

# Culver CITY

## The Newsletter

September 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

P. Lamont Ewell,  
Interim City Manager

Martin R. Cole  
Assistant City Managers

Pam Robinson, Interim Director  
Parks, Recreation & Community  
Services



### SENIOR & SOCIAL SERVICES

Armando Abrego,  
Senior & Social Services Manager

Debbie Cahill, Senior Program Spec.

Roxana Tabibi, Senior Nutrition Spec.

Jill Thomsen, RSVP Specialist

Darren Uhl, Disability Specialist

Alvina Prasad, Paratransit Coordinator

Spencer Wray, Van Driver

Jesse MacGregor, Van Driver



### CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

Sid Schalman, President

Barbara Silverstein, Vice President

Hope Seldin, Secretary

Mary Collim, Treasurer

Lionel Crown Marilyn Hell

Patricia Fountain Clifford Nelson

Kay Heineman Elizabeth Oxley

Sharon Hyland-Elstein

Alternates:

Mary Garcia John McCarthy

Jessica Maria Garcia

Monthly Board Meeting

Second Monday, 1:00 p.m.



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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

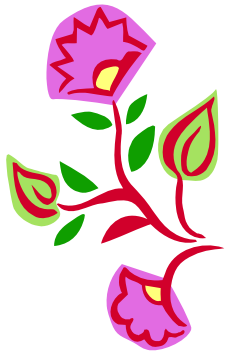
AARP Safe Driver Class Info Line: (310) 253-6757  
Nutrition Site: 9 a.m. to Noon (310) 253-6726  
RSVP/Volunteer Opportunities (310) 253-6704  
Disability Services (310) 253-6729  
Trip Office: (M/W/F) 10 a.m.-2 p.m. (310) 253-6708  
Elder Abuse Hotline (800) 992-1660  
Computer Class Info Line: (310)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

# Culver CITY SENIOR CENTER



## The Newsletter

September 2010



### *Fiesta to Celebrate Hispanic Heritage Month*

**Tuesday, September 14 at 11:30 a.m.**

### *Lunch & Entertainment*

Tickets are \$3.50. Tickets on sale at the Business Desk from August 23—September 10 (or until sold out)



### Monthly Birthday Celebration

**Thursday, September 9 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 September, be our guest for cake & ice cream. Refreshments for all for just 50 cents each item.*

Entertainment  
by  
**Armando**



### End of Summer Patio Concert & BBQ Dinner

**Friday, September 10 3:30-5:00 p.m.**

Tickets for the BBQ Dinner are pre-sold to CCSCA Members only for \$4.00. Tickets available Monday, August 23 until sold out.

**Come & enjoy some great music by**

**Razzmatazz**

***This is our last Summer Patio Concert for 2010! Thank You to all the fabulous, hard working volunteers who made these fun events possible for you!***

The songs, Broadway & Hollywood musicals, life, and times of one of the most brilliant and provocative songwriters of all time:



### Cole Porter

**Thursday, September 23  
1:00 p.m.**

**Saul H. Jacobs** tells the wonderful stories that enlighten and delight you  
**Bob Lipson** at the piano, plays the great standards that we all love  
**Steve Fry** on bass



*This program is presented as part of the USC Emeriti Center College Public Lecture*



### Ragtime Piano Concert Doug Haise

*returns to play some great  
Ragtime Piano*

**Friday, September 10 at 12:45 p.m.**

### Sing Along With Dolly

**Friday, September 17 at 1:00 p.m.**

Join **Dolly Blair**

and have some fun singing your favorites!



## OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month's opera movie will be ***L'ELISIR D'AMORE (ELIXIR OF LOVE)***. This opera by Italian Composer **Gaetano Donizetti** is a melodrama *giacoso* in 2 acts and takes place in a little Italian village in the 19th Century. It contains the popular "una furtiva lagrima," one of opera's most famous arias. Presented on **Tuesday, September 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 September will be ***THE BELLE OF NEW YORK***. In this film, Fred Astaire slips on his dancing shoes and portrays a playboy and Vera-Ellen is a charity worker likely to prefer a fella with his feet on the ground.....until Fred dances the proper miss off her feet! Presented on **Friday, Sept. 27 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, September 5** will be ***DEAR JOHN***, a film based on the best-selling novel by Nicholas Sparks. It is the story of John Tyree (Channing Tatum), a young soldier home on leave, and Savannah Curtis (Amanda Seyfried), the idealistic college student he falls in love with. *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

- Sept. 5** **SONY SUNDAY: *DEAR JOHN***  
2009-PG13-Romantic Drama-Emily Blunt;  
Rupert Friend; Paul Bettany; 104 min.
- Sept. 12** ***ALICE IN WONDERLAND***  
2010-PG-Tim Burton's fantasy adventure  
take on Lewis Carroll's *Alice in Wonderland*.  
Johnny Depp; Mia Wasikowska; Helena  
Bonham Carter; Anne Hathaway; 108 min.
- Sept. 19** ***THE LAST STATION***  
2009-Rated R-Christopher Plummer; Helen  
Mirren; James McAlvay; Paul Giamatti; 113 min.
- Sept. 26** ***OUR FAMILY WEDDING***  
2010-PG13- Comedy-Forest Whitaker; Carlos  
Mencia; Lance Gross; America Ferrara; 103 min.

### TUESDAY MOVIES

- Sept. 7** **OPERA—*ELIXIR OF LOVE***  
The Metropolitan Opera conducted by  
James Levine; Kathleen Battle; Luciano  
Pavarotti, Juan Pons, Enzo Dara and  
Korliss Uecker. Playing time is 125 min.
- Sept. 14** **No Movie Today~Come and enjoy the  
*Latin American Heritage Party!***
- Sept. 21** ***INGLORIOUS BASTARDS***  
2009-Rated R-Action-Brad Pitt; Diane  
Kruger; Laurent Christoph Waltz; 152 min.
- Sept. 28** ***WHEN IN ROME***  
2009-PG13-Comedy; Kristen Bell;  
Josh Dudamel; Anjelica Huston;  
Will Arnett; 91 min.

# LOOK WHAT'S COMING UP



## Special Movie Presentation *Falling in Love Again*

*Harry & Sally met in the 40's in the Bronx. Harry, Sue & their teenage kids return to the Bronx for Harry's high school reunion years later. Will good memories rekindle their fading love?*

Comedy/Drama from 1980, starring  
Kay Ballard Twink Caplan John Diehl Elliott Gould

Hosted by : *Marilyn Hess*

**Thursday, September 16 at 12:30 p.m.**

## *Chair Massage* Beginning September 27



### **Christopher Keller**

will volunteer his time to offer you a free Chair Massage on the last Monday of the month during the hours 12:30-3:30 p.m. You have an appointment to participate. Sign ups will begin at the Business Desk on Monday, September 13 for 9/27.

## NEW CLASS! MEMOIR AND CREATIVE WRITING CLASS

From a lifetime of experience, words of wisdom take flight. Your wisdom and your creativity is your legacy, and through writing it is preserved and can be passed on. Each class will equip you with tools and direction for putting meaningful words to paper. This September, let your creative energy flow and, even if you've never thought of yourself as a writer, prepare to be delighted with the stories that move from your mind to your pen or keyboard and onto paper. Meet with Instructor **David Stuursma** on Tuesdays from 9:30-10:30 a.m. in the Conference Room. The first class will meet on **Tuesday, September 14th.**

## SEMINAR: COUNSELING & THERAPY: WHAT'S IN IT FOR YOU?

Staff from **Antioch University Counseling Center** will be here to answer "everything you wanted to know about therapy, but were afraid to ask." Culver City Senior & Social Services is working on a partnership with the Counseling Center to offer individual counseling and support groups here at the Senior Center. Come prepared with your questions. **Thursday, September 16 at 12:30 p.m.**

## SEMINAR: NAVIGATING THE SENIOR CARE MAZE

**Bonnie Davis**, Eldercare Advisor from *A Place for Mom*, returns to the Senior Center to share her information about the options in senior retirement and care communities. Come and learn how to decide what is right for you! The differences between home care, independent living, assisted living, board and cares and nursing home options will be discussed. Bonnie will also discuss what Medicare and Medi-Cal cover and other funding sources. **Thursday, September 9 at 10:00 a.m. in the Crafts Room.**

## UCLA MEMORY TRAINING COURSE: Based on Research by Dr. Gary Small

The class will once again be offered at the Senior Center for five consecutive Fridays, October 1-29 from 9:30-11:30 a.m. You must register in advance. To register, call 310-253-6715 and leave a message, or leave a note at the Business Desk. Space is limited. There is a \$20 fee for the course. *Please note that this course is NOT for someone already experiencing serious memory loss.*

## PUBLIC TRANSIT NEWS

**Experienced Riders** who are signed up for LA LIVE! Outing must attend one meeting on Thursday, September 9 from 10:00-10:45 OR Saturday, September 11 from 12:15-1:00 p.m. in the Conference Room.

**Beginning Riders: Congratulations!** You are now experienced riders for next spring's outing!

**Transit questions? See Bonnie in the lobby every Thursday from 11:00-12:15 p.m.**

## TRIP OFFICE NEWS

Are you interested in becoming a Trip Office Volunteer? If yes, please write a letter indicating your reason or reasons why you would be interested. Indicate in the letter your work history and availability. Put your letter in an envelope addressed to the Trip Office and turn it in at the Business Desk or the Trip Office.



## *Hula Dance Class*

Come discover Polynesia! **Jeannie Lamorena, Director of Community Relations for Assista-Life Home Care**, will offer this free class. You will learn the graceful movements of hula while learning how to interpret the Polynesian language through dance. All Tuesdays in September, excluding September 14th. Time: 10:45-11:45 a.m.

## *Sing! Sing! Sing!* *With Lifted Voices*

L.A.'s Original Sophisticated Sing-Along  
Wednesday, September 22

1:00-2:00 p.m.

~Lift your spirits with Lifted Voices~  
All the songs you love to sing!



## SENIOR OF THE MONTH JANE MOHRING



The Netherlands was home for Jane Mohring until she moved to California in 1959. While working as a hairstylist in Holland, Jane experienced many good times and many bad times; most of the bad times during World War II. Those years bring back some very bad memories for Jane. Jane thinks that "California is like heaven" and she has enjoyed living and working here. How appropriate that she worked for a Dutch company (Van de Kamp's) for many years!

Not one to sit home and watch TV, Jane has busied herself with many volunteer activities. At the Senior Center, Jane has served as a greeter at the Saturday Dance and at the Welcome Desk and is the Friday "Candy Lady" selling candy for the benefit of the RSVP program. Every Wednesday, Jane arrives at the RSVP Work Project to meet friends and help with the work projects at hand. As part of the Merry Makers Club, Jane helps with the White Elephant sales and participates in all the meetings and activities. Jane is a very friendly person and enjoys her visits to local convalescent homes. When she was told by doctors that she would never walk again, she informed them, "Watch me!" Indeed, she is walking again! When not out helping others, Jane likes to knit and read detective stories. Thank you to Jane for all her helpful activities at the Senior Center and beyond, and we congratulate her on being the Senior of the month for September, 2010.

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

A Message from *Jessica Maria G. Garcia*

It is so wonderful to see seniors of all nationalities together, participating in the programs that the Culver City Senior Center offers. We have languages, drama, yoga, tai chi, art, exercise, music, and *so* many programs available to everyone. These programs were all created with YOU in mind. The Senior Programmer adds new and exciting programs all the time. The staff is always thinking of pleasing YOU, the seniors. It is a pleasure to see an instructor teaching Italian with such joy. It is nice to listen to a sweet poem at *Remembranzas* Group. It is pleasing to see seniors putting all their effort into exercising or in doing yoga and tai chi, so good for the body and the mind. Let us continue to have fun, and together let us enjoy the time spent at the Senior Citizens Center with its people of all different cultures and religions. People come to this Senior Center from all over the world and it is wonderful to experience such diversity. I see so much respect and I applaud it. We can see everyone as if they were our brothers or sisters, and as one of our presidents said: "Let us hold fast to those aspirations we hold in common as brothers and sisters as members of the same family-the family of man."

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A Message from *Hope Seldin*

The Board of Directors of the CCSCA wants to encourage all our members to participate in the 2011 Board of Directors Election. Those wishing to run for office can pick up the nominating forms at the Business Desk beginning on September 13 and must be turned in by October 8. The Board represents YOU and makes decisions for YOU! You can get to know the candidates by reading their statements that will be placed at the Business Desk and the Welcome Desk. There will also be a Candidates Forum on October 27 where you can meet and greet the candidates.

The following Board Members will remain on the 2011 Board of Directors: Lionel Crown; Patricia Fountain; Kay Heineman; Elizabeth Oxley and Sid Schalman. There are three (3) Culver City positions open for the 2011 election and two (2) alternates. There are three (3) Outside Culver City positions open and one (1) alternate position. Please get involved and vote for the best candidates to represent YOU!

**TRIP OFFICE**

SEPTEMBER 2010

TRIP SALES WILL BEGIN AT 9:00 A.M. ON WEDNESDAY, SEPTEMBER 1, 2010 IN ROOM C73. DOORS TO THE NUTRITION SITE OPEN AT 8:00 A.M. You may enter and wait in the Nutrition Site using the door that opens on Overland Avenue. 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!

**VIEJAS CASINO-FRIDAY-NOVEMBER 5-\$25.00**

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

Bring your Player's Card when you sign up for this trip. The Casino is tracking all plays. **Picture I.D. required by Casino.**



**FLAMINGO HOTEL-LAS VEGAS-SUNDAY-TUESDAY-NOV. 14-16**

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

This package includes round-trip motorcoach, 2 nights accommodations and luggage handling. This hotel is located on the Las Vegas Strip.

**Singles: \$172.00/Doubles: \$125.00 p.p.**



**OAK GLEN-FRIDAY-NOVEMBER 19-\$54.00**

Lv. 10:00 a.m. Rt. 6:00 p.m.

You will spend the day in Apple Country. You will have a home-style lunch with your choice of entrée: Baked ham, Swiss Steak or Baked Dijon Chicken Breast. Included is soup or salad, vegetable, potato, apple bread and beverage. You will have a whole fresh apple pie to take home. There is no handicap bathroom at Law's Restaurant. You will have the afternoon to stroll through Oak Tree Village and visit Parrish Pioneer Ranch. **Moderate walking.**



**BARONA CASINO-MONDAY-NOVEMBER 29-\$25.00**

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

Bring your Player's Card when you sign up for this trip. The Casino is tracking all plays. **Picture I.D. required by Casino.**



**★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.

**☆IMPORTANT NOTICE☆**

Beginning Wednesday, September 1, 2010, Trip Sales will have a new schedule.

- Trip Sales will begin at 9:00 a.m.
- At 8:00 a.m. you may enter and wait in the Nutrition Site using the door that opens on Overland Avenue.
- Numbers for Trip Sales will be distributed beginning at 8:00 in the Nutrition Site.
- Numbers will be called in order beginning at 9:00 a.m.

**\*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.

Are you interested in becoming a Trip Office Volunteer? If yes, please write a letter indicating your reason or reasons why you would be interested. Indicate in the letter your work history and availability. Put your letter in an envelope addressed to the Trip Office.

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.





SAVE THE DATE  
Thursday, Sept. 30th  
RSVP Thank You event

*Volunteers will receive an invitation  
in the mail by mid-Sept. Thanks!*

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***Kudos to our talented and generous volunteer knitters!***

Two groups of knitters here at the Center received letters of thanks for their donations to local outreach groups.

Westside Homeless Outreach and the Department of Veterans Affairs Medical Center both expressed thanks for the warm donations they have received for their patients, one saying “without your support, we could not provide for the smaller niceties that make hospitalization more bearable—thank you.”



Way to go, ladies!!



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***Home Delivered Meals Drivers Needed!***

Looking for volunteers to deliver meals to seniors' homes from 10:45 a.m. to 12:45 a.m. weekdays. You can volunteer as a regular (at least one day a week) or as a sub (2 hours per day). Drivers are required to have an automobile, insurance, and a valid California Driver's License.

**Help seniors in our community who are homebound and unable to prepare meals on their own!**

For more info please call 310-253-6748 or 310-253-6712.



RSVP mileage & meal reimbursement checks are ready for pickup in the RSVP office!

*Remember—if you provide us with a self-addressed stamped envelope we are happy to mail your check as soon as we receive them.*

# St. Joseph Center Thrift Store Needs You!



Store is located in **VENICE, CA.**

Store Hours are:

**Tuesday-Friday 10 a.m.—5 p.m.**

**Saturday 10 a.m.—4 p.m.**

If interested in this volunteer opportunity ,  
please contact Jill at 310.253.6722 or stop by the  
volunteer office at the Center!

## JOB DUTIES

- ◆ **MEET AND GREET DONORS**
- ◆ **TAKE IN DONATIONS AND ISSUE TAX DEDUCTION RECEIPTS**
- ◆ **HELP STAFF SORT THROUGH DONATIONS, PRICE AND PLACE GOODS IN STORE**
- ◆ **INTERACT WITH CUSTOMERS AND HELP WITH SALES**
- ◆ **HELP CASHIERS WITH WRAPPING AND PACKAGING GOODS**
- ◆ **HELP KEEP THE STORE NEAT AND APPEALING TO CUSTOMERS**
- ◆ **COORDINATE CLOTHING ON RACKS**

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## FREE LOW VISION SCREENING

**Are you having trouble seeing?      There is hope and help!**

On Thursday, September 2 from 9:00 AM to 1:00 PM, the Center for the Partially Sighted will be conducting a FREE vision screening. The screening will determine your eligibility for low vision rehabilitation services. During September, a federal grant makes it possible for eligible individuals to receive low or no-cost low vision services at our Center.

In order to be eligible for these services, you must be 55 years or older. You must be considered “visually impaired”, which means that glasses no longer give you perfect vision. Your visual acuity must be no better than 20/50 in your better eye and this is what we will check at the screening.

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### **Pedestrian Safety Workshop: A Focus on Older Adults**

Join community members, health and transportation professionals, law enforcement officers, decision makers and others to look at ways to improve pedestrian safety and walkability for older adults in Culver City. **SAVE THE DATE:**

**Wednesday, October 13, 2010  
9:30 AM—12:30 PM**

Representatives from **Sustainable Streets** will be in the lobby with further information and sign-up opportunities on Tuesdays from 11:30 AM—1:00 PM beginning on Tuesday September 14



# Social & Disability Services

## Free Class for Family Members of People Suffering from the Symptoms of: BORDERLINE PERSONALITY DISORDER

The free 12 week Family Connections Education Class is specifically for family members who have a loved one suffering with the symptoms of borderline personality disorder and will take place in Culver City at Veterans Memorial Building beginning on Monday, September 13<sup>th</sup>.

To register or for details, visit the website: [www.NAMILA.org](http://www.NAMILA.org) or call (310) 889-7200.

Sponsored by National Alliance on Mental Illness (NAMI) and National Education Alliance for Borderline Personality Disorder.

## Counseling & Therapy:

### What's in it for you?

Thursday, September 16

12:30 p.m. in Room B47



Staff from Antioch University Counseling Center will be here to answer "everything you wanted to know about therapy, but were afraid to ask." Culver Senior Center is working on a partnership with the Counseling Center to offer individual counseling and support groups. Come prepared with your questions!

## 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.*



## 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 2<sup>nd</sup> & 4<sup>th</sup> Mondays of each month. Make an appointment at the Business Desk or call (310) 253-6700.

## 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. (310) 253-6729.

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









# LUNCH MENU September 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

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|---|---|---|--|---|
| <p><b>Anybody who believes that the way to a man's heart is through his stomach flunked geography.</b></p> <p>~Robert Byrne</p>   |   | <b>Wednesday 1</b>  | <b>Thursday 2</b>  | <b>Friday 3</b>   |
|   |   | <p><b>Turkey Enchilada</b><br/>Casserole<br/>Corn Tortilla in entrée<br/>Refried Beans<br/>Mixed Green Salad<br/>Thousand Island Dressing<br/>Banana<br/>Orange Juice</p> | <p><b>Vegetable Soup</b><br/><b>Swedish Meatballs</b><br/>Noodles<br/>Normandy Vegetables<br/>Pineapple Coleslaw<br/>Lime Gelatin w/ Pears</p>   | <p><b>Double Entrée:</b><br/><b>Beef Stew with Carrots, Potatoes, Celery AND Fish Vera Cruz with Brown Rice</b><br/>Wheat Bread<br/>Marinated Tomato, Onion &amp; Green Pepper Salad<br/>Oatmeal Cookie</p>   |
| <b>Monday 6</b>   | <b>Tuesday 7</b>  | <b>Wednesday 8</b>  | <b>Thursday 9</b>  | <b>Friday 10</b>  |
| <p><b>Center Open</b><br/><b>Holiday Hours</b><br/><b>12:00-4:00 p.m.</b></p>  <p><b>Lunch room closed</b></p>                     | <p style="text-align: center; color: green;">Karaoke Day</p> <p>Chicken with Chipotle Sauce<br/>Corn Tortilla<br/>Buttered Carrots<br/>Creamy Coleslaw<br/>Banana or Apple</p>                             | <p><b>Stuffed Pepper</b><br/>Whole Grain Bread<br/>Parslied Orzo<br/>Marinated Beets<br/>Trans Fat Free Spread<br/>Fresh Fruit in Season</p>                              | <p><b>Turkey Meatloaf Patty w/ Mushroom and Red Onion Gravy</b><br/>Whole Grain Roll<br/>Corn on the Cob<br/>Mixed Green Salad w/ Citrus Vinaigrette<br/>Red Potatoes w/ Parsley<br/>Trans Fat Free Spread <b>AND</b><br/><b>Chicken Salad Cold Plate</b><br/>Whole Wheat Bread<br/>Romaine Salad<br/>Italian Dressing<br/>Vegetable Spread<br/><b>Both:</b> Chocolate Chip Cookie</p> | <p><b>Spanish Bean Soup</b><br/><b>Double Entrée:</b><br/><b>Tuna Salad on Greens AND Chicken Salad</b><br/>Whole Grain roll<br/>Green Salad<br/>Carrot Pineapple Salad<br/>Trans Fat Free Spread<br/>Orange</p>                                   |
| <b>Monday 13</b>  | <b>Tuesday 14</b>   | <b>Wednesday 15</b>   | <b>Thursday 16</b>   | <b>Friday 17</b>  |
| <p><b>Turkey Tetrazzini</b><br/><b>Spaghetti in Entrée</b><br/>Spinach<br/>Broccoli Raisin Salad<br/>Lime Gelatin with<br/>Mixed Fruit</p>  | <p style="text-align: center; color: red;"><b>HISPANIC HERITAGE FIESTA</b></p>  <p style="text-align: center; color: blue;">Special Menu<br/>Ticket Required</p>   | <p><b>Oven Fried Chicken</b><br/>Corn Bread<br/>Greens<br/>Black Eyed Peas<br/>Lettuce and Tomato Salad<br/>Ranch Dressing<br/>Cantaloupe</p>                             | <p><b>Minestrone Soup</b><br/><b>Beef Lasagne</b><br/>California Blend<br/>Spinach Salad with Mandarin Orange<br/>French Dressing<br/>Fresh Fruit in Season <b>AND</b><br/><b>Vegetarian Mixed Bean Salad w/ French Dressing</b><br/>Whole Wheat Bread<br/>Raw Spinach<br/>Broccoli and Raisin Salad<br/>Vegetable Spread<br/>Fresh Fruit in Season</p>                                | <p><b>Double Entrée:</b><br/><b>Fish Taco with Soft Shell Flour Tortilla</b><br/>Spanish Rice<br/>Marinated Tomato Salad<br/>Pinto Beans<br/>Salsa Packet <b>AND</b><br/><b>Bean &amp; Cheese Burrito</b><br/>Spanish Rice<br/>Marinated Tomato Salad<br/>Corn<br/>Salsa Packet<br/><b>Both:</b> Peach Crisp with Oatmeal Topping</p> |
| <b>Monday 20</b>  | <b>Tuesday 21</b>   | <b>Wednesday 22</b>   | <b>Thursday 23</b>   | <b>Friday 24</b>  |
| <p><b>Hawaiian Chicken</b><br/>Barley<br/>California Blend<br/>Marinated Tomato Salad<br/>Fresh Fruit in Season</p>   | <p style="text-align: center; color: green;">Karaoke Day</p> <p><b>Tomato Soup</b><br/><b>Salisbury Steak w/ gravy</b><br/>Wheat Bread<br/>Mashed Potatoes<br/>Zucchini<br/>Cantaloupe</p>               | <p><b>Turkey Bean Chili</b><br/>Corn Bread<br/>Marinated Beets<br/>Spinach Salad w/<br/>Mandarin Oranges<br/>Oatmeal Cookie</p>   | <p><b>Double Entrée:</b><br/><b>Lentil Soup</b><br/><b>Sweet &amp; Sour Pork</b><br/>Brown Rice<br/>Shredded Carrots, Cabbage<br/>Water Chestnuts <b>AND</b><br/><b>Chicken Waldorf Salad</b><br/>Whole Grain Bread<br/>Mixed Lettuce<br/>Carrot Coins<br/>Marinated Tomatoes with Green Peppers<br/>Vegetable Spread<br/><b>Both:</b> Applesauce w/ Cinnamon</p>                      | <p><b>Double Entrée:</b><br/><b>Herb Baked Fish AND Vegetable Frittata</b><br/>Wheat Bread<br/>Normandy Vegetables<br/>Oven Brownd Red Potatoes<br/>Mixed Fruit in Red Gelatin<br/>Orange Juice</p>    |
| <b>Monday 27</b>  | <b>Tuesday 28</b>   | <b>Wednesday 29</b>   | <b>Thursday 30</b>   |   |
| <p><b>Minestrone Soup</b><br/><b>Veal Parmesan</b><br/>Spaghetti with Marinara Sauce<br/>Peas &amp; Carrots<br/>Spinach Salad w/ Red Onion<br/>Italian Dressing<br/>Mandarin Orange Slices and Pineapple Chunks</p> | <p style="text-align: center; color: green;">Karaoke Day</p> <p><b>Chicken Jambalaya</b><br/>Steamed Rice<br/>Vegs in entrée<br/>Romaine Salad<br/>French Dressing<br/>Watermelon or<br/>Fresh Pear</p>  | <p><b>Chicken and Brown Rice Soup</b><br/><b>Beef Stroganoff</b><br/>Egg Noodles<br/>Carrots<br/>Caesar Salad w/ croutons<br/>Caesar Dressing<br/>Orange</p>              | <p><b>Vegetable Barley Soup</b><br/><b>Tuna Casserole</b><br/>Rice in entrée<br/>Green Beans<br/>Creamy Coleslaw <b>AND</b><br/><b>Poached Salmon Salad</b><br/>Sourdough Roll<br/>Chopped Raw Spinach with Tomatoes<br/>Oil and Vinegar Dressing<br/>Vegetable Spread<br/><b>Both:</b> Sliced Peaches</p>   |    |
| <p><b>★ MENU SUBJECT TO CHANGE ★</b></p>  |   |   |  |   |

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><b>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</b></p> <p style="text-align: center;"></p> <p>* FEE FOR CLASS<br/>♦ MEETS AT VETS<br/>MULTIPURPOSE ROOM<br/>+Materials fee</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;"><b>SEPTEMBER 2010</b></p> | 9:00 Chinese Group<br>9:00 Merry Makers Club<br>9:00 Ceramics<br>9:00 Art Workshop ^<br>9:30 Nia Class *<br>10:00 German<br>11:00 Balance Challenge *<br>11:00 Russian<br>12:00 Mah Jong<br>12:00 Bingo<br>12:00 Dancercise*<br>12:15 Floor Exercise & Stretch*<br>12:30 Coco's Art Class ^<br>1:00 Paper Craft Art Class+<br>1:00 Fitness Class*<br>2:30 Yoga*<br>2:30 Line Dancing * | 9:00 Japanese Class<br>9:00 Bridge<br>9:00 Mah Jong<br>9:00 Pan<br>9:30 Tai Chi<br>10:00 Yoga With Rosa *♦<br>10:00 Band Practice<br>10:30 Drama<br>10:30 Ask the Physical Therapist (2 <sup>nd</sup> & 4 <sup>th</sup> Tues)<br>11:00 Karaoke Mary & Friends<br>12:00 BERTO Exercise * ♦<br>1:00 Sign Language *<br>1:00 MOVIE<br>1:00 Intermediate Spanish<br>1:00 Coco's Art Group ^<br>2:00 Elementary Spanish<br>3:15 Rosen Movement* (1 <sup>st</sup> & 3 <sup>rd</sup> Tues.)<br>3:30 Yoga* | 9:00 RSVP-WWP /Crafts Groups<br>9:00 Harmonica<br>9:00 Beginning Ballroom *♦<br>10:00 Loss Support Group<br>10:30 Mah Jong & Pan<br>10:30 Alz/Caregiver Support<br>10-11:30 Ballroom Dance * ♦<br>10:00 Calligraphy+<br>11:30 Osteo-Fit Class* ♦<br>12:30 RSVP Singers Rehearsal<br>1:00 Improvisation for Seniors<br>1:00 Yoga * ♦<br>1:30 Portrait Drawing Class<br>1:30 RSVP Singers Go Out<br>1:30 Current Events*<br>2:45 Fitness Class*<br>2:30 Open Mike with Tony<br>3:00 Folk Dancing♦*<br>4:00 Stretch Exercise Class* | 9:15 Nia * ♦<br>9:00 Watercolor* ^<br>9:00 Bridge<br>9:00 French<br>9:30 Qi Gong*<br>9:30 Balance Challenge*<br>10:00 Spanish<br>11:00 Public Transit~Bonnie<br>11:00 Short Story Class<br>11:30 Mah Jong & Pan<br>12:00 Duplicate Bridge(Vets)<br>12:30-2:30 Shared Housing<br>1:00 Pastel Art Class*<br>1:00 Latin American Group<br>1:00 Yoga*<br>1:30 RSVP Dancers Go Out<br>2:00 Mah Jong<br>3:30 Latin Ballroom Dance* | 9:00 Melody Masters prac.<br>9:00 Tai Chi with Anton*<br>9:30 Knitting Class<br>10:00 Balance Challenge*<br>10:00 Italian<br>10:30 Sitting Pretty Chair Exercise Class<br>10:30 Yoga with Rosa*<br>11:00 Balance Challenge *<br>11:00 German<br>11:45 Osteo Exercise*<br>12:45 Fitness*<br>1:00 "Remembranzas" Group<br>1:30 RSVP Singers Go Out<br>2:00 Yiddish Group<br>2:30 Line Dancing *<br>3:30 Yoga * | 1:00-3:30 p.m.<br><br>SATURDAY DANCES<br><b>\$2.00 Members</b><br><b>\$4.00 Guests</b><br>(50 & older) |
|  |  |  | <b>1 8:00 A.M. TRIP SALES</b>  | <b>2 9:00-1:00 Center for the Partially Sighted Low Vision Screening</b>   | <b>3</b>   | <b>4 1:00-3:30 DANCE Music by RAZZMATAZZ</b><br>1:00 Card Games with Virginia                          |
| <b>5</b><br>12:00 BRIDGE<br>1:00 MOVIE   | <b>6 LABOR DAY HOLIDAY HOURS 12-4</b><br>1:00 VETERANS GROUP<br><b>Fitness Room Closed Today</b>   | <b>7 8-12 am FREE COFFEE</b><br>10:45-11:45 Hula Dance Class<br>10:15 Drama Group Resumes<br>1:00 OPERA MOVIE<br><i>Elixir of Love</i>   | <b>8 9:30-10:45 FREE BLOOD PRESSURE SCREENING</b>  | <b>9 10:00 SEMINAR</b><br>Navigating the Senior Care Maze ~Bonnie Davis<br><b>1:00 September Birthday Party</b>  | <b>10 8:00 HARRAH'S CASINO TRIP</b><br><b>12:45 Doug Haise Ragtime Piano</b><br><b>3:30-5:00 Patio Concert &amp; BBQ</b>   | <b>11</b><br>1:00-3:30 DANCE<br>Music by <i>MELODY MASTERS</i>   |
| <b>12</b><br>12:00 BRIDGE<br>1:00 MOVIE  | <b>13</b><br>1:00 BOARD MEETING  | <b>14 9:30-10:30 First Creative Writing Class with David Stuursma</b><br><b>11:30 Hispanic Heritage Party</b><br>10:30-11:30<br><u>Ask the Physical Therapist</u><br><i>Cristina Gabor</i>   | <b>15 1:00 SEMINAR:</b><br>"Downsize Your Life "<br>Barbara Payne<br><br>9:30-11:00 a.m.<br><b>DIABETES SUPPORT GROUP</b><br><i>Meets at Vets Memorial Building</i>  | <b>16 12:30 SEMINAR</b><br><i>Counseling &amp; Therapy: What's in it For You?</i><br>Antioch University Counseling Center<br><b>12:30 MOVIE</b><br><i>Falling in Love Again</i>  | <b>17</b><br><b>1:00 Sing Along With Dolly</b>   | <b>18</b><br>1:00-3:30 DANCE<br>Music by <i>WESTSIDE JAZZ ENSEMBLE</i>                                 |
| <b>19</b><br>12:00 BRIDGE<br>1:00 MOVIE  | <b>20 8:00 VIEJAS CASINO TRIP</b>  | <b>21 8-12 am FREE COFFEE</b><br>10:45-11:45 Hula Dance Class<br><br>1:00 MOVIE  | <b>22 1:00 Sing! Sing! Sing!</b>   | <b>23 1:00 COLE PORTER SHOW</b>  | <b>24 12:30 Movie Nostalgia THE BELLE OF NEW YORK</b>  | <b>25</b><br>1:00-3:30 DANCE<br>Music by <i>SWING SET</i><br>1:00 Card Games with Virginia             |
| <b>26 9:00 LAS VEGAS TRIP</b><br>12:00 BRIDGE<br>1:00 MOVIE  | <b>27</b>  | <b>28 8-12 am FREE COFFEE</b><br>10:30-11:30<br><u>Ask the Physical Therapist</u><br><i>Cristina Gabor</i><br>10:45-11:45 Hula Dance Class<br>1:00 MOVIE<br>1:00 "Platicando Sabroso"  | <b>29</b>  | <b>30</b><br><b>RSVP THANK YOU EVENT</b>   |  |  |