

CARSON

recreation guide
FUTURE UNLIMITED

**Parks,
Recreation &
Human Services
GUIDE**

September • October • November



Fall 2012

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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.



Welcome to the Fall issue of the Parks, Recreation and Human 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 Public Services General Manager

As part of the Fiscal Year 2012/13 budget, the City Council has approved the City Manager's reorganizational plan. One of the changes is to formally merge Human Services with Recreation Services. Additionally, the Public Services Workgroup will be called the Community Services Department. This transition will occur sometime in the fall and be fully implemented by the first of the New Year. It is believed that these changes will bring more communication between like services, as well as efficiencies that will save the City money.

The good news is that Special Interest Classes are returning this fall! Due to a number of issues the City had with its implementation of the program, it was decided to suspend these classes until a resolution could be reached. After a three year hiatus, you will see within this Recreation Guide offerings that include Zumba, belly dancing, and flower arranging. Although we are starting small, staff will be adding classes on an on-going basis to meet the needs and interests of our residents.

Now that school is back in session, we have many programs that can assist working families with cutbacks made by the Los Angeles Unified School District (LAUSD). The City believes that the Early Childhood Education Program and the afterschool Kid's Club Program will fill the void left by LAUSD cuts. Both City staff and I are looking forward to serving you through programs such as these throughout the fall and into the holiday season.

Raymond R. Cruz
Public Services General Manager

UPCOMING EVENTS - FALL

Mark Your Calendar Now!



Halloween Carnival

Friday, October 26 thru
Wednesday, October 31, 2012
Location: TBA

Veterans Day Celebration

Sunday, November 11, 2012 - Veterans Park



Youth Commission Give Back Food Drive

November 1 - 16, 2012



Boxing Dinner Show

Date: TBA

Carson Community Center

- Social hour 5-6 p.m. • 6 p.m. Dinner
- 7 p.m. Bouts begin

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

AQUATICS

+ **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

(TRYOUTS) AUGUST 20 - SEPTEMBER 2, 2012

MONDAY	AUGUST 20, 2012	6:00 P.M. - 8:00 P.M.
SATURDAY	AUGUST 25, 2012	8:00 A.M. - 6:30 P.M.
SUNDAY	AUGUST 26, 2012	8:00 A.M. - 6:30 P.M.
SATURDAY	SEPTEMBER 1, 2012	8:00 A.M. - 6:30 P.M.
SUNDAY	SEPTEMBER 2, 2012	8:00 A.M. - 6:30 P.M.

***Participants must attend every class**

Cost: \$150 • Book \$35

(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



SEPTEMBER 5 TO 15, 2012

Wednesday	September 5	5 p.m. - 8 p.m.
Saturday	September 8	8 a.m. - 6 p.m.
Sunday	September 9	8 a.m. - 6 p.m.
Monday	September 10	5 p.m. - 8 p.m.
Saturday	September 15	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**



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

FEE:

\$10 PER PARTICIPANT

PARTICIPANTS MUST BE 48" 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 100 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 SERVICES DIVISION

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

*Additional fee required for participation

Across the United States, child care is being recognized as a major issue. Changing economic and social conditions have drastically altered the after school environment for elementary school children. Since 2008, it has been estimated that six out of nine families will require child care service. Where do the children go after school?



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



FALL PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of City 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	4-9 p.m.
	Sat	10 a.m.-5 p.m.
	Sun	Noon-5 p.m.

Starting Saturday, November 4, 2012 - Friday 4-7 p.m. / Sunday 2-5 p.m.

Park hours vary based on school vacation and holiday schedules. Check each individual park to determine the daily schedule.

Drill Team

Learn the basic principles of drilling in this fun program. Teams will compete and participate in a variety of different activities and parades this year. Program is available to all youngsters 8 yrs and older and is currently offered at the following parks: Dolphin - Wed/Fri, 6-7:30 p.m. Hemingway - Sat, 10 a.m.-12 p.m.

Homework Club

• Stevenson	Mon/Thurs	4:00-5:30 p.m.
• Mills	Mon/Fri	3:00-5:30 p.m.

Arts & Crafts

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

Boys & Girls Club

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

Girls Club

• Calas	Friday	6-7 p.m.
• Hemingway	Wednesday	5-6 p.m.

Fall Fun Club (Ages 10-14)

• Calas	Mon/Wed/Fri	3-5 p.m.
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Kids in the Kitchen

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

• Anderson	Wed	3-4:30 p.m.
• Calas	1st and 3rd Thurs	6:30-7:30 p.m.
• Carriage Crest	Wed	5-6 p.m.
• Del Amo	Fri	5-6 p.m.
• Dominguez	Wed	5-6 p.m.
• Hemingway	Fri	5-6 p.m.
• Veterans	Wed	4:30-5:30 p.m.
• Stevenson	Thurs	5:30-6:30 p.m.

Excursions

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

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

Movie Night

Last Friday of the month. Contact park for schedule.

Friday	7-9 p.m.	Anderson Park
Friday	6-8 p.m.	Scott Park Gym
Friday	7-9 p.m.	Stevenson Park
Friday	6-8 p.m.	Veterans Park

Teens in the Kitchen

Learn the basics! Mills Park, Friday, 5-6:30 p.m.; Dominguez Park, Friday, 5-6 p.m.; Hemingway Park Friday, 6 p.m.; and Stevenson Park, Thursday, 5:30-6:30 p.m.

Table Tennis League

Lower and upper divisions are scheduled at Calas and Dominguez Parks. Please contact those parks for exact dates and times. Dominguez Park, Th, 6-7 p.m.; Calas Park, from 6:30-8:30 p.m. Teen & Adults (ages 12 - up)

Bingo Nite

Thursday (Bi-weekly)	6:30-8:30 p.m.	Calas Park	Ages 16-up
Friday	2-3 p.m.	Dolphin Park	Ages 6-12

Volunteers: "Carson Wants You"

The Youth Sports Program needs volunteers to assist as coaches and assistant coaches. If you would like to make a difference and are willing to give your time and effort to Carson's recreation programs, now is your opportunity to do so. For information on becoming a youth sports volunteer, contact the Center Supervisor at your neighborhood park or call the Parks and Recreation Department 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

6-WEEK PROGRAM
\$29 RESIDENT / \$36 NON-RESIDENT

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

Teen and Enrichment

UPCOMING EVENTS

October - Knott's Scary Farm
Check with your local park for more information.
October 6, 2012 - Spelling Bee
Check with your local park for more information.

DANCE PROGRAMS

Tiny Tot Dance

Saturday at Hemingway Park
10 a.m. – 11 a.m.

Modern, Jazz, Tap, Hip-Hop, Lyrical

Monday, Wednesday at Hemingway Park
Ages 7 – 11 | 6:30 p.m. – 7:30 p.m.
Ages 12 – 18 | 7:30 p.m. – 8:30 p.m.

Ballet Folklorico

Monday, Wednesday at Calas Park
Ages 5 – 16 | 5:30 p.m. – 8:30 p.m.

Hip-Hop Dance

Tuesday, Thursday at Calas Park
Ages 5 – 17 | 6:30 p.m. – 7:30 p.m.
Monday, Wednesday at Carriage Crest Park
Ages 5 – 17 | 4 p.m. – 5 p.m.
Thursday at Veterans Park
Ages 5 – 17 | 6 p.m. – 8 p.m.

Beginning Dance – Modern, Jazz, Hip-Hop, Contemporary

Anderson and Scott Parks
Ages 5 – 17
Call for day and time: 310-847-3570

Hip Hop

Carriage Crest Park
Ages 6 – 17
Call for day and time: 310-830-5601

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

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.



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	

YOUTH SPORTS

FALL PROGRAM 2012

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.



Flag Football/Soccer/Girls Fall Softball

Registration: July 1 through September 1, 2012. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs:	September 8, 2012	
Season Begins:	September 29, 2012	
Registration Fees:	Resident	Non-Resident
	\$26 1st child	\$30 1st child
	\$19 2nd child	\$22 2nd child
	\$11 3rd child	\$13 3rd child

Girls and Boys Volleyball Clinic

When: Mondays & Fridays	Where: Veterans SportsComplex
Time: 5 p.m. – 7 p.m.	Ages: 7 – 16
	Fee: Members FREE
	Non-members \$5

Youth Fitness Program

Veterans SportsComplex		
When: Tuesday & Thursday	Time: 5 p.m. – 7 p.m.	Ages: 5 – 15
Fee: Members FREE / Non-members \$5		
Scott Park		
When: Thursday	Time: 6 p.m. – 7:30 p.m.	Ages: 12 – 16
Fee: FREE		

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.

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 September 1, 2012, to officiate flag football and soccer. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before September 1, 2012, to officiate flag football and soccer.



BOXING

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:	Monthly Membership	
Adults	Resident \$30	Non-Resident \$35
Youth (8-17 yrs)	Resident \$20	Non-Resident \$23
Daily Rate Adult	Resident \$8	Non-Resident \$9
Daily Rate Youth	Resident \$4	Non-Resident \$5

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.

ADULT SPORTS



FALL 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.

Men's Open Basketball

Registration: July 6 - August 13

Play Begins: August 20

Fees: \$275 per team



Men's Softball

Registration: August 1 - September 11

Play Begins: September 16

Thursdays

Fees: \$399 per team

Coed Softball

Registration: August 1 - September 11

Play Begins: September 16

Fridays

Fees: \$399 per team

Fall Men's Flag Football

Registration: August 3 - September 14

Play Begins: September 20

Fees: \$299 per team

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 Anderson & 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.

6 Man Soccer

Adult Sports presents 6-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 & Friday evenings.

ADULT FITNESS

Adult Fitness

Monday	7-8 a.m.	Anderson Park
Tuesday	10-11 a.m.	Dolphin Park
Tuesday/Thursday	7-8 p.m.	Dominguez Park
Saturday	9-10 a.m.	Hemingway Park
Monday/Wednesday	6-7:30 p.m.	Hemingway Park

Women's Fitness Program

Circuit Training, Weight Training, Cardio Workout

Tuesday/Thursday	6-8 p.m.	Stevenson Park Gymnasium
Adult	FREE	(310) 952-1745

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
 Monday/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

Adult and Youth Karate & Kempo

Monday / Tuesday	7-8 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

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

Thursday 6:30-7:30 p.m. Mills Park 15 yrs - Adults

Adult Line Dancing

Saturday	10 a.m.	Anderson Park
Monday/Saturday	7 p.m. & 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

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

Youth Fitness Club (ages 16 and up)

• Calas	Mon-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**

Insanity Workout

Monday 7 p.m.-8 p.m. Dominguez Park

Boxercise

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

Zumba Class

Friday 7 p.m. - 9 p.m. Scott Park

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



Girls High School Fall Basketball League begins

Tuesday, September 4, 2012 • Tuesday/Thursday 6-9 p.m.

Get Fit Challenge begins

Monday, September 24, thru Sunday, December 16, 2012 • Fee: \$30/member

Turkey Blast

Tuesday, November 20, 2012 • 6 - 8 pm • Members Free/Guest: \$5

Harvest Tournament

Volleyball & Basketball Games • Youth and Adult divisions

Saturday, November 24, 2012 • 9 a.m. - 9 p.m.

Sunday, November 25, 2012 • 9 a.m. - 5 p.m.

Holiday Mixer

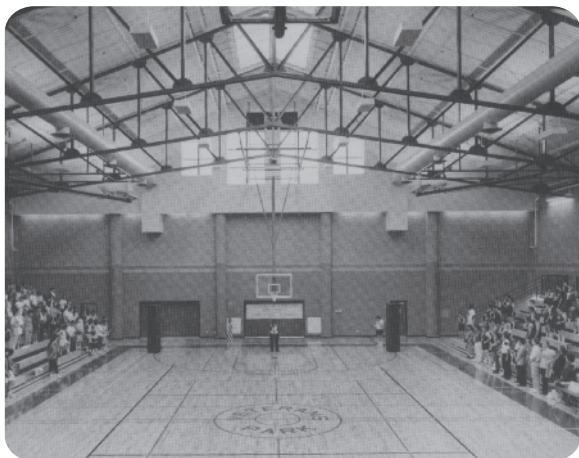
Thursday, December 20, 2012

Veterans SportsComplex

22400 Moneta Avenue, Carson, CA 90745

VETERANS SPORTSCOMPLEX

FACILITIES AVAILABLE FOR RENTAL



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.



**NBA Regulation
Basketball Court**



**Banquet Halls and
Recreation Rooms**



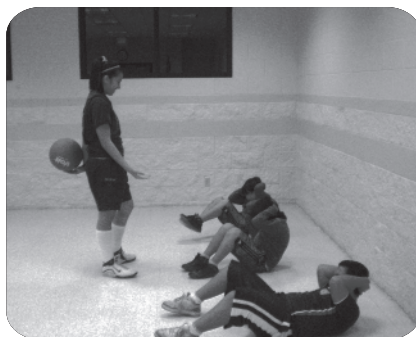
Movie Sets



**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
- It's Electric Low Impact Aerobic Dance
- Low Impact Aerobics
- Resist-A-Ball
- Body Pump
- Zumba



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



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.



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

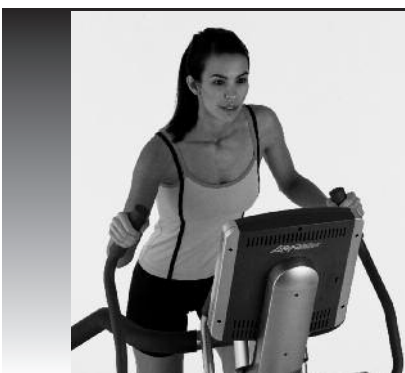
30-day Memberships

	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		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



CITY OF CARSON HALLOWEEN CARNIVAL

OCTOBER 31 - NOVEMBER 4, 2012 • LOCATION - TBA



Carnival Rides

Carnival Games



Costume Contests



Youth Fun Zone

Candy Giveaways



and much more!



FOR INFORMATION,
CALL (310) 847-3570



ALL AGES WELCOME

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

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 2012 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: Monday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: 4-6 p.m.
Track IV: Oct. 2 - Dec. 11	Track IV: Sep. 25 - Nov. 13	Track IV: Sep. 24 - Nov. 5	Track IX: Sep. 17, 19, 20 Track X: Oct. 15, 17, 18 Track XI: Nov. 5, 7, 8

CALL FOR CLASS REGISTRATION DATES



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. \$152.00 a week

8 a.m. – 5 p.m. \$121.00 a week

7 a.m. – 5 p.m. \$140.00 a week

8 a.m. – 6 p.m. \$140.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m. T TH \$22 a week

MWF \$33 a week

M-F \$55 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
• Carson	Preschool	8 a.m. – 12 p.m.	M/W/F
• Carson	Preschool	8 a.m. – 12 p.m.	T/Th

Fees: 2 days/wk \$22 a week

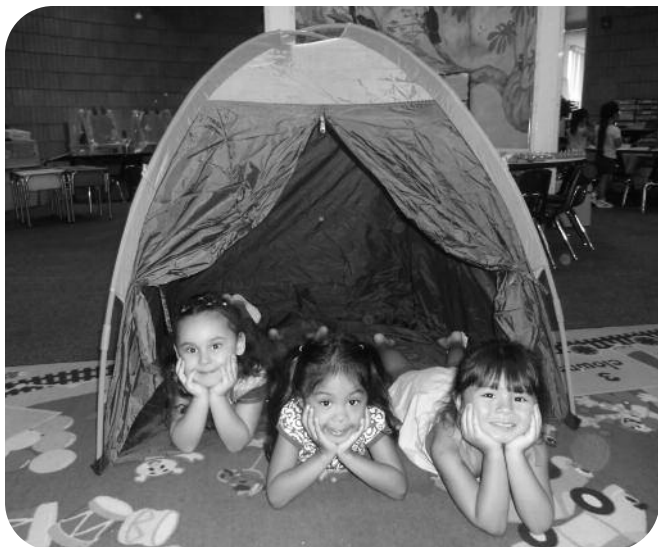
3 days/wk \$33 a week

5 days/wk \$55 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

EARLY CHILDHOOD



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 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



SPECIAL INTEREST CLASSES

WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

The Special Interest Class Program offers quality classes of special interest to meet the needs and interests of the community. The program is administered by the City of Carson Human Services Division.

The Special Interest Classes are held at the Congresswoman Juanita Millender-McDonald Community Center (shown as CJMM Comm. Ctr.) unless otherwise indicated.

For information on dates and times, call
(310) 952-1775.

WHAT REQUIREMENTS DO YOU NEED TO TAKE TO A SPECIAL INTEREST CLASS?

An interest and desire to learn is the requirement for taking a Special Interest Class.

Creative Crafts

Fresh Flower Class/Basic - 469 (6 weeks)

Adults \$50/Resident \$55/Non-resident

Join this exciting class of fresh flower design, and each Saturday you will take home a lovely centerpiece that you have created. Earn extra dollars by selling your own designs to friends and family. \$10 fee each week for your fresh flowers.

Instructor: Oscar Guither

Tues./Thurs. 6:00-8:00 p.m. Call for dates CJMM Community Center

Balloon Decoration - 466 (2 weeks)

Adults \$50/Resident \$60/Non-resident

Learn Today.....Earn Tomorrow!

THIS CLASS IS TAUGHT IN ENGLISH AND SPANISH

Have you ever stopped to wonder how many parties you go to in a year? The average person will attend over 500 parties in their lifetime. If you want to make money in your spare time or start your own balloon party planning business, this exciting and fun course will show you how to get started (Material Fee - \$25).

Pre-registration is required.

You will learn all the secrets of balloon design, including:

- How to do arches
- How to do the bride and groom figures
- How to find your vendor
- How to do holiday designs
- How to do balloon framing
- How to start up with little or no money
- How to generate business
- How to make up to \$7,000 on Valentine's Day
- How to do letters and numbers
- How to earn \$200 to \$1,000 a week part-time
- How to cash in on the booming wedding market

Instructor: Oskar Guillen

Tues./Thurs. 6:00-8:00 p.m. Call for dates CJMM Community Center

Dance

Mexican Folk Dance – (Ongoing) Grupo Folklorico Faisan 10 yrs-Adults Class is free of charge

Grupo Folklorico Faisan is a non-profit organization that specializes in the art of Mexican Folklorico dancing. Students (age 10-adult) are taught the steps, history, and skills of stage performing.

Instructor: Carmen Rodriguez

Mon. 6:00-8:45 p.m. Continuous Veterans Park
Wed. 6:00-8:45 p.m. Continuous Dominguez Park
Wed. 6:00-8:45 p.m. Continuous CJMM Community Center



Belly Dance - 575 (4 weeks)

Adults \$25/Resident \$30/Non-resident

Belly dancing is a feminine and sensuous dance of ancient Eastern Mediterranean origin and includes the fundamentals of rib, hip, and stomach exercises.

Instructor: Lidia Lopez

Tues. 6:30-7:30 p.m. Continuous CJMM Community Center

Exercise

Zumba - 438 (5 weeks)

Adults \$30/Resident \$35/Non-resident

This beginning/intermediate class incorporates exercise and dance.

Instructor: TBD

Tues./Thurs. 6:30-7:30 p.m. Continuous
CJMM Community Center

Educational Classes

Qualifying for a Home Loan - 419 (1 day workshop)

Adults \$15/Resident \$20/Non-resident

Class includes loan application, credit reporting, and finding a lender. This class has a \$5 material fee.

Instructors: TBD

Thurs. 6:30 - 8:30 p.m. Date TBD once 10 students enroll.
CJMM Community Center

Finding a Foreclosure Property - 419 (1 day workshop)

Adult \$15/Resident \$20/Non-resident

Class includes how to find the listings and how you can tell it's a foreclosure, and using Internet access to find a foreclosure. This class has a \$5 material fee.

Instructors: TBD

Thurs. 6:30-8:30 p.m. Date TBD once 10 students enroll.
CJMM Community Center

Get Connected

Ages 14 and up

This informative class will teach you how to program any cell phone, including smart phones, and Androids, get you connected with social networking, how to twitter, facebook and search the web for personal use, and to enhance your business.

This class has an \$8 material fee.

Instructors: Shannon Vavao / T-Mobile Representative

Tues. 6:30-8:30 p.m. Call for Dates

Art Class (4 week) Registration

Adult \$20/Resident \$25/Non-resident

Youth \$15/Resident \$20/Non-resident

Learn the basics of art while creating fun projects. All ages welcome.

Instructors: Jose Piña

Wed. 6:30-7:30 p.m. Call for Dates CJMM Community Center

SPECIAL INTEREST CLASS REGISTRATION

REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Community Services Division.
- All individuals registering for classes must reach the minimum age on or before the first class meeting.
- Bring your receipt to your first class meeting. Please check information on your receipt for accuracy.
- All classes must have a minimum of 10 participants.

MAIL-IN REGISTRATION

1. Complete the registration.
2. Please make checks or money orders payable to City of Carson (DO NOT SEND CASH). Checks require driver's license number written on the front.
3. A self-addressed, stamped envelope must be included with the registration form and fee. A class admission receipt will be returned in the envelope. There will be a separate slip for each class and participant. You will be informed if we are unable to complete your registration or if your class choices are filled. *

WALK-IN REGISTRATION

Congresswoman Juanita Millender-McDonald Community Center, Special Interest Office
Monday through Thursday 8 a.m.-6 p.m.

***ON SITE REGISTRATION WILL BE TAKEN THE FIRST TWO WEEKS OF CLASS.**

EVENING REGISTRATION AT: Congresswoman Juanita Millender-McDonald
Community Center, 3 Civic Plaza Drive Monday - Thursday 4-6:30 p.m.

Note: If you have not received verification of your registration, call (310) 952-1782. After completed mail-in registration has been returned to you and you find your schedule requires adjusting, make transfers and adjustments during walk-in days and times.



MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only _____

Phone _____

Address _____

City _____

Zip _____

Emergency Name _____

Emergency Phone _____

A SEPARATE CHECK FOR EACH CLASS IS A MUST

Participant's First & Last Name _____ Age if Under 18 _____

Name of Class _____

Date ____/____/____ Time ____ Location ____

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

REFUND POLICY

1. Refunds will only be given when a class is canceled by the City of Carson, Human Services Division.
2. Refunds will only be given upon presentation of the original white receipt.
3. Request for refunds must be made within two (2) weeks of class cancellation.
4. Allow 4-5 weeks for refunds.
5. When paid by check, proof of bank clearance must be presented for refunds.
6. For additional information, call (310) 952-1775.

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature _____ Date ____/____/____

Parent/Guardian signature _____ Date ____/____/____

*Mail form, payment and a self-addressed, stamped envelope to:
Human Services Division, Special Interest Class Program,
Congresswoman Juanita Millender-McDonald Community Center, 3 Civic Plaza Dr., Carson CA 90745.

The City of Carson Santa Visits the Streets of Carson



**December 14 - 23
5 - 8 p.m.**

For Boys & Girls of all ages

Talk with Santa and receive
candy from the North Pole
when he stops at your house.

Private visit available:
\$35/15 minutes
(must pay in advance)

**For information on
dates and areas,
call (310) 952-1775**

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 (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) 952-1775.

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 serve.

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. TBD



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.



Legal Referral

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



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. Looking for volunteers once a week to help prepare taxes. If you think you can volunteer, call social services office for more information at (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.

We Are Looking For Volunteers

We are looking for volunteers once a week to help prepare taxes. If you think you can volunteer come in and be part of this volunteer program, call the Social Services office for more information at (310) 952-1775.

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

All classes are closed on City holidays

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 10 people and are free, unless otherwise noted. Classes meet at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1478 or 1479.

ART



Needlecraft Class - An uninstructed class meets every Tuesday and Friday from 9 – 11 a.m.

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 as walking and hand movements. After just a few lessons you will feel the benefits of this ancient practice. This is an effective way to aid in stress relief. Class meets on 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 a.m. Come have fun and get a great cardio workout! For more information, call (310) 830-6439.

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

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 form prior to taking the class. No exceptions! Classes are monitored. Anyone without a form will not be allowed to participate. This form is also available on line for your convenience on the City

SENIOR RECREATION

of Carson website. Forms require your doctors approval to participate. Thank you in advance for participation. For more information, please call (310) 835-0212 ext. 1479.

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, elliptical, 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. Instructor: Eddie Rodriguez



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 a.m. – 11 a.m. Please call, (310) 835-0212 ext. 1479, if you would 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 p.m. – 4:00 p.m.

Driver Safety Program – Get a break on your car insurance by attending 55 Alive classes. This is an eight hour classroom course that 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 a.m. - 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.

DANCE



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

Ballroom Dancing - Learn the art of Ballroom Dancing on Tuesdays, Advanced classes 12:30-1:30 p.m. and Beginners- 1:30-2:30 p.m. Dance Room. Minimal fee required for class. Cost: \$3.00 Instructor: Kinue Williams

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.

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

Line Dancing - Learn and perform the latest Country Western steps! Enjoy the company of other line dancers as they sway their steps to country music!! Advanced classes are Wednesdays from 10 a.m.-11 a.m. and beginners classes are on Wednesday from 9-10 a.m. Instructor: Doris Thomas and Thursday from 4-6 p.m. Jimmy Dixon \$2 per class.

Salsa Class - Join our 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. President: Tiny Cook

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

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

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. President: Mary Lassiter

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

EXCURSIONS

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

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.

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/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 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 new 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.

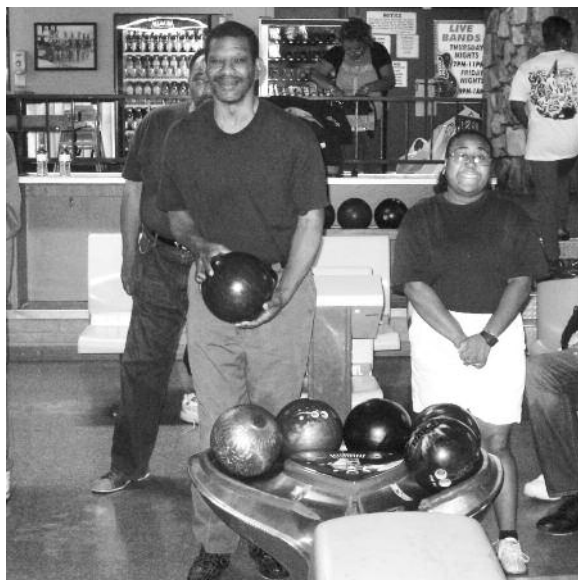
The Special Needs Program is designed to address the basic social, physical fitness and recreational needs of Carson's disabled population. These program activities place emphasis on the following areas: socialization, creative activities, physical and educational development, and special recreational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

- **October 26, 2012 - Halloween Dance/Games**
- **November 16, 2012 - Thanksgiving Dinner/Dance**
- **December 21, 2012 - Christmas Dinner/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 a.m.-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.

Autism Advocates in Action Support Group

The group serves the autism community and other disabilities in the special needs community by providing information, facilitating communication and coordinating services. We are here to empower, educate and advocate by supporting you while raising public awareness through us.

Saturday, September 29, 2012 9:30 a.m.-12 p.m.

Saturday, October 27, 2012 9:30 a.m.-12 p.m.

Saturday, November 17, 2012 9:30 a.m.-12 p.m.

Saturday, December 15, 2012 9:30 a.m.-12 p.m.

All meetings to be held at the Congresswoman Juanita Millender-McDonald Community Center

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.

CITY OF CARSON
Transportation Services Division

San Diego Tour

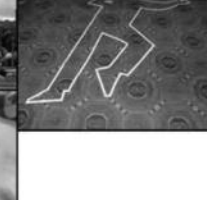
Coronado Island
Resort & Spa Marriott

Miramar Air Show

Julian & Viejas Day trip
San Diego Guided Tour

Dinner Detective

Harbor Cruise



Payment
arrangements
now available
upon request

NEW
LOWER
PRICE

Thursday - Sunday, October 11 - 14, 2012

Cost of ~~\$499.00~~ \$449.00 per person (double occupancy)

Cost includes round-trip bus transportation, hotel accommodations and tour fees

Start this 4-day weekend get-away by enjoying the sights of **Coronado Bay** with its sleepy coastal beach and boutiques. Gaze towards the sky and wait for the **"Blue Angels"** to grace the airspace with their daring acrobatic jet moves during the **Miramar Air Show**. As if that's not enough, not only will you be taken around the special areas of San Diego by a step-on guide, you will also take pleasure in viewing the city skyline through a two-hour **Flagship Harbor Cruise**. Practice your investigative skills during a **Dinner Detective Murder Mystery Show**. Of course, this tour would not be complete without a day trip to **Julian** for its famous Julian Apple Pies and to **Viejas** for some marvelous Casino and Shopping Outlets enjoyment.

Bus departs on Thursday, 10/11/12, at 9:00 am and returns on Sunday, 10/14/12, at 6:00 pm.

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: <https://ci.carson.ca.us/transportationonline/excursion.asp>

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

Coronado Bay/San Diego Tour, Thursday – Sunday, October 11 - 14, 2012 NEW REDUCED PRICE

Are you looking for an action-packed weekend? Picture this. Start this 4-day weekend get-away by enjoying the sights of Coronado Bay with its sleepy coastal beach and boutiques. Then prepare yourself for the highlight of the weekend; gazing towards the sky and waiting for the “Blue Angels” to grace the airspace with their daring acrobatic jet moves during the Miramar Air Show. As if that’s not enough, not only will you be taken around the special areas of San Diego by a step-on guide, you will also take pleasure in viewing the city skyline through a two-hour Flagship Harbor Cruise. You will also get a chance to practice your investigative skills during a Dinner Detective Murder Mystery Show. Of course, this tour would not be complete without a day trip to Julian for its famous Julian Apple Pies and to Viejas for some marvelous Casino and Shopping Outlets enjoyment. **Reduced cost of \$449.00 per person (double occupancy)** includes round-trip bus transportation, hotel accommodations at the Marriott Resort at Coronado Bay, tickets and tour fees. **Bus departs Thursday, 10/11/12, at 9:00 am and returns Sunday, 11/14/12, at 6:00 pm.** **Payment arrangements available upon request.

Ghosts & Gravestones, San Diego, Saturday, October 27, 2012

Join us for a spirited & entertaining tour built on the stories of history, mystery and legends of San Diego’s part & Darker Side! Journey through Old Town, then walk through El Campo Santo Cemetery and end outside the Whaley House. All sites have reported many paranormal occurrences. According to the Travel Channel’s America’s Most Haunted, the Whaley house is the number one most haunted house in the United States! **Cost of \$49.00 per person** includes round-trip bus transportation, boxed lunch and trolley tour fee. **Bus departs at 4:30 pm and returns at 10:00 pm.**

Cirque du Soleil’s IRIS at Kodak Theatre – Hollywood, CA Friday, November 2, 2012

Take a Journey Through the World of Cinema – IRIS. Permanently housed at the Kodak Theatre in Hollywood, Cirque du Soleil blurs the boundaries between live performance and moving images by using different techniques of cinema. This two hour performance combines acrobatics, dance, projections and live music. No host dinner stop at the Hollywood & Highland before the show. **Cost of \$82.00 per person** includes round-trip bus transportation and Category 3 seating in the Parterre section. **Bus departs at 5:00 pm and returns at 11:00 pm.**

Las Vegas/Thunderbird Tour-Friday-Sunday; November 9-11, 2012 NEW REDUCED PRICE

Escape the weekend for a 3-day, 2-night stay at the Red Rock Casino-Resort-Spa of Las Vegas. Enjoy the Red Rock’s serene surroundings and beautiful view of mountain vistas. While in Las Vegas, the group will take in the Thunderbirds 2012 Air Show at the Nellis Air Force Base during Veteran’s Day

weekend. This season will mark the 30th season the squadron has performed. The Thunderbirds aerial demonstration is a mix of formation flying and solo routines. **Reduced cost of \$209.00 per person** (double occupancy) includes hotel accommodations and round-trip bus transportation. **Bus departs on Friday, 11/9/12, at 9:00 am and returns Sunday, 11/11/12, at 6:00 pm.** **Payment arrangements available upon request.

Christmas Lights Tour, Sleepy Hollow-Friday-December 7, 2012

The holiday season would not be complete without a visit through the South Bay's "Winter Wonderland" called "Sleepy Hollow". Enjoy the thousands of lights and the beautifully decorated homes. **Cost of \$20.00 per person** includes round-trip bus transportation and a boxed lunch from Choura Events. **Bus departs at 5:00 pm and returns at 10:00 pm.**

Christmas Time in Solvang-Saturday-December 8, 2012

VELKOMMEN! Head to Solvang, CA to celebrate the 2012 Julefest Celebration this year, and you might feel like you've stumbled half-way across the world. It will be a holiday cheer with a decidedly Danish twist, all free events and a splendid shopping opportunity from clogs to iron art to unique toys for stocking stuffers. Don't forget to visit the wine tasting rooms to provide additional seasonal cheer. This incredible variety makes this "Danish Capitol of America" a perfect destination to shop for unique holiday gifts and to "wrap it up" in a warm, friendly atmosphere. **Cost of \$25.00 per person** includes round-trip bus transportation. **Bus departs at 9:00 am and returns at 7:00 pm.**

The Nutcracker, Los Angeles Ballet, Saturday – December 15, 2012

Los Angeles Ballet's celebrated original production of The Nutcracker returns to UCLA's Royce Hall. Follow Clara and her Nutcracker to the magical Land of Snow, and to the enchanted Palace of the Dolls where all of Clara's favorite companions come to life. **Cost of \$80.00 per person includes** round-trip bus transportation, Section B seating and a boxed lunch. Lunch will be served at 2:30 pm at the Congresswoman Juanita Millender-McDonald Community Center. **Bus departs at 3:30 pm and returns at 10:00 pm.**

2013 Tournament of Roses Parade, Tuesday - January 1, 2013

The 124th Tournament of Roses Parade theme is "Oh, The Places You'll Go!" This theme is about seizing the moment, throwing off the realistic cares of daily life and charging forth confidently! It is meant to encourage ALL to reach higher than the highest stars, and create or explore a world full of possibilities, rich with imaginations and bursting with discovery!! See majestic floral floats, high-stepping equestrian units and spirited marching bands from throughout the nation. **Cost of \$85.00 per person** includes round-trip transportation, coffee & donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 a.m. and returns at approximately twelve noon.**

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-away. 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.

City of Carson

Transportation Services Division

NEW
REDUCED
PRICE

Las Vegas/Thunderbird Tour

Friday-Sunday, November 9-11, 2012

red rock

CASINO • RESORT • SPA
Las VegasPayment
arrangements
now available
upon request

- ➔ Escape for a 3-day, 2-night stay at the Red Rock Casino-Resort-Spa of Las Vegas. Enjoy the Red Rock's serene surroundings and beautiful view of mountain vistas.
- ➔ Stand in awe as you watch the *Thunderbirds 2012 Air Show* at the Nellis Air Force Base during Veteran's Day weekend. This season will mark the 30th season the squadron has performed. The Thunderbirds aerial demonstration is a mix of formation flying and solo routines.



New Lower Cost:

~~\$248.00~~ \$209.00

per person (double occupancy)

*Cost includes round-trip bus transportation
and hotel accommodations*

**Bus departs on Friday, 11/9/12, at 9:00 am
and
returns on Sunday, 11/11/12, at 6:00 pm.**

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: <https://ci.carson.ca.us/transportationonline/excursion.asp>
For more information: (310) 835-0212 ext. 1489 or Email: excursions@carson.ca.us



“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.

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	Meeting / Craft Rooms	Horse-shoes	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										•	2	•	•	•	•			•				
CLOSED FOR SUMMER DUE TO ADA UPGRADES TO FACILITY																						
Carson Pool																•		•				
CLOSED FOR SUMMER DUE TO ADA UPGRADES TO FACILITY																						
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 sq. ft.	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