



Community Services Guide



March • April • May 2017



CINCO DE MAYO CELEBRATION

CARSON PARK

SATURDAY, MAY 6, 2017 • 12 P.M. – 5 P.M.

To Residential Customer

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

POSTMASTER :

DATED MATERIAL. Please deliver promptly.

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Long Beach, CA
Permit No. 905
ECRWSS

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All Fees Are Subject To Change

Please note: The Congresswoman Juanita Millender-McDonald Community Center may be referred 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/content/department/publicinformation>

A MESSAGE FROM THE Director of Parks & Recreation and Community Services

Welcome to the Community Services Guide!

The City of Carson’s 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 that cater to multiple generations of all ages to enjoy. Many of our recreation centers offer high quality after school programs as well as Adult and Senior 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. 2016 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 as simple as brisk-walk around the park or a 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,
Idris Al-Oboudi
Director of Parks & Recreation and
Community Services

AQUATICS



Spring 2017

Carson Pool Swim Lesson Schedule

(Classes subject to cancellation or schedule change)

City of Carson

Monday/Wednesday (6 classes)

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

Monday/Wednesday

- S1 - **CANCELLED**
- S2 - **CANCELLED**
- S3 - March 13 - March 29, 2017
- S4 - April 3 - April 19, 2017
- S5 - April 24 - May 10, 2017
- S6 - May 15 - May 31, 2017

Tuesday/Thursday (6 classes)

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

Tuesday/Thursday

- S1 - **CANCELLED**
- S2 - **CANCELLED**
- S3 - March 14 - March 30, 2017
- S4 - April 4 - April 20, 2017
- S5 - April 25 - May 11, 2017
- S6 - May 16 - June 1, 2017

Saturday (5 classes)

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

*TT Class only 40 minutes

Saturday

- S1 - **CANCELLED**
- S2 - March 11 - April 8, 2017
- S3 - April 15 - May 13, 2017

Early Spring Registration at Carson Pool Only Residents Only

(must present proof of residency)

Tuesday - Friday

January 10 - 13, 2017, 5 p.m. - 7 p.m.

Saturday

January 14 2017, 8 a.m. - 12 p.m.

Residents and Non-Residents

Tuesday - Friday

January 17 - 20, 2017, 5 p.m. - 7 p.m.

Saturday

January 21, 2017, 8 a.m. - 12 p.m.

Regular Spring Registration at Carson Pool will be held

March 13 - May 23, 2017 during scheduled Spring Swim Lesson times

Group Swim Lesson Session Fees:

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

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

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

★NEW★ Spring Pre-Swim Team

Prerequisite: Swim Level 3

February 6, 2017 to May 26, 2017

Monday, Wednesday, and Friday

5:30 p.m. - 7:00 p.m.

\$160 & **\$185**
RESIDENT NON-RESIDENT

Practices are held at Scott Pool

23410 Catskill Avenue, Carson, CA 90745

(310) 549-9051

Registration Schedule at Scott Pool:

February 6, 8, 10, 13, 15, & 17, 2017

from 5:30 p.m. to 6:30 p.m.

Note: Pre-Swim Team participants are not guaranteed entry into the Summer Tigershark Swim Team.

DATES TO REMEMBER

APRIL 17, 2017

Aquatic Schedules available online,
City Hall, Community Center, and the City of Carson Parks

MAY 1, 2017

Aquatic Scholarship forms available online

MAY 2 - 26, 2017

Aquatic Mail-In Registration for City of Carson Residents

MAY 10, 2017

Pool Permit Reservations begin

MAY 15 - 26, 2017

Aquatic Mail-In registration for City of Carson Residents
and Non-Residents

JUNE 12, 2017

Summer 2017 Season Begins

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

recreation.carson.ca.us/aquatics

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 7, and will be held every

Tuesday from February 7-April 11, 2017. 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) 835-0212 x1467.



CITY OF CARSON
6th Annual
Carson RELAYS

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

SUNDAY, APRIL 23, 2017
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) 329-7717

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

IT'S 2017

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.

S.W.A.G. Summit

Formerly known as
the Youth Conference

25th Annual

FOR TEENS AGES 12-17

Friday, April 29, 2017 • 9 a.m. - 6 p.m.

Career Workshops, College Invasion,
Guest Speakers, Breakfast and Lunch provided.

California State University, Dominguez Hills Campus
1000 E. Victoria St., Carson, CA 90747

CITY OF CARSON



DANCE, DRAMA, VOICE ALL IN ONE CLASS!

9 A.M. - 11 A.M. • AGES 5 - 8

11 A.M. - 2 P.M. • AGES 9 -14

SATURDAYS

February 4, 2017 - April 15, 2017

For Boys And Girls Ages 5-14

CONGRESSWOMAN JUANITA MILLENDER-MCDONALD

COMMUNITY CENTER AT CARSON

801 E. Carson Street, Carson, CA 90745

\$59 Resident | \$69 Non-Resident

FOR A 10-WEEK SESSION

For more information, contact

Recreation and Human Services at
(310) 835-0212, EXT. 1410 or 1475

City of Carson

Spelling Bee

(City-Wide)



Saturday, April 15, 2017

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 18, 2017 • 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

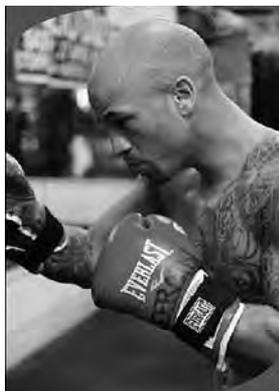
21411 S. Orrick Avenue, Carson, CA 90745

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



BOXING

FABELA CHAVEZ BOXING/FITNESS CENTER

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

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 an ongoing 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

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 25, 2017. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs:	March 4, 2017	
Season Begins:	April 8, 2017	
Registration Fees:	Resident	Non Resident
	\$44 1st child	\$55 1st child
	\$36 each additional child	

SCMAF Basketball

April 2017

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 1, 2017

Date of Tournament: August 4 - 6, 2017

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 5, 2017 Fee: \$5

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

Carson Track Club

Fee: \$120 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 notification by mail of youth baseball/softball officiating training dates and locations, call the Youth Sports office at (310) 847-3577.

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: February 22 - March 21
 Play Begins: March 23
 Fees: \$399 per team

Coed C/D Level

Registration: February 22 - March 21
 Play Begins: April 24
 Fees: \$399 per team

Spring Softball Tournament/Men's & Coed

Registration: February 22 - March 21
 Play Begins: March 18

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: February 22 - March 21
 Play Begins: March 4
 Fees: \$175 per team

8 Man

Registration: February 6 - March 2
 Play Begins: March 5
 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.
- Carson M/TH 7:30 p.m. - 8:30 p.m.
- Del Amo Mon 6:30- 7:30 p.m.
- Dolphin Mon-Wed 6:30-7:30 p.m.
- Dominguez M 6-7:30 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	6:30-7:30 p.m.	Carriage Crest Park
Saturday	10 a.m.	Dolphin Park
Monday	7 p.m.	Dominguez Park
Wednesday	7 p.m.	Mills Park

Walking Club

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

Monday/Wednesday	6-7:30 p.m.	Stevenson Park	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 Bocci 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
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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
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Fast Dance Fitness Class

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

Adult Hip Hop Fitness

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

Tuesday/Thursday	5:30 p.m.-6:30 p.m.	Calas Park
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Adult Urban Ballroom Dance

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

Youth Fitness Club (ages 16 and up)

• Carson	Tues/Thurs	4-5 p.m.
• Dolphin	Mon-Wed	6-7 p.m.
• Stevenson	Wed/Fri	6:30-7:30 p.m.

Stevenson Park Fitness Center and Carson Park Fitness Center

HOURS

Mon-Fri 3-9 p.m.	Sat 10 a.m.-5 p.m., Closed Sun
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Fees:	Initial Membership \$25	Monthly Membership \$10
	Daily Rate \$2 Resident / \$4 Non-resident	

Boxercise

• Hemingway Park	Monday	6-7 p.m.
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Zumba Class



Saturday	10-11a.m. / 11 a.m.-12 p.m.	Carson Park
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
Tuesday	6-7 p.m.	Del Amo Park

EARLY CHILDHOOD



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

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



One time, non-refundable, registration fee of **\$95** for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of **\$106** will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change. Availability is based on the needs of each site. The City

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

OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

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

CLASS SCHEDULE

ALL DAY PROGRAM RESIDENT RATE

Monday – Friday	
7 a.m. – 6 p.m.	\$175 a week
8 a.m. – 5 p.m.	\$141 a week
7 a.m. – 5 p.m.	\$162 a week
8 a.m. – 6 p.m.	\$162 a week

HALF DAY PROGRAM FEE

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

OPTION II:

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

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

Spring Break

DAY CAMP



MONDAY, APRIL 10 - FRIDAY, APRIL 14, 2017

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

CALAS PARK
 1000 E. 220TH STREET
 CARSON, CA 90745
 (310) 518-3565

CARRIAGE CREST PARK
 23800 S. FIGUEROA STREET
 CARSON, CA 90745
 (310) 830-5601

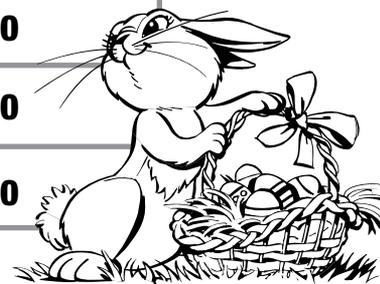
DOLPHIN PARK
 21205 S. WATER STREET
 CARSON, CA 90745
 (310) 549-4560

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

VETERANS PARK
 22400 MONETA AVENUE
 CARSON, CA 90745
 (310) 830-9997

NON-RESIDENT FEES	TIMES	RESIDENT FEES
\$30	7 A.M. - 9 A.M.	\$20
\$70	9 A.M. - 5 P.M.	\$60
\$15	5 P.M. - 6 P.M.	\$10



SIBLING DISCOUNTS

FUN & GAMES • SPORTS • CRAFTS • SNACKS
FOR BOYS AND GIRLS AGES 5-12

Must bring a morning snack and a 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 \$50 wkly <small>*Sibling discounts</small>
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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

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, encourage creativity, and build 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 spring 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.
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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	Tues/Thurs	6pm-8pm / Sat 10 a.m.-12 p.m.
• Carson	Mon/Wed	6:30-8:30 p.m.
• Del Amo	Tues/Thurs	6-7 p.m.
• Dominguez	Tues/Thurs	6-7:30 p.m.
• Stevenson	Wed	6 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
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Thrive Inline Skating

• Veterans Park	Thurs	4-5 p.m.
	Thurs (Intermediate/Advanced)	5-6 p.m.

Bingo Nite

• 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, Dominguez, Hemingway, Scott, and Veterans parks.

City of Carson's Track & Field Club

Boys & Girls	Sign-up Now
Ages 6-14	

Carson Relays

Sunday, April 23	Location: Rancho Dominguez Prep High School
Fees: \$6 per runner (3 events)	Time: 8 a.m. - 4 p.m.
Ages: 6-14 Please call Del Amo Park for more info at (310) 329-7717.	

SCMAF/BASE Track & Field Meet Qualifier

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

SCMAF/T&F Finals

Sunday, May 21	Location: Warren High School, Downey, CA
Fees: TBD	Time: 7 a.m. - 5 p.m. Ages: 6-14

Karate Class

• Carson Park	Tues/Fri	6:15-7:15 p.m.
• Scott Park	Sun	3-5 p.m.
• Stevenson Park	Mon/Wed	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 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.

6 Ball

• Del Amo Park	Tues/Thurs	5-8 p.m.
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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	Fri	6-9 p.m.
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PARKS

Snag Golf

- Veterans Park Fri 5-6 p.m.

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 6-7 p.m.
- Calas Park Thurs 6-7 p.m.
- Carriage Crest Park Thurs 4:30-5:30 p.m.
- Carson Park Fri 6:30-8 p.m.
- Del Amo Park Thurs 4-5 p.m.
- Dominguez Park Wed 6-7 p.m.
- Mills Park Fri 5:30 - 6:30 p.m.
- Stevenson Park Fri 5-6 p.m.
- Veterans Park Tue 5-6 p.m.



Homework Club

- Carriage Crest Park Mon/Wed 3:30-5 p.m.
- Del Amo Park Mon/Wed 3:30-5 p.m.
- Stevenson Park Tues/Wed/Thurs 3:30-5:30 p.m.

Dance Classes

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

- Anderson (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.
- Comm. Cntr. Sat 5:30-8 p.m.
- Del Amo Tues/Thurs 6-7:30 p.m.
- Scott Park Tues/Thurs 6-7 p.m.
- Stevenson Park Tues/Thurs 6-8:30 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 9-15 yrs old Mon/Wed 6-7 p.m.

Friday Night Madness & Movies

- Anderson Park Family 4th Fri 6:30-8 p.m.
- Calas Park Family (FREE) 1st Fri 6:30-9 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) 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) 7 p.m.
- Stevenson Park 4th Fri 6:30-9 p.m.

Excursions

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

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



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

- Dominguez Park Fri 6-8 p.m.
- Scott Park Fri 5-8 p.m.
- Stevenson Park 4th Fri 6 p.m.
- Mills Park Fri 6:30-8 p.m.
- Veterans Park Fri 6-8 p.m.

Teens in the Kitchen

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

James Foisia Memorial **BASKETBALL TOURNAMENT**

Date:

FRIDAY, MARCH 10, 2017 THRU SUNDAY, MARCH 12, 2017

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

FOR MORE INFORMATION, PLEASE CALL
YOUTH SPORTS AT (310) 847-3577.



5K Lupus Awareness Walk

Join us and walk to help find a cure for LUPUS

Sunday, May 21, 2017 • 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 14, 2017

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.



RECREATION & HUMAN SERVICES

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



Raquetball 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
- Zumba • T.B.A. (Thighs, Bottoms & Abs) • Adult Self-Defense
- Step Aerobics • Hot Hula • Hula Hoop Classes • Critical Burn



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 Basketball Camp

April 10, 2017 - April 14, 2017

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



Earth Day

Saturday, April 22, 2017



Mother's Day Brunch

Saturday, May 13, 2017 10:00 am - 1 pm

\$5 for members/ \$7 for guests



Free Class of the Month - March Step Aerobics (every Monday)

5:30 pm - 6:30 pm



Summer Slim Down Membership Special

March 1 - 31, 2017 • \$60 for 3 months

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 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 Representatives for information.



SENIOR RECREATION

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

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

CLASSES AND PROGRAMS

All classes are closed on City holidays

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 15 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 unstructured class meets every Tuesday and Friday from 9 – 11 a.m. This class has a variety of things going on in it including 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



Scott Park Fabela Chavez Boxing Center

Looking to step up your workout? Come and join the many seniors who are taking advantage of a FREE program at the boxing center. Use treadmills, stationary weight machines & bikes, a weight room and open court basketball. The boxing center is open from 8:30 a.m.-10:30 a.m. exclusively to seniors 50+. Registration is required! Don't put it off, start today to get back to a healthier you! Get up and get moving!

There are no trainers. However, staff is available if you have any questions. Please contact (310) 835-0212 ext. 1475 or 1478 if you have any questions.

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 9:30-11:30 a.m.

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

SENIOR RECREATION

DANCE

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

Ballroom Dancing - Learn the art of ballroom dancing with this beginner and advanced course held every Tuesday, Beginners 1 p.m. - 2 p.m. and Advanced 2 p.m.- 3 p.m. Cost: \$4.00 Instructor: Kinue Williams

Polynesian Dancers - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 10 - 11 a.m. Dance room. \$5 per class. Instructor: Keali'i Ceballos (Bernard)

Line Dancing - Learn and perform the latest Country Western steps! Enjoy the company of other line dancers as they sway their steps to country music. Advanced classes are Wednesdays from 10 - 11 a.m. and beginners classes are on Wednesdays from 9 - 10 a.m. \$3 per class. Instructor: Doris Thomas
Instructor: Jimmy Dixon, Thursday from 4-6 p.m.

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

CLUBS

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



Bingo - Bingo – Play bingo Tuesday-Friday. Cost is \$3 for 10 games. Doors open at 10 a.m. for members only. Non-members are allowed in at 11 a.m. You must buy in before 12:15 p.m. or you will not be able to play. Bingo starts at 12:30 p.m. *Bingo rules apply.

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

Dominguez Swinging Fifties - Meets on Wednesdays from 11 a.m. – 4 p.m. at Dominguez Park, 21330 Santa Fe Avenue, Carson, CA 90810. President: Sandra 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

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.

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

SENIOR RECREATION

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 - FREE every Thursday at 1pm at the JMMCC. Come and join us as we move our hips into fitness with hula! 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+

LOOKING FOR SOMETHING TO DO?

How about becoming a volunteer for one of these classes, Gardening, Foreign Language or Senior Book Club. If you're interested, please call (310) 835-0212 ext. 1478

Scott Park Boxing Center

23410 Catskill Ave. • (310) 830-6439

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

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

The facilities are not open to the public during the designated times for seniors.

Carson Park, 21411 Orrick Ave. • (310) 830-4925
Monday -Friday 8:30 a.m.- 12 noon

Stevenson Park, 17400 Lysander Dr.

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

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

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

Conditioning Class

MWF (Monday, Wednesday and Fridays only)
8:30 a.m. - 9:30 a.m. in the gym

Carson Park, 21411 Orrick Ave. • (310) 830-4925
Seniors 50+ and older FREE

Class size limited for Zumba Class

• Zumba Class

Monday/Wednesday/Friday
8:30 a.m. - 9:30 a.m. Carson Residents Only.
10 a.m. - 11a.m. Open to all.

• Low Impact Aerobics

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

• Yoga class

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

• Hula Hoop class

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

• Self Defense

Tuesdays from 10-11 a.m.



HEALTH

Health Programs, Seminars & Lectures –

Health lectures are provided based on the interests of seniors. Submit your suggestions on what you would like to learn or hear about to Senior Recreation staff at (310) 835-0212 ext. 1478.

Blood Pressure Screenings –

Volunteers provide free blood pressure screening
Monday - Wednesday from 10 a.m.-12:30 p.m.

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.

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 adult Carson residents 60 and older. These activities are located at the Congresswoman Juanita Millender-McDonald Community Center, Scott and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1471.

Case Management & Home Services

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



Geriatric Aide Program

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

EARS (Emergency Alert Response System)

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

Respite Care

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

Bereavement Support Group

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

Housing Rights Clinic

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

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

Nutrition Program

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

Food Bank

The Los Angeles Regional Food Bank invites low-income seniors 60 years of age or older to participate in the Commodity



Supplemental Food Program. Qualifying seniors receive a free food kit once a month. For more information, call (323) 234-3030.

Caregiver Support Group

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

SPECIAL NEEDS

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

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

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



Monthly Dances and Themes

Monthly dances are a chance to relax and enjoy new friendships. Refreshments are served, and occasionally, a band or professional disc jockey is scheduled to make the evening more enjoyable. Cost is \$10-\$15 when a dinner is served. The dances are held at the The Juanita Millender-McDonald Community Center from 6-9 p.m. Upcoming dances are as follows:

- **March 10, 2017 - St. Patrick's Day Dance**
- **April 14, 2017 - Spring Dance**
- **May 12, 2017 - Prom Dinner / Dance**

Adult Programs (18 years and up)

Mondays and Wednesdays, 6:00p-8:00p
CJMM Community Center

Kids and Youth Programs

Tuesdays (8-12 years old): 6:00 p.m.-7:00 p.m.

Thursdays (13-17 years old): 6:00 p.m.-7:00 p.m.

CJMM Community Center

To register, contact: 310-835-0212 ext. 1470

Daily Living Activity/Life Skills

Join us as we help to brush up on daily tasks we encounter everyday. Includes: hygiene, laundry, shopping and much more. Let us assist you in your path to independence.

Monthly Calendar

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

Events:

Loyola Marymount Special Games- March 18th & 25th, 2017

Once again we will be participating in the Loyola Marymount Special Games. Program participants will be sent an application form by mail. Please refer to monthly calendar for dates, times of departure and return location



Autism Awareness Day:

April 1, 2017 • 5K Run / Walk

Check-In: 7-8 a.m. / Interactive stretching/warm-up:

8 a.m. / Race starts: 8:30

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.

Special Olympics: Saturday, April 1, 2017

South Bay Area Games Spring 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 2017. It is 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.



"It makes me really glad to be here. I'm happy that I can do something every day. I like the support I get and the activities they provide."

Chan-Ho Park, Stroke Survivor

"I love the staff and what they do. If it wasn't for the Stroke Center, there would be nowhere else to go."

Nanjoo Park, Wife and Caregiver

"It has encouraged me to be more independent. Special shout-out to Paul and his crew who have been so diligent helping me. Volleyball has my heart and I will continue to come. I'm grateful for the staff and all they do."

**Maryette Alexander,
Stroke Survivor**



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 Exercise

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

Speech Therapy

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

Chair Volleyball

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

Zumba Gold

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

Caregiver Support Group

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

City of Carson

FAMILY ART CLUB

**SATURDAYS 12 P.M. – 1 P.M.
MONDAYS 4 P.M. – 5 P.M.**

Kids and Parents, come participate in weekly art projects together. All family members welcome.



FREE ALL AGES

Scott Park

23410 Catskill Avenue
Carson, CA 90745
(310) 830-8310

City of Carson

ARTS & CRAFTS FOR KIDS



AGES 5-12 • FREE

Please contact park for more information

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

Tuesdays at Veterans Park

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

Thursdays at Carson Park

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

4:00 p.m. – 5:30 p.m.

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 VETERANS PARK AT (310) 847-3584

PREVENTION AND AFTERCARE

City of Carson
Crafty **C**lub

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

Come explore your inner crafter.

Share your crafting experience and learn something new from others.



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

Ages 18 and up • FREE

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

801 East Carson St., Carson, CA 90745

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

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



CITY OF CARSON

Free Yoga Class

UpRising
yoga



**All ages welcome
Men & Women**

UpRising
yoga



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

For more information, please contact Jenice DeGuzman at (310) 830-4925.

Carson Park

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

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 up to 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>

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

Santa Barbara Mission Tour – Saturday, March 11, 2017

The ultimate tour for those who want to see it all! This tour provides a fascinating glimpse into the history of Old Mission Santa Barbara, the Mission system, Franciscan friars and Alta, California, includes the Sacred Garden, Historic Cemetery, Mission Church, nine-room Museum of historic artifacts and interpretive displays, and a special visit to the lush Historic La Huerta Garden, which features a collection of heirloom and historic plants that once grew during the Mission era. **Cost of \$ 40.00 per person** includes admission, tour and round-trip bus transportation. No host lunch stop at Paseo Nuevo. **Bus departs at 8:00 am and returns at 5:00 pm.**

The Flower Fields at Carlsbad Ranch – Saturday, March 25, 2017

For over sixty years, Mother Nature has transformed the rolling hills of north San Diego County into one of the most spectacular and coordinated displays of natural color and beauty anywhere in the world. The nearly fifty acres of Giant Tecolote Ranunculus flowers that make up The Flower Fields at Carlsbad Ranch, are in bloom for approximately six to eight weeks each year – from early March through early May – literally bringing the famous fields back to life. This annual burst of color, which has become part of the area's local heritage, also is one of nature's official ways of announcing the arrival of spring here in southern California. No host lunch stop TBD. **Cost of \$45.00 per person** includes admission, wagon ride and round-trip bus transportation. **Bus departs at 8:00 am and returns at 5:00 pm.**

Huntington Library – Saturday, April 22, 2017

Discover one of the world's great cultural, research, and educational centers. Founded in 1919 by Henry E. Huntington, he amassed the core of one of the finest research libraries in the world, established a splendid art collection, and created an array of botanical gardens with plants from a geographic range spanning the globe. Enjoy these three distinct facets of The Huntington which are linked by a devotion to research, education, and beauty through a guided tour. No host lunch stop TBD. **Cost of \$55.00 per person** includes tour, admission and round-trip bus transportation. **Bus departs at 9:00 am and returns at 5:00 pm.**

Los Angeles Dodgers vs. San Francisco Giants – Monday, May 1, 2017

Come out and cheer for Los Angeles Dodgers as they take on the San Francisco Giants! Enjoy the view from the 1st Base side while snacking on peanuts, cracker jacks and the world famous Dodger Dogs. This is a three star game with a give-away. **Cost of \$90.00 per person** includes entrance fee and round-trip bus transportation. Meals are not included. **Bus departs at 5:00 pm and returns at 11:00 pm.**

Ramona, Ramona Bowl Amphitheatre, Hemet, CA – Saturday, May 6, 2017

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 \$72.00 per person** includes round-trip bus transportation, Hand Ranch BBQ lunch and show admission. **Bus departs 11:00 am and returns at 8:30 pm.**

Strawberry Festival, Oxnard, CA – Saturday, May 20, 2017

The 2017 California Strawberry Festival is proud to be celebrating 34 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 admission to the fair and round-trip bus transportation. Lunch cost is not included. **Bus departs at 9:00 am and returns at 6 pm.**

Riverside Heritage House Tour – Saturday, June 3, 2017

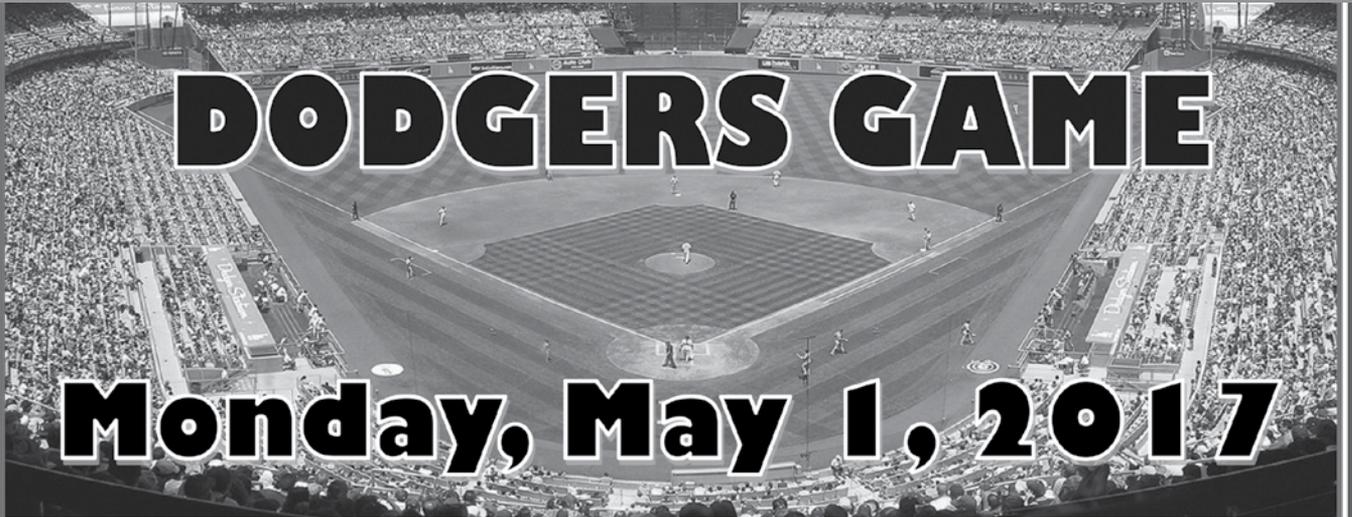
Explore this 1891 Victorian showplace that depicts life in turn-of-the century Riverside. It is an elegant reminiscence of the affluent homes which once graced Magnolia Avenue and illustrates an example of historic tastes, values and lifestyle. **Cost of \$35.00 per person** includes round-trip bus transportation and guided tour. No host lunch at Riverside Plaza. **Bus departs at 8:00 am and returns at 6 pm.**

Chumash Casino Excursion – Saturday, June 24, 2017

Dare to try your luck in this 190,000-square-foot complex featuring a 24-hour gaming floor which includes 2,000 Slot machines, dozens of Table Games, Bingo, and Poker with daily cash & prize giveaways. If gambling is not your thing, they also feature live entertainment, award-winning fine dining, an unparalleled all-you-can-eat experience and a Spa. **Cost of \$35.00 per person** includes round-trip bus transportation. Meal is not included. **Bus departs at 8:00 am and returns at 6 pm.**

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.**



*"Take me out to the ball game,
take me out with the crowd..."*



Come out and cheer for Los Angeles Dodgers as they take on the San Francisco Giants! Enjoy the view from the 1st Base side while snacking on peanuts, cracker jacks and the world famous Dodger Dogs. Meals are not included.

- This is a 3-star game with a give-away.

Cost of \$90.00 per person
includes round-trip bus transportation and entrance fee.

Bus departs at 5:00 pm and returns at 11:00 pm.

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

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

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

“SENIOR CITIZENS, YOU HAVE A VOICE”

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



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

Where: Congresswoman Juanita Millender-McDonald
Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

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

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



(310) 835-0212

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

SPECIAL INFORMATION

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.

Autism Awareness Day 5K Run/Walk • Saturday, April 1, 2017



Join us as we get moving for
Autism Awareness!

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

Check-In: 7-8 a.m.

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

FREE



Braille Institute Low Vision Services



Braille Institute is committed to providing a broad range of free services to people of all ages who are experiencing vision loss. Since opening in 1919, services have been provided free of charge thanks to the support of local donors and volunteers.

FREE INDIVIDUAL & SMALL GROUP PROGRAMS INCLUDE:

- Daily Living Skills classes that teach techniques to help with everyday tasks
- Arts & Healthy Living programs that celebrate life and explore personal passions.
 - Audio books available through an award-winning Library.
- One-on-one appointments with Low Vision Consultants, Orientation & Mobility Specialists, & Technology Experts.

Hours are Monday – Friday, 8:30 AM to 5 PM. • Registration now open for Winter session (through April 7)!

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Facilities																				
		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 SportsComplex 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																					

SPECIAL INFORMATION



Clean-Up After Your Dog -It's the Law

Did you know that the County Health Department requires that all owners of pets clean up after their pets on any public property? This clean-up includes street parkways and sidewalks. The City has recently had a problem with dog droppings in our parks and on street parkways and sidewalks. Dog droppings are particularly a problem when it rains, since they wash into our local storm drains and pollute our local waterbodies, harming wildlife and people.

Did you know that the Carson Municipal Code prohibits dogs in our parks? The City will be working with the Sheriff and our Park Enforcement Team to enforce our ordinance prohibiting dogs in our parks and citations against pet owners who violate the County's health codes. Let's all be responsible pet owners and keep our parks, sidewalks and parkways clean and green.

2016-17 WINTER SHELTER PROGRAM Shelter Locations and Transportation Schedule

Those in need of emergency shelter are encouraged to go directly to one of the listed pick-up points for free transportation, rather than the site address, unless otherwise indicated. Most shelters will open at approximately 5:00 PM. For information about the shelters, please refer to the contact information on this document.

Transportation Pick-up Point:	Pick-up Address:	Time:
Channel Street Park/Ride	110 Underpass & Channel Street, San Pedro, CA 90731	4:15 p.m.
Long Beach Multi Service Center	1301 W. 12 th St., Long Beach, CA 90813	4:45 p.m.
First Congregational Church	241 Cedar Ave., Long Beach, CA 90802	5:15 p.m. 6:15 p.m.

Winter Shelter Hotline

Phone:
1-800-548-6047
TDD:
1-800-660-4026
(For the deaf and hearing disabled)
Website address:
www.lahsa.org

Long Beach Winter Shelters

1. First to Serve (640 beds)
401 Ocean Blvd.
Long Beach, CA 90802
2. First to Serve (164 beds)
6845 Atlantic Ave.
Long Beach, CA 90805



Shelters operated in partnership with the California National Guard are subject to Non-Availability Dates due to military operations.