Culvercity

The Newsletter

September 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

Fiesta Latin American Party 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

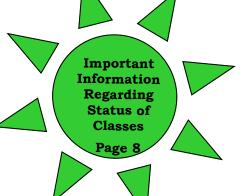
Alternates:

Nader Georgy Linda Sanchez

Mary Garcia

Monthly Board Meeting

Second Monday, 1:00 p.m.





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Spotlight on Social Services & Disability Services

Monthly Calendar



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

Sulver CITY SENIOR CENTER



The Newsletter

SEPTEMBER 2009



Celebrating Hispanic Heritage Month

Latin American Party Lunch & Entertainment Come join the fun!



Tickets are \$3.50~On sale from Aug. 24-Sept. 11 (or until sold out)



Monthly Birthday Celebration

Thursday, September 10 at 1p.m.

Come & Enjoy Some Great Musical Entertainment Happy Sponsored by the Culver City Senior Citizens If your birthday is in September, be our guest for cake Birthday! & ice cream. Refreshments for all for just 50

Entertainment Ву

Lee Hahn



End of Summer Patio Concert & BBQ Dinner

Friday, September 4 3:30-5:00 p.m.

Tickets for the BBQ Dinner will be presold for \$4.00 each. Tickets available at the Business Desk from Wed., Aug. 19 until sold out.



The Shaka Strummers Tkulele Band 4 Polynesian Dancers

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

This is our last Summer Patio Concert for 2009! Thank You to all the fabulous. hard working volunteers who made these fun events possible for you!



Ragtime Piano Concert ~ Doug Haise returns to play some great Ragtime piano

Friday, September 4 at 12:30 p.m.

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 Mozart's classic opera "DON GIOVANNI." Masterful opera stars, incredible costumes, the setting of a 16th century mansion in picturesque Vincenza, Italy, make this film version of the opera a triumph. Presented on Tuesday, September 1 at 1:00 p.m.. Volunteer Murray Winagura plans and hosts this program. Playing time is 3 hours.

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 September will be "*THE DESERT SONG*." Kathryn Grayson, Gordon MacRae and Raymond Massey capture the romance and splendor of one of the world's great operettas by Sigmund Romberg and Oscar Hammerstein. **Friday, September 25 at 12:30 p.m.** Playing time is 110 minutes.

SONY SUNDAY" MOVIE PRESENTATIONS

The month of September will feature SONY SUNDAY movies on all four Sundays! The regular SONY SUNDAY movie on the first Sunday of the month, will be "THE INTERNATIONAL," a thriller about an Interpol agent determined to expose an arms dealing ring responsible for facilitating acts of terrorism around the globe. The agent follows the money from Berlin to Milan to New York to Istanbul.

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

- Sept. 6 SONY SUNDAY: THE INTERNATIONAL 2008-Rated R-Thriller-Armin Mueller-Stahl; Clive Owen; Naomi Watts; Ulrich Watson; Brian O'Byrne; 118 min.
- Sept. 13 SONY SUNDAY: JERRY MAGUIRE 1996-Comedy/Drama-Tom Cruise; Cuba Gooding, Jr.; Renee Zellweger; 139 min.
- Sept. 20 SONY SUNDAY: KARATE KID 1984-Drama-Ralph Macchio; Pat Morita; Elisabeth Shue; Martin Rove; 126 min.
- Sept. 27 SONY SUNDAY:
 84 CHARING CROSS ROAD
 1987 Drama/Romance-Anne Bancroft;
 Anthony Hopkins; Judi Dench; 100 min.

TUESDAY MOVIES

- Sept. 1 OPERA MOVIE– DON GIOVANNI Mozart's classic opera-Rugero Raimondi; Kiri Ti Kanawa; 3 HOURS
- Sept. 8 MARLEY & ME-2008-PG-Comedy Owen Wilson; Jennifer Aston; Eric Dane; Kathleen Turner; 120 min.
- Sept. 15 NO MOVIE TODAY-PLEASE JOIN US FOR THE HISPANIC HERITAGE PARTY!
- Sept. 22 THE SOLOIST-2009-PG13-Drama Jamie Foxx; Robert Downey, Jr.; 116 min.
- Sept. 29 BOTTLE SHOCK-2008-PG13-Comedy Alan Rickman; Bill Pullman; Freddy Rodriguez; Dennis Farina; 108 min.

LOOK WHAT'S COMING UP

Special Movie Presentation ""Down Argentine Way"

1940 Comedy/Musical/Romance
Betty Grable Don Ameche
Carmen Miranda

Thursday, September 24 12:30 p.m.

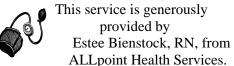
Hosted by
Marilyn Hess

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.



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

HEALTH SEMINAR: ATRIAL FIBRILLATION UPDATE

Erich Buch, M.D., UCLA Cardiologist, will discuss atrial fibrillation-the most common heart rhythm disorder in people over 50, and discuss risk factors, diagnostic tests and treatment options. Tuesday, September 8 from 1:00-2:30 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. Thursday, September 24 at 1:00 p.m.

PUBLIC TRANSIT IS FOR EVERYONE!

Upcoming Public Transit Events:

Required meeting for those signed up for the Fall Downtown outing will be from 1:00-2:00 p.m. in the Conference Room on the following dates:

- 1. Thursday, September 3 for Newcomers
- Thursday, September 10 for Experienced Participants Culver City BUS INFORMATION

Culver City residents or frequent Culver City Bus riders will learn about the TAP program and other important information about the Culver City Bus system on Thursday, September 17 from 10:00-11:00 a.m. Two experienced Culver City Bus personnel, **Frazier Watts and Cara Sykes**, will give you details and answer your questions. Bonnie Cherko, our experienced transit volunteer, can also help you with the TAP application. See Bonnie any Thursday from 11:00-12:15 in the lobby with all your public transit questions.

THE "PRIME TIME PLUS PLAYERS" DRAMA GROUP

Is readying a blockbuster performance of "LAUGH OUT LOUD II." We wowed the audience in June with "LAUGH OUT LOUD" and now we want YOU to join us to add your jokes and standup comic talent to wow the audience again! Come join our Drama Group beginning Tuesday, September 8 at 10:15 to 12:30 in the Arts & Crafts Room (next to the Billiards Room). If this is something you have always wanted to do, now is the time! It's never to late to follow your dream!

FLOWER DECORATIONS WITH JESSICA

Learn the art of flower decorating with Jessica Jones. The class will meet on Monday, September 14 at 2:00 p.m. Jessica is volunteering her time but the cost for the class will be \$10 for the flowers used. We will have a sign up sheet at the Business Desk so Jessica will know how many flowers to supply.

BEGINNING HARMONICA CLASS

Do you want to learn to play the harmonica? We have 2 willing teachers if there are some people who want to start learning the harmonica from the very beginning. If you are interested, call and leave your number with Debbie at 310-253-6715.

***** SEE THE IMPORTANT INFORMATION REGARDING CLASSES

On page 9 you will find very important information about the classes once supported by West Los Angeles Emeritus and the Culver City Unified Adult School

SENIOR OF THE MONTH RENEE BARMAZEL



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

Renee Barmazel

Senior of the Month for September, 2009

Renee Barmazel is a dedicated volunteer for the RSVP work project. After a lifetime of volunteering for various organizations, Renee still comes every Wednesday to help with the work project in spite of her physical challenges. She loves to get out of the house, meet new people and be around some friendly faces at the Senior Center. Not even a stroke could keep Renee from volunteering! She has amassed nearly 1400 volunteer hours with RSVP over the years and has every intention of adding more hours!

Renee grew up in Brooklyn and followed her parents to California in 1952. She came out for a visit but after 2 weeks she decided she was not going back to New York. She met her husband shortly after, and the rest is history! Renee attended Loyola Marymount and received her Masters Degree in Counseling from USC. Renee and Mel will soon celebrate their 57th Wedding Anniversary with their 3 children and 7 wonderful grandchildren.

In her active life as mom and volunteer, Renee was a Brownie and Girl Scout Leader and avid PTA participant. When not volunteering for RSVP, Renee enjoys painting and attends art class at the Center. She has contributed her art work to all our recent Art Shows. Mel and Renee really enjoy the parties at the Senior Center, having been accomplished ballroom dancers and music fans. Congratulations to Renee for being named the "Senior of the Month" and we wish her well

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

The Board of Directors wants all of our members to feel welcome when they come to the Senior Center. We also want all the City staff to feel appreciated. Remember to thank teachers, volunteers and City staff for what they do. Please be respectful and positive to all members and City staff. It is important to realize that schedules at the Center may be changed as needed. Members can not always be given advanced notification of class changes or room assignment changes. Notices are always put up in a timely manner, i.e. as soon as staff knows the changes. It is important to realize that class locations may be changed on party days or other special events occur that have not been planned. We are fortunate that we have the use of the Multipurpose Room at the Veterans Memorial Building and that they are very helpful in assisting us when we need to make changes in class location. We are asking our members to be understanding when changes need to be made. Thank you for your cooperation and positive attitudes to all at the Center.

We know all the changes in the programs previously sponsored by West Los Angeles College Emeritus and the Culver City Unified Adult School will present challenges. We will all do our best to make these changes as smooth as possible.

We encourage ALL of our interested members to consider running for the Board of Directors for 2010. We really need members who will get involved and help in the decision making process at the Center.

RESULTS OF GENERAL MEMBERSHIP VOTE TO AMEND THE BY-LAWS ON AUGUST 5, 2009: 74 Members voted YES, to accept the By-Law changes 2 Members voted NO, not to accept the changes The Amended By-Laws and the Code of Conduct rules can be found at the Business Desk.

IN MEMORIAM

Phyllis Shapiro

George Vinicks

97 years old

Harriett Lund

92 years old

Morris Diamond

92 years old

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, SEPTEMBER 2, 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!

MEET ME IN ST. LOUIS MUSICAL-SATURDAY-NOV. 7-\$79.00

Lv. 11:00 a.m. Rt. 5:30 p.m.



Musical Theater West presents the musical "Meet Me in St. Louis." Lunch will be at Arnolds Cafeteria in Long Beach.

Moderate walking and stair climbing.

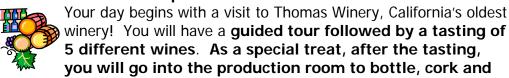
AQUARIUS HOTEL-LAUGHLIN-SUN-TUES-NOVEMBER 8-10 Lv. 9:00 a.m. Rt. 6:00 p.m.

This package includes: Round trip motor coach, 2 nights deluxe

hotel accommodations, baggage handling and a funbook.

Singles: \$130.00/Doubles \$100 p.p.

WINEMAKER FOR THE DAY-FRIDAY-NOVEMBER 13-\$61.00 Lv. 9:30 a.m. Rt. 4:30 p.m.



customize your own bottle of wine to keep. Lunch will be at Antonio's Restaurant with the following choice of entrees: Pasta or a chicken dish, salad, dessert and beverage. After lunch, you will travel to Rancho de Cucamonga, the original residence built by John Rains and his wife, Maria Merced in 1860. A resident historian will take you back in time to the original days of the Rancho including stories about its unsolved murders and links to California's early political structure. Lots of walking on uneven surfaces. Wear good walking shoes.

HARRAH'S CASINO-MONDAY-NOVEMBER 23-\$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 requires picture I.D.

* 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.

★TRIP REMINDERS★

- * 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 rearview 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.



<u>We're</u> Wild About Our Volunteers!



Join us for a singing and dancing hoedown with food, drinks, door prizes and live entertainment! Wear your chaps and spurs and have some fun!

Guest check-in begins at 11:30 a.m. **Luncheon begins at noon** and will conclude at approximately 2:30 p.m.

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

Vets Memorial Building Auditorium 4117 Overland Avenue (across the street from the Senior Center)



Ticket Sales RSVP office August 25-September 11, 2009

(please note the office will be open very limited hours the week of Sept. 7th and is closed everyday 2-3 p.m. for lunch)

What a Difference a Teacher Makes!

This fall we're starting a pilot project with Culver City Middle School to provide teachers with assistance in various classrooms. As you know, school budgets are very tight at the moment, but education is still #1!

Please visit or call the RSVP office to sign up for our information session about this new program!





RSVP mileage & meal reimbursement checks are ready for pickup in the RSVP office!

Remember—if you provide us with a self-addressed stamped envelope we are happy to mail your check as soon as we receive them.

HELP FIGHT FRAUD!

CONSUMER FRAUD IS AN ENORMOUS PROBLEM MILLIONS OF VICTIMS LOSE BILLIONS OF DOLLARS EACH YEAR

SENIORS ARE TARGETED MOST OFTEN AND ARE MOST AT RISK

The WISE Senior Fraud Prevention Center is located in Santa Monica on 4th Street near Santa Monica Blvd.

Volunteer as little as three hours per week and training is provided. Must enjoy talking on the phone!



They'll also give you a free lunch if you work a three-hour shift in one day!

If interested, please visit or call the RSVP office for more details.



IMPORTANT INFORMATION REGARDING STATUS OF CLASSES SUPPORTED BY WEST LA COLLEGE AND CCUSD ADULT SCHOOL

Unfortunately, financial support from the state for the Emeritus classes and the Culver City Unified Adult School classes will end as of August 23, 2009. It was our goal to continue these existing classes, but now a fee will be required. These terms will apply as of **MONDAY. AUGUST 24, 2009**

- You must be a current member of the Culver City Senior Citizens Association to participate in these classes. You will be asked to show your membership card.
- Everyone who attends the class will need to SIGN IN and pay required fee at the beginning of each class.

CLASS NAME	CLASS DETAILS	FEE SCHEDULE
CERAMICS	Mondays 9:00-12:00. Frank will continue the class as a volunteer.	Materials fee will still apply
ROSEN MOVEMENT	Tuesdays 3:15—5:00 p.m.	\$5.00 per class
CURRENT EVENTS	Wednesdays 1:30-3:00 p.m.	\$3.00 per class
YOGA	Mon. 2:30-4:00 Wed. 1:00-2:30 Thurs. 1:00-2:30	\$3.00 per class
FITNESS CLASSES	Mon. at 1:00 Wed. at 2:45 Fri. at 12:45	\$3.00 per class
OSTEO FITNESS	Meets Wed. at 4:00 Fri. at 11:45	\$3.00 per class
PASTELS, PRINTMAKING & MIXED MEDIA	3 HOUR CLASS FOR BEGINNERS 9:30-12:30 3 HOUR AFTERNOON CLASS FOR ADVANCED 1:00-4:00	\$60 for 10 week course (begins Thurs., Aug. 27)
CCUSD ADULT SCHOOL CLASSES		
• CALLIGRAPHY	Wed. 10:00-12:00	Fee: \$65 + materials
PAPER CRAFT & BOOK ARTS	Mon. 1:00-3:30 10 lessons begins Sept. 14	Fee: \$80 + materials

LUNCH MENU September 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) 253-6712Suggested 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.

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	
	Karaoke Day	Lentil Soup	Oven Crisp Chicken	Minestrone Soup	
	Chicken ala Morrison	Stuffed Pepper	The state of the s	Double Entrée:	
	€ /© 7	• •	Corn Bread Greens		
× C	Barley Pilaf	Whole Wheat Bread		Garlic Fresh Fish (OR)	
	Whole Grain Bread w/	Mashed Potato	Black Eye Peas	Veal Parmesan	
	Vegetable Spread	Mexican Corn	Tossed Salad	Parsley Noodles	
	Mixed Vegetables	Creamy Coleslaw	Thousand Island Dressing	Creamed Spinach	
SEPTEMBER	Caesar Salad	Vegetable Spread	Gelatin with	Marinated Beets & Onion Salad	
	Banana	Sliced Peaches	Mandarin Oranges	Wheat Bread w/ Vegetable Spread	
	Orange Juice			Cantaloupe	
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	
Center Open	Karaoke Day	Cream of Broccoli Soup	Ground Beef Lasagna	Navy Bean Soup	
Holiday Hours	Beef Stew	Herb Baked Chicken	Zucchini, Mushroom	Double Entrée:	
12:00-4:00 p.m.	Whole Grain Bread	Corn Bread Stuffing	and Tomatoes	Baked Supreme Fish (OR)	
Lunch room closed	Vegetable Spread	Sweet Potatoes	Romaine Salad	Polish Turkey Sausage († Na)	
Happy	Carrots	Creamy Coleslaw	Italian Dressing	Oven Brown Potatoes	
Labor Day	Potato Chunks, Peas & Onions	Spice Cake	Whole Grain Bread	Carrots	
A 50	Tossed Salad		Vegetable Spread	Garden Tomato Salad	
	Ranch Dressing		Strawberries or Melon	Whole Wheat Bread	
	Pineapple & Mandarin Orange			Vegetable Spread	
(Mac Name from 1 and	Fruit Cup			Orange	
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	
Minestrone Soup		Corn Soup	Beef Enchilada	Spanish Bean Soup	
Turkey Meatloaf	HISPANIC HERITAGE	Vegetable Lasagna († Na)	Spanish Rice	Double Entrée:	
Seasoned Barley	FIESTA PARTY	Creamed Spinach	Cold Red and Green Cabbage	Herb Baked Fish (OR)	
Normandy Vegetables		Broccoli & Raisin salad	Mixed Green Salad	Cranberry Chicken	
Tossed Salad	2 E ,,	White bread	French Dressing	Mashed Potato	
Thousand Island Dressing	Σ ∦ 3, 3	Vegetable spread	Banana	Green Beans	
Orange or Tangerine	Special Menu	Coconut Pudding	Orange Juice	Spinach Mandarin Orange Salad	
		_			
· ·	Ticket Required			Whole Grain Bread w/ Veg. Spread	
-	Ticket Required			Whole Grain Bread w/ Veg. Spread Seasonal Fruit	
Monday 21	Ticket Required Tuesday 22	Wednesday 23	Thursday 24		
Monday 21	·	Wednesday 23 Chicken Rice Soup	Thursday 24 BBQ Chicken	Seasonal Fruit	
Monday 21 Asian Chicken	Tuesday 22		-	Seasonal Fruit Friday 25	
Monday 21 Asian Chicken Steamed Rice	Tuesday 22 Karaoke Day	Chicken Rice Soup	BBQ Chicken	Seasonal Fruit Friday 25 Double Entree:	
Monday 21 Asian Chicken Steamed Rice California Blend	Tuesday 22 Karaoke Day Minestrone Soup	Chicken Rice Soup Spinach Quiche	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots	Seasonal Fruit Friday 25 Double Entree: Lemon Dill Baked Fish with	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak	Chicken Rice Soup Spinach Quiche Whole Wheat Bread	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots	Friday 25 Double Entree: Lemon Dill Baked Fish with Brown Rice (OR)	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper	Seasonal Fruit Friday 25 Double Entree: Lemon Dill Baked Fish with Brown Rice (OR) Turkey Bean Chili with Corn	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad	Seasonal Fruit Friday 25 Double Entree: Lemon Dill Baked Fish with Brown Rice (OR) Turkey Bean Chili with Corn Bread & Vegetable Spread Seasoned Spinach	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread	Seasonal Fruit Friday 25 Double Entree: Lemon Dill Baked Fish with Brown Rice (OR) Turkey Bean Chili with Corn Bread & Vegetable Spread Seasoned Spinach	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit	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	Seasonal Fruit Friday 25 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	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad	Tuesday 22 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	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread	Seasonal Fruit Friday 25 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	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon Monday 28	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit	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	Seasonal Fruit Friday 25 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 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon Monday 28 Beef Burrito w/ chili sauce	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit Tuesday 29	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit Wednesday 30	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread Chocolate Pudding I feel a recipe	Seasonal Fruit Friday 25 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 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon Monday 28 Beef Burrito w/ chili sauce Spanish Rice	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit Tuesday 29 Karaoke Day	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit Wednesday 30 Split Pea Soup	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread Chocolate Pudding I feel a recipe in an intellige	Seasonal Fruit Friday 25 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 is only a theme, which ant cook can play	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon Monday 28 Beef Burrito w/ chili sauce Spanish Rice Mixed Vegetables	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit Tuesday 29 Karaoke Day Tomato Soup	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit Wednesday 30 Split Pea Soup Meatloaf	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread Chocolate Pudding I feel a recipe in an intellige	Seasonal Fruit Friday 25 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 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon Monday 28 Beef Burrito w/ chili sauce Spanish Rice Mixed Vegetables Spinach Salad with	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit Tuesday 29 Karaoke Day Tomato Soup Lemon Chicken	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit Wednesday 30 Split Pea Soup Meatloaf Mashed Potato	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread Chocolate Pudding I feel a recipe in an intellige	Seasonal Fruit Friday 25 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 is only a theme, which ant cook can play	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit Tuesday 29 Karaoke Day Tomato Soup Lemon Chicken Barley Pilaf	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit Wednesday 30 Split Pea Soup Meatloaf Mashed Potato Green Beans	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread Chocolate Pudding I feel a recipe in an intellige	Seasonal Fruit Friday 25 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 is only a theme, which ant cook can play	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon Monday 28 Beef Burrito w/ chili sauce Spanish Rice Mixed Vegetables Spinach Salad with Mandarin Oranges	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit Tuesday 29 Karaoke Day Tomato Soup Lemon Chicken Barley Pilaf Baked Banana Squash	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit Wednesday 30 Split Pea Soup Meatloaf Mashed Potato Green Beans Broccoli & Raisin Salad	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread Chocolate Pudding I feel a recipe in an intellige	Seasonal Fruit Friday 25 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 is only a theme, which ent cook can play th a variation.	
Monday 21 Asian Chicken Steamed Rice California Blend Whole Grain Bread w/ Vegetable Spread Marinated Beet Salad Melon Monday 28 Beef Burrito w/ chili sauce Spanish Rice Mixed Vegetables Spinach Salad with Mandarin Oranges Italian dressing	Tuesday 22 Karaoke Day Minestrone Soup Salisbury Steak Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar or fresh fruit Tuesday 29 Karaoke Day Tomato Soup Lemon Chicken Barley Pilaf Baked Banana Squash Lettuce & Tomato Salad	Chicken Rice Soup Spinach Quiche Whole Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit Wednesday 30 Split Pea Soup Meatloaf Mashed Potato Green Beans Broccoli & Raisin Salad Whole Grain Bread	BBQ Chicken Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Bread Vegetable Spread Chocolate Pudding I feel a recipe in an intellige	Seasonal Fruit Friday 25 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 is only a theme, which ent cook can play th a variation.	

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.



DISCOUNT PROGRAMS FOR UTILITIES

The California Alternate Rates for Energy (CARE) program provides discounts on utilities if you or another person in your household receives benefits from any of the following programs: Medi-Cal, Supplemental Nutrition Assistance Program (formerly called food stamps), TANF (AFDC), Women, Infant & Children (WIC), Healthy Families Categories A & B or Low-Income Home Energy Assistance Program (LIHEAP)—or your total household income falls within limits set by the California Public Utilities Commission. The maximum household income limits (effective June 1, 2009-May 31, 2010) are \$30,500 for a household of one or two, \$35,800 for a household of three, and for each additional household member add \$7.400.

The Southern California Gas Company offers the CARE program with a 20% discount to qualified customers. For additional information you may contact the Southern California Gas Company at 800-427-2200 or www.socalgas.com

Southern California Edison also offers Income Qualified Programs, such as CARE or the Family Electric Rate Assistance program (FERA). This plan offers a discounted rate on your monthly SCE bill for families of three or more who fall within the income guidelines and exceed their baseline usage by 30% or more. For additional information you may contact Southern California Edison at 800-447-6620 or www.sce.com.

Golden State Water Company provides a flat 15% discount to qualified low income customers based upon the same qualification guidelines that are used by the electric and gas CARE programs. For additional information, you may contact Golden State Water at 800-999-4033 or www.aswater.com

Los Angeles Dept of Water & Power offers a residential Low Income Discount Program (LIDP) rate for customers within qualifying income levels. "Income" means all income of all persons who live in the household. This rate reduces the cost of electricity, water and sewer services for your primary residence. For additional information you may contact DWP at 800-342-5397 or www.ladwp.com

For applications and/or additional information, please feel free to see Leslie in the Social Services Office. She may also be reached at 310.253.6717 or leslie.brandes@culvercity.org

DISABILITY SERVICES OFFICE

Appointments available:

Tuesday through Saturday

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.

For questions or more information, please see Disability Services Specialist Darren Uhl at the Senior Center, call (310) 253-6729, or email darren.uhl@culvercity.org

Taxi Coupon Program

Discounted Taxi Coupons are available for purchase to qualified Culver City applicants. Culver City residents of all ages are eligible. Proof of Culver City residency is required as well as a completed Paratransit Physician's Authorization Form verifying necessity of the program due to transportational disability.

Taxi Coupons are also available to residents of Los Angeles County who reside in View Park, Windsor Hills, and Ladera Heights. In order to qualify, these non-Culver City residents age 60 and older must simply provide verification of residency address. Persons under the age of 60 in these areas must provide verification of residency and a completed Paratransit Physician's Authorization Form.

Each month, for the cost of \$10, program participants may purchase Taxi Coupons, which have a use value of \$50. All cab trips must originate or end in Culver City. For each taxi trip taken, participants may use a maximum eight dollars (\$8) in coupons. Riders are responsible for the remaining fare (if any) and tip.

Paratransit Van Service for Seniors & People with Disabilities is available to Culver City residents who are transportationally disabled. Qualifying clients must submit a completed Authorization Form. Once approved, vans provide daytime service, Mon - Fri, within Culver City limits, for a suggested donation of \$.50 each way. For more information on the van or taxi coupon programs, call (310) 253-6729.

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 SEPTEMBER 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 *	9:00 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 * 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 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 8:00 HARRAH'S CASINO TRIP	2 7:30 A.M. TRIP SALES	3 1:00 Public Transit Meeting-Newcomers	4 3:30-5:00 PATIO CONCERT & BBQ	5 1:00-3:30 DANCE Music by <i>RAZZMATAZZ</i> 1:00 Card Games with Virginia
6 12:30 BRIDGE 1:00 MOVIE	7 LABOR DAY HOLIDAY HOLIDAY HOURS 12-4 Fitness Room Closed	8 8-10 am FREE COFFEE 1:00 OPERA MOVIE "DON GIOVANNI" 1:00 UCLA PHYSICIAN TALK "Atrial Fibrillation Update" Dr. Eric Buch, 9-12 RSVP CRAFTS SALE	9:30-10:45 Blood Pressure Screenings 9-12 RSVP CRAFTS SALE	1:00 September Birthday Party 1:00 Public Transit Meeting-Experienced	11	1:00-3:30 DANCE Music by <i>MELODY MASTERS</i>
13 9:00 LAUGHLIN TRIP 12:30 BRIDGE 1:00 MOVIE 1:30-4:00 International Folk Dancing	1:00 SENIOR CENTER BOARD MEETING 2:00 FLOWER DECORATING CLASS	15 Fiesta HISPANIC HERITAGE PARTY 11:30 a.m. *NO MOVIE TODAY	9:00-11:00 a.m. DIABETES SUPPORT GROUP Meets at the Veterans Memorial Building	1:00 REVERSE MORTGAGE SEMINAR Bob McLatcher	18	1:00-3:30 DANCE Music by WESTSIDE JAZZ ENSEMBLE
20 12:30 BRIDGE 1:00 MOVIE	21 1:00 SEMINAR "Making Sense of Medicare" Bruce Johnston	22 8-10 am FREE COFFEE 9-12 RSVP CRAFTS SALE 1:00 MOVIE	23	24 12:30 Special Movie "Down Argentine Way" "1:00 SEMINAR Michael Tomlinson	12:30 Movie Nostalgia "THE DESERT SONG"	26 10:00 CANDLELIGHT PAVILION TRIP 1:00-3:30 DANCE Music by SWING SET
9:00 WELK RESORT THEATER TRIP 12:30 BRIDGE 1:00 MOVIE	28	29 1:00 MOVIE	30			