

# Culver CITY

## The Newsletter

December 2010



### CITY COUNCIL

Christopher Armenta, Mayor

Micheál O'Leary,  
Vice Mayor

D. Scott Malsin, Councilmember

Andrew Weissman,  
Councilmember

Jeff Cooper, Councilmember

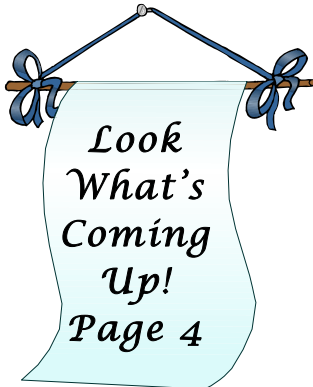


### CITY OF CULVER CITY

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

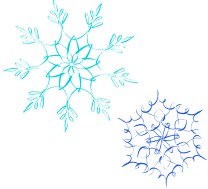
AARP Safe Driver Class Info Line: (310) 253-6757  
Nutrition Site: 9 a.m. to Noon (310) 253-6726  
RSVP/Volunteer Opportunities (310) 253-6704  
Disability Services (310) 253-6729  
Trip Office: (M/W/F) 10 a.m.-2 p.m. (310) 253-6708  
Elder Abuse Hotline (800) 992-1660  
Computer Class Info Line: (310)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

# Culver CITY SENIOR CENTER



## The Newsletter

December 2010



### Senior Center Holiday Party

Friday, December 10, 2010

11:30 a.m.

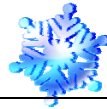
*Let's Celebrate the Holiday Season Together!*



Member of the Year Recognition

Lunch & Entertainment

Installation of the 2011 Board of Directors



Tickets are \$3.50, on sale until Dec. 8 (or until sold out)



### Monthly Birthday Celebration

Come & Enjoy Some Great Musical Entertainment  
Sponsored by Culver City Senior Citizens Association's  
Board of Directors ~ for our CCSCA Members

Thursday, Dec. 16 at 1:00



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

Entertainment by  
**Jacqi Bowe**

### Culver City Senior Center's Own HOLIDAY TALENT SHOWCASE

Wednesday, December 8  
1:00 p.m.

A terrific holiday show by our own seniors, organized by Tony & Friends

Refreshments ~ \$1.00 Donation



### New Year Celebration

Thursday, December 30  
11:30 a.m.

### Lunch & Entertainment

Tickets are \$3.50~On sale Dec. 13-28  
(or until sold out)

"The Golden Age of  
American Popular Music Series"  
PRESENTING

"Popular Christmas Songs  
and the  
Stories Behind Them"

Thursday, December 23  
1:00 p.m.



### LAUGH IT UP!

The Prime Time Plus Players  
present

A Comedy Show at 1:30 on  
Tuesday, December 7  
on the Culver City  
Senior Center Stage

### SPECIAL EVENT FOR YOU & THE GRANDKIDS!

Mrs. Claus is visiting the Senior  
Center on Tuesday,  
December 21 at 10:00 a.m.  
Bring the kids & enjoy!



THE LYRIC CHORUS  
OF  
SANTA MONICA  
COLLEGE EMERITUS



Thursday, December 16  
10:45 a.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 ***FARINELLI***, the amazing true story of world famous castrato, Farinelli. He had everything—money, talent, fame, women—and the voice of an angel. In the 18th century, no man was more famous, more beloved, or more celebrated than the man called Farinelli. Presented on **Tuesday, December 7 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 December will be ***LAST HOLIDAY. Enjoy Yourself...It's Later Than You Think!*** It's advice to follow for shy New Orleans cookware salesclerk Georgia Byrd (Oscar nominee Queen Latifah) when she is led to believe that she has less than a month to live. Enjoy hearty laughs in this 2006 comedy hit. Presented on **Friday, December 17 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, December 5** will be ***KARATE KID***. Dre Parker (Jaden Smith) and his mother (Taraji P. Henson) move to Beijing, China, where Dre has to face down some bullies after he learns Kung Fu from Mr. Han (Jackie Chan). This is an enjoyable remake of the 1984 hit movie. 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!

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## 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!**

### SUNDAY MOVIES

- Dec. 5**     **SONY SUNDAY: *KARATE KID***  
2010-PG-Action-Jaden Smith; Jackie Chan;  
Taraji P. Henson; Wenwen Han; 140 min.
- Dec. 12**    ***LETTERS TO JULIET***  
2010-PG-Romantic Comedy-Vanessa Redgrave  
Amanda Seyfried; Gael Garcia Bereal; 105 min..
- Dec. 19**    ***THE KIDS ARE ALL RIGHT***  
2010-Rated R- Comedy-Annette Bening;  
Julianne Moore; Mark Ruffalo; 104 min.
- Dec. 26**    ***EXTRAORDINARY MEASURES***  
2009-PG-Drama-Harrison Ford; Brendan Fraser  
Keri Russell; Courtney B. Vance; 105 min.

### TUESDAY MOVIES

- Dec. 7**     No Movie Today  
Come & enjoy **LAUGH IT UP!**  
A comedy show by the  
Primetime PLUS Players
- Dec. 14**    **OPERA: *"FARINELLI"***  
Stefano Dionisi; Enrico LoVerso;  
Elsa Zylberstein; Playing time is 110 min.
- Dec. 21**    ***A CHRISTMAS CAROL***  
2009-PG-Jim Carrey; Gary Oldman;  
Colin Firth; 98 min.
- Dec. 28**    ***BACK UP PLAN***  
2010-PG13-Comedy-Jennifer Lopez;  
Alex O'Loughlin; Michaela Watkins;  
Eric Christian Olsen; 106 min.

# LOOK WHAT'S COMING UP

*Special Movie Presentation*  
**"Seven Brides for Seven Brothers"**

Howard Keel          Jane Powell

One of the all time great musicals!



**Friday, December 9 at 12:30**

Hosted by: *Marilyn Hess*



**HOLIDAY LUNCHEON ON DEC. 25**

**Saturday, December 25, 2010**

**Doors open at noon**

**Tickets are \$2.00** Tickets on sale

Dec. 1 until Dec. 22 (or until sold out)

*This special holiday meal is provided by the Culver City Senior Citizens Association for our members or residents of Culver City 50 years of age and over who would otherwise be alone.*



## NEW CLASS: BEGINNING CHINESE

**Instructor: Midori Niiyama    Wednesdays from 9:00-10:00 a.m.    Meet in Activity Room C73.**

## SEMINAR: DO ACHES & PAINS ALTER YOUR LIFESTYLE?

Let Physical Therapist **Cristina Gabor** help you stay active even while you have aches & pains. Cristina will give you the latest tips on how to keep in shape and *keep moving*. **Tuesday, December 14 at 10:30**

## WORKSHOP: CONQUER THE STRESS IN YOUR LIFE AND BE HEALTHIER AND HAPPIER

Please join Certified Hypnotherapist **Michal Caspi Nahmias** to learn how to identify what causes you stress and how to beat it through self-hypnosis, progressive relaxation, therapeutic guided imagery and other mind/body techniques. **Friday, December 3 from 1:00-2:30 p.m.**

## PUBLIC TRANSIT NEWS: LEARN THE BENEFITS OF USING PUBLIC TRANSIT

Learn aspects of transit; EXPO updates; announcements and sign ups for spring and fall outings and get excellent materials to help you with public transit. **WHEN? At the MAJOR TRANSIT FAIR on Thursday, January 27 at 9:45 a.m.** (Repeated on Saturday, January 29 at 12:15 p.m.). **Bonnie Cherko** will answer your transit questions in the lobby on **Thursdays from 11:00 a.m.-12:15 p.m.** or leave Bonnie a message at the Business Desk.

## 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. **Tuesday, December 7 from 9:00-11:00 a.m.**

## SEMINAR: WHAT IS A REVERSE MORTGAGE?

Hear information on how to optimize retirement cash flow without selling your home. Presented by **Bob McLatcher**, Reverse Mortgage Consultant with Wells Fargo Home Mortgage. Bob will give you the facts and have time to answer all of your questions. **Thursday, December 9 at 1:00 p.m.**

## MEDITATION AND ENERGY WORK WITH MICKEY CAPUTO AND TIFFANY RANDOL

Come out for a free class **Saturday, December 4 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. Presented by **Mickey Caputo and Tiffany Randol**

**SEMINAR: MEDICARE 101** Hear the latest information on Medicare issues. Presented by **Jennifer Stickell** on **Thursday, December 2 at 1:00 p.m.**

The Yiddish Group Invites You!  
*Festival of Lights*  
Hannukah Celebration  
**Friday, December 3 at 2:00**

Celebrating Life Together  
Through Music  
*~Jamallad~*  
**Friday, Dec. 3 at 1:00 p.m.**

*Special Holiday Movie*  
**"A CHRISTMAS STORY"**  
The 1983 classis-a true gem!  
**Friday, December 24 at 12:30**

## CULVER CITY SENIOR CITIZENS ASSOCIATION MEMBERSHIP FOR 2011

**Registration Dates: December 13, 14, 15, 16, 17, 20, 21, 22**

**9:00 a.m. until 2:00 p.m. IN THE LOBBY**

**Membership Dues: \$10**

**Parking Pass: \$5**

**Newsletter Mailing: \$10**

**Checks or Cash    No bills over \$20**

**FITNESS ROOM: \$120/year or \$65 for 6 months**

**Registration will resume on January 3, 2011**



## MEMBER OF THE YEAR MARY GARCIA

The Culver City Senior Citizens Association Board of Directors is pleased to honor  
*Mary Garcia*  
*Member of the Year for 2010*

Mary Garcia's volunteer days began with all the fun and fundraising activities she got involved with when her children were young. She saw it as her "duty" to help with raising money so all the children could participate in Pop Warner, Little League and many school activities. Mary relates: "It's a great honor to be the Member of the Year. I am humbled by this honor because I volunteer out of the goodness of my heart, not for recognition. The volunteering comes naturally to me." As one of fourteen children, Mary became independent at a young age and has always followed her own path with confidence and positive energy. She is a proud mother of four children and seven grandchildren and still enjoys ballgames and other fun activities with her family.

Mary worked at Hughes Aircraft for 27 years in the product assurance department, working her way up to supervisor and Internal Auditor for the Trident Missile Department. After retiring in 2001, Mary offered her assistance to her elderly neighbors and had happy experiences taking them places and doing errands, often just chatting with them. A friend from church encouraged Mary to join the Senior Center and now she volunteers for Nutrition, the Wednesday Work Project, the monthly Birthday Parties, the Flu Clinic and is the hostess for the Veterans Group. Mary and Elizabeth Oxley are the "Dynamic Duo" working hard to raise funds for the Nutrition programs. Mary also enjoys the Merry Makers Club, the Loss Support Group and helping with Membership Registration. When she is not helping everyone at the Senior Center, Mary is caring for her 100 orchid plants or catching fish at Kenneth Hahn Park with friends. (Have you seen some of Mary's beautiful orchids gracing the Senior Center desks?) She also loves to cook and share recipes and enjoys making enchiladas and chile rellenos, her specialties.

Mary wants you to know this: "I came here to help people but now I find that this Center is my support group. When I experienced the loss of my husband, Chuck, I realized that I had the biggest and best support group ever. My mission is to continue serving our seniors and getting to know more wonderful people with whom to laugh, dance, drink coffee, catch fish and celebrate life together. Thank you for honoring me as your Member of the Year." And we are happy to show our appreciation to Mary for all she does and extend our congratulations.

*Mary will be recognized at the Center Holiday Party on December 10, 2010*

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

**DID YOU KNOW** that at our Senior Center, we, the members, are organized into an Association known as the "**Culver City Senior Citizens Association? (CCSCA)**"

#### **DID YOU KNOW**

- ◆ that the CCSCA has a Board of Directors elected by the general membership that exists solely to serve YOU?
- ◆ that past CCSCA Boards created the Association by-laws which can be changed as events dictate?
- ◆ that the CCSCA has an established Code of Conduct (displayed at the Center) which defines how members are expected to behave while at the Center?
- ◆ that CCSCA funding comes from membership dues plus donations from members and their families?
- ◆ that CCSCA purchased all the furnishings now in use at the Center? (tables, chairs, etc.)
- ◆ that CCSCA purchased and maintains all the equipment in the Computer Lab? And that the CCSCA pays for the computer lab director, Richard Marr?
- ◆ that CCSCA purchased and maintains all the equipment in the Fitness Room? And that the CCSCA pays for the monitors in the Fitness Room?
- ◆ that the CCSCA Board plus volunteers manage the Trip Office?
- ◆ that the CCSCA discusses and approves all expenditures and outlay from our general fund? We are very aware that it is your money to be spent to enhance your Senior Center experience, and must be used wisely.

**DID YOU KNOW** that the CCSCA Board of Directors works with the staff of the Parks, Recreation and Community Services Department of Culver City? Our goal is to make YOUR Senior Center a place that is a joy to visit, a place with over 100 activities, a place to relax, a place to learn, to meet friends, to volunteer your time and special talents and a place you just can't stay away from!

**WELL....DID YOU KNOW? DO YOU WISH TO KNOW NOW?** Then just ask any Board member. Better yet, come to our monthly Board meetings and GET INVOLVED! ~ *Lionel Crown*

TRIP OFFICE

DECEMBER 2010

TRIP SALES ARE FROM 1:45-3:00 P.M. ON WEDNESDAY, DECEMBER 1, 2010 IN THE NUTRITION SITE. YOU MUST HAVE A 2010 MEMBERSHIP CARD FOR EACH PERSON AND EACH PURCHASE. NO EXCEPTIONS!

**SYCUAN CASINO-FRIDAY-FEBRUARY 4-\$28.00**



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

The Casino is giving you \$20.00 in slot play. **Picture I.D. is required by the Casino.**

**AQUARIUS HOTEL-LAUGHLIN-SUNDAY-TUESDAY-FEB. 13-15**

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

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

**Singles: \$140.00/Doubles: \$105.00 p.p.**



**CATS, THE MUSICAL-SATURDAY-FEBRUARY 19-\$92.00**

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



Musical Theater West presents "Cats, The Musical." Lunch at Parkers Lighthouse Restaurant with your choice of entrees: chicken, fish or vegetarian.

**\*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, including Jekyll Island. 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.



# Social & Disability Services



## New "Drop-In" Counseling Program: It's Free!

### From Antioch University Counseling Center

Every Saturday from 12:00 - 2:00 p.m.  
*In the Senior Center Social Services Office*

Would you like to speak to someone about feeling blue; family or relationship matters; grief or loss; sudden life changes; or any problem that may be affecting your life? If so, take advantage of the new Drop-In Counseling Program:

- ◆ On a first come, first seen basis
- ◆ Does not require an appointment
- ◆ Is typically a one-time session
- ◆ Typical meeting time of 15 to twenty minutes
- ◆ Information about individual counseling or other resources



For information & referrals regarding Social Services & Disability Services programs—or for other questions you may have, please visit Darren Uhl in his office (Tues. - Sat.) or contact him at (310) 253-6729 or [darren.uhl@culvercity.org](mailto:darren.uhl@culvercity.org)

## "Age in Place" with In-Home Services from WISE & Healthy Aging

WISE & Healthy Aging offers programs such as Care Management, Mental Health Services, and Money Management to support older adults with "aging in place." Each program is designed to help seniors live independently at home by relieving them of some burdens of daily life which they can no longer manage on their own—whether it is disabilities making daily activities a challenge, frailty that requires assistance with strenuous activities, or cognitive disabilities that make managing financial affairs a challenge.

If you or someone you know is in need of in-home assistance to help maintain independence call: (310) 394-9871.



### Friendly Phone Call Program



If you or someone you know is living alone and somewhat frail, isolated, or disabled—we offer a "friendly phone call" from volunteers, just to say hello and check in. This program is for people within the 310, 424, 323, or 213 area codes. Call (310) 253-6729 for info!

### Individual Peer Counseling

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

### Bereavement & Alzheimer's Support Groups

If you have recently lost a loved one and are seeking support or are caring for someone with Alzheimer's Disease, contact staff to assist in finding a support group with space available for new members. Call: (310) 253-6729.



### H.I.C.A.P. is FREE!

### Health Insurance Counseling Program

The state-registered Health Insurance Counseling and Advocacy Program Counselor is trained to provide impartial and unbiased information, counseling and assistance on Medicare and related health care coverage including:

- ◆ Original Medicare (Parts A & B)
- ◆ Medicare Prevention Services
- ◆ Medicare Part D Prescription Drug Benefit
  - ◆ "Extra Help" with Medicare Part D
  - ◆ Medicare Advantage: HMOs & PPO
- ◆ Medicare Supplement (Medigap) Insurance
- ◆ Medi-Cal & Medicare Savings Programs
  - ◆ Long-Term Care

Representative Linda Fleischman is here each Monday from 2:00 - 5:00 pm. Please make an appointment with Business Desk staff.

*Provided by the Center for Health Care Rights.*

# LUNCH MENU December 2010\*









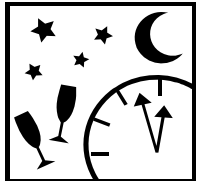
Only those 60 & over and their spouses of any age are eligible for this program.

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

		Wednesday 1	Thursday 2	Friday 3
<p>The Los Angeles County Department of Community and Senior Services (CSS) through their Area Agency on Aging (AAA) awarded the City of Culver City Senior Nutrition Program with the "Golden Apple" and "Silver Thermometer Award" for the FY 09-10. The "Golden Apple Award" was presented to Deedie Lemelle, Senior Nutrition Site Manager, and volunteer Soraya Parnian. The "Silver Thermometer Award" was presented to the Home Delivered Meals Program staff and volunteers for their efforts and dedication. We hope that you join the Senior &amp; Social Services Division staff and volunteers in celebrating this achievement.</p> 		<b>Stuffed Pepper</b> Whole Grain Bread Parslled Orzo Marinated Beets Vegetable Spread Fresh Fruit in Season	<b>Turkey Meatloaf Patty w/ Mushroom and Red Onion Gravy</b> Whole Grain Roll Vegetable Spread Corn on the Cob Mixed Green Salad w/ Citrus Vinaigrette Red Potatoes w/ Parsley <b>OR</b> <b>Chicken Salad Cold Plate</b> Whole Grain Roll Vegetable Spread Romaine Salad Italian Dressing <b>Both:</b> Chocolate Chip Cookie	<b>Spanish Bean Soup</b> <b>Double Entrée:</b> <b>Tuna Salad on Greens</b> <b>OR</b> <b>Chicken Salad</b> Whole Grain Roll Green Salad Carrot Pineapple Salad Vegetable Spread Orange
		<b>Monday 6</b> <b>Turkey Trazzini Spaghetti in Entrée</b> Spinach Broccoli Raisin Salad Lime Gelatin with Mixed Fruit	<b>Tuesday 7</b> Karaoke Day <b>Cream of Potato Soup</b> <b>BBQ Beef</b> Whole Grain Bun Mixed Vegetables Mixed Green Salad Italian Dressing Pineapple Chunks and Mandarin Orange 	<b>Wednesday 8</b> <b>Oven Fried Chicken</b> Corn Bread Greens Black Eyed Peas Lettuce and Tomato Salad Ranch Dressing Cantaloupe
<b>Monday 13</b> <b>Hawaiian Chicken</b> Barley California Blend Marinated Tomato Salad Fresh Fruit in Season	<b>Tuesday 14</b> Karaoke Day <b>Tomato Soup</b> <b>Salisbury Steak w/ gravy</b> Wheat Bread Mashed Potatoes Zucchini Cantaloupe 	<b>Wednesday 15</b> <b>Turkey Bean Chili</b> Corn Bread Marinated Beets Spinach Salad w/ Mandarin Oranges Italian Dressing Oatmeal Cookie	<b>Thursday 16</b> <b>Double Entrée:</b> <b>Lentil Soup (both)</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Shredded Carrots, Cabbage Water Chestnuts <b>OR</b> <b>Chicken Waldorf Salad</b> Whole Grain Bread Mixed Lettuce Carrot Coins Marinated Tomatoes with Green Peppers Vegetable Spread <b>Both:</b> Applesauce w/ Cinnamon	<b>Friday 17</b> <b>Double Entrée:</b> <b>Herb Baked Fish</b> <b>OR</b> <b>Vegetable Frittata</b> Wheat Bread Vegetable Spread Normandy Vegetables Oven Browned Red Potatoes Mixed Fruit in Red Gelatin Orange Juice 
<b>Monday 20</b> <b>Minestrone Soup</b> <b>Veal Parmesan</b> Spaghetti with Marinara Sauce Peas & Carrots Spinach Salad w/ Red Onion Italian Dressing Mandarin Orange Slices and Pineapple Chunks	<b>Tuesday 21</b> Karaoke Day <b>Chicken Jambalaya</b> Steamed Rice Veggies in entrée Romaine Salad French Dressing Wheat Bread Vegetable Spread Watermelon or Fresh Pear 	<b>Wednesday 22</b> <b>Chicken and Brown Rice Soup</b> <b>Beef Stroganoff</b> Egg Noodles Carrots Caesar Salad w/ croutons Caesar Dressing Orange	<b>Thursday 23</b> <b>Vegetable Barley Soup</b> <b>Tuna Casserole</b> Rice in entrée Green Beans Creamy Coleslaw <b>OR</b> <b>Poached Salmon Salad</b> Sourdough Roll Chopped Raw Spinach with Tomatoes Oil and Vinegar Dressing Vegetable Spread <b>Both:</b> Sliced Peaches	<b>Friday 24</b> <b>Center Open Holiday Hours</b> 12:00-4:00 p.m. 
<b>Monday 27</b> <b>Egg Drop Soup</b> <b>Beef &amp; Broccoli</b> Steamed Rice Wheat Bread Broccoli in entrée Red and Green Coleslaw Tapioca Pudding	<b>Tuesday 28</b> Karaoke Day <b>Split Pea Soup</b> <b>Roast Turkey</b> Whole Grain Bread Vegetable Spread Fresh Baked Sweet Potato Cranberry Gelatin Salad Orange 	<b>Wednesday 29</b> <b>Spaghetti with Meatballs (beef)</b> Green Beans Tossed Salad Ranch Dressing Cantaloupe	<b>Thursday 30</b> <b>New Year's Celebration</b>  Special Ticket Required	<b>Friday 31</b> <b>Senior Center Closed</b> 

\*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.

# 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 OR  
CALL Jill at 310-253-6722.

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



*Welcome to Our New RSVP Volunteers in 2010!*

Mickie Arrey-Walton, Maria Barrios, Sue Brennan, Virginia Butters, Shirley Campbell, Gertrude Diamond, Richard Gallegos, Jessica Maria G. Garcia, Betty Glendinning, Rattanaporn Golub, Jan Harmon, Ollie Holden, Patricia Ialongo, Dave Jenett, Addie Lelyveld, Kathy Maugh, Maureen McTeague, Joan Merritt, Wendy Miller, Marsha Mueller, Anita Nielsen, Margaret (Meg) O'Brien, Sharen Sawa, Kathleen Schmitt, Myra Spilholtz, Priscilla Terry, James Walton E., Brenda Whitea and Joey Zepkin

# Seasons' Greetings

from the Senior Center Staff

*Richard M. Sylvia Brown*  
*Samantha Lee*  
*Anna*  
*Barbara W. Deedee*  
*Martha Juan Helen*  
*Barbara S*  
*Sebbie*  
*Carlos Zach*  
*Robert*  
*Dolly*  
*Amma*  
*James*



We wish you all a happy holiday season!



## OPERATION: YARN

Our dedicated RSVP knitters are in need of donated yarn for various projects benefitting Veterans, homeless outreach groups and local shelters.

Help our talented knitters create warm afghans for those that need them the most as winter approaches!


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

Thank you in advance for your support!



## Sweet Tooth Booth!

See's Candy Sales are Thursday & Friday 10 a.m.—1 p.m.  
Come buy a sweet holiday treat for a friend or neighbor while supporting your senior volunteers!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</b></p> <p style="text-align: center;"><b>➔</b></p> <p>* FEE FOR CLASS ♦ MEETS AT VETS MULTIPURPOSE ROOM +Materials fee</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;"><b>DECEMBER 2010</b></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 Tai Chi 10:00 Yoga With Rosa *♦ 10:00 Band Practice 10:30 Drama 10:30 Ask the Physical Therapist (2 <sup>nd</sup> & 4 <sup>th</sup> Tues) 11:00 Karaoke Mary & Friends 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 <sup>st</sup> & 3 <sup>rd</sup> Tues.) 3:30 Yoga*	9:00 RSVP-WWP /Crafts Groups 9:00 Harmonica 9:00 Beginning Ballroom *♦ 9:00 Beginning Chinese 10:00 Loss Support Group 10:30 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance * ♦ 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 <b>\$2.00 Members</b> <b>\$4.00 Guests</b> (50 & older)
			<b>1 1:30 p.m. TRIP SALES</b>	<b>2</b> 1:00 MEDICARE 101 Jennifer Stickell	<b>3</b> 1:00 <i>Celebrating Life Together Through Music ~ Jamallad</i> 1:00 "CONQUER THE STRESS IN YOUR LIFE" Michal Caspi Nahmias	<b>4</b> 1:00-3:30 DANCE Music by <b>RAZZMATAZZ</b> 1:00 Card Games with Virginia
<b>5</b> 9:00 LAUGHLIN TRIP  12:00 BRIDGE 1:00 MOVIE	<b>6</b>  1:00 VETERANS GROUP	<b>7</b> 8-12 am <u>FREE COFFEE</u> 9-11 STROKE SCREENING 1:30 <b>LAUGH IT UP!</b> Comedy Show 3-5 Rosen Movement Class	<b>8</b> 10:00-1:00 RSVP CRAFTS SALE 9:30-10:45 BLOOD PRESSURE SCREENING 1:00 <b>HOLIDAY TALENT SHOWCASE</b>	<b>9</b> 12:30 MOVIE <i>"Seven Brides for Seven Brothers"</i> 1:00 REVERSE MORTGAGE SEMINAR Bob McLatcher	<b>10</b> <b>Senior Center Holiday Party</b> <b>11:30</b>	<b>11</b> 1:00-3:30 DANCE Music by <b>MELODY MASTERS</b>
<b>12</b>  12:00 BRIDGE 1:00 MOVIE	<b>13</b> 1:00 BOARD MEETING  <b>MEMBERSHIP REGISTRATION FOR 2011</b> <b>9:00-2:00</b> <b>DEC. 13, 14, 15, 16, 17, 20, 21, 22</b>	<b>14</b> 8-12 am <u>FREE COFFEE</u>  1:00 MOVIE 10:30 SEMINAR <i>DO ACHES &amp; PAINS ALTER YOUR LIFESTYLE?</i> Cristina Gabor	<b>15</b> 2:00 p.m. NEWPORT HARBOR BOAT PARADE TRIP  1:00: "Downsize Your Life " Barbara Payne <u>Diabetes Support Group</u> <i>Does not meet in Dec.</i>	<b>16</b> <b>10:45</b> <b>Lyric Chorus of Santa Monica College</b>  <b>1:00 December Birthday Party</b>	<b>17</b> <b>12:30 Movie Nostalgia "LAST HOLIDAY"</b>	<b>18</b> 1:00-3:30 DANCE Music by <b>STRIKERS</b>
<b>19</b> 9:00 TRADITIONS OF CHRISTMAS TRIP  12:00 BRIDGE 1:00 MOVIE	<b>20</b>	<b>21</b> 8-12 am <u>FREE COFFEE</u> 10:00 MRS. CLAUS VISITS THE GRANDKIDS  1:00 MOVIE 3-5 Rosen Movement Class	<b>22</b>  <b>1:00</b> Harmonica Holiday Songfest	<b>23</b> <b>1:00</b> <b>"Popular Christmas Songs and the Stories Behind Them"</b> <i>Golden Age of Popular Music Series</i>	<b>24</b> <b>HOLIDAY HOURS</b>  Open 12-4 Movie 12:30 "A Christmas Story"	<b>25</b> <b>Senior Center Closed Today</b> <b>Doors open at noon for those with tickets for the HOLIDAY LUNCHEON</b>
<b>26</b>  12:00 BRIDGE 1:00 MOVIE	<b>27</b>	<b>28</b> 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE  <i>1:00 "Platicando Sabroso"</i>	<b>29</b>	<b>30</b> 8:00 SAN MANUEL TRIP  <b>New Year Party</b> <b>11:30</b>	<b>31</b>  <b>Senior Center Closed Today</b>	<b>HAPPY NEW YEAR</b>