



# Community Services Guide

September / October / November 2016



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

## Halloween Carnival

Saturday, October 29	1 p.m. – 10 p.m.
Sunday, October 30	1 p.m. – 10 p.m.
Monday, October 31	5 p.m. – 10 p.m.
Community Event (5 p.m. – 8 p.m.)	

DATED MATERIAL. Please deliver promptly.

**POSTMASTER :**

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

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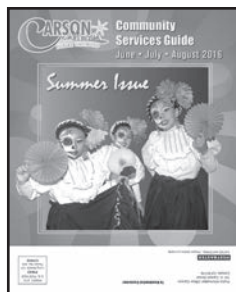
## All Fees Are Subject To Change

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 Fall 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

Carson Residents:

Fall Season is Upon Us!

The fall season brings us cooler weather and early sunsets. The time also brings us into a new programming season. Our afterschool Kid's Club will open early this year to coincide with the new school year calendar. The youth sports calendar brings us flag football, soccer, softball, and volleyball leagues.

The Recreation and Human Services staff and dedicated volunteers are ready to move into the fall season. Our parks offer a variety of activities for all ages: Pools will remain open for lessons and recreational swimming. We are looking at expanding our Special Instruction classes. New classes for art, music, and fitness class are being planned. Adult sports leagues will continue to offer recreational competition. After-school programs at the parks are offered daily by trained and experienced recreation staff. Through our Permit Section you can reserve a room, picnic shelter, or the swimming pool for a private party or business event.

The Congresswoman Juanita Millender-McDonald Community Center offers programs for seniors. Seniors can stop in and enjoy lunch, play bingo, or participate in one of many senior activities. The Elito M. Santarina Senior Technology Center offers classes to help you learn the latest computer programs, and how to utilize the internet. Also, the award winning Stroke Center helps a number of stroke survivors as they work to regain the use of motor skills affected by their condition.

Special events scheduled for the fall season include the Hispanic Heritage, Jazz Festival, Miss Carson Pageant, Country Western Fair, and Halloween Carnival.

Lastly, take a look at the program fees. Some program fees were moderately increased to keep with rising cost associated in offering these programs. The new fees take effect on August 19, 2016.

Please pass the word, "Parks Make Life Better!" I encourage you to keep this guide handy, share it with your family and friends, and make plans to visit our parks!

Ralph Aranda  
Interim Director of Community Services

# AQUATICS

**Fall  
2016**

City of Carson

## Scott Pool Swim Lesson Schedule

(Classes subject to cancellation or schedule change)



### Monday/Wednesday (6 classes)

Time	Classes
4:00P.M.-4:50P.M.	TP/SF P AP M
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

F1 - September 5-21, 2016  
F2 - September 26 - October 12, 2016  
F3 - October 17 - November 2, 2016

### Early Fall Registration at Scott Pool Only

#### Residents Only

(must present proof of residency)

Monday - Friday:

August 22 - 26, 2016, 5:00 p.m. - 7:00 p.m.

Saturday

August 27, 2016, 8 a.m. - 12 p.m.

#### Residents and Non-Residents

Monday - Friday

August 29 - September 2, 2016, 5:00 p.m. - 7:00 p.m.

#### Regular Fall Registration at

Scott Pool will be held

**September 3 - October 17, 2016 during  
scheduled Fall Swim Lesson times**

### Tuesday/Thursday (6 classes)

Time	Classes
4:00P.M.-4:50P.M.	TP/SF P AP M
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

F1 - September 6-22, 2016  
F2 - September 27 - October 13, 2016  
F3 - October 18 - November 3, 2016

### Saturday (5 classes)

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

\*TT Class only 40 minutes

#### Saturday

F1 - September 3 - October 1, 2016  
F2 - October 8 - November 5, 2016

### Group Swim Lesson Session Fees:

	Adult/ 1st Child	2nd Child	3rd Child
<b>Mon/Wed</b>			
Resident	\$45	\$42	\$39
Non-Resident	\$55	\$52	\$49
<b>Tues/Thurs</b>			
Resident	\$45	\$42	\$39
Non-Resident	\$55	\$52	\$49
<b>Saturday</b>			
Resident	\$38	\$36	\$34
Non-Resident	\$48	\$46	\$44

Classes	Name	Level
6mos.-3yrs.	TT Tiny Tots	Parent & Child
3-4yrs.	TP Tadpole	1-Beginner
	SF Starfish	2
	SQ Squid	3
5-15yrs.	PO Polliwog	1
	AP Adv. Polliwog	2
	M Minnow	3
	F Fish	4
	FF Flying Fish	5
	SH Shark	6
15yrs. & UP	AD Adult	1-3

Recreation and Human Services Scott Pool • 23410 Catskill Avenue, Carson, CA 90745 / (310) 549-9051 / scottpl@carson.ca.us

## LIFEGUARD TRAINING CLASS

AMERICAN RED CROSS



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

### Hemingway Aquatic Center

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

Monday (Tryouts) August 29 6 p.m. - 8 p.m.  
Saturday September 10 8 a.m. - 6:30 p.m.  
Sunday September 11 8 a.m. - 6:30 p.m.  
Saturday September 17 8 a.m. - 6:30 p.m.  
Sunday September 18 8 a.m. - 6:30 p.m.

**\*Participants must attend every class**

**Cost: \$150**

## 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

Tuesday (Tryouts) Sep. 6, 2016 5 p.m. - 8 p.m.

Saturday Sep. 24, 2016 8 a.m. - 6 p.m.

Sunday Sep. 25, 2016 8 a.m. - 6 p.m.

Saturday Oct. 1, 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.

**For more information or to register, contact the Aquatics Office at (310) 816-9381**  
[recreation.carson.ca.us/aquatics](http://recreation.carson.ca.us/aquatics)



## FALL SESSION 2016 (SEPTEMBER / OCTOBER / NOVEMBER)

Registration Begins August 1, 2016  
Classes Begin September 12, 2016  
Space is limited  
Most classes are held at the Carson  
Community Center  
For more information, please contact  
Enrichment Arts at  
310-835-0212 ext. 1410 or 1475

### Ready, Set, Read

\$60 RESIDENTS / \$69 NON-RESIDENTS

Help your child gain a joy for learning! Our program offers trained instructors who will provide structure for reading comprehension, vocabulary, and fluency in a fun and easy way.

### Intro to Guitar

Come learn the basics of guitar! Playing an instrument develops many skills including multitasking, memory development, and motor skills.

### Thanksgiving Food Drive Donations

Drop donations off between October 24 - November 18.  
Drop off locations at Community Center, City Hall, or any local park.

### Math Made Easy

\$26 RESIDENTS / \$30 NON-RESIDENTS

Problem solving has never been easier and more fun. Join us as we learn the fundamentals of addition, subtraction, division, fractions, decimals, etc., while building your child's academic confidence.

### Intro to Piano \$65

Come learn the basics of piano! Playing an instrument develops many skills including multitasking, memory development, and motor skills.

### Harmony Heroes (Voice)

\$21 RESIDENTS / \$25 NON-RESIDENTS

Does your child sing in the car, in the shower, or whenever that popular song comes on the radio? This class is made especially for them! Join us as we learn the vocal fundamentals of singing, breathing, correct posture, and vowel shaping.

### Drama

\$21 RESIDENTS / \$25 NON-RESIDENTS

This class will unleash your child's creativity while building their acting skills and self-confidence! This class teaches students the basics of drama, including stage presence, projection, and memorizing lines. Students learn through kid oriented drama games, skits, reenacting shows, and Broadway musicals.

### New! Costume Design

\$30 RESIDENTS / \$35 NON-RESIDENTS

Do you like crafting or DIY projects? Is art your passion or do you just love to be creative? This class requires no experience, just a love for creativity.

### Ballet

\$38 RESIDENTS / \$45 NON-RESIDENTS

What a perfect class for children who like to move to the rhythm! Intro to dance provides them an opportunity to explore various styles of dance, such as hip hop, jazz, ballet, modern/contemporary, and creative movement. Join us on the journey through dance. There is no dance experience necessary.

### Hip Hop Dance

\$38 RESIDENTS / \$45 NON-RESIDENTS

Have your child dance to their favorite hip-hop tunes! This course offers a great opportunity for them to work out as well as learn modern day dance moves from professional dancers.

### 3-in-1 Summer Camp Ages 5 - 14

3-in-1 Summer Camp provides fun classes that help build self-esteem, confidence, and friendships through performing arts. These classes focus on voice, dance, and drama.

### Tennis

\$29 RESIDENTS / \$36 NON-RESIDENTS

We offer a wide variety of tennis classes lead and directed by qualified recreation leaders. Classes range from beginner to intermediate levels. The class emphasizes the basics: grips, ground strokes, volleys, and serving. Children will also learn footwork and the scoring of a tennis match.





## Celebrating 38 Years of Service

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 38 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 gym's namesake. Fabela Chavez was inducted to the 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.

## BOXING FABELA CHAVEZ BOXING/FITNESS CENTER

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

### 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) 631-2252

### 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

### FALL 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.

#### Fall Youth Sports

**Flag Football, Soccer (Ages 5-17) Coed Volleyball (Ages 8 - 14)**

Last day to sign up - August 20, 2016

Tryouts - August 27, 2016

Season begins - September 24, 2016

Registration Fees:	Resident	Non-Resident
	\$26 1st child	\$36 1st child
	\$19 each additional child	

#### Youth Sports Basketball

Last day to sign up - November 12, 2016

Tryouts - November 19, 2016

Season begins - December 17, 2016

Registration Fees:	Resident	Non-Resident
	\$39 1st child	\$49 each child
	\$31 each additional 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. To receive written notification of training dates and locations by mail, 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

## FALL SPORTS

### FALL PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the summer 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.



### FALL SOFTBALL LEAGUES

#### Men's & Women's C/D Level

Registration: August 22 - September 27  
Play Begins: September 29  
Fees: \$399 per team

#### Coed C/D Level

Registration: August 24 - September 29  
Play Begins: October 1  
Fees: \$399 per team

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 & Human Services**  
For more information, call (310) 847-3570

## FALL FLAG FOOTBALL LEAGUES

### 4 on 4

Registration: August 1 - September 15  
Play Begins: September 18  
Fees: \$175 per team

### 8 Man

Registration: August 1 - September 15  
Play Begins: September 18  
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 6-8:30 p.m. while you go out to a movie or dinner. This activity is offered each Friday at Hemingway 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.
• 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	Mon/Fri	7 p.m.
• Carriage Crest	Sat	8:30-9:30 a.m.
	Mon/Wed	7-8 p.m.
• Carson	Thurs	6:30-7:30 p.m.
• Dolphin	Tue	6:30-7:30 p.m.
• Hemingway	Mon 6-7 p.m. / Tue-Thu 6:30-7:30 p.m. / Fri 6-7 p.m.	
• Stevenson	Tue/Thur	6-8 p.m.

# HEALTH & FITNESS



## Adult Walking Class

Wednesday	6-7:30 p.m.	Carriage Crest Park
Tuesday/Thursday	6-7 p.m.	Dominguez Park
Tuesday/Thursday	6-7 p.m.	Mills Park
Friday	6-7:30 p.m.	Stevenson Park

## Walking Club

Wednesday	6:30-7:30 p.m.	Calas Park	Ages 16-up
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## Adult and Youth Karate & Kenpo

Monday	6-8 p.m.	Stevenson Park	Youth Beginner
Wednesday	8-9 p.m.	Stevenson Park	Adult Intermediate
Wednesday	7-8 p.m.	Stevenson Park	Youth Intermediate

## Karate

Tuesday/Friday	6:30 p.m.	Carson Park	Youth
Mon/Wed	7-8 p.m.	Dominguez Park	Youth/Adult
Tuesday	6 p.m.	Scott Park	Youth/Adult
Saturday	10 a.m.	Scott Park	Youth/Adult
Sunday	2-5 p.m.	Scott Park	Youth/Adult

Fees: Monthly \$38

## Adult Fitness Workout

Tuesday	7-8 p.m.	Anderson Park
Monday	6-7 p.m.	Mills 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:

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

## Adult Line Dancing

Saturday	9 a.m. - Noon	Anderson Park
	12 p.m. (Urban Ballroom)	Anderson Park
Wednesday	7 - 9 p.m. (Advanced)	Anderson Park
Saturday	10-11:30 a.m.	Hemingway Park
Monday	7-8 p.m.	Mills Park

## Adult Hip Hop Fitness

Friday	6:30 p.m.-7:30 p.m.	Hemingway Park
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## Dance it Off

Tuesday/Thursday	6:30 - 7:30 p.m.	Calas Park
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## Hawaiian Island Hula

Monday-Wednesday	6 - 7 p.m.	Dolphin Park
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## Adult Urban Ballroom Dance

Monday	6 - 8 p.m.	Anderson Park
Saturday	12 - 3 p.m.	Anderson Park

## Youth Fitness Club (ages 16 and up)

• Calas	Tue-Thur	6-7 p.m.
• Stevenson	Thur	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 p.m.-7 p.m.	Dominguez Park
Monday-Thursday	6:30 p.m.-7:30 p.m.	Stevenson Park

## Zumba Class

Tuesday	6:30 p.m.-7:30 p.m.	Dolphin Park
Monday	6-7 p.m.	Hemingway Park
Monday	6-7 p.m. (Ages 15+)	Mills Park
Monday/Friday	6 p.m.	Scott Park
Monday/Saturday	6 p.m./10 a.m.	Stevenson Park

## Stretching and Conditioning

Monday/Friday	7 - 8:30 p.m.	Anderson Park
	6:30 p.m.-7:30 p.m.	Del Amo 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** 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. \$175 a week  
8 a.m. – 5 p.m. \$141 a week  
7 a.m. – 5 p.m. \$162 a week  
8 a.m. – 6 p.m. \$162 a week

### HALF DAY PROGRAM FEE

8 a.m. – 12 p.m.	T TH	\$30 a week
1 p.m. – 5 p.m.	MWF	\$42 a week
	M-F	\$67 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
• Dolphin	Preschool	8 a.m. – 12 p.m.	T/Th

Fees:

2 days/wk	\$30 a week
3 days/wk	\$42 a week
5 days/wk	\$67 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

## FALL PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of SUMMER 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.

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

### Basketball Fundamentals

• Carson	Wed/Thurs	5-7 p.m.
• Veterans	Tues/Thurs	6-7 p.m.

### Inline 101

• Veterans	Fri	6-7 p.m.
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### 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	Wed/Fri	5:30-7:30 p.m.
• Carson	Mon/Wed	6:30 - 8:30 p.m.
• Calas	Tues/Thurs	6:30-8 p.m.
• Del Amo	Tues/Thurs	6-7 p.m.
• Dolphin	Wed/Thurs/Sat	6-7:30 p.m./10 a.m.-12 p.m.
• Dominguez	Mon/Wed	6-7 p.m.
• Mills	Wed/Sat	6:30 p.m./10 a.m.
• Stevenson	Mon/Wed	6 p.m.-7:30 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.

### Ping Pong Class

• Calas	Mon	7-8:30 p.m.
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### Dance It Off

• Calas Park	Tues/Thurs	6:30-7:30 p.m.	All ages
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### Bingo Nite

• Dolphin Park	2nd Fri	6:30-8 p.m.	8-17 yrs
• Stevenson Park	Thurs	6 p.m.	18 yrs & up

### 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, Stevenson, and Veterans parks.

### 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

Anderson, Calas, Del Amo, 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	Fri	4:30 p.m.
• Calas Park	Thurs (1st and 3rd of each month)	7-8 p.m.
• Carriage Crest Park	Wed	5-6 p.m.
	Tues	3-4 p.m.
• Carson Park	Fri	6:30-8:30 p.m.
• Dolphin Park	Tues	6:30-8 p.m.
• Dominguez Park	Wed	5-6 p.m.
• Dominguez Park	Wed	6-7 p.m.
• Hemingway Park	Fri	5-6 p.m.
• Mills	Fri	5:30-7 p.m.
• Scott Park	Wed	5:30-6:30 p.m.
• Stevenson Park	Fri	4:30-5:30 p.m.
• Veterans Park	Wed	4-5 p.m.

# PARKS



## Homework Club

• Anderson Park	Tues/Thurs	5-6 p.m.
• Carriage Crest Park	Thurs	4:30-5:30 p.m.
• Del Amo Park	Mon/Thurs	3:30-5:30 p.m.
• Dolphin Park	Mon/Wed/Thurs	3-4 p.m.
• Mills Park	Mon/Wed/Thurs	3-4:30 p.m.
• Stevenson Park	Mon/Thurs	4-5:30 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:

• Anderson (Ballet)	Tues/Thurs	5:30-6:30 p.m.
• Anderson/Adult Line Dancing	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Anderson/Adult Stretch Conditioning	Mon/Fri	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	5:30-8 p.m.
• Carson Park/Ballet	Mon/Fri	5-7 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.
• Stevenson/Tiny Tot Tap	Sat	1 p.m.
	Tues/Thurs	6-8 p.m.
• Mills Park	Tues/Thurs	6-7 p.m. and 7-8 p.m.

## Trunk or Treat Event

• Dolphin Park	October 28, 2016	6-9 p.m.
• Mills Park	October 31, 2016	6-9 p.m.

## Boys Club

• Carson Park	Fri	6:30-8 p.m.
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## Friday Fun Club (Boys & Girls)

• Calas Park Age 9-14	Fri	6:30-8:30 p.m.
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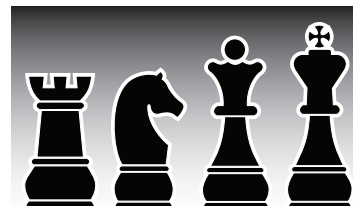
## Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	Last Friday	6:30-8 p.m.
• Hemingway Park	All Ages (FREE)	Last Friday	6:30 p.m.
• Carriage Crest Park	All ages (FREE)	Last Friday	7:30-9 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	6-8:30 p.m.
• Dolphin Park	Family	Last Friday	6:30-9 p.m.
• Dominguez Park	9 - up	Fri	6-8 p.m.
• Mills Park		2nd Fri	6:30 p.m. 7 p.m.
• Stevenson Park		4th Fri	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	• Skyzone



## 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

### Teen Game Nation

Dolphin Park	Mon	6:30 p.m.
Calas Park	Excursion	6 p.m.
Carriage Crest Park	Every 3rd Fri	6-8 p.m.
Hemingway Park	Fri	6:30 p.m.
Mills Park	Mon	6:30 p.m.

### Teens in the Kitchen

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







CITY OF CARSON 5TH ANNUAL 

# THINK PINK BREAST CANCER

*3 mile Walkathon*

**OCTOBER 23, 2016**

Nutrition Booth • Refreshments • Free Giveaways

**VETERANS PARK**  
22400 Moneta Avenue  
Carson, CA 90745  
For more information,  
please call (310) 830-9997

*Check-In:* 8:00 A.M. - 9:00 A.M.

*Warm Up:* 8:30 A.M. • *Walk begins:* 9:00 A.M.

**\$15 - Registration fee with T-Shirt before October 12, 2016**

**\$10 - Registration fee with no T-Shirt after October 12, 2016**

## CHECK OUT THE NEW OUTDOOR FITNESS ZONES



Thanks to a LA County Grant, we have brand new outdoor fitness zones at the following parks: Mills, Anderson, Calas, Dolphin, Dominguez, and Hemingway. Come out and enjoy this great way to stay fit for free!

For more information, call Recreation and Human Services at (310) 847-3570



# VETERANS SPORTSCOMPLEX

## Open Adult Co-ed Volleyball FRIDAY NIGHTS

Begins Friday, September 2, 2016

\$3 per person



## FOOD HEALTH *Sessions*

Thursdays at 6:30 p.m.

Monthly Health, Wellness, & Nutrition workshops

September 8 & 15 / October 13 & 27 / November 10, 2016

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

**Learn to cook and taste healthy recipes! The SportsComplex's Master Health and Wellness Nutritionist can teach you healthy meals to cook 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



# The Silver Sneakers®

Fitness Program



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**  
**All Fees Are Subject To Change**



22400 Moneta Ave., Carson, CA 90745  
(310) 830-9992

## 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

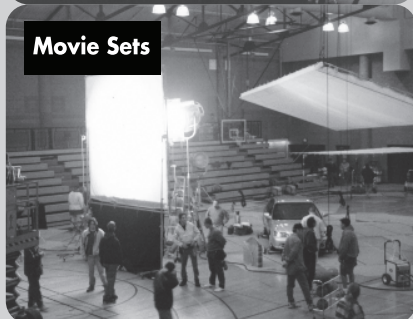
## FACILITIES AVAILABLE FOR RENTAL



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



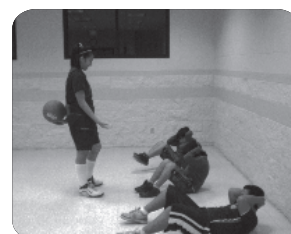
Banquet Halls and Recreation Rooms



Racquetball Courts

## YOUTH CLASSES

- Youth Fitness • Youth Karate • Youth Basketball



## ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kenpo • Step & Pilates • Hatha Yoga
- Indoor Cycling • Low Impact Aerobics • Walking Club • Hot Hula • Zumba
- T.B.A. (Thighs, Bottoms & Abs) • Hula Hoop Fitness



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

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

City of Carson • Veterans SportsComplex

# TURKEY BLAST



**Bring a friend,  
have fun,**



**...and possibly  
win prizes.**

## Join Us Tuesday, November 22nd For A Great 2-Hour Workout.

Come experience Veterans SportsComplex's most popular group exercise classes taught by the instructors you love to hate, packed into six 20-minute sessions for 2 hours.

**TUESDAY, NOVEMBER 22, 2016, 6-8 P.M. FOR AGES 16 AND UP.**

**VETERANS SPORTSCOMPLEX MULTIPURPOSE ROOM**

22400 S. Moneta Ave, Carson, CA 90745

For more information, contact the office at (310) 830-9991



PLO  
ART  
0716

### VETERANS SPORTSCOMPLEX COMPLIMENTARY PASS

Member's Name: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Member's Guest Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_



Recreation and Human Services

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



# 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.

## Conversational Spanish for Beginners

(6 week class)

Adult \$40 / Resident \$50 / Non-resident

Learn Spanish customer service skills, the basics and  
most important, pronunciation.

Tues 6 p.m.-7 p.m.

CJMM Comm Ctr.

## How to work and understand your Smart Phone

(2 day class)

Adult \$25 / Resident \$35 / Non-resident

Learn the basics of the Smart phone.

Adults 6:30 p.m.-7:30 p.m.

TBD

CJMM Comm Ctr.

## Financial Review Class

(1 day)

Adult \$15 / Resident \$25 Non-resident

Provide you with understanding on your finances

Tues 6:30 p.m.-7:30 p.m.

TBD

CJMM Comm Ctr.

## Bootcamp Exercise Class

(5 week registration)

Adult \$99 / Resident \$115 / Non-resident

Our Bootcamp is a group exercise that mixes  
callisthenic with interval of weight, pushups, squats and  
sit-ups workout.

Tues/Thurs 6:30 p.m.-7:15 p.m.

CJMM Comm Ctr.

## REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Community Services/Human Services Division.
- 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

1. Complete the registration.
2. Please make checks or money orders payable to City of Carson (DO NOT SEND CASH).
3. Checks require driver's license number written on the front.
4. A self-addressed, stamped envelope must be included with the registration form and fee.
5. 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 3 p.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, 801 E. Carson St., Carson CA 90745 • Mon - Thurs 3-6:30 p.m.

Note: If you have not received verification of your registration, call (310) 835-0212 ext. 1460.  
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 \_\_\_\_\_

First Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Emergency Name \_\_\_\_\_

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?

1. Refunds will only be given when a class is canceled by the City of Carson, Recreation and Human Services Division.
2. Refunds will only be given upon presentation of the original white receipt.
3. Request for refunds must be made no later than the start of the second class meeting.
4. Allow 6 weeks for refunds.
5. When paid by check, proof of bank clearance must be presented for refunds.
6. For additional information, call (310) 835-0212 ext. 1445 or ext. 1460.

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.

NO REFUNDS WILL BE GIVEN UNLESS THE EVENT IS CANCELED BY THE CITY OF CARSON. THERE  
WILL BE A \$25.00 SERVICE CHARGE ON ALL RETURNED CHECKS. In consideration of your accepting  
this registration, I hereby agree to indemnify and hold harmless the City of Carson, their officers, agents, or  
employees from any liability of claim of action resulting from the participation in this program by the person  
registered, excepting injuries and other damages caused solely by City negligence.

I HAVE READ AND UNDERSTAND THE ABOVE STATEMENT.

SIGNATURE (IF MINOR, PARENT SIGN)

DATE

ACCEPTED BY

# PREVENTION AND AFTERCARE

CITY OF CARSON

## Free Yoga Class

UpRising  
yoga



All ages welcome  
Men & Women



Tuesdays  
6:30 – 7:30 p.m.

For more information, please contact Jenice DeGuzman at (310) 847-3584.

**Carson Park**

21411 Orrick Ave., Carson, CA 90745 • (310) 830-4925

## 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:

- 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):

#### 6-week series begins:

Monday, September 12, 2016  
from 9:30 a.m.- 11:30 a.m.

#### 6-week series begins:

Monday, October 3, 2016  
from 9:30 a.m.- 11:30 a.m.

#### (Tentative)

Tuesday, September 6, 2016  
from 6:30 p.m. – 8:30 p.m.

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.2-09292015-04



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



# 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  
**C**rafty **C**lub

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**

**Congresswoman Juanita Millender-McDonald  
 Community Center at Carson**

801 East Carson St., 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.**

**Scott Park**

23410 Catskill Ave., 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*



# SENIOR RECREATION

The senior recreation program provides recreational programs for senior citizens ages 50 and above. 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. This class has a variety of things going on in it from crocheting, sewing, and knitting.

**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.

**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

**Smartphone Class** - Don't know how to use your smartphone? Well here's your opportunity to learn. Please call (310) 835-0212 ext 1475 and get on the list to learn!

### FEATURED ACTIVITY

## HULA HOOP FITNESS

Use the world's first portable weighted 2lb FXP Fitness Hula Hoop. It is a low impact, high intensity interval training. This class incorporates strength training, muscle conditioning class, yoga, and pilates. Most important, it is fun! Join us every Friday at 10 a.m. at Carson Park 21411 S. Orrick St., Carson, CA 90745 Instructor - Sue Quedato

**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. Class is FREE to seniors 50+. Join NOW! Classes are at Carson Park every Tuesday, 10am-11am and 12noon-1pm. Call (310) 835-0212 ext 1475. Class is FREE to seniors 50+. This class meets every Wednesday at 10 a.m., at Stevenson Park, 17400 Lysander Blvd., Carson, 90746. Also, every Tuesday at 10-11 a.m., 12-1 p.m. at Carson Park, 21411 Orrick Ave., Carson, 90745. For 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, 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

**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. \$3 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.



**Bingo** - Bingo played Tuesday-Friday. Cost is \$3 for 10 games. You must buy in before 12:15 p.m. or you will not be able to play. Bingo starts at 12:30 p.m.

**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 Wednesdays 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**

## 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 thru 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](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 at (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.

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 can't 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 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., (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: TENNIS and SNAG GOLF AND 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.

The 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**, 17400 Lysander Dr.

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

MWF (Monday, Wednesday and Fridays only)

8 a.m.-11:30 a.m.

Self Defense Class WED, 10-11 a.m.

every 1st and 3rd Friday at 8:30-9:30 a.m.

### Conditioning Class

MWF (Monday, Wednesday and Fridays only)

8:30 a.m. - 9:30 a.m. in the gym

**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.

**CARSON RESIDENCE ONLY FOR THE M/W/F**

Monday/Wednesday 10-11 a.m.

#### • Low Impact Aerobics

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

#### • Yoga class

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

#### • Hula Hoop class

Friday from 10 a.m.-11 a.m.

#### • Self Defense

Tuesdays from 10-11 a.m.

## 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 a.m.-12:30 p.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



# Braille Institute Low Vision Services



A collaboration of the City of Carson and the Braille Institute to bring services and classes to the visually impaired on a monthly basis.

**September 13, 2016**

**10:00 a.m.- 11:30 a.m.**

**Congresswoman Juanita Millender-McDonald**

**Community Center at Carson**

**East Carson Street, Carson, CA**

## FREE EVENT • ALL AGES WELCOME

What is glaucoma, cataracts, diabetic retinopathy, and macular degeneration? Who is at risk? How do you detect these symptoms? Come and learn about the signs and symptoms of vision loss.

If you are living with vision loss, suffer from diabetes, or just wish to come and learn about eye diseases and preventative care, please attend. Find out more about the available services available to you in your community!

Braille Institute's Mobile Unit will be there providing FREE Low Vision Consultations. To make an appointment with the Mobile Unit, please contact the Braille Institute at (323) 906-3170.

**For more information, call (310) 835-0212 ext. 1467**



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



# 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.

## 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. 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 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. For more information, call (310) 835-0212, ext. 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 \$10-\$15 when a dinner is served. The dances are held at the Community Center from 7-10 p.m. Upcoming dances are as follows:

- **September 9, 2016**  
Country Western Dance
- **October 28, 2016**  
Halloween Dance/Costume Contest
- **November 18, 2016**  
Thanksgiving Dinner/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 Carson Park. Refer to monthly calendar for specifics.

## Cooking Class

Join us as we explore some basics in cooking and work hands on in the kitchen creating and cooking simple and exciting foods. Class held at Carson 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 Carson 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.

## EVENTS:

### Special Olympics:

**Oct. 8 Bowling Tournament- Pomona**

**Nov. 5 Bowling Tournament- LA/SGV**

**Nov. 6 LA/SGV Regional Fall Games**

**October 29 - Autism Awareness  
Resource Fair, CJMM Community  
Center 10 a.m. - 2 p.m.**

### Bowling:

Our Saturday Bowling Program has started! The Bowling Program is held every Saturday (unless otherwise noted in calendar). Please refer to monthly calendar for details. We are still recruiting for our City of Carson Special Needs Program Bowling Team for Fall 2016. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office before he/she can participate.



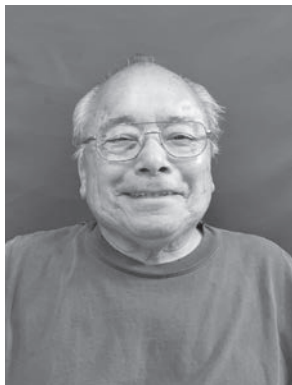
## JOSEPH B. JR. AND MARY ANNE O'NEAL STROKE CENTER

The mission of the Stroke Center is to serve the needs of people living with the effects of stroke and provide support for their families. The Stroke Center is open Monday-Friday from 8:30 a.m. - 4:30 p.m. For more information, please call (310) 952-1763.

### Here's what our members are saying about us:

"The Stroke Center has helped me a lot. It's kept me limber and mobile. It's a place of true motivation, especially all the people here. I've made many new friends, and the staff members are all wonderful."

**Tony Morales**



**Jem Afusia, Staff Member**

"The most fulfilling reward in the world is making a difference in a survivor's life. Their smallest achievements are my most inspired moments. I'm just blessed and honored to be a part of an amazing group of people."

### Chair Exercise

This is a group exercise class that allows individuals to move without putting undo strain on their bodies. These exercises work to lubricate joints, strengthen muscles, and increase circulation. See calendar for days and times.

### 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.

### Chair Volleyball

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! Occasionally we welcome challengers from the outside, so contact us if you have a team that wants to play!

### 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.



### Water Exercise

This group class is held off-site in a therapeutic, heated pool. The pool has convenient access with a lift, a ramp, and handrails. There are two lifeguards on duty. The water provides the body with an opportunity to move freely, change positions, and improve circulation. Please see calendar for days and times.

### 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. Please see calendar for days and times.

# 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 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](mailto:excursions@carson.ca.us)

**All Fees Are Subject To Change**

### **Los Angeles Dodgers vs. San Francisco Giants – Thursday, August 25, 2016**

Come out and cheer for Los Angeles Dodgers as they take on the San Francisco Giants! Enjoy the view from the 1st Base side while snacking on peanuts, cracker jacks and the world famous Dodger Dogs. This is a four star game with a give-away. **Cost of \$95.00 per person** includes round-trip bus transportation & entrance fee. **Bus departs at 5:00 pm and returns at 11:00 pm.**

### **Las Vegas Tour – Friday-Sunday, August 26-28, 2016**

Located in the middle of the Las Vegas strip, Treasure Island, TI Hotel & Casinos will be your home for this fun weekend get-away. The hotel is connected to the Fashion Show Mall by a pedestrian bridge and offers several restaurants, full service spa and live shows. **Cost of \$300.00 per person (double occupancy)** includes round-trip bus transportation and hotel accommodations. **Bus departs Friday, August 26th at 8:00 am and returns Sunday, August 28th at 6:00 pm.**

### **L.A. County Fair – Saturday, September 10, 2016**

The L.A. County Fair in Pomona is the largest county fair in North America. Come and enjoy the wide variety of attractions, exhibits, rides and games. This year's exhibits include Our Body, Jurassic Planet & ice skating at The Igloo (Entrance fee not included). Most of all, remember to take a break during your fun-filled day to savor a plethora of food options, including anything and everything deep-fried, on-a-stick, battered, breaded, and dipped in chocolate. **Cost of \$40.00 per person** includes round-trip bus transportation and fair admission. **Bus departs at 9:00 am and returns at 6:00 pm.**

### **Sister Act – Saturday, October 22, 2016**

The Candlelight Pavilion is proud to present Sister Act, the feel-good musical comedy smash based on the hit 1992 film. Follow disco diva, Deloris Van Cartier, as she witnesses a murder, get put in protective custody in disguised as a nun, and finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community but, in doing so, blows her cover. **Cost of \$ 85.00 per person** includes round-trip bus transportation and dinner show. **Bus departs at 10:00 am and returns at 4:00 pm.**



### **Sacramento Tour – Thursday-Sunday, November 3-6, 2016**

Come and explore Sacramento. Your weekend home will be the Embassy Suites Sacramento Riverfront where you are minutes away from Old Town Sacramento and skip away from the State Capitol Building. Learn from colorful cast of guides how the streets and buildings were “jacked up” to avoid flooding and then explore Old Town where the buildings are still set in the 1800s. Then explore the State Capitol building where it serves as both a museum and working seat of government. **Cost of \$450.00 per person (double occupancy)** includes round-trip bus transportation, hotel accommodations and tour fees. **Bus departs on Thursday, November 3rd at 8:00 am and returns on Sunday, November 6th at 6:00 pm.** \*\*Payment arrangements available upon request.

### **Cirque du Soleil, Toruk-The First Flight – Saturday, November 12, 2016**

Inspired by James Cameron’s Avatar, Cirque du Soleil transports you to the world of Pandora in visually stunning live setting. Discover distant moon Pandora and unearth artifacts to piece together the identities of five ancient clans. Experience a storytelling odyssey through a new world of imagination, discovery and possibility. **Cost of \$80.00 per person** includes round-trip bus transportation and admission. **Bus departs at 2:30 pm and returns at 8:00 pm.**

### **Festival of Light at the Mission Inn, Riverside – Saturday, December 10, 2016**

An historic icon of the Inland Empire, The Mission Inn is known for its breathtaking architecture, timeless beauty, and old world charm. Enjoy the grounds during a self-guided walking tour to acquaint yourself with the rich history of the Mission Inn. Partake in their Festival of Lights as the grounds come alive with dazzling display holiday lights, an area of snow play, shopping and gourmet cupcakes. **Cost of \$30.00 per person** includes round-trip bus transportation. **Bus departs at 3:00 pm and returns at 10:00 pm.**

### **2017 Tournament of Roses Parade – Monday, January 2, 2017**

Experience – in person – the 128th Rose Parade themed, “Echoes of Success,” 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 approximately 12:00 noon.**

### **The Getty Center Museum – Saturday, January 14, 2017**

The Getty is one of world’s largest arts organizations. Enjoy a docent led Architecture/Gardens tour of the beautiful museum. There are many different exhibits and collections to learn about. Visiting the Getty is an unforgettable experience featuring unparalleled art collections, architecture and gardens. After the tour, enjoy a no host lunch at either The Restaurant or The Café. Then continue on your own to explore the rest of the museum. **Cost of \$30.00 per person** includes round-trip transportation. **Bus departs at 9:30 am and returns at 5:00 pm.**

### **Sedona/Grand Canyon Tour – Thursday-Sunday, April 6-9, 2017**

Enjoy an exciting 4-day, 3-night mini-vacation in beautiful Sedona, Arizona! Your temporary home in Sedona will be at the Sedona Rouge. Acquaint yourself with this lovely city via the Sedona Trolley Tour and relive history as board the Grand Canyon Railway train while it meanders along the original trail to the Grand Canyon National Park, then enjoy a lunch buffet at the Grand Depot Café. Your destination offers to mesmerize you and other visitors with her beauty and grandeur. **Cost of \$650.00 per person (double occupancy)** includes round-trip bus transportation by private coach, hotel accommodations and trolley tour, railway train ride and lunch buffet. **Bus departs on Thursday, April 6th at 8:00 am and returns on Sunday, April 9th at 6:00 pm.** \*\*Payment arrangements available upon request.



# CITY OF CARSON

## TRANSPORTATION SERVICES DIVISION

Proudly announces our new **CNG bus** which provides citywide transportation programs related to improving the fixed-route public transit system, specialized elderly and disabled transit, city-sponsored excursions, transit support of city park programs, and regional air quality issues.

With the support from the **Mobile Source Air Pollution Reduction Review Committee (MSRC)**, which partially contributed funding to the project, the City was able to retire its old diesel-type fuel engine buses with the new **CNG** ones as they are the most viable and cost effective way to lower petroleum-based engine emissions.

For further information regarding the City's public transportation service, please contact Transportation Services Division at (310) 835-0212 ext 1489.





## Carson Women's Club Awards Scholarships

The Carson Women's Club (CWC) held its annual scholarship luncheon on May 28, 2016 at the Congresswoman Juanita Millender-McDonald Community Center awarding 12 deserving high school seniors a \$1,000 scholarship and 9 continuing college students a \$500 scholarship.

The high school senior recipients were: **Nelson G. Lopez of Phineas Banning High School; Sarahi Barba, Hanna D. Lagman and Gisselle Ramos of Carson High School; Clinton B. Branch, Jr., Michelle O. Carter, and Josselyn G. Navarro of Harbor Teacher Preparation Academy; Ofelia E. Pulido of Mary Star of the Sea High School; Kyra P. Decastro of Narbonne High School; Anellie M. Rodriguez and Gabriella E. Ruvalcaba of Rancho Dominguez Preparatory School; and Tyler C. Harper of Valley Christian High School.**

The continuing college student recipients were: **Jennifer Alcomendas, Joi Dwight, Roye Love, Jr, Oluwajomiloju Adeniran, Opemipo Akerele, Christal and Christina Cotton, Elijah Sisson, and Megan Martin.**

Scholarship applications will once again be available in December of this year for the 2017 graduating high school seniors and continuing college students that meet the requirements. For more information, please contact CWC Scholarship Co-Chairperson, Carolyn Williams at (310) 604-3387.



## DOMINGUEZ RANCHO ADOBE MUSEUM

18127 SOUTH ALAMEDA STREET  
RANCHO DOMINGUEZ, CA 90220  
(310) 603-0088

## 2016 CALENDAR OF EVENTS

### September

Visions of History:  
Military Timeline  
600AD to 20th Century  
Saturday, 24th & Sunday, 25th  
10:00 a.m. – 4:00 p.m.

Music on the Rancho  
Saturday, 10th & 17th  
TBA

### October

Battle of the Old Woman's  
Gun Reenactment  
170th Commemorative Battle  
Saturday, 8th & Sunday, 9th  
10:00 a.m. – 4:00 p.m.

Nature Craft Class  
Saturday, 15th  
1:00 p.m. – 3:00 p.m.

Halloween Fest  
Saturday, 29th  
1:00 p.m. – 3:00 p.m.

### November

Roses for Rancho Tea  
Saturday, 5th  
11:30 a.m. – 1:30 p.m.

Nature Craft Class  
Saturday, 19th  
1:00 p.m. – 3:00 p.m.

### December

Holiday Living History  
Saturday, 10th  
3:00 p.m. – 5:00 p.m.

Docent Training Sessions

- Summer/Fall:  
8/13, 8/27, 9/17, 10/01

- Fall/Winter:  
10/22, 11/05, 11/19, 12/10

For more information visit us at:  
[www.dominguezrancho.org](http://www.dominguezrancho.org)

### On-Going

Bird Walks  
2nd Saturday of every month  
8:30 a.m. – 10:00 a.m.

Garden Tour  
4th Saturday of every month  
12:00 p.m. – 1:00 p.m.



# City of Carson 23rd Annual PARENT CONFERENCE Rising Stars!

**SATURDAY, FEBRUARY 18, 2017**

**11 A.M. TO 2 P.M.**

**Deadline For RSVP: February 9, 2017**

PLEASE JOIN THE  
CITY OF CARSON HUMAN RELATIONS COMMISSION  
AS THEY HONOR WINNERS OF THE ESSAY CONTEST!

## ESSAY CONTEST:

All elementary, middle school, and high school students  
who live in Carson have been invited  
to write an essay entitled:  
**"WHY I AM A RISING STAR"**

**Deadline For Entries: December 20, 2016**



**2016 TROPHY WINNERS**



**2016 RIBBON WINNERS**

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

For additional information, please call the City Manager's office at (310) 952-1759.

## UPCOMING EVENTS FALL 2016

### Women's Health Conference

Friday, October 21, 2016

### Filipino American History Month/ Larry Itliong Day

Saturday, October 22, 2016

### Country Western Fair

Saturday, October 22, 2016

### Think Pink Breast Cancer 3 Mile Walkathon

Sunday, October 23, 2016

### 9/11 15th Anniversary Tribute

Sunday, September 11, 2016

### Halloween Carnival

Saturday, October 28, 2016

Sunday, October 29, 2016

Monday, October 31, 2016

### Autism Awareness Health Fair

Saturday, October 29, 2016

### Veterans Day Celebration

Friday, November 11, 2016



## “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](http://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.



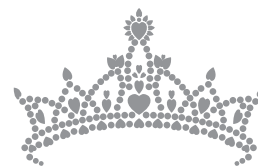
**SAVE THE DATE**

The City of Carson Presents  
**4th Annual**  
**Miss Carson & Miss Teen Carson**  
**Scholarship Pageant of Excellence**



Miss Carson  
 (Ages 19-26)

**April 28, 2017**



Miss Teen Carson  
 (Ages 14-18)

Are you a Carson resident?  
 Do you have what it takes to represent the City of Carson?  
 If this is you, you have the opportunity to  
 win a scholarship of up to \$2,000!

For more information, please contact:  
 Shannan B. Powell at (310)847-3565



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

A decorative border surrounds the text, featuring stylized flowers, musical notes, and cultural icons such as a sombrero, a guitar, and a mask.

# CITY OF CARSON Hispanic Heritage Month Celebration

**Free  
Admission**

**Carson Park**  
21411 S. Orrick Avenue  
Carson, CA 90745

**Entrada  
Gratis**

## September 2016

*Latin Culture, Music and Entertainment*  
**Aztec, Peruvian & Folklorico Dancers**  
**Mariachis • Arts & Crafts • Food**  
**Rides • Face Painting**  
*and much more!*

*For more information, call  
(310) 847-3570 or  
Carson Park at (310) 830-4998*

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