

# Culver CITY

## The Newsletter

July 2011



### CITY COUNCIL

- Micheál O'Leary, Mayor
- D. Scott Malsin, Vice Mayor
- Jeff Cooper, Councilmember
- Andrew Weissman, Councilmember
- Christopher Armenta, Councilmember



### CITY OF CULVER CITY

- John Nachbar, City Manager
- Martin R. Cole, Assistant City Manager
- Daniel Hernandez, 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

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**Computer Class Information**

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### CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

- Kay Heineman, President
- Lionel Crown, Vice President
- Jessica Maria Garcia, Secretary
- Marsha Orth, Treasurer
- Mary Garcia      Bob Hess
- Patricia Fountain      Clifford Nelson
- Elizabeth Oxley      Carolyn Conway

Ana deElejalde  
Monthly Board Meeting  
Second Monday, 1:00 p.m.

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### CULVER CITY SENIOR CENTER

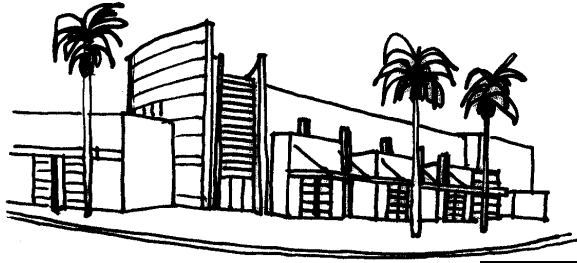
4095 Overland Avenue  
Culver City, CA 90232

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.-1 p.m. (310) 253-6708  
 Elder Abuse Hotline (800) 992-1660  
 Computer Class Info Line: (310) 253-6720

# Culver CITY SENIOR CENTER

## The Newsletter



July 2011

Fourth of July Celebration



Lunch & Entertainment

Friday, July 1, 2011  
11:30 a.m.

Tickets on sale until June 28 or until sold out. Tickets are \$3.50

A Golden Voice for the "Golden Age"

Jeannie Hudak

July 7 at 1:00 p.m.

*Jeannie enralls audiences with her heartfelt renditions of the American classics*



Monthly Birthday Celebration

Thursday, July 14 at 1:00



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 July, be our guest for cake & ice cream. Refreshments for all for just 50 cents each item!*



Entertainment by Vic Moraga



Ms. Senior America of California Pageant

"Silver Lining"

SUNDAY  
July 17  
1:30 p.m.



CCSCA Members will be admitted free of charge but you MUST show your membership card.

THE MS. SENIOR AMERICA PAGEANT is the first and foremost pageant to emphasize and give honor to women who have reached "THE AGE OF ELEGANCE"

Summertime Patio Concert & BBQ Dinner on the Patio!

Friday, July 15 3:30-5:00 p.m.

Tickets for the BBQ Dinner are pre-sold for \$4.00 each. Tickets available June 27 until sold out.



Live Music !

Joanne Lapidus & The Ballona Creek Gypsies



Jam Session on the Patio!

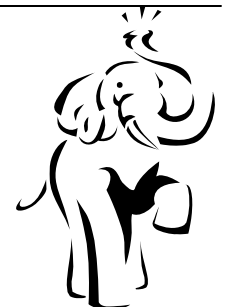
Join in the fun on Thursday, July 21 12:30 p.m.

Everyone welcome ~ just grab your guitar, harmonica, keyboard, ukulele, banjo, dulcimer ~ whatever! ~ and join the jam!



White Elephant Sale Monday, July 18 9 a.m.—1 p.m.

The Merry Makers Club will gladly accept your CLEAN & USABLE donations on Friday, July 15.



## OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month the opera film will be **Leoncavallo's PAGLIACCI**. After the overture, the curtain is parted and Tonio, dressed as a clown, announces to the audience that the story is about 'real people' and the story actually unfolds as a tragedy. Playing time is 80 min. Thank you to volunteer **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 July will be **THE JOLSON STORY**, which won 2 Academy Awards in 1946, and received four other nominations. The film traces the meteoric singing/performing career of Asa Yoelson, a talented cantor's son determined to make it big in the "biz." **THE JOLSON STORY** is a compelling tribute to an incomparable performer. **Friday, July 29 at 12:30 p.m.**

## "SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is the 1st Sunday of the month. The movie for **Sunday, July 3** will be 1776. In the days leading up to July 4, 1776, Thomas Jefferson is coerced by fellow Continental Congressmen John Adams and Benjamin Franklin to write the Declaration of Independence. Large portions of spoken and sung dialog are taken directly from their letters and memoirs. A perfect movie to help celebrate the 4th of July! **We thank SONY for providing us with our SONY SUNDAY films.**

## 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.

### SUNDAY MOVIES

- July 3** **SONY SUNDAY: 1776**  
Musical comedy-William Daniels (John Adams); Howard Da Silva (Dr. Benjamin Franklin); Ken Howard (Thomas Jefferson); 142 min.
- July 10** **MAO'S LAST DANCER**  
2010-PG-Drama-Chi Cao; Bruce Greenwood; Kyle MacLachlan; 117 min.
- July 17** *No movie today*  
**MS. SENIOR CALIFORNIA PAGEANT**  
*Today at 1:30 p.m.*
- July 24** **THE KING'S SPEECH**  
2010-R-Drama-Colin Firth; Geoffrey Rush; Helena Bonham Carter; Guy Pearce; 118 min.
- July 31** **THE DILEMMA**  
2010-PG13-Comedy-Vince Vaughn; Kevin James; Jennifer Connelly; 118 min.

### TUESDAY MOVIES

- July 5** **OPERA MOVIE: PAGLIACCI**  
Opera by R. Leoncavallo; Luciano Pavarotti; Teresa Stratas; Juan Pons; 80 min.
- July 12** **RED HOPE? THE BLACKLISTING OF HOPE FOYE (HER STORY, HER SONG)**  
Documentary –Winner of Best Picture at the 2011 Pan African Film Festival Special presentation by Constance L. Jackson, Permanent Productions, Inc.
- July 19** **SECRETARIAT**  
2010-PG-Biodrama-Diana Lane; John Malkovich; Dylan Walsh; James Cromwell; Based on the story of Secretariat, the 1973 Triple Crown winning racehorse; 116 min.
- July 26** **THE QUEEN**  
2006-PG13-Biodrama-Helen Mirren; James Cromwell; Alex Jennings 103 min.

# LOOK WHAT'S COMING UP!

**Special Movie Presentation Thursday, July 28 at 12:30**



## ***Mr. Holland's Opus***

1995 drama about a frustrated composer who finds fulfillment as a high school music teacher.

Richard Dreyfuss      Glenne Headly      Jay Thomas

Hosted by: *Marilyn Hess*

**Sing Along With Dolly**  
**Friday, July 15 at 1:00 p.m.**

Join Dolly Blair and have some fun singing your favorite songs!



## **NEW CLASS! Larry's Tai Chi Group**

This class offers instruction in the 24 Form "Simplified" Yang style of Tai Chi, along with all the wonderful health benefits that Tai Chi provides. This is a fun class for beginners and intermediate students alike. Volunteer **Larry Bates** will be offering this class starting **July 1 on Tuesdays 9:00-9:30 a.m. and Fridays 9:00-9:45** on the outdoor patio.

## **NEW! SINGING CLASS**

Singing is good for your mind and body. More importantly...it's FUN! Come learn the basics of good singing technique from **Ronnie Jayne**, Culver City's own Singer/Pianist/Entertainer/Songwriter. The class will meet the 2nd and 4th Fridays of the month from 1:00-2:00 p.m. There will be a \$3.00 fee for each class. Come and have fun with your friends, learn some new songs and keep your voice strong! **THE FIRST CLASS WILL BE ON FRIDAY, JULY 8th.**

## **NEW CLASS! LET'S TALK**

Benjamin Samuel Israel invites you to join a new discussion group of people who are interested in domestic and world issues. Benjamin will lead the group, but participants will take turns on acting as MC. The group will meet on Mondays from 2:00-4:00 p.m. **THE FIRST CLASS WILL BE ON MONDAY, July 11th.**

## **HEALTH SEMINAR: THE TWENTY-FIVE FOODS THAT CAN CHANGE YOUR LIFE**

**PATRICE BARBER, RD**, is the Registered Dietitian at the University Park Health Center at the University of Southern California where she promotes health and wellness through nutrition. Ms. Barber will inform us about the exceptional, super foods helpful for supporting longevity, heart health, disease prevention, wellness and beauty, as well as provide practical motivational information to apply in your daily life. Presented by USC Emmeriti Center-Emeriti College Public Lecture Series. **Thursday, July 21 at 1:00 p.m.**

## **HEALTH WORKSHOPS: ALZHEIMER'S DISEASE**

Alzheimer's disease affects over 5.4 million people in the U.S. While there is much research focused on treatment, there is currently no cure for this disease. This lecture will provide information regarding what Alzheimer's Disease is and how you can lower your risk for developing it. Presented by **Kulwant Dosanjh, MA**, from the Mary S. Easton Center for Alzheimer's Disease Research at UCLA. **Monday, July 25 at 1:00 p.m.**

## **MEMORY ENHANCEMENT WORKSHOP**

**J. Todd, MA** is a memory training instructor who will teach practical and interactive techniques for memory enhancement. Join us for a fun and supportive workshop with an emphasis on memory loss, memory enhancement, brain fitness and stress reduction. The workshop will take place on two (2) Thursdays, JULY 7 & 14, from 9:30-10:15. Sign up at the Business Desk. There is a fee of \$8.00 for the workshop.

## **INFORMATIONAL SEMINAR ON END-OF-LIFE CARE**

End-of-life care is also known as palliative care. Patients who qualify for end-of-life care have entered the end stages of their disease. The goal of end-of-life care is to ensure the patient is in comfort and peace and focuses on the quality of life that is left. This may seem similar to hospice; hospice is a type of palliative care program. This topic will be presented by **Nazeena Sandhu, RN**-Quality Assurance Manager of Gerinet Healthcare. Thursday, July 28 at 1:00 p.m.

## **SEMINAR: ASK THE PHYSICAL THERAPIST**

Let Physical Therapist **Cristina Gabor** from **Orthosport Physical Therapy** 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*. Different topics each month. **HOW TO UNDERSTAND AND MANAGE LOWER BACK PAIN** will be the topic for **Tuesday, July 19, 10:30-11:30 a.m.**

**SENIOR OF THE MONTH**  
**JOSEPH I. DAVIS**



The Culver City Senior Citizens Association Board of Directors is pleased to honor  
**Joe Davis**  
 Senior of the Month for July 2011

Joseph (Joe) has been teaching Computer Classes on a volunteer basis at the Senior Center for over 8 years! When the move was made to our new building, Joe helped design the present computer system that is now in use, including the large instructor's screen. Typically, he teaches the following classes: Word and Excel; Intermediate Computers; Digital Cameras, Scanners; Internet and E Mail.

Joe was originally from Michigan where he received his Bachelors and Masters Degree in Electrical Engineering from the University of Michigan. He spent 3 years in active duty during World War II, leaving as a Lieutenant (jg) aboard the USS Sarasota APA 204.

After the war, Joe was an active Aerospace Engineer, designing the first Satellite Solar Power Supply, Manager of the Polaris Submarine Communication System, and contributing to other significant programs. He founded his own Computer System Consulting Firm, providing services to Retail, Manufacturing and Hospital Systems. After retirement, Joe spent much of his time traveling to most of the areas of the world with his Swiss wife, Monique, who was a great wife and mother, and helping to raise a son and a daughter, both of whom are professionals, each having two children.

Joe now devotes much of his time teaching for the Culver City Senior Citizens Association Computer Lab, which he finds both challenging and rewarding. Joe reports that he has found the staff and facilities of the Senior Center and the CCSCA outstanding in their support of the senior members, with "Dignity, Help and First Rate Services." Joe is very pleased to be associated with this fine organization and we are so grateful to Joe for his years of excellent service to our senior community. Thank you, Joe!

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

*A message from Lionel Crown*  
 Vice President of the CCSCA Board of Directors:

As we are now at mid year it's time to think about our election of the 2012 Board of Directors. We have nearly 5000 members of our association, CCSCA, and historically about 10 candidates run for the available seats on the Board (about 1 quarter of 1%).

The Board, working with our great staff, keeps the focus on our agenda to continuously improve your experiences at the Senior Center. We invite you at this time to seriously consider running for the available seats on the Board of Directors for 2012. Your life experience, as applied to our activities, can make a positive difference.

If, before committing, you would like to see the Board in action, please attend one or more of our monthly meetings, on the second Monday of the month at 1:00 p.m.

Thank you for being a member of the CCSCA and please consider taking it a step further. Good luck!  
 Lionel

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*A message from Kay Heineman*  
 President of the CCSCA Board of Directors:

Your CCSCA Board's main goal is to provide an environment to **ENRICH THE LIVES OF SENIORS**. With this goal in mind, communication is essential. We want all CCSCA members to be aware of:

- ◆ New City Guidelines (get green brochure at the Business Desk or see posted in Center)
- ◆ Library reading area in Nutrition room
- ◆ Tuesday/Sunday Movies-saved seats must be released 10 minutes prior to start of movie
- ◆ Important to carry your membership card with you.

Please let your Board know your concerns by placing comments in the suggestion boxes.

**IN MEMORIAM**

*Linda Harrison*

*George Gregory*



JULY 2011

TRIP SALES WILL BE HELD AT 9:00 A.M. ON JULY 6, 2011, THE FIRST WEDNESDAY OF THE MONTH. YOU MUST HAVE A 2011 MEMBERSHIP CARD FOR EACH PERSON AT TIME OF TRIP PURCHASE. NO EXCEPTIONS! ALL FEES PERTAINING TO ANY TRIP, INCLUDING OVERNIGHT PARKING, MUST BE PAID IN FULL AT THE TIME OF TRIP PURCHASE.

**☆TRIP SALES PROCEDURE☆**

**☆TRIP REMINDERS☆**

- 8:00 a.m.: Snack 'n Chat outside door will be opened. A numbered card will be available at that entry. Each trip will have sign-up sheet; please sign your name on the same number as your card.
- WAIT IN SNACK 'N CHAT-an escort will call numbers for each trip and that group will be taken to room assigned for purchasing
- WE CANNOT FORM LINES OR GROUPS IN THE HALLWAYS.
- All arrivals must check-in at Snack 'n Chat, get a number, sign the trip sheet and stay there until their group is called.

\* We regret that escorts and 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.

\* There is a \$5.00 per night charge for overnight parking at the Center.

\* 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 and the Trip Office parking permit is on your dashboard under the rear-view mirror.

\* We suggest you bring your own bottled water on trips as sometimes water is not available on the motor coaches.

**PALA CASINO-FRIDAY-SEPTEMBER 2-\$20.00**

Check-in: 8:00 a.m. Lv. 8:30 a.m. Rt. 6:00 p.m.

Please bring your Player's Card when you sign up for this trip.



**LAS VEGAS DOWNTOWN-FOUR QUEENS-SUNDAY-TUESDAY-SEPTEMBER 11-13-\$50.00**

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

This trip includes motorcoach, baggage handling and 2 nights accommodations.

Singles: \$145.00/Doubles: \$115.00 per person

**HARRAH CASINO-MONDAY-SEPTEMBER 19-\$20.00**

Check-in: 8:00 a.m. Lv. 8:30 a.m. Rt. 5:00 p.m.

Please bring your Player's Card when you sign up for this trip.



**CACHUMA LAKE-SANTA BARBARA-FRIDAY-SEPTEMBER 30-\$75.00**

Check-in: 8:00 a.m. Lv. 8:30 a.m. Rt. 7:30 p.m.

Lunch will be at Mulligan's. Choose from three entrees: Chicken Picatta with rice pilaf or either a hot meatloaf or turkey open-face sandwich (both come with mashed potatoes). A 90-minute cruise will follow along the coastline with narration provided by a local naturalist.



**\*SPECIAL NOTICES\***

- Fall 2011-California Rail Discovery featuring San Francisco, Lake Tahoe & the Napa Valley Wine Train. A 7-day trip departing September 21, 2011. Stop by the Trip Office for a copy of the itinerary.
- Fall 2011-Branson Musical Holiday through Collette Tours- November 17-21.
- December 4-12, 2011-Beijing City Stay: 9 Days. Stop by the Trip Office for a copy of this itinerary.
- Spring 2012-Discover Panama-March 28-April 5, 2012. 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.**



# **EXPERT ONE-on-ONE HELP**

*with your cell phone or laptop computer*



**Wednesday, July 13 2011**  
**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**

## **VOLUNTEERS WANTED!**

### **Looking for someone to serve breakfast with a smile**

Our fabulous Snack and Chat program at the Senior Center is looking for two outgoing team players to assist in this morning program at the nutrition site. Duties include: making coffee, tea, hot water and serving, set-up the table and coffee on Tuesdays for free coffee days, make a note of items that will be purchased from the board for pricing, assist with the washing of the coffee pots and utensils and assist in putting away all of the supplies.

Please consider volunteering a few hours of your day to help us serve our valuable clients with a smile.

Volunteers are needed Tuesday for two different shifts: 7:30-10:00 a.m. and 10:00a.m. to 12:30 p.m.



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



## **COMPUTER CLASSES AT THE SENIOR CENTER**

The Culver City Senior Center has a "state of the art" computer lab, designed to provide opportunities to our members to learn the latest technology skills. The lab is equipped with computers and an instructional screen. Our instructors are highly competent volunteers who make these classes possible. The CCSCA maintains the Computer Lab and supports the Computer Lab Coordinator so any member of the CCSCA can become familiar with computers and go on to become a "Computer Wiz!"

***You must be a member of the Senior Center to take computer classes.***

New classes start every 8 weeks. Some of the classes offered:

**Beginning Computers**

**Intermediate Computers**

**Internet & Email**

**Microsoft Word & Excel**

*The next session of classes start in the week of September 4  
Registration dates are Aug. 16, 18, 23 & 25 between 10:00 a.m. and 2:00 p.m.*

For more information about computer classes, please contact

**Richard Marr, Computer Lab Coordinator,**

in the Multipurpose Office. Richard's office hours are:

Tuesday and Thursday from 10:00 a.m. until 2:00 p.m. Phone: 310-253-6720

Email: [Richard.marr@culvercity.org](mailto:Richard.marr@culvercity.org)

**OPEN COMPUTER LAB      Monday, Wednesday, & Friday      9:15-11:15 a.m.**

If you need extra time to practice your computer skills or just need access to a computer, our computer lab will be open to Senior Center Members only at the times listed above.

***THANK YOU to the Volunteers who have made this possible!***

**YOU MUST SHOW YOUR CCSCA MEMBERSHIP CARD & FOLLOW THE POSTED COMPUTER LAB RULES!**

## **HEALTH & SUPPORTIVE SERVICES UPDATE**

*For more information on programs listed below, please call Darren Uhl at 310-253-6729*

**Loss Support Group:** "Re-creating Your Life" meets on Wednesdays from 10:00-11:30 a.m. No walk-ins.

**Bereavement Groups:** For those who have recently lost a spouse and/or significant other. No walk-ins.

**Alzheimer's Caregivers Support Group** meets Wednesdays from 10:30-12:00. No walk-ins.

**Friendly Phone Call** for residents who are living alone, isolated and in need of socialization.

**Housing Alternatives** for Seniors seeking affordable & shared housing. Call for appointment: 323-650-7988

**Home Secure:** Home safety modification for renters & homeowners who qualify. For info call 323-937-5855.

**Saturday Drop-In Counseling:** 1st and 3rd Saturdays of the month from 12:00-2:00.

**Individual Counseling** available: Free or low cost, one-on-one sessions.

**Diabetes Support Group:** Meets the third Wednesday of the month from 9:30-11:00 a.m. The group meets in the Veterans Memorial Building. For information, call Roxana at 310-253-6712.

**Free Blood Pressure Screenings** on the 2nd Wednesday of the month from 9:30-10:45 a.m. in Room C71.

**HICAP Health Insurance Counseling:** Free Medicare and Medi-Cal assistance provided by the Center for Health Care Rights. Call 310-253-6700 (Senior Center Business Desk) for an appointment.

**Legal Services:** Volunteer attorneys provide 1/2 hour free consultation for Culver City Senior Citizens Association (CCSCA) members. Call 310-253-6700 (Senior Center Business Desk) for an appointment.

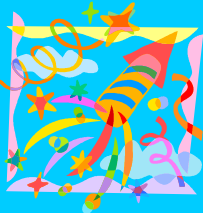








**LUNCH MENU July 2011\***

**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. Program ends at 12:30 p.m. For information call the lunchroom at (310) 253-6726 or the Nutrition Program Director at (310) 253-6712. Suggested donation per person 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

 <p><b>You can find your way across this country using burger joints the way a navigator uses stars.</b></p> <p><b>~Charles Kuralt</b></p>				
				Friday 1
				4th of July Party
				<b>Hamburger Patty</b> Whole Grain Bun Lettuce and Tomato Potato Salad Coleslaw Apple Cobbler Mustard and Ketchup Orange Juice  <b>Special Ticket Required!</b>
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<b>CENTER CLOSED</b>  	<p style="text-align: center; color: green;">Karaoke Day</p> <p><b>Chicken Jambalaya</b>                      Steamed Rice                      Veggies in entrée                      Romaine Salad                      French Dressing                      Whole Grain Bread                      Vegetable Spread                      Watermelon or Fresh Pear</p> 	<p><b>Chicken and Brown Rice Soup</b>  <b>Beef Stroganoff</b>                      Egg Noodles                      Carrots                      Caesar Salad w/ croutons                      Caesar Dressing                      Orange</p>	<p><b>Both: Vegetable Barley Soup</b>  <b>Roast Turkey w/ Gravy</b>                      Brown Rice                      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: Sliced Peaches</b></p>	<p><b>Double Entrée:</b>  <b>Ranch Marinated Chicken OR</b>  <b>Lemon Herb Fish</b>                      Oven Roasted Potatoes                      Buttermilk Biscuit                      Vegetable Spread                      Carrot Raisin Salad                      Broccoli                      Rice Pudding</p>
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p><b>Egg Drop Soup</b>  <b>Beef &amp; Broccoli</b>                      Steamed Rice                      Wheat Bread                      Broccoli in entrée                      Red and Green Coleslaw                      Tapioca Pudding</p>	<p style="text-align: center; color: green;">Karaoke Day</p> <p><b>Split Pea Soup</b>  <b>Roast Turkey</b>                      Whole Grain Bread                      Vegetable Spread                      Fresh Baked Sweet Potato                      Cranberry Gelatin Salad                      Orange</p> 	<p><b>Spaghetti with Meatballs (beef)</b>                      Green Beans                      Tossed Salad                      Ranch Dressing                      Cantaloupe</p> 	<p><b>Cream of Broccoli Soup</b>  <b>Teriyaki Chicken</b>                      Brown Rice                      Peas &amp; Onions                      Spinach Salad w/ Mandarin Oranges                      Italian Dressing                      Fresh Fruit in Season</p>	<p><b>Double Entrée:</b>  <b>Lemon Garlic Fish OR</b>  <b>Spinach Quiche</b>                      Whole Grain Bread                      Vegetable Spread                      Mixed Vegetables                      Coleslaw with Pineapple                      Marble Cake                      Orange Juice</p> 
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p><b>Beef &amp; Barley Soup</b>  <b>Beef Lasagna</b> (↑)                      Noodles in entrée                      Zucchini, Mushrooms &amp; Tomatoes                      Romaine Salad with Shredded Carrots                      Ranch Dressing                      Orange or Tangerine</p>	<p style="text-align: center; color: green;">Karaoke Day</p> <p><b>Navy Bean Soup</b>  <b>Baked Chicken</b>                      Whole Grain Roll                      Vegetable Spread                      Creamed Spinach                      Oven Browned Potatoes                      Cantaloupe</p> 	<p><b>Turkey Enchilada Casserole</b>                      Corn Tortilla in entrée                      Refried Beans                      Mixed Green Salad                      Thousand Island Dressing                      Banana                      Orange Juice</p>	<p><b>Vegetable Soup</b>  <b>Swedish Meatballs</b>                      Noodles                      Normandy Vegetables                      Pineapple Coleslaw                      Lime Gelatin w/ Pears</p>	<p><b>Double Entrée:</b>  <b>Beef Stew with Carrots, Potatoes, Celery</b>                      Wheat Bread w/ Veg. Spread  <b>OR</b>  <b>Fish Vera Cruz with Brown Rice</b>                      Carrots  <b>Both: Marinated Tomato, Onion &amp; Green Pepper Salad</b>  <b>Both: Oatmeal Cookie</b></p>
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p><b>Chicken Noodle Soup</b>  <b>Beef Strips w/ Gravy</b>                      Steamed Rice                      Peas                      Spinach Salad with Mandarin Orange                      Italian Dressing                      Lemon Pudding</p>	<p style="text-align: center; color: green;">Karaoke Day</p> <p><b>Chicken with Chipotle Sauce</b>                      Corn Tortilla                      Buttered Carrots                      Creamy Coleslaw                      Banana or Apple</p> 	<p><b>Stuffed Pepper</b>                      Whole Grain Bread                      Parslied Orzo                      Marinated Beets                      Vegetable Spread                      Fresh Fruit in Season</p> 	<p><b>Turkey Meatloaf Patty w/ Mushroom and Red Onion Gravy</b>                      Whole Grain Bread                      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                      Orange Juice  <b>Both: Chocolate Chip Cookie</b></p>	<p><b>Spanish Bean Soup</b>  <b>Double Entrée:</b>  <b>Tuna Salad on Greens OR</b>  <b>Chicken Salad</b>                      Whole Grain Roll                      Green Salad                      Carrot Pineapple Salad                      Vegetable Spread                      Orange</p>

**\*MENU SUBJECT TO CHANGE\***

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

# Culver CITY Social & Disability Services

## New Loss Support Group Starts in July

Culver City Senior & Social Services in partnership with WISE & Healthy Aging offers a new six-week **Loss Support Workshop**. The group will meet across the street from the Senior Center at Veterans Memorial Building, Room "C" from 1:30 to 3:00 pm beginning Monday, July 11. The group meets each Monday through August 15. Pre-registration is required. Please call Sheila Segal at (310) 394-9871 ext. 373 if you are interested in participating.

## Make Your Home More Secure with the Home Secure Program

Offers free home safety modification services for renters & homeowners who qualify. Includes such work as bathroom grab bars, shower hose, non-skid shower/tub surfacing, nightlights, secure doors & windows, easy turn doorknobs, smoke detectors, and more! For more information call (323) 937-5855.

## Affordable Living for the Aging

Program for seniors seeking affordable and shared housing arrangements or those who have a room in their house who are seeking a housemate. Call for an appointment. Staff person Miriam is here at the Senior Center each Thursday. Call (323) 650-7988 for an appointment.

## **Free Culver City Senior Center "Drop-In" Counseling Program**

From Antioch University Counseling Center

Available on the **1<sup>st</sup> and 3<sup>rd</sup> Saturdays** of each month from 12:00 - 2:00 p.m.

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? The benefits are clear:

- ◆ FREE & does not require an appointment
- ◆ First come, first seen
- ◆ Typically a one-time session
- ◆ Session of 20 minutes or as time allows
- ◆ May provide information on ongoing counseling or other resources

## Large-Print Books Available!

Did you know that the Disability Services Office located in the Senior Center houses a library of large-print books for lending? The library consists of more than 200 books. From modern romance and thrillers to classic literature, the library is available to anyone in the community with vision impairment who enjoys the larger text size for ease in reading.

**Come in and take a look!**

## Individual Peer Counseling

*Need to talk to someone?* 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.

## HICAP Health Insurance Counseling

Free assistance can be found right here in the Senior Center regarding:




- How Medicare Works
- HMOs or Medigap Insurance
- Long-Term Care Insurance
- Medicare Prescription Drug Coverage
- Information & Counseling
- FREE!

Representative Linda Fleischman is here each Monday from 2:00 - 5:00 pm. Please make an appointment at the Business Desk or call (310) 253-6700. *Provided by the Center for Health Care Rights.*

## **Smart people ask for help!**

*Senior & Social Services Specialist Darren Uhl offers assistance to the community with information, referrals, and help on topics such as: alternative transportation, counseling, caregiver support, bereavement groups, disability programs, aging resources, low income programs & services, government benefits, homelessness, abuse reporting, health & medical resources, and many others!*

**Call (310) 253-6729 or  
e-mail [darren.uhl@culvercity.org](mailto:darren.uhl@culvercity.org)**

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 ♦ MEETS AT VETS</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;"><b>JULY 2011</b></p>	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop 9:30 <i>Mindbodydance</i> 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* 1:00 Coco's Art Class 1:00 Fitness Class* 2:00 Let's Talk 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 10:45 Hula Dance* 11:00 Karaoke 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 *♦ 10:00 Loss Support Group 11:00 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance *♦ 11:45 Balance Challenge* ♦ 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 <i>Mindbodydance</i> Class* 9:00 Watercolor* 9:00 Bridge 9:00 French 10:00 Ukelele(advanced) * 10:30 Qi Gong* 10:00 Spanish 11:00 Public Transit~Bonnie 11:00 Short Story Class 11:00 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 3:00 Latin Ballroom Dance*	9:00 Melody Masters prac. 9:00 Tai Chi with Anton* 9:00 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* 12:30 Beginning Harmonica 12:45 Fitness* 1:00 "Remembranzas" Group(Donation) 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)
		 <p>Free coffee every Tuesday 8-12! Come &amp; meet some new friends in Snack 'n Chat!</p>			<b>1 Fourth of July Celebration 11:30</b>	<b>2</b> 1:00-3:30 DANCE Music by <b>RAZZMATAZZ</b>  1:00 Card Games with Virginia
<b>3</b> 12:00 BRIDGE 1:00 MOVIE	<b>4 HAPPY 4<sup>th</sup> of JULY</b>  CLOSED TODAY	<b>5</b> 1:00 OPERA MOVIE <b>PAGLIACCI</b>  3-5 Rosen Movement Today	<b>6</b> 9:00 <b>TRIP SALES</b> <i>See Trip Page for Details</i>  10:15-11:00 HULA Class	<b>7</b> 9:00 Flower Mart Trip 9:30 Memory Workshop J. Todd, MA <b>1:00 "Golden Age" Vintage Music Show</b> Jeannie Hudak	<b>8</b>  1:00-2:00 Singing Class with Ronnie Jayne	<b>9</b>  1:00-3:30 DANCE Music by <b>SWING SET</b>
<b>10</b> 9:00 LAUGHLIN TRIP  12:00 BRIDGE 1:00 MOVIE	<b>11</b> 1:00 BOARD MEETING 2:00-4:00 p.m. New Class "Let's Talk"	<b>12</b> 9:30-11:00 LOW VISION SUPPORT GROUP 1:00 MOVIE 1:00 SENIOR CENTER TOUR Meet by Business Desk	<b>13</b> 9:30-10:45 <b>BLOOD PRESSURE</b>  <b>10:00-1:00 RSVP CRAFT SALES</b>	<b>14</b> 9:30 Memory Enhancement Workshop J. Todd, MA  <b>1:00 July Birthday Party</b>	<b>15</b> 1:00 <b>Sing Along With Dolly</b>  <b>3:30-5:00 Patio Concert &amp; BBQ</b>	<b>16</b> 1:00-3:30 DANCE Music by <b>STRIKERS</b>
<b>17</b> 1:30 <b>Ms. Senior California Pageant</b> NO Movie Today	<b>18</b> 8:00 BARONA TRIP 1:00 VETERANS GROUP <b>9:00-1:00 WHITE ELEPHANT SALE</b>	<b>19</b> 10:30 <b>ASK THE P.T. Cristina Gabor</b> <i>HOW TO UNDERSTAND AND MANAGE LOWER BACK PAIN</i> 1:00 MOVIE 3-5 Rosen Movement Today	<b>20</b> 9:30-11:00 DIABETES SUPPORT GROUP ~ MEETS AT VETERANS BUILDING 10:15-11:00 HULA Class 1:00 "Downsize Your Life " <b>Barbara Payne</b>	<b>21</b> 1:00 <b>USC Nutrition Talk</b> <i>Twenty-five Foods That Can Change Your Life</i> Patrice, Barber, RD <b>12:30 JAM Session On the Patio</b>	<b>22</b>  1:00-2:00 Singing Class with Ronnie Jayne	<b>23</b> 1:00-3:30 DANCE Music by <b>MELODY MASTERS</b>  1:00 Card Games with Virginia
<b>24</b> 12:00 BRIDGE 1:00 MOVIE	<b>25</b> 1:00 SEMINAR <i>Lowering Your Risk for Alzheimer's Disease</i> Kulwant Dosanjh	<b>26</b> 9:30-11:00 LOW VISION SUPPORT GROUP 1:00 MOVIE	<b>27</b>	<b>28</b> 12:30 Movie <b>Mr. Holland's Opus</b> 1:00 SEMINAR ON END OF LIFE CARE Nazeena Sandhu, RN	<b>29</b> 8:30 PECHANGA TRIP <b>12:30 Movie Nostalgia The Jolson Story</b>	<b>30</b> 1:00-3:30 DANCE Music by <b>SWING SET</b>
<b>31</b> 12:00 BRIDGE 1:00 MOVIE						