

Culver CITY

The Newsletter

October 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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Senior Center Art Exhibit Page 2



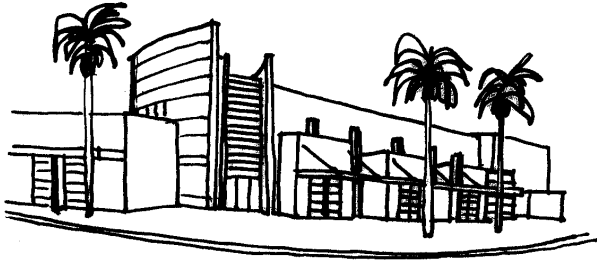
CULVER CITY SENIOR CENTER

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

October 2010

Halloween Party



**Friday
October 29
11:30 a.m.**



Tickets on sale at
the Business Desk
October 11-27
(or until sold out)



Lunch & Entertainment!

Wear Your Costume!

Monthly Birthday Celebration

Thursday, October 14 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 October, be our guest for cake & ice cream. Refreshments for all for just 50 cents each item.

Entertainment by
Jordan Preston

THE DREAMS S COMMITTEE WILL PRESENT



**THE ELEGANCE
OF
FASHION**

WHITE HOUSE BLACK MARKET

PLUS

**EXCITING SURPRISES WITH A LATIN FLAVOR
ENTERTAINMENT**

RAFFLES, GIFTS & REFRESHMENTS

THURSDAY, OCTOBER 21 1-3 PM

ADMISSION: \$1.00 DONATION

**Culver City Resident,
Award Winning
Singer & Entertainer**

Cali Rose

will present

"Songs that Made

Culver City Famous"

Wednesday, October 6 at 1:00 p.m.

*Drawing on music from "The Heart of
Screenland," Cali will sing songs that people
hum & adore from movies & TV shows made
in CulverCity.*



Share the Joy of Classical Piano



with

Andrew Wong

Wed., October 13

1:30-2:30 p.m.

**Special Presentation of
Spanish Heritage Dances**

Natalie Maleski

Tuesday, October 12

12:30 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 ***H.M.S. PINAFORE***. In this delightful operetta by ***Gilbert & Sullivan***, Ralph Rackstraw is a lowly sailor who has fallen in love with his Captain's daughter, Josephine. Josephine is to be married to Sir Joseph Porter. Meanwhile, Buttercup, a local peddler woman, loves the captain from afar. Is romance destined to die or will love level the social ranks? Presented on **Tuesday, October 5 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 October will be ***ANNIE GET YOUR GUN***. Betty Hutton (as Annie Oakley) and Howard Keel (as Frank Butler) star in this sharpshootin' funfest based on the Broadway smash hit boasting Irving Berlin's beloved score. Presented on **Friday, October 22 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, October 3** will be ***BOUNTY HUNTER***. In this comedy, Milo Boyd (Gerard Butler), a down on his luck bounty hunter, gets his dream job when he is assigned to track down his ex-wife (Jennifer Aston) *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!

SUNDAY MOVIES

- Oct. 3 **SONY SUNDAY: *BOUNTY HUNTER***
2009-PG13-Comedy-Jennifer Aston and Gerard Butler; 107 min.
- Oct. 10 ***TYLER PERRY'S WHY DID I GET MARRIED TOO?***
2009-PG13-Comedy-Janet Jackson; Michael Jai White; Tyler Perry, Lou Gossett, Jr. 121 min.
- Oct. 17 ***DATE NIGHT***
2010-PG13-Comedy-Tine Fey; Mark Wahlberg; James Franco; 88 min.
- Oct. 24 ***No Movie Today***
- Oct. 31 ***TAKEN***
2009-PG13-Action; Liam Neeson; Maggie Grace; Famke Janssen; 90 min.

TUESDAY MOVIES

- Oct. 5 **OPERA—*H.M.S. PINAFORE***
Gilbert & Sullivan; Peter Marshall as Captain Corcoran; Frankie Howerd as Sir Joseph Porter; Meryl Drower as Josephine; Michael Bulman as Ralph Rackstraw; Alan Watt as Dick Deadeye; Playing time is 115 min.
- Oct. 12 ***No Movie Today—***
Come and enjoy the special program of Spanish Heritage Dances!
- Oct. 19 ***CITY ISLAND***
2010-PG13--Comedy-Andy Garcia; Julianna Margulies; Alan Arkin; 104 min.
- Oct. 26 ***UP IN THE AIR***
2009-Rated R-Comedy/Drama-George Clooney; Vera Farmiga; Anna Kendrick

LOOK WHAT'S COMING UP

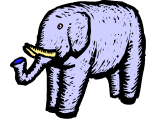
SENIOR CENTER ART EXHIBIT



October 19, 20 & 21

*Beautiful artwork by our talented
Seniors displayed for
your enjoyment
In the Senior Center Lobby*

WHITE ELEPHANT SALE



Monday, October 11

9:00-11:30 a.m.

Donate your *clean & reusable* treasures for the Merry Makers Club's White Elephant Sale. To donate, bring items to the Senior Center on Friday, October 8th. The Merry Makers donate the proceeds from the sale to local charities.

HEALTH SEMINAR: MEMORY LOSS, DEMENTIA and ALZHEIMER'S DISEASE

Attend this educational event by the Alzheimer's Association and hear the latest information on Memory Loss, Dementia and Alzheimer's Disease. **Monday, October 18 at 1:00 p.m.**

SEMINAR: THE HEALTH REFORM ACT AND ITS REPERCUSSIONS

Dagmar V. Halamka, guest lecturer from the **USC Emeriti Center-Emeriti College Public Lecture Series**, will address issues concerning the Health Care Act, Medicare, etc., and how it will affect the Senior community. **Thursday, October 28 at 1:00 p.m.**

SEMINAR: TAKE YOUR SOCKS OFF! DIABETIC SHOES COVERED BY MEDICARE

Sandra Grecki, Southern California Representative, **Carepoint Medical**, will share information on health-related topics and discuss your benefits and coverage you have available as Medicare beneficiaries. Did you know that diabetes typically affects the feet first? Come and learn about proper foot care and how your Doctor can prescribe proper fitting stylish shoes covered by Medicare. We will also discuss arthritis, mobility, pain relief and other health-related issues. **Wednesday, October 27 at 12:30 p.m.**

HEALTH TALK: HEALTHY EATING HABITS AND FUN & EASY EXERCISES

This 30 minute health talk is designed especially for seniors to educate about healthy eating and exercises to live a healthy and balanced lifestyle. A **Silver Sneakers** specialist will be present to demonstrate low impact exercises from a seated position. **Thursday, October 14 at 1:00 p.m.**

NEW: BEGINNING TAI CHI CLASS

Mondays, 10:30-11:30 a.m. in the Multipurpose Room at Vets. Instructor: **Anton Summers**. There is a \$2.00 fee per class. You must be a CCSCA member to attend this class.

FINANCIAL SEMINAR: REVERSE MORTGAGE

Do you need cash to cover expenses? Funds to achieve dreams? Hear information on how to optimize retirement cash flow without selling your home. A Reverse Mortgage is an FHA, government loan. You can convert some of your home's equity into cash that can be used any way you choose. Ask the expert, **Bob McLatcher**, Reverse Mortgage Consultant with Wells Fargo. Bob will give you the facts and have time to answer your questions. **Thursday, October 7 at 1:00 p.m.**

VETERANS GROUP OUTING TO THE PROUD BIRD on Monday, October 4th. Meet at 10:00 a.m. in the lobby at the Senior Center. All are welcome. Time: 11:00 a.m. until 3:00 p.m. Cost: \$30 per person.

PUBLIC TRANSIT NEWS

Look for a major announcement of an upcoming transit event in the November Newsletter

Transit questions? See Bonnie in the lobby on Thursday, Oct. 14 or 21 from 11:00-12:15 p.m.



Special Movie Presentation
The Buena Vista Social Club
A triumphant performance of
extraordinary music by aging legendary
Cuban musicians who were brought
together by Ry Cooder in 1997.
Hosted by : *Marilyn Hess*
Thursday, October 7 at 12:30 p.m.

Sing Along With Dolly

Friday, October 8

1:00 p.m.



Join **Dolly Blair**
and have some fun singing your favorites!

**SENIORS OF THE MONTH
BARBARA & RAY
HOLLANDER**



Barbara & Ray Hollander have volunteered for every Patio Concert & BBQ party for the past four summers! Lucky for all of us that Ray loves to BBQ and his lovely wife persuaded him to cook all the BBQ items for you! Who else would

willingly subject themselves to all that smoke and burned hands?

Ray hails from Northbrook, Illinois. After he spent three years in the Marines at Camp Pendleton and Seal Beach, he returned to California where he met Barbara, raised his family and retired after 36 years as an Operating Engineer. Next time you look at the Getty Center and Staples Center, think of Ray, who worked on hundreds of high profile projects.

Barbara grew up in Passaic, New Jersey and considers herself one of "The New Jersey Housewives." After 36 years of marriage, Barbara and Ray are so proud of their 5 children, 6 grandchildren and 2 great grandchildren. Now that all the children have moved out, Barbara & Ray say that the house is being run by Roxy Jeanette Hollander, their 31/2 year old Jack Russell terrier.

Barbara retired from her Administrative Assistant job at an Orthopedic Doctor's Office and now volunteers for our Nutrition Program and for the RSVP program. Barbara says that she gets far more out of interacting with people here at the Senior Center than she gives and enjoys listening to the interesting stories people have to tell. These enjoyable and energetic volunteers have helped with various projects for Cultural Affairs and also the Socialites parties here at the Senior Center.

Ray loves the outdoors, especially bicycling and hunting activities. Walking, reading mysteries and playing PAN are Barbara's favorite pastimes; that is, when Roxy gives them permission to leave the house! *Thank you* to Barbara and Ray for all their good humor and valued volunteer activities here at the Senior Center.

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

Please consider contributing to the success of our membership Association by becoming a Board Member and having an impact on major important decisions that affect all of us. Our CCSCA association is fortunate to have a partnership with the City of Culver City. Your CCSCA membership allows you to enjoy programs and classes such as yoga, ceramics, art, movies, dances, games, financial and medical seminars, a wide variety of language classes and *much, much more!* ALL of these activities are supported by our membership Association, CCSCA, as well as the entertainment offered at the monthly birthday celebrations, the big bash parties and special live shows. In addition, members have the exclusive opportunity to join the Computer, Fitness and Billiards Room and enjoy other activities and trips for an additional fee. We want everyone to enjoy their time at the Senior Center and really encourage you to get involved. Being on the Board of Directors is **VERY IMPORTANT WORK.** We need YOU to play a role in shaping the future of our wonderful Center.

- ◆ Nominations accepted until October 8 at 3:00 p.m.
- ◆ General Membership Meeting and Candidate
- ◆ Forum on Wed. October 27 at 10:30 a.m. M-F, November 8-12 between 9:00 a.m. and 3:00 p.m.

**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

Roland Courtois

(91 years of age)

Selien Stodel

(91 years of age)

Bernard Amsterlaw

(93 years of age)

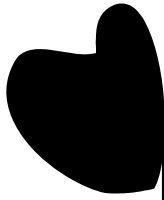
Ophelia Walker

Krisna Dass

Tessie Weinstein

(92 years of age)

What Can One Hour a Week Do?



Make a big difference in the life of a child.

Are YOU that big difference?

If so, become a Big Brother or Big Sister in school-based program to a child who needs an extra positive role model in his or her life. You will be paired with a Little Brother or Little Sister according to compatibility, interests and preferences for one-on-one time for one hour a week that consists of playing games, sports, homework help, arts and crafts, good conversation, and encouragement.

Who: Boys and Girls ages 7 to 10

Where: Braddock Drive Elementary - 4711 Inglewood Blvd., Culver City, CA

When: Tuesdays, Wednesdays, and Thursdays 12:00 p.m. - 1:30 p.m.

What: Making a Difference by Just Being Who You Are

Why: Because There is a Child Waiting for You

Cost: Your Time (Fun Included)



For more information, contact Cassandra Black

Manager of School-Based Programs at

(310) 775-3737 or

Cassandra.Black@bbbs.org

*Side Effects May Include: Laughter, Positive Impacts, Personal Growth, and Life Changing Experience. **

**Should side effects continue, please recommend a friend immediately. **



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!

EXPERT ONE-on-ONE HELP

with your cell phone or laptop computer



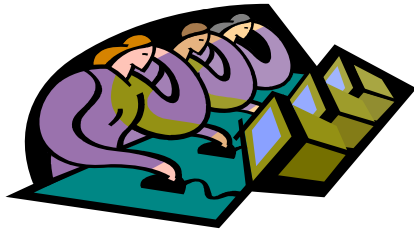
Wednesday, October
13th
12:30 - 2:30 p.m.
Room B45



Employees from local computer headquarters, Symantec, will be volunteering to help you with your cell phone and laptop questions.

Please bring the equipment you need help with (along with their chargers) and pen and paper to take notes.

First come, first served. 15 minutes maximum per person



Open Lab!
9:15-11:15 a.m. MWF!

In addition to our current computer classes offered, the Computer Lab is open for the members to practice their computer skills and other purposes. The Open Lab hours are Monday, Wednesday & Friday between 9:15am and 11:15am. To use the computers, Culver City Senior Citizen Association membership is required and the users must follow the Computer Room Rules adopted by CCSCA Board of Directors and S&SS Manager which are posted in the Computer Lab. The rules are to prevent users from damaging the computers, changing the computer setups and disrupting other users. Bring your membership card.

The Senior Nutrition Lunch program invites all participants who meet the following qualifications:

1. Any person aged sixty (60) or over (photo ID required)
2. The spouse, of any age, accompanying a senior to the site. They will be treated as 60 and older participants.
 - *Only the eligible clients can make a meal reservation
 - *New eligible clients must complete a universal intake form at the Senior Nutrition office to be registered for this program
 - *Suggested donation for the eligible client is **\$2.25**
 - *Eligible clients without in-advance meal reservation will stay out of the lunchroom and wait until called by the staff or volunteers.

59 years old and under

1. Non-seniors, 59 years old and under, may not make a meal reservation.
2. They can leave their name at the lunchroom desk and will be placed on the non-senior wait list. If they are a caregiver, they can sit with their clients. Otherwise they have to wait outside the lunchroom until called by staff or volunteers.
3. After all 60 years old and older participants have been served, then those 59 years and under will be served if food is available. The mandatory cost per meal for those under 60 is **\$3.75** and must be paid to the Nutrition Program front desk cashier.



Social & Disability Services

October is Disability Awareness Month in Culver City!

We celebrate the 20th anniversary of the ADA (*Americans with Disabilities Act*) and all of the progress made possible through this ground-breaking legislation. It has ensured the civil rights of people with disabilities, established a clear national mandate for the elimination of discrimination against disabled people, and expanded opportunities for individuals with disabilities by reducing barriers and changing perceptions!

New "Drop In" Counseling Program From Antioch University Counseling Center

Saturdays from 1:00 - 3:00 p.m.

In the 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.

- ◆ It is free
- ◆ On a first come, first seen basis
- ◆ Does not require an appointment
- ◆ Is typically a one time session
- ◆ May provide information about follow up counseling



Annual Carnival for Kids with Disabilities (& their immediate families)

This free festival of fun will take place at the Senior Center on:

Sunday, October 24

From 12:30 - 3:30 pm.

(Sorry, there will be no Sunday movie this day.)

Children will enjoy carnival games/prizes; food & drinks; live entertainment; crafts; photo booth; and more!

Families must RSVP by phone no later than October 20th to (310) 253-6732 in order to participate.

Special thanks to the CCSCA for their support of this event and year-round programs for individuals with disabilities!



Social Security: Retirement & Disability Benefits On-line Application Assistance

Are you ready to file your Social Security application? Do you need help applying for Social Security disability benefits? Save a trip to your Social Security Office! File your application on-line with a Social Security Representative at the *Culver City Senior Center* Computer Lab. Appointments will be available from 11:30 a.m. to 2:30 p.m. on the 2nd & 4th Mondays of each month. Make an appointment at the Business Desk or call (310) 253-6700.

Disability & Social Services related information and referral is provided to Culver City residents of all ages. Staff works to ensure that people of all abilities are included, able to participate, & accepted as valued community members.

Offices @ the Senior Center feature:

- ◆ CCTV Magnification Machine for Public Use
- ◆ Donate Used Eyeglasses & Hearing Aids
- ◆ Large Print Library & Audio Books to borrow
- ◆ Information, Assistance, and Referrals
- ◆ Assistive Listening Devices for Events
- ◆ Disability Advisory Committee Meetings



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.









LUNCH MENU October 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

 Vegetables are the food of the earth; fruit seems more the food of the heavens, ~Sepal Felicivart				
				Friday 1
				Double Entrée: Ranch Marinated Chicken AND Lemon Herb Fish Oven Roasted Potatoes Buttermilk Biscuit Carrot Raisin Salad Broccoli Vegetable Spread Rice Pudding
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
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 	Spaghetti with Meatballs (beef) Green Beans Tossed Salad Ranch Dressing Cantaloupe	Cream of Broccoli Soup Teriyaki Chicken Brown Rice Peas & Onions Spinach Salad w/ Mandarin Oranges Italian Dressing Fresh Fruit in Season	Double Entrée: Lemon Garlic Fish AND Spinach Quiche Whole Grain Bread Vegetable Spread Mixed Vegetables Coleslaw with Pineapple Marble Cake 
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
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 	Turkey Enchilada Casserole Corn Tortilla in entrée Refried Beans Mixed Green Salad Thousand Island Dressing Banana Orange Juice	Vegetable Soup Swedish Meatballs Noodles Normandy Vegetables Pineapple Coleslaw Lime Gelatin w/ Pears	Double Entrée: Beef Stew with Carrots, Potatoes, Celery AND Fish Vera Cruz with Brown Rice Carrots Both: Marinated Tomato, Onion & Green Pepper Salad Both: Oatmeal Cookie
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
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 	Stuffed Pepper Whole Grain Bread Parslied Orzo Marinated Beets Vegetable Spread Fresh Fruit in Season 	Turkey Meatloaf Patty w/ Mushroom and Red Onion Gravy Whole Grain Roll Vegetable Spread Corn on the Cob Mixed Green Salad w/ Citrus Vinaigrette Red Potatoes w/ Parsley AND Chicken Salad Cold Plate Whole Grain Roll Vegetable Spread Romaine Salad Italian Dressing Both: Chocolate Chip Cookie	Spanish Bean Soup Double Entrée: Tuna Salad on Greens AND Chicken Salad Whole Grain Roll Green Salad Carrot Pineapple Salad Vegetable Spread Orange
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Turkey Tetrazzini Spaghetti in Entrée Spinach Broccoli Raisin Salad Lime Gelatin with Mixed Fruit	Karaoke Day Cream of Potato Soup BBQ Pulled Pork Whole Grain Bun Mixed Vegetables Mixed Green Salad Italian Dressing Pineapple Chunks and Mandarin Orange 	Oven Fried Chicken Corn Bread Greens Black Eyed Peas Lettuce and Tomato Salad Ranch Dressing Cantaloupe	Minestrone Soup Beef Lasagna (↑) California Blend Spinach Salad with Mandarin Orange French Dressing Fresh Fruit in Season AND Vegetarian Mixed Bean Salad w/ French Dressing Whole Wheat Bread Raw Spinach Broccoli and Raisin Salad Vegetable Spread Fresh Fruit in Season	Senior Center Party Halloween Party  Special Ticket Required
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;">OCTOBER 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 ♦ 1:00 Sign Language * 1:00 MOVIE 1:00 Intermediate Spanish 1:00 Coco's Art Group ^ 2:00 Elementary Spanish 3:15 Rosen Movement* (1 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) <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">New "Drop-In" Counseling Program</p> <p style="text-align: center;">Saturdays 12-2 p.m.</p> <p style="text-align: center;">Begins October 2</p> <p style="text-align: center;">Antioch University Counseling Center <i>At the Culver City Senior Center, in the Social Services Office</i></p> </div>
					1	2 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia
3 12:00 BRIDGE 1:00 MOVIE	4 VETERANS GROUP At PROUD BIRD Meet at 10:30 a.m. at the Senior Center to carpool	5 8-12 am <u>FREE COFFEE</u> 1:00 OPERA MOVIE H.M.S. Pinafore	6 <u>2:00 P.M. TRIP SALES</u> 1:00 The Songs that Made Cuver City Famous Cali Rose	7 12:30 Movie The Buena Vista Social Club 1:00 REVERSE MORTGAGE SEMINAR	8 8:00 VALLEY VIEW CASINO 1:00 Sing Along With Dolly	9 1:00-3:30 DANCE Music by SWING SET
10 9:00 LAUGHLIN TRIP 12:00 BRIDGE 1:00 MOVIE	11 9:00-11:30 WHITE ELEPHANT SALE 1:00 BOARD MEETING Sign up begins for Chair Massage on Oct. 25	12 12:30 Hispanic Heritage Dance Performance 10:30-11:30 <u>Ask the Physical Therapist</u> <i>Cristina Gabor</i>	13 9-1 RSVP CRAFTS SALE 9:30-12:30 Pedestrian Safety Workshop 12:30-2:30 Cell Phone & Laptop help 9:30-10:45 BLOOD PRESSURE SCREENING 1:30 Classical Piano with Andrew Wong	14 1:00 October Birthday Party 1:00 SEMINAR: HEALTH TALK ON HEALTHY EATING HABITS & EXERCISE 5:00-8:00 SHAKEY'S FUNDRAISER	15	16 1:00-3:30 DANCE Music by STRIKERS
17 12:00 BRIDGE 1:00 MOVIE	18 8:00 PECHANGA TRIP 1:00 SEMINAR Memory Loss, Dementia And Alzheimer's Disease	19 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE Art Show in Lobby	20 1:00 SEMINAR: "Downsize Your Life " Barbara Payne Art Show in Lobby	21 1:00 FASHION SHOW Art Show in Lobby	22 12:30 Movie Nostalgia Annie Get Your Gun	23 1:00-3:30 DANCE Music by MELODY MASTERS 1:00 Card Games with Virginia
24 10:00 "ANNIE" TRIP 12:00 BRIDGE NO MOVIE TODAY	25	26 8-12 am <u>FREE COFFEE</u> 10:30-11:30 <u>Ask the Physical Therapist</u> <i>Cristina Gabor</i> 1:00 MOVIE <i>1:00 "Platicando Sabroso"</i>	27 10:30 CCSCA MEMBERSHIP MEETING & CANDIDATE FORUM 1:00 SEMINAR "Take Your Socks Off! Diabetic Shoes Covered by Medicare	28 1:00 "HEALTH REFORM ACT AND ITS REPERCUSSIONS" Dagmar Halamka USC Emeritii Lecture	29 11:30 Halloween Party	30 1:00-3:30 DANCE Music by SWING SET
31 12:00 BRIDGE 1:00 MOVIE						