



Tabela Chavez

**BOXING CENTER
 AT SCOTT PARK**

Celebrating 40 Years in 2018



See story on page 6 of the Carson Report

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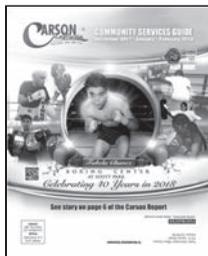
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All Fees Are Subject To Change

The Congresswoman Juanita Millender-McDonald Community Center may be referred to as the Carson Community Center or community center on listings for events, programs and activities being held there.

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 Winter 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.

You can also read us online at:

ci.carson.ca.us/CityManager/csguide.aspx

A MESSAGE FROM THE

Director of Community Services

On behalf of the City of Carson Community Services Department, we would like to wish you a wonderful Holiday Season. It is a marvelous time of year to spend quality time with friends and family. May yours be filled with happiness, good health and good cheer.

As the year comes to a close, allow me to express our sincere gratitude to all of our employees. Our department would not be as vibrant and successful without their hard work and dedication. Let's also take a moment to thank every single volunteer for our department. The positive spirit and energy of our volunteers is crucial in making our department run so smoothly. We would also like to take this time to thank all of the commissioners serving on the various commissions, committees and boards throughout the city. Their time and valuable input also helps our Community Services Department be one of the best in California.

The winter season bring various activities indoors. Our sports focus will shift to basketball. Contact your local park for more information on getting involved. We are always looking for new volunteers. Please sign up at your local park or recreation facility.

This is open-enrollment time for our Early Childhood program. If you have a child who is beginning school in the coming year, this program is a wonderful opportunity for him or her to get a head start. Our program prides itself on providing your child the tools necessary to lay the paving stones for a solid scholastic path. They will not only learn the fundamentals of math and language skills, but will also gain social interaction experience with peers and teachers.

2018 marks a momentous occasion for the City of Carson. February 20, 2018 is the 50th Anniversary of our city. Be sure to tune in on New Year's Day to the 129th Annual Tournament of Roses Parade to see the City of Carson's 50th Anniversary float. We also would like to invite you to our festive 50th Anniversary Gala Ball. Dress in your best evening wear and come dine and dance the night away at this special event on February 24, 2018. For more information, or to purchase tickets, please contact (310) 847-3570.

Registration is now open for the 2018 Miss Carson and Miss Teen Carson Scholarship Pageant of Excellence, which will take place on April 27, 2018. Potential candidates may obtain application information by calling (310) 847-3570.

On behalf of our Community Services Department, we would like to again wish you the best Holiday Season. May it be filled with full hearts, warm moments and memories, and may peace, love and joy be with you always. Don't forget that Parks Make Life Better. Happy Holidays!

Mr. Idris Jassim Al-Oboudi
Community Services Director

SPECIAL EVENTS

Tree Lighting Ceremony

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

**Flannel
& FROST**

FRIDAY, DECEMBER 1, 2017 • 6:00 P.M.

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!

FREE
ADMISSION



Holiday Recital



DECEMBER 5 & 6, 2017 • 6 P.M.

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

For more information, please contact
Enrichment Arts at
(310) 835-0212 ext. 1410 or 1475



A Tribute to Dr. Martin Luther King, Jr.

Friday, January 12, 2018 • 6 P.M.

Join us as we celebrate the legacy of Dr. Martin Luther King, Jr. This event will feature music, poetry, dance, history, and more.

Congresswoman Juanita Millender-McDonald Community Center at Carson (Main Hall)
801 East Carson Street, Carson, CA 90745 • For more information, please call (310) 952-1775



Black History Month Celebration

in collaboration with The Carson Citizens Cultural Arts Foundation

February 23, 2018

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



Youth Conference

SAVE THE DATE
MARCH 3, 2018

10 A.M. - 6 P.M.
FREE | AGES 11-17



FREE EVENT

2018 TRIBUTE TO César Chávez

THURSDAY, MARCH 22 • 6 P.M. - 9 P.M.

Congresswoman Juanita Millender-McDonald
Community Center at Carson (Hall B)
801 East Carson Street, Carson, CA 90745

- Music
- Entertainment
- Dancers
- Spoken Word Poetry
- Guest Speakers
- Video Clip Presentation
- Poster and Essay Contests
- Light Refreshments



SPECIAL EVENTS

Welcome to Reservations

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

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

Celebrate at our facilities!

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

Reservation/Cancellation Policy

Reservations are taken three (3) months in advance. To cancel a reservation date, please contact us fourteen (14) working days prior to the date of the reservation in order to receive a refund. Cancellations in the final 48 hours may be subject to a cancellation charge of 50%. No refunds will be given for cancellations the day of the event. Reservations can be made on all holidays except Thanksgiving, Christmas, and New Year's Day.

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.



POOLS



PICNIC SHELTERS



PARK ACTIVITY ROOMS



PARKS

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

Kandy Specialty Party Supplies & Services:

(310) 819-8764

Party Pronto: (877) 727-8437

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



VETERANS SPORTSCOMPLEX

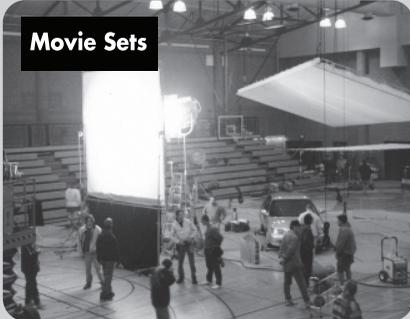
FACILITIES AVAILABLE FOR RENTAL



NBA Regulation Basketball Court

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

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



Movie Sets



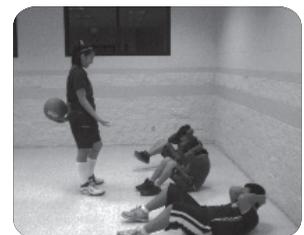
Banquet Halls and Recreation Rooms



Raquetball Courts

YOUTH CLASSES

- Youth Fitness • Youth Karate • Youth Basketball



ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kenpo • Step & Pilates • Hatha Yoga
- Indoor Cycling • Low Impact Aerobics • Walking Club • Hot Hula • Zumba
- T.B.A. (Thighs, Bottoms & Abs) • Hula Hoop Fitness



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

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



Carson

EVENT CENTER

Space, value and location...

801 E. Carson Street, Carson, CA 90745 | www.carsoncenter.com | (310) 835-0212



Welcome on behalf of the Carson Event Center Services Team. We are here to assist you with all your logistical needs for your event. We have planning experience to exceed your expectations. The team knows all the ins and outs to make your event a complete success and we pride ourselves on the positive post event surveys provided by our new and returning clients. Please know that we are here to provide you the best service and experience in our beautiful venue and we truly love what we do. Share your dream with us so we can help make it a memorable reality for all that attend. Onsite catering is offered exclusively through Choura Venue Services. We look forward to seeing you and know that your event will be a great experience to remember.

We look forward to planning your next event at the Carson Event Center!



Follow Us!

-  www.facebook.com/carsonctr/
-  www.instagram.com/carson_center/
-  www.yelp.com/biz/carson-center-carson

FULL SERVICE CATERERS

Choura
VENUE SERVICES





MEMBERSHIP RATES

Annual Membership	Registration		New Member		Renewal	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Individual	\$36	\$48	\$281	\$330	\$211	\$248
Youth/Senior Citizen	\$24	\$36	\$169	\$198	\$127	\$149
Family	\$60	\$72	\$426	\$502	\$319	\$377

30-day Memberships	Registration		New Member		Renewal	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Individual						
Youth/Senior Citizen	\$12	\$24	\$41	\$53	\$30	\$42
Family	\$6	\$18	\$30	\$42	\$24	\$36
	\$18	\$30	\$72	\$84	\$54	\$66

Daily Guest Rates						
Individual	6 a.m. - 3 p.m.		3 p.m. - close		Administration Fee	
	Resident	Non-Resident	Resident	Non-Resident	First time guest visitor	
	\$6	\$7	\$12	\$14	\$10	

10% Discount for Veterans
All Fees Are Subject To Change



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

HOURS OF OPERATION

Facility

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

Friday
 6 a.m. - 5 p.m.

Saturday
 7 a.m. - 5 p.m.

Sunday - Closed

Business Office

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

Friday
 8 a.m. - 5 p.m.

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

Sunday - Closed



VETERANS SPORTSCOMPLEX

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

VETERANS SPORTSCOMPLEX

Holiday Members Mixer **Free to the Public**
FRIDAY, DECEMBER 15, 2017 • 6 P.M. - 9 P.M.
 Entertainment • Raffle Tickets • Prizes • Giveaways
JINGLE & MINGLE

Start the New Year right! FREE ADMISSION • All Ages Welcome
DROP THE WEIGHT in **18**
Health and Nutrition Seminar/Bootcamp
 Prizes • Giveaways • Refreshments
SATURDAY JANUARY 13, 2018
 8 A.M. - 12 P.M.

MARDI GRAS 2018 "Fat Tuesday"
ZUMBATHON
RAFFLE, PRIZES & REFRESHMENTS
Fat Tuesday, February 13, 2018 • 6:00 P.M. - 8:00 P.M. • \$5 FEE

VETERANS SPORTSCOMPLEX
STUDENT ATHLETE MONTHLY MEMBERSHIP
3 MONTH MEMBERSHIP • \$60 PER STUDENT ATHLETE
 AGES: 12-17 Applicants must present current student ID. Age restrictions apply for fitness center. Alternative strength training workouts can be designed for those under 16.

THURSDAYS AT 6:30 P.M.
FOOD & HEALTH Sessions
MONTHLY HEALTH, WELLNESS, & NUTRITION WORKSHOPS

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



Enrichment

SPRING SESSION 2018 (FEBRUARY-MARCH -APRIL)

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 - 4:50 p.m.
1 st - 2 nd	Mon/Wed	5 - 5:50 p.m.
3 rd - 5 th	Mon/Wed	6 - 6:50 p.m.

Math Made Easy \$30 RESIDENTS / \$40 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 - 4:50 p.m.
1 st - 2 nd	Tues/Thurs	5 - 5:50 p.m.
3 rd - 5 th	Tues/Thurs	6 - 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	5 - 5:50 p.m.

Harmony Heroes (Voice) \$25 RESIDENTS / \$35 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 - 6:50 p.m.

Drama \$25 RESIDENTS / \$35 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 - 6:50 p.m.

Registration Begins January 8, 2018

Classes Begin February 5, 2018

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

CLASS SCHEDULES ARE SUBJECT TO CHANGE

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? If so, then Costume Design is for you! This is a class where we do nothing but design costumes from fabric and material. This class requires no experience, just a love for creativity.

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

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

This class is the student's first introduction to formal ballet class structure. They will learn basic positions, postures, and techniques that will carry them through the rest of their dance career. There is no dance experience necessary.

AGES	DAYS	TIMES	LOCATION
5 - 14	Tues/Thurs	5 - 5:50 p.m.	Carson Park

Hip Hop Dance \$38 RESIDENTS / \$48 NON-RESIDENTS

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

AGES	DAYS	TIMES
5 - 12	Mon/Wed	5 - 5:50 p.m.
5 - 12	Mon/Wed	6 - 6:50 p.m.

Tennis (6 week session) \$29 RESIDENTS / \$39 NON-RESIDENTS

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

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

Guitar \$48 RESIDENTS / \$58 NON-RESIDENTS

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

AGES	DAYS	TIMES
7 - 17	Mon/Wed	5 - 5:50 p.m. (Beginners)
7 - 17	Mon/Wed	6 - 6:50 p.m. (Intermediate)

3-in-1 Enrichment \$59 RESIDENT / \$69 NON-RESIDENTS

Fun classes that help build self-esteem, confidence, and friendships through performing arts. These classes focus on voice, dance, and drama. Participants will showcase a play at the end. Carson Community Center.

AGES	DAYS	TIMES
5 - 8	Sat	9 - 11 a.m.

Kids Club After-School Child Care



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.



After School Kids Club Fees

Monday-Friday 2:30 - 6 p.m.	Regular \$50 wkly	
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Availability is based on the needs of each site. For information about fees and locations, call (310) 847-3570. 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.

Locations: Calas Park, Carson Park, Del Amo Park, Dolphin Park and Veterans Park.

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.

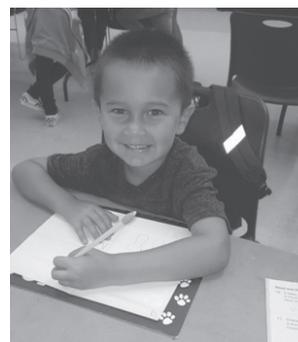
Snacks

Nutritional snacks are provided each day.

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

*Additional fee required for participation

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.

SUPPORT AND EMPOWERMENT

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

WOMEN SUPPORTING WOMEN

TUESDAYS
7 P.M. - 8 P.M.

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

FREE

Take some time away from your busy schedule and connect
with other women in your community.

Get and give advice, share experiences and create new friendships.

Congresswoman Juanita Millender-McDonald Community Center at Carson • 801 E Carson St, Carson, CA 90745

WOMEN AGES
16 & UP

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.

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



Crafty Club

City of Carson

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

Ages 18 and up

FREE



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

Congresswoman Juanita Millender-McDonald Community Center at Carson
801 East Carson St., Carson, CA 90745

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



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



Free Yoga Class
Carson Park
21411 Orrick Ave., Carson, CA 90745 • (310) 830-4925



All ages welcome
Men & Women

FREE
FOR KIDS
AGES 5-12

Tuesdays at
Veterans Park
22400 Moneta Ave. Carson
CA 90745 • 310-830-9997

ARTS & CRAFTS

4:00 p.m. - 5:30 p.m.

Please contact park for more information

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



Spring 2018

City of Carson Carson Pool Swim Lesson Schedule

(Classes subject to cancellation or schedule change)



Monday/Wednesday (6 classes)

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

Monday/Wednesday

- S1 - March 5 - 21, 2018
- S2 - March 26 - April 11, 2018
- S3 - April 16 - May 2, 2018
- S4 - May 7 - May 23, 2018

Tuesday/Thursday (6 classes)

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

Tuesday/Thursday

- S1 - March 6 - 22, 2018
- S2 - March 27 - April 12, 2018
- S3 - April 17 - May 3, 2018
- S4 - May 8 - 24, 2018

Saturday (5 classes)

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

*TT Class only 40 minutes

Saturday

- S1 - March 10 - April 7, 2018
- S2 - April 14 - May 12, 2018

Early Spring Registration at Carson Pool Only Residents Only

(must present proof of residency)

Tuesday - Friday
February 20 - 23, 2018 / 5 p.m. - 7 p.m.
Saturday
February 24, 2018 / 8 a.m. - 12 p.m.

Residents and Non-Residents

Tuesday - Friday
February 27 - March 1, 2018 / 5 p.m. - 7 p.m.
Saturday
March 3, 2018 / 8 a.m. - 12 p.m.

Regular Spring Registration at Carson Pool will be held
March 5 - May 9, 2018 during scheduled Spring Swim Lesson times

Classes Name Level

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

Group Swim Lesson Session Fees:

Children

	1st Child	2nd Child	3rd Child
Mon/Wed (6 Classes)			
Resident	\$55	\$52	\$49
Non-Resident	\$83	\$78	\$74
Tues/Thurs (6 Classes)			
Resident	\$55	\$52	\$49
Non-Resident	\$83	\$78	\$74
Saturdays (5 Classes)			
Resident	\$48	\$46	\$44
Non-Resident	\$83	\$78	\$74

Adult

	Resident	Non-Resident
Mon/Wed	\$60	\$90
Tues/Thurs	\$60	\$90
Saturdays	\$53	\$80

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



Spring Pre-Swim Team at Scott Pool

Prerequisite - Swim Level 3

March 6 - May 24, 2018 / Tuesday and Thursday / 5:30 p.m. - 7:00 p.m.

Fees: \$160 Resident and \$185 Non-Resident

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



+ BECOME A LIFEGUARD +

SAVE A LIFE

Want to learn a skill that you can put to work after school?
Train to be an American Red Cross Lifeguard and you may save a life!



You will earn the following lifesaving certifications:
Lifeguard Training, Standard First Aid,
CPR/AED for Lifeguards, Oxygen Administration,
Blood-borne Pathogens, and Title 22.

Hemingway Aquatic Center

16605 S. San Pedro St., Carson, CA 90746

February 5 - 18, 2018

Monday (tryouts)	February 5	6 p.m. - 8 p.m.
Saturday	February 10	8 a.m. - 6 p.m.
Sunday	February 11	8 a.m. - 6 p.m.
Saturday	February 17	8 a.m. - 6 p.m.
Sunday	February 18	8 a.m. - 6 p.m.

***Participants must attend every class**
Cost: \$150

Make a Difference in Someone's Life... Join the Water Safety Instructor Class!

Drowning is one of the leading causes of unintentional injury death in the U.S.
By getting certified, you can make a difference by simply teaching someone
a very valuable life skill... How to swim!

American Red Cross

Water Safety Instructor Certification Course*

***Mandatory attendance to all classes. No Exceptions!**

Hemingway Aquatic Center

16605 S. San Pedro St., Carson, CA 90746

Monday (Tryouts)	Feb. 12, 2018	6 p.m. - 8 p.m.
Saturday	Feb. 24, 2018	8 a.m. - 6 p.m.
Sunday	Feb. 25, 2018	8 a.m. - 6 p.m.
Saturday	Mar. 3, 2018	8 a.m. - 6 p.m.

Cost: \$175

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

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

YOUTH SPORTS & BOXING

YOUTH SPORTS

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

Youth Basketball

Our Youth Basketball program begins on December 16, 2017. Contact your local park for more information.

SCMAF Flag Football Championships

December 2017

The City of Carson will host a division of the Southern California Municipal Athletic Federation (SCMAF) Youth Flag Football Championships. Come out and play against teams from all over Southern California! For more information on how to enter, contact Youth Sports at (310) 847-3577.

T-Ball, Baseball, Softball (Ages 5 - 17 yrs)

Registration: Now through February 24, 2018. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 3, 2018 Season Begins: April 7, 2018

Registration Fees:	Resident	Non Resident
	\$44 1 st child	\$65 each child
	\$36 each additional child	

Baseball Clinic

Learn the basic baseball skills such as batting, fielding, base running, and catching. All skill levels welcome!

Carriage Crest Park Mon/Wed 6 p.m.-7:30 p.m.

Basketball Skills and Drills Clinic

This clinic will teach kids ages 8+ the fundamentals of basketball such as dribbling, ball-handling, and shooting. All levels welcome!

Stevenson Park Wed 6 p.m.

City of Carson Track Club

The City of Carson Track Club is a competitive program for boys and girls ages 6 - 14 that teaches the fundamentals of running and field events. Participants will focus on form, strength, and endurance to prepare for track meets starting in April through July. For more information, please contact Stevenson Park at (310) 631-2252.

Sign-ups: January 1 - February 18, 2018 Fee: \$150
 Parent's Meeting: Thursday, March 1, 2018 / 7 p.m. / Stevenson Park

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.



Celebrating 40 Years of Service

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 40 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 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.

B O X I N G

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 \$40

Youth (8-17 yrs) Resident \$20 Non-Resident \$35

Daily Rate Adult Resident \$8 Non-Resident \$9

Daily Rate Youth Resident \$4 Non-Resident \$9

Beginning Boxing

This is a an ongoing class stressing fundamentals and techniques of boxing.

Beginning Weightlifting

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

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.

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 4, 2017 - January 11, 2018
 Play Begins: January 18, 2018
 Fees: Resident \$420 Non-Resident \$479

Coed C/D Level

Registration: December 4, 2017 - January 11, 2018
 Play Begins: January 19, 2018
 Fees: \$399 per team

Winter Softball Tournament/Men's & Coed

Registration: January 8, 2018 - February 15, 2018
 Play Begins: February 17, 2018

Want to be added to the Adult Sports mailing list? Just call the Recreation Division at (310) 847-3570 and ask the Adult Sports Coordinator to add your name to the mailing list for the sport you are interested in.



DISABILITY AND ACCESSIBILITY ISSUES

Help the City of Carson respond to the American Disabilities Act (ADA) by making park and recreational facilities and programs more accessible. If you experience any problems or difficulties in using facilities or programs, please submit your concerns or suggestions for improvements in writing to:

City of Carson Recreation and Human Services
 For more information, call (310) 847-3570

WINTER FLAG FOOTBALL LEAGUES

4 on 4

Registration: January 2 - February 22, 2018
 Play Begins: February 12, 2018
 Fees: Resident \$270 Non-Resident \$305

8 Man

Registration: January 2 - February 22, 2018
 Play Begins: February 18, 2018
 Fees: \$315 per team



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

Get fit and healthy while having fun! This class focuses on a combination of strength, cardio, muscle endurance, flexibility, and core.

- Carriage Crest Sat 8:30-9:30 a.m.
 Mon/Wed 7-8 p.m.
- Carson Wed 6:30-7:30 p.m.
- Del Amo Mon 6:30-7:30 p.m.
- Dolphin Thur 6:30-7:30 p.m.
- Dominguez Thurs 6-7 / 7-8 p.m.

HEALTH & FITNESS



Senior Fitness Program

Senior fitness is more than just exercising; it is about increasing longevity and boosting the quality of life. These programs are designed to help seniors and older adults maintain their cardiovascular health, strength, and flexibility.

Stretch Class, Walking Class, Circuit Training, Weight Training

Stevenson Park Gymnasium Mon/Wed 8-11 a.m.
(310) 952-1745 Seniors 50+ and older FREE

Fri 8 a.m.-12 p.m.

Boxing Center (Scott Park) Mon/Wed/Fri 8:30-10:30 a.m.
(310) 830-6439 Seniors 50+ and older FREE

Zumba - M/W/F Low Cardio - T/TH Open conditioning with weights
Carson Park Mon-Fri 8:30 a.m.-12 p.m.
(310) 835-0212 ext. 1479 Seniors 50+ and older FREE



Adult Walking Class

Tired of walking alone? Looking for a new way to motivate yourself and others to get moving? Come out and join us! Walking is one of the easiest and least expensive ways to stay healthy.

Monday	6:30 - 7:30 p.m.	Calas Park
Monday	6:30 - 7:30 p.m.	Hemingway Park
Wednesday	6:30 - 8:00 p.m.	Carriage Crest Park
Thursday	6:30 - 7:30 p.m.	Dolphin Park
Wednesday	6 - 7 p.m.	Mills Park
Wednesday	6 - 7 p.m.	Veterans Park
Friday	6 - 7 p.m.	Scott Park

Adult and Youth Karate & Kempo

Everyone can benefit from studying martial arts. The study of Karate brings more than just physical rewards; students will develop discipline, focus, and goal-setting skills.

Mon/Wed	6-7:30 p.m.	Stevenson Park	Youth Intermediate
	7:30 - 9:00 p.m.	Stevenson Park	Adult Advance
Tues	6:15 -7:15 p.m.	Carson Park	Youth
Tues	7:15- 8:15 p.m.	Carson Park	Adult
Thurs	6:15- 8:15 p.m.	Scott Park	Adult
Sun	3 - 5 p.m.	Scott Park	Youth and Adult

Teen Dance for Fitness

Get ready to shake and move it! Work muscles you never knew you had in this program designed for teens.

- Dolphin Tues/Thurs 5- 6 p.m.
- Scott Park Tues/Thurs 6 - 7 p.m.



Teen Fitness Club

Teens are empowered in this fun, high energy, team focused, cross-training exercise class. Core focus is on cardio, stamina, strength, coordination, and flexibility.

- Carson Tues/Thurs 4 - 5 p.m.
- Dolphin Park (Mud-Run Training) Tues 6 - 7:30 p.m.
- Stevenson Thurs 6 - 7:30 p.m.

Stevenson Park Fitness Center

HOURS

Mon-Fri 3 - 9 p.m. Sat 10 a.m. - 5 p.m., Closed Sun
Fees: Initial Membership \$15 Monthly Membership \$10 Daily Rate \$3

Zumba Class

Take the "work" out of workout by mixing intensity and high-intensity moves for an interval-style, calorie burning dance fitness party.

Tuesday	7 p.m.	Scott Park
Saturday	10 a.m.	Scott Park

PROGRAMS & ACTIVITIES

WINTER PARK CLASS SCHEDULE

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

Our goal is to provide a clean and safe environment for youth, adults, and seniors in the community. This class covers the essential skills of the game with chapters on grips, footwork, forehands, backhands, lobs, volleys, and approaches for both singles and doubles plays. For beginners and intermediate levels.

- Veterans Park Mon/Wed 5 - 7 p.m.

Cheerleading

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

- Carson Park Mon/Wed 6:30 - 8:30 p.m.
- Mills Park Tues 5 - 6 p.m.
- Veterans Park Tues/Thurs 6:30 - 7:30 p.m.

Thrive Inline



Thrive Inline is a skate school headed by Professional Aggressive Inline Skater, Mike Obedoza. Step into inline skates with your shoes and use the available rental pads to learn how to cruise as well as crash safely.

- Veterans Park Thurs 4 - 7 p.m. Beginner/Intermediate

Science & Engineering Club

Learn the basic engineering techniques to build a soap box race car! Kids will learn schematics, materials, planning, preparation, and development to compete in a race against other park clubs.

- Scott Park Tues 5 - 6 p.m.

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

- Veterans Park Wed 6 - 7 p.m.



Arts & Crafts

Arts and Crafts classes are a great and fun way to promote creativity in kids. Young artists can explore their endless abilities through a variety of different mediums such as drawing, painting, and craft building.

- Carriage Crest Tues/Thurs 3:30 - 4:30 p.m.

Clubs for Boys and Girls

Our goal is to provide a safe and supportive environment where kids and teens can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life.

- Calas Park (Boys Club) Fri 4 - 5 p.m.
- Del Amo Park (Boys Club) Mon 4:30 - 5:30 p.m.
- Dolphin Park (Boys Club) Fri 6 - 8 p.m.
- Dominguez Park (Boys Club) Thurs 6 p.m.
- Stevenson Park (Girls Club) Mon 5:30 - 6:30 p.m.

Scrapbooking

Do you have photos and family memories that need to be preserved? Learn the basics of scrapbooking including tools, paper, and layout styles.

- Stevenson Park Wed 6 - 7 p.m.

SNAG Golf

SNAG stands for "Starting New at Golf." SNAG contains all the basic elements of golf, but in a modified form. Kids will learn the fundamentals such as the swing, putting, chipping, and etiquette. This class is offered to participants ages 7-15 years old.

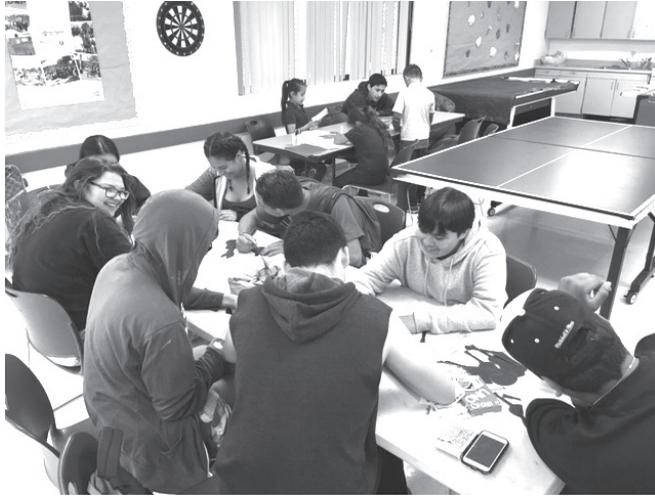
- Veterans Park Fri 5 - 6 p.m.

Kids in the Kitchen

Kids in the Kitchen will experience success, independence, and increased self-esteem while learning an edible education. Discover the important role of nutrition and how to incorporate healthier eating habits into our everyday lives. No experience required!

- Calas Park Thurs 4:30 - 5:30 p.m.
- Carriage Crest Park Thurs 5 - 6 p.m.
- Carson Park Fri 6 - 7 p.m.
- Del Amo Park Thurs 5 - 6 p.m.
- Dolphin Park Tues 5 - 6:30 p.m.
- Dominguez Park Wed 6 - 7 p.m.
- Hemingway Park Fri 5 - 6 p.m.
- Mills Park Thurs 5 - 6:30 p.m.
- Scott Park Thurs 5 - 6 p.m.
- Stevenson Park Fri 6 - 7:30 p.m.

PARK PROGRAMS



Homework Club

Homework Club is a place for students to work on their homework, reading, and other projects in a quiet setting. Students can benefit from 1-on-1 personal assistance from staff.

- Scott Park Mon/Thurs 3:30-5 p.m.
- Stevenson Park Mon/Wed/Thurs 3:30-5 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-Fri 7:30 p.m.
- Stevenson Park Tues/Thurs 6-7:30 p.m.

Family Movie Night

Fun and free for the whole family! Come to our parks at dusk to watch a movie under the stars. It is recommended to bring warm clothes, a blanket, and low chairs to sit on during the film.

- Anderson Park 3rd Friday of every month 6:30 - 8 p.m.
- Carriage Crest Park 4th Friday of every month 6:30 - 9 p.m.
- Carson Park Last Friday of every month 7 - 9 p.m.
- Del Amo Park 3rd Friday of every month 7 - 9 p.m.
- Dolphin Park 4th Friday of every month 6:30 - 9 p.m.
- Hemingway Park Last Friday of every month 6:30 - 9 p.m.
- Mills Park 3rd Friday of every month 6:30 - 8:45 p.m.
- Scott Park Last Friday 7 - 9 p.m.
- Stevenson Park 4th Friday of every month 6:30 - 9 p.m.

3-on-3 Basketball

Come out to play basketball! Sharpen your skills, stay in shape, and have fun on the court!

- Scott Park Ages 12 -16 6 - 7 p.m.

TEEN PARK ACTIVITIES

Table Tennis

Table Tennis, also known as Ping Pong, is an exciting game played by two or four players. Learn the fundamentals and be a part of the weekly tournaments. No experience is necessary.
Dominguez Park Mon/Wed 6-7 p.m.



This program is for kids ages 12-17 years old. Kids can enjoy activities such as board game challenges, video game competitions, cooking classes, and trivia games.

- Carriage Crest Park Mon/Wed 6 - 7:30 p.m.
- Stevenson Park(Teen Club) Thurs 6 - 7 p.m.
- Veterans Park (Teen Club) Fri 7 - 8:30 p.m.

Friday Teen Functions

Come hang out with your friends and park staff! Activities include video games, movies, excursions, and more!

- Hemingway Park Fri 6:30 - 7:30 p.m.

PARK EVENTS

Our parks host a variety of events dedicated to entertaining and assisting their communities. Please contact your local park for more information about events.

Del Amo Park Holiday Pajama and Pancakes Dec 22 - 23, 2017 7 p.m. - 11 a.m.

Dolphin Park Family Christmas Party Dec 15, 2017 4 - 6:30 p.m.
Madden Football Tournament Feb 2, 2018 5 - 8:00 p.m.

Hemingway Park Christmas Party Dec 22, 2017 6 - 8 p.m.

Scott Park Kids Christmas Party Dec 22, 2017 4 - 7 p.m.
Boxing Center Fitness Challenge Jan 2 - March 2018
Valentine's Day Cookie Making Party Feb 14, 2018 10 a.m.-1 p.m.

Stevenson Park Carson's Got Talent Auditions Dec 16, 2017 5-9 p.m.
Winter Sports Camp Dec 18, 2017 - Jan 5, 2018 10 a.m.-3 p.m.
Christmas Party Dec 22, 2017 4 - 6 p.m.
Black History Celebration Feb 16, 2018 6- 8 p.m.

EARLY CHILDHOOD PROGRAM

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



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 experience. 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.



The Early Childhood Educational program has a one time, non-refundable, registration fee of \$95 for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of \$106 will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fees do 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 1: COMMUNITY CENTER PRESCHOOL

State license: #191606870 • Ages: 3-5 years (toilet trained)

The Congresswoman Juanita Millender-McDonald Community Center in Carson 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 Education Program Office is also located at the Carson 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.

ALL DAY PROGRAM

Monday-Friday	Resident Rate	Non- Resident
7 a.m. – 6 p.m.	\$175 a week	\$206
8 a.m. – 5 p.m.	\$141 a week	\$166
7 a.m. – 5 p.m.	\$162 a week	\$191
8 a.m. – 6 p.m.	\$162 a week	\$191

HALF DAY PROGRAM

Days	Time	Rate
MWF	8 a.m.–12 p.m.	\$42 a week
MWF	1 – 5 p.m.	\$42 a week
T TH	8 a.m.– 12 p.m.	\$30 a week
T TH	1 – 5 p.m.	\$30 a week

OPTION 2: CARSON PARK AND DOLPHIN PARK

HALF DAY PROGRAM

Days	Resident Rate	Non- Resident
2 days (T,TH)	\$30	\$34
3 days (M,W,F)	\$42	\$50
5 days (M,W,F)	\$67	\$84



SPECIAL INTEREST CLASSES

The Special Interest Program offers a wide variety of classes for people of all ages. For more information, please call (310) 952-1782.

ART CLASSES

Cookies & Canvas

Join us for this one day class to create a masterpiece while enjoying some sweet treats. The instructor will assist you step by step through the painting process. It could get messy, so wear old clothes.

Instructor: Melva Thompson

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
5-12	Thur	6:15-7:15 p.m.	12/21	1	Res- \$20
			1/18		Non Res-\$25
			2/15		

Wine & Design

Discover a new way to unwind with your friends. Sip wine while a local artist guides you through painting your own masterpiece. No prior painting skills are required!

Instructor: Melva Thompson

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
21+	Thurs	6:15- 7:45 p.m.	12/14	1	Res- \$45
			1/11		Non Res- \$50
			2/8		

FITNESS CLASSES

Boot Camp

Work out under the trees in a beautiful setting! This boot camp is designed for individuals of all fitness levels to improve core fitness, lose weight and build up strength and conditioning, all in the wonderful outdoors.

Instructor: Melody Carter

Carson Community Center

Ages	Day	Time	Fee
18+	Tues/Th*	6:15 - 7:15 p.m.	\$36 for 6 classes \$60 for 12 classes \$90 for 20 classes

*No classes on Nov 21, 23, Dec 5, 7, 26, 28, Jan 2, 4, Feb 20, 22



BOOT CAMP CLASS



PILOXING CLASS

Piloxing

A non-stop, cardio fusion of standing pilates, boxing, and dance that will push you past your limits for a sleek and powerful you!

Instructor: Yvonne Flores

Carson Community Center

Ages	Day	Time	Fee
18+	Mon/Wed*	6:15 - 7:15 p.m.	\$36 for 6 classes \$60 for 12 classes \$90 for 20 classes

*No classes on Nov 20, 22, Dec 4, 6, 25, 27, Jan 1, 3, Feb 19, 21



GUITAR CLASS

Guitar

Learn to play guitar from a friendly, patient instructor. We will cover basic chords, strumming, and the skills you need to play the songs you love. Acoustic guitar required.

Instructor: Nicholas Miller

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Mon/Wed	7:15 - 8:15 p.m.	1/22	6	Res- \$45 Non Res- \$50

SPECIAL INTEREST CLASSES

SPECIAL INTEREST CLASSES

SPORT CLASSES



START SMART CLASS

Start Smart Basketball

This introductory class teaches young kids the fundamentals of basketball in a non-competitive environment. No experience necessary.

Instructor: Tony Zuniga

Carson Park

Ages	Day	Time	Start	Wks	Fee
2-5	Wed	5:15- 6 p.m.	1/10	8	Res- \$44 Non Res- \$55

Karate

Learn and demonstrate self-defense moves such as basic kicks, blocks and punches in this karate class. If you have no experience or even if you have some experience, this class is for you.

Instructor: Frank Acevedo

Carson Park • 21411 Orrick Avenue, Carson, CA 90745

Scott Park • 23410 Catskill Avenue, Carson, CA 90745

Ages	Day	Time	Start	Wks	Fee
All ages	Tues/Th	6:15 - 8:15 p.m.	On going	4	Res- \$55
	Sun	2:30 - 5:00 p.m.	On going	4	Non Res- \$65

WORKSHOPS

Diabetes Workshop

Join our workshop that encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

Instructor: Deborah Christian

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Mon	9:30-11:30 a.m.	1/08	8	Free

City of Carson
Book A Visit
With Santa

Santa's Sleigh

Santa Visits
and Payment
Due Dates

Visit 12/8/17 - 12/10/17
Payment Due 11/30/17

Visit 12/11/17 - 12/17/17
Payment Due 12/04/17

Visit 12/18/17 - 12/23/17
Payment Due 12/11/17

**\$35/15
Minutes**



Please call our office
to schedule a visit.
Telephone:
(310) 835-0212, ext. 1467



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

SENIOR RECREATION

City of Carson Senior Recreation Program offers a wide variety of recreational activities for adults 50 years and above. Senior Recreation Office is located in the East wing of the Congresswoman Juanita Millender-McDonald Community Center. For further information, call 310-835-0212, ext. 1475 or 1478. Care providers must be present with client at all times. All fees are subject to change.



YOGA CLASS



HULA HOOP FITNESS

Congresswoman Juanita Millender-McDonald Community Center

801 E. Carson St., Carson, CA 90745

ART & DANCE

***Must be 50 years and above to attend. No children allowed in any adult activities or programs.**

Needle Craft Class - Older adults come together to crochet, knit, sew articles by hand and work on various crafting patterns. Students provide their own supplies. *uninstructed class

T/TH • 9 – 11 a.m. • FREE

Art Class - If you love drawing, coloring, painting and working at your own pace, then this is the class for you! Students provide their own supplies. *uninstructed class

Tuesday • 9:30 – 11 a.m. • FREE

Music Makers - Open to all musicians. Come enjoy each other's knowledge of music while playing instruments together. Band members must read music and provide own instrument. *uninstructed class

Monday • 9:30 – 11:30 a.m. • FREE

Ukulele Class - Learn the fundamentals of playing the Ukulele while socializing with others. Beginning and advanced artists welcome.

Monday • 10 a.m. – 12 p.m. • FREE

Ballroom Dance - Learn the art of ballroom dance with these beginner and advanced courses.

Tuesday • Beg. • 1 – 2 p.m. • Fee: \$4.00

Tuesday • Adv. • 2 – 3 p.m. • Fee: \$4.00

SENIOR RECREATION

Polynesian Dancers – Students learn how to perform in a class group using traditional Polynesian/South Pacific dances.

Thursday • 10 – 10:45 a.m. • Fee: \$5.00

Line Dancing - Learn and perform the latest country western steps.

Wednesday • Beg. • 9 – 10 a.m. • Fee: \$3.00

Wednesday • Int. • 10 – 11 a.m. • Fee: \$3.00

Thursday • 4 – 6 p.m. • Fee: \$3.00

Salsa Dance - Enjoy the Latin rhythms while learning basic footwork, steps, turns, music timing and other dance techniques.

Monday • 10 – 11 a.m. • Fee: \$3.00

Sweethearts of Tap - Learn basic rhythmic tap skills that are characterized by tapping shoes against the floor as a type of percussion.

Monday • 11:30 a.m. – 12:45 p.m. • FREE

Table Games - Participate in a variety of table games, while enjoying the company of others.

Thursday • 1 – 4 p.m. • FREE

FITNESS CLASSES

**Must be 50 years and above to attend. No children allowed in any adult activities or programs.*

Muscle Strengthening - Learn safe techniques for strengthening the upper and lower body using flexible exercise bands. *form with doctors release required to participate.

Tuesday • 11 – 11:40 a.m. • FREE

Thursday • 11:45 a.m. – 12:30 p.m. • FREE

Aerobics w/ Randy - Improve your health! Boost your mood, burn fat, strengthen bones and improve your stamina with this class.

Wednesday • 11:15 a.m. – 12:10 p.m. • Fee: \$3.00

Friday • 10:30 – 11:25 a.m. • Fee: \$3.00

Tai Chi & Health - Learn the Chinese form of physical exercise characterized by a series of very slow and balletic body movements.

Friday • 9 – 10 a.m. • FREE

New! Total Body Sculpt & Cardio - A low impact, fat burning, muscle toning, easy on the joints workout. Utilizing a hula hoop & drumsticks.

Thursday • 1 – 2 p.m. • FREE

Yoga - This class combines yoga, with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.

Monday • 1 – 2 p.m. • FREE

Blood Pressure Screening - Volunteers provide FREE blood pressure screening.

Monday & Wednesday • 10 a.m. – 12 p.m.

SENIOR RECREATION

OLDER ADULT SOCIAL CLUBS

*Social Clubs and Groups are co-sponsored by the City, yet operate independently. Various activities and bingo. Membership required if you would like to join a club. For further information, call (310) 835-0212 ext. 1478
Must be 50 years and above to attend. No children allowed in any adult activities or programs.

- Carson VIP Club** - Meets every **Tuesday from 11 a.m. – 3:45 p.m.**. President: Tiny Cook
- Jolly Club** - Meets every **Thursday from 11 a.m. – 3:45 p.m.**. President: Mary Lassiter
- TLC Club** - Meets every **Wednesday from 11 a.m. – 3:45 p.m.**. President: Helen Alaniz
- Friendship Club** - Meets every **Friday from 11 a.m. – 3:45 p.m.**. President: Nolando Sermonia
- Swinging 50's Club** - Meets every **Wednesday from 11 a.m. – 3 p.m. at Dominguez Park, 21330 Santa Fe Ave., Carson, CA 90810.** President: Sandra Conn

The Elito M. Santarina Senior Technology Center

Congresswoman Juanita Millender-McDonald Community Center, 801 E. Carson St., Carson, CA 90745

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. Adults 50 years and above will acquire skills that allow them to keep up with the advances of technology.

Beginning / Intermediate classes meets twice a week on Monday and Wednesday for an hour and a half. RSVP required 310-835-0212 ext. 1478/1475

Carson Park

21411 Orrick Ave., Carson, CA 90745

**Must be 50 years and above to attend.*

No children allowed in any adult activities or programs

DANCE & FITNESS CLASSES

Zumba - Combines Latin music that involves dance, aerobic elements and choreographed steps.

Mon, Wed & Fri • 8:30 – 9:30 a.m. • FREE

M/W • 10 – 11 a.m. • FREE

Low Impact Aerobics - Always keeping one foot to the floor, this workout promises an amazing workout every time.

T/TH • 8:30 – 9:30 a.m. • FREE

Hula Hoop Fitness - Discover a whole new way of working out while having fun and burning calories with a hula hoop.

T/F • 10 – 11 a.m. • FREE

Open Basketball - Come and enjoy playing basketball. Fun games, or just shooting around.

M/W/F • 11:15 a.m. – 12 p.m.

Tuesday • 10 a.m. – 12 p.m. • FREE

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.

M/T/W/TH/F • 8:30 a.m. – 12 p.m. • FREE

**please note day/time of classes may change with notice.*

SENIOR RECREATION

Stevenson Park/Gym

17400 Lysander Dr., Carson, CA 90745

**Must be 50 years and above to attend.*

No children allowed in any adult activities or programs

DANCE & FITNESS CLASSES

Exercise Class - This class combines low impact calisthenics and stretching to enrich your workout to better fitness.

M/W/F • 8:30 – 9:30 a.m. • FREE

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.

M/W/F • 8:30 a.m. – 12 p.m. • FREE

*Friday class alternates with Zumba class

Zumba - Combines Latin music that involves dance, aerobic elements and choreographed steps.

Friday • 10:30 – 11:30 a.m. • FREE

*alternates with fitness class

Line Dancing - Learn and perform the latest country western steps, while you enjoy the company of fellow line dancers.

Friday • 10:30 – 11:30 a.m. • FREE

Scott Park/Gym

23410 Catskill Ave., Carson, CA 90745

**Must be 50 years and above to attend.*

No children allowed in any adult activities or programs

DANCE & FITNESS CLASSES

Open Basketball - Come and enjoy playing basketball with other older adults.

Fun games or just shooting around.

M/T/W/TH/F • 8:30 – 10:30 a.m. • FREE

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.

M/T/W/TH/F • 8:30 – 10:30 a.m. • FREE

UPCOMING EVENTS

**Must be 50 years and above to attend. No children allowed in any adult activities or programs.*

AARP Mature Driving Course

January 22-23, 2018 (Monday & Tuesday)

2 day course • 9 a.m. – 1 p.m.

AARP Members \$15 Non-Members \$20

RSVP (310) 835-0212 ext. 1478

Christmas Luncheon

Friday, December 1, 2017

11 a.m. – 3 p.m.

Resident \$15 Non-Resident \$25

Valentine's Day Luncheon

Friday, February 9, 2018

11 a.m. – 3 p.m.

Ticket sales 310-835-0212 ext. 1475

Are you interested in Volunteering/Teaching?

How about one of these classes: Gardening, Book Club, Smartphone, foreign language or ping pong

Interested in another class you do not see? Let us know!

Senior Recreation Program office at 310-835-0212 ext. 1478 or 1479

INFORMATION AND REFERRAL

Save The Dates for monthly assistance in the Human Services office:

FOOD STAMPS/Medi-Cal Applications

1st Tuesday & 3rd Thursday 9:30 a.m. - 12 p.m.

Housing Rights Walk in Clinic

1st Thursday & 3rd Wednesday 9:00 a.m. - 11:00 a.m.

LA Regional Food Bank

2nd Monday 8:00 a.m. - 1:00 p.m.



Braille Institute

The Braille Institute continues to come on a monthly basis with their mobile unit to provide low vision screenings FREE of cost to individuals in need. Braille Institute takes appointments, but does walk-ins as well. The mobile unit is located in the parking lot of the East wing of the Community Center- and is marked clearly. For appointments and schedule please call the Braille Institute directly at (323) 663-1111.

Food Stamp/Medi-Cal Applications

A representative from 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.

Homeless Task Force

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.

Additional resources for homebound seniors may be available, including possible case management and referrals. For more information, please contact Amanda Valorosi by calling (310) 835-0212 x1467, or via e-mail at avaloros@carson.ca.us.

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

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

Meals on Wheels/YMCA: (310) 835-0212 ext. 1487

Food Bank Info Line: (800) 839-6993

Food Stamps DPSS Compton: (310) 603-8411

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

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

H.E.L.P.

<http://www.help4srs.org/>

(310) 533-1996

Caregiver Support Group:

Tuesdays 11:30 a.m.- 12:30 p.m.

Bereavement Support Group:

Wednesdays 10:00 a.m.-11:00 a.m.

SENIOR INDEPENDENCE SUPPORT

Dedicated to helping residents of Carson, age 60 and older, age in place safely and with dignity. For more information, call (310) 835-0212 ext. 1471



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 ext. 1471.



Nutrition Program

Monday through Friday at 11:30 a.m. 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 of \$2.75 and \$3.50 for non-seniors per meal 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 LA Regional Food Bank is not a City program, but we do host the handout on the 2nd Monday of each month. It is for low-income seniors age 60 and older. For more information call (323) 234-3030.

SPECIAL NEEDS PROGRAMS

The Special Needs Program is designed to meet the recreational, social, and physical needs of individuals with disabilities. Our focus is to improve the quality of life for all participants through structured programming carried out by trained staff.

Registration is required for all programs. For more information, please call (310) 835-0212 ext. 1465 or ext. 1470.

Bowling Program

Come play the fun game of bowling while learning the fundamentals and developing hand-eye coordination.

Registration fee is \$25 plus \$9 each program date.

Saturdays 1/06/18 - 03/03/18 • 9:30 - 11:30 a.m.

Ages: 8 and up

"Our bowlers participating in some friendly skill-building fun!"



Holiday Dance and Dinner

Come join us as we socialize, dance, and enjoy a delicious meal with friends!

Registration fee is \$15.

December 15, 2017 • 6 - 8:30 p.m.

Ages: 13 and up

Carson Park

Teen Social Group

This program is designed for teens, ages 13 - 17 with developmental disabilities who enjoy participating in leisure activities.

Registration fee is \$15.

Wednesdays 1/10/18 - 02/28/18 6 - 7:30 p.m.

CJMM Community Center

"Adult Day Club members enjoying a field trip out in the community"



Adult Day Club

This program focuses on social interaction and skill building while enjoying various experiences.

Registration fee is \$25.

Fridays 1/05/18 - 02/23/18 10 a.m. - 1 p.m.

Ages: 18 and up with developmental disabilities

CJMM Community Center



Working on some new dance moves at Therapeutic Dance for All

Therapeutic Dance for All

Improve motor skills, body awareness, and memory through dance.

Registration fee: \$25

Saturdays 1/13/18 - 03/10/18 (8 classes)

Ages 3-6, 9:15 - 10 a.m.

Ages 7-12, 10:15 - 11 a.m.

CJMM Community Center

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

STROKE CENTER INFORMATION

The award-winning Stroke Center is open Monday-Friday from 8:30 a.m. - 4:30 p.m., and is located inside the Carson Community Center. For more information, please call our friendly staff members at (310) 952-1763.

Cost: Residents **No cost to attend**
Non-Residents **\$70/month**

Here's what our members are saying about us.

"The Stroke Center is a blessing. It's so nice to see Hector walk again and begin to move his arm. Speech class builds his confidence and helps him make new friends. As a caregiver, I feel supported and I get advice from others."
Cecilia Salazar, Wife and Caregiver, Hector Salazar, Stroke Survivor



"We've been attending since December of 2013, and Romeo doesn't want to miss a day coming to the Stroke Center. He enjoys being with friends and participating in activities like volleyball and chair exercise."
Dorothy Laurel, Wife and Caregiver, Romeo Laurel, Stroke Survivor



OCCUPATIONAL THERAPY

Our licensed OT will provide one-on-one treatment aimed at improving your activities of daily living and increasing your independence. By appointment only.



Andre and Jem are working on brain health with table games.

SINGING WITH NICK

Survivors who find themselves unable to speak might be surprised to find they can sing. Come share your beautiful voices through song in this group class.

DAY	TIME
1 st & 3 rd Tues	12:30 - 1:30 p.m.

CHAIR EXERCISE

This is a group exercise class that focuses on strengthening muscles and improving circulation.

DAY	TIME
Thurs	12:30 - 1:30 p.m.

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.

DAY	TIME
2 nd & 4 th Tues	1 - 2 p.m.

CHAIR VOLLEYBALL

This is seated indoor volleyball with a beach ball, which leads to improved motor skills and verbal communication.

DAY	TIME
Tues/Thurs	11:30 a.m. - 12:30 p.m.

ZUMBA GOLD

Come enjoy a modified Zumba class for stroke survivors.

DAY	TIME
M/W/F	12 - 1 p.m.





Transportation Services

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 A.M. – 5:00 p.m.

We are closed Fridays,
Weekends and Holidays

ONLINE PAYMENTS

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

*Select
Dial-A-Ride or City
Sponsored Excursions

Carson Circuit

Schedule

Buses run every 40 minutes on all eight routes:

- Monday – Friday 5:20 a.m. – 6:40 p.m.
(Last bus leaves the Pavilion at 6:00 p.m.)
 - Saturday 10:40 a.m. – 5:20 p.m.
(Last bus leaves the Pavilion at 4:40 p.m.)
- ALL Carson Circuit routes run in one direction ONLY.

Bus Fares

- Regular Fare \$1.00
Includes all riders over 5 years old
 - Seniors 60 & over and disabled FREE
 - Monthly Pass \$30.00
 - Carson Circuit Transfers FREE
 - Interagency Transfers \$0.50
- All buses are equipped to transport wheelchair occupants

North / South Shuttle

Schedule

Buses run every 50 minutes:

- Monday – Friday
6:10 a.m. – 7:44 a.m.
3:20 p.m. – 4:04 p.m.

NO MID-DAY SERVICE

North/South Shuttle no longer runs weekends and holidays

Bus Fares

*North/South Shuttle fares are the same as Carson Circuit.

CITY SPONSORED EXCURSIONS

All excursions depart and return from the
CONGRESSWOMAN

**Juanita Millender-McDonald
COMMUNITY CENTER AT CARSON**

801 E. Carson Street, Carson, CA 90745

Online payments are now available
website: <http://ci.carson.ca.us>

Information: (310) 835-0212 ext. 1495

Email: excursions@carson.ca.us

ALL FEES ARE SUBJECT TO CHANGE



HARVEST FESTIVAL Saturday, December 2, 2017

Let the Pomona Harvest Festival Original Art & Craft show be your one-stop shop for this Christmas Holiday. Browse through hundreds of artisans exhibiting American handmade items such as beautiful jewelry, clothing, specialty foods, photography, music, ceramics and much more.

Cost includes round-trip bus transportation and festival admission.

Depart - 9:00 a.m. Return - 5:00 p.m.



ENCHANTED FOREST OF LIGHT Friday, December 8, 2017

Be enchanted this holiday season in this nighttime interactive experience at the Descanso Gardens. Experience the one-mile walk through a unique lighting display including your favorite areas of the Descanso Gardens. Enjoy a boxed dinner before your Enchanted journey. Cost includes round-trip bus transportation, boxed dinner and admission.

Depart and return time TBD
Carson Resident: \$45.00 per person
Non-Carson Resident: \$60.00 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 features majestic floral floats, equestrian units and spirited marching bands from throughout the world. Cost includes round-trip bus transportation, coffee and donuts, and reserved, mid route grandstand seating.

Depart - 5:00 a.m. Return - 12:00 noon
Carson Resident: \$80.00 per person
Non-Carson Resident: \$95.00 per person





**7TH ANNUAL WINTER WINE CLASSIC
Saturday, January 27, 2018**



This winter, Santa Barbara will become the epicenter of the California wine world. This festival will feature the largest gatherings of California's ultra-elite winemaking master. Be sure and pace yourself, as your admission entitles you to unlimited wine tasting privileges. Also included are complimentary appetizers, artisan cheeses, fresh fruits, breads, and more! All participants must be 21 and over. Cost includes round-trip bus transportation and admission.

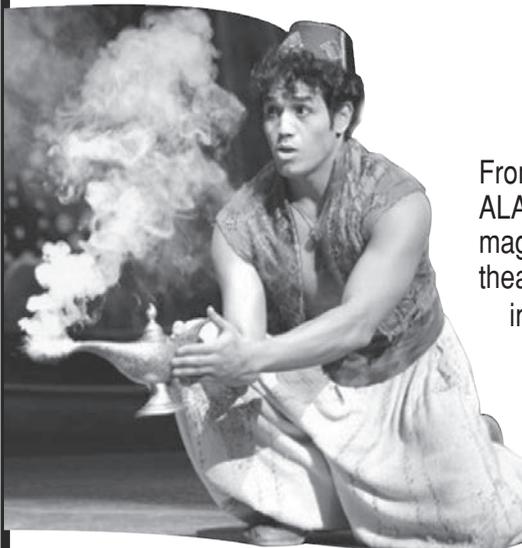
Depart - 4:30 p.m. Return - 12:00 a.m.
Carson Resident: \$85.00 per person
Non-Carson Resident: \$99.00 per person

**SONY PICTURES WALKING TOUR
Thursday, February 8, 2018**

From the time you walk through the gates of this legendary studio lot, you will be behind the scenes at one of the most historic studio lots in Hollywood. A guide will WALK the group through soundstage once home to iconic films like "Wizard of Oz." This is also the home to smash-hit game shows and hit comedies. Cost includes round-trip bus transportation and group tour.



Depart and return time TBD
Carson Resident: \$54.00 per person
Non-Carson Resident: \$69.00 per person



**ALADDIN – PANTAGES THEATER
Saturday, February 24, 2018**

From the producer of the Lion King comes the timeless story of Disney's ALADDIN, a thrilling new production filled with unforgettable beauty, magic, comedy and breath taking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. Cost includes round-trip bus transportation and admission.

Depart - 12:00 p.m. Return - 5:30 p.m.
Carson Resident: \$74.00 per person
Non-Carson Resident: \$89.00 per person



CIRQUE DU SOLEIL: LUZIA
Friday, March 16, 2018

Welcome to the imaginary world of a waking dream of Mexico. "Luz" which means "light" quenches the spirit and rain soothes the soul! Luzia will immerse you in a surrealistic series of grand visual surprises and breathtaking acrobatic performances combined with faces, places and sounds of traditional and modern Mexico. Cost includes round-trip bus transportation and show admission.



Depart - 6:00 p.m. Return - 11:00 p.m.
Carson Resident: \$80.00 per person
Non-Carson Resident: \$95.00 per person

THE COLOR PURPLE THE MUSICAL - PANTAGES THEATER
Friday, June 1, 2018

2016 Tony Award Best Musical Revival winner, The Color Purple, is a stunning re-imagining of an epic story about a young woman's journey to love and triumph in the American South. Soul-raising score of jazz, gospel, ragtime and blues, gives this show an exhilarating new spirit to the Pulitzer Prize winning story by Alice Walker. Cost includes round-trip bus transportation and show admission.

Depart - 5:00 p.m. Return - 10:30 p.m.
Carson Resident: \$78.00 per person
Non-Carson Resident: \$93.00 per person



CINDERELLA - PANTAGES THEATER
Friday, June 22, 2018

Pantages Theater hosts Tony Award winner, Rodger & Hammerstein's Cinderella. The re-telling of this fairytale will transport you back to your childhood to rediscover all the moments you love in this classic story – the pumpkin, the glass slipper, the masked ball and more!! This contemporary take on the classic tale is for anyone who's ever had a wish, a dream...or a really great pair of shoes. Cost includes round-trip bus transportation and show admission

Depart - 5:00 p.m. Return - 10:30 p.m.
Carson Resident: \$78.00 per person
Non-Carson Resident: \$93.00 per person





DIAL-A-RIDE PROGRAM

The Carson Dial-A-Ride (DAR) Program is designed to allow seniors and adults with disabilities to maintain their independence by providing convenient and affordable transportation.

PROGRAM HIGHLIGHTS

- Eligibility: Carson residents, age 60 and over, and adults with disabilities. Individuals with disabilities who are under the age of 60 must have a valid **ACCESS*** card to apply for Dial-A-Ride.
- Curb-to-curb service provided by taxicabs and lift-equipped vehicles.
- Service is available 24-hours a day, seven-days a week, including holidays.
- Participants are allowed up to 20 one-way rides per month.
- Cost is \$2.00 per one-way ride (maximum value on the taxi meter is \$20.00 per ride).
- Participants who receive recurring life-preserving treatment, such as dialysis or chemotherapy, may be granted a waiver to use up to 30 rides per month. Medical certification is required.

SERVICE AREA

Participants may travel within Carson limits for any purpose, and to a limited number of medical facilities and social service agencies outside of the City.

REGISTRATION REQUIREMENTS (Must apply in person)

- Valid California Driver's License or Identification Card from the DMV with a Carson address.
- A recent utility bill OR bank statement with same name and address as ID.
- A \$10.00 processing fee applies. Up to 20 rides may be purchased at time of application.
- Service may be used upon receipt of DAR card in the mail, within 2-3 weeks of applying.

For complete Dial-A-Ride Program rules or for additional information, please visit us online at <http://ci.carson.ca.us/CommunityServices/dialaride.aspx>



Transportation Services
 Congresswoman Juanita Millender-McDonald Community Center
 801 E Carson St., Carson, CA 90745
 (310) 835-0212, Ext. 1495
 Office Hours: Monday through Thursday, 8:00 a.m. – 5:00 p.m.

*ACCESS PARATRANSIT

ACCESS is a shared-ride service for individuals with disabilities, provided by the County of Los Angeles. The service extends to Los Angeles County and beyond. For more information about this program and to apply, please call (800) 827-0829 or visit their website at <http://accessla.org/home/>.

CULTURAL ARTS

Alexey Steele

MY NEIGHBOR SERIES: "Capturing the Soul of America's Diverse City" by Alexey Steele. "Love Thy Neighbor" is the basic building block in the moral fiber of our society. Statistically, the City of Carson is the 5th most diverse city in the nation with a community most closely reflecting our world. My Neighbor Series captures the soul and essence of the City of Carson through a collection of portrayals of neighbors. Website: <http://www.alexysteel.com/>



C2R Productions

Brandon James, Creative Director at C2R Productions, grew up in the City of Carson, his backyard being Anderson Park. Through the artistic expression of video documentation, he will capture the history of the City of Carson, CA, as we approach the milestone of 50 years of incorporation. The documentary will be a great educational and historical tool

for our current leaders to remember and cherish, and for our future leaders to learn and add to our great history. This is our city. The future is indeed unlimited. Website: <http://www.c2rproductions.com/>



CSUDH Art Gallery

The University Art Gallery, CSUDH presents a series of 18 Praxis Studio Art K-12 Workshops at the Carson Boys and Girls Club which will be taught by expert art educator Linda Jo Russell and Jim Keville, Professor, Art and Design Department, CSUDH. The instructors will use hands-on art techniques, materials and methods related to the work by five artists in the community engaged Praxis Studio exhibit concurrently held at the University Art Gallery CSU Dominguez Hills.

Website: <http://cah.csudh.edu/art/artgallery.html>



The International Printing Museum

Thanks to a generous grant from the City of Carson, the Museum on Wheels brings the best of the Printing Museum's educational programs to Carson area schools. The tour begins at our traveling colonial printing shop where the guide, with help from the students,

hand-sets metal type, covers the long history of books, and demonstrates printing and bookbinding. During the second half of the presentation, the inventive Dr. Franklin presents the story of his life, introducing students to his many inventions and discoveries like his static electrical generator, which he demonstrates. Dr. Franklin aims to ignite young minds with the wonders of science and invention. Website: <http://printmuseum.org>



Mariachi Academy of Carson (MAC)

The MAC is a program of the Asociación Cultural de South Bay of Greater Los Angeles (ACSB). The MAC has been providing services since 2000. Its mission has been to foster opportunities that allow children and youth to develop a strong personal identity through music. The Academy operates on an eleven-month cycle. The cycle begins in August and runs through June. Classes are offered on Wednesdays 4:30 p.m. to 7:30 p.m. at the Carson Community Center. Our curriculum is not limited by the age of students or skill level. Come join us! Website: <http://mariachiacademy.wordpress.com/>

Monteclaro Cultural & Community Medicine Foundation

Monteclaro Cultural & Community Medicine Foundation (MCCMF) organizes grassroots efforts to provide community-centered services, events, and programs that not only develop our youth and celebrate our diverse cultures, but also strengthen our community's health and wellness. MCCMF offers cultural music lessons, youth gardening, kids in media arts, culinary lessons for parents, hug a bully campaign, serving the homeless, and more. Website: <http://www.mccmf.com/>



Rockin' Blues Entertainment

Rockin' Blues Entertainment was founded in 1990 as part of a karaoke and entertainment business. Donaldo Reed is the founder and owner, along with wife Norma and many friends. Donaldo has entertained the South Bay area for about 25 years and has been a resident of Carson for 30 years. Donaldo and

Norma are very active in the community. E-mail: donaldoreed@yahoo.com

Sophisticated Dance

Sophisticated Dance was created 17 years ago for the youth of our community. Our mission is to foster the growth of new artists, invest in established artists, and expand access to the arts. Each year, our students are allowed to showcase their accomplishments in our annual dance recital. We take pride in knowing we are part of the village it takes to help raise the children of this community. Sophisticated Dance is making a difference inside and out! Website: <http://www.sophisticateddance.org/aboutus.htm>



SPECIAL INFORMATION



Rose Parade

Volunteer Orientation

Are you interested in decorating the City of Carson's Rose Parade float? Do you have questions about what is required of volunteers? Come and have your questions answered at a volunteer orientation led by the float builder, Fiesta Parade Floats. These world-renowned experts will walk you through the various volunteer tasks and answer any questions you may have. This is a great volunteer opportunity for kids (age 13 and up) who need community service hours for school. Show your civic pride and help decorate the City of Carson's 2018 Rose Parade float!

Wednesday,
November 1, 2017
6:00 p.m.
CJMM



Community Center Hall C

For more information, please call (310) 835-0212 ext. 1467.



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 Recreation and Human Services Division at (310) 830-9991.

