



Community Services Guide

June • July • August 2016

Summer Issue



DATED MATERIAL. Please deliver promptly.

POSTMASTER :

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

To Residential Customer

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

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Recreation & Human Services

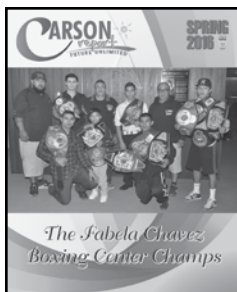
Transportation

Special Information

All Fees Are Subject To Change

Events, programs and activities held at the Congresswoman Juanita Millender-McDonald Community Center may be referenced to as the Carson Community Center or community center.

The Community Services Guide is published quarterly by the City of Carson's Public Information Office to inform residents about leisure time activities provided by the city. For general information about Recreation & Human Services Programs, call (310) 847-3570. For general information about Transportation Services and the Congresswoman Juanita Millender-McDonald Community Center, call (310) 835-0212.



Welcome to the Summer issue of the Community Services Guide and Carson Report flip-book!



On this side of the publication, you will find information on various leisure time activities, classes, excursions and upcoming events for every member of the family.

On its flip side, you will find the latest news about Carson and up-to-date information on current events in our community as we put the spotlight on City projects and a variety of important local issues.

We hope that you will find this flip-book -- and all its future issues -- useful in planning activities for the entire family, as well as getting informed on what's going on in our community.

You can also read us online at:

<http://ci.carson.ca.us/department/citymanager/publicinformation.asp>

A MESSAGE FROM THE Director of Community Services

Carson Residents:

It's time for summer fun!

The Carson Recreation and Human Services staff and our dedicated volunteers have been busy preparing our facilities, and planning for some memorable summer events and activities just for you. Our parks offer a variety of activities for all ages: The summer free lunch program is back. Pools are open for lessons and recreational swimming. Come out and enroll in an art, music, or fitness class. We offer summer day camps, sports programs, excursions, and many free drop-in programs. Adult softball and basketball leagues are always in session. To support all your recreational needs, our parks are staffed daily. If you wish to use the City's facilities for a private party or your own leisure activity, picnic areas or community rooms are available for rent via Recreation's Permit Section.

Additionally, the Congresswoman Juanita Millender-McDonald Community Center offers its own programming. Seniors can enjoy lunch, play bingo, or participate in one of our many senior activities. The Elito M. Santarina Senior Technology Center offers classes to help you learn the latest computer programs, and how to utilize the internet.

I want to share with you that with assistance from our Public Works department and funds received through the Los Angeles County Regional Open District the City has spent over \$1 million to completed renovations at Mills, Stevenson, Dolphin, Veterans, and Hemingway Parks. Also, new fitness equipment was purchased and installed at various parks. Stop by and see our new look!

Keep this guide handy, share it with your family and friends, and make plans to join us this summer for some fun, fun, fun!

For more information please contact your local park or recreation facility.

Ralph Aranda

Interim Director of Community Services

SUMMER 2016 AQUATICS PROGRAM

Like us on Facebook! CITY OF CARSON PARKS AND RECREATION SERVICES

Summer Dates to Remember:

- May 2, 2016 – Accepting Aquatic Scholarship Forms
- May 2-27, 2016 – Mail-in Registration for Residents
- May 16-27, 2016 – Mail-in Registration for Non-Residents
- May 23, 2016 – Tigershark Swim Team Begins
- June 1&2, 2016 – Walk-In Registration 6 – 8 p.m. (all pools)
- June 4&11, 2016 – Walk-In Registration 8 – 1 p.m. (all pools)
- June 13, 2016 – Summer 2016 Season Begins
- July 23, 2016 – 19th Annual Treasure Island
- August 12, 2016 – Summer 2016 Season Ends

19th Annual Treasure Island on July 23, 2016
Dominguez Aquatic Center
\$3 per session
Session 1: 12:00 p.m. – 2:00 p.m. &
Session 2: 3:00 p.m. – 5:00 p.m.

Group Swim Lesson Session Fees:

Mon/Wed/Fri (6 classes total)	Adult	1 st Child	2 nd Child	3 rd Child
Resident	\$40	\$40	\$37	\$34
Non-Resident	\$50	\$50	\$47	\$44

Tue/Thurs (4 classes total)	Adult	1 st Child	2 nd Child	3 rd Child
Resident	\$27	\$27	\$25	\$23
Non-Resident	\$37	\$37	\$35	\$33

Saturday (5 classes total)	Adult	1 st Child	2 nd Child	3 rd Child
Resident	\$33	\$33	\$31	\$29
Non-Resident	\$43	\$43	\$41	\$39

Private Swim Lesson Fees: (Four – 50-minute lessons)

	Private	Semi-Private
Resident	\$125	\$200
Non-Resident	\$150	\$240

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

^TT – Tiny Tot classes are only 40 minutes

Scott Pool

(310) 549-9051 / 23410 Catskill Avenue

Timeslots for Monday – Friday Swimming Lessons

9:00 a.m. – 9:50 a.m.	TP/SF PO AP
10:00 a.m. – 10:50 a.m.	TP/SF PO AP
11:00 a.m. – 11:50 a.m.	PO AP F/FF/SH
12:00 p.m. – 12:50 p.m.	TT^ PO AP
3:00 p.m. – 3:50 p.m.	PO AP AD
4:00 p.m. – 4:50 p.m.	PO AP M

Dates for Monday – Friday Swimming Lessons

	Mon/Wed/Fri	Tues/Thurs
Session 1 –	June 13 – June 24	June 14 – June 23
Session 2 –	June 27 – July 8	June 28 – July 7
Session 3 –	July 11 – July 22	July 12 – July 21
Session 4 –	July 25 – August 5	July 26 – August 4
	Monday - Friday	
Session 5 –	August 8 – August 12	

Additional Aquatic Programs

Recreation Swim*

June 13 – August 12	Mon – Fri	1:15 p.m. – 2:45 p.m.
June 13 – August 10	Mon/Wed	7:15 p.m. – 8:45 p.m.

Fees (all ages): \$1 Resident, \$2 Non-Resident
 *Children under 7 must be accompanied by an Adult and remain within an arm's length reach at all times

Aqua Aerobics (15 years & over)

June 14 – August 11	Tues/Thurs	7:10 p.m. – 8:10 p.m.
Fee per class: \$3 Resident, \$4 Non-Resident, Free for VSC member		

Adult Lap Swim (15 years & over)

June 14 – August 11	Tues/Thurs	7:10 p.m. – 8:10 p.m.
Fee per class: \$2 Resident, \$3 Non-Resident, Free for VSC member		

Mini Guards (9 – 11 years)

June 14 – August 11	Tues/Thurs	3:00 p.m. – 4:50 p.m.
Fee: \$80 Resident, \$100 Non-Resident		

Junior Lifeguards (12 – 17 years)

June 13 – August 12	Mon/Wed/Fri	3:00 p.m. – 4:50 p.m.
Fee: \$100 Resident, \$125 Non-Resident		

Aquatic Teams

Water Polo Team (8 – 17 years)

June 13 – August 12	Mon/Wed/Fri	9:00 a.m. – 10:50 a.m.
Fee: \$100 Resident, \$125 Non-Resident Prerequisite: Level 3 card or equivalent		

Dive Team (8 – 17 years)

June 14 – August 11	Tues/Thurs	9:00 a.m. – 10:50 a.m.
Fee: \$90 Resident, \$110 Non-Resident Prerequisite: Level 3 card or equivalent		

Tigershark Swim Team (5 – 17 years)

May 23 – August 12	Mon – Fri	5:00 p.m. – 7:00 pm.
Fee: \$195 Resident, \$250 Non-Resident Tryouts and parent information meeting on Monday, May 23, 2016. (Tryouts 5 p.m. – 6 p.m. & Parent Meeting at 6:30 p.m. – 7:00 p.m.)		

ALL FEES AND SCHEDULES ARE SUBJECT TO CHANGE

Note: For Pool Rentals, please call Permits at (310) 847-3570

Aquatic Website: recreation.carson.ca.us/Aquatics // Aquatic Email: aquatics@carson.ca.us // Aquatic Office: (310) 816-9381

SUMMER 2016 AQUATICS PROGRAM

Like us on Facebook! CITY OF CARSON PARKS AND RECREATION SERVICES

Dominguez Aquatic Center

(310) 830-2391 / 21330 S. Santa Fe Avenue

Timeslots for Monday – Friday Swimming Lessons

9:00 a.m. – 9:50 a.m.	TP PO AP AD
10:00 a.m. – 10:50 a.m.	SF/SQ PO AP F/FF
11:00 a.m. – 11:50 a.m.	TT^ TP PO M
12:00 p.m. – 12:50 p.m.	TP PO AP FF/SH
3:00 p.m. – 3:50 p.m.	TP PO/AP
4:00 p.m. – 4:50 p.m.	PO AP
5:00 p.m. – 5:50 p.m.	SF/SQ PO AP M
6:00 p.m. – 6:50 p.m.	TT^ PO AP FF/SH

Dates for Monday – Friday Swimming Lessons

	Mon/Wed/Fri	Tues/Thurs
Session 1	June 13 – June 24	June 14 – June 23
Session 2	June 27 – July 8	June 28 – July 7
Session 3	July 11 – July 22	July 12 – July 21
Session 4	July 25 – August 5	July 26 – August 4

Monday - Friday

Session 5	August 8 – August 12
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Timeslots for Saturday Swimming Lessons

10:00 a.m. – 10:50 a.m.	AD PO AP FF/SH
11:00 a.m. – 11:50 a.m.	TP PO AP M
12:00 p.m. – 12:50 p.m.	TT^ SF/SQ PO AP

Dates for Saturday Swimming Lessons

	Saturday
Session 1	June 18 – July 16, 2016
Session 2	July 30 – August 27, 2016

Additional Aquatic Programs

Recreation Swim*

June 13 – August 12	Mon – Fri	1:15 p.m. – 2:45 p.m.
June 14 – August 11	Mon/Wed/Fri	7:15 p.m. – 8:45 p.m.
June 18 – July 16	Saturday	1:15 p.m. – 2:45 p.m.
July 23 – August 27	Saturday	1:15 p.m. – 2:45 p.m.

Fees (all ages): \$2 Resident, \$3 Non-Resident

*Children under 7 must be accompanied by an Adult and remain within an arm's length reach at all times

Aqua Aerobics (15 years & over)

June 13 – August 12	Mon/Wed/Fri	7:50 a.m. – 8:50 a.m.
June 14 – August 11	Tues/Thurs	7:00 p.m. – 8:00 p.m.

Fee per class: \$3 Resident, \$4 Non-Resident, Free for VSC member

Adult Lap Swim (15 years & over)

June 13 – August 12	Mon/Wed/Fri	7:50 a.m. – 8:50 a.m.
June 14 – August 11	Tues/Thurs	7:00 p.m. – 8:00 p.m.

Fee per class: \$2 Resident, \$3 Non-Resident, Free for VSC member

Mini Guards (9 – 11 years & over)

June 14 – August 11	Tues/Thurs	3:00 p.m. – 4:50 p.m.
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Fee: \$80 Resident, \$100 Non-Resident

Junior Lifeguards (12 – 17 years)

June 13 – August 12	Mon/Wed/Fri	3:00 p.m. – 4:50 p.m.
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Fee: \$100 Resident, \$125 Non-Resident

Senior Program (50 plus)

June 14 – August 11	Tues/Thurs	7:50 a.m. – 8:50 a.m.
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Fee per class: \$2 Resident, \$3 Non-Resident, Free for VSC member

Thank you for your continued support in our programs!
Have a SPLASHTASTIC Summer!

Hemingway Aquatic Center

(310) 324-2515 / 16605 S. San Pedro Street

Timeslots for Monday – Friday Swimming Lessons

9:00 a.m. – 9:50 a.m.	AD SF/SQ
10:00 a.m. – 10:50 a.m.	PO AP
11:00 a.m. – 11:50 a.m.	TT^ TP PO M
12:00 p.m. – 12:50 p.m.	TP PO AP FF/SH
3:00 p.m. – 3:50 p.m.	TP PO/AP
4:00 p.m. – 4:50 p.m.	PO AP
5:00 p.m. – 5:50 p.m.	SF/SQ PO AP M

^TT – Tiny Tot classes are only 40 minutes

Dates for Monday – Friday Swimming Lessons

	Mon/Wed/Fri	Tues/Thurs
Session 1	June 13 – June 24	June 14 – June 23
Session 2	June 27 – July 8	June 28 – July 7
Session 3	July 11 – July 22	July 12 – July 21
Session 4	July 25 – August 5	July 26 – August 4

Monday - Friday

Session 5	August 8 – August 12
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Timeslots for Saturday Swimming Lessons

10:00 a.m. – 10:50 a.m.	AD PO AP FF/SH
11:00 a.m. – 11:50 a.m.	TT^ TP PO AP
12:00 p.m. – 12:50 p.m.	SF/SQ PO AP M

Dates for Saturday Swimming Lessons

	Saturday
Session 1	June 18 – July 16, 2016
Session 2	July 30 – August 27, 2016

Additional Aquatic Programs

Recreation Swim*

June 13 – August 12	Mon – Fri	1:15 p.m. – 2:45 p.m.
June 14 – August 11	Mon/Wed/Fri	6:15 p.m. – 7:45 p.m.
June 18 – July 16	Saturday	1:15 p.m. – 2:45 p.m.
July 23 – August 27	Saturday	1:15 p.m. – 2:45 p.m.

Fees (all ages): \$2 Resident, \$3 Non-Resident

Aqua Aerobics (15 years & over)

June 13 – August 12	Mon/Wed/Fri	7:50 a.m. – 8:50 a.m.
June 14 – August 11	Tues/Thurs	6:00 p.m. – 7:00 p.m.

Fee per class: \$3 Resident, \$4 Non-Resident, Free for VSC member

Adult Lap Swim (15 years & over)

June 13 – August 12	Mon/Wed/Fri	7:50 a.m. – 8:50 a.m.
June 14 – August 11	Tues/Thurs	6:00 p.m. – 7:00 p.m.

Fee per class: \$2 Resident, \$3 Non-Resident, Free for VSC member

Mini Guards (9 – 11 years & over)

June 14 – August 11	Tues/Thurs	3:00 p.m. – 4:50 p.m.
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Fee: \$80 Resident, \$100 Non-Resident

Junior Lifeguards (12 – 17 years)

June 13 – August 12	Mon/Wed/Fri	3:00 p.m. – 4:50 p.m.
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Fee: \$100 Resident, \$125 Non-Resident

Senior Program (50 plus)

June 14 – August 11	Tues/Thurs	7:50 a.m. – 8:50 a.m.
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Fee per class: \$2 Resident, \$3 Non-Resident, Free for VSC member

Aquatic Team

Synchronized Swimming Team (8 – 17 years)

June 13 – August 12	Mon/Wed/Fri	9:00 a.m. – 10:50 a.m.
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Fees: \$80 Resident, \$100 Non-Resident

Prerequisite: Level 3 or equivalent



Enrichment

SUMMER SESSION 2016 (JUNE / JULY / AUGUST)

Ready, Set, Read \$60 RESIDENTS / \$69 NON-RESIDENTS

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

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

Math Made Easy \$26 RESIDENTS / \$30 NON-RESIDENTS

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

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

Intro to Piano \$65

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

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

Harmony Heroes (Voice)

\$21 RESIDENTS / \$25 NON-RESIDENTS

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

AGES	DAYS	TIMES
5 - 17	Tues/Thurs	6:00 p.m. - 7:00 p.m.

Drama \$21 RESIDENTS / \$25 NON-RESIDENTS

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

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

Registration Begins May 2, 2016

Classes Begin June 13, 2016

Space is limited

Most classes are held at the Carson Community Center

For more information, please contact

Enrichment Arts at

310-835-0212 ext. 1410 or 1475

New! Costume Design

\$30 RESIDENTS / \$35 NON-RESIDENTS

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

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

Ballet \$38 RESIDENTS / \$45 NON-RESIDENTS

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

AGES	DAYS	TIMES
5 - 14	Tues/Thurs	4:00 p.m. - 4:50 p.m.

Hip Hop Dance \$38 RESIDENTS / \$45 NON-RESIDENTS

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

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

3-in-1 Summer Camp Ages 5 - 14

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

DAYS	TIMES	RESIDENTS	NON-RESIDENTS
Mon-Fri	7:00 a.m. - 9:00 a.m.	\$15	\$18
Mon-Fri	9:00 a.m. - 5:00 p.m.	\$55	\$65
Mon-Fri	5:00 p.m. - 6:00 p.m.	\$10	\$12

Tennis \$29 RESIDENTS / \$36 NON-RESIDENTS

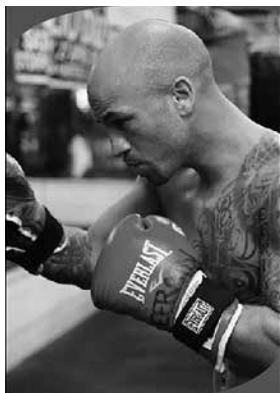
We offer a wide variety of tennis classes lead and directed by qualified recreation leaders. Classes range from beginner to intermediate levels. The class emphasizes the basics: grips, ground strokes, volleys, and serving. Children will also learn footwork and the scoring of a tennis match.

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

HEALTH & FITNESS

FABELA CHAVEZ BOXING FITNESS CENTER

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 38 years. While throughout the years, other Clubs have opened and closed their doors, Fabela Chavez has remained opened. Fabela Chavez has been home to many great coaches and fighters. Look no further than the gyms namesake Fabela Chavez who was inducted to Boxing Hall of Fame in 1993. The City named its boxing gym after Fabela Chavez in recognition of his contribution to the young boxing enthusiasts and up-and-coming boxers in the community.



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 continuous class stressing fundamentals and techniques of boxing.

Beginning Weightlifting

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

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

Advanced Weightlifting

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

YOUTH SPORTS SUMMER 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.

Summer Run Basketball

Teams formed at each park. Games played every Thursday. Clinics held every Tuesday. Call Dolphin Park for more details (310) 549-4560. \$25 per player Last day to register: 6/30/16

Girls Summer Softball

League: Divisions 1A and 2A

Last Day for Signup: Thurs, June 16, 2016

League Begins: June 25, 2016 Team Fee: \$200 per team

Umpire Fee: \$23 per game, per team

Flag Football, Soccer (Ages 5 - 17 yrs)

Last day to sign up - Saturday, August 20, 2016

Tryouts - Saturday, August 27, 2016

Season begins - Saturday, September 24, 2016

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

Girl's Fall Softball League (Ages 9 - 17 yrs)

Last day to sign up - Saturday, August 20, 2016

Tryouts - Saturday, August 27, 2016

Season begins - Saturday, September 24, 2016

Registration Fees: Resident Non-Resident
\$26 1st child \$30 1st child
\$19 2nd child
\$11 3rd child

Baseball/Softball Invitational Tournament (Ages 9 - 17 yrs)

August 5-7, 2016 • Team Registration Fee: \$150

Registration Deadline: Tuesday, August 2, 2016

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.

Volunteers: "Carson Wants You"

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

Volunteers have made a difference. They have often unselfishly pitched in and given valuable time in delivering important services that otherwise could not be provided.

If you would like to make a difference and are willing to give your time and effort to Carson's recreation programs, you are encouraged to contact your neighborhood park or Parks and Recreation at (310) 847-3570. Background Fingerprinting for all coaches.

SUMMER SPORTS

SUMMER PROGRAM

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



SUMMER SOFTBALL LEAGUES

Men's & Women's C/D Level

Registration: June 1 - July 5
Play Begins: July 16
Fees: \$399 per team

Coed C/D Level

Registration: June 1 - July 5
Play Begins: July 16
Fees: \$399 per team

Summer Softball Tournament

Registration: June 6 - July 12
Play Begins: July 16

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 Parks and Recreation Department

For more information, call (310) 847-3570

SUMMER FLAG FOOTBALL LEAGUES

4 on 4

Registration: August 1 - September 5
Play Begins: September 11
Fees: \$175 per team



8 Man

Registration: August 1 - September 5
Play Begins: September 11
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.
• Carriage Crest	Mon	6-9 p.m.
• Del Amo	Tues/Thurs	6-9 p.m.
	Fri	6-10 p.m.
• Dolphin	Fri	6-10 p.m.

8 Man Soccer

Stevenson Park presents an 8-man soccer league ongoing throughout the year. Teams field 8 players and the special rules allow for wide-open action and non-stop offense. This program is offered on Tuesday & Thursday evenings.

Adult Fitness/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us.

• Anderson	Tues/Thurs	7 p.m.
• Carriage Crest	Sat	8:30-9:30 a.m.
	Mon/Wed	7-8 p.m.
• Mills	Mon	6:00 p.m. - 7:00 p.m.
• Stevenson	Fri	6-7:30 p.m.

HEALTH & FITNESS

**Adult Walking Class**

Wednesday	6:30-7:30 p.m.	Anderson Park
Tuesday/Thursday	6:30-7:30 p.m.	Carriage Crest Park
Thursday	6:30-7:30 p.m.	Dolphin Park
Tuesday/Thursday	7-8 p.m.	Dominguez Park
Monday/Wednesday	6-7 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

Wednesday	5:30-7 p.m.	Stevenson Park	Beginner
Monday	6-8 p.m.	Stevenson Park	Youth Beginner
Monday/Wednesday	8-9 p.m.	Stevenson Park	Adult Intermediate
Monday/Wednesday	7-8 p.m.	Stevenson Park	Youth Intermediate
Sunday	2-4 p.m.	Scott Park	Youth/Adult Beginner and Intermediate

Adult and Youth Bocci Ball

Friday	4-5 p.m.	Scott Park
Saturday	2-3 p.m.	Scott Park
Saturday	10-11 a.m.	Dominguez Park

Adult Fitness Workout

Tuesday	7:30 p.m.	Anderson Park
Wednesday	6:30 p.m.	Stevenson 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:

• Dolphin	Wed	5-6 p.m.
• Mills Park	Tues/Thurs	6-8 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Fast Dance Fitness Class

Tuesday/Thursday	5:30-6:30 p.m.	Calas	All Ages
Monday	6-7 p.m.	Del Amo	16&up

Adult Line Dancing

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

Dance it Off

Tuesday/Thursday	6-7 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)

• Dolphin	Mon-Wed	4-5 p.m.
• Stevenson	Tue-Thur	6-7:30 p.m.

Stevenson Park Fitness Center**HOURS**

Mon-Fri 3-9 p.m. Sat 10 a.m.-3 p.m., Closed Sun

Fees: Initial Membership **\$15** Monthly Membership **\$10**
Daily Rate **\$3**

**Boxercise**

Thursday	6 p.m.-7 p.m.	Dominguez Park
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**Zumba Class**

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

Stretching and Conditioning

Monday/Friday	7 - 8:30 p.m.	Anderson Park
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EARLY CHILDHOOD



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

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



One time, non-refundable, registration fee of \$95 for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of \$106.00 will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change. Availability is based on the needs of each site. The City

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

OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

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

CLASS SCHEDULE

RESIDENT RATE ALL DAY PROGRAM

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

HALF DAY PROGRAM

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

OPTION II:

The City of Carson is offering a notable Early Childhood Program at various parks within the city.

The City of Carson considers this program to be of top quality for preschool children. For more information about a center near you, please call (310) 835-0212, ext. 1482 or 1485.

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

Fees:	2 days/wk	\$25 a week
	3 days/wk	\$37 a week
	5 days/wk	\$62 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change



CITY OF CARSON

SUMMER

DAY CAMP

**ARTS AND CRAFTS • WEEKLY THEMED ACTIVITIES
EXCURSIONS • FUN SUPERVISED OUTDOOR GAMES
LUNCH AND AFTERNOON SNACK PROVIDED DAILY**

June 13, 2016 - August 12, 2016

FOR BOYS AND GIRLS AGES 5-12

NON-RESIDENT	TIMES	RESIDENT FEES
\$25	7 A.M. - 9 A.M.	\$15
\$65	9 A.M. - 5 P.M.	\$55
\$15	5 P.M. - 6 P.M.	\$10

**ANDERSON
PARK**

19101 WILMINGTON AVENUE
CARSON, CA 90746
(310) 603-9850

**CARSON
PARK**

21411 S. ORRICK AVENUE
CARSON, CA 90745
(310) 830-4925

**DOMINGUEZ
PARK**

21330 SANTA FE AVENUE
CARSON, CA 90810
(310) 549-3962

**SCOTT
PARK**

23410 CATSKILL AVENUE
CARSON, CA 90745
(310) 830-8310

**CALAS
PARK**

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

**DEL AMO
PARK**

703 E. DEL AMO BOULEVARD
CARSON, CA 90746
(310) 329-7717

**HEMINGWAY
PARK**

700 E. GARDENA BOULEVARD
CARSON, CA 90746
(310) 538-0019

**STEVENSON
PARK**

17400 LYSANDER AVENUE
CARSON, CA 90746
(310) 952-1745

**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

**MILLS
PARK**

1340 E. DIMONDALE DRIVE
CARSON, CA 90746
(310) 631-3130

**VETERANS
PARK**

22400 MONETA AVENUE
CARSON, CA 90745
(310) 864-9255

ADDITIONAL FEES FOR EXCURSIONS

FOR MORE INFORMATION, CONTACT RECREATION AND HUMAN SERVICES AT (310) 847-3570

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

RECREATION AND HUMAN SERVICES

KIDS CLUB

Kids Club After-School Child Care Solution For Latchkey Children



After School Kids Club Fees

Monday-Friday
2:30-6 p.m.

Regular
\$47 wkly



Availability is based on the needs of each site. For information about fees and locations, call (310) 847-3552. If a child attends any portion of the week, the total weekly fees are charged (includes holidays and sick days). The city reserves the right to cancel individual park programs if the minimum enrollment level is not achieved.

The daily program consists of: Educational Activities

Homework completion time; reading activities; tutoring in math, science, and social studies; group experiences in home safety; drug and alcohol awareness; and survival skills for staying home.

Recreational Activities

Arts & crafts, sports activities, games, cooking, and Enrichment Program available at some parks.

Snacks

Nutritional snacks are provided each day.

1. Indoor games
2. Crafts
3. Seasonal parties
4. Excursions*
5. Special events

*Additional fee required for participation

Homework Help-Safe-Fun

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



We believe that during the hours that the children are away from home they should be provided with a quality program of well supervised activities that stimulate new interests, encourages creativity, and builds self confidence, while providing parents with "peace of mind".



The Kids Club program provides much needed alternative child care for single and dual working parents by offering supervision for children from 2:30 - 6 p.m., Monday through Friday. The City of Carson's Recreation and

Human Services Division administers this program.

The daily program consists of:

Educational and Recreational Activities: Homework assistance, arts & crafts, outdoor and indoor games, seasonal parties, and supervision. Nutritional snacks provided.

PARKS

SUMMER PARK CLASS SCHEDULE

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

Hours of Operation Beginning June 9, 2016

Mon - Fri	12 - 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, and Veterans* Parks. Contact the parks for specific day and time. *U.S.T.A. Site

Cheerleading

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

• Anderson	Tues/Thurs	6:30 - 7:30 p.m.
• Carriage Crest	Tues/Thurs	6:30 - 7:30 p.m.
• Carson	Mon/Wed	6:30 - 8:30 p.m.
• Dominguez	Tues/Thurs	6-7 p.m.
• Stevenson	Wed/Sat	6-8 p.m.
• Veterans	Tues/Thurs	6:30 - 7:30 p.m.

Dance It Off

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

• Dolphin Park	2nd Fri	6:30-8 p.m.	8-17 yrs
• Stevenson Park	Tues/Thurs	5:30 p.m.	18 and up



Archery

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

Arts & Crafts

Children 5-12 yrs of age can let their imaginations run wild in a variety of craft classes scheduled for this spring. Contact your local park for specific day and time.

Youth Golf Instruction

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

Clubs for Boys & Girls

For boys and girls 9-12 yrs. of age, neighborhood parks offer a variety of activities such as sand golf, pillo polo, kids in the kitchen, clinic sports, frisbee fun, ping pong, monthly excursions, and much more throughout the winter. Contact your local park for more information.



Kids in the Kitchen

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

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

PARKS



Homework Club

• Mills Park	Mon/Wed/Thurs	3:30-5 p.m.
• Del Amo Park	Mon/Wed/Fri	4-6 p.m.
• Dolphin Park	Mon/Wed	4-6 p.m.
• Stevenson Park	Mon/Thurs	4-6 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	Tues/Thurs	6-7:30 p.m.
• Anderson/Adult Line Dancing	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Anderson/Adult Stretch Conditioning	Tues	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	5:30-7:30 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Mills Park	Tues/Thurs	6-7 p.m.
	7-8 p.m.	Phase 1 (elementary)
		Phase 2 (Jr. High/High School)
• Veterans Park	Tues/Thurs	6-7:30 p.m.

Boys Club

• Calas Park/ Age 8-12	Fri	6:30-8 p.m.
• Del Amo Park /Age 8-12	Fri	6:30-8 p.m.
• Dolphin Park/Age8-12	Fri	6:30-8 p.m.
• Dominguez/Age 8-12	Mon	6-7 p.m.

Girls Club

• Del Amo Park	Tues/Thurs	6-7 p.m.
• Dolphin Park/Age 8-12	Fri	6:30-8 p.m.
• Calas Park/Ages 8-12	Fri	5:30-7 p.m.

Friday Night Madness & Movies

• Hemingway Park	All Ages (FREE)	Last Friday	7 p.m.
• Carriage Crest Park	All ages (FREE)	Last Friday	7:30-9 p.m.
• Del Amo Park	7 yrs - up	1st/3rd Friday	5:30-8 p.m.
• Dolphin Park	Family (4th Friday of every month)		7-9 p.m.
• Dominguez Park	All Ages (FREE)	1st and 3rd Fri	7 p.m.
• Mills Park	All Ages	Call Park for Day	7 p.m.
• Stevenson Park		4th Fri	6:30-9 p.m.
• Veterans Park	9 yrs - up (FREE)	4th Fri	6 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 Anderson Park, Tuesdays from 5-6 p.m., Del Amo Park, Tuesdays from 4:30-5:30 p.m.

TEEN PARK ACTIVITIES



Teen Game Nation

• Dolphin Park	Mon	6:30 p.m.
• Del Amo Park	Mon/Wed	6-7:30 p.m.
• Dominguez Park	Fri	6-8 p.m.
• Mills Park	Fri	7 p.m.
• Scott Park	Fri	6-8 p.m.

Teens in the Kitchen

Learn the basics! Anderson Park, Wednesdays, 4:30-5:30 p.m.; Carson Park, Friday from 6:30-7:30 p.m.; and Mills Park 5:30- 6:00 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

SUMMER BASKETBALL CAMP



Veterans SportsComplex

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

Times:

8:00 a.m. - 12 p.m.

Ages 5 and up

Resident Fee: \$40/session

Non-Resident: \$40/session

Second Child: \$25

Discounts for Veterans SportsComplex members and multiple campers



CITY OF CARSON

CONQUER

THE BRIDGE

San Pedro, Vincent Thomas Bridge
5.3 miles

Group
Rate
\$25.00

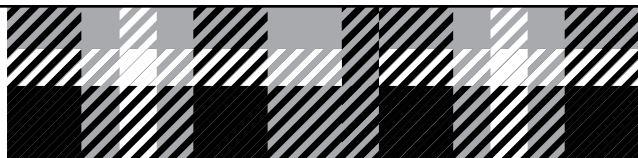
Monday, September 5, 2016

7 A.M. (Rain or Shine)



For more information contact

Veterans Sports Complex 22400 Moneta Ave. Carson, CA 90745 | (310) 830-9992



Veterans SportsComplex

*Dads
&
Grads*

Individual 3 month membership special
Resident/Non-resident: \$60

New Members Receive 25%
Off Annual Fees
*does not include registration fee

Daily Guest Fee
\$2.50 Mon-Fri til 5pm

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



Mud Run "Vets Gets Dirty"
Coming to
Veterans SportsComplex
July 23, 2016 • Stay tuned!

SPEND THE
SUMMER
WITH US!

Commit To Be Fit!



MEMBERSHIP RATES

Annual Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$30	\$234	\$275	\$176	\$207
Youth/Senior Citizen	\$20	\$141	\$165	\$106	\$124
Family	\$50	\$355	\$418	\$266	\$314

30-day Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$10	\$34	\$40	\$25	\$30
Youth/Senior Citizen	\$5	\$25	\$30	\$20	\$23
Family	\$15	\$60	\$70	\$45	\$53

Daily Guest Rates

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

ALL FEES ARE SUBJECT TO CHANGE

10% Discount for Veterans

All Fees Are Subject To Change



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

HOURS OF OPERATION

Facility

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

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

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

Business Office

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

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

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

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



VETERANS SPORTS COMPLEX

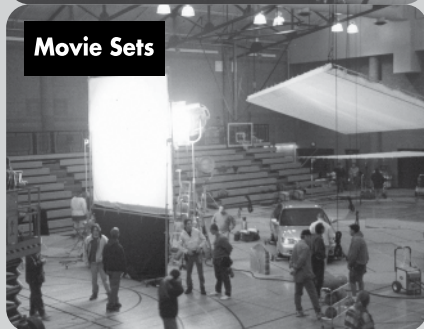
FACILITIES AVAILABLE FOR RENTAL



NBA Regulation Basketball Court

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

For more information about facility rental rates, please call (310) 830-9992.



Movie Sets

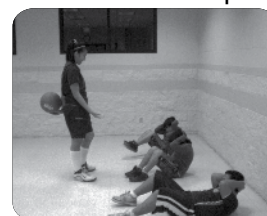
Banquet Halls and Recreation Rooms

Raquetball Courts

During June, July, August, get 1 hour of free prep time.
***minimum of 4 hour rental**

YOUTH CLASSES

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



End of Summer Blast - September 2016

- Join all of our instructors for this great summer blast • Free for Everyone

ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kempo Karate • Step & Pilates • Corepole Training
- Hatha Yoga • Indoor Cycling and Abs • Low Impact Aerobics • Mel's Boot Camp
- Walking Club • Zumba • T.B.A. (Thighs, Bottoms & Abs) • Adult Self-Defense • Belly Fusion Dance



Call (310) 830-9992 ext. 231 to schedule an appointment with a personal trainer.

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

PREVENTION AND AFTERCARE

CITY OF CARSON

Free Yoga Class

UpRising
yoga



All ages welcome
Men & Women



Tuesdays
6 p.m. – 7 p.m.

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

Carson Park

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

Take Control of Your Diabetes... in just six weeks!

If you or someone you know is age 65 or older and/or a Medicare patient with diabetes or pre-diabetes (borderline diabetes), the time is now to take control of your diabetes. Sign up for the Everyone with Diabetes Counts program to receive six weeks of diabetes education workshops in your area—all at no cost to you. Learn from trained educators in your community.

Here is what you will learn:

- Diabetes and its risks
- The role of diet and exercise
- The importance of regular doctor exams, and annual foot and eye exams
- How to maintain willpower in a world of food temptations
- How to manage medications

Call 844.472.4224 to sign up and get more information!

Current class schedule (English-only classes):

6-week series begins:

Monday, June 6, 2016 from
9:30 a.m.-11:30 a.m.

6-week series begins:

Monday, July 18, 2016 from
9:30 a.m.-11:30 a.m.

(Tentative)

Tuesday, June 14, 2016
from 6:30 p.m. - 8:30 p.m.

This material prepared by Health Services Advisory Group, the Medicare Quality Improvement Organization for California, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication No. CA-11SOW-B.2-09292015-04



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



FAMILY COACHING

CITY OF CARSON

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

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

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

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



Walking Club

Come join us for a fun night of walking!

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

No more excuses!

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

WEDNESDAYS • 6 P.M. - 7 P.M.

VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

FREE FOR ALL AGES

Meet at the benches by the office

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



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

PREVENTION AND AFTERCARE

City of Carson Crafty Club

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

Come explore your inner crafter.

Share your crafting experience and learn something new from others.



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

Ages 18 and up • FREE

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

801 East Carson St., Carson, CA 90745

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

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



CITY OF CARSON Mommy & Me

Take a break from your busy day to spend
some fun time with your little one and
meet other moms in your community!

Thursdays • 6 p.m. - 7 p.m.

Dolphin Park

21205 S. Water Street, Carson, CA 90745

FREE ADMISSION

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



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

SENIOR RECREATION

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

All Fees Are Subject To Change

NO CHILDREN ALLOWED IN SENIOR PROGRAMS, ACTIVITIES, TRIPS OR SPECIAL EVENTS

CLASSES AND PROGRAMS

All classes are closed on City holidays

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



ART

Needlecraft Class - An uninstructed class meets every Tuesday and Friday from 9 – 11 a.m. This class has a variety of things going on in it from crocheting, sewing, and knitting.

Art Class - Meets on Tuesday from 9:30 – 11 a.m., please bring your own supplies. Class is unstructured, with no instructor, and offers great socializing with others.

Mature Driving Program – In conjunction with AARP-get a break on your insurance by attending this class. This eight hour classroom course is broken down into two days. This course can sharpen driving skills, prevent accidents and keep older drivers on the road longer and safer. Cost \$15 for members and \$20 for non-members. Class time is 9 a.m.-1 p.m. Class provided every other month. Please call, (310) 835-0212 ext 1478

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

FEATURED ACTIVITY

MUSIC MAKERS

MUSIC MAKERS are a group of seniors who come together and play music. You can sit and listen or it is open to beginners and advanced artist. Band members must read music and provide their own instrument. This group meets every Monday from 9:30-1130 a.m. at the CJMM Community Center at Carson

Self Defense – Are you ready to learn some new moves in protecting yourself? Awareness is the key, come and join us as we learn how to stay physically fit while we defend ourselves! This class will show you different techniques and movements for self defense. Class is FREE to seniors 50+. Join NOW!

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

For information, call (310) 835-0212 ext. 1475

Senior Band “Music Makers” – Open to beginners and advanced artists. Band members must read music and provide own instrument. Opportunities to perform at special city events and senior functions. Practices are scheduled on Mondays from 9 - 11 a.m.

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

SENIOR RECREATION

DANCE

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



Ballroom Dancing - Learn the art of ballroom dancing on Tuesdays, Advanced classes 2 – 3 p.m. and Beginners 1 – 2 p.m.
Dance Room. Minimal fee required for class.
Cost: \$3.00 Instructor: Kinue Williams

Polynesian Dancers - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 9:30 - 11 a.m. Dance room. \$3 per class.
Instructor: Keali'i Ceballos (Bernard)

Line Dancing - Learn and perform the latest Country Western steps! Enjoy the company of other line dancers as they sway their steps to country music. Advanced classes are Wednesdays from 10 - 11 a.m. and beginners classes are on Wednesdays from 9 - 10 a.m. \$2 per class.
Instructor: Doris Thomas
Instructor: Jimmy Dixon, Thursday from 4-6 p.m.

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

CLUBS

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

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

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

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

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



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

EXCURSIONS

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

All Fees Are Subject To Change

The Elito M. Santarina Senior Technology Center



The Elito M. Santarina Senior Technology Center was dedicated on February 11, 2004 through the generous support of Computers4School. The lab offers 20 computer stations. It is open Monday thru Friday. Seniors will acquire skills that will allow them to keep up with the advances of technology, and save time with tasks such as preparing tax forms, researching information and communicating with their loved ones.

Beginning

This class is designed for the complete beginner and teaches the basics of a typical personal computer system, hardware components, software programs, word processing, electronic mail and an introduction to computer file storage. The class also prepares seniors to use the internet introducing the features of the world wide web and related utilities. Seniors will explore the vast resources of the internet and learn to access information using a variety of methods.

Intermediate

Internet experience is recommended. Topics covered will include a special feature of the internet explorer browser program, temporary internet files and "cookies", viruses and virus protection, playing radio stations over the internet, creating shortcuts to favorite web sites, instant messaging and "chatting", how to personalize a free e-mail program, spam filters available thorough internet service providers, advanced search techniques and more.

*To register please sign up on waiting list online via:

http://ci.carson.ca.us/departments/communityservices/special_interest.asp

as mentioned above, there are only 20 computers stations in the lab, the waiting list is long, and you may wait several weeks before you are called. We apologize for any inconvenience. For further information, please call Senior Recreation at (310) 835-0212 ext. 1475 or 1479.

Cyber Café

The Cyber Café is equipped with the latest in technology software and Wi-Fi for seniors only.

Enjoy a cup of coffee with other seniors and join in on the latest news of technology and what's happening with computers.

Seniors are encouraged to bring their laptops.

Desktops in the Cyber Café are reserved for students currently enrolled in computer classes.

If you would like to learn more about computers and sign up for classes, please call (310) 835-0212 ext. 1475.

Immediate opening for a computer instructor: Must have experience in teaching seniors as well as knowledge of computers. Please call (310) 835-0212 ext. 1479

SENIOR RECREATION

EXERCISE

NO CHILDREN ALLOWED IN ANY SENIOR ACTIVITIES OR PROGRAMS

Tai Chi & Health — The ancient Chinese exercise system is designed for meditation and for the development of self-discipline and a sense of harmonious well-being. The instructor will guide you through a warm-up, posture and breathing techniques, as well as walking and hand movements. After just a few lessons you will feel the benefits of this ancient practice. This is an effective way to aid in stress relief. Class meets on Fridays from 9 - 10 a.m. in the Dance Room. Instructor: Ron Ige

Basketball — Join this group, Monday through Friday at Scott Park from 8:30 – 10:30 a.m. Bounce your way into fitness with other players!! Come have fun and get a great cardio workout! For more information, call (310) 835-0212 ext 1475.

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

Muscle Strengthening — Class meets every Tuesday and Thursday from 11:00 a.m. – 11:40 a.m. and 11:45 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745. Muscle Strengthening using resistance bands. Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and footwear are required, such as closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. Each participant must fill out a form to participate that requires a doctors release to exercise. Forms are located in the Senior Recreation Office or from the instructor. MUST SIGN IN DUE TO LIMITED CLASS SIZE.

Yoga Class — Every Monday 1:15-2:15 p.m. at the JMMCC. Come and learn the different techniques of breathing and formation of Yoga. A can't miss class! Class is FREE to seniors 50+ Instructor- Charlene Craigen

Hot Hula Class - every Thursday at 1pm at the JMMCC. Come and join us as we move our hips into fitness with hula! Come on down and join us! For information, call (310) 835-0212 ext. 1475 instructor is Charlene Craigen

Weightlifting and Conditioning — This class meets Monday through Friday from 8:30 – 10:30 a.m. Boxing and Weightlifting facility - 23410 Catskill Ave., (310) 830-6439. Seniors are able to use exercise equipment such as: treadmills, ellipticals, exercise bikes, etc. Staff available if you have questions.

THERE IS NO TRAINER ON-SITE AT THE FOLLOWING FACILITIES LISTED BELOW

Please check days & times below exclusively for seniors 50+

COMING SOON: TENNIS, SNAG GOLF AND CELLPHONE 101 CLASS (PRESENTED BY T-MOBILE)

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

Scott Park Boxing Center

23410 Catskill Ave. • (310) 830-6439

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

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

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

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

Monday -Friday 8:30 a.m.- 12 noon

Stevenson Park Gymnasium, 17400 Lysander Dr.

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

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

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

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

Senior Fitness Program

Stevenson Park Gymnasium • (310) 952-1745

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

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

• Line Dancing

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

• Zumba

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

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

Seniors 50+ and older FREE

Self defense every 1st and 3rd Friday at Stevenson from 8:30am-9:30am

Class size limited for Zumba Class

• Zumba Class

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

CARSON RESIDENCE ONLY FOR THE M/W/F

Monday/Wednesday 10-11 a.m.

• Low Impact Aerobics

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

• Yoga class

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

• Hula Hoop class

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

• Self Defense

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

HEALTH

Health Programs, Seminars & Lectures — Health lectures are provided based on the interests of seniors. Submit your suggestions on what you would like learn or hear about.

Blood Pressure Screenings — Volunteers provide free blood pressure screening Mondays - Wednesday from 10 a.m.-12:30 p.m. Please call, (310) 835-0212, ext. 1479, if you would like to volunteer to provide blood pressure screening at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.

Food Stamp/Medi-Cal Applications

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



SENIOR INFORMATION AND RESOURCE FAIR

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

Financial Counselor

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



Equipment Loan Program

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

SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

Health and Human Services General Information: 2-1-1
AARP: (213) 380-1800
Area Agency on Aging: (213) 738-4004
Elder Abuse Hotline: (800) 992-1660
Mental Health Information: (800) 854-7771
Nursing Home Information: (800) 427-8700

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

Meals on Wheels/YMCA: (310) 835-0212 x1487
Food Bank Info Line: (800) 839-6993
Food Stamps DPSS Compton: (310) 603-8411

HEALTH AND MEDICAL

L.A. County Rancho Los Amigos Geriatrics: (562) 401-8130
South Bay Mental Health Clinic: (323) 241-6730

HOUSING

HUD: (800) 955-2232
Westside Center for Independent Living: (310) 390-3611

IN HOME SERVICES

In Home Support Services Intake Hotline: (888) 944-4477
In Home Support Services Helpline: (877) 481-1044

INSURANCE BENEFITS AND RESOURCES

HICAP: (800) 824-0780
Medi-Cal: (800) 952-5294
Social Security Administration SSI/SSDI: (800) 772-1213

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SUPPORT GROUPS

Alcoholics Anonymous: (310) 618-1180
Alzheimer's Association: (323) 938-3370
Clutter Support Group: (310) 212-0917
VITAS Bereavement Support Group: (310) 324-2273
Wellness Community Cancer Support: (310) 376-3550

TRANSPORTATION

Access: (800) 827-0829
Dial-A-Ride: (310) 835-0212 x1489

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

- Complete the registration.
- 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.
- 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?

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

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature _____ Date ____/____/____

Parent/Guardian signature _____ Date ____/____/____

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

ASSISTED LIVING

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

Case Management & Home Services

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



Geriatric Aide Program

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

EARS (Emergency Alert Response System)

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

Respite Care

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

Bereavement Support Group

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

Housing Rights Clinic

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

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

Nutrition Program

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

Food Bank

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



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

Caregiver Support Group

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

SPECIAL NEEDS

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

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

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



Monthly Dances and Themes

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

- **June 17, 2016** - 50's Dance
- **July 8, 2016** - Patriotic Dance
- **August 12, 2016** - Luau Dance

Arts and Crafts

Learn to make fun and creative crafts. Some materials to be used include sea shells, sand, wood, paints and much more. Class held at Carson Park. Refer to monthly calendar for specifics.

Cooking Class

Join us as we explore some basics in cooking and work hands on in the kitchen creating and cooking simple and exciting foods. Class held at Carson Park. Refer to monthly calendar for specifics.

Basic Classroom Skills

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

Monthly Calendar

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

Summer Concerts in the park:

Join us during the summer nights as we enjoy music and fun in the park. Please refer to monthly calendar for specific dates and times.

Daily Living Activity

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

EVENTS:

Summer Games at Cal State University, Long Beach - June 11-12

Annual Pool Party, Dominguez Aquatic Center - August 2016, please refer to monthly calendar for more details.

Bowling:

We are recruiting for our City of Carson Special Needs Program Bowling Team for Fall 2016. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office before he/she can participate

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

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

Here's what our members are saying about us:



"The Stroke Center is a great place. We love coming here. It's like our home away from home. The staff is excellent, friendly, and helpful. Thanks City of Carson for this facility."
Anel and Eddie Chinchilla

"It's been an amazing opportunity and I love it! It's so rewarding to see these survivors keep their heads held high and have a smile on after all they have been through. Their lives changed in an instant and fortunately a place like the Stroke Center exists where they have an opportunity to get their health back. It's great to see how motivated they are and the drive they have to better themselves. It's so rewarding to see them improve, but the most rewarding part is being a part of that improvement."
Justin Navarro, Staff Member



Chair Exercise

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

Occupational Therapy

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

Chair Volleyball

This is seated volleyball with a beach ball, which leads to improved motor skills, coordination, and verbal communication. This is one of the most popular activities, so come join the fun! Occasionally we welcome challengers from the outside, so contact us if you have a team that wants to play!

Speech Therapy

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



Water Exercise

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

Zumba Gold

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

Caregiver Support Group

As a family caregiver, you may find yourself facing a lot of new responsibilities, many of which are unfamiliar. It helps to know you're not alone, and it's comforting to give and receive support from others who understand what you're going through. Please see calendar for days and times.

PERMITS

Welcome to Permits!



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

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

Celebrate at our facilities!

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

Reservation/Cancellation Policy

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

Equipment Rentals

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

Jumpers

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

Size limits 15x15 Jumper, 1 per permit only

Jumper Company Must Provide Generator

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



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

ABC Party Rental: (310) 834-2892

BR Party Rental: (323) 907-0757

Fiesta Jump: (310) 263-1848

Jumper ETC: (888) 551-3832

Jump 4 Fun: (800) 281-6792

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

Major Jumpers: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1393

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



ALL FEES ARE SUBJECT TO CHANGE

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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

Community Services

Transportation Services Division



MISSION STATEMENT

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

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

LOCATION

Congresswoman Juanita Millender-
McDonald Community Center

801 E. Carson Street
Carson, CA 90745

(310) 835-0212 ext. 1495

OFFICE HOURS

Monday – Thursday

8:00 am – 5:00 pm

We are closed Fridays, Weekends &
Holidays.

ONLINE PAYMENTS

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

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

TRANSPORTATION SERVICES DIVISION EXCURSIONS



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

Online payments are now available.

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

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

All Fees Are Subject To Change

Santa Barbara Land & Sea Tour – Saturday, July 23, 2016

Ride the Land Shark and enjoy a personally narrated 90-minute land and sea tour of Santa Barbara. You will see exquisite views of the Santa Barbara coastline, the American Riviera, and the Santa Ynez mountains as seen only from the state-of-the art amphibious vehicle. After the tour, enjoy a no-host lunch around downtown Santa Barbara. **Cost of \$45.00 per person** includes round-trip transportation and admission. **Bus departs at 8:00 am and returns at 6:00 pm.**

Camarillo Premium Outlet “Back to School Shopping” – Saturday, August 6, 2016

“Back-to-School Shopping” The Camarillo Premium Outlet Center hosts a variety of on-site retailers to get your young ones ready for school. Enjoy the wide variety of 160 outlet stores and the extra savings you will enjoy when shopping for yourself or for others. Also, there are several dining options you can enjoy during your visit. **Cost of \$30.00 per person** includes round-trip bus transportation. Lunch cost is not included. **Bus departs at 9:00 am and returns at 5:00 pm.**

Mega Nova Jazz at the Hollywood Bowl – Wednesday, August 24, 2016

The Hollywood Bowl proudly presents the groundbreaking musical explorations of Mega Nova which puts five musical titans together to bring their influential music to life! This Jazz at the Bowl series feature iconic artists such as Herbie Hancock, Carlos Santana, Wayne Shorter, Marcus Miller, Cindy Blackman Santana & Booker T-Stax Revue. **Cost of \$48.00 per person** includes round-trip transportation and admission. **Bus departs at 5:30 pm and returns at 11:00 pm.**

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

Come out and cheer for Los Angeles Dodgers as they take on the San Francisco Giants! Enjoy the view from the 1st Base side while snacking on peanuts, cracker jacks and the world famous Dodger Dogs. This is a four star game with a give-away. **Cost of \$95.00 per person** includes round-trip bus transportation and entrance fee. Meals are not included. **Bus departs at 5:00 pm and returns at 11:00 pm.**

Las Vegas Tour – Friday-Sunday, Aug. 26-28, 2016

Located in the middle of the Las Vegas Strip, Treasure Island, TI Hotel & Casinos will be your home for this fun weekend get-away. The hotel is connected to the Fashion Show Mall by a pedestrian bridge and offers several restaurants, full-service spa and live shows. **Bus departs Friday, August 26th at 8:00 am and returns Sunday, August 28th at 6:00 pm. **Please contact Transportation Services at (310) 835-0212 x1489 for total cost** regarding hotel accommodations and round trip bus transportation.

L.A. County Fair - Saturday – September 10, 2016

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

San Juan Capistrano Mission Tour - Saturday – September 24, 2016

Visit Mission San Juan Capistrano and enjoy a docent-led tour of the 10-acre grounds of gardens, fountains and adobe-preserved architecture. After the tour, enjoy a no-host lunch at downtown San Juan Capistrano. **Cost of \$35.00 per person** includes round-trip bus transportation and admission. **Bus departs at 8:00 am and returns at 6:00 pm.**

San Diego Old Town Trolley Tour – Saturday, October 1, 2016

Discover why San Diego is called “America’s Finest City” as you explore this city’s scenic coastal landscape through Old Town Trolley tour’s ‘transportainment’! The conductor will narrate the tour with fascinating trivia and humorous stories about San Diego. Then the group will stop for a no-host lunch at Coronado Island. **Cost of \$58.00 per person** includes round-trip bus transportation and trolley tour fee. **Bus departs at 8:30 am and returns at 5:00 pm.**

Christmas in Solvang – Saturday – December 3, 2016

VELKOMMEN! Head to Solvang, CA to celebrate the 2016 Julefest Celebration this year, and you might feel like you’ve stumbled half-way across the world. It will be holiday cheer with a decidedly Danish twist. All events are free. Plus there will be a splendid shopping opportunities from clogs to iron art to unique toys for stocking stuffers. Don’t forget to visit the wine tasting rooms to provide additional seasonal cheer. **Cost of \$35.00 per person** includes round-trip transportation. No meals are included. **Bus departs at 7:00 am and returns at 5:00 pm.**

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

Experience – in person – the 128th Rose Parade themed, “Echoes of Success,” with the magic of New Year’s Day in an unrivaled celebration, exclusive to the streets of Pasadena! The parade will feature majestic floral floats, high stepping equestrian units and spirited marching bands from throughout the world. **Cost of \$95.00 per person** includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 am and returns at approximately 12:00 noon.**

**CITY OF CARSON
TRANSPORTATION SERVICES DIVISION
NEW UPCOMING 2016-2017
OVERNIGHT EXCURSIONS**

Las Vegas, NV

Friday - Sunday, August 26 - 28, 2016

Depart Friday, 8 a.m. - return Sunday, 5 p.m.



Sacramento Tour

Thursday - Sunday, November 3 - 6, 2016

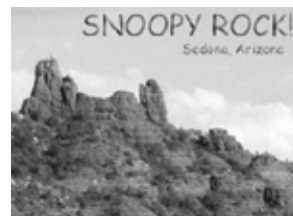
Depart Thursday, 8 a.m. - return Sunday, 6 p.m.



Sedona/Grand Canyon Tour

Thursday - Sunday, April 2017

Depart Thursday 7:30 a.m. - return Sunday, 6 p.m.



**Call Transportation Services Division for details and excursion costs at
(310) 835-0212 ext. 1489**

“SENIOR CITIZENS, YOU HAVE A VOICE”

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



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

Where: Congresswoman Juanita Millender-McDonald
Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

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

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



(310) 835-0212

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

Volunteers: “Carson Wants You”

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

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



Carson Veterans Monument

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

Carson Veterans Wall

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

City of Carson & Philippine Independence Day Foundation, Inc.

FREE for all ages!

118th PHILIPPINE INDEPENDENCE DAY

**Saturday, June 11, 2016
8 a.m.-6 p.m.**

Veterans Park

22400 Moneta Ave., Carson, CA 90745

For more information, contact Veterans Park at (310) 830-9997

SPECIAL INFORMATION

Presented by:

The City of Carson and the Carson Citizens Cultural Arts Foundation



*Remembering The Past
& Celebrating Freedom*

**SATURDAY, JUNE 18, 2016
11 A.M. - 6 P.M.**

MILLS PARK

**1340 E. DIMONDALE DRIVE,
CARSON, CA 90746**

**FREE EVENT
ALL AGES WELCOME**

*A Family Fun Event! • Beautiful Park Setting!
Food and Vendor Booths!
Children's Play Area! • Great Prizes!
• Historical and Cultural Displays!*

**For more information, please call: Mills Park (310) 631-3130, M-F, 3 p.m.-9 p.m.,
Saturday, 10 a.m.-5 p.m., Sunday, 12-5 p.m. or Dianne Thomas (310) 632-0756**