

Culver CITY

The Newsletter

February 2010



CITY COUNCIL

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

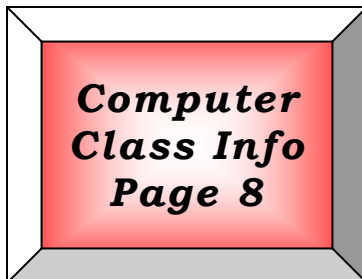


CITY OF CULVER CITY

Mark Scott, City Manager
 Martin R. Cole, Assistant City Managers
 William LaPointe, 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

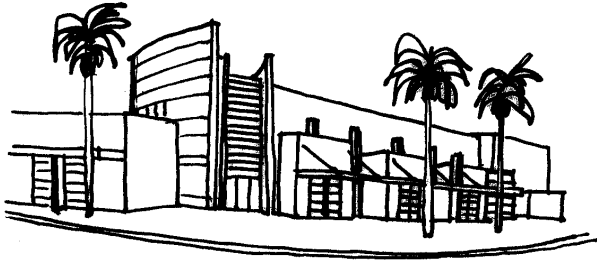
4095 Overland Avenue
 Culver City, CA 90232

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

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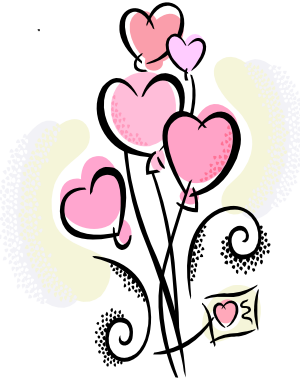
February 2010



Valentine Party
Friday, February 12
11:30 a.m.

Lunch & Entertainment

Tickets are \$3.50
Tickets on sale Jan. 25 -Feb. 10
(or until sold out)



Nifty 90's

If you are a Culver City Senior Citizens Association Member over 90 years of age, we invite you to be our **Special Guests** at this party. Please sign up at the Business Desk BEFORE Feb. 10 and join us for a special day!



Monthly Birthday Celebration

Thursday, February 18 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 February be our guest for cake & ice cream. Refreshments for all for just 50 cents each item!

Entertainment by
Sharyn Scott

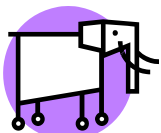


THE LOS ANGELES DOCTORS SYMPHONY

WIND QUINTET

Thursday, February 25 at 12:30 p.m.

Come and enjoy some beautiful music!



White Elephant Sale
Monday, February 15
8:00-11:00 a.m.

The Merry Makers Club requests that you bring your donations of *clean and usable* treasures to the Senior Center on Friday, Feb. 11. The Merry Makers donate the proceeds to local charities.

The Magic Meathands
Wednesday, February 17
12:30 p.m.

Culver City's very own comic improvisers are coming to the Senior Center to offer laughter and hilarity to YOU! Don't miss this fun event!



Culver City Senior Citizens Association Membership for 2010 Required

You must now have a 2010 CCSCA Membership card to participate in most programs, including the Fitness Room, Computer Lab, Billiards Room, movies, classes & activities. Please carry your card with you. You will be asked to show your card for classes, movies, Saturday Dance, etc.



Any time you park at the Senior Center, you must have a 2010 parking sticker. If there are no spaces at the Senior Center, there is parking at the Veterans Memorial Building. Don't risk a citation for parking here without a sticker and *never* park in a red zone!

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 **Verdi's LA FORZA DEL DESTINO**. This is one of Verdi's finest operas. Don't miss the famous dueling scene and, of course, the superb *Pace, Pace, Mio Dio* at the end of the opera. This 1996 production is from the Metropolitan Opera sung by Placido Domingo, Sharon Sweet and Vladimir Chernov. Playing time is 2 1/2 hours. Presented on Tuesday, February 2 at 1:00 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 February will be the joyful film of Americana, *THE MUSIC MAN*. Meredith Wilson's brassy, sassy score and irresistible performances by Robert Preston, Shirley Jones, Buddy Hackett and 7 year old Ron Howard are highlights. Presented on **Friday, February 19 at 12:30 p.m.**

"SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is on the first Sunday of the month. The movie for February 7 will be *ANGELS & DEMONS*. Based on the Bestselling novel by Dan Brown, this movie is a nonstop, action-packed hunt through sealed crypts, catacombs and cathedrals in Rome to find a way to stop a plot to destroy the Vatican. Tom Hanks reprises his role as Harvard religious expert Robert Langdon.

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!

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.

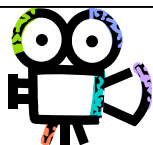
SUNDAY MOVIES

- Feb. 7 **SONY SUNDAY: ANGELS AND DEMONS** 2009-PG13-Drama-Tom Hanks; Ewan McGregor; Ayelet Zurer; Stellan Skarsgard; 138 min.
- Feb. 14 **EVER AFTER** PG-Romantic/ Comedy/ Drama; the "real" story of Cinderella- Drew Barrymore; Angelica Huston; Dougray Scott; 121 min.
- Feb. 21 **EASY VIRTUE** 2009-PG13-Comedy-Jessica Biel; Ben Barnes Kristin Scott Thomas; Colin Firth; 97 min.
- Feb. 28 **OUT OF AFRICA** 1985 BioDrama/Romance- Meryl Streep; Robert Redford; Klaus Maria Brandauer; 160 min.

TUESDAY MOVIES

- Feb. 2 **OPERA MOVIE- LA FORZA DEL DESTINO**; Placido Domingo; Sharon Sweet; Vladimir Chernov; *Playing time is 2 1/2 hours.*
- Feb. 9 **NIGHT AT THE MUSEUM** 2009-PG-Comedy; Ben Stiller; Amy Adams; Robin Williams; 100 min.
- Feb. 16 **UP** 2009-Pixar Animated Feature-PG Voices of Ed Asner; Jordan Nagai; Christopher Plummer; 96 min.
- Feb. 23 **WHITEOUT** 2009-Rated R-Thriller-Kate Beckinsale; Gabriel Macht; Tom Sherritt; 97 min.

LOOK WHAT'S COMING UP!



Special Movie Presentation: FLOWER DRUM SONG

Broadway's best Musical Comedy brought to the screen in 1961
Nancy Kwan James Shigeta Benson Fong Jack Soo Juanita Hall
Thursday, February 11 at 12:30 p.m. Hosted by : *Marilyn Hess*

SIGN LANGUAGE & LIP READING CLASS

New Class! Instructor **Ping Hart** will begin a Senior Center class for sign language and lip reading. The first class will be held on **Tuesday, February 2 from 1:00-3:00 p.m.** The class will meet in the Multi-purpose Room at the Veterans Memorial Building. There will be a \$3 fee for each class.

FINANCIAL SEMINAR: AGING IN PLACE

Hear information on how to stay in your home and use the opportunity that a Reverse Mortgage could offer. Presented by **Gregory Laks**, from MetLife. **Monday, February 22 at 1:00 p.m.**

PUBLIC TRANSIT NEWS

1. For the first time in over a year, there will be an EXPO LINE UPDATE on Thursday, March 25 at 10 a.m. After this exciting and informative presentation, there will be a METRO and CULVER CITY BUS update.
2. Spring Public Outing participants must attend a required meeting on: Thursday, Feb. 4 at 12:30 p.m. OR Saturday, February 6 at 12:15 p.m. Both meetings will be held in the Conference Room and will last 45 minutes.
3. As always, bring your transit questions to Bonnie every Thursday in the Lobby from 11:00-12:15.

SHORT STORY GROUP EXPERIENCE

The Short Story Group meets on Thursdays from 11:00-1:00 to discuss and share views on short stories with others. One story a week is discussed, which is read at home BEFORE the class. Reading the story is necessary to attend the discussion. Here is the schedule of stories to be discussed in February:

2/4/10	Singer, Isaac Bashevis	<i>THE KEY</i>	2/11/10	Barthelme, Donald	<i>A CITY OF CHURCHES</i>
2/18/10	Brown, Rosellen	<i>HOW TO WIN</i>	2/25/10	Adams, Alice	<i>ROSES, RHODODENDRON</i>

AARP TAX PREPARATION ASSISTANCE

AARP Tax Assistance will be available Mondays & Wednesdays
February 1 through April 14, 2010 from 9:00 a.m. to 2:00 p.m.

BY APPOINTMENT ONLY

Appointments can be made during Business Hours (M-F 9-4) and (Weekends 12-4)
If you call after hours, call the Tax Aide Information Line at **310-253-674**

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 2nd & 4th Mondays of the month beginning January 25, February 8 & 22, March 8 & 22, and April 12 & 26. To make an appointment, please call the Business Desk at (310) 253-6700.

List of documents you may bring to your appointment:

- ✓ Birth record if born outside the United States
- ✓ Last year's W2 form or Tax Return
- ✓ Bank account number for direct deposit

NEWS FROM THE NUTRITION PROGRAM

Family style food service is available for clubs, groups, classes that meet at the Senior Center. Please call Roxana for more information at **310-253-6712**



**SENIORS OF THE MONTH
2010 MEMBERSHIP
REGISTRATION
VOLUNTEER TEAM**



The Culver City
Senior Citizens Association
Board of Directors is pleased to honor
all of the volunteers who helped with the
Membership Registration process this
year as our

***Seniors of the Month
for February, 2010***

Many thanks to the following Seniors who helped
CCSCA with this task for the two weeks in
December and the two weeks in January:

*Mae Oczachowski
Gloria Yap
Nancy Hooper
Vivian Brown
Barbara Hollander
Murray Silman
Marsha Orth
Hope Seldin
Letha Kemper
Angelita Moline
Florencia Lazo
Carolyn Conway
Bernice Adams
Mary Collin
Marilyn Schainwooks
Myra Segal
Daisy Yeoh
Vivian Silman
John McCarthy
Jule Hachigian*

Special thanks to Nan Mott

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

A Message from *Barbara Silverstein*

As outgoing President of the CCSCA Board of Directors, I would like to thank all the people who were always there for the CCSCA and our members during 2009. Special thanks to City Council members who help us in many ways; volunteers who show up and just pitch in where needed; Lions Club members for seeing to it that there is a Thanksgiving meal available every year; Albert Vera who makes sure we have a Christmas Day Luncheon and is always so generous to our CCSCA; to Brotman Hospital that has stepped up to support some of our activities and of course, our cherished volunteers who make everything happen. Because of a supportive staff and volunteers and many benefactors, the Culver City Senior Center remains a wonderful place for all seniors to come and participate in their own special way. Thanks, *Barbara*

A Message from *Hope Seldin*

The Board of Directors would like to welcome back all our renewing CCSCA members and all our new members. We know you will enjoy all the classes and activities that are offered.

***Would you like a TOUR of the
Senior Center?***

**There are Board members ready to give
you a tour of the Senior Center on the**

**Second Tuesday of the Month
at 1:00 p.m.**

**All you have to do is call the Business
Desk at 310-253-6700 and sign up at
least a day in advance. We will be
happy to show you around and answer
any questions for you.**

IN MEMORIAM

Susie Jay Gruber

Arnold Feldman

Thomas Sullivan

Ervin Techtow

(95 years of age)

TRIP OFFICE

FEBRUARY 2010

TRIP SALES WILL BE WEDNESDAY, FEBRUARY 3, 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!**

PALA CASINO-FRIDAY-APRIL 9-\$25.00

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

You must bring your Players Card when you sign up for this trip. Casino requires picture I.D.



**EDGEWATER HOTEL-LAUGHLIN-SUNDAY-TUESDAY
APRIL 18-20**

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

This package includes: round-trip deluxe motor coach, 2 nights accommodations, 1 choice buffet and luggage handling.

Singles: \$110.00/Doubles \$90.00 p.p.



THE MARVELOUS WONDERETTES-SATURDAY-APRIL 24-\$80.00

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

The Carpenter Performing Arts Center is offering this fast-paced musical taking you back to the 50's and 60's music. Lunch will be at Arnold's Cafeteria in Long Beach.



WINEMAKER FOR A DAY-THURSDAY-APRIL 22-\$69.00

Lv. 9:30 a.m. Rt. 4:30 p.m.

You will have a guided tour of the Thomas Winery, followed by wine tasting of five wines, all made at the Winery. Next you will go into the production room to bottle, cork and custom label your own bottle of wine to keep. Lunch will be at Antonio's Italian Restaurant with your choice of Lasagna or Chicken Marsala, salad, dessert and beverage are included.

After lunch, you will travel to Rancho de Cucamonga, a residence built in 1860, with a guided historian telling stories about unsolved murders and links to California's early political structure. **Lots of walking on this trip.**



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 these two new tours.

- Rails of New England Tour—8 days Departing October 7, 2010.
- Mexican Riviera Cruise—Departing April 11, 2010
- The Trip Office is planning a trip to the Reno-Tahoe for Spring (May) 2010. Altitudes will be from 4,000 to over 7,000 feet. If you have a medical condition, please discuss traveling in high altitudes with your physician.

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.





***The Upward Bound House Emergency Family Shelter
is now open in Culver City!***

They are looking for volunteers to help in their food pantry program and various other needs. If you responded last year please let me know if you're still interested. Details are coming but please call 310-253-6722 if interested, or drop by the RSVP office!

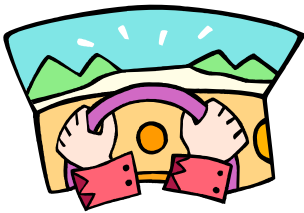
Travelers Aid Society at LAX Airport— Volunteers Needed

What does a TAS/LAX volunteer do? TAS volunteers are trained for a month and are stationed in booths in each terminal of the airport. They must react to crisis that occur with air travel and answer questions about anything a traveler may require, from nearby restaurants to international flight times. TAS/LAX volunteers work at least a 4-hour shift and have constant interaction with the public. Many RSVP volunteers have been Traveler's Aid volunteers for over 10 years, and they love the exciting, fast-paced environment at the airport, as well as being able to help so many people.

TAS/LAX volunteer director Christine Okinaga says RSVP volunteers are invaluable to the critical services TAS provides. In the last 6 months alone, TAS volunteers have made over 440,000 information contacts at the airport.

**Training is only 4 times a year so call Christine today if interested!
310-646-2270**

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Thanks to all of the volunteers participating in our Intergenerational project with Turning Point School. It has been a great 5 weeks full of stories and insights. Be on the lookout for participant Sandra's story in the Culver City News! Thanks again to all our volunteers!

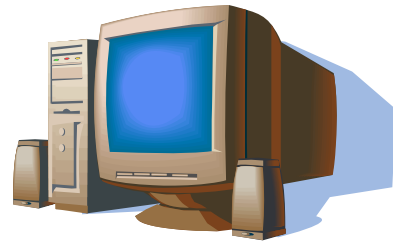


*Still driving and looking to make a difference?
The American Cancer Society's 'Road to Recovery'
program is looking for volunteer drivers!*

- Must possess a good driving record and serviceable vehicle
- May transport patients to/from scheduled treatment appointments only
 - May not transfer patients on non treatment related errands
- May not physically assist nonambulatory patients (patients who cannot walk without help must bring along a friend or family member to assist them)
 - May not give medical advice
- Will contact the nearest medical facility or call 911 in case of emergency

*If you'd like to help cancer patients get to and from their appointments
call Julie Brewster at 310.348.0356 ext.239*

Computer Class Registration & Office Hours



Computer lab coordinator Richard Marr has office hours:

Tuesday 10 a.m.—3 p.m. and Thursday 2—5 p.m.

His office is labeled as the Trip Office, just to the left of the main business desk

He can be reached at 310.253.6720 and richard.marr@culvercity.org

Class schedules are posted on the computer lab door; all classes are now six weeks

Registration for all classes is the 2nd and 4th week of each month

Tuesday 10 a.m. -2:30 p.m. & Thursday 2-4:30 p.m.

FREE NOTARY!

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

Please bring your membership card, a picture I.D. and note that you will be fingerprinted. Please note that even if not listed in the newsletter this service is provided the second Thursday of every month.



"The evidence is clear ~ regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases."

-Mike Leavitt, US Dept. of Health and Human Services

Senior Center Fitness Room

A GOOD FIT FOR
YOUR WORKOUT!

- FOR CULVER CITY SENIOR CITIZENS ASSOCIATION MEMBERS ONLY
- Two payment options available:
 1. \$120 annual fee (calendar year)
 2. \$65 for 6 months (January-June OR July-December)
- Physician Authorization Form required. Forms available in Fitness Room or at the Business Desk



Once you have filled out the forms, paid your fee and had training on how to properly and safely use the equipment, you will be on your way to improving strength, cardiovascular conditioning, endurance, fall prevention and you will just plain feel better.

WHY DELAY?



JOIN TODAY!

Social & Disability Services

New: Low Vision Seminars & Support!

Time: 10:00 - 11:00 a.m.

When: Every Thursday, beginning February 4th

Where: Veteran's Memorial Building
Free, professional information and support for those coping with vision loss.

Sponsored by:

The Center for the Partially Sighted

The Disability Services Office: provides disability-related information, assistance, and referral services to Culver City residents and works to ensure that people of all abilities are included, able to participate, and accepted as valued members of the community.

- Paratransit Program for Transportationally Disabled Residents
- Support Groups: Low Vision, Diabetes, Etc.
- Home Delivered Meal Program for At-Risk Senior Citizens
- Senior Center Merlin Magnification Machine
- Donation Site for Used Eyeglasses and Hearing Aids
- Large Print Library and Books on Tape for Public Use
- Information on Assistive Listening at Public Meetings
- Regularly Occurring Disability Advisory Committee Meetings
- Social Events for Adults with Disabilities

Social Services & Disability Office
Appointments available:
Tuesday through Saturday

With questions regarding programs listed here or information about any social or disability support services, please visit Darren Uhl, *Senior & Social Services Specialist*, in his office, (310) 253-6729, or e-mail: darren.uhl@culvercity.org

Volunteer Social Worker!

Vanessa L.M. Yap, MSW, is available for information, assistance, and referral services for government programs, aging & senior services, home care, housing, homeless resources, and other community support services. Her office hours are: Mondays, Wednesdays, and Fridays from 9:30 am - 12:30 pm. Please call for an appointment: (310) 253-6717.



Individual Peer Counseling & Loss Support Group: Available at the Senior Center with trained peer counselors from WISE & Healthy Aging. Call (310) 394-9871, ext. 373.

Free Blood Pressure Screenings on the 2nd Wednesday of each month from 9:30 to 10:45. a.m. Free screenings by Estee Bi-estock, RN, ALLpoint Health Services.

Alzheimer's Caregivers Support meets Wednesdays from 10:30 am to Noon.

Legal Services: volunteer attorneys provide ½ hour free consultation for Senior Center members. Call (310) 253-6700 for an appointment.

Home Secure: Offers free home safety modification services for renters & homeowners who qualify. For more information call (323) 937-5855.

HICAP Health Insurance Counseling: Free Medicare and Medi-Cal assistance provided by the Center for Health Care Rights. Call for an appointment: (310) 253-6700.

Housing Alternatives for Seniors is for seniors seeking affordable and shared housing arrangements or those who have a room in their house who are seeking a housemate. Call for an appointment:




LUNCH MENU February 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. Fruit in light syrup is available upon request as a lower calorie substitution. Please obtain a special ordering ticket at the lunch room sign-in desk.

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

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
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 Oil and Vinegar Dressing Both: Rice Pudding	Double Entrée: Fish Vera Cruz (OR) Chicken Enchilada Spanish Brown Rice Carrots Garden Romaine Salad Ranch Dressing Orange 
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
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 Pork Riblet Brown Rice Pilaf Green Beans Romaine Salad with Red Cabbage French Dressing Orange	Corn Chowder Chicken Fajita Flour Tortilla Pinto Beans Creamy Coleslaw Chocolate Pudding	Senior Center Party Nifty 90's Party  Special Ticket Required
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Veal Parmesan with Egg Noodles Carrots 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 	Stuffed Pepper Whole Wheat Bread Vegetable Spread Mashed Potatoes Green Beans Creamy Coleslaw Oatmeal Cookie	Oven Crisp Chicken Corn Bread Black-Eyed Peas Greens Romaine Salad Thousand Island Dressing Vegetable Spread Bread Pudding	Minestrone Soup Double Entrée: Garlic Fresh Fish (OR) Beef Stroganoff Parsley Noodles Seasoned Spinach Marinated Beets & Onion Salad Cantaloupe
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Cream of Broccoli Soup Herb Baked Chicken Corn Bread Stuffing Sweet Potato Creamy Coleslaw Applesauce w/ Cinnamon	Karaoke Day Lentil Soup Pepper Steak with Gravy Whole Grain Bread Vegetable Spread Mashed Potatoes Spinach Salad with Mandarin Orange Spice Cake or Fresh Fruit 	Hawaiian Chicken Brown Rice California Blend Marinated Tomato Salad Fresh Fruit in Season	Double Entrée: Ground Turkey Lasagna Zucchini, Mushroom and Tomatoes (OR) Chicken Salad Cold Plate WW Bread w/ veg. spread Both: Romaine Salad Both: Italian Dressing Both: Peach Crisp with Oatmeal Topping Both: Orange Juice	Navy Bean Soup Double Entrée: Baked Supreme Fish with Pasta Primavera (OR) Bean & Shredded Beef Burrito with Sauce Green Beans Garden Tomato Salad French Dressing Mandarin Orange and Pineapple





*"I cook with wine;
sometimes I even add it
to the food."*

W.C. Fields



★ MENU SUBJECT TO CHANGE ★

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;">FEBRUARY 2010</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 ^ 1:45 Tai Chi 2:00 Elementary Spanish 3:15 Rosen Movement* 3:30 Yoga*	9:00 RSVP-WWP&Crafts Group 9:00 Harmonica 9:00 Beginning Ballroom *♦ 10:00 Loss Support Group 10:30 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance * ♦ 10:00 Calligraphy+ 11:30 Osteo-Fit Class* ♦ 12:00 Bereavement Group 12:30 RSVP Singers Rehearsal 1:00 Yoga * ♦ 1:30 Portrait Drawing Class 1:30 RSVP Singers Go Out 1:30 Current Events* 2:00 Improvisation for Seniors 2:45 Fitness Class* 2:30 Open Mike with Tony 4:00 Osteo Exercise Class*	9:15 Nia * ♦ 9:00 Watercolor* ^ 9:00 Bridge 9:00 French 9:30 Qi Gong 9:30 Balance Challenge 10:00 Pastel Art * ^ 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* 1:00 Pastel Art * ^ 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 1:00 Tai Chi 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m. SATURDAY DANCES \$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 1:00 VETERANS GROUP MEETING	2 8-10 am <u>FREE COFFEE</u> 1:00 Sign Language & Lip Reading Class Begins 1:00 OPERA MOVIE <i>LA FORZA DEL DESTINO</i>	3 <u>8:00 A.M. TRIP SALES</u>	4 10:00 LOW VISION SUPPORT GROUP 12:30 Public Transit Meeting	5 8:00 SANTA YSABEL CASINO TRIP	6 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
7 9:00 NEVADA TRIP 12:30 BRIDGE 1:00 MOVIE	8 8:00-11:00 a.m. White Elephant Sale 1:00 Board Meeting	9 8-10 am <u>FREE COFFEE</u>	10 9:30-10:45 FREE BLOOD PRESSURE SCREENING Estee Bierstock, RN ALL point Health Services	11 11-12:15 Public Transit Information Bonnie Cherko NOTARY 1-2 PM 12:30 Movie <i>FLOWER DRUM SONG</i>	 12 11:30 Nifty 90's Valentine Party	13 1:00-3:30 DANCE Music by MELODY MASTERS
14 12:30 BRIDGE 1:00 MOVIE 	15 1:00 BOARD MEETING	16 8-10 am <u>FREE COFFEE</u> 9:30-11:00 Blood Pressure Estee Biernstock, RN 1:00 MOVIE	17 1:00 MAGIC MEATHANDS IMPROV COMEDY SHOW 9:00-11:00 a.m. DIABETES SUPPORT GROUP <i>Meets at Vets Memorial Building</i>	18 1:00 February Birthday Party	19 12:30 Movie Nostalgia <i>THE MUSIC MAN</i>	20 1:00-3:30 DANCE Music by STRIKERS
21 12:30 BRIDGE 1:00 MOVIE	22 8:00 PALA CASINO TRIP 1:00 Aging in Place Seminar Gregory Laks	23 8-10 am <u>FREE COFFEE</u> 1:00 MOVIE	24 10:00-1:00 RSVP CRAFTS SALE	25 12:30 Doctors Symphony Wind Quintet Performance	26	27 10:30 "BACKWARDS IN HIGH HEELS" MUSICAL TRIP 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia
28 12:30 BRIDGE 1:00 MOVIE						