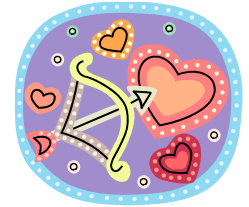


Culver CITY

The Newsletter

February 2009



CITY COUNCIL

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



CITY OF CULVER CITY

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

SENIOR & SOCIAL SERVICES

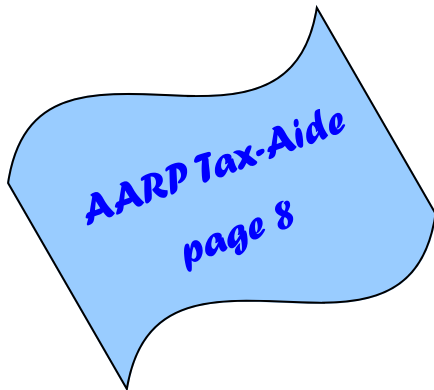
Armando Abrego
 Senior & Social Services Manager
Jenn Ma-Pham,
 Senior & Social Services Supervisor
 Senior Center Director
Leslie Brandes, Social Services Spec.
Debbie Cahill, Senior Program Spec.
Roxana Tabibi, Senior Nutrition Spec.
Jill Thomsen, RSVP Specialist
Darren Uhl, Disability Specialist
Raziya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

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:

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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
 Spanish Social Services: (310) 253-6739
 AARP Safe Driver Class Info Line: (310) 253-6757
 Disability Services: (310) 253-6729
 Job Referral: (T/TH) 9 am - 12 noon (310) 253-6709
 Elder Abuse Hotline: (800) 992-1600

Culver CITY SENIOR CENTER



The Newsletter

FEBRUARY 2009



Valentine Party

Friday, February 13
11:30 a.m.

Lunch & Entertainment

Tickets are \$3.50 Donation
On sale Jan. 26—Feb. 10
(or until sold out)



Nifty 90's



If you are a Culver City
Senior Citizens Association
Member over 90 years of age,
We invite you to be our
Special Guests
at this party. Please sign up at
the Business Desk
BEFORE Feb. 10 and join us for
a special day!



Monthly Birthday Celebration Thursday, February 19 at 1p.m.

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

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

Refreshments available to all for 50 cents

Happy
Birthday

Entertainment by:
Mahal-Ko



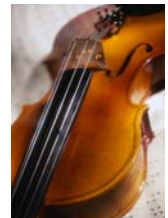
Timeless Tunes And Troubadours

Presented by Singer-Guitarist
Eryn Charles
Wednesday, February 11
1:00 p.m.

For Your Enjoyment

The String Ensemble Culver City High School Students

Wednesday,
February 25
1:30 p.m.



White Elephant Sale
Monday, February 16
8:00-11:00 a.m.



The Merry Makers Club
requests that you bring your donations
of clean and usable treasures to the
Senior Center on Friday, February 13
for the sale on Monday, February 16.

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 Puccini's great operatic masterpiece, **"LA BOHEME."** This film was produced by the BBC and the Royal Opera House, Covent Garden. The principal cast is Neil Shicoff, Ileana Cortubas, Thomas Allen and Marilyn Zschau. Presented on **Tuesday, February 3 at 1:00 p.m.** 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 February will be **"THAT'S DANCING."** Gene Kelly is the Executive Producer and host of this extravagant celebration of dance that also features some of his greatest screen work. *"No shortage of showstoppers"* **Friday, February 20 at 12:30 p.m.**

SONY SUNDAY" MOVIE PRESENTATION

The SONY SUNDAY movie for this month will be **"THE HOUSE BUNNY."** This is a Comedy filmed in 2008, starring Anna Faris, Rumer Willis, Emma Stone and Kat Dennings.. *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.

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

SUNDAY MOVIES

- Feb. 1** **SONY SUNDAY: THE HOUSE BUNNY**
2008-PG13-Comedy-Anna Faris; Emma Stone; Rumer Willis; Kat Dennings; 97 min.
- Feb. 8** **THE GREAT DEBATERS-2007-PG13**
Bio/Drama- Denzel Washington; Forest Whitaker; 124 min.
- Feb. 15** **MAMA MIA -2008-PG13-Musical**
Meryl Streep; Pierce Brosnan; Colin Firth; Stellan Skarsgard; 109 min.
- Feb. 22** **THE GOLDEN COMPASS-2008-PG13**
Fantasy-Nicole Kidman; Eva Green; Daniel Craig; 113 min.

TUESDAY MOVIES

- Feb. 3** **OPERA MOVIE~Puccini's**
LA BOHEME- 2 hours playing time
- Feb. 10** **THE DUCHESS-2008-PG13**
Keira Knightley; Ralph Fiennes; Charlotte Rumpling; 109 min.
- Feb. 17** **SWING VOTE-2008-PG13-Comedy**
Kevin Costner; Dennis Hopper; Nathan Lane; Kelsey Grammar
- Feb. 24** **MADE OF HONOR-2008-PG13**
Comedy-Patrick Dempsey; Michelle Monaghan; Sydney Pollack; 101 min.

LOOK WHAT'S COMING UP

HOME STAGING FOR SENIORS: Preparing Your Home for Sale in a Soft Real Estate Market

Ready to move into a retirement community or assisted living, but worried about selling your home in this tough market? Professional Home Stager **Annie Pinsker-Brown** of Stage to Sell will provide you with easy and affordable tips to prepare your home for sale. From de-cluttering to paint and wall-paper removal, we'll cover it all. Come ready with questions! **Friday, February 27 at 10:00 a.m.**

BRAIN TUNE-UP 101

*Don't miss this workshop by renowned Preventive Gerontologist, **ARNOLD BRESKY, M.D.*** Dr. Bresky is a **memory expert** and specialist in working with people of all ages to help them live more healthy and emotionally fit ways of life. Hear Dr. Bresky on **Thursday, Feb. 5 at 1:00 p.m.**

FINANCIAL SEMINAR: ANNUITIES ~ A NEW WAY TO THINK ABOUT RETIREMENT PLANNING

The risks facing today's retirees require a change in the way we think about retirement planning. The challenge facing Americans is in securing income that will last a lifetime. A variable annuity may help retirees to meet this challenge. Presented by **Erika Komarck**, Financial Advisor from Morgan Stanley. **Thursday, February 12 at 1:00 p.m.** in the Conference Room.

ORGANIZE YOUR ESSENTIAL DOCUMENTS

This workshop will get you motivated to gather your important documents and put them in a safe and easy to access location in case of emergency. You will also receive a document holder to get you started. Attend this important workshop on **Thursday, February 5 at 10:30 a.m.** in the Conference Room. **Presented by Helen Obih, RN, BSN.**

UNDERSTANDING YOUR MEDICARE HMO OPTIONS

Presented by the Center for Health Care Rights/HICAP on **Thursday, February 26 at 1:00 p.m.**

NEED PUBLIC TRANSIT INFORMATION?

- ◆ Fellow senior **Bonnie Cherko** offers a valuable program to teach you the use of public transit. Meet Bonnie in the lobby every Thursday from 11:00 a.m.-12:30 p.m. and you will have the opportunity to obtain transit information, including downtown LA.
- ◆ Bonnie's Plaza Mexico outings will be in April/May. You must be signed up and attend a required meeting on Thursday, March 12 from 1:00-1:30 p.m. (Or leave a message for Bonnie at the Business Desk).

LONG TERM CARE SEMINAR: TAKE STEPS TO PROTECT YOUR PRIDE AND YOUR ASSETS

Learn all about Long Term Care options from **Margaret Patricia Kavanagh-Dowsett**, an independent agent who offers a variety of financial and insurance opportunities. **Monday, February 23 at 1:00 p.m.**

MAKE BILL PAYING SIMPLE WITH YOUR COMPUTER

Make bill paying automatic and simple! No more envelopes or stamps. No forgotten payments. Best of all, have instant, accurate records of all your financial activities, confidential and at your fingertips. It's easy when you know how.... Presented by **James A. Moore, Ph. D.** on **Friday, February 27 at 1:00 p.m.**

TRIP OFFICE: The winner of the November drawing for a day trip for two: **William & Caldonia Johnson**
The winner of the December drawing was **Sharon Little.**

Culver City Senior Citizens Association Membership

You must now have a 2009 Membership Card to participate in most programs, including the Fitness Room, Computer Lab, Billiards Room, classes & activities. If you park here, you need a 2009 parking sticker. Don't risk a citation for parking here without a sticker and never park in a red zone!

Special Movie Presentation

"Billy Elliott"

Thursday, February 26 at 1:00 p.m.

Comedy/Drama about a young boy torn between his love of ballet and his family's expectations

Jamie Bell; Jean Heywood

Hosted by: *Marilyn Hess*



REMINDER: VETERANS GROUP

MEETS MONDAY, FEBRUARY 2 at 1:00 PM



**SENIORS OF THE MONTH
2009 MEMBERSHIP
REGISTRATION VOLUNTEERS**

The Culver City Senior Citizens Association Board of Directors is pleased to honor all of the volunteers who so generously helped with the Membership Registration process this year as our

Seniors of the Month

for February, 2009.

Many thanks to the following Seniors who helped the CCSCA with this task for the two weeks in December and the two weeks in January:

Mae Oczachowski

Gloria Yap

Nancy Hooper

Bernice Adams

Vivian Brown

Marie Piccoult

Jule Hachigian

Barry Moskowitz

Denise Nassour

Eddie Richardson

Daisy Yeoh

Marilyn Schainwooks

Barbara Hollander

Letha Kemper

Murray Silman

**FROM THE CCSCA
BOARD OF DIRECTORS**

Very Special Thanks

To

Albert Vera

*for providing all the
delicious food for our
Christmas Day Party !*

*Thank you also to all the
wonderful volunteers who helped serve
the meal and create a
welcoming atmosphere for our Seniors!*

Very Special Thanks

To

The Lions Club

*For a delicious, delightful
Thanksgiving Day meal !*

*The Lions Club has provided free
Thanksgiving meals to hundreds of
Seniors for many years. We appreciate
their generosity and look forward to
many years of continued partnership in
service together.*

IN MEMORIAM

Jean Sacks

Joni Haggar

Russell Bailey

Rose Duke

Jean McCollom

Toby Rubenstein

Billy Loye

Richard Nicolay

Marion Orvedahl

(102 years old)

Rosie Carnevaletti

(101 years old)

TRIP OFFICE

FEBRUARY 2009

TRIP SALES WILL BE WEDNESDAY, FEBRUARY 5, 2009 IN ROOMS C73 AND C75. DOORS OPEN AT 7:00 A.M. AND TRIP SALES WILL BEGIN AT APPROXIMATELY 7:30 A.M. Enter the building through the door off the Senior Center Parking lot. If you cannot be at the Center at this time, call during regular Trip Office business hours for seat availability. You must check in 30 minutes before scheduled departure time. YOU MUST HAVE A 2008 MEMBERSHIP CARD FOR EACH PERSON AND EACH PURCHASE. NO EXCEPTIONS!

PAGEANT OF OUR LORD-SATURDAY-APRIL 4-\$68.00

Lv. 9:00 a.m. Rt. 3:00 p.m.

If you enjoy the Laguna Arts Festival, you will be delighted with this marvelous event. You will see 14 major art pieces from the Old and New Testaments and the Choir is beautiful. **Lunch at Buca di Beppo's for a family style Italian feast. Some stairs and moderate walking.**



AGUA CALIENTE CASINO-TUESDAY-APRIL 7-\$32.00

Lv. 7:30 a.m. Rt. 6:00 p.m.

This trip includes: \$10.00 slot play, \$5.00 match play and a free lunch.

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

POLYNESIAN ADVENTURE-FRIDAY-APRIL 17-\$67.00

Lv. 9:00 a.m. Rt. 3:30 p.m.

Experience a day in Hawaii. First stop is **Hilo, Pattie's store** where you will find colorful Hawaiian clothing, maile leis, pineapples, Kona coffee and many more items to buy. Next stop is **Maui, Trader Restaurant** for lunch on island cuisine including baby back ribs, rice, cornbread including beverage and dessert. Following lunch is a fun and entertaining show with songs, dances from Hawaii and pulsating Tahitian drums. **Lots of walking.**



FOUR QUEENS HOTEL-LAS VEGAS-SUN-TUES-APRIL 19-21

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

This trip includes: Round-trip motor coach, 2 nights deluxe accommodations and luggage handling. **Singles-\$215.00/Doubles-\$155.00 per person.**



PALA CASINO-THURSDAY-APRIL 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. The Casino is tracking all plays. Picture I.D. 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

- 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

February 2009

Volunteers Wanted!

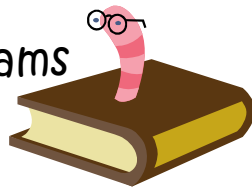


SAVES (St. Augustine Volunteer Emergency Services) provides emergency food and assistance for residents of Culver City and residents of portions of Los Angeles zip codes 90034 and 90066.

Especially in these tough times, SAVES needs food donations and volunteers to keep its programs going strong. Site hours are M, W, T & F 9 a.m. to 11:45 a.m. although volunteers are utilized every day.

If you'd like to help contact Sadie or Marie at 310.838.2702

Reading Programs



You know the old phrase "if you can read this, thank a teacher?" Well, the same goes for volunteer teachers!

Stop by the RSVP office for information on three area elementary school reading programs as well as the Culver City Adult School reading program.



*Still driving and looking to make a difference?
The American Cancer Society's 'Road to Recovery'
program is looking for volunteer drivers!*

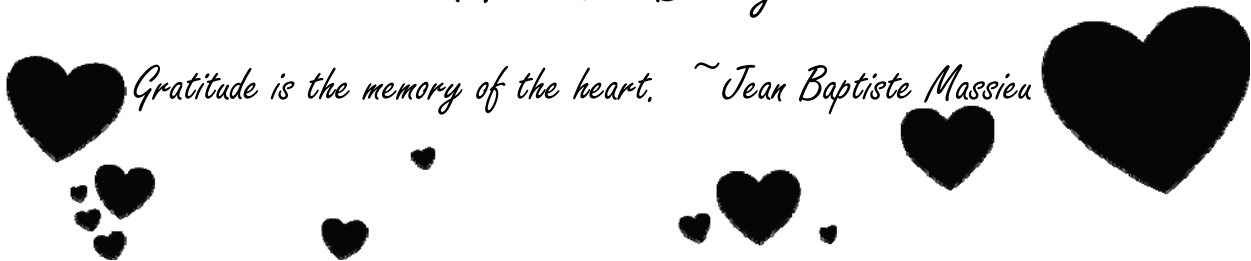
- Must possess a good driving record and serviceable vehicle
- May transport patients to/from scheduled treatment appointments only
 - May not transfer patients on non treatment related errands
- May not physically assist nonambulatory patients (patients who cannot walk without help must bring along a friend or family member to assist them)
 - May not give medical advice
- Will contact the nearest medical facility or call 911 in case of emergency

*If you'd like to help cancer patients get to and from their appointments
call Julie Brewster at 310.348 ext.239*



Volunteers are love in motion!

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo Buscaglia



Gratitude is the memory of the heart. ~ Jean Baptiste Massieu

Tax Time is Here!



AARP Tax-Aide

Important Information About Income Tax Preparation Assistance

AARP Tax-Aide Volunteers, trained in cooperation with the IRS, will once again provide tax assistance and information to taxpayers with middle and low income, with special attention to those age 60 and older. This service will begin Wednesday, February 4, 2009 and continue each Monday and Wednesday until April 13, 2009.

BY APPOINTMENT ONLY

Call the Senior Center Tax Information Line to make an appointment.

310-253-6742

To prepare the tax returns, the taxpayer needs to bring the following to the appointment:

- Last year's tax return
- W-2 forms
- Unemployment compensation statements
- SSA-1099 Social Security statements
- All 1099 forms showing interest, dividends, miscellaneous income, pensions and annuities
- All receipts or canceled checks if itemizing Deductions
- Property tax statements, even if not itemizing
- Amount of last year's tax rebate
- Social Security cards for identification.

APPOINTMENTS MEET AT THE VETERANS MEMORIAL BUILDING IN THE KAIZUKA ROOM

LUNCH MENU February 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

		<p>The two biggest sellers in bookstores are the cookbooks and the diet books. The cookbooks tell you how to prepare the food and the diet books tell you how not to eat any of it.</p> <p>Andy Rooney</p>							
Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6	
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 Drummettes Baked Beans Whole Grain Roll Vegetable Spread Coleslaw Banana		Double Entree: Fish Vera Cruz (OR) Sweet & Sour Pork Brown Rice Carrots Garden Salad w/ Ranch Dressing Vegetable spread Orange	
Monday 9		Tuesday 10		Wednesday 11		Thursday 12		Friday 13	
Corn Chowder Chicken Fajita Tortilla Pinto Beans Creamy Coleslaw Vanilla Pudding		Karaoke Day Beef Patty Whole Grain Wheat Bun Lettuce, Tomato and Pickle Seasoned White Potatoes Carrot Raisin Salad Mayo and Ketchup Seasonal Melon Orange Juice		Roast Turkey Corn Bread Stuffing Spinach Cranberry Gelatin Salad Vegetable spread Melon Cup		Vegetable Soup Spaghetti w/ Meat Sauce Green Beans Tossed Salad with French Dressing Orange		Senior Center Party Nifty 90's Party  Special Ticket Required	
Monday 16		Tuesday 17		Wednesday 18		Thursday 19		Friday 20	
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 23		Tuesday 24		Wednesday 25		Thursday 26		Friday 27	
Hawaiian Chicken Brown Rice California Blend Marinated Cucumber Salad Fresh Fruit Orange Juice		Karaoke Day Beef Stew Whole Grain Roll Vegetable Spread Carrots Potato Chunks, Peas & Onions Tossed Salad Ranch Dressing Pineapple & Mandarin Orange Fruit Cup		Cream of Broccoli Soup Herb Baked Chicken Corn Bread Stuffing Sweet Potatoes Creamy Coleslaw Spice Cake		Ground Beef Lasagna Zucchini, Mushroom and Tomatoes Romaine Salad Italian Dressing Whole Grain Roll Vegetable Spread Strawberries or Melon		Navy Bean Soup DBL Entrée: Baked Supreme Fish (OR) Polish Turkey Sausage Oven Brown Potatoes Carrots Garden Tomato Salad Wheat Bread Vegetable Spread Orange	
★ MENU SUBJECT TO CHANGE ★									

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

Disability Services



Health & Social Services



The Disability Services Office provides disability-related information, assistance, and referral services 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 Program for Transportationally Disabled Residents
- Support Groups: Low Vision, Diabetes, Etc.
- Home Delivered Meal Program for At-Risk Senior Citizens
- Senior Center Merlin Magnification Machine
- Donation Site for Used Eyeglasses and Hearing Aids
- Large Print Library and Books on Tape for Public Use
- Information on Assistive Listening at Public Meetings
- Regularly Occurring Disability Advisory Committee Meetings
- Social Events for Adults with Disabilities

Paratransit Van Service & Taxi Coupons for Seniors and People with Disabilities:

Available to transportationally disabled Culver City residents. Qualifying clients must submit a completed Authorization Form. Once approved, vans provide curb to curb daytime service, Mon – Fri, within Culver City limits. Suggested donation of \$.50 each way.

Home Delivered Meals are offered for seniors residing in Culver City who are homebound and meet requirements. Hot meals are delivered in-home, Monday - Friday; frozen meals may also be available. For more info please contact Barbara Silverstein at (310) 253-6748.

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

For more information on programs listed below, please visit Leslie Brandes, LCSW, in her office or call her at (310) 253-6717.

Individual Peer Counseling: Available at the Senior Center by trained peer counselors from WISE & Healthy Aging.

The Loss Support Group: “Re-creating Your Life” meets on Wednesdays, 10:00 to 11:30 a.m.

Bereavement Groups: For those who have recently lost a spouse and/or significant other.

Free Blood Pressure Screenings on the second Wednesday of every month from 9:30-11:00 a.m. in Activity Room C71.

Alzheimer’s Caregivers Support meets Wednesdays from 10:30 am to Noon.

Diabetes Support Group: Meets on the third Wednesday of the month from 9:00 to 11:00 a.m.

Job Desk: Seeking employment or a person to do a job for you (such as a caregiver)? Call (310) 253-6709.


Legal Services: volunteer attorneys provide ½ hour free consultation for Senior Center members. (310) 253-6714 for appointment.

Home Secure: Offers free home safety modification services for renters & homeowners who qualify. For more information call (323) 937-5855.

HICAP Health Insurance Counseling: Free Medicare and Medi-Cal assistance provided by the Center for Health Care Rights. Call for an appointment: (310) 253-6714.

Friendly Phone Call and Friendly Visitor Programs for Culver City residents living alone, isolated, in need of socialization.



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;">FEBRUARY 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 12:15 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	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	9:00 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 *	1:00-3:30 p.m. SATURDAY DANCES \$2.00 Members \$4.00 Guests (50 & older)
1	2 1:00 VETERANS GROUP MEETING	3 8-10 am FREE COFFEE 1:00 OPERA MOVIE <i>"La Boheme"</i>	4 7:30 A.M. TRIP SALES	5 10:30 ORGANIZE YOUR ESSENTIAL DOCUMENTS 1:00 Brain Tune-Up 101 Dr. Arnold Bresky	6 7:30 VALLEY VIEW CASINO TRIP	7 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
8 9:00 LAS VEGAS TRIP 12:30 BRIDGE 1:00 SONY SUNDAY MOVIE 1:30-4:00 FOLK DANCING	9 1:00 SENIOR CENTER BOARD MEETING	10 8-10 am FREE COFFEE 1:00 MOVIE 1:00-4:00 LATIN AMERICAN GROUP	11 9:30-11:00 AM BLOOD PRESSURE SCREENING Estee Bienstock, RN 1:00 EVYN CHARLES <i>Singer-Guitarist</i>	12 1:00 FINANCIAL SEMINAR <u>Annuities as Part of Retirement Planning</u> Erika Komarck	13 11:30 <i>VALENTINE/NIFTY 90's PARTY</i>	14 1:00-3:30 DANCE Music by MELODY MASTERS
15 12:30 BRIDGE 1:00 MOVIE	16 8:00-11:00 WHITE ELEPHANT SALE	17 8-10 am FREE COFFEE 9:00-12:00 RSVP CRAFTS SALE 1:00 MOVIE	18 9:00-11:00 a.m. DIABETES SUPPORT GROUP <i>Meets in Yanji Room at Veterans Memorial Building</i>	19 7:00 SANTA BARBARA TRIP 1:00 FEBRUARY BIRTHDAY PARTY <i>Everyone welcome! Great Entertainment!</i>	20 12:30 Movie Nostalgia <i>"That's Dancing"</i>	21 1:00-3:30 DANCE Music by STRIKERS
22 12:30 BRIDGE 1:00 MOVIE	23 1:00 <u>LONG TERM CARE SEMINAR</u> Margaret Patricia K-D	24 8:00 VIEJAS CASINO TRIP 8-10 am FREE COFFEE 1:00 MOVIE	25 1:30 STRING ENSEMBLE PERFORMANCE <i>CCHS Music Program</i>	26 1:00 Understanding Your Medicare HMO Options Center for Health Care Rights 1:00 MOVIE <i>"Billy Elliott"</i>	27 10:00 HOME STAGING FOR SENIORS: Preparing Your Home for Sale Annie Pinsker-Brown 1:00 COMPUTER WORKSHOP <u>Make Bill-Paying Simple</u> Dr. James Moore	28 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia