Culver CITY

The Newsletter

August 2010

CITY COUNCIL

Christopher Armenta, Mayor

Micheál O'Leary, Vice Mayor

D. Scott Malsin

Andrew Weissman

Jeff Cooper

CITY OF CULVER CITY

John Nachbar,
City Manager

Martin R. Cole
Assistant City Manager

Pam Robinson, Acting 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 Hess**

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

August 2010

Summer Patio Concert & BBQ Dinner

Friday, August 6
3:30-5:00 p.m.

Tickets for the BBQ Dinner will be pre-sold (members only!) for $4.00 each. Tickets available July 26 until sold out.

Come and hear some great **Live Music** by

Caravan Band

The music is free for all members to enjoy. BBQ tickets must be purchased in advance.

Sizzlin' Summer Talent Show

Wednesday, August 11
1:00 p.m.

Culver City Senior Center's Own Talent Show!
Organized by Volunteers
Tony Munoz & Friends

Variety Show ~ Refreshments ~ $1.00 Donation

Monthly Birthday Celebration — Thursday, August 12 at 1 p.m.

Come & Enjoy Some Great Musical Entertainment
Sponsored by
Culver City Senior Citizens Association's Board of Directors ~ for our CCSCA Members

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

Entertainment by
Sharyn Scott

A Dance & Fashion Extravaganza Encore!

Wednesday, August 25 at 1:00 p.m.

Featuring
The Dancing Divas — The Fashion Flavors
Dazzling Ballroom Belles & Beaus
and
The Sassy Senior Steppers

Sing Along With Dolly

Friday, August 20 at 1:00 p.m.

Join *Dolly Blair*
and have some
fun singing your favorite songs!
Dolly will come every third Friday for your enjoyment!

Everybody dance!

The "Company Kids" from
everybody dance
will perform for you

Thursday, August 19 at
12:30 p.m.

Bring your instrument!
Bring your voice!
Bring your enthusiasm to our first ever

Hootenanny!

Tuesday, August 3 at
12:30 p.m.

OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month's opera movie will be **Pietro Mascagni's** ***CAVALLERIA RUSTICANA.*** Filmed on location in Sicily, this Franco Zeffirelli film reflects a timeless Sicilian conflict between love and honor; justice and violence. Placido Domingo is in splendid voice as Turiddu, supported by the great Fedora Barbieri as Mamma Lucia. Presented on **Tuesday, August 3 at 1:00 p.m.** Thank you to **Murray Winagura** for planning the Opera program.

MOVIE NOSTALGIA

The Movie Nostalgia program is presented once per month on a Friday at 12:30 p.m. **Murray Winagura** shares movies that he hopes will bring back good memories. The Nostalgia movie for August will be ***WESTSIDE STORY.*** This film sets the ageless story of Romeo and Juliet against a backdrop of gang warfare in 1950's New York. Directed by Robert Wise and Jerome Robbins, and scripted by Ernest Lehman, the film combines Leonard Bernstein and Stephen Sondheim's unforgettable score ("Maria," "Somewhere," Tonight") with Robbins' own exuberant choreography. Presented on **Friday, August 27 at 12:30 p.m.**

"SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is on the first Sunday of the month. The movie for **Sunday, August 1,** will be ***THE YOUNG VICTORIA***. In *THE YOUNG VICTORIA*, Emily Blunt plays Queen Victoria in the turbulent first years of her reign and Rupert Friend portrays Prince Albert, the suitor who won her heart and became her partner in one of history's greatest romances. *We thank SONY for providing our enjoyable 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!

SHOWTIME

The movie is subject to change. 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. You must show your membership card for admittance. In the interest of fairness, seats are first come, first served.
SAVING SEATS IS NOT ALLOWED!

SUNDAY MOVIES

Aug. 1 **SONY SUNDAY:** ***THE YOUNG VICTORIA***
2009-PG13-Romantic Drama-Emily Blunt; Rupert Friend; Paul Bettany; 104 min.

Aug. 8 ***IT'S COMPLICATED***
2009-Rated R--Comedy-Meryl Streep; Alec Baldwin; Steve Martin; John Krasainski;121 min.

Aug. 15 ***AVATAR***
2009-PG13-Science Fiction-Directed by James Cameron; Sam Worthington; Zoe Saldana; Sigourney Weaver; 162 min.

Aug. 22 ***INVICTUS***
2009-PG– Drama-Morgan Freeman; Matt Damon; Directed by Clint Eastwood; 133 min.

Aug. 29 ***LOVE HAPPENS***
2009-PG13-Comedy-Jennifer Aston; Aaron Eckhart; Dan Fogler; 109 min.

TUESDAY MOVIES

Aug. 3 **OPERA—*CAVALLERIA RUSTICANA***
Opera in 1 act by Pietro Mascagni
Playing time is 70 min.

Aug. 10 ***THE BLIND SIDE***
2009-PG13-Comedy-Sandra Bullock; Tim McGraw; Quinto Aaron; Jae Head; Lily Collins; Kathy Bates; 128 min.

Aug. 17 ***LEAP YEAR***
2009-PG-Comedy– Amy Adams; Matthew Goode; Bill Nighy; John Lithgow; 101 min.

Aug. 24 ***EXTRAORDINARY MEASURES***
2009-PG-Drama; Harrison Ford; Brendan Fraser; Keri Russell; 105 min. (SONY MOVIE)

Aug. 31 ***CRAZY HEART***
2009-Rated R– Drama-Jeff Bridges; Maggie Gyllenhaal; Robert Duvall; 111 min.

LOOK WHAT'S COMING UP

Special Movie Presentation

Cinema Paradiso

A celebration of youth, friendship and the everlasting magic of movies

Comedy/Drama from 1990, starring

Antonella Attili Enzo Cannavale Isa Dianieli

Won the Oscar for Best Foreign Language Film in 1990

Hosted by : *Marilyn Hess*

Thursday, August 5 at 12:30 p.m.

Come have fun in the world of

IMPROV

IMPROV is a form of acting with no lines to memorize. It's easy with only a few rules to learn. From then on you can be anyone, anywhere and that's where the fun starts. Not only is IMPROV fun, it's healthy, too! Laughter relieves stress, increases focus and relaxes you.... **JOHN RENO** has 37 years experience and he will guide you into a world you may not have know since childhood, the world of your imagination! The fun starts every Wednesday at 1:00 PM

FINANCIAL SEMINAR: *AGING AT HOME: LONG TERM CARE AND YOUR FINANCIAL SECURITY*

Long-term Care does not have to mean nursing home care. It's about living life on your terms. Insurance and Financial Consultant, **Brenda Logan**, will provide information about Long-term Care and answer questions and concerns you may have about your Long-term Care Plan and the government's Long-term Care plans (Medicare and Medi-Cal). **Monday, August 16 at 1:00 p.m.**

SEMINAR: *DOWNSIZE YOUR LIFE*

Get organized now! Simpler is Smarter! **Barbara Payne** has some expert advice for you on how to downsize your "stuff" to make your life simpler and easier, especially if you are thinking of moving into a smaller space. Meet Barbara on **Wednesday, August 18 at 1:00 p.m.** (will now meet once a month)

SEMINAR: CALLING ALL ANIMAL LOVERS: *WHAT IS A PET TRUST AND IS IT RIGHT FOR ME?*

Join attorney **Chris Jones** in an informative session about pet trusts and the options available for your pets when you no longer can care for them. A long time animal lover, Chris is a frequent lecturer and writer of articles that have been helpful in making sure peoples' pets are cared for as opposed to being put in an adoption facility. **Tuesday, August 24 at 10:00 a.m.** in the Crafts Room.

PUBLIC TRANSIT PROGRAM NEWS

Experienced Riders: Fall Public Transit Outing Meeting on Tuesday, August 10 at 1:00 p.m. OR Saturday, August 14 from 12:15-1:00. **New Riders**: Public Transit Outings as scheduled: August 10, 17 & 25

Transit questions? **See Bonnie in the lobby every Thursday from 11:00-12:15 p.m.**

SHORT STORY PROCESS GROUP

The Short Story Class will continue in August with **Allen Gartenberg** leading the group.

The stories are read at home ***before*** the group meets (Thursdays from 11:00-1:00).

8/5 First story in BEST AMERICAN SHORT STORIES FOR 2009

8/12 *The Keeper of the Virgins* from: ART OF THE STORY

8/19 *Amor Divino* from: ART OF THE STORY

8/26 *The Immortals* from: ART OF THE STORY

9/2 2nd story in BEST AMERICAN SHORT STORIES 2009

Are you interested in a TAP/JAZZ Dance Class?

Please let Debbie (Program Specialist) know if you are interested. We have a ready & willing teacher if there is enough interest.

Would you like to learn how to play PAN?

Come to Room C71 on Wednesdays at 11:00 and C73 on Thursday at 10:30-11:00. Ask for Gladys.

The PRIME TIME + PLAYERS NEED YOU!

We are looking for more members to help us put on shows, performances and "laugh riots" at the Senior Center. The group also travels to local Senior residences to entertain with our 'live' presentations. Come experience the fun of making other people laugh and enjoy their applause! Meet us on Tuesdays at 10:15 in the Crafts Room. We will resume meeting on **Tuesday, September 7 ~ *SEE YOU THERE*!**

ASK THE PHYSICAL THERAPIST

Do aches & pains prevent you from being active? Let me help you.

Cristina Gabor

from ORTHOSPORT PHYSICAL THERAPY will meet with you on the 2nd and 4th Tuesday of the month from 10:30-11:30 a.m.

SENIOR OF THE MONTH
ANNA SCHROECK

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

Anna Schroeck

Senior of the Month
August, 2010

"I will always help anybody!" That is the essence of Anna Schroeck, who has volunteered at the Senior Center for almost 15 years. On countless Wednesdays, Anna has met her friends at the RSVP Work Project and shared in the tasks at hand while also swapping stories and enjoying each others company.

Anna is a proud first generation American from Czech and Italian descent. Detroit, Michigan was home before she came to California to visit her sister in 1952. A year later, Anna returned to California to live and work and never looked back. Her sister was waiting at the door for her new roommate and to collect half of the rent!

At the very beginning of the computer era, Anna was a key punch operator for Ducommun Metals and Supplies. After a time with IBM, she worked at Columbia Studios, then film labs and Fox studios for 20 years. Anna has fascinating stories about her experiences with the studios, having been acquainted with the 3 Stooges, the cast from MASH, Ginger Rogers…...and so many more!

Anna's pride and joy is her son, Steve. She also had two great friends who lived in the same apartment building: Marie and Gladys Paetzold. When the threesome had to split up, they started meeting at the Senior Center once a week and all began their volunteer efforts in 1996. Anna is a cancer survivor and will readily tell you: "Never give up the ship" and rely on your friends and your faith to get through the tough times. The Senior Center has helped Anna, too, and she remains an enthusiastic participant in her activities here. Congratulations to Anna, Senior of the Month for August, 2010!

A Message….
FROM THE CCSCA BOARD OF DIRECTORS

A Message from *Hope Seldin*

Are you interested in serving on the Board of Directors of the Culver City Senior Citizens Association? The CCSCA Nominating Committee will be looking for CCSCA members to run for the Board of Directors for 2011. Nominees shall have been a member for at least one full year. If you want to get involved and be an active member on the Board, you should consider running in the 2011 election. You can help in the Board decision making process and volunteer at many important CCSCA activities. There are many sub-committees that perform crucial tasks to keep the CCSCA programs running smoothly. You should be ready to roll up your sleeves and be ready to contribute your expertise for the good of all of our members.

Nomination forms will be available at the Business Desk beginning on Monday, September 13 until October 8. Please consider getting involved by becoming a candidate and VOTE! It is up to all the CCSCA members to choose the candidates to represent them on the CCSCA Board of Directors. There is so much important work to be done and YOU can make a difference! And thank you from the existing Board of Directors for your continued support.

This is a reminder about CCSCA activities:

We are pleased that our members are enjoying the movies on Tuesday and Sunday. We want all our members to understand that CCSCA is in a City building and we need to follow the guidelines set by the City and Fire Department. Attendance at activities is limited by the number of chairs we can set up. If there is a seating problem, please follow the directions of the volunteers and staff. Thank you for your understanding and cooperation.

IN MEMORIAM

Joseph Broffman

Rosemarie Denoy
(92 years of age)

Bernard Stong
(94 years of age)

CULVER CITY SENIOR CITIZENS' ASSOCIATION

TRIP OFFICE

OFFICE HOURS
10:00 A.M. TO 1:00 P.M.
Monday, Wednesday, Friday
24-Hour Trip Information Phone Line
(310) 253-6708

AUGUST 2010

TRIP SALES WILL BE WEDNESDAY, AUGUST 4, 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!

VALLEY VIEW CASINO-FRIDAY-OCT. 8-$32.00

Lv. 8:00 a.m. Rt. 5:30 p.m.
Bring your Player's Card when you sign up for this trip. The Casino is tracking all plays. **Picture I.D. required by Casino.**

EDGEWATER HOTEL-LAUGHLIN-SUNDAY-THURSDAY-OCT. 10-12

Lv. 9:00 a.m. Rt. 6:00 p.m.
This package includes round-trip motorcoach, 2 nights accommodations, luggage handling fun book and takes.
Singles: $115.00 / Doubles: $94.00 p.p.

PECHANGA CASINO-MONDAY-OCT. 18-$25.00

Lv. 8:00 a.m. Rt. 6:00 p.m.
You must bring your Player's Card when you sign up for this trip. Casino is tracking all plays. **Picture I.D. required by Casino.**

CANDLELIGHT PAVILION-SUNDAY-OCT. 24-$79.00

Lv. 10:00 a.m. Rt. 5:00 p.m.
The Candlelight Pavilion presents **"Annie."** You can chose your entrée for lunch upon arrival.

☆IMPORTANT NOTICE☆

Beginning Wednesday, September 1, 2010, Trip Sales will have a new schedule.

- **Trip Sales will begin at 9:00 a.m.**
- **At 8:00 a.m. you may enter and wait in the Nutrition Site using the door that opens on Overland Avenue.**
- **Numbers for Trip Sales will be distributed beginning at 8:00 in the Nutrition Site.**
- **Numbers will be called in order beginning at 9:00 a.m.**

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.

✶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.

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 WANTED!

If any of the volunteer opportunities interest you, please contact Jill at 310.253.6722 or stop by the volunteer office at the Senior Center.

44TH ANNUAL JERRY LEWIS LABOR DAY TELETHON

The ***Jerry Lewis MDA Telethon*** is hosted by actor and comedian, Jerry Lewis to raise money for the Muscular Dystrophy Association (MDA). It has raised over $1.6 billion since its inception and is looking for volunteers to donate their time and services to help again this year. This year the telethon will take place on Sunday September 5th and Monday, September 6th, 2010.

List of Volunteer Jobs

- Taking Pledges Over the Phone
- Organizing Pledges
- Confirming Pledges
- Stuffing and Folding in Mailroom
- Messenger Runner
- Deciphering Pledge Slips
- Tear Apart Sorted Pledge Slips

Caring Caller Needed

Looking for a volunteer to call and read the Senior Center Newsletter over the phone to an individual who is blind and cannot read it themselves but would still like to be informed of the Senior Center's activities.

Audubon Ballona Wetlands

Blaze a literal trail and stay healthy by volunteering outdoors!

The program is designed to teach young schoolchildren about the last remaining major coastal salt marsh in L.A. County. Field trips for students take place Tuesday & Thursday mornings, usually 3-5th graders. Docents lead the children on an interpretive nature walk that last approximately two hours.

Docents (trained volunteer teacher or guide): You should be willing and able to work with a group of approximately 12-15 children, accompanied by a teacher or parent. Some docents prefer our outreach program, visiting schools with a slide show.

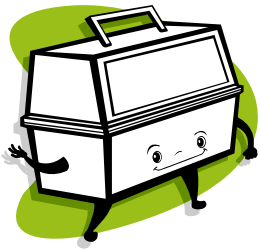
Notes: Training and program occurs outdoors and involves a lot of walking – always come prepared with water, hat, sunscreen and wear comfortable walking shoes.

PROJECT CHICKEN SOUP

Project Chicken Soup is a non-profit organization which provides nutritious, kosher meals to people living with HIV/ AIDS in Los Angeles County, in observance of the Jewish commandment of tikkun olam, healing the world through service to humankind. Project Chicken Soup provides nechama - comfort - to those in need, regardless of race, religion or creed.

Project Chicken Soup is in our new location in Culver City and is looking for volunteers! Looking to help out your community? Want to give back? Come help us with our Sunday cooking!

They also need volunteers to help with cleaning up the kitchen after they have finished cooking for the day. This would involve sweeping, mopping, cleaning cooking equipment, putting away dishes, etc.



Did you know that:

Hot, nutritious meals are delivered to seniors 60 years of age and older who are home bound and live in Culver City? For more information please contact Barbara Silverstein at 310-253-6748

Computer Classes for CCSCA Members at the Senior Center

We offer various classes such as

Beginning Computer **Intermediate Computer**
Internet & Email **Word & Excel**
Digital Camera & Photo Management

For classes starting the week of September 13, 2010:

Registration dates are Aug. 24, 26, 31 & Sept. 2 between 10am—2pm

Membership is required to register for classes. The class fee is $25 per 6-week class session and is due at the time of registration. If you have questions, call Richard Marr, Computer Lab Coordinator, at 310-253-6720
Email: Richard.marr@culvercity.org Office hours: Tues. & Thurs. 10 am-2 pm

****OPEN LAB FOR COMPUTER PRACTICE ON M-W-F from 9:15-11:15 a.m.****

Spotlight on Transportation Alternatives

The need for transportation is rising and we are here to offer you information and assistance about alternatives to driving.

Culver City Senior & Social Services Division offers several transportation opportunities to residents of Culver City and designated areas of Los Angeles County, Ladera Heights, View Park & Windsor Hills.

For more information visit Darren Uhl, Senior & Social Services Specialist or call (310) 253-6729.

CULVER CITY DIAL-A-RIDE PROGRAM

For Culver City Residents of any age who:

- Are Transportationally Disabled (unable to drive or use public transportation)
- Submit a completed Physicians Authorization. Forms are available at the Senior Center or online at: http://www.culvercity.org/senior/sr_disab_transp.

Basic Program Information:

- Participants must be Culver City residents
- All potential participants will be reviewed and approved by staff
- Once approved, vans provide curb to curb service from 8:30 a.m. to 4:10 p.m., Monday – Friday within Culver City limits, as well as Kaiser Cadillac.
- Door-to-door van service is available upon request
- Suggested donation of $0.50 each way. For your convenience, a $10 prepaid Dial-A-Ride card can be purchased at the Senior Center Business Desk, 7-Days a week.

PUBLIC TRANSIT INFORMATION

- We offer a Senior & Social Services Program to teach the use of public transit to new users, facilitated by volunteer Bonnie Cherko.
- Thursday's 11:00 a.m.-12:30 p.m. in the Senior Center lobby.

Learn and join in planned outings with escort!

CULVER CITYBUS

- General information regarding fares, service schedules and accessibility, call (310) 253-6500
- Automated 24-hour schedule information, call (310) 253-6510

LOS ANGELES COUNTY ACCESS SERVICES

- Available only to individuals with disabilities who cannot use the regular bus system.
- Provides transportation for longer trips, anywhere in Los Angeles County by accessible van.
- For information, contact ACCESS Services directly
- Call (800) 827-0829 for an application and interview

TAXI COUPON PROGRAM

Culver City Residents

- Culver City residents of all ages are eligible
- Proof of residency
- Participants must have a Physician Authorization Form on file completed by their doctor verifying that the applicant cannot drive or ride a public bus due to illness or disability
- All potential participants will be reviewed and approved by staff

County Residents within View Park, Windsor Hills, or Ladera Heights

- Proof of residency
- County residents under 60 years of age must submit a completed Physician Authorization Form verifying that the applicant cannot drive or ride a public bus due to illness or disability
- Residents over 60 years old do not require doctor verification

General Information

- Coupons are available for purchase 7-Days a week
- Each book costs $2.00 and represents $10.00 worth of coupons to be applied toward taxi fare
- Registered participants can purchase 5 books per month — Coupons Never Expire!
- Taxi drivers are required to accept a maximum of $8.00 in taxi coupons per trip, the remaining balance of the fare shall be paid by the rider. Tips for taxi drivers are the responsibility of the rider
- Taxi wait time is 15-30 minutes on most calls, depending on traffic conditions
- Wheelchair accessible vans available but require advance notice. Vans may be reserved 24 hours in advance for round trips. Pick-up time can take up to 45 minutes
- Drivers are allowed to assist customers but may not physically move them
- All trips must originate or end in either Culver City or identified County areas.
- Participants who do not purchase coupons within a 12 month period are deleted from the program

LUNCH MENU August 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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Minestrone Soup **Turkey Meatloaf** Seasoned Barley Normandy Vegetables Tossed Salad Thousand Island Dressing Orange or Tangerine	**Karaoke Day** **Beef Enchilada** Spanish Rice Cold Red & Green Cabbage Mixed Green Salad French Dressing Banana Orange Juice	**Potato Soup** **Teriyaki Chicken** Buttered Noodles Mixed Vegetables Pineapple Coleslaw Carrot Cake or Fresh Fruit	**Double Entrée:** **Swedish Meatballs** Bulgur wheat Creamed Spinach **(OR)** Vegetarian Mixed Bean Salad w/ French Dressing WW Bread w/ veg. spread Raw Spinach **Both:** Broccoli & Raisin Salad **Both:** Citrus Gelatin with Pears	**Spanish Bean Soup** **Double Entrée:** **Herb Baked Fish (OR)** **Curry Chicken** Mashed Potatoes Green Beans Spinach Salad w/ Mandarin Orange Whole Wheat Bread w/ Veg. Spread Seasonal Fruit
Monday 9	**Tuesday 10**	**Wednesday 11**	**Thursday 12**	**Friday 13**
Lemon Chicken Buttered Noodles Seasoned Spinach Marinated Beet Salad Orange	**Karaoke Day** **Chicken Rice Soup** **Spinach Quiche** Whole Wheat Bread Vegetable Spread Corn & Red Pepper Italian Salad w/ Ranch Dressing Cantaloupe	**Beef Patty** Whole Wheat Bun Lettuce, Tomato & Pickle Oven Browned Potatoes Carrot Raisin Salad Tapioca Pudding Orange Juice	**Double Entrée:** **BBQ Chicken** Corn Bread Steamed Cabbage & Carrots **(OR) Chicken Waldorf Salad** Mixed Lettuce, Carrot Coins Whole Wheat Bread **Both:**Vegetable Spread **Both:** Marinated Tomato, Green Pepper and Onion Salad **Both:** Sliced Peaches	**Double Entrée:** **Lemon Parsley Baked Fish (OR)** **Turkey Bean Chili** Brown Rice California Blend Romaine Salad w/ Italian Dressing Cinnamon Sliced Apples Orange Juice
Monday 16	**Tuesday 17**	**Wednesday 18**	**Thursday 19**	**Friday 20**
Hot & Sour Noodle Soup **Chicken Leg Quarter** Brown Rice Coleslaw Pinto Beans Banana	**Karaoke Day** **Split Pea Soup** **Roast Beef** Mashed Potatoes Green Beans Broccoli & Raisin Salad Wheat Roll w/ Veg. Spread Chocolate Cake w/ Powdered Sugar or Fruit	**Tomato Soup** **Chicken Divan** Barley Pilaf Lettuce & Tomato Salad French Dressing Cantaloupe	**Double Entrée:** **Beef Lasagna** Mixed Vegetables Spinach Salad, Mandarin Oranges w/ Italian Dressing **(OR)** **Poached Salmon Salad** Sourdough Roll w/ veg. spread Chopped Raw Spinach w/ Tomatoes Italian Dressing **Both:** Rice Pudding	**Double Entrée:** **Fish Vera Cruz (OR)** **Chicken Enchilada** Spanish Brown Rice Carrots Garden Romaine Salad Ranch Dressing Orange
Monday 23	**Tuesday 24**	**Wednesday 25**	**Thursday 26**	**Friday 27**
Salisbury Steak Mashed Potatoes Normandy Vegetables Whole Wheat Roll Vegetable Spread Chocolate Chip Cookie or Fruit Orange Juice	**Karaoke Day** **Turkey a la King** White Rice Spinach Cranberry Gelatin Salad Honeydew	**Vegetable Soup** **Spaghetti w/ Meat Sauce** Green Beans Romaine Salad with Red Cabbage French Dressing Whole Wheat Bread Vegetable Spread Fresh Orange	**Corn Chowder** **Chicken Fajita** Flour Tortilla Pinto Beans Creamy Coleslaw Chocolate Pudding	**Beef Barley Soup** **Double Entrée:** **Lemon Butter Fish with Parsley Noodles (OR)** **Chili Egg Puff** Peas and Carrots Marinated Tomato, Green Pepper, and Onion Salad Whole Wheat Bread w/ veg. spread Pineapple Chunks
Monday 30	**Tuesday 31**			
Beef Stew with Potato, Peas & Onions Whole Wheat roll Vegetable Spread Caesar Salad w/ Croutons Pineapple & Mandarin Orange Fruit Cup	**Karaoke Day** **Lentil Soup** **Chicken ala Morrison** Barley Pilaf Mixed Vegetables Garden Salad Ranch Dressing Orange			

We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons.

~Alfred E. Newman

✶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
CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN ➡ * FEE FOR CLASS ◆ MEETS AT VETS MULTIPURPOSE ROOM +Materials fee *All Classes Are Taken At Risk of the Participant* **AUGUST 2010**	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop ^ 9:30 Nia Class * 10:00 German 10:00 Tai Chi (at Vets) 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 10:30 Ask the Physical Therapist (2nd & 4th Tues) 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* (1st & 3rd Tues.) 3:30 Yoga*	9:00 RSVP-WWP /Crafts Groups 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* ◆ 12:15 Group Meditation Class 12:30 RSVP Singers Rehearsal 1:00 Improvisation for Seniors 1:00 Yoga * ◆ 1:30 Portrait Drawing Class 1:30 RSVP Singers Go Out 1:30 Current Events* 2:45 Fitness Class* 2:30 Open Mike with Tony 3:00 Folk Dancing◆* 4:00 Stretch 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 Pastel Art Class* 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. 9:00 Tai Chi with Anton* 9:30 Knitting Class 10:00 Balance Challenge* 10:00 Italian 10:30 Sitting Pretty Chair Exercise Class 10:30 Yoga with Rosa* 11:00 Balance Challenge * 11:00 German 11:45 Osteo Exercise* 12:45 Fitness* 1:00 "Remembranzas" Group 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m. SATURDAY DANCES **$2.00 Members** **$4.00 Guests** (50 & older)
1 12:00 BRIDGE 1:00 MOVIE	**2** 1:00 VETERANS GROUP	**3** 1:00 OPERA MOVIE *LA CAVALLERIA RUSTICANA* 12:30 Hootenanny	**4** **8:00 A.M. TRIP SALES**	**5** 12:30 MOVIE *CINEMA PARADISO*	**6** 8:30 KNOTT"S BERRY FARM TRIP 3:30-5:00 Patio Concert & BBQ	**7** 1:00-3:30 DANCE Music by ***RAZZMATAZZ*** 1:00 Card Games with Virginia
8 9:00 RIVERSIDE HOTEL LAUGHLIN TRIP 12:00 BRIDGE 1:00 MOVIE	**9** **1:00 Board Meeting**	**10** 8-12 am FREE COFFEE	**11** **9:30-10:45** **FREE BLOOD PRESSURE SCREENING** **1:00 p.m.** Sizzlin'Summer Talent Show	**12** 1:00 August Birthday Party	**13** 8:00 SAN MANUEL CASINO TRIP	**14** 1:00-3:30 DANCE Music by ***SWING SET***
15 12:00 BRIDGE 1:00 MOVIE	**16** 1:00 Seminar "Aging at Home: Long Term Care And Your Financial Security" Brenda Logan	**17** 8-12 am FREE COFFEE 1:00 OPERA MOVIE *1:00 SENIOR CENTER TOURS*	**18** 1:00 SEMINAR: "Downsize Your Life " Barbara Payne 9:30-11:00 a.m. DIABETES SUPPORT GROUP *Meets at Vets Memorial Building*	**19** **12:30 p.m.** everybody dance **performance**	**20** 1:00 Sing Along With Dolly	**21** 1:00-3:30 DANCE Music by ***MELODY MASTERS***
22 10:00 CANDLELIGHT PAVILION TRIP 12:00 BRIDGE 1:00 MOVIE	**23** 1:00 Movie Game Show with Amy Malina	**24** 8-12 am FREE COFFEE 10:30-11:30 Ask the Physical Therapist *Cristina Gabor* 1:00 Seminar "What is a Pet Trust and is it Right For me?" Chris Jones 1:00 MOVIE	**25** **1:00** Dance & Fashion Extravaganza Encore!	**26**	**27** 8:30 BARONA CASINO TRIP **12:30** **Movie Nostalgia** ***WESTSIDE STORY***	**28** 1:00-3:30 DANCE Music by ***The STRIKERS*** 1:00 Card Games with Virginia
29 12:00 BRIDGE 1:00 MOVIE	**30**	**31** 8-12 am FREE COFFEE 1:00 MOVIE *1:00 "Platicando Sabroso"*				