

# Culver CITY

## The Newsletter

April 2010



### CITY COUNCIL

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



### CITY OF CULVER CITY

P. Lamont Ewell,  
 Interim City Manager  
 Martin R. Cole  
 Assistant City Managers  
 Pam Robinson, Interim Director  
 Parks, Recreation & Community  
 Services

### SENIOR & SOCIAL SERVICES

Armando Abrego,  
 Senior & Social Services Manager  
 Debbie Cahill, Senior Program Spec.  
 Roxana Tabibi, Senior Nutrition Spec.  
 Jill Thomsen, RSVP Specialist  
 Darren Uhl, Disability Specialist  
 Alvina Prasad, Paratransit Coordinator  
 Spencer Wray, Van Driver  
 Jesse MacGregor, Van Driver

### CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

Sid Schalman, President  
 Barbara Silverstein, Vice President  
 Hope Seldin, Secretary  
 Mary Collim, Treasurer  
 Lionel Crown Marilyn Hell  
 Patricia Fountain Clifford Nelson  
 Kay Heineman Elizabeth Oxley  
 Sharon Hyland-Elstein  
 Alternates:  
 Mary Garcia John McCarthy  
 Jessica Maria Garcia  
 Monthly Board Meeting  
 Second Monday, 1:00 p.m.

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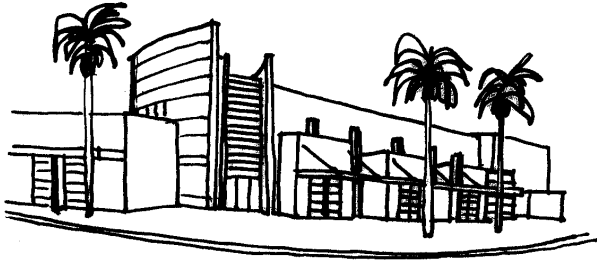
### CULVER CITY SENIOR CENTER

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) 253-6729

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

April 2010



### Health & Wellness Fair



Thursday, April 29, 2010

9:00 a.m. until 2:00 p.m.

Informational & Educational Links to Resources in Our Own Community

#### TO YOUR HEALTH !

A Collection of Exhibits on Health, Wellness & Services that can  
Contribute to the Vigor, safety & Independence of Seniors

#### Monthly Birthday Celebration

Thursday, April 8 at 1:00 p.m.



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

Entertainment  
Tatiana



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

#### Culver City Senior Center's Own Talent Show



### SPRING FOLLIES

Wednesday, April 21 at 1:00 p.m.

A special performance organized by  
Tony Munoz & Friends

Variety Show ~ Refreshments ~ \$2 Donation

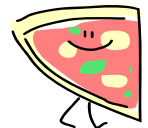
#### Let's All Support the Senior Center's Home Delivered Meal Program!

WHAT: Fundraiser to benefit the Culver City  
Home Delivered Meal Program

WHEN: Thursday, April 29 from 5:00-8:00 p.m.

WHERE: **SHAKEY'S**  
5605 S. Sepulveda Blvd.

WHO: Come one, come all!



### STAGES

Sunday, April 18 1 p.m.

Four professional actors will portray the life  
experiences of four Senior Citizens in  
theatrical pieces based on personal interviews

*Made possible by a grant from the City of Culver City  
Art in Public Places Fund*

Song & Dance  
Entertainer

### Vin Cardinal

Thursday, April 15

1:00 p.m.



**WHEN YOU PARK AT VETS, PLEASE USE THE CROSSWALK TO  
CROSS OVERLAND AVENUE  
FOR YOUR OWN SAFETY, DO NOT JAYWALK. THE CITY OF CULVER CITY  
HAS ADVISED US THAT THEY WILL BE ISSUING CITATIONS FOR JAYWALKING**

## 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 will be **Gilbert & Sullivan's *THE MIKADO***. Cloaked in the guise of a Japanese musical drama, *THE MIKADO* is a spoof of Victorian English society. This version of the famous comic opera was a blockbuster hit at the world-renowned Stratford Festival and features Eric Donkin as Ko-Ko and Gidon Saks as the Mikado. Playing time is 150 minutes. Presented on **Tuesday, April 6 at 12:30 p.m.** Thank you to **Murray Winagura** for planning the Opera program and providing all the films.

## 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 April will be ***A CHORUS LINE***. Michael Douglas stars as a choreographer who subjects 16 dancers to a grueling audition in this Academy Award nominated adaptation of the landmark Broadway Musical. Presented on **Friday, April 23 at 12:30 p.m.**

## "SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is on the first Sunday of the month. The movie for April 4 will be ***BRIGHT STAR***. This film is set in the heart of the British Romantic movement in the 19th Century and based on the true life story of the 3 year romance between wistful poet John Keats and the clever Fanny Brawne. *We thank SONY for providing our SONY SUNDAY features!*

## KARAOKE

Join **"Karaoke Mary" & Friends** on Tuesdays, 11:00-1:00 in the Nutrition Site

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!

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## 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.

**Our Tuesday and Sunday movies are open to CCSCA Members only.**

### SUNDAY MOVIES

- April 4**     **SONY SUNDAY: *BRIGHT STAR***  
2009-PG-Romance-Ben Whishaw; Abbie Cornish; Thomas Sangster; 119 min.
- April 11**    ***EVERYBODY'S FINE***  
2009-PG13-Comedy-Robert DeNiro; Drew Barrymore; Kate Beckinsale; 99 min.
- April 18**    ***STAGES PERFORMANCE***  
***Enjoy an outstanding live performance celebrating the life experiences of 4 Senior Citizens.***
- April 25**    ***INGLORIOUS BASTARDS***  
2009-Rated R-Action-Brad Pitt; Diane Kruger; Laurent Christoph Waltz; 152 min.

### TUESDAY MOVIES

- April 6**     **OPERA MOVIE-*THE MIKADO***  
***Gilbert & Sullivan's Comic Opera***  
*Playing time is 150 min.*  
**PLEASE NOTE START TIME IS 12:30 FOR THIS OPERA**
- April 13**    ***HURT LOCKER***  
2009-Rated R-War Action; Jeremy Renner; Anthony Mackie; 105 min.
- April 20**    ***LOVE HAPPENS***  
2009-PG13-Comedy-Jennifer Aston; Aaron Eckhart; Dan Fogler; 109 min.
- April 27**    ***FAME***  
2009-PG-Drama Musical-Naturi Naughton; Aslen Book; Kristy Flores; Paul McGill; 107 min.

# LOOK WHAT'S COMING UP!



*A Treasure Among Us*  
Special Movie Presentation  
**"FOUR SEASONS LODGE"**

This is an acclaimed DOCUMENTARY FILM.

From the darkness of Hitler's Europe to the mountains of the Catskills, Four Seasons Lodge follows a community of Holocaust survivors who come together each summer to dance, cook, fight & flirt-and celebrate their survival. Senior Center member Betty Elkes is featured in the film. Hosted by : *Marilyn Hess*

**FRIDAY, APRIL 9 at 12:30 p.m.**

*You Are Invited to a*  
**SPRING MIXER**

Celebrate the arrival of spring with the folks at Westwood Horizons.

*Dancing~Live Music~Refreshments~Raffle*

**Wednesday, April 14 2:30-4:30 p.m.**

Westwood Horizons is a Senior Living Community in Westwood. They will send a bus for 33 seniors who would like to go to the Mixer and meet some new friends. Information at the Business Desk.



## UCLA STROKE FORCE

Come and learn the most up to date information about stroke prevention and treatment. Medical experts from UCLA will give you some very good information about strokes on **Thursday, April 22 at 1:00 p.m.**

## ASK THE PHARMACIST

A Pharmacist from **Kaiser Permanente** will be here to answer your questions regarding your medications. If you have questions about drug interactions, generics, side affects or any other concerns, take advantage of this special opportunity to "Ask the Pharmacist." **Thursday, April 8 from 9:00-11:00 a.m.**

## HERITAGE MAKERS

We are story booking! Come & hear how to tell your family stories in words and pictures for future generations. Presented by **Joan Merritt on Friday, April 16 at 10:00 a.m.**

## LOW VISION SEMINAR WITH OCCUPATIONAL THERAPIST

Occupational Therapist **Chris Nelms** is the Rehabilitation Director at the Center for the Partially Sighted. She and her staff help people who are visually impaired to learn new ways of accomplishing activities of daily living to increase their safety and independence. **Thursday, April 29** from 10:00-11:00 a.m. in the Veteran's Building Kaizuka Room.

## PUBLIC TRANSIT CHALLENGE!

You are hereby **challenged** to participate in public transit. It is efficient, safe, comfortable, clean and **INEXPENSIVE!** Your benefits: less driving; less gas; fewer parking fees. Go to appointments, museums, attractions and concerts by public transit. See Bonnie any Thursday from 11:00-12:15 in the Lobby with your transit questions. Watch for the introduction of volunteer Bonnie Cherko's **NEW & IMPROVED** public transit program in the May Newsletter!

## FINANCIAL SEMINAR: UP TO DATE INFORMATION ON REVERSE MORTGAGES

*Cash to cover expenses. Funds to achieve dreams.* 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. Find out all the details and have your questions answered by **Bob McLatcher. Thursday, April 8 at 1:00 p.m.**

## CAPTIONED TELEPHONE DEMONSTRATION

Can't hear on the phone? Come learn about a captioned Telephone that can help! Try it yourself! Presentation by **CapTel. Wednesday, April 21** at 12:30 p.m.

## RIDER RELIEF TRANSPORTATION PROGRAM INFORMATION

On Wednesday **April 14 from 9:00 a.m. to 2:30 p.m., Ronni Jackson** from the Rider Relief Program will be at the Senior Center to share information about this new program that provides fare subsidy coupons for eligible riders who purchase Culver City Bus Fare or Metro Passes. Sign up with the Rider Relief Transportation Program and receive a six month subsidy coupon book toward the cost of your Transit Fare. Eligible riders are residents whose annual household incomes do not exceed: One person=\$25,900; Two people= \$29,600; Three people=\$33,300, etc.

**SENIOR OF THE MONTH  
EDMUNDO GONZALEZ**



The Culver City  
Senior Citizens Association  
Honors

***Edmundo Gonzalez***

Edmundo Gonzalez brought his passion for volunteerism and Civil Rights to our Senior Center community and has

helped our Spanish-speaking members in immeasurable ways. Edmundo has been instrumental in helping us celebrate the unique diversity among our members. As coordinator of the West Los Angeles Community Service Organization for many years, he conducted classes in Citizenship, English and Civics. He also assisted in job training and job placement. At the Senior Center, he coordinated and contributed to the activities of the Latin America Groups, sharing his expertise on timely and important issues such as Medicare, Social Security and current health information. Edmundo served as a member of the Board of Directors here at the Senior Center and as our representative on the Older Americans Committee of the Los Angeles Commission on Aging.

Unfortunately, Mr. Gonzalez passed away on March 14. We must now honor him for all the contributions he made to our community, but above all for being our "Elder Statesman." Many of you enjoyed hearing his sophisticated views on social issues in the Current Events class and in the *Remembranzas* group. There are so many of us here at the Senior Center who had special relationships with this wonderful man, and there are so many of us who will miss his friendship and his guidance. Following his inspiring ways of bringing people together and encouraging us to be the best we can be, let us all honor Edmundo's memory and make the effort to celebrate our diversity *and* our similarity. A fond farewell to Edmundo Gonzalez, a true treasure among us.

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

The Board of Directors would like to remind all CCSCA members that participating in our classes and activities requires a membership to CCSCA and you are asked to carry your card at all times. Several members of the Board of Directors have been checking membership cards and we appreciate the cooperation we have received from members and the instructors. The only way that we can know who is a member is by checking membership cards. This is a courtesy for our paying members to reassure them that everyone is paying their share.

The money goes to pay for many opportunities for YOU! The Computer Lab is funded totally by CCSCA, including all the computers and their up-keep. The Fitness Room is completely funded by CCSCA, including the monitors and the equipment. CCSCA pays for all the entertainers at the big holiday parties and the monthly birthday parties. It helps pay for the Tuesday morning free coffee, refreshments for the Saturday dance and the wonderful bands you enjoy every Saturday. CCSCA money supports the activities offered for our disabled community, including the entertainment for the monthly Socialites party. The CCSCA funds pay expenses for the automatic door openers to the bathrooms and improvements to the furniture. In fact, money goes to so many things that benefit our CCSCA members that they are too numerous to list. I have just listed a few! Thank you to all our members who help the Association to continue providing the best programs and activities. The Board of Directors does its best to make decisions that benefit our members and we appreciate your continued support.

*from: Hope Seldin*

**Members of the Board of Directors would like to offer our condolences to *Patti Mooney* (previous RSVP Director) on the sudden passing of her mother, Donna Lewis.**

**IN MEMORIAM**

***Frances Brown***

***Ming Hsia***

***Helen Gomberg***

***Lee Freeman***

***Edmundo Gonzalez***

*(91 years of age)*

**TRIP OFFICE**

APRIL 2010

TRIP SALES WILL BE WEDNESDAY, APRIL 7, 2010 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 2010 MEMBERSHIP CARD FOR EACH PERSON AND EACH PURCHASE. NO EXCEPTIONS!

**ALL AMERICAN MELODRAMA W/ LUNCH-SUNDAY-JUNE 6-\$69.00**

**Lv. 11:00 a.m. Rt. 5:30 p.m.**

Join in for some old-fashioned fun! You will cheer for the hero, boo the nasty villain and sing along in this Victorian Style Theater with ragtime piano tunes. Lunch at Parker Lighthouse Restaurant in Long Beach with your choice of salmon or chicken breast.



**RIVER PALMS HOTEL & CASINO-LAUGHLIN SUNDAY-TUESDAY-JUNE 13-15**



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

This package includes round-trip motorcoach, 2 nights accommodations, taxes and luggage handling. **Singles: \$125.00/Doubles \$97.00 p.p.**

**VIEJAS CASINO-FRIDAY-JUNE 11-\$25.00**

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

You must bring your Player's Card when you sign up for this trip. **Picture I.D. required by Casino**



**WINDMILLS, WINE & WAGERS-MONDAY-JUNE 28-\$59.00**

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



You will spending the day in the Santa Ynez Valley. First stop is the Chumash Casino Resort. You will have time to eat lunch at the Creekside Buffet or you may choose to eat when we get to Solvang. Next you are off to Solvang, where you can find a place to eat lunch while you are shopping. Last stop is the Firestone Winery for a guided tour and tasting. **Lots of walking.**

**\*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 current 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\***

**Trips for 2010—Stop by the Trip Office for applications for this new tour**

- Rails of New England Tour—8 days Departing October 7, 2010.



**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.**





This year National Volunteer Week is April 18-24, 2010. RSVP will be having an event but details have not been finalized. All **ACTIVE** RSVP volunteers will receive notice in the mail regarding this special celebration. Thanks to all our volunteers who make such a difference. We will be celebrating **you!**

**Volunteers don't get paid, not because they are worthless, but because they're priceless!**

~Sherry Anderson



## **SAVES (St. Augustine Volunteer Emergency Services)**

provides emergency food and assistance for residents of Culver City and residents of portions of Los Angeles zip codes 90034 and 90066.

S.A.V.E.S is looking for additional volunteers **especially on Friday mornings**, although volunteers are utilized everyday.

Site hours are M, W, T & F — 9 a.m. to 11:45 a.m.

Volunteers that are interested will help in different areas like:

- Basic office work (i.e. copies)
- Food: sort and help seniors get their food
- Gardening; taking care of flowers that come in

*If you'd like to help contact Sadie or Marie at 310.838.2702*



## EXPERT ONE-on-ONE HELP

with your cell phone or laptop computer



Wednesday, April 14th  
12:30 - 2:30 p.m.  
Room B46

Employees from local computer headquarters, Symantec, will be volunteering to help you with your cell phone and laptop questions.

Please bring the equipment you need help with (along with their chargers) and pen and paper to take notes.

First come, first served. 15 minutes maximum per person

# FREE FOR DRIVERS OVER 55!

## CARFIT

Helping Mature Drivers Find Their Safest Fit

AOA



AARP

CarFit is a program designed to give you a quick but comprehensive check of how well you and your vehicle work together. It is a twenty-minute check-up to ensure you "Fit" your car properly for maximum comfort and safety on the road. CarFit is not a driving test. A trained professional will ask you a series of simple questions and complete a 12-point CarFit checklist. You will leave with recommended car adjustments, community resources, lots of free giveaways and peace of mind.

*Culver City Senior and Social Services Division in conjunction with Culver City Senior Citizens Association are sponsoring this great event on*

**Saturday April 17, 2010**

**8:30 am - 12 noon**

**Pre-registration is required, space is limited!**

**Call (310) 253-6700**



# Social & Disability Services



Social Security:  
Retirement & Disability  
Benefits On-Line  
Application Assistance

Are you ready to file your Social Security application? Do you need help applying for Social Security disability benefits? Save a trip to your Social Security Office! File your application on-line with a Social Security Representative at the *Culver City Senior Center* Computer Lab.

Appointments will be available from 11:30 a.m. to 2:30 p.m. on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of each month. Make an appointment at the Business Desk or call (310) 253-6700.

## H.I.C.A.P. is a FREE Health Insurance Counseling Program!

The state-registered Health Insurance Counseling and Advocacy Program Counselor is trained to provide impartial and unbiased information, counseling and assistance on Medicare and related health care coverage including:

- ◆ Original Medicare (Parts A & B)
- ◆ Medicare Prevention Services
- ◆ Medicare Part D Prescription Drug Benefit
  - ◆ "Extra Help" with Medicare Part D
  - ◆ Medicare Advantage: HMOs & PPO
- ◆ Medicare Supplement (Medigap) Insurance
  - ◆ Medi-Cal & Medicare Savings Programs
  - ◆ Long-Term Care

Representative Linda Fleischman is here each Monday from 2:00 - 5:00 pm. Please make an appointment with Business Desk staff.  
*Provided by the Center for Health Care Rights*



## Culver City Social Services and Disability Office

We assist residents of all ages with information, referrals, and assistance on topics such as aging resources, alternative transportation, caregiver support, bereavement groups, disability programs, low income programs/services, homelessness, abuse reporting, health & medical resources, etc.

Call Darren Uhl at (310) 253-6729 or e-mail: [darren.uhl@culvercity.org](mailto:darren.uhl@culvercity.org)

## Medicare and People with Disabilities

### The Basics

Medicare is currently our only national health insurance program, serving some 44 million Americans. The program also provides health benefits to almost 7 million people younger than 65 who have a disability or chronic condition. These people are entitled to Medicare primarily through their qualification for Social Security Disability Insurance (SSDI) benefits.

### Medicare Eligibility Requirements

If you receive SSDI, you're eligible for Medicare. Wage replacement SSDI benefits are based on work credits earned through Social Security. To be eligible for coverage, a family member or the beneficiary younger than 65 must have a work history which included FICA tax contributions that pay for SSDI. To be eligible for Medicare, a beneficiary must be a U.S. citizen or legal permanent resident.

Those who do not have work credits or a work history, as well as disabled children and adults who are ineligible for SSDI, can be eligible for Supplemental Security Income (SSI) benefits. People with SSI are automatically eligible for Medi-Cal-covered medical services in California. While the medical test to qualify for SSDI and/or SSI benefits is exactly the same, the difference in benefit eligibility has to do with the extent of one's work history, as well as available assets and resources.

### Medicare's Connection to SSDI Benefits

There is a strict test to qualify for SSDI. People from 18 to 62 years of age must show medical evidence that they are unable to work for at least one year at any job in the national economy because of a qualifying physical and/or mental impairment.

**More information may be obtained here at the Senior Center. Make an appointment for online Social Security assistance or HICAP Health Insurance Counseling at the Business Desk.**

You may apply for SSDI at your local Social Security Administration (SSA) office or online at: [www.socialsecurity.gov](http://www.socialsecurity.gov)

Our local Social Security office is at:  
11500 W. Olympic Boulevard, Suite 300  
in the City National Bank Building  
Phone: (800) 772-1213

# LUNCH MENU April 2010★

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.

1% and non-fat milk are served every day. Fresh fruit 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

			Thursday 1	Friday 2
 <p style="text-align: center;"><i>The second day of a diet is always easier than the first. By the second day you're off it.</i></p> <p style="text-align: center;">~Jackie Gleason</p>			<b>Oven Crisp Chicken</b> Corn Bread Black-Eyed Peas Greens Romaine Salad Thousand Island Dressing Vegetable Spread Bread Pudding	<b>Minestrone Soup</b> <b>Double Entrée:</b> <b>Garlic Fresh Fish (OR)</b> <b>Beef Stroganoff</b> Parsley Noodles Seasoned Spinach Marinated Beets & Onion Salad Cantaloupe
			Monday 5	Tuesday 6
<b>Cream of Broccoli Soup</b> <b>Herb Baked Chicken</b> Corn Bread Stuffing Sweet Potato Creamy Coleslaw Applesauce w/ Cinnamon	<b>Karaoke Day</b> <b>Lentil Soup</b> <b>Pepper Steak with Gravy</b>  Whole Grain Bread Vegetable Spread Mashed Potatoes Spinach Salad with Mandarin Orange Spice Cake or Fresh Fruit	<b>Hawaiian Chicken</b> Brown Rice California Blend Marinated Tomato Salad Fresh Fruit in Season 	<b>Double Entrée:</b> <b>Ground Turkey Lasagna</b> Zucchini, Mushroom and Tomatoes (OR) <b>Chicken Salad Cold Plate</b> WW Bread w/ veg. spread <b>Both:</b> Romaine Salad <b>Both:</b> Italian Dressing <b>Both:</b> Peach Crisp with Oatmeal Topping <b>Both:</b> Orange Juice	<b>Navy Bean Soup</b> <b>Double Entrée:</b> <b>Baked Supreme Fish with Pasta Primavera (OR)</b> <b>Bean &amp; Shredded Beef Burrito with Sauce</b> Green Beans Garden Tomato Salad French Dressing Mandarin Orange and Pineapple
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
<b>Minestrone Soup</b> <b>Turkey Meatloaf</b> Seasoned Barley Normandy Vegetables Tossed Salad Thousand Island Dressing Orange or Tangerine	<b>Karaoke Day</b> <b>Beef Enchilada</b> Spanish Rice Cold Red & Green Cabbage Mixed Green Salad  French Dressing Banana Orange Juice	<b>Potato Soup</b> <b>Teriyaki Chicken</b> Buttered Noodles Mixed Vegetables Pineapple Coleslaw Carrot Cake or Fresh Fruit	<b>Double Entrée:</b> <b>Swedish Meatballs</b> Bulgur wheat Creamed Spinach (OR) <b>Vegetarian Mixed Bean Salad w/ French Dressing</b> WW Bread w/ veg. spread Raw Spinach <b>Both:</b> Broccoli & Raisin Salad <b>Both:</b> Citrus Gelatin with Pears	<b>Spanish Bean Soup</b> <b>Double Entrée:</b> <b>Herb Baked Fish (OR)</b> <b>Curry Chicken</b> Mashed Potatoes Green Beans Spinach Salad w/ Mandarin Orange Whole Wheat Bread w/ Veg. Spread Seasonal Fruit
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<b>Lemon Chicken</b> Buttered Noodles Seasoned Spinach Marinated Beet Salad Orange	<b>Karaoke Day</b> <b>Chicken Rice Soup</b> <b>Tuna Salad</b>  Whole Wheat Bread Vegetable Spread Corn & Red Pepper Italian Salad w/ Ranch Dressing Cantaloupe	<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 Entrée:</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 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
<b>Hot &amp; Sour Noodle Soup</b> <b>Chicken Leg Quarter</b> Brown Rice Coleslaw Pinto Beans Banana	<b>Karaoke Day</b> <b>Split Pea Soup</b> <b>Roast Beef</b>  Mashed Potatoes Green Beans Broccoli & Raisin Salad Wheat Roll w/ Veg. Spread Chocolate Cake w/ Powdered Sugar or Fruit	<b>Tomato Soup</b> <b>Chicken Divan</b> Barley Pilaf Lettuce & Tomato Salad French Dressing Cantaloupe	<b>Beef Lasagna</b> Mixed Vegetables Spinach Salad with Mandarin Oranges Rice Pudding	<b>Double Entrée:</b> <b>Fish Vera Cruz (OR)</b> <b>Chicken Enchilada</b> Spanish Brown Rice Carrots Garden Romaine Salad Ranch Dressing Orange
<b>★MENU SUBJECT TO CHANGE★</b>				

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>APRIL 2010</b></p>	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop ^ 9:30 Nia Class * 9:15 Tai Chi 10:00 German 10:30 Tai Chi 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 12:00 BERTO Exercise * ♦ 1:00 Sign Language * 1:00 MOVIE 1:00 Intermediate Spanish 1:00 Coco's Art Group ^ 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 12:15 Group Meditation Class 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 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(Vets) 12:30-2:30 Shared Housing 1:00 Latin American Group 1:00 Yoga* 1:30 RSVP Dancers Go Out 2:00 Mah Jong 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 1:30 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)
Art Classes marked with ^ require you to bring your own materials. Be sure to check with instructors for details.				<b>1</b> 10:00 LOW VISION SUPPORT GROUP <i>Kaizuke Room at Vets</i>	<b>2</b>	<b>3</b> 1:00-3:30 DANCE Music by <b>RAZZMATAZZ</b> 1:00 Card Games with Virginia
<b>4</b> 12:30 BRIDGE 1:00 MOVIE	<b>5</b> 1:00 VETERANS GROUP MEETING	<b>6</b> 8-12 am <u>FREE COFFEE</u> <b>12:30 OPERA MOVIE THE MIKADO</b> 1:00 SENIOR CENTER TOURS	<b>7</b> <u>8:00 A.M. TRIP SALES</u>	<b>8</b> 10:00 LOW VISION SUPPORT GROUP 1:00 REVERSE MORTGAGE SEMINAR <b>1:00 April Birthday Party</b>	<b>9</b> 8:30 PALA CASINO TRIP 12:30 MOVIE <b>FOUR SEASONS LODGE</b>	<b>10</b> <b>12:00-1:00 Ballroom Dance Demonstration by Dancers from US Ballroom Dancing</b> 1:00-3:30 DANCE Music by <b>MELODY MASTERS</b>
<b>11</b> 12:30 BRIDGE 1:00 MOVIE	<b>12</b> 1:00 Board Meeting	<b>13</b> 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE	<b>14</b> <b>9:30-10:45 FREE BLOOD PRESSURE SCREENING</b> Sarah Pesina, RN	<b>15</b> 10:00 LOW VISION SUPPORT GROUP <i>Kaizuke Room at Vets</i> 1:00 <b>Vin Cardinal</b> Song & Dance Entertainer	<b>16</b> 10:00 <u>Heritage Makers Workshop</u> Joan Merritt	<b>17</b> 1:00-3:30 DANCE Music by <b>WESTSIDE JAZZ ENSEMBLE</b>
<b>18</b> 12:30 BRIDGE 1:00 NO MOVIE TODAY <b>1:00 STAGES Performance</b>	<b>19</b>	<b>20</b> 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE	<b>21</b> 1:00 <b>SPRING FOLLIES Talent Show</b> 12:30 Captioned Telephone 9:00-11:00 a.m. <u>DIABETES SUPPORT GROUP</u> <i>Meets at Vets Memorial Building</i>	<b>22</b> 10:00 LOW VISION SUPPORT GROUP <i>Kaizuke Room at Vet</i>	<b>23</b> 12:30 <b>Movie Nostalgia A CHORUS LINE</b>	<b>24</b> 1:00-3:30 DANCE Music by <b>SWING SET</b> 1:00 Card Games with Virginia
<b>25</b> 12:30 BRIDGE 1:00 MOVIE	<b>26</b>	<b>27</b> 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE	<b>28</b>	<b>29</b> 9:00-2:00 <b>HEALTH &amp; WELLNESS FAIR</b> 10:00 LOW VISION Occupational Therapist <i>Kaizuka Room at Vets</i>	<b>30</b>	