Culver CITY

The Newsletter

July 2009

CITY COUNCIL

Andrew Weissman, Mayor

Christopher Armenta, Vice Mayor

Micheál O'Leary

D. Scott Malsin

Gary Silbiger

CITY OF CULVER CITY

Jerry Fulwood, 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.

Art Sale & Boutique Page 2

Senior Center Lunch Program Page 8

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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

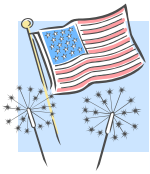
Culver CITY SENIOR CENTER

The Newsletter

JULY 2009

4th of July Celebration

Thursday, July 2, 2009
11:30 a.m.
Lunch & Entertainment



Tickets are $3.50 Donation
Tickets on sale at the Business Desk until June 29
(or until sold out)

Monthly Birthday Celebration **Thursday, July 16 at 1p.m.**

Come & Enjoy Some Great Musical Entertainment
Sponsored by the CCSCA Board of Directors
If your birthday is in July be our guest for cake & ice cream!

Refreshments available to all for 50 cents
The entertainment is FREE to all members!

Happy Birthday!

Entertainment by:

Karaoke Mary & Friends

Summer Patio Concert & BBQ Dinner

Friday, July 17
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 June 29 until sold out.

Live Music
by
Elias w/ Love

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

Ms. Senior America of California
Presents
"STAIRWAY TO THE STARS"
Sunday, July 19 at 1:30 pm
West Los Angeles Preliminary Pageant

Sponsored by the Culver City Senior Center AND Ms. Senior America of California Program

The Ms. Senior America Pageant is the first and foremost pageant to emphasize and give honor to women who have reached the ***"age of elegance"***
Members will be admitted free of charge but you must show your membership card.

ART SALE & BOUTIQUE

Talented members will sell their Creations on

FRIDAY, JULY 24
10:00 a.m. until 3:00 p.m.

Jewelry! Ceramics! Photos!
Clothing! Paintings! & more…….

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 ***"TOSCA,"*** Puccini's melodrama in three acts. Rome in 1800 sets the stage for the story of Tosca (Catherine Malfaitano) and her lover, Mario Cavaradossi (Placido Domingo). Playing time is 2 hours. Presented on **Tuesday, July 7.** 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 July will be ***"HELLO DOLLY."*** One of Barbra Streisand's most beloved performances is that of the indomitable Dolly Levi in this popular musical that received 4 Oscars in 1969. Directed by Gene Kelly and starring Barbra Streisand, Walter Matthau, Michael Crawford and Louis Armstrong. **Friday, July 24 at 12:30 p.m.**

SONY SUNDAY" MOVIE PRESENTATION

The SONY SUNDAY movie for this month will be ***"PAUL BLATT: MALL COP,"*** a comedy about a single, suburban dad who tries to make ends meet as a security officer at a mall. This movie was a big hit at the box office! *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+: *NO ONE UNDER THE AGE OF 50 CAN ATTEND OUR MOVIES!...*unless you are a caregiver)** and those without membership cards pay $2.00. Movies begin at 1 p.m. unless otherwise noted. **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

July 5 **SONY SUNDAY: PAUL BLATT: MALL COP**
2009-PG-Comedy-Kevin James; Jayme Mays

July 12 **CURIOUS CASE OF BENJAMIN BUTTON**
2008-PG13-Fantasy Drama-Brad Pitt; Cate Blanchett; Tilda Swinton; 167 min.

July 19 **"STAIRWAY TO THE STARS"**
Ms. Senior America of California Pageant
West Los Angeles Preliminary Pageant 2009
1:30 p.m. **NO MOVIE TODAY**

July 26 **CHANGELING-2008-Rated R-Drama**
Angelina Jolie; Jeffrey Donovan: John Malkovich; Colm Feore; 141 min.

TUESDAY MOVIES

July 7 **OPERA MOVIE– TOSCA**
Puccini's Melodrama in Three Acts
Placido Domingo; Catherine Malfaitano; Rugerrio Raimondi

July 14 **FLASH OF GENIUS-2008-PG13**
Drama-Greg Kinnear; Lauren Graham; Alan Alda; 119 min.

July 21 **BRIDE WARS-2009-PG-Comedy**
Anne Hathaway; Kate Hudson; Candice Bergen; 90 min.

July 28 **MILK –2008-Rated R-Biodrama**
Sean Penn; Josh Brolin; Diego Luna; James Franco; 129 min.

LOOK WHAT'S COMING UP

HEALTH SEMINAR: *THE 15 POWER FOODS*

Come and hear some valuable information concerning your health & wellness. "The 15 Power Foods" topic will be presented by **Paul Montanchez, Health Educator,** Prospect Medical Group**.** Tuesday, July 14 at 1:00 p.m.

FINANCIAL SEMINAR*: WHAT IS A REVERSE MORTGAGE?*

Need cash to cover your expenses? Would you like to have more funds at your disposal? A Reverse Mortgage could be the answer! A Reverse Mortgage is an FHA, government loan and allows you to convert some of your home's equity into cash that can be used any way you choose. **Bob McLatcher**, Reverse Mortgage Consultant with Wells Fargo, will be here on Thursday, July 23 at 1:00 p.m. to give you the facts and answer your questions..

PUBLIC TRANSIT *IS* FOR EVERYONE!

Imagine what you are missing! There are paces 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. See Bonnie any Thursday from 11:00-12:15 in the lobby (not July 2).

HOMEOWNERS/RENTERS REBATES UPDATE

The state budget approved for 2008/2009 fiscal year deleted funding for the Homeowners and Renters Assistance Program. Since there is no funding in the state budget, **2008 claims will not be paid or processed.**

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

This support group for caregivers meets on Wednesdays from 10:30-noon. If you are interested in becoming part of this group, please call 310-253-6717 for information. Please, NO WALK INS for this group.

TRIP OFFICE: The winner of the drawing for a day trip for two: **EDWIN HAMMOND.**
Effective July 1, 2009, the Trip Office is no longer offering the drawing for a day trip for two, due to the poor economy.

HAM RADIO OPERATORS: If you are interested to know other members who have a HAM Radio License, please contact 310-845-9320.

PAN PLAYERS wanted for Wednesdays at noon. Contact Sharlene London at 310-836-3635.

Special Movie Presentation

"9 to 5"

1980 Comedy
Jane Fonda; Dolly Parton
Lily Tomlin;
Dabney Coleman

Thursday, July 9
12:30 p.m.

Hosted by: Marilyn Hess

Reminder: The Veterans Group will be meeting for lunch at the Proud Bird on July 6

FREE PRESCRIPTION DISCOUNT CARD

The City of Culver City has joined the National League of Cities in offering a prescription discount card. By using the card you will have access to discounts at participating pharmacies.

Easy Access! Extra Savings!

Pick up a card and information at the Senior Center Business Desk and start saving on prescriptions today!

SENIOR OF THE MONTH
SAM POLLACK

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

Sam Pollack

Senior of the Month for July, '09

Sam has expressed that his greatest enjoyment has been the 15 years he has been involved as a member of the Senior Center. He has enjoyed volunteering in the Harmonica Group and has been the leader of the "Over the Hill Gang" harmonica players for about 10 years. The "Over the Hill Gang" has played for various groups over the years, including the Junior Blind, the Carnival for Disabled Children and at nursing homes. Sam is thrilled that both of his sisters, Lillian and Evelyn, are also both active members of the RSVP program at the Senior Center.

Sam is a native of Brooklyn and a graduate of Brooklyn Poly Tech with a degree in Mechanical Engineering . Over 45 years, working for TRW, JPL and Boeing, Sam was involved in some very exciting projects. He worked on the instrument package that went to the moon to analyze super-thermal ions and dust particles from the sun and an instrument package that went to Jupiter to measure magnetic fields. At Boeing he worked on the development of gas turbine engines.

Sam is very proud of his military service in the U.S. Air Force as a radar operator and instructor in WWII. Over the years Sam has enjoyed collecting stamps and building models of ships and planes. His experience doing KP in the service stimulated an interest in cooking and claims his spaghetti and meatballs and potato salad as his specialties.

Sam is very enthusiastic about the Senior Center and how it has given him the opportunity to relate to people with similar problems and experiences in relation to his job and volunteer activities. He has encouraged many others to join the harmonica players and take part in their activities. We congratulate Sam on being chosen the Senior of the Month and wish him

A Message....
FROM THE CCSCA BOARD OF DIRECTORS

Our organization, **THE CULVER CITY SENIOR CITIZENS ASSOCIATION (CCSCA),** exists independently but in cooperation with the activities and programs of the City of Culver City Parks, Recreation and Community Services Department. Our objective is to support services to Senior Citizens and "*to improve the quality of life, to sustain the health and to maintain a sense of well-being among those citizens of 50+ years.*" (from the CCSCA BY-LAWS)

We are currently updating our BY-LAWS and we will be calling for a General Membership vote. In preparation for the vote, we ask each member to take the time to read the BY-LAWS which will be available in various prominent places in the Senior Center. Our Association will benefit if each and every member invests some time to acquaint himself/herself with the BY-LAWS and also the Code of Conduct. Perhaps you or someone you know will take an interest in becoming a Board Member as well and contribute to the CCSCA's role in providing educational, cultural and social activities for our members. We are all dedicated to helping seniors remain active and also to provide social opportunities and a support system.

Special Vote for Amendment of BY-LAWS:
WEDNESDAY, AUGUST 5 from 9:00-3:00

****

This is a reminder about the CCSCA activities:

Membership is required for all activities, classes and programs (exceptions are grant-funded programs, West La College and CCUSD sponsored classes).

The **ONLY** exception to the 50+ rule is for caregivers of CCSCA members who are under 50 years of age. The caregivers may attend activities with their CCSCA member and if a fee is involved, after paying the non member fee. All caregivers need to remain in the room with their CCSCA member who requires assistance.

IN MEMORIAM

William Brown ***Selma Samuels*** ***Irving Karp***

Sol Olevin

(99 years old)

CULVER CITY SENIOR CITIZENS' ASSOCIATION

TRIP OFFICE

JULY 2009

OFFICE HOURS
10:00 A.M. TO 2:00 P.M.
Monday, Wednesday, Friday
24-Hour Trip Information Phone Line
(310) 253-6708
Contacts: Murray Silman or Nancy Hooper

TRIP SALES WILL BE WEDNESDAY, JULY 1, 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!

HARRAH'S CASINO-TUESDAY-SEPTEMBER 1-$15.00

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

Casino is giving you $10.00 in slot play. **You must bring your Player's card when you sign up for this trip. Casino is tracking all plays.**

BOUNTY OF NORTH SAN DIEGO COUNTY-THURSDAY-SEPTEMBER 10-$65.00

Lv. 8:00 a.m. Rt. 5:30 p.m.

You will have a guided tour of Rancho Buena Vista, California's best preserved example of the fabled land grant ranchos. You will be touring the single story hacienda. Lunch at Castle Creek Country Club with your choice of entrees: chicken and mushroom crepes or braised burgundy tips. Included are a green salad, beverage and dessert. **Wear good walking shoes as you will be walking on uneven terrain.**

COLORADO BELLE-LAUGHLIN-SUNDAY-SEPT. 13-15

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

This package includes: round-trip motor coach, 2-nights deluxe accommodations, 3 buffets and luggage handling. **Singles: $105.00/Double: $84.00 p.p.**

CANDLELIGHT PAVILION-SATURDAY-SEPTEMBER 26-$80.00

Lv. 10:00 a.m. Rt. 5:00 p.m.

The Candlelight Pavilion presents **"Man of La Mancha."** You will have your choice of entrée upon arrival.

✶TRIP REMINDERS✶

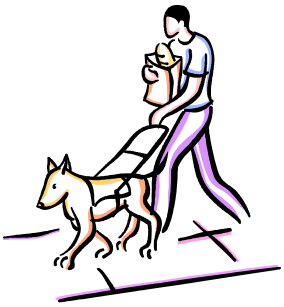
- ✶ We regret that the escorts and the bus drivers cannot provide assistance for members with special needs. If you require assistance during our trips, you must be accompanied by a companion who is capable of and totally responsible for providing assistance.
- ✶ Our trips include the driver's gratuity, 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.

Volunteers Wanted



The Braille Institute is a blind service organization that provides hope and encouragement for people who are blind and visually impaired through free integrated educational, social and recreational programs and services. Their nearest Southern California location is in Hollywood, and driving there typically takes 30-40 minutes from Culver City.

They have many varied volunteer positions: readers; recorders; clerical office aide; lunch room assistants; Braille press assistant (creating Braille books for adults and children); teachers of all kinds – ESL, knitting, sewing, computers, cooking, music (vocal & instrumental), creative arts, yoga, Pilates, etc. They have a great need for bilingual (English & Spanish) volunteers.

A few specific roles they are looking for right now are a male driver for their barbershop quartet and knitting teachers.

If you don't mind the drive, this is a wonderful place to offer your skills and experiences in a volunteer position.

Please see Jill in the RSVP office for more details or call her at 310.253.6722.

**Remember volunteers—if you are requesting mileage or meal reimbursement, your pink cards MUST BE submitted by the 5th of the following month. June cards are due July 5th.

It's that time again! 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.

There will be a MANDATORY training this year on Thursday, August 27th, 2009—time TBD.

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.

Fiesta is SATURDAY & SUNDAY August 29 & 10: 11 a.m.—6 p.m.

Please see Jill to sign up or call 310-253-6722! Thanks!

EXPERT ONE-on-ONE HELP

with your cell phone or laptop computer

Wednesday, July 8th
12:30 - 2:30 p.m.
Room B46

Employees from local computer headquarters, Symantec, will be volunteering to help you with your cell phone and laptop questions.

Please bring the equipment you need help with (along with their chargers) and pen and paper to take notes.

First come, first served. 15 minutes maximum per person

Welcome to Our Senior Center Lunch Program!

GOOD FOOD! **GOOD COMPANY!**

Great Volunteers to Serve You!

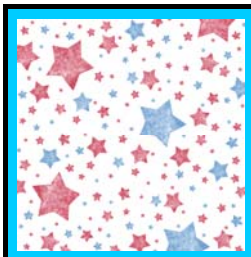
The Nutrition Site serves hot, delicious meals and is a place to meet friendly people. The meals program is funded, in part, by the Los Angeles Area Agency on Aging, and the City of Culver City. Meals are available for a low cost suggested donation of $2.25. Lunch is served Monday-Friday at 11:30 a.m. For information call the lunchroom at 310-253-6726 or the Nutrition Program Director at 310-253-6712. Home delivered meals are also available for qualified participants.

WHY DELAY? JOIN US FOR LUNCH TODAY!

LUNCH MENU -July 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

		Wednesday 1	Thursday 2	Friday 3
	Forget love. I'd rather fall in chocolate! ~Author Unknown	Chicken Rice Soup Spinach Quiche Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit	4th of July Party Senior Center Party Special Ticket Required! 	Center Open Holiday Hours 12:00-4:00 p.m. No lunch served today
Monday 6	**Tuesday 7**	**Wednesday 8**	**Thursday 9**	**Friday 10**
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 Roll Vegetable spread Chocolate Cake ! Or Fruit	Chicken Drummettes Baked Beans Whole Grain Roll Vegetable Spread Coleslaw Banana 	Double Entree: Fish Vera Cruz (OR) Sweet & Sour Pork Brown Rice Carrots Garden Salad w/ Ranch Dressing Vegetable spread Orange
Monday 13	**Tuesday 14**	**Wednesday 15**	**Thursday 16**	**Friday 17**
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 Vegetable spread Melon	Vegetable Soup Spaghetti w/ Meat Sauce Green Beans Tossed Salad with French Dressing Orange	Beef Barley Soup DBL 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 20	**Tuesday 21**	**Wednesday 22**	**Thursday 23**	**Friday 24**
Chicken Rice Soup Pepper Steak w/ gravy Brown Rice Stewed Cabbage Spinach Salad with Mandarin Oranges Applesauce	Karaoke Day Chicken ala Morrison Barley Pilaf Whole Grain Roll w/ Vegetable Spread Mixed Vegetables Caesar Salad Banana Orange Juice 	Lentil Soup Stuffed Pepper Wheat Bread Mashed Potato Mexican Corn Creamy Coleslaw Vegetable Spread Sliced Peaches	Oven Crisp Chicken Corn Bread Greens Black Eye Peas Tossed Salad Thousand Island Dressing Gelatin with Mandarin Oranges	Minestrone Soup DBL Entrée: Garlic Fresh Fish (OR) Veal Parmesan Parsley Noodles Creamed Spinach Marinated Beets & Onion Salad Wheat Bread w/ Vegetable Spread Cantaloupe
Monday 27	**Tuesday 28**	**Wednesday 29**	**Thursday 30**	**Friday 31**
Hawaiian Chicken Brown Rice California Blend Marinated Cucumber Salad Fresh Fruit Orange Juice	Karaoke Day Beef Stew Whole Grain Roll Vegetable Spread Carrots Potato Chunks, Peas & Onions Tossed Salad Ranch Dressing Pineapple & Mandarin Orange Fruit Cup 	Cream of Broccoli Soup Herb Baked Chicken Corn Bread Stuffing Sweet Potatoes Creamy Coleslaw Spice Cake	Ground Beef Lasagna Zucchini, Mushroom and Tomatoes Romaine Salad Italian Dressing Whole Grain Roll Vegetable Spread Strawberries or Melon	Navy Bean Soup DBL Entrée: Baked Supreme Fish (OR) Polish Turkey Sausage (↑ Na) Oven Brown Potatoes Carrots Garden Tomato Salad Wheat Bread Vegetable Spread Orange

✶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.

revised 7/3/2009

Routine Expenses Medicare Doesn't Cover

Medicare does not cover all medical expenses. Here are four common medical expenses ***not*** covered by Medicare:

- **Dental Care,** including cleanings, fillings, and dentures.
- **Long-term care,** either in an assisted living facility, skilled nursing facility, or at home. Medicare does not cover custodial care, including activities of daily living such as dressing, bathing, eating, etc.
- **Vision care,** including routine eye exams, eyeglasses, and contact lenses.
- **Prescription drugs,** unless the recipient has purchased Medicare Part D coverage.

To fill the gaps in Medicare, many private insurers offer "Medigap" coverage, which are standardized and regulated by the government. For more information on Medigap coverage and what Medicare does and does not cover, you may set up an appointment at the business desk with our HICAP (Health Insurance Counseling & Advocacy Program) volunteer, Linda Fleishman, or you may call HICAP at (800)434-0222 or go to www.medicare.gov

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

Hints for Communicating with Individuals Who Have Disabilities

General

- Treat people with disabilities with the same respect and consideration with which you treat others.
- Ask a person with a disability if he/she needs help before providing assistance.
- Talk directly to the person with a disability, not through the person's companion or caregiver.
- Refer to a person's disability only if it is relevant to the conversation. If so, mention the person first and then the disability. "A man who is blind" is better than "a blind man" because it puts the person first.
- Avoid negative descriptions of a person's disability. For example, "a person who uses a wheelchair" is more appropriate than "a person confined to a wheelchair." A wheelchair is not confining—it's liberating!

Blind or Low Vision

- Be descriptive. Say, "The computer is about three feet to your left," rather than "The computer is over there."
- When guiding people with visual impairments, offer them your arm rather than grabbing or pushing them.
- Ask for permission before you interact with a person's guide dog or service dog.

Mobility Impairments

- Sit or position yourself at the approximate height of people sitting in wheelchairs when you interact.

Deaf or Hard of Hearing

- Face people with hearing impairments so they can see your lips. Avoid talking while chewing gum or eating.
- Speak clearly at a normal volume. Speak louder only if requested.
- Use paper and pencil if the person who is deaf does not read lips or if more accurate communication is needed.
- In groups raise hands to be recognized, so the person who is deaf knows who is speaking. Repeat questions from audience members.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN ➡ *** FEE FOR CLASS** **◆ MEETS AT VETS MULTIPURPOSE ROOM** **+Materials fee** *All Classes Are Taken At Risk of the Participant* **JULY 2009**	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 *	9-12 Job Referral Office 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 9-12 Job Referral 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 **7:30 A.M. TRIP SALES**	**2** July 4th Celebration	**3** 8:30 BAKERY TRIP **12-4** **Holiday Hours**	**4** 1:00-3:30 DANCE Music by ***RAZZMATAZZ*** 1:00 Card Games with Virginia
5 12:30 BRIDGE 1:00 MOVIE	**6** Veterans Group at the Proud Bird Restaurant Today	**7** 8:00 SANTA YSABEL TRIP 8-10 am FREE COFFEE 1:00 **OPERA MOVIE** ***"TOSCA"***	**8** 9:30-10:45 **Blood Pressure Screenings**	**9** **12:30** Movie "9-5" 9-12 RSVP CRAFTS SALE	**10**	**11** 1:00-3:30 DANCE Music by ***MELODY MASTERS***
12 12:30 BRIDGE 1:00 MOVIE 1:30-4:00 International Folk Dancing	**13** 1:00 SENIOR CENTER BOARD MEETING	**14** 8-10 am FREE COFFEE 1:00 MOVIE 1:00 SEMINAR **"15 POWER FOODS"** Paul Montanchez	**15** 9:00-11:00 a.m. DIABETES SUPPORT GROUP *Meets at the Veterans Memorial Building*	**16** 10:45 "THIS IS MY COUNTRY" TRIP **1:00** July Birthday Party	**17** **3:30-5:00** **PATIO CONCERT** **&** **BBQ**	**18** 1:00-3:30 DANCE Music by ***THE STRIKERS***
19 12:30 BRIDGE 1:00 MOVIE	**20**	**21** 8-10 am FREE COFFEE 1:00 MOVIE	**22**	**23** 1:00 SEMINAR Reverse Mortgages Bob McLatcher	**24** **10:00-3:00** **CRAFTS BOUTIQUE** **12:30** **Movie Nostalgia** ***"Hello Dolly"***	**25** 1:00-3:30 DANCE Music by ***SWING SET*** 1:00 Card Games with Virginia
26 9:30 SALSA FESTIVAL TRIP 12:30 BRIDGE 1:00 MOVIE	**27** 8:00 HARRAH'S CASINO TRIP	**28** 1:00 MOVIE	**29**	**30**	**31**	