

Culver CITY

The Newsletter

May 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

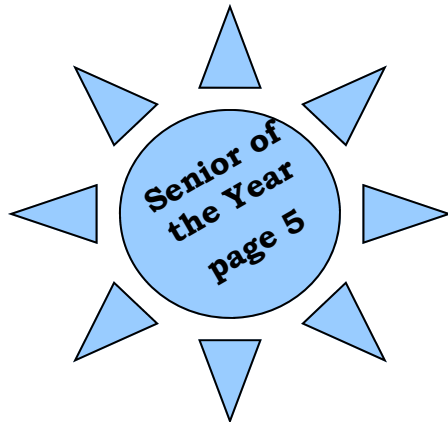
Monthly Board Meeting

Second Monday, 1:00 p.m.

**Older
Americans
Month Party
Page 2**

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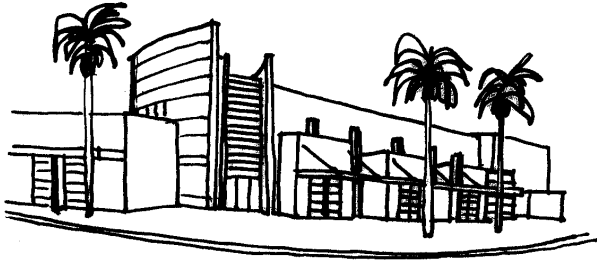
CULVER CITY SENIOR CENTER

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

May 2010



"Older Americans Month" Party



Friday, May 28

11:30 a.m.

Lunch & Entertainment

Join us to honor our
"Senior of the Year"



Tickets are \$3.50
On sale at the Business Desk
from May 10-May 26
(or until sold out)

May is "Older Americans Month" ~ This party is a day to celebrate YOU!



Monthly Birthday Celebration

Thursday, May 13 at 1:00 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 May, be our guest for cake & ice
cream. Refreshments for all for just 50 cents each item.*



Entertainment
Wendy & Rik



**THE PRIMETIME + PLAYERS
PRESENT THE**

THE CULVER CITY

COMEDY CLUB REVUE

Tuesday, May 25 at 1:30 p.m.

Music! Skits! Jokes! Gags! Laughter!

The Lyric Chorus

Of

SMC EMERITUS COLLEGE

A Performance of Popular

Tunes from Movies & Broadway

Thursday, May 6 at 10:30 a.m.



Let's All Support Our
Senior Nutrition Program!

**LINE DANCING
FUNDRAISER**

Sunday, May 23
1:00-4:00 p.m.

\$10.00 per ticket ~ On sale beginning May 1
All proceeds will benefit the
Culver City Senior Nutrition Program

C'MON DOWN FOR SOME RIP-ROARIN' FUN!

TASTY VITTLES WILL BE SERVED!

Jackie English & Bob Nelson

Presiding over the Festivities!

May 3-7, 2010

**TEACHER
APPRECIATION
WEEK**



Thank you to our valued teachers who
offer our members
so many outstanding classes.
The Board of Directors will honor
the teachers at a special luncheon.
Please take time to say "Thank You" to your
teachers during
Teacher Appreciation Week!

OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month's opera movie will be **Wolfgang Amadeus Mozart's COSI FAN TUTTE**. Mozart's final comic opera, this is a laughing look at the twists and turns of romantic love. The title literally means "Thus do all (women)" but is often simplified to "Women are like that." Playing time is 190 minutes. Presented on **Tuesday, May 4 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 April will be **THOROUGHLY MODERN MILLIE**. Not only is *Thoroughly Modern Millie* a zany romantic spoof of the Roaring Twenties, it is a musical that won an Oscar for Best Original Music Score in 1967. Julie Andrews is Millie, joined by stars John Gavin, Mary Tyler Moore, Carol Channing and others. Presented on **Friday, May 21 at 12:30 p.m.**

"SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is on the first Sunday of the month. The movie for **May 2** will be **AN EDUCATION**. This new release is the story of a teenage girl's coming of age set in 1961 London, a city caught between the drab, post-war 50's and the glamorous, more liberated decade to come. *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

- May 2** **SONY SUNDAY: AN EDUCATION**
2009-PG13-Drama-Carey Mulligan; Peter Sarsgaard; Alfred Molina; Emma Thompson; 100 min.
- May 9** **UP IN THE AIR**
2009-Rated R--Comedy/Drama-George Clooney; Vera Farmiga; Anna Kendrick; Jason Bateman; 109 min.
- May 16** **HURT LOCKER**
2009-Rated R-War Action-Oscar for Best Picture-Jeremy Renner; Anthony Mack; 105 min.
- May 23** **No Movie Today—Come & have fun at The Line Dance Party to benefit the Nutrition Program!**
- May 30** **SINCE YOU WENT AWAY~ 1944 Classic**
A story so warm-so real- 7 great stars: Claudette Colbert; Jennifer Jones; Joseph Cotton; Shirley Temple; Robert Walker; Lionel Barrymore; Monty Woolley

TUESDAY MOVIES

- May 4** **OPERA MOVIE—COSI FAN TUTTE**
Mozart's Comic Opera
Playing time is 190 min.
PLEASE NOTE START TIME IS 12:30 FOR THIS OPERA
- May 11** **SHERLOCK HOLMES**
2009-PG13- Action/Thriller; Robert Downey, Jr.; Jude Law; Rachel McAdams; 128 min.
- May 18** **THE PRINCESS AND THE FROG**
2009-G-Animated-Voices of Anika Noni Rose; Terrence Howard; John Goodman; Oprah Winfrey; 97 min.
- May 25** **CULVER CITY COMEDY CLUB REVUE!** No movie today. Come & enjoy the Drama Group's performance

LOOK WHAT'S COMING UP!



A Treasure Among Us
Special Movie Presentation
"Gentlemen Prefer Blondes"
Classic Musical of the 1950's

Jane Russell Marilyn Monroe Charles Coburn
Senior Center member George Winslow as
Henry Spofford III
Hosted by : *Marilyn Hess*

Thursday, May 6 at 12:30 p.m.

Sing! Sing! Sing!
With Lifted Voices
L.A.'s Original Sophisticated
Sing-Along!



Wednesday, May 5
1:30 p.m.-2:30 p.m.

For all the songs you love to sing, lift
your spirits with Lifted Voices!

NEW! FOLK DANCING CLASS

At last! A wonderful new Folk Dance Class will be starting on **Wednesday, May 5**. Folk Dance Instructor **Beverly Barr** comes to us with years of enthusiasm and expertise in teaching folk dances. The class will meet in the Multipurpose Room at the Veterans Memorial Building Wednesdays from 3:00-4:30 p.m. There will be a \$4.00 fee per class.

UKULELE FOR BEGINNERS

Do you want to learn to play the ukulele? **Cali Rose** is offering an 8 week class for beginners in the months of May & June. The class will be fun, interactive and she'll get people playing and singing the first lesson! You will need to bring your own playable ukulele. You can contact Cali Rose at info@calirose.com or at 310-285-3506 for some hot tips on how to acquire a ukulele for a reasonable price. The first class will be on **Thursday, May 6** from 10:00-11:00 a.m. There will be a small fee of \$3.00 per class.

NEW! PASTEL CLASS

Regine Legler will be teaching a class in pastels beginning in May. The first class will meet in the Crafts Room on **Thursday, May 27 from 2:30-4:30 p.m.** There will be a \$5.00 fee for each class.

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. See the June Newsletter for next public transit outing (sign ups in July).

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

NEW! SPANISH LANGUAGE DISCUSSION GROUP: "PLATICANDO SABROSO"

Mayra Romero invites you to join a lively Spanish language discussion group on the last Tuesday of each month. The group will meet at 1:00 p.m. in the Nutrition Site.

PLEASE NOTE: Geri Gates' **WEDNESDAY OSTEO FITNESS CLASS** has been discontinued. Geri will offer a **STRETCH-IT-OUT** class on Wednesdays from 4:00-5:00 p.m. This is a mat/ floor class, using straps and focuses on exercises to prevent osteoporosis, incorporating some pilates & yoga. \$5.00 fee.

TRIP OFFICE PRESENTATION

A representative from Premiere Travel will be here on **Friday, May 14 at 10:00 a.m.** for a presentation on the *Rails of New England Tour* that departs in October. Meet in Activity Room C77.



Les Chansonettes

Thursday, May 27
1:00 p.m.

**Come & enjoy this lively
Women's Choral Group!**

BOUTIQUE & ART SALE

Talented members of the Center will sell
their creations on Friday, June 4, 2010
10:00 a.m. until 2:00 p.m.

If you would like to participate, call Debbie at
310-253-6715.

To participate in the sale, you must be a member
and only hand-crafted items will be sold.



SENIOR OF THE YEAR SADIE CERDA

The Culver City Senior Citizens Association
Board of Directors is pleased to honor
Sadie Cerda
Senior of the Year for 2010

As Director of the S.A.V.E.S. (St. Augustine Volunteers for Emergency Services), Sadie Cerda has provided aid to the hungry, needy, elderly and homeless in our community for many years. SAVES gives food and clothing to needy persons and families and also provides additional social services through referrals to the appropriate government and private agencies. Sadie has been involved with SAVES for 36 years and Director since 1979. She is a shining example of civic-minded dedication and whole hearted humanity toward the poor, the sick and the needy of our city and the surrounding region. SAVES is aided by volunteers from the Culver City Senior Center Retired Senior Volunteer Program (RSVP), and other organizations, that log over 10,000 hours a year working at SAVES. Under the direction of Ms. Cerda, SAVES is a thriving, bustling place of community outreach and hope in Culver City.

SAVES serves approximately 800 individuals, many with families, distributing over 2000 bags of food per week. Sadie and her husband Conrad started the SAVES program from nothing, going door to door of markets and vendors to seek aid. She has always surrounded herself with caring and generous people. Sadie is not shy about asking local business and civic leaders to assist her, raising awareness of and funds for SAVES. Sadie and SAVES are proud of their connection with the Culver City Chamber of Commerce, City Hall, City Council, SONY Entertainment, Didi Hirsch Mental Health Center, the Fire and Police Departments, the Lions Club, YMCA, Westside Food Band (where Sadie also serves on the Board of Directors), local churches and the Interfaith Alliance. Through all her activities, Sadie has maintained her sense of purpose and her sense of humor and has provided for her own family. She stands tall in the midst of our local citizens who take seriously the call for service to the less fortunate. It is no wonder Sadie has received the prestigious Social Justice Award from the Archdiocese of Los Angeles, the Benenerenti Humanitarian Award from the Vatican, and official recognition from Sheriff Lee Baca for outstanding Community Service.

Sadie will be honored as our Culver City "Senior of the Year" at the 45th Annual Older Americans Recognition Day Awards Program at the Music Center Grand Hall on May 10, 2010. At this awards program, the Honorees will be recognized for their dedication to community service by the Los Angeles County Board of Supervisors. Sadie will also receive a commendation from the City of Culver City at the Council Meeting at City Hall on Monday, May 3 at 7:00 p.m.

**Please join us in honoring Sadie at the *Older Americans Month Party*
on Friday, May 28 at the Senior Center!**

IN MEMORIAM

Maxine Handleman

Carmen Funes Grande

Robert Pastel

Leslie Light

Marcia Ray

Dorothy White

Elena Beck

(95 years of age)

TRIP OFFICE

MAY 2010

NEW OFFICE HOURS

EFFECTIVE JUNE 1, 2010

10:00 A.M. TO 1:00 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, MAY 5, 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-MONDAY-JULY 5-\$25.00

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

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



MAIN STREET STATION-LAS VEGAS

SUNDAY-TUESDAY-JULY 11-13

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

This package includes round-trip motorcoach, 2 nights deluxe accommodations and luggage handling.

Singles: \$142.00/Doubles \$120.00 p.p.



VALLEY VIEW CASINO-MONDAY-JULY 19-\$32.00

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

The Casino is giving you \$15.00 in slot play. You must bring your Player's Card when you sign up for this trip.



"RING OF FIRE"-NEW MUSICAL SATURDAY-JULY 31

\$85.00

Lv. 10:30 a.m. Rt. 5:30 p.m.

A new musical about the life of Johnny Cash at Fullerton's Civic Light Opera. Lunch at Arnold's Cafeteria in Long Beach.



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!

If interested in any of the opportunities listed below please call Jill at 310-253-6722 or stop by the RSVP office in the Senior Center

The Jeffrey Foundation

Services Provided: Provide direct care to special needs children including educational, creative, and recreational activities that foster the children's academic, social, and behavioral development to prepare them for every stage of life. Time spent in these programs benefits the family as well.



Volunteer Positions: The Jeffrey Foundation needs volunteers to answer phones, do light typing, computer data input, and work on Special Events.

Notes: The Foundation is located on Washington Blvd just east of where Washington goes under the 10 freeway—about 10 minutes from the Senior Center.

Baldwin Hills Scenic Overlook

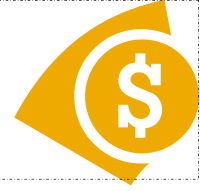
Services Provided: Take in breathtaking views, hike through restored native habitat, and enjoy a state of the art visitor center at your stunning new urban park, Baldwin Hills Scenic Overlook. Visitors can begin to discover, or residents can rediscover Los Angeles from this 511 ft. peak just southwest of downtown. Exhibits tell the story of this once drilled and exploited land which has now become a symbol of regrowth, conservation and hope.

Volunteer Positions: Meet & greet the public at the new visitors center; be a hike leader; engage in environmental restoration projects including native plant gardening and habitat rehabilitation; special event assistance; community outreach and research



Notes: The park's main entrance is at 6300 Hetzler Rd. in Culver City off of Jefferson Blvd.

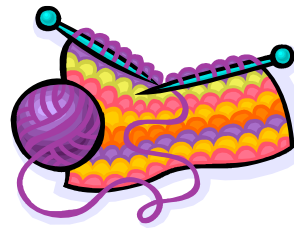
Jan., Feb. & March reimbursement checks
will be available in late May!



SAVE THE
DATE

Thursday, Sept. 30th
RSVP Luncheon

Craft Sale



*Wed.
May
12th*



Thanks to our Wednesday morning
greeting card sellers Angel and Helen!
Greeting card sales are every Wednesday
morning—pick up one today!

Computer Class Information Update



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 from May thru December 2010 are:

Classes start in the week of May 24, 2010

Registration dates are May 4, 6, 11 & 13 between 10am – 2pm

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

Spotlight on L.A. City Senior & Social Service Centers



This month we highlight valuable information specifically for our members who reside in neighboring areas of the City of Los Angeles.

Los Angeles offers services through a system of "Multipurpose Senior Centers." Centers provide services to older adults and their caregivers, including: care management, recreation programs, family consultation, counseling and support, information & referral, advocacy & more.

◆ If you are a resident of Mar Vista, Palms, or West LA: **Felicia Mahood Multipurpose Senior Center** is located at 11338 Santa Monica Blvd., Los Angeles, CA 90025

For more information call: (310) 231-9228

Serving Zip Codes 90024 (shared), 90025, 90034 (shared), 90035 (shared), 90036 (shared), 90048 (shared), 90049 (shared), 90066 (shared), 90073, 90077 (shared), 90232, 90278, 90291, 90292, 90402, 90405

If you are a resident of the Beverly-Fairfax area, Mid-Wilshire, and as far south as the Cheviot Hills neighborhood: **Freda Mohr Multipurpose Senior Center** is located at 330 N. Fairfax Avenue, Los Angeles, CA 90036

For more information call: (323) 937-5900

Serving Zip Codes 90010 (shared), 90019 (shared), 90020 (shared), 90024 (shared), 90034 (shared), 90035 (shared), 90036 (shared), 90046, 90048 (shared), 90049 (shared), 90064, 90067, 90069, 90077 (shared), 90210 (shared)

◆ If you reside in the areas of Van Ness, Park Mesa Heights, View Park, Windsor Hills, Ladera Heights, contact: **People Coordinated Services Senior Citizens Multipurpose Center** located at 5133 South Crenshaw Blvd., Los Angeles, CA 90043

For more information call: 323-294-5226 or (323) 735-5799

Serving Zip Codes 90008, 90016 (shared), 90018 (shared), 90043, 90045, 90047 (shared), 90066 (shared), 90094, 90245, 90247 (shared), 90293

Residents of the Hollywood area, contact: **Hollywood Multipurpose Senior Center** located at 1360 North St. Andrews Place, Los Angeles, CA 90028

For more information call: (323) 957-3900

Serving Zip Codes 90026 (shared), 90027, 90028, 90029, 90036 (shared), 90038, 90039 (shared), 90068

If you are unsure of which Multipurpose Senior Center serves your City of Los Angeles community, contact the Department of Aging at (213) 252-4000. They will use your zip code to locate the appropriate site.

Los Angeles Home Delivered Meals:

City of Los Angeles residents seeking information regarding Home Delivered Meals for frail, isolated, and/or disabled residents may dial (213) 473-7066 to speak with a program specialist.

Culver City Social Services and Disability Office

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

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









LUNCH MENU May 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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Salisbury Steak Mashed Potatoes Normandy Vegetables Whole Wheat Roll Vegetable Spread Chocolate Chip Cookie or Fruit Orange Juice	Karaoke Day Turkey a la King White Rice Spinach Cranberry Gelatin Salad Honeydew 	Vegetable Soup Spaghetti w/ Meat Sauce Green Beans Romaine Salad with Red Cabbage French Dressing Whole Wheat Bread Vegetable Spread Orange	Corn Chowder Chicken Fajita Flour Tortilla Pinto Beans Creamy Coleslaw Chocolate Pudding	Beef Barley Soup <hr/> 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 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
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 <hr/> Double Entrée: Garlic Fresh Fish (OR) Beef Stroganoff Parsley Noodles Seasoned Spinach Marinated Beets & Onion Salad Cantaloupe
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
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 <hr/> 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
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Minestrone Soup Turkey Meatloaf Seasoned Barley Normandy Vegetables Tossed Salad Thousand Island Dressing Orange or Tangerine	Karaoke Day Beef Enchilada Spanish Rice Cold Red & Green Cabbage Mixed Green Salad French Dressing Banana Orange Juice 	Potato Soup Teriyaki Chicken Buttered Noodles Mixed Vegetables Pineapple Coleslaw Carrot Cake or Fresh Fruit	Double Entrée: Swedish Meatballs Bulgur wheat Creamed Spinach (OR) Vegetarian Mixed Bean Salad w/ French Dressing WW Bread w/ veg. spread Raw Spinach Both: Broccoli & Raisin Salad Both: Citrus Gelatin with Pears	Older Americans Party Senior Center Party  <hr/> Special Ticket Required
Monday 31	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  Center Open Holiday Hours 12:00-4:00 p.m. </div> <div style="text-align: center;">  <h2 style="color: orange;">May</h2> </div> <div style="text-align: center;"> <h3 style="margin: 0;">My wife dresses to kill. She cooks the same way.</h3> <p style="margin: 0;">~Henny Youngman</p>  </div> </div>			
★ MENU SUBJECT TO CHANGE ★				

This project is funded, in part, by LA County Area Agency on Aging, through the Older American Act of 1965, the City of Culver City and the generous donations of our community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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;">MAY 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 10:00 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 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 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 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 11:00 Balance Challenge * 11:00 German 11:45 Osteo Exercise* 12:45 Fitness* 1:00 "Remembranzas" Group 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m. SATURDAY DANCES \$2.00 Members \$4.00 Guests (50 & older)
Art Classes marked with ^ require you to bring your own materials. Be sure to check with instructors for details.						1 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
2 12:30 BRIDGE 1:00 MOVIE	3 8:30 HARRAH'S CASINO TRIP 1:00 VETERANS GROUP TEACHER APPRECIATION WEEK ➔	4 8-12 am <u>FREE COFFEE</u> 12:30 OPERA MOVIE COSI FAN TUTTE 1:00 SENIOR CENTER TOURS	5 8:00 A.M. TRIP SALES 1:30 "Lifted Voices" Sing Along Judy Wolfman First Folk Dance Class 3:00 in Multipurpose Room	6 10:30 "Lyric Chorus" Performance 12:30 MOVIE <i>Gentlemen Prefer Blondes</i> First Ukelele Class 10:00	7	8 10:00 "THOROUGHLY MODERN MILLIE" TRIP 1:00-3:30 DANCE Music by SWING SET
19 12:30 BRIDGE 1:00 MOVIE	10 1:00 Board Meeting	11 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE	12 10:00-1:00 <i>RSVP CRAFT SALE</i> 9:30-10:45 FREE BLOOD PRESSURE SCREENING Sarah Pesina, RN	13 1:00 May Birthday Party	14 10:00 <u>TRIP OFFICE</u> <u>Premiere Presentation</u> <i>Rails of New England Tour</i>	15 1:00-3:30 DANCE Music by STRIKERS
16 11:00 LAUGHLIN TRIP 12:30 BRIDGE 1:00 MOVIE	17	18 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE	19 9:30-11:00 a.m. <u>DIABETES SUPPORT GROUP</u> <i>Meets at Vets Memorial Building</i>	20	21 8:45 LA ARBORETUM TRAM TOUR TRIP 12:30 Movie Nostalgia THOROUGHLY MODERN MILLIE	22 1:00-3:30 DANCE Music by MELODY MASTERS 1:00 Card Games with Virginia
23 NO MOVIE TODAY 1-4 LINE DANCE FUNDRAISER	24	25 8-12 am <u>FREE COFFEE</u> 1:00 NO MOVIE TODAY 1:30 Drama Group's COMEDY CLUB SHOW 1:00 "Platicando Sabroso"	26	27 1:00 "Les Chansonettes" First Pastel Class 2:30-4:30	28 11:30 OLDER AMERICANS MONTH PARTY	29 1:00-3:30 DANCE Music by SWING SET
30	31 MEMORIAL DAY Holiday Hours 12-4					