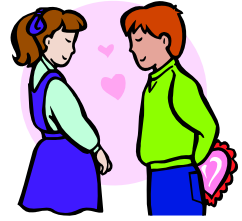


Culver CITY

The Newsletter

February 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

Sid Schalman, President

Kay Heineman, Vice President

Jessica Maria Garcia, Secretary

Marsha Orth, Treasurer

Lionel Crown Bob Hess

Patricia Fountain Clifford Nelson

Mary Garcia Elizabeth Oxley

Carolyn Conway

Alternates:

Ana deElejalde Kit Woodhouse

Monthly Board Meeting

Second Monday, 1:00 p.m.

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**Community
Conversations
Page 8**



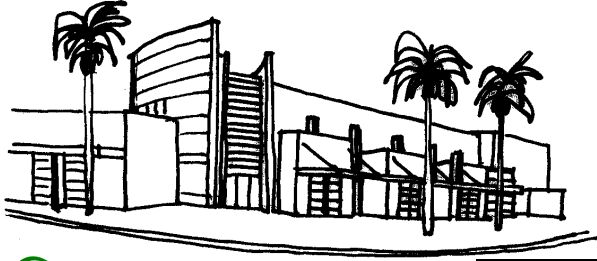
CULVER CITY SENIOR CENTER

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.-2 p.m. (310) 253-6708
Elder Abuse Hotline (800) 992-1660
Computer Class Info Line: (310) 253-6720

Culver CITY SENIOR CENTER



The Newsletter

February 2011



Valentine Party

Monday, February 14
11:30 a.m.

Lunch & Entertainment

Tickets are \$3.50 On sale Jan. 26-Feb. 11
(or until sold out)



Nifty 90's



If you are a CCSCA member
over 90 years of age, we invite
you to be our

Special Guests

Please sign up at the Business
Desk BEFORE Feb. 10 and join
us for a special day!



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

Thursday, February 10 at 1:00



Entertainment by
Ronnie Jayne



Recording Artist
for United
Global Music

Celebrating Life Together Through Music

Special Musical Program
Presented by
Jamallad

Friday, February 4
1:00-2:00 p.m.

The Golden Age of
American Popular Music Series



Musical Ways To Say "I Love You"

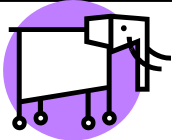
Thursday, February 3 1:00 p.m.
Bob Lipson ~ Saul Jacobs ~ Steve Fry



THE LOS ANGELES DOCTORS SYMPHONY WIND QUINTET

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

Hear some beautiful music by members of the Doctors Symphony



White Elephant Sale

Monday, February 21
8:00-11:00 a.m.

The Merry Makers Club requests that you bring your
donations of *clean and usable*
treasures to the Senior Center on Friday, Feb. 18.
The Merry Makers Club donates the proceeds

Sing Along With Dolly

Friday, February 18
1:00 p.m.

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



OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month's opera movie will be ***DON GIOVANNI***, the screen adaptation of Mozart's greatest opera. Don Giovanni, the infamous womanizer, makes one conquest after another until.....! High drama, hysterical comedy and magnificent music! **This opera is 3 hours long, so please note that the movie will begin at 12:30 p.m. on Tuesday, February 1.** Thank you to **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 February will be ***CAMELOT***. Lerner and Loewe's 1960 musical became a triple Academy Award winner in 1967 with glowing performances by Richard Harris, Vanessa Redgrave and Franco Nero and a glistening score of that "one brief shining moment" known as *Camelot*. **Friday, February 11 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, February 6** will be ***THE OTHER GUYS***. The *other guys* in this SONY comedy are the NYPD Detectives usually in the background. But every cop has his or her day, and soon they stumble into a case no one else wants to touch, but one that could turn into New York City's biggest crime! 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

<u>SUNDAY MOVIES</u>		<u>TUESDAY MOVIES</u>	
Feb. 6	SONY SUNDAY: <i>THE OTHER GUYS</i> 2010-PG13-Comedy-Will Farrell; Mark Wahlberg; Samuel L. Jackson; Eva Mendes 107 min.	Feb. 1	OPERA: <i>DON GIOVANNI</i> Rugero Raimondi as Don Giovanni; John Macurdy; Edda Moser; Kiri Te Kanawa. BEGINS AT 12:30 Playing time is 176 min.
Feb. 13	<i>ROBIN HOOD</i> 2010-PG13-Adventure-Russell Crowe; Cate Blanchett; William Hurt; 141 min.	Feb. 8	<i>TOY STORY 3</i> Animated: Voices of Tom Hanks; Tim Allen; Joan Cusack; Don Rickles; Michael Keaton; 102 min.
Feb. 20	<i>GOING THE DISTANCE</i> 2010-Rated R- Comedy-Drew Barrymore; Justin Long; Charlie Day; Cristina Applegate; 102 min.	Feb. 15	<i>WALL STREET: MONEY NEVER SLEEPS</i> 2010-Rated R-Drama-Michael Douglas; Shia LaBeouf; Josh Brolin; Eli Wallach; Susan Sarandon; 136 min.
Feb. 27	<i>THE AMERICAN</i> 2010-Rated R-Thriller-George Clooney; Irina Bjorklund; Thekla Reuten; 105 min.	Feb. 22	<i>CHARLIE ST. CLOUD</i> 2010-PG13-Drama-Zac Efron; Kim Basinger; Charlie Tahan; 109 min.

LOOK WHAT'S COMING UP



Special Movie Presentation **"All That Jazz"**

Roy Scheider Jessica Lange

Thursday, February 24 at 12:30 p.m.

Director/Choreographer Bob Fosse tells his life story as he details the sordid life of Joe Gideon. (1979)

Hosted by: *Marilyn Hess*

NEW MEMBER ORIENTATION

The Senior Center Staff and the Culver City Senior Citizens Association present an informative overview of our programs and services.

Tuesday, March 1 at 2:00 p.m.

SEMINAR: FALL PREVENTION AND THE IMPORTANCE OF BALANCE TESTING

Let Physical Therapist **Cristina Gabor** 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*. *One of every three seniors will fall each year. Half of them will fall repeatedly. This session will be dedicated to fall prevention and the importance of balance testing.* **Tuesday, February 15, 10:30-11:30**

SEMINAR: KEY TAX LAW CHANGES

As a public service, a professional **H&R Block** tax professional will present this informative "TAX TALK" that will highlight changes in the law and help you with your questions. **Thursday, February 10 at 1:00 p.m.**

UKELELE FOR BEGINNERS

Have fun learning chords, strums, songs, singing along and making new friends. February 7 to March 18. Eight Mondays, 3:00-4:00 p.m. Taught by **Cali Rose**. \$3.00 fee for each class. You must call Cali Rose at 310-285-3506 or email info@calirose.com to find out what you need for the class.

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 a.m.-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 One on Thursday, Feb. 24 at 1:00 OR Saturday, Feb. 26 at 12:15. First outing: Wed., March 23

Level Two (full day outing) meetings will be in March. (March 24 OR 26)

SUPPORT GROUP FOR PEOPLE WITH LOW VISION

Are you having trouble seeing? Are you frustrated by everyday activities? There is hope and help! Come and join the support group for people who are partially sighted lead by **Janice Goldhaber, M.F.T. from the Center for the Partially Sighted**. Meet the 2nd & 4th Tuesday of the month from 9:30-11:00 a.m. This program will meet until April 25.

SEMINAR: ESTATE PLANNING

Hear information on powers of attorney, advanced medical directives, probate, trusts and estate settlement costs. Presented by **Laleh Hakimi** (Mutual of Omaha) and **Arianne Jordan** (Estate Planning Attorney).

Thursday, February 17 at 1:00 p.m.

JOB SEARCH WORKSHOP: HELP FOR FINDING A JOB

A fellow senior, **Wayne Mullisen**, returns to help you with your job search and to give you skills and encouragement you can use to find the job you need. **Tuesday, February 8 at 3:00 p.m.**

VETERANS MEETING ON FEBRUARY 7: LEARN ABOUT THE NEW VETERANS HOME OF WEST L.A.

A guest speaker from the California Department of Veterans Affairs will be present to discuss their new housing facility in West Los Angeles. Learn more or begin the application process. **Monday, Feb. 7 at 1 p.m.**

Culver City Senior Citizens Association Membership for 2011 and Parking Pass for 2011 Required

A 2011 CCSCA membership card is required to participate in most programs, including the Fitness Room, Computer Lab, Billiards Room, movies, classes & activities. This includes all games. Please carry your card with you. You **will** be asked to show your card for classes, movies, Saturday Dance, etc.



Any time you park at the Senior Center you must display a 2011 parking permit on your rear view mirror facing forward. If you park here without a permit or park in a red zone, you will receive a citation. If you do receive a citation, staff cannot resolve the ticket in any way. If there are no spaces at the Senior Center, park at the Veterans Building. **DO NOT JAYWALK** across Overland. CCPD has advised us that violators will be issued citations.

**SENIOR OF THE MONTH
CAROLYN CONWAY**



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

Carolyn Conway
As our
*Senior of the Month
for February 2011*

Carolyn Conway is a "Volunteer Extraordinaire" and we at the Senior Center are so fortunate to have her as part of the volunteer corps that makes our Center so wonderful. When she is not caring for her mother in Phoenix, Carolyn helps with the RSVP Wednesday Work Project, Membership Registration, serves as Secretary for the Merry Makers Club and is a newly elected member of the CCSCA Board of Directors. Carolyn relates that if she is part of an organization, she likes to find out how she can contribute and make things even better. She believes that giving back to your community and helping others is the "Christian thing to do."

Carolyn grew up in Marion, Indiana and has resided in California since 1971. After 36 years of working at the Department of Veteran Affairs, retirement has been a very busy time! Since 1992, Carolyn has been an active member and current vice president of a genealogy group that meets at the Mayme Clayton Library. Carolyn is an active member of her church, serving as a mentor for teenagers, coordinator for the greeter/usher group, church delegate, and as chair for the church's 100 year anniversary celebration coming up in 2012. As a debutante at age 16, Carolyn was required to perform community service and has never ceased her generous ways since. She has worked extensively with disabled children, nursing homes, Veterans hospitals, the Salvation Army and others too numerous to mention. This special lady gives so much to others and we are so happy that we can recognize her for her generosity by honoring her as our Senior of the Month.

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

Culver City Senior Citizens Association Board of Directors for 2011

Carolyn Conway	Bob Hess
Lionel Crown	Clifford Nelson
Patricia Fountain	Marsha Orth
Jessica Garcia	Elizabeth Oxley
Mary Garcia	Sid Schalman
Kay Heineman	

Alternates

Ana de Elejalde	Kit Woodhouse
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The CCSCA Board of Directors would like to recognize and graciously thank all the volunteers who participated in the 2011 Membership Registration process from December 13-January 21 in the Lobby. This assistance is vital to us and we can't thank you enough:

<i>Mae Oczachowski</i>	<i>Gloria Yap</i>
<i>Vivian Brown</i>	<i>Marsha Orth</i>
<i>Barbara Hollander</i>	<i>Hope Seldin</i>
<i>Marilyn Schainwoks</i>	<i>Carolyn Conway</i>
<i>Nancy Hooper</i>	<i>Lionel Crown</i>
<i>Florencia Lazo</i>	<i>Jule Hachigian</i>
<i>Letha Kemper</i>	<i>Marie Picciotto</i>
<i>Bernice Adams</i>	<i>Mary Collim</i>
<i>Pat Fountain</i>	<i>Kay Heineman</i>
<i>Sharon Hyland-Elstein</i>	

**REMINDER THAT YOUR 2011
MEMBERSHIP IS NOW
REQUIRED FOR ALL CCSCA
ACTIVITIES**

IN MEMORIAM

Irene Pritko

Sylvia White

TRIP OFFICE

FEBRUARY 2011

TRIP SALES ARE FROM 1:45-3:00 P.M. ON WEDNESDAY, FEBRUARY 2, 2011 IN THE NUTRITION SITE. YOU MUST HAVE A 2011 MEMBERSHIP CARD FOR EACH PERSON AND EACH PURCHASE. NO EXCEPTIONS!

PLAYING AROUND SOLVANG-SUNDAY-MONDAY-APRIL 3-4



Lv. 8:00 a.m. Rt. 6:00 p.m.

This package includes round-trip motorcoach, 1-night stay at the Hotel Corque including a Continental breakfast, guided horse-drawn trolley tour in Solvang, lunch and gaming fun at the Chumash Casino Resort. Tour the Hans Christian Andersen Museum in Solvang, dinner at the

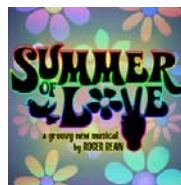
Alisal Guest Ranch, Danish smorgasbord lunch at the Bit O' Denmark Restaurant plus free time for shopping and visiting the bakeries in Solvang. Lots of walking.

Singles: \$300.00/Doubles: \$240.00 p.p.

SUMMER OF LOVE MUSICAL-SUNDAY-APRIL 10-\$80.00

Lv. 10:45 a.m. Rt. 5:30 p.m.

Musical Theatre West presents the musical "Summer of Love." Lunch will be at Famous Dave's in Long Beach (buffet style featuring ribs, beef brisket, chicken, beans, coleslaw, corn on the cob, corn bread muffins, bread pudding and beverage).



WILD ANIMAL PARK-THURSDAY-APRIL 14-\$70.00



Lv. 8:30 a.m. Rt. 6:00 p.m.

Be sure to hop on the tram tour to see over 3,200 wild animals in their homes. Lunch on your own and there will be a stop at Tom's Farms on the way back to the Center. Lots

of walking.

VALLEY VIEW CASINO-MONDAY-APRIL 25-\$27.00

Lv. 8.30 a.m. Rt. 6:00 p.m.

Casino is giving you \$15.00 slot play. Please bring your Players card when you sign up for this trip. The Casino requires picture I.D.



★TRIP REMINDERS★

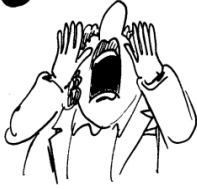
- ★ We regret that the escorts and the bus drivers cannot provide assistance for members with special needs. If you require assistance during our trips, you must be accompanied by a companion who is capable of and totally responsible for providing assistance.
- ★ Our trips include the driver's gratuity, 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.
- ★ We suggest you bring your own bottled water on trips as sometimes water is not available on the motor coaches.
- ★ 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 .
- ★ There is a \$5.00 per night charge for overnight parking at the Center.

SPECIAL NOTICES

- Spring 2011-Tour Charleston & Savannah, including Jekyll Island. A 6-day trip departing April 10, 2011. Stop by the Trip Office for a copy of the itinerary.
- 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.

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!



Did you make a New Year's resolution to:
Get healthier?

Stay active?

Give back to your community?

...you can do all this by

VOLUNTEERING!

Fiesta La Ballona Committee—Secretary

Want to help with the preparation and planning of one of Culver City's favorite events—Fiesta la Ballona? The Committee that plans this fun event needs a recording secretary to attend meetings and take minutes; a vital job to the success of the event!

SKILLS

Ability to listen and take detailed notes, use word processing program on a computer to type up minutes and email to Committee coordinator. Former secretarial experience would be an asset, but not required.

HOURS NEEDED

Meetings are held the 3rd Tuesday of each month at the Vets building from 7pm until about 8 – 8:30pm. The minutes would need to be completed and emailed one week prior to the following meeting. Meetings will run until the Fiesta in August and perhaps after that for a wrap meeting.



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.

FOR MORE INFORMATION CONTACT JILL in the VOLUNTEER OFFICE
at 310-253-6722 OR IN PERSON AT THE SENIOR CENTER

Help Plan a Gala Event for the American Cancer Society!

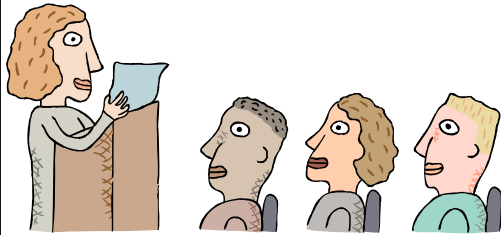
The Fox Hills-area based ACS office is looking for dedicated volunteers to assist with their large gala fundraising event. This is a high-level volunteer position perfect for someone who enjoys working with a lot of different people, interacting with donors and sponsors and who enjoys office work.



Volunteers need to be:

- extremely detailed-oriented
- comfortable working with databases and data entry
- have event-planning and coordinating experience—
auction experience is a bonus!
- be available to dedicate at least 5-hours a week to this volunteer position

If interested, please stop by the volunteer office in the Center or call Jill at 310-253-6722



SAVE THE DATES!

MARK YOUR CALENDARS for a three part series of **“Community Conversations” ~ *not just for seniors!***

Great information will be covered for baby boomers, caring family members and others on MANY important topics related to Healthy Aging, Financial Planning, Staying in Your Home, Healthcare, Caregiving, Driving Safety, etc.

Featuring expert keynote speakers and many local agency resources at each event!

When: Saturdays

Dates: March 12, April 9 and May 14

Time: 10:30– a.m.—12:30 p.m.

Where: Veterans Memorial Building Rotunda Room

***Refreshments will be provided.
Co-sponsored by the City of Culver City
and Culver City Senior Citizens Association***

LUNCH MENU February 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	Wednesday 2	Thursday 3	Friday 4
	<p style="text-align: center;">Tuesday 1 Karaoke Day</p> <p>Chicken Jambalaya Steamed Rice Vegs in entrée Romaine Salad French Dressing Whole Grain Bread Vegetable Spread Watermelon or Fresh Pear</p> 	<p style="text-align: center;">Wednesday 2 Chicken and Brown</p> <p>Rice Soup Beef Stroganoff Egg Noodles Carrots Caesar Salad w/ croutons Caesar Dressing Orange</p>	<p style="text-align: center;">Thursday 3 Sweet and Sour Chicken</p> <p>White Rice Broccoli Asian Salad with Oriental Dressing Rainbow Sherbert</p>	<p style="text-align: center;">Friday 4 Double Entrée:</p> <p>Ranch Marinated Chicken OR Lemon Herb Fish Oven Roasted Potatoes Buttermilk Biscuit Vegetable Spread Carrot Raisin Salad Broccoli Rice Pudding</p>
	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<p style="text-align: center;">Monday 7</p> <p>Egg Drop Soup Beef & Broccoli Steamed Rice Wheat Bread Broccoli in entrée Red and Green Coleslaw Tapioca Pudding</p>	<p style="text-align: center;">Tuesday 8 Karaoke Day</p> <p>Split Pea Soup Roast Turkey Whole Grain Bread Vegetable Spread Fresh Baked Sweet Potato Cranberry Gelatin Salad Orange</p> 	<p style="text-align: center;">Wednesday 9</p> <p>Spaghetti with Meatballs (beef) Green Beans Tossed Salad Ranch Dressing Cantaloupe</p>	<p style="text-align: center;">Thursday 10 Cream of Broccoli Soup</p> <p>Teriyaki Chicken Brown Rice Peas & Onions Spinach Salad w/ Mandarin Oranges Italian Dressing Fresh Fruit in Season</p>	<p style="text-align: center;">Friday 11 Double Entrée:</p> <p>Lemon Garlic Fish OR Spinach Quiche Whole Grain Bread Vegetable Spread Mixed Vegetables Coleslaw with Pineapple Marble Cake</p>
	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<p style="text-align: center;">Monday 14 Senior Center Party Nifty 90's Party</p>  <p style="text-align: center;">Special Ticket Required</p>	<p style="text-align: center;">Tuesday 15 Karaoke Day</p> <p>Navy Bean Soup Baked Chicken Whole Grain Roll Vegetable Spread Creamed Spinach Oven Browned Potatoes Cantaloupe</p> 	<p style="text-align: center;">Wednesday 16</p> <p>Turkey Enchilada Casserole Corn Tortilla in entrée Refried Beans Mixed Green Salad Thousand Island Dressing Banana Orange Juice</p>	<p style="text-align: center;">Thursday 17 Vegetable Soup</p> <p>Swedish Meatballs Noodles Normandy Vegetables Pineapple Coleslaw Lime Gelatin w/ Pears</p>	<p style="text-align: center;">Friday 18 Double Entrée:</p> <p>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</p>
	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<p style="text-align: center;">Monday 21</p> <p>Chicken Noodle Soup Beef Strips w/ Gravy Steamed Rice Peas Spinach Salad with Mandarin Orange Italian Dressing Lemon Pudding</p>	<p style="text-align: center;">Tuesday 22 Karaoke Day</p> <p>Chicken with Chipotle Sauce Corn Tortilla Buttered Carrots Creamy Coleslaw Banana or Apple</p> 	<p style="text-align: center;">Wednesday 23</p> <p>Stuffed Pepper Whole Grain Bread Parslied Orzo Marinated Beets Vegetable Spread Fresh Fruit in Season</p> 	<p style="text-align: center;">Thursday 24</p> <p>Turkey Meatloaf Patty w/ Mushroom and Red Onion Gravy Whole Grain Roll Vegetable Spread Corn on the Cob Mixed Green Salad w/ Citrus Vinaigrette Red Potatoes w/ Parsley Poached Salmon Salad Sourdough Roll Chopped Raw Spinach with Tomatoes Oil and Vinegar Dressing Vegetable Spread Both: Chocolate Chip Cookie Both: Orange Juice</p>	<p style="text-align: center;">Friday 25 Spanish Bean Soup</p> <p>Double Entrée: Tuna Salad on Greens OR Chicken Salad Whole Grain Roll Green Salad Carrot Pineapple Salad Vegetable Spread Orange</p> 
<p style="text-align: center;">Monday 28</p> <p>Turkey Tetrazzini Spaghetti in Entrée Spinach Broccoli Raisin Salad Lime Gelatin with Mixed Fruit</p>	 <p style="font-size: 1.2em; font-style: italic;">I refuse to believe that trading recipes is silly. Tuna fish casserole is at least as real as corporate stock.</p> <p style="font-size: 0.8em;">~Barbara Grizzuti Harrison</p>			

★MENU SUBJECT TO CHANGE★

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

Culver CITY Social & Disability Services

**Guest Speaker: Come Learn About the
New Veterans Home of West L.A.
Monday, February 7th @ 1:00 p.m.**

Culver City Senior Center Conference Room

A guest speaker from the California Department of Veterans Affairs will be present to discuss their new housing facility located in West LA. To learn more or begin the application process, please attend.

The program is open to those who meet the following qualifications:

- ◆ Veterans age 62 or older (*younger if disabled*)
- ◆ California Residents
- ◆ Have medical coverage
- ◆ Served honorably in the military

Alternative Living for the Aging

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

Make Your Home More Secure with the Home Secure Program!

This free 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.

Health Insurance Counseling Program

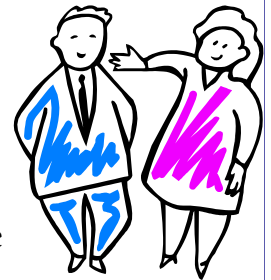
The state-registered Health Insurance Counseling and Advocacy Program Counselor is trained to provide impartial and unbiased information, counseling and assistance on Medicare and related health care coverage including:

- ◆ 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.

Social Services Assistance and Disability Office

We assist residents of all ages with information, referrals, and assistance on topics such as aging resources, alternative transportation, caregiver support, bereavement groups, disability programs, low income programs/services, homelessness, abuse reporting, health & medical resources, etc.



**Call Darren Uhl at (310) 253-6729 or
e-mail: darren.uhl@culvercity.org**

Free “Drop-In” Counseling Program From Antioch University Counseling Center

Every Saturday from 12:00 - 2:00 p.m.

In the Senior Center Social Services Office

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? If so, take advantage of this program!

Individual Peer Counseling


Need someone to talk to? In this program, seniors 55 or older dealing with stage-of-life issues such as loss, ill health, retirement, and other changes can develop insight and coping skills with a trained peer counselor from WISE & Healthy Aging. Call (310) 394-9871, ext. 373.

2011 Social Security: Retirement & Disability Benefits On-line Application Assistance

Are you ready to file your Social Security application? Do you need help applying for Social Security disability benefits? Save a trip to your Social Security Office! File your application on-line with a Social Security representative at the *Culver City Senior Center Computer Lab*. **APPOINTMENTS ARE REQUIRED!**

Please call for an appointment at (866) 964-4779

**Ask for Ms. Hilbert ext. 10419, Ms. Flaisher,
ext. 10416 or Ms Najera ext. 10422.**

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;">FEBRUARY 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 OPERA MOVIE <i>DON GIOVANNI</i> 3-5 Rosen Movement Class	2 1:30 p.m. TRIP SALES AARP TAX AIDE BEGINS	3 1:00 Golden Age of Popular Music Series <i>Musical Ways To Say I Love You</i>	4 8:00 SYCUAN CASINO TRIP 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 12:00 BRIDGE 1:00 MOVIE	7 1:00 VETERANS GROUP	8 8-12 am <u>FREE COFFEE</u> 9:30-11:30 LOW VISION SUPPORT GROUP 3:00 Job Search Workshop	9 9:10-10:45 BLOOD PRESSURE	10 1:00 "TAX TALK" 1:00 February Birthday Party	11 12:30 Movie Nostalgia "Camelot"	12 1:00-3:30 DANCE Music by MELODY MASTERS
13 9:00 Laughlin Trip 12:00 BRIDGE 1:00 MOVIE	14 Valentine/Nifty 90's Party Sign up begins for Chair Massage on Jan. 31	15 8-12 am <u>FREE COFFEE</u> 10:30 ASK THE P.T. Cristina Gabor "Fall Prevention & Balance" 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 1:00 ESTATE PLANNING SEMINAR Laleh Hakimi & Arianne Jordan	18 1:00 Sing Along With Dolly	19 11:00 <i>CATS</i> Trip 1:00-3:30 DANCE Music by STRIKERS
20 12:00 BRIDGE 1:00 MOVIE	21 8-11 White Elephant Sale 1:00 BOARD MEETING (meeting rescheduled from Feb. 14)	22 8-12 am <u>FREE COFFEE</u> 9:30-11:30 LOW VISION SUPPORT GROUP 1:00 MOVIE 1:00 "Platicando Sabroso"	23	24 12:30 MOVIE " ALL THAT JAZZ"	25	26 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia
27 12:00 BRIDGE 1:00 MOVIE	28 Reminder: Chair Massage for those with appointments					