

# Culver CITY

## The Newsletter

November 2009



### CITY COUNCIL

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

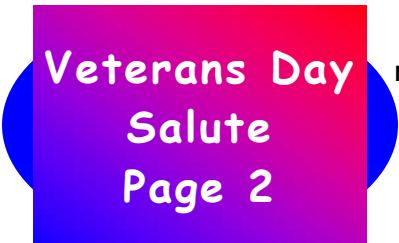


### CITY OF CULVER CITY

Mark Scott, City Manager  
 Martin R. Cole Marlee Chang, Assistant City Managers  
 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  
 Spencer Wray, Van Driver  
 Jesse MacGregor, Van Driver



### CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

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

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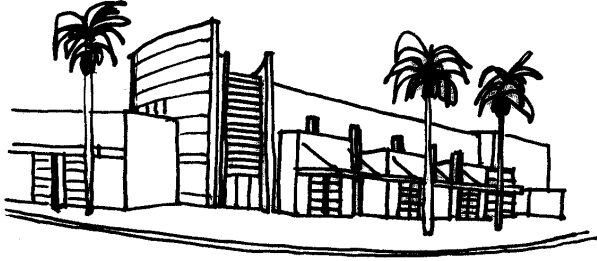
### CULVER CITY SENIOR CENTER

4095 Overland Avenue  
 Culver City, CA 90232

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) 992-1660  
 Computer Class Info Line: (310) 253-6720

# Culver CITY SENIOR CENTER



## The Newsletter

NOVEMBER 2009



### Thanksgiving Day Luncheon

Thursday, November 26 at Noon

Tickets are \$2.00

Tickets available at the Business Desk Nov. 2-20  
(or until sold out)

This special event is co-sponsored by the  
Culver City Lions Club  
for adults 50 & over who would otherwise  
spend the day alone.

### Veterans Day Salute

Wednesday, November 11

12:30 p.m.



The Jewish War Veterans Honor Guard will  
begin with a Flag Ceremony.

Marilyn Hess will show a special movie

### *THIS IS THE ARMY*

1943 Musical Comedy

Irving Berlin's Broadway Hit

A Legendary All-Star Cast



### Monthly Birthday Celebration

Thursday, November 19 at 1 p.m.

Come & Enjoy Some Great Musical Entertainment  
Sponsored by the Culver City Senior Citizens  
Association's Board of Directors

If your birthday is in November, be our guest for cake &  
ice cream. Refreshments for all for just 50 cents each item!

Happy  
Birthday!



Entertainment  
By  
**Beverly Wright**

Jewelry! Ceramics! Photographs!

**FRIDAY, NOVEMBER 6**

All items for sale are hand  
made by talented fellow  
CCSCA members!

*Boutique*

Knitted Items! Crafts! Gifts!

**10:00 a.m. until 2:00 p.m.**

Support your local artists! Do your  
holiday shopping! Spread the word!

Culver City Senior Citizens Association Board of Directors Election for 2010

**VOTE**

General Membership Meeting  
and Candidate Forum

Wednesday, Nov. 4 at 10:30



Monday-Friday, November 9-13

9:00 a.m. until 3:00 p.m.

Bring your membership card!



### The Kaleidoscope Singers

Thursday, November 5

1:00 p.m.

Enjoy one hour of an eclectic mix of pop, choral  
and blues classics sung by this very talented group  
of blind performers from the Braille Institute

### Les Chansonettes



Wednesday, November 18

1:00 p.m.

Come & enjoy this lively  
WOMEN'S CHORAL GROUP

## OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month at 1:00 p.m. This month's opera movie is *"DIE FLEDERMAUS,"* an operetta in three acts by Johann Strauss. This 1984 performance is from the Royal Opera House in London where Placido Domingo made his British conducting debut. Presented on **Tuesday, November 3 at 1:00 p.m.** Volunteer **Murray Winagura** plans and hosts this program. Playing time is 180 minutes.

## 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 November will be *"MY FAIR LADY."* This film version of Lerner and Loewe's *My Fair Lady* is lavish, *lovely* and the acclaimed recipient of eight 1964 Academy Awards, including Best Picture. Rex Harrison and Audrey Hepburn star in one of the most irresistible musicals ever. **Friday, November 20 at 12:30 p.m.** Playing time is 170 minutes.

## SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is on the first Sunday of the month. The movie for November 1 will be *"SUGAR."* This BioDrama is about Miguel Santos, aka "Azucar" (Sugar), who grew up poor but very talented in the Dominican Republic. Miguel travels to small-town Iowa and faces many challenges. *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. 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 NOTE: AS OF OCTOBER 1, THE MOVIES  
ARE OPEN TO CCSCA MEMBERS ONLY

### SUNDAY MOVIES

- Nov. 1 **SONY SUNDAY: SUGAR**  
2009-Drama-PG13-Algenis Perez Soto;  
Rayniel Rufino; Andre Holland; 114 min.
- Nov. 8 **LAST CHANCE HARVEY**  
2009-Romantic Comedy-PG13-Dustin  
Hoffman, Emma Thompson; 93 min.
- Nov. 15 **GHOSTS OF GIRLFRIENDS PAST**  
2009-Comedy-PG13-Matthew MacConaughey;  
Jennifer Garner; Michael Douglas; 100 min.
- Nov. 22 **VALKYRIE**  
2009-Action-PG13-Tom Cruise; Kenneth  
Branagh; Bill Nighy; Tom Wilkinson; 120 min
- Nov. 28 **THE DUCHESS**  
2008-Drama-PG13-Keira Knightley; Ralph  
Fiennes; Charlotte Rumpling; 109 min.

### TUESDAY MOVIES

- Nov. 3 **OPERA MOVIE- DIE FLEDERMAUS**  
Operetta in 3 Acts by Johann Strauss  
Please note playing time of 180 min.
- Nov. 10 **TAKEN**  
2009-Action-PG13--Liam Neeson;  
Maggie Grace; Famke Janssen; 90 min.
- Nov. 17 **EARTH**  
2009-Documentary-Narrated by  
James Earl Jones; dazzling portrait of  
life on our planet; 96 min.
- Nov. 24 **SLUMDOG MILLIONAIRE**  
2008-Drama-Rated R-Dev Patel;  
Anil Kapoor; Saurabh Shukla; Oscar  
For Best Picture 2008; 120 min.

# **LOOK WHAT'S COMING UP**

## **TWO NEW TAI CHI CLASSES**

In addition to our Tuesday morning Tai Chi class lead by Vivian Brown and our Monday class at 10:30 lead by Anton Summers, you will now have the opportunity to attend two new free classes lead by Freddy Yusuf from UCLA: Tuesdays at 1:45 p.m. and Fridays at 1:00 p.m.

## **HEALTH SEMINAR: RHEUMATOLOGY**

**Dr. Randall Gilbert** is an expert on the diseases of the joints, muscle, bones and tendons and will share with you his expertise on managing these medical conditions. Learn about the causes, symptoms and treatment options for rheumatologic diseases. **Friday, November 6 at 10 a.m.**

## **JOURNALLING: FOR A SHARPER BRAIN AND BETTER HEALTH**

**Dr. Elliott Marshall** will share with you his ideas on writing a journal and how it may help you to achieve a sharper brain and contribute to your good health. **Thursday, November 19 at 1 p.m.**

## **MEDICARE UPDATE**

This is a community education program sponsored by the non profit organization, the Center for Healthcare Rights/HICAP. This seminar will focus on Medicare Part D updates. Presented by a Center for Healthcare Rights Specialist on **Thursday, November 12 at 1:00 p.m.**

## **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 at A Place for Mom. **Thursday, November 5 at 1:00 p.m.**

## **SARCOPENIA AWARENESS SEMINAR**

Sarcopenia must go! Learn the facts about the loss of muscle mass and strength as we age and what to do about it. Presented by **Rick Pearce**, Certified Personal Trainer and founder of the Strength for Life Foundation. **Friday, November 6 at 1:00 p.m.**

## **GERIATRIC MASSAGE: FINALLY A STYLE SPECIFICALLY FOR SENIORS!**

Gentle Massage is an increasingly popular form of massage. During this presentation you have the opportunity to learn about this specialty and the benefits it may provide. Presented by **Tera Johnson**, CMT, NCBTMB. Treats & drinks will be provided. **Wednesday, November 4 from 9:00-10:15 a.m.**

## **MEDICARE INFORMATION**

A comprehensive introduction to the 2010 SCAN Health Plan benefits, including the Medicare and dual eligible Medicare/Medicaid packages. Presented by **Sean Thomas on Monday, November 16 at 1:00 p.m.**

## **TRIP OFFICE NEWS**

The Trip Office is planning a trip to Reno-Tahoe for May 2010. The altitude will be from 4000 to over 7000 feet. If you have a medical condition, please discuss the trip with your physician regarding traveling in high altitudes before registering for this trip.

## **FITNESS ROOM NEWS**

Use of the Fitness Room requires a current Physician's Authorization Form. You will need to have a Physician's Authorization **FOR 2010 NO LATER THAN JANUARY 15, 2010**. Forms are now available in the Fitness Room and at the Business Desk.

**SAVE THE DATE! TUESDAY, DECEMBER 8, 2009** The Prime Time Plus Players will present  
***LAUGH OUT LOUD TWO***  
Be there or be square!

**SENIORS OF THE MONTH  
JOHN & KATHLEEN  
MCCARTHY**



The Culver City Senior Citizens Association Board of Directors is pleased to honor  
***Kathleen & John  
McCarthy***  
Seniors of the Month for  
November 2009

Helping others has always been a way of life for John and Kathleen McCarthy. Much of their free time is spent helping other seniors with rides to the doctor's office, shopping and even accompanying friends and neighbors to chemo treatments. Kathleen recalls her mother telling her children to 'always help older people.' John recalls one of his father's sayings: "Treat old people well. You'll be old someday if you live long enough." Both have contributed hundreds of hours to the Retired Senior Volunteer Program at the Senior Center.

John and Kathleen have exercised their civic duty by serving as electioneers on all voting days for the last 11 years. They have enjoyed meeting their neighbors in the process and in the "good old days" even hosted backyard BBQ's on voting day!

John grew up on Long Island as an only child. Kathleen is the youngest of 13 children whose home was in East Aurora, New York. They have shared 44 years of happily married life in California where they raised their three children and grandchildren. One of the highlights of their life together was a trip to Ireland to visit relatives and see the beautiful countryside.

After 35 years as a letter carrier for the US Postal Service, John retired and Kathleen discovered the Senior Center as the perfect place to meet people and enjoy themselves. They are faithful participants in the Wednesday Work Project and other projects as needed. We congratulate John and Kathleen for being honored as "Seniors of the Month" and for all the help they have freely given to others with good humor and respect.

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

Our Association will continue to have a partnership with the City of Culver City with your support and with the leadership of the Board of Directors of CCSCA. SO many activities are supported by our membership Association, **CCSCA**, such as the entertainment offered at the monthly birthday celebrations, the big bash parties and occasional special live shows. In addition, members have the exclusive opportunity to join the Computer, Fitness and Billiards Room and enjoy other activities, programs, classes and trips for a nominal fee. We hope you are enjoying your time at the Senior Center and encourage you to get involved and meet new people.

We would like to remind all CCSCA members that the Board of Directors Election for 2010 will take place November 9-13 (M-F) from 9:00 a.m. until 3:00 p.m. Make sure you bring your membership card to secure a ballot.

We also want to remind all CCSCA members that you may begin renewing your membership for 2010 beginning in December. (Date TBA). See the notice on page 3 regarding the Fitness Room form.

In an ongoing effort to keep our members well informed, we have placed an updated copy of the CCSCA Code of Conduct and the Guidelines for our CCSCA activities.

Don't miss out on the fun at our monthly birthday parties! Everyone may come and listen to the music. Refreshments are available for 50 cents per item. If it is your birthday month, refreshments are free to our CCSCA members.

This is also a reminder that admittance to the movies on Tuesday & Sunday will require you to show your membership card.

**YOU ARE ALSO  
REQUIRED TO SHOW YOUR MEMBERSHIP  
CARD AT THE SATURDAY DANCE!**

Please be courteous to our volunteers when they ask to see your membership cards so we can all enjoy ourselves.

**IN MEMORIAM**

***George Segelke***  
*93 years old*

***Elizabeth Stewart***

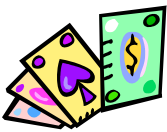
**TRIP OFFICE**

NOVEMBER 2009

TRIP SALES WILL BE WEDNESDAY, NOVEMBER 4, 2009 IN ROOMS C73 AND C75. DOORS OPEN AT 7:30 A.M. AND TRIP SALES WILL BEGIN AT APPROXIMATELY 8:00 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!**

**BARONA CASINO-FRIDAY-JANUARY 8-\$25.00**

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



Bring your player's card when you sign up for this trip. Casino is tracking all plays. Picture I.D. required by Casino. **All proceeds are being donated to our Nutrition Program for their Home Delivery Meal Program.**

**GOLDEN NUGGET HOTEL-LAS VEGAS-SUN-TUES-JANUARY 10-12**

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

This package includes: round-trip motor coach, 2 nights accommodations, room taxes, portorage, 1 breakfast buffet coupon, 1 welcome cocktail and 1 Golden Values Funbook per room.

**Singles: \$195.00/Doubles \$140 p.p.**



**PALM SPRINGS FOLLIES-SATURDAY-JANUARY 23-\$83.00**

**Lv. 8:30 p.m. Rt. 7:30 p.m.**



Enjoy the day in Palm Springs. There will be plenty of time to browse and shop and pick a restaurant for lunch on your own. Your afternoon will be spent at the Follies. There will be a stop at Hadley's Fruit Orchard and Farm on your return trip to the Center. **Lots of walking.**

**HARRAH'S CASINO-FRIDAY-JANUARY 29-\$25.00**

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

The Casino is giving you \$10.00 in slot play. Bring your Player's Card when you sign up for this trip. Casino is tracking all your plays. Picture I.D. required by Casino.



**\*TRIP REMINDERS\***

- \* We regret that the escorts and the bus drivers cannot provide assistance for members with special needs. If you require assistance during our trips, you must be accompanied by a companion who is capable of and totally responsible for providing assistance.
- \* Our trips include the driver's gratuity, however, if the driver performs services over and above the norm, additional tips are recommended.
- \* Be sure to carry a picture identification card at all times, e.g. driver's license, California Identification card or current passport.
- \* We suggest you bring your own bottled water on trips as sometimes water is not available on the motor coaches.
- \* When going on trips, please park at the farthest end of the lot. Make sure you have a Senior Center Parking Permit on your car's rear-view mirror .
- \* There is a \$5.00 per night charge for overnight parking at the Center.

**\*SPECIAL NOTICES\***

- Trip for October 2010—Rails of New England-8 days-leaving October 7, 2010. Stop by the Trip Office for a copy of the itinerary.
- The Trip Office is planning a trip to the Reno-Tahoe for Spring (May) 2010. Altitudes will be from 4,000 to over 7,000 feet. If you have a condition, please discuss traveling in high altitudes with your physician.
- Effective July 1, 2009, the Trip Office is no longer offering the drawing for a day trip for two due to the poor economy.

**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!

### “These kids today...”

Join us for an intergenerational learning project with Culver City kids!

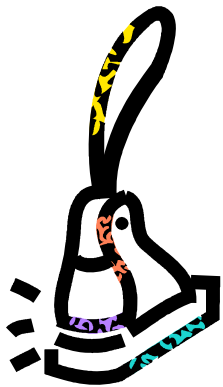
We're looking for Senior Center members to be part of a fun and educational service learning project in partnership with Culver City's Turning Point School. This project was postponed from this Spring but will take place starting January 2010.

The project will involve interviewing each other and participating in events at the Center together. This is a writing project for the kids that is important to their educational school year so be prepared to share information about your life in the past, present and future and all you've done and will do in your life!

This project will take place over several Fridays in January, February and March 2010(probably not more than four sessions).

Sign-up sheets are in the RSVP office - if you signed up this Spring I still have your info!

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



## **FREE NOTARY!**

The second Thursday of the month, a free volunteer notary will be at the Senior Center  
1-2 p.m.

*Please bring your membership card, a picture I.D. and note that you will be fingerprinted.*

**F.Y.I.**



July, August & Sept. quarterly RSVP reimbursement checks will be available in the **MIDDLE** of November!



# 2009 CULVERCITY HOLIDAY CERTIFICATE PROGRAM

The Culver City Senior Citizens Association, supported by the City of Culver City, is providing the Annual Holiday Food Certificate Program which offers market scrip to eligible families and individuals.

*If you know someone who would benefit from this program, below are the requirements”*

- \* Culver City Resident or Student in Culver City Schools who receives SSI, GR, CAL-WORKS, and/or MEDI-CAL;  
And/or
- \* Culver City Senior Citizens Association Member who receives MEDI- CAL, SSI and/or GR;  
And
- \* Not receiving any holiday assistance from any other local community Organizations.

Applications will be accepted from November 18 through December 16  
Market scrip will be mailed to eligible recipients by December 22

Let's all work together to make the holidays a little brighter for our neighbors!

If you are interested in supporting this program or would like more information, please Contact Leslie Brandes at 310-253-6717 or [leslie.brandes@culvercity.org](mailto:leslie.brandes@culvercity.org)

*Please give a hearty thanks by supporting the following businesses and individuals for their generous door prize donations for our 36th Annual  
RSVP Luncheon!*

John Riordan Plumbing

Rush Street on Culver in downtown Culver City

American Cancer Society – L.A. Coastal Cities office in Culver City

Cantalini's Salerno Beach Restaurant in Playa del Rey

Culver City Chamber of Commerce

Daphne's Greek Café on Culver in downtown Culver City

Flanigan Farms

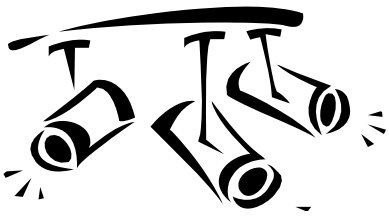
LaRocco's Pizzeria on Main Street in downtown Culver City

Roll 'N Rye on Jefferson

RSVP Friday Knitters

See's Candies





# Spotlight on Caregivers

## November is Family Caregivers Month

**Quote:** “There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”—**Rosalyn Carter**

For the first time, Culver City Council will proclaim November 2009 as National Family Caregivers Month. This event is organized by the National Family Caregivers Association. It is a time to thank, support, educate, and empower family caregivers. Family caregivers are *family, friends, partners, and neighbors*. They work in service to those disabled and aging community members who need assistance. Their contributions are vital and their challenges many. **Hats off to our members who are caregivers!**

For information and support, contact the Los Angeles Caregiver Resource Center at 1-800-540-4442 or, on the web, visit [www.caregiver.org](http://www.caregiver.org). You may also seek assistance or referrals from Senior Center staff members Leslie Brandes or Darren Uhl.

## IMPORTANT REMINDER: Caregivers at the Senior Center

Caregivers are required to stay with their employer or family member at all times while participating in Senior Center events, classes, and activities.

Other than fees for meals and participation in Trip Office travel events, caregivers do not pay for participation at Senior Center activities, as they are here to assist and facilitate the participation of another.



## Welcome to Our Lunch Program

Good Food!      Good Company!  
Great Volunteers to Serve You!

### Lunch Room

- \* Remember to call the day before to reserve your lunch. Call 310-253-6726 between 9 a.m. and noon. PLEASE, if you are not able to come for lunch, call and cancel.
- \* Senior Nutrition program participants may check in for lunch at the Nutrition front desk beginning at 9:00 a.m.
- \* To receive the full meal, you must be at the lunchroom at 11:30
- \* Participants who have reservations and arrive after 11:45 are not guaranteed a meal and will need to wait outside the lunchroom until their name is called.
- \* DON'T FORGET YOUR DONATION!!!!

Snack 'n Chat Program      Monday-Friday      8:00 a.m. until noon

8:00-10:00      Enjoy hot & cold beverages plus bagels and Danish

10:00-12:00      Hot & cold beverages plus prepackaged items



# LUNCH MENU November 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 \$3.75. 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
<b>Lemon Chicken</b> Buttered Noodles Seasoned Spinach Marinated Beet Salad Orange	Karaoke Day 	<b>Beef Patty</b> Whole Wheat Bun Lettuce, Tomato & Pickle Oven Browned Potatoes Carrot Raisin Salad Tapioca Pudding Orange juice	<b>BBQ Chicken</b> Corn Bread Steamed Cabbage & Carrots Marinated Tomato, Green Pepper & Onion Salad Vegetable Spread Sliced Peaches 	<b>Double Entree:</b> <b>Lemon Parsley Baked Fish (OR)</b> <b>Turkey Bean Chili</b> Brown Rice California Blend Romaine Salad w/ Italian Dressing Cinnamon Sliced Apples Orange juice
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<b>Hot &amp; Sour Noodle Soup</b> <b>Chicken Leg Quarter</b> Brown Rice Coleslaw Pinto Beans Banana	Karaoke Day 	<b>Tomato Soup</b> <b>Chicken Divan</b> Barley Pilaf Broccoli Lettuce & Tomato Salad French Dressing Cantaloupe	<b>Beef Lasagna</b> Mixed Vegetables Spinach Salad with Mandarin Oranges Italian Dressing Rice Pudding	<b>Double Entree:</b> <b>Fish Vera Cruz (OR)</b> <b>Chicken Enchilada</b> Spanish Brown Rice Carrots Garden Romaine Salad Ranch Dressing Orange
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<b>Salisbury Steak</b> Mashed Potatoes Normandy Vegetables Whole Wheat Roll Vegetable Spread Chocolate Chip Cookie Orange Juice	Karaoke Day 	<b>Vegetable Soup</b> <b>Spaghetti w/ Meat Sauce</b> Green Beans Romaine Salad with Red Cabbage French Dressing Whole Wheat Roll Vegetable Spread 	<b>Corn Chowder</b> <b>Chicken Fajita</b> Flour Tortilla Pinto Beans Creamy Coleslaw Chocolate Pudding	<b>Beef Barley Soup</b> <b>Double Entrée:</b> <b>Lemon Butter Fish (OR)</b> <b>Chili Egg Puff</b> Parsley Noodles Peas and Carrots Marinated Tomato, Green Pepper, and Onion Salad Whole Wheat Bread w/ veg. spread Pineapple Chunks
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<b>Veal Parmesan</b> Whole Wheat Roll Vegetable Spread Carrots Caesar Salad w/ Croutons Pineapple & Mandarin Orange Fruit Cup	Karaoke Day 	<b>Stuffed Pepper</b> Whole Wheat Bread Vegetable Spread Yams Green Beans Creamy Coleslaw Oatmeal Cookie	 <p style="text-align: center; color: red;"><b>Holiday Hours</b> 12:00-4:00 p.m.</p> <p style="text-align: center;">Fitness Room Closed</p>	<p style="color: red;"><b>Center Open</b> <b>Holiday Hours</b> 12:00-4:00 p.m.</p> <p>No lunch served today</p>
Monday 30	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p style="font-size: 1.2em; font-weight: bold; color: black;">The only time to eat diet food is while you're waiting for the steak to cook.</p> <p style="font-size: 0.8em; color: black;">Julia Child</p> </div> <div style="text-align: right;">  </div> </div>			
★ 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</b></p> <p style="text-align: center;"></p> <p>* 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;"><b>NOVEMBER 2009</b></p>	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop ^ 9:30 Nia Class * 10:00 Tai Chi 10:00 German 11:00 Balance Challenge * 11:00 Russian 11:00 Mah Jong 12:00 Bingo 12:00 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 *	9:00 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 12:00 BERTO Exercise * ♦ 1:00 MOVIE 1:00 Intermediate Spanish 1:00 Sonia's Art Class ^ 1:45 Tai Chi 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 2:45 Fitness Class* 2:30 Open Mike with Tony 4:00 Osteo Exercise Class*	9:15 Nia * ♦ 9:00 Watercolor* ^ 9:00 Bridge 9:00 French 9:30 Pastel Art * ^ 9:30 Qi Gong 9:30 Balance Challenge * 10:00 Spanish 11:00 Public Transit~Bonnie 11:00 Short Story Class 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 RSVP Dancers Go Out 2:00 Mah Jong for Beginners 3:30 Latin Ballroom Dance*	9:00 Melody Masters prac. 9:30 Knitting Class 10:00 Balance Challenge* 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 1:00 Tai Chi 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m.  SATURDAY DANCES <b>\$2.00 Members</b> <b>\$4.00 Guests</b> (50 & older)
<b>1</b> 12:30 BRIDGE 1:00 MOVIE	<b>2</b> 1:00 VETERANS GROUP MEETING	<b>3</b> 8-10 am <u>FREE COFFEE</u>  1:00 <b>OPERA MOVIE</b> <i>DIE FLEDERMAUS</i>  RSVP CRAFTS SALE 10-1	<b>4</b> <u>8:00 A.M. TRIP SALES</u>  9:00-10:15 Geriatric Massage Seminar Tera Johnson <b>10:30</b> <u>Candidate Forum for CCSCA Board Election</u>	<b>5</b> 11-12:15 Public Transit Info~Bonnie Cherko 1:00 Navigating the Caregiver Maze~ Bonnie Davis <b>1:00</b> THE KALEIDOSCOPE SINGERS	<b>6</b> 10:00-2:00 <b>Boutique Sale</b> 10:00 Rheumatology Seminar Dr. Randall Gilbert 1:00 Health Seminar Sarcopenia Awareness Rick Pearce	<b>7</b> 11:00 MEET ME IN ST. LOUIS MUSICAL TRIP  1:00-3:30 DANCE Music by <b>RAZZMATAZZ</b>
<b>8</b> 9:00 LAUGHLIN TRIP 12:30 BRIDGE 1:00 MOVIE	<b>9</b> 1:00 BOARD MEETING <b>CCSCA 2010 BOARD ELECTION VOTING</b> Monday-Friday 9:00-3:00 	<b>10</b> 8-10 am <u>FREE COFFEE</u>  1:00 MOVIE	<b>11</b> 9:30-10:45 <u>Blood Pressure Screenings</u> <b>12:30</b> <i>Veteran's Day Salute</i>	<b>12</b> 1:00 Medicare Seminar Update on Part D <i>Center for Healthcare Rights</i>	<b>13</b> 10:00-12:00 Trip Office Presentation Mexican Riviera Cruise	<b>14</b>  1:00-3:30 DANCE Music by <b>MELODY MASTERS</b>
<b>15</b> 12:30 BRIDGE 1:00 MOVIE	<b>16</b>  1:00 <u>Medicare Update</u> Sean Thomas	<b>17</b> 8-10 am <u>FREE COFFEE</u>  1:00 MOVIE	<b>18</b> 9:00-11:00 a.m. <u>DIABETES SUPPORT GROUP</u> <i>Meets at Vets Memorial Building</i> <b>1:00</b> <b>Les Chansonettes</b>	<b>19</b> 1:00 Journalling Workshop Dr. Elliott Marshall <b>1:00</b> <b>November Birthday Party</b>	<b>20</b>  <b>12:30</b> <b>Movie Nostalgia</b> <b>MY FAIR LADY</b>	<b>21</b> 1:00-3:30 DANCE Music by <b>STRIKERS</b>
<b>22</b>  12:30 BRIDGE 1:00 MOVIE	<b>23</b> 8:00 HARRAH'S CASINO TRIP	<b>24</b> 8-10 am <u>FREE COFFEE</u>  1:00 MOVIE	<b>25</b>	<b>26</b> <b>Happy Thanksgiving</b>  Noon ~ Thanksgiving Luncheon <b>Fitness Room Closed</b>	<b>27</b> <b>Holiday Hours 12-4</b>	<b>28</b>  1:00-3:30 DANCE Music by <b>SWING SET</b>  1:00 Card Games with Virginia
<b>29</b> 12:30 BRIDGE 1:00 MOVIE	<b>30</b>			Art Classes marked with ^ require you to bring your own materials. Be sure to check with instructors for details.		