

Culver CITY

The Newsletter

November 2010



CITY COUNCIL

Christopher Armenta, Mayor

Micheál O'Leary,
Vice Mayor

D. Scott Malsin, Councilmember

Andrew Weissman,
Councilmember

Jeff Cooper, Councilmember



CITY OF CULVER CITY

John Nachbar,
City Manager

Martin R. Cole
Assistant City Managers

Pam Robinson, Acting Director
Parks, Recreation & Community
Services

SENIOR & SOCIAL SERVICES

Armando Abrego,
Senior & Social Services Manager

Debbie Cahill, Senior Program Spec.

Roxana Tabibi, Senior Nutrition Spec.

Jill Thomsen, RSVP Specialist

Darren Uhl, Disability Specialist

Alvina Prasad, Paratransit Coordinator

Spencer Wray, Van Driver

Jesse MacGregor, Van Driver

CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

Sid Schalman, President

Barbara Silverstein, Vice President

Hope Seldin, Secretary

Mary Collim, Treasurer

Lionel Crown Marilyn Hell

Patricia Fountain Clifford Nelson

Kay Heineman Elizabeth Oxley

Sharon Hyland-Elstein

Alternates:

Mary Garcia John McCarthy

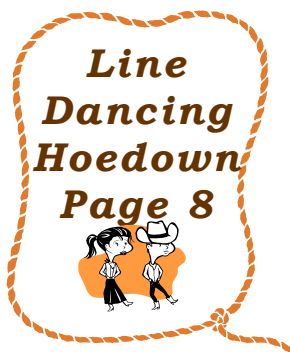
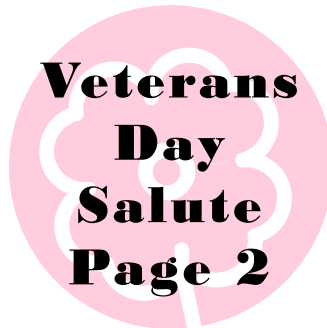
Jessica Maria Garcia

Monthly Board Meeting

Second Monday, 1:00 p.m.

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CULVER CITY SENIOR CENTER

4095 Overland Avenue
Culver City, CA 90232

Center Hours: Monday - Friday 9 am - 5 pm
Center Hours: Sat., Sun., Holidays 12 pm - 4 pm
Business Office Hours: Monday-Friday 9 am - 4 pm
General Information: (310) 253-6700
Social Services: (310) 253-6729

AARP Safe Driver Class Info Line: (310) 253-6757
Nutrition Site: 9 a.m. to Noon (310) 253-6726
RSVP/Volunteer Opportunities (310) 253-6704
Disability Services (310) 253-6729
Trip Office: (M/W/F) 10 a.m.-2 p.m. (310) 253-6708
Elder Abuse Hotline (800) 992-1660
Computer Class Info Line: (310) 253-6720

Culver CITY SENIOR CENTER



The Newsletter

November 2010



Thanksgiving Day Luncheon

Thursday, November 25
Doors Open at Noon

Tickets are \$2.00~Available at
the Business Desk November 1-19 ONLY

This special event is co-sponsored by the
CULVER CITY LIONS CLUB and the CCSCA
For adults 50 & over who would otherwise
spend the day alone.

Veterans Day Salute

Wednesday, November 11



The Songs That Won the War

Songs, Stories and Memories of the WWII Era

"The Golden Age of American Popular Music"
USC Emeriti College Public Lecture Series

Bob Lipson & Saul H. Jacobs

Monthly Birthday Celebration

Thursday, Nov. 18 at 1 p.m.

Come & Enjoy Some Great Musical Entertainment

Sponsored by

Culver City Senior Citizens Association's
Board of Directors ~ for our CCSCA Members

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



Entertainment by
Sylvia Mora



Jewelry! Ceramics! Photographs!

Knitted Items! Crafts! Gifts!

FRIDAY, NOVEMBER 12

All items for sale are
hand made by fellow
CCSCA members!

Boutique

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

Support your local artists!
Do your holiday shopping!

Tell your friends! Spread the word!



**MAYSEO
MAZE**

"THE ILLUSIONIST"
Member of the World
Famous Magic Castle

Wednesday, November 3
1:00-1:30 p.m.

*A Magic Show You Won't
Want To Miss!*

**Sing Along
With Dolly**

Friday, Nov. 12
1:00 p.m.

Join Dolly Blair
and have some fun
singing your favorites!



Celebrating
Life Together



Through Music

A Special Musical Program
Presented by

Jamallad

*Recording Artist for
United Global Music*

Friday, November 5
1:00-2:00 p.m.

OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month's opera movie will be **LE CORSAIRE**. Featuring American Ballet Theater's internationally acclaimed stars and spectacular staging, "**Le Corsaire**" is the story of swashbuckling pirates, evil slave traders and beautiful harem girls in a tale of abduction, betrayal, murder and true love. Presented on **Tuesday, November 2 at 1:00 p.m.** Thank you to **Murray Winagura** for planning the Opera program.

MOVIE NOSTALGIA

The Movie Nostalgia program is presented once per month on a Friday at 12:30 p.m. **Murray Winagura** shares movies that he hopes will bring back good memories. The Nostalgia movie for November will be **ROYAL WEDDING**. Fred Astaire slips on his dancing shoes and he and Jane Powell play siblings whose London stage engagement overlaps Princess Elizabeth's *Royal Wedding*. If love can make anyone dance on the ceiling and walls, Fred's the one-and he does in the astonishing *You're All the World to Me*. Playing time is 93 minutes. Presented on **Friday, November 19 at 12:30 p.m.**

"SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is on the first Sunday of the month. The movie for **Sunday, November 7** will be **THE SECRET IN THEIR EYES (IL SECRETO DE SUS OJOS)**. This film, a stunning tour-de-force that explores the depths of human emotions, won the Academy Award for Best Foreign Language film in 2009. In Spanish with English subtitles. We thank SONY for providing our SONY SUNDAY features!

KARAOKE

Join "**Karaoke Friends**" on Tuesdays, 11:00-1:00 in the Nutrition Site

Also, join "**Tony & Friends**" on Wednesday, 2:30-4:30 p.m. for an enjoyable Open Microphone session. Come to listen or perform and join the fun!

SHOWTIME

The movie is subject to change. Movies begin at 1 p.m. unless otherwise noted. Operas are featured on the 1st Tuesday of the month. PLEASE NOTE: **Film rating symbols** are included in the movie listings for your information. An "R" RATING may be assigned due to, among other things, a film's use of language, theme, violence, sex or its portrayal of drug use. Please consider the rating before **you choose** to view a movie. Also, the playing time is noted for your convenience.

Our Tuesday and Sunday movies are open to CCSCA Members only. You must show your membership card for admittance. In the interest of fairness, seats are first come, first served.

SAVING SEATS IS NOT ALLOWED!

TUESDAY MOVIES

<u>SUNDAY MOVIES</u>		<u>TUESDAY MOVIES</u>	
Nov. 7	SONY SUNDAY: THE SECRET IN THEIR EYES (IL SECRETO DE SUS OJOS) 2009-Rated R-Ricardo Darin; Soledad Villanil; Pablo Rago; Directed by Juan Jose Campanella; In Spanish with English subtitles; 129 min.	Nov. 2	OPERA—AMERICAN BALLET THEATER'S "LE CORSAIRE" Playing time is 115 min.
Nov. 14	JUST WRIGHT 2010-PG13-Comedy-Queen Latifah; Common; Paula Patton; Phylicia Rashad; 101 min..	Nov. 9	GHOST WRITER 2010-PG13-Thriller-Pierce Brosnan; Ewan McGregor; Tilda Swinton; Tom Wilkinson; 128 min.
Nov. 21	No Movie Today Join the fun at the Line Dancing FUN-Raiser for the Nutrition Program!	Nov. 16	SOLITARY MAN 2010-Rated R-Comedy-Michael Douglas; Mary-Louise Parker; Susan Sarandon; Danny DeVito; 104 min.
Nov. 28	PRINCE OF PERSIA: THE SANDS OF TIME -2010-PG13-Adventure-Jake Gyllenhaal; Gemma Arterton; Ben Kingsley; Alfred Molina; Steve Toussaint; 116 min.	Nov. 23	ROBIN HOOD 2010-PG13-Adventure- Russell Crowe; Cate Blanchett; William Hurt; 141 min.
		Nov. 30	ANGELS & DEMONS 2009-PG13-Drama-Tom Hanks; Ewan McGregor; Ayelet Zurer; 138 min.

LOOK WHAT'S COMING UP



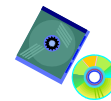
Special Move Presentation **"SOME LIKE IT HOT"**

Marilyn Monroe Tony Curtis George Raft
Pat O'Brien Joe E. Brown

In this 1959 comedy, two musicians witness a mob hit and flee the state in an all female band disguised as women. It is possible to make a mafia hit comical! 120 min. playing time.

Hosted by: **Thursday, November 4 at 12:30**
Marilyn Hess

THE LIVING LEGACY PROJECT



Record your life story-let the Living Legacy Project help capture your memories & experiences in your own voice. There is no charge, and all information is confidential. This service is kindly offered to you by

GRACE LEONE

Make an appointment at the Business Desk for Mondays at 2:00 or 2:45.

NEW CLASS: BEGINNING CHINESE

This class is for beginners in the Chinese Language. Instructor: Midori Niiyama
Wednesdays from 9:00-10:00 a.m. First class is Wednesday, November 3 at 1:00 p.m.

SEMINAR: MY "NOW PLAN" WORKSHOP

In the PLAN FOR NOW Workshop we will discuss the broad concepts and financial realities facing seniors today. Bring your questions. Presented by **Baron Murdock**, Financial Advisor. **Tuesday, November 16 at 10:30 a.m.** Refreshments will be served.

SEMINAR: SURVIVING THE HOLIDAYS WORKSHOP

This Holiday Season is a special time to be aware of your feelings and to treat yourself well. This presentation will provide coping skills to help you deal with the variety of emotions and situations that often confront all of us at this time of year. A **10 Point Survival Guide** handout will be provided for all those attending. Information on the many services provided by WISE & Healthy Aging will also be available. Presented by **Sheila Segal** on **Wednesday, November 10 at 1:00 p.m.**

MEDITATION AND ENERGY WORK WITH MICKEY CAPUTO AND TIFFANY RANDOL

Come out for a free class **Saturday, November 6 from 12:00-2:00 p.m.** where you will be taught simple and easy relaxation and breathing techniques that will help you sleep better and feel calm. A calming and uplifting healing session will follow that will help in releasing physical and mental pain. Hope to see you there! Presented by **Mickey Caputo and Tiffany Randol**

MEDICARE SEMINAR: UNDERSTANDING MEDICARE PLANS FOR 2011

Come hear the information you will need to compare and choose a Medicare plan that works for you. The details of multiple plans will be given and you will have time for your important questions. Presented by **Sean Thomas** on **Thursday, November 4 at 1:00 p.m.**

PUBLIC TRANSIT NEWS

THE ULTIMATE PUBLIC TRANSIT FAIR COMING IN JANUARY! Everyone is encouraged to learn about public transit and its latest improvements. Using public transit can improve your life. Meet Bonnie in the lobby with your public transit questions on **Thursday Nov. 4 & 11 from 11:00-12:15**. At all other times please leave a message for Bonnie at the Business Desk.

JOB SEARCH WORKSHOP: HELP FOR FINDING A JOB

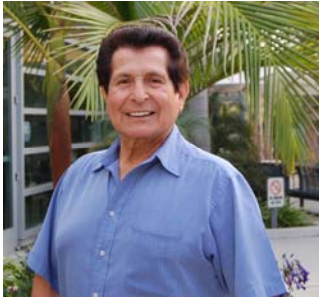
A fellow senior, **Wayne Mullisen**, can help you with job search skills he has learned himself. Come and get the skills and encouragement you need to find the job you need. **Tuesday, November 9 at 12:00 p.m.**

A New Group is Forming: "Supporting Each Other"

Beginning Friday, November 5th, this group will meet from 1:30-3:00 p.m. for eight (8) weeks. A different topic will be addressed at each session and will include issues such as dealing with adult children and extended family members, grief and loss, and developing new relationships. The group is open to anyone who would like to attend. If you are interested, please call Darren Uhl at (310)253-6729 and leave your name and phone number to be placed on the list.

Pre-registration is required. No walk-ins. *This support group will be led by Master's Level Marriage & Family Therapist interns from Antioch University Counseling Center.*

SENIOR OF THE MONTH
TONY MUNOZ



One fine day in 2003, Tony Munoz approached the Senior Center with an idea to share some fun and find hidden talents among the seniors. A weekly open microphone karaoke opportunity was added to our programming, where all are

welcome to explore and polish their hidden talents, a group that has met every week for SEVEN YEARS! In addition to this fun activity, *Tony & Friends* have planned and carried out multiple Talent Shows every year, an event that always attracts a packed house, hundreds of joyful performers and an appreciative audience. Tony is a very special volunteer here at the Senior Center, bringing years of musical experiences to our members and finding ways to showcase the talents of our seniors. He has faithfully followed the motto that he learned from Mickey Rooney at a Meeting of the Screen Actors Guild: *Don't retire...inspire!*

Tony was born in Santa Monica and has been married to Nancy, his high school sweetheart, for 53 years. They have four sons and fourteen grandchildren. He wants to share the pleasure he has in life with others, and in addition to volunteering at the Senior Center, entertains at several service organizations, such as the Moose, Elks, Veterans, and at hospitals and convalescent homes. He loves to sing, but never took it seriously until recently. For 35 years, Tony has operated his own dance studio, sold dance supplies and costumes, and taught all social/ ballroom dances and folk dances.

Tony loves the world of fantasy and has recently enjoyed performing as an actor in films & TV, continues to explore the world of dance and is constantly getting involved in new things. Lucky for us that Tony continues to share his love of life, music, dance and singing with us. Thank you, Tony!

Messages...
**FROM THE CCSCA
BOARD OF DIRECTORS**

**VOTING FOR THE
BOARD OF DIRECTORS OF THE
CULVER CITY SENIOR CITIZENS
ASSOCIATION**

Monday-Friday

November 8-12, 2010

9:00 a.m. until 3:00 p.m.



**You MUST show your CCSCA
membership card to receive a ballot.**

Support the CCSCA and vote for the leadership that you think will make the best decisions that affect all of us.

Support the Board that will carry out the
VERY IMPORTANT WORK
of helping to shape the future of our wonderful
Senior Center.

**HELP A NEEDY FAMILY, CHILD OR INDIVIDUAL
HAVE A HAPPY HOLIDAY**

For more than 30 years the Culver City Senior Citizens Association (CCSCA) has worked to spread the spirit of good will during the holidays. Each year the Holiday Food Certificate Program helps hundreds of needy people. Qualifying children, individuals and families in need will have the comfort of holiday meals thanks to your generous donations. Checks or money orders can be made payable to Culver City Senior Citizens Association and will be accepted until December 31, 2010 at the address below:

Culver City Senior Citizens Association
Attn: Holiday Certificate Program
4095 Overland Avenue
Culver City, CA 90232

IN MEMORIAM

John Alvarez

Shirley Braunstein

Dr. Howard Greenfield

Alfredo Ramirez

Fern Waddell

Lorraine Henderson

TRIP OFFICE

NOVEMBER 2010

TRIP SALES WILL BEGIN AT 2:00 P.M. ON WEDNESDAY, NOVEMBER 3, 2010 IN THE NUTRITION SITE. The line-up for sales will begin at 1:30 p.m. (and not before). 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 INDIAN CASINO-FRIDAY-JANUARY 7-\$15.00



Lv. 8:30 a.m. Rt. 5:00 p.m.

The Casino is giving you \$5.00 in slot play. **Bring your Player's card when you sign up for this trip. Picture I.D. is required by the Casino.**

EDGEWATER HOTEL-LAUGHLIN-SUNDAY-TUESDAY-JAN. 9-11

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

This package includes round-trip motorcoach, 2-nights deluxe accommodations, 1 buffet, taxes and baggage handling.

Singles: \$105.00/Doubles: \$85.00 p.p.



PALM SPRINGS FOLLIES-SATURDAY-JANUARY 22-\$86.00



Lv. 8:30 a.m. Rt. 7:30 p.m.

Enjoy the day in Palm Springs. There will be plenty of time to browse and shop and pick a restaurant for lunch on your own. Your afternoon will be spent at the Follies.

There will be a stop at Hadley's Fruit Orchard and Farm on your return trip to the Center.

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

- Spring 2011-Tour Charleston & Savannah. A 6-day trip departing April 10, 2011. Stop by the Trip Office for a copy of the itinerary.



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 NEEDED!

“These kids today...”

Join us for an intergenerational learning project with Culver City kids!

We're looking for Senior Center members to be part of a fun and educational service learning project in partnership with Culver City's Turning Point School. This project will take place starting January 2011.



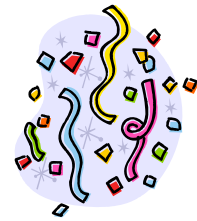
The project will involve interviewing each other, participating in discussion groups and events at the Center and school together. This is a **writing project for the kids** that is important to their educational school year so be prepared to share information about your life in the past, present and future and all you've done and will do in your life! This program was featured in the *Culver City News* this spring.

This project will take place over several Thursdays from 9:30-10:30 a.m. in January, February and March 2011 (probably not more than four sessions).



Sign-up sheets are in the RSVP office.

This will be a FUN project that will bring together generations in our Culver City community!



OPERATION: YARN

Our dedicated RSVP knitters are in need of donated yarn for various projects benefitting both Veterans and soldiers currently overseas.

Full skeins, preferably a few of the same yarn type & color are needed

Thank you in advance for your support!

F.Y.I.



July, August & Sept. quarterly RSVP reimbursement checks will be available in the **MIDDLE** of November!

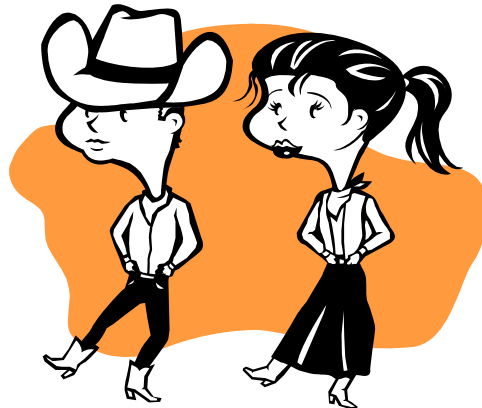
The RSVP office has a SWAT (Someone With Available Time) TEAM! This is a list of those with available time that would like to be called when a unique one-time volunteer opportunity appears. For example: staffing at City Hall, or a local special event. Call us at 310-253-6704 if you'd like to join!



See's Candy Sales are Fridays starting at 10 a.m.! Stop by and see Jane for a delicious treat or gift!

LINE DANCING HOEDOWN

**Featuring
"D.J." BOB NELSON**



Sunday November 21 1-4 PM

\$10.00 per ticket

Sales begin November 1 at the Business Desk

**All proceeds will benefit the Culver City
Senior Nutrition Program Questions? Call 310-49301421**



FLU VACCINE CLINIC

WEDNESDAY, NOVEMBER 17

9:00 AM—3:00 PM

Veterans Memorial Building

**You may also be able to get a vaccine against
pneumococcal disease and whooping cough if you qualify.**

LUNCH MENU November 2010★

Only those 60 & over and their spouses of any age are eligible for this program.

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 registered participants 60 & over and their spouses is \$2.25 and mandatory fee for those 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.

Those 60 & over and their spouse can make a lunch reservation between 9:30 a.m. - 12:00 p.m. the day before. Please sign in for your lunch ticket before 11:15 a.m. Those 59 and under may not make a meal reservation.

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
Hawaiian Chicken Barley California Blend Marinated Tomato Salad Fresh Fruit in Season	Karaoke Day Tomato Soup Salisbury Steak w/ gravy Wheat Bread Mashed Potatoes Zucchini Cantaloupe 	Turkey Bean Chili Corn Bread Marinated Beets Spinach Salad w/ Mandarin Oranges Italian Dressing Oatmeal Cookie 	Double Entrée: Lentil Soup (both) Sweet & Sour Chicken Brown Rice Shredded Carrots, Cabbage Water Chestnuts OR Chicken Waldorf Salad Whole Grain Bread Mixed Lettuce Carrot Coins Marinated Tomatoes with Green Peppers Vegetable Spread Both: Applesauce w/ Cinnamon	Double Entrée: Herb Baked Fish OR Vegetable Frittata Wheat Bread Vegetable Spread Normandy Vegetables Oven Browned Red Potatoes Mixed Fruit in Red Gelatin Orange Juice
Monday 8 Minestrone Soup Veal Parmesan Spaghetti with Marinara Sauce Peas & Carrots Spinach Salad w/ Red Onion Italian Dressing Mandarin Orange Slices and Pineapple Chunks	Karaoke Day Chicken Jambalaya Steamed Rice Veggies in entrée Romaine Salad French Dressing Wheat Bread Vegetable Spread Watermelon or Fresh Pear 	Wednesday 10 Chicken and Brown Rice Soup Beef Stroganoff Egg Noodles Carrots Caesar Salad w/ croutons Caesar Dressing Orange	Thursday 11 Veterans Day Oven Fried Chicken Cornbread Vegetable Spread Seasoned Spinach Whipped Turnips Tossed Green Salad 1000 Island Dressing Fruit Orange Juice 	Friday 12 Double Entrée: Ranch Marinated Chicken OR Lemon Herb Fish Oven Roasted Potatoes Vegetable Spread Buttermilk Biscuit Carrot Raisin Salad Broccoli Rice Pudding 
Monday 15 Egg Drop Soup Beef & Broccoli Steamed Rice Wheat Bread Broccoli in entrée Red and Green Coleslaw Tapioca Pudding	Karaoke Day Split Pea Soup Roast Turkey Whole Grain Bread Vegetable Spread Fresh Baked Sweet Potato Cranberry Gelatin Salad Orange 	Wednesday 17 Box Lunches Tuna Salad Sandwich Whole Grain Bread Three Bean Salad Mixed Green Salad Mayonnaise Banana	Thursday 18 Cream of Broccoli Soup Teriyaki Chicken Brown Rice Peas & Onions Spinach Salad w/ Mandarin Oranges Italian Dressing Fresh Fruit in Season	Friday 19 Double Entrée: Lemon Garlic Fish OR Spinach Quiche Whole Grain Bread Vegetable Spread Mixed Vegetables Coleslaw with Pineapple Marble Cake
Monday 22 Beef & Barley Soup Beef Lasagna (#) Noodles in entrée Zucchini, Mushrooms & Tomatoes Romaine Salad with Shredded Carrots Ranch Dressing Orange or Tangerine	Karaoke Day Navy Bean Soup Baked Chicken Whole Grain Roll Vegetable Spread Creamed Spinach Oven Browned Potatoes Cantaloupe 	Wednesday 24 Turkey Enchilada Casserole Corn Tortilla in entrée Refried Beans Mixed Green Salad Thousand Island Dressing Banana Orange Juice	Thursday 25 Center Closed  HAPPY THANKSGIVING! Open only for CCSA Special Event	Friday 26 Center Closed 
Monday 29 Chicken Noodle Soup Beef Strips w/ Gravy Steamed Rice Peas Spinach Salad with Mandarin Orange Italian Dressing Lemon Pudding	Karaoke Day Chicken with Chipotle Sauce Corn Tortilla Buttered Carrots Creamy Coleslaw Banana or Apple 	 <p><i>"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."</i></p> <p>~ John Fitzgerald Kennedy</p>		
★ 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.



Culver CITY

2010 HOLIDAY CERTIFICATE PROGRAM

The Culver City Senior Citizens Association, with support from Culver City Senior & Social Services, provides the Annual Holiday Food Certificate Program, which offers supermarket scrip to eligible low income families and individuals during the month of December.



In order to qualify for the program individuals and families must:

- ❖ Be a Culver City resident or student in Culver City Schools who receives SSI, GR, CAL-WORKS, and/or MEDI-CAL;
- Or
- ❖ Be a Culver City Senior Citizens Association member who receives MEDI-CAL, SSI and/or GR;
- And
- ❖ Not be receiving any holiday assistance from any other local community organizations.

You must apply in person at the Culver City Senior Center, located at 4095 Overland Avenue (on the corner of Culver & Overland).

Registration dates run from November 4 through December 4.

Registration Days & Hours:


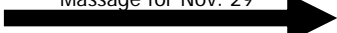
Thursdays, 2 - 5 pm

Fridays, 9 am - Noon

Saturdays, Noon - 4 pm

The Holiday Certificate Program is funded solely through the Culver City Senior Citizens Association and donations from generous individuals and organizations within our community.

For more information about this and other social service and disability programs, please contact Darren Uhl at (310) 253-6729 or darren.uhl@culvercity.org

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;">NOVEMBER 2010</p>	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop 9:30 Nia Class * 10:00 German 10:30 Beginning 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 Creative Writing Class 9:30 Tai Chi 10:00 Yoga With Rosa ♦ 10:00 Band Practice 10:30 Drama 10:30 Ask the Physical Therapist (2 nd & 4 th Tues) 11:00 Karaoke Mary & Friends 12:00 BERTO Exercise ♦ 1:30 Sign Language ♦ 1:00 MOVIE 1:00 Intermediate Spanish 1:00 Coco's Art Group 2:00 Elementary Spanish 3:15 Rosen Movement* (1 st & 3 rd 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* ♦ 12:30 RSVP Singers Rehearsal 1:00 Improvisation for Seniors 1:00 Yoga ♦ 1:30 Portrait Drawing Class 1:30 RSVP Singers Go Out 1:30 Current Events* 2:45 Fitness Class* 2:30 Open Mike with Tony 3:00 Folk Dancing♦* 4:00 Stretch Exercise Class*	9:15 Nia ♦ 9:00 Watercolor* 9:00 Bridge 9:00 French 9:30 Qi Gong* 9:30 Balance Challenge* 10:00 Spanish 11:00 Public Transit~Bonnie 11:00 Short Story Class 11:30 Mah Jong & Pan 12:00 Duplicate Bridge(Vets) 12:30-2:30 Shared Housing 1:00 Pastel Art Class* 1:00 Latin American Group 1:00 Yoga* 1:30 RSVP Dancers Go Out 2:00 Mah Jong 3:30 Latin Ballroom Dance*	9:00 Melody Masters prac. 9:00 Tai Chi with Anton* 9:30 Knitting Class 10:00 Balance Challenge* 10:00 Italian 10:30 Sitting Pretty Chair Exercise Class 10:30 Yoga with Rosa* 11:00 Balance Challenge * 11:00 German 11:45 Osteo Exercise* 12:45 Fitness* 1:00 "Remembranzas" Group 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m. SATURDAY DANCES \$2.00 Members \$4.00 Guests (50 & older)
Reminder: Use Your Farmers Market Coupons Before November 30!	1 1:00 VETERANS GROUP	2 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE <i>Le Corsaire</i> 3-5 Rosen Movement Class	3 2 P.M. <u>TRIP SALES</u> 1:00 <u>Mayseo Maze Magic Show</u>	4 12:30 Movie <i>"Some Like It Hot"</i> 1:00 MEDICARE SEMINAR Sean Thomas	5 1:00 <i>Celebrating Life Together Through Music</i> Jamallad	6 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
7 12:00 BRIDGE 1:00 MOVIE	8 1:00 BOARD MEETING Sign up begins for Chair Massage for Nov. 29 <div style="text-align: center;"></div> CCSCA 2011 BOARD VOTING M-F 9:00-3:00	9 8-12 am <u>FREE COFFEE</u> 10:30-11:30 <u>Ask the Physical Therapist</u> <i>Cristina Gabor</i> 1:00 Job Search Workshop Wayne Mullisen	10 9:30-10:45 BLOOD PRESSURE SCREENING 1:00 <u>Surviving the Holidays Workshop</u> Sheila Segal	11 1:00 <i>"The Songs That Won World War II"</i>	12 10:00-2:00 Holiday Bourtique 1:00 Sing Along With Dolly	13 1:00-3:30 DANCE Music by MELODY MASTERS
14 9:00 LAUGHLIN TRIP 12:00 BRIDGE 1:00 MOVIE	15	16 8-12 am <u>FREE COFFEE</u> 10:30 SEMINAR <i>MY NOW PLAN WORKSHOP</i> Baron Murdock 3-5 Rosen Movement Class	17 9-1 RSVP CRAFTS SALE 9-3 FLU CLINIC 1:00: "Downsize Your Life " Barbara Payne 9:30-11:00 <u>Diabetes Support Group</u> <i>Meets at Vets Memorial Building</i>	18 1:00 November Birthday Party	19 12:30 Movie Nostalgia <i>Royal Wedding</i>	20 1:00-3:30 DANCE Music by STRIKERS
21 12:00 BRIDGE 1:00-4:00 Line Dancing Hoedown Reminder: No Movie Today	22 No Yoga Today	23 8-12 am <u>FREE COFFEE</u> 10:30-11:30 <u>Ask the Physical Therapist</u> <i>Cristina Gabor</i> 1:00 MOVIE	24 No Yoga Today	25 <i>Thanksgiving Luncheon</i> Reminder: The Senior Center is CLOSED today except for luncheon	26 The Senior Center will be closed today.	27 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia
28 12:00 BRIDGE 1:00 MOVIE	29 Reminder: Chair Massage for those with appointments	30 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE 1:00 <i>"Platicando Sabroso"</i>				