



# Community Services Guide

June • July • August 2017

## SUMMER



**City Receives \$1.25 Million Grant**  
*story on page 3 of the Carson Report*

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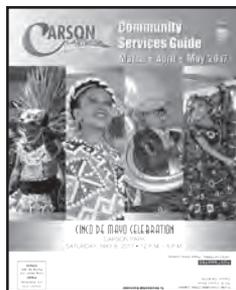
## All Fees Are Subject To Change

Please note: The Congresswoman Juanita Millender-McDonald Community Center may be referred to as the “Carson Community Center” or “Community Center.”

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



Welcome to the 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

City of Carson Community Services

**We are committed to accomplishing our Brand Promise, Vision, and Mission in a professional, courteous and cost-efficient manner.**

In preparation for the 50th Anniversary the City of Carson is now in the planning process for 2018 festivities. Planning committees are diligently working for this milestone to be commemorated with a series of upcoming special events. To join the Planning committees, please contact the Corporate Yard at (310) 847-3570. We encourage all to continue enjoying our City’s wonderful Community Parks, Programs, Facilities, Events, and Services that are designed to keep you and your family healthy and happy every day.

**Our Brand Promise:** Parks and Recreation make lives and communities better today and in the future by providing:

- Access to the serenity and inspiration of nature
- Outdoor space to play and exercise
- Facilities for self-directed and organized recreation
- Positive alternatives for youth, which help lower crime and mischief
- Activities facilitating social connections, human development, arts, and life-long learning

### Our Vision: “We Create Community through People, Parks and Programs”

Community Services strengthen our community’s fabric, health and well-being, economic base, and security. Carson residents have long valued neighborhood and community parks as special, natural places where they can relax, walk, meditate, enjoy family time, and seek spiritual renewal.

Through diverse and innovative programming and collaborative partnerships, Community Services plays an important role in creating a healthy community environment that meets its **nine-part mission; WE . . .**

- Strengthen Community Image & Sense of Place
- Support Economic Development
- Promote Health and Wellness
- Strengthen Safety and Security
- Protect Environmental Resources
- Facilitate Community Problem Solving
- Increase Cultural Unity
- Foster Human Development
- Provide Recreational Experiences

On behalf of all of our dedicated staff: It is our pleasure to serve you and to provide healthy and active lifestyles all Carson residents can benefit from. It is our commitment to enhance and continue to build a natural environment our communities will be proud of.

**Mr. Idris Jassim Al-Oboudi, Community Services Director**

# SUMMER 2017 AQUATICS PROGRAM

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

## • Aquatic Locations •

**Carson Pool**  
(310) 830-1053  
21436 S. Main Street  
Carson, CA 90745

**Scott Pool**  
(310) 549-9051  
23410 Catskill Avenue  
Carson, CA 90745

**Dominguez Aquatic Center**  
(310) 830-2391  
21330 Santa Fe Avenue  
Carson, CA 90810

**Hemingway Aquatic Center**  
(310) 324-2515  
16605 S. San Pedro Street  
Carson, CA 90746

## • Monday – Friday Swimming Lesson Schedules •

	Carson Pool	Scott Pool	Dominguez Aquatic Center	Hemingway Aquatic Center
10:00 a.m. – 10:50 a.m.	SF/SQ PO AP M	SF/SQ PO AP	SF/SQ PO AP M	PO AP
11:00 a.m. – 11:50 a.m.	TP PO AP F/FF	PO AP M	TP PO AP F/FF	TP PO AP F/FF
12:00 a.m. – 12:50 a.m.	TT^ PO AP FF/SH	TT^ TP F/FF	TT^ FF/SH	TT^ SF/SQ PO M
3:00 p.m. – 3:50 p.m.	TT^ PO AP FF/SH	PO AP	PO AP	SF/SQ PO AP
4:00 p.m. – 4:50 p.m.	TP PO AP F/FF	AP M	TP PO AP	TP PO AP
5:00 p.m. – 5:50 p.m.	SF/SQ PO AP M		SF/SQ PO AP M	PO AP M
6:00 p.m. – 6:50 p.m.	TP PO AP M		TP PO AP M	PO AD F/FF (only T/Th)

## • Saturday Swimming Lesson Schedules •

	Carson Pool	Scott Pool	Hemingway Aquatic Center	Dominguez Aquatic Center
10:00 a.m. – 10:50 a.m.	TP PO AP M	TT^ TP F/FF	TT^ SF/SQ PO F/FF	TT^ FF/SH
11:00 a.m. – 11:50 a.m.	TT^ PO AP F/FF	PO AP M	TP PO AP M	TP PO AP F/FF
12:00 p.m. – 12:50 p.m.	SF/SQ PO AP FF/SH	SF/SQ PO AP	PO AP	SF/SQ PO AP M

## • Swimming Lesson Dates •

	Mon/Wed/Fri (6 classes total)	Tues/Thurs (4 classes total)	Saturday (5 classes total)	Mon-Friday (5 classes total)
Session 1	June 12 – June 23, 2017	June 13 – June 22, 2017	June 17 – July 15, 2017	
Session 2	June 26 – July 7, 2017	June 27 – July 6, 2017	July 29 – August 26, 2017	
Session 3	July 10 – July 21, 2017	July 11 – July 20, 2017		
Session 4	July 24 – August 4, 2017	July 25 – August 3, 2017		
Session 5				August 7 – August 11, 2017

## Group Swim Lesson Session Fees:

(50-minutes each class)

Mon/Wed/Fri (6 classes total)	Adult	1 <sup>st</sup> Child	2 <sup>nd</sup> Child	3 <sup>rd</sup> Child
Resident	\$45	\$45	\$42	\$39
Non-Resident	\$55	\$55	\$52	\$49
Tue/Thurs (4 classes total)	Adult	1 <sup>st</sup> Child	2 <sup>nd</sup> Child	3 <sup>rd</sup> Child
Resident	\$32	\$32	\$30	\$28
Non-Resident	\$42	\$42	\$40	\$38
Saturday (5 classes total)	Adult	1 <sup>st</sup> Child	2 <sup>nd</sup> Child	3 <sup>rd</sup> Child
Resident	\$38	\$38	\$36	\$34
Non-Resident	\$48	\$48	\$46	\$44

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

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

Note: Contact the pools directly to schedule a Private Lesson.

## Swim Lesson Levels:

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

ALL FEES AND SCHEDULES ARE SUBJECT TO CHANGE.

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

# SUMMER 2017 AQUATICS PROGRAM

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

## • Additional Aquatic Programs •

	Carson Pool	Scott Pool	Dominguez Aquatic Center	Hemingway Aquatic Center
 <b>Summer Kick Off Recreation Swim</b>	Saturday - June 10, 2017 1:00 p.m. – 4:00 p.m.	Saturday - June 10, 2017 1:00 p.m. – 4:00 p.m.	Saturday - June 10, 2017 1:00 p.m. – 4:00 p.m.	Saturday - June 10, 2017 1:00 p.m. – 4:00 p.m.
Recreation Swim* June 12 – August 11 (Closed July 22, 2017)	Mon & Wed – Fri 1:15 p.m. – 2:45 p.m.	Mon & Wed – Fri 1:15 p.m. – 2:45 p.m.	Mon & Wed – Fri 1:15 p.m. – 2:45 p.m.	Mon & Wed – Fri 1:15 p.m. – 2:45 p.m.
	Mon/Wed/Fri 7:15 p.m. – 8:45 p.m.	Tues & Thursday 7:15 p.m. – 8:45 p.m.	Mon/Wed/Fri 7:15 p.m. – 8:45 p.m.	Mon/Wed/Fri 6:15 p.m. – 7:45 p.m.
	Saturday 1:15 p.m. – 2:45 p.m.		Saturday 1:15 p.m. – 2:45 p.m.	Saturday 1:15 p.m. – 2:45 p.m.

\* Children under 7 must be accompanied by an Adult (18 years and older) and must remain within an arm's reach at all times.

Fees (all ages): Carson & Scott Pools – \$1 Resident & \$2 Non-Resident

Dominguez & Hemingway Aquatic Center – \$2 Resident & \$3 Non-Resident

	Carson Pool	Scott Pool	Dominguez Aquatic Center	Hemingway Aquatic Center
Aqua Aerobics & Lap Swim June 12 – August 11	Mon/Wed/Fri 8:50 a.m. – 9:50 a.m.			Mon/Wed/Fri 8:50 a.m. – 9:50 a.m.
	Tues & Thurs 7:15 p.m. – 8:15 p.m.	Mon & Wed 7:15 p.m. – 8:15 p.m.	Tues & Thurs 7:15 p.m. – 8:15 p.m.	Tues & Thurs 7:15 p.m. – 8:15 p.m.

Fees: \$3 Resident & \$4 Non-Resident

Free for Veterans Sports Complex Members

	Carson Pool	Scott Pool	Dominguez Aquatic Center	Hemingway Aquatic Center
Sr. Aqua Aerobics & Lap Swim June 13 – August 10	Tues & Thurs 8:50 a.m. – 9:50 a.m.			Tues & Thurs 8:50 a.m. – 9:50 a.m.

Fees: \$2 Resident & \$3 Non-Resident

Free for Veterans Sports Complex Members

	Carson Pool	Scott Pool	Dominguez Aquatic Center	Hemingway Aquatic Center
Junior Lifeguard June 12 – August 11		Mon/Wed/Fri 3:00 p.m. – 4:50 p.m.	Mon/Wed/Fri 3:00 p.m. – 4:50 p.m.	Mon/Wed/Fri 3:00 p.m. – 4:50 p.m.

Fees: \$100 Resident & \$125 Non-Resident

	Carson Pool	Scott Pool	Dominguez Aquatic Center	Hemingway Aquatic Center
MiniGuard June 13 – August 10		Tues & Thurs 3:00 p.m. – 4:50 p.m.	Tues & Thurs 3:00 p.m. – 4:50 p.m.	Tues & Thurs 3:00 p.m. – 4:50 p.m.

Fees: \$80 Resident & \$100 Non-Resident

## • Aquatic Teams •

Tigershark Swim Team	Synchronized Swim Team	Water Polo Team	Dive Team
Scott Pool June 12 – August 11, 2017 Monday – Friday 5:00 – 6:50 p.m. \$195 Resident \$250 Non-Resident	Hemingway Aquatic Center June 12 – August 11, 2017 Mon/Wed/Fri 9:00 a.m. – 10:50 a.m. \$80 Resident \$100 Non-Resident	Scott Pool June 12 – August 11, 2017 Mon/Wed/Fri 10:00 a.m. – 11:50 a.m. \$100 Resident \$125 Non-Resident	Scott Pool June 12 – August 11, 2017 Monday - Friday 12:00 p.m. – 12:50 p.m. \$90 Resident \$110 Non-Resident

## Dates to Remember

- April 17, 2017 – Aquatic Schedules available
- May 1, 2017 – Aquatic Scholarship forms available
- May 2 – 26, 2017 – Mail-In Registration for City of Carson Residents
- May 10, 2017 – Pool Permit Reservations begin
- May 15 – 26, 2017 – Mail-In Registration for City of Carson Residents and Non-Residents
- June 3 - 4, 2017 – Walk-In Registration
- June 5 - 8, 2017 – Walk-In Registration
- June 10, 2017 – Summer Kick-Off Recreation Swim
- June 12, 2017 – Summer Aquatic Season Begins
- July 22, 2017 – 20<sup>th</sup> Annual Treasure Island Event
- August 11, 2017 – Summer Aquatic Season Ends

## 20<sup>th</sup> Annual Treasure Island on July 22, 2017

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.



Interested in Booking a Pool Party? Call Permits at (310) 847-3570.

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



# Enrichment

## SUMMER SESSION 2017 (JUNE / JULY / AUGUST)

### Ready, Set, Read \$60 RESIDENTS / \$70 NON-RESIDENTS

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

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

### Math Made Easy \$26 RESIDENTS / \$36 NON-RESIDENTS

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

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

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

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

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

### Harmony Heroes (Voice)

\$21 RESIDENTS / \$31 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 / \$31 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 April 24, 2017

Classes Begin June 6, 2017

Space is limited

Most classes are held at the Carson Community Center

For more information, please contact Enrichment Arts at

310-835-0212 ext. 1410 or 1475

### Costume Design

\$30 RESIDENTS / \$40 NON-RESIDENTS

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

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

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

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	LOCATION
5 - 14	Tues/Thurs	5:00 p.m. - 5:50 p.m.	Calas Park

### Tennis \$29 RESIDENTS / \$39 NON-RESIDENTS

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

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

### Intro to Guitar

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

AGES	DAYS	TIMES
7 - 14	Mon/Wed	(Beginners) 5:00 p.m. - 5:50 p.m.
7 - 14	Mon/Wed	(Intermediate) 6:00 p.m. - 6:50 p.m.

### Tap Dance \$38 RESIDENTS / \$48 NON-RESIDENTS

Come learn the basics of tap dance! This is a fun way to develop coordination and keep your kids active. No dance experience necessary.

AGES	DAYS	TIMES
7 - 14	Mon/Wed	(Beginners) 5:00 p.m. - 5:50 p.m.
7 - 14	Mon/Wed	(Intermediate) 6:00 p.m. - 6:50 p.m.

# 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 open and closed their doors, Fabela Chavez has remained opened. Fabela Chavez has been home to many great coaches and fighters. Look no further than the gym's namesake, Fabela Chavez, who was inducted to the Boxing Hall of Fame in 1993. The City named its boxing gym after Fabela Chavez in recognition of his contribution to the young boxing enthusiasts and up-and-coming boxers in the community.



## BOXING

### FABELA CHAVEZ BOXING/FITNESS CENTER

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

All Fees Are Subject To Change

#### HOURS

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

Fees:	Monthly Membership	
Adults	Resident \$30	Non-Resident \$35
Youth (8-17 yrs)	Resident \$20	Non-Resident \$20
Daily Rate Adult	Resident \$8	Non-Resident \$9
Daily Rate Youth	Resident \$4	Non-Resident \$4

#### Beginning Boxing

This is a 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

Dates: July 11 - August 17 (Tues/Thurs) 6 p.m. - 8 p.m.  
Teams formed at each park. Games played every Thursday. Clinics held every Tuesday. Call Carson Park for more details (310) 830-4925.  
\$25 per player

### Summer Baseball and Softball

Last day to sign up - Thursday, June 16, 2017  
Team Fee: \$200 per team  
Umpire Fee: \$23 per game, per team  
Call Del Amo Park at (310) 329-7717 or Dominguez Park at (310) 549-3962 for more details.

### Flag Football, Soccer (Ages 5 - 17 yrs)

Last day to sign up - Saturday, August 19, 2017  
Tryouts - Saturday, August 26, 2017  
Season begins - Saturday, September 23, 2017  
Registration Fees: Resident      Non-Resident  
\$30 1st child      \$45 for each child  
\$23 each additional child

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

Last day to sign up - Saturday, August 19, 2017  
Tryouts - Saturday, August 26, 2017  
Season begins - Saturday, September 24, 2017  
Registration Fees: Resident      Non-Resident  
\$30 1st child      45 for each child  
\$23 2nd child

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

Tuesday, August 1, 2017 • Team Registration Fee: \$150  
Registration Deadline: Tuesday, August 1, 2017

### 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 11  
 Play Begins: July 13  
 Fees: \$399 per team

#### Coed C/D Level

Registration: June 1 - July 11  
 Play Begins: July 13  
 Fees: \$399 per team

#### Summer Softball Tournament

Registration: June 6 - July 18  
 Play Begins: July 22

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 Americans with 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 4  
 Play Begins: September 10      Fees: \$175 per team



### 8 Man

Registration: August 1 - September 4  
 Play Begins: September 10      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.
- Del Amo Park        Mon                      6-7 p.m.
- Dolphin Park        Wed                      6:30-7:30 p.m.
- Carriage Crest        Sat                        8:30-9:30 a.m.
- Mon/Wed              7-8 p.m.
- Mills                      Thurs                    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
Monday/Wednesday	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
Wednesday	6:30-7:30 p.m.	Carriage Crest Park	Ages 18 & up

## 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	Friday	5-6 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

Monday	6 p.m.	Del Amo 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
Tuesday	6-7 p.m.	Del Amo Park

# EARLY CHILDHOOD



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

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



One time, non-refundable, registration fee of \$95 for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of \$106.00 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
	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**



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

**June 12, 2017 - August 11, 2017**  
FOR BOYS AND GIRLS AGES 5-12

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

**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, encourage creativity, and build self confidence, while providing parents with “peace of mind”.



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

Human Services Division administers this program.

### The daily program consists of:

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

# PARKS

## 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.
• Carson	Mon/Wed	6:30-8:30 p.m.
• Del Amo	Tues/Thurs	6-7 p.m.
• Dominguez	Mon/Wed	6-7 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

• Stevenson Park	Tues/Thurs	6 p.m.	18 and up
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### 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: Del Amo, Dolphin, Dominguez, Mills, Scott, and Veterans Parks.

### Snag Golf

• Del Amo Park	Tues/Thurs	5-6 p.m.
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### Sports Clinics

Del Amo Park will be hosting the following clinics:

Basketball	6 p.m.	(Call park at 310-329-7717 for dates)
Football/Soccer	6 p.m.	(Call park at 310-329-7717 for dates)

### Cheer Clinic

12 p.m. Every Saturday

### Thrive Roller Blading

Beginners	5 p.m.	Amateurs	5 p.m.
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### Arts & Crafts

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

### Youth Golf Instruction

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

### Clubs for Boys & Girls

For boys and girls 9-12 yrs. of age, neighborhood parks offer a variety of activities such as sand golf, pillo polo, kids in the kitchen, clinic sports, frisbee fun, ping pong, monthly excursions, and much more throughout the summer. 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	Fri	4:30-6 p.m.
• Carson Park	Fri	6:30-8 p.m.
• Del Amo Park	Thurs	4-5 p.m.
• Hemingway Park	Fri	4-5 p.m.
• Stevenson Park	Fri	5-6:30 p.m.
• Dominguez Park	Wed	6-7 p.m.
• Mills Park	Mon	4 p.m.
• Veterans Park	Tues	4-5 p.m.

# PARKS

## Computer Lab

- Carson Park Tues/Wed/Thurs 4-6 p.m.



## Homework Club

- Mills Park Mon/Wed/Thurs 3:30-5 p.m.
- Del Amo Park Mon/Wed/Fri 4-6 p.m.
- Dolphin Park (Teen Study Hall) Wed 6:30-8 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.
- Anderson/Adult Line Dancing 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.
- Community Center Sat 5:30-8 p.m.
- Del Amo Park Mon/Tues 6-7 p.m.
- Mills Park Tues/Thurs 6-7 p.m. Phase 1 (elementary)
- Mills Park 7-8 p.m. Phase 2 (Jr. High/High School)
- Veterans Park Tues/Thurs 6-7:30 p.m.

## Boys Club

- Calas Park/ Ages 8-12 Fri 6:30-8 p.m.
- Del Amo Park /Ages 8-12 Fri 6:30-8 p.m.
- Dolphin Park/Ages 8-12 Fri 6:30-8 p.m.

## Girls Club

- Del Amo Park Tues/Thurs 6-7 p.m.
- Dolphin Park/Ages 8-12 Fri 6:30-8 p.m.
- Dominguez Park/Ages 8-12 Fri 5-6 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.
- Calas Park All Ages Every 3rd Fri 6-9 p.m.
- Carriage Crest Park All ages (FREE) Last Friday 7:30-9 p.m.
- Carson Park All Ages Last Friday 7 p.m.
- Del Amo Park 7 yrs - up 1st/3rd Friday 7:30-9 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 Friday 6:30-9 p.m.
- Veterans Park 9 yrs - up (FREE) 4th Friday 7 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 • Dodger game

## Beginning Chess

Come learn the moves at Anderson Park, Tuesdays from 5-6 p.m., Carriage Crest Park, Wednesdays from 5-6 p.m., Dominguez Park, Tuesdays from 5-6 p.m.

## TEEN PARK ACTIVITIES



## Teen Game Nation

- Dolphin Park Mon 6-7 p.m.
- Del Amo Park (Teen Sports Summit) July 20-21 TBD
- 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, Fridays, 6:30-7:30 p.m.; and Mills Park, 5:30-6 p.m. (call park for which day).

## 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



# 2017 SUMMER BASKETBALL CAMP



**Tuesday - Thursday**  
**July 18 - 20, 2017**

9:00 a.m. - 12:00 p.m.

Registration Fee: \$60  
VSC Members: \$50

Girls & Boys / Ages 8-16



Learn the fundamentals of basketball:

- DRIBBLING
- SHOOTING
- REBOUNDING
- DEFENSIVE FOOTWORK

## Veterans SportsComplex

CITY OF CARSON

# CONQUER

# THE BRIDGE

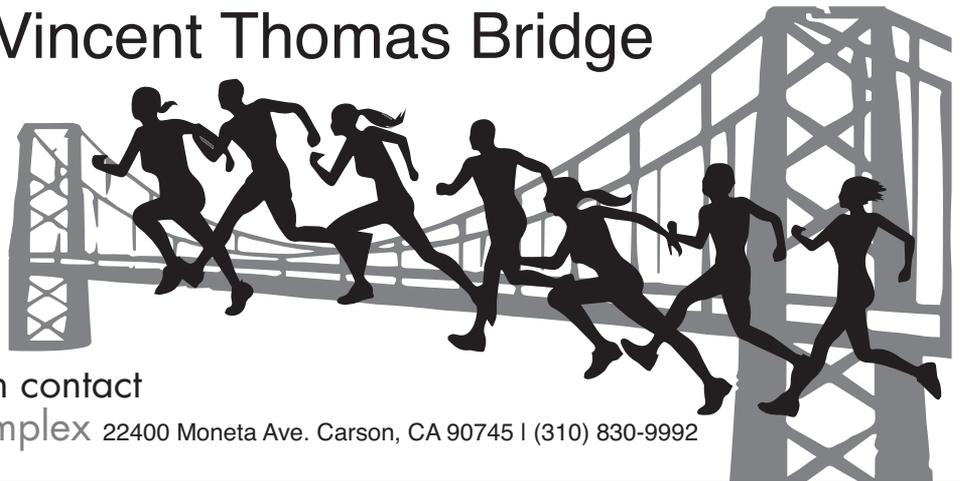
San Pedro, Vincent Thomas Bridge  
**5.3 miles**

**Monday, September 4, 2017**  
7 A.M. (Rain or Shine)



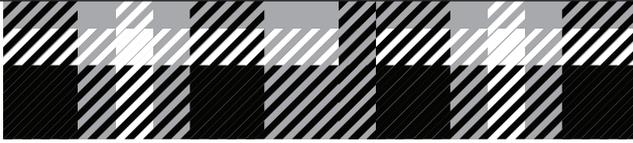
Group Rate  
**\$35.00**

includes t-shirt



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

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



# **2017 Racquetball TOURNAMENT**

**SATURDAY, AUGUST 12, 2017**

**10 A.M. - 5 P.M. **All Ages****

**Members: \$5 • Non-Members: \$10 / Trophies to 1<sup>st</sup> and 2<sup>nd</sup> place winners**

**Raffle Prizes • Refreshments**

**Veterans SportsComplex 22400 Moneta Ave, Carson, CA 90745**

For more information, please call (310) 830-9991

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

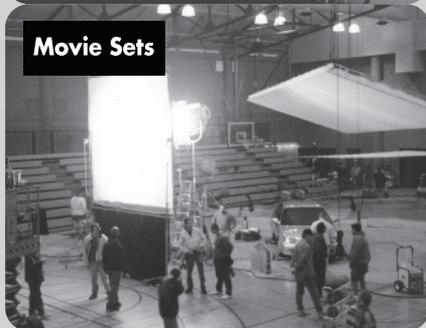
## FACILITIES AVAILABLE FOR RENTAL



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

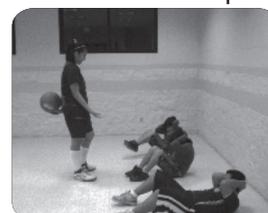
Banquet Halls and Recreation Rooms

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 2017

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

### ADULT CLASSES

- Muscle Conditioning • Salsa • Step & Pilates • Corepole Training • Critical Burn • Piloxing • Hatha Yoga • Indoor Cycling and Abs • Low Impact Aerobics • Mel's Boot Camp • Walking Club • Zumba • T.B.A. (Thighs, Bottoms & Abs) • Hot Hula • Hula Hoop Fitness



Call (310) 830-9992 ext. 231 to schedule an appointment with a personal trainer.  
22400 Moneta Ave., Carson, CA 90745 • (310) 830-9992

# FAMILY COACHING

CITY OF CARSON

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

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

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

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



# Walking Club

*Come join us for a fun night of walking!*

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

**No more excuses!**

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

**WEDNESDAYS • 6 P.M. - 7 P.M.**

**VETERANS PARK**

22400 MONETA AVENUE, CARSON, CA 90745

**FREE FOR ALL AGES**

Meet at the benches by the office

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

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

# PREVENTION AND AFTERCARE

City of Carson

## Crafty 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

## Free Yoga Class



All ages welcome  
Men & Women



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



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

**Carson Park**

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

City of Carson

# FAMILY ART CLUB

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

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



**FREE ALL AGES**

## Scott Park

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

City of Carson

# ARTS & CRAFTS FOR KIDS



**AGES 5-12 • FREE**

Please contact park for more information

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

**Tuesdays at Veterans Park**

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

**Thursdays at Carson Park**

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

**4:00 p.m. – 5:30 p.m.**

# 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. We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. No drop offs allowed. Care providers must be with client at all times.

Senior Recreation Services is located in the East Wing of the Congresswoman Juanita Millender-McDonald Community Center. Office hours are 9 a.m.-5 p.m. For more information, call (310) 835-0212, Extensions 1475 or 1479. Classes and programs do not run on City holidays.

**All Fees Are Subject To Change**

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

## CLASSES AND PROGRAMS

**All classes are closed on City holidays**

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 15 people and are free, unless otherwise noted. Classes meet at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1478 or 1479.

### ART



**Needlecraft Class** - An 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** – 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** - Looking for a smartphone instructor; must have experience working with seniors. Please call (310) 835-0212 ext. 1479.

**SNAG Golf** (Starting New at Golf) - This is one of our newest activities, and meets once a month, on every 3rd Tuesday. Please call (310) 830-0212 ext. 1478.

### FEATURED ACTIVITY



### SELF DEFENSE

Join our self-defense class, which meets every Tuesday at 10am at Carson Park. Our instructor, Frank Acevedo, has over 45 years' experience, and is quoted as saying, "Self-defense is not about winning or losing; it's about surviving and enjoying the rest of your life." Come and join for FREE! Get a great workout while learning techniques of self-defense. Please call (310) 825-0212 ext. 1478.

**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: beginners at 10 a.m., intermediates at 11 a.m. Come out, learn the fundamentals of the ukulele and play tunes. You will enjoy the social time with other seniors, as well as make music. Must bring your own ukulele.

# SENIOR RECREATION

## DANCE

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

**Ballroom Dancing** - Learn the art of ballroom dancing with this beginner and advanced course held every Tuesday, Beginners 1 p.m. - 2 p.m. and Advanced 2 p.m.- 3 p.m. Cost: \$4 per class.  
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 meet every Monday from 10 - 11 a.m. Enjoy moving to the wonderful Latin beats and meeting new friends!  
Instructor: Roland Gutierrez Cost: \$3 per class.

## CLUBS

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



**Bingo** – 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 Wednesday 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. The center opens for bingo at 10 a.m. for club members and at 11 a.m. to non-members. Bingo rules apply for anyone playing bingo.  
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 11:15 a.m. - 12:10 p.m. and Friday 10:30 a.m. - 11:25 a.m. for a super workout at the Congresswoman Juanita Millender-McDonald Community Center. Cost: \$3.00

# SENIOR RECREATION

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



**Yoga Class** — Every Monday 1:15-2:15 p.m. at the JMMCC and at Carson Park every Thursday at 10:30 a.m. Must register at the park. 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 1 p.m. at the JMMCC. Come and join us as we move our hips into fitness with hula! For information, call (310) 835-0212 ext. 1475. Instructor is Charlene Craigen.

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

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

Please check days & times below exclusively for seniors 50+. The facilities are not open to the public during the designated times for seniors.

### 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.

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

**Stevenson Park**, 17400 Lysander Dr.  
(310) 631-2252 or (310) 631-0963  
MWF (Monday, Wednesday and Fridays only)  
8 a.m.-11:30 a.m.  
Self Defense Class Wednesday, 10-11 a.m.

### Conditioning Class

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

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

Class size limited for Zumba Class

#### • Zumba Class

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

#### • Low Impact Aerobics

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

#### • Yoga class

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

#### • Hula Hoop class

Friday 10-11 a.m.

#### • Self Defense

Tuesday 10-11 a.m.



## UPCOMING EVENTS & ACTIVITIES

**Friday, July 21, 2017- Las Vegas day Luncheon**  
11 a.m.-3 p.m.

**July 24 & 25 - AARP Mature Driving Class**  
9 a.m.-1 p.m. (must attend both days) see page 18

**Arts n craft class**- if you're interested in something new with crafts come join our newest class  
(310) 835-0212 EXT.1478

**Blood Pressure Screenings** – Volunteers provide free blood pressure screening  
Monday - Wednesday from 10 a.m.-12:30 p.m.

### LOOKING FOR SOMETHING TO DO?

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

## SENIOR RECREATION

# The Elito M. Santarina Senior Technology Center



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

### 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 through internet service providers, advanced search techniques and more.

To add your name to our online waiting list, please go to:

[http://ci.carson.ca.us/departament/communityservices/special\\_interest.asp](http://ci.carson.ca.us/departament/communityservices/special_interest.asp)

Please note that, after registering online, there may be a period of several weeks before you are contacted. The waiting list is long in relation to the number of available computers.

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.



## PATH

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

## SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

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

## EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

## FOOD AND MEALS

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

## HEALTH AND MEDICAL

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

## HOUSING

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

## IN HOME SERVICES

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

## INSURANCE BENEFITS AND RESOURCES

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

## LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

## SUPPORT GROUPS

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

## TRANSPORTATION

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

# SPECIAL INTEREST CLASSES

## WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

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

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

### All Fees Are Subject To Change

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

## What is your interest?

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

**We want to know  
Your interest is our interest**

Please call our Special Interest Program  
office at 310-835-0212, ext. 1445

### Self Defense



Karate - 510 (4 week reg.)  
All Ages \$38/Resident \$43/Non-Resident

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

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

## REGISTRATION GUIDELINES

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

### MAIL-IN REGISTRATION

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

### WALK-IN REGISTRATION

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

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

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

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



### MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Name \_\_\_\_\_

Emergency Phone \_\_\_\_\_

A SEPARATE CHECK FOR EACH CLASS IS A MUST

Participant's First & Last Name \_\_\_\_\_ Age if Under 18 \_\_\_\_\_

Name of Class \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Time \_\_\_\_\_ Location \_\_\_\_\_

### REFUND POLICY

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

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

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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

# ASSISTED LIVING

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

## Case Management & Home Services

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



## Geriatric Aide Program

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

## EARS (Emergency Alert Response System)

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

## Respite Care

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

## Bereavement Support Group

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

## Housing Rights Clinic

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

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

## Nutrition Program

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

## Food Bank

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



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

## Caregiver Support Group

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

# SPECIAL NEEDS

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

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:

- **June 9, 2017 - 50's Dance**
- **July 14, 2017 - Patriotic Dance**
- **August 11, 2017 - Luau 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. 1465



## 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.

## Summer Social Group

Join us during the summer as we enjoy various activities and outings. Please refer to the monthly calendar for details.

## 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:

**Special Olympic Summer Games** - June 10-11, 2017, at California State University, Long Beach

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

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

Here's what our members are saying about us.



"I come here every day because I have friends here now. It has helped me walk better."

**Eric Watson, Stroke Survivor**



"The clients at the Stroke Center work so hard to achieve the collaborative goals with OT. I feel fortunate to be able to provide them opportunities to regain the use of their arms, hands, legs, and minds to engage in those ordinary activities that have great value, meaning, and provide them a great sense of independence."

**Dr. Paul Penoliar, Occupational Therapist**

## JBJ-MAO Stroke Center

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

## Occupational Therapy

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

## Chair Exercise

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

## Speech Therapy

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

## Chair Volleyball

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

## Zumba Gold

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

## Caregiver Support Group

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

# Welcome to Permits!



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

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

## Celebrate at our facilities!

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

## Reservation/Cancellation Policy

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

## Equipment Rentals

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

## Jumpers

Grass Area Reserved for Moon Bounce Only  
 No Other Forms of Entertainment Allowed  
 (NO WATER SLIDES, NO PETTING ZOOS,  
 NO MECHANICAL EQUIPMENT, AND NO FOOD VENDORS)  
 Size limits 15x15 Jumper, 1 per permit only  
 Jumper Company Must Provide Generator



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

### A Plus Promotions/Trains on the Move:

- (310) 532-6223
- ABC Party Rental: (310) 834-2892
- BR Party Rental: (323) 907-0757
- Fiesta Jump: (310) 263-1848
- Jumper ETC: (888) 551-3832
- Jump 4 Fun: (800) 281-6792

### Kandy Specialty Party Supplies & Services:

- (310) 819-8764
- Major Jumpers: (323) 399-2533
- Party Pronto: (877) 727-8437
- Party on Rentals: (323) 255-1393
- Trackless Train (Jumper Only): (323) 228-3904

**ALL FEES ARE SUBJECT TO CHANGE**

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

**JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK**

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



# Community Services

## Transportation Services Division



### MISSION STATEMENT

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

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

### LOCATION

Congresswoman Juanita Millender-McDonald Community Center

801 E. Carson Street  
Carson, CA 90745

(310) 835-0212 ext. 1495

### OFFICE HOURS

Monday – Thursday

8:00 am – 5:00 pm

We are closed Fridays, Weekends & Holidays.

### ONLINE PAYMENTS

<https://payment.carson.ca.us/transportationonline/index.asp>

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

# TRANSPORTATION SERVICES DIVISION EXCURSIONS



All excursions depart from the  
Congresswoman Juanita Millender-McDonald  
Community Center at Carson  
801 E. Carson Street, Carson, CA 90745  
Online payments are now available.  
Visit the City of Carson website: <http://ci.carson.ca.us>  
For more information: (310) 835-0212 ext.  
1489 or Email: [excursions@carson.ca.us](mailto:excursions@carson.ca.us)  
**All Fees Are Subject To Change**  
**Please note new excursion rates for Carson  
Residents. Call Transportation for details.**

## **Riverside Heritage House Tour – Saturday, June 3, 2017**

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

## **Chumash Casino Excursion – Saturday, June 24, 2017**

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

## **Lake Arrowhead Boat Tour – Friday, August 4, 2017**

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

**Carson Resident : \$35.00 per person    Non-Carson Resident: \$50.00 per person**

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

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

## Madame Tussauds Hollywood – Saturday, July 15, 2017

Experience the real glamour and elegance of Hollywood. Immerse yourself in its history, culture and “meet” the famous and infamous on iconic film sets. If you want to experience making movies, star in them or join our action heroes in saving the world, then Madame Tussauds has the perfect part for you. Cost includes round-trip bus transportation and admission and tour. **Bus departs at 9:00 am and returns at 5:00 pm.**

**Carson Resident: \$40.00 per person    Non-Carson Resident: \$55.00 per person**

## Kool & the Gang with Morris Day & The Time – Hollywood Bowl – Friday, July 21, 2017

What a night for a “Celebration”! Legendary disco kings Village People will open with their unforgettable songs and iconic dance moves along with Morris Day & The Time who will deliver their straight-up-old-school funk! End the evening as the one-and-only Kool & the Gang cap the night away with hit after hit! You are welcome to bring you favorite picnic basket for this night of celebration with your friends!! Cost includes round-trip bus transportation and concert seats. **Bus departs at 4:30 pm and returns at 11:30 pm. (Departure times subject to change)**

**Carson Resident: \$45.00 per person    Non-Carson Resident: \$60.00 per person**

## Wizard of Oz – Saturday, July 29, 2017

The Candlelight Pavilion is proud to present the Wizard of Oz. When a tornado hits Dorothy Gale’s Kansas hometown she is transported to the enchanting land of Oz. Told that the Wizard of Oz can send her back to Kansas, she teams up with the Scarecrow, Tin Woodsman, and Cowardly Lion to embark on a quest to Emerald City. On their way they must avoid the Wicked Witch of the West, who seeks to retrieve her dead sister’s magic ruby slippers from Dorothy’s feet. Throughout their quest various roadblocks test each character, but with love, courage, and intelligence they stand a good chance to make it to Emerald City. Cost includes round-trip bus transportation and dinner show. **Bus departs at 10:00 am and returns at 4:00 pm.**

**Carson Resident: \$70.00 per person    Non-Carson Resident: \$85.00 per person**

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

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

**Carson Resident: \$50.00 per person    Non-Carson Resident: \$65.00 per person**

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

Enjoy this summer night with the Grammy winning band behind the “Bamboléo” as they celebrate 25 plus years of flamenco, salsa, and pop fusion perfection in their distinctive style that’s guaranteed to get the party started! You are welcome to bring you favorite picnic basket to enjoy before and during this summer night with your friends!! Cost includes round-trip bus transportation and concert seats. **Bus departs at 5:30 pm and returns at 11:30 pm. (Departure times subject to change)**

**Carson Resident: \$50.00 per person    Non-Carson Resident: \$65.00 per person**

## HAMILTON – Hollywood Pantages Theater – Tuesday, October 3, 2017

The show everyone has been waiting to see!! Grab your seat for this award winning musical about America’s Founding Father Alexander Hamilton, who was George’s Washington’s right-hand man during the Revolutionary War and was the nation’s first Treasury Secretary. The show features a brilliant score that blends hip-hop, jazz, blues, rap, R&B, and Broadway. HAMILTON is a story of American then, as told by America now. Cost includes round-trip bus transportation and show admission. **Bus departs at 5:30 pm and returns at 11:30 pm. (Departure times subject to change)**

**Carson Resident: \$155.00 per person    Non-Carson Resident: \$170.00 per person**

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

Experience – in person – the 129th Rose Parade themed, “Making a Difference,” with the magic of New Year’s Day in an unrivaled celebration, exclusive to the streets of Pasadena! The parade will feature majestic floral floats, high stepping equestrian units and spirited marching bands from throughout the world. Cost includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid route grandstand seating. **Bus departs at 5:00 am and returns approximately 12:00 noon.**

**Carson Resident: \$80.00 per person    Non-Carson Resident: \$95.00 per person**

City of Carson & Philippine Independence Day Foundation, Inc.

**FREE for all ages!**

# 118th PHILIPPINE INDEPENDENCE DAY

**Saturday, June 10, 2017  
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

**SAVE THE DATE • SAVE THE DATE • SAVE THE DATE**

*Presented by: The City of Carson and the Carson Citizens Cultural Arts Foundation*

# Juneteenth



## RHYTHM & BLUES CELEBRATION

featuring Tributes to Teddy Pendergrass & Luther Vandross

**SATURDAY, JUNE 17, 2017 • 11 A.M. - 6 P.M.**



**MILLS PARK | 1340 E. Dimondale Drive, Carson, CA 90746**

**Free Admission • All Ages Welcome • Food and Vendor Booths • Children's Play Area**



For more information, please call Mills Park at (310) 631-3130 • Monday - Friday, 3 P.M. - 9 p.m. and Saturday, 10:00 A.M. - 5 P.M.

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



## Current class schedule (English-only classes):

### **June: Mondays**

June 12th through  
July 17th - 2017  
from 9:30 am- 11:30 am

### **August: Mondays**

August 7th through  
September 11th - 2017  
from 9:30 am - 11:30 am

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!**

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



## “SENIOR CITIZENS, YOU HAVE A VOICE”

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



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

**Where:** Congresswoman Juanita Millender-McDonald  
Community Center

**Date:** The 2nd Monday of each month

**Time:** 4 p.m.

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

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



**(310) 835-0212**

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

SPECIAL INFORMATION

## Volunteers: “Carson Wants You”

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

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



### Carson Veterans Monument

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

### Carson Veterans Wall

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