

Culver CITY

The Newsletter

March 2011



CITY COUNCIL

Christopher Armenta, Mayor

Micheál O'Leary,
Vice Mayor

D. Scott Malsin, Councilmember

Andrew Weissman,
Councilmember

Jeff Cooper, Councilmember



CITY OF CULVER CITY

John Nachbar,
City Manager

Martin R. Cole
Assistant City Managers

Pam Robinson, Acting Director
Parks, Recreation & Community
Services

SENIOR & SOCIAL SERVICES

Armando Abrego,
Senior & Social Services Manager

Debbie Cahill, Senior Program Spec.

Roxana Tabibi, Senior Nutrition Spec.

Jill Thomsen, RSVP Specialist

Darren Uhl, Disability Specialist

Alvina Prasad, Paratransit Coordinator

Spencer Wray, Van Driver

Jesse MacGregor, Van Driver

CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

Kay Heineman, President

Lionel Crown, Vice President

Jessica Maria Garcia, Secretary

Marsha Orth, Treasurer

Kit Woodhouse Bob Hess

Patricia Fountain Clifford Nelson

Mary Garcia Elizabeth Oxley

Carolyn Conway

Alternates:

Ana deElejalde

Monthly Board Meeting

Second Monday, 1:00 p.m.

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**Line
Dancing
Hoedown
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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

March 2011



St Patrick's Day Party



Thursday
March 17 at 11:30 a.m.

Lunch & Entertainment



Tickets are \$3.50
Tickets on sale at the Business
Desk until March 14
(or until sold out)

'Tis a Day for the Wearin' of the Green!



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

Thursday, March 10 at 1:00



Entertainment by
Wendy & Rik



The Golden Age of American Popular Music

Presenting

Tin Pan Alley Classics

Thursday, March 24 at 1:00 p.m.

Bob Lipson ~ Saul Jacobs ~ Steve Fry



Unforgettable songs, stories and memories of the real "Oldies But Goodies"

Presented as part of the USC Emeriti Center College Public Lecture Series



THE LOS ANGELES DOCTORS SYMPHONY WIND QUINTET

Tuesday, March 1 at 12:30 p.m.

Ragtime Piano

DOUG HAISE

Friday, March 11 at 12:45 p.m.



Sing Along With Dolly

Friday, March 18
1:00 p.m.

Special Movie Presentation

What's Eating Gilbert Grape

Leonardo DiCaprio Johnny Depp

Thursday, March 3 at 12:30 p.m.



Celebrating Life Together Through Music

Presented by

Jamallad

Friday, March 4 at 1:00 p.m.



THE UCLA HERB ALPERT SCHOOL OF MUSIC GLUCK MUSIC PERFORMANCE PROGRAM

Presents

STRING QUARTET CONCERT

Friday, March 18 at 1:00 p.m.



OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month, however, this month's opera movie will be on the second Tuesday, **March 8** at 1:00 p.m. The opera for March will be ***LA TRAVIATA (THE FALLEN WOMAN)*** by **Giuseppe Verdi**. This screen adaptation of Verdi's opera in three acts is written, designed and directed by Franco Zeffirelli. Thank you to volunteer **Murray Winagura** for planning the Opera program. Playing time is 1 hour, 45 minutes.

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 March will be ***SHOWBOAT***. Kathryn Grayson, Ava Gardner and Howard Keel star in this musical extravaganza which celebrates the loves and heartbreaks of a Mississippi riverboat troupe and features an unforgettable score by Jerome Kern and Oscar Hammerstein. **Friday, March 25 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, March 6** will be ***THE SOCIAL NETWORK***. In 2003, Harvard undergrad Mark Zuckerberg sits down at his computer to work on a new idea. Six years and 500 million "friends" later.... Enjoy this Oscar winning film about Facebook founder, Mark Zuckerberg. We thank SONY for providing our SONY SUNDAY features!

KARAOKE

Join ***"Karaoke Friends"*** on Tuesdays, 11:00-1:00 in the Nutrition Site

Also, join ***"Tony & Friends"*** on Wednesday, 2:30-4:30 p.m. for an enjoyable Open Microphone session. Come to listen or perform and join the fun!

SHOWTIME

The movie is subject to change. Movies begin at 1 p.m. unless otherwise noted. Operas are featured on the 1st Tuesday of the month. PLEASE NOTE: **Film rating symbols** are included in the movie listings for your information. An "R" RATING may be assigned due to, among other things, a film's use of language, theme, violence, sex or its portrayal of drug use. Please consider the rating before ***you choose*** to view a movie. Also, the playing time is noted for your convenience.

Our Tuesday and Sunday movies are open to CCSCA Members only. You must show your membership card for admittance. In the interest of fairness, seats are first come, first served.

SAVING SEATS IS NOT ALLOWED!

TUESDAY MOVIES

March 1 **No Movie Today**
Doctors Symphony Wind Quintet
at 12:30;
New Member Orientation at 2:00

March 8 ***OPERA MOVIE: LA TRAVIATA***
By Giuseppe Verdi; Teresa Stratas as Violetta; Placido Domingo as Alfredo Germont; Cornell MacNeil as Giorgio Germont; 105 min.

March 15 ***WAKING NED DEVINE***
1998-PG-Comedy-When an old Irishman in a tiny Irish village wins the lottery, he sets off a hilarious chain of events; Ian Bannan; David Kelly; Fionnula Flanagan

March 22 ***THE KIDS ARE ALL RIGHT***
2010-Rated R-Comedy-Annette Bening; Julianne Moore; Mark Ruffalo; 104 min.

SUNDAY MOVIES

March 6 **SONY SUNDAY:**
THE SOCIAL NETWORK
2010-PG13-Drama-Jesse Eisenberg; Andrew Garfield; Justin Timberlake; 120 min.

March 13 ***YOU AGAIN***
2010-PG-Comedy-Kristen Bell; Sigourney Weaver; Jamie Lee Curtiss; Betty White; Patrick Duffy; 105 min.

March 20 ***CONVICTION***
2010-Rated R- Drama-Hilary Swank; Sam Rockwell; Minnie Driver; Melissa Leo; 107 min.

March 27 ***LIFE AS WE KNOW IT***
2010-PG13-Comedy-Katherine Heigl; Josh Duhamel; Josh Lucas; 105 min.

LOOK WHAT'S COMING UP

SEMINAR: HOW TO HIRE A CAREGIVER

This presentation will provide tips on interviewing a prospective caregiver, important questions to ask, the pros and cons of hiring a caregiver privately versus a registry versus an individual from an agency. Practical information on the range of fees, what a caregiver can and cannot do (scope of practice) and how to have a good relationship with your caregiver once he/she is hired. Presented by **Susan Belgrade, LCSW, Director of Freda Mohr Center. Tuesday, March 8 from 1:30-2:30 p.m.**

SEMINAR: DO ACHES AND PAINS KEEP YOU FROM STAYING ACTIVE?

Let Physical Therapist **Cristina Gabor from Orthosport Physical Therapy** can help you stay active even while you have aches & pains. Cristina will give you the latest tips on how to keep in shape and *keep moving*. **Tuesday, March 15, 10:30-11:30**

UCLA STROKE FORCE

Attend this seminar and hear the most recent information on strokes. This program is a public outreach program to promote stroke awareness given by the experts at UCLA Ronald Reagan Hospital. **Wednesday, March 30 at 9:30 a.m.**

PUBLIC TRANSIT NEWS: DISCOVER THE BENEFITS OF USING PUBLIC TRANSIT

Bonnie Cherko will answer your transit questions in the lobby on **Thursdays from 11:00 -12:00** or leave Bonnie a message at the Business Desk.

If you signed up for a Spring Outing, attend a *required* pre-outing meeting:

Level Two (full day outing) participants: required meeting will be on Thursday, March 24 at 1:00 or Saturday, March 26 at 12:15 p.m.

NEW CLASS: HAVE YOU ALWAYS WANTED TO WRITE AND ILLUSTRATE YOUR OWN BOOK?

Award winning illustrator and artist, **Joyce Wheeler**, will offer an 8 week class to teach you how to write and illustrate your own book. She has done it successfully and would like to share her expertise with you. The class will meet on 8 Wednesdays from 10:00-11:30 a.m. There will be a \$3 fee for each class. The first class will meet on Wednesday, **March 9th**.

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, March 31 at 1:00 p.m.**

LIFE PLANNING CLASS: STAYING IN CHARGE OF YOUR HEALTHCARE AND FINANCES

H.E.L.P (Healthcare and Elder Law Programs Corporation) will present the first of a series of classes on Life Planning issues: "Staying in Charge of Your Healthcare and Finances." Powers of attorney for health care and financial matters allow you to stay in charge should you become incapacitated and unable to speak for yourself. This program is based on California and Federal law. **Monday, March 21 at 1:00 p.m.**

SEMINAR: WHAT IS A REVERSE MORTGAGE AND IS IT RIGHT FOR ME?

Bob McLatcher, Reverse Mortgage Consultant with Wells Fargo Home Mortgage, will present information on how you can optimize retirement cash flow without selling your home. Bob will give you the facts and will answer your questions. **Thursday, March 3 at 1:00 p.m.**

SEMINAR: DOWNSIZE YOUR LIFE

Hear practical information on how to delegate your time and energy and de-clutter your house. Join **Barbara Payne** on the 3rd Wednesday of every month at 1:00 p.m. This month, the seminar will be on **Wednesday, March 16 at 1:00 p.m.**

SENIOR OF THE MONTH

MARILYN HESS



The Culver City Senior Citizens Association Board of Directors is pleased to honor

Marilyn Hess

Senior of the Month for March 2011

Those who know Marilyn will appreciate that her favorite saying is: "I'm here for a good time, not a long time." This is a reflection of the enthusiasm that Marilyn has for music, learning and sharing resources with others. She enjoys the positive energy of the "young spirits" here and never tires of encouraging others to find opportunities to learn and enjoy themselves.

Marilyn has lived in California since 1963, by way of Baltimore and Miami. Along with her 2 brothers, Marilyn was part of "The Three J's," a popular night club act in Miami. Show business was their family life as they performed in Miami, the Catskills in the summer and toured all over the country, even one memorable performance in Havannah, Cuba. Marilyn spent a few years touring with Johnny Mathis as a member of the "Young Americans" singing group. Marilyn and husband Bob have been married nearly 45 years. They have two children and have recently become the proud grandparents of lovely little Beatrix Carlin.

Marilyn has contributed so much to the Senior Center community. She teaches a Beginning Harmonica class, a Beginning Mah Jong group and is a member of the RSVP Singers who entertain in retirement and nursing homes and always sing for you at our big parties. Marilyn started the Veterans Group here at the Senior Center and continues to organize their monthly meetings. She also served on the Board of Directors of the CCSCA for 2 years and presents a monthly movie program. Marilyn has been a member of the Hollywood & Vine Toastmasters for 15 years and has served as their area governor. In recent years, Marilyn has learned to play the harmonica and the ukulele and shares her enthusiasm with others daily. And if you ask, Marilyn will sing her family song to you: "*Enjoy yourself ...it's later than you think....*" Congratulations to Marilyn, Senior of the Month for March, 2011!

A Message...

FROM THE CCSCA BOARD OF DIRECTORS

We are now several weeks into 2011 and membership renewals are going well. As of the 1st of February, 3,273 of you have renewed your membership in the CCSCA. This number includes 193 members who are 90 years of age and older! Thank you.

One of the Board sub-committees is the Membership Subcommittee. Since early February members of this subcommittee have been visiting classes and activities asking to see 2011 membership cards. Please be advised that 2010 membership cards are no longer valid.

Membership renewal is important to all of us because it is directly related to revenues (membership fees, parking fees, etc.). Knowing what our revenue actually is enables the Board to more effectively plan and authorize expenditures which are always on your behalf.

Another reminder: Please make sure that your parking placard is displayed every time you use the parking lot. Our parking lot is owned by the city and the police do issue tickets on cars not displaying parking placards. And, of course, never park in a red zone.

The CCSCA Board of Directors has an open invitation for members to attend our monthly Board meeting where, if you wish, you may address us on any issue.

Thanks and have a great day at our wonderful Senior Center.

Sincerely,
Lionel Crown

.....
*The CCSCA Board of Directors has a
Sunshine Committee!*

**If you know of a member who needs cheering up, let us know and we'll send a card. Give the information to the Business Desk staff, addressed to: CCSCA Board of Directors:
Attention: Pat Fountain**

IN MEMORIAM

Barbara Dodge

Sheila Kassorla

Nicolas Canete

Grace Grimmert

(97 years of age)



Volunteers Wanted!

Please visit Jill in the RSVP office or call her at
310.253.6722 for further information

Culver City Senior Citizens Association—Accountant

The Senior Center Board of Directors is looking for someone to handle their bookkeeping, accounting and taxes. This is a one-of-a-kind position which is vital to the Board—ample training will be provided!

SKILLS

High level accounting skills, such as a retired CPA. Microsoft Excel savvy with a personal computer at home, familiar with bank reconciliation and tax return procedures as well as having good people skills and ability to convey information succinctly and clearly at Board meetings.



HOURS NEEDED

Hours vary depending on the time of year and accounting needs, but usually averages out to about 20 hours a month.



Disabled American Veterans
at the West Los Angeles V.A. Hospital
is looking for volunteer drivers!

*Be a service to someone that gave
service to our country by providing them with
transportation. An official car is provided by the V.A.!!*

Shifts begin at 7 a.m. weekdays

SKILLS

A WILLING HEART WITH A WARM SMILE

Physical (provided by the V.A.), current DMV printout and a copy of your driver's license and insurance

OPERATION: YARN

Our dedicated RSVP knitters are in need of donated yarn for various projects benefitting Veterans, premature babies, orphans and many other underserved populations.

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

Thank you in advance for your support!



February RSVP volunteer reimbursement checks are ready for pick-up. Remember you can give us self-addressed stamped envelopes and your checks will be mailed to you.

Lunch Program Needs Your Support



The Nutrition Site serves hot, delicious meals and is a place to meet friendly people. The meals program is funded, in part, by the Los Angeles Area Agency on Aging and the City of Culver City. Meal tickets are available for a low cost suggested donation of \$2.25. ***The Lunch Program needs your support in giving the maximum donation to make sure the program can continue to provide lunches to our Senior participants.*** Help us maintain this program which presently serves an average of 100 meals daily, as well as 30 home delivered meals to home bound seniors in Culver City. (For more information on the Home Delivered Meals, contact Barbara Silverstein at 310-253-6748). And remember, the Snack 'n Chat Coffee Shop is open daily at 8:00 a.m. for coffee, toast, bagels and more, served by our friendly Nutrition volunteers. (No Snack 'n Chat on party days!)

Save the Date!

LINE DANCING HOEDOWN FUNdraiser

SUNDAY, APRIL 3

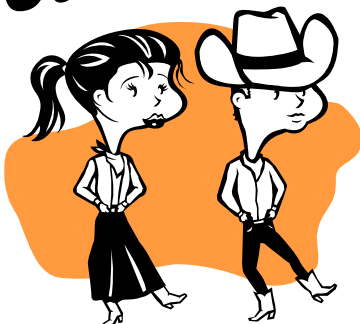
1-4 PM

\$10.00 per ticket

Sales begin March 14 at the Business Desk

**All proceeds will benefit the Culver City
Senior Nutrition Program**

Questions? Call: 310-404-5529



LUNCH MENU March 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. 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

Tuesday 1 Karaoke Day	Wednesday 2	Thursday 3	Friday 4	
 <p>Laughter is brightest where food is best. ~Irish Proverb</p>	<p>Oven Fried Chicken Corn Bread Seasoned Spinach Black Eyed Peas Tossed Green Salad 1000 Island Dressing Vegetable Spread Cantaloupe</p> 	<p>Minestrone Soup Beef Lasagna California Blend Spinach Salad with Mandarin Orange French Dressing Fresh Fruit in Season OR Vegetarian Mixed Bean Salad w/ French Dressing Whole Wheat Bread Raw Spinach Broccoli and Raisin Salad Vegetable Spread Fresh Fruit in Season</p>	<p>Double Entrée: Fish Taco with Soft Shell Flour Tortilla Spanish Rice Marinated Tomato Salad Pinto Beans Salsa Packet OR Bean & Cheese Burrito Spanish Rice Marinated Tomato Salad Corn Salsa Packet Both: Peach Crisp with Oatmeal Topping</p>	
Monday 7	Tuesday 8 Karaoke Day	Wednesday 9	Thursday 10	Friday 11
<p>Hawaiian Chicken Barley California Blend Marinated Tomato Salad Fresh Fruit in Season</p>	<p>Tomato Soup Salisbury Steak w/ gravy Wheat Bread Vegetable Spread Mashed Potatoes Zucchini Cantaloupe</p> 	<p>Turkey Bean Chili Corn Bread Marinated Beets Spinach Salad w/ Mandarin Oranges Italian Dressing Oatmeal Cookie Vegetable Spread</p> 	<p>Double Entrée: Lentil Soup (both) Sweet & Sour Pork Brown Rice Shredded Carrots, Romaine Lettuce and Water Chestnuts Hot Steamed Cabbage Oriental Dressing OR Chicken Waldorf Salad Whole Grain Bread Mixed Lettuce Carrot Coins Marinated Tomatoes with Green Peppers Vegetable Spread Both: Applesauce w/ Cinnamon</p>	<p>Double Entrée: Herb Baked Fish OR Vegetable Frittata Wheat Bread Vegetable Spread Normandy Vegetables Oven Brownd Red Potatoes Mixed Fruit in Red Gelatin Orange Juice</p>
Monday 14	Tuesday 15 Karaoke Day	Wednesday 16	Thursday 17 St. Patrick's Day Party	Friday 18
<p>Minestrone Soup Veal Parmesan Spaghetti with Marinara Sauce Peas & Carrots Spinach Salad w/ Red Onion Italian Dressing Mandarin Orange Slices and Pineapple Chunks</p>	<p>Chicken Jambalaya Steamed Rice Vegs in entrée Romaine Salad French Dressing Whole Grain Bread Vegetable Spread Watermelon or Fresh Pear</p> 	<p>Chicken and Brown Rice Soup Beef Stroganoff Egg Noodles Carrots Caesar Salad w/ croutons Caesar Dressing Orange</p>	 <p style="text-align: center;">Special Ticket Required</p> <p>Roast Beef Rye Bread Red Potatoes Steamed Cabbage Carrots Vegetable Spread Lime Gelatin w/ Mixed Fruit Orange Juice</p>	<p>Double Entrée: Ranch Marinated Chicken OR Lemon Herb Fish Oven Roasted Potatoes Buttermilk Biscuit Vegetable Spread Carrot Raisin Salad Broccoli Rice Pudding</p>
Monday 21	Tuesday 22 Karaoke Day	Wednesday 23	Thursday 24	Friday 25
<p>Egg Drop Soup Beef & Broccoli Steamed Rice Wheat Bread Broccoli in entrée Red and Green Coleslaw Tapioca Pudding</p>	<p>Split Pea Soup Roast Turkey Whole Grain Bread Vegetable Spread Fresh Baked Sweet Potato Cranberry Gelatin Salad Orange</p> 	<p>Spaghetti with Meatballs (beef) Green Beans Tossed Salad Ranch Dressing Cantaloupe</p> 	<p>Cream of Broccoli Soup Teriyaki Chicken Brown Rice Peas & Onions Spinach Salad w/ Mandarin Oranges Italian Dressing Fresh Fruit in Season</p>	<p>Double Entrée: Lemon Garlic Fish OR Spinach Quiche</p>  <p>Whole Grain Bread Vegetable Spread Mixed Vegetables Coleslaw with Pineapple Marble Cake</p>
Monday 28	Tuesday 29 Karaoke Day	Wednesday 30	Thursday 31	
<p>Beef & Barley Soup Beef Lasagna (⬆) Noodles in entrée Zucchini, Mushrooms & Tomatoes Romaine Salad with Shredded Carrots Ranch Dressing Orange or Tangerine</p>	<p>Navy Bean Soup Baked Chicken Whole Grain Roll Vegetable Spread Creamed Spinach Oven Brownd Potatoes Cantaloupe</p>	<p>Turkey Enchilada Casserole Corn Tortilla in entrée Refried Beans Mixed Green Salad Thousand Island Dressing Banana Orange Juice</p>	<p>Vegetable Soup Swedish Meatballs Noodles Normandy Vegetables Pineapple Coleslaw Lime Gelatin w/ Pears</p>	<p>Double Entrée: Beef Stew with Carrots, Potatoes, Celery Wheat Roll w/ Veg. Spread OR Fish Vera Cruz with Brown Rice Carrots Both: Marinated Tomato, Onion & Green Pepper Salad Both: Oatmeal Cookie Both: Orange Juice</p>
★ MENU SUBJECT TO CHANGE ★				



Culver CITY

Community Conversations

A **FREE**, three part informational series to help you and your family plan and prepare for happy and healthy aging

Refreshments will be provided!

Featuring expert keynote speakers and local resource representatives

Day & Time: Saturdays, 10:30 a.m. – 12:30 p.m. (Speakers begin at 11:00 a.m.)

Where: Veterans Memorial Building, Rotunda Room
4117 Overland Avenue (on the corner of Culver & Overland)

- Saturday, March 12

Successful Aging 101: *Basic Tools for You & Your Adult Children*

Presenter and Facilitator: Susan B. Geffen, Masters in Gerontology, Former Elder Law Attorney

Local agencies supporting families with issues of healthy aging will be present as panelists.

Topics will include: retirement and financial planning, differentiating between different types of senior housing, mental and physical health, non-profit and government assistance, home safety, nutrition, health insurance, legal issues, and others.

- April 9—**How to Avoid a Nursing Home: *Are You Prepared?***

- May 14—**Should Mom & Dad Be Driving? *When to Give Up the Keys***
Co-sponsored by the City of Culver City, Parks, Recreation & Community Services Department, Senior & Social Services Division, and Culver City Senior Citizens Association, Inc.


Culver City's Senior & Social Services and Disability Services Programs

Smart people ask for help!

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

Appointments are available Tuesday through Saturday.

Stop by the office in the Senior Center, call (310) 253-6729,
or e-mail darren.uhl@culvercity.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</p> <p style="text-align: center;"></p> <p>* FEE FOR CLASS ♦ MEETS AT VETS MULTIPURPOSE ROOM +Materials fee</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;">MARCH 2011</p>	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop 9:30 Nia Class * 10:00 German 10:30 Beginning Tai Chi♦ 11:00 Balance Challenge * 11:00 Russian 12:00 Mah Jong 12:00 Bingo 12:00 Dancercise* 12:15 Floor Exercise & Stretch* 12:30 Coco's Art Class 1:00 Creative Writing Class 1:00 Fitness Class* 2:30 Yoga* 2:30 Line Dancing *	9:00 Japanese Class 9:00 Bridge 9:00 Mah Jong 9:00 Pan 9:30 Tai Chi 10:00 Yoga With Rosa ♦♦ 10:00 Band Practice 10:30 Drama 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 st & 3 rd Tues.) 3:30 Yoga*	9:00 RSVP-WWP /Crafts Groups 9:00 Harmonica 9:00 Beginning Ballroom ♦♦ 10:00 Loss Support Group 10:30 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance ♦♦ 12:30 RSVP Singers Rehearsal 1:00 Improvisation for Seniors 1:00 Yoga ♦♦ 1:30 Portrait Drawing Class 1:30 RSVP Singers Go Out 1:30 Current Events* 2:45 Fitness Class* 2:30 Open Mike with Tony 3:00 Folk Dancing♦♦ 4:00 Stretch Exercise Class*	9:15 Nia ♦♦ 9:00 Watercolor* 9:00 Bridge 9:00 French 9:30 Qi Gong* 9:30 Balance Challenge* 10:00 Spanish 11:00 Public Transit~Bonnie 11:00 Short Story Class 11:30 Mah Jong & Pan 12:00 Duplicate Bridge(Vets) 12:30-2:30 Shared Housing 1:00 Pastel Art Class* 1:00 Latin American Group 1:00 Yoga* 1:30 RSVP Dancers Go Out 2:00 Mah Jong 3:30 Latin Ballroom Dance*	9:00 Melody Masters prac. 9:00 Tai Chi with Anton* 9:30 Knitting Class 10:00 Balance Challenge* 10:00 Italian 10:30 Sitting Pretty Chair Exercise Class 10:30 Yoga with Rosa* 11:00 Balance Challenge * 11:00 German 11:45 Osteo Exercise* 12:45 Fitness* 1:00 "Remembranzas" Group 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m. SATURDAY DANCES \$2.00 Members \$4.00 Guests (50 & older)
		1 12:30 DOCTORS SYMPHONY <i>Wind Quintet</i> 2:00 New Member Orientation 3-5 Rosen Movement Class	2 1:30 p.m. TRIP SALES	3 12:30 Movie <i>"What's Eating Gilbert Grape?"</i> 1:00 Reverse Mortgage Seminar	4 1:00 <i>Celebrating Life Together Through Music ~ Jamallad</i>	5 1:00-3:30 DANCE sic by RAZZMATAZZ 1:00 Card Games with Virginia
6 9:00 Laughlin Trip 12:00 BRIDGE 1:00 MOVIE	7 1:00 VETERANS GROUP	8 8-12 <u>FREE COFFEE</u> 9:30-11:30 LOW VISION SUPPORT GROUP 1:00 OPERA MOVIE LA TRAVIATA 1:30 "How To Hire a Caregiver" Susan Belgrade,LCSW	9 9:10-10:45 BLOOD PRESSURE	10 1:00 March Birthday Party	11 12:45 Ragtime Piano Doug Haise	12 1:00-3:30 DANCE Music by MELODY MASTERS
13 12:00 BRIDGE 1:00 MOVIE	14 Sign up begins for Chair Massage on March 28 1:00 BOARD MEETING	15 8-12 <u>FREE COFFEE</u> 10:30 ASK THE P.T. Cristina Gabor 10:45 Senior Fitness Lecture Dr. Johnny Truong 1:00 MOVIE 3-5 Rosen Movement Class	16 1:00 "Downsize Your Life " Barbara Payne 9:30-11:00 Diabetes Support Group~Meets at Vets Building	17 St. Patrick's Day Party	18 1:00 Sing Along With Dolly 1:00 UCLA Music String Quartet	19 1:00-3:30 DANCE Music by STRIKERS
20 12:00 BRIDGE 1:00 MOVIE	21 8-11 White Elephant Sale 1:00 H.E.L.P. Life Planning Class: "Staying in Charge of Your Healthcare and Finances"	22 8-12 <u>FREE COFFEE</u> 9:30-11:30 LOW VISION SUPPORT GROUP 1:00 MOVIE 1:00 "Platicando Sabroso"	23	24 9:00 RONALD REAGAN MUSEUM 1:00 Golden Age of Popular Music Series Tin Pan Alley Classics	25 Movie Nostalgia "Showboat"	26 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia
27 12:00 BRIDGE 1:00 MOVIE	28 8:30 PALA CASINO TRIP Reminder: Chair Massage for those with appointments	29	30 9:30 UCLA Stroke Force	31 1:00 "Navigating the Senior Care Maze" Bonnie Davis		