



Community Services Guide

March • April • May 2016



DATED MATERIAL. Please deliver promptly.

POSTMASTER :

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

To Residential Customer

PRSR STD
U.S. POSTAGE
PAID
Long Beach, CA
Permit No. 905
ECRWSS

TABLE OF CONTENTS

Recreation & Human Services

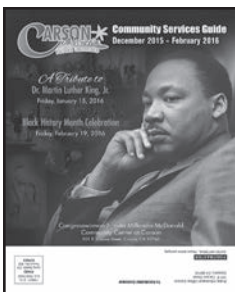
Transportation

Special Information

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
Spring 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/department/citymanager/publicinformation.asp>

A MESSAGE FROM THE Director of Community Services

Welcome to the Community Services Guide!

The City of Carson Parks, Recreation and Human Services Department strive to promote passive and active recreational services, parks and facilities that enrich the lives of all residents and promote opportunities for healthy lifestyles. We take great pride in offering quality programs and maintaining the best recreation centers, parks and athletic facilities possible.

There are a variety of activities for all ages to enjoy. Many of our recreation centers offer high quality after school programs and for the Baby Boomers check out the fun events/activities being offered at the Congresswoman Juanita Millender-McDonald Community Center.

I want to take this time and thank every parent, coach, volunteer, and player that participated in one of our programs or special events this past year. 2015 was indeed a busy and productive year for our department.

Be good stewards to your parks. Help us keep them clean by picking up your trash so everyone can enjoy them. The benefits of parks and recreation can be a brisk-walk around the park. It can be the sense of exhilaration for the child who hits the ball with a bat for the very first time.

Please report graffiti or suspicious activity, we all share in the responsibility of seeing to it that our community is a clean, safe and fun place to visit.

Remember our Motto: Parks Make Life Better!

Best regards,
Cedric L. Hicks, Sr., Director

Spring
2016

City of Carson

Carson Pool Swim Lesson Schedule

(Classes subject to cancellation or schedule change)

Monday/Wednesday (6 classes)

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

*TT Class only 40 minutes

Monday/Wednesday

S3 - March 14 - March 30, 2016

S4 - April 4 - 20, 2016

S5 - April 25 - May 11, 2016

S6 - May 16 - June 1, 2016

Tuesday/Thursday (6 classes)

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

*TT Class only 40 minutes

Tuesday/Thursday

S3 - March 15 - March 31, 2016

S4 - April 5 - 21, 2016

S5 - April 26 - May 12, 2016

S6 - May 17 - June 2, 2016

**Saturday** (6 classes)

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

*TT Class only 40 minutes

Saturday

S2 - March 12 - April 9, 2016

Regular Fall Registration at Carson Park will be held from now through **April 28, 2016** during scheduled Spring Swim Lesson times

Swim Lesson Rates**Residents:**

- Adult/1st Child \$40
- 2nd Child \$37
- 3rd Child \$34

Non-Residents:

- Adult/Child \$45
(no sibling discounts)

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

Dates to Remember**April 4, 2016 - Summer 2016**

Aquatic schedules available online, City Hall, Community Center, and all City of Carson parks

May 2, 2016 - Summer 2016

Aquatic scholarships forms available online.

May 2-27, 2016 - Summer 2016

Aquatic Mail-in registrations for City of Carson residents.

May 16-27, 2016 - Summer 2016

Aquatic Mail-in registration for Non City of Carson residents.

June 13, 2016 - Summer 2016 Season Begins

Recreation and Human Services

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

Tax Preparation Assistance

Every Tuesday during tax season, trained AARP volunteers help low and middle-income persons prepare their income tax returns. Special attention is given to persons age 60 and older.

The program begins Tuesday, February 2, and will be held every Tuesday through April 12.

Tax preparers can assist with the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self-employment. This service is free and by appointment only, and takes place at Carson Park, located at 21411 S. Orrick Avenue in Carson.

To make an appointment, please call (310) 952-1775.



CITY OF CARSON
5th Annual
Carson RELAYS

SAVE THE DATE!
\$5
Per Runner
 (Max 3 events)
K-8 Grades

SUNDAY, APRIL 24, 2016
CHECK IN BEGINS AT 8 A.M.
RANCHO DOMINGUEZ
PREPARATORY SCHOOL
 4110 Santa Fe Avenue, Long Beach, CA 90810
FOR BOYS AND GIRLS AGES 6-14
RECREATION AND HUMAN SERVICES

For more information, please call Recreation and Human Services at (310) 847-3570 or (310) 518-3565

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

IT'S 2016

Time to register to host a **FREE** Scott's MLB Pitch Hit & Run local competition for the **YOUTH** IN YOUR COMMUNITY!

Sign-up today and reserve your spot at www.pitchhitrun.com

Give the kids in your community the opportunity to compete at Team Championships hosted at every MLB Ballpark & the PHR National Finals during MLB All-Star Week.

24th Annual

CITY OF CARSON



2016 Youth CONFERENCE SATURDAY MARCH 5, 2016 FOR TEENS AGES 12-17

10 a.m. - 5 p.m.

Career Workshops, College Invasion, Guest Speakers, Breakfast and Lunch provided.
Congresswoman Juanita Millender-McDonald Community Center at Carson
801 East Carson Street, Carson, CA 90745

CITY OF CARSON • YOUTH COMMISSION

Beautification Project

A great program for students for who need community service credits, or just want to keep our community beautiful!

Saturday, March 12, 2016

Stroke Survivor Home Visit

10 a.m. - 1 p.m.

Saturday, April 9, 2016

Senior Home Visits

10 a.m. - 1 p.m.

Saturday, May 14, 2016

Stroke Survivor Home Visit

10 a.m. - 1 p.m.

To sign up or for more information, please call Recreation and Human Services at (310) 835-0212, ext. 1410 or 1475

City of Carson

Spelling Bee

(City-Wide)



Saturday, April 16, 2016
FREE • Boys & Girls

Kindergarten-2nd Grades / 10:00 a.m. - 12:00 p.m.
3rd-5th Grades / 12:30 p.m. - 2:00 p.m.

Carson Park
21411 S. Orrick Avenue, Carson, CA 90745
For more information, call (310) 835-0212, ext. 1410.


CHEER CLINIC

Cost: \$20
Includes:
T-shirts & Snacks

Saturday, March 26, 2016 • 9 a.m. - 12 p.m.
Ages 3-14 years • Hosted by Carson Park Cheer

Participants will learn:

- Motions
- Cheers
- Dance
- Stunts
- Jumps

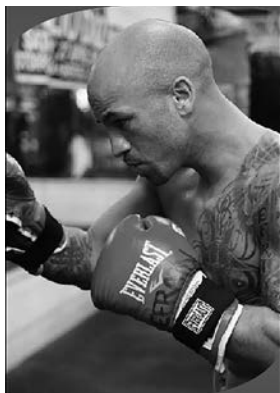


Carson Park
21411 S. Orrick Avenue, Carson, CA 90745
For more information, call (310) 830-4925

HEALTH & FITNESS

FABELA CHAVEZ BOXING FITNESS CENTER

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 gyms namesake Fabela Chavez who was inducted to Boxing Hall of Fame in 1993. The City named its boxing gym after Fabela Chavez in recognition of his contribution to the young boxing enthusiasts and up-and-coming boxers in the community.



B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

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

All Fees Are Subject To Change

HOURS

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

Fees: Monthly Membership

Adults Resident \$30 Non-Resident \$35

Youth (8-17 yrs) Resident \$20 Non-Resident \$20

Daily Rate Adult Resident \$8 Non-Resident \$9

Daily Rate Youth Resident \$4 Non-Resident \$4

Beginning Boxing

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

Beginning Weightlifting

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

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

Advanced Weightlifting

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

YOUTH SPORTS

SPRING 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.

Spring Youth Sports

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

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

Try-Outs: March 5, 2016

Season Begins: April 9, 2016

Registration Fees:	Resident	Non Resident
	\$39 1st child	\$46 1st child
	\$31 2nd child	
	\$23 3rd child	

SCMAF Basketball

April 1 & 2, 2016

The City of Carson will host the Division A, Southern California Municipal Athletic Federation "Tournament of Champions" Basketball Tournament. Teams from throughout Southern California will be participating. Games will be played at various City Parks.

Carson Invitational Youth Baseball/Softball Tournament

Registration: May 1 through August 2, 2016

Date of Tournament: August 5 - 7, 2016

Registration Fee: \$150 per team

Call the Youth Sports Section at (310) 847-3577 to request a registration packet.

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.

City of Carson Baseball Camp

Sunday, March 6, 2016 Fee: \$5

For registration info, call Carson Park at (310) 830-4925.

Carson Track Club

Fee: \$110

Boys and Girls

Ages 6 - 14

For more details, call Del Amo Park at (310) 329-7717.

Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become 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, to officiate youth baseball/softball.

HEALTH & FITNESS

ADULT SPORTS

SPRING PROGRAM

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

SPRING SOFTBALL LEAGUES



Men's & Women's C/D Level

Registration: March 1 - March 29
Play Begins: March 31
Fees: \$399 per team

Coed C/D Level

Registration: March 2 - April 7
Play Begins: April 4
Fees: \$399 per team

Spring Softball Tournament/Men's & Coed

Registration: February 15 - March 9
Play Begins: March 12

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



DISABILITY AND ACCESSIBILITY ISSUES

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

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

SPRING FLAG FOOTBALL LEAGUES

4 on 4

Registration: March 3 - March 24
Play Begins: March 27
Fees: \$175 per team

8 Man

Registration: February 2-26
Play Begins: March 1
Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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



Coed Softball

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

- | | | |
|-----------|-----------|-----------|
| • Calas | Thur | 6-9 p.m. |
| | Mon | 6-7 p.m. |
| • Dolphin | Thurs/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. Dance your way to thin.

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

HEALTH & FITNESS

Adult Walking Class

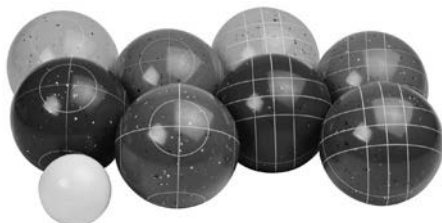
Thursday	6:30-8:30 p.m.	Anderson Park
Wednesday	7-8 p.m.	Carriage Crest Park
Saturday	10 a.m.	Dolphin Park
Monday	6-7 p.m.	Dominguez Park
Wed	6-7 p.m.	Mills Park

Walking Club

Monday	6:30-7:30 p.m.	Calas Park	Ages 16-up
--------	----------------	------------	------------

Adult and Youth Karate & Kempo

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



Adult and Youth Bocce Ball

Friday	4-5 p.m.	Scott Park
Saturday	2-3 p.m.	Scott Park
Mon/Wed	6-7 p.m.	Carson Park

Adult Fitness Workout

Tuesday	6-7 p.m. / 7-8 p.m.	Dominguez Park
---------	---------------------	----------------

Teen Dance for Fitness

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

• Anderson/2 Age Division	Tues/Thurs	6-7 p.m.
• Calas	Thurs	6-8 p.m.
• Dolphin	Fri	5-6 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Adult Belly Dance

Tuesday	6:30-7:30 p.m.	CJMM Community Center
---------	----------------	-----------------------

Fast Dance Fitness Class

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

Tap Class

Saturday	10 a.m. - 11 p.m.	Mills Park
Division: Elementary	Tues/Thurs	6-7 p.m.
Division: Middle School	Tues/Thurs	7-8 p.m.
Division: High School	Wed	6:30-7:30 p.m.

Adult Line Dancing

Saturday	10 a.m. - Noon	Anderson Park
	12 p.m. (Couples Dance)	Anderson Park
Wednesday	7-9 p.m. (Advanced)	Anderson Park
Saturday	10-11:30 p.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
--------	---------------------	----------------

Dance it Off

Tuesday/Thursday	5:30 p.m.-6:30 p.m.	Calas Park
------------------	---------------------	------------

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)

• Dolphin	Mon-Wed	6-7 p.m.
• Stevenson	Wed/Fri	6:30-7:30 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

• Carson Park	Monday	10 a.m.
• Hemingway Park	Monday	6-7 p.m.



Zumba Class

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

Stretching and Conditioning

Friday	7-8:30 p.m.	Anderson Park
Monday	6:30-7:30 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 \$106.00 will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change. Availability is based on the needs of each site. The City

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

OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

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

CLASS SCHEDULE

RESIDENT RATE ALL DAY PROGRAM

Monday – Friday	
7 a.m. – 6 p.m.	\$170.00 a week
8 a.m. – 5 p.m.	\$136.00 a week
7 a.m. – 5 p.m.	\$157.00 a week
8 a.m. – 6 p.m.	\$157.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m.		
1 p.m. – 5 p.m.	T TH	\$25 a week
	MWF	\$37 a week
	M-F	\$62 a week

OPTION II:

The City of Carson is 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	\$25 a week
	3 days/wk	\$37 a week
	5 days/wk	\$62 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

Spring Break

D A Y C A M P



MONDAY, MARCH 21- FRIDAY, MARCH 25, 2016

Spring Break Day Camp is offered at the following City of Carson parks:

CARSON PARK

21411 S. ORRICK AVENUE
CARSON, CA 90745

(310) 830-4925

DEL AMO PARK

703 E. DEL AMO BOULEVARD
CARSON, CA 90746

(310) 329-7717



DOLPHIN PARK

21205 S. WATER STREET
CARSON, CA 90745

(310) 549-4560

VETERANS PARK

22400 MONETA AVENUE
CARSON, CA 90745

(310) 864-9255

NON-RESIDENT FEES	TIMES	RESIDENT FEES
\$18	7 A.M. - 9 A.M.	\$15
\$65	9 A.M. - 5 P.M.	\$55
\$12	5 P.M. - 6 P.M.	\$10

FUN & GAMES • SPORTS • CRAFTS • SNACKS
FOR BOYS AND GIRLS AGES 5-12 • BRING LUNCH DAILY!

*For more information, contact Recreation and Human Services
at (310) 847-3570, Ext. 3552*

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

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

SPRING PARK CLASS SCHEDULE

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

Hours of Operation

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

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

YOUTH ACTIVITIES

Tennis Instruction

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

Video Game Challenge

• Dolphin Park	Mon	5-6 p.m.
----------------	-----	----------

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:

• Anderson	Tues/Thurs	6:30-8 p.m.
• Carriage Crest	Wed 6-8 p.m. / Sat 10 a.m.-12 p.m.	
• Carson	Mon/Wed	6:30-8:30 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.

Dance It Off

• Calas Park	Tues/Thurs	Call Park for times
--------------	------------	---------------------

All ages

Bingo Nite

• Calas Park	2nd & 4th Thurs	6:30-8 p.m.	
• Stevenson Park	Fri	5:30-7 p.m.	
• Dolphin Park	2nd Fri	6:30-8 p.m.	8-17 yrs

Archery

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

City of Carson's Track & Field Club

Boys & Girls	Sign-up Now
--------------	-------------

Ages 6-14

Carson Relays

Saturday, April 30	Location: Rancho Dominguez Prep High School
Fees: \$6 per runner (3 events)	Time: 8 a.m. - 4 p.m.

Ages: 6-14

SCMAF/BASE Track & Field Meet Qualifier

Sunday, May 15	Location: Rancho Dominguez Prep High School
Fee: \$20	Time: TBD

SCMAF/T&F Finals

Sunday, June 5, 2016	Location: Warren High School, Downey, CA
Fees: TBD	Time: 7 a.m. - 5 p.m. Ages: 6-14

Karate Class

• Carson Park	Wed/Fri	6-9 p.m.
	Tue/Thurs	6-9 p.m.

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

6 Ball

• Del Amo Park	Tues/Thurs	5-8 p.m.
----------------	------------	----------

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.

Teen Club

• Del Amo Park	Thurs	3:30-5 p.m.
----------------	-------	-------------

Skateboarding 101

• Veterans Park	Fri	5-6 p.m.
-----------------	-----	----------

PARKS

Kids in the Kitchen

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

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



Homework Club

• Carriage Crest Park	Mon/Wed	3:30-5 p.m.
• Stevenson Park	Wed/Thur	3-4:30 p.m.

Dance Classes

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

• 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.
• Calas Park (Ballet Folklorico)	Mon/Wed	6-7 p.m.
• Calas Park/Age 8-16	Tues/Thurs	6:30-7:30 p.m.
• Carson (Ballet)	Mon	5-8 p.m.
• Carson (Hip-Hop Dance)	Wed	5-8 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Del Amo	Tues/Thurs	6-7:30 p.m.
• Mills Park/2 Age Division	Tues/Thurs	6:30 - 7:30 p.m. Elementary
	Tues/Thurs	7:30 - 8:30 p.m. Jr. High
	Wed	6:30 - 7:30 p.m. Advance
	Saturday	10 - 11 a.m. Tiny Tot (4-6yrs old)
• Scott Park	Tues/Thurs	6-7 p.m.
• Veterans Park	Thurs	6-7:30 p.m.

Boys Club

• Calas Park/Age 8-12	Fri	6:30-8:30 p.m.
-----------------------	-----	----------------

Junior Theatre

• Del Amo Park	5-12 yrs old	Thurs	6-7 p.m.
----------------	--------------	-------	----------

Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	Fri	6:30-8 p.m.
• Dominguez	1st/3rd Fri		6:30-8:30 p.m.
• Hemingway Park	9 yrs - up (FREE)	4th Fri	5:30 p.m.
• Carriage Crest	Family (FREE)	2nd/4th Fri	6:30-9 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	5:30-8 p.m.
• Dolphin Park	Family (FREE)	2nd/4th Fri	6:30-9 p.m.
• Mills Park	Family (FREE)		6:30 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	



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.; Hemingway Park, Saturday at 9 a.m., Mills Park, Saturdays at 1p.m., Carriage Crest, Friday 6-8 p.m.

TEEN PARK ACTIVITIES

Teen Game Nation

• Scott Park	Fri	5-8 p.m.
--------------	-----	----------

Teens in the Kitchen

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

CARSON JUNIOR TENNIS PROGRAM

For boys and girls ages 10-15 yrs.

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

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

VETERANS SPORTSCOMPLEX

City of Carson

Veterans SportsComplex

22400 Moneta Ave., Carson, CA 90745



James Foisia Memorial BASKETBALL TOURNAMENT

Date:

FRIDAY, MARCH 11, 2016 THRU SUNDAY, MARCH 13, 2016

Locations:

VETERANS SPORTSCOMPLEX GYM

22400 MONETA AVENUE, CARSON, CA 90745

SCOTT PARK GYM

23410 CATSKILL AVENUE, CARSON, CA 90745

CARSON PARK GYM

21411 S. ORRICK AVENUE, CARSON, CA 90745

STEVENSON PARK GYM

17400 LYSANDER DRIVE, CARSON, CA 90746

Fee:

\$125 PER TEAM

Each team is guaranteed 2 games • Awards for 1st and 2nd place

FOR BOYS AND GIRLS AGES 8 AND UP

Registration deadline:

SATURDAY, FEBRUARY 20, 2016

FOR MORE
INFORMATION,
PLEASE CALL
THE VETERANS
SPORTSCOMPLEX
AT (310) 830-9992



5K Lupus Awareness Walk

Join us and walk to help find a cure for LUPUS

Sunday, May 22, 2016 • 8:00 a.m.

Veterans SportsComplex, 22400 Moneta Avenue, Carson, CA 90745

\$10.00 Registration Fee (Includes T-shirt)

Last day to Pre-Register is Sunday, May 15, 2016

Walk-up registration fee \$15 (t-shirts while supplies last)

• Check-in/Walk-up Registration 7:00 a.m.

• Walk begins 8:00 a.m.

Proceeds will go to LUPUS Awareness / Research

For more information, please call 310-830-9992

the perfect season for new fitness goals

Spring



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

Student Athlete 3 months \$60 ages 12-18

Daily Guest Rates

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

10% Discount for Veterans



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

HOURS OF OPERATION

Facility

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

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

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

Business Office

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

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

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

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



VETERANS SPORTS COMPLEX

FACILITIES AVAILABLE FOR RENTAL



NBA Regulation Basketball Court

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

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



Movie Sets



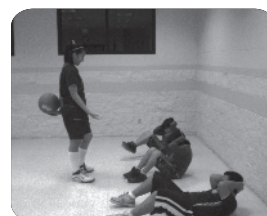
Banquet Halls and Recreation Rooms



Racquetball Courts

YOUTH CLASSES

- Youth Fitness • Youth Kempo Karate • Youth Volleyball Clinic • Youth Basketball



ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kempo Karate • Step & Pilates
- Hatha Yoga • Indoor Cycling • Low Impact Aerobics • Mel's Mash Up
- Walking Club • Zumba • T.B.A. (Thighs, Bottoms & Abs) • Adult Self-Defense
- Step Aerobics • Hot Hula • Hula Hoop Classes



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

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

UPCOMING EVENTS AND CLASSES



VSC Easter VACAY Basketball Camp

March 30-April 3, 2016

For more details, call Diana Banjo at (310)830-9991



VSC High School March Madness Tourney

March 28-29, 2016



FREE VSC Senior Walking Group

Meet Every Saturday 6-7am, beginning April 1, 2016



Earth Day

April 23, 2016



Mother's Day Celebration

May 7, 2016 10:00 am-1pm



FOOD & HEALTH Sessions

Every 2nd and 4th Thursday of the month

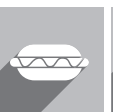
Monthly Health, Wellness, & Nutrition workshops

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

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

Drop by, ask questions... Get answers!!! Then stay for an awesome workout or group exercise class

Open to everyone! Check with one of our SportsComplex Representative for information



SENIOR RECREATION

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

All Fees Are Subject To Change
NO CHILDREN ALLOWED IN SENIOR PROGRAMS, ACTIVITIES, TRIPS OR SPECIAL EVENTS

CLASSES AND PROGRAMS

All classes are closed on City holidays

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



ART

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

BOOK CLUB

One of the most beneficial things you can do for yourself is read and we invite you to enjoy our newest activity "The Book Club". Enjoy the latest books, attend lectures and take field trips and meet others who love to read!

This activity meets on the 2nd Monday of the month from 11a.m-1 p.m. at the CJMM Community Center. For information call, (310) 835-0212 ext. 1475.

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!

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.

SENIOR RECREATION

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.

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. \$2 per class. Instructor: Doris Thomas
Instructor: Jimmy Dixon, Thursday from 4-6 p.m.

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

CLUBS

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

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

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

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



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

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

EXCURSIONS

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

All Fees Are Subject To Change

SENIOR RECREATION

The Elito M. Santarina Senior Technology Center



The Elito M. Santarina Senior Technology Center was dedicated on February 11, 2004 through the generous support of Computers4School. The lab offers 20 computer stations. It is open Monday 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

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, SNAG GOLF AND CELLPHONE 101
CLASS (PRESENTED BY T-MOBILE)**

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

Scott Park Boxing Center

23410 Catskill Ave. • (310) 830-6439

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

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

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 Gymnasium, 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.

Senior Fitness Program

Stevenson Park Gymnasium • (310) 952-1745

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

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

• Line Dancing

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

• Zumba

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

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

Seniors 50+ and older FREE

Class size limited for Zumba Class

• Zumba Class

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

Monday/Wednesday 10-11 a.m.

• Low Impact Aerobics

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

• Yoga class

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

• AB, THIGH and Buns class

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

• Self Defense

Tuesdays from 10-11 a.m. and 12-1 p.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.- 1 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.

INFORMATION AND REFERRAL

Food Stamp/Medi-Cal Applications

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



SENIOR INFORMATION AND RESOURCE FAIR

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

Financial Counselor

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



Equipment Loan Program

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

SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

Health and Human Services General Information: 2-1-1

AARP: (213) 380-1800

Area Agency on Aging: (213) 738-4004

Elder Abuse Hotline: (800) 992-1660

Mental Health Information: (800) 854-7771

Nursing Home Information: (800) 427-8700

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

Meals on Wheels/YMCA: (310) 835-0212 x1487

Food Bank Info Line: (800) 839-6993

Food Stamps DPSS Compton: (310) 603-8411

HEALTH AND MEDICAL

L.A. County Rancho Los Amigos Geriatrics: (562) 401-8130

South Bay Mental Health Clinic: (323) 241-6730

HOUSING

HUD: (800) 955-2232

Westside Center for Independent Living: (310) 390-3611

IN HOME SERVICES

In Home Support Services Intake Hotline: (888) 944-4477

In Home Support Services Helpline: (877) 481-1044

INSURANCE BENEFITS AND RESOURCES

HICAP: (800) 824-0780

Medi-Cal: (800) 952-5294

Social Security Administration SSI/SSDI: (800) 772-1213

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SUPPORT GROUPS

Alcoholics Anonymous: (310) 618-1180

Alzheimer's Association: (323) 938-3370

Clutter Support Group: (310) 212-0917

VITAS Bereavement Support Group: (310) 324-2273

Wellness Community Cancer Support: (310) 376-3550

TRANSPORTATION

Access: (800) 827-0829

Dial-A-Ride: (310) 835-0212 x1489

SPECIAL INTEREST CLASSES

WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

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

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

All Fees Are Subject To Change

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

What is your interest?

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

We want to know
Your interest is our interest
Please call our Special Interest Program
office at 310-835-0212, ext. 1445

Self Defense



Karate - 510 (4 week reg.)

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

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

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

REGISTRATION GUIDELINES

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

MAIL-IN REGISTRATION

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

WALK-IN REGISTRATION

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

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

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

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



MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only _____

Phone _____

Address _____

City _____

Zip _____

Emergency Name _____

Emergency Phone _____

A SEPARATE CHECK FOR EACH CLASS IS A MUST

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

Name of Class _____

Date ____/____/____ Time ____ Location ____

REFUND POLICY

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

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

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature _____ Date ____/____/____

Parent/Guardian signature _____ Date ____/____/____

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

ASSISTED LIVING

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

Case Management & Home Services

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



Geriatric Aide Program

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

EARS (Emergency Alert Response System)

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

Respite Care

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

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

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

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

Bereavement Support Group

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

Housing Rights Clinic

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

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

Nutrition Program

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

Food Bank

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

Caregiver Support Group

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

SPECIAL NEEDS

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

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

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

Monthly Dances and Themes

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

- **March 11, 2016 - St. Patrick's Day Dance**
- **April 8, 2016 - Spring Dance**
- **May 13, 2016 - Prom 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 Scott Park. Refer to monthly calendar for specifics.

Exercise Class

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

Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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

Events:

Autism Awareness Day: April 9, 2016 • 5K Run / Walk

Check-In: 8-9 a.m. / Interactive stretching/warm-up: 8:30 a.m. / Race starts: 9 a.m. Join us as we get moving for Autism Awareness! Grab your friends, family, co-workers, make a team and get registered. Pre-registration (includes t-shirt) \$10. Resource Booths, Games, Entertainment. Veterans Park, 22400 Moneta Ave, Carson, CA 90745. For more information, call (310) 835-0212 ext. 1470.

Loyola Marymount Special Games- March 12th, 19th, 26th, 2016 Once again we will be participating in the Loyola Marymount Special Games. Program participants will be sent a application forms by mail. Please refer to monthly calendar for dates, times of departure and return location

Special Olympics: April 9, 2016

South Bay Special Olympics Spring Tournament at Veterans Park, 22400 Moneta Ave., Carson, CA 90745 from 8:00 a.m.- 3:00 p.m. Competition will be in Bocce and Basketball

Special Olympic Sports: Basketball: We are once again gearing up for Special Olympic competition in the sport of basketball. We're recruiting for our City of Carson Special Needs Program Basketball team for 2016. It mandatory that all participants have a CURRENT Special Olympic Medical form on file in our office. Please refer to our monthly calendar for times and location of practice.

Track & Field: Join us on the track. We will be training in running the 50, 100 and relay races, standing and running long jumps, and softball throw. After this hard work our Special Olympic Team will be ready to compete in upcoming Southern California Special Olympic Summer games. Please refer to monthly calendar for dates, times, and location of practice.

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

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

Here's what our members are saying about us.

"I have been coming to the Stroke Center for almost 3 years. I love to exercise here, and the therapy makes me better every day. All of the people are very nice."

Hector Rivera, Stroke Survivor



"It is a pleasure and honor to work at the Stroke Center. The staff, programs, and therapists are second to none. I have become a more motivated, empathetic, and humbled individual because of the Stroke Center. The lifelong relationships that I have developed will be cherished

forever, and it is with the utmost pride that I refer to the Stroke Center as my family."

Craig Markel, Staff Member

JBj-MAO Stroke Center

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

Occupational Therapy

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



Chair Volleyball

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

Social Survivors

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

Zumba Gold

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

Caregiver Support Group

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



City of Carson

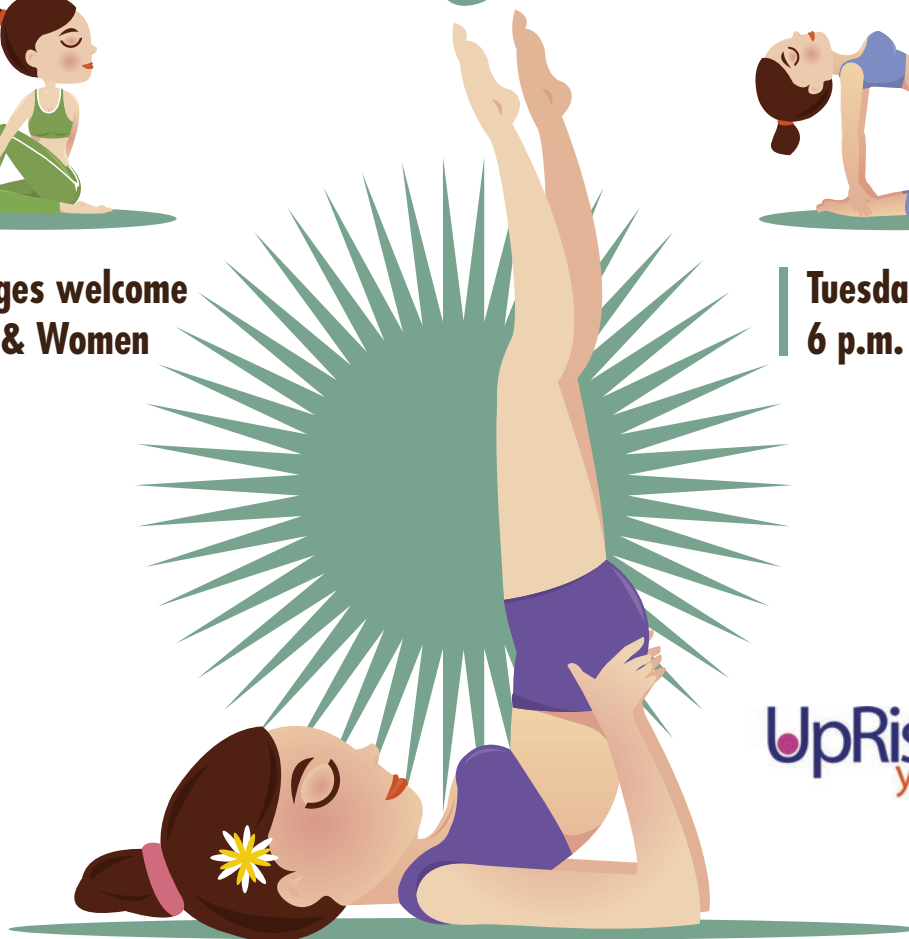
Free Yoga Class



All ages welcome
Men & Women



Tuesdays
6 p.m. – 7 p.m.



UpRising
yoga

Carson Park

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

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

Parks
Make
Life
Better!



Recreation and Human Services



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

FAMILY COACHING

CITY OF CARSON

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

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

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

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



Walking Club

Come join us for a fun night of walking!

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

No more excuses!

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

WEDNESDAYS • 6 P.M. - 7 P.M.

VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

FREE FOR ALL AGES

Meet at the benches by the office

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

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



PREVENTION AND AFTERCARE

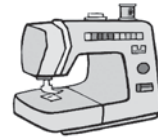
City of Carson

Crafty Club

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

Come explore your inner crafter.

Share your crafting experience and learn something new from others.



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

Ages 18 and up • FREE

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.

Dolphin Park

21205 S. Water Street, Carson, CA 90745

FREE ADMISSION

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



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

PERMITS

Welcome to Permits!



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

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

Celebrate at our facilities!

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

Reservation/Cancellation Policy

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

Equipment Rentals

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

Jumpers

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

Size limits 15x15 Jumper, 1 per permit only

Jumper Company Must Provide Generator

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



A Plus Promotions/Trains on the Move:
(310) 532-6223

ABC Party Rental: (310) 834-2892

BR Party Rental: (323) 907-0757

Fiesta Jump: (310) 263-1848

Jumper ETC: (888) 551-3832

Jump 4 Fun: (800) 281-6792

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

Major Jumpers: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1393

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



ALL FEES ARE SUBJECT TO CHANGE

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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

Community Services

Transportation Services Division



MISSION STATEMENT

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

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

LOCATION

Congresswoman Juanita Millender-
McDonald Community Center

801 E. Carson Street
Carson, CA 90745

(310) 835-0212 ext. 1495

OFFICE HOURS

Monday – Thursday

8:00 am – 5:00 pm

We are closed Fridays, Weekends &
Holidays.

ONLINE PAYMENTS

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

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

TRANSPORTATION SERVICES DIVISION EXCURSIONS



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

Online payments are now available.

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

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

All Fees Are Subject To Change

Festival of Whales with Whale Watching Dolphin Safari, Dana Point, CA – Sat., March 5, 2016

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

Los Angeles Lakers vs. Washington Wizards – Sunday, March 27, 2016

What time is it? It's Game Time!!! Now that Kobe Bryant has officially announced that this is his final season, this is a great opportunity to say goodbye and cheer him on in his final games as a Laker! "Let's go Lakers, Let's go Lakers!" Staples Center offers a variety of mouth-watering game snacks from Extreme Loaded Dogs to Gourmet eateries that will leave you very happy! **Cost of \$74.00 per person** includes round-trip bus transportation & admission. **Bus departs at 3:00 p.m. and returns at 10:00 p.m.**

Shen Yun, Los Angeles, CA – Saturday, April 23, 2016

Discover Shen Yun – a presentation of traditional Chinese culture as it once was: a study in grace, wisdom, and the virtues distilled from the five millennia of Chinese civilization. It is presented in colorful and exhilarating performances of classical Chinese dance, an all-original music performed by an orchestra combining Western and Eastern instruments and exquisite, handcrafted costumes that is matched to digital backdrops. This two-hours and fifteen minute journey through 5,000 years of Chinese history will take place at the Microsoft Theater. **Cost of \$110.00 per person** includes round-trip bus transportation and show admission. **Bus departs 3:30 p.m. and returns at 10:30 p.m.**

Ramona, Ramona Bowl Amphitheatre, Hemet, CA – Saturday, April 30, 2016

Ramona Bowl Amphitheatre, home to "Ramona", our nation's longest running outdoor drama and California's official outdoor play. The play "Ramona", established in 1923, is a story of love, tragedy, and the clash of cultures in California's historic past. Hundreds of cast members and volunteers come together each spring to bring to life this love story. Before the show, enjoy a Kiwanis Hand Ranch BBQ lunch and be entertained by exciting Folkloric Dancers, Gunslingers and the Arias Troubadours. **Cost of \$70.00 per person** includes round-trip bus transportation, Hand Ranch BBQ lunch and show admission. **Bus departs 11:00 a.m. and returns at 8:30 p.m.**

Monterey Bay, CA Excursion-Thursday – Sunday - May 5 – May 8, 2016

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

Strawberry Festival – Saturday, May 21, 2016

The 2016 California Strawberry Festival is proud to be celebrating 33 wonderful years. The festival offers a variety of food vendors with bountiful berries served every imaginable way, arts and crafts, and a carnival atmosphere for the entire family. There are two Festival stages that come alive with concert performances throughout your visit. **Cost of \$45.00 per person** includes round-trip bus transportation and admission to the fair. Lunch cost is not included. **Bus departs at 9:00 a.m. and returns at 6 p.m.**

Juneteenth Celebration, Allensworth, CA – Saturday, June 11, 2016

Juneteenth is the oldest known celebration of the ending of slavery. It was on June 19th, that the Union soldiers, led by Major General Gordon Granger landed at Galveston, Texas with news that the war had ended and that all slaves were now free. Come learn about Colonel Allen Allensworth and the courageous group of families and individuals who believed they could create their own version of the "American Dream". Entertainment, speakers and of course free tours of the historic house museums by park docents and staff will be available during the celebration. **Cost of \$40.00 per person** includes round-trip bus transportation. **Bus departs at 7:00 a.m. and returns at 6:00 p.m.**

Lake Arrowhead Boat Tour – Friday, June 24, 2016

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 a lush forest and 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. **Cost of \$48.00 per person** includes round-trip bus transportation and boat tour admission. **Bus departs at 8:00 a.m. and returns at 5:00 p.m.**

Vatican Splendor/Ronald Reagan Museum – Saturday – July 9, 2016

The Ronald Reagan Presidential Library and Museum is the exclusive West Coast destination for Vatican Splendors: A Journey through Faith and Art. This 10,000 square foot exhibition, comprising one of the largest Vatican collections ever to tour the United States, includes an extraordinary collection of historical and religious objects, some of which date to the first century, as well as works of art by Michelangelo, Bernini, Guercino and others. **Cost of \$58.00 per person** includes round-trip bus transportation and admission. **Bus departs at 8:00 a.m. and returns at 5:00 p.m.**

Monterey Bay Excursion

TRANSPORTATION



Thursday – Sunday, May 5 – May 8, 2016

Explore what the coast has to offer during this 4-day weekend get-away where **Embassy Suites Monterey Bay** will be your home for the weekend. During a Behind-the Scenes tour at the **Monterey Bay Aquarium**, you will meet mesmerizing creatures and get glimpse of the exhibits from the other side of the window. Enjoy some shopping & dining at the famous **Cannery Row & Carmel**. We will end the weekend with a day trip to **San Francisco's Golden Gate Bridge & Pier39**. Breakfast & afternoon snacks will be the provided by the hotel.

Cost of \$540.00 per person

includes round-trip bus transportation, hotel accommodations (double occup) & aquarium fees

Bus departs Thursday, May 5th at 8:00

am & returns Sunday, May 8th at 6:00 pm

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

Online payments are not available. • Visit the City of Carson website: <http://ci.carson.ca.us>

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

“SENIOR CITIZENS, YOU HAVE A VOICE”

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



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

Where: Congresswoman Juanita Millender-McDonald
Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

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

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



(310) 835-0212

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

Volunteers: “Carson Wants You”

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

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

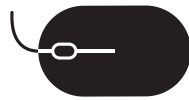


Carson Veterans Monument

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

Carson Veterans Wall

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



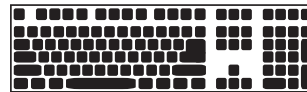
FREE E-Waste Collection



Saturday, June 25, 2016
Carson City Hall Parking Lot
9:00 a.m. – 1:00 p.m.



For more information, please call the
Public Information Office at (310) 952-1740



SPECIAL INFORMATION

CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

2016 Season Calendar



Photographs from last season's productions by Nate Lubben and Tom Marinello

METAMORPHOSES

By Mary Zimmerman

Directed by Kelly Herman

A dramatization based on Ovid's myths that retells classical Greek mythology in contemporary language, offering a compassionate view of the human condition.

■ UNIVERSITY THEATRE
March 11, 12, 18 and 19 at 8pm
March 20 at 2pm

THE MOJO AND THE SAYSO

By Aishah Rahman

Directed by Sharrell Luckett

"Like some mythological monster, it's got the head of a tragedy, the torso of a comedy, and the wings of a fantasy..."

— Jim Beckerman, *News Tribune*

■ EDISON STUDIO THEATRE
April 15, 16, 22, 23, 29 and 30 at 8pm
April 17, 24 and May 1 at 2pm

V.I.B.E.

SENIOR/STUDENT DANCE CONCERT

Artistic Directors:

Marco Carreon, Doris Ressler

Students utilize the dance elements of V.I.B.E.: Very best you can be; Impression, Body, mind and soul, and Endurance, in this thought-provoking choreographic experience.

■ UNIVERSITY THEATRE
May 6 and 7 at 8pm
May 8 at 2pm

BUY TICKETS ONLINE

www.csudh.edu/theatre/tickets

SPECIAL RATE:

Carson Residents	\$12
General Admission	\$15
Students/Seniors	\$10



California State University
DOMINGUEZ HILLS

UNIVERSITY THEATRE
1000 E. Victoria Street | Carson, CA 90747
www.csudh.edu/theatre

Autism Awareness Day 5K Run/Walk • April 9, 2016



Join us as we get moving for
Autism Awareness!

Grab your friends, family, co-workers,
make a team and get registered.

Check-In: 8-9 a.m.

Interactive stretching warm-up: 8:30 a.m. / Race starts: 9 a.m.

Pre-registration (includes t-shirt) \$10

Resource Booths, Games, Entertainment

Veterans Park

22400 Moneta Ave., Carson, CA 90745

For more information, call (310) 835-0212 ext. 1470

South Bay Cities Council of Governments Environmental Services Center

2016 Volunteer

Recruitment Begins Now!

- Join the fun, comradery and meaningful work
- Be a community outreach or office volunteer
- Learn about getting involved to save energy, water and protect the quality of life in our region
- Contact Martha Segovia today:
martha@southbaycities.org • 310-371-7222
or visit <http://www.sbesc.com/about/volunteer>



**SOUTH BAY CITIES
COUNCIL OF GOVERNMENTS**

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

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