



Community Services Guide

September • October • November 2017



New Artward Gallery in Scottsdale Neighborhood
(See story on page 8 of the Carson Report)



DATED MATERIAL. Please deliver promptly.

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All Fees Are Subject To Change

The Congresswoman Juanita Millender-McDonald Community Center may be referred to as the Carson Community Center or community center on listings for events, programs and activities being held there.

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.

You can also read us online at:

ci.carson.ca.us/CityManager/csguide.aspx

A MESSAGE FROM THE Director of Community Services

The City of Carson Community Services Department strives to strengthen our community's fabric, health, and well-being. Our goal is to improve the lives of our citizens and the community as a whole by providing positive programming alternatives for both youth and adults to help with social connection and life-long learning.

As the season changes and shifts to fall, we would like to encourage all residents and community members to take advantage of our programs and activities. We offer a state accredited after-school program at seven of our community parks for parents who need assistance with child care. Fall is also flag-football, soccer, and softball season. For more information, contact your local park.

The City of Carson and our department pride themselves on offering various special community events through the year. The fall season is one of our busiest seasons when it comes to special community events. We are presenting the Hispanic Heritage Celebration, Jazz Festival, Larry Itliong Day, Country Western Fair, Red Ribbon Week, Women's Health Conference, Think Pink Breast Cancer Walk, Halloween Carnival, and Veterans Day.

Speaking of special events, the City of Carson is preparing for the 50th Anniversary of our city. In preparation of this momentous occasion in 2018, the City has created planning committees that are working to make this anniversary outstanding and memorable for all. To join the planning committee, please contact the Corporate Yard at (310) 847-3570.

On behalf of our staff, it is our pleasure to serve you and provide healthy activities and lifestyles for the benefit of all Carson residents.

Mr. Idris Jassim Al-Oboudi
Community Services Director

Facility, Field & Park Rentals



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. Reservations can be made on all holidays except Thanksgiving, Christmas, and New Year's Day.

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

Kandy Specialty Party Supplies & Services:
 (310) 819-8764

Party Pronto: (877) 727-8437

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

ALL FEES ARE SUBJECT TO CHANGE

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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



Carson

EVENT CENTER

Space, value, and location...

801 E. Carson St, Carson, CA 90745 | www.carsoncenter.com | (310) 835-0212



The Carson Event Center is a 40,000-square foot facility with 23 meeting spaces designed to offer the perfect venue for your conference, banquet, wedding or other special event. The Facility features various meeting and multi-purpose rooms and a stunning ballroom. Onsite catering is available offered exclusively through Choura Venue Services.



FULL SERVICE CATERERS
Choura events
RISE TO THE OCCASION.

SPECIAL EVENTS

HISPANIC HERITAGE CELEBRATION "SABOR LATINO"

FRIDAY, SATURDAY, SUNDAY, SEPTEMBER 15, 16, 17, 2017
CJMM COMMUNITY CENTER AT CARSON

FILIPINO AMERICAN HISTORY MONTH KICK-OFF

SATURDAY, OCTOBER 7, 2017 • 9:00 AM - 12 PM
CJMM COMMUNITY CENTER AT CARSON

JAZZ FESTIVAL

SATURDAY, OCTOBER 7, 2017 • 11AM – 6 PM
ANDERSON PARK

COUNTRY WESTERN FAIR

SATURDAY, OCTOBER 14, 2017 • NOON - 5:00 P.M.
DOMINGUEZ PARK

11TH ANNUAL CITY OF CARSON RED RIBBON WEEK CELEBRATION

OCTOBER 16, 17, 18, 19, 21, AND 22, 2017
VARIOUS LOCATIONS

WOMEN'S HEALTH CONFERENCE

OCTOBER 20, 2017 • 7 AM – 2 PM
CJMM COMMUNITY CENTER AT CARSON

LARRY ITLIONG DAY

SATURDAY, OCTOBER 21, 2017 • 9 AM TO 12 PM
VETERANS PARK

6TH ANNUAL THINK PINK / BREAST CANCER WALKATHON

SUNDAY, OCTOBER 22, 2017
VETERANS PARK

HALLOWEEN CARNIVAL (DIA DE LOS MUERTOS TBD)

FRIDAY, OCTOBER 27, 2017 • 5 PM – 10 PM
SATURDAY, OCTOBER 28, 2017 • 1 PM – 10 PM
HALLOWEEN/DIA DE LOS MUERTOS PROGRAM 3 PM – 8 PM
SUNDAY, OCTOBER 29, 2017 • 1 PM – 10 PM
CJMM COMMUNITY CENTER AT CARSON

VETERANS DAY CELEBRATION

SATURDAY, NOVEMBER 11, 2017 • 10 AM
VETERANS PARK

WHY I LIKE CARSON ESSAY WRITING CONTEST AWARDS

TUESDAY, NOVEMBER 14, 2017
CJMM COMMUNITY CENTER AT CARSON

Dates, times and locations subject to change. Please call (310) 847-3570 to confirm information.

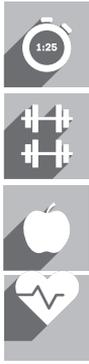
VETERANS SPORTSCOMPLEX

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



Tuesdays and Thursdays at 6:30 p.m.

FOOD & HEALTH Sessions



Monthly Health, Wellness, & Nutrition workshops / September 2017 - November 2017

Hear SportsComplex staff and special healthcare partners speak on frequently talked about health topics. Learn to cook and sample healthy recipes! The SportsComplex's Master Health and Wellness Nutritionist can teach you healthy meals to cook in 30 minutes or less.

City of Carson 6th Annual Think Pink BREAST CANCER WALKATHON Sunday, October 22, 2017

NUTRITION BOOTH / REFRESHMENTS / FREE GIVEAWAYS

Check-In: 8 am – 9 am • 3-Mile Walk: 10 am

Registration Fee before October 11, 2017: \$15 including T-shirt; \$10 without T-shirt

TURKEY BLAST Join Us Tuesday, November 21st 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 21, 2017, 6-8 P.M. FOR AGES 16 AND UP.

VETERANS SPORTSCOMPLEX MULTIPURPOSE ROOM

VETERANS SPORTSCOMPLEX COMPLIMENTARY PASS



Bring a friend, have fun,

Member's Name: _____ Membership Number: _____

Member's Guest Name: _____ Phone: _____

Address: _____

...and possibly win prizes.

Open Adult Co-ed Volleyball



FRIDAY NIGHTS

\$3 per person

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-Thursday
6 a.m. - 9 p.m.

Friday
6 a.m. - 5 p.m.

Saturday
7 a.m. - 5 p.m.

Sunday - Closed

Business Office

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

Friday
8 a.m. - 5 p.m.

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

Sunday - Closed



VETERANS SPORTSCOMPLEX

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



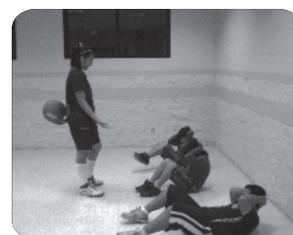
Banquet Halls and Recreation Rooms



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

SUPPORT AND EMPOWERMENT

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

WOMEN SUPPORTING WOMEN

TUESDAYS
7 P.M. - 8 P.M.

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

FREE

Take some time away from your busy schedule and connect
with other women in your community.

Get and give advice, share experiences and create new friendships.

Congresswoman Juanita Millender-McDonald Community Center at Carson • 801 E Carson St, Carson, CA 90745

WOMEN AGES
16 & UP

FAMILY COACHING

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.

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



Crafty Club

City of Carson

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

Ages 18 and up

FREE



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

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

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



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

Free Yoga Class

Carson Park

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



All ages welcome
Men & Women

FREE ARTS & CRAFTS FOR KIDS AGES 5-12

Tuesdays at
Veterans Park

22400 Moneta Ave. Carson
CA 90745 • 310-830-9997

4:00 p.m. - 5:30 p.m.

Please contact park for more information

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

Thursdays at
Carson Park

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



Walking Club

Come join us for a fun
night of walking!

No more
excuses!

WEDNESDAYS • 6 P.M. - 7 P.M.

VETERANS PARK 22400 MONETA AVENUE, CARSON, CA 90745

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

FREE FOR
ALL AGES

Meet at the benches
by the office

KIDS CLUB

Kids Club After-School Child Care Solution For Latchkey Children



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.



After School Kids Club Fees

Monday-Friday 2:30-6 p.m.	Regular \$50 wkly
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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 | 4. Excursions* |
| 2. Crafts | 5. Special events |
| 3. Seasonal parties | |

*Additional fee required for participation

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.



Enrichment

FALL SESSION 2017 (SEPTEMBER-OCTOBER-NOVEMBER)

Registration Begins August 28, 2017
Classes Begin September 18, 2017
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 / \$70 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.

GRADE	DAYS	TIMES
Kindergarten	Mon/Wed	4:00 p.m. - 4:50 p.m.
1st - 2nd	Mon/Wed	5:00 p.m. - 5:50 p.m.
3rd - 5th	Mon/Wed	6:00 p.m. - 6:50 p.m.

Math Made Easy \$30 RESIDENTS / \$40 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.

GRADE	DAYS	TIMES
Kindergarten	Tues/Thurs	4:00 p.m. - 4:50 p.m.
1st - 2nd	Tues/Thurs	5:00 p.m. - 5:50 p.m.
3rd - 5th	Tues/Thurs	6:00 p.m. - 6:50 p.m.

Intro to Piano \$65 / \$75 NON-RESIDENTS

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

AGES	DAYS	TIMES
7 - 12	Tues/Thurs	4:00 p.m. - 4:50 p.m.
7 - 12	Tues/Thurs	5:00 p.m. - 5:50 p.m.

Harmony Heroes (Voice) \$25 RESIDENTS / \$35 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.

AGES	DAYS	TIMES
5 - 17	Tues/Thurs	6:00 p.m. - 6:50 p.m.

Drama \$25 RESIDENTS / \$35 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.

AGES	DAYS	TIMES
5 - 17	Mon/Wed	6:00 p.m. - 6:50 p.m.

Costume Design \$30 RESIDENTS / \$40 NON-RESIDENTS

Do you like crafting or DIY projects? Is art your passion or do you just love to be creative? If so, then Costume Design is for you! This is a class where we do nothing but design costumes from fabric and material. This class requires no experience, just a love for creativity.

AGES	DAYS	TIMES
7 - 14	Mon/Wed	5:00 p.m. - 5:50 p.m.

Ballet \$38 RESIDENTS / \$48 NON-RESIDENTS

This class is the student's first introduction to formal ballet class structure. They will learn basic positions, postures, and techniques that will carry them through the rest of their dance career. There is no dance experience necessary.

AGES	DAYS	TIMES	LOCATION
5 - 14	Tues/Thurs	5:00 p.m. - 5:50 p.m.	Carson Park

Hip Hop Dance \$38 RESIDENTS / \$48 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.

AGES	DAYS	TIMES
5 - 12	Mon/Wed	5:00 p.m. - 5:50 p.m.
5 - 12	Mon/Wed	6:00 p.m. - 6:50 p.m.

3-in-1 Enrichment Arts \$59 RESIDENTS / \$69 NON-RESIDENTS

3-in-1 provides fun classes that help build self-esteem, confidence, and friendships through performing arts. These classes focus on voice, dance, and drama. Participants will showcase a play at the end.

AGES	DAYS	TIMES
5 - 8	Saturdays	9:00 a.m. - 11:00 a.m.
9 - 14	Saturdays	11:00 a.m. - 2:00 p.m.

Tennis (6 week session) \$29 RESIDENTS / \$39 NON-RESIDENTS

We offer a wide variety of tennis classes led 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.

AGES	DAYS	TIMES	LOCATION
7 - 14	Mon/Wed	5:30 p.m. - 7:00 p.m.	Calas Park

Guitar \$48 RESIDENTS / \$58 NON-RESIDENTS

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

AGES	DAYS	TIMES
7 - 17	Mon/Wed	5:00 p.m. - 5:50 p.m. (Beginners)
7 - 17	Mon/Wed	6:00 p.m. - 6:50 p.m. (Intermediate)

AQUATICS

Fall 2017 Carson Pool Swim Lesson Schedule

(Fees and schedules subject to change)

City of Carson



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 4 - 20, 2017
 F2 - September 25 - October 11, 2017
 F3 - October 16 - November 1, 2017

Early Fall Registration at Carson Pool Only

Residents Only

(must present proof of residency)

Monday - Friday:

August 21 - 25, 2017, 5:00 p.m. - 7:00 p.m.

Saturday:

August 19, 2017, 8 a.m. - 12 p.m.

Residents and Non-Residents

Monday - Friday:

August 28 - September 1, 2017, 5:00 p.m. - 7:00 p.m.

Regular Fall Registration at Carson Pool will be held

September 2 - October 18, 2017 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 5 - 21, 2017
 F2 - September 26 - October 12, 2017
 F3 - October 17 - November 2, 2017

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 2 - 30, 2017
 F2 - October 7 - November 4, 2017

Group Swim Lesson Session Fees:

	Adult/ 1st Child	2nd Child	3rd Child
Mon/Wed (6 Classes)			
Resident	\$55	\$52	\$49
Non-Resident	\$83	\$78	\$74
Tues/Thurs (6 Classes)			
Resident	\$42	\$40	\$38
Non-Resident	\$63	\$60	\$57
Saturday (5 Classes)			
Resident	\$48	\$46	\$44
Non-Resident	\$72	\$69	\$66

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
15yrs. & UP	SH Shark	6
	AD Adult	1-3

Recreation and Human Services Carson Pool • 21436 S. Main Street, Carson, CA 90745 / (310) 830-1053 / carsonpl@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 28	6 p.m. - 8 p.m.
Saturday	September 9	8 a.m. - 6:30 p.m.
Sunday	September 10	8 a.m. - 6:30 p.m.
Saturday	September 16	8 a.m. - 6:30 p.m.
Sunday	September 17	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. 5, 2017	5 p.m. - 8 p.m.
Saturday	Sept. 23, 2017	8 a.m. - 6 p.m.
Sunday	Sept. 24, 2017	8 a.m. - 6 p.m.
Wednesday	Sept. 27, 2017	5 p.m. - 8 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



Celebrating 39 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.

**B O X I N G
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) Fall Softball (Ages 8-15)

Last day to sign up - August 19, 2017

Tryouts - August 26, 2017

Season begins - September 23, 2017

Registration Fees:	Resident	Non-Resident
	\$30 1st child	\$45 1st child
	\$23 each additional child	

Youth Sports Basketball

Last day to sign up - November 11, 2017

Tryouts - November 18, 2017

Season begins - December 16, 2017

Registration Fees:	Resident	Non-Resident
	\$44 1st child	\$55 each child
	\$36 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.

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 21 - September 28
 Play Begins: September 28
 Fees: \$420 per team

Coed C/D Level

Registration: August 21 - September 28
 Play Begins: September 29
 Fees: \$420 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 16
 Fees: \$270 per team

8 Man

Registration: August 1 - September 14
 Play Begins: September 17
 Fees: \$370 per team



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.

HEALTH & FITNESS



Adult Walking Class

Wednesday/Friday	7-8 p.m.	Carson Park
Monday/Wednesday	7-8 p.m.	Dominguez Park
Tuesday/Thursday	6-7 p.m.	Mills Park



Karate

Tuesday	6:15 p.m.	Carson Park	Youth
Tuesday	7:15 p.m.	Carson Park	Adult
Thursday	6 p.m.	Scott Park	Youth/Adult
Sunday	2-5 p.m.	Scott Park	Youth/Adult



Adult Fitness Workout

Tuesday	7-8 p.m.	Anderson Park
Monday	7-8:30 p.m.	Dolphin Park
Tuesday	6-7 p.m.	Mills Park



Adult Line Dancing

Saturday	9 a.m. - Noon	Anderson Park
Wednesday	7 - 9 p.m. (Advanced)	Anderson Park

Adult Urban Ballroom Dance

Monday	6 - 8 p.m.	Anderson Park
Saturday	1 - 3 p.m.	Anderson Park



Youth Fitness Club (ages 16 and up)

Thurs	6-7:30 p.m.	Dolphin Park
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Carson Park/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:
Daily Fees:	Resident \$2	Resident \$10
		Non-Resident \$20

PARKS

PARK OPERATING HOURS

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

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

YOUTH ACTIVITIES

Basketball Fundamentals

• Dominguez	Tues/Thurs	4-5 p.m.
• Scott	Tues/Fri	5-7 p.m.
• Veterans	Tues/Thurs	6-7 p.m.

Thrive In-Line

• Veterans	Thurs	4-5 p.m. (Beginners) 5-6 p.m. (Novice)
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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, and Veterans* Parks. Contact the parks for specific day and time. *U.S.T.A. Site

Cheerleading

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

• Carriage Crest	Tues/Thurs	6:30-8:30 p.m.
• Dominguez	Tues/Thurs	6-7 p.m.
• Veterans	Tues/Thurs	6:30-7:30 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.

Table Tennis Class

• Calas	Mon	7-8:30 p.m.
• Carson	Mon/Fri	5-6 p.m.
• Scott	Fri	7-8:30 p.m.

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: Carson, Dominguez, 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 and Veterans parks provide 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	6-7 p.m.
• Carriage Crest Park	Thurs	6:30 p.m.
	Tues	3-4 p.m.
• Carson Park	Fri	6:30-8:30 p.m.
• Dolphin Park	Thurs	5-6:30 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.
• Veterans Park	Tues	4-5 p.m.

Homework Club

• Carriage Crest Park	Tues/Thurs	4-5:30 p.m.
• Dominguez Park	Wed	3-4:30 p.m.
• Mills Park	Mon/Wed/Thurs	3-4:30 p.m.

Computer Lab/Homework Club

• Carson Park	Mon/Wed/Fri	3-5 p.m.
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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.
• Calas Park/Ballet Folklorico	Mon/Wed	5:30-8 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Mills Park	Tues/Thurs	6-7 p.m.

EARLY CHILDHOOD

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
	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



SPECIAL INTEREST CLASSES

The City of Carson Special Interest Program offers a wide variety of recreational activities for people of all ages. The Special Interest Office is located in the East wing of the Congresswoman Juanita Millender-McDonald Community Center. For further information call (310) 952-1782.



BOOT CAMP CLASS



START SMART CLASS

Congresswoman Juanita Millender-McDonald Community Center

801 E. Carson St. Carson, CA 90745

Registration Information: Monday through Thursday 9:00 AM-6:00 PM

For additional information call (310) 952-1782

All activities, times, and instructors are subject to change.

Refunds will only be given when a class is canceled by the City of Carson Community Services Department.

ART CLASSES

Canvas & Cookies

Join us for this one evening class to create a masterpiece while enjoying some sweet treats. The instructor will assist you step by step through the painting process. It could get messy, so wear older clothes! A non-refundable \$10 material fee will be due to the instructor on the day of class. Cash only.

Instructor: Melva Thompson

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
12 and younger	Wed	6:30-8:00 PM	10/11	1	Res- \$15 / Non Res- \$20

Wine & Design

Discover a new way to unwind with your friends. Sip wine while a local artist guides you through painting your own masterpiece. No prior painting skills are required! A non-refundable \$20 material fee will be due to the instructor on the day of class. Cash only.

Instructor: Melva Thompson

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
21+	Wed	6:30-8:30 PM	10/18	1	Res- \$15 Non Res- \$20

FITNESS CLASSES

Boot Camp

Work out under the trees in a beautiful setting! This boot camp is designed for individuals of all fitness levels to improve core fitness, lose weight and build up strength and conditioning, all in the wonderful outdoors.

Instructor: Melody Carter

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Tues/Th	6:15-7:15 PM	8/29	6	\$36 for 6 classes \$60 for 12 classes \$90 for 20 classes

Piloxing

A non-stop, cardio fusion of standing pilates, boxing, and dance that will push you past your limits for a sleek and powerful you!

Instructor: Yvonn Florez

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Mon/Wed	7:30-8:30 PM	8/28	6	\$36 for 6 classes \$60 for 12 classes \$90 for 20 classes

SPECIAL INTEREST CLASSES

GUITAR CLASSES



Guitar

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required.

Instructor: Nicholas Miller

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Mon/Wed	7:15-8:15 PM	10/9	6	Res- \$45 Non Res- \$50

Karaoke

Come rock out singing your favorite tunes. Bring some friends to help in back up singing or have a sing off.

Instructor: Denaldo Reed

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
All ages	Tues	6:15-8:15 PM	8/22	4	Res- \$36 Non Res- \$46

SPORT CLASSES

Start Smart Soccer

An awesome first touch program to effectively teach the game of soccer to children ages 2-5 at all ability levels.

Instructor: Tony Zuniga

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
2-5	Wed	5:30-6:30 PM	9/20	8	Res- \$44 Non Res- \$55

Adult S.N.A.G. Golf

"Starting New at Golf" contains all the basic elements of golf but in a modified form. The game has its own simplified rules and terminology, which adds fun to the learning and playing experience.

Instructor: Tony Zuniga

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Wed	7:00-8:00 PM	9/20	8	Res- \$44 Non Res- \$55

Karate

Learn and demonstrate self-defense moves such as basic kicks, blocks and punches in this karate class. If you have no experience or even if you have some experience, this class is for you.

Instructor: Frank Acevedo

Carson Park • 21411 Orrick Avenue, Carson, CA 90745

Scott Park • 23410 Catskill Avenue, Carson, CA 90745

Ages	Day	Time	Start	Wks	Fee
All ages	Tues/Th	6:15-8:15 PM	On going	4	Res- \$55 Non Res- \$65
	Sun	2:30-5:00 PM	On going	4	

WORKSHOPS



Diabetes Workshop

Join our workshop that encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

Instructor: Deborah Christian

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Mon	9:30-11:30 AM	8/7	1	Free

Immigration Class

We give a formal presentation about the requirements to become a naturalized citizen and hold a Q&A afterwards.

Instructor: Brandon Menacio

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Tues	7:00-9:00 PM	8/1	1	Free

Are you interested in Volunteering/Teaching?

How about one of these classes?

Coupons, Gardening, Smartphone,
or Foreign language

Interested in another class you do not see?

Let us know!

Special Interest Program office at (310) 952-1782

SENIOR RECREATION

City of Carson Senior Recreation Program offers a wide variety of recreational activities for adults 50 years and above. Senior Recreation Office is located in the East wing of the Congresswoman Juanita Millender McDonald Community Center. For further information call 310-835-0212, ext. 1475 or 1478. Care providers must be present with client at all times. All fees are subject to change.



YOGA CLASS



HULA HOOP FITNESS

Congresswoman Juanita Millender-McDonald Community Center

801 E. Carson St. Carson, CA 90745

ART & DANCE

**Must be 50 years and above to attend. No children allowed in any adult activities or programs.*

Needle Craft Class - Older adults come together to crochet, knit, sew articles by hand and work on various crafting patterns. Students provide their own supplies. *uninstructed class

T/TH • 9am – 11am • FREE

Art Class - If you love drawing, coloring, painting and working at your own pace, then this is the class for you! Students provide their own supplies. *uninstructed class

Tuesday • 9:30am – 11am • FREE

Music Makers - Open to all musicians. Come enjoy each other's knowledge of music while playing instruments together. Band members must read music and provide own instrument. *uninstructed class

Monday • 9:30am – 11:30am • FREE

Ukulele Class - Learn the fundamentals of playing the Ukulele while socializing with others. Beginning and advance artists welcome.

Monday • 10am – 12pm • FREE

Ballroom Dance - Learn the art of ballroom dance with these beginner and advanced courses.

Tuesday • Beg. • 1pm – 2pm • Fee: \$4.00

Tuesday • Adv. • 2pm – 3pm • Fee: \$4.00

SENIOR RECREATION

Polynesian Dancers – Students learn how to perform in a class group using traditional Polynesian/South Pacific dances.

Thursday • 10am – 10:45am • Fee: \$5.00

Line Dancing - Learn and perform the latest country western steps.

Wednesday • Beg. • 9am – 10am • Fee: \$3.00

Wednesday • Int. • 10am – 11am • Fee: \$3.00

Thursday • 4pm – 6pm • Fee: \$3.00

Salsa Dance - Enjoy the Latin rhythms while learning basic footwork, steps, turns, music timing and other dance techniques.

Monday • 10am – 11am • Fee: \$3.00

Sweethearts of Tap - Learn basic rhythmic tap skills that are characterized by tapping shoes against the floor as a type of percussion.

Monday • 11:30am – 12:45pm • FREE

Table Games - Participate in a variety of table games, while enjoying the company of others.

Thursday • 1pm – 4pm • FREE

FITNESS CLASSES

**Must be 50 years and above to attend. No children allowed in any adult activities or programs.*

Muscle Strengthening - Learn safe techniques for strengthening the upper and lower body using flexible exercise bands. *form with doctors release required to participate.

Tuesday • 11am – 11:40am • FREE

Thursday • 11:45am – 12:30pm • FREE

Aerobics w/ Randy - Improve your health! Boost your mood, burn fat, strengthen bones and improve your stamina with this class.

Wednesday • 11:15am – 12:10pm • Fee: \$3.00

Friday • 10:30am – 11:25am • Fee: \$3.00

Tai Chi & Health - Learn the Chinese form of physical exercise characterized by a series of very slow and balletic body movements.

Friday • 9am – 10am • FREE

New! Total Body Sculpt & Cardio - A low impact, fat burning, muscle toning, easy on the joints workout. Utilizing a hula hoop & drumsticks.

Thursday • 1pm – 2pm • FREE

Yoga - This class combines yoga, with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.

Monday • 1pm – 2pm • FREE

Blood Pressure Screening - Volunteers provide FREE blood pressure screening.

Monday & Wednesday • 10am – 12pm

SENIOR RECREATION

OLDER ADULT SOCIAL CLUBS

*Social Clubs and Groups are co-sponsored by the City, yet operate independently. Various activities and bingo. Membership required if you would like to join a club. For further information, call (310) 835-0212 ext. 1478
Must be 50 years and above to attend. No children allowed in any adult activities or programs.

Carson VIP Club - Meets every **Tuesday from 11am – 3:45pm**. President: Tiny Cook

Jolly Club - Meets every **Thursday from 11am – 3:45pm**. President: Mary Lassiter

TLC Club - Meets every **Wednesday from 11am – 3:45pm**. President: Helen Alaniz

Friendship Club - Meets every **Friday from 11am – 3:45pm**. President: Nolando Sermonia

Swinging 50's Club - Meets every **Wednesday from 11am – 3pm at Dominguez Park, 21330 Santa Fe Ave. Carson, CA 90810**. President: Sandra Conn

The Elito M. Santarina Senior Technology Center

Congresswoman Juanita Millender McDonald Community Center, 801 E. Carson St. Carson, CA 90745

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. Adults 50 years and above will acquire skills that allow them to keep up with the advances of technology.

Beginning / Intermediate classes meets twice a week on Monday and Wednesday for an hour and a half. RSVP required 310-835-0212 ext. 1478/1475

Carson Park

21411 Orrick Ave. Carson, CA 90745

**Must be 50 years and above to attend.*

No children allowed in any adult activities or programs

DANCE & FITNESS CLASSES

Zumba - Combines Latin music that involves dance, aerobic elements and choreographed steps.

Mon, Wed & Fri • 8:30am – 9:30am • FREE

M/W • 10am – 11am • FREE

Low Impact Aerobics - Always keeping one foot to the floor, this workout promises an amazing workout every time.

T/TH • 8:30am – 9:30am • FREE

Hula Hoop Fitness - Discover a whole new way of working out while having fun and burning calories with a hula hoop.

T/F • 10am – 11am • FREE

Open Basketball - Come and enjoy playing basketball. Fun games, or just shooting around.

M/W/F • 11:15am – 12pm

Tuesday • 10am – 12pm • FREE

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.

M/T/W/TH/F • 8:30am – 12pm • FREE

***please note day/time of classes may change with notice.**

SENIOR RECREATION

Stevenson Park/Gym

17400 Lysander Dr. Carson, CA 90745

**Must be 50 years and above to attend.*

No children allowed in any adult activities or programs

DANCE & FITNESS CLASSES

Exercise Class - This class combines low impact calisthenics and stretching to enrich your workout to better fitness.

M/W/F • 8:30am – 9:30am • FREE

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.

M/W/F • 8:30am – 12pm • FREE

*Friday class alternates with Zumba class

Zumba - Combines Latin music that involves dance, aerobic elements and choreographed steps.

Friday • 10:30am – 11:30am • FREE

*alternates with fitness class

Line Dancing - Learn and perform the latest country western steps, while you enjoy the company of fellow line dancers.

Friday • 10:30am – 11:30am • FREE

Scott Park/Gym

23410 Catskill Ave. Carson, CA 90745

**Must be 50 years and above to attend.*

No children allowed in any adult activities or programs

DANCE & FITNESS CLASSES

Open Basketball - Come and enjoy playing basketball with other older adults.

Fun games or just shooting around.

M/T/W/TH/F • 8:30am – 10:30am • FREE

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.

M/T/W/TH/F • 8:30am – 10:30am • FREE

UPCOMING EVENTS

**Must be 50 years and above to attend. No children allowed in any adult activities or programs.*

AARP Mature Driving Course

2 day course • 9am – 1pm

AARP Members \$15.00/ Non-Members \$20.00

November 27-28, 2017 (Monday & Tuesday)

*RSVP 310-835-0212 ext. 1478

Christmas Luncheon

Friday, December 1, 2017

11am – 3pm • \$15.00 each ticket

*ticket sales 310-835-0212 ext. 1475

Are you interested in Volunteering/Teaching?

How about one of these classes; Gardening, Book Club, Smartphone, foreign language or ping pong

Interested in another class you do not see? Let us know!

Senior Recreation Program office at 310-835-0212 ext. 1478 or 1479

INFORMATION AND REFERRAL

Save The Dates for monthly assistance in the Human Services office:

FOOD STAMPS/Medi-CAL Applications
1st Tuesday & 3rd Thursday 9:30 am-12 pm

Housing Rights Walk in Clinic
1st Thursday & 3rd Wednesday 9:00 am-11:00 am

LA Regional Food Bank
2nd Monday 8:00 am-1:00 pm



Braille Institute

The Braille Institute continues to come on a monthly basis with their mobile unit to provide low vision screenings FREE of cost to individuals in need. Braille Institute does take appointments, but does walk-ins as well. The mobile unit is located in the parking lot of the East wing of the Community Center- and is marked clearly. For appointments and schedule please call the Braille Institute directly at (323) 663-1111.

Food Stamp/Medi-Cal Applications

A representative from 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.

Homeless Task Force

If you're homeless, PATH can help. Call our outreach hotline at (562) 457-0205. Our team can connect you with services that include housing assistance, veteran services, mental health care, medical clinic, employment services, and benefits enrollment.

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

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

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

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

H.E.L.P.

<http://www.help4srs.org/>
(310) 533-1996

Caregiver Support Group:

Tuesdays 11:30am-12:30pm

Bereavement Support Group:

Wednesdays 10:00am-11:00am

Contact Amanda Valorosi

for more information (310)835-0212 x1471

SENIOR INDEPENDENCE SUPPORT

Dedicated to helping residents of Carson, age 60 and older, age in place through safety and dignity. For more information call (310) 835-0212 ext.1471

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.



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

LA Regional Food Bank. This is not a City program, but we do host the handout on the 2nd Monday of each month. For Low-income, seniors 60 and older. For more information call (323) 234-3030.



SPECIAL NEEDS

Special Needs is designed to meet the recreational, social, and physical needs of individuals with disabilities. Our focus is to improve the quality of life for all participants through structured programming carried out by trained staff.

Registration is required for all program. For more information please call (310) 835-0212 ext. 1465 or ext. 1470.

Bowling Program

Only registered participants in this program will be eligible for our Special Olympics Bowling team.

Registration fee is \$20 plus \$9 each program date.

Saturdays 8/19/17 - 12/16/17 • 9:30 am - 11 am

Ages: 8 and up



Participants are all smiles at our dance

Halloween Dance

Come join us as we dance, play games, and socialize with friends!

Registration fee is \$5.

October 27, 2017 • 6 pm - 8:30 pm

Ages: 13 and up

CJMM Community Center

Fall Social Group

This program is designed for teens, ages 13 - 17 with developmental disabilities who enjoy participating in leisure activities.

Registration fee is \$15.

Wednesdays 9/13/17 - 11/1/17 6pm - 7:30pm

CJMM Community Center



Having fun at an Adult Day Club activity

Adult Day Club

This program focuses on social interaction and skill building while enjoying various experiences.

Registration fee is \$25.

Fridays 9/22/17 - 11/10/17 10am - 1pm

Ages: 18 and up with developmental disabilities

CJMM Community Center



Working on some new dance moves at Therapeutic Dance for All

Therapeutic Dance for All

Improve motor skills, body awareness, and memory through dance.

Registration fee: \$25

Saturdays 9/16/17 - 12/2/17 (8 classes)

Ages 3-6, 9:15am - 10am

Ages 7-12, 10:15am - 11am

CJMM Community Center

STROKE CENTER INFORMATION

The Stroke Center is open Monday-Friday from 8:30 a.m. - 4:30 p.m., and is located inside the Carson Community Center. If you need further information, call our friendly staff members at (310) 952-1763.

Cost: Residents No cost to attend
 Non-Residents \$70/month

Here's what our members are saying about us.



"The Stroke Center gives me the ability to get back to normal. It also allows me to be around others like me and we support each other. The staff members here are great!"

Jackie Woods, Stroke Survivor

"I enjoy the dedication of the stroke survivors and the fun we have in Zumba. Everyone dances to their own beat and I enjoy watching their progress. We are all on one accord when there's great music, and I thank them for making my job fun!"

Jewel Bumpas, Zumba Instructor



CHAIR EXERCISE

This is a group exercise class that focuses on strengthening muscles and improving circulation.

DAY	TIME
Thurs.	12:30 -1:30 p.m.

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.

DAY	TIME
Every other Tues.	1:00-2:00 p.m.

CHAIR VOLLEYBALL

This is seated indoor volleyball with a beach ball, which leads to improved motor skills and verbal communication.

DAY	TIME
Tues/Thurs	11:30 a.m.-12:30 p.m.

ZUMBA GOLD

Come enjoy a modified Zumba class for stroke survivors.

DAY	TIME
M/W/F	12:00-1:00 p.m.



OCCUPATIONAL THERAPY

Our licensed OT will provide one-on-one treatment aimed at improving your activities of daily living and increasing your independence. By appointment only.

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
Email: excursions@carson.ca.us

ALL FEES ARE SUBJECT TO CHANGE

Lake Arrowhead Boat Tour – Friday, August 4, 2017

A visit to Lake Arrowhead isn't complete without seeing the view from the water. Ride in style aboard the enclosed Lake Arrowhead Queen paddlewheel boat. Experience the splendor and serenity of lush forest, sparkling water as you sit back and enjoy close-up views of exquisite lakefront homes. Learn about the fascinating history of the lake through a narrated tour. Afterwards, enjoy a stroll and no-host lunch in the beautiful downtown area restaurants and boutiques. Cost includes round-trip bus transportation and boat tour admission. **Bus departs at 8:00 am and returns at 5:00 pm.**

(Departure times subject to change)

Carson Resident : \$35.00 per person

Non-Carson Resident: \$50.00 per person

Smooth Summer Jazz – Hollywood Bowl – Sunday, August 20, 2017

From the classic smooth jazz of Dave Koz to the funky sounds of the Ohio Players and more, prepare yourself for a laid-back, groove-filled midsummer evening. You are welcome to bring you favorite picnic basket to enjoy before and during this summer night with your friends!! Cost includes round-trip bus transportation and concert seats. **Bus departs at 5:30 pm and returns at 11:30 pm.**

(Departure times subject to change)

Carson Resident: \$50.00 per person

Non-Carson Resident: \$65.00 per person

Gipsy Kings Concert – Hollywood Bowl – Friday, August 25, 2017

Enjoy this summer night with the Grammy winning band behind the “Bamboléo” as they celebrate 25 plus years of flamenco, salsa, and pop fusion perfection in their distinctive style that’s guaranteed to get the party started! You are welcome to bring you favorite picnic basket to enjoy before and during

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this summer night with your friends!! Cost includes round-trip bus transportation and concert seats.

Bus departs at 5:30 pm and returns at 11:30 pm. (Departure times subject to change)

Carson Resident: \$50.00 per person

Non-Carson Resident: \$65.00 per person

L.A. County Fair – Saturday, September 16, 2017

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 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 includes round-trip bus transportation and fair admission. **Bus departs at 9:00 am and returns at 6:00 pm.** (Departure times subject to change)

Carson Resident: \$40.00 per person

Non-Carson Resident: \$55.00 per person

**My Way, A Musical Tribute to Frank Sinatra, Dinner Show
Sunday – September 24, 2017**

Frank Sinatra once said that the secret of success was to sing great songs. With the musical tribute My Way Dinner Show, the Candlelight Pavilion plans to bring these same songs to the stage. Rather than attempting to impersonate a legend, My Way smartly features a cast of two men and two women singing nearly 50 songs popularized by Sinatra. Accompanied by a live band, the singers will perform such songs as "Fly Me to the Moon," "Love and Marriage," "I Get a Kick Out of You" and more. Come and join us for a celebration of Sinatra's style, his era, and some of the 20th century's most enduring tunes. **Cost of \$90.00 per person** includes lunch, show and round-trip bus transportation. **Bus departs at 9:30 am and returns at 5:30 pm** (Departure times subject to change)

2018 Tournament of Roses Parade – Monday, January 1, 2018

Experience – in person – the 129th Rose Parade themed, "Making a Difference," 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 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.** (Departure times subject to change)

Carson Resident: \$80.00 per person

Non-Carson Resident: \$95.00 per person

NEW EXCURSIONS:

Effective April 2017, all new excursions will have a Carson Resident Rate as well as a Non-Resident Rate. For further information regarding these rates, please contact our Transportation Services offices at (310) 835-0212 ext. 1495.

Los Angeles Dodgers vs. San Francisco Giants Friday, September 22, 2017

Come out and cheer for Los Angeles Dodgers as they take on the San Francisco Giants! Enjoy the game while snacking on peanuts, cracker jacks and the world famous Dodger Dogs. After the game, enjoy Friday Night Fireworks! Cost includes round-trip bus transportation and game admission.

Bus departs at 5:00 pm and returns at 11:00 pm. (Departure times subject to change)

Carson Resident: \$ 53.00 per person Non-Carson Resident: \$ 68.00 per person

Christmas in Solvang – Saturday, December 2, 2017

Shop, Mingle and Jingle. Solvang welcomes holiday shoppers with special events and entertainment. Discounts and deals at Solvang merchants of all sorts, such as art shops and galleries; book-sellers; wine tasting rooms; wine and beer bars; clothing, shoes and accessories boutiques; home furniture, décor and hardware; jewelers and antique stops; and restaurants, bakeries and specialty food stores.

Cost includes round-trip bus transportation. **Bus departs at 7:00 am and returns at 6:00 pm.**

(Departure times subject to change)

Carson Resident: \$ 20.00 per person Non-Carson Resident: \$ 30.00 per person

Aladdin – Pantages Theater – Saturday, February 24, 2018

From the producer of the Lion King comes the timeless story of Disney's ALADDIN, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite.

Cost includes round-trip bus transportation and admission. **Bus departs at 12:00 pm and returns at 5:30 pm.** (Departure times subject to change)

Carson Resident: \$ 74.00 per person Non-Carson Resident: \$ 89.00 per person

City of Carson
24th Annual
PARENT CONFERENCE
Rising Stars!

SATURDAY, FEBRUARY 24, 2018
11 A.M. TO 2 P.M.

Deadline For RSVP: February 8, 2018

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 and who attend School in Carson
 have been invited to write an essay entitled:
"WHY I AM A RISING STAR"

Deadline For Entries: December 19, 2017



2017 TROPHY WINNERS



2017 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.

Dominguez Rancho
Adobe Museum

FALL 2017
CALENDAR OF EVENTS

Renactment Battle of the Old Woman's Gun
October 14 and 15, 2017 • 10 am - 4 pm

Come celebrate the anniversary of the Battle of Dominguez Hill-also known as the Battle of the Old Woman's Gun at the Dominguez Rancho Adobe Museum. In this FREE two-day event you will be able to experience the reenactment of the battle as well as the many aspects of life during the 1800's. There will be activities for the whole family such as corn husk doll making, tortilla making, cattle roping, adobe brick making, gold panning, and take a tour of the Dominguez homestead.

Dia de los Muertos Celebration
November 4, 2017 • 10 am to 4 pm

Come celebrate life with us as we celebrate Dia de los Muertos at the Dominguez Rancho Adobe Museum. The day will be full of art, culture, delicious cuisine and live entertainment.

Film screening of
Weaving the Past: Journey of Discovery
November 18, 2017 • 1 pm - 3 pm

Join us for a FREE public screening of Weaving the Past: Journey of Discovery. At a crossroads, American filmmaker Walter Dominguez embarks on a life-changing quest to uncover mysteries in the life of his saintly Mexican-born grandfather, Reverend Emilio Hernandez, and to fulfill his grandfather's dying wish to locate his long lost family of origin. Traveling through California, Texas and Mexico, Walter discovers Emilio's involvement with courageous Mexican and American revolutionaries fighting for social justice in tragically oppressed Mexico. His search finally leads him to his grandfather's family in Mexico, and redemption for himself. A Q&A session will take place after the screening.

Christmas at the Ranch
December 9, 2017 • 3 pm to 5 pm

Enjoy the Dominguez Rancho Adobe Museum this holiday season when the Adobe is decorated with lights and ornaments. It only happens once a year and it is a beautiful sight to see. Join the Dominguez sisters as they prepare for Christmas, enjoy some Christmas theme snacks, make Christmas decorations, and take a tour of the adobe. You can also help our toy drive which goes to the Fire Dept. Station 105. There will be a special guest joining us; you don't want to miss it!

18127 South Alameda Street
 Rancho Dominguez, CA 90220
 (310) 603-0088



50th Anniversary Volunteer Opportunities

Please join us in planning and preparing for the City of Carson's Golden Anniversary Celebration by signing up to become a volunteer. We have various events in which your assistance will help to contribute to the success of the celebratory events.

A few of the Anniversary projects include, but are not limited to:

- **Cookbook Project: "International Tastes of Carson"**
- **Golden Tapestry of Carson Quilt Project**
- **Historical Scrapbook Project**

Rose Parade Volunteers Needed

The City of Carson will have a float in the 2018 New Year's Tournament of Roses Parade in Pasadena, California. To assist with placing roses on the float please call **(310) 835-0212, ext. 1467**.

Your Rose on the Parade

Your personal message can be printed on a label and attached to a vial that will be featured on the City of Carson's Rose Parade Float on January 1, 2018. You get the satisfaction of supporting your community while honoring a family member, friend, or loved one.

Rose vials cost \$10.00 each, and there is no limit as to how many you can purchase.

Payment for rose vials will be accepted during business hours at the City Treasurer's Office.

This opportunity will come to a close on November 30th, so don't miss out!

Commemorative 50th Anniversary Items for Sale

Limited edition T-Shirts and lapel pins available for sale.

For more information, please contact **(310) 847-3570**.

“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 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.

