



SENIOR CENTER INFORMATION

The Senior Center provides a variety of educational, recreational and social services that meet the needs of seniors, residents with disabilities, and members of the general community. The various programs and services offered at the Senior Center provide access to information and support as well as opportunities for participation in activities that lead to personal growth and enrichment.



Location:
4095 Overland Ave, Culver City, CA 90230

Hours of Operation:
Monday through Friday 9:00 am - 5:00 pm
Weekends & Holidays 12:00 pm - 4:00 pm
Desk: Weekdays 9:00 am - 4:00 pm
Weekends 12:00 pm - 4:00 pm

Membership:
Membership to the Culver City Senior Citizens Association (CCSCA), a 501 (c)(3) organization, is open to individuals 50 years of age and over. The fee is based on the calendar year as follows:

- \$10 annual membership
- \$5 parking pass
- \$10 fee to receive The Newsletter monthly by mail*

*The Newsletter is free if you pick it up in person or view it online at: www.culvercity.org/Government/PRCS/Newsletters.aspx

For information please call:
(310) 253-6700 • (310) 253-6736 (TDD)
Email: senior.center@culvercity.org

Getting ready to P-A-R-T-Y down at the Senior Center! 😊

SPECIAL EVENTS			
Date	Event	Time	Cost
2/4	Community Conversations	10-11:30 a.m.	--
	Topic: Physical Fitness		
2/14	Nifty 90 Valentine's Day Party	11:30 a.m.	\$3.50
3/3	Community Conversations	10-11:30 a.m.	--
	Topic: Mental Fitness		
3/16	St. Patrick's Day Party	11:30 a.m.	\$3.50
	*Also AARP Tax Aide Program available 2/1-4/11.		
	Monthly Birthday Parties		
	Thursdays @ 1:00 p.m. on 1/12, 2/9 and 3/8		

Fitness center!
\$120 Annual Membership
\$65 Semi-annual
HOURS:
Mon-Fri 8:00 am-4:00 pm
Sat & Sun 12:00-4:00 pm

CLICK HERE to view the Senior Center Newsletter!



Senior Nutrition Services

LET'S DO LUNCH!

Come enjoy a delicious meal in a warm and friendly atmosphere! Lunch is served every Monday through Friday from 11:30am-12:15pm or after all the meals have been served in the lovely Dining Room at the Senior Center. Our meals are delicious AND nutritious. Joining our lunch program is easy:



- 1. REGISTER:** New clients can register in the Nutrition Office during regular hours.
- 2. MAKE A RESERVATION:** You may walk in or call our reservation line at (310) 253-6726 at least ONE day in advance.
- 3. VOLUNTARY CONTRIBUTION:** Your contributions are greatly appreciated. A voluntary suggested contribution for Seniors 60 & over is \$2.25.



Reservation Line:
(310) 253-6726

Nutrition Program Info:
(310) 253-6712

Ask about our Home Delivered Meals Program & also our Snack 'n Chat Program!

NUTRITION SERVICES

Diabetes Support Group

The Senior Nutrition Program offers a Diabetes Support Group for those 60 and over who have pre-diabetes, diabetes, or are taking care of someone who has diabetes. Meetings are on the 3rd Wednesday of each month 9:30-10:30am in room C71 at the Culver City Senior Center. This group is funded through the ENHANCE Program (Effective Nutritional Health Assessments and Networks of Care for the Elderly).

Nutrition Education

The registered dietitian is available by appointment to answer questions and/or make health related suggestions. For more information or to schedule an appointment call Roxana Tabibi at (310) 253-6712.



The Cal Fresh Program

Formerly known as Food Stamps and Federally known as the Supplemental Nutrition Assistance Program (SNAP), this program provides qualified households and individuals with assistance putting healthy and nutritious food on the table. May 2011 is Cal Fresh Awareness Month. For more information visit: www.dss.cahwnet.gov/foodstamps

More Nutrition & Health Info

The following websites provide nutritional information for all age groups:

- www.eatright.org
- www.diabetes.org
- www.chooseplate.gov