



Community Services Guide

December **2012** / January • February **2013**



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



Welcome to the Winter issue of the Community Services Guide and Carson Report flip-book!



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

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

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

You can also read us online at:

<http://ci.carson.ca.us/content/department/publicinformation>

A MESSAGE FROM THE Director of Community Services

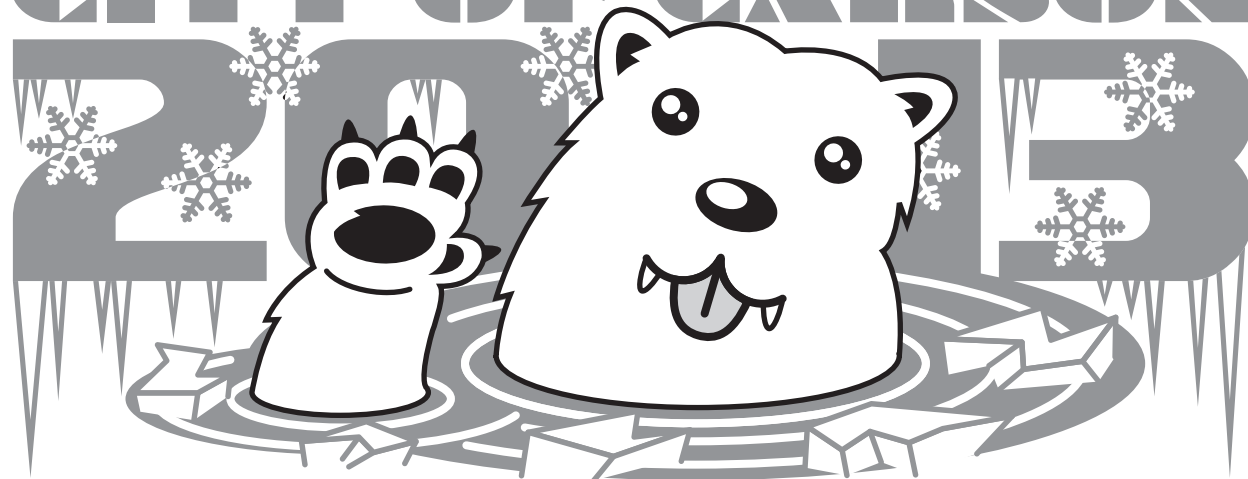
In this edition of the Carson Report/Community Services Guide, I am pleased to inform you that as of September 1, 2012, the Public Services Work Group was renamed the Department of Community Services. Beyond the new title, a number of organizational changes were made that we believe improves our ability to serve you - the Department continues to be comprised of the Divisions of Parks and Recreation, Public Safety, and the Community Center. However, Transportation was transferred to Community Services. Human Services now falls under the purview of Parks and Recreation, and Landscape/Buildings Maintenance was combined with Public Works to create the new Department of Public Works. With the new Department firmly established and running, I can already see many improvements in staff's delivery of services to the community.

As we are in the holiday season working towards the new year, there are many exciting special events and interesting classes that will be presented during these winter months. Please take a moment to look through this publication, and consider participating in one or more of the City's many entertainment or educational offerings. With the recent reinstatement of the City's Special Interest Classes, the number of learning opportunities has increased. Also, keep a close eye on the City's website as well as future Guides for even more classes.

On behalf of the Community Services staff and myself, have a wonderful, joyous holiday season!

Raymond R. Cruz
Director of Community Services

CHILLIN' IN THE CITY OF CARSON



POLAR BEAR SWIM



DATE:

SATURDAY, JANUARY 5, 2013

9 A.M.-10 A.M.

WHERE:

DOMINGUEZ AQUATIC CENTER

21330 SANTA FE AVENUE
CARSON, CA 90810

\$8 PER PARTICIPANT

PARTICIPANTS MUST BE 48 INCHES OR TALLER AND ABLE TO SWIM
AT LEAST 50 YARDS OF THE POOL'S LENGTH

COURSE TO COMPLETE:

DOWN THE SLIDE, 2 LAPS (50 YARDS TOTAL), AND DOWN THE SLIDE AGAIN
FIRST 50 PARTICIPANTS TO COMPLETE THE COURSE
RECEIVE A T-SHIRT. WARM SHOWERS WILL BE AVAILABLE.

FOR MORE INFORMATION, CONTACT THE AQUATICS OFFICE AT (310) 816-9381

Recreation and Human Services

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

Welcome to Permits!



The Reservation Office business hours are
Monday - Thursday, 7:30 a.m. - 5:00 p.m.
Call us at (310) 847-3570 or fax us at (310) 830-8567.

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

Celebrate at our facilities!

We can accommodate your party for birthday celebrations, family picnics, and other special events at one of our park facilities.

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 our parks:

ABC Party Rental: (310) 834-2892

Fiesta N Jump: (310) 263-1848

Jump 4 Fun: (800) 281-6792

Jumpers Etc./Game Time Parties: (888) 551-3832

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

ALL FEES ARE SUBJECT TO CHANGE

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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

American Red Cross Babysitter Training

Saturday December 1, 2012

10:00 a.m. – 4:30 p.m.

Upon successful completion of the course, participants will receive American Red Cross certificates in CPR/AED for Child and Infant, First Aid, and Baby Sitting.

Cost: Resident \$40 / Non-Resident \$50

Dominguez Park

21330 Santa Fe Avenue, Carson, CA 90810

- Babysitters training provides youth with knowledge and skills necessary to safely and responsibly give care for infants and children
- Gain knowledge in supervising children and infants
- Choose safe, age appropriate games and toys
- Handle bedtime and discipline issues



For more information, contact the Aquatics office at (310) 816-9381.

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



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

SCOTT POOL

23410 Catskill Avenue, Carson, CA 90745

FEBRUARY 11 - FEBRUARY 24, 2013

MONDAY (Tryouts)	FEBRUARY 11, 2013	6:00 P.M. - 8:00 P.M.
SATURDAY	FEBRUARY 16, 2013	8:00 A.M. - 6:30 P.M.
SUNDAY	FEBRUARY 17, 2013	8:00 A.M. - 6:30 P.M.
SATURDAY	FEBRUARY 23, 2013	8:00 A.M. - 6:30 P.M.
SUNDAY	FEBRUARY 24, 2013	8:00 A.M. - 6:30 P.M.

***Participants must attend every class**

Cost: \$150 • Book \$32

(Purchase lifeguarding book at your local American Red Cross)

**For more information or to register, please contact
AQUATICS PROGRAM (310) 816-9381**

Water Safety Instructor Class

American Red Cross

Water Safety Instructor Certification Course*

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

Scott Pool

23410 Catskill Avenue, Carson, CA 90745



FEBRUARY 25 TO MARCH 9, 2013

Monday	February 25	5 p.m. - 8 p.m.
Saturday	March 2	8 a.m. - 6 p.m.
Sunday	March 3	8 a.m. - 6 p.m.
Monday	March 4	5 p.m. - 8 p.m.
Saturday	March 9	8 a.m. - 6 p.m.

Cost: \$175

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

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

Kids Club After-School Child Care Solution For Latchkey Children



After School Kids Club Fees

Monday-Friday

2:30-6 p.m.

Regular

\$47 wkly



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

The daily program consists of:

Educational Activities

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

Recreational Activities

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

Snacks

Nutritional snacks are provided each day.

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

*Additional fee required for participation

Homework Help-Safe-Fun

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



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



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

Human Services Division administers this program.

The daily program consists of:

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

Teen and Enrichment

UPCOMING EVENTS

3-in-1 Showcase "One Wish"

3-in-One Showcase "One Wish"

Wednesday, December 5, 2012

6 p.m. - 8:30 p.m.

Rancho Dominguez Preparatory School
4110 Santa Fe Avenue, Long Beach, CA 90810

Free Admission • For all ages

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

WINTER SHOWCASE

Wednesday, December 12, 2012

6:30 p.m. - 8:30 p.m.

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

For all ages, \$3 admission or un-wrapped toy

For more information, contact Recreation and Human
Services at (310) 847-3570

READ PROGRAM

This step-by-step reading program is designed to engage young children in developing good reading skills. For more information, please call (310) 847-3570, Monday through Thursday, 7 a.m. to 6 p.m.

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.

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 level to the intermediate level. 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, Hemingway, Stevenson*, and Veterans* Parks. Contact the parks for specific day and time.

*U.S.T.A. Site



SNAG G-BALL GOLF PROGRAM

Ages 5 – 8

Finally, a real golf experience for beginners! It's easy to learn and fun to play. For more information, please call (310) 847-3570, Monday through Thursday, 7 a.m. to 6 p.m.

CHEERLEADING

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

• Anderson	Tues/Thurs	6 - 7 p.m.
• Carriage Crest	Tues/Thurs	6-7:30 p.m.
• Calas	Tues/Thurs	6:30 – 8:30 p.m.
• Dolphin	Tues/Thurs/Sat	6 - 7:30 p.m./ 10 a.m. – 12 p.m.
• Del Amo	Tues/Thurs	6 – 8 p.m.
• Dominguez	Mon/Wed	6 – 7 p.m.
• Hemingway	Tues/Thurs/Sat	6:30 – 8 p.m./ 10 a.m. – 1 p.m.

BEGINNING CHESS

Come learn the moves at Calas Park from 9 a.m.– 10 a.m.; Del Amo Park, Tuesdays from 2–3 p.m.; Dolphin Park, Tuesdays from 11 a.m.–12 p.m.; Hemingway Park, Tuesdays from 5–6 p.m. and Saturdays from 9 a.m.–10 a.m.

FEE SCHEDULE

	Resident	Non Resident
Math Program (10 weeks)	\$26	\$30
Golf Program (10 weeks)	\$51	\$60
Voice/Drama Class	\$21	\$25
Dance Program	\$38	\$45
Cheer Program	\$30	\$35
Tennis Program (6 weeks)	\$29	\$36
READ Program w/ book (10 weeks)	\$60	\$69
SNAG Program (10 weeks)	\$39	\$45
Day Camp Day	\$15	

City of Carson



FREE WORKSHOPS FOR Boys Ages 11-16

10 - week session

January 2, 2013 - March 6, 2013

Wednesdays from 5:30 - 6:30 p.m.

WORKSHOPS

- | | |
|--------------------------------|---------------------------------------|
| • Dealing with Stress | • Positive Relationships with Parents |
| • Bullying | • Goal Setting |
| • Gangs | • Avoiding Drugs and Alcohol |
| • Healthy Relationships | • Peer Pressure |
| • Dealing with Everyday Issues | |



FREE WORKSHOPS FOR Girls Ages 11-16

10 - week session

January 2, 2013 - March 6, 2013

Wednesdays from 6:30 - 7:30 p.m.

WORKSHOPS

- | | |
|-------------------------|---------------------------------------|
| • Dealing with Stress | • Positive Relationships with Parents |
| • Bullying | • Goal Setting |
| • Healthy Relationships | • Peer Pressure |
| • Dealing with | |



FREE WORKSHOPS FOR PARENTS of Youth Ages 11-16

10 - week session • January 8, 2013 - March 12, 2013

Tuesdays from 6 - 7 p.m.

Do you have youth between the ages 11 and 16?

Do you wonder how to answer some of their questions?

Do you wish you had someone to give you some helpful answers?

**Come join other parents who have the same types of questions and concerns.
Share with others, make connections, and work together to raise positive youth.**

**Family Support Grant Funded • Enrollment Process required • Pre-registration encouraged
• 10 participants maximum per session**

Congresswoman Juanita-Millender McDonald Community Center at Carson
3 Civic Plaza Drive, Carson, CA 90745

For more information contact:
Family Support Coordinator, Jenice Deguzman at (310) 847-3584

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	4-7 p.m.
Tue-Thur	4-9 p.m.
Sat	10 a.m.-5 p.m.
Sun	2-5 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	7-8 p.m.
• Carriage Crest	Tues/Thurs	6-7 p.m.
• Calas	Tues/Thurs	6:30-8:30 p.m.
• Del Amo	Tues/Thurs	6:30-8 p.m.
• Dolphin	Wed/Thurs/Sat	6-7:30 p.m./10 a.m.-12 p.m.
• Dominguez	Mon/Wed	6-7 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/Hemingway parks.

Dance It Off

• Calas Park	Tues/Thurs	5:30-6:30 p.m.
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Bingo Nite

• Calas Park	Thurs	6:30-8 p.m.	
• Stevenson Park	Fri	5:30-7 p.m.	
• Dolphin Park	Fri	5:30-7 p.m.	Kids 9-12

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, Hemingway, Scott, Veterans, and Del Amo parks.



Karate Class

• Mills Park	Wed	6-7 p.m.
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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	4:30 p.m.
• Calas Park	Thurs (1st and 3rd of each month)	6:30-8 p.m.
• Carriage Crest Park	Wed	5:30-6:30 p.m.
• Del Amo Park	Tues	5:30-6:30 p.m.
• Dolphin Park	Wed	5-6 p.m.
• Dominguez Park	Thurs	4-5 p.m.
• Hemingway Park	Fri	5:30-6:30 p.m.
• Scott Park	Wed	5:30-6:30 p.m.

Homework Club

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

Dance Classes

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

• 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.
• Anderson/Adult Dancercise	Tues	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	6-7 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-7 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	5:30-8 p.m.
• Hemingway Park	9 yrs - up (FREE)	Fri	5-6:30 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	5:30-8 p.m.
• Dolphin Park	Family (4th Friday of every month)		6:30-9 p.m.

Excursions

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

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

Roller Hockey

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

Beginning Chess



Come learn the moves at 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

Teen Fun Nite

Congresswoman Juanita Millender-McDonald Community Center at Carson
January 6, 2012 • 5 - 9 p.m. \$5.00 Arcade Nite! - TBD

Youth Sports Summit

Vets SportsComplex Thursday, Dec. 27, 10 a.m. -4 p.m.

Sports Activities

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

Teens in the Kitchen

Learn the basics! 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.

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





B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

Mon 1-7 p.m. • Thurs/Tues 1-9 p.m. • Fri 1-9 p.m. • Sat 10 a.m.-2 p.m.
Closed Sun

Fees:	Monthly Membership	
Adults	Resident \$30	Non-Resident \$35
Youth (8-17 yrs)	Resident \$20	
Daily Rate Adult	Resident \$8	Non-Resident \$9
Daily Rate Youth	Resident \$4	

Beginning Boxing

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

Beginning Weightlifting

Learn about weightlifting from the experts. This is for the first-time lifter. Must be at least 13 years old. The instructor will provide each student with a personal workout sheet to track routine. Call Stevenson Park at (310) 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 16, 2013. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 23, 2013

Season Begins: April 27, 2013

Registration Fees:	Resident	Non Resident
	\$39 1st child	\$46 1st child
	\$31 2nd child	
	\$23 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 2, 2013, to officiate youth baseball/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. Background Fingerprinting for all coaches.

ADULT SPORTS

WINTER PROGRAM

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



WINTER SOFTBALL LEAGUES

Men's & Women's C/D Level

Registration: December 3 - January 7
Play Begins: January 10
Fees: \$399 per team

Coed C/D Level

Registration: December 3 - January 7
Play Begins: January 11
Fees: \$399 per team

Winter Softball Tournament/Men's & Coed

Registration: January 7 - February 12
Play Begins: February 16

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

4 on 4

Registration: January 7 - February 7
Play Begins: February 11
Fees: \$175 per team

8 Man

Registration: January 7 - February 7
Play Begins: February 10
Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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



Coed Softball

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

- Calas Thur 6-9 p.m.
- Mon 6 - 7 p.m.
- Carriage Crest Mon 6-9 p.m.
- Dolphin Fri 6-10 p.m.



8 Man Soccer

Stevenson Park presents an 8-man soccer league ongoing throughout the year. Teams field 8 players and the special rules allow for wide-open action and non-stop offense. This program is offered on Tuesday & Thursday evenings.

Adult Fitness/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us. Dance your way to thin.

- Anderson Tue 7 p.m.
- Carriage Crest Sat 8:30-9:30 a.m.
- Mon/Wed 6:30-7 p.m.
- Dolphin Thur/Sat 9-10 a.m.
- 6:30-7:30 p.m.
- Hemingway Tue/Thur 7-8 p.m.
- Mills Wed 6:30-7:30 p.m.
- Stevenson Tue/Thur 6-8 p.m.

Senior Fitness Program

Stretch Class, Walking Class, Circuit Training, Weight Training

Stevenson Park Gymnasium	Monday/Wednesday/Friday	8-10 a.m.
(310) 952-1745	Seniors 55 and older	FREE
Boxing Center (Scott Park)	Monday/Wednesday/Friday	8-10 a.m.
(310) 830-6439	Seniors 55 and older	FREE

**Adult Walking Class**

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

Walking Club

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

Monday	6-7 p.m.	Stevenson Park	Adult Beginner
Tuesday	6-8 p.m.	Stevenson Park	Youth Beginner
Thursday	7-8 p.m.	Stevenson Park	Adult Intermediate
Thursday	6-7 p.m.	Stevenson Park	Youth Intermediate
Thursday	8-9 p.m.	Stevenson Park	Adult/Youth Advanced
Wednesday	6-7 p.m.	Mills Park	Youth

Adult and Youth Bocci Ball

Friday	4-5 p.m.	Scott Park
Saturday	2-3 p.m.	Scott Park

Adult Fitness Workout

Thursday	6-7 p.m. / 7-8 p.m.	Dominguez Park
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Teen Dance for Fitness

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

• Anderson/2 Age Division	Tues/Thurs	6-7 p.m.
• Calas	Thurs	6-8 p.m.
• Del Amo	Tues/Thurs	6-7 p.m.

• Dolphin	Tues/Thurs	5-6 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-8:30 p.m.
• Hemingway/Beginning Tap - Ages 3-5	Sat	10-11 a.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Fast Dance Fitness Class

Tuesday/Thursday	6:30-7:30 p.m.	Mills Park	15 yrs - Adults
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Adult Line Dancing

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

Adult Hip Hop Fitness

Friday	6:30 p.m.-7:30 p.m.	Hemingway Park
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Dance it Off

Tuesday/Thursday	5:30 p.m.-6:30 p.m.	Calas Park
Tuesday/Thursday	5:30 p.m.-6:30 p.m. (16 and up)	Hemingway Park

Adult Urban Ballroom Dance

Saturday	12 noon	Anderson Park
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Youth Fitness Club (ages 16 and up)

• Calas	Wed	6:30-7:30 p.m.
• Carriage Crest	Wed-Fri	4-5 p.m.
• Dolphin	Mon-Wed	3-4 p.m.
• Stevenson	Tue-Thur	6-7:30 p.m.

Stevenson Park Fitness Center**HOURS**

Mon-Fri 4-9 p.m. Sat 10 a.m.-5 p.m., Closed Sun

Fees: Initial Membership **\$15** Monthly Membership **\$10**
Daily Rate **\$3**

Boxercise

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

Monday/Friday	6 p.m.	Scott Park
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City of Carson

Veterans SportsComplex

22400 Moneta Ave., Carson, CA 90745




Holiday Basketball Tournament

WEDNESDAY - FRIDAY
DECEMBER 26-28
2012

BOYS AND GIRLS
AGES 9-14
 \$275 - SINGLE TEAM
 \$225 - MULTIPLE TEAMS

EACH TEAM
IS GUARANTEED
3 GAMES
POOL PLAY

VETERANS
SPORTSCOMPLEX
 22400 MONETA AVENUE
 CARSON, CA 90745

OPEN HOUSE

January 5, 2013 • 10 a.m. – 3 p.m.



It's time to fight Heart Disease

Activities include:

- **Demo Classes (participation welcomed)**
- **Tour of facility**
- **Health & Fitness Vendors**
- **Entertainment**
- **Gourmet Food Trucks**
- **2 for 1 Membership Special**

For more information, call (310) 830-9992

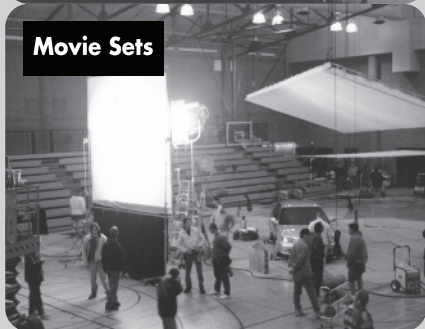
VETERANS SPORTSCOMPLEX FACILITIES AVAILABLE FOR RENTAL



**NBA Regulation
Basketball Court**

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

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



Movie Sets



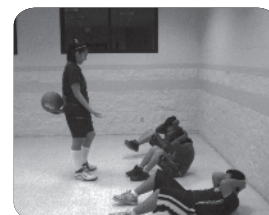
**Banquet Halls and
Recreation Rooms**



**Racquetball
Courts**

YOUTH CLASSES

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



ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kempo • Step & Pilates • Corepole Training
- Hatha Yoga • Indoor Cycling • It's Electric Low Impact Aerobics • Low Impact Aerobics
- Resist-A-Ball • Body Pump • Zumba



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



MEMBERSHIP RATES

Annual Memberships

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

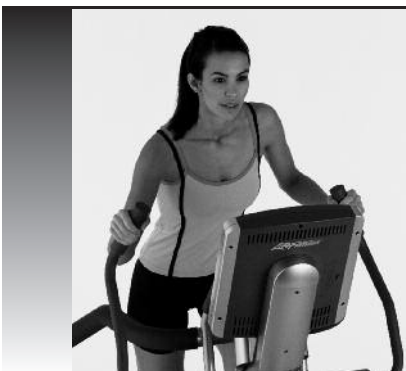
30-day Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$10	\$34	\$40	\$25	\$30
Youth/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		Administration Fee First time guest visitor
	Resident	Non-Resident	Resident	Non-Resident	
Individual	\$5	\$6	\$10	\$12	\$10
Family	\$10	\$12	\$20	\$24	\$20

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

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

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

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



City of Carson

Santa Visits Carson

Novembert 23 - December 22, 2012
(Call to schedule a Santa visit)

For boys and girls of all ages

Talk with Santa and
receive candy from the
North Pole

Santa Private Visits
(Carson area only)

\$35/15 minutes

For more information,
on dates and areas, call
(310) 952-1705





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

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



One time, non-refundable, registration fee of \$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.

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. \$170.00 a week

8 a.m. – 5 p.m. \$136.00 a week

7 a.m. – 5 p.m. \$157.00 a week

8 a.m. – 6 p.m. \$157.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m. T TH \$25 a week

MWF \$37 a week

M-F \$62 a week

OPTION II:

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

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

Fees: 2 days/wk \$25 a week

3 days/wk \$37 a week

5 days/wk \$62 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

CITY OF CARSON

Explore your inner artist!

FOR BOYS
AND GIRLS
AGES 11-18

- DRAWING
- PAINTING
- ORIGAMI



VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

FAMILY SUPPORT GRANT FUNDED • ENROLLMENT PROCESS REQUIRED

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

Weekly workshops that allow for hands on art

- PHOTOGRAPHY
- THEATER
- IMPROV

RECREATION & HUMAN SERVICES

The City of Carson, Recreation and Human Services Division is looking for skilled instructors to teach upcoming Enrichment & Special Interest courses for the spring session of 2013.

- CREATIVE CRAFTS
- DANCE, VOICE, DRAMA
- CPR/FIRST AIDE
- MUSIC PRODUCTION
- EDUCATIONAL COURSE
- PARENTING COURSE
- EXERCISE COURSE
- TUTORING COURSE
- SELF IMPROVEMENT

Call 310-952-1782 to get on the interest list.

INFORMATION & REFERRAL

Food Stamp/Medi-Cal Applications

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



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."

Tax Preparation Assistance

During Tax Season 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. Please call (310) 952-1775.

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.

Equipment Loan Program

The Social Services office has walkers, crutches, wheelchairs, and canes available for loan. Contact senior social 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 someone who would like to donate one.

SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

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

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

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

HEALTH AND MEDICAL

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

HOUSING

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

IN HOME SERVICES

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

INSURANCE BENEFITS AND RESOURCES

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

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SUPPORT GROUPS

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

TRANSPORTATION

Access: (800) 827-0829
Dial-A-Ride: (310) 835-0212 x1489

SENIOR SOCIAL SERVICES

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 60 and older. These activities are located at the Congresswoman Juanita Millender-McDonald Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center. For more information call **(310) 952-1775**.



SENIORS ASSISTED LIVING

Case Management & Home Services

To help seniors help themselves to 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 or to be placed on a waiting list, 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. To be placed on a waiting list, call (310) 952-1775.

Friendly Visitor (Also in need of volunteers at this time)

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 11-week sessions throughout the year on Wednesdays, 10 a.m.-12 p.m. and 12:00-1:00 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. Please call ahead for more information, at (310) 952-1775. Class is currently in session.

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 1487 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 (323) 234-3030.

SENIOR RECREATION

The senior recreation program provides recreational programs for senior 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.

ACTIVE SENIORS

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.

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

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

SENIOR RECREATION

Muscle Strengthening – Class meets every Tuesday from 11:00 – 11:40 a.m./Thursday from 11:00 - 11:40 a.m. Muscle Strengthening using resistance bands. Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and 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.

Exercise Stretch & Movement – 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. All class participants are required to fill out exercise forms prior to taking the class. No exceptions! If you do not have a form filled out, you will not be able to participate. Form also requires Doctors approval for participant to exercise and business card to be attached.



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. There is no trainer on-site. 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

Movie Day - Every last Monday of the month from 12 p.m. - 3 p.m. Watch your favorite movies free. Popcorn and a free drink too. Check calendar for next event.

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.

Farmers Market Shuttle on Wednesdays. Must sign up to go on Shuttle. Call (310) 835-0212 ext. 1479.

Upcoming Senior Programs

Asthma

Senior Healthy Life

Investment

Diabetes

Seminars - TBA

Attention Seniors:

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

Cyber Café

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



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

Seniors are encouraged to bring their laptops.

Our Cyber Café is opened Tuesday - Thursday from 8:30 a.m.-2 p.m.

Desktops in the Cyber Café are reserved for
students 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. Class On-line registration is now available at <http://ci.carson.ca.us/ssi.asp>



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 Computer 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 ten (10) sessions. Attendance is mandatory. You can be removed from class for missing more than 2 classes

Class Instructors:

Monday & Wednesday - Jared Ortega

Tuesday, Thursday & Friday - Paul Jones

JOSEPH B. O'NEAL, JR. STROKE CENTER

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



JBOJ Fitness Center

The Stroke Center is open Monday through Friday from 8:30 a.m. – 5:00 p.m. Once your application has been accepted, you can work out at your own pace in our fitness center, with supervision from friendly staff members.

Chair Volleyball

Join us every Tuesday and Thursday at 11:30 a.m. for some exercise with friends. This is seated volleyball with a beach ball, which leads to improved motor skills, coordination, and verbal communication. This is one of the most popular activities, so come join the fun!

Chair Exercise

Join us Tuesdays and Thursdays at 12:30 p.m. for Chair Exercise. Group exercise activities provide the stroke survivor with light recreational activities to supplement the ongoing rehabilitative process. These classes are led by certified physical therapists.

Occupational Therapy

This class is open to stroke survivors who wish to improve their ability to perform daily tasks and successfully execute meaningful and purposeful activities across the lifespan. Stroke survivors may make an appointment to meet one-on-one with a Licensed Occupational Therapist.

Speech Therapy

This class is open to all stroke survivors whose speech may have been affected by stroke. This is a group activity with a licensed Speech Pathologist. Please see the monthly calendar for days and times.



Fun Fridays

Stroke survivors and caregivers enjoy social activities including potlucks, movie days, games, excursions, and more. Please see the monthly calendar for specific activities and times.

Water Exercise

This group class is held offsite the first three Wednesdays of each month. The therapeutic heated pool provides safe access to stroke survivors with a ramp, handrails, and a lifeguard on duty in the water. The water provides the body with the opportunity to change positions and improve circulation. Classes are led by a lifeguard on deck. Meet at the Stroke Center at 1:15 p.m. for transportation to the pool. We will return by 3:45 p.m.

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 11, 2013 - New Years Dance**
- **February 15, 2013 - Valentine Day Dance**
- **March 15, 2013 - 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 calendar 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 held at Scott Park. Refer to monthly calendar for specifics.

Exercise Class

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

Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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

Events:

Loyola Marymount Special Games

Once again we will be participating in the Loyola Marymount Special Games in the month of March. 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 2013. 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.

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 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

(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 are in a separate classroom.

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

Instructor: Dennis Rodriguez, YSO/Arthur Williams /Eric Carter, YSO

Alma Avilla (Spanish)

Tuesday: 5 - 7 p.m.

Community Center

• Anger Management For Teens

(5 Days / 8 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$30.00 Non-residents \$40.00

A 8 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for a 5-week period. 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 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 Monday 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 drug diversion curriculum. This course is to accommodate adolescents referred by the 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: BASSEN, INC. STAFF

Monday: 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 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 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 2013 CLASS SCHEDULE

Parent Project Classes Tuesday • 5:30-7:30 p.m. Total Hours: 20 Hrs	Anger Management For Teens Tuesday • 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Monday • 4:30-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Wednesday & Monday Times: 4-6 p.m.
Track I: Jan. 8 - Mar. 19 Track II: Apr. 9 - Jun. 18 Track III: Jul. 9 - Sep. 17	Track I: Jan. 15 - Feb. 19 Track II: Apr. 2 - May 7 Track III: Jul. 9 - Aug. 13	Track I: Jan. 14 - Mar. 18 Track II: Apr. 15 - Jun. 3 Track III: Jul. 15 - Sep. 9	Track I: Jan. 30 - Feb. 4 Track II: May 1 - May 6 Track III: Jul. 31 - Aug. 5

CALL FOR CLASS REGISTRATION DATES

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

City of Carson
Transportation Services Division Excursions

Death Valley Tour

*Thursday - Sunday
February 7-10, 2013*

Enjoy the desert before the heat sets in while staying at the **Furnace Creek Ranch** for a 3 night get-a-way. The Furnace Creek Resort is situated in a lush oasis surrounded by the vast and arid desert of **Death Valley National Park**. Take a living history tour and step back into 1939 while exploring **Scotty's Castle** with a guided tour of the famous home. Visit one of the largest volcanoes, the **Ubehebe Crater**, which is 600 feet deep and half a mile across. Finish your weekend off with a guided tour of **Death Valley**.



Cost of \$379.00 per person (double occupancy) includes round-trip bus transportation, hotel accommodations at the Furnace Creek Inn and admission and tour fees.

Bus departs Thursday, 02/07/13, at 8:00 am and returns Sunday, 02/10/13, at 6:00 pm.

****Payment arrangements available upon request.**

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

Online payments are now available. Visit the City of Carson website: <http://ci.carson.ca.us>
For more information: (310) 835-0212 ext. 1489 or Email: excursions@carson.ca.us



Transportation Services Division Excursions

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

Online payments are now available.

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

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

The Getty Villa - Malibu- Saturday - January 5, 2013

The Getty Villa in Malibu is a museum that features Roman-inspired architecture, gardens and antiquities by themes from Dionysus to stories of the Trojan War. There is no designated group tour for this excursion so you are free to pick and choose from their Architecture, Garden, or Collection Highlights tours you would like to join or peruse the museum on your own. Be sure to check the tour times listed on their brochure. A no-host lunch stop will be at the 3rd Street Promenade. **Cost of \$20.00 per person** includes round-trip bus transportation. **Bus departs at 8:00 am and returns at 5:00 pm.**

Petersen Automotive Museum - Saturday - January 26, 2013

Come and trace the history of the automobile at the Petersen Automotive Museum with the help of a museum docent. Walk through exhibits and lifelike dioramas that feature more than 150 rare and classic cars, trucks and motorcycles in the settings of early Los Angeles. The museum has four floors that feature rotating galleries with state-of-the-art displays and an interactive Discovery Center. There will be a no-host lunch stop at The Grove. **Cost of \$26.00 per person** includes round-trip bus transportation and guided tour fees. **Bus departs at 9:00 am and returns at 5:00 pm.**

Pala Casino - Saturday - February 2, 2013

It's time for you to experience some Pala time! With over 2,000 state-of-the-art slot and video machines, table games, daily live-entertainment, there's always something fun to do at Pala Casino. As if that's not enough, there are also 10 great dining experiences from a buffet to sushi to Italian cuisine. All this is part of their "There Are So Many Ways To Win@ At Pala" campaign. **Cost of \$20.00 per person** includes round-trip bus transportation. **Bus departs at 8:00 am and returns at 6:00 pm.**

Death Valley Tour, Thursday - Sunday, February 7 - 10, 2013

Enjoy the desert before the heat sets in while staying at the Furnace Creek Ranch for a 3 night get-a-way. The Furnace Creek Ranch is situated in a lush oasis surrounded by the vast and arid desert of Death Valley National Park. Take a living history tour and step back into 1939 while exploring Scotty's Castle with a guided tour of the famous home. Visit one of the largest volcanoes, the Ubehebe Crater, which is 600 feet deep and half a mile across. Finish your weekend off with a guided tour of Death Valley. **Cost of \$379.00 per person (double occupancy)** includes round-trip bus transportation, hotel accommodations at the Furnace Creek Inn and tour fees. **Bus departs Thursday, 02/07/13, at 8:00 am and returns Sunday, 02/10/13, at 6:00 pm.** **Payment arrangements available upon request.

Dinner Detective Dinner Show, San Diego - Saturday - February 16, 2013

Want to be Sherlock Holmes for a night? Come and take pleasure in a fantastic four-course plated dinner while trying to solve a hilarious murder case at the Courtyard by Marriott, San Diego. Extend the Valentine's Day celebrations by taking your "significant other" to this interactive murder mystery show. But don't trust that person sitting around you, because you never know if they are a suspect!! Enjoy a great meal, pay close attention to clues and you just might guess "Who Dunitt." **Cost of \$90.00 per person** includes round-trip bus transportation and dinner show tickets. **Bus departs at 3:30 pm and returns at 11:00 pm.**

Catalina Island Day Tour – Saturday – March 9, 2013

Board the Catalina Express to begin your fun filled and exciting day. Enjoy the 22-mile nautical voyage to Catalina Island. Next, tour the island interior with an Avalon Scenic tour. After a no-host lunch, enjoy a glass-bottom boat tour which reveals spectacular sea life along the majestic island coastline. **Cost of \$105.00 per person** includes round-trip sea transportation from the mainland to Catalina Island and tour fees. **Bus departs at 8:00 am and returns at 5:00 pm.**

Medieval Times – Saturday – March 16, 2013

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 \$55.00 per person** includes round-trip bus transportation, dinner and show. **Bus departs at 6:30 pm and returns at 11:00 pm.**

Beauty and the Beast – Friday – March 29, 2013

Disney's BEAUTY AND THE BEAST, the smash hit Broadway musical, is coming back to the Pantages Theatre! Enjoy the most heartwarming musical and story ever told. The classic musical love story will move you to cheer on Belle and the Beast. Immerse yourself in the lavish sets, unforgettable characters and the dazzle and lights of the Pantages Theatre. No meal is included with this tour. **Cost of \$85.00 per person** includes round-trip bus transportation and entrance to the theatre. **Bus departs at 6:30 pm and returns at 11:00 pm.**

Santa Barbara Mission Tour – Saturday – April 6, 2013

Home to a community of Franciscan friars, the Old Mission Santa Barbara is the chief cultural and historic landmark for Santa Barbara. Join us for a 90 minute walking guided tour of the La Huerta Historic Gardens along with the art & architecture of the Old Mission. There will be a no-host lunch stop at downtown Santa Barbara. **Cost of \$30.00 per person** includes round-trip bus transportation and guided tour fees. **Bus departs at 9:00 am and returns at 6:00 pm.**

California Poppy Festival – Saturday – April 20, 2013

Lancaster boasts one of California's most abundant crops of the vibrant poppies – known as California's state flower. With hundreds of exhibits and not-to-be missed performances, you'll want to make the most of your time at the Poppy Festival. **Cost of \$28.00 per person** includes entrance to the festival and round-trip bus transportation. **Bus departs at 8:30 am and returns at 5:00 pm.**

Sedona/Grand Canyon Tour –Thursday – Sunday, April 25 – April 28, 2013

Enjoy an exciting 4-day, 3-night mini-vacation in beautiful Sedona, Arizona! Your temporary home in Sedona will be at the Kokopelli Suites, a secluded resort where the sights and sounds of nature will surround you. Acquaint yourself with this lovely city via the Sedona Trolley Tour and relive history as you board the Grand Canyon Railway train while it meanders along the original trail to the Grand Canyon National Park, then enjoy a lunch buffet at the Maswik Lodge. Your destination offers to mesmerize you and other visitors with her beauty and grandeur. **Cost of \$550.00 per person (double occupancy)** includes hotel accommodations, round-trip bus transportation by private coach, trolley tour, railway train ride and lunch buffet. **Bus departs at 8:00 a.m. on Thursday, April 25, 2013 and returns at 6:00 p.m. on Sunday, April 28, 2013.** **Payment arrangements available upon request.

Strawberry Festival, Oxnard, CA - Saturday- May 18, 2013

The 2013 California Strawberry Festival is proud to be celebrating 30 wonderful years. The festival offers a variety of food booths; bountiful berries served every imaginable way, arts and crafts, and a carnival atmosphere for the entire family. **Cost of \$35.00 per person** includes round-trip bus transportation and fair admission. Lunch is not included. **Bus departs at 9:00 am and returns at 6:00 pm.**

"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

CARSON CENTER WHEN IT COMES TO EVENTS, WE MEAN BUSINESS...



(310) 835-0212

**801 East Carson Street,
Carson, California 90745**
www.carsoncenter.com

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.



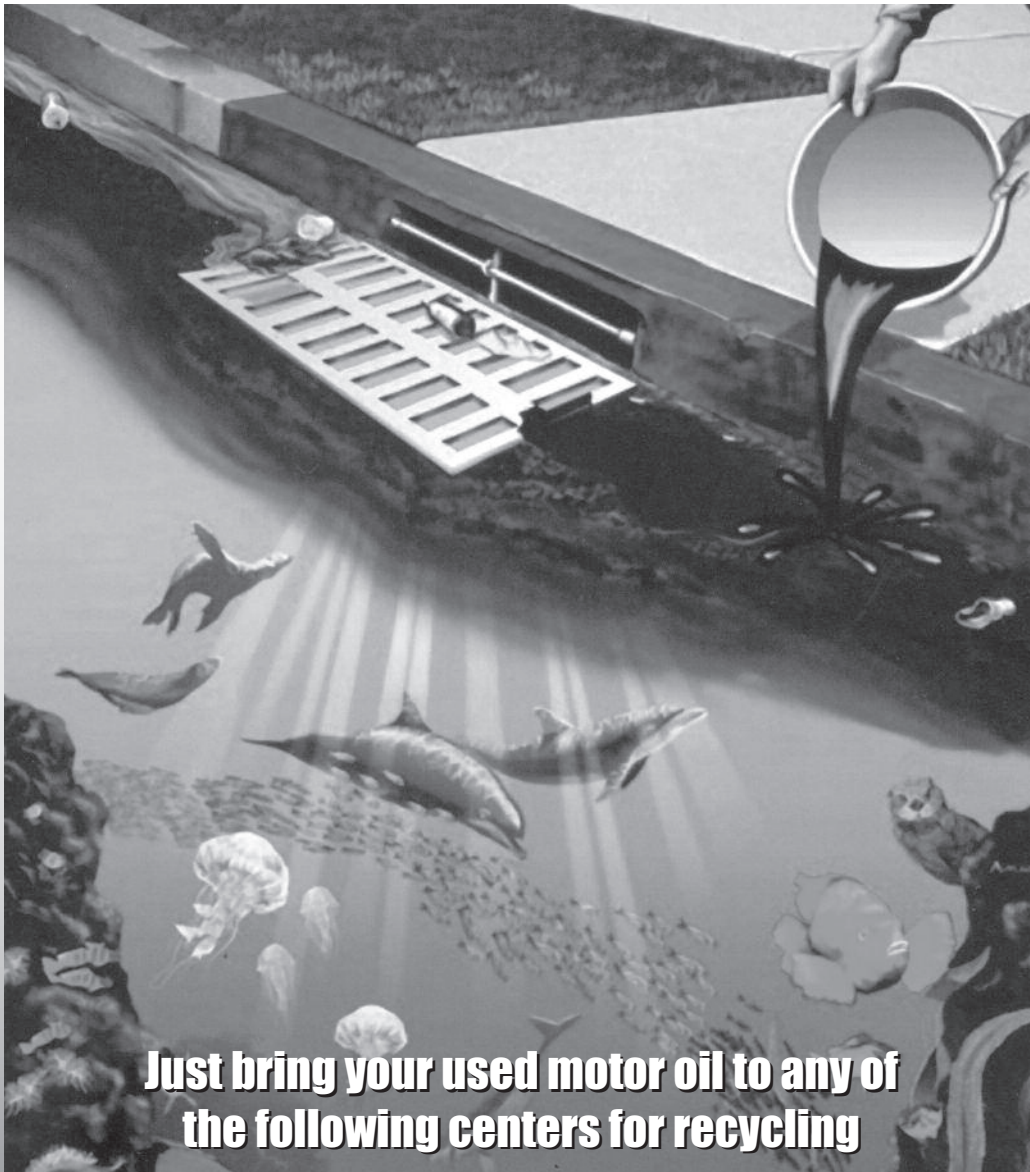
Carson Veterans Monument

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.

In The City of Carson, It Is Easy To Recycle Your Used Motor Oil And Filters



**Just bring your used motor oil to any of
the following centers for recycling**

1

Auto Zone
444 Carson St.
Carson, CA 90745
310.952.9609

2

Pep Boys
810 E. Dominquez St.
Carson, CA 90746
310.532.2050

3

Firestone Store
20707 S. Avalon Blvd.
Carson, CA 90746
310.324.1708

4

O'Reilly Auto Parts
21819 Avalon Blvd.
Carson, CA 90745
310.549.2936

5

Carson Nissan
1505 E. 223rd St.
Carson, CA 90745
310.221.5119



Please call the collection center for hours and amount accepted.

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Baseball Fields	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 Hemingway Aquatic Center 16605 San Pedro St.	13	1L	1L		•	•	•		•	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	25,000 sq. ft.		6L					2		1						•		•	•		•
Perry Street Mini Park 215th and Perry	2				•						•										
Reflections Mini Park 21208 Shearer Ave.	.5																				

LIGHTED = L UNLIGHTED = U