

Culver CITY

The Newsletter

January 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

Mary Collim **Clifford Nelson**
Lionel Crown **Elizabeth Oxley**
Marilyn Hess **Hope Seldin**
Joanne Higgins **Murray Silman**
Bob Martz **Barbara Silverstein**
Sharon Hyland-Elstein

Alternates:

Mary Garcia Nader Georgy
Linda Sanchez
Monthly Board Meeting
Second Monday, 1:00 p.m.

Inside this issue:

Front Page News	2
Opera and Showtime News	3
Look What's Coming Up!	4
Senior of the Year, Staying Healthy and Bereavement and Beyond	5
Trip Office	6
RSVP News	7
Monthly Lunch Menu	9
Disability Services Social Services	10
Monthly Calendar	11

Member Registration Page 4

RSVP Open House page 8



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

JANUARY 2009



Wishing All Our Senior Center Friends a Happy & Healthy New Year

2009

Monthly Birthday Celebration Thursday, January 15 at 1:00 p.m.

Come & Enjoy Some Great Musical Entertainment

Sponsored by the Board of Directors

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

Refreshments available to all for 50 cents

Happy Birthday

Entertainment by:
Eliás w/ Love

"THE GREAT AMERICAN SONGWRITERS"

LEARN ABOUT THE MAN, HIS
LIFE & LOVE, HIS MUSIC & HIS
TIMES IN A UNIQUE CONCERT
SING-ALONG PRESENTATION

PRESENTING

**Jerome
Kern**

Your Host **Saul H. Jacobs**
Vocals by **Lulee Fisher**
Keyboard artistry by **Bob Lipson**



Thursday, January 29 at 1:00 p.m.



Amy Malina, Flute Player
Invites you to a
MOVIE GAME SHOW

Monday, January 26 at 1 pm

A live musical interactive game~
Have fun identifying
familiar songs & movie themes

Ragtime Piano Concert
Doug Haise



Back with another outstanding ragtime
performance & interesting commentary

Friday, January 9

12:30 p.m.

Culver City Senior Citizens Association Membership for 2009

Membership Registration will resume on January 5 until January 16

Open weekdays in the Lobby from 9:00 a.m. until 2:00 p.m.

OPERA AT THE SENIOR CENTER

MURRAY WINAGURA DOES IT AGAIN FOR 2009!

Many thanks to volunteer Murray Winagura for planning another wonderful year of Opera and Movie Nostalgia Programs for us! The opera program is presented on the first Tuesday of the month at 1:00 p.m. This month's opera movie is Giuseppe Verdi's "**LA TRAVIATA.**" This opera in three acts is based on Alexandre Dumas' play *LA DAME AUX CAMELIAS*. Violetta Valery, Placido Domingo and Cornell MacNeil are featured in this presentation directed by Franco Zeffirelli. **Tuesday, January 6 at 1:00 p.m.**

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 January will be "**WORDS AND MUSIC.**" This 1948 movie is the fictionalized story of the songwriting partnership of Richard Rodgers and Lorenz Hart, starring June Allyson, Perry Como, Judy Garland, Lena Horne, Gene Kelly and Mickey Rooney. **Friday, Jan. 16 at 12:30.**

"SONY SUNDAY" MOVIE PRESENTATION

The SONY SUNDAY movie for this month will be "**TO SIR, WITH LOVE.**" Sidney Poitier is the lead performer and anchors this touching film about that special person who changes your life. Filmed in 1967. *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.
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SUNDAY MOVIES

- Jan. 4** **SONY SUNDAY: TO SIR, WITH LOVE**
1967-PG-Drama-Sidney Poitier; Christine Roberts; Judy Geeson. 105 min.
- Jan. 11** **THE DARK KNIGHT-2008-PG13-Action**
Christian Bale; Heath Ledger; Morgan Freeman; Michael Caine; 152 min.
- Jan. 18** **NO MOVIE TODAY**
The City of Culver City is presenting a Martin Luther King Celebration Today
- Jan. 25** **IT COULD HAPPEN TO YOU-1994-PG13**
Drama/Comedy-Nicholas Cage; Bridget Fonda Rosie Perez; Isaac Hayes; 101 min.

TUESDAY MOVIES

- Jan 6** **OPERA MOVIE~Giuseppe Verdi's**
LA TRAVIATA-Violetta Valery;
Placido Domingo; 105 min.
- Jan. 13** **YOUNG AT HEART-2007-PG**
Documentary on a chorus of Senior
Citizens from Massachusetts; 107 min.
- Jan. 20** **AUGUST RUSH-2007-PG-Drama**
Freddie Highmore; Keri Russell;
Jonathan Rhys-Meyers; 100 min.
- Jan. 27** **THE LONGSHOTS-2008-PG-Family**
Ice Cube; Tasha Smith; Keke
Palmer; 95 min.

The Culver City Senior Citizens Association Board of Directors for 2009

Mary Collim
Lionel Crown
Marilyn Hess
Joanne Higgins
Bob Martz

Clifford Nelson
Elizabeth Oxley
Hope Seldin
Murray Silman
Barbara Silverstein
Sharon Hyland-Elstein

*Thank You to the 2008 Board for their
service to the members of the
Culver City Senior Citizens Association.*

Congratulations to the 2009 Board of Directors!

Alternates:
Mary Garcia
Nader Georgy
Linda Sanchez

LOOK WHAT'S COMING UP

IMPROVISATION CLASS FOR SENIORS

John Reno, a very accomplished and expert teacher of improvisation, invites you to join a special class in IMPROVISATION FOR SENIORS. Come and have some fun with John in experiencing an exciting approach to improve: simple, direct, foolproof and stimulating! The class meets on **Wednesdays at 2:00** in Room C75.

WATERCOLOR CLASS

Helen Groenekamp will begin a new series of Watercolor classes on Thursday, January 8, 2009. The class meets from 9:00-12:00. There is a fee for this 10 week session. Students supply their own materials. Please call Helen (310-838-2087) or Debbie (310-253-6715) for more information.

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:

- * Pick up the "Ultimate Guide to 7 Different Buses Traveling to Downtown and L.A. LIVE!" (surprise gift!)
- * Pick up the latest Metro schedules and * Ask your transit questions.

REVERSE MORTGAGE SEMINAR

Bob McLatcher will present everything you would like to know about Reverse Mortgages on Thursday, January 15 at 1:00 p.m. Bring all your questions and Bob will have the answers!

PAPER ARTS AND CALLIGRAPHY CLASSES RESUME IN JANUARY

These classes are sponsored for our seniors by the CCUSD Adult School. Janet Martorello is the Instructor. Paper Arts resumes Monday, January 5 at 1:00 and Calligraphy resumes on Wednesday, January 7 at 10:00.

MAH JONG PLAYERS WANTED

We play on Tuesdays at 11:00 a.m. Please contact Sophie at 310-839-2917.

Culver City Senior Citizens Association Membership

- ◆ **Membership Registration will be held in the Lobby from 9:00-2:00 weekdays, Jan. 5-Jan. 16.**
- ◆ **2009 Membership Cards will be required starting on January 20, 2009 for the FITNESS ROOM and all the activities that require membership.**

Special Movie Presentation **"SWEET CHARITY"**



Thursday, January 8 at 1:00 p.m.
Shirley MacLaine; John McMartin
Chita Rivera; Paula Kelly
Hosted by: *Marilyn Hess*



Reminder: **Veterans Group Meeting**

*Monday, January 5 at 1:00 p.m.
Meet in the Conference Room*

Hosted by: *Clarence White*



SENIOR OF THE MONTH
RENEE KUSSNER

The Culver City Senior Citizens Association Board of Directors is pleased to honor volunteer **Renee Kussner** as the Senior of the Month for January, 2009. Renee is a very active person who surrounds herself with active, positive people and thrives on volunteering whenever and wherever possible. Luckily, the Culver City Senior Center is one of the beneficiaries of her generosity.

Renee grew up in Montreal, Canada. She was the oldest of 5 children. She has been married for 45 years and lived in southern California since 1965. She left her French-Canadian home and 'never looked back.' She raised her 2 daughters here and was very active in the girls' activities, including Girl Scouts and Jobs Daughters. Renee loves the small town feeling of Culver City and continues to be an active community member and helping with her granddaughter's soccer, music lessons and events at her temple. Renee is an avid traveler and reports that she spent her 45th wedding anniversary in China! Another hobby is playing scrabble on-line and engages in 4 games in French with her sisters and 5 in English.

Renee has amassed 4500 volunteer hours as part of the Senior Center's RSVP program! She knits and crochets for the RSVP activities, Stitches from the Heart and contributes items to charity groups for fundraisers~mainly El Marino School, Temple Akiba and St. Gerard Majella Church. Her creative items include baby sweaters, afghans, doll clothes, decorative towels and anything they need. Renee is an active volunteer for her church and serves as the Director of Lectors and Eucharistic Ministries. Renee's advice is "Keep busy and keep your brain young. Stay positive and surround yourself with positive people!"

STAYING HEALTHY

Free Blood Pressure Screenings: Our volunteer nurses offer blood pressure screenings on the third Monday of every month from 12:00-2:00 p.m. In January, we will offer blood pressure screenings on **the second Monday, JANUARY 12**, due to the MLK holiday on Jan. 19. Special thanks to our dedicated nurses who provide this service to you: **Linda Sanchez**, CCSCA member and **Estee Bierstock** from ALLPOINT HEALTH. Thank you also to **Cindy Grossman** for assisting the nurses each month.

Diabetes Support Group: All diabetics who are interested in meeting others to share needs and information are invited to attend. The meetings are on the third Wednesday of the month from 9-11 a.m. The meeting for Jan. will be on **Wednesday, Jan. 21** Joya Parenteau leads group.

BEREAVEMENT AND BEYOND

The Loss Support Group; Recreating Your Life meets on Wednesdays from 10:00 to 11:30 a.m. in Room C77. If you have felt challenged adapting to aging or the loss of someone dear to you, this Support Group may be just the right place for you to find comfort and understanding from a group of peers. The group is led by trained peer counselors with many years of counseling experience. Ella Deutsch and Vivian Schachter from the Center for Healthy Aging lead the group. A \$2 donation is requested. Call (310) 253-6717 before attending.

Bereavement Group for those with recent losses meets on Wednesdays from 12:00-1:30 p.m. in Room C75. This group is facilitated by Leslie Brandes, LCSW, ACSW, Senior Center Social Worker. A \$2.00 donation is requested at each session. Call Leslie at (310) 253-6717. No walk-ins, please. A Friday Bereavement Group meets alternate weeks from 10:00-11:30 a.m. Contact Leslie.

IN MEMORIAM

Ingvar Lindquist ***Roslyn Pollack***

Peggy McLaughlin

TRIP OFFICE

JANUARY 2009

TRIP SALES WILL BE WEDNESDAY, JANUARY 7, 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!**

TIBBIES CABARET-SUNDAY-MARCH 1-\$86.00

Lv. 12:30 p.m. Rt. 6:00 p.m.

Step aboard the **QUEEN MARY** for an afternoon full of fun, frolic and fantastic food! You will have a choice of entrees: **Prime Rib & Chicken Combination, Salmon or Vegetarian.** All entrees served with Caesar salad, freshly baked bread with butter, fresh vegetables, oven-roasted potatoes including beverage and dessert.



HARRAH'S RINCON CASINO-THURSDAY-MARCH 12-\$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 your plays.



BUFFALO BILLS-PRIMM, NEVADA-SUN-TUES-MARCH 22-24

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

This package includes: Round-trip motor coach, 2 nights deluxe accommodations, 2 buffets and luggage handling.

Singles \$110.00/Doubles \$85.00 pp.



MISSION INN TOUR AND LUNCH-THURSDAY-MARCH 26 \$53.00

Lv. 8:30 a.m. Rt. 4:30 p.m.

You will have a guided tour of the **historic Mission Inn Hotel in Riverside.** It is an oddly integrated assemblage of arcades and gardens, turrets and domes, flying buttresses and spiraling staircases, catacombs and carillon towers. It has fine art and Spanish cannons, stained glass and ceramic tiles, saints and dragons, bells and wrought iron. Lunch at the **Old Spaghetti Factory** with salad, spaghetti with meat sauce, bread and garlic butter, dessert and a beverage. **Wear good walking shoes as there is a lot of walking and climbing.**



SAN MANUEL CASINO-TUESDAY-MARCH 31-\$25.00

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

January 2009



EXPERT ONE-on-ONE

with your cell phone or laptop computer



Wednesday, January 14th
12:30 - 2:30 p.m.
Room B47



Interns 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

RSVP HOLIDAY OPEN HOUSE RESCHEDULED TO:



Monday January 26th—
Wednesday January 28th
10 am- 2pm



Stop by the office for some holiday refreshments and homemade snacks!



Attention RSVP Volunteers! Important Reimbursement News!



RSVP reimbursement checks are issued quarterly in the middle of:
February, May, August and November

The banks **WILL NOT** allow you to deposit or cash your reimbursement checks if they are dated more than six months old. For this reason you must pick up your checks within 6 months of their pick-up month!

For example, you must pick up the checks we give out in February by July.

Beginning last year, if TWO check periods pass (6 months) without your checks being picked up, you forfeit the right to receive reimbursement checks in the future.

Of course, if you are ill or if there are extenuating circumstances, we understand!

If it is inconvenient for you to pick up your checks, we are happy to mail them to you. Simply provide us with a self-addressed stamped envelope (just give us four and you'll be covered for a year!) Please call with any questions you may have about this new policy at 310-253-6704.

COMPUTER CLASSES AT THE SENIOR CENTER

The Culver City Senior Center has a "state of the art" computer lab, designed to provide opportunities to our members to learn the latest technology skills. The lab is fully equipped with new computers and an instructional screen. Our instructors are highly competent volunteers who make these classes possible.



You must be a member of the Senior Center to take computer classes.

- Go to the Business Desk and show your membership card
- Put your name on the waiting list for the class you wish to take
- You will be contacted when there is space available for that class

CLASSES CURRENTLY AVAILABLE:

Beginning Computers

Intermediate Computers

MS Word and Excel

Graphics and Scanners

Photos, Graphics & Projects

Intro to eMail & The Internet

AARP INCOME TAX PREPARATION ASSISTANCE

AARP Tax Assistance will be available Mondays and Wednesdays beginning February 2, 2009

BY APPOINTMENT ONLY

**The Tax Aide Hotline will begin taking appointments on
Wednesday, January 14, at **310-253-6742.****






LUNCH MENU January 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 most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.</p> <p style="font-weight: bold;">Calvin Trillin</p>			<p>Thursday 1</p> <p style="color: red;">Center Open Holiday Hours 12:00-4:00 p.m.</p>  <p>No lunch served today</p>	<p>Friday 2</p> <p style="color: red;">Beef Barley Soup</p> <p>DBL Entrée:</p> <p>Baked Fish (OR)</p> <p>Pork Riblet</p> <p>Scalloped Potatoes</p> <p>Peas and Carrots</p> <p>Whole Grain Roll w/ veg. spread</p> <p>Marinated Tomato, Green Pepper, and Onion</p> <p>Peanut Butter Cookies</p>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	
<p style="color: red;">Chicken Rice Soup</p> <p>Pepper Steak w/ gravy</p> <p>Brown Rice</p> <p>Stewed Cabbage</p> <p>Spinach Salad with Mandarin Oranges</p> <p>Applesauce</p>	<p style="color: green;">Karaoke Day</p> <p>Chicken ala Morrison</p> <p>Barley Pilaf</p> <p>Whole Grain Roll w/ Vegetable spread</p> <p>Mixed Vegetables</p> <p>Caesar Salad</p> <p>Banana</p> <p>Orange Juice</p> 	<p style="color: red;">Lentil Soup</p> <p>Stuffed Pepper</p> <p>Wheat Bread</p> <p>Mashed Potato</p> <p>Mexican Corn</p> <p>Creamy Coleslaw</p> <p>Vegetable spread</p> <p>Sliced Peaches</p>	<p>Oven Crisp Chicken</p> <p>Corn Bread</p> <p>Greens</p> <p>Black Eye Peas</p> <p>Tossed Salad</p> <p>Thousand Island Dressing</p> <p>Tapioca pudding with Mandarin Oranges</p>	<p style="color: red;">Minestrone Soup</p> <p>DBL Entrée:</p> <p>Garlic Fresh Fish (OR)</p> <p>Veal Parmesan</p> <p>Parsley Noodles</p> <p>Creamed Spinach</p> <p>Marinated beets & onion salad</p> <p>Wheat Bread</p> <p>Cantaloupe</p>	
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	
<p>Hawaiian Chicken</p> <p>Brown Rice</p> <p>California Blend</p> <p>Marinated Cucumber Salad</p> <p>Fresh Fruit</p> <p>Orange Juice</p>	<p style="color: green;">Karaoke Day</p> <p>Beef Stew</p> <p>Whole Grain roll</p> <p>Vegetable Spread</p> <p>Carrots</p> <p>Potato Chunks, Peas & Onions</p> <p>Tossed Salad</p> <p>Ranch Dressing</p> <p>Pineapple & Mandarin</p> <p>Orange fruit cup</p> 	<p style="color: red;">Cream of Broccoli Soup</p> <p>Herb Baked Chicken</p> <p>Corn Bread Stuffing</p> <p>Sweet Potatoes</p> <p>Creamy Coleslaw</p> <p>Spice Cake</p>	<p>Ground Beef Lasagna</p> <p>Zucchini, mushroom and Tomatoes</p> <p>Romaine Salad</p> <p>Italian Dressing</p> <p>Whole Grain Roll</p> <p>Vegetable Spread</p> <p>Strawberries or Melon</p>	<p style="color: red;">Navy Bean Soup</p> <p>DBL Entrée:</p> <p>Baked Supreme Fish (OR)</p> <p>Polish Turkey Sausage</p> <p>Oven Brown Potatoes</p> <p>Carrots</p> <p>Garden Tomato Salad</p> <p>Wheat Bread</p> <p>Vegetable Spread</p> <p>Orange</p>	
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	
<p style="color: red;">Center Open Holiday Hours 12:00-4:00 p.m.</p>  <p>No lunch served today</p>	<p style="color: green;">Karaoke Day</p> <p style="color: red;">Potato Soup</p> <p>Dijon Chicken</p> <p>Brown Rice</p> <p>Mixed Vegetables</p> <p>Pineapple Coleslaw</p> <p>Carrot Cake</p> 	<p style="color: red;">Corn Soup</p> <p style="color: green;">Vegetable Lasagna (↑ Na)</p> <p>Creamed Spinach</p> <p>Broccoli & Raisin salad</p> <p>White bread</p> <p>Vegetable spread</p> <p>Coconut Pudding</p>	<p>Beef Enchilada</p> <p>Spanish Rice</p> <p>Red Sweet Cabbage</p> <p>Mixed Green Salad</p> <p>French Dressing</p> <p>Banana</p> <p>Orange Juice</p>	<p style="color: red;">Spanish Bean Soup</p> <p>Double Entrée:</p> <p>Herb Baked Fish (OR)</p> <p>Cranberry Chicken</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Spinach Mandarin Orange Salad</p> <p>Whole Grain Roll w/ Veg. Spread</p> <p>Seasonal Fruit</p>	
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	
<p>Asian Chicken</p> <p>Steamed Rice</p> <p>California Blend</p> <p>Marinated Beet Salad</p> <p>Melon</p>	<p style="color: green;">Karaoke Day</p> <p style="color: red;">Minestrone Soup</p> <p>Salisbury Steak</p> <p>Mashed Potato</p> <p>Italian Vegetables</p> <p>Creamy Coleslaw</p> <p>Lemon Cake w/ pwd. Sugar</p> 	<p style="color: red;">Chicken Rice Soup</p> <p>Spinach Quiche</p> <p>Wheat Bread</p> <p>Vegetable spread</p> <p>Corn & Red Pepper</p> <p>Caesar Salad</p> <p>Citrus Fruit</p>	<p>BBQ Chicken</p> <p>Oven Brown Potatoes</p> <p>Steamed Cabbage & Carrots</p> <p>Marinated Tomato, Green Pepper & Onion Salad</p> <p>Whole Grain Wheat Roll</p> <p>Vegetable Spread</p> <p>Chocolate Pudding</p>	<p>Double Entree:</p> <p>Lemon Dill Baked Fish with Brown Rice (OR)</p> <p>Turkey Bean Chili with Corn Bread & Vegetable Spread</p> <p>Seasoned Spinach</p> <p>Romaine Salad w/ Italian Dressing</p> <p>Oatmeal Chocolate Chip Cookie</p> <p>Orange juice</p>	
★ 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 Program



The Disability Services Program provides information and referral services to Culver City residents.

We also offer:

- ◆ Assisted Listening Devices for Programs at the Senior Center
- ◆ Merlin Magnification Machine
- ◆ Social/Dining events for People with Disabilities
- ◆ Large Print Library
- ◆ Emergency Disability Database

Paratransit Van Service for People with Disabilities.

Available to Culver City residents who are transportationally disabled.



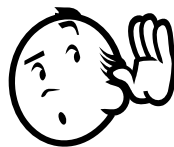
Books on Tape & CD. Did you know the Senior Center Large Print Library also has books on tape and Compact Disc? If you would like to see what we have, please drop by the Disability Services office.



Database of Persons with Disabilities. If you or a loved one would like to be placed on our emergency database list for vulnerable Culver City residents, police and fire crews will be aware of your special needs in the case of natural disaster or emergency.

Donating Hearing Aids & Eyeglasses.

Did you know that the Senior Center accepts donations of old eyeglasses and hearing aids on behalf of the local chapter of the Lions Club? Simply drop them off at the main business desk.



For more information about any of these 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

Social Services Program

The Social Services Office provides information and referrals to all individuals. The office is open Monday through Friday from 9:00 – 5:00.

For more information about our programs or for assistance, please contact Leslie Brandes, LCSW, at (310) 253-6717.



TV CONVERTER BOX COUPON PROGRAM

If your television uses an antenna, “rabbit ears” or is not digital, you will need to take action before Feb. 17, 2009 so that you can continue to receive programs after that date.

The **Digital Television Transition & Public Safety Act of 2005** will provide a better viewing experience for consumers & help emergency responders protect our community.

The **TV Converter Box Coupon Program** is for consumers wishing to use their analog TV's after the transition on Feb. 17, 2009. The Federal Government is offering U.S. households up to two \$40 coupons to help pay for the cost of a certified converter box. TV's connected to cable, satellite or other pay services do not need a converter box to receive programs after Feb. 17, 2009.



If you would like an application for the coupon program, please see Leslie.

Or you may go on line at www.DTV2009.gov

or by phone 1-888-388-2009

TTY: 1-877-530-2634 (English)

TTY: 1-866-495-1161 (Spanish)

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;">JANUARY 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)
	<p style="text-align: center;">2009 Membership Registration Continues</p> <p style="text-align: center;">Jan. 5-9 Jan. 12-16 In the Lobby 9:00-2:00</p> <p style="text-align: center;"></p>		<p style="text-align: center;">31 New Year Party 11:30 a.m.</p>	<p style="text-align: center;">1 Happy New Year! Holiday Hours 12-4</p>	<p style="text-align: center;">2 9:30-11:30 UCLA MEMORY TRAINING BEGINS (Class only for people who are signed up)</p>	<p style="text-align: center;">3 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia</p>
<p>4 12:30 BRIDGE 1:00 SONY SUNDAY MOVIE</p>	<p>5 1:00 PAPER ARTS CLASS RESUMES 1:00 VETERANS GROUP MEETING 2:30 LINE DANCING RESUMES</p>	<p>6 8-10 am FREE COFFEE 1:00 OPERA MOVIE "La Traviata" 1:00-4:00 LATIN AMERICAN GROUP</p>	<p>7 7:30 A.M. TRIP SALES 10:00 CALLIGRAPHY CLASS RESUMES</p>	<p>8 9-12 Watercolor Class Resumes 1:00 Movie "Sweet Charity"</p>	<p>9 12:30 <i>Ragtime</i> Piano Concert Doug Haise</p>	<p>10 1:00-3:30 DANCE Music by MELODY MASTERS</p>
<p>11 12:30 BRIDGE 1:00 MOVIE 1:30-4:00 FOLK DANCING</p>	<p>12 12:00-2:00 BLOOD PRESSURE SCREENING 1:00 SENIOR CENTER BOARD MEETING</p>	<p>13 1:00 MOVIE</p>	<p>14 12:30-2:30 RSVP Cell Phone & Laptop Help</p>	<p>15 1:00 REVERSE MORTGAGE SEMINAR 1:00 JANUARY BIRTHDAY PARTY</p>	<p>16 12:30 Movie Nostalgia "Words and Music"</p>	<p>17 1:00-3:30 DANCE Music by STRIKERS</p>
<p>18 NO MOVIE TODAY City of Culver City Martin Luther King Program</p>	<p>19 MLK DAY Holiday Hours 12-4</p>	<p>20 8-10 am FREE COFFEE 1:00 MOVIE 2009 Membership Required Starting Today!</p>	<p>21 9:00-11:00 DIABETES SUPPORT GROUP</p>	<p>22</p>	<p>23</p>	<p>24 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia</p>
<p>25 12:30 BRIDGE 1:00 MOVIE</p>	<p>26 1:00 MOVIE GAME SHOW Amy Malina</p>	<p>27 8:00 FANTASY SPRINGS CASINO TRIP 1:00 MOVIE</p>	<p>28</p>	<p>29 1:00 Jerome Kern Show</p>	<p>30</p>	<p>31</p>