



Community Services Guide

December 2013
January
February 2014

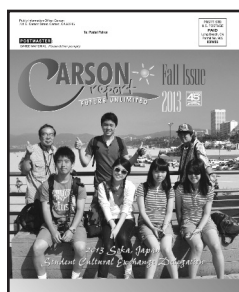
Winter

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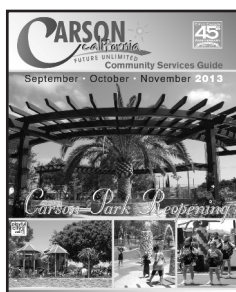
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Events, programs and activities held at the Congresswoman Juanita Millender-McDonald Community Center may be referenced to as the Carson Community Center or Community Center.

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



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



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

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

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

You can also read us online at:

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

A MESSAGE FROM THE Director of Community Services

As 2013 comes to a close, I can honestly say that this year has proven eventful for the City of Carson: February 20th marked the City's 45th Anniversary of incorporation, with several events commemorating this significant occasion, including a recently-held parade and gala ball. In June, the extensively refurbished Carson Park re-opened to much fanfare. This now state-of-the-art facility is the jewel of the City's park system, and will serve the diverse needs of residents for years to come. The City Council approved efforts to improve the health and wellbeing of residents, visitors and the City's workforce by adopting policies and establishing programs that promote healthy eating and more physical activity. As an extension of this endeavor, the City made significant progress in developing a Comprehensive Master Plan of Bikeways for Carson, and ultimately approved the plan in August. In the not too distant future you can expect to see the installation of bicycle lanes that will permit you to ride your bike safely throughout the community. Finally, sprinkled throughout the year are the many events that are the City of Carson's hallmark. Taken together, there is a great deal we can be proud of. However, with 2014 just around the corner, I anticipate that there will be much more for the City to celebrate and commemorate.

For now, please take some time to look through this quarter's Guide. Throughout its pages, you will find an extensive array of classes and services offered by Community Services, as well as a list of upcoming special events.

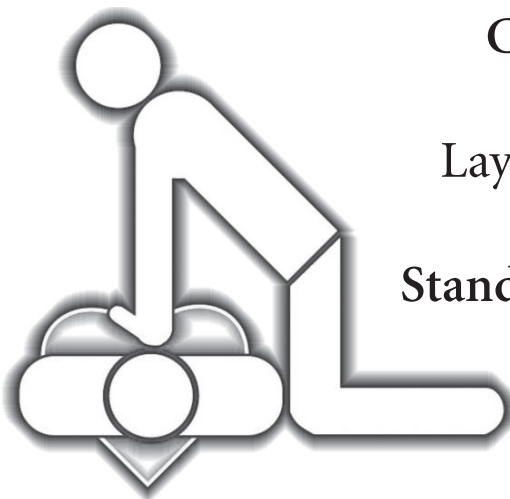
On behalf of the Community Services staff and myself, have a wonderful, safe, and joyous holiday season!

Sincerely,

Raymond R. Cruz
Director of Community Services

Learn CPR

Save Lives



CPR/AED
for the
Lay Responder
and
Standard First Aid

Class must meet minimum enrollment of 6 participants.
Classes offered the 2nd and 4th Saturday in January and February.

Must be registered a week before the class date.

Please contact the Aquatics office for more information (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 Street, Carson, CA 90746



MARCH 10 TO 22, 2014

Monday March 10 5 p.m. – 8 p.m.

Saturday March 15 8 a.m. – 6 p.m.

Sunday March 16 8 a.m. – 6 p.m.

Monday March 17 5 p.m. – 8 p.m.

Saturday March 22 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 Street, Carson, CA 90746

February 24 - March 9, 2014

Monday (Tryouts) February 24, 2014 6 p.m. – 8 p.m.

Saturday March 1, 2014 8 a.m. – 6:30 p.m.

Sunday March 2, 2014 8 a.m. – 6:30 p.m.

Saturday March 8, 2014 8 a.m. – 6:30 p.m.

Sunday March 9, 2014 8 a.m. – 6:30 p.m.

***Participants must attend every class**

Cost \$150.00 • Book \$35.00

(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!

Ages 5-12

Is an easy way to learn comprehensive, vocabulary, spelling and fluency when reading. Trained teachers test, structure and implement your child's program. Help your child gain a joy for learning. \$60 includes training material and classes.

Math Made Easy

Ages 5-12

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. Let's learn to love problem solving.

"Glee Club" - Vocal fun for Kids

Ages 5-17

Does your child sing in the car, in the shower or whenever that popular song comes on the radio? Then this is the class for him/her. Join us as we learn the vocal fundamentals of singing, breathing, correct posture and vowel sounding.

Hula

Ages 5-17

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. It's a total fun workout any child would enjoy by exercising the art of dance and having fun all rolled into one.

Hip Hop

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 a few modern day dance moves from professional dancers.

Tennis Instruction

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

*U.S.T.A. Site

Annual Teen Conference

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

Tree Lighting Ceremony

Thursday, December 12, 2013 • 6 p.m.

This special event features carolers, light refreshments, and a visit from Santa himself. All ages welcome, admission is free. Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 e. Carson Street, Carson, CA 90745



Cheerleading

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

• Anderson	Tues/Thurs	6 - 7 p.m.
• Carriage Crest	Wed/Thurs	5:30 – 7:30 p.m.
• Dolphin	Tues/Thurs Sat	6 - 7:30 p.m./ 10 a.m. – 12 p.m.
• Del Amo	Tues/Thurs	6 – 8 p.m.
• Dominguez	Mon/Wed	6 – 7 p.m.
• Hemingway	Tues/Thurs Sat	6:30 – 8 p.m./ 10 a.m. – 1 p.m.

FEE SCHEDULE

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

For more information, please call

(310) 835-0212 ext. 1410

Monday through Thursday 10 a.m. - 6 p.m.

New classes begin Feb. 3, 2014

Class space is limited

City of Carson

Santa Visits Carson

November 25 - December 21, 2013

(Call to schedule a Santa visit)

For boys and girls of all ages

Talk with Santa and
receive candy from the
North Pole

Santa Private Visits
(Carson area only)

\$35/15 minutes

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



HEALTH & FITNESS

**FABELA CHAVEZ BOXING/FITNESS CENTER**

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 36 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.

B O X I N G**FABELA CHAVEZ BOXING/FITNESS CENTER**

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

HOURS

Mon-Fri 4-9 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) 952-1745

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**WINTER PROGRAM**

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

SCMAF Flag Football

December 7-8, 2013

The City of Carson will host the Division B, Southern California Municipal Athletic Federation Flag Football Championships. Teams from throughout Southern California will be participating. Games will be played at various City Parks

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

Registration: Now through February 22, 2014. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 1, 2014

Season Begins: April 5, 2014

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

Youth Sports Coaches Certification Program

Coaches completing this certification program, which covers the areas of the psychology of coaching youth sports, maximizing athletic performance, first aid and safety, how to organize a fun and interesting practice and tips on teaching sports techniques, are required to complete an exam, and sign a Code of Ethics Pledge. Contact your local park for more information.

Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before March 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.

ADULT SPORTS

WINTER PROGRAM

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



WINTER SOFTBALL LEAGUES

Men's & Women's C/D Level

Registration: December 2 - January 6
Play Begins: January 9, 2014
Fees: \$399 per team

Coed C/D Level

Registration: December 2 - January 6
Play Begins: January 10, 2014
Fees: \$399 per team

Winter Softball Tournament/Men's & Coed

Registration: January 6 - February 13, 2014
Play Begins: February 22, 2014

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 and Human Services

For more information, call (310) 847-3570

WINTER FLAG FOOTBALL LEAGUES

4 on 4

Registration: January 6 - February 8, 2014
Play Begins: February 10, 2014
Fees: \$175 per team

8 Man

Registration: January 6 - February 8, 2014
Play Begins: February 16, 2014
Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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



Coed Softball

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

• Calas	Thur	6-9 p.m.
	Mon	6-7 p.m.
• Carriage Crest	Mon	6-9 p.m.
• 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	Fri	7 p.m.
• Carriage Crest	Sat	8:30-9:30 a.m.
	Mon/Wed	7-8 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.	
• Mills	Wed	6:30-7:30 p.m.

HEALTH & FITNESS

Senior Fitness Program

Stretch Class, Walking Class, Circuit Training, Weight Training

Stevenson Park Gymnasium	Mon/Wed/Fri	8-10 a.m.
(310) 952-1745	Seniors 55 and older	FREE
Boxing Center (Scott Park)	Mon/Wed/Fri	8-10 a.m.
(310) 830-6439	Seniors 55 and older	FREE
Zumba - M/W/F Low Cardio - T/TH Open conditioning with weights		
Carson Park	Mon-Fri	8-10:30 a.m.
(310) 835-0212 ext. 1479	Seniors 55 and older	FREE



Adult Walking Class

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

Walking Club

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

Tuesday	6-7 p.m.	Stevenson Park	Adult Beginner
Tuesday	6-8 p.m.	Stevenson Park	Youth Beginner
Wednesday	7-8 p.m.	Stevenson Park	Adult Intermediate
Wednesday	6-7 p.m.	Stevenson Park	Youth Intermediate

Adult and Youth Bocci Ball

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

Adult Fitness Workout

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

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

• Anderson/2 Age Division	Tues/Thurs	6-7 p.m.
• Calas	Thurs	6-8 p.m.
• Del Amo	Tues/Thurs	6-7 p.m.
• Dolphin	Tues/Thurs	5-6 p.m.

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

Fast Dance Fitness Class

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

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

Adult Hip Hop Fitness

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

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

Adult Urban Ballroom Dance

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

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

Stevenson Park Fitness Center

HOURS

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

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

Boxercise

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

Monday/Friday	6 p.m.	Scott Park
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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

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m. T TH \$25 a week

MWF \$37 a week

M-F \$62 a week

OPTION II:

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

Park Facility	Class	Time	Days
• 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



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

The daily program consists of:

Educational Activities

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

Recreational Activities

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

Snacks

Nutritional snacks are provided each day.

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

*Additional fee required for participation

Homework Help-Safe-Fun

The Kids Club program was established to provide a quality program that is safe, fun, and affordable. Our program offers activities for children 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.

WINTER PARK CLASS SCHEDULE

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

Hours of Operation

Mon - Fri	3-9 p.m.
Sat	10 a.m.-5 p.m.
Sun	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	7-8 p.m.
• Carriage Crest	Tues/Thurs	6-7 p.m.
• Carson	Mon/Wed	6:30 - 8:30pm
• Del Amo	Tues/Thurs	6:30-8 p.m.
• Dolphin	Wed/Thurs/Sat	6-7:30 p.m./10 a.m.-12 p.m.
• Dominguez	Wed/Thurs	6:30-8 p.m.
• Hemingway	Tues/Thurs	6:30-8 p.m.

Drill Team

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

Dance It Off

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

• Stevenson Park	Fri	5:30-7 p.m.	
• Dolphin Park	2nd Fri	5:30-7 p.m.	9-12 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.

Karate

• Mills Park	Wed	6-7 p.m.
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Arts & Crafts

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

Youth Golf Instruction

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

Clubs for Boys & Girls

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



Kids in the Kitchen

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

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

PARKS



Homework Club

• Anderson Park	Mon/Wed/Thurs	3-4:30 p.m.
• Mills Park	Mon/Wed	3-4:30 p.m.
• Scott Park	Wed	5:30-6:30 p.m.
	Fri	5-6 p.m.
• Stevenson Park	Mon/Wed/Thurs	3-4:30 p.m.

Dance Classes

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

• Anderson/2 Age Division	Tues/Thurs	6-7 p.m.
• Anderson/Adult Line Dancing	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Anderson/Adult Dancercise	Tues	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	5:30-8:30 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-7 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.
• Veterans Park	Thurs	6-8 p.m.

Boys Club

• Calas Park	Age 6-8	Fri	6-8 p.m.
• Hemingway Park	Age 6-8	Wed	5 p.m.

Junior Theatre

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

• Anderson Park	7 yrs - up (FREE)	Fri	6:30-8 p.m.
• Hemingway Park	9 yrs - up (FREE)	Fri	6:30 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	6-8 p.m.
• Dolphin Park	Family (4th Friday of every month)		6:30-9 p.m.

Excursions

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

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

Roller Hockey

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



Beginning Chess

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

TEEN PARK ACTIVITIES

Sports Activities

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

Teens in the Kitchen

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

CARSON JUNIOR TENNIS PROGRAM



For boys and girls ages 10-15 yrs.

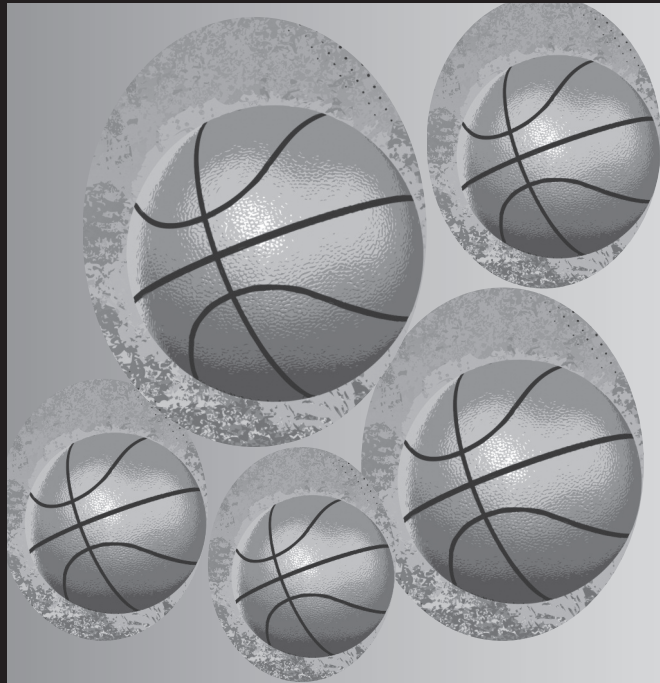
• BEGINNING TENNIS

• JUNIOR CLUB

• JUNIOR CLUB LEAGUE

• CITY CLUB TENNIS

For more information, contact the
Recreation Division at (310) 835-0212



2014 Spring Members League

Begins March 23, 2014
All games on Sunday noon - 5:00 p.m.
\$325 per team plus \$25 Referee fee
All fees are due by March 10, 2014
Must be an active member of the VSPC

2014 Spring Corporate League

Begins April 09, 2014
All games Wednesdays 6 - 9 p.m.
\$400 per team plus \$25 Referee fee
All fees are due by March 17, 2014

Monthly Health, Wellness, & Nutrition WEDNESDAYS

12 / 05 / 2013 • 01 / 09 & 23 / 2014 • 02 / 06 & 20 / 2014

Monthly Health, Wellness and Nutrition workshops.
Come hear our staff and special guests speak on
the topics you are most interested in.
Drop by, ask questions, and get answers!
Then stay for a workout or class! Open to everyone!
Check with one of our Veterans SportsComplex
representatives for times...



The membership challenge

Get Fit 8-week Challenge

Win an annual membership!

January 05, 2014 to March 1, 2014

Weekly weigh ins • Challenge specific classes

Learn how to eat right • Take a nutrition class

Open to everyone!

Cost \$25.00 • Membership required!



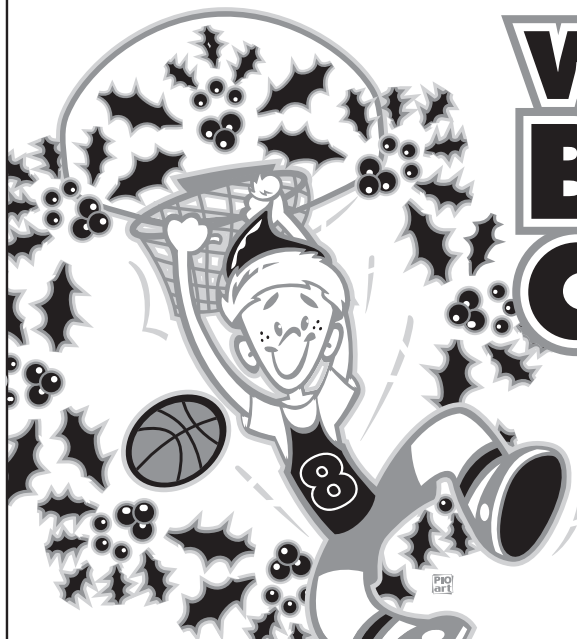
**Veterans
SportsComplex**
22400 Moneta Avenue
Carson, CA 90745
(310) 830-9991

VETERANS SPORTS COMPLEX

City of Carson

Veterans Sports Complex

22400 Moneta Ave., Carson, CA 90745



Winter Youth Basketball Clinic

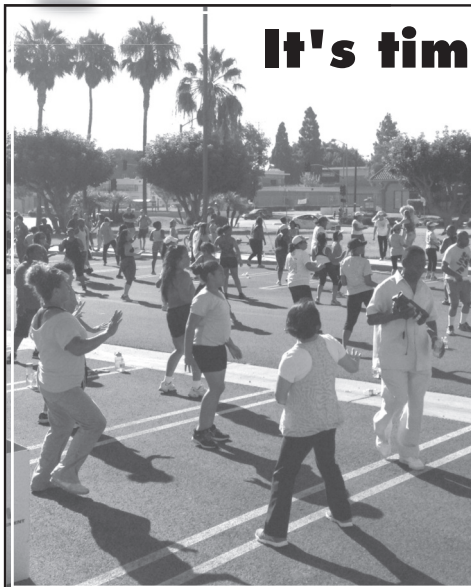
Boys and girls ages 7-17
Monday-Friday
December 16-20, 2013
9 a.m. - 2 p.m.



5000 lb Challenge Culmination ceremony

March 1, 2014 10:00 a.m. - 3 p.m.

It's time to live a healthy lifestyle!



We are challenging our community by raising awareness about the damaging effects of unhealthy life styles. Our goal is to have the City of Carson collectively lose 5,000 pounds To see if we've surpassed our goal our final weigh-in is March 1.

Activities

- Demo Classes (participation welcomed)
- Tour of facility
- Health & Fitness Vendors

Come join us!

- Entertainment
- Gourmet Food Trucks
- 2 for 1 Membership Special

For more information, call (310) 830-9992



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.

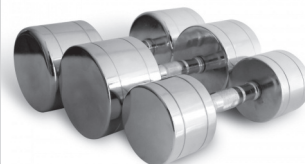
Business Office

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.



It Is Time
To Shed
Your
Winter Coat



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

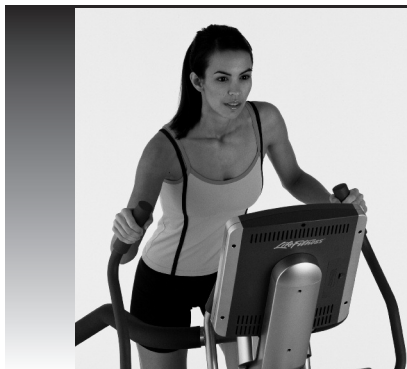
30-day Memberships

	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

ALL FEES ARE SUBJECT TO CHANGE
10% Discount for Veterans



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



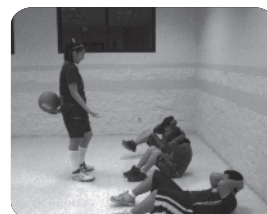
Banquet Halls and Recreation Rooms



Racquetball Courts

YOUTH CLASSES

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



ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kempo Karate • Step & Pilates • Corepole Training
- Hatha Yoga • Indoor Cycling and Abs • Low Impact Aerobics • Mel's Boot Camp
- Walking Club • 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

*Please join us for some holiday cheer
as we celebrate the annual*

Tree Lighting Ceremony

*This special event features carolers,
light refreshments, and a visit from
Santa himself!*

*Their is something for the whole family,
so bundle up and get ready to make
some fun holiday memories that
will last a lifetime!*

***Thursday
December 12, 2013
5 p.m.***

Congresswoman

***Juanita Millender-McDonald
Community Center at Carson***

***801 E. Carson Street
Carson CA 90745***

All ages welcome • Free Admission

For more additional information, please call (310) 952-1775

SENIOR RECREATION

The senior recreation program provides recreational programs for senior citizens ages 50 and up. 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 programs and encourage your input. We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. No drop-offs allowed. Care providers must be with client at all times. Senior Recreation Services is located in the East Wing of the Congresswoman Juanita Millender-McDonald Community Center, office hours are 9 a.m.-5 p.m. For more information, call (310) 835-0212, extensions 1475 or 1479. Classes and programs do not run on City holidays.

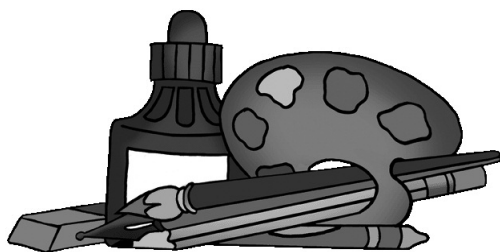
CLASSES AND PROGRAMS

All classes are closed on City holidays

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

ART

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



Art Class - Meets on Tuesdays 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 Juanita Millender-McDonald Community Center. For more information call (310) 835-0212, ext. 1475.

PERSONAL ENRICHMENT

Carson Bridge Club – This is a fun loving group of coeds enjoying a friendly game of bridge. This club meets on Tuesdays from 12:30 – 4:00 p.m.

Driver Safety Program – Get a break on your car insurance by attending 55 Alive classes. This is an eight hour classroom course that can sharpen driving skills, prevent accidents, keep older drivers on the road longer and safer. Cost: \$12.00 members - \$14.00 non-members. Class time: 9 a.m. - 1 p.m. For more information, call (310) 835-0212, ext. 1478.



Our featured Senior activity this month is our MOVIE DAY

Every last Monday of the month we feature a "movie day." Movies are featured on a wide screen in a comfortable atmosphere with FREE popcorn and a drink. Invite your friends and even suggest a movie for us to play. Movies have been a favorite pastime for families and friends to spend time together and just hang out! Don't miss out on our next movie day which is every LAST Monday of the month!

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. This class does not have an instructor. You are welcome to come and listen too!

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.

SENIOR RECREATION

DANCE



Sweethearts of Tap – Come Learn to Tap Dance and have a lot of fun. Mondays 11:30 a.m. - 1:00 p.m. Please wear proper footwear for all dance and exercise classes.

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. in the 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. in the 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. in the Dance room. \$2 per class. Instructor: Yuriko Rogers



Line Dancing - Learn and perform the latest Country Western steps. Enjoy the company of other line dancers as they sway their steps to country music. Classes are on Wednesdays Advanced from 10 -11 a.m. and Beginners are from 9-10 a.m. \$2 per class. Instructor: Doris Thomas

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

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 Tuesdays from 11 a.m. – 4 p.m. Bingo played after business meeting. President: Tiny Cook

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

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

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 for seniors. If interested call, (310) 835-0212, ext. 1479 or 1478.

Attention Seniors: **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 Senior Citizens Technology Center (SCTC) in operation, Monday - Friday from 9:00 a.m. - 5:00 p.m. Classes fill quickly and you must sign up. For further information, call (310) 835-0212, extension 1475. Class On-line registration is now available at <http://ci.carson.ca.us/ssi.asp> Lab is located at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.



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 address books.

Instructors: Jared Ortega - MWF
Paul Jones - Tues/Thurs

Beginning Internet

This course prepares seniors to use the internet. Emphasis in this class is on introducing the features of the World Wide Web and related utilities. Seniors will explore the vast resources of the internet and learn to access information using a variety of methods.

Intermediate Internet

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

Advanced Computer Class

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

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

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

Class Instructors: ext. 1414 or ext. 1415

Monday & Wednesday - Jared Ortega

Tuesday, Thursday & Friday - Paul Jones

EXERCISE

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

Exercise Stretch & Movement – Come exercise every Tuesday and Thursday from 11:45 a.m. - 12:15 p.m. This class is designed for stretch, balance, muscle conditioning and breathing. Come and enjoy the company of other seniors as you move to the hippest tunes at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745. **All class participants are required to fill out exercise forms prior to taking the class. No exceptions! Classes are monitored. Anyone without a form will not be allowed to participate. This form is also**

available online for your convenience on the City of Carson website. Forms require your doctors approval to participate. For more information, please call (310) 835-0212 ext. 1479. MUST REGISTER AND SIGN-IN DUE TO LIMITED CLASS SIZE.

Weightlifting and Conditioning – This class meets Monday through Friday from 8:30 – 10:30 a.m. at and Carson and Scott Park. 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. Scott Park, 23410 Catskill Avenue, Carson (310) 830-6439 Carson Park, 21411 Orrick Ave, Carson (310) 830-4925 Instructor: Eddie Rodriguez

Senior Fitness Program

Stevenson Park Gymnasium • (310) 952-1745
Monday/Wednesday/Friday 8:30-10 a.m.
Seniors 50 and older FREE

Zumba

Carson Park • (310) 830-4925
Monday/Wednesday/Friday 8:30-9:30 a.m.
Seniors 50 and older FREE

Low Impact Cardio Class

Carson Park • (310) 830-4925
Tuesday/Thursday 8:30-9:30 a.m.
Seniors 50 and older FREE

Senior Muscle Conditioning

Carson Park • (310) 830-4925
Mondays 8:30-10:30 a.m.
Seniors 50 and older FREE

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."

Tax Preparation Assistance

During tax season, trained AARP volunteers will help low and middle-income persons, with special attention given to persons age 60 and older in preparing their income tax returns. Tax preparers will do the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self employment. They do not do rentals, business/high income self-employment, mutual funds, foreign investments, or partnerships. This service is by appointment only. Please call (310) 952-1775. Please note that the tax program will now take place in the computer lab at Carson Park, which is located at 21411 S. Orrick Avenue in Carson.

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.

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.

Volunteers Needed

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, sign up at aarp.org/taxvolunteer.

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) 952-1775.**

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

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

Creative Crafts

Flower Decoration - 466 (1 day workshop)

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

THIS CLASS IS TAUGHT IN ENGLISH AND SPANISH

If you want to make money in your spare time or start your own balloon party planning business, this exciting and fun course will show you how to get started (Material Fee - \$25). Pre-registration is required. You will learn all the secrets of balloon design.

Instructor: Maria Enriquez

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

Creative Crafts - 489 (2 day workshop)

16 and up \$25/Resident \$30/Non Resident

Learn to make unique and decorative crafts like pillows, hand towel angels, etc. Call for Craft of the month. (Material Fee). Pre-registration is required.

Instructor: Maria Enriquez

Wed. & Thurs. 6:30 - 8:30 p.m. CJMM Community Center

Dance

Belly Dance - 575 (8 weeks)

Adults \$45/Resident \$50/Non-resident

Belly dancing is a feminine and sensual dance of ancient Eastern Mediterranean origin and includes the fundamentals of rib, hip, and stomach exercises. *Instructor: TBD*

Tues. 6:30-7:30 p.m. 8 weeks CJMM Community Center

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*

Monday 6 - 7:15 p.m. Saturday 9:30 - 10:45 a.m. Scott Park

Self Improvement

Pretty Plus (5 weeks)

Ages 7-14 \$50/Resident \$55/Non-resident

Pretty Plus is a nutrition support program for girls 7-14 years. The program offers 5 week meeting of social enrichment to encourage health and well being of girls who are overweight, and may be at risk for obesity. The program offers children the opportunity for social development, improved self-esteem and nutritional education. This is not a diet program. It is a program that utilizes encouragement and empowerment tools to promote a healthy self-concept that may lead to and encourage behaviors that may support healthy eating and lifestyle changes that may impact the ability to manage weight. This is a self esteem, feel good program that targets overweight school girls.

1 x week 5 weeks (re-register each 5 weeks) CJMM Community Center

Sign Language - 413 (6 weeks)

All Ages \$35/Resident \$40/Non Resident

You will learn the basic signs of American Sign Language and basic signing, including the alphabet and numbers. You will learn to make phrases, sentences and many other words used every day. It is really a fun language. *Instructor: TBD*

Thurs. 6:00-8:00 p.m. 6/13/13 CJMM Community Center

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 _____

REFUNDS

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, dish-washing, vacuuming, kitchen and bathroom cleaning, laundry, grocery shopping and meal preparation. No charge and donations are encouraged. For more information or to be placed on a waiting list, call (310) 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 \$3.75 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.

CITY OF CARSON



VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

FOR BOYS AND GIRLS AGES 11-18

Explore your inner artist!

Weekly workshops that allow for hands on art

DRAWING • PAINTING • ORIGAMI • PHOTOGRAPHY • THEATER • IMPROV

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

FAMILY SUPPORT

Girls Rock!

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

ONGOING MEETINGS

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

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.

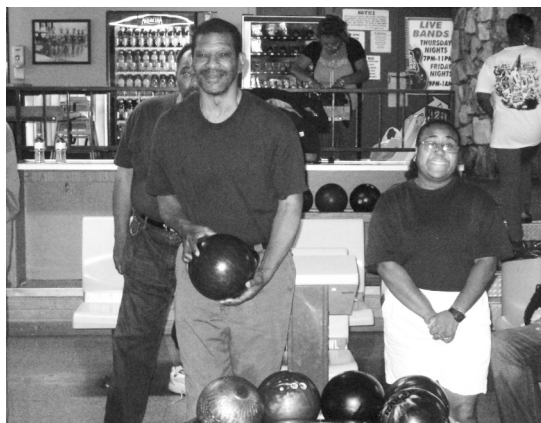
The Special Needs Program is designed to address the basic social, physical fitness and recreational needs of Carson's disabled population. These program activities place emphasis on the following areas: socialization, creative activities, physical and educational development, and special recreational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

- **Dec. 14, 2013** - Christmas Dinner/Dance
- **Jan. 10, 2014** - New Years Dance
- **Feb. 14, 2014** - Valentine's Dance



Bowling Program

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

Arts and Crafts

Learn to make fun and creative crafts. Some materials to be used include sea shells, sand, wood, paints and much more. Class held at Scott Park. Refer to monthly calendar for specifics.

Exercise Class

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

Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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

Special Olympics:

Basketball: We are once again gearing up for Special Olympic competition in the sport of basketball. We are recruiting for our City of Carson Special Needs Program Basketball team for 2013. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office be for he/she can participate. Please refer to the monthly calendar for practice times, dates and location.

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



JBOJ Fitness 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.

Chair Volleyball

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

Chair Exercise

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.

Occupational Therapy

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

Speech Therapy

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



Fun Fridays

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

Water Exercise

This group class is held offsite 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. We will return by 3:45 p.m.

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!

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

Jump 4 Fun: (800) 281-6792

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

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

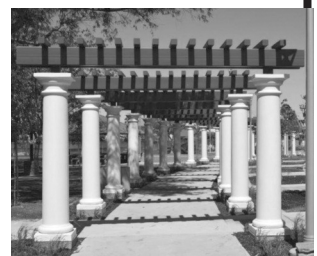
BR Party Rentals: (323) 907-0757

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 one required 2-hour Parent Enrichment class. Its aim is to educate youth about the importance of obeying rules at home, school, and laws in the community.

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

Instructor: Youth Services Officers

Hours: 4-6 p.m.

Community Center

• Parent/Teen Project

(10 Days / 20 Hours)

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

(Open Enrollment)

A 20 hour course conducted on Tuesday evenings, for a 10 week period.

Classes are presented by an experienced facilitator. This course is designed for parents of strong-willed adolescents. Teens are in a separate classroom.

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

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

Alma Avilla (Spanish)

Tuesday: 5:30 - 7:00 p.m.

Community Center

• Anger Management For Teens

(5 Days / 8 Hours)

Youth (Ages 12 to 17 years old)

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

An 8 hour course conducted on Tuesday afternoons, 4:30 - 6 p.m., for a 5-week period. Classes are designed to assist adolescents ages 12 to 17 years old.

Sessions are facilitated by a Public Safety Department/ Youth Services Officer.

This course accommodates adolescents who may be referred by school, 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: 4:30 – 6 p.m.

Community Center

• Drug/Alcohol Program (Positive Choices) (8 days / 12 hours) Youth (Ages 12 to 17 Years)

Residents: \$30.00 Non-residents \$40.00

A 12 hour course conducted on Monday afternoons from 4:30 - 6 p.m., for an 8-week period, and two required 2-hour Parent Enrichment classes. Classes are designed to assist adolescents from ages 12 to 17 years old. This course is instructed by trained personnel using drug diversion curriculum. This course is to accommodate adolescents referred by the schools, or the Probation Dept. to complete a Drug Awareness and Prevention course. *Drug Testing is also available for an additional fee paid to clinic conducting the test.

Registration: Eric Carter at (310) 952-1700, ext. 1672

Instructor: Various

Monday: 4 - 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 OPEN ENROLLMENT	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.
TBA: Call for Dates January 2014	Track I: Jan. 21 - Feb. 25 Track II: Apr. 8 - May 13 Track III: July 1 - Aug. 5	TBA: Call for Dates January 2014	TBA - Call for dates

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

San Diego Chargers Game • Sunday, December 8, 2013

Join us as we travel to sunny San Diego to watch the Chargers battle the New York Giants 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.**

2014 Tournament of Roses Parade • Wednesday, January 1, 2014

2014 marks the quasquicentennial of the Tournament of Roses Parade! With this year's theme, "Dreams Come True," see majestic floral floats, high-stepping equestrian units and spirited marching bands from throughout the nation. **Cost of \$90.00 per person** includes round-trip transportation, coffee & donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 a.m. and returns at approximately 12 noon.**

Lion King • Friday, January 10, 2014

Disney presents a musical that brings THE LION KING'S wildly popular story, the Oscar winning Elton John/Tim Rice songs, and an entire African landscape to life. The winner of six 1998 Tony Awards, including Best New Musical, it is the story of a young lion cub named Simba who struggles to accept the responsibilities of adulthood and his destined role as king. **Cost of \$105.00 per person** includes round-trip bus transportation and tickets for orchestra seating. Meals are not included. **Bus departs at 5:30 p.m. and returns at 11:00 p.m.**

Big Bear Snow Play • Saturday, January 25, 2014

Enjoy a day in the snow! We will travel to Big Bear Lake and have a fun-filled snow day at the Magic Mountain Recreation Area. It is home of the world-famous Alpine Slide which offers many family activities, such as inner tubing and snow play. **Cost of \$45.00 per person** includes round trip bus transportation and entrance fee for unlimited inner tube rides at Alpine Slide. **Bus departs at 7:30 a.m. and returns at 6:00 p.m.**

Palm Springs Tour • Friday-Sunday, February 7-9, 2014

Searching for a nice weekend getaway that's not too far? Then our Palm Springs excursion is just right for you! Come stay at the Palm Mountain Resort and Spa, where you are minutes away from the exciting nightlife, great restaurants and quaint shops of downtown Palm Springs. Travel 8,516 feet to the snowy mountains of Mt. San Jacinto State Park on board the Palm Springs Aerial Tramway, the world's largest rotating tram cars. Visit the Living Desert, home to over 450 fascinating animals and acres of botanical gardens. Before heading home, try your luck at the slots and card tables of the Agua Caliente Casino, enjoy the stores at Cabazon shopping outlets, or have a sweet treat at Hadley's. **Cost of \$335.00 per person (double occupancy)** includes round-trip bus transportation, hotel stay and all entrance and tour fees. Meals are not included. **Bus departs at 7:30 a.m. on Friday and returns at 6:00 p.m. on Sunday.**

Gourmet Detective-Murder/Mystery Dinner • Saturday, February 15, 2014

Enjoy an interactive evening at a Murder/Mystery dinner show. It all begins the moment you step into the restaurant. The characters run the joint and you, the audience, become part of the scene. The story itself is played out in scenes as you sit back and enjoy a visual feast of authentic costuming, sets and live period music. Between each scene of the mystery, the same cast of characters serves dinner, one course at a time. **Cost of \$95.00 per person** includes round-trip bus transportation and dinner and show. **Bus departs at 6:30 p.m. and returns at 11:00 p.m.**

Gene Autry Museum • Saturday, February 22, 2014

The Gene Autry Museum is dedicated to sharing the stories and experiences of the diverse people of the American West through exhibitions, lectures, film, theatre, music, family programs and various festivals. Enjoy the various galleries and museum's special exhibit, Masters of the American West, where more than 75 nationally recognized Western artists challenged themselves to create and exhibit their very best work. A no-host lunch stop will be made at The Americana at Brand. **Cost of \$26.00 per person** includes round-trip bus transportation and entry to the museum. **Bus departs at 10 a.m. and returns at 5 p.m.**

The Book of Mormon – Pantages Theater • Saturday, March 1, 2014

The Book of Mormon is the first-ever Broadway musical comedy from South Park creators Trey Parker & Matt Stone that will keep audiences in shock and awe for years! This Broadway musical hit is based on two young men who get posted to Uganda as missionaries to fulfill their religious duties. Entertainment Weekly's rated the play as a funny, obscene and uncompromising in production standards. Please note that this show is for mature audiences only. **Cost of \$92.00 per person** includes round-trip bus transportation and theater admission. **Bus departs at 12:00 p.m. and returns at 7:00 p.m.**

Bowers Museum • Saturday, March 8, 2014

Orange County's largest museum, Bowers Museum, promotes human understanding through art. Enjoy a 60-minute docent-led private tour of its current exhibit, and then enjoy the rest of the museum on your own. A no-host late lunch stop/shopping will be at Downtown Disney. **Cost of \$35.00 per person** includes round-trip bus transportation and tour fee. Meals are not included. **Bus departs at 10:00 p.m. and returns at 5:00 p.m.**

Cirque du Soleil "Totem" • Sunday, March 16, 2014

Immerse yourself in Cirque du Soleil's Totem as it traces the fascinating journey of the human species from its original amphibian state to its ultimate desire to fly. Inspired by many founding myths, Totem illustrates, through visual and acrobatic language, the evolutionary progress of the species. No host dinner stop will be at the new Santa Monica Place/3rd Street Promenade. **Cost of \$90.00 per person** includes round-trip bus transportation and admission. **Bus departs at 11:00 a.m. and returns at 6:00 p.m.**

Warner Bros VIP Studio Group Tour • Saturday, March 22, 2014

See "behind-the-scenes" and "into-the-scenes" of your favorite shows and movies at the world's busiest motion picture and television studio. The 2-hour, 25-minute guided tram tour takes you through back lot streets, sound stages, sets and craft shops. No two tours are alike and guides take you to where the action is. Always be on the lookout for a star as production is happening all around you. We will stop for a no-host lunch at Universal City Walk. **Cost of \$60.00 per person** includes round-trip bus transportation and tour admission. **Bus departs at 8:00 a.m. and returns at 5:00 p.m.**

Los Angeles Dodgers vs. San Francisco Giants • Saturday, April 5, 2014

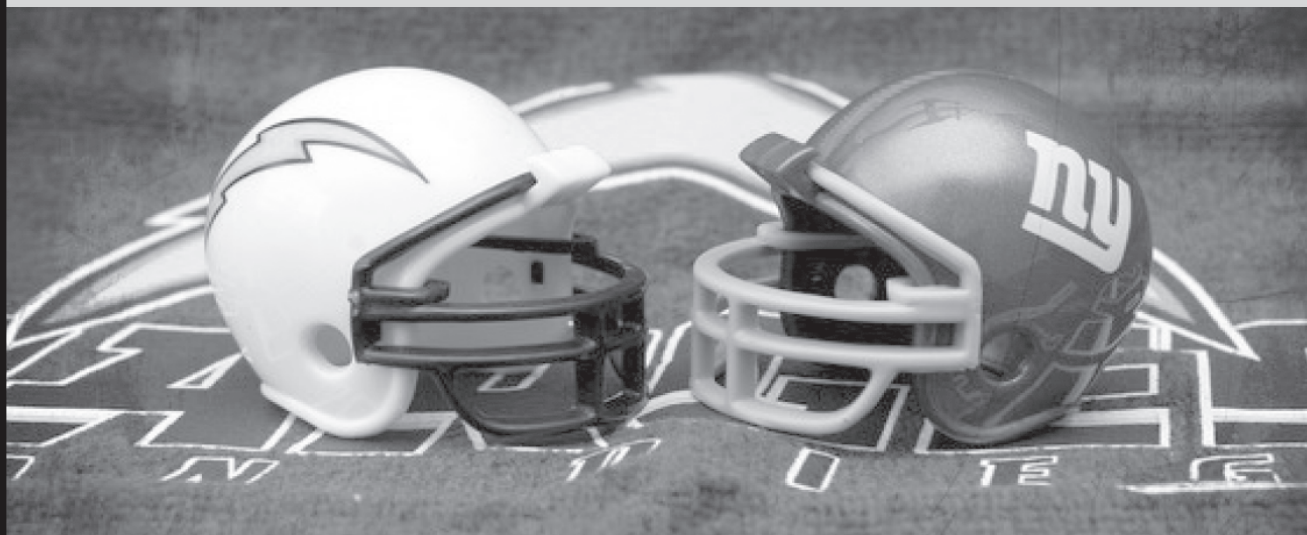
Come out and cheer for our National League West Division Champs Los Angeles Dodgers as they take on the San Francisco Giants! Enjoy the view from the 3rd Base Line while snacking on peanuts, cracker jacks and the world famous Dodger Dogs. **Cost of \$56.00 per person** includes round-trip bus transportation and entrance fee. Meals are not included. **Bus departs at 5:30 p.m. and returns at 11:00 p.m.**

San Diego's 2014 ArtWalk: Original Fine Art Festival • Saturday, April 26, 2014

Mission Federal ArtWalk will fill San Diego's Little Italy with artists, musicians and art lovers from all over the USA. **Cost of \$30.00 per person** includes round-trip bus transportation. No meal is included with this excursion. **Bus departs at 9:00 a.m. and returns at 6:00 p.m.**

CITY OF CARSON
TRANSPORTATION SERVICES DIVISION

SAN DIEGO **VS** NEW YORK
CHARGERS **GIANTS**



SUNDAY, DECEMBER 8, 2013

Join us as we travel to sunny San Diego to watch the Chargers battle the New York Giants at Qualcomm Stadium. No meal is included.

Cost of \$99.00 per person

includes round trip bus transportation and entrance fee.
Bus departs at 9:00 am and returns at 7:00 pm.

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

Online payments are now available. Visit the City of Carson website: <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.

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Baseball Fields	Basketball Courts	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf course	Gymnasium	Horse-shoes	Meeting / Craft Rooms	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-Purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		•		•			2	•					4L	•				
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		•	•			•	2	•	•	•			2L	•				
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•				1	•	•	•								
Congresswoman Juanita Millender-McDonald Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.									26											•
Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998	11	2L	2L		•	•		•	•	2	•	•	•	•		•		•			•
Carson Pool 21436 S. Main St. 830-1053														•		•					
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		•	•				2	•	•	•								
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		•	•				2	•	•	•			2L	•	•			
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•			2	•	•	•	•		2L					
Friendship Mini Park 21930 S. Water St. NONE	0.3				•						•										
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019 Hemingway Aquatic Center 16605 San Pedro St.	13	1L	1L		•	•	•		•	2	•	•	•	•		2L					
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•			2	•						•				
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•		•	•	4	•	•	•	•		2L	•		•		
Scott Pool 23410 Catskill Ave. 549-9051														•		•					
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•			2L	•		•		•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•							•									
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•			2L				•	•
Veterans SportsComplex 22400 Moneta Ave. 830-9991	25,000 sq. ft.		6L					2		1						•		•	•		•
Perry Street Mini Park 215th and Perry	2				•							•									
Reflections Mini Park 21208 Shearer Ave.	.5				•																

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