

Culver CITY

The Newsletter

August 2009



CITY COUNCIL

Andrew Weissman, Mayor
 Christopher Armenta, Vice Mayor
 Micheál O'Leary
 D. Scott Malsin
 Gary Silbiger

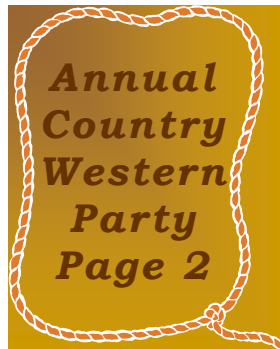


CITY OF CULVER CITY

Mark Scott, City Manager
 Martin R. Cole Marlee Chang, Assistant City Managers
 William LaPointe, Director Parks, Recreation & Community Services

SENIOR & SOCIAL SERVICES

Armando Abrego, Senior & Social Services Manager
 Leslie Brandes, Social Services Spec.
 Debbie Cahill, Senior Program Spec.
 Roxana Tabibi, Senior Nutrition Spec.
 Jill Thomsen, RSVP Specialist
 Darren Uhl, Disability Specialist
 Spencer Wray, Van Driver
 Jesse MacGregor, Van Driver



CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

Murray Silman, President
 Barbara Silverstein, Vice President
 Lionel Crown, Secretary
 Sharon Hyland-Elstein, Treasurer
 Mary Collim Joanne Higgins
 Marilyn Hess Bob Martz
 Clifford Nelson Hope Seldin
 Elizabeth Oxley
 Alternates:
 Nader Georgy Linda Sanchez
 Mary Garcia
 Monthly Board Meeting
 Second Monday, 1:00 p.m.

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CULVER CITY SENIOR CENTER

4095 Overland Avenue
 Culver City, CA 90232

Center Hours: Monday - Friday 9 am - 5 pm
 Center Hours: Sat., Sun., Holidays 12 pm - 4 pm
 Business Office Hours: Monday-Friday 9 am - 4 pm
 General Information: (310) 253-6700
 Social Services: (310) 253-6717

AARP Safe Driver Class Info Line: (310) 253-6757
 Nutrition Site: 9 a.m. to Noon (310) 253-6726
 RSVP/Volunteer Opportunities (310) 253-6704
 Disability Services (310) 253-6729
 Trip Office: (M/W/F) 10 a.m.-2 p.m. (310) 253-6708
 Elder Abuse Hotline (800) 992-1600
 Computer Class Info Line: (310) 253-6720

Culver CITY SENIOR CENTER



The Newsletter

AUGUST 2009



Country Western Party



**LINE
DANCING!**

SATURDAY, AUGUST 22, 2009

12:00 NOON

ANNUAL COUNTRY WESTERN PARTY

Bob Nelson, MC

**LUNCH!
FUN!**

Tickets on sale at the Business Desk August 3-19 (or until sold out). Tickets are \$3.50



Monthly Birthday Celebration

Thursday, August 13 at 1p.m.

**Come & Enjoy Some Great Musical Entertainment
Sponsored by the CCSCA Board of Directors**

If your birthday is in August, be our guest for cake & ice cream. Refreshments for all for just 50 cents!

**Happy
Birthday!**



Entertainment
By
"Mahal Ko"

Summer Patio Concert & BBQ Dinner

**Friday, August 7
3:30-5:00 p.m.**

Tickets for the BBQ Dinner will be pre-sold for \$4.00 each. Tickets available at the Business Desk until sold out.



**Live Music
by**



ARMANDO

on our beautiful patio!
The concert is FREE for everyone to enjoy. Tickets for the BBQ must be purchased before the event.



"Summer Fun" Follies Show

**Culver City
Senior Center's
Own Talent
Show!**

Variety Show

Refreshments

\$1.00 Donation



Wednesday

August 5

1:00 p.m.

**Organized by
Volunteers
Tony Munoz
& Friends!**

OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month at 1:00 p.m. This month's opera movie is **"THE TALES OF HOFFMAN" (Les Contes d'Hoffmann) by Jacques Offenbach.** Seeking to exorcise the failure of his current love affair, the poet Hoffmann tells the tales of his three past loves. The all-star cast is headed by Placido Domingo, staged at the Royal Opera, Covent Garden. Presented on **Tuesday, August 4 at 1:00 p.m..** Volunteer **Murray Winagura** plans and hosts this program.

MOVIE NOSTALGIA

The Movie Nostalgia program is presented once per month on a Friday at 12:30 p.m. **Murray Winagura** shares movies that he hopes will bring back good memories. The Nostalgia movie for August will be **"SHOWBOAT."** Kathryn Grayson, Ava Gardner and Howard Keel star in this musical extravaganza which celebrates the loves and heartbreaks of a Mississippi riverboat troupe. The unforgettable score is by Jerome Kern & Oscar Hammerstein. **Friday, August 14 at 12:30 p.m.**

SONY SUNDAY" MOVIE PRESENTATION

The SONY SUNDAY movie for this month will be **"ABSENCE OF MALICE,"** a 1981 Drama/Romance starring Paul Newman and Sally Field. The film exposes the inner workings of the justice and journalistic systems and the ability to wreak havoc in the lives of ordinary citizens. Nominated for 4 Oscars.

We thank SONY for providing our SONY SUNDAY features!

KARAOKE

Join **"Karaoke Mary" & Friends** on Tuesdays, 11:00-1:00 in the Nutrition Site to sing the standards or whatever your heart desires. Bring your own music or use the music generously provided by the Senior Center.

Also, join **"Tony & Friends"** on Wednesday, 2:30-4:30 p.m. for an enjoyable Open Microphone session. Come to listen or perform and join the fun!

SHOWTIME

The movie is subject to change. **Members with their membership cards are free.** Non-members (age 50+) and those without membership cards pay \$2.00. Movies begin at 1 p.m. unless otherwise noted. Operas are featured on the 1st Tuesday of the month. **PLEASE NOTE: Film rating symbols** are included in the movie listings for your information. An "R" RATING may be assigned due to, among other things, a film's use of language, theme, violence, sex or its portrayal of drug use. Please consider the rating before **you choose** to view a movie. Also, the playing time is noted for your convenience.

FOR YOUR SAFETY: Please do not move chairs. They are set up to follow Fire Dept. rules. Follow the directions of the staff and please do not block aisles or exit rows.

SUNDAY MOVIES

- Aug. 2 **SONY SUNDAY: ABSENCE OF MALICE**
1981 Drama/Romance-Paul Newman;
Sally Field; 116 min.
- Aug. 9 **DEFIANCE-2009-Rated R-Drama-Daniel**
Craig; Live Schreiber; Jamie Bell; 136 min.
- Aug. 16 **CONFESSIONS OF A SHOPAHOLIC**
2009-PG-Comedy-Isla Fisher; Joan Cusack;
John Goodman; John Lithgow; 112 min.
- Aug. 23 **DOUBT-2008-PG13-Drama- Meryl Streep;**
Philip Seymour Hoffman; Amy Adams; 104 min.
- Aug. 30 **TYLER PERRY'S MADEA GOES TO JAIL**
2009-PG13-Comedy-Tyler Perry; Keshia
Knight Pulliam; Derek Luke; 103 min.

TUESDAY MOVIES

- Aug. 4 **OPERA MOVIE- THE TALES**
OF HOFFMAN by Offenbach-
Placido Domingo; Luciana Serra;
Agnes Baltsa; Ileana Cotrubas
- Aug. 11 **AUSTRALIA-2008-PG13**
Drama-Nicole Kidman; Hugh
Jackman; Bryan Brown; 170 min.
- Aug. 18 **FROST/NIXON--2008-Rated R-Drama**
Frank Langella; Michael Sheen; 122 min.
- Aug. 25 **GRAN TORINO -2008-Rated R**
Clint Eastwood; Cory Hardict;
Brian Haley; Brian Howe; 116 min.

LOOK WHAT'S COMING UP



Special Movie Presentation

"Everyone Says I Love You"

1996 Comedy/Musical/Romance

A Woody Allen film starring

Edward Norton & Drew Barrymore

An entertaining, amazing fun jaunt through musical bliss and the heartache of romance.

Thursday, August 20

12:30 p.m.

Hosted by: Marilyn Hess

AARP Driver Safety Program

For information on the classes scheduled at our Senior Center, call the Info Line at 310-253-6757 or pick up a flyer at the Business Desk

FREE BLOOD PRESSURE SCREENINGS

Blood Pressure screenings are offered the second Wednesday of every month from 9:30-10:45 a.m. in Activity Room C71.



This service is generously provided by

Estee Bienstock, RN, from ALLpoint Health Services.

Thank you to Estee and Cindy Grossman for assisting Estee in this very important service to our members.

SEMINAR: MAKING SENSE OF MEDICARE

Come and hear objective information about Medicare, including Part D, Enrollment Periods, What Medicare does and does not cover, HMO's and how Medicare supplements work. Presented by **Bruce Johnston**, of WESTLAMEDICARE. Monday, August 17 at 1:00 p.m.

FINANCIAL SEMINAR: "ARE YOU AFRAID OF OUTLIVING YOUR MONEY?"

Michael Tomlinson, VP of UBS Financial Services and member of the Culver City Chamber of Commerce, will present important information that will help you plan your monthly expenses without worrying about income for the future. Monday, August 31 at 1:00 p.m.

PUBLIC TRANSIT /S FOR EVERYONE!

Imagine what you are missing! There are places to go and places to see but you can't /won't drive there. Ask Bonne Cherko, our experienced transit volunteer, how to get to these places. Public Transit NEWS: By popular demand: A Unique All-New Outing to Downtown Los Angeles (October & November). Featuring: Double Rapid Bus on Pico; different DASH line; exciting ride on NEW Gold Line Light Rail Eastern Extension; destinations not seen or heard of; GOURMET cafeteria lunch at employee prices. SIGN UP NOW UNTIL THURSDAY, AUGUST 27. There will be a required meeting to learn outing date and details and get up-to-date Metro information & materials. (September 3 for Newcomers; September 10 for experienced transit riders.) See Bonnie any Thursday from 11:00-12:15 in the lobby with all your public transit questions.

IMPORTANT INFORMATION REGARDING WEST LA COLLEGE EMERITUS PROGRAM

In the spring of 2003, coinciding with the opening of our new building, West Los Angeles College partnered with Culver City to launch the Emeritus Program at the Senior Center. Classes focus on the needs and desires of older adults and state funding enabled the College to offer the classes free of charge, while providing a means to attract and employ quality instructors. We at the Senior Center know the program has been a great success and has benefitted many hundreds of seniors who have attended classes in fitness, art and current events. The College and the Senior Center are very proud of what we've accomplished. The College is dedicated to serving the community and being a part of the mission of lifelong learning. Even with the bad budget news and cancellation of classes this past spring and summer, Emeritus offerings were not reduced. Now it is with great sadness that the College has informed us that they will be unable to offer free Emeritus classes in fall 2009. Hopefully, this will be a temporary hiatus. It is the goal of the Senior Center to keep the valued classes that we have. In order to do this, the classes will be offered for a fee. Each instructor will be addressed as to how we can continue to offer these classes. Please be advised that details regarding the Emeritus classes will be forthcoming.

We look forward to working with West Los Angeles College again in the near future.

SENIOR OF THE MONTH LETHA KEMPER



The Culver City Senior Citizens Association Board of Directors is pleased to honor

Letha Kemper

Senior of the Month for August, '09

For Letha Kemper, volunteering has always been a way of life. She was raised by parents who were volunteers and she raised her children to be generous in their volunteer activities, too. Letha was active in PTA for all the years her three children were in school. She was also very involved in the Girl Scouts and Boy Scouts for what, to Letha, "seemed like forever." Community activities and School District committees were also a constant.

For over 30 years, Letha has taken pride in her involvement with AFS. She loves meeting people from all over the world and believes that people should be exposed to other cultures or we will never have world peace. She has personal experiences where she knows students have left after their AFS sojourn here with a much more positive feeling about our country.

Letha is involved in the Culver City Community Scholarship program that awards scholarships to Culver City High School seniors for use in college. She also serves on three different committees that select UCLA Alumni Scholarship recipients.

The Los Angeles area has been home to Letha all her life where she attended LAUSD schools. Culver City has been home for 39 years and now volunteering at the Senior Center has become a big part of her life. She has served over 6 years helping in the Nutrition Program, the WWP and always pitches in with Membership Registration and the Patio BBQ's. She enjoys helping people and has met a lot of new friends at our Center. When Letha is not travelling or reading her treasured mystery novels, she also volunteers at UCLA Hospital in the pediatric playroom. What a shining example of the spirit of volunteerism and such a deserving person to be honored as Senior of the Month!

A Message... FROM THE CCSCA BOARD OF DIRECTORS

The CCSCA is looking for some responsible and reliable volunteers. We need a list of members who are willing to help check membership cards for the Tuesday and Sunday movie. The time commitment is from 12:30-1:30 p.m. We also need volunteers who can assist at the Saturday Dance from 12:30 until 3:30 p.m., checking membership cards and collecting money or helping to set up refreshments and drinks. If you are interested, please see Murray Silman at the Center or leave a note in the Board box at the Business Desk with your name and phone number.

The CCSCA will be looking for members with an accounting background, or a background in law or knowledge of the working of nonprofit organizations. We will have nominations for the new Board of

Directors in September and would like all of our interested members to consider running as a nominee. We really need members who will get involved and help in the decision making process at the Center. Thank you in advance for getting involved and volunteering to help make this a great Senior Center.

Hope Seldin

CCSCA Board Member

Don't Forget to
**VOTE on the updated
BY-LAWS**

on Wednesday, August 5, 2009
9:00 until 3:00

**You must show your current
CCSCA Membership Card to vote.**

*Also a reminder to take the time to
read the BY-LAWS before you vote.
They are prominently posted at the
Senior Center.*



IN MEMORIAM

Helen Cappos

Lolita Fernandez

Eddie Sylvan

TRIP OFFICE

AUGUST 2009

TRIP SALES WILL BE WEDNESDAY, AUGUST 5, 2009 IN ROOMS C73 AND C75. DOORS OPEN AT 7:00 A.M. AND TRIP SALES WILL BEGIN AT APPROXIMATELY 7:30 A.M. Enter the building through the door off the Senior Center Parking lot. If you cannot be at the Center at this time, call during regular Trip Office business hours for seat availability. You must check in 30 minutes before scheduled departure time. **YOU MUST HAVE A 2009 MEMBERSHIP CARD FOR EACH PERSON AND EACH PURCHASE. NO EXCEPTIONS!**

OAK GLEN APPLE COUNTRY-FRIDAY-OCTOBER 2-\$52.00

Lv. 9:30 a.m. Rt. 5:30 p.m.



Hop aboard for a day in the brisk mountain air! You will visit the Oak Tree Village and the Parrish Pioneer Ranch where you can buy Apple Butter, fresh apples and more! Lunch entrees are: Baked ham, Swiss Steak or Baked Dijon Chicken Breast. All entrees are served with salad, vegetables, mashed potatoes, apple bread and beverage. You will be given a whole freshly baked apple pie to take home. **Lots of walking on rough, uneven terrain and stair climbing. Restaurant does not have a handicap restroom.**

GOLDEN NUGGET HOTEL LAS VEGAS-SUN-TUES-OCTOBER 4-6

Lv. 9:00 a.m. Rt. 6:00 p.m.

This package includes: Deluxe motor coach transportation, 2 nights accommodations, room taxes, 1 breakfast buffet, 2 welcome cocktail and luggage handling. **Singles: \$195.00/ Doubles \$140 p.p.**



CHUMASH CASINO-THURSDAY-OCTOBER 15-\$25.00

Lv. 8:00 a.m. Rt. 6:30 p.m.

Make sure you get a Player's Card when you enter this casino. Picture I.D. required.



VIEJAS CASINO-TUESDAY-OCTOBER 27-\$25.00

Lv. 8:00 a.m. Rt. 6:00 p.m.

You must bring your Player's Card when you sign up for this trip. Casino is tracking all plays. Casino requires picture I.D.



TRIP REMINDERS

- * We regret that the escorts and the bus drivers cannot provide assistance for members with special needs. If you require assistance during our trips, you must be accompanied by a companion who is capable of and totally responsible for providing assistance.
- * Our trips include the driver's gratuity, however, if the driver performs services over and above the norm, additional tips are recommended.
- * Be sure to carry a picture identification card at all times, e.g. driver's license, California Identification card or current passport.
- * We suggest you bring your own bottled water on trips as sometimes water is not available on the motor coaches.
- * When going on trips, please park at the farthest end of the lot. Make sure you have a Senior Center Parking Permit on your car's rear-view mirror.
- * There is a \$5.00 per night charge for overnight parking at the Center.

SPECIAL NOTICES

- Trip for October 2009—Branson, Memphis & Nashville. Departs October 14, 2009. Stop by the Trip Office for a copy of the itinerary.
- Effective July 1, 2009, the Trip Office is no longer offering the drawing for a day trip for two due to the poor economy.

RAIN OR SHINE, WE LEAVE ON TIME!! IF YOU MISS THE BUS, THE RETURN EXPENSE IS YOUR RESPONSIBILITY AND YOU WILL NOT BE REIMBURSED FOR ANY EXPENSES.

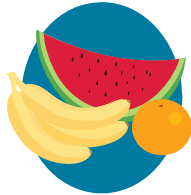
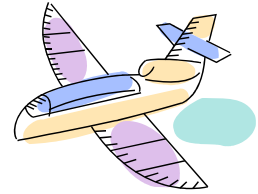


Recruiting Seniors for Volunteer Opportunities:

Please call Jill at 310-253-6722 if interested

Travelers Aid Society (TASLA) —LAX

Do you like to interact with people, solve problems and have fun? TAS is one of our most popular volunteer locations and they offer training only 3 times a year. A new training session will begin September 15th and 16th, so mark your calendars!



S.A.V.E.S.

This wonderful program at St. Augustine's Church off Washington Blvd. involves assisting with food distribution and stocking pantry shelves. Shifts are in the morning—anytime around 8 am to 1 pm. They are especially in need of folks who can lift boxes.

Audubon Ballona Wetlands

Blaze a literal trail and stay healthy by volunteering outdoors!

The program is designed to teach young schoolchildren about the last remaining major coastal salt marsh in L.A. County. Field trips for students take place Tuesday & Thursday mornings, usually 3-5th graders. Docents lead the children on an interpretive nature walk that last approximately two hours.

Docents (trained volunteer teacher or guide): You should be willing and able to work with a group of approximately 12-15 children, accompanied by a teacher or parent. Some docents prefer our outreach program, visiting schools with a slide show.



Notes: Training and program occurs outdoors and involves a lot of walking – always come prepared with water, hat, sunscreen and wear comfortable walking shoes.



Fiesta La Ballona

This community Festival is attended by thousands of people annually. Fiesta is a wonderful opportunity to get out in the community and support the Senior Center. We need friendly volunteers for the Parks, Recreation & Community Services booth.

Fiesta is SATURDAY & SUNDAY August 29 & 30: 11 a.m.—6 p.m. There will be a MANDATORY training this year on Thursday, August 27th, 2009—10:30 – 11 a.m.

Also, the City is relying on our knowledgeable and hard working volunteers to help out with the overall Fiesta—giving out information and helping in the green room—please see Barbara Silverstein.



We're Wild About Our Volunteers!

Thursday, October 1, 2009

This year's 36th Annual Retired and Senior Volunteer Program (RSVP) Recognition Luncheon will be held on Thursday, October 1, 2009 in the Veteran's Memorial Building Auditorium.

Check-in begins at 10:30 a.m. , luncheon begins at noon.

All active RSVP volunteers are invited to attend and enjoy food, drink, entertainment, dancing and door prizes!*

Tickets are \$3 for active RSVP volunteers and \$20 for guests.

Tickets will be on sale in the RSVP office August 25—September 11.
(please note the office will be open very limited hours the week of Sept. 7th and is closed everyday 2-3 pm for lunch)



*an active volunteer is someone who has served 10 or more hours since August '08



The Culver City Senior Citizens Association
Invites You to a Fun

CHECKER TOURNAMENT

Thursday, August 27 at 9:30 a.m.

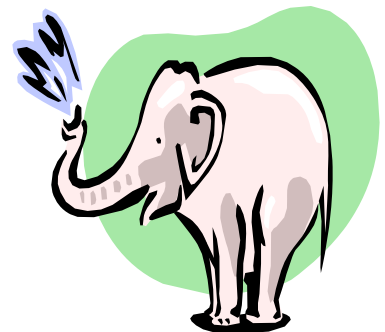
Join other CCSCA Members for some fun
and a chance to win a Gift Certificate to

Ralph's. To play, sign up before the Tournament at the
Business Desk. Come join us for some fun & games!
Meet some other members and maybe even win a prize!

WHITE ELEPHANT SALE

Monday, Aug, 3 from 8-11 am

Donate your *clean & reusable* treasures for the
Merry Makers' sale. To donate, bring items to the
Senior Center on Friday, July 31. The Merry
Makers Club donates the proceeds from the sale
to local charities.









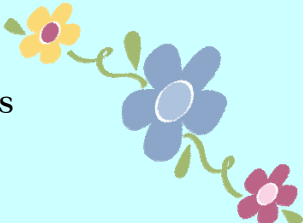
LUNCH MENU August 2009★

Lunch is served at 11:30 a.m. Monday - Friday. For information call the lunchroom at (310) 253-6726 or the Nutrition Program Director at (310) 253-6712. Suggested donation for Seniors (age 60 & over) is \$2.25 and mandatory fee for Non-Seniors (age 59 & below) is \$3.00. If asked to show proof of age, please comply, as it is necessary for us to meet these requirements, which are set forth by our agent.

To reserve lunch, please call between 9 a.m. - 12 noon the day before. Please sign in for your lunch ticket before 11:15 a.m.

Low fat and non-fat milk are served every day. Fruit in light syrup is available upon request as a lower calorie substitution. Please obtain a special ordering ticket at the lunch room sign-in desk.

The menu is subject to change. Exclamation point (!) indicates that the meal or dessert has "Trans Fat". Na (↑) indicates High Sodium

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Minestrone Soup Turkey Meatloaf Seasoned Barley Normandy Vegetables Tossed Salad Thousand Island Dressing Orange or Tangerine	Karaoke Day Potato Soup Dijon Chicken Brown Rice Mixed Vegetables Pineapple Coleslaw Carrot Cake 	Corn Soup Vegetable Lasagna (↑ Na) Creamed Spinach Broccoli & Raisin salad White bread Vegetable spread Coconut Pudding	Beef Enchilada Spanish Rice Cold Red and Green Cabbage Mixed Green Salad French Dressing Banana Orange Juice	Spanish Bean Soup Double Entrée: Herb Baked Fish (OR) Cranberry Chicken Mashed Potato Green Beans Spinach Mandarin Orange Salad Whole Grain Bread w/ Veg. Spread Seasonal Fruit
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon	Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar 	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread Chocolate Pudding	Double Entree: Lemon Dill Baked Fish with Brown Rice (OR) Turkey Bean Chili with Corn Bread & Vegetable Spread Seasoned Spinach Romaine Salad w/ Italian Dressing Oatmeal Cookie Orange juice
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Beef Burrito w/ chili sauce Spanish Rice Mixed Vegetables Spinach Salad with Mandarin Oranges Italian dressing Rice Pudding	Karaoke Day Tomato Soup Lemon Chicken Barley Pilaf Baked Banana Squash Lettuce & Tomato Salad French Dressing Cantaloupe 	Split Pea Soup Meatloaf Mashed Potato Green Beans Broccoli & Raisin Salad Whole Grain Bread Vegetable spread Chocolate Cake ! Or Fruit	Chicken Leg and Thigh Baked Beans Whole Grain Bread Vegetable Spread Coleslaw Banana 	Double Entree: Fish Vera Cruz (OR) Sweet & Sour Pork Brown Rice Carrots Garden Salad w/ Ranch Dressing Wheat Bread Vegetable spread Orange
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Corn Chowder Chicken Fajita Tortilla Pinto Beans Creamy Coleslaw Vanilla Pudding	Karaoke Day Beef Patty Whole Grain Wheat Bun Lettuce, Tomato and Pickle Seasoned White Potatoes Carrot Raisin Salad Mayo and Ketchup Seasonal Melon Orange Juice 	Roast Turkey Corn Bread Stuffing Spinach Cranberry Gelatin Salad Wheat Bread Vegetable spread Melon	Vegetable Soup Spaghetti w/ Meat Sauce Green Beans Tossed Salad with French Dressing Orange	Beef Barley Soup Double Entrée: Baked Fish (OR) Pork Riblet Scalloped Potatoes Peas and Carrots Whole Grain Roll w/ veg. spread Marinated Tomato, Green Pepper, and Onion Salad Peanut Butter Cookies
Monday 31	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>*****</p> </div> <div style="text-align: center;"> <p>I come from a family where gravy is considered a beverage.</p> <p>Erma Bombeck</p> </div> <div style="text-align: right;">  </div> </div>			
★MENU SUBJECT TO CHANGE★				

This project is funded, in part, by LA County Area Agency on Aging, through the Older American Act of 1965, the City of Culver City and the generous donations of our community.



Social Services & Disability Services

5 Tips to Prevent Identity Theft

It is important to safeguard your personal information. According to the Identity Theft Resource Center (Jan 2009) data breaches increased 47% and affected 35.7 million Americans. Here are some things you can do to protect your personal information:

- Do not carry sensitive personal information** such as your Social Security card with you. Identity theft commonly results from information found in lost or stolen wallets, purses, mail or paper records.
- Do not give out your Social Security number** unless absolutely necessary, and NEVER on unsolicited phone calls or in e-mails.
- Shred account statements** and any financial documents before you throw them away.
- Provide financial information only when you are on a secure website.** A secure web address will begin with the letters “https” (instead of the usual “http”) and will often display a small padlock icon.
- Maintain up to date virus, anti-spam and personal firewall software.** For reviews of the latest security software, visit the site www.cnet.com

For more information regarding Social Service Programs, visit Leslie Brandes, LCSW, in her office, at (310) 253-6717 or e-mail leslie.brandes@culvercity.org

For more information about Disability Services programs or for other questions you may have, please visit Darren Uhl in his office or contact him at (310) 253-6729 or darren.uhl@culvercity.org

Caregivers Need Care Too

According to the Family Caregiver Alliance, over 29 million family caregivers provide personal assistance to adults, age 18+, with a disability or chronic illness. If you're fulfilling the role of caregiver to an adult in your family, here are 10 tips that may be useful for you:


- 1. Make time to balance between your caregiving role and your own needs.** It's okay that your loved one's illness or disability doesn't always take center stage.
- 2. Remember to be good to yourself.** Love, honor and value yourself. You're doing a very hard job and you deserve some quality time, just for you.
- 3. Watch for signs of depression, and don't delay in getting professional help if you need it.**
- 4. When people offer to help, accept the offer and suggest specific things that they can do.**
- 5. Educate yourself about your loved one's condition.** Information is empowering.
- 6. Be open to technologies and ideas that promote your loved one's independence.**
- 7. Trust your instincts.** Most of the time they'll lead you in the right direction.
- 8. Grieve for your losses, and then allow yourself to dream new dreams.**
- 9. Stand up for your rights as a caregiver and as an advocate for your loved one.**
- 10. Seek support from other caregivers.** There is great strength in knowing you are not alone.

Senior and Social Services staff members are available to assist residents of all ages with a variety of needs. Our offices are located within the Senior Center. For more information or to make an appointment, please contact: Darren Uhl, Disability Services Specialist at (310) 253-6729 or Leslie Brandes, LCSW/Senior and Social Services Specialist at (310) 253-6717.

Bereavement and Beyond

The **Loss Support Group** “Recreating Your Life” meets on Wednesdays from 10:00 - 11:30 a.m. If you have felt challenges adapting to aging or the loss of someone dear to you, this support group may be the right place for you to find comfort and understanding. This group is facilitated by trained peer counselors from Wise & Healthy Aging. A \$2 donation per meeting is requested. **No walks ins.** Please call Leslie for program pre-screening.

Bereavement Groups for those with recent losses are facilitated by Leslie Brandes, LCSW. One group meets each Wednesday from Noon to 1:30 p.m. and the other occurs every other Friday from 10:00 to 11:30 a.m. A \$2 donation per meeting is requested. **No walks in.** Please call Leslie for program pre-screening.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</p> <p style="text-align: center;"></p> <p>* FEE FOR CLASS ♦ MEETS AT VETS MULTIPURPOSE ROOM +Materials fee</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;">AUGUST 2009</p>	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop 9:30 Nia Class * 10:00 German 11:00 Balance Challenge * 11:00 Russian 12:00 Mah Jong 12:00 Bingo 12:00 Dancercise* 12:15 Floor Exercise & Stretch* 12:30 Coco's Art Class 1:00 Paper Craft Art Class+ 1:00 Fitness Class 2:30 Yoga 2:30 Line Dancing *	9:00 Japanese Class 9:00 Bridge 9:00 Mah Jong 9:00 Pan 9:30 Tai Chi 10:00 Yoga With Rosa *♦ 10:00 Band Practice 10:30 Drama 11:00 Karaoke Mary & Friends 11:30 Tap Dancing 12:00 BERTO Exercise * ♦ 1:00 MOVIE 1:00 Intermediate Spanish 1:00 Sonia's Art Class 2:00 Elementary Spanish 3:15 Rosen Movement 3:30 Yoga*	9:00 RSVP-WWP&Crafts Group 9:00 Harmonica 9:00 Beginning Ballroom *♦ 10:00 Loss Support Group 10:30 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance * ♦ 10:00 Calligraphy+ 11:30 Osteo-Fit Class* ♦ 12:00 Bereavement Group 12:30 RSVP Singers Rehearsal 1:00 Yoga * ♦ 1:30 Portrait Drawing Class 1:30 RSVP Singers Go Out 1:30 Current Events 2:00 Improvisation for Seniors 2:45 Fitness Class 2:30 Open Mike with Tony 4:00 Osteo Exercise Class	9:15 Nia * ♦ 9:00 Watercolor* 9:00 Bridge 9:00 French 9:30 Pastel Art – Beginners 9:30 Qi Gong 9:30 Balance Challenge * 10:00 Spanish 11:00 Public Transit~Bonnie 11:00 Short Story Class 11:30 Mah Jong & Pan 12:00 Duplicate Bridge 12:30-2:30 Shared Housing 1:00 Latin American Group 1:00 Yoga 1:30 Pastel Art – Advanced 1:30 RSVP Dancers Go Out 2:00 Mah Jong for Beginners 3:30 Latin Ballroom Dance*	9:00 Beginning Qi-Gong 9:00 Melody Masters prac. 9:30 Knitting Class 10:00 Qi Gong Class 10:00 Italian 10:30 Sitting Pretty Chair Exercise Class 11:00 Balance Challenge * 11:00 German 11:45 Osteo Exercise 12:45 Fitness 1:00 "Remembranzas" Group 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m. SATURDAY DANCES \$2.00 Members \$4.00 Guests (50 & older)
						1 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
2 12:30 BRIDGE 1:00 MOVIE	3 1:00 VETERANS GROUP MEETING No Tai Chi Today	4 8:00 VALLEY VIEW TRIP 8-10 am <u>FREE COFFEE</u> 1:00 OPERA MOVIE <i>"THE TALES OF HOFFMANN"</i> Drama Group will not meet in August	5 <u>7:30 A.M. TRIP SALES</u> 1:00 "Summer Fun" Follies Show	6	7 8:00 HUNTINGTON TRIP 3:30-5:00 PATIO CONCERT & BBQ	8 1:00-3:30 DANCE Music by MELODY MASTERS
9 12:30 BRIDGE 1:00 MOVIE 1:30-4:00 International Folk Dancing	10 1:00 SENIOR CENTER BOARD MEETING No Tai Chi Today	11 8-10 am <u>FREE COFFEE</u> 1:00 MOVIE	12 9:30-10:45 <u>Blood Pressure Screenings</u>	13 1:00 August Birthday Party	14 12:30 <u>Movie Nostalgia</u> "Showboat"	15 1:00-3:30 DANCE Music by THE STRIKERS
16 12:30 BRIDGE 1:00 MOVIE	17 1:00 SEMINAR <i>"Making Sense of Medicare"</i> Bruce Johnston	18 8-10 am <u>FREE COFFEE</u> 9-12 RSVP CRAFTS SALE 1:00 MOVIE	19 9:00-11:00 a.m. <u>DIABETES SUPPORT GROUP</u> <i>Meets at the Veterans Memorial Building</i>	20 12:30 MOVIE <i>"Everyone Says I Love You"</i>	21	22 Noon COUNTRY WESTERN PARTY Party tickets available at Business Desk IN ADVANCE
23 9:00 WELK RESORT THEATER TRIP 12:30 BRIDGE 1:00 MOVIE	24	25 1:00 MOVIE	26	27 9:30 Checker Tournament	28 8:00 FANTASY SPRINGS TRIP	29 1:00-3:30 DANCE Music by SWING SET
30 12:30 BRIDGE 1:00 MOVIE	31 1:00 SEMINAR "Are You Afraid of Outliving Your Money?" Michael Tomlinson					