



Community Services Guide

December 2015 - February 2016

A Tribute to **Dr. Martin Luther King, Jr.**

Friday, January 15, 2016

Black History Month Celebration

Friday, February 19, 2016

Congresswoman Juanita Millender-McDonald
Community Center at Carson
801 E. Carson Street, Carson, CA 90745

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Public Information Office—Carson
701 E. Carson Street
Carson, CA 90745

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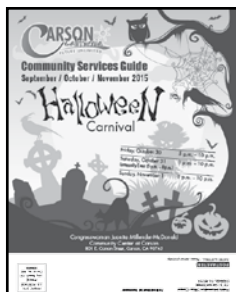
All Fees Are Subject To Change

Events, programs and activities held at the Congresswoman Juanita Millender-McDonald Community Center may be referenced to as the Carson Community Center or community center.

The Community Services Guide is published quarterly by the City of Carson's Public Information Office to inform residents about leisure time activities provided by the city. For general information about Recreation & Human Services Programs, call (310) 847-3570. For general information about Transportation Services and the Congresswoman Juanita Millender-McDonald Community Center, call (310) 835-0212.



Welcome to the Winter issue of the Community Services Guide and Carson Report flip-book!



On this side of the publication, you will find information on various leisure time activities, classes, excursions and upcoming events for every member of the family.

On its flip side, you will find the latest news about Carson and up-to-date information on current events in our community as we put the spotlight on City projects and a variety of important local issues.

We hope that you will find this flip-book -- and all its future issues -- useful in planning activities for the entire family, as well as getting informed on what's going on in our community.

You can also read us online at:

<http://ci.carson.ca.us/content/departments/publicinformation>

A MESSAGE FROM THE Director of Community Services

Welcome to the Community Services Guide!

It is time to fall into winter fun within Recreation and Human Services. The Recreation and Human Services staff is hard at work preparing programs and activities for you and your family.

The deferred maintenance of the various parks and facility are being addresses to provide Carson residents a better place to enjoy nature. Funding for the needed repairs has been provided through grants funds from the Los Angeles County Regional Park and Open Space District, the Department of Housing and Community Development (HUD), and through Park Development Funds.

As we begin the Holiday Season and the parties begin - don't forget to visit one of our Outdoor Fitness Zones at Anderson, Calas, Dolphin, Dominguez, or Hemingway Parks to keep your summer shape. Each park has (7) workout stations developed with state-of-the-art information regarding gerontology and kinesiology. The three-sided stations with 21-activity panels, promotes functional fitness with exercises that enhance strength and flexibility.

If you are thinking of joining a Zumba class, club program, or even a self-defense class, the city of Carson Recreation and Human Services is here to provide that program for you. Please look through this guide and find that special class/program for you or your family.

Our parks and open space create a unique sense of place in an urban setting that reinforces our community image. One of the best things about our parks and programs are that they are here for everyone to enjoy!

Best Regards,

Cedric L. Hicks, Sr., Director
Community Services Department



we all need
PARKS
for healthy, thriving and engaged communities

In February 2015, the Board of Supervisors directed the LA County Department of Parks and Recreation to undertake a comprehensive Park and Recreation Needs Assessment with robust input and engagement of County residents. The Needs Assessment is a unique opportunity to generate critical data and input for all 88 cities and unincorporated areas of the County—identifying existing park and recreation assets, how well they are maintained and what additional enhancements or new facilities are needed. The result of the needs assessment will be a list of projects that will assist in future park planning and serve as a guide for potential funding measures in the future.

Many cities and unincorporated areas within LA County have an urgent need for more parks, as well as new or refurbished ball fields, play areas, walking trails and restrooms. With few park and recreation facilities to encourage physical activity, coupled with corresponding high rates of Type 2 diabetes, hypertension and heart disease, this need is especially acute in low-income neighborhoods. Effectively reaching and meaningfully engaging underserved residents in the Park and Recreation Needs Assessment is essential to ensuring that their voices are heard and their park and recreation needs are taken into consideration.

COME JOIN US AT OUR COMMUNITY ENGAGEMENT MEETING

DATE: Wednesday, January 13, 2016
TIME: 6:00 P.M.
LOCATION: Congresswoman Juanita Millender-McDonald
 Community Center at Carson; International Room
 801 E. Carson Street
 Carson, CA 90745

FOR MORE INFORMATION PLEASE CONTACT US AT:
Recreation Services Division
 (310) 847-3570

**Parks
Make
Life
Better!**

Make Your Voice Heard!

The County and all 88 cities are taking stock of what we currently have—parks, recreation facilities, open space and cultural and performing arts venues. What's the condition of the park and what would it cost to get it into good shape? Do residents have a park within a 10-minute walk? Is the park used beyond capacity, in need of improvement or different amenities? This assessment will provide a good snapshot of the current status of our parks.

We need to hear what residents want and need to ensure great, well utilized parks and recreational facilities.

From December through early February, the County and cities will be conducting almost 200 needs assessment meetings. **This is a once-in-a-generation chance to shape the priorities for where park funding will go for the next several decades.**

AQUATICS

Spring 2016

Carson Pool Swim Lesson Schedule

(Classes subject to cancellation or schedule change)

City of Carson



Monday/Wednesday (6 classes)

Time	Classes
4:00P.M.-4:50P.M.	P/AP M TP/SF
5:00P.M.-5:50P.M.	TP/SF P/AP F/FF/SH
6:00P.M.-6:50P.M.	P/AP M AD

Monday/Wednesday

S1 - February 1-17, 2016
S2 - February 22 - March 9, 2016
S3 - March 14 - March 30, 2016
S4 - April 4 - 20, 2016
S5 - April 25 - May 11, 2016
S6 - May 16 - June 1, 2016

Tuesday/Thursday (6 classes)

Time	Classes
4:00P.M.-4:50P.M.	P/AP M TP/SF
5:00P.M.-5:50P.M.	TP/SF P/AP F/FF/SH
6:00P.M.-6:50P.M.	P/AP M AD

Tuesday/Thursday

S1 - February 2-18, 2016
S2 - February 23 - March 10, 2016
S3 - March 15 - 31, 2016
S4 - April 5 - 21, 2016
S5 - April 26 - May 12, 2016
S6 - May 17 - June 2, 2016

Saturday (5 classes)

Time	Classes
10:00A.M.-10:50A.M.	P/AP M TT*
11:00A.M.-11:50A.M.	TP/SF P/AP F/FF/SH
12:00P.M.-12:50P.M.	P/AP M AD

*TT Class only 40 minutes

Saturday

S1 - February 6 - March 5, 2016
S2 - March 12 - April 9, 2016

Group Swim Lesson Session Fees:

	Adult/1st Child	2nd Child	3rd Child
Mon/Wed			
Resident	\$40	\$37	\$34
Non-Resident	\$45	\$45	\$45
Tues/Thurs			
Resident	\$40	\$37	\$34
Non-Resident	\$45	\$45	\$45
Saturday			
Resident	\$33	\$31	\$29
Non-Resident	\$38	\$38	\$38

Early Fall Registration at Carson Pool Only

Residents Only (must present proof of residency)

Friday: January 8 & 15, 2016, 6 p.m. - 8 p.m.
Saturdays: January 9 & 16, 2016, 9 a.m. - 12 p.m.

Residents and Non-Residents

Fridays: January 22 & 29, 2016, 6 p.m. - 8 p.m.
Saturdays: January 23 & 30, 2016, 9 a.m. - 12 p.m.

Regular Spring Registration at Carson Pool will be held

February 1 - May 17, 2016 during scheduled Spring Swim Lesson times

Recreation and Human Services

Carson Pool • 21436 South Main Street, Carson, CA 90745 • (310) 830-1053

Classes	Name	Level
6mos.-3yrs.	TT	Tiny Tots
3-4yrs.	TP	Tadpole
	SF	Starfish
	SQ	Squid
5-15yrs.	PO	Polliwog
	AP	Adv. Polliwog
	M	Minnow
	F	Fish
	FF	Flying Fish
	SH	Shark
15yrs. & UP	AD	Adult

LIFEGUARD TRAINING CLASS

AMERICAN RED CROSS



Certifications include:
Lifeguard Training,
Standard First Aid,
CPR/AED for Lifeguard,
Oxygen Administration,
and Blood borne Pathogens,
and Title 22

Hemingway Aquatic Center

16605 S. San Pedro St., Carson, CA 90746

February 1-14, 2016

Monday (Tryouts)	February 1	6 p.m. - 8 p.m.
Saturday	February 6	8 a.m. - 6:30 p.m.
Sunday	February 7	8 a.m. - 6:30 p.m.
Saturday	February 13	8 a.m. - 6:30 p.m.
Sunday	February 14	8 a.m. - 6:30 p.m.

***Participants must attend every class**

Cost: \$150 • Book \$35

(Purchase lifeguarding book at your local American Red Cross)

For more information or to register, please contact
AQUATICS PROGRAM (310) 816-9381

Water Safety Instructor Class

American Red Cross

Water Safety Instructor Certification Course*

***Mandatory attendance to all classes. No Exceptions!**

Hemingway Aquatic Center

16605 S. San Pedro St., Carson, CA 90746

Monday February 8, 2016 5 p.m. - 8 p.m.

Saturday February 27, 2016 8 a.m. - 6 p.m.

Sunday February 28, 2016 8 a.m. - 6 p.m.

Saturday March 5, 2016 8 a.m. - 6 p.m.

Cost: \$175

Water Safety Instructor (WSI) Training Packet not included.
Limited number of spaces available, so register early.

Purchase a hard copy or have an e-copy
of Water Safety Instructor Materials.

For more information or to register,
contact the Aquatics Office at (310) 816-9381

City of Carson

Santa Visits Carson

December 11 - December 23, 2015

(Call to schedule a Santa visit)

For boys and girls of all ages

Talk with Santa and
receive candy from the
North Pole

Santa Private Visits
(Carson area only)

\$35/15 minutes

All Fees Are Subject To Change

*For more information
on dates and areas, call
(310) 835-0212 Ext. 1445 or Ext. 1475*





Enrichment

For more information, call (310) 835-0212 ext. 1410.

3 in 1 Enrichment Arts presents

Willy Wonka JUNIOR

Friday, November 13 • 6 p.m.
&
Saturday November 14 • 1 p.m.
Location: TBA
\$7 pre-sale / \$10 at the door

Toy Drive

November 25 – December 18, 2015

Requesting non-violent, unwrapped toys for kids and teens ages infant – 18.

Toys/Gifts can be dropped off at any of the City of Carson Parks, Schools, Community Center or City Hall.



Enrichment Winter Recital “A Starry Night”

Tuesday, December 8, 2015 • 6 p.m.

Congresswoman Juanita Millender-McDonald
Community Center at Carson
801 East Carson Street, Carson, CA 90745

\$3
pre-sale

\$5
at the door



Inside Out – Family Movie Night
Friday, December 18 • 7 p.m.



FREE event for all ages.

You can bring chairs and blankets.

Popcorn is provided.

Congresswoman Juanita Millender-McDonald
Community Center at Carson
801 East Carson Street, Carson, CA 90745

FABELA CHAVEZ BOXING FITNESS CENTER

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 37 years. While throughout the years, other Clubs have opened and closed their doors, Fabela Chavez has remained opened. Fabela Chavez has been home to many great coaches and fighters. Look no further than the gyms namesake Fabela Chavez who was inducted to Boxing Hall of Fame in 1993. The City named its boxing gym after Fabela Chavez in recognition of his contribution to the young boxing enthusiasts and up-and-coming boxers in the community.



B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

Scott Park, 23410 Catskill Ave., (310) 830-6439

All Fees Are Subject To Change

HOURS

Mon-Fri 4-9 p.m. Sat 10 a.m.-2 p.m., Closed Sun

Fees:	Monthly Membership	
Adults	Resident \$30	Non-Resident \$35
Youth (8-17 yrs)	Resident \$20	Non-Resident \$20
Daily Rate Adult	Resident \$8	Non-Resident \$9
Daily Rate Youth	Resident \$4	Non-Resident \$4

Beginning Boxing

This is a continuous class stressing fundamentals and techniques of boxing.

Beginning Weightlifting

Learn about weightlifting from the experts. This is for the first-time lifter. Must be at least 13 years old. The instructor will provide each student with a personal workout sheet to track routine. Call Stevenson Park at (310) 952-1745

Intermediate Boxing

It's time to take your big step into the ring. Feel the blue canvas under your feet, smell the air, look out into the stands and get ready!

Intermediate Weightlifting Training

Follows the completion of beginning weightlifting. All routines are done on the circuit weight equipment.

Advanced Boxing

This course is restricted to the competitive boxer. All participants are subject to approval prior to the registration period.

Advanced Weightlifting

Follows completion of intermediate weightlifting. Participants are invited to compete in local tournaments and competitions. This class is for the avid lifter wishing to increase muscle size and strength.

YOUTH SPORTS



WINTER PROGRAM

The Youth Sports Section offers a variety of recreational activities for boys and girls 5 to 17 years of age. All registration is conducted at the parks. Early registration is encouraged. For more information regarding any program, contact your local park.

All Fees Are Subject To Change

SCMAF Flag Football Championships

December 12 & 13, 2015

The City of Carson will host the Division B, Southern California Municipal Athletic Federation Flag Football Championships. Teams throughout Southern California will be participating. Games will be played at various City parks.

T-Ball, Baseball, Softball (Ages 5 - 17 yrs)

Registration: Now through February 27, 2016. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs:	March 5, 2016	
Season Begins:	April 9, 2016	
Registration Fees:	Resident	Non Resident
	\$39 1st child	\$46 1st child
	\$31 2nd child	
	\$23 3rd child	

Youth Sports Coaches Certification Program

Coaches completing this certification program, which covers the areas of the psychology of coaching youth sports, maximizing athletic performance, first aid and safety, how to organize a fun and interesting practice and tips on teaching sports techniques, are required to complete an exam, and sign a Code of Ethics Pledge. Contact your local park for more information.

Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. For more information call the Youth Sports Office at (310) 847-3577.

Volunteers: "Carson Wants You"

Volunteerism has always been the backbone of the American way of life, from the Red Cross worker who lends a helping hand to victims of natural disasters to the volunteer coaches who teach our children about sports and fair play. In Carson, volunteerism remains a vital force in keeping public services available to residents of the city.

Volunteers have made a difference. They have often unselfishly pitched in and given valuable time in delivering important services that otherwise could not be provided.

If you would like to make a difference and are willing to give your time and effort to Carson's recreation programs, you are encouraged to contact your neighborhood park or City Hall Annex at (310) 847-3570. Background Fingerprinting for all coaches.

HEALTH & FITNESS

ADULT SPORTS

WINTER PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the winter months. To insure your team's placement in a league and/or tournament, payment must be made at the time of registration. For more information, contact the Adult Sports Section at City Hall Annex at 2400 E. Dominguez Street, or call extension (310) 847-3576.

All Fees Are Subject To Change



WINTER SOFTBALL LEAGUES

Men's & Women's C/D Level

Registration: December 1, 2015 - January 7, 2016
Play Begins: January 14, 2016
Fees: \$399 per team

Coed C/D Level

Registration: December 1, 2015 - January 7, 2016
Play Begins: January 14, 2016
Fees: \$399 per team

Winter Softball Tournament/Men's & Coed

Registration: January 4 - February 15, 2016
Play Begins: February 20, 2016

Want to be added to the Adult Sports mailing list? Just call the Recreation Division at (310) 847-3570 and ask the Adult Sports Coordinator to add your name to the mailing list for the sport you are interested in.



DISABILITY AND ACCESSIBILITY ISSUES

Help the City of Carson respond to the American Disabilities Act (ADA) by making park and recreational facilities and programs more accessible. If you experience any problems or difficulties in using facilities or programs, please submit your concerns or suggestions for improvements in writing to:

City of Carson Recreation and Human Services
For more information, call (310) 847-3570

WINTER FLAG FOOTBALL LEAGUES

4 on 4

Registration: January 4 - February 11, 2016
Play Begins: February 13, 2016
Fees: \$175 per team

8 Man

Registration: January 5 - February 9, 2016
Play Begins: February 15, 2016
Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

Parents, if you have children 5-12 yrs of age, we will entertain them with movies, games, dancing, and many other fun projects from 6-9 p.m. while you go out to a movie or dinner. This activity is offered each Friday at Mills Park.



Coed Softball

Registration is currently being taken for the upcoming park leagues at the following parks:

• Calas	Thur	6-9 p.m.
	Mon	6-7 p.m.
• Carriage Crest	Mon	6-9 p.m.
• Del Amo	Thur	6-9 p.m.
	Fri	6-10 p.m.
• Dolphin	Fri	6-10 p.m.

8 Man Soccer

Stevenson Park presents an 8-man soccer league ongoing throughout the year. Teams field 8 players and the special rules allow for wide-open action and non-stop offense. This program is offered on Tuesday & Thursday evenings.

Adult Fitness/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us.

• Anderson	Fri	7 p.m.
• Carriage Crest	Sat	8:30-9:30 a.m.
	Mon/Wed	7-8 p.m.
• Dolphin	Tue/Thur	6:30-7:30 p.m.
	Sat	9-10 a.m.
• Hemingway	Mon/Wed	7:30-8:30 p.m.
• Mills	Wed	6:30-7:30 p.m.

HEALTH & FITNESS

Senior Fitness Program

Stretch Class, Walking Class, Circuit Training, Weight Training

Stevenson Park Gymnasium	Mon/Wed/Fri	8-11 a.m.
(310) 952-1745	Seniors 55 and older	FREE
Boxing Center (Scott Park)	Mon/Wed/Fri	8-10 a.m.
(310) 830-6439	Seniors 55 and older	FREE
Zumba - M/W/F	Low Cardio - T/TH	Open conditioning with weights
Carson Park	Mon-Fri	8-10:30 a.m.
(310) 835-0212 ext. 1479	Seniors 55 and older	FREE



Adult Walking Class

Wednesday	6:30-7:30 p.m.	Anderson Park
Wednesday	6:30-8 p.m.	Carriage Crest Park
Thursday	6:30-7:30 p.m.	Dolphin Park
Tuesday/Thursday	6-7 p.m.	Dominguez Park
Wednesday	6-7 p.m.	Mills Park
Tuesday/Thursday	6-7 p.m.	Scott Park

Walking Club

Monday	6:30-7:30 p.m.	Calas Park	Ages 16-up
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Adult and Youth Karate & Kempo

Monday/Wednesday	6-7:30 p.m.	Stevenson Park	Youth Intermediate
	7:30-9 p.m.	Stevenson Park	Adult Advance
Tuesday/Thursday	6-7:30 p.m.	Stevenson Park	Adult Intermediate
	7:30-9 p.m.	Stevenson Park	Adult Beg/Intermediate

Adult and Youth Bocci Ball

Friday	4-5 p.m.	Scott Park
Saturday	2-3 p.m.	Scott Park

Adult Fitness Workout

Thursday	6-7 p.m. / 7-8 p.m.	Dominguez Park
Monday	6:30 - 7:30 p.m.	Del Amo Park

Teen Dance for Fitness

Semi-Annual Dance Recitals choreographed to specific themes will be performed by youths who participate in these free dance classes. For more information, contact one of the parks listed below. Calas Park features Folklorico & Salsa. Beginning and Intermediate Jazz and Tap will be offered at the following parks:

• Anderson/2 Age Division	Tues/Thurs	6-7 p.m.
• Calas	Thurs	6-8 p.m.

• Del Amo	Tues/Thurs	6-7 p.m.
• Dolphin	Tues/Thurs	5-6 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Fast Dance Fitness Class

Tuesday/Thursday	6:30-7:30 p.m.	Mills Park 15 yrs - Adults
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Adult Line Dancing

Saturday	10 a.m.	Anderson Park
	1 p.m.	(Couples Dance) Anderson Park
Wednesday	7 p.m.	Anderson Park
Saturday	10-11:30 a.m.	Hemingway Park

Adult Hip Hop Fitness

Tuesday/Friday	7-8:30 p.m.	Veterans Park
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Dance it Off

Tuesday/Thursday	6:30-7:30 p.m.	Calas Park
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Adult Urban Ballroom Dance

Saturday	Noon	Anderson Park
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Youth Fitness Club (ages 16 and up)

• Calas	Wed	6:30-7:30 p.m.
• Carriage Crest	Wed-Fri	4-5 p.m.
• Dolphin	Mon-Wed	3-4 p.m.
• Stevenson	Thurs	6-7:30 p.m.

Stevenson Park Fitness Center

HOURS

Mon-Fri 3-9 p.m. Sat 10 a.m.-5 p.m., Closed Sun

Fees: Initial Membership \$15 Monthly Membership \$10 Daily Rate \$3

Boxercise

Thursday	6-7 p.m.	Dominguez Park
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Zumba Class

Monday	6-7 p.m.	Hemingway Park
Monday	6-7:30 p.m.	Mills Park
Monday/Friday	6 p.m.	Scott Park



EARLY CHILDHOOD



The City of Carson Early Childhood Program curriculum is based on Pre-Kindergarten Guidelines developed by the State of California Department of Education. Emphasis is on learning through “hands-on” experiences. Projects and activities address a wide variety of school readiness, social and motor skills. Children have opportunities for creative expression through art, music and movement activities.

For more information call the Program office at (310) 835-0212, ext. 1482 or 1485.



One time, non-refundable, registration fee of \$95 for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of \$106.00 will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change. Availability is based on the needs of each site. The City

reserves the right to cancel individual park programs if the minimum enrollment level is not achieved. Fees subject to change. For information, call (310) 835-0212, ext. 1482 or 1485.

OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

The Congresswoman Juanita Millender-McDonald Community Center is home to an all-day Early Childhood Education Program, Monday-Friday. This program features an early drop-off and late pick-up option. The Early Childhood Program Office is also located at the Community Center. Registration is open as long as vacancies exist. For prices, availability of spaces or additional information, please call (310) 835-0212, ext. 1482.

CLASS SCHEDULE

ALL DAY PROGRAM RESIDENT RATE

Monday – Friday

7 a.m. – 6 p.m. \$170.00 a week

8 a.m. – 5 p.m. \$136.00 a week

7 a.m. – 5 p.m. \$157.00 a week

8 a.m. – 6 p.m. \$157.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m. T TH \$25 a week

MWF \$37 a week

M-F \$62 a week

OPTION II:

The City of Carson is still offering a notable Early Childhood Program at various parks within the city. The City of Carson considers this program to be of top quality for preschool children. For more information about a center near you, please call (310) 835-0212, ext. 1482 or 1485.

Park Facility	Class	Time	Days
• Carson	Preschool	8 a.m. – 12 p.m.	M/W/F
	Preschool	8 a.m. – 12 p.m.	T/Th
	Preschool	1 p.m. – 5 p.m.	M/W/F
	Preschool	1 p.m. – 5 p.m.	T/Th
• Dolphin	Preschool	8 a.m. – 12 p.m.	M/W/F
	Preschool	8 a.m. – 12 p.m.	T/Th

Fees:	2 days/wk	\$25 a week
	3 days/wk	\$37 a week
	5 days/wk	\$62 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

KIDS CLUB

Kids Club After-School Child Care Solution For Latchkey Children



After School Kids Club Fees

Monday-Friday
2:30-6 p.m.

Regular
\$47 wkly



Availability is based on the needs of each site. For information about fees and locations, call (310) 847-3552. If a child attends any portion of the week, the total weekly fees are charged (includes holidays and sick days). The city reserves the right to cancel individual park programs if the minimum enrollment level is not achieved.

The daily program consists of: Educational Activities

Homework completion time; reading activities; tutoring in math, science, and social studies; group experiences in home safety; drug and alcohol awareness; and survival skills for staying home.

Recreational Activities

Arts & crafts, sports activities, games, cooking, and Enrichment Program available at some parks.

Snacks

Nutritional snacks are provided each day.

1. Indoor games
2. Crafts
3. Seasonal parties
4. Excursions*
5. Special events

*Additional fee required for participation

Homework Help-Safe-Fun

The Kids Club program was established to provide a quality program that is safe, fun, and affordable. Our program offers activities for children ages 5 to 12 years old under the supervision of trustworthy, caring, and qualified staff that understand the needs of our children. We strive to meet the physical, intellectual, social, and recreational needs of children.



We believe that during the hours that the children are away from home they should be provided with a quality program of well supervised activities that stimulate new interests, encourages creativity, and builds self confidence, while providing parents with "peace of mind".



The Kids Club program provides much needed alternative child care for single and dual working parents by offering supervision for children from 2:30 - 6 p.m., Monday through Friday. The City of Carson's Recreation and

Human Services Division administers this program.

The daily program consists of:

Educational and Recreational Activities: Homework assistance, arts & crafts, outdoor and indoor games, seasonal parties, and supervision. Nutritional snacks provided.

PARKS

WINTER PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of WINTER activities. The fun includes cooking classes, arts and crafts, games, indoor and outdoor sports, tournaments, bingo, frisbee golf, tennis, and much more! No participation fee or registration fee is required for most park programs. All regular park facilities are available for both youngsters and families to use.

Hours of Operation

Mon - Fri	3-9 p.m.
Sat	10 a.m.-5 p.m.
Sun	12-5 p.m.

Park hours vary based on school vacation and holiday schedules. Check each individual park to determine the daily schedule.

YOUTH ACTIVITIES



Tennis Instruction

We offer a wide variety of tennis classes for junior tennis players, which are taught and directed by qualified recreation leaders. Classes range from the very beginning player to intermediate level players. This class emphasizes the basics: grips, ground strokes, volleys, and serves. Children also learn footwork and the scoring of a tennis match. Tennis classes are offered at the following facilities: Anderson*, Calas, Dolphin, Dominguez, Hemingway, Stevenson*, and Veterans* Parks. Contact the parks for specific day and time. *U.S.T.A. Site

Cheerleading

In this program, children will learn the basic routines and cheers while having fun showing spirit for their local park. This program is currently offered at the following parks:

• Carriage Crest	Tues/Thurs	6-7 p.m.
• Carson	Mon/Wed	6:30 - 8:30pm
• Del Amo	Tues/Thurs	6:30-8 p.m.
• Dolphin	Wed/Thurs/Sat	6-7:30 p.m./10 a.m.-12 p.m.
• Dominguez	Mon/Wed	6-8 p.m.
• Hemingway	Tues/Thurs	6:30-8 p.m.
• Veterans	Tues/Thurs	6:45-7:45 p.m.

Drill Team

Learn the basic principles of drilling in this fun program. Several different types of drilling will be incorporated including military, precision, and fancy dance. Teams will compete and participate in a variety of different activities and parades this year. This program is available to all youngsters 8 yrs and older and is currently offered at Hemingway Park.

Dance It Off

• Calas Park	Tues/Thurs	6-7 p.m.	All ages
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Bingo Nite

• Stevenson Park	3rd Fri	5:30-7 p.m.	10-14 yrs
• Dolphin Park	2nd Fri	5:30-7 p.m.	9-12 yrs

Archery

In this program, the future Robin Hoods of Carson are taught the basic principles for use of bows and arrows while always utilizing all safety practices. The Recreation Division provides all bows, arrows, and targets. Contact the following parks for more information: Carriage Crest, Del Amo, Dolphin, Hemingway, Scott, and Veterans parks. Veterans Park, Wednesday • 6-7pm

Arts & Crafts

Children 5-12 yrs of age can let their imaginations run wild in a variety of craft classes scheduled for this spring. Contact your local park for specific day and time.

Youth Golf Instruction

Calas, Del Amo, Dominguez and Veterans parks provides the basic instructions for golf. Children learn basic rules and become prepared to play on a golf course. Call the parks for more information. Ages 10-17 yrs.

Clubs for Boys & Girls

For boys and girls 9-12 yrs. of age, neighborhood parks offer a variety of activities such as sand golf, pillo polo, kids in the kitchen, clinic sports, frisbee fun, ping pong, monthly excursions, and much more throughout the winter. Contact your local park for more information.



Kids in the Kitchen

Children will gain confidence in food preparation skills such as measuring, mixing, tasting, cutting, grating, and spreading. They will have fun preparing food themselves and begin on the road to sound eating habits. Classes offered at the following parks:

• Anderson Park	Wed	4:30-5:30 p.m.
• Calas Park	Thurs (1st and 3rd of each month)	6:30-8 p.m.
• Carriage Crest Park	Wed	5:30-6:30 p.m.
• Del Amo Park	Wed	5-6 p.m.
• Dominguez Park	Wed	4-5 p.m.
• Hemingway Park	Fri	5:30-6:30 p.m.
• Mills Park	Wed	5:30-6:30 p.m.
• Veterans Park	Thurs	5-6 p.m.

PARKS



Homework Club

• Anderson Park	Tues/Thurs	3-4:30 p.m.
• Carriage Crest Park	Mon/Wed	3:30-5 p.m.
• Scott Park	Fri	5-6 p.m.
	Fri	5:30-6:30 p.m.
• Stevenson Park	Mon/Wed/Thurs	3-4:30 p.m.

Dance Classes

Semi-Annual Dance Recitals choreographed to specific themes will be performed by youths who participate in these dance classes. For more information, contact one of the parks listed below. Beginning and Intermediate Jazz and Tap will be offered at the following parks:

• Calas Park/Ballet Folklorico	Mon/Wed	5:30-8:30 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Mills Park	Tues/Thurs	6-7:30 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Boys Club

• Calas Park	Age 6-8	Fri	6-8 p.m.
• Dolphin	Age 8-12	Fri	6-8 pm

Junior Theatre

• Del Amo Park	5-12 yrs old	Thurs	6-7 p.m.
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Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	Every 4th Friday	6:30-8 p.m.
• Carriage Crest Park		Every 4th Friday	6:30-9 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	6-8 p.m.
• Dolphin Park	Family (4th Friday of every month)		6:30-9 p.m.
• Hemingway Park	5 yrs - up (FREE)	Last Friday of every month	6:30 p.m.
• Mills		Every 3rd Friday	6:30-8:45 p.m.
• Stevenson Park	Family (4th Friday of every month)		6:30-9 p.m.

Excursions

Excursions have been planned on a weekly basis to the following locations:

• Bowling	• Magic Mountain	• Family Fun Center	• Laker Game
• Knott's Berry Farm	• Skate Depot	• Children's Museum	• Clipper Game
• Camelot Golf	• Disneyland	• Universal Studios	

Roller Hockey

This program will be offered at Dominguez Park. Children, 9 - 12 yrs. of age, will learn the basic techniques of this exciting new sport. Participants must provide the required safety equipment. Don't miss out on the fun.



Beginning Chess

Come learn the moves at Hemingway and Anderson parks, Tuesdays from 5-6 p.m., Del Amo Park, Tuesdays from 4:30-5:30 p.m.

TEEN PARK ACTIVITIES

Sports Activities

Volleyball clinics, leagues, and 3-on-3 Basketball Tournaments have been scheduled for Anderson, Calas, Carriage Crest, Dolphin, Dominguez, Hemingway, Mills, Scott, Stevenson, Carriage Crest, and Veterans Parks. Please contact these parks for exact dates, times, and costs.

Teens in the Kitchen

Learn the basics! Friday, Anderson Park, 6:30-7:30 p.m.; Carson Park, Friday, 6:30-7:30 p.m.; Friday, Hemingway Park at 6 p.m.; Fridays, Mills Park, 4-5:30 p.m.

CARSON JUNIOR TENNIS PROGRAM



For boys and girls ages 10-15 yrs.

- BEGINNING TENNIS
- JUNIOR CLUB
- JUNIOR CLUB LEAGUE
- CITY CLUB TENNIS

**For more information, contact the
Recreation Division at (310) 847-3570**

VETERANS SPORTSCOMPLEX

2 for 1 Annual Membership Special Get a jump start on your new summer look!



Buy one full priced annual membership get the second for the cost of the registration fee. (Must be New member) SAVE up to \$418 on a family membership.

December 1-21, 2015

WEEKLY WEIGH-INS

Take a strength training, flexibility or cardio class

Learn to eat healthy with our nutrition classes the 2nd/4th Thursday of every month

FOOD HEALTH *Sessions*

Thursdays at 6:30 p.m.

Monthly Health, Wellness, & Nutrition workshops

December 10, 2015 • January 14 & 28, 2016 • February 11 & 25, 2016

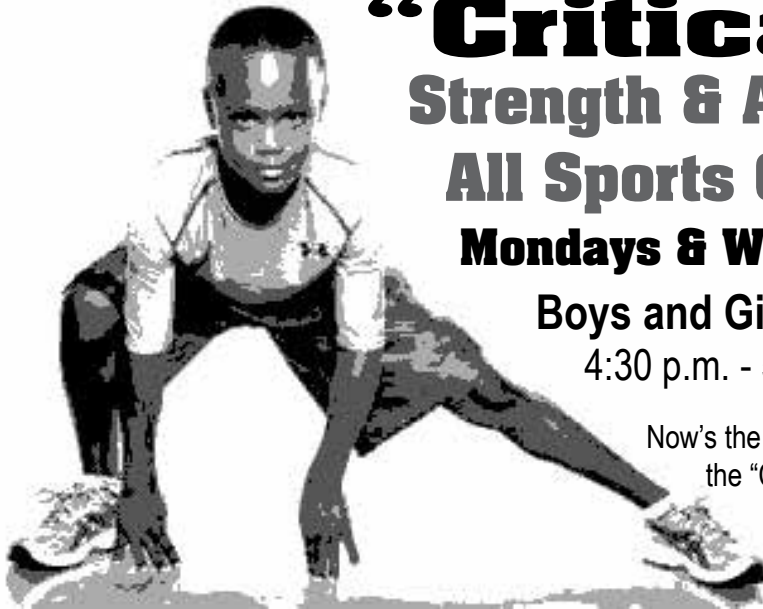
Hear SportsComplex staff and special healthcare partners speak on the frequently talked about health topics.

See how to cook then taste healthy recipes that can be whipped up by the SportsComplex master health & wellness nutritionist in 30 minutes or less.

Drop by, ask questions... Get answers!!! Then stay for an awesome workout or group exercise class
Open to everyone! Check with one of our SportsComplex Representative for information



**22400 Moneta Avenue, Carson, CA 90745
(310) 830-9991**



“Critical Burn”

Strength & Agility Clinic

All Sports Clinic

Mondays & Wednesdays

Boys and Girls ages 12-18

4:30 p.m. - 5:30 p.m. \$5 per participant

Now's the best time to increase your athletic ability with the “Critical Burn” strength & Agility Clinic. Athletics will work with trainers to increase strength, speed, agility and flexibility.

Sessions will include proper stretching techniques, aerobic training, strength training, plyometric and agility training.



Student Athlete

3 Month Membership • \$ 60 Per Athlete

- Student must be between the ages of 12-18 yrs.
- Student must present a current Student I.D.
- Must be accompanied by an Adult when signing up.
- Age restrictions for the fitness center, alternative strength training workouts can be designed for those under 16.



**22400 Moneta Avenue, Carson, CA 90745
(310) 830-9991**



Senior Membership
now taking sign-ups.
Enroll today and join our
facility at no cost to you!

Call (310) 830-9991 for qualifications.

MEMBERSHIP RATES

Annual Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$30	\$234	\$275	\$176	\$207
Youth/Senior Citizen	\$20	\$141	\$165	\$106	\$124
Family	\$50	\$355	\$418	\$266	\$314

30-day Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$10	\$34	\$40	\$25	\$30
Youth/Senior Citizen	\$5	\$25	\$30	\$20	\$23
Family	\$15	\$60	\$70	\$45	\$53

Daily Guest Rates

	6 a.m. - 3 p.m.		3 p.m. - close		Administration Fee First time guest visitor
	Resident	Non-Resident	Resident	Non-Resident	
Individual	\$5	\$6	\$10	\$12	\$10
Family	\$10	\$12	\$20	\$24	\$20

10% Discount for Veterans



22400 Moneta Ave Carson, CA 90745
(310) 830-9991

HOURS OF OPERATION

Facility

Monday-Friday
6 a.m. - 9 p.m.

Saturday
7 a.m. - 6 p.m.

Sunday
8 a.m. - 5 p.m.

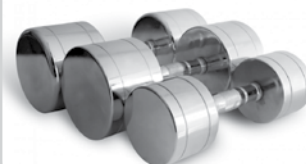
Business Office

Monday-Thursday
8 a.m. - 8 p.m.

Friday
8 a.m. - 7 p.m.

Saturday
8 a.m. - 1 p.m.

Sunday
8 a.m. - 1 p.m.



VETERANS SPORTS COMPLEX

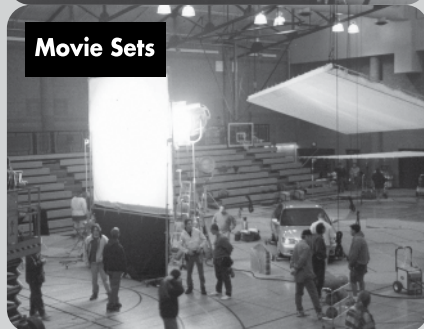
FACILITIES AVAILABLE FOR RENTAL



**NBA Regulation
Basketball Court**

The 25,000 sq. ft. Veterans SportsComplex is an ideal location for your next recreational program, athletic functions, weddings, birthdays, anniversaries, baby showers or company event. Competitive hourly and daily rental rates are available.

For more information about facility rental rates, please call (310) 830-9991.



Movie Sets



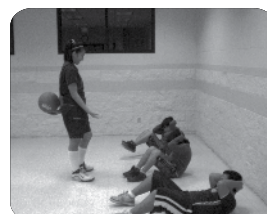
**Banquet Halls and
Recreation Rooms**



**Racquetball
Courts**

YOUTH CLASSES

- Youth Fitness • Youth Kempo Karate • Youth Basketball
- Skate Park • Youth Racquetball



ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Karate • Step & Pilates • Hatha Yoga
- Indoor Cycling • Low Impact Aerobics • Self Defense
- Walking Club • Zumba • T.B.A. (Thighs, Bottoms & Abs)



Call (310) 830-9991 ext. 231 to schedule an appointment with a personal trainer.

22400 Moneta Ave Carson. CA 90745 • (310) 830-9991



CITY OF CARSON

Please join us for some holiday cheer as we celebrate the annual

Tree Lighting Ceremony

This special event features carolers, light refreshments, and a visit from **SANTA** himself!

There is something for the whole family so bundle up and get ready to make some fun holiday memories that will last a lifetime!

PEACE & JOY

FEATURING THE
CHILDREN'S INTERNATIONAL
PEACE CHOIR

Congresswoman Juanita Millender-McDonald
Community Center at Carson Atrium Area
801 E. Carson Street
Carson, CA 90745

WEDNESDAY
DECEMBER 2, 2015
6:30P.M.

FREE
ADMISSION

Parks
Make
Life
Better!

ALL AGES WELCOME!

Recreation and Human Services

<http://recreation.carson.ca.us> • Like us on facebook! CITY OF CARSON PARKS AND RECREATION

For more information, please call
310.835.0212, ext. 1445 or 1475



SENIOR RECREATION

The senior recreation program provides recreational programs for senior citizens ages 50 and above. Our goal is to provide "LIFE AFTER RETIREMENT." We provide numerous activities, lectures, health information and much more. In addition, we are concerned with what the community would like to see happen in the program and encourage your input. We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. No drop offs allowed. Care providers must be with client at all times. Senior Recreation Services is located in the East Wing of the Congresswoman Juanita Millender-McDonald Community Center, office hours are 9 a.m.-5 p.m. For more information, call (310) 835-0212, Extensions 1475 or 1479. Classes and programs do not run on City holidays.

All Fees Are Subject To Change

NO CHILDREN ALLOWED IN SENIOR PROGRAMS, ACTIVITIES, TRIPS OR SPECIAL EVENTS

CLASSES AND PROGRAMS

All classes are closed on City holidays

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 20 people and are free, unless otherwise noted. Classes meet at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1478 or 1479.

ART

Needlecraft Class - An uninstructed class meets every Tuesday and Friday from 9 – 11 a.m.

Art Class - Meets on Tuesday from 9:30 – 11 a.m., please bring your own supplies. Class is unstructured, with no instructor, and offers great socializing with others.



Movie Day - Movie day will resume in 2016. Come and enjoy a movie with free popcorn. Every last Monday of the month at 12 noon at the Congresswoman Juanita Millender-McDonald Community Center. Please call to ensure movie day is on schedule. For more information, call (310) 835-0212 ext. 1475.

PERSONAL ENRICHMENT

Mature Driving Program – In conjunction with AARP-get a break on your insurance by attending this class. This eight hour classroom course is broken down into two days. This course can sharpen driving skills, prevent accidents and keep older drivers on the road longer and safer. Cost \$15 for members and \$20 for non-members. Class time is 9 a.m.-1 p.m. Class provided every other month. Please call, (310) 835-0212 ext 1478

FEATURED ACTIVITY

SELF DEFENSE

Are you ready to learn some new moves in protecting yourself. Awareness is the key, come and join us as we learn how to stay physically fit while we defend ourselves! This class will show you different techniques and movements for self defense.

This class meets every Wednesday 10 a.m., at Stevenson Park, 17400 Lysander Blvd., Carson, 90746. Also, every Tuesday at 12 p.m. at Carson Park, 21411 Orrick Ave. 90745

For further information call (310) 835-0212 ext. 1475

Senior Band "Music Makers" – Open to beginners and advanced artists. Band members must read music and provide own instrument. Opportunities to perform at special city events and senior functions. Practices are scheduled on Mondays from 9 - 11 a.m.

Ukulele Class - Meets every Monday at 11 a.m., (10 a.m. beginners class and 11a.m. intermediate class) come out and learn the fundamentals of playing the ukulele and playing tunes. You will enjoy the social time with other seniors, as well as, playing tunes on the ukulele. Must bring your own ukulele.

SENIOR RECREATION



DANCE

Sweethearts of Tap – Come learn to tap dance and have a lot of fun. Monday 11:30 a.m. - 1:00 p.m.
Instructor: Joni Haward

Ballroom Dancing - Learn the art of ballroom dancing on Tuesdays, Advanced classes 2 – 3 p.m. and Beginners 1 – 2 p.m.
Dance Room. Minimal fee required for class.
Cost: \$3.00 Instructor: Kinue Williams

Senior Dance Troupe of Carson - Pacific Islanders bring their rich culture and customs to Carson in the form of singing and dancing. Classes on Mondays and Thursdays from 1 - 3 p.m. Dance Room.

Polynesian Dancers - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 9:30 - 11 a.m. Dance room. \$3 per class.
Instructor: Keali'i Ceballos (Bernard)

Line Dancing - Learn and perform the latest Country Western steps! Enjoy the company of other line dancers as they sway their steps to country music. Advanced classes are Wednesdays from 10 - 11 a.m. and beginners classes are on Wednesdays from 9 - 10 a.m. \$2 per class.
Instructor: Doris Thomas
Instructor: Jimmy Dixon, Thursday from 4-6 p.m.

Salsa Class - Join our salsa classes which meets every Monday from 10 - 11 a.m. Enjoy moving to the wonderful Latin beats and meeting new friends! Instructor: Roland Gutierrez Cost: \$3.00

CLUBS

Senior Clubs and Groups are co-sponsored by the City, yet operate independently. Activities include bingo, games, cards, potluck dinners, holiday activities, excursions, birthday parties, etc. Membership is required.

Carson V.I.P. Club - Meets on Tuesday from 11 a.m. – 4 p.m. Bingo played after business meeting. President: Tiny Cook

Dominguez Swinging Fifties - Meets on Wednesday from Noon – 4 p.m. at Dominguez Park, 21330 Santa Fe Avenue, Carson, CA 90810. President: Sandy Conn



Friendship Club – Meets on Friday from 11 a.m. – 4 p.m. Club dance is scheduled the fourth Friday of each month, noon to 4 p.m.
President: Nolando Sermonia

Jolly Club – This is the oldest senior club in Carson. They meet every Thursday, 11 a.m. – 4 p.m. Bingo is played after business meeting.
President: Mary Lassiter

T.L.C. Club (Tender Loving Care) – The club meets every Wednesday from 11 a.m. – 4 p.m. Bingo is played after business meeting.
President- Helen Alaniz

EXCURSIONS

All Senior Clubs offer a variety of excursions. Call the Senior Recreation Office for more details, (310) 835-0212, ext. 1475

All Fees Are Subject To Change

SENIOR RECREATION

The Elito M. Santarina Senior Technology Center



The Elito M. Santarina Senior Technology Center was dedicated on February 11, 2004 through the generous support of Computers4School. The lab offers 20 computer stations. It is open Monday through Friday. Seniors will acquire skills that will allow them to keep up with the advances of technology, and save time with tasks such as preparing tax forms, researching information and communicating with their loved ones.

Beginning

This class is designed for the complete beginner and teaches the basics of a typical personal computer system, hardware components, software programs, word processing, electronic mail and an introduction to computer file storage. The class also prepares seniors to use the internet introducing the features of the world wide web and related utilities. Seniors will explore the vast resources of the internet and learn to access information using a variety of methods.

Intermediate

Internet experience is recommended. Topics covered will include a special feature of the internet explorer browser program, temporary internet files and "cookies", viruses and virus protection, playing radio stations over the internet, creating shortcuts to favorite web sites, instant messaging and "chatting", how to personalize a free e-mail program, spam filters available thorough internet service providers, advanced search techniques and more.

*To register please sign up on waiting list online via:

http://ci.carson.ca.us/departments/communityservices/special_interest.asp

as mentioned above, there are only 20 computers stations in the lab, the waiting list is long, and you may wait several weeks before you are called. We apologize for any inconvenience.

For further information please call Senior Recreation: (310) 835-0212 ext. 1475 or 1479.

Cyber Café

The Cyber Café is equipped with the latest in technology software and Wi-Fi for seniors only.

Enjoy a cup of coffee with other seniors and join in on the latest news of technology and what's happening with computers.

Seniors are encouraged to bring their laptops.

Our Cyber Café is opened Mondays & Wednesday from 9 a.m.-2 p.m.

Desktops in the Cyber Café are reserved for students currently enrolled in computer classes.

If you would like to learn more about computers and sign up for classes, please call (310) 835-0212 ext. 1475.

Immediate opening for a computer instructor: Must have experience in teaching seniors as well as knowledge of computers. Please call (310) 835-0212 ext. 1479

SENIOR RECREATION

EXERCISE

**NO CHILDREN ALLOWED IN ANY
SENIOR ACTIVITIES OR PROGRAMS**

Tai Chi & Health — The ancient Chinese exercise system is designed for meditation and for the development of self-discipline and a sense of harmonious well-being. The instructor will guide you through a warm-up, posture and breathing techniques, as well as walking and hand movements. After just a few lessons you will feel the benefits of this ancient practice. This is an effective way to aid in stress relief. Class meets on Fridays from 9 - 10 a.m. in the Dance Room. Instructor: Ron Ige

Basketball — Join this group, Monday through Friday at Scott Park from 8:30 – 10:30 a.m. Bounce your way into fitness with other players!! Come have fun and get a great cardio workout! For more information, call (310) 835-0212 ext 1475.

Aerobics — Come and exercise to the funky tunes for a great workout! Every Friday from 10:30 – 11:15 a.m. Also join Randy Okuda on Wednesdays from 11:30 a.m. – 12:25 p.m for a super workout at the Congresswoman Juanita Millender-McDonald Community Center. Cost: \$3.00

Muscle Strengthening — Class meets every Tuesday and Thursday from 11:00 a.m. – 11:40 a.m. and 11:45 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.

Muscle Strengthening using resistance bands.

Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and footwear are required, such as closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. Each participant must fill out a form to participate that requires a doctors release to exercise. Forms are located in the Senior Recreation Office or from the instructor.

MUST SIGN IN DUE TO LIMITED CLASS SIZE.

Yoga Class — Every Monday 1:15-2:15 p.m. at the JMMCC. Come and learn the different techniques of breathing and formation of Yoga. A cant miss class! Class is FREE to seniors 50+ Instructor- Charlene Craigen

Hot Hula Class - every Thursday at 1pm at the JMMCC. Come and join us as we move our hips into fitness with hula! Come on down and join us!! for further information call (310) 835-0212 ext. 1475 instructor is Charlene Craigen

Weightlifting and Conditioning — This class meets Monday through Friday from 8:30 – 10:30 a.m. Boxing and Weightlifting facility - 23410 Catskill Ave., phone number (310) 830-6439. Seniors are able to use exercise equipment such as: treadmills, ellipticals, exercise bikes, etc. Staff available if you have questions.

**THERE IS NO TRAINER ON-SITE AT THE
FOLLOWING FACILITIES LISTED BELOW**

Please check days & times below exclusively for seniors 50+

**COMING SOON: BOOK CLUB, TENNIS, SNAG GOLF AND
CELLPHONE 101 CLASS (PRESENTED BY T-MOBILE)**

Also, **TABLE TENNIS...** if you're interested give us a call at (310) 835-0212 ext. 1478

Scott Park Boxing Center

23410 Catskill Ave. • (310) 830-6439

Monday- Friday 8:30-10:30 a.m.

Please call (310) 835-0212 ext. 1475.

They're facilities are not open to the public during the designated times for seniors.

Carson Park, 21411 Orrick Ave. • (310) 830-4925

Monday -Friday 8:30 a.m.- 12 noon

Stevenson Park Gymnasium, 17400 Lysander Dr.

(310) 631-2252 or (310) 631-0963

MWF (Monday, Wednesday and Fridays only)
8 a.m.-11:30 a.m.

Senior Fitness Program

Stevenson Park Gymnasium • (310) 952-1745

Monday thru Friday 8 a.m.-11 a.m.

Fitness classes in the gym MWF 8:30-9:30 a.m.

• **Line Dancing**

Every Friday from 10 a.m.- 11:30 a.m.

• **Zumba**

Every 2nd & 4th Friday from 8:30-10:30 a.m.

Carson Park, 21411 Orrick Ave. • (310) 830-4925

Seniors 50+ and older FREE

Class size limited for Zumba Class

• **Zumba Class**

Monday/Wednesday/Friday 8:30-9:30 a.m.

Monday/Wednesday 10-11 a.m.

• **Low Impact Aerobics**

Tuesday/Thursday 8:30-9:30 a.m.

• **AB, THIGH and Buns class**

Fridays from 10 a.m.-11 a.m.

• **Yoga class**

Tuesday 10:30-11:30 a.m.

Starting Tuesday, November 3,

Carson Park will begin its Self Defense class at 12pm.

(Please Bold this information if you can)

HEALTH

Health Programs, Seminars & Lectures — Health lectures are provided based on the interests of seniors. Submit your suggestions on what you would like learn or hear about.

Blood Pressure Screenings — Volunteers provide free blood pressure screening Mondays - Wednesday from 10:00 - 11:00 a.m. Please call, (310) 835-0212, ext. 1479, if you would like to volunteer to provide blood pressure screening at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.

Food Stamp/Medi-Cal Applications

A representative from the Los Angeles County Public Social Services is here the first Tuesday and third Thursday of each month from 9:30 a.m.-12 p.m. to help fill out applications for Medi-Cal and Food Stamps. No appointment needed, walk-ins welcome, first come first served.



SENIOR INFORMATION AND RESOURCE FAIR

The Senior Information and Resource Fair is a quarterly event organized by the Human Services Department. At each fair we invite community partners to come and share information on resources available to seniors and their families. The two hour event takes place in the East Wing Breezeway and is open to all. For more information on this event please contact Amanda Valorosi at (310) 835-0212 x1471.

Financial Counselor

A volunteer financial counselor is here most Tuesdays and Thursdays from 9:30 a.m. to 12:30 p.m. to help you with any financial questions you may have, including retirement planning. By appointment only. Please call (310) 952-1775.



Equipment Loan Program

The Social Services office has walkers, crutches, wheelchairs, and canes available for loan. Contact Senior Social Services at (310) 835-0212 ext. 1480 for more information. Please keep us in mind if you have a wheelchair or any mobility equipment you are no longer using and/or if you know someone who would like to donate one.

SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

Health and Human Services General Information: 2-1-1
AARP: (213) 380-1800
Area Agency on Aging: (213) 738-4004
Elder Abuse Hotline: (800) 992-1660
Mental Health Information: (800) 854-7771
Nursing Home Information: (800) 427-8700

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

Meals on Wheels/YMCA: (310) 835-0212 x1487
Food Bank Info Line: (800) 839-6993
Food Stamps DPSS Compton: (310) 603-8411

HEALTH AND MEDICAL

L.A. County Rancho Los Amigos Geriatrics: (562) 401-8130
South Bay Mental Health Clinic: (323) 241-6730

HOUSING

HUD: (800) 955-2232
Westside Center for Independent Living: (310) 390-3611

IN HOME SERVICES

In Home Support Services Intake Hotline: (888) 944-4477
In Home Support Services Helpline: (877) 481-1044

INSURANCE BENEFITS AND RESOURCES

HICAP: (800) 824-0780
Medi-Cal: (800) 952-5294
Social Security Administration SSI/SSDI: (800) 772-1213

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SUPPORT GROUPS

Alcoholics Anonymous: (310) 618-1180
Alzheimer's Association: (323) 938-3370
Clutter Support Group: (310) 212-0917
VITAS Bereavement Support Group: (310) 324-2273
Wellness Community Cancer Support: (310) 376-3550

TRANSPORTATION

Access: (800) 827-0829
Dial-A-Ride: (310) 835-0212 x1489

SPECIAL INTEREST CLASSES

WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

The Special Interest Class Program offers quality classes of special interest to meet the needs and interests of the community. The program is administered by the City of Carson Human Services Division.

The Special Interest Classes are held at the Congresswoman Juanita Millender-McDonald Community Center (shown as CJMM Comm. Ctr.) unless otherwise indicated. For information on dates and times, call (310) 835-0212 ext. 1445.

All Fees Are Subject To Change

WHAT REQUIREMENTS DO YOU NEED TO TAKE TO A SPECIAL INTEREST CLASS? An interest and desire to learn is the requirement for taking a Special Interest Class.

What is your interest?

We need your input!
Help us by letting us know.
Is it dancing, singing, cooking,
Zumba, golf, flower arranging,
finance, speaking a different
language, karate, etc.....

We want to know
Your interest is our interest

Please call our Special Interest Program
office at 310-835-0212, ext. 1445

Self Defense



Karate - 510 (4 week reg.)

All Ages \$38/Resident \$43/Non-Resident

Traditional Karate - Do training develops self-confidence and a positive attitude while learning Respect/Confidence, Motor Skills and Self Defense. Instructor: Frank Acevedo

Tuesday - 6:30 - 8 p.m. / Friday - 6:30 - 9 p.m. Carson Park

REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Recreation and Human Services.
- All individuals registering for classes must reach the minimum age on or before the first class meeting.
- Bring your receipt to your first class meeting. Please check information on your receipt for accuracy.
- All classes must have a minimum of 10 participants.

MAIL-IN REGISTRATION

- Complete the registration.
- Please make checks or money orders payable to City of Carson (DO NOT SEND CASH). Checks require driver's license number written on the front.
- A self-addressed, stamped envelope must be included with the registration form and fee. A class admission receipt will be returned in the envelope. There will be a separate slip for each class and participant. You will be informed if we are unable to complete your registration or if your class choices are filled. *

WALK-IN REGISTRATION

Congresswoman Juanita Millender-McDonald Community Center, Special Interest Office
Monday through Thursday 8 a.m.-5 p.m.

*ON SITE REGISTRATION WILL BE TAKEN THE FIRST TWO WEEKS OF CLASS.

EVENING REGISTRATION AT: Congresswoman Juanita Millender-McDonald Community Center, 3 Civic Plaza Drive Monday - Thursday 4-6:30 p.m.

Note: If you have not received verification of your registration, call (310) 952-1782. After completed mail-in registration has been returned to you and you find your schedule requires adjusting, make transfers and adjustments during walk-in days and times.



MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only _____

Phone _____

Address _____

City _____

Zip _____

Emergency Name _____

Emergency Phone _____

A SEPARATE CHECK FOR EACH CLASS IS A MUST

Participant's First & Last Name _____ Age if Under 18 _____

Name of Class _____

Date ____/____/____ Time ____ Location ____

REFUND POLICY

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

- Refunds will only be given when a class is canceled by the City of Carson, Recreation and Human Services.
- Refunds will only be given upon presentation of the original white receipt.
- Request for refunds must be made within two (2) weeks of class cancellation.
- Allow 4-5 weeks for refunds.
- When paid by check, proof of bank clearance must be presented for refunds.
- For additional information, call (310) 952-1782.

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature _____ Date ____/____/____

Parent/Guardian signature _____ Date ____/____/____

*Mail form, payment and a self-addressed, stamped envelope to:
Human Services Division, Special Interest Class Program,
Congresswoman Juanita Millender-McDonald Community Center, 3 Civic Plaza Dr., Carson CA 90745.

ASSISTED LIVING

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 60 and older. These activities are located at the Congresswoman Juanita Millender-McDonald Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1471.

Case Management & Home Services

To help seniors help themselves to remain independent in their own homes. Our coordinator meets with clients to assess their needs, determine eligibility for services, and develop a care plan. This is done during a home visit, which takes approximately an hour. The coordinator gathers information concerning an applicant's physical, psych-social, financial, and any other concerns that may arise during the visit. We encourage caregivers to participate in the assessment and planning of services. Coordinators authorize services based on the individual needs of each senior or refer them to other community agencies. For more information, call (310) 835-0212 ext. 1471.



Geriatric Aide Program

This program is designed to provide limited domestic assistance to frail and homebound seniors. Typical services include light housekeeping, dishwashing, vacuuming, kitchen and bathroom cleaning, laundry, grocery shopping and meal preparation. No charge and donations are encouraged. For more information or to be placed on a waiting list, call (310) 835-0212 ext 1471.

EARS (Emergency Alert Response System)

All of us want to be able to live independently in our own homes as long as possible. Seniors with a disability can maintain their independence with a little help from Lifeline. Lifeline is a personal response unit connected to a home telephone system. If an emergency occurs, the subscriber simply presses a button worn on the wrist or around the neck, and an alarm sounds at Long Beach Memorial Medical Center 24-hour monitoring station and within seconds, a friendly voice is heard in the home asking the nature of the problem and dispatching appropriate help. For more information or to be placed on a waiting list, call (310) 835-0212 ext. 1471.

Respite Care

This program provides relief to caregivers who are meeting the daily needs of a senior family member or friend. These services include Respite Companions, Social Day Care, Homemaker, and Personal Care Assistance. To be placed on a waiting list, call (310) 835-0212 ext. 1471.

Friendly Visitor (Also in need of volunteers at this time)

Seeking Friendly Visitor Volunteers to provide companionship, understanding, and empathy to elders who are lonely and/or isolated. Through regular

visits, these volunteers provide letter writing, reading and friendly visits to help the client remain as independent as possible while living in the community. For more information, call (310) 835-0212 ext. 1471.

Bereavement Support Group

This unique group is offered to adults of all ages who are experiencing grief following the death of a loved one. Research shows that individuals who have experienced such a loss can benefit from sharing with others in a safe, caring environment. This group meets for 11-week sessions throughout the year on Wednesdays, 10 a.m.-12 p.m., at the Congresswoman Juanita Millender-McDonald Community Center. Please call ahead for more information, at (310) 835-0212 ext. 1471.

Housing Rights Clinic

This program is designed to actively support and promote fair housing through education and advocacy to allow individuals the opportunity to secure housing they desire and can afford, without discrimination based on their race, color, religion, gender, sexual orientation, national origin, familial status, disability, ancestry, age, source of income, or other characteristics protected by law.

Clinics are held the 1st Thursday of every month from 9:00 - 11:00 a.m. at the Congresswoman Juanita Millender-McDonald Community Center and the 3rd Wednesday of every month from 9:00 - 11:00 a.m. at Carson City Hall. For more information on upcoming clinics, call (310) 952-1775.

Nutrition Program

Monday through Friday at 11:30 a.m. in the Carson/Torrance YMCA, serves a variety of delicious healthy, hot and nutritious lunches in the Congresswoman Juanita Millender-McDonald Community Center. Guests enjoy a tasty meal as well as warm conversation and fellowship. A donation is \$2.75 and \$3.50 for non-seniors per meal and is suggested for people 60 years or older. There is a cost for home delivered meals. For more information, call (310) 835-0212 ext 1487.

Food Bank

The Los Angeles Regional Food Bank invites low (LOW) income seniors 60 years of age or older to participate in the Commodity Supplemental Food Program. Qualifying seniors receive a free food kit once a month. For more information, call (323) 234-3030.

Caregiver Support Group

Support Group offered to any caregivers looking for a place to feel like they are not alone in the stresses that come along with taking care of a loved one. Come and talk to others in a safe, caring environment about struggles you may be having. This group meets every Tuesday, from 11:30 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson. There is no fee to attend. Please call ahead for more information, at (310) 835 - 0212 ext. 1471.

SPECIAL NEEDS

Special Needs, or Adaptive Programs, is designed to meet the basic recreational, social, and physical fitness needs of Carson's disabled population groups, including the physically and sensory disabled with the developmentally disabled. All instruction is free unless otherwise noted. The Special Needs Office is located in the Community Center. Office hours are Monday-Friday, 9 a.m.-6 p.m. For more information, call (310) 835-0212, ext.1465 and 1470.

The Special Needs Program is designed to address the basic social, physical fitness and recreational needs of Carson's disabled population. These program activities place emphasis on the following areas: socialization, creative activities, physical and educational development, and special recreational programs, including the Southern California Special Olympics.

In order to participate in any of the Special Needs Activities you must have a City of Carson Special Needs Registration form on file in the office.

Monthly Dances and Themes

Monthly dances are a chance to relax and enjoy new friendships. Refreshments are served, and occasionally, a band or professional disc jockey is scheduled to make the evening more enjoyable. Cost is \$15-\$25 when a dinner is served. The dances are held at the Community Center from 7-10 p.m. Upcoming dances are as follows:

- **Dec. 11, 2015** - Christmas Dinner/Dance
- **Jan. 8, 2016** - New Years Dance
- **Feb. 12, 2016** - Valentine Day Dance

Arts and Crafts

Learn to make fun and creative crafts. Some materials to be used include sea shells, sand, wood, paints and much more. Class held at Scott Park. Refer to monthly calendar for specifics.

Exercise Class

Okay, it's time to join us in this low impact workout while listening to hip hop music, and get ready for our Summer outfits. Let's start working on losing those extra pounds that we gained during the Holidays. Class held at Scott Park. Refer to monthly calendar for specifics.

Basic Classroom Skills

Curriculum is designed to encourage your child/consumer's development through experiences incorporating audio, visual and kinesthetic learning. This includes a wide variety of readiness skills, creative experiences, psychomotor skills and social interaction. Class held at Scott Park. Refer to monthly calendar for specifics.

Monthly Calendar

A monthly calendar is sent to all clients who are registered in this program. This calendar notes weekly classes, special event information, Special Olympic tournaments, and all program changes. So, be sure you are registered with the Special Needs Office in order to receive your up-to-date exciting program.

Carson Special Needs Parent Association

Parents, guardians, friends, and advocates interested in becoming involved in programs for the developmentally disabled are invited to attend these monthly meetings. Meetings are held on the same night as the monthly dances. Please refer to the monthly calendar for dates and times.

Variety Club

Variety Club presents an opportunity for developmentally disabled individuals to socialize and learn new skills in a fun atmosphere. Appropriate social behavior is stressed as the group creates entertainment programs, studies nutrition, play games, dance, discuss safety and much more. Class held at Scott Park. Refer to monthly calendar for specifics.

Special Olympics:



BASKETBALL

We are once again gearing up for Special Olympic competition in the sport of Basketball. We are recruiting for our City of Carson Special Needs Program Basketball Team for 2016. It is mandatory that all participants have a CURRENT Special

Olympic medical form on file in our office before he/she can participate. Please refer to the monthly for practice times, dates and location.



TRACK & FIELD

Join us on the track. We will be training for running the 50, 100 and relay races, standing long jump, running long jump, softball throw. After this hard work our Special Olympic teams will be ready to compete in upcoming Southern California

Special Olympic meets. Please refer to our monthly calendar for practices, location and times.

JOSEPH B. JR. AND MARY ANNE O'NEAL STROKE CENTER

The mission of the Joseph B. Jr. and Mary Anne O'Neal Stroke Center is to serve the needs of people living with the effects of stroke and provide support for their families. This facility features rehabilitative equipment and offers a variety of activities including group exercise, occupational therapy, speech therapy, social activities, and more. For more information, call (310) 952-1763.

Here's what our members are saying about us.



"I was in a wheelchair when I first came to the Stroke Center. Now I am able to walk thanks to the help of the Occupational Therapist Dr. Paul and his students. With their help and guidance, I have seen dramatic results."
(Dulce Barrantes)

"I could not talk when I got out of the hospital. The speech therapy class gave me the motivation to keep working toward my goals, and now thanks to the Speech Pathologist Dr. Jennifer and her students, I can hold conversations with the people I love."

(Jose Luis Mercado)



JBJ-MAO Stroke Center

The Stroke Center is open Monday through Friday from 8:30 a.m. – 4:30 p.m. Once your application has been accepted, you can work out at your own pace in our fitness center, with supervision from friendly staff members.

Occupational Therapy

Our OT providers will administer treatments that contribute to optimal occupational performance including self care, daily living skills essential for productivity; functional communication and mobility; enhancing play and leisure skills, and more. See calendar for days and times.



Social Survivors

Take a break from therapy and join us for some fun! Get to know your fellow survivors in a social setting. Activities include table tennis, Wii, bean bag toss, karaoke, SNAG golf, movies, picnics, and more. See calendar for days and time.

Speech Therapy

This class is open to all stroke survivors whose speech may have been affected by stroke. This is a group activity with a licensed Speech Pathologist. Please see the monthly calendar for days and times.

Chair Volleyball

Join us every Tuesday and Thursday at 11:30 a.m. for some exercise with friends. This is seated volleyball with a beach ball, which leads to improved motor skills, coordination, and verbal communication. This is one of the most popular activities, so come join the fun!

Zumba Gold

Check the calendar for Zumba Gold classes, which is modified Zumba for stroke survivors. Come enjoy the music and the energy of this group class!

Caregiver Support Group

As a family caregiver, you may find yourself facing a lot of new responsibilities, many of which are unfamiliar. It helps to know you're not alone, and it's comforting to give and receive support from others who understand what you're going through. Join us Tuesdays in the Caregiver Support Group from 11:30 a.m.-12:30 p.m. at the Community Center.

FAMILY COACHING

CITY OF CARSON

Do you or someone in your family need a little guidance in setting goals and finding ways to reach those goals?

You can work together with a family coach to learn how to prioritize, plan and reach your goals, and explore ways to strengthen your family bonds.

For more information, contact
Jenice Deguzman at
(310) 847-3584

*Funded by the City of Carson
and the
South Bay Center for Counseling*



Walking Club

Come join us for a fun night of walking!

Don't have time to exercise? Don't like to work out alone?

No more excuses!

Come out, bring a friend or meet someone new
in your community to walk with.

WEDNESDAYS • 6 P.M. - 7 P.M.

VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

FREE FOR ALL AGES

Meet at the benches by the office

*Funded by
the City of Carson and
the South Bay Center
for Counseling*

FOR MORE INFORMATION, CONTACT
JENICE DEGUZMAN AT (310) 847-3584

PREVENTION AND AFTERCARE

City of Carson

Crafty Club

Keep Calm and Craft On
Crafts aren't just for kids!

Come explore your inner crafter.

Share your crafting experience and learn something new from others.



Every Monday from 6:30 p.m. - 8:30 p.m.

Ages 18 and up • FREE

Scott Park

23410 Catskill Avenue, Carson, CA 90745

For more information contact: Jenice Deguzman at **(310) 847-3584**

Funded by The City of Carson and South Bay Center for Counseling



CITY OF CARSON

Mommy & Me

Take a break from your busy day to spend
some fun time with your little one and
meet other moms in your community!

Thursdays • 6 p.m. - 7 p.m.

Dolphin Park

21205 S. Water Street, Carson, CA 90745

FREE ADMISSION

For more information, contact
Jenice Deguzman at (310) 847-3584

*Funded by the City of Carson and the
South Bay Center for Counseling*



PERMITS

Welcome to Permits!



The Reservation Office business hours are
Monday - Thursday, 7:30 a.m. - 5:00 p.m.
Call us at (310) 847-3570 or fax us at (310) 830-7683.

We are located at the Recreation and Human Services
Offices at the Corporate Yard,
2400 E. Dominguez St., Carson, CA. 90810.

Celebrate at our facilities!

We can accommodate your party for birthday celebrations, family picnics, and other special events at one of our park facilities. New facility at Carson Park (indoors & outdoors)

Reservation/Cancellation Policy

Reservations are taken three (3) months in advance. To cancel a reservation date, please contact us fourteen (14) working days prior to the date of the reservation in order to receive a refund. Cancellations in the final 48 hours may be subject to a cancellation charge of 50%. No refunds will be given for cancellations the day of the event.

Equipment Rentals

Why go to a party supply store when you can rent equipment from us? We have everything you need to have a successful event. Check out our price list on items such as podiums, stages, stairs, extension cords, chairs, canopies, linens, tables, and much more! Prices subject to change without notice.

Jumpers

Grass Area Reserved for Moon Bounce Only
No Other Forms of Entertainment Allowed
(No WATER SLIDES, NO PETTING ZOOS,
NO MECHANICAL EQUIPMENT, AND NO FOOD VENDORS)

Size limits 15x15 Jumper, 1 per permit only

Jumper Company Must Provide Generator

The following jumper companies hold current City of Carson business licenses
and \$1,000,000 liability

A Plus Promotions/Trains on the Move:

(310) 532-6223

ABC Party Rental: (310) 834-2892

BR Party Rental: (323) 907-0757

Fiesta Jump: (310) 263-1848

Jumper ETC: (888) 551-3832

Jump 4 Fun: (800) 281-6792

Kandy Specialty Party Supplies & Services:

(310) 819-8764

Major Jumpers: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1393

Trackless Train (Jumper Only): (323) 228-3904



ALL FEES ARE SUBJECT TO CHANGE

<http://Recreation.Carson.Ca.Us>

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

For information on reserving Victoria Park, call (310) 217-8370

Community Services

Transportation Services Division



MISSION STATEMENT

Provide citywide transportation programs related to improving the fixed-route public transit system, specialized elderly and disabled transit, city-sponsored excursion, transit support of city park programs, and regional air quality issues.

- ♦ **Carson Circuit** is a fixed-route bus with eight lines serving major city destinations and feeds into regional transit lines. Service is provided under contract and operates Monday through Saturday.
- ♦ **North/South Shuttle** operates along the city's western boundary providing connections to the Carson Circuit and regional transit lines. City staff operates the program Monday through Friday.
- ♦ **Dial-A-Ride Program** provides economical taxi service to seniors and disabled residents serving city destinations and designated satellite points outside the city. The DAR program operates 24/7.
- ♦ **City-Sponsored Excursion Program** offers the public a variety of fun-filled day trips as well as overnight trips each quarter that covers southern California, neighboring counties and states. The program uses a city owned 56 passenger Prevost recliner bus.
- ♦ **BREATHE Program** utilizes various incentives and strategies to maintain employee commuter travel modes to three major city worksites. The program complies with regional air quality goals under AQMD Rule 2202 by reducing air pollution from mobile sources.

LOCATION

Congresswoman Juanita Millender-
McDonald Community Center

801 E. Carson Street
Carson, CA 90745

(310) 835-0212 ext. 1495

OFFICE HOURS

Monday – Thursday

8:00 am – 5:00 pm

We are closed Fridays, Weekends &
Holidays.

ONLINE PAYMENTS

[https://payment.carson.ca.us/
transportationonline/index.asp](https://payment.carson.ca.us/transportationonline/index.asp)

For more Transit Information, visit our webpage: <http://ci.carson.ca.us/departments/communityservices/transportation.asp>

TRANSPORTATION SERVICES DIVISION EXCURSIONS



All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center at Carson 801 E. Carson Street, Carson, CA 90745

Online payments are now available.

Visit the City of Carson website: <http://ci.carson.ca.us>

For more information: (310) 835-0212 ext. 1489 or Email: excursions@carson.ca.us

All Fees Are Subject To Change

Christmas in Solvang • Saturday, December 5, 2015

VELKOMMEN! Head to Solvang, CA to celebrate the 2015 Julefest Celebration this year, and you might feel like you've stumbled half-way across the world. It will be holiday cheer with a decidedly Danish twist. All events are free. Plus there will be a splendid shopping opportunities from clogs to iron art to unique toys for stocking stuffers. Don't forget to visit the wine tasting rooms to provide additional seasonal cheer. **Cost of \$35.00 per person** includes round-trip transportation. No meals are included. **Bus departs at 6:30 am and returns at 5:00 pm**

Fillmore Railway - North Pole Express • Saturday, December 12, 2015

Pick out your most favorite pajamas and kids and join in this one hour ride to pick up Santa at the NORTH POLE!!! During this North Pole Express, enjoy cookies and hot chocolate while singing and listening to Christmas carols. **Cost of \$52.00 per person (\$42.00 for children 2 – 12)** includes round-trip bus transportation, and train seat to the North Pole. **Bus departs at 4:00 pm and returns at 9:00 pm.**

2016 Tournament of Roses Parade • Friday, January 1, 2016

Experience – in person – the 127th Rose Parade themed, "Find Your Adventure," with the magic of New Year's Day in an unrivaled celebration, exclusive to the streets of Pasadena! The parade will feature majestic floral floats, high stepping equestrian units and spirited marching bands from throughout the world. **Cost of \$95.00 per person** includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 am and returns at approximately 12:00 noon.**

2016 Post Roses Parade Showcase of Floats • Saturday, January 2, 2016

Get a close-up view and see the detail, design and workmanship that go into every parade float. You can walk within arm's reach of over 50 floats gathered around two streets and see for yourself the creativity and imagination of the floral displays. There will be Tournament of Roses volunteers available to answer questions on how the floats are put together. **Cost of \$35.00 per person** includes round-trip bus transportation and showcase admission. **Bus departs at 8:00 am and returns at approximately 5:00 pm.**

KURIOS – Cabinet of Curiosities, Los Angeles, CA – Sunday, January 31, 2016

What if you could alter reality at will? Delve into a world of curiosity where seeing is disbelieving: the world of KURIOS – Cabinet of Curiosities from Cirque du Soleil. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: “Is it real, or just a figment of my imagination?” **Cost of \$107.00 per person** includes admission and round-trip transportation. **Bus departs at 11:30 am and returns at 4:30 pm.**

Ronald Reagan Museum/Football Exhibit • Saturday – February 6, 2016

Experience a first-hand look at the history of football and other permanent exhibition with a docent lead guided tour of the renowned Ronald Reagan Museum. No-host lunch is available in the Reagan Café. Afterward, spend some time touring the rest of the museum and gift shop. **Cost of \$ 55.00 per person** includes round-trip bus transportation and guided tour. **Bus departs at 8:00 am and returns at 6:00 pm.**

Palm Springs Day Trip • Saturday, February 27, 2016

If you're looking for a nice one day get-away that's not too far, then Palm Springs is just right for you. Start the day by traveling 8,516 feet to the snowy mountains of Mt. San Jacinto State Park in the world's largest rotating tram cars of the Palm Springs Aerial Tramway and then enjoy a cafeteria style lunch at Pine's Cafe. Before heading home, try your luck at the slots and card tables of the Agua Caliente Casino or enjoy the stores at Cabazon shopping outlets and Hadleys. **Cost of \$80.00 per person** includes round-trip bus transportation, aerial tram fees & lunch. **Bus departs at 7:30 am and returns at 10:00 pm.**

Festival of Whales with Whale Watching Dolphin Safari, Dana Point, CA • March 5, 2016

Come aboard Capt. Dave's catamaran sailboat, Manute'a, to observe migrating Grey Whales as they travel from Alaska to Mexico. See what it's like to swim with the sea creatures without getting wet in the Eye-to-Eye Underwater Viewing Pods. Crew members provide full narration and are available for questions during the exploration. Afterwards, enjoy free time at the Festival of Whales. **Cost of \$95.00 per person** includes round-trip bus transportation and private safari tour fees and gratuity. **Bus departs 7:30 am and returns at 5:00 pm.**

Monterey Bay Excursion-Thurs. • Sun.-May 5 – May 8, 2016

Explore what the coast has to offer during this 4-day weekend get-away where Embassy Suites Monterey Bay will be your home for the weekend. During a Behind-the-Scenes tour at the Monterey Bay Aquarium, you will meet mesmerizing creatures and get glimpse of the exhibits from the other side of the window. Enjoy some shopping & dining at the famous Cannery Row & Carmel. We will end the weekend with a day trip to San Francisco's Golden Gate Bridge & Pier 39. Breakfast & afternoon snacks will be provided by the hotel. **Cost of \$540.00 per person** includes round-trip bus transportation, hotel accommodations (**double occupancy**), and tour fees. **Bus departs Thursday, May 5th at 8:00 am and returns on Sunday, May 8th at 6:00 pm.**

Transportation Services Division 2016 Roses Parade Tours Friday, January 1, 2016

FIND YOUR ADVENTURE

2016



Cost of \$95.00 per person

includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating.

Bus departs at 5:00 am and returns at approximately 12:00 noon.



Saturday, January 2, 2016

Get up close and personal with selected Roses Parade Floats.



Post Roses Parade Showcase of Floats

Cost of \$35.00 per person

includes round-trip bus transportation and
showcase admission.

Bus departs at 8:00 am and
returns at 5:00 pm.

All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center
801 E. Carson Street, Carson, CA 90745

Online payments are now available. • Visit the City of Carson website: <http://ci.carson.ca.us>

For more information: (310) 835-0212 ext. 1495 or Email: excursions@carson.ca.us

“SENIOR CITIZENS, YOU HAVE A VOICE”

The Carson Senior Citizens
Advisory Commission
invites you to attend its
meetings to present your
ideas for a better life.



Please join us and discuss ways
to help better your community.

Where: Congresswoman Juanita Millender-McDonald
Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

TALK TO US...WE ARE LISTENING
BECAUSE WE CARE

CARSON CENTER WHEN IT COMES TO EVENTS, WE MEAN BUSINESS...



(310) 835-0212

**801 East Carson Street,
Carson, California 90745
www.carsoncenter.com**

Volunteers: “Carson Wants You”

Volunteerism has always been the backbone of the American way of life, from the Red Cross worker who lends a helping hand to victims of natural disasters to the volunteer coaches who teach our children about sports and fair play. In Carson, volunteerism remains a vital force in keeping public services available to residents of the city.

Volunteers have made a difference. They have often unselfishly pitched in and given valuable time in delivering important services that otherwise could not be provided. If you would like to make a difference and are willing to give of your time and effort to Carson’s recreation programs, you are encouraged to contact your neighborhood park or City Hall Annex at (310) 847-3570.



Carson Veterans Monument

On November 11, 1998, the City of Carson dedicated a Veterans Monument to honor Carson Veterans who died while serving this country. We need your help. If you know the name of a Carson Veteran who died while serving this country, please call, (310) 830-9991.

Carson Veterans Wall

The City of Carson is gathering the names of Carson Veterans who served in the United States armed forces for the purpose of adding their name to the Veterans Wall. If you are a Carson Veteran or if you know of a Carson Veteran who served in the United States armed forces, please contact the Parks and Recreation Department at (310) 830-9991.

Take Control of Your Diabetes... in just six weeks!

If you or someone you know is age 65 or older and/or a Medicare patient with diabetes or pre-diabetes (borderline diabetes), the time is now to take control of your diabetes. Sign up for the Everyone with Diabetes Counts program to receive six weeks of diabetes education workshops in your area—all at no cost to you. Learn from trained educators in your community.

Here is what you will learn about:

- Diabetes and its risks
- The role of diet and exercise
- The importance of regular doctor exams, and annual foot and eye exams
- How to maintain willpower in a world of food temptations
- How to manage medications



Call 844.472.4224 to sign up and get more information!

Current class schedule (English-only classes):

Begins: December 14, 2015

Where: Carson Community Center

Time: 9:30–11:30 a.m.

When: Monday mornings for six weeks

Begins: January 11, 2016

Where: Carson Community Center

Time: 9:30–11:30 a.m.

When: Monday mornings for six weeks

Begins: March 14, 2016

Where: Carson Community Center

Time: 9:30–11:30 a.m.

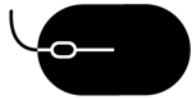
When: Monday mornings for six weeks

This material prepared by Health Services Advisory Group, the Medicare Quality Improvement Organization for California, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication No. CA-11SOW-B.2-09292015-03



Quality Improvement Organizations
Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES





FREE E-Waste Collection

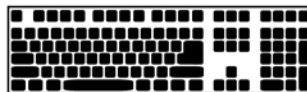


Saturday, February 13, 2016

Carson City Hall Parking Lot

9:00 a.m. – 2:00 p.m.

For more information, please call the
Public Information Office at 310 952 1740.



City of Carson 22nd Annual PARENT CONFERENCE Rising Stars!

SATURDAY, FEBRUARY 20, 2016 • 11 A.M. TO 2 P.M.

**CONGRESSWOMAN
JUANITA MILLENDER-MCDONALD
COMMUNITY CENTER AT CARSON
DOMINGUEZ ROOM
801 East Carson Street
Carson, CA 90745**

Please join the
CITY OF CARSON
HUMAN RELATIONS COMMISSION
as
they Honor
Outstanding Students!

★ Each Student will present a personal statement
about themselves, their adversities
and how they overcame them to
succeed in their studies.
These students will set a positive example
for their friends who have doubts about...
Rising to the Top! ★

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Baseball Fields	Baseball Courts	Children's Play Area	Football Field	Frisbee Golf Course	Gymnasium	Horse-shoes	Meeting / Craft Rooms	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-Purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		•		•			2	•				4L		•			
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		•	•			•	2	•	•	•		2L		•			
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•				1	•	•	•							
Congresswoman Juanita Millender-McDonald Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.									26										•
Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998	11	2L	2L		•	•		•	•	2	•	•	•	•		•		•		•
Carson Pool 21436 S. Main St. 830-1053													•		•					
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		•	•				2	•	•	•							
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		•	•				2	•	•	•		2L	•	•			
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•			2	•	•	•	•	2L					
Friendship Mini Park 21930 S. Water St. NONE	0.3				•						•									
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019 Hemingway Aquatic Center 16605 San Pedro St.	13	1L	1L		•	•	•		•	2	•	•	•	•	2L					
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•			2	•						•			
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•		•	•	4	•	•	•	•	2L	•		•		
Scott Pool 23410 Catskill Ave. 549-9051													•		•					
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•		2L	•		•		•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•						•									
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•		2L				•	•
Veterans SportsComplex 22400 Moneta Ave. 830-9991 sq. ft.	25,000		6L					2		1						•		•	•	•
Perry Street Mini Park 215th and Perry	2				•						•									
Reflections Mini Park 21208 Shearer Ave.	.5				•															

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