Culver CITY

The Newsletter

March 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.

St. Patrick's Day Party Page 2

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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

MARCH 2009

UCLA GLUCK FELLOWS MUSIC PERFORMANCE

PIANO SOLOIST

FRIDAY, MARCH 20
12:30 p.m.

free concerts!

THE LOS ANGELES DOCTORS SYMPHONY

WIND QUINTET

TUESDAY, MARCH 3
12:30 p.m.

Monthly Birthday Celebration Thursday, March 12 at 1p.m.

Come & Enjoy Some Great Musical Entertainment
Sponsored by the Board of Directors
If your birthday is in March
be our guest for cake & ice cream!
Refreshments available to all for 50 cents

Happy Birthday!

Entertainment by:
Armando

Saint Patrick's Day Party

Tuesday, March 17
11:30 a.m.

Lunch & Entertainment

Tickets are $3.50 Donation.
On sale at the Business Desk until March 13 (or until sold out)

A Day for Wearin' of the Green!

Public Transit Information for YOU!

Thursday, March 19
12:45-2:30 p.m.

- New TAP Program: How it works for Seniors
- Expo Line in Culver City Update
- Latest Metro materials distributed
- Bus services outlined with focus on Seniors

Ragtime Piano Performance

DOUG HAISE

Friday, March 13 12:30 p.m.

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 ***"CARMEN."*** All the passion and spectacle of **Bizet's "Carmen"** comes to life in this dazzling screen opera starring Placido Domingo and Julia Migenes. PLEASE NOTE DATE CHANGE: The Opera this month will be presented on the second Tuesday of the month, **Tuesday, March 10 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 March will be ***"THE PIRATE."*** **Judy Garland** has a mad crush on a legendary pirate and meets a vagabond actor (**Gene Kelly**) who poses as the scoundrel. Filmed in 1948. Playing time is 101 minutes. **Friday, March 27 at 12:30 p.m.**

SONY SUNDAY" MOVIE PRESENTATION

The SONY SUNDAY movie for this month will be ***"THE CHILDREN OF HUANG SHI."*** Based on real events, this film is set against war-torn China in the 1930's when an English journalist, an American nurse and a leader of a Chinese partisan group rescue 60 orphaned children. *We thank SONY for providing our SONY SUNDAY features!*

KARAOKE

Join ***"Karaoke Mary" & Friends*** on Tuesdays, 11:00-1:00 in the Nutrition Site to sing the standards or whatever your heart desires. Bring your own music or use the music generously provided by the Senior Center.

Also, join ***"Tony & Friends"*** on Wednesday, 2:30-4:30 p.m. for an enjoyable Open Microphone session. Come to listen or perform and join the fun!

SHOWTIME

The movie is subject to change. Members with their membership cards are free. Non-members (age 50+) and those without membership cards pay $2.00. Movies begin at 1 p.m. unless otherwise noted. Operas are featured on the 1st Tuesday of the month. **PLEASE NOTE: Film rating symbols** are included in the movie listings for your information. An "R" RATING may be assigned due to, among other things, a film's use of language, theme, violence, sex or its portrayal of drug use. Please consider the rating before ***you choose*** to view a movie. Also, the playing time is noted for your convenience**.**

FOR YOUR SAFETY: ***Please do not move chairs. They are set up to follow Fire Dept. rules. Follow the directions of the staff and please do not block aisles or exit rows.***

SUNDAY MOVIES

March 1 **SONY SUNDAY: THE CHILDREN OF HUANG SHI-2008-Rated R-Drama Jonathan Rhys Meyers; Radha Mitchell; Chow Yun Fat; Michelle Yeoh;** 114 min.

March 8 **W - 2008-PG13-Biodrama-Josh Brolin; Elizabeth Banks; James Cromwell; Ellen Burstyn; Richard Dreyfuss;** 129 min.

March 15 **THE EXPRESS –2008-PG13-Drama-Dennis Quaid; Rob Brown; Omar Benson Miller; Clancy Brown;** Based on a true story**;** 129 min.

March 22 **APPALOOSA-2008-Rated R-Western-Renee Zellweger; Viggo Mortensen;** 114 min.

March 29 **BRIDESHEAD REVISITED-2007-PG13-Drama– Emma Thompson, Matthew Goode; Ben Whishaw;** 133 min.

TUESDAY MOVIES

March 3 **NO MOVIE TODAY-Come and Enjoy the Doctors Symphony Wind Quintet!**

March 10 **OPERA MOVIE~Georges Bizet's CARMEN-Placido Domingo; Julia Migenes; Ruggero Raimondi**

March 17 **NO MOVIE TODAY-Come & Celebrate St. Patrick's Day with us!**

March 24 **VICKY CHRISTINA BARCELONA 2008-PG13-Comedy Drama-Scarlett Johansson; Penelope Cruz; Javier Bardem;** 97 min.

March 31 **THE SECRET LIFE OF BEES-2008 PG13-Drama-Dakota Fanning; Queen Latifah; Jennifer Hudson; Alicia Keyes;** 109 min.

LOOK WHAT'S COMING UP

Puccini's operatic masterpiece
"LA BOHEME"
will be replayed on Friday, March 6 at 1 p.m.

Entertainer Extraordinaire
BOB LEVY
Thursday, March 5 at 1:00 p.m.

LIVING TRUST EDUCATIONAL SEMINAR

Does your neighbor keep telling you that you should have a Living Trust, but you are not sure what it is or even if you need one? We will answer your questions and you will find out how a trust can help you . Presented by **Michael Crupi, MBA . Thursday, March 5 at 1:00 p.m.**

NEW CREATIVE WRITING CLASS

This new class is open to new and experienced writers. In a positive atmosphere, you can choose among various types of creative writing: fiction, short stories, poetry, prose, essays, autobiographies, journals and diaries. Learn easy steps on how to get started to complete your goals. Come and express yourself! This class will be open to 12 persons for 12 weeks. If you are interested, sign up with Debbie ASAP! The class will begin on Thursday, March 12 and will meet in Activity Room C77 from 11:15-1:15 p.m.
Instructor **Connie Wright, Ph.D., MFT** is looking forward to meeting the unique writers at our Center.

FINANCIAL SEMINAR: *WHAT IS A REVERSE MORTGAGE?*

Have you wondered how a reverse mortgage works? Will it work for you? Come to this informative seminar presented by **Bob McLatcher** , Reverse Mortgage Consultant, and your questions will be answered by an expert. **Thursday, March 12 at 1:00 p.m.**

GENERAL EMERGENCY PREPAREDNESS WORKSHOP: *JUST BE READY*

This workshop will give you invaluable information on preparing for an emergency, including making a family plan, creating an emergency kit and also organizing essential documents. Attend this important workshop on **Monday, March 23 at 1:00 p.m.** in the Conference Room. **Presented by Helen Obih, RN, BSN.**

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.-12:15 p.m. and you will have the opportunity to obtain transit information, including downtown LA. (March 5, 12 and 26)
- To go on April or May Transit Outing to Plaza Mexico, you need to have signed up already and must attend a meeting on Thursday, March 12 1:00-1:30 p.m. (If you are unable to attend, leave a message at the Business Desk)

UCLA CENTER ON AGING MEMORY TRAINING COURSE

Based on research by Dr. Gary Small at the UCLA Neuropsychiatric Institute, this course presents successful memory-enhancing techniques. The class will be offered at the Senior Center for five consecutive Fridays, April 3 thru May 1, from 9:30-11:30 a.m. You must register in advance. To register, call Debbie at 310-253-6715 or leave a note at the Business Desk. Space is limited. There is a $15 fee for the course.

TRIP OFFICE: The winner of the January drawing for a day trip for two: **Zella Kremser**

SENIOR WANT ADS ARE BACK!

Are you looking for a way to sell that item that's taking up space at home? Or a partner to play card games with?
Please see the Business Desk to see our new and improved organized way to see what ads are now available at the Senior Center! With this new system, we will be able to have more ads available, make copies of ads that interest you, and serve you better! Feel free to stop by if you're interested in posting an ad or seeing what we have available.

Special Movie Presentation
"Dirty Dancing"
1987 Romantic Drama
Patrick Swayze Jennifer Grey
Jerry Orbach

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

Hosted by : *Marilyn Hess*

REMINDER: VETERANS GROUP MEETS MONDAY, MARCH 2 at 1: PM

SENIORS OF THE MONTH
RSVP SINGERS

The Culver City Senior Citizens Association Board of Directors is pleased to honor all of the wonderful volunteers in the *RSVP Singers Group* as our *Seniors of the Month* for March, 2009.

This enthusiastic group visits nursing homes, convalescent homes and senior living facilities twice every week to entertain and brighten the day for countless other seniors. They also volunteer their time to sing for the Senior Center's large holiday parties and set a festive mood for our party guests. Congratulations to the RSVP Singers and thank you for sharing your love of music with so many others!

Barbara Brophey
Bob Martz
Shoshana Levine
Anne Pazol
Larry Cosgrove
Otto Cahn
Johnnie Devereaux
Phyllis Shapiro
Marilyn Arkenberg
Dee Burress
Marilyn Hess
Sophie Lloyd
Chrys Corbett
Adra Martz
Clarence White
Barbara Hodson
Jeanne Cosgrove
Jean Bulinski
Jim White
Jacqueline Woolf
Evelyn Martin
Dolores Reed-Waltz
Paul "Reid" Holmstrom

FROM THE CCSCA BOARD OF DIRECTORS

As members of the Culver City Senior Citizens Association, (CCSCA), are you aware that your Board of Directors, the governing body of the Association:

- Acts in an advisory capacity to the City of Culver City Parks, Recreation and Community Services Department, Senior and Social Services Division
- Is responsible for setting policy and procedure and for the prudent management of CCSCA
- *Is a duly authorized non-profit organization that exists independently, but in cooperation with the activities and programs of the City of Culver City*
- Part of the CCSCA's objective is to provide educational, cultural and social activities for its members. By providing financial support for the following programs, among others, the Board is Proud of its efforts to meet this objective.

Are you aware that the CCSCA supports:

⇒ The Fitness Room: the monitors and the equipment
⇒ The Computer Room and all equipment
⇒ The Saturday Dance (for over 25 years!)
⇒ The Tuesday & Sunday movies; Opera, Movie Nostalgia, and Marilyn's movies
⇒ All the decorations, and entertainment for all the parties, including holiday parties, monthly birthday parties, summer BBQ's, Teacher Appreciation Luncheon & much more
⇒ All Entertainment at the Center
⇒ Opportunities for games (bridge, pan, mah jong, scrabble, bingo, etc.)
⇒ Trip Office
⇒ Supports the Socialites Parties, Thanksgiving Day luncheon, Christmas Day Luncheon and The Annual Carnival for Disabled Kids

As members of the CCSCA, you are encouraged to attend Board meetings and approach the Board Members with your wishes, reactions and concerns.

IN MEMORIAM

Esperanza Jones
Eve Worley
Bea Plewa
Alvin Weissman
David Roberts
(98 years old)

CULVER CITY SENIOR CITIZENS' ASSOCIATION

TRIP OFFICE

MARCH 2009

OFFICE HOURS
10:00 A.M. TO 2:00 P.M.
Monday, Wednesday, Friday
24-Hour Trip Information Phone Line
(310) 253-6708
Contacts: Murray Silman or Nancy Hooper

TRIP SALES WILL BE WEDNESDAY, MARCH 4, 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!

FORBIDDEN BROADWAY-SUNDAY-MAY 3-$80.00

Lv. 10:45 a.m. Rt. 5:30 p.m.

This show is **a cabaret revue spoofing show tunes**, characters and plots from current Broadway musicals. **It has run for 25 years on Broadway and won a Tony Award in 2008**. It mocks shows like Wicked, Les Miserables, Annie get your Gun, Hairspray, Lion King, Music Man, Miss Saigon and Rent, to name a few. It also targets famous Broadway actors and choreographers including Carol Channing, Bob Fosse, Elton John, Patti LuPone, Mary Martin and Barbara Streisand and more. It is a very funny and fast paced production.

FOOD, GLORIOUS FOOD-THURSDAY-MAY 7-$73.00

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

This is a very busy day. We will visit the **Rocky Mountain Chocolate Factory, Grand Central Market, a gourmet lunch at the Los Angeles College Culinary School** and a visit to the **Brooklyn Bagel Bakery. Lots and lots of walking**

FANTASY SPRINGS-TUESDAY-MAY 12-$32.00

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

Casino is giving you $10.00 in slot play. **You must bring your Player's card when you sign up for this trip. The Casino is tracking all your players. Picture I.D. required.**

AQUARIUS HOTEL-LAUGHLIN-SUN-TUES-MAY 17-19

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

This package includes: Round-trip motor coach, 2 nights deluxe accommodations and luggage handling. **Singles-$135.00/Doubles-$105.00 per person.**

BARONA CASINO-FRIDAY-MAY 29-$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. 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

Volunteers Wanted!

President Obama believes "each of us, as Americans, has a responsibility to do what we can for our communities and fellow citizens." Join your neighbors in the growing national service movement—it will improve your life and the lives of others!

Please visit Jill in the RSVP office or call her at 310.253.6722 for further information or to sign-up for the opportunities below:

Power Lunch Reading Volunteers

Everybody Wins! offers one-on-one reading experiences with elementary school students and caring adults. Students share lunch, conversation and literature with volunteers for one hour a week. Program will be beginning at El Rincon Elementary at 11177 Overland this spring – just 5 minutes from the Senior Center. You must have a current TB test and background check to participate. Just <u>one hour</u> a week can make SUCH an impact on a child's life!

American Cancer Society Road to Recovery

This program was featured in February's newsletter. I did not put the complete phone number, though – sorry! If you'd like to help cancer patients get to and from their appointments call Julie Brewster at 310.348.0356, ext. 239.

Westside Children's Center *(Culver & Centinela)*

This wonderful Center was featured in last year's April newsletter. Unfortunately our contact at WCC left soon thereafter so any of you who called her to express interest have been lost in the paperwork, so please contact Jill so she can get your name and info. to pass along.

WCC provides low cost, quality care to children from low income and poverty level homes whose parents are working or going to school. The Center serves 100 children daily ranging in age from 18 months to five years old and is open Monday through Friday. Volunteers can work in the child care center as teachers' aides. Responsibilities include reading to the children, being a mentor, helping with arts and crafts, meals, and circle time. Volunteer shifts are: 8:30 am – 12:30 pm and 3:00 pm – 5:30 pm. Some weekend and evening shifts are available. You must have a current TB test and background check to participate in this program.

Marina del Rey Hospital

Are you a people person? MdR hospital needs front desk volunteers. Main lobby or patient services desk (one is busy, the other is a quieter desk if you'd like a slower pace). Minimum commitment is a 4-hour shift one day a week. Free parking and meal voucher are offered to volunteers. They prefer a commitment of a year if possible. The hospital is at Lincoln & Mindanao.

"These kids today…"

We're looking for Senior Center members to be part of a fun and educational service learning project in partnership with Culver City's Turning Point School.

The kids are aged 13-14 years and are in 8th grade. They are choosing to be part of this class and participate in this project and are super enthusiastic.

The project will involve interviewing each other and participating in events at the Center together. Their theme this school year is "storytelling" so be prepared to share information about your life in the past, present and future!

This project will take place over several Fridays in March, April and May (not more than four sessions).

Sign-up sheets will be in **RSVP office (not the main desk)** March 1– 20, 2009.

This will be a FUN project that will bring together generations in our Culver City community!

"The evidence is clear-regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases. The more physically active you are, the more health benefits you gain. All older adults should avoid inactivity. Some physical activity is better than none and older adults who participate in any amount of physical activity gain some health benefits."

~ U. S. Department of Health and Human Services Secretary Mike Leavitt

Senior Center Fitness Room: A GOOD FIT FOR *YOUR* WORKOUT!

- **For Culver City Senior Citizens Association Members**
- **Two Payment options available:**
  1. **$120 Annual Fee**
  2. **$65 for 6 months (Jan.-June OR July-Dec.)**
- **Physician Authorization Form required. Forms available in Fitness Room or at the Business Desk.**
- Once you have filled out the forms, paid your fee and had training on how to properly and safely use the equipment, you will be on your way to improving strength, cardiovascular conditioning, endurance, fall prevention, and you'll just plain feel better. ***Why delay? Join TODAY!***

LUNCH MENU March 2009✶

Lunch is served at 11:30 a.m. Monday - Friday. For information call the lunchroom at (310) 253-6726 or the Nutrition Program Director at (310) 253-6712. Suggested donation for Seniors (age 60 & over) is $2.25 and mandatory fee for Non-Seniors (age 59 & below) is $3.00. If asked to show proof of age, please comply, as it is necessary for us to meet these requirements, which are set forth by our agent.

To reserve lunch, please call between 9 a.m. - 12 noon the day before. Please sign in for your lunch ticket before 11:15 a.m.

Low fat and non-fat milk are served every day. Fruit in light syrup is available upon request as a lower calorie substitution. Please obtain a special ordering ticket at the lunch room sign-in desk.

The menu is subject to change. Exclamation point (!) indicates that the meal or dessert has "Trans Fat". Na (↑) indicates High Sodium

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Chili Mac Normandy Vegetables Tossed Salad Thousand Island Dressing Whole Grain Wheat Roll Vegetable Spread Orange	**Karaoke Day** **Potato Soup** **Dijon Chicken** Brown Rice Mixed Vegetables Pineapple Coleslaw Carrot Cake 	**Corn Soup** **Vegetable Lasagna (↑ Na)** Creamed Spinach Broccoli & Raisin salad White bread Vegetable spread Coconut Pudding	**Beef Enchilada** Spanish Rice Cold Red and Green Cabbage Mixed Green Salad French Dressing Banana Orange Juice	**Spanish Bean Soup** **Double Entrée:** **Herb Baked Fish (OR)** **Cranberry Chicken** Mashed Potato Green Beans Spinach Mandarin Orange Salad Whole Grain Roll w/ Veg. Spread Seasonal Fruit
Monday 9	**Tuesday 10**	**Wednesday 11**	**Thursday 12**	**Friday 13**
Asian Chicken Steamed Rice California Blend Whole Grain Roll w/ Vegetable Spread Marinated Beet Salad Melon	**Karaoke Day** **Minestrone Soup** **Salisbury Steak** Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake w/ pwd. Sugar 	**Chicken Rice Soup** **Spinach Quiche** Wheat Bread Vegetable spread Corn & Red Pepper Caesar Salad Citrus Fruit	**BBQ Chicken** Oven Brown Potatoes Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Whole Grain Wheat Roll Vegetable Spread Chocolate Pudding	**Double Entree:** **Lemon Dill Baked Fish with** **Brown Rice (OR)** **Turkey Bean Chili with Corn** **Bread & Vegetable Spread** Seasoned Spinach Romaine Salad w/ Italian Dressing Oatmeal Cookie Orange juice
Monday 16	**Tuesday 17**	**Wednesday 18**	**Thursday 19**	**Friday 20**
Beef Burrito Spanish Rice Mixed Vegetables Spinach Salad with Mandarin Oranges Italian dressing Rice Pudding	**St. Patrick's Day Party** **Special Ticket Required**	**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 23	**Tuesday 24**	**Wednesday 25**	**Thursday 26**	**Friday 27**
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	**Vegetable Soup** **Spaghetti w/ Meat Sauce** Green Beans Tossed Salad with French Dressing Orange	**Beef Barley Soup** **DBL Entrée:** **Baked Fish (OR)** **Pork Riblet** Scalloped Potatoes Peas and Carrots Whole Grain Roll w/ veg. spread Marinated Tomato, Green Pepper, and Onion Salad Peanut Butter Cookies
Monday 30	**Tuesday 31**			
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 			

If God had intended us to follow recipes,
He wouldn't have given us grandmothers.

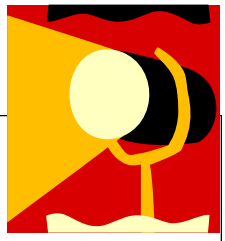
~Linda Henley

✶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.

revised 1/30/09

Spotlight on Social Services & Disability Services



New Alzheimer's-Alert Program

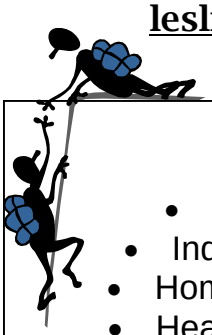
To improve the safety of those with Alzheimer's or related dementia, Medic-Alert & the Alzheimer's Association have formed an alliance to offer Medic-Alert + Alzheimer's Safe Return. This is a 24 hour emergency response service for individuals with dementia, who may wander and/or have a medical condition.

When an individual who is registered with this program becomes lost, his or her information + photo is provided to local law enforcement. When the individual is found, the 800 number on the product is called and the individual's family and/or caregiver is notified. The nearest Alzheimer's Association office provides information & support during the search.

In case of a natural disaster, or a personal emergency, first responders will be able to identify the individual with dementia. The same occurs if the individual registered has a medical emergency. To enroll someone in Medic Alert + Safe Return, contact the Alzheimer's Association at 1-800-272-3900 or Medic Alert at 1-888-577-8566.

Leslie also has applications in her office in English and Spanish.

For more information regarding Social Service Programs, support, assistance, or referrals—visit Leslie Brandes, LCSW, in her office or contact her at (310) 253-6717 or leslie.brandes@culvercity.org



- Job Desk
- Legal Services
- Bereavement Groups
- Individual Peer Counseling
- Home Modification Programs
- Health Insurance Counseling
- Alzheimer's Caregivers Support
- Friendly Phone Call and Visitor Programs
- **And More!**

The Disability Services Office provides *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
- 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 submit a completed Authorization Form. Once approved, vans provide curb to curb daytime service, Monday – Friday, 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN ➡ *** FEE FOR CLASS** **◆ MEETS AT VETS MULTIPURPOSE ROOM** **+Materials fee** *All Classes Are Taken At Risk of the Participant* **MARCH 2009**	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop 9:30 Nia Class 10:00 German 11:00 Balance Challenge * 11:00 Russian 12:00 Mah Jong 12:00 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 12:30 TIBBIES CABARET TRIP 12:30 BRIDGE 1:00 SONY SUNDAY MOVIE	**2** 1:00 VETERANS GROUP MEETING	**3** **8-10 am FREE COFFEE** **12:30** **DOCTOR'S SYMPHONY** WIND QUINTET **no movie today*	**4** **7:30 A.M. TRIP SALES**	**5** **1:00 LIVING TRUST SEMINAR** **Michael Crupi** **1:00** **Entertainer** Bob LEVY	**6** 1:00 **OPERA MOVIE** ***"La Boheme"***	**7** 1:00-3:30 DANCE Music by ***RAZZMATAZZ*** 1:00 Card Games with Virginia
8 1:30-4:00 International Folk Dancing	**9** 1:00 SENIOR CENTER BOARD MEETING	**10** **8-10 am FREE COFFEE** 1:00 **OPERA MOVIE** *"Carmen"*	**11** **9:30-11:00 AM** **BLOOD PRESSURE SCREENING** Estee Bienstock, RN **1:00 EVYN CHARLES** *Singer-Guitarist*	**12** 1:00 SEMINAR Reverse Mortgages Bob McLatcher **1:00** **FEBRUARY BIRTHDAY PARTY**	**13** 12:30 Ragtime Piano Performance *DOUG HAISE*	**14** 1:00-3:30 DANCE Music by ***MELODY MASTERS***
15 12:30 BRIDGE 1:00 MOVIE	**16**	**17** **11:30** St. Patrick's Day Party	**18** 9:00-11:00 a.m. DIABETES SUPPORT GROUP *Meets in Yanji Room at Veterans Memorial Building* 9:00-12:00 **RSVP Crafts Sale**	**19** 12:45-2:30 PUBLIC TRANSPORTATION INFORMATION FOR *you!*	**20** **12:30-1:30** *UCLA GLUCK FELLOWS MUSIC PROGRAM* *Piano Soloist* 1-4 pm TRIP OFFICE MEETING	**21** 1:00-3:30 DANCE Music by ***STRIKERS***
22 9:00 NEVADA TRIP 12:30 BRIDGE 1:00 MOVIE	**23** 1:00 EMERGENCY PREPAREDNESS SEMINAR Helen Obih, R.N.	**24** 8:00 VIEJAS CASINO TRIP **8-10 am FREE COFFEE** 1:00 MOVIE	**25**	**26** 8:30 MISSION INN TRIP **1:00** MOVIE *"Dirty Dancing"*	**27** **12:30** **Movie Nostalgia** *"The Pirate"*	**28** 1:00-3:30 DANCE Music by ***SWING SET*** 1:00 Card Games with Virginia
25 12:30 BRIDGE 1:00 MOVIE	**30**	**31** 8:00 SAN MANUEL CASINO TRIP 1:00 MOVIE				