

# Culver CITY

## The Newsletter

June 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.

**Fourth of July Celebration Page 2**

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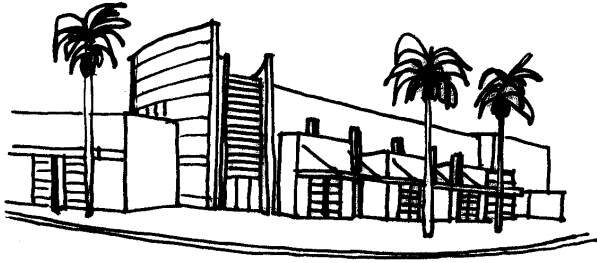
### CULVER CITY SENIOR CENTER

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

June 2010

### Fourth of July Celebration



Lunch & Entertainment

Friday, July 2, 2010

11:30 a.m.

Tickets are \$3.50

On sale at the Business Desk  
from June 7-30  
(or until sold out)

Monthly Birthday Celebration

Thursday, June 10 at 1:00 p.m.



Come & Enjoy Some Great Musical Entertainment

Sponsored by  
Culver City Senior Citizens Association's  
Board of Directors

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



Entertainment  
by  
"Mahal Ko"



### ART SALE & BOUTIQUE

Talented members will sell their creations on

Friday, June 4

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

Jewelry! Photos! Ceramics! Paintings!  
Hand Knit Items! More!

RAGTIME PIANO CONCERT

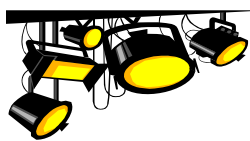
### DOUG HAISE

Friday, June 11

12:45 p.m.



Hear some great Ragtime piano  
and enjoy Doug's interesting commentary!



### Dance Expo & Fashion Show

Friday, June 25

1:00 p.m.

"Dancing Divas" ~ Monday Dancercise Class  
Pat Ruane & Her Dazzling Ballroom Dancers

"The Senior Steppers" ~ Line Dancers  
With

Arlene Vine 's

"Flavors of Fashion"

It's Summertime!  
Time for Music & BBQ  
on the Patio!



Friday, June 18  
3:30-5:00 p.m.

Tickets for the BBQ  
Dinner will be pre-  
sold for \$4.00 each.  
Tickets available  
June 1  
until sold out.

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

**RAZZMATAZZ**

*The music is free for  
everyone to enjoy.  
BBQ tickets must be  
purchased in advance.*

## OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month's opera movie will be **Puccini's masterpiece: *MADAME BUTTERFLY***. This beautiful lyric drama features Cio-Cio-San, the Japanese geisha who braves social rejection to marry an American naval officer, B. F. Pinkerton, only to be abandoned by him. Playing time is 160 minutes. Presented on **Tuesday, June 1 at 12:30 p.m.** Thank you to **Murray Winagura** for planning the Opera program 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 June will be ***THE SHOOTIST***. John Bernard Books (John Wayne), the last of the legendary gunfighters, quietly returns to Carson City. This 1976 movie has an all star cast: John Wayne; Lauren Bacall; James Stewart; Ron Howard; Richard Boone & others. Presented on **Friday, June 18 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, June 6** will be ***DID YOU HEAR ABOUT THE MORGANS?*** Paul & Meryl are at their wits' ends on how to solve their estranged marriage. When they become witnesses to a murder, they are hidden by police in rural Wyoming...together! This is a recently released comedy starring Hugh Grant, Sarah Jessica Parker and Mary Steenburgen. *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

- June 6** ***SONY SUNDAY: DID YOU HEAR ABOUT THE MORGANS?*** 2009-PG13  
Comedy-Hugh Grant; Sarah Jessica Parker; Mary Steenburgen; Sam Elliott; 103 min.
- June 13** ***THE BLIND SIDE***  
2009-PG13-Comedy-Sandra Bullock; Tim McGraw; Quinton Aaron; Jae Head; Lily Collins; Kathy Bates; 128 min.
- June 20** ***COCO, BEFORE CHANEL***  
2009-PG13-Biodrama-Audrey Tautou; Marie Gillain; Alessandro Nivola; In French with English subtitles
- June 27** ***CRAZY HEART***  
2009-Rated R- Drama-Jeff Bridges; Maggie Gyllenhaal; Robert Duvall; 111 min.

### TUESDAY MOVIES

- June 1** ***OPERA –MADAME BUTTERFLY***  
Puccini's moving score: Catherine Malfitano as Cio-Cio-San; Richard Leech as Lt. Pinkerton; *Playing time is 160 min.*  
**PLEASE NOTE START TIME IS 12:30**
- June 8** ***JULIE & JULIA***  
2009-PG13 Comedy/Biodrama-Meryl Streep; Amy Adams; Stanley Tucci; 125 min.
- June 15** ***CAPITALISM: A Love Story***  
2009-Rated R- Documentary by Michael Moore; 127 min.
- June 22** ***AMELIA***  
2009-PG-Biodrama-Hilary Swank; Richard Gere; Ewan McGregor; 111 min.
- June 29** ***TIME TRAVELER'S WIFE***  
2009-PG13-Romance/Adventure-Eric Bana; Rachel McAdams; 107 min.

# LOOK WHAT'S COMING UP!



Special Movie Presentation  
*Cat Ballou*  
Great Western Spoof ~1965  
Lee Marvin steals the film!

Jane Fonda Michael Callan Nat King Cole Dwayne Hickman  
Academy Award Winner for Best Actor, Lee Marvin  
Hosted by : *Marilyn Hess*

**Thursday, June 24 at 12:30 p.m.**



*Ask the Physical Therapist*  
Do aches and 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 am  
The first "Ask the Physical Therapist" session  
will be on **Tuesday, June 22**

## NEW! FOLK DANCING CLASS

At last! A wonderful new Folk Dance Class offered on **Wednesdays, 3:00-4:30 p.m.** Folk Dance Instructor **Beverly Barr** comes to us with years of enthusiasm and expertise in teaching folk dances. The class meets in the Multipurpose Room at the Veterans Memorial Building. There is a \$4.00 fee per class.

## NAVIGATING THE SENIOR CARE MAZE

Do you know all the options in senior retirement and care communities? Come and learn how to decide what is right for you! Let's talk about the differences between home care, independent living, assisted living, board and cares, and nursing home options. We will discuss what Medicare and Medi-Cal cover and other funding sources. Presented by **Bonnie Davis**, Eldercare Advisor ~ A Place for Mom. **Thursday, June 3 at 1:00 p.m.**

## PUBLIC TRANSIT CHALLENGE!

**BEGINNING RIDERS:** You are challenged to attend an orientation meeting (Thursday, June 17 at 1:00 p.m. OR Sat. June 19 at 12:15 p.m.). Learn about public transit and its benefits; sign up for an exciting public transit outing for only the cost of your fares.

**EXPERIENCED RIDERS:** Pick up improved public transit program outline in Debbie's office.

**Visit Bonnie any Thursday from 11:00-12:15 in the Lobby with your transit questions.**

## FINANCIAL SEMINAR: REVERSE MORTGAGE

Hear information on how to optimize retirement cash flow without selling your home. Presented by **Bob McLatcher**, Reverse Mortgage Consultant with Wells Fargo Home Mortgage. Bob will give you the facts about Reverse Mortgages and have time to answer all of your questions. Refreshments will be served. **Thursday, June 17 at 1:00 p.m.**

**ALTERNATIVE LIVING FOR THE AGING** is sponsoring a survey session on Thursday, June 10 from 11 am-12pm. Please take our survey! We are looking for general feedback from seniors like you to assist us in evaluating our home sharing program. If you are currently looking for housing, please join us. If not, that's OK, too! We will raffle off a Ralph's gift card for survey participants.

## AQUATICS FOR SENIORS AT THE PLUNGE!

Did you know there are classes designed for seniors at the Plunge? On the first day of summer, **Monday, June 21**, come and hear about these programs from Diego Cevallos, Aquatics Coordinator for the City of Culver City. The program will begin at 1:00 p.m.



The Nutrition Program  
thanks everyone  
who participated in our  
recent Fundraisers at Shakey's and the  
Line Dancing Fundraiser.  
We are so grateful for your support!  
Watch for notices of more  
***FUN Fundraisers!***

## **SENIOR CENTER FITNESS ROOM**

8:00 a.m. until 4:00 p.m. M-F  
12:00-4:00 Weekends

Improve your strength, cardiovascular  
conditioning, endurance, balance and just plain feel better!  
For CCSCA Members Only

Reminder: **PAYMENT OPTION FOR 6 MONTHS  
IS DUE ON/BEFORE JULY 1  
( For July 1-December 31, 2010)**



SENIOR OF THE MONTH  
ITALIA NIETO



The Culver City Senior Citizens  
Association Board of Directors

Is pleased to honor

*Italia Nieto*

Senior of the Month  
June, 2010

Italia learned the value of being a volunteer from the best-her mother! She likes being a volunteer in memory of her mother who helped people with disabilities in many ways for many years. Italia spends a lot of her time helping people with transportation to medical appointments and other important meetings.

At the Senior Center, Italia teaches knitting and crocheting and helps with the organizational duties for the RSVP Crafts Group every Wednesday. She has also contributed time to help with the SAVES program at St. Augustine's. Our Nutrition Site has also benefited from Italia's helping hand.

Italia spent her first 27 years in Ecuador, then relocated to Los Angeles where she got married and raised her children. She loves gardening and nurtures many beautiful plants in her apartment. Inspiring her children and her nephews to read, sing and enjoy life has brought Italia much happiness. She loves to dance and teaches the children folk music and folk dances from Ecuador. When the family gathers together, they enjoy dancing meringue, salsa and paso doble accompanied by guitar, piano and harmonica. It is very important to Italia she is studying English at the Library to enhance her writing and communication skills. She can often be found baby sitting for family members when needed. Congratulations to Italia for being voted Senior of the Month and we thank her for all she does to help others.

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

A Message from *Barbara Silverstein*

On Thursday, May 6, a wonderful event took place at the Senior Center. On this occasion, we, the Board of Directors, honored our teachers for ***Teacher Appreciation Day***. I had the privilege to express our gratitude to the teachers and tell them how much they are valued and appreciated.

We have a beautiful new building and lots of windows and nice furniture. There is a sign on the building that says *Culver City Senior Center*. But it is indisputable that what makes this a real Senior CENTER is the exciting, varied, inspiring and excellent teachers who bring lifelong learning opportunities to our seniors. It is also indisputable that we would open our doors each day to an empty building if not for the teachers and the volunteers who contribute so much to the classes, activities and services offered to our seniors. Imagine one day without our active volunteers, including the Board Members who work tirelessly to make this Senior Center such a wonderful place for all seniors to come and participate in their own special way. Imagine this Center without the 80+ classes taught by 47 teachers! We need to celebrate the fact that our success is a sum of all the parts that work together: the staff; the volunteers; the teachers; the community partners and all our members who contribute to making our Senior Center such a special place.

Victor Chen recently reminded me of the following quotation that hung on the wall of the old Senior Center:

*No one grows old by living;  
Only by losing interest in life*

Let's all keep working together to make sure our Senior Center remains a **CENTER** where there is "something for everyone" and strives to be a place of activity and vitality for ALL of our members.

IN MEMORIAM

*Betty Elkes*

TRIP OFFICE

JUNE 2010

TRIP SALES WILL BE WEDNESDAY, JUNE 2, 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!



**KNOTT'S BERRY FARM EARLY YEARS-FRIDAY-AUGUST 6-\$49.00**

Lv. 8:30 a.m. Rt. 4:00 p.m.

This package includes round trip motorcoach, shop and browse in Knott's Berry Farm including Ghost Town, Blacksmith Shop, the Mystery Lodge and the Marketplace. Lunch at Mrs. Knott's Chicken Dinner Restaurant (meal includes 2 pieces of fried chicken, salad, mashed potatoes, biscuits, a slice of Boysenberry pie, beverage, tax and tip. **Lots of walking.**

**RIVERSIDE HOTEL-LAUGHLIN SUNDAY-TUESDAY-AUGUST 8-10**

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

This package includes round trip deluxe motorcoach, 2 nights accommodations, 3 buffets, funbook and luggage handling. **Singles: \$112.00/Doubles \$95.00 p.p.**



**THE CANDLELIGHT PAVILION-SUNDAY-AUGUST 22-\$78.00**

Lv. 10:00 a.m. Rt. 5:00 p.m.

The Candlelight Pavilion presents "The Will Rogers Follies" with lunch included and your choice of entrée from the menu.



**BARONA CASINO-FRIDAY-AUGUST 27-\$25.00**

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

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



**\*TRIP REMINDERS\***

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



# **VOLUNTEERS WANTED!**

## Audubon Ballona Wetlands Education Program

*Services Provided:* 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 3-5<sup>th</sup> graders. Docents lead the children on an interpretive nature walk that last approximately two hours.

*Volunteer Positions:* 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.



### **READ ALL ABOUT IT!**

Interested in tutoring programs at local schools??  
Summer's the perfect time to complete your paperwork,  
get a current TB test and LiveScan  
to be ready to start the school year in the fall.

If interested in the volunteer opportunities above, please contact Jill at 310.253.6722 or stop by the volunteer office at the Center!

*Thanks to all the masseuses who donated their services for our  
National Volunteer Week massages!*



Cristina and Jessica from  
Orthosport Physical Therapy  
on Hughes in Culver City  
Phone: 310-837-9700  
Website: [www.orthosport.net](http://www.orthosport.net)



Christopher Keller  
Phone: 323-533-5326; email: [kprohair1@yahoo.com](mailto:kprohair1@yahoo.com)

## Let's Do Lunch!

Our fabulous hot lunch program at the Senior Center needs new volunteers. Please consider volunteering a few hours of your day to help us serve over 100 meals daily to our valued clients at the lunch service. Volunteers are needed Monday through Friday.

Maximum hours each day would be 9:30 am to 1:30 pm. Please join us in helping ensure our lunch program serves as many people as we can!

*If interested please see Roxana, Deedie or Barbara in the Nutrition office (310-253-6727) at the Senior Center— and be sure to tell friends who may be interested about this volunteer opportunity!*



Thanks to Irene Pritko for her generous donation to RSVP!

## Computer Classes at the Senior Center

At the Culver City Senior Center, we offer various computer classes such as **Beginning Computer, Intermediate Computer, Internet & Email, Digital Camera & Photo Management, Word & Excel**



New classes start every 8 weeks throughout the year. The class schedule and registration dates for June thru December 2010 are:

### Classes start in the week of July 19, 2010

*Registration dates are Jun 29, 1 July 6 & 8 between 10am – 2pm*

### Classes start in the week of September 13, 2010

*Registration dates are Aug 24, 26, 31 & Sept 2 between 10am – 2pm*

### Classes start in the week of November 8, 2010

*Registration dates are Oct 19, 21, 26 & 28 between 10am – 2pm*

**Membership is required to register for classes. The class fee is \$25 per 6-week class session and due at the time of registration.**

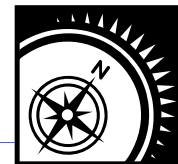
For more information please contact Richard Marr – Computer Lab Coordinator in Trip Office (Multipurpose Office) next to the Computer Lab.

Phone: 310-253-6720

Office hours: Tuesday and Thursday 10am-2pm.

Email: [Richard.marr@culvercity.org](mailto:Richard.marr@culvercity.org)

# Social & Disability Services



## Large Print & Standard Print Books & Films on Video to Entertain YOU!

Please enjoy the casual lending libraries located in the Nutrition Room and Main Lobby. Videos may be found in the office of Debbie Cahill and large print books and audio tapes in the office of Darren Uhl. CCSCA member Bobbi says: Just to say "thank you" seems inadequate for so much love & caring shown by the people who donate books & tapes to the Senior Center. Thanks also to the volunteers who sort & shelve the books. We get so much enjoyment & pleasure from these gifts.

## BET TZEDEK: Senior Legal Services

For more than two decades, Bet Tzedek has served the legal needs of low-income seniors in our community. Because of their expertise, Bet Tzedek is the exclusive provider of free legal services to low-income seniors through contracts with the City of L.A. and County of Los Angeles. (323) 939-0506.



## Friendly Phone Call Program

If you or someone you know is living alone and somewhat isolated, frail, or disabled, we offer a "friendly phone call" from volunteers, just to say hello and check in. This program is for people within the 310, 424, 323, or 213 area codes. Ask staff for more info!

## Individual Peer Counseling

Need someone to talk to? In this program, seniors 55 or older dealing with stage-of-life issues such as loss, ill health, retirement, and other changes can develop insight and coping skills with a trained peer counselor from WISE & Healthy Aging. Call (310) 394-9871, ext. 373.

## Bereavement Groups

If you have recently lost a loved one and are seeking support, please contact staff member Darren Uhl who can assist in finding a bereavement support group with space available for new members.

## **Make Your Home More Secure with the Home Secure Program...**

This free program offers home safety modification services for renters & homeowners who qualify. Includes such work as bathroom grab bars, shower hose, non-skid shower/tub surfacing, nightlights, secure doors & windows, easy turn doorknobs, smoke detectors, and more! For more information call (323) 937-5855.

## **PARATRANSIT TRANSPORTATION PROGRAM**

Culver City Paratransit Program provides friendly door-to-door Dial-A-Ride Services and Discounted Taxi Scripts to qualified applicants.

Discounted Taxi Scripts are also available to qualified residents of Los Angeles County who reside in View Park, Windsor Hills, and Ladera Heights.

For more information about the application process and/or program information, please contact



Disability Services Specialist  
Darren Uhl at (310) 253-6729  
email [darren.uhl@culvercity.org](mailto:darren.uhl@culvercity.org) or  
visit our website

[http://www.culvercity.org/senior/sr\\_disab\\_transp](http://www.culvercity.org/senior/sr_disab_transp)

## H.I.C.A.P. is 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.**

## Alternative Living for the Aging

This program is for seniors seeking affordable and shared housing arrangements or those who have a room in their house who are seeking a housemate. Call (323) 650-7988 for a Thursday appointment at the Senior Center.


# LUNCH MENU June 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

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	<b>Karaoke Day</b> <b>Chicken Rice Soup</b> <b>Spinach Quiche</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>Double Entrée:</b> <b>BBQ Chicken</b> Corn Bread Steamed Cabbage & Carrots <b>(OR) Chicken Waldorf Salad</b> Mixed Lettuce, Carrot Coins Whole Wheat Bread <b>Both:</b> Vegetable Spread <b>Both:</b> Marinated Tomato, Green Pepper and Onion Salad <b>Both:</b> 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 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<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>Double Entrée:</b> <b>Beef Lasagna</b> Mixed Vegetables Spinach Salad, Mandarin Oranges w/ Italian Dressing <b>(OR)</b> <b>Poached Salmon Salad</b> Sourdough Roll w/ veg. spread Chopped Raw Spinach w/ Tomatoes Italian Dressing <b>Both:</b> 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
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<b>Salisbury Steak</b> Mashed Potatoes Normandy Vegetables Whole Wheat Roll Vegetable Spread Chocolate Chip Cookie or Fruit Orange Juice	<b>Karaoke Day</b> <b>Turkey a la King</b> White Rice Spinach Cranberry Gelatin Salad Honeydew	<b>Vegetable Soup</b> <b>Spaghetti w/ Meat Sauce</b> Green Beans Romaine Salad with Red Cabbage French Dressing Whole Wheat Bread Vegetable Spread Fresh Orange	<b>Corn Chowder</b> <b>Chicken Fajita</b> Flour Tortilla Pinto Beans Creamy Coleslaw Chocolate Pudding	<b>Beef Barley Soup</b> <b>Double Entrée:</b> <b>Lemon Butter Fish with Parsley Noodles (OR)</b> <b>Chili Egg Puff</b> Peas and Carrots Marinated Tomato, Green Pepper, and Onion Salad Whole Wheat Bread w/ veg. spread Pineapple Chunks
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<b>Veal Parmesan with Egg Noodles</b> Carrots Caesar Salad w/ Croutons Pineapple & Mandarin Orange Fruit Cup	<b>Karaoke Day</b> <b>Lentil Soup</b> <b>Chicken ala Morrison</b> Barley Pilaf Mixed Vegetables Garden Salad Ranch Dressing Orange	<b>Stuffed Pepper</b> Whole Wheat Bread Vegetable Spread Mashed Potatoes Green Beans Creamy Coleslaw Oatmeal Cookie	<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 28	Tuesday 29	Wednesday 30	<b>I'm not saying my wife's a bad cook, but she uses a smoke alarm as a timer.</b> ~Douglas Adams	
<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>★ 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>JUNE 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 10:00 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 (2 <sup>nd</sup> & 4 <sup>th</sup> 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* (1 <sup>st</sup> & 3 <sup>rd</sup> 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 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 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 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 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 <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> 12:30 OPERA MOVIE <i>MADAME BUTTERFLY</i>	<b>2</b> <u>8:00 A.M. TRIP SALES</u>	<b>3</b> 1:00 <u>Navigating the Senior Care Maze</u> Bonnie Davis	<b>4</b> <b>10:00-2:00</b> <b>ART SALE + BOUTIQUE</b>	<b>5</b> 1:00-3:30 DANCE Music by <b>RAZZMATAZZ</b> 1:00 Card Games with Virginia
<b>6</b> 11:00 ALL AMERICAN MELODRAMA WITH LUNCH TRIP 12:30 BRIDGE 1:00 MOVIE	<b>7</b> 1:00 VETERANS GROUP	<b>8</b> 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE 1:00 <i>SENIOR CENTER TOURS</i>	<b>9</b> 10:00-12:00 RSVP CRAFTS SALE <b>9:30-10:45</b> <b>FREE BLOOD PRESSURE SCREENING</b> Sarah Pesina, RN	<b>10</b> 1:00 <b>June Birthday Party</b> 11:00-12:00 Alternative Living for the Aging Survey	<b>11</b> 8:00 VIEJAS CASINO TRIP 1:00 <b>Ragtime Piano DOUG HAISE</b>	<b>12</b> 1:00-3:30 DANCE Music by <b>MELODY MASTERS</b>
<b>13</b> 9:00 LAUGHLIN TRIP 12:30 BRIDGE 1:00 MOVIE	<b>14</b> <b>1:00 Board Meeting</b>	<b>15</b> 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE	<b>16</b> 9:30-11:00 a.m. <u>DIABETES SUPPORT GROUP</u> <i>Meets at Vets Memorial Building</i>	<b>17</b> 1:00 <u>REVERSE MORTGAGE SEMINAR</u> Bob McLatcher	<b>18</b> 12:30 <b>Movie Nostalgia THE SHOOTIST</b> <b>3:30-5:00</b> <b>Patio Concert &amp; BBQ</b>	<b>19</b> 1:00-3:30 DANCE Music by <b>STRIKERS</b>
<b>20</b> 12:30 BRIDGE 1:00 MOVIE	<b>21</b> 1:00 <u>AQUATICS FOR SENIORS INFORMATION</u>	<b>22</b> 8-12 am <u>FREE COFFEE</u> 10:30-11:30 <u>Ask the Physical Therapist</u> <i>Cristina Gabor</i> 1:00 MOVIE	<b>23</b>	<b>24</b> 12:30 <b>MOVIE</b> <b>CAT BALLOU</b>	<b>25</b> <b>1:00</b> <b>Senior Center Dance + Fashion Expo</b>	<b>26</b> 1:00-3:30 DANCE Music by <b>SWING SET</b> 1:00 Card Games with Virginia
<b>27</b> 12:30 BRIDGE 1:00 MOVIE	<b>28</b> 8:00 WINDMILLS, WINE & WAGERS TRIP	<b>29</b> 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE 1:00 "Platicando Sabroso"	<b>30</b>		<b>July 2</b> <b>Fourth of July Party</b>	