

Culver CITY

The Newsletter

May 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
William LaPointe, Director Parks, Recreation & Community Services

SENIOR & SOCIAL SERVICES

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

CULVER CITY

SENIOR CITIZENS' ASSOCIATION

BOARD OF DIRECTORS

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

Alternates:

Nader Georgy **Linda Sanchez**
Mary Garcia

Monthly Board Meeting
Second Monday, 1:00 p.m.

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Older Americans Month Party
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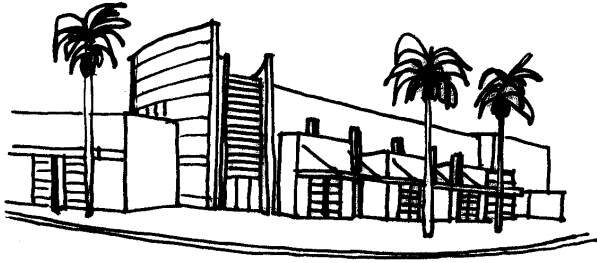
CULVER CITY SENIOR CENTER

4095 Overland Avenue
 Culver City, CA 90232

Center Hours: Monday - Friday 9 am - 5 pm
 Center Hours: Sat., Sun., Holidays 12 pm - 4 pm
 Business Office Hours: Monday-Friday 9 am - 4 pm
 General Information: (310) 253-6700
 Social Services: (310) 253-6717

AARP Safe Driver Class Info Line: (310) 253-6757
 Nutrition Site: 9 a.m. to Noon (310) 253-6726
 RSVP/Volunteer Opportunities (310) 253-6704
 Disability Services (310) 253-6729
 Trip Office: (M/W/F) 10 a.m.-2 p.m. (310) 253-6708
 Elder Abuse Hotline (800) 992-1600
 Computer Class Info Line: (310) 253-6720

Culver CITY SENIOR CENTER



The Newsletter

MAY 2009

MEMORIAL DAY SALUTE

Thursday, May 21 at 12:30

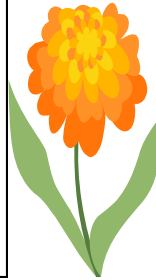
Flag Ceremony

Special Guests~ALL Veterans
& Friends Welcome



MOVIE: "Stalag 17"

Hosted by : Marilyn Hess



"The Great American Songwriters" THE WIZARDS OF OZ

Part Two

WEDNESDAY, MAY 13

1:00 p.m.

Bob Lipson Lulee Fisher Saul H. Jacobs



Monthly Birthday Celebration

Come & Enjoy Some Great Musical Entertainment

Sponsored by the CCSCA Board of Directors

If your birthday is in May

be our guest for cake & ice cream!

Refreshments available to all for 50 cents

Thursday, May 14 at 1p.m.



Happy
Birthday!

Entertainment by:

Calí Rose

"Older Americans Month" Party



Friday, May 29

11:30 a.m.

Lunch & Entertainment

Join us to honor our "Senior of the Year"



Tickets are \$3.50 Donation

On sale at the Business Desk from
May 11-May 27 (or until sold out)

May is "Older Americans Month"
This party is a day to celebrate

YOU!



SENIOR CENTER - ART EXHIBIT

May 12, 13, 14

Beautiful art by our talented
Seniors displayed for your
pleasure



In the Senior Center
Lobby

Tuesday, May 4-8, 2009

TEACHER APPRECIATION WEEK



Thank you to our valued teachers who offer
our members so many outstanding classes.

The Board of Directors will honor the
teachers at a special luncheon
Please take time to say "Thank You"
to your teachers during
Teacher Appreciation Week!

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 **AMERICAN BALLET THEATER AT THE MET**. This is a delightful introduction to the range and excitement of American Ballet Theater's repertory, featuring Mikhail Baryshnikov and the *Grand Pas* from "Paquita" that shows off the technical virtuosity of ABT's Dancers. Playing time is 100 minutes. Presented on **Tuesday, May 5**. Volunteer **Murray Winagura** plans and hosts this program.

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 May will be **"THE COTTON CLUB."** 1928; THE JAZZ AGE; BOOZE; LIVELY DANCING; RUTHLESS GANGSTERS; and Harlem's COTTON CLUB in the center of it all! **Friday, May 15 at 12:30 p.m.**

SONY SUNDAY" MOVIE PRESENTATION

The SONY SUNDAY movie for this month will be **"DANCING AT LUGHNASA."** Despite their hardships, five unmarried sisters in 1936 rural Ireland are able to embrace life and all its complexities. Meryl Streep, Michael Gambon, Catherine McCormack and Kathy Burke are part of a beautifully crafted ensemble drama featuring gorgeous photography and music by Grammy Award-winning composer Bill Whelan (*Riverdance*.) *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

- May 3 **SONY SUNDAY: DANCING AT LUGHNASA**
Meryl Streep; Michael Bambon; PG; 95 min..
- May 10 **MARLEY AND ME - 2008-PG**
Comedy/Drama-Owen Wilson; Jennifer Aniston; Eric Dane; Kathleen Turner; 120 min.
- May 17 **QUANTUM OF SOLACE -2008-PG13**
Action-Daniel Craig; Olga Kurylenko; Judi Dench; 106 min.
- May 24 **FROST/NIXON-2008-Rated R-Drama**
Frang Langella; Michael Sheen; 122 min.
- May 31 **YES MAN-2008-PG13-Comedy**
Jim Carrey; Zooey Deschanel; 104 min.

TUESDAY MOVIES

- May 5 **OPERA MOVIE- AMERICAN BALLET THEATER AT THE MET**
Repertory including Mikhail Baryshnikov; 100 min.
- May 12 **NIGHTS IN RODANTHE-2008-PG**
Drama/Romance-Diane Lane; Richard Gere; Viola Davis; 97 min.
- May 19 **BEDTIME STORIES-2008-PG**
Comedy; Adam Sandler; Guy Pearce; Russell Brand; Teresa Palmer; 99 min.
- May 26 **DOUBT-2008-PG13-Dra,a**
Meryl Streep; Philip Seymour Hoffman; Amy Adams; 104 min.

LOOK WHAT'S COMING UP

HOME DELIVERED MEALS PROGRAM

The Home Delivered Meal Program currently has space to serve new participants. If you have the following qualifications or you know any seniors who meet these criteria, contact Barbara Silverstien at (310)-253-6748 or Roxana Tabibi at (310)253-6712.

You will be eligible for this program if you are:

**60+ years old *Culver City resident *Homebound*

Suggested donation per meal is \$2.25.

FREE BLOOD PRESSURE SCREENINGS

Blood Pressure screenings are offered the second Wednesday of every month from 9:30-10:45 a.m. in Activity Room C71. This service generously provided by Estee Bienstock, RN, from Allpoint Health Services. *Thank you to Estee and Cindy Grossman for assisting Estee in this very important service to our members.*

HEALTH SEMINAR: COUGHS

UCLA pulmonologist **Gerard Frank, MD**, will discuss treatments for coughs: the serious, not-so-serious and chronic. Presented on **Monday, May 18 at 1:00 p.m.**

NEW CLASS: SHORT STORY CLASS

Discuss and share views on short stories with others. One story a week will be read at home and at each meeting, participants will have the opportunity to express their views through their unique frame of reference. An Anthology of current short stories will be available for about \$15. Volunteer **Allan Gartenberg** will lead the group. The first class will meet on **Thursday, May 7 from 11:00 a.m. until 12:30 p.m. in the Conference Room.**

SEMINAR: NAVIGATING THE SENIOR CARE MAZE

Do you know all the options in senior retirement and care communities? Come and learn how to decide what is right for you. Let's talk about the differences between home care, independent living, assisted living, board and cares, and nursing home options. We will discuss what Medicare and Medi-Cal covers and other funding sources. Presented by **Bonnie Davis**, Eldercare Advisor-A Place for Mom.

Thursday, May 7 at 1:00 p.m.

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

Annie Pinsker-Brown of Stage to Sell returns with more tips on selling your home. This seminar will focus on the Real Estate aspects of selling your home. **Friday, May 15 at 10:30 a.m.**

PUBLIC TRANSIT /S FOR EVERYONE!

Imagine what you are missing! There are places to go and places to see but you can't /won't drive there. Ask Bonne Cherko, our experienced transit volunteer, how to get to these places (or practical ones like a doctor's office). Don't miss out! Meet Bonnie any Thursday from 11:00-12:15 in the lobby.

SAVE THE DATE: Presentation by John Fong of City Ride on Thursday, June 25 at 10:00 a.m. "TAP UP WITH A \$2.50 METRO MONTHLY PASS!"

FINANCIAL SEMINAR: REVERSE MORTGAGE ~ Cash to cover expenses. Funds to achieve dreams.

Hear information on how to optimize retirement cash flow without selling your home. A Reverse Mortgage is an FHA, government loan. You can convert some of your home's equity into cash that can be used any way you choose. Ask the expert, **Bob McLatcher**, Reverse Mortgage Consultant with Wells Fargo. Bob will give you the facts and have time to answer your questions. **Thursday, May 14 at 1:00 p.m.**

MUSICAL THERAPY WITH DR. BRESKY

Arnold Bresky, M.D., author, lecturer, creator of the Brain Tune Up 9Pt. System, and Preventive Gerontologist specializing in brain health and improved memory function, will be speaking on the power of music and the scientific, evidence-based studies to prove it. In this workshop, he will show you how to use music to heal. As Dr. Bresky says...*"Take two tunes and call me in the morning!"* **Thursday, May 28 at 1 p.m.**

NEW CLASS: CREATIVE COLLAGE

Join **Gail Klausner** in a fun artistic journey of self-exploration. Gail has offered classes in journal writing, and returns to offer a warm and fun class in creative collage making. This will be an 8 week class, beginning on Monday, June 1 from 2:00-3:30 p.m. If you are interested in this class, please sign up in advance at the Business Desk. Class size will be limited. Gail will supply all materials for you!

TRIP OFFICE: The winner of the drawing for a day trip for two: **ADELE GREWOHL**



SENIOR OF THE YEAR SID SCHALMAN

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

Sid Schalman

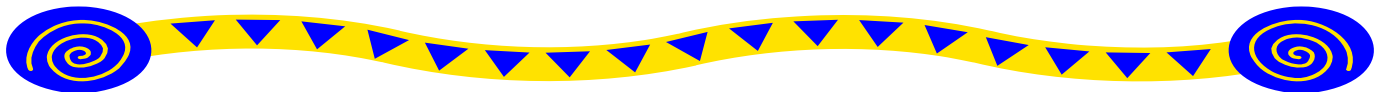
Senior of the Year for 2009

The Culver City Senior Center benefits from Sid's spirit of volunteerism and the **more than 100 hours** of service he donates every month. In addition to serving as the Chairman of the Nutrition Advisory Board, each day he arrives early to prepare for his active role in the Nutrition Site, setting up the desk, computer, checking phone messages, and generally taking care of business. He also assists in the preparation of the home-delivered meal service and the arrival and intake of over 100 lunchtime participants daily. Sid welcomes all with a personal greeting, very often sharing his sly sense of humor— and his memory for names is amazing!

Sid was born in Waterbury, Connecticut. His family moved to Los Angeles in 1932. He attended 24th Street Elementary, Mt. Vernon Jr. High, Dorsey High and Woodbury University. Sid and Shirley have been married for 53 years and are enjoying life with daughter Carla and family. Sid has served our country with pride and dignity and was discharged as a First Lieutenant. He served in WW II in the Pacific and in the first American Occupation Forces into Japan. He is a Korean War Vet and served in the Reserves for over 10 years. When he retired after 34 years at the same company, Sid started volunteering at the Senior Center for 1 day a week, then 2.....now 5! Sid feels that volunteering keeps his mind sharp, keeps his sense of humor fine tuned and he loves meeting new people.

For the last four years, Sid has also served on the Board of Directors, two years as vice president and on various important subcommittees. Every year, Sid helps at the Flu Clinic and when summer arrives, Sid is counted on as chief cook for our Patio Concert BBQ Parties. During the busy Membership Registration weeks at the beginning of the year, Sid pitches in to help *after* his five hours of volunteering in the Nutrition Site. When asked about his hobbies, Sid replied: "The Senior Center *is* my hobby."

His enthusiasm and friendliness, in addition to his skills, makes working with Sid a pleasant experience. Outside the City, Sid is a long-time volunteer member of the USC Norris Cancer Center. Considering that Sid has accrued over 5000 hours in six years in service to our seniors and has lived in Culver City since 1968, the "Senior of the Year" honor is richly deserved. **We** are the lucky recipients of Sid's giving spirit and the fact that he considers it a privilege to live each day helping others. Thank you, Sid, and sincere congratulations!



IN MEMORIAM

James Handley

Jean Frank

TRIP OFFICE

MAY 2009

TRIP SALES WILL BE WEDNESDAY, MAY 6, 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!**

BAKERY SPECTACULAR-FRIDAY-JULY 3- \$75.00

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



Climb aboard in search of the best bakery in Los Angeles. You will sample many pastries from German, Italian, Cuban, Mexican or Chinese bakeries. You will be the judge! Lunch at the Tam O' Shanter Restaurant with your choice of Prime Rib or Turkey Sandwich including their famous cole slaw and dessert. **Lots of walking.**

SANTA YSABEL CASINO-TUESDAY-JULY 7 \$32.00

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

Casino is giving you \$25.00 slot play. **Casino requires picture I.D.**



"THIS IS MY COUNTRY"-THURSDAY-JULY 16-\$77.00

Lv. 10:45 a.m. Rt. 4:30 p.m.



Showtime Cabaret presents, "This Is My Country" music. You will have a choice of entrée, Prime Rib or Salmon. Also, included is salad, bread and butter, fresh vegetable, dessert and beverage.

SALSA FESTIVAL-SUNDAY-JULY 26-\$42.00

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

Hot aboard for a fun day in Oxnard. You will see sizzling salsa and Latin jazz bands performing on the main stage. Many food vendors to tempt your taste buds with a variety of cuisine. There will be plenty of time for you to shop in the festival marketplace where you will find crafts, ethnic clothing, jewelry, gourmet foods and salsa. **Lots of walking.**



HARRAH'S RINCON CASINO-MONDAY-JULY 27-\$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.

MESQUITE MADNESS-Sun-Tues-August 9-11

Lv. 8:00 a.m. Rt. 7:00 p.m.

This package includes: Roundtrip motor coach, 2 nights at the Virgin River Hotel & Casino, 2 dinner buffets, 2 breakfast buffets, a day trip to Zion National Park, tram tour and a box lunch. Admission to the Zion Canyon Theater for the film "Treasures of the Gods". Admission to the Lost City Museum and a tour of the "Valley Of Fire State Park". **Singles -\$365.00/Doubles \$285.00 per person**



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!

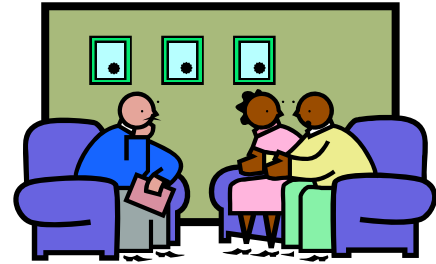
RAIN OR SHINE, WE LEAVE ON TIME!! IF YOU MISS THE BUS, THE RETURN EXPENSE IS YOUR RESPONSIBILITY AND YOU WILL NOT BE REIMBURSED FOR ANY EXPENSES.



VOLUNTEERS NEEDED

Southern California Counseling Center Paraprofessional Counselors

Located on Pico Blvd. between Fairfax & La Brea
www.sccc-la.org



It is the mission of the SCCC to provide high-quality psychological counseling to those of limited income as well as offering exceptional training within a supportive environment for Center counselors and supervisors, and to develop and maintain responsive programs meeting the psychological needs of Southern California's multi-cultural community.

Paraprofessional counselors require a 16-month commitment, multi-step interview process and training. Applications are due May 31, 2009 for the fall 2009 training class. You can visit the Center for a tour at 12 noon on the first and third Tuesday of each month and to find out about becoming a Counselor first-hand. No reservations necessary... just show up at noon and plan to stay for around one hour.

Please see Jill Thomsen in the Volunteer (RSVP) office if you'd like more information or call her at 310.253.6722.



Upward Bound House

Lots of various duties...

During construction: painting, landscaping, furnishing rooms

When open: tutoring, kitchen assistance, Adopt-a-Unit

Located on W. Washington Blvd (near Beethoven)

Upward Bound House was founded in 1991 to help mitigate the affordable housing crisis on the Westside of Los Angeles County and specifically, its impact on two vulnerable populations: homeless families with minor children and very low-income seniors. They are opening a family emergency shelter in Culver City this summer.

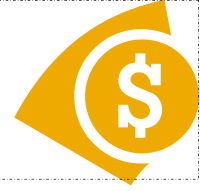
Upward Bound House's Family Shelter will serve approximately 210 children and their parents annually, becoming a significant regional resource in the effort to place vulnerable children in safe, dignified housing.

Please see Jill Thomsen in the Volunteer (RSVP) office if you'd like more information or call her at 310.253.6722.



Please note that our free monthly notary service will no longer be offered at the Center. Thank you to volunteer Olivia Headley for providing this service over the past year!

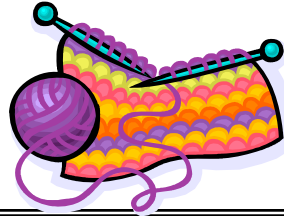
Jan., Feb. & March reimbursement checks
will be available in mid to late May!



SAVE THE
DATE

Thursday, Oct. 1st
RSVP Luncheon

Craft Sale
Tuesday
May
19th



Thanks to Irene Pritko for her
generous donation to RSVP!

JOB DESK CLOSING

It is with great sadness that we announce the closing of the Job Desk on Thursday, May 28, 2009. The Culver City Senior Center will no longer be able to offer the Job Desk as a service. We apologize for any inconvenience this may cause you. Staff has taken the liberty to list some similar services where you may be able to seek employment or find someone to hire.

Please be aware that Culver City is providing this information as a resource and is in no way endorsing these services. As always, it is vital for you as a consumer or potential employee to investigate the services mentioned below.

Los Angeles County Personnel Assistance
Services Council (PASC)
(877)0565-4477
www.pascla.org

Pennysaver
(310)473-3233
www.pennysaverusa.com

Culver City News
(310)437-4401
www.culvercitynews.org

Culver City Observer
(310)398-6397
www.culvercityobserver.com

Craigslist
<http://losangeles.craigslist.org>

You may also want to utilize local churches, synagogues, community bulletin boards and "word of mouth" to find work or let others know you are looking to hire an individual.

We are grateful for your patronage and wish you luck in all of your future endeavors. If you would like a list of local caregiver agencies, they are available in Leslie's office as well as at the Business Desk.

LUNCH MENU May 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.

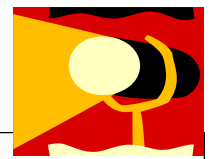
Low fat and non-fat milk are served every day. Fruit in light syrup is available upon request as a lower calorie substitution. Please obtain a special ordering ticket at the lunch room sign-in desk.

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

				Friday 1
 <p style="text-align: center;"><i>Cooking is like love. It should be entered into with abandon or not at all</i></p> <p style="text-align: center;">~Harriet van Horne</p>				Double Entree: Fish Vera Cruz (OR) Sweet & Sour Pork Brown Rice Carrots Garden Salad w/ Ranch Dressing Wheat Bread Vegetable spread Orange
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
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 Wheat Bread 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 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
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 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
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 (↑ Na) Oven Brown Potatoes Carrots Garden Tomato Salad w/ French Dressing Wheat Bread/Vegetable Spread Orange
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
MEMORIAL DAY  <p style="text-align: center;">Center Open Holiday Hours 12:00-4:00 p.m.</p>	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	Older Americans Party Senior Center Party  <p style="text-align: center;">Special Ticket Required</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.

Spotlight on Social Services & Disability Services



DTV Transition and the Coupon Program

What is the digital television transition?

By June 12, 2009, all television stations in the U.S. will stop analog broadcasts. Digital broadcasting promises to provide a clearer picture and more programming options and will free up air-waves for use by emergency responders.

Converter Box Coupon Program Explained:

Congress created the TV Converter Box Coupon Program for households wishing to keep using their analog TV sets after broadcasters stop analog broadcasting. The Program allows U.S. households to obtain up to two coupons, each worth \$40, that can be applied toward the cost of eligible converter boxes. A TV connected to cable, satellite or other pay TV service does not require a TV converter box from this Program.

Consumers have a variety of options. Options to explore include:

- > Keep your existing analog TV and purchase a TV converter box with or without a government coupon. A converter box plugs into your TV and keeps it working after the analog shut-off
- > Connect to cable, satellite or other pay service
- > Purchase a television with a digital tuner

How do I request a coupon?

You can request a coupon while supplies last in one of four ways:

- Call the Coupon Program toll-free 24-hour automated system **1-888-388-2009**.
- Or mail or fax coupon a coupon application. Applications available from Leslie Brandes.

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

Disability related information

and referral services are provided to Culver City residents of all ages. Staff works to ensure that people of all abilities are included, able to participate, and accepted as valued members of the community. In addition to offering a variety of recreational opportunities, staff also communicates with city departments as needed to address barriers and expressed concerns. **At the Senior Center we feature:**

- ◆ CCTV Magnification Machine for Public Use
- ◆ Donate Used Eyeglasses & Hearing Aids
- ◆ Large Print Library & Audio Books to borrow
- ◆ Information, Assistance, and Referrals
- ◆ Assistive Listening Devices for Events
- ◆ Disability Advisory Committee Meetings

Paratransit Dial-A-Ride Service and Taxi Coupon Program for Seniors and People with Disabilities

Available to transportationally disabled Culver City residents. Qualifying clients submit a completed Authorization Form available at the Senior Center. Once approved, discounted taxi coupons may be purchased and, with advance notice, vans may provide curb to curb daytime service, Monday – Friday, within Culver City limits for a suggested donation of \$.50 each way.

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


Bereavement and Beyond

The **Loss Support Group** “Recreating Your Life” meets on Wednesdays from 10:00 - 11:30 a.m. If you have felt challenges adapting to aging or the loss of someone dear to you, this support group may be the right place for you to find comfort and understanding. This group is facilitated by trained peer counselors from Wise & Healthy Aging. A \$2 donation per meeting is requested. **No walks ins.** Please call Leslie for program pre-screening.

Bereavement Groups for those with recent losses are facilitated by Leslie Brandes, LCSW.

One group meets each Wednesday from Noon to 1:30 p.m. and the other occurs every other Friday from 10:00 to 11:30 a.m. A \$2 donation per meeting is requested. **No walks in.**

Please call Leslie for program pre-screening.

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;">MAY 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 3:30 Yoga*	9:00 RSVP-WWP&Crafts Group 9:00 Harmonica 9:00 Beginning Ballroom *♦ 10:00 Loss Support Group 10:30 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance * ♦ 10:00 Calligraphy+ 11:30 Osteo-Fit Class* ♦ 12:00 Bereavement Group 12:30 RSVP Singers Rehearsal 1:00 Yoga * ♦ 1:30 Portrait Drawing Class 1:30 RSVP Singers Go Out 1:30 Current Events 2:00 Improvisation for Seniors 2:00 Card Game: Poker for Fun 2:45 Fitness Class 2:30 Open Mike with Tony 4:00 Osteo Exercise Class	9:15 Nia * ♦ 9:00 Watercolor 9-12 Job Referral 9:00 Bridge 9:00 French 9:30 Pastel Art – Beginners 9:30 Qi Gong 9:30 Balance Challenge * 10:00 Spanish 11:00 Public Transit~Bonnie 11:30 Mah Jong & Pan 12:00 Duplicate Bridge 12:30-2:30 Shared Housing 1:00 Latin American Group 1:00 Yoga 1:30 Pastel Art – Advanced 1:30 RSVP Dancers Go Out 2:00 Mah Jong for Beginners 3:30 Latin Ballroom Dance*	9:00 Beginning Qi-Gong 9:00 Melody Masters prac. 9:30 Knitting Class 10:00 Qi Gong Class 10:00 Italian 10:30 Sitting Pretty Chair Exercise Class 11:00 Balance Challenge * 11:00 German 11:45 Osteo Exercise 12:45 Fitness 1:00 "Remembranzas" Group 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m. SATURDAY DANCES \$2.00 Members \$4.00 Guests (50 & older)
					1	2 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
3 8:00 FORBIDDEN BROADWAY TRIP 12:30 BRIDGE 1:00 MOVIE 1:30-4:00 International Folk Dancing	4 1:00 VETERANS GROUP MEETING	5 8-10 am <u>FREE COFFEE</u> 1:00 OPERA MOVIE <i>American Ballet Theater at the MET</i>	6 <u>7:30 A.M. TRIP SALES</u>	7 8:30 GLORIOUS FOOD TRIP 11:00 NEW CLASS <u>SHORT STORY CLASS</u> Allan Gartenberg 1:00 SEMINAR: <u>NAVIGATING THE SENIOR CARE MAZE</u> Bonnie Davis	8	9 1:00-3:30 DANCE Music by SWING SET
10 Happy Mother's Day! 12:30 BRIDGE 1:00 MOVIE	11 1:00 SENIOR CENTER BOARD MEETING	12 8:00 FANTASY SPRINGS TRIP 8-10 am <u>FREE COFFEE</u> 1:00 MOVIE 10:00-5:00 ART SHOW	13 9:30-10:45 <u>Blood Pressure Screenings</u> 1:00 " THE WIZARDS OF OZ SHOW " part 2 9:00-5:00 ART SHOW	14 1:00 MAY Birthday Party 1:00 Reverse Mortgage Seminar Bob McLatcher 9:00-1:00 ART SHOW	15 10:30 <u>HOME STAGING FOR SENIORS</u> Annie Pinsker-Brown 12:30 Movie Nostalgia <i>"The Cotton Club"</i>	16 1:00-3:30 DANCE Music by THE STRIKERS
17 9:00 LAUGHLIN TRIP 12:30 BRIDGE 1:00 MOVIE	18 1:00 Health Seminar "COUGHS" UCLA MD Gerard Frank	19 8-10 am <u>FREE COFFEE</u> 1:00 MOVIE	20 9:00-11:00 a.m. <u>DIABETES SUPPORT GROUP</u>	21 12:30 Memorial Day Salute	22	23 1:00-3:30 DANCE Music by MELODY MASTERS 1:00 Card Games with Virginia
24 12:30 BRIDGE 1:00 MOVIE	25 MEMORIAL DAY Holiday Hours 12-4	26	27	28 1:00 <u>MUSICAL THERAPY PROGRAM</u> Dr. Arnold Bresky	29 8:00 BARONA TRIP 11:30 CELEBRATING OLDER AMERICANS MONTH Party	30 1:00-3:30 DANCE Music by SWING SET
31 12:30 BRIDGE 1:00 MOVIE						