Subject line: News You Need to Know – April

glendale@play

fun. fitness. family. friendship.



Stay Healthy, Stay Fit - Even From Home

There is a lot going on in the world right now. And due to quarantining and social distancing, our worlds have gotten a whole lot smaller. If you're going stir crazy at home, you're not alone. We're here to try and help with some resources and connections for you and your family. We're all #inthistogether.



WORKOUT FROM HOME WITH A FAMILIAR FACE

Just launched! Glendale Adult Center fitness classes will now be airing on Glendale 11. These are shortened versions (20-25 minutes) of two of the popular classes normally held at the Adult Center with instructor Brian Burris. Now you can do a quick daily workout from home with some familiar faces. Find them on Cox Communications' channel 11, each day at 7 a.m. Cardio Moves and Total Body workout will alternate daily in the 7 a.m. timeslot. Don't have cable? You can stream Glendale 11 online *or find them online here:*

Cardio Moves
Total Body

YOUR PARKS - WHAT IS OPEN?

What is open? Currently, the trails and the open spaces in parks are open.

Until further notice, the following Glendale park amenities are closed:

- *playgrounds*
- *ramadas*
- *sport courts*
- *skate parks*
- *dog parks*
- *other recreational sites within parks*

In addition, all park restrooms are temporarily closed. All recreation centers are also closed.



Learn more.

ENJOY YOUR PARKS RESPONSIBLY

Being cooped up is no fun; want to get out of the house and enjoy the beautiful weather? Please do so responsibly. Please follow the guidelines outlined by Centers

for Disease Control *and practices recommended by the* National Recreation & Park Association *as illustrated below.*

Above all - stay home if you are feeling ill.





BE COUNTED! 2020 CENSUS

Plenty of time on your hands means you have no excuse for not completing the 2020 Census. It's due April 30. Want to learn why the Census is so important to Glendale?

Learn more.

A NOTE ABOUT EASTER

We want to remind residents that although city parks are a popular place for holiday gatherings, during this time, gatherings of 10 or more people are not allowed. All restrooms, park amenities and ramadas are closed. Please enjoy the parks responsibly and only while practicing social distance.



LEARNING RESOURCES FROM GLENDALE PUBLIC LIBRARY

The Glendale Public Library offers a plethora of online resources that will come in handy - whether you are looking to supplement your childrens' school work, want to read the latest bestseller, download free music, find some fun and games or tackle that project you've been wanting to do.

Digital Library
Kids' Resources
Teen Resources

CONTACT US

Question, concern or anything else you want us to know? Contact us through GlendaleOne. It's quick and easy!