

Culver CITY

The Newsletter

June 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, Assistant City
 Manager
 William LaPointe, Director
 Parks, Recreation & Community
 Services

SENIOR & SOCIAL SERVICES

Armando Abrego,
 Senior & Social Services Manager
 Jenn Ma-Pham,
 Senior & Social Services Supervisor
 Senior Center Director
 Leslie Brandes, Social Services Spec.
 Debbie Cahill, Senior Program Spec.
 Roxana Tabibi, Senior Nutrition Spec.
 Jill Thomsen, RSVP Specialist
 Darren Uhl, Disability Specialist
 Raziya Al-Nafis, Secretary
 Spencer Wray, Van Driver
 Jesse MacGregor, Van Driver

*4th of July
 Celebration
 Page 2*

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.

Inside this issue:

Front Page News	2
Opera and Showtime News	3
Look What's Coming Up!	4
Senior of the Month, In Memoriam	5
Trip Office	6
RSVP News and more	7
Monthly Lunch Menu	9
Spotlight on Social Services & Disability Services	10
Monthly Calendar	11



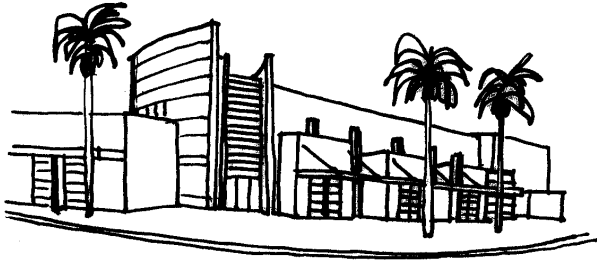
CULVER CITY SENIOR CENTER

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



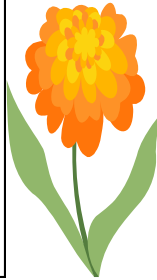
The Newsletter

JUNE 2009

RUBY & MARIO'S STAGE SHOW "LAUGH OUT LOUD"

PRESENTED BY THE SENIOR CENTER'S
PRIME TIME PLUS PLAYERS

TUESDAY, JUNE 16 1:30 P.M.
THE PRICE IS RIGHT FREE!



RAGTIME PIANO CONCERT

DOUG HAISE

FRIDAY, JUNE 12
12:30 p.m.

Hear some great Ragtime piano and
Doug's interesting commentary!



Monthly Birthday Celebration

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

If your birthday is in June
be our guest for cake & ice cream!

Refreshments available to all for 50 cents

Thursday, June 11 at 1p.m.



Happy
Birthday!

Entertainment by:

Sylvia Mora

It's Summertime! Time for Music & BBQ on the Patio!

Friday, June 19
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 1 until sold out.



Come & hear some great
Live Music

by

Razzmatazz

on our beautiful patio!

The concert is FREE for everyone to
enjoy. Tickets for the BBQ must be
purchased before the event.

"The Great American Songwriters"

Presenting

GERSWIN

Thursday, June 25 at 1 pm

COMMENTARY & FASCINATING
HISTORY & TRIVIA BY
SAUL H. JACOBS

VOCALS BY
LULEE FISHER

KEYBOARD ARTISTRY BY
BOB LIPSON



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
June 8-26 (or until sold out)

OPERA AT THE SENIOR CENTER

The opera program is usually presented on the first Tuesday of the month at 1:00 p.m. This month's opera movie is **"LUCIA DI LAMMERMOOR."** Donizetti's tragic drama in three acts was first performed in Naples, Italy in 1835. This 1971 performance features Ann Moffo as Lucia and Lajow Kozma as Edgardo. The time is 1669 and the place is highland Scotland. Playing time is 108 minutes. Presented on **Tuesday, June 2.** 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 June will be **"THE RED VIOLIN."** A violin comes up for auction and we follow the history of the violin, from its maker to present day auction and all who owned it. Find out *why* it is called the red violin. Playing time is 130 min. **Friday, June 26 at 12:30 p.m.**

SONY SUNDAY" MOVIE PRESENTATION

The SONY SUNDAY movie for this month will be **"THE NATURAL."** An average baseball player comes out of seemingly nowhere to take a losing 1930's team to the top of the league in this magical sports fantasy starring Robert Redford, Glenn Close, Kim Basinger and Wilford Brimley. *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

- June 7** **SONY SUNDAY: THE NATURAL-1984**
Drama-Robert Redford; Glenn Close; 108 min.
- June 14** **SLUMDOG MILLIONAIRE-2008-Rated R**
Drama-Dev Patel; Anil Kapoor; Saurabh Shukla; Oscar for Best Picture 2008; 120 min.
- June 21** **HAPPY GO LUCKY-2008-Rated R**
Comedy-Sally Hawkins; Alexis Zegerman; Andrea Riseborough; 119 min.
- June 28** **GET SMART-2008-PG13-Comedy**
Steve Carrell; Anne Hathaway; 110 min.

TUESDAY MOVIES

- June 2** **OPERA MOVIE- DONIZETTI'S LUCIA DI LAMMERMOOR**
- June 9** **FLASH OF GENIUS-2008-PG13**
Drama-Greg Kinnear; Lauren Graham; Alan Alda; 119 min.
- June 16** **No Movie Today-Come and enjoy "LAUGH OUT LOUD" presented by The Prime Time Plus Players Drama Group & Dancercise Dancers**
- June 23** **LAST CHANCE HARVEY- 2008 PG13-Romantic Comedy-Dustin Hoffman; Emma Thompson; 93 min.**
- June 30** **YANKEE DOODLE DANDY-1942**
James Cagney; Joan Leslie

LOOK WHAT'S COMING UP

Special Movie Presentations



"Bye Bye Birdie"

1963 Musical

Dick Van Dyke; Janet Leigh
Ann Margaret; Ann Stapleton

Thursday, June 18 at 12:30 p.m.

"Yankee Doodle Dandy"

1942 film of the life of the renowned
George M. Cohan

James Cagney Joan Leslie
Walter Huston Richard Whorf

Tuesday, June 30 at 1:00 p.m.

Hosted by: *Marilyn Hess*

ALL MEMBERS WHO ARE 65+
AND LOS ANGELES RESIDENTS:

Obtain a monthly METRO PASS for
only \$2.50. A TAP CARD is helpful

JOHN FONG

Of

CITY RIDE

Will give a presentation about this on

THURSDAY, JUNE 25

10:00-11:00 a.m.



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: THE CALIFORNIA PARTNERSHIP FOR LONG TERM CARE

The California Partnership for Long-Term Care is a program of the California Department of Health Services. The seminar will educate you on the benefits of the California Partnership as well as asset protection that is only available in Partnership policies. Presented by **Tiffany Thibodeaux**. **Friday, June 12 at 10 a.m.**

NEW CLASS: PAPERMAKING

Discover the joy of papermaking. If you make collages, cards, scrapbooks, you will love this class. Add flowers, glitter, whatever you want. Learn to paint with colored pulp. We will explore several approaches you can duplicate at home. **Mondays, 1:00-3:30 p.m. from June 22 to July 21.** Instructed by **Janet Martorello**, from CCUSD Adult School.

SEMINAR: IN HOME SAFETY

On **Thursday, June 4 at 1:00 p.m.**, **Laurie Glover** from Homewatch Caregivers will speak on "In Home Safety" and will give you plenty of useful information.

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 (or practical ones like a doctor's office). Don't miss out! Meet Bonnie any Thursday from 11:00-12:15 in the lobby.

Presentation by John Fong of City Ride on Thursday, June 25 at 10:00 am

LOOK FOR A MAJOR TRANSIT OUTING ANNOUNCEMENT IN THE JULY NEWSLETTER!

PERSONAL EMPOWERMENT PRESENTATIONS

Two presentations for Senior Grown Ups with the goal of opening doors for you, giving you advantages and keeping you in charge. Expand your opportunities with information from Patricia Kavanagh-Dowsett and Jim Moore, PhD. on the following topics:

- ♦ COMPUTERS FOR NOVICES—A classroom style introduction to computers for beginners/novices.
Thursday, June 18 at 1:00 p.m.
- ♦ LIVING TRUSTS—Do you have one? Can you afford not to? Monday, June 22 at 1:00 p.m.

MAH JONG PLAYERS wanted for Tuesdays at 11:00. Call Sophie at 310-839-2917.

PAN PLAYERS wanted for Wednesdays at noon. Contact Sharlene London at 310-835-3635.

TRIP OFFICE: The winner of the drawing for a day trip for two: **CARL STARBECK**

***** **Friendly Reminder Regarding Weekend & Holiday Hours** *****

SENIOR CENTER HOURS ARE FROM 12:00 –4:00 P.M. ON SATURDAYS, SUNDAYS AND HOLIDAYS. PLEASE DO NOT ENTER THE BUILDING BEFORE 12:00 ON THESE DAYS. YOU WILL NOT BE ADMITTED TO THE MOVIE ROOM UNTIL THE SET UP IS COMPLETED , AT APPROXIMATELY 12:30 P.M.

SENIOR OF THE MONTH ANN LEVIN



At 96 years young, Ann Levin is an inspirational role model for healthy aging. She is always upbeat and brightens our days with her charming smile.

Though her hearing may not be what it once was, Ms. Levin is a voracious reader. We're told that she has read nearly all 300 books in our Large Print lending library located in the Disability Services Office. Living in close proximity to the Senior Center has been a blessing for Ann who walks here each week to volunteer for the RSVP Wednesday Work Project. Over the years, Ann has logged nearly 1500 hours of RSVP volunteer service and also lends her time and talent to many other local organizations that work to improve the lives of others.

Ann has volunteered with St. Andrews Senior Citizens Center, with Symphony Conductor Frank Fetta, at Opica Day Care Center, the City of Hope and the Veterans Home for the Aging. She has volunteered in many capacities assisting with special events, fundraisers, working with disabled youth and adults, and serving in various official capacities.

Culver City became home for Ms. Levin in 1992 where she became a CCSCA member and started participating and volunteering. Her volunteer experiences have included raising money for the new senior center building, working on membership registration, assisting the Nutrition Program, wrapping and delivering holiday gifts, and helping with health fairs and flu clinics. Dancing is Ann's favorite sport and she has had the opportunity to participate in square dancing and performing at nursing homes.

Ann was born in Chicago in 1911. In her youth she dabbled in ballet, tap, modern dance and theater. After a brief stint on stage, Ann moved on realizing that "actors take themselves far too seriously!" She worked as a civil servant in foreign correspondence and for Sears and Max Factor in book keeping.

Ann always loved to travel. One of her fondest memories is of a wonderful trip along Canada's western coast. Ann enjoys staying active and believes that work and volunteering help to keep her happy and healthy, and plans to keep it up as long as possible. Please help us honor Ann Levin as the Culver City Senior of the Month for June. If you can find a quiet spot, Ann would love to chat with you one-on-one! Congratulations, Ann!

A Message... FROM THE CCSCA BOARD OF DIRECTORS

This column has previously explained in great detail the Board of Directors' role in your Senior Center, its relationship with management and how it functions on your behalf.

Reading and hearing how the Board does its job is no substitute for actually attending the monthly Board meeting. Typically we have six or so visitors at each meeting (usually the same people).

We believe that we will be better able to serve you if more of you attended the meetings. Please come, ask questions, make suggestions, air your grievances or just speak your mind. You do not have to stay for the entire meeting. Very early in the agenda it is the time for visitors to speak. We do invite you to stay for the balance of the meeting and observe the Board and the Senior Center Staff and perhaps you will be inspired to serve on the Board yourself. The meeting is held the second Monday of the Month at 1:00 p.m..

Note: Some meetings may be long, but they are never boring. If you do fall asleep, we will gently wake you.

Lionel Crown
CCSCA Board Member

The Board of Directors thanks all the volunteers for their service at the Senior Center. We would also like to thank all CCSCA members for their cooperation with volunteers when they ask to see your membership card. We want to remind all members to keep your membership card with you. If you have lost your card you can replace it at the Business Desk for \$1.00. You need to show your card each time at the Tuesday and Sunday movie and at the Saturday Dance. You must show your card for use of the Computer Lab and the Fitness Room. Random checks for membership cards are also made at different classes. We hope you are enjoying the variety of activities and events that are provided for you at the Center.

IN MEMORIAM

Margarity Sevilla

Irene Repasky

TRIP OFFICE

JUNE 2009

TRIP SALES WILL BE WEDNESDAY, JUNE 3, 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!

VALLEY VIEW-TUESDAY-AUGUST 4-\$32.00

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

Casino is giving you \$15.00 in slot play. **You must bring your Player's card when you sign up for this trip. Casino is tracking all your plays. Picture I.D. is required by the Casino.**



CHINESE GARDEN @ THE HUNTINGTON-FRIDAY-AUGUST 7-\$73.00

Lv. 10:30 a.m. Rt. 6:00 p.m.

This brand new tour starts off with an authentic Chinese luncheon. Next, we will tour the Chinese garden at The Huntington. This garden took 10 years in the making with its 1.5 acre lake, bridges, teahouse and tea shop. The garden is a show case for an ancient and influential style of landscape architecture. There will be time to visit the new library. **Lots of walking.**



JOSEPH & THE AMAZING TECHNICOLOR DREAMCOAT-SUN-AUG. 23-\$87.00

Lv. 9:00 a.m. Rt. 7:00 p.m.

The **Welk Resort Theatre** is presenting this classic musical. Lunch will be at the Old Spaghetti Factory serving spaghetti with meat sauce, salad, bread, dessert and a beverage. **Light Walking.**



FANTASY SPRINGS-FRIDAY-AUGUST 28-\$32.00

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 your plays. Picture I.D. is required.**



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.
- Be sure to drop off your trip receipts at the Trip Office for a chance to win a day trip for two!

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.



RSVP

Calling All Outdoor Lovers!



Audubon Ballona Wetlands Education Program

Services Provided: 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.

Volunteer Positions: 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.

Baldwin Hills Scenic Overlook

Services Provided: Take in breathtaking views, hike through restored native habitat, and enjoy a state of the art visitor center at your stunning new urban park, Baldwin Hills Scenic Overlook. Visitors can begin to discover, or residents can rediscover Los Angeles from this 511 ft. peak just southwest of downtown. Exhibits tell the story of this once drilled and exploited land which has now become a symbol of regrowth, conservation and hope.

Volunteer Positions: Meet & greet the public at the new visitors center; be a hike leader; engage in environmental restoration projects including native plant gardening and habitat rehabilitation; special event assistance; community outreach and research

Notes: The park's main entrance is at 6300 Hetzler Rd. in Culver City off of Jefferson Blvd.

If interested in the volunteer opportunities above, please contact Jill at 310.253.6722 or stop by the volunteer office at the Center!



WANTED: Completed knitted items!

We are looking for **donations** of nice completed knitted items for sale at Fiesta la Ballona. Proceeds from the sales of these items go towards activities for all RSVP volunteers. Thank you in advance!

On another note...If you've played & enjoyed Wii, please see Jill in the volunteer office!

Senior Center Fitness Room

A GOOD FIT FOR YOUR WORKOUT!



- For Culver City Senior Citizens Association Members Only
- REMINDER: PAYMENT OPTION FOR 6 MONTHS IS DUE ON/BEFORE JULY 1 (For July 1-Dec. 31, 2009)
- Once your forms are filled out, your fee is paid and you have had training on how to properly and safely use the equipment, you will be on your way to improving strength, cardiovascular conditioning, endurance, fall prevention, and you will just plain feel better.



WHY DELAY? JOIN TODAY!

LUNCH MENU June 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 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Asian Chicken Steamed Rice California Blend Whole Grain Roll 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 Roll 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 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Beef Burrito 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 Leg/Thigh Baked Beans Whole Grain Roll Vegetable Spread Coleslaw Banana	Double Entree: Fish Vera Cruz (OR) Sweet & Sour Pork Brown Rice and Carrots Wheat Bread Garden Salad w/ Ranch Dressing Vegetable spread Orange
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
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 Cantaloupe	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 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
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 29	Tuesday 30	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p style="font-size: 1.2em;">I prefer butter to margarine, because I trust cows more than I trust chemists.</p> <p style="font-size: 1.1em;">~Joan Dye Gussow</p> </div>  </div>		
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			
★ 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

FRIENDLY VISITOR PROGRAM

One goal of the Friendly Visitor Program is to assist those isolated, frail, older Culver City residents who live alone, are primarily homebound, and could benefit from some weekly companionship. Another goal of the program is to encourage and facilitate aging in place.

Volunteers visit for approximately one hour each week. Volunteers are interviewed and trained by City staff and must pass a “Live Scan” background check in order to participate in the program.

If you are a Culver City resident who lives independently, has difficulty getting out & about, and would like to participate in this program, please contact Leslie Brandes at (310)253-6717 for further information.

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

Disability related information and referral services are provided to Culver City residents of all ages. Staff works to ensure that people of all abilities are included, able to participate, and accepted as valued members of the community. In addition to offering a variety of recreational opportunities, staff also communicates with city departments as needed to address barriers and expressed concerns.

At the Senior Center we feature:

- ◆ CCTV Magnification Machine for Public Use
- ◆ Donate Used Eyeglasses & Hearing Aids
- ◆ Large Print Library & Audio Books to borrow
- ◆ Information, Assistance, and Referrals
- ◆ Assistive Listening Devices for Events
- ◆ Disability Advisory Committee Meetings

Paratransit Dial-A-Ride Service and Taxi Coupon Program for Seniors and People with Disabilities

Available to transportationally disabled Culver City residents. Qualifying clients submit a completed Authorization Form available at the Senior Center. Once approved, discounted taxi coupons may be purchased and, with advance notice, vans may provide curb to curb daytime service, Monday – Friday, within Culver City limits for a suggested donation of \$.50 each way.


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;">JUNE 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 Scrabble 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 2:00 Card Game: Poker for Fun 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 1:00 VETERANS GROUP MEETING	2 1:00 OPERA MOVIE "Lucia di Lammermoor"	3 <u>7:30 A.M. TRIP SALES</u>	4 1:00 Seminar "Home Safety" Laurie Glover	5 8:30 SAN DIEGO TRIP <i>No Line Dancing Today</i>	6 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
7 9:00 LAUGHLIN TRIP 12:30 BRIDGE 1:00 MOVIE 1:30-4:00 International Folk Dancing	8 1:00 SENIOR CENTER BOARD MEETING	9 8-10 am <u>FREE COFFEE</u> 1:00 MOVIE	10 9:30-10:45 <u>Blood Pressure Screenings</u>	11 1:00 JUNE Birthday Party	12 10:00 SEMINAR LONG TERM CARE 12:30 Ragtime Piano Doug Haise	9 1:00-3:30 DANCE Music by MELODY MASTERS
14 12:30 BRIDGE 1:00 MOVIE	15	16 8-10 am <u>FREE COFFEE</u> 1:30 "LAUGH OUT LOUD" BY PRIME TIME PLUS PLAYERS <i>*NO MOVIE TODAY</i>	17 9:00-11:00 a.m. <u>DIABETES SUPPORT GROUP</u>	18 12:30 MOVIE "BYE BYE BIRDIE" 1:00 INTRODUCTION TO COMPUTERS SEMINAR Jim. Moore, PhD	19 3:30-5:00 PATIO CONCERT & BBQ	20 1:00-3:30 DANCE Music by THE STRIKERS
21 12:30 BRIDGE 1:00 MOVIE	22 1:00 LIVING TRUSTS SEMINAR Patricia K.D. <i>1:00 PAPERMAKING CLASS BEGINS</i>	23 8-10 am <u>FREE COFFEE</u> 1:00 MOVIE	24	25 8:00 VALLEY VIEW CASINO TRIP 10:00-11:00 CITY RIDE PRESENTATION 1:00 GERSHWIN SHOW	26 12:30 <u>Movie Nostalgia</u> "The Red Violin"	27 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia
28 12:30 BRIDGE 1:00 MOVIE	29	30 8:00 PALA CASINO TRIP 1:00 MOVIE				