

# Culver CITY

April 2009

## The Newsletter



### CITY COUNCIL

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



### CITY OF CULVER CITY

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

### SENIOR & SOCIAL SERVICES

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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

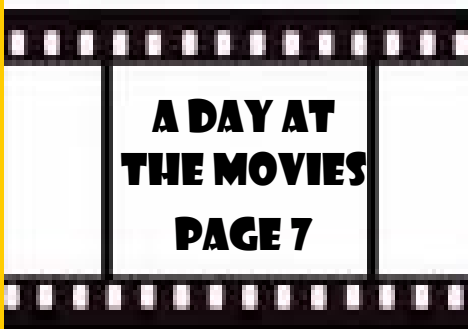
### CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

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



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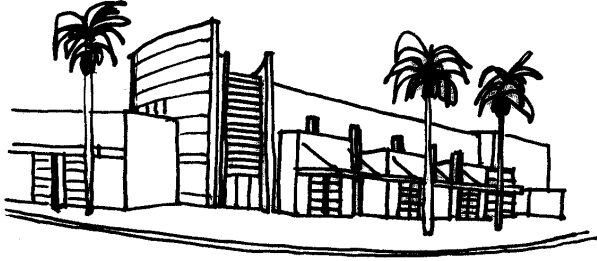
### CULVER CITY SENIOR CENTER

4095 Overland Avenue  
 Culver City, CA 90232  
 (310) 253-6700

*Center Hours: Monday - Friday 9 am - 5 pm*  
*Saturday, Sunday, 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 am to Noon (310) 253-6726*  
*RSVP/Volunteer Opportunities (310) 253-6704*  
*Disability Services (310) 253-6729*  
*Trip Office: (M/W/F) 10 am—2 pm (310) 253-6708*  
*Job Referral: (T/TH) 9 am - 12 noon (310) 253-6709*  
*Elder Abuse Hotline (800) 992-1600*

# Culver CITY SENIOR CENTER



## The Newsletter

APRIL 2009

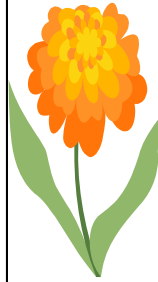
Culver City Senior Center's Own  
Talent Show

**SPRING FOLLIES**

**WEDNESDAY, APRIL 15**

**1:00 p.m.**

Organized by Tony Munoz & Friends  
Variety Show \* Refreshments \* \$1 Donation



"The Great American Songwriters"  
Presenting

**THE WIZARDS OF OZ**

**TUESDAY, APRIL 21**

**1:00 p.m.**

Bob Lipson      Lulee Fisher  
Saul H. Jacobs



**Monthly Birthday Celebration**

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

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

*Refreshments available to all for 50 cents*

**Thursday, April 9 at 1p.m.**



*Happy  
Birthday!*

Entertainment by:

*Sharyn Scott*



## "Spring Fling" Party



**Thursday, April 16**  
**11:30 a.m.**

**Lunch & Entertainment**



Tickets are \$3.50 Donation  
On sale at the Business Desk from  
March 23-April 14 (or until sold out)

**A Party Just For FUN!!!**

*Live at the Senior Center!*

**Thursday, April 2, 2009**  
**2:00 p.m.**

**Benita Bike's DanceArt**

presents a

**"Double Take"**  
**Dance Program**



*This program made possible in  
part by the Culver City Performing  
Arts Grant Program with support  
from Sony Pictures Entertainment.*

**Wednesday, April 29, 2009**

**Health & Wellness  
Fair** 

**"To Your Health"**  
*At the Senior Center from*  
**9:00 a.m.-2:00 p.m.**

**Informational & Educational  
Links to Local Resources**

**Lectures~Screenings~Handouts**

## 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 Puccini's *"TURANDOT."* This 1988 production of the Metropolitan Opera features Eva Marton as Princess *Turandot*; Leona Mitchell as *Liu*; Placido Domingo as *Calaf*; and Paul Plishka as *Timur*. Playing time is 134 minutes. Presented on **Tuesday, April 7**. Volunteer **Murray Winagura** plans and hosts these wonderful programs.

## 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 April will be *"THAT MIDNIGHT KISS."* This 1949 classic musical production features Mario Lanza in his starring debut, along with Kathryn Grayson, Jose Iturbi and Ethel Barrymore. Playing time is 98 minutes. **Friday, April 17 at 12:30 p.m.**

## SONY SUNDAY" MOVIE PRESENTATION

The SONY SUNDAY movie for this month will be *"GANDHI."* This Bio/Drama won 8 Oscars in 1982, including Best Picture. Richard Attenborough directed Ben Kingsley as Mohandas K. "Mahatma" Gandhi, and an all-star cast, including Candice Bergen, Martin Sheen, Sir John Gielgud and John Mills. Playing time is 188 minutes. *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!

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## 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

- April 5 **SONY SUNDAY: GANDHI-1982**  
Ben Kingsley; Candice Bergen; Martin Sheen; John Mills; John Gielgud; 188 min.
- April 12 **HENRY POOLE IS HERE - 2008-PG**  
Comedy/Drama-Luke Wilson; Radha Mitchell; George Lopez; 99 min.
- April 19 **AUSTRALIA -2008-PG13-Drama**  
Nicole Kidman; Hugh Jackman; Bryan Brown; 170 min..
- April 26 **BOTTLE SHOCK-2008-PG13-Comedy**  
Alan Rickman; Bill Pullman; Freddy Rodriguez; Dennis Farina; 108 min.

### TUESDAY MOVIES

- April 7 **OPERA MOVIE- Puccini's TURANDOT- Placido Domingo; Eva Marton; Leona Mitchell; Paul Plishka; 134 min.**
- April 14 **MAMA MIA-2008-PG13-Musical**  
Meryl Streep; Pierce Brosnan; Colin Firth; Stellan Skarsgard; 109 min.
- April 21 **NO MOVIE TODAY-Come & Enjoy "The Great American Songwriters" Presentation of "THE WIZARDS OF OZ"**
- April 28 **TELL NO ONE-2008-Thriller**  
Not rated-Kristin Scott-Thomas; Francois Cluzet; in French with English subtitles; 125 min.

# LOOK WHAT'S COMING UP

## DIABETES SUPPORT GROUP

The Diabetes Support Group usually meets the third Wednesday of the month from 9:00-11:00 a.m. in the Yanji Room at the Vets building. Joya Parenteau, Registered Dietician, leads the group. This month the Diabetes Support Group will meet on Wednesday, April 8.

## FREE BLOOD PRESSURE SCREENINGS

Blood Pressure screenings are offered the second Wednesday of every month from 9:30-11:00 a.m. in Activity Room C71. This service generously provided by Estee Bienstock, RN, from Allpoint Health Services

## SENIORS AGAINST INVESTMENT FRAUD (SAIF)

Come to this important seminar and learn valuable ways to protect yourself from fraud and scams. Telephone, door to door, investment and other common scams addressed. **Presented by Wise & Healthy Aging on Thursday, April 30 at 1:00 p.m.**

## NEW YOGA CLASSES

In addition to our four existing yoga classes, we have scheduled 2 new classes on Tuesdays and Fridays from 3:30-5:00 p.m. Come and experience a gentle Hatha Yoga class with Chani Nicholas. You will focus on breath and gentle postures to promote flexibility, mobility and strength, and leave feeling peaceful, relaxed and energized. There is a \$3.00 fee for each class.

## SOCIAL SECURITY UPDATE

Presentation on the current information about Social Security and a time for questions and answers. Essie L. Landry, Public Affairs Specialist with the Social Security Administration, will meet with you on Thursday, April 9 at 1:00 p.m. in the Conference Room.

## PRIMETIME PLUS PLAYERS

Hey, Guys and Gals! Are you good at telling jokes? The life of the party? Everyone laughs? The Prime Time Players Drama group needs YOU! Auditions will be held on Tuesday, April 14 on stage after the movie at 3:00 p.m. in Assembly Room B47.

## GLOBAL CARDIO CARE LECTURE: *GET SQUEEZED FOR LIFE*

**Mark Rivera**, the Director of Outreach for Global Cardio Care, will be discussing Cardiovascular Disease: heart disease, diabetes, stroke, high blood pressure, obesity, angina. You will learn how you get these diseases; how to prevent them and how to improve and reverse them without surgeries and many medications. Monday, April 20 at 1:00 p.m.

## PUBLIC TRANSIT IS 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.

## PERSONAL EMPOWERMENT PRESENTATIONS

Two presentations aimed at Seniors/Grown Ups, to open doors, give you advantages and keep you in charge. Expand your opportunities with the information from :

- ♦ **EBAY**-buying and selling worldwide. Presented on Thursday, April 23 at 1:00 p.m.
- ♦ **Roth IRA's** for tax-free income/legacy. Up to the minute information. Presented Monday, April 27 at 1:00 p.m. Both presentations by Patricia Kavanagh-Dowsett and Jim Moore, Ph.D.

## Nia Fitness and Movement Classes

Instructor Maribeth Dougherty is excited to continue her pleasurable and joyful fitness classes!

**Monday, 9:30-10:30 at the Senior Center**

**Thursday, 9:15-10:15 in the Multipurpose Room in the Vets Building.**

**Reminder:** You must be a member to take this class  
*Starting April 6, there will be a \$2.00 fee for each class.*

## *Special Movie Presentation*

### ***"Bend It Like Beckham"***

*British Comedy*

*Parminder Nagra~Keira Knightley*

*Jonathan Rhys Meyer*

**Thursday, April 23 at 1:00 p.m.**

**Hosted by: Marilyn Hess**



**REMINDER: VETERANS GROUP  
MEETS MONDAY, April 6 at 1: PM**



**SENIOR OF THE MONTH  
PAULINE GIARRATANO**



The Culver City Senior Citizens Association Board of Directors is pleased to honor *Pauline Giarratano* Senior of the Month for April '09

Pauline has donated her time to the RSVP Wednesday Work Project faithfully for over 4 years and has spent countless hours volunteering at the St. Augustine Church S.A.V.E.S. program helping organize the food given to them to distribute to needy people in the area. She also helps with fundraising to keep the program going.

Pauline was born and raised in Brooklyn in the same building as many relatives. She worked at the Federal Reserve Bank for 12 years before serving in the U.S. Navy WAVES from 1943-1945. Her family moved to California to be near other relatives and Pauline found employment at Hughes where she worked until retirement. Trips to San Francisco, Alaska, Yosemite, Sequoia and many other places enriched her life. In recent years, Pauline has discovered the joy of volunteering and hopes to stay at S.A.V.E.S. and the Senior Center for many years, health permitting. Pauline knows her volunteer activities keep her busy, active and enjoying life. Thank you, Pauline, for sharing your time to benefit so many others. And congratulations on being named the "Senior of the Month!"

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

*New Beginnings*

April is here, and with it comes spring, new beginnings and nature's rebirth. Take a few minutes and stop by our rose garden, located just off the back parking lot. Soon the small rose buds will be blossoming into a multitude of colors and fragrances. Daylight savings time is here and the days are getting longer. Soon we will be enjoying our great patio parties. Spend a leisurely late afternoon with friends, good food and great entertainment.

Best wishes to all members during the spring observances of Passover and Easter. Let's not forget the Eater Bunny who brings wonderful gaily colored eggs and chocolate bunnies!

We are now in our fourth month of 2009 membership. Our members number approximately 3500, with 500 of those new members to our Center. The next time you see a new face, introduce yourself and ask if they need any help finding activities to enjoy or if they have any questions. Remember, at one time we were all "the new kid on the block." Reach out to our new members in kindness and friendship and help to make them feel welcome. Happy Spring to all of you!

*Sharon Hyland-Elstein*  
CCSCA Board Member

**CCSCA: Association Updates:**

- ◆ Board members are volunteers who volunteer a minimum of 40 hours a year at the Senior Center. Most Board members exceed this number many times over. They give up their time and energy to help the members and the Center.
- ◆ The Board has put up letter signs on the poles in the parking lot to help members remember where they parked. The speed signs have also been put up for the safety of our members.
- ◆ Board meetings are held the second Monday of each month at 1 PM in the Conference Room. Agendas are posted the Wednesday before on the Welcome Desk bulletin board.

**IN MEMORIAM**

*Charles Barrozo*

*Donna Curtiss*

*George Stergios*

**TRIP OFFICE**

APRIL 2009

TRIP SALES WILL BE WEDNESDAY, APRIL 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!

**LITTLE ITALY IN SAN DIEGO-FRIDAY-JUNE 5-\$66.00**

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

What a fun day in San Diego! A tour guide will take us to the most diverse neighborhoods in this four-hour exploration of turn-of-the-century homes, historic grocery stores and bakeries and the back alleys where wine and spirits were made during the Prohibition era. You will see magnificent Venetian art on display. You will visit a shrine that has been dedicated to the miracle of Fatima. You will enjoy a family-style lunch at Little Italy's oldest and most popular eatery. **Wear good walking shoes-lots of walking.**



**EDGEWATER HOTEL-LAUGHLIN, NEVADA-SUN-TUES-JUNE 7-9**

**Lv. 9:00 a.m. Rt. 5:30 p.m.**

This package includes: Round-trip motor coach, 2 nights deluxe accommodations, one buffet and luggage handling. **Singles-\$109.00/Doubles-\$89.00**



**HIDDEN HAVENS OF THE ORANGE COUNTY-TUESDAY-JUNE 16-\$74.00**

**Lv. 7:30 a.m. Rt. 5:00 p.m.**

You will have a **guided tour** of the home of the **world famous Shakespearean actress, Helen Modjeska**. This century old home stands in a live oak grove on the banks of Santiago Creek in Modjeska Canyon. This home has been designated as a **National Historic Landmark**. You will be served an **outstanding three-course luncheon in one of the elegant private Presidential rooms at the famous Anaheim White House with your choice of entrée**. The final stop of the day will be a tour of the **Bradford House**. It was built in **1902 for \$8,000**. It is an elegant 15-room Victorian Queen Anne Style home. **Wear good walking shoes. Lots of walking and some stair climbing.**



**VALLEY VIEW CASINO-THURSDAY-JUNE 25-\$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.**



**PALA CASINO-TUESDAY-JUNE 30-\$25.00**

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

**You must bring your Player's card when you sign up for this trip. Picture I.D. required BY CASINO.**

**\*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\***

- New trip for 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



*In Celebration of National Volunteer Week and 36 Years of RSVP in Culver City*


Culver City RSVP presents

## **A DAY AT THE MOVIES**

**Tuesday, April 21st, 2009**

*@ Pacific Theatres, Downtown Culver City, CA*

*Please mark your calendars!*

On Tuesday, April 21st all **active** RSVP volunteers can attend ANY showing of ANY movie at the Pacific Theatres in  Downtown Culver City for FREE—volunteers will also receive a voucher for concessions when they come to the theatre

\*an active volunteer is someone who submitted a timecard May '08—March '09\*

*All you have to do is show up at the theatre and you can enjoy a movie and concessions as a thank you for*  
*volunteering!*

Pacific Theatres is located next to the Culver Hotel in Downtown Culver City.

There is ample free parking across the street and two bus lines go there :

Line 1 on Washington drops you off ½ a block from the theatre

Line 7 on Culver drops you off at City Hall, about 2 blocks from the theatre



A friendly reminder to ALL Senior Center members:

The Center computer lab has

**OPEN LAB Monday, Wednesday & Friday**

**9:30—11:30 a.m.**

*This is NOT a class and does not offer instruction,  
it is an opportunity to utilize the computer lab for whatever your needs may be*

# SWAT

## Someone With Available Time

The RSVP office has a SWAT TEAM! This is a list of those with available time that would like to be called when a unique one-time volunteer opportunity appears. For example: staffing at City Hall, or a local special event.

The SWAT TEAM is for those who have a more flexible schedule who would like to be on a “call sheet” when volunteers are needed on short notice (one week to a few hours in advance).

Simply call and let us know at 310-253-6704 or write SWAT TEAM on your next pink card if you'd like to be included!



## **EXPERT ONE-on-ONE HELP**

*with your cell phone or laptop computer*



**Wednesday, April 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

# LUNCH MENU April 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
		<b>Lentil Soup</b> <b>Stuffed Pepper</b> Wheat Bread Mashed Potato Mexican Corn Creamy Coleslaw Vegetable Spread Sliced Peaches	<b>Oven Crisp Chicken</b> Corn Bread Greens Black Eye Peas Tossed Salad Thousand Island Dressing Gelatin with Mandarin Oranges	<b>Minestrone Soup</b> <b>DBL Entrée:</b> <b>Garlic Fresh Fish (OR)</b> <b>Veal Parmesan</b> Parsley Noodles Creamed Spinach Marinated Beets & Onion Salad Wheat Bread w/ Vegetable Spread Cantaloupe
		Monday 6	Tuesday 7	Wednesday 8
<b>Hawaiian Chicken</b> Brown Rice California Blend Marinated Cucumber Salad Fresh Fruit Orange Juice	<b>Karaoke Day</b> <b>Beef Stew</b> Whole Grain Roll Vegetable Spread Carrots Potato Chunks, Peas & Onions Tossed Salad Ranch Dressing Pineapple & Mandarin Orange Fruit Cup	<b>Cream of Broccoli Soup</b> <b>Herb Baked Chicken</b> Corn Bread Stuffing Sweet Potatoes Creamy Coleslaw Spice Cake	<b>Ground Beef Lasagna</b> Zucchini, Mushroom and Tomatoes Romaine Salad Italian Dressing Whole Grain Roll Vegetable Spread Strawberries or Melon	<b>Navy Bean Soup</b> <b>DBL Entrée:</b> <b>Baked Supreme Fish (OR)</b> <b>Polish Turkey Sausage († Na)</b> Oven Brown Potatoes Carrots Garden Tomato Salad Wheat Bread Vegetable Spread Orange
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<b>Chili Mac</b> Normandy Vegetables Tossed Salad Thousand Island Dressing Whole Grain Wheat Roll Vegetable Spread Orange	<b>Karaoke Day</b> <b>Potato Soup</b> <b>Dijon Chicken</b> Brown Rice Mixed Vegetables Pineapple Coleslaw Carrot Cake	<b>Corn Soup</b> <b>Vegetable Lasagna († Na)</b> Creamed Spinach Broccoli & Raisin salad White bread Vegetable spread Coconut Pudding	 <b>Spring Fling</b> <b>Special Ticket Required</b>	<b>Spanish Bean Soup</b> <b>Double Entrée:</b> <b>Herb Baked Fish (OR)</b> <b>Cranberry Chicken</b> Mashed Potato Green Beans Spinach Mandarin Orange Salad Whole Grain Roll w/ Veg. Spread Seasonal Fruit
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<b>Asian Chicken</b> Steamed Rice California Blend Whole Grain Roll w/ Vegetable Spread Marinated Beet Salad Melon	<b>Karaoke Day</b> <b>Minestrone Soup</b> <b>Salisbury Steak</b> Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar	<b>Chicken Rice Soup</b> <b>Spinach Quiche</b> Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit	<b>BBQ Chicken</b> Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Roll Vegetable Spread Chocolate Pudding	<b>Double Entree:</b> <b>Lemon Dill Baked Fish with Brown Rice (OR)</b> <b>Turkey Bean Chili with Corn Bread &amp; Vegetable Spread</b> Seasoned Spinach Romaine Salad w/ Italian Dressing Oatmeal Cookie Orange Juice
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	I've been on a diet for two weeks and all I've lost is two weeks.  ~Totie Fields~
<b>Beef Burrito</b> Spanish Rice Mixed Vegetables Spinach Salad with Mandarin Oranges Italian dressing Rice Pudding	<b>Karaoke Day</b> <b>Tomato Soup</b> <b>Lemon Chicken</b> Barley Pilaf Baked Banana Squash Lettuce & Tomato Salad French Dressing Cantaloupe	<b>Split Pea Soup</b> <b>Meatloaf</b> Mashed Potato Green Beans Broccoli & Raisin Salad Whole Grain Roll Vegetable spread Chocolate Cake ! Or Fruit	<b>Chicken Drummettes</b> Baked Beans Whole Grain Roll Vegetable Spread Coleslaw Banana 	
<b>★ MENU SUBJECT TO CHANGE ★</b>				

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.

# Spotlight On Social & Disability Services

## **Home Safety Modifications Offered Through HOME SECURE**

Home Secure can assist with safety, comfort, and independence at home. Some of the items which they are able to provide include:

- ◆ grab bars for support in the tub, shower, and near the toilet
- ◆ hand held shower hoses
- ◆ adjustable bath chairs
- ◆ carbon monoxide & smoke detectors
- ◆ nightlights for the bedroom and bathroom
- ◆ deadbolts, entry locks, lever locks, window & patio locks
- ◆ peepholes to identify visitors before opening the door



All services are FREE to eligible Culver City renters and homeowners.

Maximum Income Guideline:

- 1 person - \$50,300 year
- 2 people - \$57,400 year
- 3 people - \$64,600 year

Home Secure may be contacted at (323) 937-5855 for more information.

## **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 prior to attending.

Bereavement Groups for those with recent losses are facilitated by Senior & Social Services Specialist, Leslie Brandes. 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 prior to attending.

For information on these or other Social Services programs, please visit Leslie Brandes, LCSW, in her office or contact her at (310) 253-6717 or [leslie.brandes@culvercity.org](mailto:leslie.brandes@culvercity.org)

The **Disability Services Program** provides information, assistance, and referrals to Culver City residents and works to ensure that people of all abilities are included, able to participate, and accepted as valued members of the community.


## **Paratransit Van Service & Taxi Coupons**

Dial-a-Ride and discount taxi coupons are available to transportationally disabled Culver City residents. Qualifying clients must submit a completed Physician’s Authorization Form—available at the Disability or Social Services Office or the business desk at the Senior Center. Once approved, vans provide curb to curb daytime service, Monday through Friday, within Culver City limits, with advance notice.

Suggested donation of \$.50 each way.

For more information about disability programs or services, please visit Darren Uhl in his office or contact him at (310) 253-6729 or [darren.uhl@culvercity.org](mailto:darren.uhl@culvercity.org)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</b></p> <p style="text-align: center;"></p> <p><b>* FEE FOR CLASS ♦ MEETS AT VETS MULTIPURPOSE ROOM +Materials fee</b></p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;"><b>APRIL 2009</b></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 12:15 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 9:00 Pastel Art – Beginners 9:30 Qi Gong 9:30 Balance Challenge * 10:00 Spanish 11:00 Public Transit~Bonnie 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 <b>\$2.00 Members</b> <b>\$4.00 Guests</b> (50 & older)
			<b>1</b> <u>7:30 A.M. TRIP SALES</u>	<b>2</b> <b>2:00</b> <b><u>Benita Bike</u></b> <b><u>DANCEART</u></b> Performance	<b>3</b> 9:30 UCLA MEMORY CLASS BEGINS	<b>4</b> 1:00-3:30 DANCE Music by <b>RAZZMATAZZ</b>  1:00 Card Games with Virginia
<b>5</b> 12:30 BRIDGE 1:00 MOVIE  1:30-4:00 International Folk Dancing	<b>6</b> 1:00 VETERANS GROUP MEETING	<b>7</b> 7:30 AGUA CALIENTE CASINO TRIP  8-10 am <u>FREE COFFEE</u>  1:00 <b>OPERA MOVIE</b> "TURANDOT"	<b>8</b> 9-12 <u>CRAFTS SALE</u> 9:30-11:00 AM <u>BLOOD PRESSURE</u> <u>SCREENING</u> Estee Bienstock, RN 9:00-11:00 a.m. <u>DIABETES SUPPORT GROUP</u> 12:30-2:30 <u>Cellphone &amp; Laptop</u> Help in B45	<b>9</b> <b>1:00 Social</b> <b>Security Seminar</b> Essie L. Landry  <b>1:00</b> <b>APRIL</b> <b>Birthday Party</b>	<b>10</b>	<b>11</b>  1:00-3:30 DANCE Music by <b>MELODY MASTERS</b>
<b>12</b> 12:30 BRIDGE 1:00 MOVIE	<b>13</b> 1:00 SENIOR CENTER BOARD MEETING	<b>14</b> 8-10 am <u>FREE COFFEE</u>  1:00 MOVIE	<b>15</b>  1:00 "Spring Follies" Talent Show	<b>16</b>  <b>11:30</b> <b>Spring Fling</b> <b>Party</b>	<b>17</b> 9:00 POLYNESIAN ADVENTURE TRIP  12:30 <u>Movie Nostalgia</u> "That Midnight Kiss"	<b>18</b> 1:00-3:30 DANCE Music by <b>JAZZ ENSEMBLE</b>
<b>19</b> 9:00 LAS VEGAS TRIP  12:30 BRIDGE 1:00 MOVIE	<b>20</b> 1:00 Health Seminar <u>Global Cardio Care</u> Mark Rivera	<b>21</b> 8-10 am <u>FREE COFFEE</u> 1:00 <b>"THE WIZARDS OF OZ"</b> A Great American Songwriters Show *NO MOVIE TODAY	<b>22</b>	<b>23</b> 1:00 EBAY Class  <b>1:00 MOVIE</b> "Bend It Like Beckham"	<b>24</b>	<b>25</b> 1:00-3:30 DANCE Music by <b>SWING SET</b>  1:00 Card Games with Virginia
<b>26</b> 12:30 BRIDGE 1:00 MOVIE	<b>27</b> 1:00 Financial Seminar on Roth IRA's	<b>28</b>	<b>29</b> <b>9:00-2:00</b> <b>HEALTH</b> <b>&amp;</b> <b>WELLNESS FAIR</b>	<b>30</b> 8:00 PALA CASINO TRIP <u>1:00 SENIORS AGAINST</u> <u>INVESTMENT FRAUD</u>  <b>1:00-3:00 p.m.</b> <b>Free Notary Public</b> <b>Service by Olivia Headley</b>		