

Culver CITY

The Newsletter

May 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

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.

Older Americans Month Party
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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



May 2011

"Older Americans Month" Party



Friday, May 27
11:30 a.m.
Lunch & Entertainment



Tickets are \$3.50
On sale May 9-25
(or until sold out)



Join us to honor our "Senior of the Year"

May is "Older Americans Month" ~ This party is a day to celebrate YOU!



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

Thursday, May 12 at 1:00



Entertainment by
Sharyn Scott

The Golden Age of American Popular Music
Presenting

Let's Hear It For the Ladies

Thursday, May 26 at 1:00 p.m.

Bob Lipson ~ Saul Jacobs ~ Steve Fry

Presented as part of the USC Emeriti
College Public Lecture Series



Culver City Senior Center's Own Talent Show

SPRING FOLLIES

Wednesday, May 11 at 1:00 p.m.

A special performance organized by

Tony Munoz & Friends

Variety Show ~ Refreshments ~ \$1.00 Donation



ARTS & CRAFTS BOUTIQUE

Talented members will sell their creations on
Friday, May 6 10:00-2:00

Support your local artists! Bring your \$\$\$!
Get your Mother's Day gifts here!



Cinco de Mayo Musical Performance

Thursday, May 5 at 1:00

Vic Moraga



SENIOR CENTER ART EXHIBIT

May 24, 25, 26, 27

Come & enjoy the beautiful artwork by our
talented Seniors displayed for your enjoyment
in the Senior Center Lobby



Mother's Day Tea Friday, May 6 at 1:00

Please sign up at the
Business Desk before May 4

You + One Adult Guest



OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month at 1:00 p.m. The opera for **May 3** will be **DONIZETTI'S LUCIA DI LAMMERMOOR**. This opera is a highly charged story of violent and conflicting personalities set in Scotland in 1669, filmed at actual castle locations in highland Scotland. Playing time is 2 hours. 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 May will be **HIGH SOCIETY**. Combine Cole Porter, Bing Crosby, Frank Sinatra, Grace Kelly and some hot jazz trumpeting from Louis Armstrong, and the result is one of the best musicals of the fifties. **Friday, May 13 at 12:30 p.m.**

"SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is the 1st Sunday of the month. The movie for **Sunday, May 1** will be **BURLESQUE**. This is a contemporary musical with 12 song & dance numbers about a small-town girl with big vocal talent who gets a job at a modern day burlesque nightclub. The movie features Christina Aguilera, Cher, Stanley Tucci and Kristen Bell. *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!

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

- May 1** **SONY SUNDAY: BURLESQUE**
2010-PG13-Musical-Christina Aguilera; Cher; Stanley Tucci; Kristen Bell; 119 min.
- May 8** **RED**
2010-PG13-Thriller-Bruce Willis; Morgan Freeman; Mary Louise Parker; Helen Mirren; John Malkovich; 111 min.
- May 15** **HOW DO YOU KNOW**
2010-PG13-Comedy-Reese Witherspoon; Paul Rudd; Owen Wilson; Jack Nicholson; 121 min.
- May 22** **THE FIGHTER**
2010-Rated R-BioDrama-Mark Wahlberg; Christian Bale; Amy Adams; Melissa Leo; Mickey O'Keefe as himself; 115 min.
- May 29** **THINGS THAT AREN'T HERE ANYMORE**
Los Angeles' golden past; veteran broadcaster Ralph Story is your guide on this remarkable sentimental journey; 2 hours

TUESDAY MOVIES

- May 3** **OPERA: LUCIA DI LAMMERMOOR**
by Donizetti. Anna Moffo as Lucia; Giulio Fioravanti as Enrico; Lajos Kozma as Edgardo; 118 min.
- May 10** **THE SOCIAL NETWORK**
2010-PG13-Drama-Jesse Eisenberg; Andrew Garfield; Justin Timberlake; 120 min.
- May 17** **TANGLED**
2010-PG-Animated; Voices of Mandy Moore; Zachary Levi; Ron Perlman; 100 min.
- May 24** **LETTERS TO JULIET**
2010-PG-Romantic Comedy-Vanessa Redgrave; Amanda Seyfried; Gael Garcia Bernal; 126 min.
- May 31** **GET LOW**
2010-PG13-Drama-Robert Duvall; Sissy Spacek; Bill Murray; Gerald McRaney; Bill Cobbs; Laura Black; 103 min.

LOOK WHAT'S COMING UP

Special Movie Presentation Thursday, May 19 at 12:30



Royal Wedding

1951 Comedy with Fred Astaire & Jane Powell

A brother and sister dance act is booked in London for the same period as Princess Elizabeth's "Royal Wedding."

Hosted by: *Marilyn Hess*

Sing Along With Dolly

Friday, May 20 at 1:00 p.m.

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



HEALTH WORKSHOP: SLEEP WELL TONIGHT

If you have trouble falling asleep or staying asleep, this is the workshop for you. Learn about sleep patterns, what causes insomnia and how you can sleep better. Presented by **Michal Caspi**, Certified Hypnotherapist, on **Thursday, May 19 from 9:30-10:45 a.m.**

NEW CLASS: THERAPEUTIC YOGA

This class offers instruction in therapeutic yoga to help you with basic balance and stability. It is modified and does not require floor work. Expert instruction by Senior exercise instructor **Khemma Om Zimble**. The class will meet on Wednesdays from 9:00-10:00 a.m. PLEASE NOTE: The class will meet on all Wednesdays EXCEPT the first Wednesday of the month. The first class will be on May 11. There is a \$4.00 fee per class.

LIVING TRUST EDUCATIONAL SEMINAR

Do you keep hearing that you should have a Living Trust, but you are not sure what it is or even if you need one? Attend this educational seminar and have the most common questions about Living Trusts answered. Presented by **Michael Crupi, M.B.A.** on **Thursday, May 5 at 1:00 p.m.**

BUREAU OF AUTOMOTIVE REPAIR (BAR): A CONSUMER'S GUIDE TO AUTO REPAIR

A BAR representative will provide an overview of: What is BAR and what does it do?; How to choose a repair shop; Consumer rights when taking a vehicle in to a repair shop; **Wednesday, May 25 from 9:30-10:30.**

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, May 17, 10:30-11:30 a.m.**

PUBLIC TRANSIT NEWS: DISCOVER THE BENEFITS OF USING PUBLIC TRANSIT

Bonnie Cherko will answer your transit questions in the lobby on Fri. May 6 from 11:00 -12:00 or Thursdays, May 12, 19 and 26 from 11:00-12:00. Or leave Bonnie a message at the Business Desk. **SAVE THE DATE FOR A PUBLIC TRANSIT CELEBRATION:** June 23 from 1:00-2:00 p.m.

WORKSHOP: A CLEAR PATH

Regina Lark, a Professional Organizer specializing in "Boomer" and Senior downsizing, will present a talk about how to declutter and then maintain an organized life. **Thursday, May 26 from 9:30-10:30 a.m.**

PEDESTRIAN SAFETY WORKSHOP: A FOCUS ON OLDER ADULTS

Join community members, health and transportation professionals, law enforcement officers, local decision makers and others to look at ways to improve pedestrian safety and walk ability in Culver City. **Tuesday, May 24 from 9:00 a.m.-12:00 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, May 19 at 1:00 p.m.**

Cal-Fresh Program Presentation: Formerly the Food Stamp and Supplemental Nutrition Assistance Program (SNAP), Cal Fresh can add to your food budget to put healthy and nutritious food on the table.

Wednesday, May 25 from 12:30-1:30 p.m.

SAVE THE DATE: TUESDAY, JUNE 7 at 1:30



The Prime Time Plus Players Invite You To

"RADIO DAZE"

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



SENIOR OF THE YEAR

BOB MARTZ

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

Bob Martz
Senior of the Year for 2011

Bob Martz stands tall in our community as a Senior Citizen who exemplifies the true spirit of volunteerism and he is being recognized for his dedication to service in his community. Helping other people has been a "way of life" for Bob and he generously donates his time to others in many ways.

For 15 years, Bob has been part of the Culver City Senior Center singing group that visits nursing homes two times every week to entertain the residents with their music and cheerful presentations. For many of those years Bob has been their leader, arranging the music and the transportation for the group. Since 1997, he has also been providing the transportation for the Senior Center Square Dancers who also visit local nursing homes every Thursday. As an active member at the Culver City Senior Center since 1996, Bob has registered nearly 4000 volunteers hours! He also served as a Board member in 2008-09.

In service to his community, Bob is an active member of his Neighborhood Watch group and tries to help his neighbors as much as he can. St. Gerard's Catholic Church is another fortunate recipient of Bob's love and talents. He serves 7 days a week as an altar boy and usher and has lost count of how many years he has been there. Bob is also very active at St. Augustine's Catholic Church, serving every year on the committee for their annual festival fundraiser. He also helps organize the pancake breakfast that raises money for S. A. V. E. S., St. Augustine's program that provides aid to the hungry, needy, elderly and homeless in our community. As a highly ranked member of the Knights of Columbus, Bob gives service to fundraisers that raise money to provide assistance for needy families and disabled people, providing wheelchairs, walkers and other aids. When he is not on a fundraising mission, Bob is the cheerful handyman for the religious community of the Daughters of St. Paul, where he has helped as a carpenter, plumber and 'Mr. Fix It' for over 10 years.

Bob is a proud veteran of the Korean War and the proud father of four children, three grandchildren and one great-grandchild. Bob worked 2 jobs while raising his young family, then spent 30 years working at Los Angeles Airport. When he retired, his friend Marge immediately enlisted him to go with the singing group to the nursing homes and 15 years later he still is an enthusiastic member of that group, enjoying the music and feeling very happy that their singing has brought so much joy to the residents in local nursing homes.

Bob will be honored as our Culver City "Senior of the Year" at the 46th Annual Older Americans Recognition Day Awards Program at the Music Center Grand Hall on May 23, 2011. At this awards program, the Honorees will be recognized for their dedication to community service by the Los Angeles County Board of Supervisors. Bob will also receive a commendation from the City of Culver City at the Council Meeting at City Hall on Monday, May 23 at 7:00 p.m.

**Please join us in honoring Bob at the *Older Americans Month* Party
on Friday, May 27 at the Senior Center!**

IN MEMORIAM

Beta Dittmer
(90 years of age)

David Spivak
(99 years of age)

TRIP OFFICE

MAY 2011

TRIP SALES WILL BE HELD AT 9:00 A.M. THE FIRST WEDNESDAY OF EACH MONTH, STARTING ON MAY 4, 2011. YOU MUST HAVE A 2011 MEMBERSHIP CARD FOR EACH PERSON AT TIME OF TRIP PURCHASE. NO EXCEPTIONS! ALL FEES PERTAINING TO ANY TRIP, INCLUDING OVERNIGHT PARKING, MUST BE PAID IN FULL AT THE TIME OF TRIP PURCHASE.

☆TRIP SALES PROCEDURE☆

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

★TRIP REMINDERS★

- ★ We regret that escorts and bus drivers cannot provide assistance for members with special needs. If you require assistance during our trips, you must be accompanied by a companion who is capable of and totally responsible for providing assistance.
- ★ Our trips include the driver's gratuity, however, if the driver performs services over and above the norm, additional tips are recommended.
- ★ Be sure to carry a picture identification card at all times, e.g. driver's license, California Identification card or current passport.
- ★ There is a \$5.00 per night charge for overnight parking at the Center.
- ★ When going on trips, please park at the farthest end of the lot. Make sure you have a current Senior Center Parking Permit on your car's rear-view mirror and the Trip Office parking permit is on your dashboard under the rear-view mirror.
- ★ We suggest you bring your own bottled water on trips as sometimes water is not available on the motor coaches.

L.A. FLOWER MART & LUNCH-THURSDAY-JULY 7-\$62.00

Lv. 9:00 a.m. Rt. 3:00 p.m.

Visit the downtown Flower Mart. Have a lunch buffet with Asian cuisine at the Azalea Restaurant in the Kyoto Grant Hotel. Visit the "Japanese Garden in the Sky" at the Hotel.



AQUARIUS HOTEL-LAUGHLIN-SUNDAY-TUESDAY-JULY 10-12

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

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

Singles \$140.00/Doubles \$105.00 per person



BARONA CASINO-MONDAY-JULY 18-\$10.00

Lv. 8:00 a.m. (check-in time 7:30 a.m.) Rt. 6:00 p.m.

Casino will provide 20% discount coupon at the buffet with a player's card.

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

PECHANGA CASINO-FRIDAY-JULY 29-\$20.00

Lv. 8.30 a.m. Rt. 5:30 p.m.

This package includes \$15.00 free play on player's card. **Please bring your Player's card when you sign up for this trip.**



SPECIAL NOTICES

- Fall 2011-California Rail Discovery featuring San Francisco, Lake Tahoe & the Napa Valley Wine Train. A 7-day trip departing October 5, 2011. Stop by the Trip Office for a copy of the itinerary.
- Fall 2011-Branson Musical Holiday through Collette Tours- November 17-21.
- Spring 2010-Discover Panama-March 28-April 5, 2010. Stop by the Trip Office for a copy of the itinerary.

RAIN OR SHINE, WE LEAVE ON TIME!! IF YOU MISS THE BUS, THE RETURN EXPENSE IS YOUR RESPONSIBILITY AND YOU WILL NOT BE REIMBURSED FOR ANY EXPENSES.

VOLUNTEERS WANTED!

If interested in any of the opportunities listed below please call Jill at 310-253-6722 or stop by the RSVP office in the Senior Center

The Jeffrey Foundation

Services Provided: Provide direct care to special needs children including educational, creative, and recreational activities that foster the children's academic, social, and behavioral development to prepare them for every stage of life. Time spent in these programs benefits the family as well.



Volunteer Positions: The Jeffrey Foundation needs various volunteers to assist with children's activities, answer phones, do light typing, computer data input, and work on Special Events.

Notes: The Foundation is located on Washington Blvd just east of where Washington goes under the 10 freeway—about 10 minutes from the Senior Center.



A big THANK YOU to our friends at Sony Pictures Entertainment for their March yarn drive.

Thanks to generous employee donations the Senior Center received more than 300 skeins of yarn for our volunteer knitters!

Jan., Feb. & March reimbursement checks will be available in late May!



Thanks to our Wednesday morning greeting card sellers Angel and Helen ! Greeting card sales are every Wednesday morning—pick up one today!



**American
Red Cross**

Are you ready?

*What would you do if a
disaster hit Los Angeles?*

Wednesday, May 18, 2011 @ 10 a.m.

The Culver City Emergency Preparedness Coordinator and representatives from the American Red Cross Los Angeles Region will give presentations on knowing what to do before, during and after a disaster.

Getting prepared is easy and empowering.

Presenters will show you how to get prepared in
3 simple steps:

Get a Kit, Make a Plan, Be Informed

May 2-6 is TEACHER APPRECIATION WEEK

Thank you to our valued teachers who offer our members so many outstanding classes.

The Board of Directors will honor the teachers at a special luncheon. Please take time to say “*Thank You*” to your teachers during Teacher Appreciation Week!



Culver **CITY**
Community Conversations

Refreshments will be provided!

Featuring expert keynote speakers and local resource representative
Veterans Memorial Building, Rotunda Room

SATURDAY, MAY 14

10:30-12:30

Should Mom & Dad Be Driving?
When To Give Up the Keys

A panel of diverse experts will provide you with the tools to help have this conversation with your parents or yourself. This is a difficult and sensitive decision and one many of us will face at some point in our life. Come and hear expert speakers who will give you good information to help you make good decisions. Representatives and speakers will include experts focused on transportation and driver safety.

LUNCH MENU May 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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Egg Drop Soup Beef & Broccoli Steamed Rice Wheat Bread Broccoli in entrée Red and Green Coleslaw Tapioca Pudding	Karaoke Day Split Pea Soup Roast Turkey Whole Grain Bread Vegetable Spread Fresh Baked Sweet Potato Cranberry Gelatin Salad Orange 	Spaghetti with Meatballs (beef) Green Beans Tossed Salad Ranch Dressing Cantaloupe	Cream of Broccoli Soup Teriyaki Chicken Brown Rice Peas & Onions Spinach Salad w/ Mandarin Oranges Italian Dressing Fresh Fruit in Season	Double Entrée: Lemon Garlic Fish OR Spinach Quiche Whole Grain Bread Vegetable Spread Mixed Vegetables Coleslaw with Pineapple Marble Cake
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Beef & Barley Soup Beef Lasagna (↑) Noodles in entrée Zucchini, Mushrooms & Tomatoes Romaine Salad with Shredded Carrots Ranch Dressing Orange or Tangerine	Karaoke Day Navy Bean Soup Baked Chicken Whole Grain Roll Vegetable Spread Creamed Spinach Oven Browned Potatoes Cantaloupe 	Turkey Enchilada Casserole Corn Tortilla in entrée Refried Beans Mixed Green Salad Thousand Island Dressing Banana Orange Juice	Vegetable Soup Swedish Meatballs Noodles Normandy Vegetables Pineapple Coleslaw Lime Gelatin w/ Pears	Double Entrée: Beef Stew with Carrots, Potatoes, Celery Wheat Bread w/ Veg. Spread OR Fish Vera Cruz with Brown Rice Carrots Both: Marinated Tomato, Onion & Green Pepper Salad Both: Oatmeal Cookie
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Chicken Noodle Soup Beef Strips w/ Gravy Steamed Rice Peas Spinach Salad with Mandarin Orange Italian Dressing Lemon Pudding	Karaoke Day Chicken with Chipotle Sauce Corn Tortilla Buttered Carrots Creamy Coleslaw Banana or Apple 	Stuffed Pepper Whole Grain Bread Parslied Orzo Marinated Beets Vegetable Spread Fresh Fruit in Season	Turkey Meatloaf Patty w/ Mushroom and Red Onion Gravy Whole Grain Bread Vegetable Spread Corn on the Cob Mixed Green Salad w/ Citrus Vinaigrette Red Potatoes w/ Parsley OR Chicken Salad Cold Plate Whole Grain Bread Vegetable Spread Romaine Salad Italian Dressing Orange Juice Both: Chocolate Chip Cookie	Spanish Bean Soup Double Entrée: Tuna Salad on Greens OR Chicken Salad Whole Grain Roll Green Salad Carrot Pineapple Salad Vegetable Spread Orange 
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Turkey Tetrazzini Spaghetti in Entrée Spinach Broccoli Raisin Salad Lime Gelatin with Mixed Fruit	Karaoke Day Cream of Potato Soup BBQ Beef Whole Grain Bun Mixed Vegetables Mixed Green Salad Italian Dressing Pineapple Chunks and Mandarin Orange 	Oven Fried Chicken Corn Bread Seasoned Spinach Black Eyed Peas Lettuce and Tomato Salad Ranch Dressing Vegetable Spread Cantaloupe	Both: 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 Both: Fresh Fruit in Season	Older Americans Party Roast Chicken Stuffing Green Beans Caesar Salad Decorated Cake w/ cream filling  Special Ticket Required
Monday 30	Tuesday 31	<p><i>My mother's menu consisted of two choices: take it or leave it.</i></p> <p>~Buddy Hackett</p>  		
Senior Center Closed  MEMORIAL DAY	Karaoke Day Tomato Soup Salisbury Steak w/ gravy Wheat Bread Vegetable Spread Mashed Potatoes Zucchini Cantaloupe 			

MENU SUBJECT TO CHANGE

Social & Disability Services



Culver CITY



Special Evening Presentation:
Health Care Reform: What Does it Mean for You? Followed by Q & A with staff from the Center for Health Care Rights
May 11, 2011 from 6:30 – 8:00 p.m.
Culver City Senior Center Rooms B45 & B47
Refreshments Provided. Co-sponsored by WISE & Healthy Aging and Culver City Senior & Social Services

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 will meet once in May on **Tuesday, May 10 from 9:30 to 11:00 a.m. in the Conference Room.** Janice Goldhaber, M.F.T. will lead the group. Come and talk about all the things that frustrate you, new ways to deal with your family and friends, and anything else that interests you. The group will meet the 2nd and 4th Tuesdays in June, July & August.

Free Culver City Senior Center “Drop-In” Counseling Program

From Antioch University Counseling Center
Available on the **1st and 3rd 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

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.

New Senior Support Groups are now forming at the Culver City Senior Center!

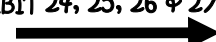

- Healthy Grieving: Making Meaning from Loss
- Help for the Helper: Caregiver Support
- What's the Matter with Kids Today: How to Deal with Your Adult Children
- Lesbian, Gay, Bi-Sexual, Transgender, Questioning Support Group

If you are interested in joining a support group please contact Senior & Social Services Specialist at phone (310) 253-6729 or e-mail: darren.uhl@culvercity.org

NEW GROUP! **Advocates for**

Grandparent-Grandchild Connections

The purpose of this group is to provide support for grandparents who feel alone suffering with the pain and loss caused by lack of contact with their grandchildren and to provide education about grandparents' rights. Starting May 26 on the last Thursday of each month from 3:00 - 5:00 p.m. **Facilitated by Donna Goodley.** Call (310) 253-6729 to be added to the interest list.

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;">MAY 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* 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 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 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 Nia * 9:00 Watercolor* 9:00 Bridge 9:00 French 9:30 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 3:30 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 \$2.00 Members \$4.00 Guests (50 & older)
1 12:00 BRIDGE 1:00 MOVIE	2 1:00 VETERANS GROUP	3 8-12 <u>FREE COFFEE</u> 1:00 OPERA MOVIE <i>LUCIA DI LAMMERMOOR</i> 3-5 Rosen Movement Class	4 9:00 TRIP SALES <i>See Trip Page for Details</i>	5 1:00 Living Trust Educational Seminar Michael Crupi 1:00 Cinco de Mayo Show Vic Moraga	6 10:00 to 2:00 BOUTIQUE 1:00 Mother's Day Tea	7 10:00 CANDLELIGHT PAVILION TRIP 1:00-3:30 DANCE sic by RAZZMATAZZ 1:00 Card Games with Virginia
8 12:00 BRIDGE 1:00 MOVIE	9 1:00 BOARD MEETING	10 9:30-11:00 LOW VISION SUPPORT GROUP 1:00 MOVIE 1:00 SENIOR CENTER TOUR Meet by Business Desk	11 9:30-10:45 BLOOD PRESSURE 1:00 Spring Follies 6:30-8:00 p.m. Health Care Reform: <i>What Does it Mean for You?</i>	12 8:00 VIEJAS CASINO TRIP 1:00 May Birthday Party	13 12:30 Movie Nostalgia High Society	14 10:30-12:30 Community Conversations <i>Should Mom & Dad Be Driving? When to Give Up the Keys</i> 1:00-3:30 DANCE Music by MELODY MASTERS
15 9:00 LAUGHLIN TRIP 12:00 BRIDGE 1:00 MOVIE	16 11:00 a.m. to 8:00 p.m. Sizzler Fundraiser for Nutrition	17 8-12 <u>FREE COFFEE</u> 10:30 ASK THE P. T. Cristina Gabor 1:00 MOVIE 3-5 Rosen Movement Class	18 1:00 "Downsize Your Life " Barbara Payne	19 9:30-10:45 WORKSHOP "Sleep Well Tonight" Michal Caspi 12:30 Movie Royal Wedding 1:00 REVERSE MORTGAGE SEMINAR ~ Bob McLatcher	20 1:00 Sing Along With Dolly	21 1:00-3:30 DANCE Music by STRIKERS
22 12:00 BRIDGE 1:00 MOVIE	23 8:30 PECHANGA CASINO TRIP 1:00 Seminar: Memory Loss & Aging ART EXHIBIT 24, 25, 26 & 27 	24 Art Exhibit 10-5 9:00-12:00 Pedestrian Safety Workshop 1:00 MOVIE 3-5 Rosen Movement Class	25 Art Exhibit 9-5 12:30-1:30 Cal Fresh Presentation	26 Art Exhibit 9-5 9:30 Decluttering Workshop Regina Lark 1:00 Golden Age of Popular Music Series Let's Hear It For The Ladies	27 Art Exhibit 9-3 "Older Americans" Month Celebration	28 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia
29 12:00 BRIDGE 1:00 MOVIE	30 Happy Memorial Day  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> SENIOR CENTER CLOSED TODAY </div>	31 1:00 MOVIE	11			