



# *Winter 2011*

*January • February • March*

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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.

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.

## 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.



Welcome to the winter issue of the Parks, Recreation and Community Services Guide and Carson Report flip-book!

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

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

We hope that you will find this flip-book -- and all its future issues -- useful in planning

activities for the entire family, as well as getting informed on what's going on in our community.



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

# RECREATION EVENTS

upcoming special events • mark your calendar now!



## Boxing Invitational

Date: TBD

Time: 1-3 p.m.

Location: Fabela Chavez Boxing & Fitness Center, Scott Park.

For more information, please call Scott Park at (310) 830-8310 or (310) 830-6439.



## Youth Sports

- Baseball
- Softball
- T-ball

Tryouts: March 26, 2011

The 2011 Youth baseball/softball/t-ball tryouts will be held at all city parks.

Pick up your registration cards today!

Register by March 19, 2011.

# 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) 263-1848

**Jump 4 Fun:** (800) 281-6792

**Party on Rentals:** (323) 255-1993

**Major Jumpers & Entertainment:**  
(323) 399-2533

**ALL FEES ARE SUBJECT TO CHANGE**

## For instant fun just add water!

## AQUATICS POOL RENTALS

**Scott Pool, Carson Pool, Hemingway Aquatic Center, and Dominguez Aquatic Center** are available for private rentals on weekends during the summer.



Scott Pool, Carson Pool, Hemingway Aquatic Center, and Dominguez Aquatic Center  
without water slides ▼

Dominguez Aquatic Center or Hemingway Aquatic Center  
with water slides ▼

### Plan A (1 to 75 persons)

\$180 for first 2 hours

\$70 each additional hour

\$345 for first 2 hours

\$125 each additional hour

### Plan B (76 to 150 persons)

\$245 for first 2 hours

\$85 each additional hour

\$395 for first 2 hours

\$135 each additional hour

### Plan C (151 to capacity)

\$315 for first 2 hours

\$100 each additional hour

\$495 for first 2 hours

\$160 each additional hour

## POOL CAPACITIES:

Dominguez Aquatic Center	Activity Pool:	173	persons
	Kiddie Pool:	73	persons
Carson Pool	Pool:	190	persons
Scott Pool	Pool:	200	persons
Hemingway Aquatic Center	Activity Pool:	193	persons
	Kiddie Pool:	86	persons

Please note that all pool rules apply during pool parties. Proper swim attire must be worn in the pools, no jeans, cut-offs, basketball shorts, or underwear. Children under 7 years of age must be accompanied in the water by a responsible adult. No glass allowed in the aquatic facilities.

**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**

# AQUATICS

*From all the Aquatic Staff,*



**Thank you for choosing us for your Aquatic needs.**

**We hope to see you next summer. If you have suggestions or comments please call the Aquatics Office at (310) 847-3578**

## Water Safety Instructor Class



*American Red Cross Water Safety Instructor Certification Course\**

**Cost: \$110**

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

**Scott Pool • 23410 Catskill Avenue, Carson, CA 90745**

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

Applicants must be at least 16 years of age by Saturday, March 26, 2011, in good health, able to swim the front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly in good form, and able to pass practical and written tests.

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 2011 season.

**MARCH 14 TO 26, 2011**

Saturday	March 19	8 a.m. - 6 p.m.
Sunday	March 20	8 a.m. - 6 p.m.
Monday	March 21	5 p.m. - 8 p.m.
Saturday	March 26	8 a.m. - 6 p.m.

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

Parks and Recreation Department

## AQUATICS

CITY OF CARSON

# LIFEGUARD

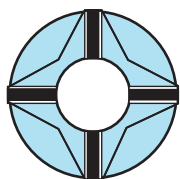
## TRAINING CLASS

### AMERICAN RED CROSS

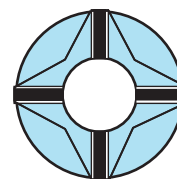
*Lifeguard Training, Standard First Aid, and CPR for the Professional Rescuer\**

SCOTT POOL, 23410 Catskill Avenue, Carson, CA 90745

**FEBRUARY 28 TO MARCH 12, 2011**



MONDAY	FEBRUARY 28, 2011	6:00-8:00 p.m.
SATURDAY	MARCH 5, 2011	8:00-6:30 p.m.
SUNDAY	MARCH 6, 2011	8:00-6:30 p.m.
SATURDAY	MARCH 12, 2011	8:00-6:30 p.m.



\*Must attend every class

Cost: \$100 • Book \$35 (Purchase Lifeguarding Book at your local American Red Cross)

#### APPLICANTS MUST BE:

- At least 15 years of age by Saturday, March 12, 2011
- 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 and swim 25 yards with the brick

Upon successful completion of the course, students will be eligible to apply for positions with the City of Carson Aquatic Program for the 2011 season.

Pay Rates - \$10.46 - \$16.44



For more information or to register, contact AQUATICS at (310) 847-3578  
Parks and Recreation Department



# Kids Club After-School Child Care

## Solution For Latchkey Children

About 14 percent of children age 12 and younger are latchkey kids, but they spend only about an hour home alone after school. Studies from the Census Bureau estimate that as many as ten million youth are left home alone, every afternoon - every day of the week. Due to several socioeconomic factors, the number of latchkey kids is substantial, and the already alarming numbers are rising.

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.



## The daily program consists of:

### Educational and Recreational Activities:

Homework assistance, arts & crafts, outdoor and indoor games, seasonal parties, excursions and supervision. Nutritional snacks provided.

## SPRING BREAK DAY CAMP

*The camps are open*

*Monday-Friday*

*from 7 a.m.-6 p.m.*



Our popular Day Camp is offered at all City Parks and is designed to provide supervised hours of fun-filled activities for children ages 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.)

### Fees are as follows:

Hours	Resident	Non Resident
*7-10 a.m.	\$20 weekly	\$23 weekly
*8-10 a.m.	\$15 weekly	\$18 weekly
*9-10 a.m.	\$10 weekly	\$12 weekly
10 a.m.- 3 p.m.	\$38 weekly	\$45 weekly
10 a.m - 4 p.m.	\$42 weekly	\$50 weekly
10 a.m. - 5 p.m.	\$47 weekly	\$55 weekly
10 a.m. - 6 p.m.	\$55 weekly	\$65 weekly

\*Early drop-off programs may not be available at all parks.



### Sibling discounts available

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

# TEEN ENRICHMENT PROGRAM ACTIVITIES

## Upcoming Special Events • Mark Your Calendar Now!

Numerous activities are scheduled throughout the year.

All activities are planned and supervised by Recreation Staff.



### **YOUTH COMMISSION** **GIVE BACK PROGRAM**

Are you a teen age 12-17 who would like to participate in a volunteer program which will coordinate a beautification program designed to make the City of Carson communities more beautiful? If your answer is yes, call (310) 847-3570, Monday through Thursday, 7 a.m. to 6 p.m.



### **HANDS WITHOUT GUNS** **TEEN SUMMIT**

Parks and Recreation will be presenting a Teen Summit, on Saturday, February 26, 2011, at Calas Park. Ages 12-17. There will be special guest speakers, games and fun. For further information call (310) 518-3565, Monday through Saturday, 4 p.m. to 7 p.m.



### **YOUTH ENRICHMENT** **CHESS INSTRUCTIONS**

Join the City of Carson Enrichment Chess class and learn the basics of chess. Call your local park for locations, dates, and time. Youth will participate in a "Chess Challenge" after ten weeks of instructions. Ages 10-16. For further information call (310) 847-3570, Monday through Thursday, 7 a.m. to 6 p.m.



### **18TH ANNUAL** **TEEN CONFERENCE**

If you would like to assist in planning the upcoming Teen Conference with your Youth Commissioners, call (310) 847-3570 for planning meeting dates, time, and location. Ages 12-17.

**For further information concerning all teen activities in the City of Carson, please call (310) 847-3570, Monday through Thursday, 7 a.m. to 6 p.m.**

## WINTER PARK CLASS SCHEDULE

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

### Hours of Operation

Mon-Fri	3-9 p.m.
Sat	10 a.m.-5 p.m.
Sun	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/Thurs	6-8 p.m.
• Stevenson	Tues/Thurs	6-8 p.m.
• Hemingway	Tues/Thurs	6:30-8 p.m.

### Drill Team

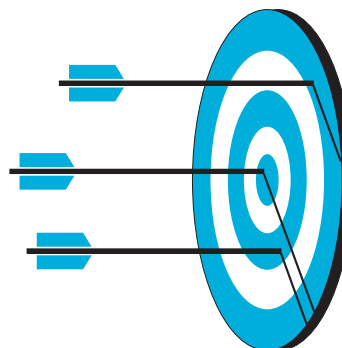
Learn the basic principles of drilling in this fun program. Several different types of drilling will be incorporated including military, precision, and fancy dance. Teams will compete and participate in a variety of different activities and parades this year. This program is available to all youngsters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

### Ping Pong Club

• Calas Park	Tues	6:30-8 p.m.
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### Bingo Nite

• Calas Park	Thurs	6:30-8 p.m.
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### Archery

In this program, the future Robin Hoods of Carson are taught the basic principles for use of bows and arrows while always utilizing all safety practices. The Recreation Division provides all bows, arrows, and targets. Contact the following parks for more information: 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 and Veterans parks provides the basic instructions for golf. Children learn basic rules and become prepared to play on a golf course. Call the parks for more information. Ages 10-17 yrs.

### Clubs for Boys & Girls

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

### Kids in the Kitchen

Children will gain confidence in food preparation skills such as measuring, mixing, tasting, cutting, grating, and spreading. They will have fun preparing food themselves and begin on the road to sound eating habits. Classes offered at the following parks:

• Anderson Park	Wed	5-6 p.m.
• Calas Park	Thurs	6:30-8 p.m.
• Carriage Crest Park	Wed	5:30-6:30 p.m.
• Carson Park	Wed	6-7 p.m.
• Del Amo Park	Tues	5:30-6:30 p.m.
• Dolphin Park	Tues	3-4 p.m.
• Dominguez Park	Fri	4-5 p.m.
• Hemingway Park	Fri	5:30-6:30 p.m.
• Veterans Park	Wed	6:30-7:30 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 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	Tues/Thurs	6-7 p.m.
• Anderson/Adult Line Dancing	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	6-8 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-8:30 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.
• Veterans Park	Thurs	6-7:30 p.m.

### Boys Club

• Hemingway Park	Wed	5 p.m.
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### Junior Theatre

• Del Amo Park	5-12 yrs old	Thurs	6-7 p.m.
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### Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	Fri	5:30-7 p.m.
• Hemingway Park	9 yrs - up (FREE)	Fri	5-6:30 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	

### Roller Hockey

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



### Beginning Chess

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



## 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.



#### Basketball (Ages 5 - 17 yrs)

Registration: Now through December 9, 2010. Sign-ups will be taken after this date, but your child may be put on a waiting list.

Try-Outs: December 11, 2011

Season Begins: January 8, 2011

Registration Fees:	Resident	Non Resident
	\$39 1st child	\$46 1st child
	\$31 2nd child	\$36 2nd child
	\$23 3rd child	\$27 3rd child



#### Spring Youth Sports

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

Registration: Now through March 19, 2011. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 26, 2011

Season Begins: April 30, 2011

Registration Fees:	Resident	Non Resident
	\$39 1st child	\$46 1st child
	\$31 2nd child	\$36 2nd child
	\$23 3rd child	\$27 3rd 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 April 1, 2011, to officiate youth baseball.

### 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 PROGRAM

For boys and girls ages 10-15 yrs.

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

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





# VETERANS

# SPORTS COMPLEX

3 1 0 • 8 3 0 • 9 9 9 1

## MEMBERSHIP RATES

### Annual Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$30	\$213	\$250	\$160	\$188
Senior Citizen	\$20	\$128	\$150	\$96	\$113
Family	\$50	\$323	\$380	\$242	\$285

### 30-day Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$10	\$34	\$40	\$25	\$30
Senior Citizen	\$5	\$25	\$30	\$20	\$23
Family	\$15	\$60	\$70	\$45	\$53

### Daily Guest Rates

	6 a.m. - 3 p.m.		3 p.m. - close		Set-up Fee
Individual	\$5 Resident	\$6 Non-Resident	\$10 Resident	\$12 Non-Resident	\$10

**ALL FEES ARE SUBJECT TO CHANGE**



**10% Discount for Veterans**



## 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-Friday**  
8 a.m. - 8 p.m.

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

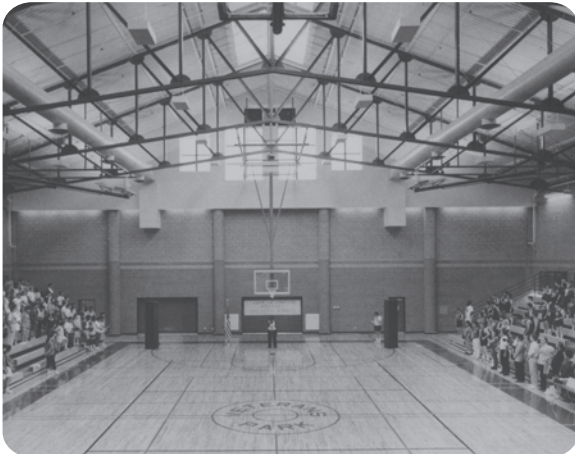
**Saturday**  
8 a.m. - 12:00 p.m.

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



# VETERANS SPORTSCOMPLEX

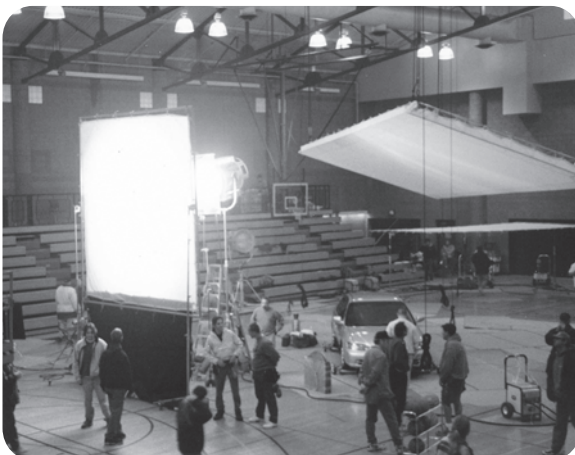
**RATES AS LOW AS  
\$20 PER HOUR!**



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

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

**HOLLYWOOD CHOSE US...  
WHY NOT YOU?**



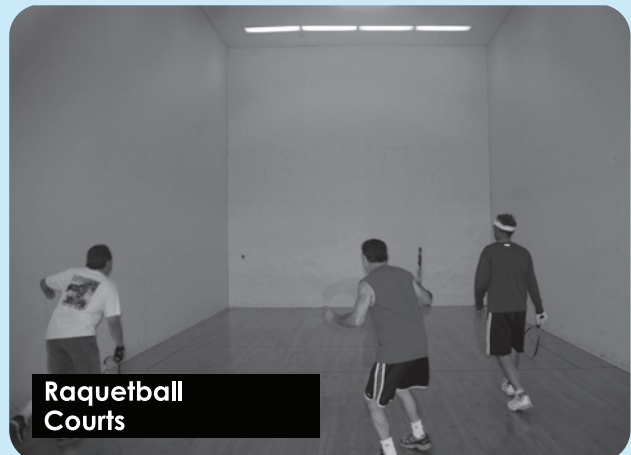
## FACILITIES AVAILABLE FOR RENTAL



**NBA Regulation  
Basketball Court**



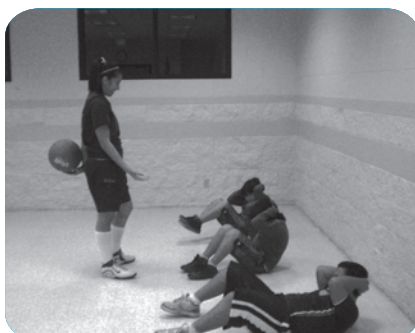
**Banquet Halls and  
Recreation Rooms**



**Racquetball  
Courts**

# VETERANS SPORTSCOMPLEX

## YOUTH CLASSES



- Youth Fitness
- Youth Kempo Karate
- Youth Volleyball
- Youth Basketball
- Youth Tennis
- Teen Club
- Skate Park
- Youth Raquetball

## ADULT CLASSES

- Muscle Conditioning
- Salsa
- Adult Kempo
- Step & Pilates
- Corepole Training
- Hatha Yoga
- Indoor Cycling
- Lower Body Conditioning
- Low-Impact Aerobics
- Resist-A-Ball
- Les Mills Bodypump®



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

## COMING SOON! NEW LIFE FITNESS CARDIO EQUIPMENT



- Life Fitness Signature Series Machines
- Life Fitness Cable Crossover
- Olympic Exercise Benches
- Ivanko Free Weights & Dumbbells
- Treadmills
- Elliptical Cross-Trainers
- Upright and Recumbent Bikes
- and much more...



## Staff Spotlight



### Kymberly Craven

Kymberly has worked for VSPC since 2004, selling memberships, handling internal marketing, staffing sales booths at VSPC and city of Carson events, as well as handling the logistics for VSPC's in-house seasonal events. When asked what her favorite things about VSPC are, she says she enjoys the staff she continues to have the pleasure of working with, and the VSPC members whom she has come to know and admire.

Kymberly's passion is helping people, especially those over 65. She is very proud of the senior population at VSPC, and they continue to motivate her to do the very best she can to be healthy and shine just like them.

Given the chance to address potential members, Kymberly says, "VSPC is the best kept secret in town. We have state-of-the-art equipment, great staff, and personal trainers who cater directly to the individual person. We want to see you have a long, happy, healthy life. And let's not forget our budget-friendly memberships. So come on down and ask for me. I'll give you the grand tour of Carson's best kept secret!"

## 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 1-January 10  
Play Begins: January 13  
Fees: \$399 per team

#### Coed C/D Level

Registration: December 1-January 10  
Play Begins: January 14  
Fees: \$399 per team

#### Winter Softball Tournament/Men's & Coed

Registration: January 3-February 15  
Play Begins: February 19

#### Spring Softball League

Registration: March 1- March 31  
Play Begins: April 7

**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**  
For more information, call (310) 847-3570



### WINTER FLAG FOOTBALL LEAGUES

#### Men's 4 on 4

Registration: January 3-February 10  
Play Begins: February 21  
Fees: \$175 per team

#### Men's 8 Man

Registration: January 3-February 10  
Play Begins: February 13  
Fees: \$315 per team

### ADULT PARK ACTIVITIES

#### Parent's Night Out

Parents, if you have children 5-12 yrs of age, we will entertain them with movies, games, dancing, and many other fun projects from 6-9 p.m. while you go out to a movie or dinner. This activity is offered each Friday at Mills Park.



#### Coed Softball

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

- |                  |      |           |
|------------------|------|-----------|
| • Calas          | Thur | 6-9 p.m.  |
| • Carriage 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.

## 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: \$40.00 Non-residents \$55.00**

This 8 hour after school program consists of two 2-hour classroom lectures, and one required 2-hour Parent Enrichment class. Its aim is to educate youth about the importance of obeying rules at home, school, and laws in the community.

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

*Instructor: Youth Services Officers*

Hours: 4-6 p.m.

**Community Center**

### • Parent/Teen Project Program

**(10 Days / 20 Hours)**

**Adults: Residents: \$45.00 Non-residents \$50.00**

**(Open Enrollment)**

A 20 hour course conducted on Tuesday evenings, for a 10 week period. Classes are presented by an experienced facilitator. This course is designed for parents of strong-willed adolescents. Teens will be in another classroom.

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

*Instructor: Dennis Rodriguez, YSO/Arthur Williams / Rick Lopez / Soledad Querejazu (Spanish)*

Tuesday: 5 - 7 p.m.

**Community Center**

### • Anger Management For Teens

**(8 Days / 12 Hours)**

**Youth (Ages 12 to 17 years old)**

**Residents: \$30.00 Non-residents \$40.00**

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for an 8-week period, and two required 2-hour, Parent Enrichment classes. 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: \$30.00 Non-residents \$40.00**

A 16 hour course conducted on Wednesday afternoons from 4 p.m. - 6 p.m., for an 8-week period, and two required 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 is to accommodate 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.

**Registration: Call Dennis Rodriguez 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)**

**Residents: \$50 Non-residents \$75.00(50 hours or less)**

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, ext. 1789, 1671, or 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 Officers	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 2011 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: 4-6 p.m.
<b>Track I:</b> Jan. 4 - Mar. 15 <b>Track II:</b> Apr. 5 - Jun. 14 <b>Track III:</b> Jul. 12 - Sep. 20	<b>Track I:</b> Jan. 11 - Mar. 1 <b>Track II:</b> Apr. 5 - May 24 <b>Track III:</b> Jul. 12 - Aug. 30	<b>Track I:</b> Jan. 19 - Mar. 9 <b>Track II:</b> Apr. 6 - May 25 <b>Track III:</b> Jul. 13 - Aug. 31	<b>Track I:</b> Jan. 10, 12, 13 <b>Track II:</b> Feb. 14, 16, 17 <b>Track III:</b> Mar. 14, 16, 17

## CALL FOR CLASS REGISTRATION DATES

# EARLY CHILDHOOD



## 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



One time, non-refundable, registration fee of \$85 for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of \$95.00 will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change.

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.





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. \$138.00 a week

8 a.m. – 5 p.m. \$110.00 a week

##### HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m.

T TH \$20 a week

MWF \$30 a week

M-F \$50 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 \$20 a week

3 days/wk \$30 a week

5 days/wk \$50 a week

Fees are paid every 4 weeks

**All Fees Are Subject To Change**



# SPECIAL NOTICE



The Special Interest Class Program and all Fine Arts Programs & Activities are temporarily suspended.



*Thank you for your cooperation and patience.*



For comments or questions, call the **Fine Arts Office** at (310) 952-1705.



# 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. For more information call (310) 952-1775.

## 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. For more information please, call (310) 952-1775. No dates set at this time.

### 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. Waiting List.

### 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. Waiting List.

### 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. Waiting List.

### 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.

### 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 1467 or (310) 952-1775.

### Food Bank

The Los Angeles Regional Food Bank invites seniors 60 years of age or older to participate in the Commodity Supplemental Food Program. Qualifying seniors receive a free food kit once a month. For more information, call (310) 830-4561.

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

## Food Stamp/Medi-Cal Applications

A representative from the Los Angeles County Public Social Services is here the first Tuesday and third Thursday of each month from 9:30 a.m.-12 p.m. to help fill out applications for Medi-Cal and Food Stamps. No appointment needed, walk-ins welcome first served.

## 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. Class instructor, Craig Markel. For more information, call (310) 952-1763.



## 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. By appointment only.

## Legal Referral

There are many types of legal referral services available. For more information, call (310) 835-0212 ext 1467 or (310) 952-1775.

## 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.

## 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.

# 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, 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 uninstructed class meets every Tuesday and Friday from 9 – 11 a.m.



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

## 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.

# SENIOR RECREATION

**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: \$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. Cost: \$12.00 members - \$14.00 non-members. Class time: 9 a.m. - 1 p.m. 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.



**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

# SENIOR RECREATION



**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.

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



## CLUBS

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

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

**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.

## EXCURSIONS

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

Please call the  
Senior Recreation  
Programs Office  
at (310) 835-0212  
ext. 1479 or 1478.



Attention Seniors:

Please come and see our latest addition to our Technology Center.

Our newly opened

# Cyber Café

Our Cyber Café is equipped with the latest in technology software and Wi-Fi for seniors only.



Enjoy a cup of coffee with other seniors and join in on the latest news of technology and what's happening with computers.

Seniors are encouraged to bring their laptops.

Our Cyber Café is opened Monday - Friday from 8:30 a.m.-2 p.m. Desktops in the Cyber Café are reserved for students who are currently enrolled in computer classes.

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

## 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. On-line registration is now available at <http://ci.carson.ca.us/ssi.asp>

Monday & Wednesday - Chester Craft (L)  
Tuesday, Thursday, & Friday - Paul Jones (R)



### 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.

### Beginning/Beginning Class

This class is geared towards seniors who have no knowledge of computers at all and who have no typing experience.

### 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 twelve (12) sessions.**  
**Attendance is mandatory.**  
**Next classes start Jan. 10, 2011.**

# 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. For more information, call (310) 952-1763.

## 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.

## 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 care givers 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.

# 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:



- **January 7, 2011 - New Years Dance**
- **February 11, 2011 - Valentine Day Dance**
- **March 11, 2011 - St. Patrick Day Dance**

## Bowling Program

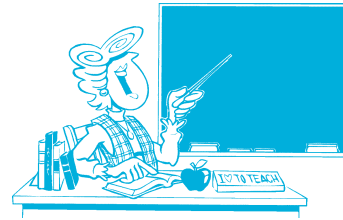
This program will offer the basic fundamentals of bowling in a competitive, yet sportsmanlike environment. The group will meet on Saturdays from 9-11 a.m. Refer to our monthly callendar for specifics.

## 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.

## Events:

Loyola Marymount Special Games

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

## Special Olympics:

**Basketball:** We are once again gearing up for Special Olympic competition in the sport of basketball. We are recruiting for our City of Carson Special Needs Program Basketball team for 2009. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office be for he/she can participate. Please refer to the monthly calendar for practice times, dates and location.

**Track & Field:** Join us on the track. We will be training in running, 50, 100 and relay races, standing long jump, and softball throw. After this hard work our Special Olympic teams will be ready to compete in upcoming Southern California Special Olympic meets. Please refer to the monthly calendar for practice, location and times to be held on Saturdays from 9-10:30 a.m.

# 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.



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.

- 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



Transit Information on Carson Web Site: [http://ci.carson.ca.us/content/department/dev\\_service/transportation\\_services.asp](http://ci.carson.ca.us/content/department/dev_service/transportation_services.asp)



## Attention North/South Shuttle Riders

**\*\*\*Effective September 20, 2010, the North-South Shuttle ONLY operates two hours in the morning and one hour in the afternoon. Weekday mid-day and Saturday services had been eliminated.**

**If you need assistance with locating alternative routes and/or bus lines, please feel free to call Transportation Services Division at (310) 835-0212.**

Artesia Transit Center	Main & Victoria	Main & Torrance	Main & 228th	Sepulveda & Main	Lomita & Avalon	Main & Lomita	Figuerroa & Sepulveda	White Middle School	Carson Town Center-Figueroa	Artesia Transit Center
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
<b>NO MID DAY SERVICE</b>										
3:20	3:25	3:29	3:33	3:39	3:43	3:46	3:48	3:52	3:54	4:04

**City of Carson  
Transportation Services Division (TSD)  
801 E. Carson Street, Carson, CA 90745  
(310) 835-0212 ext. 1489**





# Transportation Services Division Excursions

All excursions departs  
from the Juanita  
Millender-McDonald  
Community Center

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

For more information: (310)835-0212 x1489 or  
Email: [excursions@carson.ca.us](mailto:excursions@carson.ca.us)

## MEDIEVAL TIMES SHOW (MATINEE) – Saturday, January 15, 2011

At the Medieval Times Dinner and Tournament Show, you will travel back in time to the glorious days of 11th century medieval pageantry and a fabulous display of classic equestrian skills. Enjoy a four-course feast and an authentic medieval tournament for the Battle of Champions. **Cost of \$49.00 per person** includes dinner, show and round-trip transportation. Bus departs at 5:30 p.m. and returns at 10:00 p.m.

## PALM SPRINGS AERIAL TRAMWAY/AGUA CALIENTE CASINO TOUR – Friday – Sunday, February 4 – February 6, 2011

If you're looking for a nice weekend get-a-way that's not too far, then Palm Springs is just right for you. Come stay at the Palm Mountain Resort and Spa where you're minutes away from the exciting nightlife, great restaurants and quaint shops of downtown Palm Springs. Travel 8,516 feet to the snowy mountains of Mt. San Jacinto State Park in the world's largest rotating tram cars of the Palm Springs Aerial Tramway. Visit the Living Desert, home to over 450 fascinating animals and acres of botanical gardens. Try your luck at the slots and card tables of the Agua Caliente Casino and an outing on your way home to the Cabazon shopping outlets and Hadleys. **Cost of \$265.00 per person** (double occupancy) includes hotel stay, all tours and round-trip transportation. Bus departs at 7:30 a.m. on Friday and returns on Sunday at 6:00 p.m.

## PIRATE'S LIFE DINNER ADVENTURE – Friday, February 11, 2011

The Pirate's Life Dinner Adventure is acclaimed as "the world's most interactive dinner show." Guests are entertained with an astonishing display of special effects wizardry, aerial artistry, swashbuckling swordplay and dynamic duels; a classic story of good vs. evil.

**Cost of \$39.00** per person includes pre-show and hors d'oeuvres, dinner, show, and round-trip transportation. Bus departs at 6:30 p.m. and returns at 10:30 p.m.

### **DESCANSO GARDENS TOUR – Friday, March 11, 2011**

Explore the quiet, secluded and relaxing atmosphere of the Descanso Gardens through a Grand Tram Tour. Quietly absorb the plants and history of Descanso through a 50 minute motorized narrated tram tour of the gardens. Enjoy a nice lunch at the many restaurants and eateries at the Universal City Walk. **Cost of \$27.00** per person includes the guided tram tour and round-trip transportation. Bus departs at 8:30 a.m. and returns at 5:00 p.m.

### **SOLVANG/HEARST CASTLE TOUR – Friday – Sunday, March 18-20, 2011**

Start the weekend off with lunch in downtown Santa Barbara and Fisherman's Wharf. Enjoy the quaint and eclectic feel of the "Danish Capitol of America" with a nice stay at the newly renovated Hotel Corque which is within easy walking distance of downtown shops, art galleries and plenty of Danish shops for tasty treats. Tour the Randolph Hearst Castle through the "Experience Tour" and end the weekend with an outing to the Chumash Indian Casino. **Cost of \$275.00** per person (double occupancy) includes 2-night stay at the hotel, Hearst Castle Tour and round-trip transportation. Bus departs at 9:00 a.m. on Friday and returns at 6:00 p.m. on Sunday.

### **BEAUTY AND THE BEAST – Friday, March 25, 2011**

Enjoy the Broadway musical and most heartwarming story ever told – Disney's Beauty and the Beast. The classical musical love story will move you to cheer on Belle and the Beast (who is really a prince). Immerse yourself in the lavish sets, unforgettable characters and the dazzle and lights of the Pantages Theatre. **Cost of \$65.00** per person includes entrance to the theatre and round-trip transportation. Bus departs at 6:30 p.m. and returns at 10:30 p.m.

### **CARLSBAD FLOWER FIELDS/CARLSBAD OUTLETS – Friday, April 1, 2011**

Spring is here and it's time to visit the beautiful Flower Fields of Carlsbad. Relax through a Group Guided Walking Tour w/Wagon that includes an audio commentary of the history of The Flower Fields and description of the varieties of the flowers grown. Eat a relaxing lunch at the Carlsbad Outlets where you can also browse through numerous outlet shops. **Cost of \$34.00** per person includes guided tour and round-trip transportation. Bus departs at 8:30 a.m. and returns at 5:00 p.m.

### **SAN FRANCISCO/ALCATRAZ TOUR – Thursday – Sunday, April 7 – 10, 2011**

Start your weekend with a four-day, three-night stay at the Parc 55 Wyndham Hotel of San Francisco. A visit to the beautiful city of San Francisco would not be complete without a tour of the famed island of Alcatraz. Once home to some of America's most notorious criminals, it is now home to rare flowers and plants, marine wildlife and Civil war-era buildings. Enjoy a tour of the lush and majestic redwoods of the Muir Woods National Monument then enhance your San Francisco experience with a driving tour through Golden Gate Park. **Cost of \$499.00** per person (double occupancy) includes hotel stay, tours and round-trip transportation. Bus departs at 8:00 a.m. on Thursday and returns at 7:00 p.m. on Sunday.



## Carson Veterans Monument

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

## Carson Veterans Wall

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

# 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**

## “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](http://www.carsoncenter.com)**

# 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) 952-1740**

# **Dial 2-1-1**

## **DRUG FREE HOTLINE**

For drug related  
information such as  
intervention and refferal to  
drug rehabilitation centers.



# **AVOID THE TICKET**

# **DON'T FLICK IT!**

## **CIGARETTE BUTTS ARE LITTER TOO**





[www.ci.carson.ca.us](http://www.ci.carson.ca.us)

City of Carson

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***GET OUT AND VOTE!!!***

**General Municipal**

**Election**

**Tuesday,**

**March 8, 2011**

**Polls open at 7 a.m.**

**and close at 8 p.m.**

**For more information, please call the City Clerk's office  
at (310) 952-1720**

**HOW DO WE**  
 FINISH THE CLIENT'S POWERPOINT  
 PRESENTATION AND THE GOVERNMENT RFP BY  
 TOMORROW WHEN WE'RE SO SHORT STAFFED?  
**HOW DO WE GET BIGGER ACCOUNTS?**  
 HOW DO WE GENERATE MORE PROFIT ON EXISTING BUSINESS?  
 SHOULD WE HIRE A NEW EMPLOYEE  
 OR UPGRADE OUR EQUIPMENT?  
**DO WE GET A LOAN,**  
**LAY PEOPLE OFF, OR**  
**CLOSE OUR DOORS?**  
 DO WE LEASE OR BUY EQUIPMENT?  
 HOW DO WE MARKET OUR  
 PRODUCT IN A BAD  
 ECONOMY WHEN WE'RE  
 BEING OVERSPENT?  
 SHOULD WE KEEP OUR INTERNAL  
 SALES FORCE OR WORK WITH  
 INDEPENDENT DISTRIBUTORS?  
 THE CLIENT WANTS HIS  
 ORDER BY 4 P.M. NEXT  
 FRIDAY AND WE CAN'T GET  
 ANYONE ON THE PHONE TO  
**CONFIRM SHIPMENT.**  
 WHY DOES THE RECEPTIONIST  
 ALWAYS CALL IN SICK ON  
 FRIDAYS AND MONDAYS?  
 SHOULD WE USE STATE  
**FUNDS FOR WORKERS**  
**COMP OR GO TO AN**  
 INDIVIDUAL CARRIER?  
 WHAT'S THE MINIMUM LIABILITY  
 INSURANCE I CAN CARRY?  
**IS AN OFFICE SOUND**  
 SYSTEM TAX-DEDUCTIBLE?  
 HOW DO WE MOTIVATE  
 OUR PEOPLE DURING A  
**BAD ECONOMY?**  
 WHY  
 DOES THE PROJECTOR  
 FAIL EVERY TIME WE HAVE  
 AN OFFSITE MEETING?  
 SHOULD I ATTEND MY  
 CLIENT'S FUNDRAISER  
 AND GIVE UP MY SUNDAY  
**AFTERNOON?**  
 WHO'S GOING TO TRAIN THE NEW GUY  
 AND WHAT IF HE DOESN'T  
**WORK OUT?**

## IT'S FREE BUSINESS ADVICE. HOW GOOD COULD IT BE?

The Small Business Development Center (SBDC) hosted by El Camino College can provide you with an entire network of Business Advisors who will provide you with free one-on-one customized business advising. We also offer affordable training programs such as "Starting Your Own Business," "QuickBooks," and "Social Media." Whether you're starting a business or want to take your business to the next level, we can help you. To see our **current calendar for upcoming workshops**, please visit our calendar section at [www.southbaysbdc.org](http://www.southbaysbdc.org).

The SBDC hosted by El Camino College is part of the Los Angeles Regional SBDC Network, a nationwide program. More than 1.3 million businesses take advantage of the SBDC services nationally, and there's an SBDC Service Center near you. **Appointments are also available at our satellite office in the City of Carson.** Visit [www.southbaysbdc.org](http://www.southbaysbdc.org) or call **(310) 973-3177** to make an appointment today.



Los Angeles Regional Network

[www.southbaysbdc.org](http://www.southbaysbdc.org)  
**(310) 973-3177**



The Lead Center for the Los Angeles Regional SBDC Network is operated by Long Beach Community College District. The Small Business Development Centers are funded by the U.S. Small Business Administration, center host institutions, state and local funds, and corporate partners. Funding is not an endorsement of any product, opinion, or service. All Federal and State funded programs are extended to the public on a nondiscriminatory basis. Special arrangements for individuals with disability will be made if requested in advance.

# RECREATIONAL FACILITIES

## your guide to Carson's parks and recreational facilities

City Facilities	Acres	Ballfields	Basketball Courts	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf course	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	13	1L	1L		•	•	•		•		2	•	•	•	•	2L					
Hemingway Aquatic Center 16605 San Pedro St.		1U	1U																		
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				•							•									

LIGHTED = L UNLIGHTED = U