A Tribute to Dr. Martin Luther King, Jr.
Friday, January 15, 2016

Black History Month Celebration
Friday, February 19, 2016

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

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

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

You can also read us online at: http://ci.carson.ca.us/content/department/publicinformation

A MESSAGE FROM THE Director of Community Services

Welcome to the Community Services Guide!

It is time to fall into winter fun within Recreation and Human Services. The Recreation and Human Services staff is hard at work preparing programs and activities for you and your family.

The deferred maintenance of the various parks and facility are being addresses to provide Carson residents a better place to enjoy nature. Funding for the needed repairs has been provided through grants funds from the Los Angeles County Regional Park and Open Space District, the Department of Housing and Community Development (HUD), and through Park Development Funds.

As we begin the Holiday Season and the parties begin - don’t forget to visit one of our Outdoor Fitness Zones at Anderson, Calas, Dolphin, Dominguez, or Hemingway Parks to keep your summer shape. Each park has (7) workout stations developed with state-of-the-art information regarding gerontology and kinesiology. The three-sided stations with 21-activity panels, promotes functional fitness with exercises that enhance strength and flexibility.

If you are thinking of joining a Zumba class, club program, or even a self-defense class, the city of Carson Recreation and Human Services is here to provide that program for you. Please look through this guide and find that special class/program for you or your family.

Our parks and open space create a unique sense of place in an urban setting that reinforces our community image. One of the best things about our parks and programs are that they are here for everyone to enjoy!

Best Regards,

Cedric L. Hicks, Sr., Director
Community Services Department
In February 2015, the Board of Supervisors directed the LA County Department of Parks and Recreation to undertake a comprehensive Park and Recreation Needs Assessment with robust input and engagement of County residents. The Needs Assessment is a unique opportunity to generate critical data and input for all 88 cities and unincorporated areas of the County—identifying existing park and recreation assets, how well they are maintained and what additional enhancements or new facilities are needed. The result of the needs assessment will be a list of projects that will assist in future park planning and serve as a guide for potential funding measures in the future.

Many cities and unincorporated areas within LA County have an urgent need for more parks, as well as new or refurbished ball fields, play areas, walking trails and restrooms. With few park and recreation facilities to encourage physical activity, coupled with corresponding high rates of Type 2 diabetes, hypertension and heart disease, this need is especially acute in low-income neighborhoods. Effectively reaching and meaningfully engaging underserved residents in the Park and Recreation Needs Assessment is essential to ensuring that their voices are heard and their park and recreation needs are taken into consideration.

**Make Your Voice Heard!**

The County and all 88 cities are taking stock of what we currently have—parks, recreation facilities, open space and cultural and performing arts venues. What’s the condition of the park and what would it cost to get it into good shape? Do residents have a park within a 10-minute walk? Is the park used beyond capacity, in need of improvement or different amenities? This assessment will provide a good snapshot of the current status of our parks.

We need to hear what residents want and need to ensure great, well utilized parks and recreational facilities.

From December through early February, the County and cities will be conducting almost 200 needs assessment meetings. **This is a once-in-a-generation chance to shape the priorities for where park funding will go for the next several decades.**
Spring 2016
Carson Pool Swim Lesson Schedule
(Classes subject to cancellation or schedule change)

**Monday/Wednesday (6 classes)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Classes</th>
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</thead>
<tbody>
<tr>
<td>4:00p.m.–4:50p.m.</td>
<td>P/AP M TP/SF</td>
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<td>5:00p.m.–5:50p.m.</td>
<td>TP/SF P/AP P/F/F/SH</td>
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<tr>
<td>6:00p.m.–6:50p.m.</td>
<td>P/AP M AD</td>
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</tbody>
</table>

**Tuesday/Thursday (6 classes)**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>4:00p.m.–4:50p.m.</td>
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<td>TP/SF P/AP P/F/F/SH</td>
</tr>
<tr>
<td>6:00p.m.–6:50p.m.</td>
<td>P/AP M AD</td>
</tr>
</tbody>
</table>

**Saturday (5 classes)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Classes</th>
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</thead>
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<tr>
<td>10:00a.m.–10:50a.m.</td>
<td>P/AP M TT</td>
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<tr>
<td>11:00a.m.–11:50a.m.</td>
<td>TP/SF P/AP P/F/F/SH</td>
</tr>
<tr>
<td>12:00p.m.–12:50p.m.</td>
<td>P/AP M AD</td>
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</tbody>
</table>

**Hemingway Aquatic Center**
16605 S. San Pedro St., Carson, CA 90746
Monday February 8, 2016 5 p.m. - 8 p.m.
Saturday February 27, 2016 8 a.m. - 6 p.m.
Sunday February 28, 2016 8 a.m. - 6 p.m.
Saturday March 5, 2016 8 a.m. - 6 p.m.

**Cost: $175**

Water Safety Instructor (WSI) Training Packet not included. Limited number of spaces available, so register early.

Purchase a hard copy or have an e-copy of Water Safety Instructor Materials.

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

**Group Swim Lesson Session Fees:**

<table>
<thead>
<tr>
<th>Adult/1st Child</th>
<th>2nd Child</th>
<th>3rd Child</th>
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</thead>
<tbody>
<tr>
<td>Mon/Wed Resident $40</td>
<td>$37</td>
<td>$34</td>
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<tr>
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<tr>
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<td>$31</td>
<td>$29</td>
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<tr>
<td>Saturday Non-Resident $36</td>
<td>$38</td>
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**Early Fall Registration at Carson Pool Only**

Residents Only (must present proof of residency)
- Friday: January 8 & 15, 2016, 6 p.m. - 8 p.m.
- Saturdays: January 9 & 16, 2016, 9 a.m. - 12 m.

Residents and Non-Residents
- Friday: January 22 & 29, 2016, 6 p.m. - 8 p.m.
- Saturdays: January 23 & 30, 2016, 9 a.m. - 12 m.

**Regular Spring Registration at Carson Pool will be held**
February 1 - May 17, 2016 during scheduled Spring Swim Lesson times

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

**Water Safety Instructor Class**

Water Safety Instructor Certification Course*

*Mandatory attendance to all classes. No Exceptions!

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Saturday March 5, 2016 8 a.m. - 6 p.m.

**Cost: $175**

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

**LIFEGUARD TRAINING CLASS**
**AMERICAN RED CROSS**

Certifications include:
Lifeguard Training,
Standard First Aid,
CPR/AED for Lifeguard,
Oxygen Administration,
and Blood borne Pathogens,
and Title 22

**Hemingway Aquatic Center**
16605 S. San Pedro St., Carson, CA 90746

**February 1-14, 2016**

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<td>Adult 1-3</td>
</tr>
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**Participants must attend every class**

**Cost: $150 • Book $35**

Purchase lifeguarding book at your local American Red Cross

For more information or to register, please contact

**AQUATICS PROGRAM (310) 816-9381**

**Water Safety Instructor Class**

**American Red Cross**

**Water Safety Instructor Certification Course**

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**Carson Pool Swim Lesson Schedule**

City of Carson

**Certifications include:**
Lifeguard Training,
Standard First Aid,
CPR/AED for Lifeguard,
Oxygen Administration,
and Blood borne Pathogens,
and Title 22

**Hemingway Aquatic Center**
16605 S. San Pedro St., Carson, CA 90746

**Monday (Tryouts)**
February 1 6 p.m. - 8 p.m.
February 6 8 a.m. - 6:30 p.m.
February 7 8 a.m. - 6:30 p.m.
February 13 8 a.m. - 6:30 p.m.
February 14 8 a.m. - 6:30 p.m.

**Participants must attend every class**

**Cost: $150 • Book $35**

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For more information or to register, please contact

**AQUATICS PROGRAM (310) 816-9381**

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

**Water Safety Instructor Class**

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For more information or to register, please contact

**AQUATICS PROGRAM (310) 816-9381**

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

City of Carson

Santa Visits Carson

December 11 - December 23, 2015
(Call to schedule a Santa visit)
For boys and girls of all ages
Talk with Santa and receive candy from the North Pole
Santa Private Visits
(Carson area only)

$35/15 minutes

All Fees Are Subject To Change

For more information on dates and areas, call (310) 835-0212 Ext. 1445 or Ext. 1475
For more information, call (310) 835-0212 ext. 1410.

3 in 1 Enrichment Arts presents

**Willy Wonka Junior**

Friday, November 13 • 6 p.m.  
&  
Saturday November 14 • 1 p.m.  
Location: TBA  
$7 pre-sale / $10 at the door

**Toy Drive**

November 25 – December 18, 2015

Requesting non-violent, unwrapped toys for kids and teens ages infant – 18.  
Toys/Gifts can be dropped off at any of the City of Carson Parks, Schools, Community Center or City Hall.

**Enrichment Winter Recital**

“A Starry Night”

Tuesday, December 8, 2015 • 6 p.m.

Congresswoman Juanita Millender-McDonald  
Community Center at Carson  
801 East Carson Street, Carson, CA 90745  
$3 pre-sale  
$5 at the door

**Inside Out** – Family Movie Night

Friday, December 18 • 7 p.m.

FREE event for all ages.  
You can bring chairs and blankets.  
**Popcorn is provided.**

Congresswoman Juanita Millender-McDonald  
Community Center at Carson  
801 East Carson Street, Carson, CA 90745
HEALTH & FITNESS

FABELA CHAVEZ BOXING FITNESS CENTER

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 37 years. While throughout the years, other Clubs have opened and closed their doors, Fabela Chavez has remained opened. Fabela Chavez has been home to many great coaches and fighters. Look no further than the gym’s namesake Fabela Chavez who was inducted to 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:
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

WINTER 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.

All Fees Are Subject To Change

SCMAF Flag Football Championships
December 12 & 13, 2015
The City of Carson will host the Division B, Southern California Municipal Athletic Federation Flag Football Championships. Teams throughout Southern California will be participating. Games will be played at various City parks.

T-Ball, Baseball, Softball (Ages 5 - 17 yrs)
Registration: Now through February 27, 2016. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 5, 2016
Season Begins: April 9, 2016
Registration Fees:
Resident 1st child $39 2nd child $31 3rd child $23
Non Resident 1st child $46 2nd child $31 3rd child $23

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.

Sports Officials
The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. For more information call the Youth Sports Office at (310) 847-3577.

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 City Hall Annex at (310) 847-3570. Background Fingerprinting for all coaches.
ADULT SPORTS

WINTER PROGRAM

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

All Fees Are Subject To Change

WINTER SOFTBALL LEAGUES

Men’s & Women’s C/D Level
Registration: December 1, 2015 - January 7, 2016
Play Begins: January 14, 2016
Fees: $399 per team

Coed C/D Level
Registration: December 1, 2015 - January 7, 2016
Play Begins: January 14, 2016
Fees: $399 per team

Winter Softball Tournament/Men’s & Coed
Registration: January 4 - February 15, 2016
Play Begins: February 20, 2016

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.

WINTER FLAG FOOTBALL LEAGUES

4 on 4
Registration: January 4 - February 11, 2016
Play Begins: February 13, 2016
Fees: $175 per team

8 Man
Registration: January 5 - February 9, 2016
Play Begins: February 15, 2016
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 Thur 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 Fri 7 p.m.
- Carriage Crest Sat 8:30-9:30 a.m.
  Mon/Wed 7-8 p.m.
- Dolphin Tue/Thur 6:30-7:30 p.m.
  Sat 9-10 a.m.
- Hemingway Mon/Wed 7:30-8:30 p.m.
- Mills Wed 6:30-7:30 p.m.

DISABILITY AND ACCESSIBILITY ISSUES
Help the City of Carson respond to the American Disabilities Act (ADA) by making park and recreational facilities and programs more accessible. If you experience any problems or difficulties in using facilities or programs, please submit your concerns or suggestions for improvements in writing to:
City of Carson Recreation and Human Services
For more information, call (310) 847-3570.
**HEALTH & FITNESS**

**Senior Fitness Program**
Stretch Class, Walking Class, Circuit Training, Weight Training
Stevenson Park Gymnasium  Mon/Wed/Fri  8-11 a.m.
(310) 952-1745  Seniors 55 and older  FREE
Boxing Center (Scott Park)  Mon/Wed/Fri  8-10 a.m.
(310) 830-6439  Seniors 55 and older  FREE
Zumba - MWF  Low Cardio - T/TH  Open conditioning with weights
Carson Park  Mon-Fri  8-10:30 a.m.
(310) 835-0212 ext. 1479  Seniors 55 and older  FREE

**Fast Dance Fitness Class**
Tuesday/Thursday  6:30-7:30 p.m.  Mills Park 15 yrs - Adults

**Agent Line Dancing**
Saturday  10 a.m.  Anderson Park
1 p.m.  (Couples Dance) Anderson Park
Wednesday  7 p.m.  Anderson Park
Saturday  10-11:30 a.m.  Hemingway Park

**Adult Hip Hop Fitness**
Tuesday/Friday  7-8:30 p.m.  Veterans Park

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

**Adult and Youth Karate & Kempo**
Monday/Wednesday  6-7:30 p.m.  Stevenson Park  Youth Intermediate
7:30-9 p.m.  Stevenson Park  Adult Advance
Tuesday/Thursday  6-7:30 p.m.  Stevenson Park  Adult Intermediate
7:30-9 p.m.  Stevenson Park  Adult Beg/Intermediate

**Adult and Youth Bocci Ball**
Friday  4-5 p.m.  Scott Park
Saturday  2-3 p.m.  Scott Park

**Adult Fitness Workout**
Thursday  6-7 p.m. / 7-8 p.m.  Dominguez Park
Monday  6:30 - 7:30 p.m.  Del Amo Park

**Teen Dance for Fitness**
Semi-Annual Dance Recitals choreographed to specific themes will be performed by youths who participate in these free dance classes. For more information, contact one of the parks listed below. Calas Park features Folklorico & Salsa. Beginning and Intermediate Jazz and Tap will be offered at the following parks:
- Anderson/2 Age Division  Tues/Thurs  6-7 p.m.
- Calas  Thurs  6-8 p.m.
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

#### ALL DAY PROGRAM

**RESIDENT RATE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Rate</th>
</tr>
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<td>M/W/F</td>
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<td>T/Th</td>
<td>$136.00 a week</td>
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<tr>
<td>7 a.m. – 5 p.m.</td>
<td>M/W/F</td>
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<td>8 a.m. – 6 p.m.</td>
<td>M/W/F</td>
<td>$157.00 a week</td>
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**HALF DAY PROGRAM**

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<td>8 a.m. – 12 p.m. FEES</td>
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<td>1 p.m. – 5 p.m.</td>
<td>M/W/F</td>
<td>$37 a week</td>
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<td></td>
<td>M-F</td>
<td>$62 a week</td>
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### OPTION II:

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

### Park Facilities

- 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
Kids Club After-School Child Care
Solution For Latchkey Children

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

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

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

The daily program consists of:

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

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

Snacks
Nutritional snacks are provided each day.

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

*Additional fee required for participation

After School Kids Club Fees
Monday-Friday  Regular $47 wkly
2:30-6 p.m.

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

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

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

YOUTH ACTIVITIES

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

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:
• Carriage Crest Tues/Thurs 6-7 p.m.
• Carson Mon/Wed 6:30 - 8:30p.m.
• Del Amo Tues/Thurs 6:30-8 p.m.
• Dolphin Wed/Thurs/Sat 6-7:30 p.m./10 a.m.-12 p.m.
• Dominguez Mon/Wed 6-8 p.m.
• Hemingway Tues/Thurs 6:30-8 p.m.
• Veterans Tues/Thurs 6:45-7:45 p.m.

Drill Team
Learn the basic principles of drilling in this fun program. Several different types of drilling will be incorporated including military, precision, and fancy dance. Teams will compete and participate in a variety of different activities and parades this year. This program is available to all youngsters 8 yrs and older and is currently offered at Hemingway Park.

Dance It Off
• Calas Park Tues/Thurs 6-7 p.m. All ages

Bingo Nite
• Stevenson Park 3rd Fri 5:30-7 p.m. 10-14 yrs
• Dolphin Park 2nd Fri 5:30-7 p.m. 9-12 yrs

Archery
In this program, the future Robin Hoods of Carson are taught the basic principles for use of bows and arrows while always utilizing all safety practices. The Recreation Division provides all bows, arrows, and targets. Contact the following parks for more information: Carriage Crest, Del Amo, Dolphin, Hemingway, Scott, and Veterans parks. Veterans Park, Wednesday • 6-7pm

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

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

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

Kids in the Kitchen
Children will gain confidence in food preparation skills such as measuring, mixing, tasting, cutting, grating, and spreading. They will have fun preparing food themselves and begin on the road to sound eating habits. Classes offered at the following parks:
• Anderson Park Wed 4:30-5:30 p.m.
• Calas Park Thurs (1st and 3rd of each month) 6:30-8 p.m
• Carriage Crest Park Wed 5:30-6:30 p.m.
• Del Amo Park Wed 5-6 p.m.
• Dominguez Park Wed 4-5 p.m.
• Hemingway Park Fri 5:30-6:30 p.m.
• Mills Park Wed 5:30-6:30 p.m.
• Veterans Park Thur 5-6 p.m.
**Community Services**

**PARKS**

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**Homework Club**

- Anderson Park  
  Tues/Thurs  3-4:30 p.m.
- Carriage Crest Park  
  Mon/Wed  3:30-5 p.m.
- Scott Park  
  Fri  5-6 p.m.
  Fri  5:30-6:30 p.m.
- Stevenson Park  
  Mon/Wed/Thurs  3-4:30 p.m.

**Dance Classes**

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

- Calas Park/Ballet Folklorico  
  Mon/Wed  5:30-8:30 p.m.
- Comm. Cntr.  
  Sat  5:30-8 p.m.
- Mills Park  
  Tues/Thurs  6-7:30 p.m.
- Scott Park  
  Tues/Thurs  6-7 p.m.

**Boys Club**

- Calas Park  
  Age 6-8  Fri  6-8 p.m.
- Dolphin  
  Age 8-12  Fri  6-8 p.m.

**Junior Theatre**

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

**Friday Night Madness & Movies**

- Anderson Park  
  7 yrs - up (FREE)  Every 4th Friday  6:30-8 p.m.
- Carriage Crest Park  
  Every 4th Friday  6:30-9 p.m.
- Del Amo Park  
  7 yrs - up (FREE)  Fri  6-8 p.m.
- Dolphin Park  
  Family (4th Friday of every month)  6:30-9 p.m.
- Hemingway Park  
  5 yrs - up (FREE)  Last Friday of every month  6:30 p.m.
- Mills  
  Every 3rd Friday  6:30-8:45 p.m.
- Stevenson Park  
  Family (4th Friday of every month)  6:30-9 p.m.

**Excursions**

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

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

**Roller Hockey**

This program will be offered at Dominguez Park. Children, 9 - 12 yrs. of age, will learn the basic techniques of this exciting new sport. Participants must provide the required safety equipment. Don’t miss out on the fun.

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**Beginning Chess**

Come learn the moves at Hemingway and Anderson parks, Tuesdays from 5-6 p.m.; Del Amo Park, Tuesdays from 4:30-5:30 p.m.

**TEEN PARK ACTIVITIES**

**Sports Activities**

Volleyball clinics, leagues, and 3-on-3 Basketball Tournaments have been scheduled for Anderson, Calas, Carriage Crest, Dolphin, Dominguez, Hemingway, Mills, Scott, Stevenson, Carriage Crest, and Veterans Parks. Please contact these parks for exact dates, times, and costs.

**Teens in the Kitchen**

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

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**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
2 for 1 Annual Membership Special
Get a jump start on your new summer look!

Buy one full priced annual membership get the second for the cost of the registration fee. (Must be New member) SAVE up to $418 on a family membership.

December 1-21, 2015
WEEKLY WEIGH-INS
Take a strength training, flexibility or cardio class

Learn to eat healthy with our nutrition classes the 2nd/4th Thursday of every month

FOOD x HEALTH Sessions

Thursdays at 6:30 p.m.
Monthly Health, Wellness, & Nutrition workshops
December 10, 2015 • January 14 & 28, 2016 • February 11 & 25, 2016

Hear SportsComplex staff and special healthcare partners speak on the frequently talked about health topics. See how to cook then taste healthy recipes that can be whipped up by the SportsComplex master health & wellness nutritionist in 30 minutes or less. Drop by, ask questions... Get answers!!! Then stay for an awesome workout or group exercise class Open to everyone! Check with one of our SportsComplex Representative for information

22400 Moneta Avenue, Carson, CA 90745
(310) 830-9991
“Critical Burn”
Strength & Agility Clinic
All Sports Clinic
Mondays & Wednesdays
Boys and Girls ages 12-18

4:30 p.m. - 5:30 p.m.  $5 per participant

Now’s the best time to increase your athletic ability with the “Critical Burn” strength & Agility Clinic. Athletics will work with trainers to increase strength, speed, agility and flexibility.

Sessions will include proper stretching techniques, aerobic training, strength training, plyometric and agility training.

Student Athlete

3 Month Membership • $60 Per Athlete

- Student must be between the ages of 12-18 yrs.
- Student must present a current Student I.D.
- Must be accompanied by an Adult when signing up.
- Age restrictions for the fitness center, alternative strength training workouts can be designed for those under 16.

22400 Moneta Avenue, Carson, CA 90745
(310) 830-9991
Senior Membership now taking sign-ups. Enroll today and join our facility at no cost to you!

Call (310) 830-9991 for qualifications.

### MEMBERSHIP RATES

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<th>Registration</th>
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<th>Renewal</th>
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<td>Family</td>
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### Daily Guest Rates

- **6 a.m. - 3 p.m.**
  - Resident: $5
  - Non-Resident: $6
- **3 p.m. - close**
  - Resident: $10
  - Non-Resident: $12

Administration Fee:
- First time guest visitor: $10

For $10, you can get 10% off unlimited visits. 10% discount for Veterans.

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**22400 Moneta Ave  Carson, CA 90745**

(310) 830-9991

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**VETERANS SPORTS COMPLEX**

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

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

YOUTH CLASSES
- Youth Fitness • Youth Kempo Karate • Youth Basketball
- Skate Park • Youth Raquetball

ADULT CLASSES
- Muscle Conditioning • Salsa • Adult Karate • Step & Pilates • Hatha Yoga
- Indoor Cycling • Low Impact Aerobics • Self Defense
- Walking Club • Zumba • T.B.A. (Thighs, Bottoms & Abs)

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

22400 Moneta Ave  Carson, CA 90745 • (310) 830-9991
Please join us for some holiday cheer as we celebrate the annual Tree Lighting Ceremony:

This special event features carolers, light refreshments, and a visit from SANTA himself!

There is something for the whole family so bundle up and get ready to make some fun holiday memories that will last a lifetime!

**Peace & Joy**
**Featuring the Children's International Peace Choir**

Congresswoman Juanita Millender-McDonald
Community Center at Carson Atrium Area
801 E. Carson Street
Carson, CA 90745

**Wednesday**
**December 2, 2015**
**6:30 p.m.**

**All Ages Welcome!**

For more information, please call 310.835.0212, ext. 1445 or 1475
The senior recreation program provides recreational programs for senior citizens ages 50 and above. Our goal is to provide “LIFE AFTER RETIREMENT.” We provide numerous activities, lectures, health information and much more. In addition, we are concerned with what the community would like to see happen in the program and encourage your input. We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. No drop offs allowed. Care providers must be with client at all times. Senior Recreation Services is located in the East Wing of the Congresswoman Juanita Millender-McDonald Community Center, office hours are 9 a.m.-5 p.m. For more information, call (310) 835-0212, Extensions 1475 or 1479. Classes and programs do not run on City holidays.

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

### CLASSES AND PROGRAMS

All classes are closed on City holidays

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

### ART

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

**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.

### Movie Day

Movie day will resume in 2016. Come and enjoy a movie with free popcorn. Every last Monday of the month at 12 noon at the Congresswoman Juanita Millender-McDonald Community Center. Please call to ensure movie day is on schedule. For more information, call (310) 835-0212 ext. 1475.

### PERSONAL ENRICHMENT

**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.

### FEATURED ACTIVITY

**SELF DEFENSE**

Are you ready to learn some new moves in protecting yourself. Awareness is the key, come and join us as we learn how to stay physically fit while we defend ourselves! This class will show you different techniques and movements for self defense.

This class meets every Wednesday 10 a.m., at Stevenson Park, 17400 Lysander Blvd., Carson, 90746. Also, every Tuesday at 12 p.m. at Carson Park, 21411 Orrick Ave. 90745

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

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

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

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

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

Senior Dance Troupe of Carson - Pacific Islanders bring their rich culture and customs to Carson in the form of singing and dancing. Classes on Mondays and Thursdays from 1 - 3 p.m. Dance Room.

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

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

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

CLUBS

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

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

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

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

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

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

EXCURSIONS

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

All Fees Are Subject To Change
SENIOR RECREATION
The Elito M. Santarina Senior Technology Center

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

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

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

*To register please sign up on waiting list online via:
http://ci.carson.ca.us/department/communityservices/special_interest.asp
as mentioned above, there are only 20 computers stations in the lab, the waiting list is long, and you may wait several weeks before you are called. We apologize for any inconvenience.
For further information please call Senior Recreation: (310) 835-0212 ext. 1475or 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.

Our Cyber Café is opened Mondays & Wednesday from 9 a.m.-2 p.m.

Desktops in the Cyber Café are reserved for students currently enrolled in computer classes.
If you would like to learn more about computers and sign up for classes, please call (310) 835-0212 ext. 1475.

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

**EXERCISE**

**NO CHILDREN ALLOWED IN ANY SENIOR ACTIVITIES OR PROGRAMS**

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

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

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

**Muscle Strengthening** — Class meets every Tuesday and Thursday from 11:00 a.m. – 11:40 a.m. and 11:45 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.

Muscle Strengthening using resistance bands. Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and footwear are required, such as closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. Each participant must fill out a form to participate that requires a doctors release to exercise. Forms are located in the Senior Recreation Office or from the instructor.

MUST SIGN IN DUE TO LIMITED CLASS SIZE.

**Yoga Class** — Every Monday 1:15-2:15 p.m. at the JMMCC. Come and learn the different techniques of formation and yoga of Yoga. A cant miss class! Class is FREE to seniors 50+ Instructor- Charlene Craig

**Hot Hula Class** - every Thursday at 1pm at the JMMCC. Come and join us as we move our hips into fitness with hula! Come on down and join us!! for further 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., phone number (310) 830-6439. Seniors are able to use exercise equipment such as: treadmills, ellipticals, exercise bikes, etc. Staff available if you have questions.

**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. They’re facilities are not open to the public during the designated times for seniors.

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

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

**Senior Fitness Program**

Stevenson Park Gymnasium • (310) 952-1745 Monday thru Friday 8 a.m.-11 a.m.

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

- **Line Dancing**
  Every Friday from 10 a.m.- 11:30 a.m.

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

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

Seniors 50+ and older FREE

Class size limited for Zumba Class

- **Zumba Class**
  Monday/Wednesday/Friday 8:30-9:30 a.m. Monday/Wednesday 10-11 a.m.

- **Low Impact Aerobics**
  Tuesday/Thursday 8:30-9:30 a.m.

- **AB, THIGH and Buns class**
  Fridays from 10 a.m.-11 a.m.

- **Yoga class**
  Tuesday 10:30-11:30 a.m.

Starting Tuesday, November 3, Carson Park will begin its Self Defense class at 12pm. (Please Bold this information if you can)

**HEALTH**

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

**Blood Pressure Screenings** — Volunteers provide free blood pressure screening Mondays - Wednesday from 8:00 - 11:00 a.m. Please call, (310) 835-0212, ext. 1479, if you would like to volunteer to provide blood pressure screening at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.
Food Stamp/Medi-Cal Applications
A representative from the Los Angeles County Public Social Services is here the first Tuesday and third Thursday of each month from 9:30 a.m.-12 p.m. to help fill out applications for Medi-Cal and Food Stamps. No appointment needed, walk-ins welcome, first come first served.

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

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

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

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

Emergency Response Systems
EARS Long Beach Memorial: (562) 933-0913

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

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

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

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

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

Legal Assistance
Bet Tzedek Legal Services: (323) 939-0506

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

Transportation
Access: (800) 827-0829
Dial-A-Ride: (310) 835-0212 x1489
**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 Congressman 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 A SPECIAL INTEREST CLASS?**
An interest and desire to learn is the requirement for taking a Special Interest Class.

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### 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.

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### MAIL-IN REGISTRATION FORM

**Fill out all information—Please print**

<table>
<thead>
<tr>
<th>Last Name Only</th>
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**Emergency Name**

**Emergency Phone**

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**A SEPARATE CHECK FOR EACH CLASS IS A MUST**

<table>
<thead>
<tr>
<th>Participant’s First &amp; Last Name</th>
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**Name of Class**

**Date / / Time Location**

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**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.

---

**SELF DEFENSE**

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

We want to know

**Your interest is our interest**

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

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**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

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**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

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**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.

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

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

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

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

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

**Friendly Visitor (Also in need of volunteers at this time)**
Seeking Friendly Visitor Volunteers to provide companionship, understanding, and empathy to elders who are lonely and/or isolated. Through regular visits, these volunteers provide letter writing, reading and friendly visits to help the client remain as independent as possible while living in the community. For more information, call (310) 835-0212 ext. 1471.

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

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

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

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

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

**Caregiver Support Group**
Support Group offered to any caregivers looking for a place to feel like they are not alone in the stresses that come along with taking care of a loved one. Come and talk to others in a safe, caring environment about struggles you may be having. This group meets every Tuesday, from 11:30 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson. There is no fee to attend. Please call ahead for more information, at (310) 835 - 0212 ext. 1471.
Special Needs, or Adaptive Programs, is designed to meet the basic recreational, social, and physical fitness needs of Carson’s disabled population groups, including the physically and sensory disabled with the developmentally disabled. All instruction is free unless otherwise noted. The Special Needs Office is located in the Community Center. Office hours are Monday-Friday, 9 a.m.-6 p.m. For more information, call (310) 835-0212, ext.1465 and 1470.

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

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

**Monthly Dances and Themes**

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

- Dec. 11, 2015 - Christmas Dinner/Dance
- Jan. 8, 2016 - New Years Dance
- Feb. 12, 2016 - Valentine Day Dance

**Arts and Crafts**

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

**Exercise Class**

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

**Basic Classroom Skills**

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

**Monthly Calendar**

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

**Carson Special Needs Parent Association**

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

**Variety Club**

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

**Special Olympics:**

**BASKETBALL**

We are once again gearing up for Special Olympic competition in the sport of Basketball. We are recruiting for our City of Carson Special Needs Program Basketball Team for 2016. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office before he/she can participate. Please refer to the monthly for practice times, dates and location.

**TRACK & FIELD**

Join us on the track. We will be training for running the 50, 100 and relay races, standing long jump, running long jump, softball throw. After this hard work our Special Olympic teams will be ready to compete in upcoming Southern California Special Olympic meets. Please refer to our monthly calendar for practices, location and times.
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 was in a wheelchair when I first came to the Stroke Center. Now I am able to walk thanks to the help of the Occupational Therapist Dr. Paul and his students. With their help and guidance, I have seen dramatic results.”
(Dulce Barrantes)

“I could not talk when I got out of the hospital. The speech therapy class gave me the motivation to keep working toward my goals, and now thanks to the Speech Pathologist Dr. Jennifer and her students, I can hold conversations with the people I love.”
(Jose Luis Mercado)

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

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.
PREVENTION AND AFTERCARE

FAMILY COACHING

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

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

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

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

Walking Club

Come join us for a fun night of walking!

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

No more excuses!

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

WEDNESDAYS • 6 P.M. - 7 P.M.

VETERANS PARK
22400 MONETA AVENUE, CARSON, CA 90745

FREE FOR ALL AGES
Meet at the benches by the office

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

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

Scott Park
23410 Catskill Avenue, Carson, CA 90745
For more information contact: Jenice Deguzman at (310) 847-3584
Funded by The City of Carson and South Bay Center for Counseling

CITY OF CARSON
Mommy & Me

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

Thursdays • 6 p.m. - 7 p.m.

Dolphin Park
21205 S. Water Street, Carson, CA 90745
FREE ADMISSION

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

Funded by the City of Carson and the South Bay Center for Counseling
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 us at (310) 830-7683.
We are located at the Recreation and Human Services
Offices at the Corporate Yard,
2400 E. Dominguez St., Carson, CA. 90810.

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

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

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

Jumpers
Grass Area Reserved for Moon Bounce Only
No Other Forms of Entertainment Allowed
(No WATER SLIDES, NO PETTING ZOOS,
NO MECHANICAL EQUIPMENT, AND NO FOOD VENDORS)
Size limits 15x15 Jumper, 1 per permit only
Jumper Company Must Provide Generator
The following jumper companies hold current City of Carson business licenses and $1,000,000 liability

A Plus Promotions/Trains on the Move:
(310) 532-6223
ABC Party Rental: (310) 834-2892
BR Party Rental: (323) 907-0757
Fiesta Jump: (310) 263-1848
Jumper ETC: (888) 551-3832
Jump 4 Fun: (800) 281-6792
Kandy Specialty Party Supplies & Services:
(310) 819-8764
Major Jumpers: (323) 399-2533
Party Pronto: (877) 727-8437
Party on Rentals: (323) 255-1393
Trackless Train (Jumper Only): (323) 228-3904

ALL FEES ARE SUBJECT TO CHANGE
JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK
For information on reserving Victoria Park, call (310) 217-8370
Community Services

Transportation Services Division

MISSION STATEMENT

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

♦ Carson Circuit is a fixed-route bus with eight lines serving major city destinations and feeds into regional transit lines. Service is provided under contract and operates Monday through Saturday.

♦ North/South Shuttle operates along the city’s western boundary providing connections to the Carson Circuit and regional transit lines. City staff operates the program Monday through Friday.

♦ Dial-A-Ride Program provides economical taxi service to seniors and disabled residents serving city destinations and designated satellite points outside the city. The DAR program operates 24/7.

♦ City-Sponsored Excursion Program offers the public a variety of fun-filled day trips as well as overnight trips each quarter that covers Southern California, neighboring counties and states. The program uses a city owned 56 passenger Prevost recliner bus.

♦ BREATHE Program utilizes various incentives and strategies to maintain employee commuter travel modes to three major city worksites. The program complies with regional air quality goals under AQMD Rule 2202 by reducing air pollution from mobile sources.

LOCATION
Congresswoman Juanita Millender-McDonald Community Center
801 E. Carson Street
Carson, CA 90745
(310) 835-0212 ext. 1495

OFFICE HOURS
Monday – Thursday
8:00 am – 5:00 pm
We are closed Fridays, Weekends & Holidays.

ONLINE PAYMENTS
https://payment.carson.ca.us/transportationonline/index.asp

For more Transit Information, visit our webpage: http://ci.carson.ca.us/department/communityservices/transportation.asp
All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center at Carson 801 E. Carson Street, Carson, CA 90745

Online payments are now available.

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

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

All Fees Are Subject To Change

Christmas in Solvang • Saturday, December 5, 2015

VELKOMMEN! Head to Solvang, CA to celebrate the 2015 Julefest Celebration this year, and you might feel like you’ve stumbled half-way across the world. It will be holiday cheer with a decidedly Danish twist. All events are free. Plus there will be a splendid shopping opportunities from clogs to iron art to unique toys for stocking stuffers. Don’t forget to visit the wine tasting rooms to provide additional seasonal cheer. **Cost of $35.00 per person** includes round-trip transportation. No meals are included. **Bus departs at 6:30 am and returns at 5:00 pm**

Fillmore Railway - North Pole Express • Saturday, December 12, 2015

Pick out your most favorite pajamas and kids and join in this one hour ride to pick up Santa at the NORTH POLE!!! During this North Pole Express, enjoy cookies and hot chocolate while singing and listening to Christmas carols. **Cost of $52.00 per person** ($42.00 for children 2 – 12) includes round-trip bus transportation, and train seat to the North Pole. **Bus departs at 4:00 pm and returns at 9:00 pm.**

2016 Tournament of Roses Parade • Friday, January 1, 2016

Experience – in person – the 127th Rose Parade themed, “Find Your Adventure,” with the magic of New Year’s Day in an unrivaled celebration, exclusive to the streets of Pasadena! The parade will feature majestic floral floats, high stepping equestrian units and spirited marching bands from throughout the world. **Cost of $95.00 per person** includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 am and returns at approximately 12:00 noon.**

2016 Post Roses Parade Showcase of Floats • Saturday, January 2, 2016

Get a close-up view and see the detail, design and workmanship that go into every parade float. You can walk within arm’s reach of over 50 floats gathered around two streets and see for yourself the creativity and imagination of the floral displays. There will be Tournament of Roses volunteers available to answer questions on how the floats are put together. **Cost of $35.00 per person** includes round-trip bus transportation and showcase admission. **Bus departs at 8:00 am and returns at approximately 5:00 pm.**
KURIOS – Cabinet of Curiosities, Los Angeles, CA – Sunday, January 31, 2016
What if you could alter reality at will? Delve into a world of curiosity where seeing is disbelieving: the world of KURIOS – Cabinet of Curiosities from Cirque du Soleil. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: “Is it real, or just a figment of my imagination?” Cost of $107.00 per person includes admission and round-trip transportation. Bus departs at 11:30 am and returns at 4:30 pm.

Ronald Reagan Museum/Football Exhibit • Saturday – February 6, 2016
Experience a first-hand look at the history of football and other permanent exhibition with a docent lead guided tour of the renowned Ronald Reagan Museum. No-host lunch is available in the Reagan Café. Afterward, spend some time touring the rest of the museum and gift shop. Cost of $55.00 per person includes round-trip bus transportation and guided tour. Bus departs at 8:00 am and returns at 6:00 pm.

Palm Springs Day Trip • Saturday, February 27, 2016
If you’re looking for a nice one day get-away that’s not too far, then Palm Springs is just right for you. Start the day by traveling 8,516 feet to the snowy mountains of Mt. San Jacinto State Park in the world’s largest rotating tram cars of the Palm Springs Aerial Tramway and then enjoy a cafeteria style lunch at Pine’s Cafe. Before heading home, try your luck at the slots and card tables of the Agua Caliente Casino or enjoy the stores at Cabazon shopping outlets and Hadleys. Cost of $80.00 per person includes round-trip bus transportation, aerial tram fees & lunch. Bus departs at 7:30 am and returns at 10:00 pm.

Festival of Whales with Whale Watching Dolphin Safari, Dana Point, CA • March 5, 2016
Come aboard Capt. Dave’s catamaran sailboat, Manute’a, to observe migrating Grey Whales as they travel from Alaska to Mexico. See what it’s like to swim with the sea creatures without getting wet in the Eye-to-Eye Underwater Viewing Pods. Crew members provide full narration and are available for questions during the exploration. Afterwards, enjoy free time at the Festival of Whales. Cost of $95.00 per person includes round-trip bus transportation and private safari tour fees and gratuity. Bus departs 7:30 am and returns at 5:00 pm.

Monterey Bay Excursion-Thurs. • Sun.-May 5 – May 8, 2016
Explore what the coast has to offer during this 4-day weekend get-away where Embassy Suites Monterey Bay will be your home for the weekend. During a Behind-the-Scenes tour at the Monterey Bay Aquarium, you will meet mesmerizing creatures and get glimpse of the exhibits from the other side of the window. Enjoy some shopping & dining at the famous Cannery Row & Carmel. We will end the weekend with a day trip to San Francisco’s Golden Gate Bridge & Pier 39. Breakfast & afternoon snacks will be the provided by the hotel. Cost of $540.00 per person includes round-trip bus transportation, hotel accommodations (double occupancy), and tour fees. Bus departs Thursday, May 5th at 8:00 am and returns on Sunday, May 8th at 6:00 pm.
Transportation Services Division
2016 Roses Parade Tours
Friday, January 1, 2016

FIND YOUR ADVENTURE

2016

Cost of $95.00 per person
includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating.
Bus departs at 5:00 am and returns at approximately 12:00 noon.

Saturday, January 2, 2016
Get up close and personal with selected Roses Parade Floats.

Post Roses Parade
Showcase of Floats

Cost of $35.00 per person
includes round-trip bus transportation and showcase admission.
Bus departs at 8:00 am and returns at 5:00 pm.

All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center
801 E. Carson Street, Carson, CA 90745
Online payments are now available. • Visit the City of Carson website: http://cityofcarson.ca.us
For more information: (310) 835-0212 ext. 1495 or Email: excursions@carson.ca.us
“Senior Citizens, You Have A Voice”

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

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

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

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

**Time:** 4 p.m.

**Talk to us... We are listening because we care**

Volunteers: “Carson Wants You”

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

Volunteers have made a difference. They have often unsselfishly 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.
Take Control of Your Diabetes... in just six weeks!

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

Here is what you will learn about:
- Diabetes and its risks
- The role of diet and exercise
- The importance of regular doctor exams, and annual foot and eye exams
- How to maintain willpower in a world of food temptations
- How to manage medications

Call 844.472.4224 to sign up and get more information!

Current class schedule (English-only classes):

Begins: November 9, 2015  
Where: Carson Community Center  
Time: 9:30–11:30 a.m.  
When: Monday mornings for six weeks

Begins: January 11, 2016  
Where: Carson Community Center  
Time: 9:30–11:30 a.m.  
When: Monday mornings for six weeks

Begins: March 14, 2016  
Where: Carson Community Center  
Time: 9:30–11:30 a.m.  
When: Monday mornings for six weeks
FREE E-Waste Collection
Saturday, February 13, 2015
Carson City Hall Parking Lot
9:00 a.m. – 2:00 p.m.
For more information, please call the
Public Information Office at 310 952 1740.

City of Carson
22nd Annual
PARENT CONFERENCE
Rising Stars!
SATURDAY, FEBRUARY 20, 2016 • 11 A.M. TO 2 P.M.

CONGRESSWOMAN
JUANITA MILLENDER-MCDONALD
COMMUNITY CENTER AT CARSON
DOMINGUEZ ROOM
801 East Carson Street
Carson, CA 90745

Please join the
CITY OF CARSON
HUMAN RELATIONS COMMISSION
as
they Honor
Outstanding Students!

Each Student will present a personal statement
about themselves, their adversities
and how they overcame them to
succeed in their studies.
These students will set a positive example
for their friends who have doubts about...

Rising to the Top!
# Recreational Facilities

Your guide to Carson’s parks and recreational facilities

<table>
<thead>
<tr>
<th>City Facilities</th>
<th>Acres</th>
<th>Basketball Courts</th>
<th>Baseball Equipment</th>
<th>Children’s Play Area</th>
<th>Fitness Field</th>
<th>Frisbee Golf Course</th>
<th>Gymnasium</th>
<th>Horse-Shoes</th>
<th>Indoor Pool</th>
<th>Outdoor Pool</th>
<th>Racquetball Courts</th>
<th>Tennis Courts</th>
<th>Volleyball Courts</th>
<th>Wading Pools</th>
<th>Skate Park</th>
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