

Culver CITY

The Newsletter

October 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.

7th Annual Carnival for Children with Disabilities Page 10

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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



OCTOBER 2009



Halloween Party



Wear Your Costume!

Friday, October 30
11:30 a.m.



Tickets on sale
October 12-28
(or until sold out)
Tickets are \$3.50



Lunch & Entertainment!



Monthly Birthday Celebration Thursday, October 15 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 October, be our guest for cake & ice cream. Refreshments for all for just 50 cents!

Happy Birthday!



Entertainment
By
Cali Rose



"The Great American Songwriters"

presenting

Saul H. Jacobs
Lulee Fisher
Bob Lipson

Rodgers
&
Hart

Thursday, October 22
1:00 p.m.

Learn about the men, their lives & loves, their music & their times in a unique Concert-Sing-Along Presentation

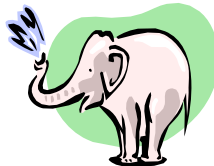
LOS ANGELES COUNTY FLU CLINIC
THURSDAY & FRIDAY
OCTOBER 22 & 23
9:00-1:00
At the Veterans Memorial Building

Special Movie Presentation
"Trying to Get Good"
The Jazz Odyssey of Jack Sheldon
Thursday, October 8 at 12:30
Hosted by Marilyn Hess



WHITE ELEPHANT SALE

Donate your *clean & reusable* treasures for the Merry Makers' White Elephant Sale. To donate, bring items to the Senior Center on Friday, October 9.



Monday, October 12
8:00-11:00 a.m.

The Merry Makers Club donates the proceeds from the sale to local charities.

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 **"PAGLIACCI,"** a drama sung in a prologue and two acts by Leoncavallo. Principals are Luciano Pavarotti, Teresa Stratas and Juan Pons. Presented on **Tuesday, October 6 at 1:00 p.m.** Volunteer **Murray Winagura** plans and hosts this program. Playing time is 80 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 October will be **"KISS ME KATE."** One of the most celebrated Broadway musicals, *Kiss Me Kate* has delighted audiences for years with its sparkling songs and dazzling wit. Recreated on screen as the glorious voices of Kathryn Grayson and Howard Keel come together in this musical treat. **Friday, October 23 at 12:30 p.m.** Playing time is 1 hour 50 minutes.

SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is on the first Sunday of the month. The movie for October 4 will be **"PARIS 36."** A true musical treat, this film is set in Paris in 1935. It sings and dances! In French with English subtitles. *We thank SONY for providing our SONY SUNDAY features!*

KARAOKE

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

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

SHOWTIME

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

← **PLEASE NOTE: AS OF OCTOBER 1, THE MOVIES
WILL BE OPEN TO CCSCA MEMBERS ONLY** →

SUNDAY MOVIES

- Oct. 4 **SONY SUNDAY: PARIS 36**
2009--Musical-PG13-Gerard Jugnot; Nora Amezeder; Clovis Cormillac; 120 min..
- Oct. 11 **SUNSHINE CLEANING**
2009-Comedy-Rated R-Amy Adams; Emily Blunt; Alan Arkin; Steve Zahn; 102 min.
- Oct. 18 **THE SOLOIST**
2009-Drama-PG13-True story-Jamie Foxx; Robert Downey, Jr. 116 min.
- Oct. 25 **NO MOVIE TODAY!**
The Senior Center is proud to host the 7th Annual Carnival for Children with Disabilities Today.

TUESDAY MOVIES

- Oct. 6 **OPERA MOVIE- PAGLIACCI**
Luciano Pavarotti; Teresa Stratas; Juan Pons; 80 min.
- Oct. 13 **THE READER**
2009-Drama-Rated R-Ralph Fiennes; Kate Winslet; Bruno Ganz; 123 min.
- Oct. 20 **STATE OF PLAY**
2009-Thriller-PG13-Russell Crowe; Ben Affleck; Rachel McAdams; Jeff Daniels; Helen Mirren; 132 min.
- Oct. 27 **THE WITCHES OF EASTWICK**
1987-Comedy/Fantasy- PG13
Jack Nicholson; Cher; Susan Sarandon; Michelle Pfeiffer; 118 min.

LOOK WHAT'S COMING UP



EXPERT ONE-on-ONE HELP

with your cell phone or laptop computer



Wednesday, October 14 12:30-2:30

Employees from a local computer headquarters, Symantec, will be volunteering to help you with your cell phone and laptop questions. Please bring the equipment you need help with (and their chargers) and pen and paper to take notes. First come, first served. 15 minutes maximum per person.

BASICS OF MEDICARE SEMINAR

This is a community education program sponsored by the Center for Healthcare Rights/HICAP. Presented on **Thursday, October 8 at 1:00 p.m.**

VETERANS GROUP MEETING OCTOBER 5

A representative from the West Los Angeles Veterans Affairs Outreach will be present at this meeting. Bring your DD214 (discharge papers) or your service number to the meeting.

OCTOBER PUBLIC TRANSIT NEWS

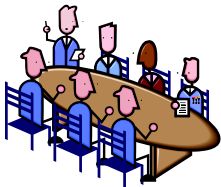
- ◆ Outing Participants: Please pick up "Downtown News" Guide any Thursday in October from 11:00-12:15 in the lobby. You will be notified when to pick up the sheet with all outing information
- ◆ All Others Interested in Public Transit Information: Please see Bonnie any Thursday from 11:00-12:15 in the lobby to ask questions and obtain information, schedules or materials

HOLIDAY BOUTIQUE IN NOVEMBER

The Board of Directors has approved a Holiday Boutique event to be held at the Senior Center on **Friday, November 6** from 10:00 a.m. until 1:00 p.m. In order to participate in this boutique you (1) must be a member of the CCSCA and (2) must sell ONLY handmade items. To register, please see Debbie after October 5. Members, mark the date and spread the word. This will be a great opportunity to support your local artists and get your holiday shopping done early!

CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS ELECTION

*Are you interested in helping the Board in its important work that affects ALL members?
Would you like to play a role in shaping the future of our wonderful Senior Center?*



- ◆ Nomination Forms available at the Business Desk 9/14 until 10/2/09
- ◆ General Membership Meeting and Candidate Forum on Wednesday, Nov. 4 at 10:30
- ◆ Voting will be Monday-Friday, November 9-13 from 9:00 a.m. to 3:00 p.m.

The Board of Directors functions in an advisory capacity to the Culver City Department of Parks, Recreation and Community Services. The Board is responsible for setting policy and procedures, and for the management of those decisions. Board members have duties inherent to being a Board member. Please consider using your special talents to contribute to the important work of the Board of Directors.



IMPORTANT NOTICES FROM THE SENIOR CENTER MANAGEMENT

1. Spencer Wray and Jesse McGregor, our Dial-A-Ride Van Drivers, will be working a new schedule as of 9/28/09. The first available pick up time will be at 8:30 a.m. and the last drop off will be at 4:10 p.m.
2. The Senior Center opens at 9:00 a.m. on weekdays and 12:00 on weekends and holidays. For everyone's safety, please observe the following: Before 9:00 on weekdays, you may enter the Center to participate in the Snack & Chat program in the Nutrition Room starting at 8:00 a.m. and you must remain in the Nutrition Room unless approved by a City staff person. Registered Fitness Room members can continue to enter at 8 a.m. to use the Fitness Room as long as there is a monitor present. The Fitness Room will not be open without a monitor.

**SENIOR OF THE MONTH
MYRTLE HAWKINS**



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

Myrtle Hawkins

Senior of the Month for
October, 2009

Myrtle Hawkins has been an active and dedicated volunteer at the Culver City Senior Center since 1997. For many years, Myrtle and her husband Fred were volunteers at Felicia Mahood Senior Center where they helped with all kinds of activities; Fred was their handyman and Myrtle was in charge of the dances. Myrtle became acquainted with one of our Senior Center's volunteer superstars, Rosemarie Denoy, who rode the same bus. Rosemarie suggested that Myrtle would enjoy the activities at the Culver City Senior Center, so she came to check it out. For 12 years now, Myrtle has been involved in many volunteer activities, including the Wednesday Work Project, the Flu Clinic and helping at the Health Fairs. She also has a great time Line Dancing every Sunday, Monday & Friday.

Myrtle was born in Pennsylvania Dutch country where she has fond memories of selling vegetables and flowers from her wagon and later playing in a band that entertained the soldiers during the war. California beckoned where Myrtle brought up her daughter and worked 54 years as a waitress. Myrtle brought her husband Fred to the Senior Center often until he died at 97 years of age. As Myrtle puts it, it's great to come to this Center and meet nice people instead of sitting at home in a rocking chair! She feels this is a great place to volunteer and to have fun and stay in touch with people. Myrtle is an energetic and spunky person and we hope to enjoy the benefits of her volunteer spirit for a long while.

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

The Culver City Senior Citizens Association would like to thank all the members and family members who have made donations to the Association. Remember to make your donation check to CCSCA. (If you address your donations to the Culver City Senior Center the City will receive your donation and not the members Association).

Forms for all candidates running for Board positions are available at the Business Desk until October 2, 2009. Please consider contributing to the success of our membership Association by becoming a Board member and having an impact on major important decisions that affect all of us.

We would like to remind all who eat lunch at the Center to continue putting your monetary donation in the lunch box. Your \$2.25 suggested donation helps to keep this wonderful program going. You can always give more than the suggested amount, too! Also, please note that for those under 60 years of age, the mandatory fee is now \$3.75. Thank you for your continued support.

Our Association is fortunate to have a partnership with the City of Culver City. The CCSCA membership fee allows you to enjoy programs and classes such as yoga, ceramics, art, movies dances, games, financial and medical seminars, a wide variety of language classes and ***much, much more!*** All of these activities are supported by our membership Association, **CCSCA**, as well 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 and trips for an additional fee. We hope you are enjoying your time at the Senior Center and encourage you to get involved, meet new people and stay active and engaged.

IN MEMORIAM

Guillermo Bringas

Margaret Kennedy

Leo Grossman

93 years old

Raffi Krikorian

Myrna Robledo

TRIP OFFICE

OCTOBER 2009

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

CHRISTMAS IS-SATURDAY-DECEMBER 5-\$64.00



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

This musical extravaganza gets better year after year. Lunch will be at Arnolds Cafeteria in Long Beach. **Moderate walking and some stair climbing.**

THE RIVERSIDE HOTEL-LAUGHLIN-SUN-TUES-DECEMBER 13-15

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

The Riverside has a holiday special which includes: round-trip motor coach, 2 nights deluxe accommodations, 1 Christmas dinner, 2 buffets and luggage handling.

Singles: \$110.00/Doubles \$90 p.p.



NEWPORT CHRISTMAS BOAT PARADE-THURS.-DEC. 17-\$83.00



Lv. 2:00 p.m. Rt. 10:00 p.m.

This package include: round-trip motor coach transportation, early **prime rib or chicken dinner at the Five Crowns restaurant**, a visit to Roger's Gardens for their **Christmas Fantasy display plus a 90-minute cruise to view the 101st annual "Newport Harbor Christmas Boat Parade."** Moderate walking.

VALLEY VIEW CASINO-MONDAY-DECEMBER 28-\$32.00

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

The Casino is giving you \$15.00 in slot play. **You must bring your Player's Card when you sign up for this trip. Casino requires picture I.D.**



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 2009—Branson, Memphis & Nashville. Departs October 14, 2009. Stop by the Trip Office for a copy of the itinerary.
- 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.



A friendly reminder...the RSVP luncheon is
Thursday, Oct. 1st at noon
Vets Memorial Building Auditorium

If you are a volunteer planning to attend and have not yet picked up a ticket please call the RSVP office immediately at 310.253.6704 or stop by the office.

We look forward to seeing all of our volunteers there for a wild good time!

VOLUNTEERS NEEDED

Please call Jill at 310-253-6722 if interested in these opportunities



Museum Docent

The Wende Museum and Archive in Culver City is looking for a few dedicated docents to work on Fridays. You will lead tours through the Museum Collection and must be comfortable talking with strangers and in front of groups.

History buffs would likely love this opportunity. Their main requirement is someone who is reliable!

The Wende Museum is located in South Culver City near Fox Hills. It is dedicated to acquiring, preserving, and enabling access to cultural and political objects, personal histories and documentary materials of Cold War-era Eastern Europe.

Since the Museum's establishment in 2002, its collection has provided a unique resource used by students, scholars, journalists and political observers from both East and West to investigate the diverse experiences and cultural expressions that emerged as a result of, as well as in spite of, communist rule.

VOLUNTEERS NEEDED

Please call Jill at 310-253-6722 if interested in these opportunities

Drivers for Disabled Veterans

Disabled American Veterans at the West Los Angeles V.A. Hospital is looking for volunteer drivers! Be a service to someone that gave service to our country by providing them with transportation. An official car is provided by the V.A., you only need to get to the V.A. to start your shift!

Shifts begin at 7 a.m. weekdays!

Requirements:

- Physical (provided by the V.A.)
- Current DMV printout
- Copy of drivers' license and insurance

Most importantly...

A WILLING HEART WITH A WARM SMILE



VETERANS AID & ATTENDANCE PROGRAM

The Aid and Attendance (A&A) Special Pension provides benefits for veterans and surviving spouses who require the regular attendance of another person to assist in eating, bathing, dressing and undressing or taking care of the needs of nature. It also includes individuals who are blind or a patient in a nursing home because of mental or physical incapacity. Assisted care in an assisting living facility also qualifies. The A&A Pension can provide up to \$1,632 per month to a veteran, \$1,055 per month to a surviving spouse, or \$1,949 per month to a couple*.

Eligibility must be proven by filing the proper Veterans Application for Pension or Compensation. This application will require a copy of DD-214 (see below for more information) or separation papers, Medical Evaluation from a physician, current medical issues, net worth limitations, and net income, along with out-of-pocket Medical Expenses.

A DD-214 is issued to military members upon separation from active service. DD-214s were issued to separated service members beginning in the 1950's. The term "DD-214" is often used generically to mean "separation papers" or "discharge papers", no matter what form number was used to document active duty military service. If the VA has a copy of a DD-214, it is usually because the veteran attached a copy (or sometimes, the original) to his or her application for disability or education benefits. If you've lost your original DD-214 or a copy and you are receiving (or applied for in the past) disability or education benefits from the VA, they may have a copy (or the original, if you gave it to them) on file. At the very least, if you are currently receiving benefits (or did in the past), they should be able to provide a Statement of Service, which can be used instead of a "DD-214".

For more general information about the Aid & Attendance Special Pension, please see www.vetassist.org or call 800-827-1000.

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

LUNCH MENU October 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

 Red meat is <i>not</i> bad for you. Now blue-green meat, <i>that's</i> bad for you! ~Tommy Smothers			Thursday 1	Friday 2
Monday 5 Salisbury Steak Mashed Potatoes Normandy Vegetables Whole Wheat Bread Vegetable Spread Chocolate Chip Cookie Orange Juice			Thursday 1 Beef Lasagna Mixed Vegetables Spinach Salad with Mandarin Oranges Rice Pudding	Friday 2 Double Entree: Fish Vera Cruz (OR) Chicken Enchilada Spanish Brown Rice Carrots Garden Romaine Salad Ranch Dressing Orange
Tuesday 6 Karaoke Day Turkey a la King White Rice Spinach Cranberry Gelatin Salad Honeydew 			Wednesday 7 Vegetable Soup Pork Riblet Brown Rice Pilaf Green Beans Romaine Salad with Red Cabbage Orange	Thursday 8 Corn Chowder Chicken Fajita Flour Tortilla Pinto Beans Creamy Coleslaw Chocolate Pudding
Monday 12 Beef Stew Wheat Roll Vegetable Spread Carrots Potato Chunks, Peas, Onions Caesar Salad w/ Croutons Pineapple & Mandarin Orange Fruit Cup			Tuesday 13 Karaoke Day Lentil Soup Chicken ala Morrison Barley Pilaf Mixed Vegetables Garden Salad Ranch Dressing Orange 	Wednesday 14 Stuffed Pepper Whole Wheat Bread Vegetable Spread Mashed Potatoes Green Beans Creamy Coleslaw Oatmeal Cookie
Tuesday 20 Karaoke Day Lentil Soup Pepper Steak with Gravy Whole Grain Bread Vegetable Spread Mashed Potatoes Spinach Salad with Mandarin Orange Spice Cake 			Thursday 22 Ground Turkey Lasagna Zucchini, Mushroom and Tomatoes Romaine Salad Italian Dressing Peach Crisp with Oatmeal Topping Orange Juice	Friday 16 Minestrone Soup Double Entrée: Garlic Fresh Fish (OR) Beef Stroganoff Parsley Noodles Seasoned Spinach Marinated Beets & Onion Salad Cantaloupe
Monday 19 Cream of Broccoli Soup Herb Baked Chicken Corn Bread Stuffing Sweet Potato Creamy Coleslaw Applesauce w/ Cinnamon			Wednesday 21 Hawaiian Chicken Brown Rice California Blend Marinated Tomato Salad Fresh Fruit in Season	Friday 23 Navy Bean Soup Double Entrée: Baked Supreme Fish (OR) Bean & Shredded Beef Burrito with Sauce Pasta Primavera Green Beans Garden Tomato Salad French Dressing Mandarin Orange and Pineapple
Monday 26 Minestrone Soup Turkey Meatloaf Seasoned Barley Normandy Vegetables Tossed Salad Thousand Island Dressing Orange or Tangerine			Tuesday 27 Karaoke Day Beef Enchilada Spanish Rice Cold Red & Green Cabbage Mixed Green Salad French Dressing Banana Orange Juice 	Thursday 29 Roasted Pork Chop Bulgur wheat Creamed Spinach Broccoli & Raisin Salad Citrus Gelatin with Pears
Wednesday 28 Potato Soup Teriyaki Chicken Buttered Noodles Mixed Vegetables Pineapple Coleslaw Carrot Cake			Friday 30 Senior Center Party Halloween Party  Special Ticket Required	
★ 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.

Culver CITY October is Disability Awareness Month

- ▶ Each year Culver City proclaims October as Disability Awareness Month in order to celebrate diversity and create awareness regarding people with disabilities.
- ▶ Disability is a natural part of life that touches most of us. In Los Angeles County alone, the population of people with disabilities is nearly two million: *approximately 1 in 5 individuals.*
- ▶ Statewide, persons with disabilities comprise 16.6 % of California's work force and more than 50% of working age disabled adults (21—64) is employed.

Please join us for the activities listed which are open to the public—or share information with someone you know who may want to participate in an event specifically for people with disabilities such as: the Carnival for Children with Disabilities, Socialites, or Dances for the Developmentally Disabled.

A Special Thank you to our Media Sponsor:



DID YOU KNOW???

Each year our Senior & Social Services Division sponsors an exhibition WHEELCHAIR basketball game between the Lakers & the Clippers wheelchair teams for students at Culver City High School.

We are also planning to host a wheelchair game open to the public @ Vets Auditorium sometime in the coming year!

Disability Awareness Month at Culver City Council Meeting

October 12: City Council Proclamation and Commendations to those working in service to the disabled community.



Dances for Developmentally Disabled Adults Year-round & free!

On the 2nd Friday of each month, 7pm at the Culver City Senior Center

AUTISM: THE MUSICAL

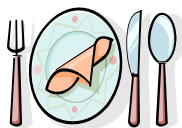
CONTACT | ABOUT | CAST | CREW | REVIEWS | IN THEATERS | GET INVOLVED

Join us for a special film screening at the Senior Center Friday, Oct. 16 At 7:00 p.m.



With special guests from the cast and The Miracle Project organization!

FOR THE PRESS | JOIN EMAIL LIST | SCREENING INQUIRIES | DVD ORDERS



Saturday Socialites Meet Monthly

Live Entertainment and Dining Events for Adults with Disabilities

6:00 - 8:00 pm on various Saturdays

\$10 Pre-payment & RSVP Required

Spread the Word! 7th Annual Carnival for Children with Disabilities

This free event will be held in the Senior Center on Sunday, October 25 from 12:30—3:30 pm

Free games & prizes, food & drinks, & live entertainment!

RSVP Required for attendance: call (310) 253-6732



Thank you to our partners who make this event possible:

The Exchange Club, Culver City Senior Citizens Association, Culver City Girl Scouts—plus many generous local businesses and individuals!

For more information about Disability Services programs or Disability Awareness Month events, please visit Darren Uhl in his office, call him at (310) 253-6729 or e-mail darren.uhl@culvercity.org

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;">OCTOBER 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 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 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 2:45 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 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)
	Art Classes marked with ^ require you to bring your own materials. Be sure to check with instructors for details.			1 12:00 RSVP VOLUNTEER LUNCHEON	2 9:30 OAK GLEN TRIP	3 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
4 9:00 LAS VEGAS TRIP 12:30 BRIDGE 1:00 MOVIE	5 1:00 VETERANS GROUP MEETING *Board nomination forms must be submitted by 5 p.m. today.	6 8-10 am FREE COFFEE 1:00 OPERA MOVIE <i>""PAGLIACCI""</i>	7 8:00 A.M. TRIP SALES	8 Movie 12:30 "Trying to Get Good" 1:00 Basics of Medicare Seminar <i>Center for Healthcare Rights</i>	9	10 1:00-3:30 DANCE Music by SWING SET
11 12:30 BRIDGE 1:00 MOVIE	12 8:00-11:00 WHITE ELEPHANT SALE 1:00 SENIOR CENTER BOARD MEETING	13 8-10 am FREE COFFEE 1:00 MOVIE	14 9:30-10:45 Blood Pressure Screenings 12:30-2:30 HELP WITH YOUR CELL PHONE OR LAPTOP	15 8:00 CHUMASH CASINO TRIP 1:00 October Birthday Party	16	17 1:00-3:30 DANCE Music by STRIKERS
18 12:30 BRIDGE 1:00 MOVIE	29	20 8-10 am FREE COFFEE 1:00 MOVIE	21 9:00-11:00 a.m. DIABETES SUPPORT GROUP <i>Meets at the Veterans Memorial Building</i>	22 1:00 RODGERS & HART SHOW 9-1 FLU CLINIC	23 12:30 Movie Nostalgia "KISS ME KATE" 9-1 FLU CLINIC	24 1:00-3:30 DANCE Music by MELODY MASTERS
25 12:30 BRIDGE NO MOVIE TODAY	26	27 8:00 VIEJAS CASINO TRIP 8-10 am FREE COFFEE 1:00 MOVIE	28	29	30 11:30 Halloween Party	31 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia