



Community Services Guide

December 2016 | January | February 2017



See page 36 for more details

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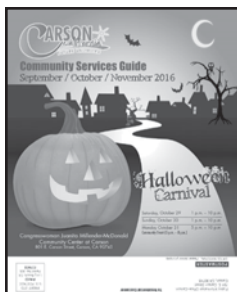
Transportation

Special Information

All Fees Are Subject To Change

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

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



Welcome to the 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.

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/departments/publicinformation>

A MESSAGE FROM THE Director of Community Services

Carson Residents:

HAPPY HOLIDAYS FROM THE COMMUNITY SERVICES STAFF

The holiday and winter seasons bring us to the cold weather months and shorter days. Many of our programs will move indoors. This may be a good time to visit one of our fitness facilities and consider buying a membership. For residents, the membership is very affordable and there are multiple facilities to choose from. If your child will be attending school next year, it's not too late to enroll in our Early Childhood program. Here students improve social skills, learn to interact with teachers, and gain a head start into learning fundamentals of math and language skills. A lot of time is devoted to play and creativity.

The youth sports calendar brings us to basketball season. I'm sure we have some future NBA stars participating in our program. Volunteer coaches are always needed. We will also be gearing up for our spring sports programs. Please contact our park staff for more information.

We will continue to build our afterschool programs at the parks. Activities are offered daily by trained and experienced Recreation staff. Visit your local park and pick up an activity calendar.

The Congresswoman Juanita Millender-McDonald Community Center offers many programs for seniors. Seniors can stop in and enjoy lunch, play bingo, or participate in one of many senior activities or excursions. The Elito M. Santarina Senior Technology Center offers classes to help you learn how to use a smartphone and computers. The facility also offers rooms of all sizes to host your next party. Contact the Center for more information. Registration is open for the Miss Carson and Miss Teen Carson Scholarship Pageant of Excellence. The queens will serve their reign for one year. This will take us into the City's 50th anniversary and a potential ride on the City's Rose Parade float. Our application for a float is in the hands of the Rose Parade Committee. Let's keep our fingers crossed.

Speaking of the 50th anniversary, a volunteer committee has been appointed to begin the planning process. We are looking at a city parade along with a number of exciting events throughout 2018 in honor of our great city. By now we have completed some renovations to some of our park facilities. This was made possible by a number of grants the city obtained from the Los Angeles Parks and Recreation Open Space District. Stop by our parks to see our look.

It's been a pleasure to serve as the Interim Community Services Director and continue to pass the word, "Parks Make Life Better!"

Ralph Aranda
Interim Director of Community Services

AQUATICS

**Spring
2017**

City of Carson

Carson Pool Swim Lesson Schedule

(Classes subject to cancellation or schedule change)



Monday/Wednesday (6 classes)

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

Monday/Wednesday

S1 - January 30 - February 15, 2017
S2 - February 20 - March 8, 2017
S3 - March 13 - March 29, 2017
S4 - April 3 - April 19, 2017
S5 - April 24 - May 10, 2017
S6 - May 15 - May 31, 2017

Early Spring Registration at Carson Pool Only Residents Only

(must present proof of residency)

Tuesday - Friday

January 10 - 13, 2017, 5 p.m. - 7 p.m.

Saturday

January 14 2017, 8 a.m. - 12 p.m.

Residents and Non-Residents

Tuesday - Friday

January 17 - 20, 2017, 5 p.m. - 7 p.m.

Saturday

January 21, 2017, 8 a.m. - 12 p.m.

Regular Spring Registration at Carson Pool will be held

January 30 - May 23, 2017 during scheduled Spring Swim Lesson times

Tuesday/Thursday (6 classes)

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

Tuesday/Thursday

S1 - January 31 - February 16, 2017
S2 - February 21 - March 9, 2017
S3 - March 14 - March 30, 2017
S4 - April 4 - April 20, 2017
S5 - April 25 - May 11, 2017
S6 - May 16 - June 1, 2017

Group Swim Lesson Session Fees:

	Adult/ 1st Child	2nd Child	3rd Child
Mon/Wed			
Resident	\$45	\$42	\$39
Non-Resident	\$55	\$52	\$49
Tues/Thurs			
Resident	\$45	\$42	\$39
Non-Resident	\$55	\$52	\$49
Saturday			
Resident	\$38	\$36	\$34
Non-Resident	\$48	\$46	\$44

Saturday (5 classes)

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

*TT Class only 40 minutes

Saturday

S1 - February 4 - March 4, 2017
S2 - March 11 - April 8, 2017
S3 - April 15 - May 13, 2017

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
	SH Shark	6
15yrs. & UP	AD Adult	1-3

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

LIFEGUARD TRAINING CLASS

AMERICAN RED CROSS



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

Hemingway Aquatic Center

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

February 4 - 12, 2017

Monday (Tryouts)	January 23	6 p.m. - 8 p.m.
Saturday	February 4	8 a.m. - 6:30 p.m.
Sunday	February 5	8 a.m. - 6:30 p.m.
Saturday	February 11	8 a.m. - 6:30 p.m.
Sunday	February 12	8 a.m. - 6:30 p.m.

***Participants must attend every class**

Cost: \$150

Water Safety Instructor Class

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

Tuesday (Tryouts) Feb. 6, 2017 5 p.m. - 8 p.m.

Saturday Feb. 18, 2017 8 a.m. - 6 p.m.

Sunday Feb. 19, 2017 8 a.m. - 6 p.m.

Saturday Feb. 25, 2017 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

CULTURAL ARTS

CITY OF CARSON

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!

THURSDAY, DECEMBER 8, 2016 • 5:30PM

NEW BEGINNINGS

FEATURING

VOICES OF HOPE CHILDREN'S CHOIR

FREE
ADMISSION

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

For more information, please call 310.835.0212, ext. 1480



City of Carson
Santa Visits Carson

December 9 - 23, 2016

(Call to schedule a Santa visit)

For boys and girls of all ages

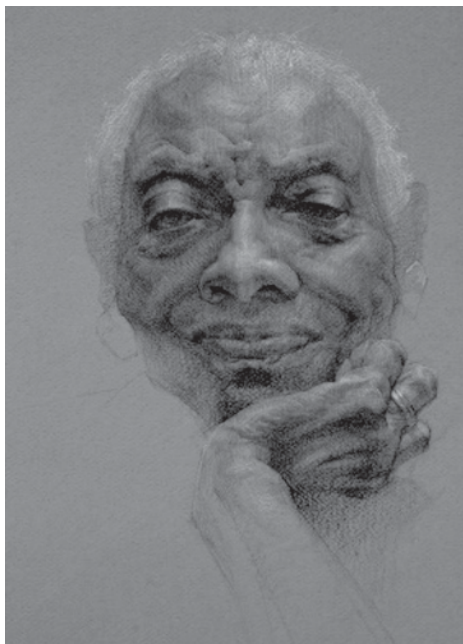
Talk with Santa and receive candy from the North Pole

Santa Private Visits (Carson area only)

\$35/15 minutes

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

CULTURAL ARTS



MY NEIGHBOR SERIES: Capturing the Soul of America's Diverse City" by Alexey Steele

Capturing the Soul of America's Diverse City. "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.alexeysteele.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/>



CULTURAL ARTS



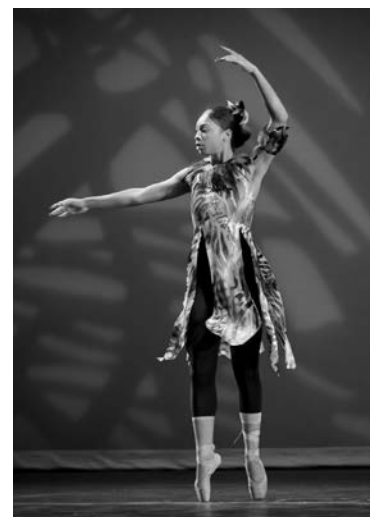
©Troy Gentle Photography

Sophisticated Dance

Sophisticated Dance was created 16 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>



©Troy Gentle Photography

CSUDH Department of Theatre and Dance



The CSUDH Department of Theatre and Dance welcomes the chance to partner with City of Carson in producing a major musical in Fall 2016. *Hairspray*, a high school themed show rich with 60s styled dance and

Rhythm and Blues music, directed by Bill DeLuca, with Musical Direction by Jared Scott and Choreography by Amy Allen, fits the diversity of our campus, and offers a historical look back at the civil rights movement. A limited number of free tickets were made available to Carson residents. For more information about upcoming theater productions, please visit the CSUDH Department of Theatre and Dance website.

Website: <http://www4.csudh.edu/theatre-arts/>

CULTURAL ARTS



Mariachi Academy of Carson (MAC)

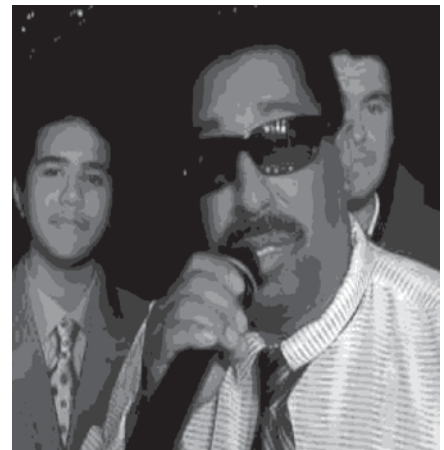
The MAC is a program of the Asociación Cultural de South Bay of Greater Los Angeles (ACSB). The MAC has been providing services since 2000. Its mission has been to foster

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: <https://mariachiacademy.wordpress.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



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:** printmuseum.org



Enrichment

For more information, call (310) 835-0212 ext. 1410.

3 in 1 Enrichment Arts presents



Friday, November 18 • 6 p.m.

&

Saturday, November 19 • 12 p.m.

Location: Stephen M. White Middle School

\$5 pre-sale / \$7 at the door

Toy Drive

November 16 – December 16, 2016

Requesting non-violent, unwrapped toys for kids and teens ages infant – 18.

Toys can be dropped off at Carson City Hall, Carson Community Center, and at CSUDH Police Station.



Enrichment Winter Recital SANTA'S WORKSHOP

Thursday, December 8, 2016 • 6:30 p.m.

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



FINDING DORY—Family Movie Night

Friday, December 16 • 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

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 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 \$35
Youth (8-17 yrs)	Resident \$20	Non-Resident \$20
Daily Rate Adult	Resident \$8	Non-Resident \$9
Daily Rate Youth	Resident \$4	Non-Resident \$4

Beginning Boxing

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

Beginning Weightlifting

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

Youth Sports Baseball

Registration Fees:

Resident \$44 1st Child / \$36 Each Additional Child

Non-Resident \$55 Each Child

*May be eligible for the resident rate.

Contact your local park for more information.

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 10 & 11, 2016

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 25, 2017. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 4, 2017 Season Begins: April 8, 2017

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

City of Carson Track Club

Sign-ups: January 1 - February 25, 2017 Fee: \$125

For more information, please call Del Amo Park at (310) 329-7717.

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.

HEALTH & FITNESS

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, 2016 - January 17, 2017
Play Begins: January 19, 2017
Fees: \$399 per team

Coed C/D Level

Registration: December 1, 2016 - January 17, 2017
Play Begins: January 20, 2017
Fees: \$399 per team

Winter Softball Tournament/Men's & Coed

Registration: January 9 - February 14, 2017
Play Begins: February 19, 2017

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 16, 2017
Play Begins: February 19, 2017
Fees: \$175 per team

8 Man

Registration: January 2 - February 16, 2017
Play Begins: February 19, 2017
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.

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 - M/W/F 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



Adult Walking Class

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

Walking Club

Monday	6:30-7:30 p.m.	Calas Park	Ages 16-up
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Adult and Youth Karate & Kempo

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

Wednesday	6:30-7:30 p.m.	Carson Park
Monday	6:30-7:30 p.m.	Del Amo Park
Thursday	6-7 p.m. / 7-8 p.m.	Dominguez Park
Monday/Thursday	7-7:30 p.m.	Mills 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.
• Del Amo	Tues/Thurs	6-7 p.m.
• Dolphin	Tues/Thurs	5-6 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Fast Dance Fitness Class

Tuesday/Thursday	6:30-7:30 p.m.	Mills Park 15 yrs - Adults
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Adult 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
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Dance it Off

Tuesday/Thursday	6:30-7:30 p.m.	Calas Park
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Adult Urban Ballroom Dance

Saturday	Noon	Anderson Park
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Youth Fitness Club (ages 16 and up)

• Calas	Wed	6:30-7:30 p.m.
• Carson	Tues/Thurs	4-5 p.m.
• Dolphin	Mon-Wed	3-4 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

Boxercise

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

Monday	6-7 p.m.	Hemingway Park
Monday	6-7:30 p.m.	Mills Park
Monday/Friday	6 p.m.	Scott Park



EARLY CHILDHOOD



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

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



One time, non-refundable, registration fee of **\$95** for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of **\$106** 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

Monday – Friday

7 a.m. – 6 p.m. \$175 a week

8 a.m. – 5 p.m. \$141 a week

7 a.m. – 5 p.m. \$162 a week

8 a.m. – 6 p.m. \$162 a week

HALF DAY PROGRAM FEE

8 a.m. – 12 p.m. T TH \$30 a week

1 p.m. – 5 p.m. MWF \$42 a week

M-F \$67 a week

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

Fees: 2 days/wk \$30 a week
3 days/wk \$42 a week
5 days/wk \$67 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

KIDS CLUB

Kids Club After-School Child Care Solution For Latchkey Children



After School Kids Club Fees

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

Regular
\$50 wkly



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

The daily program consists of: Educational Activities

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

Recreational Activities

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

Snacks

Nutritional snacks are provided each day.

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

*Additional fee required for participation

Homework Help-Safe-Fun

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



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



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

Human Services Division administers this program.

The daily program consists of:

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

PARKS

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

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 - 8:30pm	
• Del Amo	Tues/Thurs	6-7 p.m.	
• Dominguez	Mon/Wed	6-8 p.m.	
• Veterans	Tues/Thurs	6:45-7:45 p.m.	

Dance It Off

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

• Stevenson Park	Sat	9-10 a.m.	Ages 4-8
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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, Scott, and Veterans parks. Del Amo Park, Thursday • 5-6 p.m. 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 winter. Contact your local park for specific day and time.

Youth Golf Instruction

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

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	Fri	5:30-6:30 p.m.
• Carson Park	Fri	6-7 p.m.
• Del Amo Park	Thurs	5-6 p.m.
• Dominguez Park	Wed	4-5 p.m.
• Mills Park	Fri	5:30-6:30 p.m.
• Veterans Park	Thurs	5-6 p.m.

PARKS



Homework Club

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

Intro to Computers

• Carson Park	Mon/Wed	4-5 p.m.
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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/Thurs	5:30-8:30 p.m.
• Community Center	Sat	5:30-8 p.m.
• Mills Park	Tues/Thurs	6-7:30 p.m.

Boys Club

• Calas Park	Age 6-8	Fri	6-7 p.m.
• Del Amo Park	Ages 6-10	Mon	4:30-5:30 p.m.
• Dolphin	Age 8-12	Fri	6-8 pm

Junior Theatre

• Del Amo Park	Ages 8 - 17	Fri	6-7:30 p.m.
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Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	4th Friday of every month	6:30-8 p.m.
• Carriage Crest Park		4th Friday of every month	6:30-9 p.m.
• Carson Park	Family	Last Friday of every month	7-9 p.m.
• Del Amo Park	All Ages	3rd Friday of every month	7-9 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 Park		3rd Friday of every month	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.



Beginning Chess

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

Blacktop Shoot-Out

• Del Amo Park	Ages 15 & up	Sun	1-4 p.m.
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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, 6:30-7:30 p.m.; Mills Park, 6:30-7:30 p.m.

CARSON JUNIOR TENNIS PROGRAM



For boys and girls ages 10-15 yrs.

- BEGINNING TENNIS
- JUNIOR CLUB
- JUNIOR CLUB LEAGUE
- CITY CLUB TENNIS

**For more information, contact the
Recreation Division at (310) 847-3570**

VETERANS SPORTSCOMPLEX

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



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

December 1-21, 2016

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 HEALTH *Sessions*

Thursdays at 6:30 p.m.

Monthly Health, Wellness, & Nutrition workshops

December 8, 2016 • January 12 & 26, 2017 • February 9 & 23, 2017

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 Mondays & Wednesdays

5:30 p.m. - 6:30 p.m. \$5 per participant

Now is 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.



**CITY OF CARSON
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.

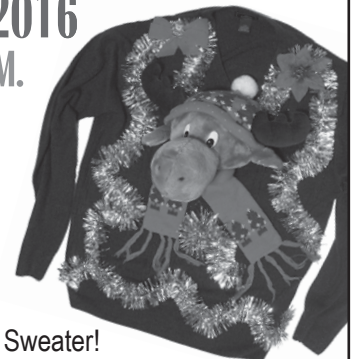
CITY OF CARSON

THE UGLY SWEATER *Holiday Mixer*

FREE

ALL AGES WELCOME

**December 16, 2016
6:30 P.M. - 9:30 P.M.**



Wear your Ugliest Holiday Sweater!
We'll be giving prizes for the
Ugliest Holiday Sweater, Most Creative
Use of Materials and the Funniest!

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



MEMBERSHIP RATES

Annual Memberships

	Registration		New member		Renewal	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Individual	\$30	\$40	\$234	\$275	\$176	\$207
Youth/Senior Citizen	\$20	\$30	\$141	\$165	\$106	\$124
Family	\$50	\$60	\$355	\$418	\$266	\$314

30-day Memberships

	Registration		New member		Renewal	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Individual	\$10		\$34	\$44	\$25	\$35
Youth/Senior Citizen	\$5		\$25	\$35	\$20	\$30
Family	\$15		\$60	\$70	\$45	\$55

Daily Guest Rates

	6 a.m. - 3 p.m.		3 p.m. - close		Administration Fee
	Resident	Non-Resident	Resident	Non-Resident	First time guest visitor
Individual	\$5	\$6	\$10	\$20	\$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-Friday
6 a.m. - 9 p.m.

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

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

Business Office

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

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

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

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



VETERANS SPORTS COMPLEX

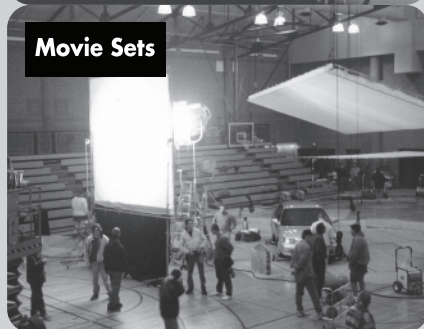
FACILITIES AVAILABLE FOR RENTAL



**NBA Regulation
Basketball Court**

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

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



Movie Sets



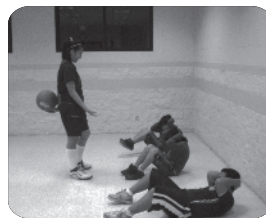
**Banquet Halls and
Recreation Rooms**



**Racquetball
Courts**

YOUTH CLASSES

- Youth Fitness • Youth Basketball



ADULT CLASSES

- Muscle Conditioning • Salsa • 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

SENIOR RECREATION

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

All Fees Are Subject To Change
NO CHILDREN ALLOWED IN SENIOR PROGRAMS, ACTIVITIES, TRIPS OR SPECIAL EVENTS

CLASSES AND PROGRAMS

All classes are closed on City holidays

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



ART

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

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

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

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

FEATURED ACTIVITY



Scott Park Fabela Chavez Boxing Center

Looking to step up your workout? Come and join the many seniors who are taking advantage of a FREE program at the boxing center. Treadmills, stationary weight machines & bikes and a weight room and open court basketball. The boxing center is open from 8:30 a.m.-10:30 a.m. exclusively to seniors 50+. Registration is required! Don't put it off, start today to get back to a healthier you! Get up and get moving!

There are no trainers however; staff is available if you have any questions. Please contact (310) 835-0212 ext. 1475 or 1478 if you have any questions

Senior Band "Music Makers" – Open to beginners and advanced artists. Band members must read music and provide own instrument. Opportunities to perform at special city events and senior functions. Practices are scheduled on Mondays from 9:30-11:30 a.m.

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

SENIOR RECREATION

DANCE

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

Ballroom Dancing - Learn the art of ballroom dancing with this beginner and advanced course held every Tuesday, Beginners 1p.m. - 2p.m. and Advanced 2 p.m.- 3 p.m. Cost: \$4.00
Instructor: Kinue Williams

Polynesian Dancers - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 10 - 11 a.m. Dance room. \$5 per class.
Instructor: Keali'i Ceballos (Bernard)

Line Dancing - Learn and perform the latest Country Western steps! Enjoy the company of other line dancers as they sway their steps to country music. Advanced classes are Wednesdays from 10 - 11 a.m. and beginners classes are on Wednesdays from 9 - 10 a.m. \$3 per class.
Instructor: Doris Thomas
Instructor: Jimmy Dixon, Thursday from 4-6 p.m.

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

CLUBS

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



Bingo - Bingo – Play bingo Tuesday-Friday. Cost is \$3 for 10 games. Doors open at 10 a.m. for members only. Non members are allowed in at 11 a.m. You must buy in before 12:15 p.m. or you will not be able to play. Bingo starts at 12:30 p.m.
*Bingo rules apply.

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

Dominguez Swinging Fifties - Meets on Wednesdays from 11 a.m. – 4 p.m. at Dominguez Park, 21330 Santa Fe Avenue, Carson, CA 90810. President: Sandra Conn

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

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

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

EXCURSIONS

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

All Fees Are Subject To Change

EXERCISE

NO CHILDREN ALLOWED IN ANY SENIOR ACTIVITIES OR PROGRAMS

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

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

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

SENIOR RECREATION

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

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



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

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

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

Please check days & times below exclusively for seniors 50+

LOOKING FOR SOMETHING TO DO?

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

Scott Park Boxing Center

23410 Catskill Ave. • (310) 830-6439

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

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

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

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

Stevenson Park, 17400 Lysander Dr.

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

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

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

Conditioning Class

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

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

Class size limited for Zumba Class

• Zumba Class

Monday/Wednesday/Friday

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

• Low Impact Aerobics

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

• Yoga class

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

• Hula Hoop class

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

• Self Defense

Tuesdays from 10-11 a.m.



HEALTH

Health Programs, Seminars & Lectures —

Health lectures are provided based on the interests of seniors. Submit your suggestions on what you would like to learn or hear about to Senior Recreation staff at (310) 835-0212 ext. 1478.

Blood Pressure Screenings —

Volunteers provide free blood pressure screening
Monday - Wednesday from 10 a.m.-12:30 p.m.

The Elito M. Santarina Senior Technology Center



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

Beginning

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

Intermediate

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

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

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

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

Cyber Café

The Cyber Café is equipped with the latest in technology software and Wi-Fi for seniors only. Enjoy a cup of coffee with other seniors and join in on the latest news of technology and what's happening with computers.

Seniors are encouraged to bring their laptops.

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

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

INFORMATION AND REFERRAL

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

ASSISTED LIVING

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

Case Management & Home Services

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



Geriatric Aide Program

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

EARS (Emergency Alert Response System)

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

Respite Care

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

Bereavement Support Group

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

Housing Rights Clinic

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

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

Nutrition Program

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

Food Bank

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



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

Caregiver Support Group

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

SPECIAL NEEDS

Special Needs or Adaptive Programs, is designed to meet the basic recreational, social, and physical fitness needs of Carson's disabled population groups, including the physically and sensory disabled with the developmentally disabled. All instruction is free unless otherwise noted. The Special Needs Office is located in the Community Center. Office hours are Monday-Friday, 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 6-9 p.m. Upcoming dances are as follows:



- **Dec. 16, 2016** - Christmas Dinner/Dance

- **Jan. 13, 2017** - New Years Dance

- **Feb. 10, 2017** - Valentine Day Dance

Shakers and Movers

Come move with us as we explore a variety of fun and exciting gross motor activities and games. Refer to monthly calendar for specific class/activity dates and times.

Explorers

Explorers will engage in a multitude of activities designed to engage their imagination while building, experimenting, crafting and creating. Refer to the monthly calendar for specific class/activity dates and times.



Food Fun Frenzy

Join us as we explore some cooking basics in the kitchen or the class room. We will create fun and exciting dishes and memories. Refer to monthly calendar for location and time.

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.

Special Needs Kids & Youth Program

We have launched the addition of classes/activities for kids with Special Needs ages 8-17. Program for age groups are as follows:
(8-12 years) every Tuesday from 6 p.m.-7 p.m.
(13-17 years) every Thursday from 6 p.m.-7 p.m.
Contact the Special Needs office (310) 835-0212, ext. 1470 for more details and to register.

Daily Living Activity

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

EVENTS

Special Olympics:

December 4, 2016- LA/SGV Region Fall Games 2016

Bowling:

Bowling program is held every Saturday (unless otherwise noted in calendar). Please refer to monthly calendar for details.

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

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

Here's what our members are saying about us.



"The assistance and care I've received from the Stroke Center has allowed me to regain independence and a better quality of life."
Curtis Storey, Jr.,
Stroke Survivor

"When I started teaching at the Stroke Center, little did I know that it would be them teaching me about strength, courage, determination, and an undying will to do more than just survive. What we provide to the survivors and their caregivers and families is beyond measure, and I am completely honored and grateful to be a part of it all!"

Melody Carter, Staff Member



JBj-MAO Stroke Center

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

Occupational Therapy

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



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.

FAMILY COACHING

CITY OF CARSON

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

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

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

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



Walking Club

Come join us for a fun night of walking!

Don't have time to exercise? Don't like to walk alone?

Now no excuses!

Come to bring friends meet someone new
in your community or walk with.

WEDNESDAYS • 6 P.M. - 7 P.M.

VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

FREE FOR ALL AGES

Meet at the benches by the office

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

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

PREVENTION AND AFTERCARE

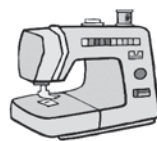
City of Carson

Crafty Club

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

Come explore your inner crafter.

Share your crafting experience and learn something new from others.



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

Ages 18 and up • FREE

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

801 East Carson St., Carson, CA 90745

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

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



CITY OF CARSON Mommy & Me

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

Thursdays • 6 p.m. - 7 p.m.

Scott Park

23410 Catskill Ave., Carson, CA 90745

FREE ADMISSION

For more information, contact
Scott Park at (310) 830-8310



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

PERMITS

Welcome to Permits!



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

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

Celebrate at our facilities!

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

Reservation/Cancellation Policy

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

Equipment Rentals

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

Jumpers

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

Size limits 15x15 Jumper, 1 per permit only

Jumper Company Must Provide Generator

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

A Plus Promotions/Trains on the Move:

(310) 532-6223

ABC Party Rental: (310) 834-2892

BR Party Rental: (323) 907-0757

Fiesta Jump: (310) 263-1848

Jumper ETC: (888) 551-3832

Jump 4 Fun: (800) 281-6792

Kandy Specialty Party Supplies & Services:

(310) 819-8764

Major Jumpers: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1393

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



ALL FEES ARE SUBJECT TO CHANGE

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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

Community Services

Transportation Services Division



MISSION STATEMENT

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

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

LOCATION

Congresswoman Juanita Millender-
McDonald Community Center

801 E. Carson Street
Carson, CA 90745

(310) 835-0212 ext. 1495

OFFICE HOURS

Monday – Thursday

8:00 am – 5:00 pm

We are closed Fridays, Weekends &
Holidays.

ONLINE PAYMENTS

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

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

TRANSPORTATION SERVICES DIVISION EXCURSIONS



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

Online payments are now available.

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

For more information: (310) 835-0212 ext. 1489 or

Email: excursions@carson.ca.us

All Fees Are Subject To Change

Beauty & the Beast Dinner Show • Sunday, January 29, 2017

The Candlelight Pavilion in Claremont, CA is proud to present, **Beauty & the Beast Dinner Show**. Enter the magical world of Belle and the Beast in this classic story of love and friendship. This classic fairytale tells the story of Belle, a young woman in a small town with dreams of bigger things, and her encounter with the Beast, who is actually a prince under the spell of an enchantress. If the Beast can learn to love then his spell will be lifted, but time is running out, and he risks dooming his household for eternity. **Cost of \$90.00 per person** includes lunch, dinner show and round-trip transportation. **Bus departs at 9:30 a.m. and returns at 5:30 p.m.**

The Broad Museum • Saturday, February 11, 2017

The Broad is a new contemporary art museum founded by philanthropists Eli and Edythe Broad on Grand Avenue in downtown Los Angeles. The museum is designed by Diller Scofidio + Renfro in collaboration with Gensler. The museum is home to the more than 2,000 works of art in the Broad collection, which is among the most prominent holdings of postwar and contemporary art worldwide. With its innovative “veil-and-vault” concept, the 120,000-square-foot, \$140-million building features two floors of gallery space to showcase The Broad’s comprehensive collection and is the headquarters of The Broad Art Foundation’s worldwide lending library. No host lunch stop TBD. **Cost of \$50.00 per person** includes admission, tour and round-trip transportation. **Bus departs at 9:00 a.m. and returns at 5:00 p.m.**

Las Vegas Tour • Friday-Sunday, February 24-26, 2017

Located in the middle of the Las Vegas strip, Treasure Island, TI Hotel & Casinos will be your home for this fun weekend getaway. The hotel is connected to the Fashion Show Mall by a pedestrian bridge and offers several restaurants, full service spa and live shows. **Cost of \$265.00 per person (double occupancy)** includes round-trip bus transportation and hotel accommodations. **Bus departs Friday, February 24th at 8:00 a.m. and returns Sunday, February 26th at 6:00 p.m.**

Lumpia Fest, San Diego • Saturday, February 25, 2017

This event features San Diego’s Top Chefs that will compete for the title of Lumpia Champion. You will get the chance to sample their lumpia creations and other specialty food items from San Diego’s most creative restaurants while enjoying music, entertainment, a vendor market and a lumpia eating contest. **Cost of \$60.00 per person** includes unlimited food samples and round-trip bus transportation. **Bus departs 10:00 a.m. and returns 7:00 p.m.**

Santa Barbara Mission Tour • Saturday, March 11, 2017

The ultimate tour for those who want to see it all! This tour provides a fascinating glimpse into the history of **Old Mission Santa Barbara**, the Mission system, Franciscan friars and Alta, California, includes the Sacred Garden, Historic Cemetery, Mission Church, nine-room Museum of historic artifacts and interpretive displays, and a special visit to the lush Historic La Huerta Garden, which features a collection of heirloom and historic plants that once grew during the Mission era. **Cost of \$40.00 per person** includes admission, tour and round-trip transportation. No host lunch stop TBD. **Bus departs at 8:00 a.m. and returns at 5:00 p.m.**

The Flower Fields at Carlsbad Ranch • Saturday, March 25, 2017

For over sixty years, Mother Nature has transformed the rolling hills of north San Diego County into one of the most spectacular and coordinated displays of natural color and beauty anywhere in the world. The nearly fifty acres of Giant Tecolote Ranunculus flowers that make up **The Flower Fields at Carlsbad Ranch**, are in bloom for approximately six to eight weeks each year – from early March through early May – literally bringing the famous fields back to life. This annual burst of color, which has become part of the area's local heritage, also is one of nature's official ways of announcing the arrival of spring here in southern California. No host lunch stop TBD. **Cost of \$45.00 per person** includes admission, wagon ride and round-trip transportation. **Bus departs at 8:00 a.m. and returns at 5:00 p.m.**

Sedona/Grand Canyon Tour • Thursday-Sunday, April 6-9, 2017

Enjoy an exciting 4-day, 3-night mini-vacation in beautiful Sedona, Arizona! Your temporary home in Sedona will be at the **Sedona Rouge**. Acquaint yourself with this lovely city via the Sedona Trolley Tour and relive history as board the **Grand Canyon Railway** train while it meanders along the original trail to the Grand Canyon National Park, then enjoy a lunch buffet at the Grand Depot Café. Your destination offers to mesmerize you and other visitors with her beauty and grandeur. **Cost of \$650.00 per person (double occupancy)** includes round-trip bus transportation by private coach, hotel accommodations and trolley tour, railway train ride and lunch buffet. **Bus departs on Thursday, April 6th at 8:00 a.m. and returns on Sunday, April 9th at 6:00 p.m.** **Payment arrangements available upon request.

Huntington Library • Saturday, April 22, 2017

Discover one of the world's great cultural, research, and educational centers. Founded in 1919 by Henry E. Huntington, he amassed the core of one of the finest research libraries in the world, established a splendid art collection, and created an array of botanical gardens with plants from a geographic range spanning the globe. Enjoy these three distinct facets of The Huntington which are linked by a devotion to research, education, and beauty through a guided tour. No host lunch stop TBD. **Cost of \$55.00 per person** guided tour, admission and round-trip transportation. **Bus departs at 9:00 a.m. and returns at 5:00 p.m.**

My Way, A Musical Tribute to Frank Sinatra, Dinner Show • Sunday, September 24, 2017

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

NEW DATES City of Carson • Transportation Services Division **NEW PRICE**

LAS VEGAS TOUR

Friday - Sunday, February 24 - 26, 2017



Located in the middle of the Las Vegas strip, Treasure Island, TI Hotel & Casinos will be your home for this fun weekend get-away. The hotel is connected to the Fashion Show Mall by a pedestrian bridge and offers several restaurants, full service spa and live shows.

Cost of \$265.00 per person (double occupancy) includes round-trip bus transportation and hotel accommodations



Bus departs Friday, February 24th at 8:00 a.m. and returns Sunday, February 26th at 6:00 p.m.

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

Online payments are now available. • Visit the City of Carson website: <http://ci.carson.ca.us>

For more information: (310) 835-0212 ext. 1495 or Email: excursions@carson.ca.us

CITY OF CARSON

TRANSPORTATION SERVICES DIVISION

801 E CARSON ST, CARSON, CA 90745

(310) 835-0212 ext. 1489

The City of Carson is committed to Clean Air and Fuel Efficiency.

The City of Carson recently purchased two (2) new compressed natural gas (CNG) vehicles, which are used by the Transportation Services Division (TSD), to provide citywide transportation programs related to improving the fixed-route public transit system, specialized elderly and disabled transit, city-sponsored excursions, transit support of City programs, and regional air quality issues.

The CNG powered vehicles are the most viable and cost effective way to lower petroleum-base engine emissions as they produce less greenhouse gas emissions (GHG) than their comparable diesel models. The City of Carson and its neighboring communities benefit from the clean air achieved from the reduced emissions of the CNG vehicles.

Thanks to the Mobile Source Air Pollution Reduction Review Committee (MSRC) for providing matched-up fund towards the alternative fuel projects in the South Coast Air Basin.

For further information regarding the City's public transit system, please contact TSD staff at (310) 865-0212 extension 1489, Monday thru Thursday, between the hours of 7:00 a.m. through 6:00 p.m. or visit the City's website at <http://ci.carson.ca.us/departments/communityservices/transportation.asp>



City of Carson
23rd Annual
PARENT CONFERENCE
Rising Stars!

SATURDAY, FEBRUARY 18, 2017 • 11 A.M. TO 2 P.M.

Deadline For RSVP: February 9, 2017

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

Please join the
CITY OF CARSON
HUMAN RELATIONS COMMISSION
 as
AS THEY HONOR WINNERS
OF THE ESSAY CONTEST!

★ **ESSAY CONTEST:** ★
 All elementary, middle school, and
 high school students
who live in Carson have been invited
 to write an essay entitled:
"WHY I AM A RISING STAR"
 ★ Deadline For Entries: December 20, 2016 ★

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

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

Here is what you will learn:

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

Call 844.472.4224 to sign up and get more information!

Current class schedule (English-only classes):

6-week series begins:

Monday, TBD
 from 9:30 a.m.- 11:30 a.m.

6-week series begins:

Monday, TBD
 from 9:30 a.m.- 11:30 a.m.

(Tentative)

Tuesday, TBD
 from 6:30 p.m. – 8:30 p.m.

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



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





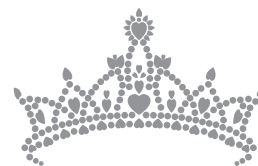
SAVE THE DATE

The City of Carson Presents
4th Annual
Miss Carson & Miss Teen Carson
Scholarship Pageant of Excellence



Miss Carson
 (Ages 19-26)

April 28, 2017



Miss Teen Carson
 (Ages 14-18)

Are you a Carson resident?
 Do you have what it takes to represent the City of Carson?
 If this is you, you have the opportunity to
 win a scholarship of up to \$2,000!

For more information, please contact:
 Shannan B. Powell at (310)847-3565



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