



MONDAY, January 12, 2026
Carson Event Center / 4:00 P.M.
801 E. Carson Street
Carson, CA 90745

AGENDA
SENIOR CITIZENS ADVISORY COMMISSION

Commissioners:	Chair:	Vice-Chair:	Secretary:
	Dr. Vergie Seymore	Julie Ruiz-Raber	Vacant
	Ernestine Leverette	Linda Dunn	Shirley Graves
	Myrna Ronquillo	Darlene Simpson-Lott	Itelia Walker
	Billye Bates	Patricia Scott-Patterson	Delia Lopez
Alternates:	LaRhonda Brown	Alternate 2	Pauline Davis
	Alternate 1	Vacant	Alternate 3
Staff:	Bobby Grove Community Services Superintendent	Dani Cook Human Services Program Manager	Amanda Valorosi Human Services Supervisor
	Melody Carter Social Services Coordinator	Rosemary Zavala Human Services Assistant Coordinator	Jimmy Kirby, Jr. Recreation Specialist
	Ilene Renteria Human Services Assistant Coordinator		Lauren Delgado Acting Senior Clerk

"In accordance with the Americans with Disabilities Act of 1990, if you require a disability related modification or accommodation to attend or participate in this meeting, including auxiliary aids or services, please call the Recreation Department office at 310-847-3570 at least 48 hours prior to the meeting." (Government Code Section 54954.2)

I. CALL TO ORDER

II. PLEDGE OF ALLEGIANCE

III. ROLL CALL

IV. INTRODUCTIONS / PRESENTATIONS

Belinda Rabano, Community Educator with LA County Department of Mental Health

IV. PUBLIC ORAL COMMUNICATIONS ON AGENDA ITEMS

The public may address the Commission on any matters within the jurisdiction of the Senior Citizens Advisory Commission or on any items on the agenda of the Senior Citizens Advisory Commission, prior to any action taken on the agenda. Speakers are limited to no more than three minutes, speaking once. Oral communications will be limited to one (1) hour unless extended by order of the Chair with the approval of the Senior Citizens Advisory Commission. Due to the threat of COVID-19 (aka the "Coronavirus"), you are urged to take all appropriate health safety precautions.

VI. CONSENT CALENDAR

1. Approval of Agenda – January 12, 2026
2. Approval of Senior Citizens Advisory Commission Meeting Minutes, November 10, 2025

VII. WRITTEN COMMUNICATIONS AND REPORTS

1. Human Services Spotlight of Events (January and February 2026) and Section Update Reports

Section Update Reports:

- Senior Services: Amanda Valorosi
- Senior Independence Support: Ilene Renteria
- Senior Recreation: Rosemary Zavala
- Stroke Center: Melody Carter
- Senior Citizens Advisory Commission Liaison: Jimmy Kirby, Jr.

VIII. CONTINUED / UNFINISHED BUSINESS

1. Senior Citizen Advisory Commission Subcommittees

Subcommittee Leads:

Community Outreach..... Commissioner Dunn
Continuing Education & Enrichment.... Commissioner Graves
Recognition and Communication..... Commissioner Leverette
Stroke Center..... Chair Seymore
Volunteers..... Commissioner Walker

2. Request for Commissioners to Visit Senior Programs

IX. NEW BUSINESS

X. PUBLIC ORAL COMMUNICATIONS FOR MATTERS NOT LISTED ON THE AGENDA

The public may at this time address the members of the Senior Citizens Advisory Commission on any matters within the jurisdiction of the Senior Citizens Advisory Commission. No action may be taken on non-agendized items except as authorized by law. Speakers are requested to limit their comments to no more than three minutes each, speaking once.

XI. BOARD / COMMISSION / COMMITTEE MEMBERS ORAL COMMUNICATIONS

XII. STAFF ORAL COMMUNICATIONS

XIII. ADJOURNMENT

This Commission is subject to the Ralph M. Brown Act. Among other things, the Brown Act requires that the Commission agenda be posted at least 72 hours in advance of each meeting and that the public be allowed to comment on agenda items before the Commission and items not on the Commission agenda but are within the subject matter jurisdiction of the Commission. The Commission may limit public comments to a reasonable amount of time, generally three (3) minutes per person.



MINUTES

REGULAR MEETING OF THE CITY OF CARSON SENIOR CITIZENS ADVISORY COMMISSION

**Monday, November 10, 2025
4:00 P.M.**

I. CALL TO ORDER: The meeting was called to order at 4:05 p.m. by Chairperson Seymore.

II. PLEDGE OF ALLEGIANCE: Commissioner Walker

III. ROLL CALL: Staff Reed

PRESENT: **Officers:** Chairperson Seymore, Vice Chair Ruiz-Raber

Commissioners: Bates, Leverette, Walker

Alternates Brown

ABSENT: **Commissioners:** Dunn (EA), Graves (EA) Lopez (EA), Patterson (A), Ronquillo (EA), Simpson-Lott (EA)

Alternates: Davis (A)

STAFF PRESENT: Human Services Program Manager Cook
 Human Services Assistant Coordinator Renteria
 Senior Clerk Reed

STAFF ABSENT: Community Services Superintendent Grove
 Human Services Supervisor Valorosi
 Social Services Coordinator Carter
 Human Services Assistant Coordinator Zavala
 Recreation Specialist Kirby

*Senior Citizen Advisory Commission
Regular Meeting Minutes
November 10, 2025*

IV. INTRODUCTIONS / PRESENTATIONS

Monica TenHouten, Home Care Consultant - Home Instead

Ms. TenHouten provided an overview of her role as the community liaison, explaining that she collaborates closely with hospital case workers and case managers and participates actively in community outreach. She then outlined the services offered by Home Instead, noting that they provide non-medical support designed to enhance daily living, promote well-being, and enable seniors to age comfortably in their own homes. Services are available on a flexible basis, from a few hours per day to 24-hour care and are delivered by trained and carefully screened professional caregivers.

Home Instead's non-medical services include:

- Companionship
- Bathing
- Dressing
- Meal preparation
- Light housekeeping
- Transportation to medical appointments
- Errand assistance

Ms. TenHouten also noted that ongoing assessments are conducted to ensure services remain tailored to each individual's needs and can be adjusted as circumstances change. She clarified that the agency does not use contracts but instead operates under service agreements. Services are available through private pay and long-term care insurance, and the organization is VA-credentialed. The current rate is \$39 per hour with a four-hour minimum or \$46 per hour as required by law if the senior is living in an assisted living facility.

Monica TenHouten - Contact Information:

Office: (310) 542-0563

Cell: (424) 360-4815

Email: monica.tenhouten@homeinstead.com

Website : homeinstead.com/home-care/usa/ca/Torrance/286

ACTION TAKEN:

Vice-Chair Ruiz-Raber moved to receive and file: Introductions and Presentations, seconded by Commissioner Bates and carried unanimously with the following votes:

Ayes: 6
Noes:
Abstentions:
Absent: 5

V. PUBLIC ORAL COMMUNICATIONS ON AGENDA ITEMS

NONE.

VI. CONSENT CALENDAR

ACTION TAKEN:

1. Approval of Agenda

Commissioner Leverette moved to approve the Agenda for November 10, 2025, seconded by Commissioner Bates, and carried unanimously with the following votes:

Ayes: 6
Noes:
Abstentions:
Absent: 5

2. Approval of Minutes

Commissioner Leverette moved to approve the minutes for October 13, 2025, seconded by Commissioner Walker, and carried unanimously with the following votes:

Ayes: 6
Noes:
Abstentions:
Absent: 5



VII. WRITTEN COMMUNICATIONS AND REPORTS

1. Human Services Spotlight of Events (November and December 2025) and Section Update Reports

Staff Renteria (on behalf of Staff Valorosi)

- Bereavement Support Group is ongoing.
- The food bank is ongoing and happening today.
- Caregiver Support Group is on winter break, to be reconvened in January 2026.

Staff Renteria

- Bereavement Support in Spanish is ongoing.
- One more workshop for the L.A. Department of Mental Health taking place on Monday, 12/1/25 at 10:00 am – covering Holiday Blues/Grief & Loss. Those interested in attending can see Staff Renteria to have their name placed on the list.
- Senior Health & Resource Fair – great turnout – more attendees than in prior years. Thanked commissioners for passing out bags. The next one will likely take place in February 2026.

Staff Renteria (on behalf of Staff Zavala)

- The Senior Holiday Luncheon will be held on Friday 12/19 from 11:00 am - 3:00 pm. Tickets will be sold online or in person for Carson residents on 11/18/26. Open to all residents on Wednesday, 11/25/26.

Staff Cook

- The Holiday Tree Lighting ceremony will take place on Thursday, 12/4/26 at 6:00 pm. The event may be held in the parking lot to prevent overcrowding.
- Youth & Family Services will host a Paint & Sip event on Saturday, 12/6/26, at the Carson Event Center – no alcohol.

ACTION TAKEN:

Commissioner Walker moved to receive and file: Human Services Spotlight of Events (November and December 2025) and Section Update Reports, seconded by Commissioner Brown, and carried unanimously with the following votes:

Ayes: 6
Noes:
Abstentions:
Absent: 5

VIII. CONTINUED / UNFINISHED BUSINESS.

1. Senior Citizens Advisory Commission Subcommittee Reports

--**Community Outreach**/Commissioner Dunn – Absent.

--**Continuing Education & Enrichment**/Commissioner Graves - Absent.

--**Recognition & Communication**/Commissioner Leverette – Have been sending out cards as appropriate.

--**Stroke Center**/Chairperson Seymore – Received a text from Ray regarding the T-shirts delivery. Would like the T-shirts delivered to Staff Carter and presented to the Commission for review. Would like everyone to see where the fundraising balance is going. There will be another bus trip, and the plan will be discussed once all details are finalized. Open for fundraising ideas.

--**Volunteers**/Commissioner Walker – No updates.

ACTION TAKEN:

Commissioner Bates moved to receive and file: Senior Citizens Advisory Commission Subcommittee Report, seconded by Commissioner Brown, and carried unanimously with the following votes:

Ayes: 6
Noes:
Abstentions:
Absent: 5

2. Request for Commissioners to Visit Senior Programs

No discussion.

IX. NEW BUSINESS

NONE.

X. PUBLIC ORAL COMMUNICATIONS FOR MATTERS NOT LISTED ON THE AGENDA

Naomi Martinez addressed the commission regarding the free ukulele class that was discontinued during the pandemic. She noted that there is still strong interest among herself and others and inquired whether the class could be reinstated. Staff Cook will follow up on the matter.

XI. BOARD/COMMISSION/COMMITTEE MEMBERS ORAL COMMUNICATIONS

Vice Chair Ruiz-Raber

Thanked everyone for all the work that they do. Attended the Senior Health & Resource Fair along with other SCAC commissioners. Good turnout; noticed there were more people in attendance, and many surveys were completed. She and her husband, Brian, celebrated their 66th wedding anniversary. Presented Chairperson Seymore with poinsettia flowers in recognition of all she has endured.

Commissioner Bates:

Attended the Senior Health & Resource Fair – was very nice. Last year's raffle winner attended as well. Expressed appreciation for Staff Cook and Staff Renteria's diligent efforts regarding the Women's Health Conference and highlighted the exceptional quality of the food. She also attended the prayer breakfast as well as the Amphitheater opening, and spoke very highly of both.

Commissioner Brown:

Has been less active recently due to several ongoing matters within her family.

Commissioner Leverette:

Attended the Women's Health Conference. Also attended the opening of the Amphitheater and found it to be very beautiful, noting that the patio was especially well done. Mentioned that she took photos of the Amphitheater last week during her walk with the Wise Walkers group.

Commissioner Walker:

Has enjoyed all the Carson events and is looking forward to attending more. On Friday, November 14, 2025, she will be attending a large formal gala at the Marriott Hotel in Downtown L.A., along with Chairperson Seymore, in honor of Dr. Parham, who will be departing CSUDH, with event proceeds benefiting student scholarships. The Queen Mothers organization decided to present him with a high-quality Tiffany ballpoint pen.

XII. STAFF ORAL COMMUNICATIONS

Staff Cook

Shared with everyone the extensive amount of work involved in planning the Women's Health Conference, noting that this is the third year of the event and that each year it continues to improve, with the team becoming more efficient in less time. She reported that this year's conference went very well and thanked all who attended and volunteered, expressing sincere appreciation for their support.

Staff Renteria

Thanked everyone for their hard work, acknowledging the commission as a 'great team.' She extended warm holiday wishes to the commission and their families for a happy Thanksgiving and a merry Christmas.

Staff Reed

Wished everyone a happy and safe holiday season.

XIII. ADJOURNMENT

Chairperson Seymore moved to adjourn the meeting at 4:56 pm, seconded by Commissioner Leverette, and carried unanimously.

Chairperson

Attest:

Vice-Chair



Report to Senior Citizens Advisory Commission

Monday, January 12, 2026

Written Communications and Reports

Spotlight of Events

I. **SUMMARY**

The Spotlight of Events is intended to inform commissioners about current and upcoming programs and events that serve the community.

II. **RECOMMENDATION**

RECEIVE and FILE report.

III. **ALTERNATIVES**

TAKE any other action the Commission deems appropriate.

IV. **BACKGROUND**

Each month the Human Services Division will prepare a Spotlight of Events that will inform commissioners about the details of current and upcoming programs and events. It is the responsibility of the commission to serve as liaison between the city and the senior community and inform them about city-sponsored programs that may be of interest.

V. **FISCAL IMPACT**

None.

VI. **EXHIBITS**

January 2026 and February 2026 Spotlights

Prepared by: Dani Cook, Human Services Program Manager

Human Services Spotlight of Events for January 2026

Commission Meetings

DATE	COMMISSION	TIME	LOCATION
1/12/2026	Senior Citizens Advisory	4:00 p.m.	Carson Event Center

Senior Assisted Living/Information and Referral

DATE	EVENT	TIME	LOCATION
	Beyond The Grief Group & Good Grief- Bereavement Support	10:30 a.m. - 1:00 p.m.	Carson Event Center
Wednesdays			
Every 2nd Mon.	LA Regional Food Bank	7:00 a.m. - 1:00 p.m.	Carson Event Center
1st Wed. Every Mo.	Housing Rights Center Walk-in Clinic	11:00 a.m. - 1:00 p.m.	Carson Event Center
1st & 3rd Thurs.	Caregiver Support Group	11:00 a.m. - 12:00 p.m.	Carson Event Center
Wednesdays	Senior Share Storytelling	2:00 p.m. - 3:30 p.m.	Carson Event Center
1st & 3rd Tues.	Bereavement Support in Spanish	11:00 a.m. - 12:30 p.m.	Carson Event Center
Every 1st Monday	LA Dept of Mental Health Workshop	10:00 a.m. – 11:00 a.m.	Carson Event Center

Therapeutic Recreation

DATE	EVENT	TIME	LOCATION
Tuesdays	Art	5:00 p.m. – 6:00 p.m.	Carson Event Center
Fridays	Adult Day Club	10:00 a.m. – 1:00 p.m.	Carson Event Center

Senior Recreation

DATE	EVENT	TIME	LOCATION
Mon	Yoga	8:30 a.m. -9:30 a.m.	Stevenson Park
Mon	Hula Hoop Fitness	10:00 a.m. – 11:00 a.m.	Carson Park
Mon-Fri	Open Fitness Room	8:30 a.m. - 11:30 a.m.	Carson Park
Mon-Thurs	Open Basketball	10:45 a.m. - 11:45 a.m.	Carson Park
Tue	Zumba Gold	8:30 a.m. – 9:30 a.m.	Carson Park
T/TH	Zumba	9:30 a.m. – 10:30 a.m.	Carson Park
Wed	Functional Fitness	8:30 a.m. – 9:30 a.m.	Carson Park
Wed	Yoga	9:30 a.m. – 10:30 a.m.	Carson Park
Thurs	Line Dance	8:30 a.m. - 9:30 a.m.	Carson Park
Thurs	Zumba	9:30 a.m. – 10:30 a.m.	Carson Park
Fri	Country Line Dance	8:30 a.m. - 11:30 a.m.	Carson Park
Mon	Yoga	8:30 a.m. - 9:30 a.m.	Stevenson Park
Wed	Zumba Blitz/Line Dance	9:00 a.m. - 11:00 a.m.	Stevenson Park
Fri	Line Dance	10:30 a.m. – 11:45 a.m.	Stevenson Park
M/W/F	Open Fitness Room	8:00 a.m. – 11:30 a.m.	Stevenson Park
Fri	Country Line Dance	8:30 a.m. – 11:45 a.m.	Stevenson Park
Mon-Fri	Open Fitness Room	8:00 a.m. -10:30 a.m.	Foisia Park

Senior Recreation Continued

Mon-Fri	Open Basketball	8:00 a.m. – 10:30 a.m.	Foisia Park
Wed	Swinging 50's Club	10:00 a.m. - 2:00 p.m.	Dominguez Park
Mon	Walk w/ Jimmy	9:30 a.m. - 10:30 a.m.	Carson Event Center
Mon	Line Dance w/ Jewel	9:30 a.m. - 11:30 a.m.	Carson Event Center
Mon	Yoga w/ Jimmy	12:00 p.m. - 1:15 p.m.	Carson Event Center
Tue-Thur	Bingo Clubs	11:00 a.m. - 3:45 p.m.	Carson Event Center
Tue & Fri	Needle Craft	9:00 a.m. - 11:00 a.m.	Carson Event Center
Tue	Chair Exercise	9:30 a.m. - 10:30 a.m.	Carson Event Center
Wed	Yoga w/ Jimmy	9:00 a.m. - 10:15 a.m.	Carson Event Center
Thur	Body Balancing	9:30 a.m. - 10:30 a.m.	Carson Event Center
Thur	Yoga w/ Charlene	9:30 a.m. - 10:30 a.m.	Carson Event Center
Thur	Integral Tai Chi	11:00 a.m. - 12:30 p.m.	Carson Event Center
Thur	Table Games	1:00 p.m. - 4:00 p.m.	Carson Event Center

Early Childhood

DATE	EVENT	TIME	LOCATION
1/5/2025	Welcoming The New Year	8:00 a.m.-5:00 a.m.	Carson Event Center

Stroke Center

DATE	EVENT	TIME	LOCATION
Monday	Chair Yoga	11:30 a.m. - 12:30 p.m.	Carson Event Center
Mon - Thurs	Equipment Exercise	9:00 a.m. - 3:00 p.m.	Carson Event Center
Tues & Thurs	Chair Exercise	11:00 a.m. - 12:00 p.m.	Carson Event Center
Wednesdays	Chair Volleyball	11:30 a.m. - 1:00 p.m.	Carson Event Center
Wednesdays	Occupational Therapy	By Appt. Only	JBIMO Stroke Center

Special Interest

DATE	EVENT	TIME	LOCATION
Tues & Thurs	Employee Wellness Class	12:15 p.m.-1:00 p.m.	Carson Event Center
Wednesdays	Intergenerational Program	4:00 p.m. - 5:00 p.m.	Carson Event Center

Special Events

DATE	EVENT	TIME	LOCATION
1/9/2026	Tribute to Dr. Martin Luther King, Jr.	6:00 p.m.	Carson Event Center

Youth and Family Services

DATE	EVENT	TIME	LOCATION
Wednesdays	Navigating the Path to Manhood	6:15 p.m. - 7:30 p.m.	Dolphin Park
1/20/2026	Growing Through Grief	6:30 p.m. - 8:00 p.m.	Dolphin Park



Human Services Spotlight of Events for February 2026

Commission Meetings

DATE	COMMISSION	TIME	LOCATION
2/9/2026	Senior Citizens Advisory	4:00 p.m.	Carson Event Center

Senior Assisted Living/Information and Referral

DATE	EVENT	TIME	LOCATION
	Beyond The Grief Group & Good Grief- Bereavement Support	10:30 a.m. - 1:00 p.m.	Carson Event Center
Wednesdays	LA Regional Food Bank	7:00 a.m. - 1:00 p.m.	Carson Event Center
Every 2nd Mon.	Housing Rights Center Walk-in Clinic	11:00 a.m. - 1:00 p.m.	Carson Event Center
1st Wed. Every Mo.	Caregiver Support Group	11:00 a.m. - 12:00 p.m.	Carson Event Center
1st & 3rd Thurs.	Senior Share Storytelling	2:00 p.m. - 3:30 p.m.	Carson Event Center
Wednesdays	Bereavement Support in Spanish	11:00 a.m. - 12:30 p.m.	Carson Event Center
1st & 3rd Tues.	LA Dept of Mental Health Workshop	10:00 a.m. - 11:00 a.m.	Carson Event Center
Every 1st Monday	Sr. Information & Resource Fair	9:00 a.m. - 11:00 a.m.	Carson Event Center
Thursday			

Therapeutic Recreation

DATE	EVENT	TIME	LOCATION
Mondays	Skill Builders OT	3:00 p.m. - 5:00 p.m.	Carson Event Center
Tuesdays	Art	5:00 p.m. - 6:00 p.m.	Carson Event Center
Fridays	Adult Day Club	10:00 a.m. - 1:00 p.m.	Carson Event Center

Senior Recreation

DATE	EVENT	TIME	LOCATION
Mon	Yoga	8:30 a.m. - 9:30 a.m.	Stevenson Park
Mon	Hula Hoop Fitness	10:00 a.m. - 11:00 a.m.	Carson Park
Mon-Fri	Open Fitness Room	8:30 a.m. - 11:30 a.m.	Carson Park
Mon-Thurs	Open Basketball	10:45 a.m. - 11:45 a.m.	Carson Park
Tue	Zumba Gold	8:30 a.m. - 9:30 a.m.	Carson Park
T/TH	Zumba	9:30 a.m. - 10:30 a.m.	Carson Park
Wed	Functional Fitness	8:30 a.m. - 9:30 a.m.	Carson Park
Wed	Yoga	9:30 a.m. - 10:30 a.m.	Carson Park
Thurs	Line Dance	8:30 a.m. - 9:30 a.m.	Carson Park
Thurs	Zumba	9:30 a.m. - 10:30 a.m.	Carson Park
Fri	Country Line Dance	8:30 a.m. - 11:30 a.m.	Carson Park
Mon	Yoga	8:30 a.m. - 9:30 a.m.	Stevenson Park
Wed	Zumba Blitz/Line Dance	9:00 a.m. - 11:00 a.m.	Stevenson Park
Fri	Line Dance	10:30 a.m. - 11:45 a.m.	Stevenson Park
M/W/F	Open Fitness Room	8:00 a.m. - 11:30 a.m.	Stevenson Park
Fri	Country Line Dance	8:30 a.m. - 11:45 a.m.	Stevenson Park
Mon-Fri	Open Fitness Room	8:00 a.m. - 10:30 a.m.	Foisia Park

Senior Recreation Continued

Mon-Fri	Open Basketball	8:00 a.m. – 10:30 a.m.	Foisia Park
Wed	Swinging 50's Club	10:00 a.m. - 2:00 p.m.	Dominguez Park
Mon	Walk w/ Jimmy	9:30 a.m. - 10:30 a.m.	Carson Event Center
Mon	Line Dance w/ Jewel	9:30 a.m. - 11:30 a.m.	Carson Event Center
Mon	Yoga w/ Jimmy	12:00 p.m. - 1:15 p.m.	Carson Event Center
Tue-Thur	Bingo Clubs	11:00 a.m. - 3:45 p.m.	Carson Event Center
Tue & Fri	Needle Craft	9:00 a.m. - 11:00 a.m.	Carson Event Center
Tue	Salsa	10:00 a.m. - 11:00 a.m.	Carson Event Center
Tue	Chair Exercise	9:30 a.m. - 10:30 a.m.	Carson Event Center
Wed	Yoga w/ Jimmy	9:00 a.m. - 10:15 a.m.	Carson Event Center
Thur	Body Balancing	9:30 a.m. - 10:30 a.m.	Carson Event Center
Thur	Yoga w/ Charlene	9:30 a.m. - 10:30 a.m.	Carson Event Center
Thur	Integral Tai Chi	11:00 a.m. - 12:30 p.m.	Carson Event Center
Thur	Table Games	1:00 p.m. - 4:00 p.m.	Carson Event Center

Early Childhood

DATE	EVENT	TIME	LOCATION
2/13/2026	Valentine Card Exchange	8:00 a.m.-5:00 a.m.	Carson Event Center

Stroke Center

DATE	EVENT	TIME	LOCATION
Monday	Chair Yoga	11:30 a.m. - 12:30 p.m.	Carson Event Center
Mon - Thurs	Equipment Exercise	9:00 a.m. - 3:00 p.m.	Carson Event Center
Tues & Thurs	Chair Exercise	11:00 a.m. - 12:00 p.m.	Carson Event Center
Wednesdays	Chair Volleyball	11:30 a.m. - 1:00 p.m.	Carson Event Center
Wednesdays	Occupational Therapy	By Appt. Only	JBMO Stroke Center

Special Interest

DATE	EVENT	TIME	LOCATION
Tues & Thurs	Employee Wellness Class	12:15 p.m.-1:00 p.m.	Carson Event Center
Wednesdays	Intergenerational Program	4:00 p.m. - 5:00 p.m.	Carson Event Center

Special Events

DATE	EVENT	TIME	LOCATION
2/27/2026	Black History Month Celebration	6:00 p.m.	Carson Event Center

Youth and Family Services

DATE	EVENT	TIME	LOCATION
Wednesdays	Navigating the Path to Manhood	6:15 p.m. - 7:30 p.m.	Dolphin Park
2/7/2026	Valentines Day Make-A-Craft	9:00 a.m. - 11:00 a.m.	Carson Event Center
2/17/2026	Growing Through Grief	6:30 p.m. - 8:00 p.m.	Dolphin Park
2/21/2026	Paint & Sip	9:00 a.m. - 11:00 a.m.	Carson Event Center
2/28/2026	Paint & Sip Family Edition	9:00 a.m. - 11:00 a.m.	Carson Event Center

Report to Senior Citizens Advisory Commission

Monday, January 12, 2026
Written Communications and Reports
Unfinished Business

Subcommittee Updates

I. **SUMMARY**

Each of the following subcommittees is asked to report any updates to the commission:

- Community Outreach
- Continuing Education and Enrichment
- Recognition and Communication
- Stroke Center
- Volunteers

II. **RECOMMENDATION**

RECEIVE and FILE report.

III. **ALTERNATIVES**

TAKE any other action the Commission deems appropriate.

IV. **BACKGROUND**

None.

V. **FISCAL IMPACT**

None.

VI. **EXHIBITS**

Subcommittee descriptions

Prepared by: Dani Cook, Human Services Program Manager

Subcommittee	Description	Lead	Members			
			Bates	Ronquillo	Ruiz-Raber	Seymore
Community Outreach	Members will provide a presence in the City of Carson, which may include providing oral communications to City Council, attending meetings, functions, and special events, and representing the SCAC as needed. This committee will help in the effort to make Carson more age-friendly.	Dunn				
Continuing Education and Enrichment	This subcommittee will gather input from the seniors in the committee to see what their needs and wants are as far as continued education and enrichment classes for older adults. They will also seek advice and input from neighboring cities to see what classes and programs they are offering, what is trending, and what ideas of theirs we can bring to Carson.	Graves	Brown	Dun	Ruiz-Raber	Seymore
Recognition and Communication	Members will nominate seniors for recognition purposes. In addition, members will send cards (birthday, anniversary, sympathy) to other commissioners as needed.	Leverette	Bates	Brown	Ruiz-Raber	Simpson-Lott
Stroke Center	Members will serve as a liaison between the Social Services Coordinator and the SCAC. Members will advocate for survivors and provide support as needed.	Seymore	Bates	Graves	Ruiz-Raber	Walker
Volunteers	Members will provide assistance to seniors in crisis as needed.	Walker	Bates	Graves	Lopez	Scott-Patterson

Report to Senior Citizens Advisory Commission

Monday, January 12, 2026

Written Communications and Reports

Unfinished Business

Request for Commissioners to Visit Senior Programs

I. **SUMMARY**

Commissioners discussed the importance of regularly visiting senior programs such as bingo, various classes, and luncheons. The purpose of these visits is to observe the programs, collect feedback from the patrons, and report back to the Senior Citizens Advisory Commission on a monthly basis.

II. **RECOMMENDATION**

That the Commission **REVIEWS** the schedule of senior programming and **DISCUSSES** a plan for regular visits.

III. **ALTERNATIVES**

TAKE any other action the Commission deems appropriate.

IV. **BACKGROUND**

The Parks, Recreation, and Cultural Arts Commission assigns its members one or two parks to visit regularly, and those commissioners give a brief oral report about their parks at each monthly commission meeting. The Senior Citizens Advisory Commission is being asked to do the same with senior programming. Staff member Rosemary Zavala has created a schedule of ongoing senior programming for commissioners to consider. During this meeting, members may review the schedule and volunteer to observe the programs of their choosing.

V. **FISCAL IMPACT**

None.

VI. **EXHIBITS**

Schedule of Senior Programs

Prepared by: Dani Cook, Human Services Program Manager

Senior Recreation Program

DATE	EVENT	TIME	LOCATION
Senior Recreation at Carson Park			
Mon	Hula Hoop Fitness	10:00 a.m. – 11:00 a.m.	Carson Park
Mon-Fri	Open Fitness Room	8:30 a.m. - 11:30 a.m.	Carson Park
Mon-Thurs	Open Basketball	10:45 a.m. - 11:45 a.m.	Carson Park
Tue	Zumba Gold	8:30 a.m. – 9:30 a.m.	Carson Park
T/TH	Zumba	9:30 a.m. – 10:30 a.m.	Carson Park
Wed	Functional Fitness	8:30 a.m. – 9:30 a.m.	Carson Park
Wed	Yoga	9:30 a.m. – 10:30 a.m.	Carson Park
Thurs	Line Dance	8:30 a.m. - 9:30 a.m.	Carson Park
Thurs	Zumba	9:30 a.m. – 10:30 a.m.	Carson Park
Fri	Country Line Dance	8:30 a.m. - 11:30 a.m.	Carson Park
Senior Recreation at Stevenson Park			
Mon	Yoga	8:30 a.m. - 9:30 a.m.	Stevenson Park
Wed	Zumba Blitz/Line Dance	9:30 a.m. - 11:30 a.m.	Stevenson Park
Fri	Line Dance	10:30 a.m. – 11:45 a.m.	Stevenson Park
M/W/F	Open Fitness Room	8:00 a.m. – 11:30 a.m.	Stevenson Park
Fri	Line Dance	10:00 a.m..m. – 11:45 a.m.	Stevenson Park
Mon-Fri	Open Fitness Room	8:00 a.m. -11:00 a.m.	Foisia Park
Mon-Fri	Open Basketball	8:00 a.m. – 11:00 a.m.	Foisia Park
Senior Recreation at the Carson Event Center			
Mon	Walk w/ Jimmy	9:30 a.m. - 10:30 a.m.	Carson Event Center
Mon	Line Dance w/ Jewel	9:30 a.m. - 11:30 a.m.	Carson Event Center
Mon	Yoga w/ Jimmy	12:00 p.m. - 1:15 p.m.	Carson Event Center
Tue-Thur	Bingo Clubs	11:00 a.m. - 3:45 p.m.	Carson Event Center
Tue & Fri	Needle Craft	9:00 a.m. - 11:00 a.m.	Carson Event Center
Tue	Chair Exercise	9:30 a.m. - 10:30 a.m.	Carson Event Center
Wed	Yoga w/ Jimmy	9:00 a.m. - 10:15 a.m.	Carson Event Center
Thur	Body Balancing	9:30 a.m. - 10:30 a.m.	Carson Event Center
Thur	Yoga w/ Charlene	9:30 a.m. - 10:30 a.m.	Carson Event Center
Thur	Integral Tai Chi	11:00 a.m. - 12:30 p.m.	Carson Event Center
Thur	Table Games	1:00 p.m. - 4:00 p.m.	Carson Event Center
Mon-Thurs	Senior Computer Class	9:30 a.m. - 3:45 p.m.	Carson Event Center
Bingo Clubs			
Tue	VIP Club	10:00 a.m. - 3:45 p.m.	Carson Event Center
Wed	TLC Club	10:00 a.m. - 3:45 p.m.	Carson Event Center
Wed	Swinging 50's Club	10:00 a.m. - 2:00 p.m.	Dominguez Park
Thur	Jolly Club	10:00 a.m. - 3:45 p.m.	Carson Event Center
Fri	Friendship Club (1st Friday of month)	9:30 a.m. - 11:30 a.m.	Carson Event Center



CITY OF CARSON
& THE CARSON CITIZENS CULTURAL ARTS FOUNDATION

MLK

TRIBUTE TO DR. MARTIN LUTHER KING, JR.

FRIDAY, JANUARY 9, 2026, 6:00 P.M.

"The time is always right to do what is right."

This free event features
live entertainment, essay contest winners, and refreshments.

Carson Event Center
801 E. Carson Street, Carson, CA 90745

For more information, please call (310) 952-1782 ext. 1476.

COMMUNITY SERVICES / RECREATION / PARK MAINTENANCE DEPARTMENT





CITY OF CARSON
& THE CARSON CITIZENS CULTURAL ARTS FOUNDATION

MLK

TRIBUTE TO DR. MARTIN LUTHER KING, JR.

"The time is always right to do what is right."

ESSAY CONTEST

Application Deadline: Friday, January 2, 2026, 5:00 p.m.

- Categories: Elementary School, Middle School, High School
- Awards: 1st, 2nd, & 3rd place will be awarded in all categories
- Drop-off Location: Carson Event Center, 801 E. Carson Street
(Monday-Sunday 8am-5pm)

Winners will be recognized and present their essays at the upcoming
MLK Tribute on Friday, January 9, 2026 at 6:00 p.m.

Scan for application:



Carson Event Center

801 E. Carson Street, Carson, CA 90745

For more information, please call (310) 952-1782 ext. 1476.

COMMUNITY SERVICES / RECREATION / PARK MAINTENANCE DEPARTMENT