Culver CITY

The Newsletter

March 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.

Computer Class Information

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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

March 2010

St. Patrick's Day Party

Wednesday
March 17
11:30 a.m.
Lunch & Entertainment

Tickets are $3.50.
Tickets on sale at the
Business Desk until March 14
(or until sold out)

"Tis a Day for the
Wearin' of the Green!

Monthly Birthday Celebration **Thursday, March 11 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 March be our guest for cake & ice cream. Refreshments for all for just 50 cents each item!

Entertainment by
Cali Rose

Benita Bike's DanceArt Company presents

"DOUBLE TAKE"

Thursday, March 25 at 2:00 p.m.

-a special performance of dance-

See great performers and learn more about dance!

The Culver City Senior Center Yiddish Group Invites You to a Special Event

" The Influence of Yiddish Theatre and Music on American Culture"

with

Hale Porter

Music, Laughs & More!

Friday, March 19 at 2:00 p.m.

A Treasure Among Us

Special showing of American Screenwriter Joseph Hoffman's movie

SEX AND THE SINGLE GIRL

Tony Curtis Natalie Wood Henry Fonda
Lauren Bacall Mel Ferrer

In honor of Ruth Hoffman's 92nd Birthday

Hosted by Marilyn Hess

Thursday, March 4, 2010 **12:30 p.m.**

Ragtime Piano Performance
Friday, March 13
12:30 p.m.

DOUG HAISE

Doug returns with another outstanding ragtime performance and interesting commentary.

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 **Mozart's *THE MAGIC FLUTE.* James Levine conducts the Metropolitan Opera Orchestra and Chorus** in this 1991 production. Manfred Hemm and Barbara Kilduff star as Papageno and Papagena; Kathleen Battle is featured as Pamina and Kurt Moll as Sarastro. The Queen of the Night role is sung by Luciana Serra. Presented on **Tuesday, March 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 March will be ***CABARET***. Inside the Kit Kat Club of 1931 Berlin, starry-eyed singer Sally Bowles (Liza Minnelli) and an impish emcee (Joel Grey) sound the clarion call to decadent fun. Come to this **Cabaret**, old chum! Presented on **Friday, March 26 at 12:30 p.m.**

"SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is on the first Sunday of the month. The movie for March 7 will be ***WHATEVER WORKS.*** This is a romantic comedy about an eccentric New Yorker played by Larry David who abandons his upper class life to lead a more bohemian existence. *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

March 7 **SONY SUNDAY: *WHATEVER WORKS***
2009-PG13-Romantic Comedy-Larry David; Evan Rachel Wood; Ed Bagley, Jr.; 92 min.

March 14 ***THE SECRET OF ROAN INISH***
1995-PG-Film version of an Irish legend, rich in Irish culture-Jeni Courtney; Pat Slowey; Dave Duffy; Cillian Byrne; 102 min.

March 21 ***JULIE & JULIA***
2009-PG13-Comedy/Biodrama-Meryl Streep; Amy Adams; Stanley Tucci; 123 min.

March 28 ***TYLER PERRY'S I CAN DO IT ALL BY MYSELF-2009-PG13–***Tyler Perry; Taraji P. Henson; Mary J. Blige**;** 113 min.

TUESDAY MOVIES

March 2 **OPERA MOVIE–*THE MAGIC FLUTE***
James Levine conducts the Metropolitan Opera & Orchestra in Mozart's Opera in German (English subtitles).*Playing time is 160 min.*

March 9 ***500 DAYS OF SUMMER***
2009-PG13-Comedy; Zooey Deschamel; Joseph Gordon-Levitt**;** 105 min.

March 16 ***CELTIC WOMAN***
Filmed in Dublin, Ireland; Celtic Woman performers interpret traditional, popular and classical Irish songs**.** 117 min.

March 23 ***WHIP IT***
2009-PG13-Comedy-Drew Barrymore; Marcia Gay Harden; Kristen Wig; 120 min.

March 30 ***DEFIANCE***
2009-Rated R-Drama-Daniel Craig; Live Schreiber; Jamie Bell; 136 min.

LOOK WHAT'S COMING UP!

STROKE SCREENING

Diagnostic Stroke Screening by non-invasive ultrasound to check the carotid artery for thickening. This screening is generously provided by **Prospect Medical Group** and **SCAN** Insurance. No reservations needed. **Friday, March 5 from 9:00-11:00 a.m.**

GUIDED AUTOBIOGRAPHY CLASS: ***WRITING YOUR LIFE'S STORY***

Marjorie Walsleben and Barbara Gibbs will once again offer an 8-week course meeting in weekly 2-hour sessions to guide seniors in writing/recounting their life stories. The class will begin on Wednesday, March 11, from 12:00-2:00 p.m. (and end on April 21, 2010). Sign up at the Business Desk. Space is limited. Class members will be expected to purchase the printed course notebook for a $10 fee.

HEALTH SEMINAR: A JOINT EFFORT

Hear the latest information on rheumatoid arthritis from **Dr. Solomon Forouzesh,** faculty member of the UCLA Dept. of Medicine and Rheumatology and Medical Director of the Rehabilitation Dept. at Brotman Medical Center. **Thursday, March 11** at 1:00 p.m. Refreshments will be served.

LOW VISION SEMINAR

Information on macular degeneration, diabetic retinopathy & glaucoma, and discussions on optical and non-optical devices and assistive technology. Come discover the tremendous rehabilitative potential for people with vision loss. Presented by **Brett Nagatani, O.D**. from the Center for the Partially Sighted. **Thursday, March 4** from 10:00-11:00 a.m. in the Veteran's Building Kaizuka Room.

PUBLIC TRANSIT NEWS

1. **THE REAL EXPO LINE UPDATE** on Thursday, March 25 from 10:00 to 11:00 a.m.
   Information, progress photos, design drawings of La Cienega and Venice/Robertson stations. Presented by **Robin S. Young**, EXPO Community Relations Coordinator. Also, updates on Metro & Culver City Bus.
2. As always, bring your transit questions to Bonnie in the lobby on these March Thursdays from 11:00-12:15: March 4, 11 & 25. You can always leave a message at the Business Desk.
   All transit questions are welcomed.

ITN: A VOLUNTEER, NON-PROFIT TRANSPORTATION PROGRAM FOR SENIORS

Come and learn about ITN, an affordable and dignified transportation alternative for adults over 65 and those who are visually impaired. **Wednesday, March 31** at 12:30 p.m.

FINANCIAL SEMINARS: ***NO COST IDEAS FOR YOUR "FINANCIAL HEALTH" CONSIDERATION***

1. "The Benefits of Converting to a Roth IRA " on Thursday, March 4 at 1:00 p.m.
2. "Just In Time Tax Tips : Prepare for the Tax Man" on Monday, March 15

Presentations by Independent Agent **Patricia K-D** & Independent R. M. S. **Dr. Jim Moore.**

CAPTIONED TELEPHONE DEMONSTRATION

Can't hear on the phone? Come learn about a captioned Telephone that can help! Try it yourself! Presentation by ***CapTel***. **Wednesday, March 10** at 12:30 p.m.

UCLA CENTER ON AGING MEMORY TRAINING COURSE

Based on research by **Dr. Gary Small** at the UCLA Neuropsychiatric Institute, this course presents successful memory-enhancing techniques. The class will once again be offered at the Senior Center for five consecutive Fridays, April 9-May 7, from 9:30-11:30 a.m. You must register in advance. To register, call Debbie at 310-253-6715 and leave a message, or leave a note at the Business Desk. Space is limited. There is a $20 fee for the course. *(This course is NOT for someone already experiencing serious memory loss.)*

BALANCE CHALLENGE MEDICARE PROGRAM

The Balance Disorders Institute of Los Angeles will offer a new 10 week program to 30 seniors with more individual attention by our therapists for the treatment of dizziness, balance disorders and fall prevention. The program is Medicare approved and covered. To sign up, there are certain requirements, including Medicare as primary insurance and your physician's referral. Inquire at the Business Desk for full information and to sign up. Tentative dates for the class will be for 10 weeks beginning on Friday, March 5.

SENIOR OF THE MONTH
BEATRICE JETT

The Culver City
Senior Citizens Association
Honors
Beatrice Jett

Beatrice Jett relocated to California in 1960. Within two weeks she secured a job with the City of Los Angeles, followed by a teaching job with LAUSD and 36 years teaching with Los Angeles County Juvenile Court schools. Beatrice served in many roles, first as a teacher and then as a school administrator in charge of the Special Education curriculum. Other responsibilities included acting as coordinator of the National Lunch program, Community Relations Program and serving on the County Safety Committee.

Volunteering became a way of life for Beatrice, starting in 1972, when she first volunteered for Voter Registration, a passion that was ignited because she was unable to vote in her native state of Alabama. This passion endures to this day. Beatrice carries voter registration forms with her wherever she goes!

Many organizations have benefited from Beatrice's 37 years as a "professional volunteer." The long list includes the Los Angeles City Center Mental Health Clinic; the American Diabetes Association; Friends of the Julian Dixon Library and City of Culver City Martin Luther King Committee. Beatrice also serves on the 47th Assembly Education Commission and the California Advisory Commission on Civil Rights. We at the Senior Center know Beatrice as an active Nutrition Department volunteer and a member of the Nutrition Advisory Committee. She is also a member of the Merry Makers Club and helps with the summer Patio Concert BBQ's. This avid collector of cookbooks volunteers because she likes to make people happy and is energized by the happy expressions on the faces of those she helps. Beatrice's pride and joy is her son, Dr. Quintus Renoal Jett, professor at Rutgers University. *Congratulations to Beatrice for being voted Senior of the Month for March, 2010!*

A Message…
FROM THE CCSCA BOARD OF DIRECTORS

The Board of Directors would like to remind all of our CCSCA members to take advantage of all that the Association offers. We have a Billiards Room where all of our members can come in and play pool for only 50 cents. This activity is for men and women. So grab your cue stick and come on in to play some pool!

You can also sign up for a computer class, or fill out an RSVP application and become a valued volunteer. The Board would like to thank our current volunteers because we could not function without our great volunteers. Thank you for all the time and hours you put in helping others, both at the Senior Center and in the community. Come in and enjoy a tasty nutritious lunch for only a $2.25 donation for those over 60 years. Those who are under 60 can pay a fee of a mere $3.75 for lunch. We need everyone who eats lunch to make a donation or pay the required fee so we can maintain this valuable program.

The Board would like to encourage our CCSCA members to make donations to the Association. If you intend your donation to benefit the members, your donations need to be made specifically to the Culver City Senior Citizens Association (CCSCA) and not to the Senior Center as these moneys will go to the City. You can receive a tax deduction for your donation as we are a nonprofit corporation. We appreciate all the donations that we have received. Thank you for your continued support of the CCSCA.

from: ***Hope Seldin***

TOURS of the SENIOR CENTER

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

Meet at the Business Desk

IN MEMORIAM

Violette Rasnick ***Rose Anne Teal***

Jean Collins ***Robert Searight***

Esther Miller

(93 years of age)

CULVER CITY SENIOR CITIZENS' ASSOCIATION

TRIP OFFICE

MARCH 2010

OFFICE HOURS
10:00 A.M. TO 2:00 P.M.
Monday, Wednesday, Friday
24-Hour Trip Information Phone Line
(310) 253-6708
Contacts: Murray Silman or Nancy Hooper

TRIP SALES WILL BE WEDNESDAY, MARCH 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!

HARRAH'S RINCON CASINO-MONDAY-MAY 3-$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 is tracking all plays. Casino requires picture I.D.

THOROUGHLY MODERN MILLIE-SATURDAY-MAY 8-$78.00

Lv. 10:00 a.m. Rt. 5:00 p.m.
The Candlelight Pavilion presents the entertaining musical "Thoroughly Modern Millie." You may choose your entrée upon arrival.

AQUARIUS HOTEL-LAUGHLIN-MAY 16-18

Lv. 11:00 a.m. Rt. 5:30 p.m.
This package includes round-trip motorcoach, 2 nights accommodations, luggage handling, funbook and taxes.
Singles: $135.00/Doubles $105.00 p.p.

LOS ANGELES ARBORETUM TRAM TOUR-FRIDAY-MAY 21-$72.00

Lv. 8:45 a.m. Rt. 5:00 p.m.
You will board a comfortable tram at the Arboretum 127 acre botanical garden. At the conclusion of the tour, you will have a family style lunch at Buca di Beppo. The final stop of the day is a self-guided tour of the Norton Simon Museum.
Moderate walking.

✶TRIP REMINDERS✶

- ✶ We regret that the escorts and the bus drivers cannot provide assistance for members with special needs. If you require assistance during our trips, you must be accompanied by a companion who is capable of and totally responsible for providing assistance.
- ✶ Our trips include the driver's gratuity, however, if the driver performs services over and above the norm, additional tips are recommended.
- ✶ Be sure to carry a picture identification card at all times, e.g. driver's license, California Identification card or current passport.
- ✶ We suggest you bring your own bottled water on trips as sometimes water is not available on the motor coaches.
- ✶ When going on trips, please park at the farthest end of the lot. Make sure you have a current Senior Center Parking Permit on your car's rear-view mirror .
- ✶ There is a $5.00 per night charge for overnight parking at the Center.

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.

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.

RSVP

Volunteers Wanted!

Please visit Jill in the RSVP office or call her at 310.253.6722 for further information or to sign-up for the opportunities below:

Power Lunch Reading Volunteers

Everybody Wins! offers one-on-one reading experiences with elementary school students and caring adults. Students share lunch, conversation and literature with volunteers for one hour a week. Program is at El Rincon Elementary at 11177 Overland this spring – just 5 minutes from the Senior Center. You must have a current TB test and background check to participate. Just one hour a week can make SUCH an impact on a child's life!

Westside Children's Center *(Culver & Centinela)*

WCC provides low cost, quality care to children from low income and poverty level homes whose parents are working or going to school. The Center serves 100 children daily ranging in age from 18 months to five years old and is open Monday through Friday. Volunteers can work in the child care center as teachers' aides. Responsibilities include reading to the children, being a mentor, helping with arts and crafts, meals, and circle time. Volunteer shifts are: 8:30 am – 12:30 pm and 3:00 pm – 5:30 pm. Some weekend and evening shifts are available. You must have a current TB test and background check to participate in this program.

Upward Bound House *(Washington & Beethoven)*

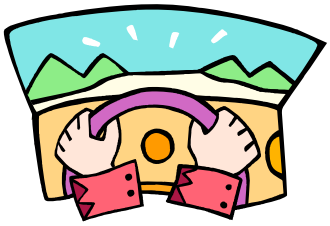
This new Emergency Family Shelter is serving transitional families who are formerly homeless and staying at the shelter for 90 day periods. Volunteers are needed for late lunch/dinner services for the families staying at the shelter.

Volunteers would ideally work a full shift from 4:30-7:30 p.m., but they could also also split the shift and work 4:30-6 or 6-7:30 p.m. First shift will set up and serve food and second shift will serve, clean dishes and set up for breakfast.

They would prefer a weekly commitment (i.e. someone that would work every Tuesday night) and the service is needed Monday through Friday.

Culver City Senior Center Guest Speaker:
New Non-profit Volunteer Transportation Program for Seniors
Wednesday, March 31 at 12:30 pm

ITN*GreaterLA* provides reliable, affordable and dignified transportation to adults over the age of 65 and people with visual impairment. Rides are provided in automobiles and given by trained and screened volunteers. Transportation service is door-through-door and arm-through-arm, meaning assistance with packages, ensuring that you get to your appointment on time, etc. Come to the meeting to learn more and if you're interested in becoming a volunteer!



Computer Class Information

Ever wanted to learn more about computers? CCSCA (Culver City Senior Citizens Association) members are invited to take a class in our CCSCA supported computer lab.

We offer:
Beginning Computer, Intermediate Computer, Internet & Email, Digital Camera & Photo Management and Word & Excel classes.

The current classes started in the first week of February 2010 will be running for six weeks. The next classes will start the week of March 29. The complete class schedule, class description and other information are posted by the Computer Lab.

Computer class registration is always the 2nd and 4th week of the month during Richard's office hours. The class fee is due at the time of registration.

For more information please contact **Richard Marr,** Computer Lab Coordinator, in the Trip Office (Multipurpose Office) next to the Computer Lab.
Office hours: Tuesday 10am-2pm and Thursday 2-4 pm.

Email: Richard.marr@culvercity.org
Phone: 310-253-6720

Social & Disability Services

Alternative Living for the Aging

Program 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 or stop by and see Miriam any Thursday in the Senior Center between 12:30 and 2:00 pm. Call (323) 650-7988.

HICAP Health Insurance Counseling

Free assistance can be found right here in the Senior Center regarding:

- How Medicare Works
- HMOs or Medigap Insurance
- Long-Term Care Insurance
- Medicare Prescription Drug Coverage
- Information & Counseling
- FREE!

Representative Linda Fleischman is here each Monday from 2:00 - 5:00 pm. Please make an appointment at the Business Desk or call (310) 253-6700. *Provided by the Center for Health Care Rights.*

Individual Peer Counseling Available at Culver City Senior Center

Need to talk to someone? 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.

Make Your Home More Secure with the Home Secure Program

Offers free 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.

Culver City Social Services & Disability Office Appointments Are Available: Tuesday through Saturday

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

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

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 each month throughout 2010. To make an appointment, please call the Business Desk at (310) 253-6700.

Ongoing Low Vision Seminars & Support Group

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

When: Every Thursday, through April 26

Where: Veteran's Memorial Building in the Kaizuka Room

Free, professional information and support for those coping with vision loss.

Sponsored by:

The Center for the Partially Sighted

LUNCH MENU March 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 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
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:** **Roasted Port Chops** Bulgur wheat Creamed Spinach **(OR)** **Vegetarian Mixed Bean Salad w/ Lime Cilantro Dressing** WW Bread w/ veg. spread Three Bean Salad **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 8	**Tuesday 9**	**Wednesday 10**	**Thursday 11**	**Friday 12**
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 15	**Tuesday 16**	**Wednesday 17**	**Thursday 18**	**Friday 19**
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	**St. Patrick's Day Party** **Special Ticket Required**	**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 22	**Tuesday 23**	**Wednesday 24**	**Thursday 25**	**Friday 26**
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	**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 29	**Tuesday 30**	**Wednesday 31**		
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	*Never iron a four-leaf clover, because you don't want to press your luck.* *~Author Unknown*	

✶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.

2/1/2010

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* **MARCH 2010**	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop ^ 9:30 Nia Class * 9:15 Tai Chi 10:00 German 10:30 Tai Chi 11:00 Balance Challenge * 11:00 Russian 12:00 Mah Jong 12:00 Bingo 12:00 Dancercise* 12:15 Floor Exercise & Stretch* 12:30 Coco's Art Class ^ 1:00 Paper Craft Art Class+ 1:00 Fitness Class* 2:30 Yoga* 2:30 Line Dancing *	9:00 Japanese Class 9:00 Bridge 9:00 Mah Jong 9:00 Pan 9:30 Tai Chi 10:00 Yoga With Rosa *◆ 10:00 Band Practice 10:30 Drama 11:00 Karaoke Mary & Friends 12:00 BERTO Exercise * ◆ 1:00 Sign Language * 1:00 MOVIE 1:00 Intermediate Spanish 1:00 Coco's Art Group ^ 2:00 Elementary Spanish 3:15 Rosen Movement* 3:30 Yoga*	9:00 RSVP-WWP&Crafts Group 9:00 Harmonica 9:00 Beginning Ballroom *◆ 10:00 Loss Support Group 10:30 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance * ◆ 10:00 Calligraphy+ 11:30 Osteo-Fit Class* ◆ 12:00 Bereavement Group 12:30 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 Veterans Aid Presentation By Tom Penland	**2** 8-12 am FREE COFFEE 1:00 **OPERA MOVIE** *THE MAGIC FLUTE*	**3** **8:00 A.M. TRIP SALES**	**4** 10:00 LOW VISION SEMINAR Brett Nagatani, O.D. **12:30 Movie** *SEX AND THE SINGLE GIRL* 1:00 FINANCIAL SEMINAR	**5** 10:45 CHINA NIGHT LUNCH & SHOW TRIP 9-11 STROKE SCREENING	**6** 1:00-3:30 DANCE Music by ***RAZZMATAZZ*** 1:00 Card Games with Virginia
7 8:00 DEATH VALLEY TRIP 12:30 BRIDGE 1:00 MOVIE	**8** **1:00 Board Meeting**	**9** 8-12 am FREE COFFEE *1:00* *SENIOR CENTER TOURS*	**10** **9:30-10:45** **FREE BLOOD PRESSURE SCREENING** Estee Bierstock, RN ALL point Health Services 12:30 CAPTIONED TELEPHONE DEMONSTRATION	**11** 1:00 Rheumatology Lecture "A Joint Effort" Dr. Forouzesh **1:00** March Birthday Party	**12** **12:30** Doug Haise Ragtime Piano	**13** 1:00-3:30 DANCE Music by ***MELODY MASTERS***
14 12:30 BRIDGE 1:00 MOVIE	**15** 1:00 FINANCIAL SEMINAR "Just in Time Tax Tips" Patricia K-D & Dr. Jim Moore	**16** 8-12 am FREE COFFEE 1:00 MOVIE	**17** 9:00-11:00 a.m. DIABETES SUPPORT GROUP *Meets at Vets Memorial Building* *ST. PATRICK'S DAY PARTY*	**18**	**19** 8:30 PECHANGA TRIP **2:00** "The Influence of Yiddish Theater and Music on American Culture" **Hale Porter**	**20** 1:00-3:30 DANCE Music by ***STRIKERS***
21 12:30 BRIDGE 1:00 MOVIE	**22**	**23** 8-12 am FREE COFFEE 1:00 MOVIE	**24** 10:00-1:00 **RSVP CRAFTS SALE**	**25** 11:00 SHOWTIME CABARET THEATER TRIP **10:00 EXPO LINE UPDATE** **2:00** Benita Bike DanceArt	**26** **12:30** **Movie Nostalgia** ***CABARET***	**27** 1:00-3:30 DANCE Music by ***SWING SET*** 1:00 Card Games with Virginia
28 12:30 BRIDGE 1:00 MOVIE	**29**	**30** 8-12 am FREE COFFEE	**31** 12:30 ITN TRANSPORTATION INFORMATIONAL MEETING			