

# Culver CITY

## The Newsletter

August 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



### 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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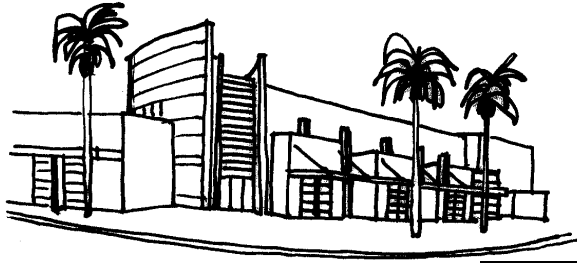
### CULVER CITY SENIOR CENTER

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

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### The Silvertones

*Accompanied by*  
Harriet Wulfeck, piano  
Paul "Chico" Fernandez, drums

**Thursday, August 25**  
10:30-11:15 a.m.

SHARE THE JOY OF CLASSICAL PIANO

with

Andrew Wong

**Friday, August 19**  
12:30-2:00 p.m.



### Monthly Birthday Celebration



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

**Thursday, August 11 at 1:00**



Entertainment by  
**Cali Rose**

### Special Showing of Award Winning Documentary

*Red Hope? The Blacklisting of Hope Foye (Her Story, Her Song)*

**Sunday, August 21**  
1:00 p.m.

CCSCA Members will be admitted free of charge but you MUST show your membership card. \$2 Donation for guests.



Followed by  
**A LIVE PERFORMANCE BY  
HOPE FOYE!**

*Special presentation by Producer  
Constance L. Jackson, Permanent Productions*

### Summertime Patio Concert & BBQ Dinner on the Patio!



**Friday, August 19 3:30-5:00 p.m.**

Tickets for the BBQ Dinner are pre-sold for \$4.00 each. Tickets available August 1 until sold out.

Live Music!

by

"Razzmatazz"



The Golden Age of American Popular Music  
Presenting

### *Songs & Stories of the Singing Stars*

**Thursday, August 4 at 1:00 p.m.**

Bob Lipson ~ Saul Jacobs ~ Steve Fry

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



## OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month the opera film will be **PIRATES OF PENZANCE**. This film is an adaptation of **Gilbert & Sullivan's** beloved comic operetta. Fred has fallen in love with sweet innocent Mabel, yet his vocation is an impediment to their union. Perhaps the situation can be rectified by his old nurse, Ruth. Funny, romantic and has great music! 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 August will be **BELL, BOOK AND CANDLE**. This 1958 movie is a whimsical comedy with hilarity and romance in equal portions, starring James Stewart and Kim Novak; co-starring Jack Lemmon, Ernie Kovacs, Hermione Gingold and Elsa Lanchester. **Friday, August 26 at 12:30 p.m.**

## "SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is the 1st Sunday of the month. The movie for **Sunday, August 7** will be **COUNTRY STRONG**. A rising young singer-songwriter gets involved with a fallen country star and they embark on a career resurrection tour. Between concerts, romantic entanglements and old demons threaten to derail them all. **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

**Aug. 7** **SONY SUNDAY: COUNTRY STRONG**

2010-PG13-Drama-Garrett Hedlund;  
Gwyneth Paltrow; Leighton Meester;  
Tim McGraw; 117 min.

**Aug. 14** **UNSTOPPABLE**

2010-PG13-Thriller-Denzel Washington  
Chris Pine; Rosario Dawson; 98 min.

**Aug. 21** **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.

**Aug. 28** **TRUE GRIT**

2010-PG13-Western-Hailee Steinfeld; Josh  
Brolin; Jeff Bridges; Matt Damon; 110 min.

### TUESDAY MOVIES

**Aug. 2**

**OPERA MOVIE:**

**PIRATES OF PENZANCE**

Comic operetta by Gilbert & Sullivan

**Aug. 9**

**INSIDE JOB**

2010-PG13-Documentary-Chronicles the  
events that led to the \$20 million  
global financial crisis; 120 min.

**Aug. 16**

**RED**

2010-PG13-Thriller-Bruce Willis; Morgan  
Freeman; Mary Louise Parker; Helen  
Mirren; John Malkovich; 111 min.

**Aug. 23**

**BURLESQUE**

2010-PG13-Musical-Christina Aguilera;  
Cher; Stanley Tucci; Kristen Bell; 119 min.

**Aug. 30**

**THE ADJUSTMENT BUREAU**

2010-PG13-Science Fiction-Matt Damon;  
Emily Blunt; Terence Stamp; 106 min.

# **LOOK WHAT'S COMING UP!**

Special Movie Presentation Thursday, August 25 at 12:30



## ***Throw Mama from the Train***

1987 Comedy Directed by Danny DeVito

Danny DeVito

Billy Crystal

Kim Greist

Hosted by: *Marilyn Hess*

## **Movie Game Show**

Thursday, August 4 at 10:00 a.m.

**Amy Malina**

A live musical interactive game~Have fun identifying familiar songs & movie themes



### **FOR YOUR HEALTH: A "BROWN BAG" MEDICATION REVIEW**

Join a pharmacist from Express Rx Pharmacy on **Thursday, August 18 from 1-4 p.m.** to help monitor the different medications you are taking to possibly prevent drug interactions. Please bring all your prescribed and non-prescription medications in a bag for an individual evaluation by a pharmacist.

### **SEMINAR: FALL PREVENTION IN THE HOME**

Every year more than 2 million Americans fall and sustain serious injury. The Center for Disease Control and Prevention (CDC) has identified four things everyone should do to prevent falls. Attend this presentation to learn more about fall prevention and how it effects all of us. Presented by **Jasmine Libarian, CAPS, ATP, CEAC, on Thursday, August 11 at 1:00 p.m.**

### **NEW CLASS! AEROBICS FOR THE MIND**

Sharpen your mind with brain teasers, memory and word games and lively discussions about real people and situations. Energize your mind! Enhance your memory! Enjoy! The class will meet on **Tuesdays from 1-2:30 p.m., beginning August 2.** The class will be taught by **Elaine Roark**, instructor of Mental and Physical Fitness for Older Adults.

### **SEMINAR: CHAMPIONING THE QUALITY OF LIFE FOR AGING SENIORS**

Attend this workshop to learn about the warning signs of changes and challenges for aging seniors in the home and the various stages of options for aging in place, including home healthcare and different levels of assisted living. You will also learn about many resources available to the community. Presented by **Piper Allen on Thursday, August 25 at 1:00 p.m.**

### **HEALTH WORKSHOPS: UPDATE ON DEMENTIA**

**Neurologist Khin Khin Gyi, MD, PhD**, would like to share with you all the latest research and information about Dementia. Join **Dr. Gyi** for this educational and informational session on **Thursday, August 18 at 1:00 p.m.**

### **FITNESS PRESENTATION: DISCOVER THE SECRETS OF AGELESS VITALITY WITH WOWZA**

**Wowza**, an empowerment speaker and seminar leader, will share her presentation, ***Ageless Vitality: Perpetual Renewal in Action***. Hear Wowza's secrets that can transform sedentary habits into new energy and motivation to have fun and get fit. **Thursday, August 11 at 10:00 a.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. **Tuesday, August 16, 10:30-11:30 a.m.**

### **PUBLIC TRANSIT : DISCOVER THE BENEFITS OF USING PUBLIC TRANSIT**

**Bonnie Cherko** will answer your transit questions any Thursday from 11-12:00 in the lobby. You can also leave Bonnie a message at the Business Desk. Those who are signed up for the Plaza Mexico outing must attend a required meeting either Thursday, August 4 from 1:00-2:00 OR Saturday, August 6 from 12:15-1:15 p.m.

### **UKELELE CLASS for BEGINNERS**

Cali Rose will offer another ukulele class for beginners for 8 classes from Sept. 12– Oct. 31. The class will meet on Mondays from 12:30-1:30 p.m. Contact Cali at 310-285-3506 for details.

### **RONNIE JAYNE'S SINGING CLASS WILL MEET ON THESE 2 FRIDAYS IN AUGUST: August 5 & 12**

**SENIOR OF THE MONTH**  
**MARIA A. IANNONE**



The Culver City Senior Citizens Association Board of Directors is pleased to honor  
**Maria Antonia Iannone**  
 Senior of the Month for August 2011

Many members of the Culver City Senior Citizens Association can thank volunteer Maria Iannone for their command of the Spanish language. Maria has enthusiastically taught Spanish, her native language, to our seniors for nearly 10 years!

Maria was born in Bogota, Colombia. She had several positions as an interpreter in Bogota, one for an American Engineer working on the specifications for the construction of a dam on the Bogota River, and another for a Swiss Engineer in the Water Department, interpreting from Spanish to French. She and her sister left South America in 1946, mainly to avoid the objectionable dictatorship in Colombia at that time. New York City was home for a while, and one year was spent at college in Birmingham, Alabama.

Maria moved to California in 1950, got married in 1951, and has lived in Culver City in the same house since 1953. Her three children and four grandchildren have enjoyed Maria's lovely home for the last 58 years. At home, Maria loves gardening and tending to her vegetable plants. Painting portraits is also one of Maria's favorite activities. She also participates in the Russian class and enjoys the other members of the class who are motivated to learn Russian due to their Russian heritage.

Maria derives great pleasure from her diverse Spanish class. She so enjoys her German, Dutch, Egyptian, Chinese, Burmese and American students. Together, they are acquiring knowledge of the Spanish language, but they are also sharing their international backgrounds and having a good time!

*Muchas Gracias, Maria, for your 10 years of dedicated teaching at the Senior Center.  
 ¡Excelente trabajo!*

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

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

*"Yard by yard, life is hard.  
 Inch by inch, life's a cinch"*

Do you realize how fortunate you are to be able to participate in Culver City's beautiful Senior Center?

Recently, CCSCA President Kay Heineman and Board Member Pat Fountain visited two other centers to see how their lunch programs run. One center is a one room facility and cannot have lights and air conditioning going at the same time. All activities are together and limited. The other is a new facility but very small. It has a computer room, outside exercise equipment, a small board room and a lunch room for 45 which also services as an activity room. They had a demonstration on reflexology in the hallway!

We need to be grateful for our large and beautiful facility. Take the time to thank the City staff for all the work they do providing opportunities to enhance the lives of our Seniors. Be RESPECTFUL to one another and follow the Center Guidelines for your and everyone else's safety and enjoyment!

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 A message from Miriam Schnepf, Member of CCSCA

*To the Volunteers at the Senior Center*

Thank you for all the work you do  
 Especially the great barbeque  
 Some folks haven't learned to share  
 So at you they sometimes glare  
 Most appreciate what you do  
 And remember to say thank you  
 The Center is so much fun  
 And your efforts help to make it run  
 When members get out of hand  
 And too much of you demand  
 Just smile and nicely say thank you  
 Adding I wish the same for you

For myself I just want to say  
 I sing your praises every day!

*Thank  
 YOU!*

**IN MEMORIAM**  
*Lillian Emerson*





**Friday, August 12, 2011  
Noon to 2:30 p.m.**



**Want to be a part of a fun group of community entertainers?** Audition for our Culver City Glee Club! The only talent required is passion & dedication!

The Culver City Glee Club needs members who want to entertain and are able to make a weekly commitment to participate. Performances are on Wednesdays and Fridays from 2:00-3:00 p.m.

Be sure you can be available to perform weekly on either Wednesdays or Fridays before you audition.

You can try-out solo or with a group, whatever makes you most comfortable! Just prepare a song that makes you happy—

we'll have a pianist and sound system standing by!



**EVERYONE  
WELCOME!  
Soloists! Groups!**

Make your reservation to audition by calling 310-253-6704, stopping by the front desk or email [jill.thomsen@culvercity.org](mailto:jill.thomsen@culvercity.org)



## Seeking Volunteer Computer Lab Instructors

We are looking for potential new volunteer instructors for the computer lab. Currently classes are 2 hours a week for a 6-week period and teachers must be able to commit to teaching at least 4 months.

Candidates must have experience or desire to become skilled in teaching and presenting in a small classroom environment, be savvy in troubleshooting and operating all general computer programs on a PC and most importantly be patient and a good listener!

If interested please send a resume or email to computer lab coordinator Richard Marr at [richard.marr@culvercity.org](mailto:richard.marr@culvercity.org)

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## DISASTER REGISTRY UPDATE

Culver City Department of Parks, Recreation & Community Services is pleased to inform you about the new

### **Los Angeles County Specific Needs Awareness Planning Disaster Voluntary Registry (SNAP).**

Those who require special assistance during a major disaster are encouraged to register online with the L.A. County S.N.A.P. Registry. This internet-based system allows residents to provide information, which will be kept confidential, to public safety officials about their access or functional needs.

Register for S.N.A.P. at:

<http://snap.lacounty.gov> & click on Register Now!!!

Culver City's Office of Emergency Management works closely in coordination with L.A. County and will have access to data in case of an emergency or disaster affecting our geographical area. This office can be reached at:

310-253-5900 or online [www.culvercity.org/emergencyprep](http://www.culvercity.org/emergencyprep)

If Culver City Disability Services staff can assist you in any other way, please contact us at 310-253-6729 or email: [darren.uhl@culvercity.org](mailto:darren.uhl@culvercity.org)

**LUNCH MENU August 2011 \***






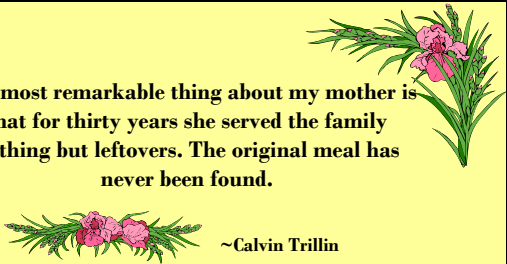

**Only those 60 & over and their spouses of any age are eligible for this program.**

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. **Voluntary suggested contribution per person for registered participants 60 & over and their spouses is \$2.25 and mandatory fee for those 59 & below is \$3.75.** If allowed to show proof of age, please comply, as it is necessary for us to meet these requirements, which are set forth by our agent.

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

1% and non-fat milk are served every day. Fresh fruit is available upon request as a lower calorie substitution. Please obtain a special ordering ticket at the lunch room sign-in desk.

The menu is subject to change. Exclamation point (!) indicates that the meal or dessert has "Trans Fat". Na (↑) indicates High Sodium

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<b>Turkey Tetrazzini</b> <b>Spaghetti in Entrée</b> Spinach Broccoli Raisin Salad Lime Gelatin with Mixed Fruit	<b>Karaoke Day</b> <b>Cream of Potato Soup</b> <b>BBQ Beef</b> Whole Grain Bun Mixed Vegetables Mixed Green Salad Italian Dressing Pineapple Chunks and Mandarin Orange	<b>Oven Fried Chicken</b> Corn Bread Seasoned Spinach Black Eyed Peas Lettuce and Tomato Salad Ranch Dressing Vegetable Spread Cantaloupe	<b>Both: Minestrone Soup</b> <b>Beef Lasagna (↑)</b> California Blend Spinach Salad with Mandarin Orange French Dressing Fresh Fruit in Season <b>OR</b> <b>Vegetarian Mixed Bean Salad w/ French Dressing</b> Whole Wheat Bread Raw Spinach Broccoli and Raisin Salad Vegetable Spread <b>Both:</b> Fresh Fruit in Season	<b>Double Entrée:</b> <b>Fish Taco with Soft Shell Flour Tortilla</b> Spanish Rice Marinated Tomato Salad Pinto Beans Salsa Packet <b>OR</b> <b>Bean &amp; Cheese Burrito</b> Spanish Rice Marinated Tomato Salad Corn Salsa Packet <b>Both:</b> Peach Crisp with Oatmeal Topping
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<b>Hawaiian Chicken</b> Barley California Blend Marinated Tomato Salad Fresh Fruit in Season	<b>Karaoke Day</b> <b>Tomato Soup</b> <b>Salisbury Steak w/ gravy</b> Wheat Bread Vegetable Spread Mashed Potatoes Zucchini Cantaloupe 	<b>Turkey Bean Chili</b> Corn Bread Marinated Beets Spinach Salad w/ Mandarin Oranges Italian Dressing Oatmeal Cookie Vegetable Spread 	<b>Double Entrée:</b> <b>Both: Lentil Soup</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Shredded Carrots, Romaine Lettuce and Water Chestnuts Oriental Dressing Hot Steamed Cabbage <b>OR</b> <b>Chicken Waldorf Salad</b> Whole Grain Bread Mixed Lettuce Carrot Coins Marinated Tomatoes with Green Peppers Vegetable Spread <b>Both:</b> Applesauce w/ Cinnamon	<b>Double Entrée:</b> <b>Herb Baked Fish</b> w/ Normandy Vegetables <b>OR</b> <b>Vegetable Frittata</b> Wheat Bread Vegetable Spread Oven Brownd Red Potatoes Mixed Fruit in Red Gelatin Orange Juice 
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<b>Minestrone Soup</b> <b>Veal Parmesan</b> Spaghetti with Marinara Sauce Peas & Carrots Spinach Salad w/ Red Onion Italian Dressing Mandarin Orange Slices and Pineapple Chunks	<b>Karaoke Day</b> <b>Chicken Jambalaya</b> Steamed Rice Veggies in entrée Romaine Salad French Dressing Whole Grain Bread Vegetable Spread Watermelon or Fresh Pear 	<b>Chicken and Brown Rice Soup</b> <b>Beef Stroganoff</b> Egg Noodles Carrots Caesar Salad w/ croutons Caesar Dressing Orange	<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:</b> Sliced Peaches	<b>Double Entrée:</b> <b>Ranch Marinated Chicken</b> <b>OR</b> <b>Lemon Herb Fish</b> Oven Roasted Potatoes Buttermilk Biscuit Vegetable Spread Carrot Raisin Salad Broccoli Rice Pudding
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<b>Egg Drop Soup</b> <b>Beef &amp; Broccoli</b> Steamed Rice Wheat Bread Broccoli in entrée Red and Green Coleslaw Tapioca Pudding	<b>Karaoke Day</b> <b>Split Pea Soup</b> <b>Roast Turkey</b> Whole Grain Bread Vegetable Spread Fresh Baked Sweet Potato Cranberry Gelatin Salad Orange 	<b>Spaghetti with Meatballs (beef)</b> Green Beans Tossed Salad Ranch Dressing Cantaloupe 	<b>Cream of Broccoli Soup</b> <b>Teriyaki Chicken</b> Brown Rice Peas & Onions Spinach Salad w/ Mandarin Oranges Italian Dressing Fresh Fruit in Season	<b>Double Entrée:</b> <b>Lemon Garlic Fish</b> <b>OR</b> <b>Spinach Quiche</b> Whole Grain Bread Vegetable Spread Mixed Vegetables Coleslaw with Pineapple Marble Cake Orange Juice
Monday 29	Tuesday 30	Wednesday 31	<p style="text-align: center;"><b>The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.</b></p> <p style="text-align: right;">~ Calvin Trillin</p> 	
<b>Beef &amp; Barley Soup</b> <b>Beef Lasagna (↑)</b> Noodles in entrée Zucchini, Mushrooms & Tomatoes Romaine Salad with Shredded Carrots Ranch Dressing Orange or Tangerine	<b>Karaoke Day</b> <b>Navy Bean Soup</b> <b>Baked Chicken</b> Whole Grain Roll Vegetable Spread Creamed Spinach Oven Brownd Potatoes Cantaloupe 	<b>Turkey Enchilada Casserole</b> Corn Tortilla in entrée Refried Beans Mixed Green Salad Thousand Island Dressing Banana Orange Juice		

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

# Culver CITY Social Services Spotlight



## **SOCIAL SERVICES & DISABILITY INFORMATION AND REFERRAL**

*Provided to Culver City residents of all ages.*

### **Offices located at:**

Culver City Senior Center  
4095 Overland Avenue

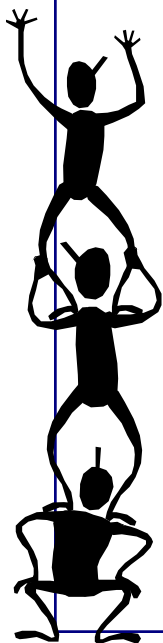
**Phone: (310) 253-6729**

**E-mail: [darren.uhl@culvercity.org](mailto:darren.uhl@culvercity.org)**

- **Identification of Services**
- **Referral and Linkages with Appropriate Agencies and Services**
- **Assistance With Government Forms**
- **Counseling or Other Referrals**

## **OUTSIDE REFERRALS**

Adult Day Care  
Services for People with Disabilities  
Assisted Living Facilities  
Governmental Programs  
Home Delivered Meal Programs  
Caregiver Support  
Legal Assistance  
Physical/Mental Health Referrals  
Senior Housing Information  
Skilled Nursing Facilities  
Transportation Options  
**AND MORE!**



## **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.

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

WISE & Healthy Aging offers programs such as Care Management, Mental Health Services, and Money Management to support older adults with "aging in place." Each program is designed to help seniors live independently at home by relieving them of some burdens of daily life which they can no longer manage on their own—whether it is disabilities making daily activities a challenge, frailty that requires assistance with strenuous activities, or cognitive disabilities that make managing financial affairs a challenge. If you or someone you know is in need of in-home assistance to help maintain independence call: **(310) 394-9871**.

## **Affordable Living for the Aging**

This program is for seniors seeking affordable and shared housing arrangements or those who have a room in their house who are seeking a housemate. Call (323) 650-7988 for a Thursday appointment at the Senior Center.

## **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 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.***

## **Friendly Phone Call Program**

If you or someone you know is living alone and somewhat isolated, frail, 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. Ask staff for more info!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</b></p> <p style="text-align: center;"><b>➔</b></p> <p>* FEE FOR CLASS ♦ MEETS AT VETS</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;"><b>AUGUST 2011</b></p>	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop 9:30 Beginning Tai Chi♦* 9:30 <i>Mindbodydance</i> Class * 10:00 German 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 Larry's Tai Chi Group* 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 3:30 Yoga* <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">  <p>Free coffee every Tuesday 8-12! Come &amp; meet some new friends in Snack 'n Chat!</p> </div>	9:00 RSVP-WWP /Crafts Groups 9:00 Harmonica 9:00 Therapeutic Yoga* (does not meet 1 <sup>st</sup> Wed.) 9:00 Beginning Ballroom *♦ 10:00 Loss Support Group 11:00 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance *♦ 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* No watercolor in August 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 (Beginners) 3:00 Latin Ballroom Dance*	9:00 Melody Masters prac. 9:00 Tai Chi with Anton* 9:00 Knitting Class 9:00 Larry's Tai Chi Grp* 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)
	<b>1</b> 1:00 VETERANS GROUP  NO CERAMICS IN AUGUST	<b>2</b> 1:00 OPERA MOVIE <i>Pirates of Penzance</i>	<b>3</b> <b>9:00 TRIP SALES</b> <i>See Trip Page for Details</i>	<b>4</b> 10:00 MOVIE GAME Amy Malina <b>1:00 SONGS &amp; STORIES OF THE SINGING STARS</b> 1:00 Public Transit Meeting	<b>5</b> 1:00-2:00 Singing Class with Ronnie Jayne	<b>6</b> 1:00-3:30 DANCE Music by <b>RAZZMATAZZ</b>  12:15 Public Transit Meeting 1:00 Card Games with Virginia
<b>7</b> 9:00 LAUGHLIN TRIP 12:00 BRIDGE 1:00 MOVIE	<b>8</b> 1:00 BOARD MEETING	<b>9</b> 9:30-11:00 LOW VISION SUPPORT GROUP 1:00 MOVIE  Drama Group Resumes Today	<b>10</b> <b>9:30-10:45 BLOOD PRESSURE</b>	<b>11</b> 10:00 Ageless Vitality with Wowza 1:00 Fall Prevention Workshop <b>1:00 Aug. Birthday Party</b>	<b>12</b> 11:00 SKIRBALL TRIP <b>12:00-2:30 p.m. "Glee" Project</b>  1:00-2:00 Singing Class with Ronnie Jayne	<b>13</b> 1:00-3:30 DANCE Music by <b>SWING SET</b>
<b>14</b> 12:00 BRIDGE 1:00 MOVIE	<b>15</b>	<b>16</b> 10:30 <b>ASK THE P.T. Cristina Gabor</b> 1:00 MOVIE  1:00 SENIOR CENTER TOUR Meet by Business Desk	<b>17</b> 9:30-11:00 DIABETES SUPPORT GROUP ~ MEETS AT VETERANS BUILDING 1:00 "Downsize Your Life " <b>Barbara Payne</b>	<b>18</b> 9:00 WELK THEATER TRIP 1:00 Update on Dementia Dr. Gyi, MD; PhD 1:00-4:00 p.m ."Brown Bag" Event	<b>19</b> <b>12:30-2:00 Classical Piano Andy Wong</b> <b>3:30-5:00 Patio Concert &amp; BBQ</b>	<b>20</b> 1:00-3:30 DANCE Music by <b>TBA</b>
<b>21</b> 1:00 MOVIE <i>RED HOPE? THE BLACKLISTING OF HOPE FOYE (HER STORY, HER SONG)</i> <i>Live Performance by Hope Foye after the film!</i>	<b>22</b>	<b>23</b> 9:30-11:00 LOW VISION SUPPORT GROUP 1:00 MOVIE  No Japanese Today	<b>24</b>	<b>25</b> 12:30 Movie <i>Throw Mama from the Train</i>  3-5 Grandparents Group	<b>26</b> 9:30 SAN MANUEL TRIP  <b>12:30 Movie Nostalgia Bell, Book &amp; Candle</b>	<b>27</b> 1:00-3:30 DANCE Music by <b>STRIKERS</b> 1:00 Card Games with Virginia <i>See you at Fiesta La Ballona!!</i>
<b>28</b> 12:00 BRIDGE 1:00 MOVIE  <i>See you at Fiesta La Ballona!!</i>	<b>29</b>	<b>30</b> No Japanese Today 1:00 MOVIE	<b>31</b>			