



Community Services Guide

September • October • November **2014**

Halloween Carnival

Carnival Rides

Friday, Oct. 31
5 p.m. - 10 p.m.

Saturday, Nov. 1
1 p.m. - 10 p.m.

Sunday, Nov. 2
1 p.m. - 10 p.m.

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



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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 Fall 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

Welcome to our Fall Quarter Community Services Guide!

The City of Carson Community Services Department programs are experiencing an increase in participation that has not been seen in our department for many years. We only have the community to thank for their continued support and enjoyment of the recreational and enrichment opportunities we offer.

The Mayor and City Council can now begin to address postponed park and facility maintenance issues through funds generated by the Los Angeles County Regional Park and Open Space District, the Department of Housing and Community Development (HUD), and through Park Development Funds. Consequently, in Fiscal Year 2014/2015, the City of Carson will be resurfacing the outdoor basketball courts for all twelve (12) parks, installing new outdoor fitness zones designed for youth, adults, and seniors at five (5) parks, and continue the upgrades to the softball/baseball fields to meet the needs of our growing teams. Additionally, new splash pad water features (that meet ADA safety standards) will replace the wading pools at Anderson, Calas, Dolphin, Mills and Veterans Park. Our Early Childhood program along with the Congresswoman Juanita Millender-McDonald Community Center will also undergo much needed construction rehabilitation.

Technology is also being upgraded within the Community Services Department. The installation of RecPro software will give the Carson community the ability to register for classes on-line and pay for services as well!

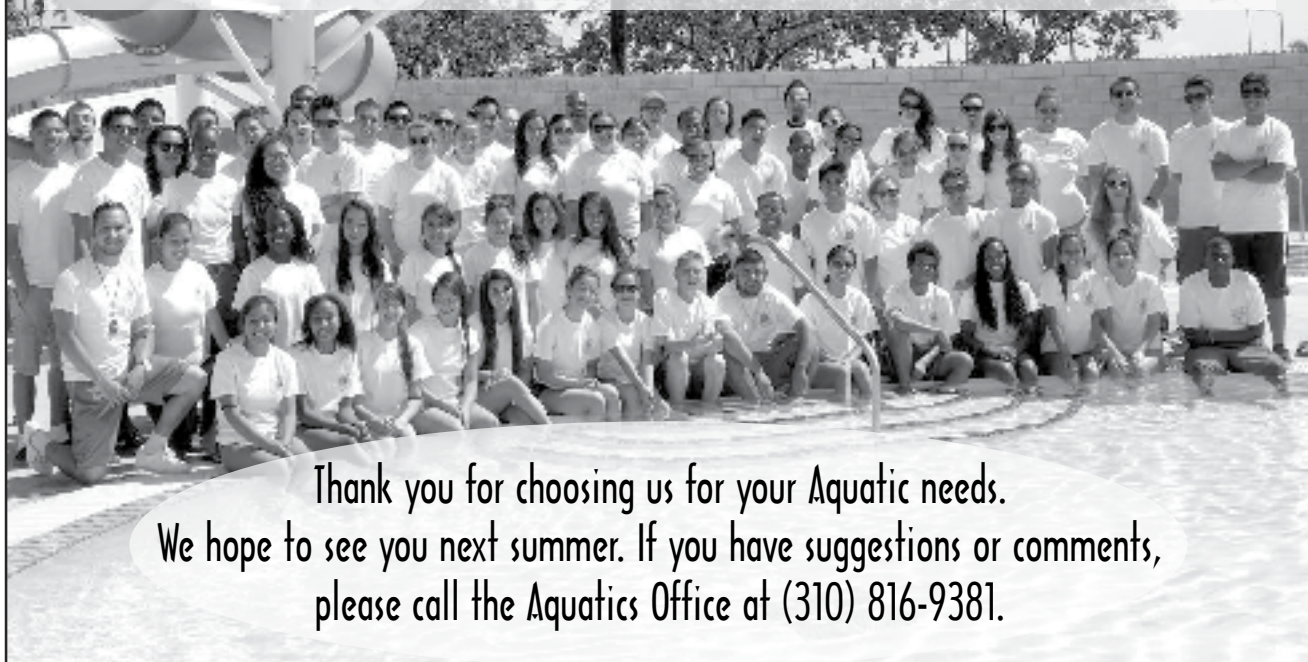
We are confident that these new and exciting projects will provide the residents of Carson a fun, safe, and exciting outdoor experience. Our parks and open space create a unique sense of place in an urban setting and reinforce our community image. One of the best things about our parks and programs is that they are here for everyone to enjoy!

Come out, make the most of the fall season, and GET ACTIVE!

Sincerely,

Cedric L. Hicks, Sr., Director
Community Services Department

Message from the Aquatic Staff



Thank you for choosing us for your Aquatic needs.
We hope to see you next summer. If you have suggestions or comments,
please call the Aquatics Office at (310) 816-9381.

Water Safety Instructor Class

American Red Cross

*Water Safety Instructor Certification Course**

*Mandatory attendance to all classes. No Exceptions!

Hemingway Aquatic Center

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

Monday October 20 5 p.m. - 8 p.m.

Saturday November 8 8 a.m. - 6 p.m.

Sunday November 9 8 a.m. - 6 p.m.

Saturday November 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**

+ LIFEGUARD + TRAINING CLASS AMERICAN RED CROSS



Certifications include:

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

Hemingway Aquatic Center

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

October 13 - 26, 2014

Monday (Tryouts) October 13 6 p.m. - 8 p.m.

Saturday October 18 8 a.m. - 6:30 p.m.

Sunday October 19 8 a.m. - 6:30 p.m.

Saturday October 25 8 a.m. - 6:30 p.m.

Sunday October 26 8 a.m. - 6:30 p.m.

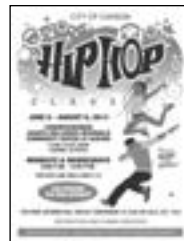
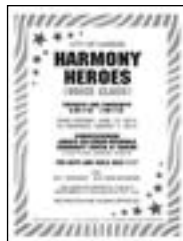
***Participants must attend every class**

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**

ENRICHMENT



Ready, Set, READ!

Help your child gain a joy for learning! Our program offers trained instructors who will provide structure for reading comprehension, vocabulary and fluency in a fun and easy way. \$60 RES \$69 NON-RES

*Fees include training material and classes.

K-2nd Grade M/W 5-5:50 P.M.

Grades 3rd -5th M/W 6-6:50 P.M.

Math Made Easy

Problem solving has never been easier and more fun. Join us as we learn the fundamentals of adding, subtracting, division, fractions, decimals and more while building your child's self-confidence in the classroom. \$26 RES \$30 NON-RES

K-2nd Grade T/TH 5-5:50 P.M.

Grades 3-5 T/TH 6-6:50 P.M.

Piano

Come learn the basics of piano! Playing an instrument develops many skills including how to multitask, memory development as well as motor skills. \$65

Ages 7-12 M/W 5-5:50 P.M. (Beginner)

Ages 7-12 T/TH 5-5:50 P.M. (Intermediate)

Harmony Heroes (Voice)

Does your child sing in the car, in the shower or whenever that popular song comes on the radio? This class is made especially for them! Join us as we learn the vocal fundamentals of singing, breathing, correct posture and vowel shaping.

\$21 RES \$25 NON-RES

Ages 5-17 T/TH 6-7 P.M.

Intro to Crochet

Crocheting can be a fun and relaxing hobby. Come learn the basics of needle crafting with our beginners class for kids! \$50 *Includes Materials & Supplies

Ages 7-12 M 6:30-7:30 P.M.

Pinterest for Kids

Ages 7-14 M/W 5:30-6:30 P.M. \$30 RES \$35 NON-RES

Tennis (6 week course)

We offer a wide variety of tennis classes lead and directed by qualified recreation leaders. Classes range from beginning to intermediate levels. The class emphasizes the basics: grips, ground strokes, volleys and serving. Children will also learn footwork and the scoring of a tennis match. \$29 RES \$36 NON-RES

*CALL YOUR LOCAL PARK FOR DATES AND TIMES

Intro to Dance

What a perfect class for children who like to move to the rhythm! Intro to Dance provides them an opportunity to explore various styles of dance such as Hip-Hop, Jazz, Ballet, Modern/Contemporary, and Creative Movement, while gaining a fun workout. Join us on the journey through dance. There is no dance experience necessary. \$38 RES \$45 NON-RES

Ages 8-12 T/TH 5-6 P.M.

Zumba 4 Kids

Packed with specially choreographed routines and the latest hip hop, reggaeton and cumbia music; Zumba for Kids classes increase focus and self-confidence, boost metabolism and improve coordination. Our classes are high-energy-fitness-fun that offers real results. \$38 RES \$45 NON-RES

Ages 5-8 T/TH 4-4:45 P.M.

Tap Dance

Come learn the basics of tap dancing! This is a fun way to keep your kids active and develop their coordination. \$38 RES \$45 NON-RES

Ages 5-12 M/W 6:00- 7 P.M.

Hip Hop Dance

Have your child dance to their favorite hip-hop tunes this course offers a great opportunity for them to work out as well as learn modern day dance moves from professional dancers. \$38 RES \$45 NON-RES

Ages 5-12 M/W 5-5:45 P.M.

Hula

Let your little ones shake their hips to the beat of the drum, with this exciting dance workout (for your child). Inspired by the dances of the pacific islands, your child will learn the beauty and grace of the Polynesian dance forms; basic steps, hand motions and foot coordination. \$38 RES \$45 NON-RES

Ages 5-12 M/W 4-4:50 P.M. (Beginners)

Ages 5-12 M/W 5-5:50 P.M. (Intermediate)

3 in 1

3 in 1 provide fun classes that help build self-esteem, confidence and friendship through performing arts. These classes concentrate on voice, dance, and drama with an overall goal of incorporating the last theater component of performing in front of a live audience. \$59 RES \$69 NON-RES

Ages 5-8 SAT 9-11 A.M.

Ages 9-16 SAT 11-2 P.M.

Cheerleading

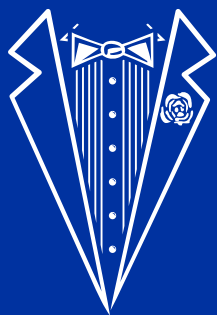
In this program, children will learn the basic routines and cheers while having fun showing spirit for their local park. This program is currently being offered at the following parks: Anderson, Carriage Crest, Calas, Dolphin, Del Amo, Dominguez and Hemingway Parks. CALL YOUR LOCAL PARK FOR DATES AND PRACTICE TIMES. \$30 RES \$35 NON-RES

Classes Begin September 8, 2014

Space is Limited

Registration Begin August 1, 2014

All Classes are held at the Carson Community Center
For more information please contact Enrichment Arts
at 310-835-0212 ext 1410 or 1475



The City of Carson
Presents:

Scholarship Pageant of Excellence

Are you ready to be crowned?

Mr. and Miss Teen Carson (ages: 14-18)

&

Mr. and Miss Carson (ages: 19-26)

You can compete to win up to \$1,000 in scholarship funds!

No application fee

Event date is October 10th, 2014

Orientation on August 28, 2014 at 7:00 pm

Pick up your application today!

Application Pick-Up Locations:

City of Carson Parks

Congresswoman Juanita Millender-McDonald

Community Center,

801 E. Carson Street

Carson City Hall, 701 E. Carson Street

For more information, please contact

(310) 835-0212 Ext. 1445

Or e-mail jreiner@carson.ca.us

(Joan Reiner)

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

HEALTH & FITNESS



Celebrating 36 Years of Service

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 35 years. While throughout the years, other Clubs have opened and closed their doors, Fabela Chavez has remained opened. Fabela Chavez has been home to many great coaches and fighters. Look no further than the gyms namesake Fabela Chavez who was inducted to Boxing Hall of Fame in 1993. The City named its boxing gym after Fabela Chavez in recognition of his contribution to the young boxing enthusiasts and up-and-coming boxers in the community.

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 \$20
Daily Rate Adult	Resident \$8	Non-Resident \$9
Daily Rate Youth	Resident \$4	Non-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.

YOUTH SPORTS FALL 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.

Fall Youth Sports

Flag Football, Soccer (Ages 5-17) Girls Fall Softball (Ages 9-17)

Last day to sign up - August 16, 2014

Tryouts - August 23, 2014

Season begins - September 13, 2014

Registration Fees:	Resident	Non-Resident
	\$26 1st child	\$30 1st child
	\$19 2nd child	
	\$11 3rd child	

Volleyball Only Ages 8 - 14

Youth Sports Basketball

Last day to sign up - November 8, 2014

Tryouts - November 15, 2014

Season begins - December 13, 2014

Registration Fees:	Resident	Non-Resident
	\$39 1st child	\$46 1st child
	\$31 2nd 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 August 1, 2014, to officiate youth flag football/soccer.

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.

FALL SPORTS

FALL PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the summer 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.



FALL SOFTBALL LEAGUES

Men's & Women's C/D Level

Registration: August 25 - September 26
Play Begins: September 27
Fees: \$399 per team

Coed C/D Level

Registration: August 26 - September 26
Play Begins: September 27
Fees: \$399 per team

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



DISABILITY AND ACCESSIBILITY ISSUES

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

City of Carson Recreation & Human Services
For more information, call (310) 847-3570

FALL FLAG FOOTBALL LEAGUES

4 on 4

Registration: August 2 - September 13
Play Begins: September 15
Fees: \$175 per team

8 Man

Registration: August 2 - September 13
Play Begins: September 14
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 6-8:30 p.m. while you go out to a movie or dinner. This activity is offered each Friday at Hemingway 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.
• Del Amo	Thur	6-9 p.m.
	Fri	6-10 p.m.
• Dolphin	Fri	6-10 p.m.

8 Man Soccer

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

Adult Fitness/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us.

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

HEALTH & FITNESS

**Adult Walking Class**

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

Walking Club

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

Saturday	8-9:30 p.m.	Hemingway Park	Beginner
Wednesday/Friday	5:30-7 p.m.	Stevenson Park	Beginner
Tuesday	6-8 p.m.	Stevenson Park	Youth Beginner
Wednesday	8-9 p.m.	Stevenson Park	Adult Intermediate
Wednesday	7-8 p.m.	Stevenson Park	Youth Intermediate

Karate

Friday	6 p.m.	Carson Park	Youth/Adult
Tuesday	6 p.m.	Scott Park	Youth/Adult
Saturday	10 a.m.	Scott Park	Youth/Adult
Sunday	2-5 p.m.	Scott Park	Youth/Adult

Fees: Monthly \$38

Adult Fitness Workout

Tuesday/Thursday	6-7 p.m. / 7-8 p.m.	Dominguez Park
Friday	7-8 p.m.	Anderson 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	Tues/Thurs	6-8 p.m.
• Del Amo	Tues/Thurs	6-7 p.m.
• Dolphin	Wed	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.

Adult Line Dancing

Saturday	10 a.m. - Noon	Anderson Park
	12 p.m. (Urban Ballroom)	Anderson Park
Wednesday	7 - 9 p.m. (Advanced)	Anderson Park
Saturday	9:30-11:00 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 - 6:30 p.m.	Calas Park
Wednesday	5:30 - 6:30 p.m. (16 and up)	Hemingway Park

Adult Urban Ballroom Dance

Monday	6 - 8 p.m.	Anderson Park
Saturday	12 - 3 p.m.	Anderson Park

Youth Fitness Club (ages 16 and up)

• Calas	Tue-Thur	6-7 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.	Hemingway Park
Tues/Thurs	6:30-7:30 p.m. (Ages 15+)	Mills Park
Monday/Friday	6 p.m.	Scott Park

Circuit Training

Tuesday	6:30-7:30 p.m.	Hemingway Park
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Pilates Class

Thursday	6:30-7:30 p.m.	Hemingway Park
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Stretching and Conditioning

Monday/Friday	7 - 8:30 p.m.	Anderson Park
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EARLY CHILDHOOD



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

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



One time, non-refundable, registration fee of \$95 for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of \$106.00 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. Availability is based on the needs of each site. The City

reserves the right to cancel individual park programs if the minimum enrollment level is not achieved. Fees subject to change. For information, call (310) 835-0212, ext. 1482 or 1485.

OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

The Congresswoman Juanita Millender-McDonald Community Center is home to an all-day Early Childhood Education Program, Monday-Friday. This program features an early drop-off and late pick-up option. The Early Childhood Program Office is also located at the Community Center. Registration is open as long as vacancies exist. For prices, availability of spaces or additional information, please call (310) 835-0212, ext. 1482.

CLASS SCHEDULE

ALL DAY PROGRAM RESIDENT RATE

Monday – Friday

7 a.m. – 6 p.m. \$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 RATES

8 a.m. – 12 p.m.

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

Fees:	2 days/wk	\$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

KIDS CLUB

Kids Club After-School Child Care Solution For Latchkey Children



After School Kids Club Fees

Monday-Friday 2:30-6 p.m.	Regular \$47 wkly
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Availability is based on the needs of each site. For information about fees and locations, call (310) 847-3552. If a child attends any portion of the week, the total weekly fees are charged (includes holidays and sick days). The city reserves the right to cancel individual park programs if the minimum enrollment level is not achieved.

The daily program consists of: Educational Activities

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

Recreational Activities

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

Snacks

Nutritional snacks are provided each day.

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

*Additional fee required for participation

Homework Help-Safe-Fun

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



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



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

Human Services Division administers this program.

The daily program consists of:

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

PARKS

FALL PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of SUMMER 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.

Mon - Fri	12 - 9 p.m.
Sat	10 a.m.-5 p.m.
Sun	12-5 p.m.

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

YOUTH ACTIVITIES



Tennis Instruction

We offer a wide variety of tennis classes for junior tennis players, which are taught and directed by qualified recreation leaders. Classes range from the very beginning player to intermediate level players. This class emphasizes the basics: grips, ground strokes, volleys, and serves. Children also learn footwork and the scoring of a tennis match. Tennis classes are offered at the following facilities: Anderson*, Calas, Dolphin, Dominguez, Hemingway, Stevenson*, and Veterans* Parks. Contact the parks for specific day and time. *U.S.T.A. Site

Cheerleading

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

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

Ping Pong Class

• Calas	Thurs	7-8:30 p.m.
• Dominguez Park	Mon	6-7 p.m.
• Veterans Park	Tues	5-6 p.m.

Dance It Off

• Calas Park	Tues/Thurs	6:30-7:30 p.m.	All ages
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Bingo Nite

• Calas Park	2nd & 4th Thurs	6:30-8 p.m.	
• Stevenson Park	Fri	5:30-7 p.m.	
• Dolphin Park	2nd Fri	6:30-8 p.m.	8-17 yrs

Archery

In this program, the future Robin Hoods of Carson are taught the basic principles for use of bows and arrows while always utilizing all safety practices. The Recreation Division provides all bows, arrows, and targets. Contact the following parks for more information: Carriage Crest, Del Amo, Dolphin, Hemingway, Scott, and Veterans parks. Veterans Park, Fridays • 5-6 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 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	5-6 p.m.
• Carson Park	Fri	6:30-8:30 p.m.
• Dolphin Park	Fri	4-5 p.m.

PARKS

• Dominguez Park	Wed	5-6 p.m.
• Hemingway Park	Fri	5:30-6:30 p.m.
• Scott Park	Wed	5:30-6:30 p.m.
• Stevenson Park	Thur	4:30-5:30 p.m.
• Veterans Park	Wed	5-6 p.m.



Homework Club

• Anderson Park	Tues/Thurs	5-6 p.m.
• Del Amo Park	Mon/Thurs	
• Dolphin Park	Mon/Wed/Thurs	3-4 p.m.
• Hemingway Park	Tues/Thurs	3-4:30 p.m.
• Mills Park	Mon/Wed/Thurs	3-4:30 p.m.
• Stevenson Park	Mon/Thurs	4-5:30 p.m.
• Veterans Park	Tues/Thurs	5-6 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 (Ballet)	Tues/Thurs	5:30-6:30 p.m.
• Anderson/Adult Line Dancing	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Anderson/Adult Stretch Conditioning	Mon/Fri	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	5:30-8 p.m.
• Carson Park/Ballet	Mon/Fri	5-7 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Hemingway/2 Age Division	Mon/Wed/Sat	10-11 a.m. / 6:30-7 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.
• Veterans Park	Thurs	6-7:30 p.m.

Boys Club

• Carson Park	Fri	6:30-8 p.m.
• Hemingway Park	Wed	5 p.m.

Friday Fun Club (Boys & Girls)

• Calas Park Age 9-14	Fri	6:30-8:30 p.m.
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Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	Fri	6:30-8 p.m.
• Hemingway Park	9 yrs - up (FREE)	Fri	6:30 p.m.
• Carriage Crest Park	All ages (FREE)	Last Friday	7:30-9 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.
• Dominguez Park	9 - up	Fri	6-8 p.m.
• Stevenson Park		4th Fri	6:30-9 p.m.
• Veterans Park	9 yrs - up (FREE)	4th Fri	6 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	• Skyzone

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 Game Nation

Dolphin Park	Mon	6:30 p.m.
Hemingway Park		6:30 p.m.

Teens in the Kitchen

Learn the basics! 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





CITY OF CARSON
3rd Annual

Think Pink!!!

*Breast Cancer
3 Mile Walkathon*

**Sunday, October 19, 2014
9 a.m. - Noon**

**All ages
welcome**



Check-In – 8 - 9 am
Warm Up – 8:30 am
Walk Begins – 9 am

Pre Registration (includes t-shirt)

\$10 (before 10/1/14) / **\$15** (after 10/1/14, no t-shirt)

Nutrition Booth, Health Trailer and Refreshments

Veterans Park

22400 Moneta Avenue, Carson, CA 90745

For more information, contact Veterans Park at (310) 830-9997

Recreation and Human Services

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

VETERANS SPORTS COMPLEX



Sports League

High School Basketball League Mon/Wed Nights

Boys - Begins Monday, September 8, 2014

Girls - Begins Wednesday, September 10, 2014

Games begin at 6 p.m.

\$200 per team plus \$25 referee fee

Adult Co-Ed Volleyball League Friday Nights

Begins Friday, September 19, 2014

\$250 per team, team must provide own scorekeeper and linesmen

Games begin at 6 p.m.

Futsal League - Sunday's

Begins Sunday, September 14, 2014

\$250 per team plus \$25 referee fee

Games begin at 1 p.m.

Food and Health Sessions (FHS)

September 11 & 25 / October 9 & 23 / November 13, 2014

Join us for our bi-weekly, healthy food cooking demonstrations. Also includes: fitness, wellness, and nutrition lectures. Hosted by Paul Paster, Recreation Assistant - Nutrition/Fitness Staff.

Sessions begin at 6:30 p.m.



Turkey Blast 2014

Join us Tuesday November 25th for a great 2 hour workout 6-8pm before your Turkey Day!

Bring a friend!

(Free for members and guests) Open to anyone

Veterans SportsComplex

22400 Moneta Ave Carson, CA 90745

(310) 830-9991



SAVE THE DATE
5,000 Lb Challenge
Kick off Date December 6, 2014
call (310)830-9991 for more details

**Join us for the 5,000 lb
Weight Loss Challenge**

Trainers and nutritionist specialist will be available to help you reach your goal

- **Free for all City of Carson Residents**
- **Weekly notices and fitness updates to help you stay motivated**
- **Initial Weigh-In Date 12/6/14**
- **Challenge Completion 6/6/15**

The Silver Sneakers® Fitness Program



Senior Membership
now taking sign-ups.
Enroll today and join our
facility at no cost to you!

Call (310)830-9991 for qualifications.

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



22400 Moneta Ave., Carson, CA 90745
(310) 830-9992

HOURS OF OPERATION

Facility

Monday-Friday
6 a.m. - 9 p.m.

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

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

Business Office

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

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

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

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



VETERANS SPORTS COMPLEX

FACILITIES AVAILABLE FOR RENTAL



**NBA Regulation
Basketball Court**

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

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



Movie Sets



**Banquet Halls and
Recreation Rooms**



**Racquetball
Courts**

YOUTH CLASSES

- Youth Fitness • Youth Karate • Youth Volleyball • Youth Basketball • Youth Tennis
- Teen Club • Skate Park • Youth Racquetball • Hip Hop Aerobics



ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Karate • Step & Pilates • Hatha Yoga
- Indoor Cycling • It's Electric Low Impact Aerobics • Low Impact Aerobics
- Walking Club • Resist-A-Ball • Body Pump • Zumba • T.B.A. (Thighs, Bottoms & Abs)



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

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

SENIOR RECREATION

The senior recreation program provides recreational programs for senior'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.

NO CHILDREN ALLOWED IN SENIOR PROGRAMS, ACTIVITIES, TRIPS OR SPECIAL EVENTS

CLASSES AND PROGRAMS

All classes are closed on City holidays

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 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.

Movie Day - Come and enjoy a movie with free popcorn. Every last Monday of the month at 12 noon at the Congresswoman Junita Millender-McDonald Community Center. For more information, call (310) 835-0212 ext. 1475.

PERSONAL ENRICHMENT

Table Games with Seniors - Every Thursday, starting July 24 from 1 - 4 p.m. Do you have a favorite table game, i.e. Dominoes, Cards? Come and join us!

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: \$15 members - \$20 non-members. Class time: 9 a.m. - 1 p.m. For more information, call (310) 835-0212, ext. 1478.

Stevenson Park Senior Fitness Classes

Do you want to know the best kept secret in Carson? It is Stevenson Park, located at 17400 Lysander Dr., Carson, CA 90746. This facility is 13 acres inclusive of lighted ball fields, basketball courts, tennis courts with two recreation rooms and an indoor gym. But the best feature of this park, is the Senior Citizens fitness program. Every Monday - Friday senior citizens 50+ are allowed to use the fitness center from 8 a.m.-11 a.m. exclusively for FREE!! Why pay a gym fee when you can come for FREE. The fitness center has treadmills, stationery bikes and free weights. And in the gym we have stretch and cardio class M/W/F from 8:30-9:30 a.m. Don't miss out on this opportunity. Come out and be a part of a great fitness program. For further information regarding this matter, please contact our Senior Recreation office located in the Community Center, 801 E. Carson Street, 90745 (310) 835-0212 ext 1479.

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. Must bring your own ukulele.

SENIOR RECREATION

DANCE

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

Ballroom Dancing - Learn the art of Ballroom Dancing on Tuesdays, Advanced classes 2 – 3 p.m. and Beginners 1 – 2 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.

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. \$3 per class. Instructor: Kumu Bernard

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



Salsa Class - Join our salsa classes which meets every Monday from 10 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, CA 90810. President: Sandy Conn

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

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

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

EXCURSIONS

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

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

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 9 a.m.-2 p.m.**

Desktops in the Cyber Café are reserved for students currently enrolled in computer classes. If you would like to learn more about computers and sign up for classes please call (310) 835-0212 ext. 1475.

SENIOR RECREATION

The Elito M. Santarina Senior Technology Center

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>
Instructors: Jared Ortega Mon., Wed. & Friday
Paul Jones Tuesdays & Thursdays



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 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 a ten week session. Attendance is mandatory. You can be removed from class for missing more than 2 classes

Class Instructors: ext. 1414 or ext. 1415

SENIOR RECREATION

EXERCISE

**NO CHILDREN ALLOWED IN ANY
SENIOR ACTIVITIES OR PROGRAMS**

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

Basketball – Join this group, Monday through Friday at Scott Park from 8:30 –10:30 a.m. 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 Wednesdays from 11:30 a.m. – 12:25 p.m for a super workout at the Congresswoman Juanita Millender-McDonald Community Center. Cost: \$3.00



Muscle Strengthening – Class meets every Tuesday and Thursday from 11:00 a.m. – 11:40 a.m. and 11:45 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745. Muscle Strengthening using resistance bands. Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and footwear are required, such as closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. You cannot participate if you don't have the proper attire or footwear for safety purposes. **MUST SIGN IN DUE TO LIMITED CLASS SIZE.**



Weightlifting and Conditioning – This class meets Monday through Friday from 8:30 – 10:30 a.m. Boxing and Weightlifting facility. Seniors are able to use exercise equipment such as: treadmills, ellipticals, exercise bikes, etc. Staff available if you have questions. **THERE IS NO TRAINER ON-SITE AT THE FOLLOWING FACILITIES LISTED BELOW**

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

Carson Park, 21411 Orrick Ave.
(310) 830-4925

Stevenson Park Gymnasium, 17400 Lysander Dr.
(310) 952-1745

Senior Fitness Program

Stevenson Park Gymnasium • (310) 952-1745
Monday thru Friday 8am-11am
Fitness classes in the gym MWF 8:30-9:30

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

Class size limited

- **Zumba Class**

Monday/Wednesday/Friday 8:30-9:30 a.m.

- **Low Impact Aerobics**

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

- **Senior Fitness Center**

Mondays 8:30-10:30 a.m.

HEALTH

Health Programs, Seminars & Lectures –

Health lectures are provided based on the interests of seniors. Submit your suggestions on what you would like learn or hear about.

Blood Pressure Screenings – Volunteers provide free blood pressure screening every Tuesday from 10 - 11 a.m., Thursday from 10:00 - 11:00 a.m. Please call, (310) 835-0212, ext. 1479, if you would like to volunteer to provide blood pressure screening at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.

INFORMATION AND REFERRAL

Food Stamp/Medi-Cal Applications

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

Medicare Counseling

A qualified HICAP counselor will be here twice a month to answer questions you may have about Medicare. There is no cost, but you must make an appointment in advance. For appointments, please call (310) 952-1775.

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."

Financial Counselor

A volunteer financial counselor is here most Tuesdays and Thursdays from 9:30 a.m. to 12:30 p.m. to help you with any financial questions you may have, including retirement planning. By appointment only.

Tax Assistance Program

Volunteers are needed for the annual Tax Assistance Program. This program provides free assistance for low-income seniors and individuals in preparing State and Federal Income Tax returns. Volunteers are trained in January and volunteer once a week through April 15. If you are interested in being trained as a volunteer tax preparer, please sign up at aarp.org/taxvolunteer.

Equipment Loan Program

The Social Services office has walkers, crutches, wheelchairs, and canes available for loan. Contact Senior Social Services at (310) 835-0212 ext. 1480 for more information. Please keep us in mind if you have a wheelchair or any health equipment you are no longer using and/or if you know someone who would like to donate one.

FEATURED PROGRAM

Travel 101 with Bob and Carol

This is a **FREE** workshop for the mature traveler or anyone interested in learning more about travel. Join local So Cal experts and world travelers, Bob Aronson and Carol Apt, for this free 2-part workshop. Learn what resources to use when planning a trip, how to reduce travel anxiety, tips on traveling with a disability, traveling on a budget, and much more!

"Planning and Preparing for Your Trip"
Monday, Sept. 22, 1:00 p.m. - 3:00 p.m.

"While on Your Trip" Monday, Sept. 29, 1:00 p.m. - 3:00 p.m.

It is recommended that you attend both sessions. Each will contain a wealth of information. Topics will include tips on booking, budget, and needed documents. There will also be guidelines for airports, traveling solo, safety, language and customs. Courses will include travel brochures and literature. There will also be time allowed for questions and answers.

To register for this workshop please call (310) 835-0212 x1471 or x1480.

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

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) 835-0212 ext. 1445.

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.

What is your interest?

We need your input!
Help us by letting us know.
Is it dancing, singing, cooking,
Zumba, golf, flower arranging,
finance, speaking a different
language, karate, etc.....

We want to know
Your interest is our interest
Please call our Special Interest Program
office at 310-835-0212, ext. 1445

Self Defense



Karate - 510 (4 week reg.)

All Ages \$38/Resident \$43/Non-Resident

Traditional Karate - Do training develops self-confidence and a positive attitude while learning Respect/Confidence, Motor Skills and Self Defense. Instructor: TBD

Tuesday - 6:30 - 8 p.m. / Friday - 6:30 - 9 p.m. Carson Park

REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Recreation and Human Services.
- 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.-5 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 ____

REFUND POLICY

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

1. Refunds will only be given when a class is canceled by the City of Carson, Recreation and Human Services.
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) 952-1782.

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.

ASSISTED LIVING

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

Case Management & Home Services

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



Geriatric Aide Program

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

EARS (Emergency Alert Response System)

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

Respite Care

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

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) 835-0212 ext. 1471.

Bereavement Support Group

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

Housing Rights Clinic

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

Clinics are held the 1st Thursday of every month from 9:00 - 11:00 a.m. at the Congresswoman Juanita Millender-McDonald Community Center and the 3rd Wednesday of every month from 9:00 - 11:00 a.m. 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 \$2.75 and \$3.50 for non-seniors per meal and is suggested for people 60 years or older. There is a cost for home delivered meals. For more information, call (310) 835-0212 ext 1487.

Food Bank

The Los Angeles Regional Food Bank invites seniors 60 years of age or older to participate in the Commodity Supplemental Food Program. Qualifying seniors receive a free food kit once a month. For more information, call (323) 234-3030.

Caregiver Support Group

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

Girls Rock!

**FREE SOCIAL GROUP
FOR GIRLS AGES 12-17**

TUESDAYS

6:00 P.M. - 7:30 P.M.

CARSON PARK

21411 S. ORRICK AVENUE
CARSON, CA 90745

FREE ADMISSION

MEETINGS WILL INCLUDE COOKING, JOURNALING,
SOCIAL/SHARING TIME WITH OTHER GIRLS,
DISCUSSING ISSUES IMPORTANT TO YOUNG LADIES,
CRAFTS, PEER COUNSELING AND MORE

**FAMILY SUPPORT GRANT FUNDED ENROLLMENT PROCESS
REQUIRED PRE-REGISTRATION ENCOURAGED**

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

RECREATION AND HUMAN SERVICES



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

FAMILY SUPPORT

CITY OF CARSON



Explore your inner artist!
Weekly workshops that allow for hands on arts & crafts

THURSDAYS • 5 P.M. - 7 P.M.

VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

FOR BOYS AND GIRLS AGES 3-17
 (ADULT MUST ACCOMPANY CHILDREN AGES 3-6)

FREE ADMISSION • SIGN UP NOW!

CRAFTS • DRAWING • PAINTING • ORIGAMI • PHOTOGRAPHY

FAMILY SUPPORT GRANT FUNDED • ENROLLMENT PROCESS REQUIRED

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

RECREATION AND HUMAN SERVICES



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

SPECIAL NEEDS

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

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

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

Monthly Dances and Themes

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

- **Sep. 12, 2014** - Western Dance
- **Oct. 24, 2014** - Halloween Dance
- **Nov. 14, 2014** - Thanksgiving Dinner/Dance



Bowling Program

This program will offer the basic fundamentals of bowling in a competitive, yet sportsmanlike environment. The group meets 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 Carson 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 Carson 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 Carson Park. Refer to monthly calendar for specifics.

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

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

JBj-MAO Stroke Center

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

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.



Choir Class

This delightful singing class is led by a recent music graduate from CSULB. All stroke survivors and caregivers are invited to sing together as a choir. Music is fun and therapeutic, and singing is a great activity for those who want to practice using their voice, whether it has been affected by stroke or not. See calendar for days and times.

Chair Exercise

This group class is led by a physical therapy aide, and it focuses on exercising the upper and lower limbs. Please see monthly calendar for days and times.

Chair Volleyball

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

Water Exercise

This group class is held offsite several times per 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. Please see 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.



NEW! Zumba Gold

Check the calendar for Zumba Gold classes, which is modified Zumba for stroke survivors. Come enjoy the music and the energy of this group class!

Caregiver Support Group

As a family caregiver, you may find yourself facing a lot of new responsibilities, many of which are unfamiliar. It helps to know you're not alone, and it's comforting to give and receive support from others who understand what you're going through. Join us Tuesdays in the Caregiver Support Group from 11:30 a.m.-12:30 p.m. at the Community Center.

PERMITS

Welcome to Permits!



The Reservation Office business hours are
Monday - Thursday, 7:30 a.m. - 5:00 p.m.
Call us at (310) 847-3570 or fax us at (310) 830-8567.
We are located at the Recreation and Human Services
Offices at the Corporate Yard,
2400 E. Dominguez St., Carson, CA. 90810.

Celebrate at our facilities!

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

Reservation/Cancellation Policy

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

Equipment Rentals

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

Jumpers

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

Trackless Train: (310) 324-1845

BR Party: (323) 907-0757

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

ALL FEES ARE SUBJECT TO CHANGE

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



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 4 hour after school program consists of two 2-hour classroom lectures, and parent is also to attend. 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 / 15 Hours)

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

(Open Enrollment)

A 20 hour course conducted on Tuesday or Wednesday evenings, for a 20 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)

Community Center

• **Anger Management For Teens**

(6 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$30.00 Non-residents \$40.00

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for a 6-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, courts, 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: 5 – 7 p.m. **Community Center**

• **Drug/Alcohol Program (Positive Choices)** **(12 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 4:30 p.m. - 6 p.m., for a 12-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: Eric Carter at (310) 952-1700, ext. 1672

Instructor: Various

Monday: 4 to 5:30 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	x1789

YOUTH SERVICES 2014 CLASS SCHEDULE

Parent Project Classes Tuesday • 5-7 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 • 4-5:30 p.m. Total Hours: 16 Hrs	Youth & The Law Program Wednesday & Monday Times: 4-6 p.m.
Track III: Jul. 15 - Sep. 23 Track IV: Oct. 7 - Dec. 16	Track IV: Sep. 23 - Oct. 28	Track IV: Sep. 29 - Dec. 1	Track VII: Oct. 13, 15 Track VIII: Nov. 17, 19 Track IX: Dec. 15 & 17

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.



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

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





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

Hollywood Bowl-SOUND OF MUSIC Sing-A-Long • Saturday, September 20, 2014

The Hollywood Hills are alive with The Sound of Music! Everyone's favorite sing-along returns to the giant screen at the Bowl. Bring your costume (for the pre-show parade) and warm up your vocal cords for this beloved and always sold-out event. **Cost of \$65.00 per person** includes round-trip bus transportation and fair admission. **Bus departs at 4:00 p.m. and returns at 10:00 p.m.**

Valley View, Casino & Hotel, San Diego • Saturday, October 25, 2014

Enjoy limitless gaming thrills at this world-class San Diego casino. This newly renovated casino offers innovative slot machines, table games and a complete non-smoking casino. If you tire of gaming, head over and indulge in delectable buffet or bars & lounges. All participants will receive free play money upon check-in. **Cost of \$30.00 per person** includes round-trip bus transportation. **Bus departs at 9:00 a.m. and returns at 5:00 p.m.**

Ghosts & Gravestones, San Diego • Saturday, November 1, 2014

Join us for a spirited & entertaining tour highlighting the history, mystery and legends of San Diego's darker side! Journey through Old Town, then walk to the 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 \$55.00 per person** includes round-trip bus transportation, boxed lunch and trolley tour fee. **Bus departs at 4:30 p.m. and returns at 10:00 p.m.**

Huntington Library, Japanese Garden Centennial Tour • Saturday, November 8, 2014

Experience a rare opportunity! Tour this 100-year-old landmark after a year of renovation and expansion. Your experience will begin in Huntington's Chinese garden, the Garden Flowing Fragrance, to compare and contrast Chinese and Japanese garden design. Docents will help you explore lush green canyons, whispering bamboo, bonsai, a karasansui rock garden, and the new ceremonial teahouse and tea garden. **Cost of \$55.00 per person** includes round-trip bus transportations, tour and entrance fee. **Bus departs at 9:00 a.m. and returns at 5:00 p.m.**

San Diego Chargers vs. Oakland Raiders • Sunday - November 16, 2014

Join us as we travel to sunny San Diego to watch the Chargers battle the Oakland Raiders at Qualcomm Stadium. **Cost of \$99.00 per person** includes round-trip bus transportation and entrance fee. Lunch cost is not included. **Bus departs at 9:00 a.m. and returns at 7:00 p.m.**

Christmas Weekend in Solvang • Friday-Saturday – December 5-6, 2014

VELKOMMEN! Head to Solvang, CA for an overnight adventure to celebrate the 2014 Julefest Celebration this year. Upon arrival, enjoy many free events and splendid shopping opportunities, from clogs to iron art to unique toys for stocking stuffers. Share in the holiday spirit by joining your fellow revelers at that evening's tree lighting ceremony. The excitement continues on Saturday morning with the Solvang Christmas Parade. 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 \$160.00 per person (double occupancy)** includes round-trip transportation and hotel accommodations at Hotel Corque. No meals are included. **Bus departs at 9:00 a.m. on Friday, December 5, 2014 and returns at 6:00 p.m. on Saturday, December 6, 2014.**

Festival of Lights at the Mission Inn, Riverside • Saturday, December 13, 2014

An historic icon of the Inland Empire, The Mission Inn is known for its breathtaking architecture, timeless beauty, and old world charm. Enjoy a 75-minute guided walking tour to acquaint you with the rich history of the Mission Inn. Afterwards, partake in their Festival of Lights as the grounds come alive with dazzling display holiday lights, an area of snow for play, shopping and gourmet cupcakes. **Cost of \$45.00 per person** includes round-trip transportation, guided tour and boxed lunch. **Bus departs at 12:00 p.m. and returns at 8:00 p.m.**

Newport Beach Christmas Boat Parade • Saturday, December 20, 2014

The Newport Beach Christmas Boat Parade is the premier Christmas event not only for Orange and Los Angeles Counties, but all of Southern California. Be a part of the festivities as you board "the Aggressor", and experience the spectacle as Newport Harbor comes alive with homes, yachts, docks, and whole landscapes transformed into a magical holiday display. A cash-only snack/drink bar will be available during the duration of the cruise. **Cost of \$68.00 per person** includes round-trip transportation, cruise admission, and a boxed lunch. **Bus departs at 3:00 p.m. and returns at 10:00 p.m.**

2015 Tournament of Roses Parade • Thursday, January 1, 2015

The 126th Rose Parade presented by Honda, themed "Inspiring Stories," will feature majestic floral floats, high stepping equestrian units and spirited marching bands from throughout the world. **Cost of \$95.00 per person** includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 a.m. and returns at approximately 12:00 noon.**

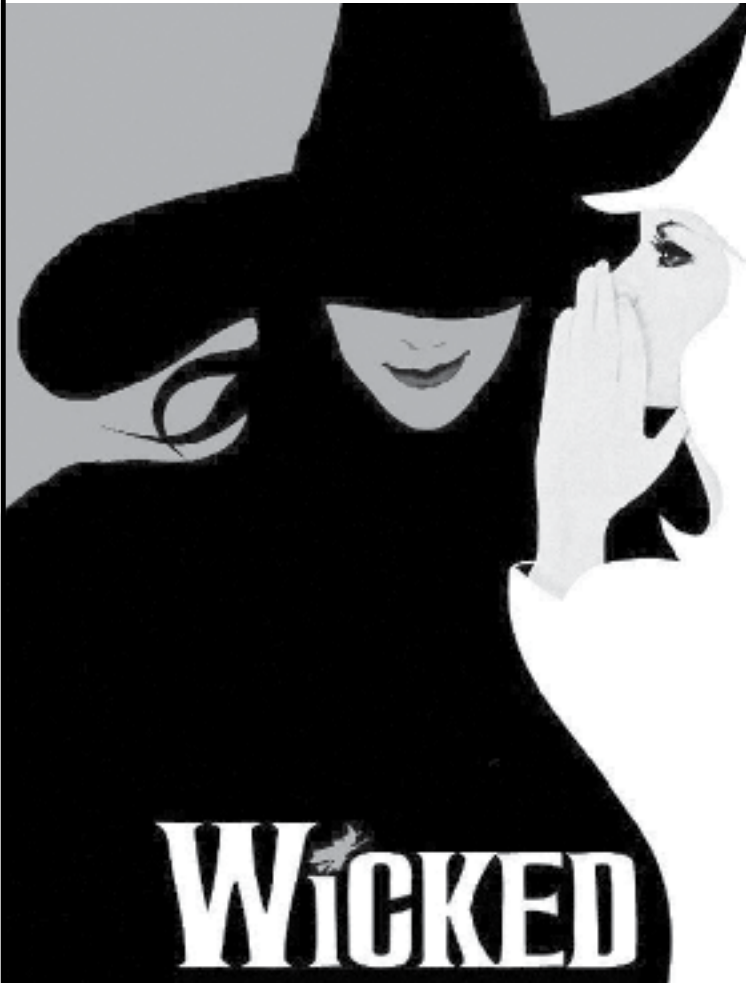
WICKED at the Pantages Theater • Sunday, January 18, 2015

Winner of over 50 major awards, including a Grammy and three Tony Awards, WICKED is Broadway's biggest blockbuster. Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One, born with emerald green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for one of the most completely satisfying musicals in a long time. **Cost of \$120.00 per person** includes round-trip bus transportation and tickets for orchestra seating. **Bus departs at 5:00 p.m. and returns at 10:00 p.m.**

City of Carson
Transportation Services Division Excursions



at The Pantages Theater Sunday, January 18, 2015



Winner of 35 major award including the Grammy Award and three Tony Awards, *Wicked* is the untold story of the witches of Oz. Long before Dorothy drops in, two completely opposite girls meet in the land of Oz and the story of their remarkable odyssey about unlikely friends grow to become the Wicked Witch of the West and Glinda the Good Witch.

Cost of \$120.00 includes round-trip bus transportation to Pantages Theater and admission to the 6:30 pm show. There are no meals included in this excursion.

Bus departs at 5:00 pm and returns at 10:00 pm.

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

“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.

SAVE THE DATE • SAVE THE DATE • SAVE THE DATE • SAVE THE DATE

Presented by:
Carson Citizens Cultural Arts Foundation and the City of Carson

CARSON JAZZ FESTIVAL

Highlighting
BREAST CANCER AWARENESS

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**SATURDAY
SEPTEMBER 27, 2014
11 A.M. - 6 P.M.**

ANDERSON PARK
19101 S. WILMINGTON AVENUE
CARSON, CA 90746

Featuring:

- **FANTASTIC JAZZ ARTISTS**
- **BEAUTIFUL PARK SETTING**
 - **V.I.P. SEATING AREA**
 - **CHILDREN'S PLAY AREA**
- **FOOD AND VENDOR BOOTHS**
 - **FREE ADMISSION**

FOR MORE INFORMATION, PLEASE CALL:
ANDERSON PARK (310) 603-9850
OR DIANNE THOMAS (310) 632-0756

Recreation and Human Services

2014

COUNTRY WESTERN FAIR

FREE
All ages
★

Saturday, October 11, 2014
12 p.m. - 5 p.m.



Music and
Dance Performances,
Food and Craft Vendors,
Games/Raffle/Prizes,
Carnival Rides, Prizes

Petting Zoo,
Boxing Exhibition,
Car Show, Horse Shows
and more!!!!

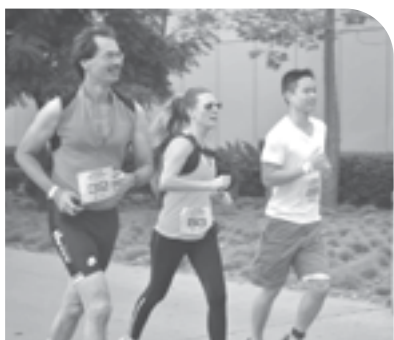
DOMÍNGUEZ PARK
21330 Santa Fe Ave., Carson, CA 90810
(310) 549-3962

Recreation and Human Services

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5th Annual**TRI • CARSON®**

presented by

KAISER PERMANENTE®*Sunday, November 2, 2014*

Tri-Carson is a Sprint Distance Reverse Triathlon that takes place on the campus and surrounding streets of CSUDH.

Run: 5k (3.1 miles) (2 loops)

Bike: 15 miles (4 loops)

Swim: 150 meters (6 laps)



There is also a Toro 5k for runners and walkers.

Please visit **www.tricarson.com** for course maps, race schedules, and registration information. Don't forget to like us on Facebook!

**Volunteers Needed!**

There is something for everyone at Tri-Carson. Get involved as a volunteer working a water station, distributing medals, or cheering on the finishers! For more information about volunteering, please call Dani Cook at (310) 835-0212 x1480

City of Carson Veterans Day Celebration

Tuesday, November 11, 2014 • 10 a.m.



*In honor of all branches of the military
that have served our country.*

Parade • Patriotic Music • Veterans Information Booths
Veterans Museum Display • Live Entertainment
ROTC and Cheerleader Presentation • Community Bar-B-Q

Free for all ages

For more information, call (310) 830-9997

Veterans Park

22400 Moneta Avenue, Carson, CA 90745

RECREATION AND HUMAN SERVICES

SPECIAL INFORMATION

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Baseball Fields	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 sq. ft.	25,000 sq. ft.		6L					2		1						•		•	•	•
Perry Street Mini Park 215th and Perry	2				•						•									
Reflections Mini Park 21208 Shearer Ave.	.5				•															

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