

CITYOFGARDENA.ORG/EVENTS

WINTER/SPRING 2023

LIVE - WORK - PLAY

RECREATION ACTIVITY

Guide

EVENTS, NEWS AND SERVICES



STAY INFORMED, GARDENA!



GARDENA CITY COUNCIL MEETING

2ND AND 4TH TUESDAY
OF THE MONTH
7:30 PM

www.youtube.com/cityofgardena

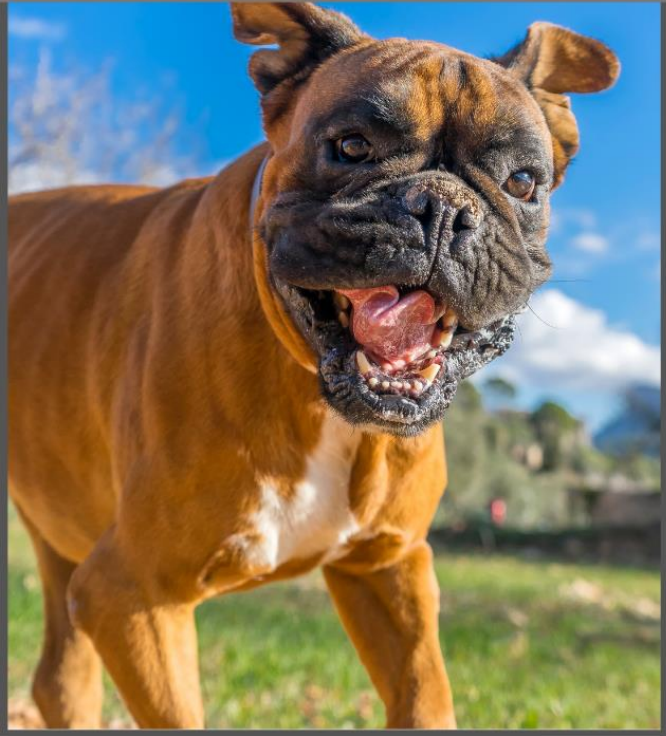
GARDE

For more information visit:

**<https://cityofgardena.org/agendas-city-council/>
or call 310-217-9565**



CITY OF GARDENA PET LICENSING



Requirements

- A license application form (Online Only)
- Proof of Rabies Vaccinations
- Proof of Sterilization

Discounted license fees are available for senior citizens (age 60 or older). Seniors must submit proof of age (official government-issued identification).

It is important to license your dog(s) in order to prevent the spread of rabies or other disease outbreaks in our City. Having a license can also help to return your lost pet(s) to their owner quickly.

FOR MORE INFORMATION, PLEASE CONTACT CODE ENFORCEMENT
AT (310)217-6171 OR VISIT US AT
WWW.CITYOFGARDENA.ORG/PET-LICENSING



JOIN US FOR OUR: COMMUNITY MEETING



Come join us to learn and ask questions about:

- Gardena/Hawthorne Mental Health Evaluation Team (GHMET)
- City of Gardena Homeless Services
- HOME-ARP (Funding for homeless services)



Nakaoka Community Center – Room A
1670 W 162nd St. Gardena CA 90247
Tuesday February 7, 2023 at 6PM-
7:30PM

Questions? Call: (310) 217-9574

Refreshments will be provided



www.cityofgardena.org



Gardena Events



@GardenaEvents

ÚNASE A NOSOTROS PARA NUESTRO: REUNIÓN DE LA COMUNIDAD



Únase a nosotros para aprender y preguntar sobre:

- Equipo de Evaluación de Salud Mental de Gardena/Hawthorne (GHMET)
- Servicios para personas sin hogar de la ciudad de Gardena
- HOME-ARP (Financiamiento para servicios para personas sin hogar)



Centro Comunitario Nakaoka-
Cuarto A
1670 W 162nd St. Gardena CA 90247
Martes Febrero 7, 2023 a las 6PM-
7:30PM
¿Preguntas? Llama: (310) 217-9574

Se suministrarán aperitivos y
bebidas.



www.cityofgardena.org



Gardena Events



@GardenaEvents



EMERGENCY RENTAL ASSISTANCE PROGRAM

SUBMIT YOUR APPLICATION TODAY!



CITY OF GARDENA RENTERS

The Emergency Rental Assistance Program provides one-time grants to qualifying individuals and families renting a residential property in the City of Gardena who have been effected by COVID-19. Residents may be provided up to \$5,000 in a one-time payment. Payments will be made directly to the landlord.

This program is a grant funded by the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

FOR QUESTIONS CONTACT

(310) 217-9574

OR EMAIL:

Foodpantry@cityofgardena.org

APPLICATIONS ARE AVAILABLE
ONLINE AT:
WWW.CITYOFGARDENA.ORG/CDBGCV

ELIGIBLE APPLICANTS

- RESIDE WITHIN THE JURISDICTION OF THE CITY OF GARDENA
- BE A TENANT
- BE NAMED ON THE RENTAL AGREEMENT
- HAVE A SOCIAL SECURITY NUMBER
- COVID-19 HARDSHIPS EITHER LOSS OR REDUCTION OF INCOME
- GROSS INCOME CANNOT EXCEED 60% OF THE LOS ANGELES COUNTY MEDIAN INCOME BY THE DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD)





PROGRAMA DE ASISTENCIA DE EMERGENCIA PARA RENTA

¡ENVÍE SU SOLICITUD HOY!

LAS APLICACIONES ESTÁN DISPONIBLES
EN LÍNEA EN:
WWW.CITYOFGARDENA.ORG/CDBGCV

SOLICITANTES ELEGIBLES

- RESIDIR DENTRO DE LA JURISDICCIÓN DE LA CIUDAD DE GARDENA
- SER INQUILINO
- SER NOMBRADO EN EL CONTRATO DE RENTA
- TENGA UN NÚMERO DE SEGURO SOCIAL
- SUFRIMIENTO DE COVID-19 YA SEA PÉRDIDA O REDUCCIÓN DE INGRESO
- EL INGRESO TOTAL DE FAMILIA NO PUEDE EXCEDER EL 60% DEL INGRESO MEDIO DEL CONDADO DE LOS ANGELES POR EL DEPARTAMENTO DE VIVIENDA Y DESARROLLO URBANO (HUD)



INQUILINOS DE LA CIUDAD DE GARDENA

El Programa De Asistencia De Emergencia Para Renta proporciona subvenciones únicas a las personas y familias que califican que alquilan una propiedad residencial en La Ciudad de Gardena y que han sido afectadas por COVID-19. Los residentes pueden recibir hasta \$5,000 en un pago único. Los pagos se realizarán directamente al propietario.

Este programa es una subvención financiada por la Ley de Ayuda, Alivio y Seguridad Económica contra el Coronavirus (CARES) Act.

PREGUNTAS CONTACTE

(310) 217-9574

O POR CORREO ELECTRÓNICO:
Foodpantry@cityofgardena.org



TEEN NIGHT

JOIN US FOR A FUN NIGHT OF PIZZA,
ART, GIVEAWAYS, RAFFLES & MORE!

FRIDAY, FEBRUARY 10, 2023
6 PM - 8 PM

Nakaoka Community Center
1670 W. 162nd Street Gardena | CA | 90247

Teens ages 13-17 will learn about themselves and healthy relationships, red flags & toxic traits, self-love and positive self-image.

Don't miss out and bring a friend!

Limited seats available. Reserve a spot on
Eventbrite



**FOR QUESTIONS, PLEASE GET IN
TOUCH WITH THE
HUMAN SERVICES DIVISION AT
(310) 217-9574**



www.cityofgardena.org



Gardena Events



@GardenaEvents

NOCHE DE ADOLESCENTES

¡ÚNASE A NOSOTROS PARA UNA NOCHE
DIVERTIDA DE PIZZA, ARTE, REGALOS,
RIFAS Y MÁS!

VIERNES, FEBRERO 10, 2023
6 PM - 8 PM

Auditorio del Centro Comunitario Nakaoka
1670 W. 162nd Street Gardena | CA |
90247

Los adolescentes de 13 a 17 años aprenderán sobre sí mismos y las relaciones saludables, las señales de alarma y las características tóxico, el amor propio y la autoimagen positiva. ¡No te lo pierdas y trae a un amigo!

Este no es un evento patrocinado por LAUSD. Este es un evento de la Ciudad de Gardena con una organización comunitaria.



Asientos limitados reserva un lugar en
Eventbrite

**PARA PREGUNTAS, COMUNÍQUESE CON LA
DIVISIÓN DE SERVICIOS HUMANOS AL
(310) 217-9574**



www.cityofgardena.org



Gardena Events



@GardenaEvents

City of Gardena
Emergency Services Program

FOOD PANTRY



**YOU CAN NOW REGISTER & SCHEDULE YOUR
APPOINTMENT FOR FOOD PANTRY ONLINE BY VISITING:
WWW.CITYOFGARDENA.ORG/FOODPANTRYPORTAL**

**Scheduled Appointments are
Monday-Friday between 10AM-4PM**

RESIDENTS ARE ABLE TO RECEIVE 6 PANTRY VISITS A YEAR

**REQUIRED DOCUMENTS TO REGISTER BELOW VIA EMAIL OR
IN PERSON THE DAY OF YOUR APPOINTMENT:**

- Valid Driver's License/ID Card
- Proof of Residency (Utility Bill or Lease)
- Proof of Income (SSI, CalWorks, Pay Stub)

Additional household members:

- 18 and up bring Valid Driver's License/ID Card
- A birth certificate or court guardianship documents for all children under 18.

**To schedule an appointment please contact the Human Services Division
at (310) 217-9574 or email foodpantry@cityofgardena.org**



www.cityofgardena.org



Gardena Events



@GardenaEvents

CIUDAD DE GARDENA
PROGRAMA DE SERVICIOS DE EMERGENCIA
DESPENSA DE ALIMENTOS



**AHORA PUEDE REGISTRARSE Y PROGRAMAR SU CITA PARA
LA DESPENSA EN LÍNEA VISITANDO:**

WWW.CITYOFGARDENA.ORG/FOODPANTRYPORTAL

**CITAS PROGRAMADAS SON DISPONIBLES
LUNES- VIERNES DE 10AM-4PM**

LOS RESIDENTES PUEDEN RECIBIR 6 VISITAS A LA DESPENSA AL AÑO.

**PARA REGISTRARSE, DEBE ENVIAR TODOS LOS DOCUMENTOS A
CONTINUACIÓN POR CORREO ELECTRÓNICO O EN PERSONA:**

- **LICENCIA DE CONDUCIR / TARJETA DE IDENTIFICACIÓN VÁLIDA**
- **COMPROBANTE DE RESIDENCIA (FACTURA DE SERVICIOS PÚBLICOS O ARRENDAMIENTO)**
- **COMPROBANTE DE INGRESOS (SSI, CALWORKS, TALÓN DE PAGO)**
- **MIEMBROS ADICIONALES DEL HOGAR:**
- **18 AÑOS EN ADELANTE TRAIGA LICENCIA DE CONDUCIR VÁLIDA / TARJETA DE IDENTIFICACIÓN**
- **UN CERTIFICADO DE NACIMIENTO O DOCUMENTOS DE TUTELA JUDICIAL PARA TODOS LOS NIÑOS MENORES DE 18 AÑOS.**

**Para programar una cita, comuníquese con la División de Servicios Humanos al
(310) 217-9574 o por correo electrónico EmergencyServices@cityofgardena.org**



www.cityofgardena.org



Gardena Events



@GardenaEvents



ARE YOU A LICENSED FAMILY CHILD CARE PROVIDER INTERESTED IN JOINING OUR PROGRAM?

CITY OF GARDENA FAMILY CHILD CARE PROGRAM (GFCC)

GFCC is funded by the California Department of Social Services to operate a Family Child Care Home Education Network (FCCHEN)

We contract with licensed family child care providers located in Gardena (90247, 90248, 90249) and some areas of zip codes 90504, 90250, and 90260.

Providers must meet quality requirements and offer a child centered indoor learning environment as well as a safe fenced-in yard or area for children's outdoor play activities. Additional City requirements apply.

For more information email

GFCCinfo@cityofgardena.org or call (310) 217-6115.



www.cityofgardena.org



Gardena Events



@GardenaEvents



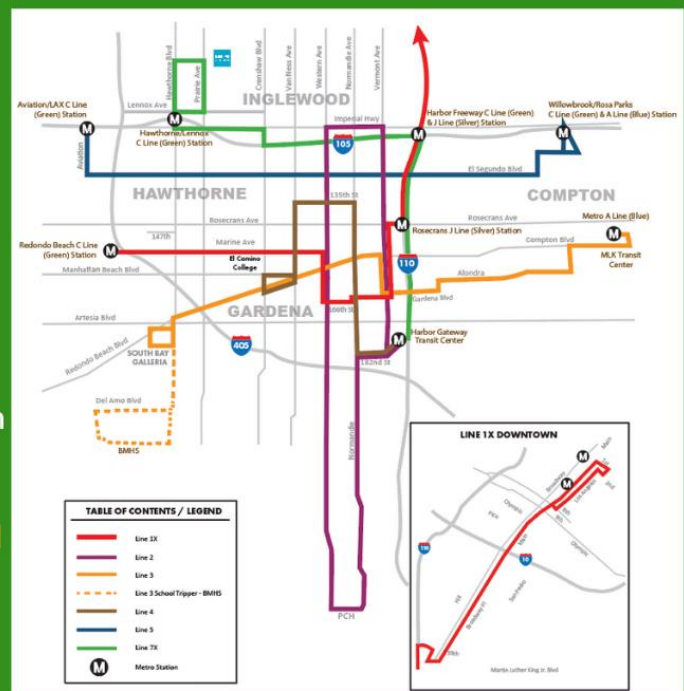
TAKE TRANSIT

Let GTrans take you to your destination!

Need to get to work, school, or the store? Want to go to the football game at SoFi Stadium or visit some of Gardena's key attractions? Need a ride to our neighboring communities of Redondo Beach, Compton, Torrance, Lomita, and Hawthorne? GTrans can take you!

- FARE**
- Regular - \$1.00
 - Seniors 62+/Disabled - \$0.35
 - Special Transit - \$0.75
 - Student K-12 - \$0.70
 - GoPass Program - Free
 - Children 5 & Under - Free

An additional \$1 Zone fare applies to express lanes, Line 7X is \$4 roundtrip with discounts for students in K-12, seniors, and persons with disabilities. GTrans requires valid identification to qualify for reduced fare. **Contact us for more information about reduced fare and required identification.**



For more information visit: www.RideGTrans.com
13999 Western Avenue, Gardena, CA 90249



ADULT BASKETBALL

The Therapeutic Recreation Basketball Program is designed to meet the needs of adults 18 and over with developmental disabilities. This program will focus on athletic skill development, learn to work as part of a team, and the opportunity to play in games.

Beginners welcomed!



**Starting February 7, 2023
Tuesdays
6:00 PM - 7:30 PM**

**Rush Gym
1651 W. 162nd St. Gardena, CA 90247**

**Sign-up online:
www.cityofgardena.org/events**

**TRP Athletes will have the
opportunity to play in The Sports for
Exceptional Athletes Tournament on
Saturday, March 18, 2023**



(310) 217-9537



www.cityofgardena.org/events



Gardena Events



@GardenaEvents



Shamrockin' & Rollin' Dance

FRIDAY, MARCH 10, 2023

6:30 PM - 9:00 PM

NAKAOKA COMMUNITY CENTER

1670 W. 162ND ST.

GARDENA, CA 90247

MUSIC | REFRESHMENTS | PRIZES

ALL AGES WELCOMED

REGISTER ONLINE

WWW.CITYOFGARDENA.ORG/EVENTS

OR CALL 310-217-9537



The Therapeutic Recreation Program (TRP) is designed to meet the needs of individuals with developmental disabilities. TRP is an inclusive safe environment that includes socializing, skill building, inclusion and a safe environment for all participants. All levels of disabilities are welcomed!



(310) 217-9537



www.cityofgardena.org/events



Gardena Events



@GardenaEvents



City of Gardena Senior Citizens Bureau

COVID-19 VACCINE & FLU SHOT CLINIC

MONDAY, FEBRUARY 13, 2023
11:00 A.M. - 1:00 P.M.

Free!

Nakaoka Community Center
1670 W. 162nd St.
Gardena, CA 90247

Available for ages 12 years and older.

All LA County COVID-19 guidelines will be followed.

Questions? Contact us 310-217-9552
or e-mail seniors@cityofgardena.org

**Walk-ins
Welcome!**



Gardena Events



@GardenaEvents



310-217-9552



Departamento de Servicio para el Adulto Mayor

VACUNA CONTRA EL COVID-19 Y VACUNA CONTRA LA INFLUENZA

LUNES, 13 DE FEBRERO DEL 2023 11:00 A.M. - 1:00 P.M.

GRATUITO

Centro Comunitario Nakaoka
1670 W. 162nd St.
Gardena, CA 90247

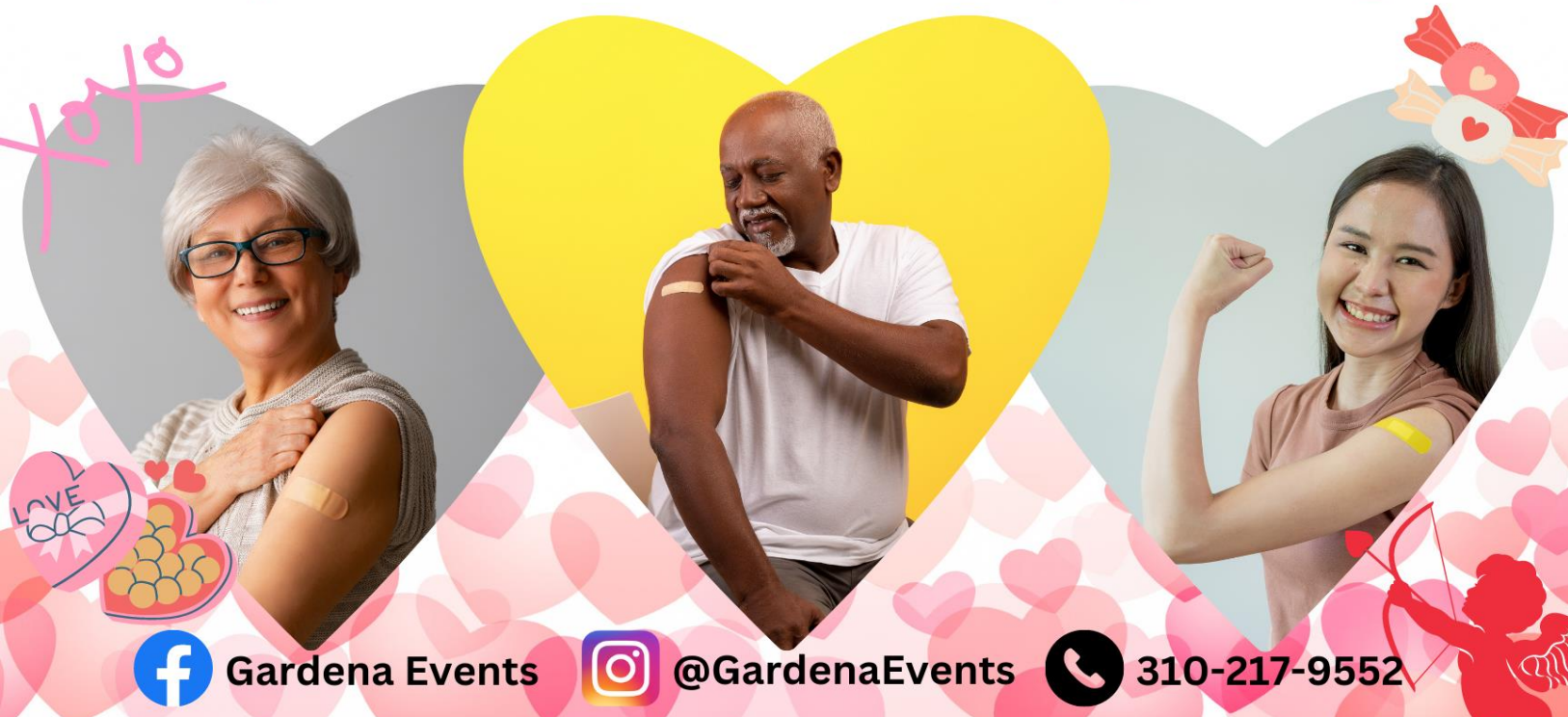
Sin cita
Tambien son
Bienvenidos

Disponibles para niños mayores de 12 años y adultos.

Todas las normad del Covid-19 recomendads por el Condado
de Los Angeles seran impemtados.

Tiene Preguntas? Contactenos al 310-217-9552
O por correo electronico a seniors@cityofgardena.org

XOXO



Gardena Events



@GardenaEvents



310-217-9552



NEED CHILD CARE?

CITY OF GARDENA FAMILY CHILD CARE PROGRAM

GFCC provides free or low cost child care to Gardena residents and families who work or attend school/training in Gardena.

- o Clean, safe environment in a licensed child care home
- o Educational curriculum
- o Nutritious meals & snacks
- o Full-time & part-time care

ACCEPTING APPLICATIONS FOR INFANT - 4 YEARS OF AGE

For more information call (310) 217-6115 or email
gfccinfo@cityofgardena.org



www.cityofgardena.org



Gardena Events



@GardenaEvents



**NECESITA UNA GUARDERIA
PARA SU HIJO?**

EL PROGRAMA DE CUIDADO DE NIÑOS DE LA CIUDAD DE GARDENA

GFCC ofrece servicio gratis o de bajo costo para familias que viven, trabajan o estan buscando empleo en Gardena.

- o Ambiente limpio y seguro en un hogar de cuidado infantil con licencia
- o Currículo educativo
- o Comida nutritivas
- o Cuidado de tiempo completo o medio tiempo

TOMANDO APLICACIONES PARA BEBÉS A 4 AÑOS DE EDAD

Para más información llame al (310) 217-6115 o envíe correo electrónico a gfccinfo@cityofgardena.org



www.cityofgardena.org



Gardena Events



@GardenaEvents



CITY OF GARDENA

40th Annual

DR. MARTIN LUTHER KING JR.
CULTURAL COMMITTEE OF GARDENA

DR. MARTIN LUTHER KING JR. COMMEMORATIVE PARADE

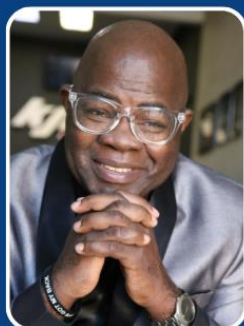
BATTLE OF THE BANDS COMPETITION AND CELEBRATION BEGINS
IMMEDIATELY FOLLOWING THE PARADE AND WILL END AT 3:00 PM

**Vendors,
jumpers,
food, and
more!**



NEW DATE- SATURDAY, FEBRUARY 25, 2023

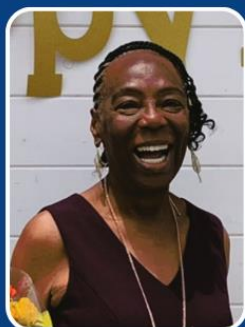
PARADE BEGINS AT 10:00 AM



Featuring
Grand Marshal

Mr. Guy Black

KJLH Radio Host



Featuring
Community Grand Marshal

Barbara Phillips

Gardena Resident & Volunteer

**Parade Begins at 146th Place & Van Ness Ave
& ends at Rowley Park**

(13220 S. Van Ness Ave.)



PARADE BEGINS ON 146TH PLACE AND VAN NESS AVE AND WILL END AT ROWLEY PARK

(310) 217-9537



www.cityofgardena.org



Gardena Events



@GardenaEvents

The Senior Citizen's Bureau Presents



Mardi Gras

CANDLELIGHT DINNER

Thursday, February 23, 2023

Doors open: 4:30 pm

Dinner served: 5:15 pm

ENTERTAINMENT

Asian Persuasion

MENU

Chicken Jambalaya
Green Beans
Green salad w/ Ranch
Seasonal fresh fruit
Brown rice
Cornbread
Peach cobbler

RSVP

(310) 217-9552

seniors@cityofgardena.org

Suggested donation: \$3.75
Must be 60 years and older
Under 60 pays \$5.00

"Gardena on the Go"

LOS ANGELES KINGS

MONDAY,
FEBRUARY 13, 2022

CHECK-IN 4:45 PM
DEPART 5:30 PM
FROM NAKAOKA COMMUNITY
CENTER

AT CRYPTO.COM
ARENA



KINGS

VS



SABRES

ONLY **\$20** GARDENA RESIDENTS
55 AND OVER

\$30 NON-RESIDENTS
55 AND OVER

Space is limited. Register your place today (PAYMENT REQUIRED, NO REFUNDS):

www.cityofgardena.org/events or (310) 217-9552



www.cityofgardena.org



Gardena Events



@GardenaEvents



West Basin Municipal Water District and the City of Gardena
Beautification Commission invite you to the

Hands - On Gardening Workshop

NEW DATE

**Saturday, March 18, 2023
9:30 a.m. - 11 a.m.**

9:30 a.m. - 10 a.m.

CLASSROOM INSTRUCTION

You will learn about:

- native and climate appropriate plants
- proper plant installation and maintenance
- water-efficient irrigation devices

10 a.m. - 11:00 a.m.

JOIN US IN THE GARDEN

(Free gardening gloves provided - please dress appropriately for gardening)

WORKSHOP WILL BE HELD AT:

ROWLEY PARK

13220 Van Ness Ave.

Gardena, CA 90249

SPACE IS LIMITED, REGISTER TODAY BY CALLING (310) 217-9503



www.cityofgardena.org



City of Gardena - City Hall



@cityofgardenaca



(310) 217-9503



VOLUNTEERS NEEDED!

The City of Gardena's Senior Citizens Bureau is looking for volunteers to assist with its Home-Delivered Meals and Supportive Services Programs



Volunteer opportunities include the following:

- **Delivering meals to homebound senior citizens.**
- **Transporting and escorting senior citizens to appointments.**
- **Assisting with grocery shopping and prescription pick-up.**
- **Completing in-home light housekeeping (laundry, dusting, etc.).**
- **Assisting with in-home personal care (grooming, transferring, etc.).**

Interested in joining us ?

Stop by or call the Senior Bureau and fill out a volunteer application* today !

**All volunteers are required to be fully vaccinated against COVID-19.
Please submit proof along with your application. All volunteers are subject to a
background check prior to completing service hours.*



Scan the QR Code
to join our email list!

All current LA County COVID-19 Guidelines will be followed by all clients, staff, and volunteers.



310-217-9552



@GardenaEvents



Gardena Events



¡VOLUNTARIOS NECESITADOS!

La Oficina de Personas Mayores de la Ciudad de Gardena está buscando voluntarios para ayudar con sus Programas de Comidas a Domicilio y Servicios de Apoyo



Las oportunidades de voluntariado incluyen las siguientes:

- Entrega de comidas a personas mayores confinadas en casa.
- Transportar y acompañar a las personas mayores a las citas.
- Ayudar con las compras de comida y la recogida de recetas.
- Completar el servicio de limpieza ligero en el hogar (lavandería, desempolvado, etc.).
- Ayudar con el cuidado personal en el hogar (aseo, traslado, etc.).

¿Interesado en unirse?

¡Pase por la oficina o llame a la Oficina de Personas Mayores y complete una solicitud de voluntariado* hoy!

**Se requiere que todos los voluntarios estén completamente vacunados contra COVID-19.*

Envíe una prueba junto con su solicitud. Todos los voluntarios están sujetos a una revisión de antecedentes antes de completar las horas de servicio.



¡Escanee el código QR para unirse a nuestra lista de correo electrónico!

Todas las Pautas COVID-19 actuales del Condado de Los Ángeles serán seguidas por todos los clientes, personal y voluntarios.



310-217-9552



@GardenaEvents



Gardena Events

THE YOUTH MIXER

THAT MATTERS!

Thursday, March 9, 2023
6:00 PM - 8:00 PM



Join us for a fun night of networking with fellow high school students!

Get involved with your community and have a blast at the same time.

- FOOD
- GAMES
- PRIZES

Ages 13 to 17 are welcome!

Nakaoka Community Center
1670 W. 162nd St.
Gardena, CA 90247

FREE Registration
Register at www.cityofgardena.org/events



YOUTH COMMISSIONERS NEEDED

The City of Gardena is actively seeking dedicated, enthusiastic, and motivated high school students to serve as youth commissioners. As a youth commissioner, you will have a first-hand opportunity to work with local government and help make an impact in our community.



BENEFITS:

- LEARN CIVIC LEADERSHIP
- JOB TRAINING OPPORTUNITIES
- PARTNER WITH CITY COUNCIL
- NETWORKING
- RECEIVE SERVICE HOURS
- BUILD YOUR COLLEGE RESUME
- RECEIVE A SMALL STIPEND



Scan QR Code
for Application

For questions
regarding the
application process,
call 310-217-9565.

ELIGIBILITY:

- GARDENA RESIDENT/
OR ATTEND A GARDENA HIGH SCHOOL
- AGES 14-18

ZEN NIPPON AIRINKALI- SO CALIF. PRESENTS...

WESTERN DISTRICT

1ST ZNA USA- KOI SHOW

MARCH 18-19, 2023

CITY HALL COMPLEX

1700 W. 162ND STREET
GARDENA, CA 90247

SATURDAY
10:00 AM-5:00 PM

- ENTERTAINMENT
- KOI JUDGING
- AWARDS BANQUET

SUNDAY
10:00 AM-3:00 PM

- JUDGES COMENTARY
- KOI TALK
10:30 AM - 11:30 AM
- KOI AUCTION

- BEAUTIFUL FISH
- ENTERTAINMENT
- KOI & POND PRODUCTS
- SPECIAL HIGH QUALITY AUCTIONS



FOR MORE INFORMATION CONTACT:
ALAN STEIN- ALANDDS@EARTHLINK.NET
CHAI TAEVANITCHAROEN- TATEKOI@AOL.COM
OR GO TO ZNASOCAL.ORG

OPEN TO THE PUBLIC
FREE ADMISSION



310-217-9537



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Gardena Events



www.cityofgardena.org/events



ZEN NIPPON AIRINKALI- SO CALIF. PRESENTA...

47° ESPECTÁCULO ANUAL DE KOI

MARZO 18-19, 2023

MUNICIPALIDAD DE GARDENA

1700 W. 162ND STREET
GARDENA, CA 90247

SABADO
10:00 AM-5:00 PM

DOMINGO
10:00 AM-3:00 PM

ABIERTO AL PUBLICO
ENTRADA GRATIS

- HERMOSOS PECES
- ENTRETENIMIENTO
- KOI Y PRODUCTOS PARA ESTANQUES
- SUBASTAS

MÁS INFORMACIÓN
A SEGUIR



310-217-9537



@GardenaEvents



Gardena Events



www.cityofgardena.org/events

TAX-AIDE SOUTHBAY

IRS trained and certified volunteers will prepare federal California tax returns for persons aged 60 and older at the locations listed below.

All locations are handicap accessible. Please wear a face covering.

Torrance

Bartlett Senior Center

Russ Nolte Annex, 1339 Post Ave,
Torrance, CA 90501

310-320-5918

Mondays Only

9:00 AM - 2:30 PM

Dates Open: February 6, 2023 - April 17, 2023

El Segundo

Joslyn Senior Center

339 Sheldon St,
El Segundo, CA 90245

310-320-5918

Tuesdays Only

9:00 AM - 2:30 PM

Dates Open: February 6, 2023 - April 17, 2023

Manhattan Beach

Joslyn Community Center

1601 N Valley Dr.
Manhattan Beach, CA 90266

310-802-5430

Wednesdays Only

9:00 AM - 2:30 PM

Dates Open: February 1, 2023 - April 12, 2023

Long Beach

Long Beach Senior Center

1150 E 4th St.
Long Beach, CA 90802

562-570-3500

Thursdays Only

10:30 AM - 2:30 PM

Dates Open: February 1, 2023 - April 18, 2023

Rancho Palos Verdes

Hess Community Park

29301 Hawthorne Blvd.
Rancho Palos Verdes, CA 90275

310-544-5260

Fridays Only

9:00 AM - 3:00 PM

Dates Open: February 3, 2023 - April 14, 2023



Items to bring:

- ▶ Photo ID for taxpayer (and spouse if filing jointly)
- ▶ All 2022 income documents
- ▶ Your previous 2021 tax return
- ▶ Social Security cards for all persons included on return
- ▶ Bank Account information (routing and account number)

ASISTENCIA PARA DECLARACION DE IMPUESTOS DE SOUTHBAY

Voluntarios han sido entrenados y certificados para preparar los documentos federales de California para la declaración de impuestos para personas mayores de 60 años en las locaciones que se presentan a continuación.

Todas las locaciones tienen son accesibles para minusválidos.

Por favor usar mascarillas facial dentro de las oficinas.

Torrance

Centro para el Adulto Mayor Bartlett

En el anexo Russ Nolte, 1339 Post Ave,
Torrance, CA 90501

310-320-5918

Lunes Solamente

9:00 AM - 2:30 PM

Fechas de atención: 6 de Febrero del 2023 y 7 de
Abril del 2023

El Segundo

Centro para el Adulto Mayor Joslyn

339 Sheldon St,
El Segundo, CA 90245

310-320-5918

Martes Solamente

9:00 AM - 2:30 PM

Fechas de atención: 6 de Febrero del 2023 y
17 de Abril del 2023

Manhattan Beach

Centro Comunitario Joslyn

1601 N Valley Dr.
Manhattan Beach, CA 90266

310-802-5430

Miércoles Solamente

9:00 AM - 2:30 PM

Fechas de atención: 1 de Febrero del 2023 y
12 de Abril del 2023

Long Beach

Centro para el Adulto M

1150 E 4th St.
Long Beach, CA 90802

562-570-3500

Jueves Solamente

10:30 AM - 2:30 PM

Fechas de atención: 1 de Febrero del 2023 y 18
de Abril del 2023

Rancho Palos Verdes

Parque Comunitario Hess

29301 Hawthorne Blvd.
Rancho Palos Verdes, CA 90275

310-544-5260

Viernes Solamente

9:00 AM - 3:00 PM

Fechas de atención: 3 de Febrero del 2023 y
14 de Abril del 2023



Documentos requeridos:

- Identificación con foto del declarante de impuestos (y el de la esposa(o) si están declarando juntos)
- Tarjeta del Seguro Social de todas las personas incluidas en la declaración de impuestos
- Las declaraciones de impuestos anteriores del año 2021
- Todos los documentos de ingresos del año del 2022
- Información de su cuenta bancaria (número de ruta y número de cuenta)

THE SENIOR CITIZEN'S BUREAU PRESENTS



Valentine's SPECIAL LUNCH



Monday, February 13, 2023

12:00 pm

Nakaoka Community Center

1670 W. 162nd Street

MENU:

Chicken w/ wine sauce
Zucchini medley
Green salad w/ Ranch dressing
Whole grain pasta w/ sundried
tomatoes
Garlic roll
Cheesecake w/ strawberry
topping

RSVP:

Sign-up at check-in table,
call 310-217-9552 or email
seniors@cityofgardena.org

SUGGESTED DONATION: \$3.75

**SENIORS MUST BE AGE 60 AND
OLDER. UNDER 60 PAYS \$5.00**



(310) 217-9552



www.cityofgardena.org



Gardena Events



@GardenaEvents

BET TZEDEK LEGAL SERVICES 2023



Bet Tzedek Legal Services is a non-profit LA County contracted legal service that partners with various senior centers across the area

UPCOMING DATES:

TUESDAY, MARCH 28TH

WEDNESDAY, MAY 3RD

WEDNESDAY, AUGUST 2ND

WEDNESDAY, OCTOBER 4TH

WEDNESDAY, DECEMBER 6TH

ISSUES COVERED

REQUIREMENTS

- Must be fully vaccinated for in-person appointments (proof must be provided in advance).
- Appointments must be made, no walk-ins will be helped.
- Seniors must be within income limits for this service.
- Masks must be worn for the duration of the consultation.

- Abuse/Safety Concerns
- Conservatorship/Guardianship
- Consumer Issues/Fraud
- Employment Issues or IRS Dispute
- Foreclosure/Real Estate Fraud
- Health Care Directives/Advance Planning (statutory wills)
- Housing Conditions/Discrimination
- IHSS (in-home support) Disputes
- Landlord-tenant Issues
- Public Benefits



(310) 217-9537



www.cityofgardena.org/events



Gardena Events



@GardenaEvents

THE SENIOR CITIZEN'S BUREAU PRESENTS



ST. PATRICK'S SPECIAL LUNCH

MONDAY, MARCH 13, 2023
12:00 PM

1670 W. 162nd Street
Gardena, CA 90247

MENU:

Corned beef
Steamed cabbage
Boiled potatoes
Carrot raisin salad
Whole rye bread
Orange
Rainbow sherbet

RSVP:

Sign-up at check-in table,
call 310-217-9552 or email
seniors@cityofgardena.org

SUGGESTED DONATION: \$3.75
SENIORS MUST BE AGE 60 AND
OLDER. UNDER 60 PAYS \$5.00



(310) 217-9552



www.cityofgardena.org



Gardena Events



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City of Gardena



KARATE FOR ALL AGES

Thornburg Park

2320 W. 149th St., Gardena, CA 90249

KINDER (AGES 4-6)- \$39 PER MONTH

BEGINNERS (AGES 7 & UP)- \$49 PER MONTH

ADVANCED (ALL AGES)- \$59 PER MONTH

BLACK BELTS (ALL AGES)- \$59 PER MONTH

To view class details visit www.cityofgardena.org/events

REGISTER BY VISITING:

Online: www.cityofgardena.org/events

In-Person:

Nakaoka Community Center (1670 W. 162nd St,
Gardena, CA 90247)

Monday-Friday between 8:30 AM-6:00 PM

ALL LA COUNTY COVID-19 GUIDELINES WILL BE FOLLOWED



310-217-9537



@GardenaEvents



Gardena Events



www.cityofgardena.org

HELPING HANDS BIRTHDAY KIT

LET'S CELEBRATE!

The City of Gardena's Helping Hands Program is excited to provide birthday kits to families that are experiencing financial hardships. Every child should look forward to their birthday.

TO REGISTER YOUR CHILD (1-17), YOU MUST BE A GARDENA RESIDENT OR ATTEND A LAUSD GARDENA COMMUNITY OF SCHOOLS. (PROOF OF RESIDENCY/SCHOOL ATTENDANCE REQUIRED.)

BIRTHDAY KITS INCLUDE DECORATIONS, CAKE MIX, FROSTING, CANDLES, & MORE!

Applications are available online at WWW.CITYOFGARDENA.ORG/BDAYKIT



www.cityofgardena.org



Gardena Events



@GardenaEvents



SUPPORTIVE SERVICES PROGRAM



City Staff and Volunteers will assist Gardena's Senior Citizens who are 60+ with the following services:

- Light Housekeeping
- Transportation to Appointments
- Grocery Shopping
- Medication Pick-up
- Paperwork/Program Application Assistance



Scan this QR Code to
join our email list!

Interested in SSP services?
Contact the Senior Bureau Office by calling 310-217-9552
or emailing seniors@cityofgardena.org

ALL LA COUNTY COVID-19 GUIDELINES WILL BE FOLLOWED



www.cityofgardena.org



@GardenaEvents



Gardena Events



Senior Exercise Class

Rush Gymnasium

1651 West 162nd St,
Gardena, CA 90249

Mondays **Tuesdays** **Wednesdays**

8:30 AM to 9:30 AM

**\$5.00 Per Class
or \$40 Per Month**

**MOVE BETTER!
FEEL GREAT!
BE HEALTHIER!**

Total Exercise & Fitness

**Cardio
Leg Workout
Core & Back Strength
Balance
Weights
Hands/Wrists/Joints Workout
Resistance Bands
Proper Breathing
Stretching**

If you have any questions, call (310)217-9552

(310) 217-9537 Gardena Events @gardenaevents

All Los Angeles County COVID-19 protocols will be followed



EMERGENCY UTILITY & NUTRITION ASSISTANCE PROGRAM

**SUBMIT YOUR
APPLICATION TODAY!**

**APPLICATIONS ARE AVAILABLE
ONLINE AT:**

www.cityofgardena.org/cdbgcv

ELIGIBLE APPLICANTS

- RESIDE WITHIN THE JURISDICTION OF THE CITY OF GARDENA
- APPLICANT'S 2020 INCOME MUST SHOW A REDUCTION AS COMPARED TO 2019 INCOME AS A DIRECT RESULT OF COVID-19.
- GROSS INCOME CANNOT EXCEED 60% OF THE LOS ANGELES COUNTY MEDIAN INCOME BY THE DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD)



CITY OF GARDENA RESIDENTS

The Emergency Utility & Nutrition Assistance Program provides one-time grants to qualifying individuals and families residing in the City of Gardena who have been effected by COVID-19. Residents may be provided up to \$3,000 for Utilities and Food in a one-time payment. Payments will be made directly to utility companies. Food will be ordered for applicants to pick up.

This program is a grant funded by the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

FOR QUESTIONS CONTACT

(310) 217-9574

OR EMAIL:

Foodpantry@cityofgardena.org



LOOKING FOR WAYS TO GIVEBACK TO THE COMMUNITY?



CITY OF GARDENA EMERGENCY SERVICE FOOD PANTRY

The Food Pantry extends a helping hand to individuals & families living in Gardena.

SUGGESTED ITEMS FOR DONATION INCLUDE:

NON-PERISHABLE PANTRY FOOD

Items are canned, bagged, or boxed:

- Soups & Chili
- Fruit & Vegetables
- Tomato Sauce & Pasta Sauce
- Tuna, Chicken, Spam, & etc.
- Pasta, Rice, & Beans
- Cereals & Oatmeal
- Peanut Butter, Jelly, & Condiments
- Baking Goods
- Children's Foods/Snacks: canned pasta, macaroni & cheese, fruit cups, cookies
- Crackers, Protein Bars, Nuts
- Bottled Water, Juices & Protein Drinks

HYGIENE SUPPLIES:

- BATHROOM TOILETRIES
 - Shampoo & Conditioner
 - Soap & Body Wash
 - Toothbrushes & Toothpaste
 - Travel Laundry Detergent
 - Sun Screen
 - Body Wipes/Wash Cloths
 - Body Lotion
 - Hand Sanitizer
- BABY DIAPERS & WIPES
- BABY FOOD & FORMULA

WE DO NOT ACCEPT EXPIRED, DAMAGED, OR OPENED FOOD PRODUCTS

**DONATIONS CAN BE DROPPED OFF MONDAY-FRIDAY 8AM-4PM
1651 W. 162 STREET, GARDENA, CA 90247**

For more information, please contact the Human Services Front Desk
(310) 217-9574 or email: FoodPantry@cityofgardena.org



www.cityofgardena.org



Gardena Events



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