

Class Descriptions

Cooking Class

In this class we teach each individual the basic skills of cooking, making smoothies, shakes and safety in the kitchen. We also teach nutrition.

Arts & Crafts

A variety of crafts will be created that can be brought home. Usually seasonal based, it can include Christmas ornaments, Halloween wreaths, spring magnets, summer wind chimes, and jewelry. They will also make our monthly dance banner, that we present at the dance.

Table Top Fun

This class is usually done indoors. It can be puzzles, bingo, or painting.

Classroom Skills

In this class, counting money, writing, the alphabet, numbers, and reading will be covered. Tutoring services will also be offered for the clients that are in need of it.

Variety Club

The variety club presents an opportunity for developmentally disabled (challenged) adults to socialize and learn new skills in a fun atmosphere. Appropriate social behavior is emphasized as the group creates entertainment programs, plays games, and discusses safety issues. Participants develop methods of self-expression, social interaction and independence.

Exercise

This class includes indoor exercise and, if weather permits, walking around the park and the neighborhood, water exercise, and lawn games.

Program Guidelines

1. Must be 18 years of age.
2. Must be able to maintain own personal hygiene, i.e., toileting without the assistance from another individual.
3. Must be able to feed oneself without the assistance from another individual.
4. Must be able to administer own medication without assistance from another individual.
5. Must not display violent or aggressive behavior, which could be interpreted as a threat to participants and others.
6. Must be at a mental, emotional or physical functioning level to participate in the scheduled activities.
7. Must arrive at program neat, clean, odor-free and appropriately dressed for event or season, (guardian/care providers are responsible to assure compliance in this area).
8. Special note: inability to comply or maintain the above standards will be cause for program participant dismissal.

Monday - Thursday 7 p.m. - 9 p.m.
Friday (Monthly dance only) 7 p.m. - 10 p.m.
Saturday (Bowling & Special Olympic Season) 8 a.m. - Noon

Congresswoman Juanita Millender-McDonald
Community Center at Carson
801 E. Carson Street
Carson, CA 90745
Contact Sandy Barber at
310-835-0212 ext. 1465





...addresses



This is what we do...



the social,
physical, and

recreational
needs...



Autism Advocates In Action Support

This group serves the autism community and other disabilities in the special needs community by providing information, facilitating communication and coordinating services. We are here to **empower, educate and advocate** by supporting you while raising public awareness through us. All meetings will be held at the Congresswoman Juanita Millender-McDonald Community Center at Carson.

Special Olympics

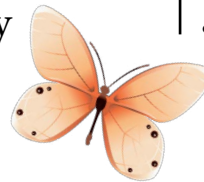
The sports program offers participation and experience in a variety of indoor and outdoor sports. The goal of this program is to prepare each participant for the Special Olympics competition. Training is provided in track and field, volleyball, softball, basketball, standing and running long jump, and distant softball throw. Other non-competitive sports are water aerobics, walking club and lawn games.

Special Needs Program

The Special Needs Program addresses the social, physical and recreational needs of Carson's mentally and physically disabled adult population. Our programs have an **emphasis** on socialization, creative activities, special recreation, and physical and educational development of the mentally and physically challenged. These **services** help to reduce the loneliness and isolation of individuals with disabilities by providing a variety of recreational and **social** activities. This ultimately enhances the awareness of individual and group advocacy for the rights of individuals with disabilities.

Classes

- Cooking Class
- Arts & Crafts
- Table Top Fun
- Classroom Skills
- Variety Club



Excursions

- L.A County Fair
- Santa Monica Pier
- Library
- Port of San Pedro
- IMAX Theaters

Monthly Dances

Monthly dances are a chance to relax and enjoy new friendships. Light refreshments are served. A fee is charged to clients when a catered dinner is served.

Parent Association

Host and notify parents, guardians, friends care providers and advocates of people with special needs about our monthly meetings and program activities.