CINCO DE MAYO CELEBRATION
CARSON PARK
SATURDAY, MAY 6, 2017 • 12 P.M. – 5 P.M.
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
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 TP/SF
5:00P.M.–5:50P.M.  TP/SF P/AP P/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 P/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 P/FF/SH
12:00P.M.–12:50P.M.  P/AP M AD

*TT Class only 40 minutes

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:

<table>
<thead>
<tr>
<th>Classes</th>
<th>Name</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>6mos.-3yrs.</td>
<td>TT</td>
<td>Tiny Tot</td>
</tr>
<tr>
<td>3-4yrs.</td>
<td>TP</td>
<td>Tadpole</td>
</tr>
<tr>
<td>5-16yrs.</td>
<td>PO</td>
<td>Polliwog</td>
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<tr>
<td>Adult</td>
<td>SF</td>
<td>Starfish</td>
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<tr>
<td></td>
<td>SQ</td>
<td>Squid</td>
</tr>
<tr>
<td></td>
<td>FF</td>
<td>Flying Fish</td>
</tr>
<tr>
<td></td>
<td>SH</td>
<td>Shark</td>
</tr>
</tbody>
</table>

Pool Registration Schedule at Carson 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.

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

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 Main-In registration for City of Carson Residents and Non-Residents

JUNE 12, 2017
Summer 2017 Season Begins
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.

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 Scotts’ 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

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**CITY OF CARSON**

**Enrichment Arts**

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

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**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.

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**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 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.
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

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 workout. Come join us. Dance your way to thin.
- Anderson: Fri 7 p.m.
- Carriage Crest: Sat 8:30-9:30 a.m.
- Carson: Mon/Wed 6:30-7 p.m.
- Del Amo: M/TH 7:30 p.m. - 8:30 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.

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.
**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

### 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

### 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 Line Dancing
- **Saturday**: 10 a.m. - Noon, Anderson Park
- **12 p.m. (Couples Dance)**, Anderson Park
- **Wednesday**: 7-9 a.m. (Advanced), Anderson 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

### Youths 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
- **Fees**: Initial Membership $25, Monthly Membership $10, Daily Rate $2 Resident / $4 Non-resident

### Boxercise
- **Hemingway Park**: Monday, 6-7 p.m.

### Zumba Class
- **Saturday**: 10-11 a.m. / 11 a.m.-12 p.m., Carson Park
- **Tuesday**: 6:30-7:30 p.m., Dolphin Park
- **Monday**: 6 a.m., Scott Park
- **Monday**: 6:30-7:30 p.m., Mills Park

### Adult Urban Hip Hop Fitness
- **Friday**: 6:30 p.m.-7:30 p.m., Carriage Crest Park

### Stretching and Conditioning
- **Friday**: 7-8:30 p.m., Anderson Park
- **Tuesday**: 6-7 p.m., Del Amo Park
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**

<table>
<thead>
<tr>
<th>Resident Rate</th>
<th>Class</th>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>$175 a week</td>
<td>Preschool</td>
<td>7 a.m. – 6 p.m.</td>
<td>M/W/F</td>
</tr>
<tr>
<td>$141 a week</td>
<td>Preschool</td>
<td>8 a.m. – 5 p.m.</td>
<td>M/W/F</td>
</tr>
<tr>
<td>$162 a week</td>
<td>Preschool</td>
<td>7 a.m. – 5 p.m.</td>
<td>M/F</td>
</tr>
<tr>
<td>$162 a week</td>
<td>Preschool</td>
<td>8 a.m. – 6 p.m.</td>
<td>M/F</td>
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**HALF DAY PROGRAM FEE**

<table>
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<tr>
<th>Time</th>
<th>Days</th>
<th>Fee</th>
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<tbody>
<tr>
<td>8 a.m. – 12 p.m.</td>
<td>T/TH</td>
<td>$30 a week</td>
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<tr>
<td>1 p.m. – 5 p.m.</td>
<td>MWF</td>
<td>$42 a week</td>
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<tr>
<td></td>
<td>M-F</td>
<td>$67 a week</td>
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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.

<table>
<thead>
<tr>
<th>Park Facility</th>
<th>Class</th>
<th>Time</th>
<th>Days</th>
</tr>
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<tbody>
<tr>
<td>Carson</td>
<td>Preschool</td>
<td>8 a.m. – 12 p.m.</td>
<td>M/W/F</td>
</tr>
<tr>
<td></td>
<td>Preschool</td>
<td>8 a.m. – 12 p.m.</td>
<td>T/Th</td>
</tr>
<tr>
<td></td>
<td>Preschool</td>
<td>1 p.m. – 5 p.m.</td>
<td>M/W/F</td>
</tr>
<tr>
<td></td>
<td>Preschool</td>
<td>1 p.m. – 5 p.m.</td>
<td>T/Th</td>
</tr>
<tr>
<td>Dolphin</td>
<td>Preschool</td>
<td>8 a.m. – 12 p.m.</td>
<td>M/W/F</td>
</tr>
<tr>
<td>Dolphin</td>
<td>Preschool</td>
<td>8 a.m. – 12 p.m.</td>
<td>T/Th</td>
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<table>
<thead>
<tr>
<th>Fees:</th>
<th>Days/week</th>
<th>Fee</th>
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<tr>
<td>2 days/week</td>
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<td>$30 a week</td>
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<tr>
<td>3 days/week</td>
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<td>$42 a week</td>
</tr>
<tr>
<td>5 days/week</td>
<td></td>
<td>$67 a week</td>
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Fees are paid every 4 weeks

All Fees Are Subject To Change
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

**CARROUSE CRESENT 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. ORICK AVENUE
CARSON, CA 90745
(310) 830-4925

**DEL AMO PARK**
22400 MONETA AVENUE
CARSON, CA 90745
(310) 830-9997

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

<table>
<thead>
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<th>Non-Resident Fees</th>
<th>Times</th>
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<tbody>
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<td>$30</td>
<td>7 A.M. - 9 A.M.</td>
<td>$20</td>
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<tr>
<td>$70</td>
<td>9 A.M. - 5 P.M.</td>
<td>$60</td>
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<tr>
<td>$15</td>
<td>5 P.M. - 6 P.M.</td>
<td>$10</td>
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*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 After-School Child Care
Solution For Latchkey Children

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

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 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

After School Kids Club Fees
Monday-Friday  Regular
2:30-6 p.m.  $50 wkly
*Sibling discounts

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
**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.

#### 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

#### 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

- **Anderson**  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.

#### 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.
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.
- Carson (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
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
Community Services

MEMBERSHIP RATES

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Student Athlete 3 months $60 ages 12-18

Daily Guest Rates

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10% Discount for Veterans

RECREATION & HUMAN SERVICES

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 SPORTSCOMPLEX

FACILITIES AVAILABLE FOR RENTAL

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.

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

March, April, May 2017
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.
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.

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.

Class provides 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.

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 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

Smartphone Class

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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.

Los Angeles, CA

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
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.

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 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/department/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.

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.

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. *

MAIL-IN REGISTRATION FORM
Fill out all information—Please print

Self Defense

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

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.

Refund Policy
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.
Case Management & Home Services
To help senior citizens 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, psychosocial, financial, and 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 or 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, 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 mov ing 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.
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

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.
Family Art Club

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

Saturdays 12 p.m. – 1 p.m.
Mondays 4 p.m. – 5 p.m.

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

For Kids

AGES 5-12 • FREE

Please contact park for more information

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

City of Carson

Prevention and Aftercare

Please contact park for more information

Funded by

City of Carson

Arts & Crafts

For Kids

AGES 5-12 • FREE

Please contact park for more information

Funded by

City of Carson

Arts & Crafts

For Kids

AGES 5-12 • FREE

Please contact park for more information

Funded by

City of Carson

Arts & Crafts

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For Kids

AGES 5-12 • FREE

Please contact park for more information

Funded by

City of Carson
FAMILY COACHING

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

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

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

FOR MORE INFORMATION, CONTACT VETERANS PARK AT (310) 847-3584

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

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

Free Yoga Class

All ages welcome
Men & Women
Tuesdays 6:30 – 7:30 p.m.

EupRising yoga

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

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/department/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 reminisce 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.**
CITY OF CARSON | TRANSPORTATION SERVICES DIVISION

DODGERS GAME

Monday, May 1, 2017

“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.

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

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**Community Services Guide** | 37
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.

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