! **Registration is now open.**

For any questions about this event please visit

www.cityoflosalamitos.org/recreation or
email cdeterding@cityoflosalamitos.org.

[Register Here](#)

Leaves are Falling into Fall Camp

Are you looking for fun & reliable care this Thanksgiving break? Sign up for Los

Fall Camp

November 24-26, & 28
Ages 5-12

10911 Oak Street, Los Alamitos

Regular: 9am - 4pm • Daily Rates: Res. \$32, Non-Res. \$37
Extended: 7am - 6pm • Daily Rates: Res. \$47, Non-Res. \$52



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For more information call
(562) 430-1073 or visit
cityoflosalamitos.org/recreation.

Alamitos Fall Day Camp! Fall Camp is available November 24-26 & 28 for ages 5-12. Each day is filled with fun, structured activities and creative crafts to take home and cherish forever. Rates include regular care (9 am to 4 pm) and extended care (7 am to 6 pm) purchasing options. For more information, visit cityoflosalamitos.org/recreation, or register using the link below.

[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!

Let Us Do The Planning

Let's be honest... parties take a lot of time and energy to plan. That's where we come in! Choose from a variety of fun, themed **party packages** designed to make your child's birthday celebration fun, memorable, and stress-free.

Explore our party options online at cityoflosalamitos.org/recreation or give us a call at (562) 430-1073 to start planning today!

PARTY IT UP
Los Al Rec Style

PARTY PACKAGES

Rookie of the Year

Let us do the planning...
LET'S BE HONEST... PARTIES TAKE A LOT OF TIME AND ENERGY TO PLAN. LUCKILY, THAT'S WHERE WE COME IN! CHOOSE FROM A MENU OF PARTY THEMES WITH A VARIETY OF OPTIONS TO MAKE YOUR CHILD'S BIRTHDAY FUN, MEMORABLE, AND STRESS FREE!

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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](#)

Free Programming for Seniors

The Los Alamitos Recreation and Community Services Department will roll out a series of free senior workshops beginning in September. The first set of workshops focuses on caretaker support for those caring for a loved one. Additional programming includes a Halloween Costume Contest and Halloween Bingo Fundraiser, both in support of the Los Alamitos Senior Club. Click the link below for additional information on how to participate.

[Click Here](#)

Los Alamitos
Recreation & Community Services
Creating Quality of Life

FREE FALL WORKSHOPS

All Seniors 50+ Pre-registration encouraged, but walk-ins welcome. Refreshments and giveaways for the first 10 who register and attend! (Must both register and attend workshop to collect giveaway.)

9/9 6:00-7:00p.m.	Need a break? A Respite Care Guide for Care Partners, Alzheimer's OC
9/17 1:00-2:00p.m.	Healthy Habits for Your Brain and Body, Alzheimer's Association
10/7 6:00-7:00p.m.	Managing Caregiver Stress, Alzheimer's OC
10/14 6:00-7:00p.m.	Manejo del estres del cuidador en Espanol, Alzheimer's OC
11/4 6:00-7:00p.m.	Finding Meaning in Caregiving, Alzheimer's OC
12/3 1:00-2:00p.m.	The Agony and Ecstasy of Aging, SHANTI OC, Joyce Swaving
12/9 6:00-7:00p.m.	Understanding and Dealing with Common Challenging Situations, Alzheimer's OC

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Los Alamitos Community Center
10911 Oak St., Los Alamitos, CA 90720
(562) 430-1073 • cityoflosalamitos.org/recreation



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:

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Creating Quality of Life



SPECIAL EVENT VENDOR PACKET



[Vendor Application](#)

Los Alamitos
Recreation & Community Services
Creating Quality of Life

The City of Los Alamitos Recreation and Community Services Department prides local 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



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City of Los Alamitos Recreation & Community Services Department
10911 Oak St. Los Alamitos • 562-430-1073 • www.cityoflosalamitos.org



Economic Development

Presented by the City of Los Alamitos Economic Development Division

Local Businesses
Bounce House
Live Music

Nites on Pine ST
LOS ALAMITOS

October 9
6:30p.m. to 8:00p.m.
10901 Pine St.
(Florista St. and Pine St.)
Live Music Featuring
The Emperors
(Classic Rock)
Free Family Fun!

@CityofLosAl
@NitesonPine

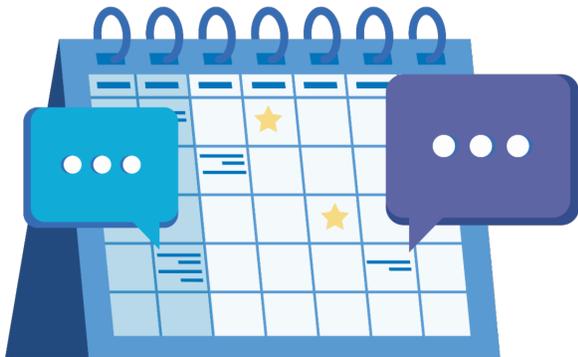
For more information, contact (562) 431-3538 or visit cityoflosalamitos.org

Nites on Pine

Join us for our final Nites on Pine event Thursday, October 9 as The Emperors light up the stage with favorite classical rock hits! Bring the family for a memorable evening under the stars and participate in all the fun and exciting activities as we wrap up the series!

Stay tuned for more exciting announcements by following us on Instagram at [@nitesonpine](https://www.instagram.com/nitesonpine) on Instagram.

Online Calendar



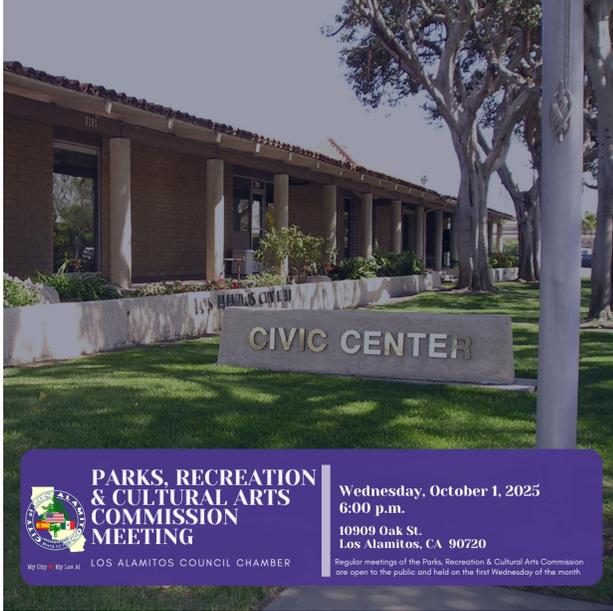
For more details on all
City events,
please visit our online calendar at:
www.cityoflosalamitos.org

[Click Here](#)

Business Calendar

Upcoming City Meetings

**Upcoming Schedule
City Business**



The Parks, Recreation & Cultural Arts Commission meeting will meet in person Wednesday, October 1, 2025 at 6:00 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

- OCT 13*** CITY COUNCIL
6:00 p.m. - Third Monday of the Month
* Adjourned Regular Meeting in place of October 20, 2025
- OCT 1** PARKS, RECREATION, AND CULTURAL ARTS COMMISSION
6:00 p.m. - First Wednesday of the Month
- OCT 22** PLANNING COMMISSION
6:00 p.m. - Fourth Wednesday of the Month
- OCT 8** TRAFFIC COMMISSION
6:00 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

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APPLY NOW!

WWW.CITYOFLOSALAMITOS.ORG

In

Los Al
Loop



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or email: **Weekly E-News Inquiry**.

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