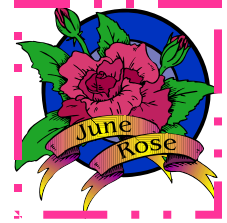


# Culver CITY

## The Newsletter

June 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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Fourth of  
July  
Celebration  
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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

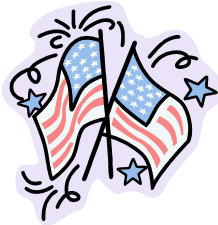
# Culver CITY SENIOR CENTER

## The Newsletter



June 2011

### Fourth of July Celebration



Lunch & Entertainment  
Friday, July 1 at 11:30 a.m.

Tickets are \$3.50  
On sale at the Business Desk  
June 13-28 (or until sold out)

### Monthly Birthday Celebration

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

Entertainment by  
Barbara Brighton

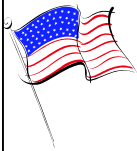
The Golden Age of American Popular Music  
Presenting

### Yankee Doodle and Other Patriots

Thursday, June 30 at 1:00 p.m.

Bob Lipson ~ Saul Jacobs ~ Steve Fry

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

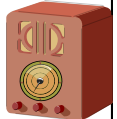


The Prime Time Plus Players  
Invite You To

### "RADIO DAZE"

Tuesday, June 7 at 1:30

Laugh with Jack Benny, George & Gracie,  
Abbott & Costello & others!



### "FOLLOW THE YELLOW BRICK ROAD"

An original musical show by  
the "Sizzlin' Seniors in Motion"

Tuesday, June 14 at 1:30 p.m.

It's Summertime!  
Time for Music & BBQ  
on the Patio!

Friday, June 17 3:30-5:00 p.m.

Live Music by "Elias w/Love"

Tickets for the BBQ Dinner will be pre-sold for  
\$4.00 each, available June 1 until sold out!



THE UCLA HERB ALPERT SCHOOL OF MUSIC  
GLUCK MUSIC PERFORMANCE PROGRAM  
PRESENTS



### A VOCAL GROUP CONCERT

Wednesday, June 8 at 1:30 p.m.

RAGTIME PIANO CONCERT  
DOUG HAISE

Friday, June 10 at 12:45 p.m.

Great ragtime piano and commentary!



## OPERA AT THE SENIOR CENTER

The opera program is usually presented on the first Tuesday of the month. This month the opera film will be on **TUESDAY, JUNE 21**. The opera will be **Puccini's TURANDOT**, a 1988 production of the Metropolitan Opera. Set in legendary times in Peking, Princess Turandot shall wed the first suitor of royal lineage who solves her 3 riddles and all who fail will be executed! Playing time is 134 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 June will be **SAN FRANCISCO**, a 1936 movie starring Jeanette MacDonald, Clark Gable and Spencer Tracy. The result of this star power was a sensational drama of love and corruption, spiced with terrific musical numbers, and culminating in one of the most extraordinary disaster sequences in motion picture history, the Earthquake of 1906. **Friday, June 24 at 12:30 p.m.**

## "SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is the 1st Sunday of the month. The movie for **Sunday, June 5** will be **MADE IN DAGENHAM**. This movie is based on a true story of a group of spirited women who joined forces to demand equal rights for working women in Britain in the 1960's. *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.

**SAVING SEATS IS NOT ALLOWED!**

### SUNDAY MOVIES

- June 5** **SONY SUNDAY:**  
**MADE IN DAGENHAM**  
2010-Rated R-Drama-Sally Hawkins; Bob Hoskins; Rosamund Pike; 113 min.
- June 12** **EASY A**  
2010-PG13-Comedy-Emma Stone;  
Amanda Bynes; Lisa Kadrow; Thomas Hayden-Church; Stanley Tucci; 92 min.
- June 19** **THE TOURIST**  
2010-PG13-Action-Thriller-Johnny Depp;  
Angelina Jolie; Paul Bettany; Timothy Dalton; 103 min.
- June 26** **THE CHRONICLES OF NARNIA:  
VOYAGE OF THE DAWN TREADER**  
2010-PG-Action-Georgie Henley; Skandar Keynew; Ben Barnes; 112 min.

### TUESDAY MOVIES

- June 7** **No Movie Today**  
**Come & Enjoy the Drama Group's Show RADIO DAZE at 1:30 today**
- June 14** **No Movie Today**  
**Come & enjoy the musical show FOLLOW THE YELLOW BRICK ROAD at 1:30 today**
- June 21** **OPERA MOVIE: TURANDOT**  
**Puccini Opera;** Eva Marton as Princess Turandot; Leona Mitchell as Liu; Placido Domingo as Calaf; Paul Plishka as Timur
- June 28** **MORNING GLORY**  
2010-PG13-Comedy-Rachel McAdams;  
Harrison Ford; Diane Keaton; Jeff Goldblum; Patrick Wilson; 107 min.

# LOOK WHAT'S COMING UP!

**Special Movie Presentation Thursday, June 16 at 12:30**



## **!Three Amigos!**

1986 Comedy/Western with Steve Martin,  
Chevy Chase and Martin Short

Three unemployed actors accept an invitation to a Mexican village to play their bandit fighter roles, unaware it is the real thing.  
Hosted by: *Marilyn Hess*

Santa Monica Emeritus College's

## **LYRIC CHORUS**

will perform for you on

**Thursday June 9 at 10 am**



### **PUBLIC TRANSIT CELEBRATION**

All welcome on **Thursday, June 23 from 1:00-2:00 p.m.** Updates! Fall outing sign ups! Prize Drawing! Refreshments will be served! **Bonnie Cherko** will answer your transit questions in the lobby on Thursdays, June 9, 16 & 30, from 11:00-12:00 noon.

### **HEALTH WORKSHOPS: Lead by Certified Dietician Joya Parenteau**

**COOKING DEMONSTRATIONS:** Fridays, June 10 & 24 from 1:00-2:00 p.m.

Joya will demonstrate some healthy cooking methods and you get to enjoy the samples!

**HYPERTENSION WORKSHOP:** Wednesday, June 15 from 12:30-1:00 p.m.

Come and hear some good information on ways to lower your blood pressure. Get a better understanding of the *need* to lower your blood pressure and up to the minute Federal dietary guidelines regarding sodium. Blood pressure readings will be provided.

### **BASIC ESTATE PLANNING WORKSHOP**

**Attorneys Ronald E. Ostrin and Peter M. Winkelman** will hold a "Basic Estate Planning" workshop which will explain the basic elements of an estate plan and why it is important to have one. Both Mr. Winkelman and Mr. Ostrin are on the Los Angeles Superior Court's Probate Volunteer Panel and practice in the areas of estate planning, trust, wills and conservatorship. **Monday, June 20 at 1:00 p.m.**

### **HEALTH SEMINAR: REFLEXOLOGY AND ITS THERAPEUTIC HEALTH BENEFITS**

Come and hear how Reflexology can be rejuvenating and help with tension, anxiety, allergies, inflammation, insomnia and other health issues. Presented by **Charles Haywood III** from Life Well Institute, on **Thursday, June 16 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. **Tuesday, June 21, 10:30-11:30 a.m.**

### **NEW CLASS: HULA AND POLYNESIAN CULTURE**

**Jeannie Gann**, of AssistaLife Home Care, will be offering a Polynesian Dance & Culture class beginning in June. The class will meet the FIRST & THIRD Wednesday of each month from 10:15-11:00 a.m. The first two classes will be June 1 & 15.

### **EDUCATIONAL SEMINAR: SECURITIES**

So you've had this annuity for years and you are still trying to find out what it is? **YOU ARE NOT ALONE.** Attend our educational seminar and have the most common questions about annuities answered. Join **Michael Crupi, MBA, on Thursday, June 2 at 1 p.m.**

**Nia is now Mindbodydance:** **Maribeth Dougherty** will continue her very successful Nia classes under a new name: *Mindbodydance*. Maribeth describes her class as "cutting-edge science and ancient wisdoms combine with world music and unrestrained movement to stimulate mental and physical capacities to their fullest. Seniors of all ages and injuries are welcome." Classes will continue at present times: Monday from 9:30-10:30 and Thursday from 9:15-10:15. There is a \$2.00 fee for each class.

#### Some Friendly Safety Reminders:



- ◆ STOP signs posted at the exits from the Senior Center DO mean STOP!
- ◆ Jaywalking across Overland will earn you a ticket
- ◆ You will be ticketed for parking at the Senior Center without a CCSCA parking permit

### **Sing Along With Dolly**

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



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

## SENIOR OF THE MONTH CHET MOATS



The Culver City Senior Citizens  
Association  
Board of Directors is pleased to  
honor  
**Chet Moats**  
Senior of the Month for June 2011

The CCSCA Board of Directors and all 5000 members salute Chet Moats for the very important volunteer role he plays for the Association. For nearly 5 years, Chet has worked closely with Bob Morris to do all the accounting for CCSCA. Quietly, behind the scenes, this team prepares the detailed monthly financial statements for CCSCA and the yearly tax returns. Chet attends an important meeting every month with the Executive Board, staff and management to discuss important accounting issues. And he is always available to the Board if they have any questions.

A native of Seattle, Chet moved to California in 1966 by way of Kansas City and still appreciates the weather! Chet likes to be outdoors so he walks or rides his bike almost every day. Chet served in the Army for two years during the Korean war and attained the rank of Sergeant. Schooling included Army Finance School in Fort Benjamin Harrison, Seattle University and UCLA.

Chet has been married to his wife Ruth for 32 years. They have nine children, 16 grandchildren and five great grand children. Chet also has a big family that he keeps in touch with via the internet and family reunions. Chet and Ruth love to travel often, especially cruising.

When he retired in 2001, Chet entered the world of volunteering and finds that he really enjoys it. He likes feeling that he is making a contribution and being involved in the activities of CCSCA. Chet says volunteering is "good for him" and we say it is good for us, too! Thank you, Chet, for your valuable service to CCSCA.

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

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

On Thursday, May 19, a special luncheon was held to honor our teachers for Teacher Appreciation Day. These wonderful individuals are a part of the triangle that makes up our awesome Culver City Senior Center. Completing the triangle are our volunteers and staff. These teachers inspire life-long learning opportunities to our seniors every day in so many diverse ways. This Senior Center would be an empty building if not for our teachers and volunteers who contribute daily to the classes, activities and events of the Center. Together, with the partnership of the City of Culver City and all our dedicated members and instructors, we will keep striving to make our center a place of activity and vitality for ALL our members.

**T** is for talented that you surely are  
**E** is for explaining so patiently  
**A** is for the ability to make class fun  
**C** is for correcting us when we are wrong  
**H** is for helping us in every way  
**E** is for encouraging us to do our best  
**R** is for rare, there is only one YOU!  
 SO THANK YOU SPECIAL TEACHERS,  
 WE THINK YOU'RE GREAT TOO!

### CCSCA Library



Come one, come all to the Center Library

Enjoy comfortable chairs

Find a book to read while having a cup of coffee

Or just have some good conversation with a friend

Hours available are 8:00 a.m. until noon or  
when lunchroom doors are open.

## IN MEMORIAM *Murray Silman*



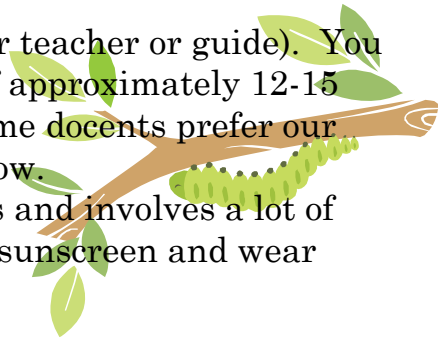
# **VOLUNTEERS WANTED!**

## Audubon Ballona Wetlands Education Program

*Services Provided:* The program is designed to teach young schoolchildren about the last remaining major coastal salt marsh in L.A. County. Field trips for students take place Tuesday & Thursday mornings, usually 3-5<sup>th</sup> graders. Docents lead the children on an interpretive nature walk that last approximately two hours.

*Volunteer Positions:* Docents (trained volunteer teacher or guide). You should be willing and able to work with a group of approximately 12-15 children, accompanied by a teacher or parent. Some docents prefer our outreach program, visiting schools with a slide show.

*Notes:* Training and program occurs outdoors and involves a lot of walking – always come prepared with water, hat, sunscreen and wear comfortable walking shoes.



### **READ ALL ABOUT IT!**

Interested in tutoring programs at local schools??  
Summer's the perfect time to complete your paperwork, get a current TB test and LiveScan to be ready to start the school year in the fall  
Let us know if you're interested!

## **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.



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

# VOLUNTEERS WANTED!



*Are you office savvy?  
A people person?*

We're looking for a few highly skilled volunteers for office tasks at City Hall and the Senior Center. The volunteer will have a dedicated schedule and shift (ex: every Tuesday 10 a.m. to 1 p.m.) but flexibility in picking when that shift is.

If interested you must have excellent customer service skills, be comfortable answering phones and working a counter where you will have interaction with the public. In addition, being comfortable with a computer and photocopier is also essential.

If you'd like more information about this opportunity or if you're interested in being considered please email Jill at : [jill.thomsen@culvercity.org](mailto:jill.thomsen@culvercity.org)



### HOME DELIVERED MEALS PROGRAM

The Home Delivered Meal Program currently has space to serve new participants. If you have the following qualifications or you know any seniors who meet these criteria, contact Barbara Silverstein at (310)253-6748 or Roxana Tabibi at (310)253-6712.

*You will be eligible for this program if you are:*  
 \*60+ years old      \*Culver City resident      \*Homebound  
 Suggested donation per meal is \$2.25.

The Nutrition Program thanks everyone who participated in our recent **FUNdraisers** at Sizzler, the Viejas Casino trip and the Line Dance Party. We are so grateful for your support!

*SPECIAL THANKS TO  
**Mary Garcia & Elizabeth Oxley**  
 for all their hard work!*

### SENIOR CENTER FITNESS ROOM

8:00 a.m. until 4:00 p.m. M-F  
 12:00-4:00 Sat. & Sun.

Improve your strength, cardiovascular conditioning, endurance, balance and just plain feel better!



CCSCA MEMBERS ONLY

**Reminder: PAYMENT OPTION FOR 6 MONTHS IS DUE ON/BEFORE JULY 1**

### *Become a Computer Wiz*

CCSCA Members are eligible to register for computer classes offered here at the Senior Center. New classes start every 8 weeks.



*Classes starting the week of July 10:  
 Registration dates are June 21, 23 and 28, 30  
 between 10 am– 2 pm*

For more information, contact Richard Marr, in the Multi-Purpose Office. Office hours: Tues. and Thurs. from 10am-2pm Phone: 310-253-6720  
 E-mail: [Richard.marr@culvercity.org](mailto:Richard.marr@culvercity.org)

**LUNCH MENU June 2011\***

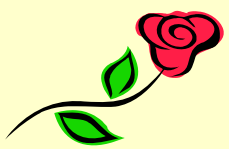







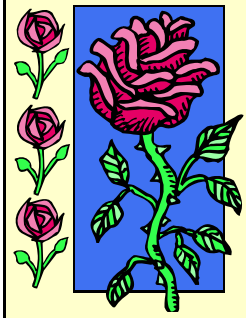
**Only those 60 & over and their spouses of any age are eligible for this program.**

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

		Wednesday 1	Thursday 2	Friday 3
<p><b>A hot dog at the ball park is better than steak at the Ritz.</b></p> <p>~Humphrey Bogart</p> 		<p><b>Turkey Bean Chili</b> Corn Bread Marinated Beets Spinach Salad w/ Mandarin Oranges Italian Dressing Oatmeal Cookie Vegetable Spread</p> 	<p><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: Applesauce w/ Cinnamon</b></p>	<p><b>Double Entrée:</b> <b>Herb Baked Fish</b> <b>OR</b> <b>Vegetable Frittata</b> Wheat Bread Vegetable Spread Normandy Vegetables Oven Browned Red Potatoes Mixed Fruit in Red Gelatin Orange Juice</p>
		Monday 6	Tuesday 7	Wednesday 8
<p><b>Minestrone Soup</b> <b>Veal Parmesan</b> Spaghetti with Marinara Sauce Peas &amp; Carrots Spinach Salad w/ Red Onion Italian Dressing Mandarin Orange Slices and Pineapple Chunks</p>	<p><b>Karaoke Day</b> <b>Chicken Jambalaya</b> Steamed Rice Vegs 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</b> <b>OR</b> <b>Lemon Herb Fish</b> Oven Roasted Potatoes Buttermilk Biscuit Vegetable Spread Carrot Raisin Salad Broccoli Rice Pudding</p>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<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><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</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</b> <b>OR</b> <b>Spinach Quiche</b> Whole Grain Bread Vegetable Spread Mixed Vegetables Coleslaw with Pineapple Marble Cake</p> 
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<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><b>Karaoke Day</b> <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 27	Tuesday 28	Wednesday 29	Thursday 30	
<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><b>Karaoke Day</b> <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> 	

**\*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 Parks, Recreation and Community Services cordially invites you to attend  
**ELDER ABUSE—How It Affects You, Your Family & Your Neighbors**

A presentation by Ernie Powell, Senior Manager of Advocacy for AARP

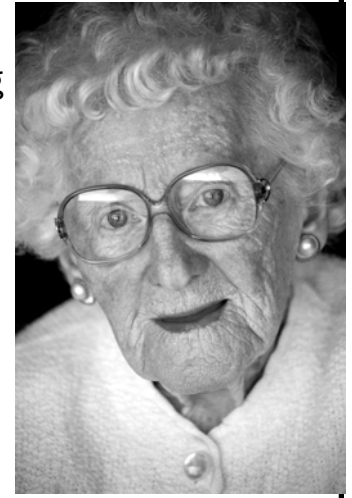
**Tuesday, June 7, 2011 @ 7:00 p.m.**

At the Parks, Recreation & Community Services Commission Meeting

**Special Location: Culver City Senior Center, Room B47**

Presenter Ernie Powell is the Senior Manager of Advocacy for AARP California. He is responsible for managing public policy issues on behalf of AARP's 3.2 million members in the state. Priority issues include consumer protection, economic security, and other issues impacting people over the age of 50.

*Culver* **CITY**



**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.

*At the Culver City Senior Center*

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? Take advantage of this program!

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

**FREE SUPPORT GROUP  
 FOR PEOPLE WITH LOW VISION**

- ◆ Are you having trouble seeing?
- ◆ Are you frustrated by everyday activities?
- ◆ There is hope and help!

The Center for the Partially Sighted offers a free support group for people who are partially sighted. The group meets twice in May: **Tuesdays, June 14 & June 28 from 9:30 to 11:00 a.m. in the Conference Room** Janice Goldhaber, M.F.T. will lead the group. Come talk about things that frustrate you, new ways to deal with your family and friends, and anything else that interests you.

**Social & Disability Services**

**H.I.C.A.P. is FREE!**

**Health Insurance Counseling Program**

The state-registered Health Insurance Counseling and Advocacy Program Counselor is trained to provide impartial and unbiased information, counseling and assistance on Medicare and related health care coverage including:

- ◆ Original Medicare (Parts A & B)
- ◆ Medicare Prevention Services
- ◆ Medicare Part D Prescription Drug Benefit
  - ◆ “Extra Help” with Medicare Part D
  - ◆ Medicare Advantage: HMOs & PPO
- ◆ Medicare Supplement (Medigap) Insurance
- ◆ Medi-Cal & Medicare Savings Programs
  - ◆ Long-Term Care


**Representative Linda Fleischman is here each Monday from 2:00 - 5:00 pm. Please make an appointment with Business Desk staff.**

*Provided by the Center for Health Care Rights.*

**Make Your Home More Secure with the  
 FREE Home Secure Program!**

This program offers 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.**

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 MULTIPURPOSE ROOM +Materials fee</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;"><b>JUNE 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 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 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 10:30 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 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</b> <b>9:00</b> <b>TRIP SALES</b> <i>See Trip Page for Details</i> <b>10:15-11:00 Polynesian Culture &amp; Dance Class</b>	<b>2</b> 1:00 <u>Securities Educational Seminar</u> Michael Crupi, MBA	<b>3</b> 8:30 PALA CASINO TRIP	<b>4</b> 1:00-3:30 DANCE sic by <b>RAZZMATAZZ</b>  1:00 Card Games with Virginia
<b>5</b> 9:00 LAS VEGAS TRIP  12:00 BRIDGE 1:00 MOVIE	<b>6</b> 1:00 VETERANS GROUP	<b>7</b> <b>1:30</b> <b>"RADIO DAZE"</b> 1:00 SENIOR CENTER TOUR Meet by Business Desk *No movie today NO Rosen Movement Class Today	<b>8</b> <b>9:30-10:45</b> <b>BLOOD PRESSURE</b>  <b>1:30</b> <b>UCLA VOCAL GROUP</b> <b>MUSIC PERFORMANCE</b>	<b>9</b> <b>10:00</b> <b>The Lyric Chorus</b>  <b>1:00 June</b> <b>Birthday Party</b>	<b>10</b> 12:45 <b>Ragtime Piano Concert</b> Doug Haise  1:00-2:00 Cooking Class	<b>11</b> 1:00-3:30 DANCE Music by <b>MELODY MASTERS</b>
<b>12</b>  12:00 BRIDGE 1:00 MOVIE	<b>13</b>  1:00 BOARD MEETING	<b>14</b> 9:30-11:00 LOW VISION SUPPORT GROUP <b>1:30</b> <b>"Follow the Yellow Brick Road"</b> *No movie today	<b>15</b> <b>10:15-11:00</b> <b>Polynesian Culture &amp; Dance Class</b> 12:30-1:00 Hypertension Workshop 1:00 "Downsize Your Life " Barbara Payne	<b>16</b> 7:15 SAN DIEGO TRIP 12:30 Movie <b>!Three Amigos!</b>  1:00 <u>REFLEXOLOGY Seminar</u> Charles Haywood III	<b>17</b> <b>1:00</b> <b>Sing Along With Dolly</b>  <b>3:30-5:00</b> <b>Patio Concert &amp; BBQ</b>	<b>18</b> 1:00-3:30 DANCE Music by <b>STRIKERS</b>
<b>19</b>  12:00 BRIDGE 1:00 MOVIE	<b>20</b>  <b>1:00 BASIC ESTATE PLANNING WORKSHOP</b> Ronald Ostrin & Peter Winkelman	<b>21</b> 10:30 <b>ASK THE P.T.</b> Cristina Gabor  <b>1:00 OPERA MOVIE TURANDOT</b> 3-5 Rosen Movement Class	<b>22</b>  <b>10:00-1:00</b> <b>RSVP CRAFT SALES</b>	<b>23</b> 8:30 HARRAH'S CASINO  <b>1:00</b> <b>Public Transit Celebration</b>	<b>24</b> <b>12:30</b> <u>Movie Nostalgia</u> <b>San Francisco</b>  1:00-2:00 Cooking Class	<b>25</b> 1:00-3:30 DANCE Music by <b>SWING SET</b>  1:00 Card Games with Virginia
<b>26</b>  12:00 BRIDGE 1:00 MOVIE	<b>27</b>	<b>28</b> 9:30-11:00 LOW VISION SUPPORT GROUP  1:00 MOVIE	<b>29</b>	<b>30</b> 1:00 Golden Age of Popular Music Series <b>Yankee Doodle and Other Patriots</b>		