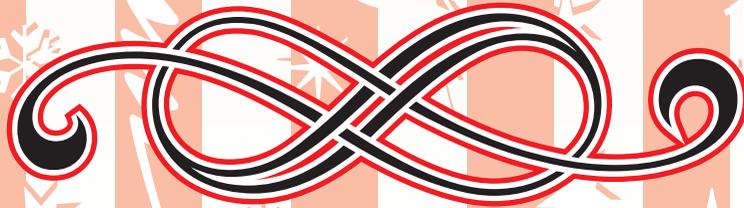




**PARKS, RECREATION
& HUMAN SERVICES
GUIDE**

*Best Wishes
& Happy
New Year!*



2010

JANUARY • FEBRUARY • MARCH

TABLE OF CONTENTS

Cultural Arts	4-7
Recreation Events	8-9
Early Childhood	10-11
Aquatics	12
Kids/Teens	13-17
Adults/Seniors	18-27
Services/Facilities	28-35
Special Information	36-39

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

Elected Officials

Jim Dear, Mayor

Lula Davis-Holmes, Mayor Pro Tem

Elito M. Santarina, Councilmember

Mike A. Gipson, Councilmember

Julie Ruiz-Raber, Councilmember

Helen S. Kawagoe, City Clerk

Karen Avilla, City Treasurer

Jerome G. Groomes, City Manager

The **Parks, Recreation and Human 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 Parks and Recreation Programs, call (310) 847-3570. For general information about Human Services Programs, Transportation Services and the Congresswoman Juanita Millender-McDonald Community Center, call (310) 835-0212.

CITY OF CARSON POSITION STATEMENT

Carson is a vibrant city with a small town atmosphere where relationships are important. This is clearly visible throughout the community, from the stable single family neighborhoods, which make up nearly eighty percent of the city's residences, to the partnership between businesses and volunteer driven agencies which strengthen the city's remarkable social fabric.

The social composition of Carson is California in miniature. It is a city with a balanced ethnic and cultural mix living together in harmony and prosperity.

The community takes pride in the large percentage of Carson students who attend college, many to California State University, Dominguez Hills, a valuable asset to the city.

Carson's strategic position in the heart of the powerful economic engine that is Southern California attracts international corporations which recognize the city's bright future. The city's proximity to the West Coast's two major ports, as well as its intersection by four Southland freeways, makes it a major gateway to the Pacific Rim.

We, the people who live and work in Carson, take pride in our city and will continue to build relationships which ensure that future.

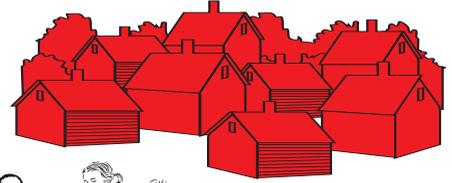
A MESSAGE FROM THE CITY TREASURER

The City of Carson has established a Fraud Hotline to fight fraud and protect taxpayer's dollars. The Hotline is an option for anyone wishing to anonymously report illegal or unethical activity on the part of the City, its officials, employees, contractors or vendors. The Hotline is open 24 hours a day, 7 days a week and interpreters are available in 20 different languages.

Calls placed to the Hotline are confidential and handled by a third party vendor. You do not have to give your name and your call is not recorded through the use of recording devices, caller identification equipment or any other means.

The City of Carson has taken a pro-active step against fraud by establishing the Hotline. In the event that you become aware of unethical, illegal or irresponsible activity, don't ignore it. Call the Fraud Hotline toll-free telephone number at 1-877-7 HOT TIP or 1-877-746-8847.

SPECIAL NOTICE



The **Special Interest Class Program** has been temporarily suspended pending analysis and possible restructure.

Thank you for your cooperation and patience.

For comments or questions, call the Special Interest Office at (310) 952-1782.

CULTURAL ARTS

Activities & Programs

The City of Carson Cultural Arts Section values the services of our community based arts and cultural organizations and the artists whose work enriches our community. The City of Carson has allocated funding for these skills to be taught to or performed by Carson residents. Our goal is to provide cultural arts programs based on diverse interests and needs and to serve a wide range of citizens who are not already served. The following 11 organizations were funded for fiscal year 2009-



Carson Dominguez Hills Symphony Orchestra

The symphony is currently under the direction of Hector Salazar, and has been honored nationally for its artistic excellence. The Symphony will present its annual Children's Concert, where nearly 3,000 local schoolchildren are introduced to a variety of music and the instruments in the orchestra. All musicians are invited to audition for membership in the orchestra. For audition information, please call the University Music Department at (310) 243-3543.

Apollo West Carson Players

The Apollo West Carson Players Theatre and Drama Workshop is a series of educational training workshops that will include two performance productions. Training workshops include acting, singing, dancing, technical, production training, professional computerized lighting board, and stage management. Program goals include providing a cultural arts outlet and theatre arts skills training for "at risk" youth and adult Carson residents, teaching self-expression and self-esteem. For more information, please call (310) 212-7955.



Art in Motion Youth Dance Co is presenting a production and outreach program. The program was funded in an effort to offer participation to local youth at minimal costs. The funding includes production costs, choreographer, theater rental, set design, and promotional materials. For more information, call Elaine Glover at (310) 808-0098.

CULTURAL ARTS

Activities & Programs

PASS stands for Pacific American Student Services. This program will allow community residents and students from Carson schools to participate in the Asian/Pacific Islander Heritage Month Celebration at Cal-State Dominguez Hills. The program includes Polynesian dances, cultural activities, student tours of the college, a school dance exhibition, speakers, cultural workshops, and vendors.



Vivian McClure's Theatre Productions will rotate to three elementary schools October 2009 through March 2010. The schools host this six-week program that becomes a part of the schools' spirit through participating and working together to create a full-scale 40-minute musical called "Magic in Me." These plays are complete with sets, costumes, and lighting equipment that are provided in a touring package. More than 40 children are selected through reading auditions to play the parts and work the stage equipment as the stage crew members. Participants rehearse the play and learn the technical jobs to put it all together in performances for student body assemblies and one evening performance. This six-week program reaches an audience of 3,600 students and Carson residents each year. For more information, please contact Vivian McClure at (562) 429-1702, or check out the website at www.vivianmccluretheatreproductions.com.

The Filipinas Chorale, U.S.A. & the Cherubs under the direction of Sr. Marie Vincent Llamzon, is a 36 member choir whose musical versatility is demonstrated in its repertoire ranging from traditional sacred songs, popular classics, Broadway musical numbers, and folk songs. The choir's dynamic character is matched by its simple yet elegant costumes and tasteful choreography. "The Cherubs" is a children's choir composed of boys and girls ranging in ages of 5-15 years, who together with the Filipinas Chorale, have performed in successful choral concerts. These amazing children bring joy to the heart with their vibrant songs and dance numbers. For more information, call (310) 635-0509.



Asociacion Cultural - La Academia de Mariachi, the Asociacion's first program, teaches youth the history and the art of traditional Mariachi music. Classes are also offered as an after school program on Wednesdays from 3:30 -6:00 p.m. at the Community Center. The Academy's second program, El Coro Alegria de Carson, is an out growth of the Mariachi Academy. The Asociacion has modified the basic one-on-one format into a Coro, or Choir. Here the emphasis for progress is on building the student's self-esteem. Coro classes are offered on Fridays at the Congresswoman Juanita Millender-McDonald Community Center. For more information, please call (310) 628-7851.

CULTURAL ARTS

Activities & Programs

Positive Images of Self Expression (PISE) is an 11-day summer intensive program of performing art workshops that focus on the areas of drama, modern/jazz, ballet, and tap to children ages 10-17. With this experience youth will have an avenue in which to discover hidden talents and express themselves through a positive vehicle called art. Upon completion of the workshops, participating children will share their talents of self esteem, commitment, and teamwork through a mini-musical entitled "High School Drama."



CSUDH Community Wind Ensemble serves as a performance outlet for many Carson Residents who play instruments found in the wind ensemble, but no longer have an appropriate outlet for their talent. The wind ensemble serves Carson residents both as a performance outlet and as a town band that performs at civic functions. The group rehearses on Wednesday evenings from 7:00 p.m. to 9:45 p.m. on the CSUDH campus. For more information, contact Dr. Richard Kravchak at (310) 243-3947.



Office of Samoan Affairs Performing Arts is an outreach program targeting Samoan/Pacific Islander youth with interests in cultural performances of traditional and modern dances, music, instruments, such as the ukulele, short skit performances, script development, and theatrical production and performance. The goal of the project is to build confident youth leaders to celebrate and uplift their cultural identity and to take pride in their cultural values, morals, and ethics. These skills will also be showcased at various City sponsored events.



Francisco Martinez Dancetheatre

conducts one long term and two short term dance residencies at local elementary schools, culminating in student-generated choreography. At the end of the season, students are invited from local elementary schools to attend a performance of the FMDT's Cancionero at the Community Center and/or CSUDH Theatre.

CULTURAL ARTS

Activities & Programs

The Carson Art Association is a non-profit fine arts organization that recognizes traditional mediums. The Association was formed for the development of art and to promote art awareness in our community. Monthly meetings are held the first Tuesday of each month at 7:00 p.m. After a short business meeting, a guest demonstrating artist or speaker is featured. Admission is free. For more information, call the Fine Arts Department at (310) 952-1705.



CSUDH University Art Gallery opened in 1978, and has over 2,000 square feet of exhibition space and 18' high ceilings. It can accommodate large-scale paintings and sculptures by artists of local and national reputation. There are five exhibitions a year, the last being a multimedia show of works by graduating seniors in the Art Department. The gallery is also used as a forum for student art critique classes, discussions with artists, university and community guest lecture series and events, provides tours to university classes, community groups and school groups, and gives an opportunity for students and interns to participate in gallery installations and management.

International Printing Museum program brings the Printing Museum's traveling educational program, "A Museum on Wheels: Ben Franklin's Colonial Assembly" to the schools in the City of Carson. This program is a two-hour presentation that brings to life the world of books, inventions, history, science, American History and the life of Dr. Benjamin Franklin. The Printing Museum is a living, working experience of the evolution of mankind's single greatest invention - the printed word. Visitors to the museum will experience personal working tours by knowledgeable guides who will make history come to life for visitors of all ages.



Dominguez Bridge Theatre Company

The Dominguez Bridge Theatre Company will provide a community-based, multimedia production that will provide educational children's theatre to South Bay families. The project will be developed from interviews, story circles, and workshops conducted with middle-schoolers in the CSUDH area. Pamela Johnson, the playwright, and other DBTC board members will visit schools and conduct workshops with 8th graders to capture a real slice of the challenging experience of being a 13-year old in today's times.

RECREATION EVENTS

upcoming special events • mark your calendar now!

Here Comes Peter Cottontail



Annual Easter Parties

- Easter Egg Hunt • Contests • Games
 - Arts and Crafts • Special Guest: The Easter Bunny
- For more information, please contact your local park for the exact day and time

•Baseball •Softball •T-ball



Tryouts: March 27, 2010

The 2010 Youth baseball/softball/t-ball season tryouts will be held at all city parks.
Pick up your registration cards today!
Register by March 20, 2010. The cost is \$30.

The City of Carson
Parks and Recreation Department



presents

PROUD, BLACK, AND BEAUTIFUL!

A Celebration of Black History

Doors open at 6 p.m. **Friday, February 19, 2010**
~ FREE ADMISSION ~

Come and join us as we celebrate Black History Month with a night filled with music, poetry, and dance . . .

- Black Historical Artifacts and Exhibits
- Southern Dessert and Refreshment Mixer following the program

For more information, call the Parks and Recreation Department
(310) 847-3570

Welcome to Permits!

The Reservation Office business hours are
Monday - Thursday, 7:15 a.m. - 5:30 p.m. Call us at
(310) 847-3570 or fax us at (310) 830-8567.
We are located at the Parks & Recreation Department
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.

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.

Loss Or Damage Information

Responsibility for equipment remains with customer from delivery until return. Please be sure equipment is secured when not in use and protected from the weather. There are replacement charges for missing or broken items.

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

Jumper companies on file with the City of Carson have a \$1,000,000 liability insurance and business license with the city. These are the only companies allowed on city parks:

Party Pronto: (877) 727-8437

Fiesta N Jump: (310) 2363-1848

Jump 4 Fun: (800) 281-6792

Party on Rentals: (323) 255-1993

Major Jumpers & Entertainment:
(323) 399-2533

PLEASE NOTE THAT VICTORIA PARK IS A LOS ANGELES COUNTY PARK AND NOT ASSOCIATED WITH THE CITY OF CARSON PARKS & RECREATION DEPARTMENT

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



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.



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

Monday – Friday
7 a.m. – 6 p.m. \$125.00 a week
8 a.m. – 5 p.m. \$100.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES
1 p.m. – 5 p.m. T TH \$18 a week
MWF \$27 a week
M-F \$45 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 Parks and Recreation Department 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
• Dolphin	Preschool	8 a.m. – 12 a.m.	M/W/F
• Dolphin	Preschool	8 a.m. – 12 a.m.	T/Th
• Carson	Preschool	8 a.m. – 12 a.m.	M/W/F
• Carson	Preschool	8 a.m. – 12 a.m.	T/Th

Fees: 2 days/wk \$18 a week
3 days/wk \$27 a week
5 days/wk \$45 a week
Fees are paid every 4 weeks

ABC...123...



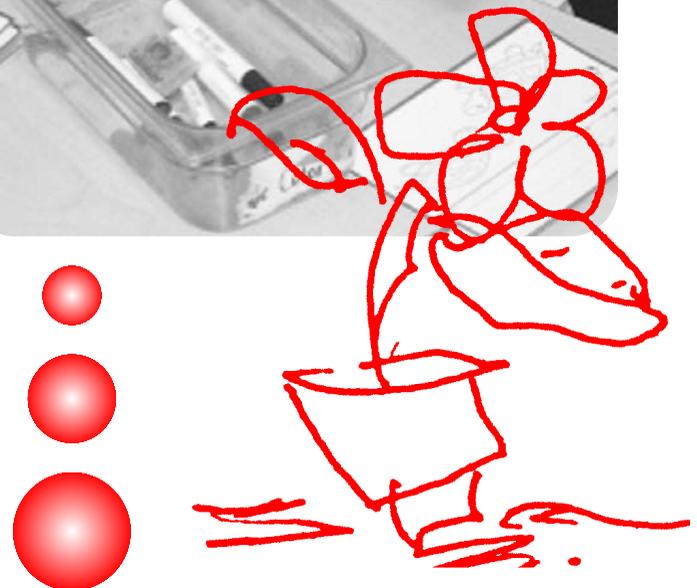
One time, non-refundable, registration fee of \$50 for half day students and \$50 for all day students due at the time of registration. Discount for second child of the same family. (Applies to ALL programs.) Priority registration given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change.

State licensing pending for the parks listed.

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 III: Park Preschool

Park Facility	Time	Days
• Anderson	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Calas	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Del Amo	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Hemingway	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Scott	8 a.m.-12 p.m.	M/W/F



City of Carson
LIFEGUARD
TRAINING CLASS

American Red Cross
 Lifeguard Training and Standard First Aid and
 CPR for the Professional Rescuer*

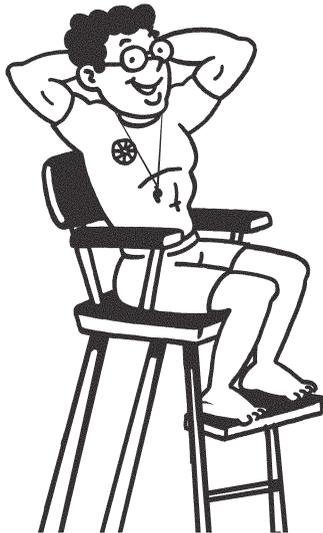
Location:
HEMINGWAY AQUATIC CENTER

MARCH 1 - 13, 2010

MON.	MARCH 1, 2010	6:00-8:00 p.m. (Tryouts)
SAT.	MARCH 6, 2010	8:00-6:30 p.m.
SUN.	MARCH 7, 2010	8:00-6:30 p.m.
SAT.	MARCH 13, 2010	8:00-6:30 p.m.

***Must attend every class**

\$100 on tryout day. NOT including \$35 book Lifeguarding book
 must be purchased at your local American Red Cross location.
 Must have the book by the first day of class.



APPLICANTS MUST BE:

- At least 15 years of age by March 13, 2010
- In good health
- Able to complete the course pre-test of a 500-yard swim of combined breast stroke/freestyle
- Able to retrieve a 10-lb. diving brick from the deep end, swim 25 yards with the brick, and exit pool w/brick

Upon successful completion of the course, students will be eligible to apply

for positions with the City of Carson Aquatic Program for the 2010 season. Pay Rates - \$10.46 - \$16.44

For more information or to register, contact the
Aquatics Office at (310) 847-3578

Parks and Recreation Department

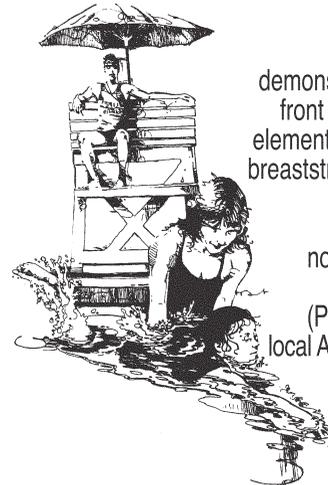
City of Carson
WATER SAFETY
INSTRUCTOR
CLASS

American Red Cross
 Water Safety Instructor
 Certification Course

Location:
HEMINGWAY AQUATIC CENTER

Wednesday	March 17, 2010	5 p.m. to 8 p.m.
Saturday	March 20, 2010	8 a.m. to 6 p.m.
Sunday	March 21, 2010	8 a.m. to 6 p.m.
Monday	March 22, 2010	5 p.m. to 8 p.m.
Wednesday	March 24, 2010	5 p.m. to 8 p.m.
Saturday	March 27, 2010	8 a.m. to 6 p.m.

Mandatory attendance required, no exceptions!



Prerequisite:
 demonstrate the following strokes:
 front crawl, back crawl, butterfly,
 elementary backstroke, sidestroke,
 breaststroke at level 4 performance

Cost: \$110
 not including Water Instructor
 Training Packet
 (Purchase WSI Packet at your
 local American Red Cross for \$55)
 Limited number
 of spaces available,
 so register early.

Applicants must be at least **16 years of age by**
Saturday, March 27, 2010, in good health, and able to
 pass practical and knowledge tests on general water safety.

Upon successful completion of the course,
 students may apply for Swim Instructor II positions to
 teach swim lessons and aquatic activities within the
 City of Carson for the 2010 season.

For more information or to register, contact the
Aquatics Office at (310) 847-3578

Parks and Recreation Department

WINTER PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of fall 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	Noon-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:

• Anderson	Tues/Thurs	6:30-7:30 p.m.
• Calas	Tues/Thurs	6:30-7:30 p.m.
• Carriage Crest	Tues	6-7 p.m.
• Carson	Tues/Thurs	6-7 p.m.
• Del Amo	Tues/Thurs	6-7:30 p.m.
• Dolphin	Tues/Wed/Thurs	6-7:30 p.m.
• Dominguez	Mon/Fri	6-8 p.m.
• Stevenson	Wed/Fri	6-8 p.m.
• Veterans	Tues/Thurs	5:30-7:00 p.m.
• Hemingway	Tues/Thurs	6:30-8 p.m.

Drill Team

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



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, Carson, Dolphin, Dominguez, Hemingway, Mills, Scott, Stevenson, Veterans, and Del Amo parks.

Arts & Crafts

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

Youth Golf Instruction

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

Boys & Girls Club

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. Also Calas Park offers a program, "Carson Park Rangers", Thursday, 6-7 p.m.

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	Wed	4:30-5:30 p.m.
• Calas	Fri	5-6 p.m.
• Carriage Crest	Wed	4-5 p.m.
• Carson	Wed	6:30-7:30 p.m.
• Del Amo	Tues	5-6 p.m.
• Dolphin	Tues	3-4 p.m.
• Dominguez	Fri	4-5 p.m.
• Hemingway	Fri	5:30-6:30 p.m.
• Mills	Fri	5:30-6:30 p.m.
• Stevenson	Thur	4:30-5:30 p.m.
• Veterans	Fri	4:30-5:30 p.m.

Homework Club

• Stevenson Park	Mon/Thurs	3:30-5 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 free dance classes. For more information, contact one of the parks listed below. Beginning and Intermediate Jazz and Tap will be offered at the following parks:

• Anderson/2 Age Division	Mon/Wed	6:30-7:30 p.m.
• Anderson/Adult Line Dancing	Wed	6:30-8:30 p.m.
	Sat	10 a.m.-12 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Dominguez	Mon/Wed	5-7 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-8:30 p.m.
• Tiny Tot	Sat	9-10 a.m.
• Modern Dance Class	Thurs	6:30-8 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Junior Theatre

• Del Amo 5-12 yrs old Thurs 6-7 p.m.

Friday Night Madness & Movies

• Anderson 7 yrs - up (FREE) Fri 6-8:30 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

Star Program

After school day care offered at Scott, Calas, Dominguez, Hemingway, and Mills parks, Monday through Friday from 2:30-6 p.m.

Cost: \$30 per week.



Beginning Chess

Come learn the moves at Hemingway and Anderson parks, Tuesdays from 5-6 p.m., Del Amo Park, Tuesdays from 3:30-4:30 p.m.; Hemingway Park, Saturday from 9 a.m.

TEEN PARK ACTIVITIES

Sports Activities

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



Beginning Boxing

Learn the fundamentals and techniques of boxing. Contact staff for specific day and time.

Teens in the Kitchen

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



B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

Mon-Thurs 1-9 p.m. Fri 1-9 p.m. Sat 10 a.m.-2 p.m., Closed Sun

Fees:

Adults
Youth (10-17 yrs)
Children (8-9 yrs)
Daily Rate

Monthly Membership

\$20
\$15
\$15
Youth/\$2 Adult/\$4

Beginning Boxing

This is a continuous class stressing fundamentals and techniques of boxing.

Beginning Weightlifting

Learn about weightlifting from the experts. This is for the first-time lifter. Must be at least 13 years old. The instructor will provide each student with a personal workout sheet to track routine. Call Stevenson Park at (310) 631-2252.

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.

UPCOMING EVENTS

- **Boxing Invitational**

Date: TBD, 1-3 p.m.,

- Fabela Chavez Boxing & Fitness Center, Scott Park
Admission: **FREE**

YOUTH SPORTS

WINTER PROGRAM

The Youth Sports Section offers a variety of recreational activities for boys and girls 5 to 17 years of age. All registration is conducted at the parks. Early registration is encouraged. For more information regarding any program, contact your local park.



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

Registration: Now through March 20, 2010. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 27, 2010

Season Begins: May 1, 2010

Registration Fees: \$30 1st child \$24 2nd child
\$18 3rd child \$12 4th child

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. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before December 1, 2009 to officiate basketball, and April 1, 2010 to officiate baseball and softball.



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.

Thanks

All Youth Sports Programs are coached by adult volunteers who give their time and talent to the youth of our community. The Recreation Division takes this opportunity to thank these dedicated coaches. Without your help, our program would not be possible.

CARSON JUNIOR TENNIS

P R O G R A M

Free admission

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

Kids Club After-School Child Care

Solution For Latchkey Children

Across the United States, child care is being recognized as a major issue. Changing economic and social conditions have drastically altered the after school environment for elementary school children. It was estimated that by the year 2000, six out of nine families will require child care service. Where do the children go after school?

Carson's solution to the growing problem is Kids Club, a safe environment for latchkey children. The Kids Club was designed to provide a much needed alternative for single and dual working parents by offering supervision for children from 2:30 - 6:00 p.m., Monday through Friday. The City of Carson's Parks and Recreation Department administers this program through the Recreation Division.

Before & After School Kids Club Fees

Monday-Friday

2:30-6 p.m.

Resident

\$40 wkly



(\$12 dollars additional fee for Pupil Free Days.)

Availability is based on the needs of each site. Call (310) 847-3566 for information about fees and locations. 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, 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

SPRING BREAK DAY CAMP



March 29 - April 2, 2010
Monday-Friday

Our popular Day Camp is offered at all City Parks and is designed to provide supervised hours of fun-filled activities for children 5-12 yrs. of age. Each week's activities include crafts, games, movies, songs, and excursions (excursion fees are not included in the weekly day camp fee.)

*The camps are open Monday-Friday
from 7 a.m.-6 p.m.*

Sibling discounts available

For more information, please contact your park or call the Parks and Recreation Department at (310) 847-3570.

TEEN AND ENRICHMENT ACTIVITIES

Upcoming Special Events • Mark Your Calendar Now!

Numerous activities are scheduled throughout the year.

All activities are planned and supervised by Recreation Staff.

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City of Carson
**Enrichment Academy
 Young Artist Art Program**

Learn different art techniques:
 • **Water Color** • **Life Drawing**
 • **Still Life** • **Oil Painting**

 **FREE • Ages 9-14**

**Session One
 January 11 - April 5, 2010**

Anderson Park	Monday	5-6 p.m.
Calas Park	Monday	4-5 p.m.
Carson Park	Friday	3:30-4:30 p.m.
Dominguez Park	Friday	5-6 p.m.
Hemingway Park	Wednesday	5:30-6:30 p.m.
Veterans Park	Wednesday	4-5 p.m.

For further information, call (310) 847-3565

City of Carson
**ENRICHMENT ACADEMY
 Youth Golf Program**

LEARN TO PUTT, CHIP, DRIVE



Beginning Date
January 13, 2010
9 a.m. - 12 p.m.
Ages 8-14

Class Schedule

Monday	4 p.m.	Hemingway Park
Tuesday	4 p.m.	Anderson Park
Tuesday	4 p.m.	Calas Park
Wednesday	4 p.m.	Dominguez Park
Wednesday	4 p.m.	Carson Park
Wednesday	4 p.m.	Dolphin Park
Thursday	4 p.m.	Veterans Park
Thursday	4 p.m.	Mills Park

**SPECIAL EVENT
 “Golf-Challenge”**
March 27, 2010 • 9 a.m. - 2 p.m.
Calas Park

Teen and Enrichment Programs
“Building a stronger alliance with our youth and community through alternative programming”
 Parks and Recreation Department

**YOUTH CONFERENCE
 PLANNING COMMITTEE**



Four Planning Dates Left

Ages 12-18 are invited to assist in planning this Youth Conference

MEETING SCHEDULE

Wed	January 20, 2010	Calas Park 1000 E. 220th St.
Wed	February 17, 2010	Anderson Park 19101 Wilmington Ave.
Wed	March 17, 2010	Veterans Park 22400 Moneta Ave.
Wed	April 21, 2010	Corporate Yard 2400 E. Dominguez St.

Teen and Enrichment Programs
“Building a stronger alliance with our youth and community through alternative programming”
 Parks and Recreation Department

YOUTH SERVICES PROGRAMS

sponsored by Public Safety

The City of Carson Public Safety Department/Youth Services Section provides courses for parents and adolescents ages 12 to 17 years of age. The following courses are accepted by local Juvenile Traffic and Probation Courts.

• Youth & the Law Program

Youth (Ages 12 – 17 years)

Residents: \$30.00 Non-residents \$35.00

This 8 hour after school program consists of two 2-hour classroom lectures, required one 2-hour Parent Enrichment classes, and one field trip. Its aim is to educate youth about the importance of obeying rules at home, school, and laws in the community. The field trip varies locations, and could take place at a juvenile hall, a federal prison, or a superior court.

Registration: Call (310) 952-1700, ext. 1789, 1673, 1671, 1672

Instructor: Youth Services Officers

Hours: 4-6 p.m. classroom hours, 3:30-7:30 p.m. field trip hours

Community Center

• Parent Project Program

(10 Days / 20 Hours)

Adults: Residents: \$42.00 Non-residents \$47.00

(Open Enrollment)

A 20 hour course conducted on Tuesday evenings, for a 10 week period. Classes are presented by experienced facilitator. This course is designed for parents of strong-willed adolescents (middle or high school age youths).

Registration: Call Dennis Rodriguez at (310) 952-1700, ext. 1672

Instructor: Dennis Rodriguez, YSO/Arthur Williams / Arthur Williams / Maria Robles (Español)

Tuesday: 5 - 7 p.m.

Community Center: Rooms 122 A & B.

• Anger Management For Teens

(8 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$20.00 Non-residents \$25.00

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for an 8-week period, and one required 2-hour Parent Enrichment class. Classes are designed to assist adolescents ages 12 to 17 years old. Sessions are facilitated by a Public Safety Department/ Youth Services Officer. This course accommodates adolescents who may be referred by the court, school, parents, or probation officers to complete an anger management program.

Registration: Call Deborah Schmidt at (310) 952-1700, ext. 1671

Instructor: Deborah Schmidt, YSO

Tuesday: 4:30 – 6 p.m.

Community Center

• Drug/Alcohol Program (Positive Choices)

(8 Days / 16 Hours) Youth (Ages 12 to 17 Years)

Residents: \$20.00 Non-residents \$25.00

A 16 hour course conducted on Wednesday afternoons from 4 p.m. - 6 p.m., for an 8-week period, required one 2-hour Parent Enrichment classes. Classes are designed to assist adolescents from ages 12 to 17 years old. This course is instructed by trained personnel using the Positive Choices curriculum. This course accommodates those adolescents referred by the courts, schools, or the Probation Dept. to complete a Drug Awareness and Prevention course. *Drug Testing is also available for an additional fee paid to clinic conducting the test. Drug Testing is \$15.00 Per Test.

Registration: Call Dennis Rodriguez, YSO at (310) 952-1700, ext. 1789

Instructor: POSITIVE CHOICES STAFF

Wednesday: 4 to 6 p.m.

Community Center

• Community Service For Youth

Youth only (Ages 12-17 years) Cost: \$40 (50 hours or less)

Must meet Youth Services Program Criterion

The City of Carson Youth Services Section provides a Community Service Program for youth under court-order to complete a minimum of 8 hours to a maximum of 50 hours of community service. This is a comprehensive program providing necessary security and protection for youth conducting community service at local city parks and city sponsored community events. This Community Service program is recognized by Courts, LA County Probation Department, and local schools.

Contact Person(s): ANY YOUTH SERVICES OFFICER

Registration: Call (310) 952-1700, 1789, 1671, 1672

Case Management Services

Juveniles meeting any one of the following criterion will be assigned to a Youth Services Officer to establish goals and objectives, and monitor progress toward successful completion of their Youth Services Section courses/classes.

Criterion (any one of the following)

1. City of Carson resident.
2. Juvenile attends a school in the City of Carson.
3. Juvenile committed offense in the City of Carson.

• If you need to contact us, please call the following Youth Services Officers at (310) 952-1700.

Youth Services Officer	Program	Extension
• Dennis Rodriguez	Positive Choices & Parent Project	x1789
• Deborah Schmidt	Anger Management For Teens	x1671
• Eric Carter	Community Service Program	x1672
• Youth Services Officer	Youth & the Law	All

YOUTH SERVICES 2010 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: M&Th: 4-6 p.m. Wed: 3:30-7:30 p.m.
Track I: Jan. 19, 26 Feb. 2, 9, 16, *23 Mar. 2, 9, 16, 23, 30 *No Class	Track I: Jan. 12, 19, **26 Feb. 2, 10, 16, **23 **Parent Enrichment Class Field Trip	Track I: Jan. **20, 27 Feb. 3, 10, 17, **24 Mar. 3, 10 **Parent Enrichment Class Field Trip	Track 1: Jan. - **11, 13, 14 Track 2: Feb. - **8, 10, 11 Track 3: Mar. - **8, 10, 11 **Parent Enrichment Class Field Trip

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, or call extension 3576.



WINTER SOFTBALL LEAGUES

Men's C/D Level

Registration: December 2-January 19
 Play Begins: January 8
 Fees: \$399 per team

Coed C/D Level

Registration: December 2-January 19
 Play Begins: January 8
 Fees: \$399 per team

Winter Softball Tournament/Men's & Coed

Registration: January 4-February 18
 Play Begins: February 20

Spring Softball League

Registration: March 1-April 5
 Play Begins: April 8

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



DISABILITY AND ACCESSIBILITY ISSUES

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

City of Carson Parks and Recreation Department
 Attn: Cedric Hicks, Recreation Superintendent, 2400 E. Dominguez St.,
 Carson, CA 90810 or call (310) 847-3570



WINTER FLAG FOOTBALL LEAGUES

Men's 4 on 4

Registration: January 18-February 18
 Play Begins: February 21
 Fees: \$175 per team

Men's 8 Man

Registration: January 18-February 18
 Play Begins: February 21
 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 Parks.



Coed Softball

Registration is currently being taken for the upcoming park leagues at the following parks:

- Calas Thur 6-9 p.m.
- Carrige Crest Mon 6-9 p.m.
- Dolphin Fri 6-10 p.m.



8 Man Soccer

Carson and Stevenson Parks 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. Dance your way to thin every Tuesday and Thursday, from 7-8 p.m. at Hemingway Park and from 6:30-9 p.m. at Stevenson Park.

ADULTS / SENIORS

HUMAN SERVICES

SENIOR SOCIAL SERVICES

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 50 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.

SENIORS ASSISTED LIVING



Free Nutrition Classes

We are now offering nutrition classes for 11-week sessions (must have enough enrolled to begin). Classes are available once a week for those who are interested in learning how to cook and eat the right portions of food for you and your family and also how to read labels from food packages that will show you how to live a healthier and longer life. Classes are (sponsored by Harbor UCLA Medical Department of Family Medicine). No charge however donations are encouraged. Date to be determined. For more Information please, call (310) 952-1775.

Case Management & Home Services

To help seniors and disabled remain independent and 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) 952-1775.

Geriatric Aide Program

This program is designed to provide limited domestic assistance to frail and homebound seniors. Typical services include light housekeeping, dish washing, vacuuming, kitchen and bathroom cleaning, laundry, grocery shopping and meal preparation. No charge and donations are encouraged. For more information, call (310) 952-1775.

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 this 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) 952-1775.

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. Short-term placement is also available. For more information, call (310) 952-1775.

Friendly Visitor

Friendly Visitor Volunteers provide companionship, understanding, and empathy to elders who are lonely and/or isolated. Through regular visits, these volunteers provide letter writing, reading and friendly visits to help the client remain as independent as possible while living in the community. For more information, call (310) 952-1775.

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 12-week sessions throughout the year on Wednesday or Thursday, 10 a.m.-12 p.m. and 12:15-1:15 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 952-1775.

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

HUMAN SERVICES

Arthritis Exercise Class

This program is designed to improve lives through prevention and control of arthritis and related diseases. We offer information, innovative public health and educational programs.

Classes will be held on Mondays and Thursdays from 6:00 - 7 p.m. at Congresswoman Juanita Millender-McDonald Community Center and is open to all ages. Fees are \$25.00 per person, for a six week session or \$5.00 per person per class. Classes begin February 22, 2010 and space is limited. Class instructor, Craig Markel. For more information, call (310) 952-1763.

INFORMATION & REFERRAL

For many families, a phone call to social services is their first introduction to the sometimes-bewildering network of programs and services for seniors. Our information and referral specialist can answer questions about elder care, suggest solutions, mail information, and make referrals when appropriate. We have the most current information on services for seniors. Our information and referral specialist will follow up to find out if further assistance is needed. A representative from the Los Angeles County Public Social Services is here the first Tuesday and third Thursday of each month from 9 a.m.-12 p.m. to help fill out applications with Medi-Cal and Food stamps. No appointment needed walk-ins welcome first served. For more information, call (310) 835-0212 ext. 1467.



Telephone Reassurance

The telephone reassurance program is a calling service to seniors who are homebound. Telephone reassurance is an ideal program for those convalescing and/or wishing to remain in contact with a "friendly voice."

Health Insurance Counseling and Advocacy

The Health Insurance Counseling and Advocacy Program (HICAP) of the Center for Health Care Rights provides assistance to Los Angeles County Medicare beneficiaries who need help getting through the Medicare maze. 1st & 3rd Wednesday of the month 10:00 a.m.-12:30 p.m.

Legal Referral

There are many types of legal referral services available.

Equipment Loan Program

The Social Services office has walker's, crutches, wheelchairs, and canes available for loan. Contact the senior services for more information. Please keep us in mind if you have a wheelchair or any health equipment you are no longer using and/or if you know of someone who would like to donate one.

Homemaker/Handyman

This program provides homemaker and/or handyman referrals to seniors who are in need of assistance in their homes. Seniors providing services as well as those seeking to hire homemaker or repairman are registered in the social services office.

Free Tax Assistance

February through April 15 trained AARP volunteers will help low and middle-income persons, with special attention given to persons age 60 and older in preparing their income tax returns. Tax preparers will do the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self employment. They do not do rentals, business/high income self-employment, mutual funds, foreign investments, or partnerships. This service is by appointment only. For more information, call (310) 835-0212, ext. 1467.

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 \$2.25 and \$3.25 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.

Financial Counselor

A Financial Counselor is here every Tuesday & Thursday from 9:30 a.m. to 12:30 p.m. to help you with any questions you may have regarding Financial and Retirement planning by appointment only.

HUMAN SERVICES

SENIOR RECREATION

The senior recreation program provides recreational programs for senior's citizens ages 50 and above. Our goal is to provide a sense of belonging and knowing that there is "LIFE AFTER RETIREMENT." We provide numerous activities and special events, 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.

CLASSES AND PROGRAMS

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 10 persons 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 uninstruced class meets every Tuesday and Friday from 9 – 11 a.m.

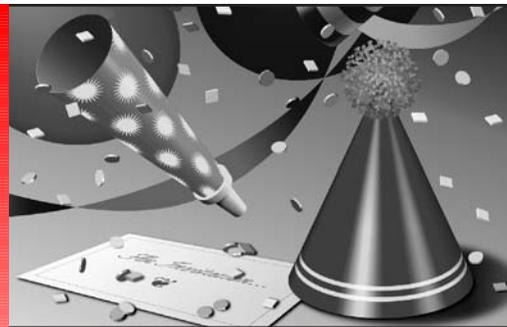
Ceramics Class - Learn to make beautiful vases and ceramic sculptures. Paint your own creations. Supplies must be purchased from the Instructor. Classes meet on Thursdays from 9:00 – 11:00 a.m.; Room 116; Instructor: Cathy



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.

SPECIAL EVENTS

Special Events and Activities - are scheduled for senior residents and guests. A small fee is charged. Come join us for the following senior special events.



JANUARY

Happy New Year!

FEBRUARY

Valentine's Day Luncheon
February 12, 2010 • 12 - 4 p.m.

MARCH

March 12, 2010 • 12 - 4 p.m.
St. Patrick's Day Luncheon

HUMAN SERVICES

EXERCISE

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 a 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 Friday 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 am. Come have fun and get a great cardio workout.



Chair Exercise – Class meets every Tuesday from 11:00 – 11:40 a.m./Thursday from 11:00 - 11:40 a.m. Low impact class using dyna 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 foot wear are required, such as: closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. You cannot participate if you don't have the proper attire or foot wear.

PiYo Class – Come and exercise every Tuesday from 11:45 a.m.-12:30 p.m. and Thursday from 11:45 a.m.-12:25 p.m. This class is designed for stretch, balance, muscle conditioning and breathing. Come and enjoy the company of other seniors as you move to the hippest tunes.

Aerobics – Come and exercise to the funky tunes for a great workout! Every Friday from 10:30 – 11:15 a.m. Also join Randy on Wednesday from 12:30 – 1:15 p.m. for a super workout at the Congresswoman Juanita Millender-McDonald Community Center. Cost of this class is \$3.00

Weightlifting and Conditioning – This class meets Monday through Friday from 8:30 – 10:30 a.m. at Scott Park. Boxing and Weightlifting facility. Seniors are able to use exercise equipment available: treadmills, rowing machines, exercise bikes, etc. Staff available if you have questions. Scott Park is located at 23410 Catskill Avenue in Carson. Call (310) 830-6439.

HEALTH

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



Blood Pressure Screenings – Volunteers provide free blood pressure screening every Tuesday from 10 – 11 a.m. Please call, (310) 835-0212 ext. 1479, if you'd like to volunteer to provide blood pressure screening.

PERSONAL ENRICHMENT

Carson Bridge Club – This is a fun loving group of coed's enjoying a friendly game of bridge. This club meets on Tuesday from 12:30 – 4 p.m.

Driver Safety Program – Get a break on your car insurance by attending 55 Alive classes, This is an eight hour classroom course can sharpen driving skills, prevent accidents, keep older drivers on the road longer and safer. For more information, call (310) 835-0212, ext. 1478.

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

HUMAN SERVICES

Ukulele Class - Meets every Monday at 11 a.m., 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. Instructor: Stu Sanford

DANCE

Ballroom Dancing - Learn the art of Ballroom Dancing on Tuesdays from 12:30 - p.m.; beginners 1-2 p.m. advanced. Dance room. Minimal fee required for class. Instructor: Kinue Williams

Polynesian Dancers - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 9:30 - 11 a.m. Dance room. \$2 per class. Instructor: Yuriko Rogers



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



Line Dancing - Learn and perform the newest Country Western dances. Advanced classes are Wednesdays from 10-11 a.m. and beginner classes are on Wednesdays from 9-10 a.m. and Thursday from 4-6 p.m. in the Dance room. \$2 per class. Instructor: Doris Thomas.

CLUBS

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

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

Dominguez Swinging Fifties - Meets on Wednesday from Noon - 4 p.m. at Dominguez Park, 21330 Santa Fe Avenue, Carson.

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.

Golden Age Club - Meets monthly on Wednesdays, 11 a.m. - 4 p.m. Come join us for bingo and fellowship.

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.

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.

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

We are looking for volunteer instructors for: Yoga, Creative Writing, and taking blood pressure for seniors. If interested call, (310) 835-0212 ext. 1479 or 1478.

The City of Carson
Senior Recreation
Programs

What is your interest?
What kinds of programs
would you like to see for
ages 50 and above?

We need your input!
Help us by letting us know,
is it sporting events,
home and garden activities,
outdoor activities,
utilizing city park
facilities for activities?

We want to know!! Your interest is our interest! Please call the Senior Recreation Programs Office at (310) 835-0212 ext. 1479 or 1478.

HUMAN SERVICES

SENIOR CITIZENS TECHNOLOGY CENTER

The Senior Citizens Technology Center (SCTC) in operation, Monday - Friday from 9:00 a.m. - 5:00 p.m.

Classes fill quickly and you must sign up. For further information, call (310) 835-0212, extension 1475.

*All classes require typing - Must have knowledge of typing! SIGN UP NOW!



Introduction to PC's

This class is designed for the complete beginner. This class explores a typical personal computer system, including hardware components, software programs, demonstrations of word processing, electronic mail features, and a brief introduction of computer file storage.

Basics of Word Processing

The class introduces the basic concepts of word processing to the novice PC user. Create personal documents and learn the features and benefits of word processing.

Excel

Seniors will learn to create electronic spreadsheets using formulas, functions, graphs, and charts. Create simple databases for inventory, sales group organizations and even address books.

Beginning Internet

This course prepares seniors to use the internet. Emphasis in this class is on 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

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

Advanced Computer Class

This class covers aspects of a more sophisticated areas of computer. Students should have a comfortable familiarity with Windows, using a keyboard and mouse. Subject matters includes an in-depth look at:

- 1-Microsoft Office applications such as Word, Excel, and Powerpoint.
- 2-Internet Safety and Research
- 3-E-mails Do's and Don'ts
- 4-Digital Photography
- 5-Blogging or mini-website design

Each course is 6 (six) sessions.

Attendance is mandatory.

If two or more classes are missed, you will be dropped from the class.

Joseph B. O'Neal, Jr. Stroke Center

The mission of the Joseph B. O'Neal, Jr. Stroke Center is to serve the needs of Carson residents living with the effects of stroke and provide support for their families. This new facility features state of the art equipment and offers a variety of activities including group exercise, arts and crafts, and psychological, physical, occupational speech, and recreation therapy.

J.B.O. Jr. Fitness Center

Open Monday through Friday 8:30 a.m. - 5:00 p.m. Stroke survivors can work at your own pace in the state of the art fitness center, with assistance from staff. For information, call (310) 952-1763.

Bocce Ball

Join us, it's a great new game. It is mainly played outside but modified for indoors, like bowling. Come in and join us as we play every 4th Wednesday and 3rd Friday of the month, from 12 - 3 p.m.



Exercise Program

This class meets on Tuesdays and Thursdays from 12:30 - 1:30 p.m. Group exercise activities provide the stroke survivor with light recreational activities to help in the ongoing rehabilitative process.

Chair Beachball Volleyball

Every Tuesday & Thursday, 11:30 a.m.-12:30 p.m. before Exercise Class, join us for this new fun way of playing volleyball from a chair, it's very energetic.

Stretching and Strengthening Exercises

This class is offered every Monday from 1:30 - 2:30 p.m. for stroke survivors that want to get more out of exercise. For more information call (310) 952-1763.

Occupational Therapy

This class is open to all stroke survivors who need to work on hand and arm strengthening. This program is held on one-on-one basis with a licensed Occupational Therapist.

Speech Therapy

This class is open to all stroke survivors who wish to participate. This program is held on a one-on-one basis with a licensed Speech Therapist.

Fun Fridays

Noon - 3 p.m. Activities include arts and crafts, music appreciation, movie days, senior luncheons and field trips. For upcoming activities, call the center.

Water Exercise

This class meets every Wednesday from 1:15 p.m. to 4 p.m.. A therapeutic heated pool provides 100% access to a disabled person. The near weightless environment relieves stress from joints to allow otherwise useless muscles to operate freely. The water provides the body with the opportunity to change positions and improve circulation.

Speakers Bureau

The presentations will provide resources to the stroke survivors and the caregivers. The topics presented will also provide information on medical, psychological, and legal issues, as well as day-to-day living concerns.

Caregiver Support Group Sessions

These sessions are offered, Thursday, 5:30-6:30 p.m. A stroke can be financially and emotionally devastating for the family, spouse and/or significant other, as well as for the stroke survivor. The sessions for caregivers will provide the opportunity to discuss living with and caring for a stroke survivor, the impact of the stroke experience on their lives and other pertinent issues.

HUMAN SERVICES

SPECIAL NEEDS PROGRAM

Special Needs, or Adaptive Programs, is designed to meet the basic recreational, social, and physical fitness needs of Carson's disabled population groups, including the physically and sensory disabled with the developmentally disabled. All instruction is free unless otherwise noted. The Special Needs Office is located in the Community Center. Office hours are Monday-Friday, 9 a.m.-6 p.m. For more information, call (310) 835-0212, ext.1465 and 1470.

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

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

Monthly Dances and Themes

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



- **February 12, 2010 - Valentine's Dance**
- **March 12, 2010 - St. Patrick's Dance**
- **April 9, 2010 - Spring Dance**

Special Olympians

It is mandatory that a current Special Olympics medical form be on file in the Special Needs Office before participation in any Special Olympics event. Please contact the office if you have any concerns.

Loyola Marymount University Special Games:

Once again will be participating in the Loyola Marymount Special Games in the month of March. Program participants will be sent applications forms by mail. Please refer to the monthly calendar for dates and times, departure and return locations.

Special Olympic Basketball :

We are once again gearing up for Special Olympics competition in the sport of basketball. We are recruiting for our City of Carson Special Olympic teams for 2010. It is mandatory that all participants have a CURRENT Special Olympic Medical form on file in our office before he/she can participate. Please refer to our monthly calendar for practice times, dates and locations.

Bowling Program

This program will offer the basic fundamentals of bowling in a competitive, yet sportsmanlike environment. The group will meet on Saturdays from 9-11 a.m. Refer to our monthly callendar for specifics.

Arts and Crafts

Learn to make fun and creative crafts. Some materials to be used include sea shells, sand, wood, paints and much more. Class is on Mondays at Carson Park from 7-9 p.m.

Exercise Class

Okay, it's time to join us in this low impact workout while listening to hip hop music, and get ready for our Summer outfits. Let's start working on losing those extra pounds that we gained during the Holidays. We'll sweat away those extra pounds on Wednesday at Carson Park from 7-9 p.m.



Basic Classroom Skills

Curriculum is designed to encourage your child/consumer's development through experiences incorporating audio, visual and kinesthetic learning. This includes a wide variety of readiness skills, creative experiences, psychomotor skills and social interaction. Class will meet every Tuesday at Carson Park from 7-9 p.m.

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

Variety Club presents an opportunity for developmentally disabled individuals to socialize and learn new skills in a fun atmosphere. Appropriate social behavior is stressed as the group creates entertainment programs, studies nutrition, play games, dance, discuss safety and much more. This program will meet on Thursday at Carson Park from 7-9 p.m.

VETERANS SPORTS COMPLEX



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Annual Membership Rates

	Registration	New member	Renewal
Individual	\$30	*\$210	\$150
Senior Citizen	\$20	*\$120	\$100
Family	\$50	*\$320	\$250

30-day Membership Rates

	Registration	New member	Renewal
Individual	\$10	*\$35	\$25
Senior Citizen	\$5	*\$20	\$20
Family	\$15	*\$55	\$45

*** 10% discount for Veterans**

Daily Guest Rates

	6 a.m.- 3 p.m.	3 p.m. - close	Initial Visit Set-up fees
Individual	\$5	\$10	\$10

Locker Room & Showers, Raquetball Course, & Classes Additional Fee

Call for our corporate rates

HOURS OF OPERATION

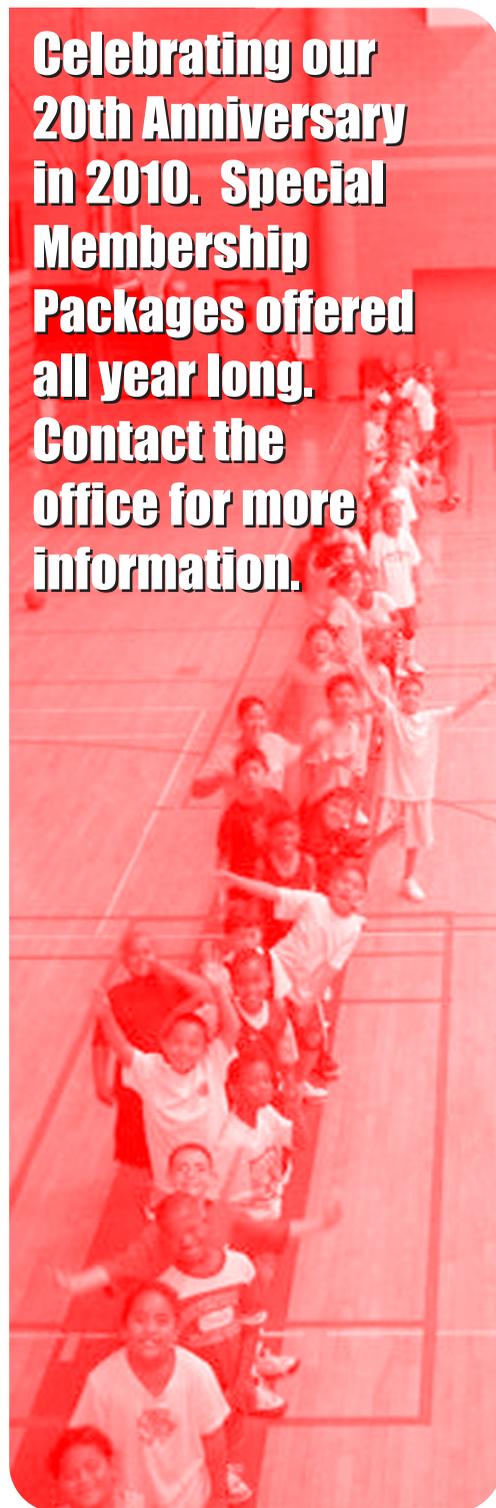
FACILITY

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	9 a.m. - 1 p.m.

Celebrating our 20th Anniversary in 2010. Special Membership Packages offered all year long. Contact the office for more information.





Facility Rental Information

The 25,000 sq.ft. Veterans Sports Complex is host to various community events for local recreation programs, school functions and annual celebrations.

Our 12,000 sq.ft. NBA regulation gym has six basketball hoops making it possible for two full-court basketball games to run simultaneously and bleacher seating for approximately 900 cheering spectators.

Gym (per hour)	Full court	Half court	Bleachers (per day)
6 a.m. - 3 p.m.	\$100	\$65	\$75
3 p.m.- close	\$200	\$125	\$100

Small court (per hour)	Parking Lot (per day)	Raquetball Court (per hour/court)
6 a.m. - 3 p.m. \$50	6 a.m. - 3 p.m. \$75	6 a.m. - 3 p.m. \$10
3 p.m.- close \$100	3 p.m.- close \$150	3 p.m.- close \$20

Activity Room (Staff fees not included)

6 a.m. - 3 p.m.	\$20
3 p.m.- close	\$50

Locker Room/Fitness Center Prices vary

Proof of Non-profit status must be shown before contract is processed. Security deposits, proof of insurance and park staff required for all permits issued. Number of participating staff is assigned by management. Call Veterans SportsComplex, (310) 830.9991.

Come See What we've got going at the Vet!



January 2010

January 16, & 29 • Annual Member guest free days
 January 20 • Waive Registration fee on all new 30 day members
 January 27 • Corporate Basketball League Begins, 6 p.m.

February 2010

January 30 - February 5 Registration for
 "Lose 20 pounds in 20 workouts"

March 2010

March 7, 19, 27 • Member guest free days
 March 13-15 • March Madness Open Basketball Tournament
 March 20 • Waive Registration fee on all new annual memberships

Call Veterans SportsComplex for more information at (310) 830.9991

ADULT CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-6:50 a.m. 45-Minute Cycle II & III (Luz) ★★★	9:00-10:00 a.m. Corepole Training I, II, III (Jamie)	6:05-6:50 a.m. 45-Minute Cycle II & III (Luz) ★★★	9:00-10:00 a.m. Low Impact I, II, III (Jamie)	6:05-6:50 a.m. 45-Minute Cycle II & III (Luz) ★★★	7:00-9:00 a.m. Marathon Training Class (Dennis)	8:45-9:40 a.m. Step Aerobics II & III (Luz)
8:30-9:30 a.m. Muscle Conditioning (Melody)	5:15-6:15 p.m. Hatha Yoga I & II (Charlene)	8:30-9:30 a.m. Lower Body Conditioning I & II (Melody)	5:30-6:30 p.m. Schwinn Cycling II & III (Veronica) ★★★	8:30-9:30 a.m. Cardio Blast/Total Body Cond. I & II (Marie)	8:30-9:30 a.m. Schwinn Cycling II & III (Cynthia) ★★★	
9:30-10:45 a.m. Salsa I & II (Michael)	5:30-6:30 p.m. Schwinn Cycling II & III (Cynthia) ★★★	12:00-1:15 p.m. Salsa I & II (Michael)	6:00-7:00 p.m. Hatha Yoga I & II (Charlene)	12:00-1:15 p.m. Salsa I & II (Michael)	9:00-10:00 a.m. Pilates I & II (Luz)	
5:30 -7:00 p.m. Adult Kempo Karate I,II, III (Master Tigi) ★	6:30-7:30 p.m. Muscle Conditioning II & III (Luz)	5:30 -7:00 p.m. Adult Kempo Karate I,II, III (Master Tigi) ★	7:00-8:00 p.m. Low Impact Aerobics I & II (Marie)	5:30 -7:00 p.m. Adult Kempo Karate I,II, III (Master Tigi) ★	9:30-10:45 a.m. Step & Resist-a-Ball I, II, III (Luz)	
6:00-7:15 p.m. Step & Pilates I, II, III (Luz)		6:00-7:00 p.m. Schwinn Cycling II & III (Cynthia) ★★★				
		6:00 -7:00 p.m. Pilates I & II (Luz)				
		7:00-8:00 p.m. Corepole Training I, II, III (Jamie)				

SERVICES / FACILITIES

Youth classes

Class Descriptions

Fundamental Basketball: This class is a great class to sharpen and learn the sport of basketball. Learn the basics such as passing, dribbling, and defensive skills. Sport specific training by an experienced basketball coach. This class is for all coed ages 8 - 15 years.

Teen Club: This club is made up of teen ages 12 - 17 years of age. There will be a variety of sports activities, health education, break out sessions, and healthy eating tips. Teens will have a chance to share what they know about health and fitness and what we can teach them about living a healthy lifestyle. Healthy living needs to start when we are young. Come and join the club.

Youth Hip Hop: This is a class to learn how to dance Hip Hop and have fun. We will combine aerobics and hip hop together for a great healthy work-out. We will also put together dance routines for special events. This class is coed.

Youth Kempo Karate: Join Master Tigi Mataalii in learning basic self defense routines; promote self confidence, fitness and motor skills.

Youth Volleyball: A great class for kids to learn and sharpen their volleyball skills. Learn the basics such as pass, serve, hit, and dig. Sport specific training by an experienced volleyball coach. This class is for coed ages 9-15 years.

Classes are held in the Group Exercise Room unless otherwise noted. This schedule and the instructors are subject to change or substitution without notice. Go at your own pace, regardless of class.

Adult classes

Classes are held in the Group Exercise Room unless otherwise noted by the ★ symbols. This schedule and the instructors are subject to change or substitution without notice. Please have a towel, water bottle, and go at your own pace, regardless of class.

- ★ Activity Room
- ★★ Fitness Center
- ★★★ Cycle Room

YOUTH CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)	4:30-6:00 p.m. Youth Volleyball I,II (Wallace) Main Gym	4:00-5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)	4:30-6:00 p.m. Youth Volleyball I,II (Wallace) Main Gym	6:30-8:45 p.m. Teen Club I, II, III (Staff)		

Veterans SportsComplex 22400 Moneta Avenue, Carson, CA 90745 • (310) 830-9991 • Fax (310) 830-3364

VETERANS SPORTS COMPLEX

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"Commit to be Fit."

The Veterans SportsComplex works with the total person to get the results you seek.

The Veterans SportsComplex works with the total person to get the results you seek.

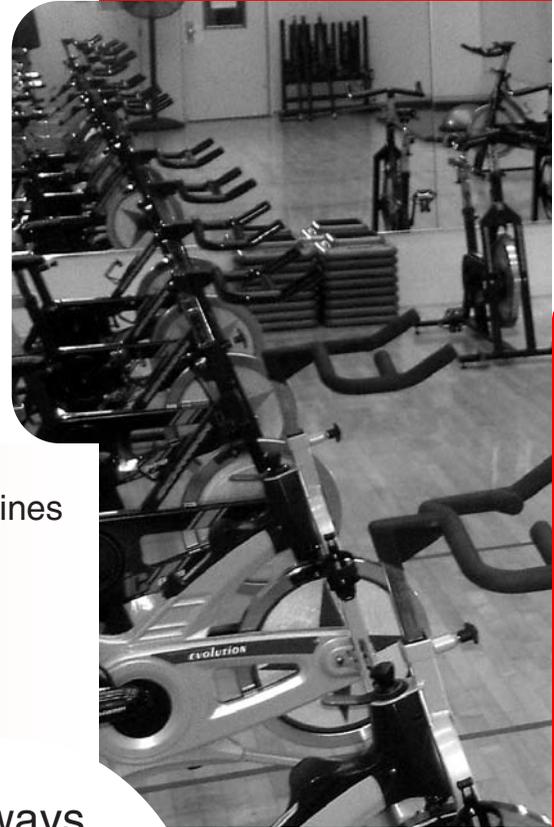
For strength training

- Life Fitness Signature Series Weight Training Machines
- Hammer Strength Smith Machine
- Hammer Strength Incline Press
- Hammer Strength Iso-Lateral Front Lat Pulldown
- Olympic Shoulder, Incline, Military & Abdominal Benches
- Life Fitness Cable Crossover
- Ivanko Free Weights & Dumbbells

For cardiovascular training

- (8) Life Fitness Treadmills
- (3) Star Trac Climbers
- (3) Precor Ellipticals
- (3) Life Fitness Elliptical Cross-Trainers
- (3) Life Fitness Recumbent Bikes
- (5) Precor Upright Cycles
- (10) Schwinn Evolution Cycles for cycling classes

Come check us out!



Always remember when exercising to hydrate yourself, bring a towel, and have fun!

Great progress comes from small steps; and it's time to take the steps that will change your life. Exercise takes commitment and needs motivation.

The Veterans SportsComplex is here to help you keep the commitment while keeping you motivated to succeed. Our classes are designed to maximize the calorie output, tone, and sculpt while having "Loads of Fun!" So what are you waiting for!

SERVICES / FACILITIES

Development Services Group

Transportation Services Division

3 Civic Plaza, Carson, CA 90745

The city is proud to offer a wide variety of transportation services to the Carson community. Knowledgeable and friendly assistance is always available to help with mobility needs for work, school, healthcare, and social services.

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- Shopping and Employment Area Shuttles
- Transit Connections to Rail & Regional Lines
- Curb-to-Curb Service for Seniors and Disabled
- City Bus Pass Vendor Revenue Sharing
- Special City-sponsored Bus Excursions

To learn more about any of these services, please call the Transportation Services Division (located in the Congresswoman Juanita Millender-McDonald Community Center) at (310) 835-0212 extension 1489, Monday through Thursday, between 8 a.m. and 5 p.m., office closed Fridays and holidays, or write to the above address.



Transit Information on Carson Web Site: http://ci.carson.ca.us/content/department/dev_service/transportation_services.asp

City of Carson - Transportation Services Division (TSD)

Bus departures originate from the Community Center parking lot. The city reserves the right to adjust departing, arrival times and planned itineraries due to unforeseen circumstances. For information call the excursion desk at Transportation Services Division at (310) 835-0212, Extension 1489. Tickets can be purchased Monday through Thursday from 8 a.m. to 5 p.m. Our offices are closed on Fridays and holidays.

Dreamgirls - Sunday, March 14, 2010

Direct from the world famous Apollo Theatre, a brand new, sensational stage production will have you on your feet! Full of onstage joy and backstage drama, Dreamgirls tells the rags-to-riches story of an up and coming, 1960's girl group. Broadway director and choreographer Robert Longbottom and co-choreographer Shane Sparks join some of Broadway's top designers to re-envision this Tony and Academy Award winning musical, so it sparkles like never before. Cost of \$93.00 per person includes admission and round trip bus transportation and a lunch stop at San Antonio Winery. Bus departs at 3:00 p.m. and returns at 9:30 p.m.

America I AM the African American Imprint - Saturday, April 3, 2010

The American I AM exhibit is a celebration of nearly 500 years of African American contributions to our country and the world. This historic exhibition is seen through artifacts and multimedia and takes you on a journey from the early 1600's to 2008 at the California Science Center in Los Angeles. Cost of \$29 per person includes admission ticket and round trip bus transportation. Lunch stop on Olvera Street and lunch cost is not included. Bus departs at 9:00 a.m. and returns at 4:00 p.m.

The Ramona Pageant - Sunday, April 25, 2010

Join us for the 87th jubilee of the nation's longest running outdoor drama. The Ramona Pageant based on the classic novel by Helen Hunt Jackson of the many struggles of early California. The natural beauty of the Ramona Bowl Amphitheatre sets the stage for the cast of over 400 adults and children portraying the poignant love story of Ramona and her Indian hero, Alessandro. Enjoy a lunch stop at the Hometown Buffet in Hemet. Lunch cost is not included in the price of the excursion. Cost of \$49 per person includes admission and round trip transportation. Bus departs at 10:00 a.m. and returns at 8:30 p.m.

California Strawberry Festival - Saturday, May 15, 2010

The annual California Strawberry Festival in Oxnard provides food, arts and crafts, music and fun for the entire family. Delectable strawberry dishes delight the festival guests. One of the weekend attractions is the Fine Arts and Crafts Show which features original work of more than 300 professional artists and craftsman from 10 states. The show features an array of outstanding paintings, photography, sculptures, glassware, ceramics, children's toys, woodcarving, clothing, and more. Eclectic sounds of musical entertainment will find a smorgasbord of entertainment in Strawberryland. Lunch cost is not included in cost. Cost of \$30.00 per person includes admission and round trip bus transportation. Bus departs at 7:30 a.m. and returns at 6:30 p.m.



The NORTH/SOUTH SHUTTLE is a community program sponsored by the City of Carson, providing bus service to neighborhoods along the western boundary of the City with connections to the Carson Circuit and regional bus service to Torrance Transit and the MTA bus lines.

SERVICES / FACILITIES

SCHEDULE

The bus runs every 50 minutes:
Monday - Friday 5:20 am to 6:03 pm
(The last bus from Artesia Transit Center leaves at 5:50 pm)
Saturday 10:45 am to 4:54 pm
(The last bus from Artesia Transit Center leaves at 4:10 pm)

The schedule shows the times the bus reaches 10 major stops. To tell when the bus reaches a stop not listed, find the times on the schedule for the major stops immediately before and after it. The bus will arrive at the stop between these two times.

The North/South Shuttle does not operate on Sundays, Thanksgiving Day or Christmas Day.

ROUTE

The North/South Shuttle runs in a loop and departs every fifty minutes from Artesia Transit Center located on 182nd Street/Alberoni. Carson Circuit connections also run in a loop. Regional bus lines run in both directions.

FARES *(exact change required)*

Regular 50¢
 Elderly and Disabled *(with city-issued ID)* FREE
 Carson Monthly Pass \$20
 MTA EZ Transit Monthly Pass *(General)* \$58
 MTA EZ Transit Monthly Pass *(Senior/Disabled/Medicare)* \$29
 Transfers to Carson Circuit routes FREE
 Transfers to regional bus or rail lines 25¢
(The shuttle bus is equipped to transport wheelchair occupants.)

FOR MORE INFORMATION

Carson Monthly Passes (310) 952-1723
 MTA EZ Transit Monthly Passes (800) COMMUTE
 Elderly & Disabled, Lost & Found, Complaints (310) 835-0212
 TTY *(hearing impaired)* (800) 252-9040
 or write to: North/South Shuttle
 Transportation Services Division
 3 Civic Plaza, Carson, CA 90745

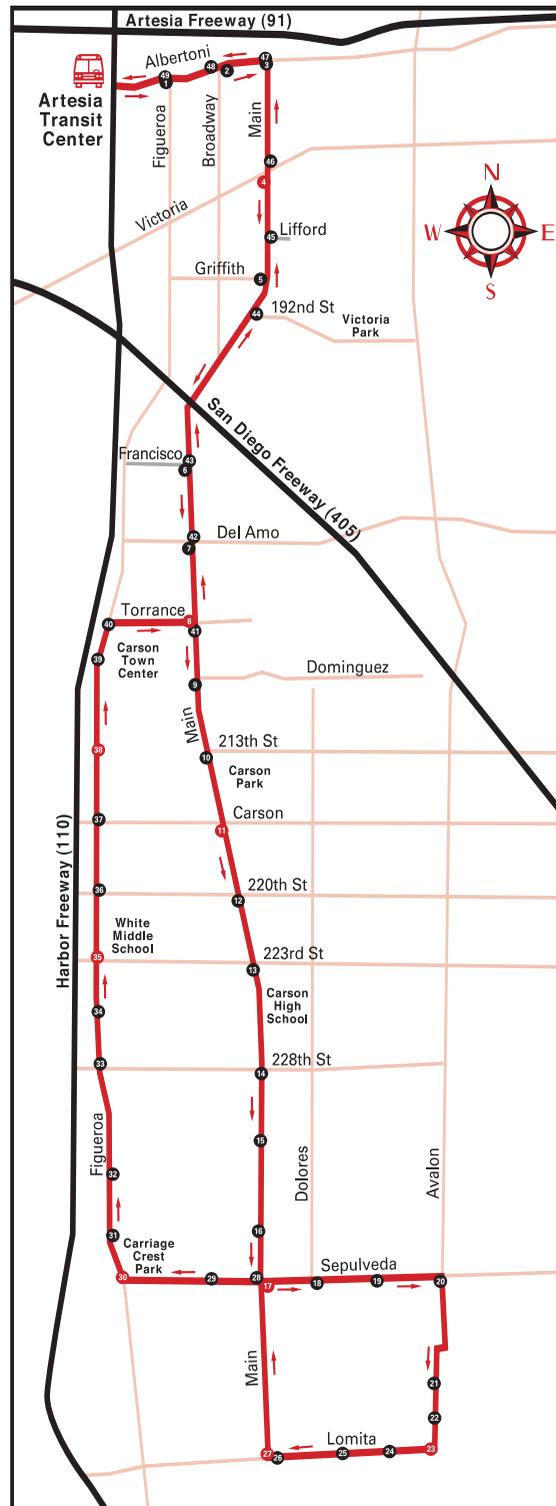
NORTH/SOUTH SHUTTLE SCHEDULE

Effective June 19, 2006

Artesia Transit Center	Main & Victoria	Main & Torrance	Main & 218th	Sepulveda & Main	Lomita & Avalon	Main & Lomita	Figueroa & Sepulveda	White Middle School	Carson Town Center-Figueroa	Artesia Transit Center
5:20	5:25	5:29	5:33	5:39	5:43	5:46	5:48	5:52	5:54	6:04
6:10	6:15	6:19	6:23	6:29	6:33	6:36	6:38	6:42	6:44	6:54
7:00	7:05	7:09	7:13	7:19	7:23	7:26	7:28	7:32	7:34	7:44
7:50	7:55	7:59	8:03	8:09	8:13	8:16	8:18	8:22	8:24	8:34
8:40	8:45	8:49	8:53	8:59	9:03	9:06	9:08	9:12	9:14	9:24
9:55	10:00	10:04	10:08	10:14	10:18	10:21	10:23	10:27	10:29	10:39
10:45	10:50	10:54	10:58	11:04	11:08	11:11	11:13	11:17	11:19	11:29
11:35	11:40	11:44	11:48	11:54	11:58	12:01	12:03	12:07	12:09	12:19
12:25	12:30	12:34	12:38	12:44	12:48	12:51	12:53	12:57	12:59	1:09
1:15	1:20	1:24	1:28	1:34	1:38	1:41	1:43	1:47	1:49	1:59
2:05	2:10	2:14	2:18	2:24	2:28	2:31	2:33	2:37	2:39	2:49
3:20	3:25	3:29	3:33	3:39	3:43	3:46	3:48	3:52	3:54	4:04
4:10	4:15	4:19	4:23	4:29	4:33	4:36	4:38	4:42	4:44	4:54
5:00	5:05	5:09	5:13	5:19	5:23	5:26	5:28	5:32	5:34	5:44
5:50	5:55	5:59	6:03							

SATURDAY SCHEDULE

STOP	LOCATION	CORNER	CONNECTIONS
0	Artesia Transit Center	NE	MTA: 52, 130, 205, 214, 352, 444, 445, 446, 447, 450X TORRANCE TRANSIT: 1 & 6
1	Albertoni/Figueroa	SE	TORRANCE TRANSIT: 1 & 6
2	Albertoni/Broadway	SE	MTA: 214, 446, 447
3	Albertoni/Main	SW	MTA: 446, 447
4	Main/Victoria	SW	
5	Main/Griffith	SW	
6	Main/Francisco	SW	
7	Main/Del Amo	SW	
8	Main/Torrance	SW	
9	Main/Dominguez	SW	CARSON CIRCUIT: F
10	Main/213th St.	SW	
11	Main/218th St.	SW	
12	Main/220th St.	SW	CARSON CIRCUIT: B
13	Main/223rd St.	SW	CARSON CIRCUIT: B & F
14	Main/228th St.	SW	CARSON CIRCUIT: B
15	Main/232nd St.	SW	CARSON CIRCUIT: B
16	Main/Gulf	SW	
17	Sepulveda/Main	SE	
18	Sepulveda/Dolores	SE	
19	Sepulveda/Panama	SE	
20	Avalon/Sepulveda	SW	CARSON CIRCUIT: C
21	Avalon/246th St.	SW	
22	Avalon/248th St.	SW	
23	Lomita/Avalon	NW	
24	Lomita/Island	NW	
25	Lomita/Neptune	NW	
26	Lomita @ Bestway Market	NW	
27	Main/Lomita	NE	TORRANCE TRANSIT: 3
28	Sepulveda/Main	NW	
29	321 W. Sepulveda	NW	
30	Figueroa/Sepulveda	NE	
31	Figueroa/Carriagedale	NE	
32	Figueroa/234th St.	NE	CARSON CIRCUIT: B
33	Figueroa/228th St.	NE	CARSON CIRCUIT: B
34	Figueroa/Shadwell	NE	
35	Figueroa/223rd St.	NE	CARSON CIRCUIT: F
36	Figueroa/220th	NE	CARSON CIRCUIT: F
37	Figueroa/Carson	NE	CARSON CIRCUIT: F TORRANCE TRANSIT: 3
38	Figueroa/213th	NE	CARSON CIRCUIT: F
39	Torrance/Carson Town Ctr. W.	NE	CARSON CIRCUIT: F
40	Torrance/Figueroa	SE	CARSON CIRCUIT: F
41	Main/Torrance	NE	CARSON CIRCUIT: F
42	Main/Del Amo	NE	CARSON CIRCUIT: F
43	Main/Francisco	NE	
44	Main/192nd St.	NE	
45	Main/Lifford	NE	
46	Main/Victoria	NE	
47	Albertoni/Main	NW	
48	Albertoni/Broadway	NW	
49	Albertoni/184th St.	NW	MTA: 52, 205, 214, 352, 446, 447 MTA: 52, 130, 205, 214, 352, 444, 445, 446, 447, 450X TORRANCE TRANSIT: 1 & 6
50	Artesia Transit Center	NE	



SERVICES / FACILITIES



Carson Veterans Monument

On November 11, 1998, the City of Carson dedicated a Veterans Monument to honor those 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 in the process of gathering the names of Carson Veterans who served in the United States armed forces for the purpose of adding their name to the Veterans Wall. If you are a Carson Veteran or if you know of a Carson Veteran who served in the United States armed forces, please contact the Parks and Recreation Department at (310) 830-9991.

DID YOU KNOW THESE ORDINANCES EXIST?

ORDINANCE 95-1055: NEW PARK CLOSURE HOURS

Old Closure Hours: Midnight-5 a.m. - **New Closure Hours:** 10 p.m.-5 a.m. No person shall enter or remain in park while closed unless under an approved permit for usage. Parking in lot is prohibited while park is closed. Vehicles shall be towed and stored at owners expense.

ORDINANCE 95-1056:

MANDATORY PICNIC SHELTER PERMIT

Permit for use of picnic shelters now necessary in order to facilitate maximum enjoyment and ensure public's health, safety, and welfare. *Anyone occupying a shelter without a permit will vacate when requested to do so by City staff. There is a \$35 fee for a full day use. Permits are available through the Parks & Recreation Department.

ORDINANCE 95-1057:

USE OF CITY PARKS BY LARGE GROUPS

Groups of 25 or more now need to obtain a permit to utilize any portion of a park in order as to not deprive others of the free and unimpeded use of park space. There may be a cost for such a permit depending on area used. Permits are available through the Parks & Recreation Department.

ORDINANCE 95-1058:

USE OF AMPLIFIED MUSIC IN PARKS

A permit is now necessary for any individual or group wishing to broadcast amplified music in parks as it was found that broadcasting amplified music frequently interferes with the ability of others to enjoy park facilities. Therefore, the City is desirous of minimizing and controlling this interference. Broadcasting standards limit volume of sound to not be audible for a distance in excess of 50 feet. The area where music can be played and direction of speakers shall be agreed upon by permittee and City staff. Amplified music shall only be broadcast between the hours of 10 a.m. and 7 p.m. during daylight savings time and 10 a.m. and 6 p.m. during standard time. There is no fee for this permit.

ORDINANCE 41107:

SMOKING PROHIBITED IN PARKS

Smoking prohibited in Parks, Playgrounds and Recreation Centers, and prohibiting disposal of tobacco related products in Parks, Playgrounds and Recreation Centers.

**FOR COPIES OF ORDINANCES
OR ADDITIONAL INFORMATION,
PLEASE CONTACT THE
PARKS AND RECREATION
DEPARTMENT AT (310) 847-3570**

SIGN UP NOW AND GET THE LATEST ON CARSON IN YOUR COMPUTER!!!

Carson's E-Newsletter is an electronic supplement to the Carson Report and is e-mailed to you so you get up-to-date information on: Items on the City Council agenda, actions taken by the City Council, upcoming events and valuable tips to all residents.



clip and mail



Yes Add me to the E-Newsletter e-mail list.

My e-mail address: _____

Alternate e-mail: _____

Name: _____

Address: _____

Tel. No. _____

Please return this form to the City of Carson Public Information Office at Carson City Hall, 701 E. Carson, CA 90745 or fax to (310) 549-1466.

You may also sign up via the City of Carson's website
at <http://ci.carson.ca.us>

Info: **(310) 952-174**

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“SENIOR CITIZENS, YOU HAVE A VOICE”

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



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

Where: Congresswoman Juanita Millender-McDonald
Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

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

Volunteers: “Carson Wants You”

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

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

CARSON CENTER

**WHEN IT COMES
TO EVENTS,
WE MEAN
BUSINESS...**



(310) 835-0212

801 East Carson Street,

Carson, California 90745

www.carsoncenter.com

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Facilities																			
		Ballfields	Basketball Courts	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf cours	Gymnasium	Horse-shoes	Meeting / Craft Rooms	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		•		•			2	•				4L		•				
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		•	•			•	2	•	•	•		2L		•				
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•				1	•	•	•								
Congresswoman Juanita Millender-McDonald Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.									26											•
Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998	11	2L	2L		•	•			•	2	•	•	•								
Carson Pool 21436 S. Main St. 830-1053													•								
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		•	•				2	•	•	•								
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		•	•				2	•	•	•		2L	•	•				
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•			2	•	•	•	•	2L						
Friendship Mini Park 21930 S. Water St. NONE	0.3				•						•										
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019 Hemingway Aquatic Center 16605 San Pedro St.	13	1L 1U	1L 1U		•	•	•		•	2	•	•	•	•	2L						
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•			2	•						•				
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•			•	4	•	•	•		2L	•		•			
Scott Pool 23410 Catskill Ave. 549-9051													•								
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•		2L	•		•			•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•						•										
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•		2L		•				•
Veterans SportsComplex 22400 Moneta Ave. 830-9991 sq. ft.	25,000 sq. ft.		6L					2		1						•		•	•		•
Perry Street Mini Park 215th and Perry	2				•						•										

SPECIAL INFORMATION

LIGHTED = L UNLIGHTED = U

PUBLIC INFORMATION OFFICE-CARSON
701 East Carson Street
Carson, CA 90745

TO: Postal Patron

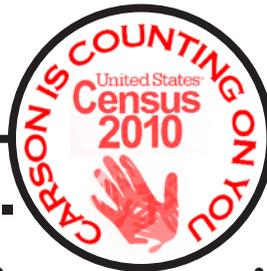
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Long Beach, CA

POSTMASTER: DATED MATERIAL. PLEASE DO NOT DELAY

Did you know...

- That many government decisions are based on data collected from the census?
- That our community will be missing out on Federal and State funds if the census count is not accurate?

Do your Part to Ensure a Complete Count.
Fill-out and Return Your 2010 Census Questionnaire.
Carson is Counting on You!!!



¿Sabias que...

- Muchas decisiones de gobierno son basadas en datos recaudados por el censo?
- Que nuestra comunidad perdiera fondos federales y estatales si los datos recaudados por el censo no son exactos?

Haga su parte para asegurar un censo completo.
Llene y regrese su cuestionario del Censo 2010.

Carson cuenta con usted!!!

Alam mo ba...

- Na karamihan ng mga desisyon ng pamahalaan ay batay sa impormasyon na nakolekta sa census?
- Na ang ating komunidad ay di makakatanggap ng angkop ng pondong pang Pederal at Estado kung ang bilang ng census ay di tama?

Gawin ang Inyong Bahagi upang Makatiyak na ang Ating Bilang ay Tama.
Sagutan at Ibalik ang Inyong 2010 Census Questionnaire.

Ang Carson ay Umaasa sa Iyo!!!

It's in our hands
www.census.gov/2010census