

RESIDENT RESOURCE GUIDE

THE ARBOR AT PALMDALE

Prepared by



Housing Corporation of America

www.hcahousing.org

EIN 87-0457932

Last updated October 21, 2022

TABLE OF CONTENTS

AFTER SCHOOL PROGRAMS: K-12	2
IN-PERSON	3
ONLINE	4
AMENITIES	5
ARTS & CULTURE	6
GROCERY STORES	9
LEISURE	11
PARKS & RECREATION	13
SCHOOLS & COLLEGES	16
SHOPPING CENTERS	24
HEALTH & SAFETY	26
AIDS & HIV	27
CLINICS & HOSPITALS	28
DISABILITIES	29
EMERGENCIES	31
FAMILIES & CHILDREN	31
MENTAL HEALTH	33
VETERANS	34
OTHER	35
TRANSPORTATION	37
FOR THE ELDERLY & PERSONS WITH DISABILITIES	38
PUBLIC TRANSPORTATION SERVICES	38
OTHER	39
SOCIAL SERVICES	40
ADDICTION	41
CHILDREN & YOUTH	42
ELDER SERVICES	43
FAMILY SERVICES	46
FOOD ASSISTANCE	48
HOUSING	49
IMMIGRATION	50
SAFETY & VICTIMS SERVICES	50
OTHER	52
WORKFORCE TRAINING	53
SUPPLEMENTAL RESOURCES	56



AFTER SCHOOL PROGRAMS: K-12



IN-PERSON

ASES After School Education and Safety Program

(661) 723-6077

<http://lancsd.org/page/2248>

The After School Education and Safety Program (A.S.E.S.) program is a cooperative after school class developed by the City of Lancaster and the Lancaster School District. The program is free and held at eleven area elementary schools, and offers an extensive menu of enrichment activities which promote academic, physical and social development.

Antelope Valley Boys & Girls Club

(661) 267-2582

843 W Lancaster Blvd

Suite 201

Lancaster, CA 93534

<https://www.avbgc.org>

The Boys & Girls Club provides after-school and summer programs for youth ages 6 to 18 years old that emphasize Academic Success; the development of good Character & Citizenship; and the formation of Healthy Lifestyles. The Boys & Girls Club is a place that any child can find safety, encouragement, and the strength to grow and become a contributing member of our community. The AV Boys & Girls Club has 2 walk-in facilities, and 18 school-based clubs across Lancaster, Palmdale, and Mojave.

Antelope Valley Family YMCA

(661) 723-9622

43001 10th Street West

Lancaster, CA 93536

<https://www.ymcala.org/locations/antelope-valley-family-ymca>

The Y is made up of people from all backgrounds working together to strengthen their community. Together we work to ensure that everyone, regardless of ability, age, cultural background, disability, ethnicity, faith, gender, gender identity, ideology, immigrant status, income, race, sex or sexual orientation has the opportunity to reach their full potential. We provide child care, first aid and safety programs, health services, and recreational programs

Innovation Education

(661) 718-3699

42202 50th Street West

Suite D

Quartz Hill, CA 93536

<https://www.myinnovationeducation.com>

Innovation Education is a nonprofit, nonsectarian tutoring organization full of passionate tutors, looking to inspire and motivate students in the Antelope Valley to be lifelong learners by providing tutoring, homework help, classes, and seasonal camps. All subjects and ages welcome.

Palmdale High School Engineering Academy

(661) 273-3181 Ext: 382

<https://www.palmdalehs.org/programs>

The Palmdale Engineering Academy is a four-year engineering and design-focus program that provides students with the opportunity to learn through a combination of Project Lead The Way (PLTW) courses, hands-on lab time, academic courses, and unique culminating projects.

RISE After School Programs

(661) 481-4241

<http://www.riseafterschool.com>

RISE After School partners with 35 California school sites across 8 school districts to provide a safe environment where students

receive academic support & engage in a wide variety of enrichment opportunities after school. Programs include technology, arts, fitness, and scholarship.

ONLINE

Art in Action

<https://artinaction.org>

Art in Action offers section with free live streaming and pre-recorded online art classes. They also offer free virtual museum tours.

hand2mine

<https://www.hand2mindathome.com>

hand2mind offers daily Lessons & Activities for K-5 students, a series of free daily lessons and activities created and delivered by teachers. Each week you will find an easy-to-follow schedule, by grade, for K-5 students and daily grade-specific video lessons for Math and Literacy. You will also find worksheets for the Math and Literacy lessons as well as a daily Specials activity.

Khan Academy

<https://www.khanacademy.org/>

Free, world-class education for kids ages 7 and up. Program offers homework help, practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more.

Khan Academy – Kids

<https://learn.khanacademy.org/khan-academy-kids/>

Free online program engaging kids ages 2 to 7 in core subjects like early literacy, reading, writing, language, and math, while encouraging creativity and building social-emotional skills.

Kitchen Table Classroom

<https://www.kitchentableclassroom.com/>

Free online resource with videos and instructions on various arts and crafts projects for kids.

Learn to Be

<https://www.learntobe.org/>

Free or pay-what-you can tutoring for K-12 students. Tutors mainly offer help in math, reading, writing, science; but are open to helping with subjects outside of these areas.

SkillShare

<https://www.skillshare.com/>

Skillshare is an online learning community with thousands of classes for creative and curious people, on topics including illustration, design, photography, video, freelancing, and more.

UPchieve

<https://upchieve.org/>

Free online math tutoring for middle school and high school math. Tutoring is available 24/7.



AMENITIES



ARTS & CULTURE

Antelope Valley Art Gallery

(661) 723-5950

38198 10th Street East

Palmdale, CA 93550

<https://www.facebook.com/AntelopeValleyArt/>

The Antelope Valley Art Gallery (AVA Gallery) is ran and supported by local artists. It features rotating solo and group exhibitions spanning across all artistic media, with emphasis on local makers living and working in the Antelope Valley.

Antelope Valley Indian Museum

(661) 946-3055

15701 E Ave M

Lancaster, CA 93535

<https://www.avim.parks.ca.gov>

Antelope Valley Indian Museum State Historic Park is California's State Regional Indian Museum representing Great Basin Indian Cultures. The exhibits and interpretive emphasis are on American Indian groups (both aboriginal and contemporary) of the Southwest, Great Basin, and California culture regions, since Antelope Valley was a major prehistoric trade corridor linking all three of these culture regions. The museum contains the combined collections of founder Howard Arden Edwards and subsequent owner Grace Oliver. A number of the cultural materials on display are rare or one-of-a-kind objects. The museum was originally constructed by homesteader and artist H. Arden Edwards in 1928. The chalet-style structure was built over an entire rock formation of Piute Butte in the Mojave Desert.

Antelope Valley Rural Museum

2551-2713 W Avenue H

Lancaster, CA 93536

<https://www.avmuseum.org>

The Antelope Valley Rural Museum is a California nonprofit public benefit unincorporated association dedicated to preserving the rural history of Antelope Valley. The purpose of the AVRMOH is to develop a permanent historical museum for the citizens of the Antelope Valley by collecting, preserving, restoring, exhibiting, and researching facts and artifacts pertinent to the history of the Antelope Valley located in Los Angeles County, California. The museum is open from 10 a.m. to 2 p.m. the first and third Saturdays of every month and by appointment. There is no admission fee.

Elyze Clifford Interpretive Center

(661) 723-6000

43201 35th St W, Lancaster, CA 93536

The Center is nestled within the Prime Desert Woodland Preserve, which spans more than 120 acres with over three miles of trails. This center allows patrons to connect with plants and animals living in the Mojave Desert region. The Elyze Interpretive Center also provides educational opportunities through its immersive location that includes special nature presentations and tours, free kid's crafts, and community events.

Lancaster Performing Arts Center

(661) 723-5950

750 West Lancaster Blvd.,

Lancaster, CA 93534

<https://www.lpac.org>

Lancaster Performing Arts Center engages the Antelope Valley in a broad spectrum of

regional, national and world class entertainment. LPAC provides dynamic programs including concerts, plays, live performances, and can also be used as an event venue.

Joe Davies Heritage Air Park

(661) 267-5611

2001 E Avenue P

Palmdale, CA 93550

<https://cityofpalmdale.org/205/Joe-Davies-Heritage-Airpark>

Joe Davies Heritage Air Park is centered around displays of aircraft that portray the AV's rich aerospace heritage and present the historical significance of United States Air Force Plant 42. Visitors to Joe Davies Heritage Airpark see a collection of aircraft flown, tested, designed, produced or modified at United States Air Force Plant 42. The airpark includes 21 retired military aircraft on static display, plus a 1/8 scale model of the B-2 Spirit, an AGM-28 Hound Dog Missile, a B-52, a C-46, and various aircraft components. When fully developed, the airpark will showcase over 40 retired military and civilian aircraft. Admission to the park and use of its amenities is free.

MOAH (Lancaster Museum of Art & History)

(661) 723-6250

665 W Lancaster Blvd,

Lancaster, CA 93534

<https://www.lancastermoah.org/>

MOAH, the Museum of Art and History, focuses its exhibits on post-war American art with an emphasis on California art. MOAH also preserves and exhibits historical artifacts from the Antelope Valley and offers exhibitions of local artists.

MOAH: Cedar

(661) 723-6250

44857 Cedar Ave.

Lancaster, CA 93534

<https://www.moahcedar.org/>

Together with the Museum of Art and History, MOAH: CEDAR is a catalyst for engaging a diverse audience through captivating exhibitions, innovative artists, and dynamic programming. The gallery encourages progressive ideas, which highlight performance, education, and experimental studio practice. The Cedar Center for the Arts has multiple classroom spaces on the building's second-floor where performance, art and music classes take place throughout the year. Cedar Center also holds numerous community events including a bi-weekly "Open Mic Night" and free, live-figure drawing.

Palmdale Amphitheater

(661) 723-6250

38334 10th Street East

Palmdale, CA 93550

<https://www.palmdaleamphitheater.com/>

The Palmdale Amphitheater is an outdoor venue located in Marie Kerr Park. It hosts live music, speaking engagements, and other events.

Palmdale Playhouse

(661) 723-6250

38334 10th Street East

Palmdale, CA 93550

<https://www.palmdaleplayhouse.com/>

The Palmdale Playhouse is a place for the enjoyment of professional and community-based theater in downtown Palmdale, California. It offers opportunities for the residents of the Greater Antelope Valley to volunteer their time and talents to the arts, and serves as a learning center for people of all ages and abilities to explore the many

crafts that come under the umbrella of theater.

Western Hotel Museum

(661) 723-6250

557 W Lancaster Blvd,
Lancaster, CA 93534

<https://www.lancastermoah.org/western-hotel-museum>

This 19th-century hotel was converted into a small museum with a varied collection of historical artifacts featuring nostalgic collections, photographs, and artifacts that depict the history of the people who built, worked, and lived in early Lancaster. Admission to the museum is free.

GROCERY STORES

Albertsons

(661) 274-9557
38727 Tierra Subida Avenue
Palmdale, CA 93551
<https://www.albertsons.com>

Aldi

(855) 955-2534
740 West Rancho Vista Boulevard
Palmdale, CA 93551
<https://www.aldi.us>

B-2 Market

(661) 267-6496
40130 10th Street West
Palmdale, CA 93551

Dollar General

(661) 402-0055
244 East Palmdale Blvd
Palmdale, CA 93550
<https://www.dollargeneral.com>

Family Dollar

(661) 839-0137
3157 East Palmdale Blvd
Palmdale, CA 93550
<https://www.familydollar.com>

Food 4 Less

(661) 266-9091
2341 E Avenue S
Palmdale, CA 93550
<https://www.food4less.com>

Food Plus

38416 6th Street East
Palmdale, CA 93550

Gonzalez Meat Market

(661) 526-3222
3020 East Palmdale Blvd
Palmdale, CA 93550

Hajji Halal Meat Market

(661) 317-1361
1645 East Palmdale Blvd #4876
Palmdale, CA 93550

Pyramid Market

(661) 266-4621
1647 E palmdale Blvd #H
Palmdale, CA 93550

Sam's Club

(661) 575-9200
39940 10th Street West
Palmdale, CA 93551
<https://www.samsclub.com>

Sam's Market & Liquor

(661) 265-9999
1013 East Palmdale Plvd
Palmdale, CA 93550

Siam Grocery Warehouse

(661) 224-1003
2505 East Palmdale Blvd
Palmdale, CA 93550

Smart & Final Extra!

(661) 722-6210
5038 W Avenue N
Palmdale, CA 93551
<https://www.smartandfinal.com>

Smart & Final Extra!

(661) 947-2121
39212 10th Street West
Palmdale, CA 93551

<https://www.smartandfinal.com>

Stater Bros. Market

(661) 266-1076
2535 East Avenue S
Palmdale, CA 93550
<https://www.staterbros.com>

Stater Bros. Market

(661) 285-9184
37218 47th Street E
Palmdale, CA 93550
<https://www.staterbros.com>

Superior Grocers

(661) 538-2260
38360 20th Street East
Palmdale, CA 93550
<https://www.superiorgrocers.com>

Target Grocery

(661) 265-0906
39440 10th Street West
Palmdale, CA 93551
<https://www.target.com/>

Target Grocery

(661) 998-2500
38019 47th Street E
Palmdale, CA 93552
<https://www.target.com/>

Trader Joe's

(661) 947-2890
39507 10th Street West
Palmdale, CA 93551
<https://www.traderjoes.com>

Vallarta Supermarkets

(661) 266-1398
440 East Palmdale Blvd
Palmdale, CA 93550
<https://vallartasupermarkets.com>

Vallarta Supermarkets

(661) 273-1120
1803 East Palmdale Blvd
Palmdale, CA 93550
<https://vallartasupermarkets.com>

Vallarta Supermarkets

(661) 273-1120
38118 47th Street E
Palmdale, CA 93552
<https://vallartasupermarkets.com>

Vons

(661) 265-9285
3027 Rancho Vista Boulevard
Palmdale, CA 93551
<https://www.vons.com>

Walmart Neighborhood Market

(661) 202-3602
43875 Rancho Vista Blvd
Palmdale, CA 93551
<https://www.walmart.com>

Walmart Supercenter

(661) 533-0248
37140 47th Street East
Palmdale, CA 93552
<https://www.walmart.com>

Walmart Supercenter

(661) 267-6496
40130 10th Street West
Palmdale, CA 93551
<https://www.walmart.com>

World Food Market

[\(661\) 236-5656](https://www.worldfoodmarket.net/)
412 West Rancho Vista Blvd, Suite D-20
Palmdale, CA 93551
<https://www.worldfoodmarket.net/>

LEISURE

Antelope Valley California Poppy Reserve

(661) 942-0662

15101 Lancaster Rd

Lancaster, CA 93536

<https://facebook.com/PoppyReserve>

Antelope Valley California Poppy Reserve is a state-protected reserve of California, United States, harboring the most consistent blooms of California poppies, the state flower. The reserve is located in the rural west side of Antelope Valley in northern Los Angeles County, 15 miles west of Lancaster.

Antelope Valley Fairgrounds

(661) 948-6060

1233 Rancho Vista Boulevard

Palmdale, CA 93550

<https://www.av-mall.com/>

The centrally located AV Mall features around 140 stores including 3 anchor stores, food court, movie theater, restaurant row, and seasonal events such as the Easter Bunny and Santa Claus.

Antelope Valley Mall

(661) 948-6060

2551 West Avenue H

Lancaster, CA 93536

<https://www.avfair.com>

The AV Fairgrounds is a multi-purpose, year-round facility which meets the diverse educational and entertainment needs of the residents and families of the Antelope Valley. Events throughout the year include the annual Poppy Festival, the AV Fair, Livestock shows, rodeos, bridal expos and more.

Best of the West Softball Complex

(661) 267-5611

2723 Rancho Vista Blvd

Palmdale, CA 93551

<https://cityofpalmdale.org/178/Best-of-the-West>

Best of the West features eight world-class, year-round softball fields that are home to youth and adult league play and softball tournaments featuring vendor/s snack bar areas, covered dugouts, and covered stadium seating.

The BLVD Cultural District

(661) 723-6078

W Lancaster Blvd

Lancaster, CA 93534

<https://www.theblvdlancaster.com>

One of 14 designated Cultural Districts in California, the BLVD Cultural District of Lancaster is anchored by the Lancaster Performing Arts Center and the Museum of Art and History. The district features an ever-growing number of events, activities, and cuisines. Weekly farmers markets, concerts, and open mic nights regularly bring audiences to The BLVD. Locally owned businesses offer an exciting array of shopping and dining experiences. Districtwide festivals take place along The BLVD throughout the year, including Streets of Lancaster, Celebrate America, The BooLVD, and A Magical BLVD Christmas.

The BLVD Farmer's Market

(661) 723-6077

733-739 W Lancaster Blvd

Lancaster, CA 93534

Year-round farmer's market providing fresh, local produce, artisanal goods, a variety of food vendors and live music and events. Every Thursday afternoon 4-9 PM (April - October) and 3-7 PM (November - March)

Cinemark Antelope Valley Mall

(661) 274-4300
1475 W Avenue P,
Palmdale, CA 93551

<https://www.cinemark.com/theatres/ca-palmdale/cinemark-antelope-valley-mall>

Popular movie theater chain featuring stadium seating and self-service kiosks.

Dry Town Water Park

(661) 267-6161
3850 East Avenue S
Palmdale, CA 93550

<https://www.drytownwaterpark.com/>

Dry Town Water Park is a waterpark located in Palmdale, California that opens each year from the Memorial Day weekend in May through Labor Day in September. The park features a 35-foot tower structure that holds three waterslides with a three foot deep splashdown pool, a second tower structure that holds a four-lane racer slide, a 6,000 square foot children's water playground with three slides, spray features, and a giant overhead splash bucket, and a 925-foot lazy river that winds around the center of the park.

Lucky Luke Brewing

(661) 270-5588
610 W Ave O #104
Palmdale, CA 93551

<https://www.lucky Lukebrewing.com/palmdale-taproom-info>

Local, craft beer brewery and tasting room that offers weekly events, and indoor/outdoor patio, and guest food trucks..

Pelona Vista Park

(661) 267-5611
37800 Tierra Subida Avenue
Palmdale, CA 93551

Located in family-friendly Pelona Vista Park, visitors to the Palmdale Fitness Court can bike, jog or run to the Court before getting their simple seven-movement workout on! Thanks to the support of local healthcare sponsors and engaged residents, users of all abilities will have access to a free, world-class workout.

Rockin' Jump

(661) 233-9907
1301 W Rancho Vista Blvd Unit B
Palmdale, CA 93551
<https://www.rockinjump.com/palmdale/>
Indoor jumping gym that features a jump arena, dodgeball arena, slam dunk zone, and rock walls.

Transplants Brewing Company

(661) 266-7911
40242 La Quinta Lane Unit 101
Palmdale, CA 93551
<https://www.shop.transplantsbrewing.com>
Local brewery offering food trucks and live musical acts.

PARKS & RECREATION

Amargosa Creek Trail

Elizabeth Lake Road & 25th Street W
Palmdale, CA 93550

<https://www.cityofpalmdale.org/992/Amargosa-Creek-Trail>

The Amargosa Creek Trail provides a Nature Trail that is 50 -acres of "Habitat" that preserves and enhances the century-old Joshua and Juniper trees on-site. The Nature Trail is located on the north and south sides of Amargosa Creek, the habitat is accessed by paths lined with plant identification placards and interpretive storyboards.

Anaverde Park

2820 Greenbrier Street
Palmdale, CA 93550

<https://www.cityofpalmdale.org/814/Anaverde-Park>

Developed in 2007, the five acre Anaverde Park is located in the heart of the Anaverde community next to Anaverde Hills School. The park features a soccer field, baseball field, volleyball court, covered playground area, covered tot lot, picnic area, 4 picnic tables, 3 BBQ grills, walking path, and restrooms.

Arnie Quinones Park

41003 50th Street West
Palmdale, CA 93550

<https://www.cityofpalmdale.org/815/Arnie-Quinones-Park>

Developed in 1996, Arnie Quinones Park is located on 50th Street West, between Gregg Anderson Elementary School and the Smart & Final Shopping Center. The park is 2.5 acres, and features a turf playfield.

Desert Sands Park

39117 3rd Street East
Palmdale, CA 93550

<https://www.cityofpalmdale.org/542/Parks>
Developed in 1991, the 20 acre Desert Sands Park is located on the southwest corner of Avenue P-8 and 3rd Street East. The park features a recreation building, soccer field, 2 softball fields, 2 basketball courts, volleyball court, walking path, 2 tennis courts, tetherball court, playground area, tot lot, picnic area and restrooms.

Domenic Massari Park

37716 55th Street East
Palmdale, CA 93552

<https://www.cityofpalmdale.org/817/Domenic-Massari-Park>

Developed in 1995, the 40 acre Domenic Massari Park is located on the southwest corner of 55th Street East and Avenue R. The park features a field house, skate park, 5 soccer fields, 4 little league fields, 3 full basketball courts and half basketball court, 2 tennis courts, tetherball court, playground area, tot lot, 2 picnic pavilions, BBQ grills, walking and jogging path, restrooms.

Foothill Park

2525 The Groves
Palmdale, CA 93551

<https://www.cityofpalmdale.org/818/Foothill-Park>

Developed in 2007, the 12.6 acre Foothill Park is located in the heart of the Anaverde community, on the corner of The Groves and West Avenue S. The park features a multipurpose ball field, covered playground area, covered tot lot, picnic

area with BBQ grills, walking path and restrooms.

Joe Davies Heritage Air Park

(661) 267-5611

2001 E Avenue P
Palmdale, CA 93550

<https://cityofpalmdale.org/205/Joe-Davies-Heritage-Airpark>

Joe Davies Heritage Air Park is centered around displays of aircraft that portray the AV's rich aerospace heritage and present the historical significance of United States Air Force Plant 42. Visitors to Joe Davies Heritage Airpark see a collection of aircraft flown, tested, designed, produced or modified at United States Air Force Plant 42. The airpark includes 21 retired military aircraft on static display, plus a 1/8 scale model of the B-2 Spirit, an AGM-28 Hound Dog Missile, a B-52, a C-46, and various aircraft components. When fully developed, the airpark will showcase over 40 retired military and civilian aircraft. Admission to the park and use of its amenities is free.

Joshua Hills Park

3110 Fairfield Avenue
Palmdale, CA 93550

<https://www.cityofpalmdale.org/819/Joshua-Hills-Park>

Developed in 1989, the 3.6 acre Joshua Hills Park is located on Fairfield Avenue off of Via Del Rio. The park features a play field, playground area, 3 picnic benches and restrooms.

Legacy Park

38309 9th Street East
Palmdale, CA 93550

<https://www.cityofpalmdale.org/820/Legacy-Park>

Developed in 2001, the 2.2 acre Legacy Park is located next to Legacy Commons For Active Seniors. The park features covered bocce ball court, croquet court, covered benches, walking and jogging path.

Manzanita Heights Park

45755 Fig Avenue
Lancaster, CA 93534

<https://www.cityofpalmdale.org/821/Manzanita-Heights-Park>

Developed in 1988, the 5 acre Manzanita Heights Park is located on the northwest corner of 5th Street West and Mesa Verde Street. The park features a field house, play field, playground area, group picnic area, individual picnic area, picnic benches, 7 BBQ grills, tetherball court, and restrooms.

Marie Kerr Park

39700 30th Street West
Palmdale, CA 93550

<https://www.cityofpalmdale.org/822/Marie-Kerr-Park>

Marie Kerr Park is located on the northeast corner of 30th Street West and Rancho Vista Boulevard. The park is 57 acres with 20 acres dedicated to parking. This community destination park features an amphitheater, softball complex, recreation center, community pool and many other amenities. The park features Palmdale Amphitheater, Best of the West Softball Complex, Recreation center, pool, 3 full basketball courts and half basketball court, community building, 3 covered picnic pavilions, tables, BBQ grills, 2 playgrounds, skate park, 3 soccer fields, 1 softball field, tetherball pole, 2 tennis courts, tot lot, sand volleyball court, walking and jogging path, restrooms.

Melville J. Courson Park

38226 10th Street East
Palmdale, CA 93550

<https://www.cityofpalmdale.org/823/Melville-J-Courson-Park>

Developed in 1963, the 7.5 acre Melville J. Courson Park was acquired from Los Angeles County in 1988. It is located on the northeast corner of 10th Street East and Avenue Q-12. The park features a field house, pool, 2 basketball courts, 1olleyball court, playground area, 5 picnic pads, gazebo, restrooms.

Palmdale Oasis Park

3850 East Avenue S
Palmdale, CA 93552

<https://www.cityofpalmdale.org/824/Palmdale-Oasis-ParkA>

Developed in 2005, Palmdale Oasis Park is located between 30th and 40th Street East. The park is 33 acres, and features DryTown Water Park, Palmdale Oasis Recreation Center, and Oasis Pool.

Pelona Vista Park

37720 Tierra Subida
Palmdale, CA 93551

<https://www.cityofpalmdale.org/825/Pelona-Vista-Park>

The 73-acre Pelona Vista Park has approximately 30 developed acres and serves as Palmdale's primary soccer facility. The park serves youth and adult soccer organizations, walkers and joggers. It hosts local cross-country events and also serves as an incident command center for fire-related disasters. Pelona Vista Park includes two restrooms, ten lighted soccer fields, a maintenance facility, a one-mile walking path, and more than 550 parking spaces available to commuters.

Poncitlán Square

38315 9th Street East
Palmdale, CA 93550

<https://www.cityofpalmdale.org/826/Poncitlan-Square>

Developed in 1998, Poncitlán Square is located in the heart of the Civic Center and is a part of the Chimbole Cultural Center. The park is two acres, and features a water fountain, gazebo, benches, and a walking and jogging path.

Sam Yellen Park & Dog Park

5100 East Avenue S
Palmdale, CA 93552

<https://www.cityofpalmdale.org/827/Sam-Yellen-Park-Dog-Park>

Developed in 2017, the 12.5 acre Sam Yellen Park and Dog Park is located on East Avenue S next to Barrel Springs Elementary. The park features a dog park, covered picnic tables in each dog enclosure, multipurpose field, adventure Playground area with zipline, fitness stations, covered picnic areas, benches, and restrooms.

William J. McAdam Park

5100 East Avenue S
Palmdale, CA 93552

<https://www.cityofpalmdale.org/827/Sam-Yellen-Park-Dog-Park>

Developed in 1972, the 20 acre William J. McAdam Park was acquired from Los Angeles County and is located on 30th Street East between Palmdale Boulevard and Avenue R. The park features the old Palmdale schoolhouse., field house, swimming pool, cement stage, picnic shelters, 12 tables, 8 BBQ grills, play field, 4 tennis courts, playground area, 3 horseshoe courts, sand volleyball court, walking path, and restrooms.

SCHOOLS & COLLEGES

Academy Prep Junior High School (Knight Campus)

37423 70th Street East
Palmdale, CA 93552
(661) 456-4711

<https://www.academyprepjuniorhigh.org/schools/knight-prep>

The mission of the Academies of the Antelope Valley (AAV) is to prepare every student for 21st century college and career expectations by providing a rigorous curriculum relevant to local and global workforce and economic demands through blended virtual and community-based learning opportunities.

Anaverde Hills

2902 Greenbrier St.
Palmdale, CA 93551
(661) 575-9923

<https://www.westside.k12.ca.us/ah>

K - 8th grade.

Antelope Valley Adult Education Palmdale Campus

1156 East Avenue S
Lancaster, CA 93552
(661) 515-1012

<https://www.avadulted.org/>

The Mission of the Antelope Valley Adult Education is to meet the needs of the community by providing academic and career training opportunities for students to fulfill their personal and professional goals. They offer classes for individuals seeking to continue their education, enhance their employment opportunities, and improve their English speaking skills.

Antelope Valley College

(661) 722-6300

3041 West Avenue K
Lancaster, CA 93536

<https://www.avc.edu/>

Antelope Valley College (AVC) is a public community college in Lancaster, CA. Instruction is offered at several sites, including Palmdale and Lancaster, and through online and instructional television courses.

The college offers Associate in Arts and Associate in Science degrees in 71 fields as well as certificate programs in 59 vocational areas.

Barrel Springs Elementary School

3636 Ponderosa Way
Palmdale, CA 93550
(661) 285-9270

<https://www.palmdalesd.org/Page/4452>

K - 6th Elementary school.

Buena Vista Elementary School

37005 Hillcrest Drive
Palmdale, CA 93552
(661) 285-4158

<https://www.palmdalesd.org/domain/2064>

K - 5th Elementary school.

Buena Vista Elementary School

37005 Hillcrest Drive
Palmdale, CA 93552
(661) 285-4158

<https://www.palmdalesd.org/domain/2064>

K - 5th Elementary school.

Cactus Magnet Academy

3243 East Avenue R-8

Palmdale, CA 93550

(661) 273-0847

<https://www.palmdalesd.org/Page/4454>

6-8th grade school with an emphasis on electives in technologically based areas.

**California State University Bakersfield
Antelope Valley**

43909 30th Street West

Lancaster, CA 93536

(661) 952-5000

<https://www.csub.edu/av>

California State University, Bakersfield operates a branch campus in the Antelope Valley on the northeast corner of Antelope Valley College (AVC, J-8 and 30th St West). The campus provides the residents of the Greater Antelope Valley academic degree programs leading to a Bachelor degree in a small number of disciplines, and the ability to obtain a Master's degree in a few areas, without leaving the community. This cooperative arrangement between two segments of California's public higher education system enables students who complete an Associate of Arts or Associate of Science program at a community college to continue their academic studies at state resident rates. All programs offered at CSUB AV are fully accredited by the Western Association of Schools and Colleges and are an integral part of the curricula of California State University, Bakersfield.

Chaparral Prep academy

37500 50th Street East

Palmdale, CA 93552

(661) 285-9777

<https://www.palmdalesd.org/Page/4455>

K-5th grade

Cimarron Elementary

36940 45th Street East

Palmdale, CA 93550

(661) 285-9780

<https://www.palmdalesd.org/Page/4456>

K - 5th grade

David G. Millen Magnet Academy

39221 22nd Street West

Palmdale, CA 93551

(661) 947-3075

<https://www.palmdalesd.org/Page/4457>

6 - 8th grade

Del Sur

9023 West Avenue H

Palmdale, CA 93536

(661) 940-4981

<https://www.westside.k12.ca.us/ds>

K - 8th grade. The educational program at Del Sur is framed by state guidelines and tailored by administrators, teachers, and parents working together to establish school priorities. The School Site Council helps coordinate school activities and generate the School Improvement Plan for students. The English Language Acquisition Committee helps provide input and direction for all students. Students are rewarded for academic achievement, attendance, and for citizenship

Desert Pathways High School

6300 West Avenue L

Quartz Hill, CA 93536

(661) 722-4421

<https://www.avdistrict.org/schools/desert-pathways-high-school>

Desert Pathways High School (DPHS) is a proud member of the Antelope Valley Union High School District with a unique mission: to provide excellent academic instruction as well as therapeutic support for at-risk students with significant mental health and/or behavioral needs. Desert

Pathways High School provides an intensive, therapeutic environment with integrated mental health services for our student population alongside quality academic instruction and student support services.

Desert Rose Elementary School

37730 27th Street East
Palmdale, CA 93550
(661) 272-0584

<https://www.palmdalesd.org/Page/4458>

K - 5th grade. Desert rose also offers dual immersion classes for kindergarten to 2nd grade

Desert Willow Magnet Academy

36555 Sunny Lane
Palmdale, CA 93550
(661) 285-5866

<https://www.palmdalesd.org/Page/4459>

6 - 8th grade. Strong emphasis on STEM classes as well as the arts.

Dos Caminos Dual Immersion School

39066 Palm Tree Way
Palmdale, CA 93551
(661) 947-1849

<https://www.palmdalesd.org/Page/4460>

K - 8th grade with instruction in both English and Spanish. The school also features a maker space with a science lab, automation, robotics and film literacy.

Early Childhood Education

975 East Avenue P-8
Palmdale, CA 93550
(661) 273-470

<https://www.palmdalesd.org/Page/4461>

In-person and at-home preschool program with full partial day options.

Esperanza Elementary

40521 35th Street West
Palmdale, CA 93551
(661) 575-0420

<https://www.westside.k12.ca.us/ez>

K - 6th grade.

Golden Poppy Elementary School

37802 Rockie Lane
Palmdale, CA 93552
(661) 285-3683

<https://www.palmdalesd.org/Page/4462>

K - 5th grade

Gregg Anderson Academy

5150 W. Ave N-8
Palmdale, CA 93551
(661) 206-3751

<https://www.westside.k12.ca.us/ga>

K - 8th grade with an emphasis on STEM education and AVID.

Highland High School

39055 25th Street West
Palmdale, CA 93551
(661) 538-0304

<https://www.highlandhs.org/>

Highland High School empowers students to use knowledge, skills, and strategies to become productive members of society who use higher level thinking. The transition from traditional education to facilitated education is the transition from consumers of knowledge to producers of knowledge.

Hillview Middle School

40525 Peonza Lane
Palmdale, CA 93551
(661) 722-9483

<https://www.westside.k12.ca.us/hv>

5 - 8th grade featuring Honors academy and AVID programming.

IDEA Academy @ Cottonwood

2740 West Avenue P-8
Palmdale, CA 93551
(661) 267-2825

<https://www.westside.k12.ca.us/cw>

K - 8th grade. IDEA is a future ready school offering an engineering lab, makerspace, Project Lead the Way curriculum, and STEAM electives.

Innovations Academy

37230 37th Street East
Palmdale, CA 93550
(661) 236-0161

<https://www.palmdalesd.org/ia>

K - 5th grade elementary school.

Joshua Hill Elementary School

3030 Fairfield
Palmdale, CA 93550
(661) 265-9992

<https://www.palmdalesd.org/Page/4463>

K - 8th grade. Innovations Academy is an online educational Independent Study program serving students in Transitional Kindergarten through 8th Grade.

Joe Walker Middle School STEALTH Academy

5632 West Ave L-8
Quartz Hill, CA 93536
(661) 943-3258

<https://www.westside.k12.ca.us/jw>

7 - 8th grade middle school with robotics laboratory, STEM education programs, and performing/visual arts.

Joshua Hill Elementary School

3030 Fairfield
Palmdale, CA 93550
(661) 265-9992

<https://www.palmdalesd.org/Page/4463>

K - 8th grade. Innovations Academy is an online educational Independent Study program serving students in Transitional Kindergarten through 8th Grade.

William J. "Pete" Knight High School

37423 70th Street East
Palmdale, CA 93552
(661) 533-9000

<https://www.knightpalmdalehs.org/>

William J. "Pete" Knight High School is an academically rigorous learning environment that promotes college and career goals for all students through standards driven curriculum and student centered instruction.

Leona Valley Elementary

9063 Leona Avenue
Leona Valley, CA 93551
(661) 206-3730

<https://www.westside.k12.ca.us/lv>

K - 6th grade.

Littlerock High School

10833 East Avenue R
Littlerock, CA 93543
(661) 538-0304

<https://www.littlerockhs.org/>

The Mission of Littlerock High School is to provide a safe and secure setting that promotes personal and academic growth wherein students are given comprehensive and challenging opportunities to become productive citizens.

Los Amigos Dual immersion School

6640 East Avenue R-8
Palmdale, CA 93552
(661) 285-8376

<https://www.palmdalesd.org/Page/4464>

K - 8th grade.

Manzanita Elementary School

38620 33rd Street East
Palmdale, CA 93550
(661) 947-3128

<https://www.palmdalesd.org/Page/4465>

K - 5th grade. Manzanita also offer dual immersion for grades K-5th.

Mesquite Elementary School

37622 43rd Street East
Palmdale, CA 93552
(661) 285-8376

<https://www.palmdalesd.org/Page/4466>

K - 5th grade

Oak Tree Community Day School

38136 35th Street East
Palmdale, CA 93550
(661) 285-1548

<https://www.palmdalesd.org/Page/4467>

K - 8th grade

Ocotillo Elementary School

38737 Ocotillo School Drive
Palmdale, CA 93551
(661) 947-9987

<https://www.palmdalesd.org/Page/4468>

K - 5th grade

Palm Tree Elementary School

326 East Avenue R
Palmdale, CA 93550
(661) 265-9357

<https://www.palmdalesd.org/Page/4469>

K - 5th grade

Palmdale Academy Charter School

3838 East Avenue R
Palmdale, CA 93550
(661) 234-4800

<https://www.palmdalesd.org/pacs>

9 - 10th grade

Palmdale Discovery Center

39174 Palm Tree Way
Palmdale, CA 93551
(661) 947-0181

<https://www.palmdalesd.org/Page/4470>

Special Education.

Palmdale High School

2137 East Avenue R
Palmdale, CA 93550
(661) 273-3181

<https://www.palmdalehs.org/>

Palmdale High's mission is to foster the development of productive, creative, critical thinkers who have the ability to adapt and positively contribute to society.

Palmdale Learning Academy

38043 Division Street
Palmdale, CA 93551
(661) 538-9034

<https://www.palmdalesd.org/Page/4471>

K - 8th grade. Palmdale Learning Academy is an International Baccalaureate World School.

Quail Valley Elementary School

37236 58th Street East
Palmdale, CA 93552
(661) 533-7100

<https://www.palmdalesd.org/Page/4472>

K - 5th grade. Quail Valley was honored as a 2021-2022 Capturing Kids' Hearts National Showcase School.

Quartz Hill Elementary

41820 50th Street West
Quartz Hill, CA 93536
(661) 943-1496

<https://www.westside.k12.ca.us/qh>

K - 6th grade. Quartz Hill Elementary is located in the heart of Quartz Hill and serves students from transitional kindergarten

through sixth grade. Additionally, Quartz Hill Elementary also has a special education preschool. The Quartz Hill Elementary staff prides itself in offering a rigorous curriculum that engages all students. Quartz Hill is an AVID certified school. AVID curriculum is taught in all grade-levels assisting students to develop critical thinking skills, goal setting, and organizational structures. In addition to our core academics, Quartz Hill offers multiple opportunities for enrichment. Students are encouraged to participate in student government, ballroom dancing, and robotics.

Quartz Hill High School

(661) 718-3100

6040 West Avenue L

Lancaster, CA 93536

<https://www.quartzhillhs.org/>

The mission of Quartz Hill High School is to provide a place to grow as unstoppable learners, deeply respecting one another and our communities, while wholeheartedly developing the communication and leadership skills to become truly Royal within the world today.

R. Rex Parris High School

37423 70th Street East

Palmdale, CA 93552

(661) 456-4711

<https://www.rrexparrishs.org/>

R. Rex Parris HS is an alternative education setting for students who have fallen behind in credits at their previous schools. By combining an accelerated variable credit system, individual instruction, technology, a Common Core State Standards-based curriculum and Support program, the faculty and staff are dedicated to promoting student success, not only in

academics, but also in their personal and social lives.

Rancho Vista Elementary

40641 Peonza Lane

Palmdale, CA 93551

(661) 206-3670

<https://www.westside.k12.ca.us/rv>

K - 6th grade. Rancho Vista Elementary School is located in the southwest portion of the Antelope Valley in the community of Palmdale. It serves UPK through sixth grade students, with an enrollment of approximately 800 students. In 2006 Rancho Vista was named a California Distinguished School, the first in the Westside Union School District.

SAGE (Space & Aeronautics Gateway to Exploration Magnet Academy)

38060 20th Street East

Palmdale, CA 93550

(661) 537-6101

<https://www.palmdalesd.org/Page/4473>

6 - 8th grade. SAGE showcases classes in STEM and visual & performing arts including space and aeronautics, engineering, robotics, digital arts, concert singing

Shadow Hills Engineering & Design Magnet Academy

37315 60th Street East

Palmdale, CA 93552

(661) 533-7400

<https://www.palmdalesd.org/Page/4474>

6 - 8th grade. Shadow Hills features advanced STEM and arts programs including LEGO robotics, Project Lead the Way flight & space, symphonic band, and programming.

Summerwind Elementary

39360 Summerwind Drive
Palmdale, CA 93551
(661) 947-3863

<https://www.palmdalesd.org/Page/4475>

K - 5th grade. Summerwind was honored as a 2021-2022 Capturing Kids' Hearts National Showcase School.

SOAR High School (Palmdale Campus)

(661) 274-4619
2270 East Avenue Q
Palmdale, CA 93550

<https://www.soarhs.org/>

Students On the Academic Rise (SOAR) High School provides a supportive, flexible, and academically enriched environment with an emphasis in mathematics, science, and engineering for underrepresented students who may be high potential but low performing in the traditional educational system. SOAR High School is designed to promote academic achievement, social maturity, and enhanced economic opportunities through the completion of high school and success in college. SOAR High School embraces the Core Principles of the Early College High School (ECHS) Initiative, including improving the graduation rates by creating a flexible high school year, by compressing the number of years to complete a college degree and removing financial and other barriers to college.

Tamarisk Elementary

1843 East Avenue Q-5
Palmdale, CA 93550
(661) 225-9647

<https://www.palmdalesd.org/Page/4476>

K - 5th grade. Tamarisk also offers dual immersion classes for K-5th.

Tumbleweed Elementary

1100 East Avenue R-4
Palmdale, CA 93550
(661) 272-4166

<https://www.palmdalesd.org/Page/4477>

K - 5th grade. Tumbleweed was honored as a 2021-2022 Capturing Kids' Hearts National Showcase School. Tamarisk also offers dual immersion classes for K-3rd.

University of Antelope Valley

(661) 726-1911
44055 North Sierra Highway
Lancaster, CA 93534

<https://www.uav.edu/>

UAV is a private, for-profit university. It offers masters, bachelors, and associate degrees as well as certificate programs and continuing education courses. UAV offers five associate degrees, eight bachelor's degree programs, and three master's degree programs.

Westside Academy

5606 West Avenue L-8
Quartz Hill, CA 93536
(661) 206-3711

<https://www.westside.k12.ca.us/wa>

Westside Academy is an alternative education setting that was designed for and around the needs of students who have difficulty with the traditional setting, or students who just prefer a small and personalized environment. All curriculum is online in a virtual environment and can be accessed anywhere there is a connection to the internet. Students have the freedom and flexibility to attend class, work from home or any combination of the two.

Yellen Learning Center

37015 Goldenview Way
Palmdale, CA 93552
(661) 456-1600

<https://www.palmdalesd.org/Page/4478>

K - 8th grade.

Yucca Elementary

38440 2nd Street East

Palmdale, CA 93550

(661) 273-5052

<https://www.palmdalesd.org/Page/4479>

*K - 5th grade. Yucca was honored as a
2021-2022 Capturing Kids' Hearts National
Showcase School.*

SHOPPING CENTERS

47th Street Promenade

38215 47th Street East
Palmdale, CA 93552

Large shopping center in east Palmdale with anchor stores including Target, Michael's, Ross, and Home Depot. Other businesses and eateries include Gamestop, Panda Express, and Jamba Juice.

Amargosa Commons

39421 10th Street West
Palmdale, CA 93551

Centrally located shopping center featuring Trader Joe's, TJ Maxx, Party City, and Petsmart.

Antelope Valley Mall

(661) 948-6060
2551 West Avenue H
Lancaster, CA 93536
<https://www.avfair.com>

The AV Fairgrounds is a multi-purpose, year-round facility which meets the diverse educational and entertainment needs of the residents and families of the Antelope Valley. Events throughout the year include the annual Poppy Festival, the AV Fair, Livestock shows, rodeos, bridal expos and more.

The BLVD

(661) 723-6078
W Lancaster Blvd
Lancaster, CA 93534
<https://www.theblvdlanaster.com>

Lancaster BLVD is anchored by the Lancaster Performing Arts Center and the Museum of Art and History. The district

features an ever-growing number of shops and eateries.

Commons at Quartz Hill

42821 60th Street West
Quartz Hill, CA 93536

Small, westside shopping center featuring local eateries and restaurants.

Destination 08

40130 10th Street West
Palmdale, CA 93551

Shopping center close to central Palmdale featuring Walmart, Hobby Lobby, Sam's Club, and JoAnn's as anchor stores. The center also has eateries and smaller business.

Mission Plaza

801-849 W Palmdale Blvd
Palmdale, CA 93551

Assorted local services, eateries, and retail.

Palmdale International Shopping Mall

(661) 729-4900
2520 E Palmdale Blvd
Palmdale, CA 93550

This shopping center hosts a variety of unique shops, and services as well as array of different eateries to satisfy any appetite. Vendors and shops are locally owned and operated.

Quartz Hill Towne Centre

4033 West Avenue L
Lancaster, CA 93536

Retail and food establishments located in this shopping center anchored by Von's.

Palmdale Marketplace

(661) 234-4632

39340 10th Street W

Palmdale, CA 93551

Major shopping center located in central Palmdale. Anchor stores include Target, Best Buy, Home Goods, Five Below, Gamestop and more.

Palmdale Promenade

320 W Rancho Vista Blvd

Palmdale, CA 93551

Shopping center located in central Palmdale. Anchor stores include Home Depot and Burlington.

Rancho Vista Shopping Center

3869 W Rancho Vista Blvd

Palmdale, CA 93551

Shopping center in west Palmdale close to Marie Kerr Park. Anchored by Von's, Rite Aid, local businesses and eateries.



HEALTH & SAFETY



AIDS & HIV

AHF Healthcare Center Antelope Valley

(661) 471-4000

1669 West Avenue J, Suite 301

Lancaster, CA 93535

<https://hivcare.org/>

AIDS Healthcare Foundation is a Los Angeles-based 501 nonprofit organization providing medicine and health care to individuals living with or affected by HIV/AIDS.

Antelope Valley Health Center

(661) 471-4860

335-B East Avenue K-6

Lancaster, CA 93535

<http://publichealth.lacounty.gov/chs/phcenters.htm>

The Antelope Valley Health Center is a County of Los Angeles Public Health Center. It provides primary care for children and adults, prenatal and well-baby care, immunizations, family planning, and screening and treatment for tuberculosis and sexually transmitted diseases as well as HIV/AIDS testing and treatment.

Bartz-Altadonna Community Health Center Palmdale

(661) 874-4050

2520 E Palmdale Blvd, Suite A

Palmdale, CA 93550

<https://bartz-altadonna-chc.org/>

Bartz-Altadonna Community Health Center offers multiple services to its patients suffering from HIV and/or Hepatitis C, including testing, early intervention services, outpatient/Ambulatory services, and medical case management

High Desert Regional Health Center

(661) 471-4000

335 Avenue I

Lancaster, CA 93536

www.dhs.lacounty.gov/highdesert/

The Hope Center unit provides HIV/AIDS services for people in the Antelope Valley. Services include AIDS treatment, benefits assistance for people with AIDS/HIV, and case/care management for patients with AIDS/HIV. There are no geographic restrictions. The unit is an outpatient center with designated medical staff and medical social workers. HIV testing is anonymous and confidential. The Orasure method of testing is used; results are available within a week. The site registers its own participants for the AIDS Drug Assistance Program (ADAP), which provides FDA-approved HIV-related drugs at little or no cost to those who are eligible; call for more information. The center also conducts HIV education, prevention and outreach programs, and sponsors mutual support groups.

Planned Parenthood Antelope Valley Health Center

(800) 576-5544

533 E. Palmdale

Palmdale, CA 93550

<https://www.plannedparenthood.org/healthcenter/california/palmdale/93550/antelope-valley-health-center-4054-90070/hiv-testing>

Planned Parenthood provides HIV/AIDS services including testing, education, referrals, and treatment.

Tarzana Treatment Center

(888) 777-8565

320 E Palmdale Blvd
Lancaster, CA 93550

<https://www.tarzanatc.org/>

Tarzana Treatment Centers' HIV Services provides people with HIV treatment strategies towards and extended quality of life. Prevention programs address attitudes and behaviors surrounding HIV / AIDS,

helping people to protect themselves. Tarzana Treatment Centers provides HIV / AIDS services for both HIV infected and HIV affected clients with vital health education, nutritional consulting, and treatment strategies for an improved and extended quality of life.

CLINICS & HOSPITALS

Antelope Valley Medical Center/Antelope Valley Hospital

(661) 949-5000

1600 West Avenue J
Lancaster, CA 93534

<https://www.avmc.org/>

Antelope Valley Community Clinic Palmdale East

(661) 94-2391

37926 47th Street E
Palmdale, CA 93551

Antelope Valley Urgent Care

(661) 947-7100

41210 11th Street W
Palmdale, CA 93551

<https://garrisonfamilymedicalgroup.com>

High Desert Regional Health Center

(661) 471-4000

335 Avenue I
Lancaster, CA 93536

www.dhs.lacounty.gov/highdesert/

Kaiser Permanente Palmdale Medical Offices

(833) 574-2273

420 E Avenue S

Palmdale, CA 93551

<http://healthy.kaiserpermanente.org/>

Heritage Sierra Medical Group of Palmdale

(661) 273-0100

38600 Medical Center Drive, Suite C
Palmdale, CA 93551

<https://www.heritagesmg.com/>

Quartz Hill Walk-In Medical Group

(661) 943-6455

42357 50th Street West, #107
Quartz Hill, CA 93536

Palmdale Pediatric Center

(661) 382-5000

2271 E Palmdale Blvd Suite E
Palmdale, CA 93550

<http://www.palmdalepediatric.com/>

Palmdale Regional Medical Center

(661) 382-5000

38600 Medical Center Drive
Palmdale, CA 93551

https://www.palmdaleregional.com/?utm_source=Google-Business-Yext&utm_medium=organic

Planned Parenthood Antelope Valley

(800) 576-5544
533 East Palmdale Boulevard, Suite 533-A1
Palmdale, CA 93550
www.dhs.lacounty.gov/highdesert/

Sierra Medical Center Urgent Care

(661) 273-9550
38636 Medical Center Drive, Suite C
Palmdale, CA 93551
<https://www.heritagesmg.com/antelope-valley-urgent-care>

South Valley Health Center

(661) 255-3001
38350 40th Street E #100
Palmdale, CA 93552
<https://dhs.lacounty.gov/southvalley/>

Summit Urgent Care

(661) 273-7100
38636 Medical Center Drive, C
Palmdale, CA 93551
<https://summiturgentcare.com/>

Tarzana Treatment Center

(888) 777-8565
907 West Lancaster Blvd

Lancaster, CA 93534
<https://www.tarzanatc.org/>

Tarzana Treatment Center

(888) 777-8565
44447 10th Street West
Lancaster, CA 93534
<https://www.tarzanatc.org/>

Total Care Medical

(661) 266-8700
343 E Palmdale Blvd #5B
Palmdale, CA 93550

Wesley Health Centers JWCH Institute

(866) 733-5924
2151 E Palmdale Blvd
Palmdale, CA 93550
<https://jwchinstitute.org/locations/>

West Palmdale Health Care

(661) 274-9900
540 W Palmdale Blvd B
Palmdale, CA 93550
<https://hdmg.net/>

Women's Clinic of the Antelope Valley

(661) 947-0400
1334 East Palmdale Blvd
Palmdale, CA 93550
<https://www.womensclinicav.com/>

DISABILITIES

Braille Institute

(800) 272-4553
<https://www.brailleinstitute.org/>
Programs and services for the blind and visually impaired.

California Mentor

(661) 526-5061
1529 E Palmdale Blvd. Suite 212
Palmdale, CA 93550
<https://www.ca-mentor.com/who-we-are/>
California MENTOR's services and supports are focused on helping adults and children with intellectual and developmental

disabilities build increasingly rich, independent lives.

California State Department of Rehabilitation Antelope Valley

(800) 639-0597
44301 Division Street, Suite 204
Lancaster, CA 93535
<https://www.dor.ca.gov/>

The department provides vocational rehabilitation services for people who have disabilities. The service area includes the cities of Burbank, Canoga Park, Glendale, Granada Hills, Monrovia, Pasadena, Santa Clarita, Lancaster/Antelope Valley, and Van Nuys.

CSUN Family Focus Resource Center Antelope Valley

(661) 945-9598
1028 West Avenue L12
Lancaster, CA 93534
<https://www.csun.edu/family-focus-resource-center>

The center provides family support services for parents of children, from birth through adulthood, who have developmental delays or developmental disabilities.

Day Star Foundation

(661) 945-7290
646 West Lancaster Blvd, Suite 109
Lancaster, CA 93534
<http://www.avdaystar.org/>

The mission of the Antelope Valley Foundation for the Developmentally Disabled is to provide quality, educational and training experiences designed to enhance the capacity of our participants to

achieve the highest level of life and satisfaction.

Jay Nolan Community Services

(661) 945-7290
646 West Lancaster Blvd, Suite 109
Lancaster, CA 93534
<https://jaynolan.org/>

The mission of Jay Nolan Community Services, Inc. (JNCS) is to enable individuals with Autism Spectrum Disorder and other Developmental Disabilities to live fulfilling lives as members of the community by providing support services customized to their individual needs.

Saddle Up Therapeutic Riding

(661) 267-2730
41455 20th Street West
Palmdale, CA 93551
<https://avsaddleup.org>

Saddle Up promotes and support equine-facilitated activities for individuals with disabilities. The program helps spur on the rehabilitation of individuals with physical, psychological and learning disabilities through equine-facilitated activities; to help establish therapeutic riding centers; support related medical research; and train and certify therapeutic riding instructors.

United Cerebral Palsy

(818) 782-2211
6430 Independence Ave.
Woodland Hills, CA 91367
<https://ucp.org/>

This agency offers services for people with developmental disabilities.

EMERGENCIES

American Red Cross – Antelope Valley

(661) 267-0650

2715 East Avenue P

Palmdale, CA 93550

<https://www.redcross.org/local/california/los-angeles.html>

Dedicated to helping victims of disaster and providing programs and services that help the community prevent, prepare for, and respond to emergencies.

Antelope Valley Community Emergency Response Team

(661) 537-2901

750 East Avenue Q

Palmdale, CA 93550

<https://www.antelopevalleycert.org/>

Antelope Valley Community Emergency Response Team (AV CERT) program educates volunteers about disaster preparedness for the hazards that may impact our desert & rural communities. They train in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. AV CERT provides critical auxiliary support to emergency services personnel during emergencies & disasters while helping to increase the Antelope Valley's overall level of disaster readiness.

Los Angeles County Sheriff's Department Palmdale Division

(661) 272-2400

750 E Avenue Q

Palmdale, CA 93550

<https://lasd.org/palmdale/>

Serving the areas of: Acton, Agua Dulce, Big Pines / Wrightwood, Green Valley, Juniper Hills, Lake Elizabeth, Lake Hughes, Leona Valley, Littlerock, Llano, Palmdale, Pearblossom, Sun Village, Valyermo, Vasquez Rocks.

Poison Hotline

(800) 222-1222

3201 New Mexico Ave, Ste. 310

Washington, DC 20016

<https://www.poison.org/>

Poison Control tells you what to do if you swallow, splash, or get stung by something that may be harmful.

Ready Campaign

(800) 621-FEMA (3362)

FEMA/DHS

500C Street

Washington, DC 20472

<https://www.ready.gov>

Federal website with disaster preparedness tips, resources, and contacts.

FAMILIES & CHILDREN

Antelope Valley College Child Development Center

(661) 722-6500

3041 West Avenue K

Lancaster, CA 93536

<https://www.avc.edu/studentservices/childdev>

Children learn through play. It is through experimentation and exploration that children develop intellectually, physically, emotionally, and socially. In order to

encourage and enhance this development of the “whole child,” the CDC provides a variety of child-centered, age-appropriate play experiences, which include group and individual activities in a safe and nurturing environment. In addition to the developmentally appropriate curriculum, the Center strives to create a positive social environment tailored to create stable, responsive, and respectful relationships with children and their families.

Antelope Valley Partners for Health Family Services

(661) 722-6500

444226 10th Street West

Lancaster, CA 93534

<http://www.avph.org/family-services/>

The AVPH Healthy Families America (HFA) Home Visitation Program is a voluntary supportive service that enhances the lives of at-risk children and family's living in the Antelope Valley. By supporting new parents prenatally as they prepare for the birth of their child, or those who have recently given birth, HFA home visiting services focus on a family's experiences and healthy start with baby, while creating a secure foundation for parenthood.

Antelope Valley Youth and Family Services (AVYFS)

(661) 949-1206

45815 Fig Avenue, Suite 101

Lancaster, CA 93534

<http://healthy.kaiserpermanente.org/>

The medical centers provides hospital services, self-help groups and safe havens for abandoned newborns.

Children's Center of Antelope Valley

(661) 949-1206

45111 Fern Avenue

Lancaster, CA 93534

<http://healthy.kaiserpermanente.org/>

The medical centers provides hospital services, self-help groups and safe havens for abandoned newborns.

Children's Bureau Palmdale

(661) 272-9996

1529 E Palmdale Blvd # 210,

Palmdale, CA 93550

<https://www.all4kids.org/>

The agency provides adoption services, child abuse prevention services, foster care services, and mental health services for children and families in the Antelope Valley area.

Child and Family Guidance Center

(661) 265-8627

40005 10th St West, STE. 106

Palmdale, CA 93551

<https://www.childguidance.org/>

Oldest and largest provider of mental health services for children in the Antelope Valley.

Kaiser Permanente Antelope Valley

(833) 574-2273

615 West Avenue L

Lancaster, CA 93534

<http://healthy.kaiserpermanente.org/>

The medical centers provides hospital services, self-help groups and safe havens for abandoned newborns.

Los Angeles County Children Services

(661) 223-4200

39959 Sierra Hwy #150

Palmdale, CA 93550

<https://dcfs.lacounty.gov/>

The Los Angeles County Department of Children and Family Services promotes child safety and well-being by partnering

with communities to strengthen families, keeping children at home whenever possible, and connecting them with stable, loving homes in times of need.

WIC

(888) 942-9675

P.O. Box 997375

Sacramento, CA 95899-7375

<https://m.wic.ca.gov/>

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income

pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

WIC Program - Palmdale

(661) 726-6300

2247 E Palmdale Blvd, Suite A

Palmdale, CA 93550

<https://www.wicprograms.org/ci/ca-lancaster>

This is a WIC administrative office. This agency administers and refers to other WIC programs and to its 48 sites throughout Los Angeles County.

MENTAL HEALTH

American Health Services Palmdale

(661) 947-3333

2720 East Palmdale Blvd, Suite 128-129

Palmdale, CA 93550

<https://www.americanhealthservices.org/palmdale-california.html>

Available services include primary care and general practice, narcotics replacement therapy, and counseling.

Antelope Valley Medical Center Mental Health Services

(661) 949-5000

1600 West Avenue J

Lancaster, CA 93534

<https://www.avmc.org/>

Antelope Valley Mental Health (LA County Dept of Mental Health)

(661) 723-4260

349-A East Avenue K-6

Lancaster, CA 93535

<https://dmh.lacounty.gov/>

The Los Angeles County Department of Mental Health (LACDMH), the largest county mental health department in the country, directly operates more than 85 programs and contracts with providers to provide a spectrum of mental health services to people of all ages to support hope, recovery, and wellbeing.

Behavioral Health Urgent Care Center (BHUCC) High Desert

(661) 522-6770

415 East Avenue I

Lancaster, CA 93535

<https://www.starsinc.com/bhucc-highdesert/services/>

A Behavioral Health Urgent Care Center (BHUCC, pronounced "Buck") in Lancaster is a new facility serving people in the Antelope Valley who are experiencing a

mental health crisis. The BHUCC is open 24 hours a day, seven days per week.

Mental Health America of Los Angeles

(562) 285-1330

1609 E Palmdale Blvd #129

Palmdale, CA 93550

<https://www.mhala.org/>

Mental Health America (MHALA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

National Suicide Prevention Hotline

(800) 273-8255

<https://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Online chat options available for deaf and hard of hearing.

Palmdale Mental Health Center

(661) 575-1800

2720 E Palmdale Blvd

Palmdale, CA 93550

<https://dmh.lacounty.gov/>

Mental health services provided include assessments, case management, crisis intervention, medication support, peer support and other rehabilitative services. Services are provided in multiple settings including residential facilities, clinics, schools, hospitals, juvenile halls and camps, mental health courts, board and care homes, in the field and in people's homes. Special emphasis is placed on addressing co-occurring mental health disorders and other health problems such as addiction.

Penny Lane Centers Antelope Valley

(661) 266-4783

43520 Division Street

Lancaster, CA 93535

<https://www.pennylane.org/>

Penny Lane provides comprehensive, intensive, community-based mental health services to children, families, and adults with a severe mental illness (SMI).

Tarzana Treatment Center

(888) 777-8565

907 West Lancaster Blvd

Lancaster, CA 93534

<https://www.tarzanatc.org/>

Tarzana provides mental health treatment for disorders, alcohol and substance treatment as part of their commitment to integrated behavioral healthcare.

VETERANS

California Department of Veterans Affairs (CalVet)

(800) 952-5626

Mailing Address:

P.O. Box 942895, Sacramento, CA 94295

<https://www.calvet.ca.gov/>

The California Department of Veterans Affairs focuses on the overall wellness and reintegration of military veterans from all eras. Services include housing assistance, behavioral health treatment, and case management, and more.

Antelope Valley VA Clinic

(661) 729-8655

340 East Avenue I

Lancaster, CA 93535

<https://www.va.gov/greater-los-angeles-health-care/locations/antelope-valley-va-clinic/>

AV VA outpatient clinic provides primary care and specialty health services, including mental health care, audiology, urology, foot care, and more.

Antelope Valley Vet Center

(661) 267-1026

38925 Trade Center Drive, Suite I & J

Palmdale, CA 93551

<https://www.va.gov/antelope-valley-vet-center/>

AV Vet Center offers confidential help for Veterans, service members, and their

families at no cost in a non-medical setting. Services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST).

Antelope Valley Veterans Community**Action Coalition**

(661) 317-4956

5849 East T-8

Palmdale, CA 93552

<http://www.antelopevvcac.org/index.php>

The Antelope Valley Veteran's Community Action Coalition (AVVCAC) is a 501c (3) Nonprofit corporation dedicated to assisting veterans to find the resources available to them in the Antelope Valley and with the Veterans Administration.

OTHER**Center for Healthcare Rights**

(213) 383-4519, Ext. 3006

520 S. Lafayette Park Place, Suite 214

Los Angeles, CA 90057

www.healthcarerights.org

The Center for Health Care Rights (CHCR) is a nonprofit health care advocacy organization dedicated to assuring consumer access to quality health care through education, counseling, informal advocacy, and legal services.

Denti-Cal

(800) 322-6384

<https://dental.dhcs.ca.gov/>

Under the guidance of the California Department of Health Care Services, the Medi-Cal Dental Program aims to provide

Medi-Cal beneficiaries with access to high-quality dental care.

Health Net

(800) 675-6110

21281 Burbank Blvd.

Woodland Hills, CA 91367

https://www.healthnet.com/content/healthnet/en_us.html

The organization administers health insurance plans for low to moderate income families in Los Angeles County. The agency offers a managed Medi-Cal Plan and is a community provider for the LA County Healthy Families Program.

Medi-Cal Assistance

(800) 541-5555

<https://www.medi-cal.ca.gov/contact.asp>
Here you will find Medi-Cal resources and health information for individuals, families, children with special medical conditions and seniors needing personal care.

LA Care Health Plan

(888) 452-2273
1055 W. 7th St., 10th Fl.
Los Angeles, CA 90017
<https://www.lacare.org/>

The organization administers health insurance plans for low to moderate income families in Los Angeles County.

Los Angeles County Health and Nutrition Hotline

(877) 597-4777
<http://publichealth.lacounty.gov/nut/>
This hotline provides food stamp information as well as information about nutrition and physical activity programs county wide.



TRANSPORTATION



FOR THE ELDERLY & PERSONS WITH DISABILITIES

Access Paratransit

(800) 827-0829

Hotline: 511

<https://accessla.org/home/>

Access Services is responsible for the administration of Access, the Americans with Disabilities Act (ADA) mandated paratransit transportation program for Los Angeles County and is committed to improving the mobility on public transit of persons with disabilities.

Dial-A-Ride Antelope Valley

For Applications:

(661) 945-9445

42210 6th Street West

Lancaster, CA 93534

<https://www.avta.com/qualify-for-dialaride.php>

Dial-A-Ride is available to Antelope Valley residents who are qualified seniors, certified disabled, or reside in designated rural zones. Residents of the Antelope Valley who are at least 62 years of age, or who have a certified disability, are eligible for Dial-A-Ride.

PUBLIC TRANSPORTATION SERVICES

Antelope Valley Transit Authority

(661) 945-9445

42210 6th Street West

Lancaster, CA 93534

<https://www.avta.com/>

Antelope Valley Transit Authority is the transit agency connecting the cities of Palmdale, Lancaster and Northern Los Angeles County and is affiliated with and offers connecting services with Metro and Metrolink.

HopSkipDrive

<https://www.hopskipdrive.com/>

HopSkipDrive provides transportation solutions for students who don't fit on traditional bus routes or need a little extra help.

LA GO BEACH BUS

Reservations:

https://pw.lacounty.gov/Pdd/Beach_Bus/reservation/Reserve.aspx

Los Angeles Public Work offers a summer Beach Bus taking riders from Lancaster to Santa Monica. Reservations can be made up to 10 days in advance, but no later than 10 am 1 days before your trip.

LA Metro Home

(323) 466-3876

<https://www.metro.net/>

You will find information about the Metro System in Los Angeles County. Additionally, you will find arrival times, departure times, schedules, fares, system maps, etc.

Metrolink Palmdale Station

39000 Clock Tower Plaza Drive E

Palmdale, CA 93550

<https://metrolinktrains.com/>

The Antelope Valley Line has nineteen trains each way between Union Station in Los Angeles and Lancaster on weekdays and six trains each way on weekends. As a commuter rail service, most weekday trains on the Antelope Valley line run during the peak morning and evening hours with the majority of trains operating southbound toward Los Angeles in the morning and northbound away from Los Angeles in the evening. There is limited mid-day and reverse commute service (northbound

in the morning and southbound in the evening). Weekend service is more evenly spaced throughout the day.

OTHER

Department of Motor Vehicles (DMV) Lancaster

721 West Avenue L-6
Lancaster, CA 93534

<https://www.dmv.ca.gov/portal/field-office/lancaster/>

Full service DMV field office servicing the Antelope Valley.

Nearby Bus Stop Locations

- 10th Street E / Avenue Q (.1 miles)
- Palmdale Blvd/ 20th St. East (.3 miles)
- Avenue Q & 11th St. E (.2 miles)
- Avenue Q & Sierra Highway (.2 miles)

The above are some cross streets where you'll find bus stops close to you.



SOCIAL SERVICES



ADDICTION

Alcoholics Anonymous

(661) 945-5757

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety.

Cycles of Change

(877) 361-1728 or (661) 800-4828 for intake

39860 West 27th Street,
Palmdale, CA 93551

<https://cyclesofchangerecovery.com/>

Treatment facility specializing in long-term drug and alcohol addiction treatment.

Kick It California (Formerly California Smokers' Help Line)

(800) NO-BUTTS

A free program that helps Californians kick smoking, vaping, and smokeless tobacco with the help of proven, science-based strategies.

Gambling Addiction Helpline

(800) 426-2537

The agency provides substance abuse services for individuals with gambling problems or individuals who are adversely affected by the gambling problems of others. Services include gambling addiction prevention programs, gambling hotlines and specialized information and referral.

High Desert Recovery Services

(661) 945-8458

High Desert Recovery Services is a Public rehab located in Lancaster, California. High Desert Recovery Services specializes in the treatment of drug and alcohol abuse.

New Directions Alcohol & Drug Services

(661) 802-7167

Agency services are designed to address the physical, mental, and emotional needs of individuals, families and targeted youth, i.e. At-risk and Emancipated youth, struggling with both current and generational abuses. Providing individuals with the basic necessities of personal hygiene, food/ groceries and clothing and access to resources for day-to-day living.

Sex Addicts Anonymous Hotline

(213) 896-2964

The agency provides self-help group services to individuals in Los Angeles County. Services include printed materials, sexual/love addiction support groups, and speakers bureau services.

Tarzana Treatment Center

(888) 777-8565

907 West Lancaster Blvd
Lancaster, CA 93534

<https://www.tarzanatc.org/>

Tarzana provides mental health treatment for disorders, alcohol and substance treatment as part of their commitment to integrated behavioral healthcare.

CHILDREN & YOUTH

Antelope Valley Hospital

(661) 949-5000

1600 West Avenue J

Lancaster, CA 93534

Avhospital.org

The hospital provides safe haven services for people of all ages in Los Angeles County. Services include safe havens for abandoned newborns. There are no geographic restrictions. Under the Safe Haven Law, this county designated site accepts newborn babies up to 72 hours old.

California Children's Services

(800) 288-4584

<http://publichealth.lacounty.gov/>

California Children's Services (CCS) is a state program for children with certain diseases or health problems. Through this program, children up to 21 years old can get the health care and services they need. CCS will connect you with doctors and trained health care people who know how to care for your child with special health care needs.

California Youth Crisis Line

(800) 843-5200

<https://calyouth.org/cycl/>

The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 20,000 calls annually with crisis intervention

counseling and resource referrals to service providers in the caller's local community.

Child Abuse Hotline

(800) 540-4000

<https://mandreptla.org/cars.web/>

The Child Protection Hotline receives telephone calls alleging suspected child abuse, neglect, and exploitation 24 hours a day, 7 days a week. Children's Social Workers evaluate all calls of suspected child abuse, neglect, and exploitation to determine if an in-person investigation is warranted by the Department of Children and Family Services (DCFS).

Child Support Hotline

(800) 540-4000 - Within CA

(213) 639-4500 - Outside CA

<https://dcfs.lacounty.gov/>

The Los Angeles County Department of Children and Family Services promotes child safety and well-being by partnering with communities to strengthen families, keeping children at home whenever possible, and connecting them with stable, loving homes in times of need.

Penny Lane Centers Antelope Valley

(661) 266-4783

43520 Division Street

Lancaster, CA 93535

<https://www.pennylane.org/>

Penny Lane provides Residential Care, Transitional/Permanent Housing for former foster youth, Foster Care and Adoption

Services, Family Preservation and Intensive Services as well as a Mental Health Services.

ELDER SERVICES

AARP

(888) 687-2277

(877) 342-2277 (Spanish)

www.aarp.org

Nationwide advocacy organization for people aged 50 and older. Information and educational resources on an extensive range of subjects, ranging from long-term health care to consumer fraud.

Alzheimer's Association

(800) 272-3900

225 N Michigan Ave, Fl. 17

Chicago, IL 60601

www.alz.org

Nonprofit organization provides support, education, training and resources for families and caregivers affected by Alzheimer's and related disorders.

Antelope Valley Adult Day Health Care Center

(661) 949-6278

44902 10th Street West

Lancaster, CA 93534

<http://www.avadhc.com/>

Providing assistance to families and caregivers who have an adult who cannot be left alone during the day yet does not need 24 hour care in a nursing home.

Antelope Valley Senior Center

(661) 726-4400

777 West Jackman Street

Lancaster, CA 93534

Antelope Valley Senior Center is designed to provide an array of educational, social, and recreational activities to persons 50 years and older. Working with other County Departments and community based organizations AVSC provides informative educational forums, recreational fun day trips, exercise, Tai Chi, art, quilting, arts & crafts, needlepoint, bingo, library services, card games (canasta, bid whist), billiards, diabetes class, nutrition classes, computer lab, computer classes and singing. Antelope Valley Senior Center also provides food bank distribution to income-qualifying seniors over 60, and telephone reassurance calls to the homebound. Adult protective and mental health services and programs as well as other social services, recreational activities, and evening programs (dance groups, computer and photography clubs) are all part of the center's activities.

Better Business Bureau

(703) 276-0100

www.bbb.org

Provides reports on business and charities, helps resolve consumer complaints, and provides consumer counseling.

California Adult Protective Services

(888) 202-4248: For general Information, toll-free in LA & vicinity

(877) 477-3646: 24-hr abuse hotline

<https://www.cdss.ca.gov/adult-protective-services>

State mandated program charged with investigating situations involving elder and dependent adults who are reported to be in danger due to abuse, neglect, exploitation, or hazardous or unsafe living conditions.

California Advocates for Nursing Home Reform

(800) 474-1116

www.canhr.org

Information and advocacy for nursing home residents and their families, including detailed facility profiles at www.nursinghomeguide.org

California Department of Aging

(800) 510-2020

<https://www.aging.ca.gov/>

The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State.

California Department of Justice, Bureau of Medi-Cal Fraud and Elder Abuse

(800) 952-5225

<https://oag.ca.gov/bmfea>

Provides information on a wide variety of elder topics, links to numerous other relevant sites, and contains contact and reporting information.

California Independent Living Centers

(916) 325-1690

<https://www.calsilc.ca.gov/independent-locator>

Find Independent Living Centers in this online locator.

Eldercare Locator

(333) 331-7289

www.elder.org

Nationwide information and resource center for seniors and caregivers.

Golden Talk

(888) 604-6533

A chat and crisis line for adults who are 60+. The chat line assists seniors facing social isolation through warm conversations and provides referrals to multiple agencies in Los Angeles County. Volunteers also needed, call 1-888-491-0054 for more information.

LA County Military & Veterans Affairs (MVA)

1-877-4LA-VETS

661-723-7838

777 Jackman St

Lancaster, CA 93534

<https://mva.lacounty.gov/>

Support and services for military veterans in the Antelope Valley.

Lancaster Adult Day Health Care Center

(661) 948-1228

858 West Jackman Street, Suite 101

Lancaster, CA 93534

Lancaster Adult Day Health Care is a licensed community-based day care program providing a variety of health, therapeutic, & social services to adults, especially seniors who are at risk of being placed in a nursing home.

Legacy Commons

(661) 267-5904

930 E Avenue Q-9

Lancaster, CA 93550

Lancaster Adult Day Health Care is a licensed community-based day care program providing a variety of health,

therapeutic, & social services to adults, especially seniors who are at risk of being placed in a nursing home.

**Long-Term Care Ombudsman
Administration for Community Living**

(202) 401-4634

To find local resources:

(800) 677-1116

<https://acl.gov/programs/Protecting-Rights-and-Preventing-Abuse/Long-term-Care-Ombudsman-Program>

Trained individuals who advocate for the protection and rights of all residents of 24-hour long-term care facilities. The primary responsibility of the Ombudsman program is to investigate and resolve complaints made by, or on behalf of, individual residents.

**Los Angeles County In Home
Supportive**

(661) 974-8993

335-C East Avenue K-6

Lancaster, CA 93535

<http://my.dpss.lacounty.gov/dpss/offices/default.cfm?orgid=681>

This office Public Social Services of the Department of division provides In-Home Supportive Services (IHSS) for older adults and people with disabilities in Los Angeles County.

**National Committee for the
Prevention of Elder Abuse**

(202) 464-9481

www.preventelderabuse.org

Association of researchers, medical practitioners and advocates dedicated to the safety and security of the elderly. Serves as the nation's clearinghouse on

information and materials on elder abuse and neglect.

**National Family Caregivers'
Association**

(855) 227-3640

www.nfcares.org

Grassroots organization dedicated to improving life for family caregivers, or those caring for loved ones with a chronic illness or disability.

National Hispanic Council on Aging

(202) 347-9733

www.nhcoa.org

Provides information on issues critical to Latino seniors, including those pertaining to health, income, education, employment and housing.

National Institute on Aging

(800) 222-2225

www.nia.nih.gov

Information and consumer information on health and research advances in aging issues

National Senior Citizens' Law Center

(213) 639-0930

www.nslc.org

Provides information for elder and dependent adults on such issues as Medicare, Medi-Cal, SSI and pensions.

Nursing Home Compare

Service is online

<https://www.medicare.gov/nursinghomecompare/search.html>

Site designed to help individuals choose a nursing home, includes comprehensive inspection results for all nursing homes.

Report Elder Abuse Hotline

(877) 477-3646
(888) 202-4248
<https://wdacs.lacounty.gov/>

You can call this number to report elder abuse if you know or suspect that an elderly person may be suffering from mistreatment.

FAMILY SERVICES

Antelope Valley Youth and Family Services

(661) 948-5049

311 East Avenue K-4

Lancaster, CA 93535

<http://www.avys.av.org>

The agency provides family life education and information and referral for people of all ages in the Antelope Valley area.

Boys and Girls Club of Antelope Valley

(661) 274-2582

815 E Avenue Q6

Palmdale, CA 93550

<https://www.avbgc.org/>

The Boys & Girls Clubs of the Antelope Valley have been havens of encouragement; places where kids can find support and resources to discover and achieve their full potential as individuals.

Children's Bureau Palmdale

(661) 272-9996

1529 E Palmdale Blvd # 210,

Palmdale, CA 93550

<https://www.all4kids.org/>

The agency provides adoption services, child abuse prevention services, foster care services, and mental health services for children and families in the Antelope Valley area.

Children's Center of the Antelope Valley

(661) 949-1206

45111 Fern Avenue

Lancaster, CA 93534

<https://ccav.org/>

Founded in 1988 by a group of doctors and community leaders, the Children's Center of the Antelope Valley is a private, non-profit healthcare organization located in Northern Los Angeles County that provides a continuum of services to child victims of abuse, children at risk of abuse, and their families. The Center offers innovative, comprehensive prevention, intervention and treatment services and is the coordinating agency of multiple community partnerships involving both public and private agencies.

Family Focus Resource Center

(661) 945-9568

43210 Gingham Avenue

Lancaster, CA 93535

<https://www.nlacrc.org/publications-resources/family-focus-resource-center>

The goal of the Family Focus Resource Center (FFRC) is to empower families to advocate for their children and adults with special needs so they can receive the most effective services and greatest opportunities resulting in productive, inclusive and enriched lives. They provide comprehensive information about public and private services, disabilities and laws, educational programs and support groups, greater understanding of educational and developmental needs, collaboration with community agencies and

programs, self-advocacy training for positive dispute resolution, assistance in teacher preparation training, respect for families' cultural, linguistic and socio-economic needs and adult transition support.

Koinonia Family Services

(661) 273-8122

3011 Rancho Vista Suite E/F

Palmdale, CA 93551

<https://www.kfh.org/locations/palmdale-ca/>

Koinonia provides adoption and foster care services for children and families.

Life Steps Foundation Children and Family Services

(310) 701-9930

632 West Avenue H-8

Lancaster, CA 93534

<https://www.lifestepsfoundation.org/what-we-do/programs-services/children-family/>

Life Steps Foundation Children and Family Services is a 501(c)(3) nonprofit that works to maximize the development of infants and toddlers from birth to four years of age who have or are at risk for developmental delays, and to educate and support parents in strengthening parent/child relationships.

North LA County CARES Mentoring Circle

(661) 223-4200

3053 Rancho Vista Blvd, Suite H-236

Palmdale, CA 93552

<https://www.caresmentoring.org/index.php/affiliates>

CARES Affiliate network in 58 U.S. cities recruits caring volunteers and connects

them to where they are urgently needed: in schools, local youth-serving organizations including our own, and detention centers and reentry programs located in communities that are disrupted by poverty. In addition, our large group-mentoring programs, alive in seven cities and which we are preparing for national replication and rollout, focus on the emotional, social, academic and professional development of our children and the wellness of the adults who mentor and parent them.

Optimist Youth Homes and Family Services

(661) 575-8395

520 West Palmdale Blvd. STE. D

Palmdale, CA 93551

<https://www.oyhfs.org/>

Programs combine traditional and expressive arts therapy, education, and life skills instruction. The organization helps hundreds of at-risk youth and their families daily through a broad range of programs, providing residential treatment, mental health counseling, and education support.

Penny Lane Centers Antelope Valley

(661) 266-4783

43520 Division Street

Lancaster, CA 93535

<https://www.pennylane.org/>

Penny Lane provides Residential Care, Transitional/Permanent Housing for former foster youth, Foster Care and Adoption Services, Family Preservation and Intensive Services as well as a Mental Health Services.

FOOD ASSISTANCE

Antelope Valley Hunger Relief

(661) 418-6818

45134 Sierra Highway

Lancaster, CA 93534

<http://www.avph.org/>

This network partners with AV Dream Center to coordinate and plan food distribution sites across the Antelope Valley

Antelope Valley Partners for Health

(661) 942-4719

45134 Sierra Highway

Lancaster, CA 93534

<http://www.avph.org/>

AVPH and City of Lancaster partner in the Feed the Need Program to supply dietician approved meals to designated sites and home delivery to seniors (ages 60+).

CalFresh (Food Stamps)

(877) 847-3663

By mail: Call the Customer Service Center at (866) 613-3777 and ask for a CalFresh application to be mailed to you. Once you have filled out your CalFresh application, mail it to your local DPSS Office.

<https://www.getcalfresh.org>

CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.

Grace Resources

(213) 251-3566

45134 Sierra Highway

Lancaster, CA 93534

<https://www.graceresources.org/foodbank>

Grace resources runs a food pantry with groceries available 3 days a week (Tues, Wed, Thurs) and assists in finding hot meals for individuals and families in need.

HOUSING

Fair Housing Foundation of Los Angeles

(800) 446-3247

<http://www.fhfca.org/>

The Fair Housing Foundation is dedicated to eliminating discrimination in housing and promoting equal access to housing choices for everyone.

Homes 4 Families

(818) 884-8808

21031 Ventura Blvd., Ste. 610

Woodland Hills, Los Angeles 91364

<https://www.homes4families.org/>

The program provides housing services for veterans, families of veterans and honorably discharged veterans in the Antelope, San Fernando and Santa Clarita Valley areas.

Housing Rights Center

(800) 477-5977 or (213) 736-8310

<http://www.housingrightscenter.org/>

They actively support and promote fair housing through education, advocacy and litigation, to the end that all persons have the opportunity to secure the housing they desire and can afford.

Los Angeles County Development Authority

(800) 731-4663

<https://wwwb.lacda.org/public-housing/how-to-apply>

Low Income Housing Information and application.

Los Angeles County Helps

(877) 428-8844

<https://housing.lacounty.gov/>

This community resource helps people list and locate housing in the County of Los Angeles, including affordable, special needs, emergency housing, and more. Listing and searches are free.

US Dept of Housing and Urban Development

(213) 894-8000

<https://www.hud.gov/>

The Department of Housing and Urban Development administers programs that provide housing and community development assistance.

IMMIGRATION

U.S. Citizenship & Immigration Services – San Fernando Valley Field Office

(800) 375-5283

19809 Prairie St. Ste. 100

Chatsworth, CA 91311

<https://www.uscis.gov>

Legal resources, information and services on citizenship, green card and immigration.

Greater Valley Immigration, Citizenship, and Education Services

(661) 272-1424

1305 East Palmdale Boulevard, #9

Palmdale, CA 93550

Services include citizenship classes, identification cards/passport photos, translation of documents – Spanish to English, attorney referral/consultation, I.N.S.

intervention if needed, and 24-48 hour emergency U.S. passport services.

United Farm Workers of America Foundation

(877) 881-8281

Appointments available online:

<https://ufwflegalservicescollege.as.me/schedule.php>

UFW Foundation provides free legal immigration services including eligibility consultation, DACA renewal, naturalization, family-based immigration. Appointments can be made for online consultation in-person or online via Antelope Valley College.

SAFETY & VICTIMS SERVICES

Child Abuse Hotline (LA County Dept of Children and Family Services)

(800) 540-4000

<https://mandreptla.org/cars.web/>

24 hour hotline to call if you suspect that a child's health or safety is jeopardized due to abuse or neglect by parents or other caretaker who has custody of the child. The hotline is staffed by trained social workers.

Children of the Night

24-hour Hotline: (800) 551-1300

3450 Cahuenga Blvd West, Unit 602

Los Angeles, CA 90068

<https://www.childrenofthenight.org/>

Children of the Night is a privately funded non-profit organization established in 1979

with the specific purpose to provide intervention in the lives of children who are sexually exploited and vulnerable to or involved in prostitution and pornography.

Hope 4 Anger, Hope 4 Change

(661) 733-0095

942 East Avenue Q-9

Palmdale, CA 93550

Serving the Antelope Valley and the Greater Los Angeles area in California providing Court-certified anger management and domestic violence programs. Separate courses are offered for Domestic Violence and Anger Management. These courses, when completed according to the

guidelines, will meet the requirements of the Court.

Los Angeles Commission on Assaults Against Women.

(213) 626-3393

www.peaceoverviolence.org

The Los Angeles County Commission for Women seeks to represent the interest and concerns of women of all races, ethnic and social backgrounds, religious convictions, sexual orientation and social circumstances.

Los Angeles County Domestic Violence Hotline

(800) 978-3600

<http://publichealth.lacounty.gov/dvcouncil>
Los Angeles County Domestic Violence Hotline can help victims, survivors of domestic violence. For more information visit their website.

Los Angeles County Sheriff's Department Palmdale Division

(661) 272-2400

750 E Avenue Q

Palmdale, CA 93550

<https://lasd.org/palmdale/>

Serving the areas of: Acton, Agua Dulce, Big Pines / Wrightwood, Green Valley, Juniper Hills, Lake Elizabeth, Lake Hughes, Leona Valley, Littlerock, Llano, Palmdale, Pearblossom, Sun Village, Valyermo, Vasquez Rocks.

National Domestic Violence Hotline

(800) 799-7233

<https://www.thehotline.org/>

National Domestic Violence Hotline can help victims, survivors of domestic violence. Call or chat with an advocate on their website.

Reporting Illegal Firearms Activity

(800)-283-4867

<https://www.atf.gov/contact>

Call to report any illegal firearm activity.

Sexual Assault Telephone Hotline

(800) 656- 4673

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

The National Sexual Assault Hotline is a safe, confidential service. Calling the National Sexual Assault Hotline gives you access to a range of free confidential and supportive services.

Valley Oasis

(661) 945- 6736

P.O. Box 2980

Lancaster, CA 93539

<http://www.valleyoasis.org/contact.html>

Valley Oasis operates a 60-day emergency shelter providing services to men, women, and children who are victims of domestic violence. They also provide sexual assault response services, case management, therapy services, and a free-of-charge thrift store

OTHER

Antelope Valley Partners for Health

(661) 942-4719

45134 Sierra Highway

Lancaster, CA 93534

<http://www.avph.org/>

AVPH educates, strengthens and advocates for the community through services and partnerships, achieving optimal health and quality of life for all people living in the Antelope Valley.

Catalyst Foundation

(661) 948-8559

547 West Lancaster Blvd

Lancaster, CA 93534

<http://www.catalystfdn.org/home.html>

The Catalyst Foundation is dedicated to decreasing the impact of abuse and trauma on society through direct service, public education, advocacy, policy reform and empowerment of directly affected and disenfranchised groups. They are also dedicated to improving the health and well-being of low-income, uninsured and homeless persons through outreach, education, supportive social services and connection to medical and mental healthcare.

NLSLA Education Rights

(888) 907-0444

<https://nlsla.org/services/education-rights/>

Neighborhood Legal Services of Los Angeles county education attorneys provide free legal services to Antelope Valley public school students and their families. They provide legal assistance with preserving education rights and promoting success for all students through advocacy within school districts, parent training, direct representation, and consultation.

South Antelope Valley Emergency Services (SAVES)

(661) 267-5191

1002 E Avenue Q-12

Palmdale, CA 93550

<https://cityofpalmdale.org/338/SAVES>

Founded in 1983, SAVES is dedicated to alleviating hunger among very low and extremely low-income individuals, working families, elderly, disabled and homeless in the South Antelope Valley.

Social Security Administration Lancaster Office

(800) 772-1213

44451 North 20th Street West

Lancaster, CA, 93534

<https://www.ssa.gov/>

Information regarding Social Security number, benefits, Medicare, survivors, disability, etc..



WORKFORCE TRAINING



Antelope Valley College Job Placement Center

(661) 722-6300 Ext: 6358
3041 West Avenue K
Lancaster, CA 9353

<http://www.av.worksource.ca.gov/>

The Job Placement Center (JPC) is a resource and information center available to current students and alumni. The JPC assists students to become fully prepared to search for employment opportunities that are in line with their educational goals and career objectives. Students are encouraged to apply to employment opportunities, work experience programs or internships that will provide the skills and experience needed to secure permanent employment once they have graduated.

Antelope Valley WorkSource Center

(661) 726-4128
1420 W Avenue I
Lancaster, CA 93534

<http://www.av.worksource.ca.gov/>

Work Source centers offers a full range of jobseeker and employer services such as career searches, resume and interview help, and job training.

California Department of Rehabilitation

(661) 945-3502
43301 Division Street
Lancaster, CA 93535
Assists people with disabilities to obtain and retain employment.

Desert Haven Enterprises

(661) 948-8402
43437 Copeland Circle
Lancaster, CA 93535
<http://www.deserthaven.org/index.php>

Desert Haven is a private, nonprofit organization dedicated to developing, enhancing and promoting the capabilities of persons with developmental disabilities through employment services and community integration.

Employment Development Department

(661) 726-4128
1420 W Avenue I
Lancaster, CA 93534

<https://edd.ca.gov/>

Information about applying for Unemployment benefits as well as COVID-19 resources.

Jobs Vision Success SoCal Antelope Valley

(661) 265-7421
38510 Sierra Highway
Palmdale, CA 93550
<https://www.jvs-socal.org/antelope-valley-ajcc/>

JVS SoCal in Antelope Valley provides life-changing services to over 30,000 people, offering hope and opportunity through job training, career-building skills and access to resources through a network of community partners, empowering them to achieve sustainable employment. Factoring in the nearly 20,000 individuals who accessed one of their sites by attending an orientation, using computer centers, JVS SoCal impacted close to 50,000 in 2017. Job services are offered at the America’s Job Centers/WorkSource Centers and operate in West L.A., the Antelope Valley and downtown Los Angeles at Patriotic Hall; through L.A. County GAIN, GROW and REAS for people transitioning from public assistance to the workplace, and in their

range of innovative donor-supported programs.

People Ready

(661) 267-0773

190 Sierra Court, Suite C1

Palmdale, CA 93550

<https://www.peopleready.com/>

Employment opportunities in areas such as Construction, Manufacturing, Warehousing, Retail, and Hospitality. Not taking new applications at this time. However, they suggest that anyone interested in employment fill out the application so

everything is ready when state restrictions decrease.

Social Vocational Services

(661) 38420 5th Street W

Palmdale, CA 93551

<https://socialvocationalservices.org/>

SVS offer a wide range of quality, individualized programs for adults with Developmental/Intellectual disabilities. They include Community Inclusion, Career Exploration, Supported Employment, Supported/Independent Living, Residential, Alternative, and Transportation Services.

SUPPLEMENTAL RESOURCES



CITY OF PALMDALE

Park and Ride Locations and Amenities

East Avenue S Park and Ride

210 East Avenue S

Spaces: 1082

Bus Shelters

Bike Racks: 1

Lighting

Painted Spaces - Striped

Vending Machines

Payphones

Bikeway Connectors

West Avenue S Park and Ride

434 West Avenue S

Spaces: 430

Bus Shelters

Bike Racks: 1

Lighting

Painted Spaces - Striped

Vending Machines

Payphones

Pelona Vista Park and Ride

37800 Tierra Subida Ave

Spaces: 445

Bus Shelter

Bike Racks: 1

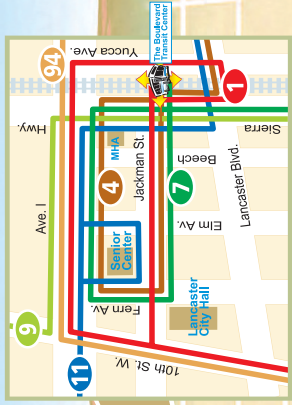
Restrooms

Lighting

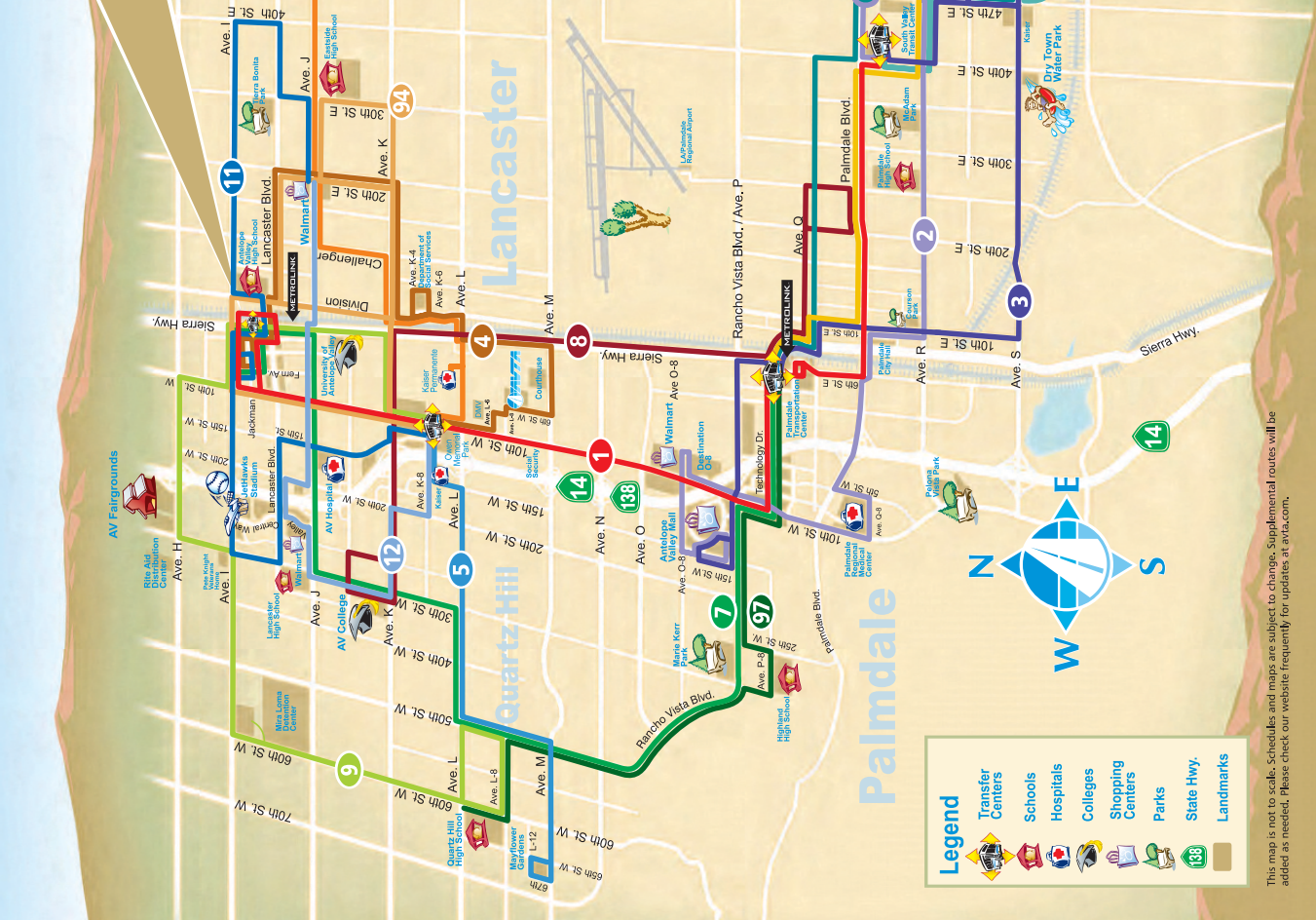
Painted Spaces - Striped

Vending Machines

Payphones



Inset map showing routes 9, 11, 4, 7, and 94 in the Lancaster area. Landmarks include Lancaster City Hall, Senior Center, and various streets like Ave. I, Ave. J, and Ave. K.



Legend

- Transfer Centers
- Schools
- Hospitals
- Colleges
- Shopping Centers
- Parks
- State Hwy.
- Landmarks

This map is not to scale. Schedules and maps are subject to change. Supplemental routes will be added as needed. Please check our website frequently for updates at avta.com.

AVPH Food Pantry

Our drive thru food pantry welcomes all Antelope Valley residents for food assistance.

EVERY 2ND AND 4TH FRIDAY
8AM - 11AM
first come, first serve

January 14 and 28

April 8 and 22

February 11 and 25

May 13 and 27

March 11 and 25

June 10 and 24

44226 10th Street West
Lancaster, CA 93534

EMERGENCY HOT MEALS
EVERY FRIDAY, 10AM - 12PM
FIRST COME, FIRST SERVE

SCAN
HERE



For more information or to arrange donations, please contact
Karina Lopez at (661) 942-4719 ext. 131 or klopez@avph.org
or Jacqueline Johnson at (661) 942-4719 ext. 226 or jjohnson@avph.org

AVPH Food Pantry

Nuestra despensa de alimentos da la bienvenida a todos los residentes del Valle del Antilope para asistencia de alimentos

Cada 2^o y 4^o Viernes del mes
8AM - 11AM
Se sirve en orden de llegada

14 y 28 de Enero

8 y 22 de Abril

11 y 25 de Febrero

13 y 27 de Mayo

11 y 25 de Marzo

10 y 24 de Junio

44226 10th Street West
Lancaster, CA 93534

COMIDA CALIENTE DE EMERGENCIA
CADA VIERNES, 10AM - 12PM
SE SIRVE EN ORDEN DE LLEGADA

SCAN
HERE



Para mas información o para organizar donaciones por favor contacte
Karina Lopez al (661) 942-4719 ext. 131 o klopez@avph.org
o Jacqueline Johnson al (661) 942-4719 ext. 226 o jjohnson@avph.org

Antelope Valley Emergency Food Assistance

(Please note this reflects agencies that are currently open for distribution during the pandemic)

Revised September 4, 2020

Day	5:30pm - 6:00pm Hot Meal	4:00pm - 5:00pm (first come, first serve)	12:00pm - 2:00pm (Every 2nd and 4th Sunday)	5:00pm (first come, first serve)	6:00pm - 7:00pm Hot Meal	1:00pm - 5:00pm Groceries (South AV Residents)	1:00pm - 2:00pm Meal
Sunday	Grace Resource Center 45134 N Sierra Hwy Lancaster, CA 93534	Palmdale Vineyard Church 508 E. Palmdale Blvd Lancaster, CA 93549	Mountain View Resources 44811 Date Ave. Suite C, Lancaster, CA 93534	Nueva Esperanza Iglesia 42521 20th St. W Lancaster, CA 93534	Desert Vineyard Church 1011 E Ave. I Lancaster, CA 93535	SAVES 1002 Q-12 Palmdale, CA 93550	A.V. Living Water Worship Center 1111 W. Ave. L12 Suite A Lancaster, CA 93534
Monday	9:00am - 9:30am Morning Meal St. Vincent De Paul 45058 Trevor St. Lancaster, CA 93534	11:00am - 1:00pm Soup Kitchen True Vine Gospel Church* 859 E Ave. Q Palmdale, CA 93550	5:00pm - 7:00pm Sack Lunches Desert Vineyard Church 1011 E Ave. J Lancaster, CA 93535	12:00pm - 1:00pm To-go Meals United Methodist Church 918 W Ave. J Lancaster, CA 93534	6:00pm - 7:00pm Hot Meal Desert Vineyard Church 1011 E Ave. I Lancaster, CA 93535	1:00pm - 5:00pm Groceries (South AV Residents) SAVES 1002 Q-12 Palmdale, CA 93550	1:00pm - 2:00pm Meal A.V. Living Water Worship Center 1111 W. Ave. L12 Suite A Lancaster, CA 93534
Tuesday	6:00pm "Souper" Meal Desert Wfnds Community Church 38117 13th St. E Palmdale, CA 93550	10:00am - 1:00pm Groceries Grace Resources Center 45134 N Sierra Hwy Lancaster, CA 93534	1:00pm - 2:00pm Meal A.V. Living Water Worship Center 1111 W Ave. L12 Suite A Lancaster, CA 93534	6:00pm - 7:00pm Meal (1st & 3rd Tuesday) Cornerstone Church 8533 E Ave. T Little Rock, CA 93543	1:00pm - 5:00pm Groceries (South AV Residents) SAVES 1002 Q-12 Palmdale, CA 93550	1:00pm - 5:00pm Groceries (South AV Residents) SAVES 1002 Q-12 Palmdale, CA 93550	1:00pm - 2:00pm Meal A.V. Living Water Worship Center 1111 W. Ave L12 Suite A Lancaster, CA 93534
Wednesday	9:00am - 9:30am Morning To-go meal St. Vincent De Paul 45058 Trevor St. Lancaster, CA 93534	10:00am - 1:00pm Groceries (Spanish Speakers) Grace Resources Center 45134 N Sierra Hwy Lancaster, CA 93534	1:00pm - 5:00pm Groceries (South AV Residents) SAVES 1002 Q-12 Palmdale, CA 93550	1:00pm - 2:00pm Meal A.V. Living Water Worship Center 1111 W. Ave L12 Suite A Lancaster, CA 93534	5:30pm - 6:30pm Hot Meal Grace Resources Center 45134 N Sierra Hwy Lancaster, CA 93534	9:30am - 12:00pm Groceries (1st & 3rd Wednesday) Palmdale 7th Day Adventist* 1758 Ave. R Palmdale, CA 93550	11:00am - 2:00pm Meal St. Vincent De Paul 45058 Trevor St. Lancaster, CA 93534
Thursday	9:00am - 9:30am Morning To-go meal St. Vincent De Paul 45058 Trevor St. Lancaster, CA 93534	10:00am - 1:00pm Emergency Groceries Grace Resources Center 45134 N Sierra Hwy Lancaster, CA 93534	1:00pm - 2:00pm Meal A.V. Living Water Worship Center 1111 W Ave. L12 Suite A Lancaster, CA 93534	12:00pm - 1:00pm To-go Meals United Methodist Church 918 W Ave. J Lancaster, CA 93534	3:30pm - 5:00pm Groceries Neighborhood Impact/ TREND Home 43028 Guyman Ave. Lancaster, CA 93536	1:00pm - 5:00pm Groceries (S. AV Residents) SAVES 1002 Q12 Palmdale, CA 93550	11:00am - 2:00pm Meal/food distribution Shelly's 1002 W Ave. H-14 Lancaster, CA 93535
	6:00pm Hot Meal Central Christian Church* 3131 W Ave. J Lancaster, CA 93536	11:00am - 12:00pm Groceries Q.H. First Baptist Church* 4829 W Ave. J8 Quartz Hill, CA 93536	9:00am - 12:00pm (Every 2nd and 4th Thursday) Penny Lane Centers 2105 E Ave. J-8 Lancaster, CA 93535	12pm - 5pm (Every 2nd & 4th Thursday) Iglesia Penetecostas el Lirio de los Valles, Inc. 45029 Trevor Ave. Lancaster, CA 93534			

*CALL RESPECTIVE AGENCY FOR MORE INFORMATION

Friday	11:00am - 12:30pm Hot meals, Groceries, Clothing Manna Ministry Courson Park 38233 11th St. E Palmdale, CA 93550	5:30pm - 6:30pm Hot Meal Grace Resources Center 45134 N Sierra Hwy Lancaster, CA 93534	12:00pm - 1:00pm Food Distribution Total Deliverance * 2733 W Ave L Lancaster, CA 93536	8:00am - 11:00am Food Pantry (2nd & 4th Friday) AVPH 44226 10th St. W Lancaster, CA 93534	10:00am - 12:00pm Hot Meal AVPH 44226 10th St. W Lancaster, CA 93534	9:00am - 2:00pm (Every 2nd & 4th Friday) Great Commission Worship Center * 10346 E Ave. R Litterock, CA 93543	11:00am - 1:00pm (Every 2nd & 4th Friday) Kingdom Life Fellowship Church * 45337 Sierra Hwy. Lancaster, CA 93534
	10:00am - 1:30pm (Every 2nd & 4th Friday) AV Church of God in Christ 37827 97th St. E Lancaster, CA 93534	8:00am - 10:00am meal/ Food Distribution Shelly's Kitchen 1002 W Ave. H14 Lancaster, CA 93535	6:30am (every 4th Friday) Operation Give Hope, Inc. 777 W Jackman Lancaster, CA 93534	11:00am - 12:00pm (Every 4th Friday) Operation Give Hope, Inc. Beach Ave. and H12 Lancaster, CA	1:00am - 12pm (Every 2nd & 4th Friday) RCCG Jesus Assembly 340 W Milling Street Lancaster, CA 93536	3:00pm - 7:00pm. (Every 2nd & 4th Friday) Living Word Worship 44880 Valley Central Way Lancaster, CA 93536	
Saturday	9:00am - 9:30am Morning To-go meal St. Vincent De Paul 45058 Trevor St. Lancaster, CA 93534	9:00am Groceries (2nd Saturday) Boulevard Community Church 603 E Lancaster Blvd. Lancaster, CA 93545	12:00pm - 1:00pm Groceries Shekinah 42840 10th St. W Lancaster, CA 93534	10:45am Food distribution A.V. Living Water Worship Center 11111 W Ave. L12 Suite A Lancaster, CA 93534	4:00pm - 5:00pm Food distribution Operation Give Hope, Inc. 701 W Kettering Lancaster, CA 93534		Emergency Food Delivery Total Deliverance Church Call for more information 661-951-9881

*CALL RESPECTIVE AGENCY FOR MORE INFORMATION



• LET'S FEED LA •

Food Assistance

INTEREST
LIST

**\$600-900 PER
QUALIFIED HOUSEHOLD**

EMAIL: FEEDLA@PROJECTJOYUSA.COM WITH
YOUR NAME, PHONE, CITY. LA COUNTY
RESIDENTS ONLY! YOU WILL BE CONTACTED WITH
DETAILS.

FOOD BANK GUIDE

PANTRY	ADDRESS	DAYS/HOURS/REQUIREMENT	SPA
NOLP/Lancaster JWCH	858 West Jackman St. Lancaster, CA 93534 (661) 942-2391 x 410	Open 1st and 3rd Thursday of the month from 10:00am - 2:00pm. Must be HIV+, can enroll on site with photo ID and diagnosis.	1
United Methodist Church	918 West Avenue J Lancaster, CA 93534 (661) 942-0419	Lunch provided Monday & Thursday at 11:30am (meals to go only).	1
Grace Resource Center	45134 Sierra Hwy. Lancaster, CA 93534 (661) 940-5272	Distribution for Spanish speaking individuals on Wednesday at 10am. English speaking individuals Tuesday and Thursday at 10am or 1pm. Hot meals served Wednesday and Friday at 5:30pm and Sundays at 1:30pm.	1
Antelope Valley Partners for Health	44226 10 th West Lancaster, CA 93534 (661) 942-4719	Drive-thru food pantry every 2nd and 4th Friday from 8am - 11am. Emergency meals every Friday from 10am – 12pm (first come, first served).	1
South Antelope Valley Emergency Services	1002 Avenue Q-12 Palmdale, CA 93550 (661) 267-5191	Food distribution every Tuesday, Wednesday, and Thursday from 1pm - 4pm. Must be a local resident, please provide picture ID.	1
A.V. Living Water Worship Center	111 West Avenue L-12 Lancaster, CA 93535 (661) 313- 6240	Monday - Thursday from 1pm - 2pm Saturdays from 10:45am -1pm, participants must check in between 8:30am - 9am. Then return to pick up food.	1
Chicana Worship Center	42640 10 th Street West Lancaster, CA 93534 (661) 940-8378	Distribution every last Saturday of the month from 10am - 12pm.	1
NOLP/ North Hollywood	7336 Bellaire Ave. North Hollywood, CA 91605 (213) 201-1413	Must be HIV +, can enroll on site with photo ID and diagnosis.	2
Meet Each Need with Dignity (MEND)	10641 North San Fernando Rd. Pacoima, CA 91331 (818) 896-0246	Food distribution Tuesday and Friday from 9am - 11am. Open to the public. Drive-thru only, but if you don't have a car walk-in are welcome.	2

Presently serving the communities of:

- Los Angeles City
- Atwater Village
- Bel-Air
- Boyle Heights
- Brentwood
- Century City
- Cheviot Hills
- Chinatown
- Country Club Park
- Cypress Park
- Downtown Los Angeles
- Eagle Rock
- Echo Park
- El Sereno
- Glassell Park
- Hancock Park
- Highland Park
- Hollywood
- Koreatown
- Los Feliz
- Mar Vista
- Mid-City
- Miracle Mile
- Montecito Heights
- Monterey Hills
- Mt. Washington
- Pacific Palisades
- Palms
- Park La Brea
- Playa del Rey
- Sawtelle
- Silverlake
- Venice
- Westchester
- Westlake
- West Los Angeles
- Westwood
- San Gabriel Valley
- Alhambra
- Altadena
- Arcadia
- Azusa
- Baldwin Park
- Breadbury
- Covina
- Duarte
- East Los Angeles
- El Monte
- Glendale
- Inwandle
- Monrovia
- Montebello
- Monterey Park
- Pasadena
- Pico Rivera
- Pomona
- Rosemead
- San Gabriel
- San Marino
- Sierra Madre
- South El Monte
- South Pasadena
- Temple City
- West Covina
- Whittier
- Antelope Valley
- Lancaster
- Palmdale
- Ventura County
- Camarillo
- Fillmore
- Moorpark
- Ojai
- Oxnard
- Port Hueneme
- Santa Paula
- San Buenaventura
- Simi Valley
- Thousand Oaks
- Unincorporated Ventura County
- Western Los Angeles County
- Beverly Hills
- Culver City
- Inglewood
- Lennox
- Malibu
- Marina del Rey
- West Hollywood
- South Bay
- Carson
- El Camino Village
- El Nido
- El Segundo
- Hawthorne
- Hermosa Beach
- Hollywood Riviera
- Lawndale
- Manhattan Beach
- Redondo Beach

For assistance, please call:

1-(800) 477-5977

www.hrc-la.org

LOS ANGELES OFFICE:

520 S. Virgil Ave. Suite 400

Los Angeles, CA 90020

Phone: (213) 387-8400

Fax: (213) 381-8555

PASADENA OFFICE:

Jackie Robinson Center

1020 N. Fair Oaks Avenue

Pasadena, CA 91103

Phone: (626) 791-0211

WEST LOS ANGELES OFFICE:

3415 S. Sepulveda Blvd., Suite 150

Los Angeles, CA 90034

Phone: (800) 477-5977

Walk-in Clinics are also conducted in
**Alhambra, Carson, East Los Angeles,
 Hawthorne, Inglewood, Lancaster,
 Monterey Park and Palmdale.**

Paid for in part by City of L.A. Housing Department

VISIT OUR WEBSITE FOR CLINIC DAYS & HOURS

Housing Rights Center

အမျိုးမျိုးကွဲပြားသော လူမျိုးစုများ

-အဘွားအိုများနှင့် အခြား အကျိုးစီးပွား

အကျိုးစီးပွားများကို ထိခိုက်စေခြင်း

住房權益中心

HOUSING RIGHTS CENTER

주거 권리 센터

အမျိုးစား၊ လူမျိုးစု၊ အဘွားအိုများနှင့် အခြား အကျိုးစီးပွားများကို ထိခိုက်စေခြင်း

為住房的公正與平等而努力

Working for Justice and Equality in Housing

Trabajando Por la Justicia e Igualdad en la Vivienda

“Working for Justice and
 Equality in Housing”

AGENCY PROFILE

The Housing Rights Center was founded in 1968, the same year Congress passed the Fair Housing Act. HRC has addressed the challenges of housing discrimination without interruption since that time and continues to expand and diversify its services and programs to meet the need and ever changing issue of fair housing.



"The Housing Rights Center has the largest and most linguistically diverse staff of any fair housing organization in the country. We have assisted over 100,000 clients in the past 5 years."

-Frances Espinoza, Executive Director

The Housing Rights Center's mission is to actively support and promote fair housing through education and advocacy to the end that all persons have the opportunity to secure the housing they desire and can afford, without discrimination based on their race, color, religion, gender, sexual orientation, national origin, familial status, marital status, disability, ancestry, age, source of income or other characteristics protected by law.

PROGRAMS & SERVICES

The Housing Rights Center provides a wide array of programs and services to its clients free of charge. HRC staff is able to assist clients in seven different languages: Spanish, Mandarin, Korean, Armenian, Russian, Cantonese, and English.

Discrimination Complaint Investigation

HRC investigates allegations of housing discrimination. The Discrimination Investigation Team conducts fact finding investigations and proposes potential solutions for the client. Case resolution can include mediation, conciliation, a referral to state and federal administrative agencies, or a referral to the HRC Litigation Department.

Enforcement & Litigation

HRC has developed unique and broad-based legal strategies to help clients and communities defeat housing discrimination. Using evidence collected by investigators and testers, HRC's Litigation Department has successfully litigated numerous fair housing and unfair business practices cases. The Department's lawyers have obtained Consent Decrees and verdicts that not only end discriminatory practices and redress injuries, but also serve to educate a broader audience about fair housing issues through publicity and trainings funded by defendants.

Predatory Lending Hotline

HRC works to eliminate predatory lending practices through our anti-predatory lending hotline. Counselors are available to answer questions regarding home mortgage and refinance issues and predatory lending schemes, and will provide referrals to appropriate agencies for further assistance.

Outreach & Education

HRC has developed an effective outreach and education program that seeks to educate the community in appropriate languages regarding how housing injustices arise, the applicable laws that protect against housing discrimination and ways to prevent housing injustices. HRC also presents large special events throughout the year such as the *Annual Housing Rights Summit*, and *Accommodating Tenants with Disabilities: A Workshop for Landlords*.

Landlord/Tenant Counseling

Many of the people that come to HRC for assistance have basic questions about landlord and tenant rights and responsibilities. Our housing counselors provide clients with comprehensive information they can use to resolve those problems.

Advocacy

HRC participates in a variety of advocacy efforts. For example, HRC recently worked with a coalition of fair housing and civil rights advocates to support AB 976. This California bill clarifies housing providers' obligations not to inquire about a tenant's immigration status, and prohibits municipalities from adopting laws that would require a landlord to take action on such information. This bill became law in January 2008.



Service provided by
the County of Los Angeles and Office of



Kathryn
BARGER
5th District Supervisor • County of Los Angeles

LANCASTER TO SANTA MONICA BEACH



dpw.lacounty.gov



@ SupervisorBarger



@ KathrynBarger



@ SupervisorKathrynBarger



KathrynBarger.LaCounty.gov

LAGoBus.com



Dates and Schedule / Fechas y Horarios

May 30 – September 5, 2022 • Memorial Day, Tuesdays, Thursdays, Saturdays, Sundays and Labor Day
30 de mayo – 5 de septiembre, 2022 • Día de Conmemoración, martes, jueves, sábados, domingos y el Día del Trabajo

Bus to Santa Monica Beach / Autobús hacia Santa Monica Beach

Sgt. Steve Owen Memorial Park (on Walt Troth Dr./City Park Dr.) / en la Walt Troth Dr./City Park Dr.) 8:30 a.m.
 Santa Monica Beach (by the pier / por el malecón) 10:50 a.m

Bus to Lancaster / Autobús hacia Lancaster

Santa Monica Beach (inside the pier parking lot / en el estacionamiento del malecón) 3:30 p.m.
 Sgt. Steve Owen Memorial Park (on Walt Troth Dr./City Park Dr.) / en la Walt Troth Dr./City Park Dr.) 5:40 p.m.

Note: Times may vary depending on traffic

Nota: El horario puede variar dependiendo del tráfico

Fare Structure / Tarifas

EXACT FARE PLEASE / FAVOR DE TENER CAMBIO EXACTO

Round Trip / Viaje de Ida y Vuelta

All Children and Adults / Todos los Niños y Adultos \$6.00
 Persons with Disabilities / Personas con Incapacidades \$2.00
 Senior Citizens (60+)* / Personas de Edad Avanzada (60+)* \$2.00

**with proper identification / con identificación apropiada*

- Riders are encouraged to assemble at the bus stop ten minutes prior to departure.
- Riders who miss the bus will need to find their own transportation back.
- Service is subject to change due to weather and road conditions.
- Es sugerido que los pasajeros se congreguen en la parada del autobús diez minutos antes de la salida.
- Pasajeros que llegan tarde para el viaje de regreso, tendrán que encontrar su propio transporte.
- El servicio está sujeto a cambios debido a clima y condiciones de la carretera.

Minimum Age Requirement for Minors / Requisito para Menores de Edad
 Children under 12 years of age must be accompanied by an adult.
 Niños menores de 12 años de edad deben ser acompañados por un adulto.

Reservations / Reservaciones

To ensure your seating availability, make your reservation at **www.LAGoBus.com** up to ten days in advance, but no later than 10 a.m. one day prior to your trip. You will receive a confirmation.
 If you have any questions, please call **(626) 458-3909** between 8 a.m. and 5 p.m., Monday through Thursday.

Para asegurar su asiento, haga su reservación en **www.LAGoBus.com** hasta diez días de antemano, pero no más tarde de las 10 a.m. un día antes de su viaje. Usted recibirá su confirmación.
 Si tiene preguntas, por favor llámenos al **(626) 458-3909** de 8 a.m. a 5 p.m., de lunes a jueves.

Bus Stops / Paradas de Autobús



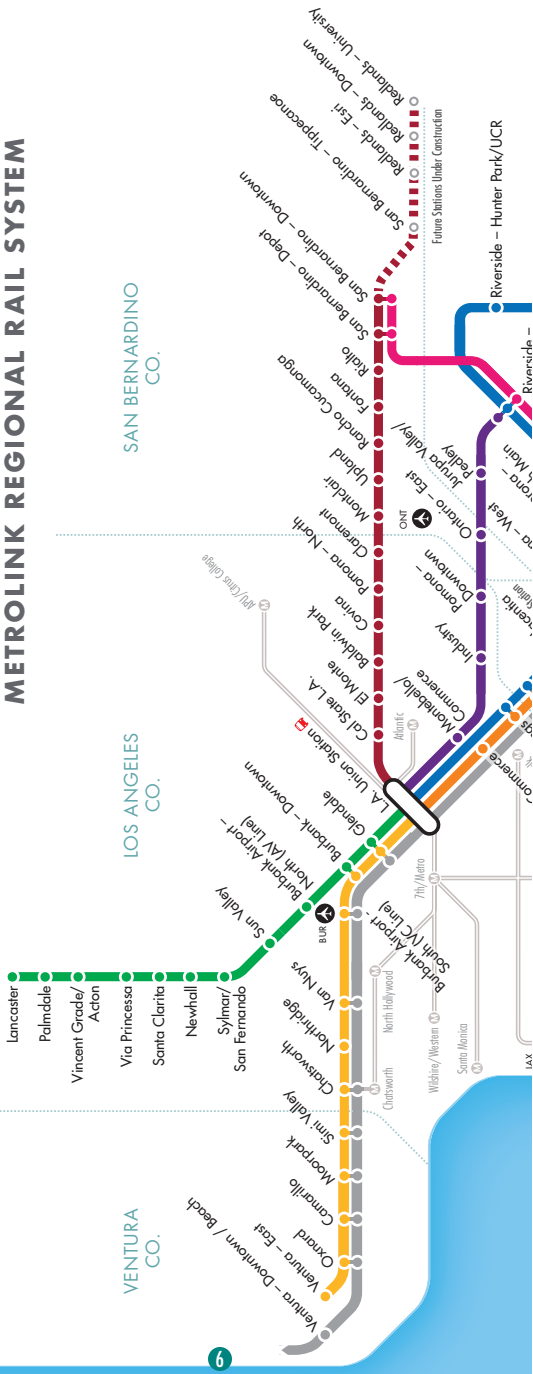
If you need information in an alternative format, or want additional information, please call **(888) 769-1122**. Persons who are deaf or hard of hearing may make contact by first dialing the California Relay Service at 7-1-1 or visit

www.LAGoBus.com

Si usted necesita información en formato alternativo, o información adicional, favor de llamar al **(888) 769-1122**. Personas con problemas auditivos pueden comunicarse primero marcando al Servicio de Difusión de California al 7-1-1 o visite

www.LAGoBus.com

METROLINK REGIONAL RAIL SYSTEM





PACIFIC OCEAN

MAP NOT TO SCALE

METROLINK

metrolinktrains.com

Updated April 4, 2022, subject to change

METROLINK

VENTURA COUNTY LINE

VENTURA DOWNTOWN / BEACH
39 E. Harbor Blvd., Ventura, 93001

VENTURA - EAST
6175 Ventura Blvd., Ventura, 93003

OXNARD
201 E. 4th St., Oxnard, 93030

CAMARILLO
30 Lewis Rd., Camarillo, 93012

MOORPARK
300 High St., Moorpark, 93021

SIMI VALLEY
5050 Los Angeles Ave.,
Simi Valley, 93063

CHATSWORTH
10046 Old Depot Plaza Rd.,
Chatsworth, 91311

NORTHRIDGE
8775 Wilbur Ave., Northridge, 91324

VAN NUYS
7720 Van Nuys Blvd., Van Nuys, 91405

BURBANK AIRPORT - SOUTH
3750 W. Empire Ave., Burbank, 91505

BURBANK - DOWNTOWN
201 N. Front St., Burbank, 91502

GLENDALE
400 W. Cerritos Ave., Glendale, 91204

L.A. UNION STATION
800 N. Alameda St., Los Angeles, 90012

ANTELOPE VALLEY LINE

LANCASTER
44812 N. Sierra Hwy., Lancaster, 93534

PALMDALE
39000 Clock Tower Plaza Dr., Palmdale,
93550 (Sierra Hwy. & 6th St.)

VINCENT GRADE/ACTON
730 W. Sierra Hwy., Acton, 93550

VIA PRINCESSA
19201 Via Princessa, Santa Clarita, 91351

SANTA CLARITA
22122 Soledad Canyon Rd.,
Santa Clarita, 91350

NEWHALL
24300 Railroad Ave., Santa Clarita, 91321

SYLMAR/SAN FERNANDO
12219 Frank Modugno Dr.,
Los Angeles, 91340

SUN VALLEY
8360 San Fernando Rd.,
Sun Valley, 91352

BURBANK AIRPORT - NORTH
3600 N. San Fernando Blvd.,
Burbank, 91505

BURBANK - DOWNTOWN
201 N. Front St., Burbank, 91502

GLENDALE
400 W. Cerritos Ave., Glendale, 91204

L.A. UNION STATION
800 N. Alameda St., Los Angeles, 90012

SAN BERNARDINO LINE

SAN BERNARDINO - DOWNTOWN
174 S. E St., San Bernardino, 92401

SAN BERNARDINO DEPOT
1170 W. 3rd St.,
San Bernardino, 92410

RIALTO
261 S. Palm Ave., Rialto, 92376

FONTANA
16777 Orange Way, Fontana, 92335

RANCHO CUCAMONGA
11208 Azusa Ct.,
Rancho Cucamonga, 91730

UPLAND
300 E. A St., Upland, 91786

MONTCLAIR
5091 Richton St., Montclair, 91763

CLAREMONT
201 W. 1st St., Claremont, 91711

POMONA - NORTH
205 Santa Fe St., Pomona, 91767

COVINA
600 N. Citrus Ave., Covina, 91723

BALDWIN PARK
3825 Downing Ave., Baldwin Park, 91706

EL MONTE
10925 Railroad St., El Monte, 91731

CAL STATE L.A.
5150 State University Dr.,
Los Angeles, 90032

L.A. UNION STATION
800 N. Alameda St., Los Angeles, 90012

91/PERRIS VALLEY LINE

PERRIS - SOUTH
1304 Case Rd., Perris, 92570

PERRIS - DOWNTOWN
121 S. C St., Perris, 92570

MORENO VALLEY/MARCH FIELD
14160 Meridian Pkwy., Riverside, 92508

RIVERSIDE - HUNTER PARK/UCR
1101 Marlborough Ave., Riverside, 92507

RIVERSIDE - DOWNTOWN
4066 Vine St., Riverside, 92507

RIVERSIDE - LA SIERRA
10901 Indiana Ave., Riverside, 92503

CORONA - NORTH MAIN
250 E. Blaine St., Corona, 92879

CORONA - WEST
155 S. Auto Center Dr., Corona, 92880

FULLERTON
120 E. Santa Fe Ave., Fullerton, 92832

BUENA PARK
8400 Lakeknoll Dr., Buena Park, 90621

NORWALK/SANTA FE SPRINGS
12650 Imperial Hwy., Norwalk, 90650

L.A. UNION STATION
800 N. Alameda St., Los Angeles, 90012

ANTELOPE VALLEY LINE

Lancaster to L.A.

MONDAY THROUGH FRIDAY



MetroLink Train No.	200	202	204	206	208	210	212	218	222	224	230
Lancaster	3:41	4:41	5:11	6:11	7:11		9:11	12:05	2:11		6:11
Palmdale	3:50	4:50	5:20	6:20	7:20	8:00		9:20	12:14	2:20	6:20
Vincent Grade/Acton	4:01	5:01	5:32	6:32	7:32		9:32	12:26	2:32		6:32
Via Princessa	4:40	5:40	6:15	7:15	8:15		9:15	10:15	1:09	3:15	4:15
Santa Clarita	4:47	5:47	6:21	7:21	8:21		9:21	10:21	1:15	3:21	4:21
Newhall	4:55	5:55	6:29	7:29	8:29	8:50	9:29	10:29	1:23	3:29	3:50 > 4:29
Sylmar/San Fernando	5:09	6:09	6:44	7:44	8:44		9:44	10:44	1:38	3:44	4:44
Sun Valley	5:17	6:17	6:51	7:51	8:51		9:51	10:51	1:45	3:51	4:51
Burbank Airport - North (AV Line)	5:21	6:21	6:55	7:55	8:55		9:55	10:55	1:49	3:55	4:55
Burbank - Downtown	5:27	6:27	7:01	8:01	9:01		10:01	11:01	1:55	4:01	5:01
Glendale	5:33	6:33	7:07	8:07	9:07		10:07	11:07	2:01	4:07	5:07
L.A. Union Station	5:46	6:46	7:20	8:20	9:20		10:20	11:20	2:14	4:20	5:20

NOTES:  Check Ventura County Line North County TRANSporter bus service; schedule subject to change. Northbound TRANSporter bus stops at the Vincent Grade/Acton Station by request only.

 Transfer

AM times **PM times**
Boarding information is available at each station.

MONDAY THROUGH FRIDAY

MetroLink Train No.	201	205		209	213	219		221	223	225	227	229	231
L.A. Union Station	6:39	7:39		9:39	11:39	2:39		3:39	4:39	5:39	6:39	7:39	9:39
Glendale	6:51	7:51		9:51	11:51	2:51		3:51	4:51	5:51	6:51	7:51	9:51
Burbank - Downtown	6:58	7:58		9:58	11:58	2:58		3:58	4:58	5:58	6:58	7:58	9:58
Burbank Airport - North (AV Line)	7:03	8:03		10:03	12:03	3:03		4:03	5:03	6:03	7:03	8:03	10:03
Sun Valley	7:07	8:08		10:08	12:08	3:08		4:08	5:08	6:08	7:08	8:08	10:08
Sylmar/San Fernando	7:16	8:16		10:16	12:16	3:16		4:16	5:16	6:16	7:16	8:16	10:16
Newhall	7:32	8:32	➤ 9:00	10:32	12:32	3:32	➤ 3:50	4:32	5:32	6:32	7:32	8:32	10:32
Santa Clarita	7:40	8:40		10:40	12:40	3:40		4:40	5:40	6:40	7:40	8:40	10:40
Via Princessa	7:47	8:47		10:47	12:47	3:47		4:47	5:47	6:47	7:47	8:47	10:47
Vincent Grade/Acton	8:30		↓	11:30	1:30		↓	5:30	6:30	7:30	8:30	9:30	11:30
Palmdale	8:40		9:50	11:40	1:40		4:40	5:40	6:40	7:40	8:40	9:40	11:40
Lancaster	8:52			11:52	1:52			5:52	6:52	7:52	8:52	9:52	11:52

NOTES: See previous page.

ANTELOPE VALLEY LINE

L.A. to Lancaster

ANTELOPE VALLEY LINE

Lancaster to L.A.

L.A. to Lancaster

SATURDAY AND SUNDAY

MetroLink Train No.	260	262	264	266	268	270
Lancaster	6:22	9:04	11:15	12:40	2:23	6:23
Palmdale	6:32	9:13	11:24	12:49	2:33	6:32
Vincent Grade/Acton	6:43	9:24	11:35	1:00	2:44	6:43
Via Princessa	7:22	10:03	12:14	1:39	3:23	7:24
Santa Clarita	7:28	10:09	12:20	1:45	3:29	7:30
Newhall	7:35	10:16	12:28	1:52	3:36	7:37
Sylmar/San Fernando	7:49	10:31	12:42	2:06	3:51	7:52
Sun Valley	7:57	10:38	12:50	2:14	3:58	7:59
Burbank Airport - North (AV Line)	8:00	10:42	12:53	2:17	4:02	8:03
Burbank - Downtown	8:05	10:46	12:58	2:22	4:07	8:07
Glendale	8:11	10:53	1:04	2:28	4:13	8:14
L.A. Union Station	8:25	11:10	1:20	2:43	4:28	8:29

SATURDAY AND SUNDAY

MetroLink Train No.	261	263	265	267	269	271
L.A. Union Station	8:40	11:37	1:58	3:51	5:25	8:53
Glendale	8:52	11:49	2:10	4:03	5:36	9:04
Burbank - Downtown	8:58	11:55	2:16	4:09	5:43	9:11
Burbank Airport - North (AV Line)	9:04	12:01	2:22	4:15	5:48	9:16
Sun Valley	9:08	12:05	2:27	4:19	5:52	9:20
Sylmar/San Fernando	9:16	12:13	2:35	4:27	6:00	9:28
Newhall	9:31	12:28	2:51	4:42	6:15	9:43
Santa Clarita	9:38	12:35	2:58	4:49	6:22	9:50
Via Princessa	9:44	12:41	3:05	4:55	6:28	9:56
Vincent Grade/Acton	10:28	1:25	3:48	5:36	7:06	10:36
Palmdale	10:38	1:35	3:59	5:46	7:17	10:47
Lancaster	10:51	1:48	4:12	5:59	7:30	11:00

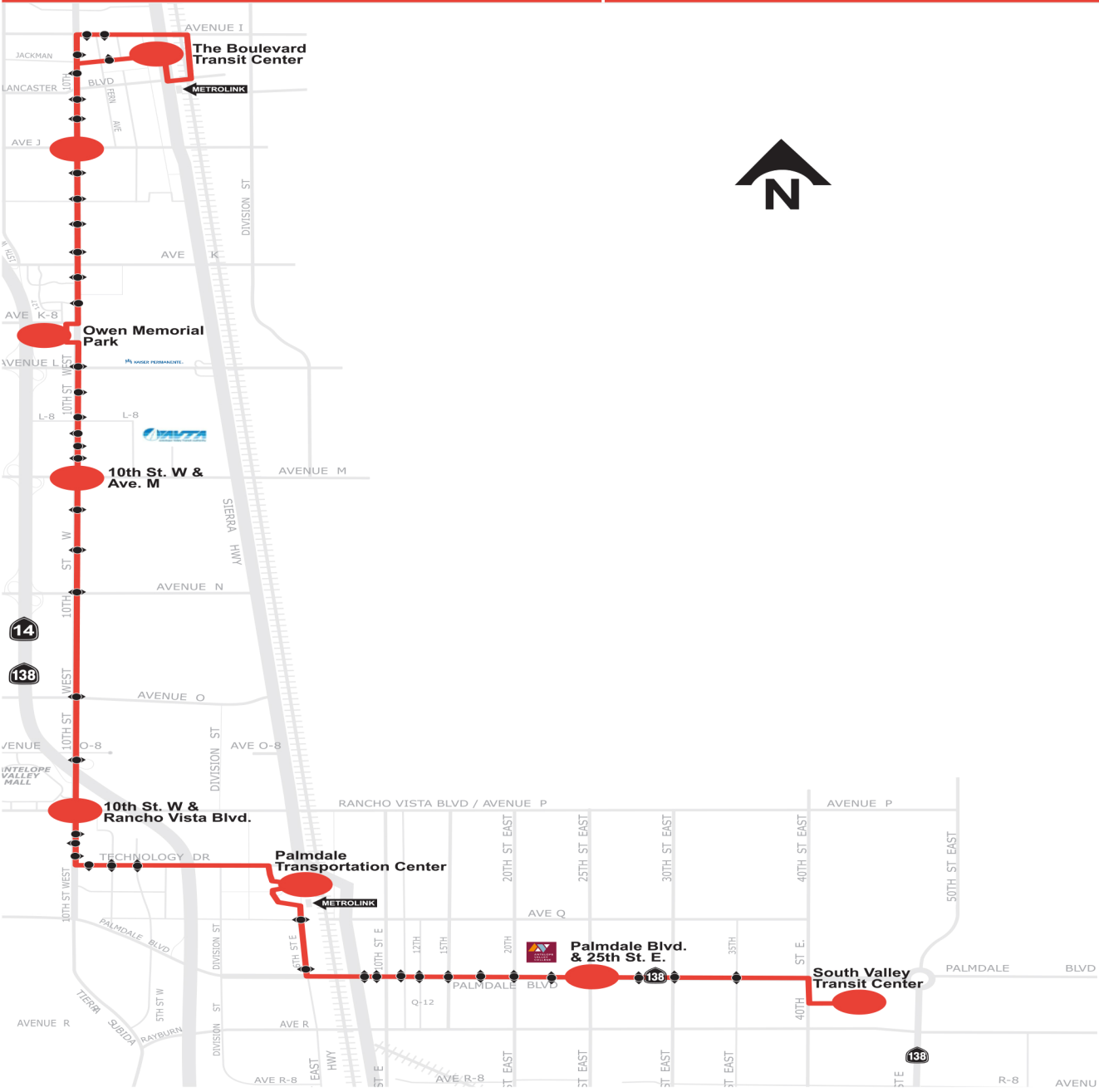
NOTES: AM times **PM** times

Boarding information is available at each station.

1

Northbound to Lancaster
The Boulevard Transit Center

Southbound to Palmdale
South Valley Transit Center





CITY OF PALMDALE PARKS & RECREATION

Lap Swim Schedule • Fall 2022

Purchase your lap pass and recreation membership card at www.PlayPalmdale.com.



COURSON POOL



MARIE KERR POOL



OASIS POOL

Courson Pool Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 am-12 pm	Senior Lap Swim/ Therapy • Age 55+ • Monday-Friday						
12:15-2:15 pm	Lap Swim/Therapy • Age 14+ • Monday-Friday						

Marie Kerr Pool Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 am-12 pm						Lap Swim Age 14+	
11 am-12 pm*	Senior Lap Swim/Therapy • Age 55+ • Monday-Friday						
12:15-2:15 pm	Lap Swim/Therapy • Age 14+ • Monday-Friday						
7-9 pm		Lap Swim/Therapy Age 14+		Lap Swim/Therapy Age 14+			

Oasis Pool Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 am-12 pm						Lap Swim Age 14+	
11 am-12 pm*	Senior Lap Swim/Therapy • Age 55+ • Monday-Friday						
12:15-2:15 pm	Lap Swim/Therapy • Age 14+ • Monday-Friday						
6:30-8:30 pm	Lap Swim/Therapy Age 14+		Lap Swim/Therapy Age 14+				

Programming begins on Monday, August 22, 2022

*Senior Lap Swim/Therapy ends Friday, October 28