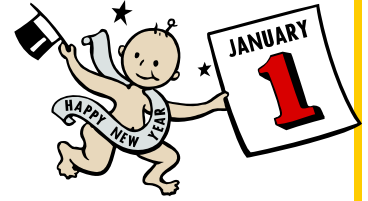


Culver CITY

The Newsletter

January 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

Barbara Silverstein, Vice President

Hope Seldin, Secretary

Mary Collim, Treasurer

Lionel Crown Marilyn Hell

Patricia Fountain Clifford Nelson

Kay Heineman Elizabeth Oxley

Sharon Hyland-Elstein

Alternates:

Mary Garcia John McCarthy

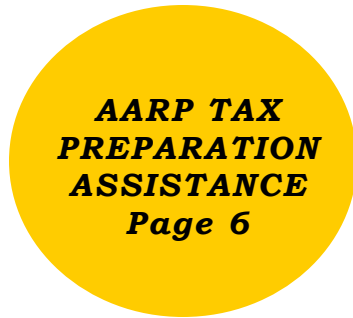
Jessica Maria Garcia

Monthly Board Meeting

Second Monday, 1:00 p.m.

Inside this issue:

Front Page News	2
Opera and Showtime News	3
Look What's Coming Up!	4
Seniors of the Month, CCSCA Board Messages	5
Trip Office	6
Volunteer Info	7
Social & Disability Services	9
Monthly Lunch Menu	10
Monthly Calendar	11



CULVER CITY SENIOR CENTER

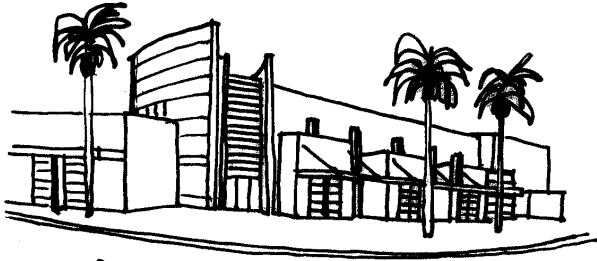
4095 Overland Avenue
Culver City, CA 90232

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



January 2011

2011



Wishing All Our Senior Center Friends a
Happy & Healthy New Year!



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

Thursday, January 13 at 1:00



Entertainment by
"Mahal Ko"

SMARTER SENIORS FORUM LEARN HOW TO LIVE SCAM-FREE

Thursday, January 13
9:30-11:30 a.m.

Topics include: phony investments & prizes; real estate fraud; elder abuse; identity theft & more!

*Presented by Supervisor Mark Ridley-Thomas
Department of Consumer Affairs*

PUBLIC TRANSIT FAIR

Thursday, January 27 9:45-11:00
Saturday, January 29^{OR} 12:15-1:30

- ◆ EXPO LINE UPDATE
- ◆ PUBLIC TRANSIT UPDATES
- ◆ INFO ON SPRING & FALL OUTINGS
- ◆ PICK UP WONDERFUL MATERIALS

*Presented by Bonnie Cherko &
EXPO LINE Representative*



Ragtime Piano Concert Doug Haise

Friday, January 14 at 12:45 p.m.

*Back with another outstanding ragtime
performance & more interesting commentary!*

SHARE THE JOY OF CLASSICAL PIANO with

Andrew Wong



Wednesday, January 26
1:00-2:15 p.m.

The Kaleidoscope Singers

Thursday, January 14
1:00 p.m.

Enjoy an hour of an eclectic mix of pop, choral and blues classics sung by this talented group of blind performers from the Braille Institute



The Golden Age of
American Popular Music Series
Presenting

Magical Musical Movie Moments
January 20 at 1:00 p.m.
Bob Lipson ~ Saul Jacobs ~ Steve Fry

OPERA AT THE SENIOR CENTER

Many thanks to volunteer Murray Winagura for planning another wonderful year of Opera and Movie Nostalgia Programs for us!

The opera program is presented on the first Tuesday of the month. This month's opera movie will be Puccini's operatic masterpiece and tragic love story, **LA BOHEME**. This film was produced by the BBC and Royal Opera House Covent Gardens in 1982. Presented on **Tuesday, Jan. 4 at 1:00. pm.**

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 January will be **PILLOW TALK**. Doris Day and Rock Hudson star in their first romantic comedy together in this 1959 film. Tony Randall and Thelma Ritter add to the hilarity in the story about a man and woman who share a telephone line and despise each other. Presented on **Friday, January 21 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, January 2** will be **EAT, PRAY, LOVE**. In this newly released film, Liz Gilbert (Julia Roberts) is on a quest to travel the world after her divorce, a year-long sabbatical that will allow her to enjoy the wonders of exotic travels. 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!

SUNDAY MOVIES

- Jan 2** **SONY SUNDAY: EAT, PRAY, LOVE**
2010-PG13-Romance-Julia Roberts; James Franco; Viola Davis; Javier Bardem; 140 min.
- Jan. 9** **AMELIA**
2009-PG-Biodrama-Hilary Swank; Richard Gere; Ewan McGregor; 111 min.
- Jan. 16** **NIGHT AT THE MUSEUM**
2009-PG-Comedy-Ben Stiller; Amy Adams; Robin Williams; 100 min.
- Jan. 23** **KNIGHT AND DAY**
2010-PG13-Action/Comedy-Tom Cruise; Cameron Diaz; Peter Sarsgaard; 110 min.
- Jan 30** **FLIPPED**
2010-PG-Comedy-Madeline Carroll; Callan McAuliffe; Rebecca De Mornay; 90 min.

TUESDAY MOVIES

- Jan. 4** **OPERA MOVIE: LA BOHEME**
Puccini's great operatic masterpiece brimming with passion, tragedy and great music. Thomas Allen; Ileana Cotrubas; Neil Shicoff; 116 min.
- Jan. 11** **HOW TO TRAIN YOUR DRAGON**
2010-PG-Animated-Voices of Jay Baruchel; Gerard Butler; America Ferrara; Craig Ferguson; 98 min.
- Jan. 18** **IT'S COMPLICATED**
2009-Rated R-Comedy-Meryl Streep; Alex Baldwin; Steve Martin; 121 min.
- Jan. 25** **INVICTUS**
2010-PG-Drama-Morgan Freeman; Matt Damon; Directed by Clint Eastwood; 133 min.

LOOK WHAT'S COMING UP



*Very Special Thanks to
The Lions Club
for another delicious,
delightful Thanksgiving Day Meal*

The Lions Club has generously served thousands of Thanksgiving meals to our Seniors over the years! We really appreciate your kindness.

*Very Special Thanks to the
"Culver City Friends"
who helped Micheal O'Leary
provide the food for the
December 25th Holiday Luncheon!
Thank you, Ronnie Jayne,
for the great entertainment!*



SEMINAR: DOWNSIZE YOUR LIFE: START THE NEW YEAR RIGHT!

De-clutter your brain by de-cluttering your house. Join **Barbara Payne** on **Wednesday, January 19 at 1:00 and every third Wednesday of the month.** Learn how to delegate your time and energy.

SEMINAR: EASIER LIVING WITH LIMITATIONS

"Is there anything out there to make this easier to do??!!" Come find out about "Easier Living with Limitations" presented by **Judy Nahman-Stouffer** from EmpowerTech. **Monday, Jan. 24 at 1:00 p.m.**

PUBLIC TRANSIT NEWS: LEARN THE BENEFITS OF USING PUBLIC TRANSIT

TRANSIT FAIR on **Thursday, January 27 at 9:45 a.m.** (Repeated on Saturday, January 29 at 12:15 p.m.). **Bonnie Cherko** will answer your questions in the lobby on **Thursdays from 11:00 a.m.-12:15 p.m.** or leave Bonnie a message at the Business Desk.

NEW CLASS: CREATIVE WRITING

A new creative writing opportunity will be offered by **Laurel Ollstein, MFA.** Laurel would love to have you join her in an 8 week class to explore your writing potential. Laurel has teaching experience at UCLA, Loyola Marymount, Cal Arts and UC Redlands. The first class will be **Tuesday, January 11 from 10:30-11:30 a.m.** There will be a \$3.00 fee for each class.

SEMINAR: WEALTH TRANSFER WITHOUT TAX REPERCUSSIONS

Meet **Joy Burton** from Banker's Life and hear important information on how to transfer your wealth, from a professional who has a proven record helping seniors. **Friday, January 28 at 1:00 p.m.**

SEMINAR: WHAT IS A REVERSE MORTGAGE?

Hear information on how to optimize retirement cash flow without selling your home. Presented by **Bob McLatcher**, Reverse Mortgage Consultant with Wells Fargo Home Mortgage. Bob will give you the facts and have time to answer all of your questions. **Thursday, January 13 at 1:00 p.m.**

SEMINAR: ARTHRITIS FOOD

Besides arthritis treatment and therapy, there are lots of natural foods that can help arthritis sufferers. **Sandra Grecki**, from Carepoint Medical, will share this information with you on **Wed., January 12 at 12:30**

JOB SEARCH WORKSHOP: HELP FOR FINDING A JOB

A fellow senior, **Wayne Mullisen**, can help you with your job search and give you the skills and encouragement you can use to find the job you need. **Tuesday, January 11 at 3:00 p.m.**

LOOKING FOR PAN PLAYERS to join "lovely ladies" on Wednesdays, 11:30-4:30. Call Dede: 310-553-2917.

◆ **KUDOS to the Culver City Senior Citizens Association** ◆
Fundraising Subcommittee volunteers who support the Senior Nutrition Program



*Special Movie Presentation
"The Way We Were"*

Barbara Streisand Robert Redford
"Gorgeous goyish guy" meets Jewish radical girl in
Sydney Pollack's 1973 glossy romance.

Thursday, January 6 at 12:30 p.m.

**Celebrating Life Together Through Music
~Jamallad~**

A special musical program by
United Global Music Recording Artist

Friday, January 7 at 1:00 p.m.



SENIORS OF THE MONTH
PAT FOUNTAIN
&
KAY HEINEMAN



The CCSCA Board of Directors is pleased to honor Culver City Senior Center's very own "Sister Act," Pat Fountain and Kay Heineman, as our Seniors of the Month

for January, 2011. Kay and Pat are a dynamic duo helping at the Senior Center wherever and whenever needed. They serve lunch, arrange all the books in the lending library and are currently serving on the Board of Directors and on various Board sub-committees.

Pat & Kay have been residents of Culver City since 1949. They and all their children are proud graduates of Culver City High School. After entering into the teaching profession, both sisters got involved in their family owned pre-school, Palms Tiny Tot Pre-School and Kindergarten. Pat was a teacher there for over 30 years and Kay for 23 years, and they became the owners in 1990.

Now retired for over 6 years, Kay and Pat enjoy volunteering at the Senior Center and are also involved with the Delta Kappa Gamma Society, an International Society for Women Educators in 15 different countries. The Society's purpose is to influence education legislation and encourage volunteerism in classrooms. The sisters volunteer in Culver City classrooms to help where needed. This busy two-some also contributes time to the Jared Box Project which creates activity boxes for seriously ill children in various California hospitals. AND they knit sweaters and hats for "Knit for Kids" a project of World Vision that sends hand knit items to children worldwide.

Pat and Kay were brought up to "give before we get" and they are living that legacy, much to the benefit of our seniors. We congratulate them and want them to know how much we appreciate their *classy* "Sister Act."

A Message...
FROM THE CCSCA
BOARD
OF DIRECTORS

Thank You to the 2010 Board of Directors for your dedicated service to the members of the Culver City Senior Citizens Association

Culver City Senior Citizens Association
Board of Directors for 2011

Carolyn Conway
Lionel Crown
Patricia Fountain
Jessica Garcia
Mary Garcia
Kay Heineman

Bob Hess
Clifford Nelson
Marsha Orth
Elizabeth Oxley
Sid Schalman

Alternates

Ana de Elejalde

Kit Woodhouse

As we reflect on the year 2010 and look forward to the promise of the new year, let's all be appreciative of the many ways in which our Senior Center helps us to enjoy our lives. The Center offers so many opportunities for socializing, staying active and enjoying stimulating special events. We look forward to seeing you here at the Senior Center and the Board of Directors wishes ALL of you a happy and healthy New Year.

REMINDER THAT YOUR 2011
MEMBERSHIP CARD WILL BE
REQUIRED AFTER JANUARY 14

Membership Registration continues in the Lobby from 9:00-2:00 on the following days:

January 4, 5, 6, 7; 10, 11, 12, 13, 14

Weekend registration will be available beginning on Saturday, January 8.

IN MEMORIAM

Carolyn "Cookie" Powers

Reva Stern

Larry Hill

Leah Turchin

(93 years of age)

Culver City Adult Literacy Program Looking for Volunteer Tutors

Help local adults improve their reading and language skills by becoming a dedicated tutor in our Adult Literacy Program.



The literacy program matches tutors with students from the Culver City Adult School. Most students are from other countries, and all are beyond the ESL stage of their education.

Volunteers will meet with their student at least once a week for one hour on a one-on-one basis. Ideally you will be with the same student for the school semester or potentially the whole year! We need volunteers to **make a commitment of at least 6 months** and tutors must undergo a background check.

Tutoring can be done during the day or the evenings; the scheduling is very flexible.



If interested, please stop by the volunteer office in the Center, call Jill at 310-253-6722 or email Edith at: ccliteracyprogram@yahoo.com

This is a wonderful opportunity to start another great adventure!

Culver City American Cancer Society Looking for Special Event Prep Volunteer s

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



EXPERT ONE-on-ONE HELP

with your cell phone or laptop computer



Wednesday, January 12th
12:30 - 2:30 p.m.
Room B45



Employees from local computer headquarters, Symantec, will be volunteering to help you with your cell phone and laptop questions.

Please bring the equipment you need help with (along with their chargers) and pen and paper to take notes.

First come, first served. 15 minutes maximum per person

LEGAL COUNSELING AVAILABLE TO CCSCA MEMBERS

Free half -hour consultations with volunteer attorneys are available.

Membership in the Culver City Senior Citizens Association is required.

Referral information to other legal agencies is also available. Call 310-253-6700 *

**Once you have an appointment, you must confirm your appointment with the Culver City Senior & Social Services staff one day in advance by 2:00 p.m. Otherwise, your appointment will be cancelled. Call 310-253-6700 to confirm your appointment.*

News from the Computer Lab

We are excited to announce that in 2011 we will offer 3 new classes:

Internet & Email Safety Class

Microsoft Power Point

Advanced Computer

Reminder: You must be a member of CCSCA to register for classes
Class registration for the early part of 2011 are:



Classes start in the week of January 23, 2011

Registration dates are Jan. 4, 6, 11 & 13 between 10am and 2pm

Classes start in the week of March 20, 2011

Registration dates are March 1,3,8 & 10 between 10am and 2 pm

AARP TAX PREPARATION ASSISTANCE

AARP Tax Assistance will be available Mondays & Wednesdays
February 2 through April 13, 2011 from 9:00 a.m. until 1:00 p.m.

BY APPOINTMENT ONLY

The Tax Aide Hotline will begin taking appointments
on Wednesday, January 12 310-253-6742

Social & Disability Services

Culver CITY



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 will be available from 1:00 to 4:00 p.m. every Friday through July 24. Make an appointment at the Business Desk or call (310) 253-6700.

FREE SUPPORT GROUP FOR PEOPLE WITH LOW VISION

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

Starting January 11th, the Center for the Partially Sighted will offer a free support group for people who are partially sighted. The group will meet the 2nd & 4th Tuesday of the month 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.

Program ends April 25.

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 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.

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.

Friendly Phone Call Program

If you or someone you know is living alone and somewhat isolated, frail, or disabled, we offer a “friendly phone call” from volunteers, just to say hello and check in. This program is for people within the 310, 424, 323, or 213 area codes. Ask staff for more info!

Bereavement Groups

If you have recently lost a loved one and are seeking support, please contact staff member Darren Uhl who can assist in finding a bereavement support group with space available for new members.

LUNCH MENU January 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 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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<p>Beef & Barley Soup Beef Lasagna (⬆) Noodles in entrée Zucchini, Mushrooms & Tomatoes Romaine Salad with Shredded Carrots Ranch Dressing Orange or Tangerine</p>	<p style="text-align: center;">Karaoke Day</p> <p>Navy Bean Soup Baked Chicken Whole Grain Roll Vegetable Spread Creamed Spinach Oven Browned Potatoes Cantaloupe</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;">Vegetable Soup</p> <p>Swedish Meatballs Noodles Normandy Vegetables Pineapple Coleslaw Lime Gelatin w/ Pears</p>	<p>Double Entrée: Beef Stew with Carrots, Potatoes, Celery Wheat Roll w/ Veg. Spread OR Fish Vera Cruz with Brown Rice Carrots Both: Marinated Tomato, Onion & Green Pepper Salad Both: Oatmeal Cookie</p>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<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;">Karaoke Day</p> <p>Chicken with Chipotle Sauce Corn Tortilla Buttered Carrots Creamy Coleslaw Banana or Apple</p> 	<p>Stuffed Pepper Whole Grain Bread Parslied Orzo Marinated Beets Vegetable Spread Fresh Fruit in Season</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 OR Chicken Salad Cold Plate Whole Grain Roll Vegetable Spread Romaine Salad Italian Dressing Both: Chocolate Chip Cookie</p>	<p>Spanish Bean Soup Double Entrée: Tuna Salad on Greens OR Chicken Salad Whole Grain Roll Green Salad Carrot Pineapple Salad Vegetable Spread Orange</p>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<p style="text-align: center;">Center Open Holiday Hours 12:00-4:00 p.m.</p>  <p style="text-align: center;">NO LUNCH SERVED</p>	<p style="text-align: center;">Karaoke Day</p> <p>Cream of Potato Soup BBQ Beef Whole Grain Bun Mixed Vegetables Mixed Green Salad Italian Dressing Pineapple Chunks and Mandarin Orange</p> 	<p>Oven Fried Chicken Corn Bread Seasoned Spinach Black Eyed Peas Tossed Green Salad 1000 Island Dressing Cantaloupe Vegetable Spread</p>	<p style="text-align: center;">Minestrone Soup</p> <p>Beef Lasagna California Blend Spinach Salad with Mandarin Orange French Dressing Fresh Fruit in Season OR Vegetarian Mixed Bean Salad w/ French Dressing Whole Wheat Bread Raw Spinach Broccoli and Raisin Salad Vegetable Spread Fresh Fruit in Season</p>	<p>Double Entrée: Fish Taco with Soft Shell Flour Tortilla Spanish Rice Marinated Tomato Salad Pinto Beans Salsa Packet OR Bean & Cheese Burrito Spanish Rice Marinated Tomato Salad Corn Salsa Packet Both: Peach Crisp with Oatmeal Topping</p>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>Hawaiian Chicken Barley California Blend Marinated Tomato Salad Fresh Fruit in Season</p>	<p style="text-align: center;">Karaoke Day</p> <p>Tomato Soup Salisbury Steak w/ gravy Wheat Bread Vegetable Spread Mashed Potatoes Zucchini Cantaloupe</p> 	<p>Turkey Bean Chili Corn Bread Marinated Beets Spinach Salad w/ Mandarin Oranges Italian Dressing Oatmeal Cookie Vegetable Spread</p>	<p>Double Entrée: Lentil Soup (both) Sweet & Sour Pork Brown Rice Shredded Carrots, Cabbage Water Chestnuts Brussels Sprouts OR Chicken Waldorf Salad Whole Grain Bread Mixed Lettuce Carrot Coins Marinated Tomatoes with Green Peppers Vegetable Spread Both: Applesauce w/ Cinnamon</p>	<p>Double Entrée: Herb Baked Fish OR Vegetable Frittata Wheat Bread Vegetable Spread Normandy Vegetables Oven Browned Red Potatoes Mixed Fruit in Red Gelatin Orange Juice</p> 
Monday 31	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>"An onion can make people cry, but there has never been a vegetable invented to make them laugh." ~Will Rogers</p> </div>  </div>			
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.

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;">JANUARY 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 Paper Craft Art 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 10:30 Ask the Physical Therapist (2 nd & 4 th Tues) 11:00 Karaoke Mary & Friends 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 *♦ 9:00 Beginning Chinese 10:00 Loss Support Group 10:30 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance * ♦ 11:30 Osteo-Fit Class* ♦ 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)
		MEMBERSHIP REGISTRATION FOR 2011 9:00-2:00 in the Lobby JAN. 4, 5, 6, 7; 10,11,12,13,14				1 Happy New Year SENIOR CENTER CLOSED
2 12:00 BRIDGE 1:00 MOVIE	3 8:30 Pala Casino Trip 1:00 VETERANS GROUP	4 8-12 am <u>FREE COFFEE</u> 1:00 OPERA MOVIE "La Boheme" 3-5 Rosen Movement Class	5 1:30 p.m. <u>TRIP SALES</u>	6 12:30 MOVIE <i>"The Way We Were"</i>	7 1:00 <i>Celebrating Life Together Through Music ~ Jamallad</i>	8 1:00-3:30 DANCE Music by RAZZMATAZZ
9 9:00 Laughlin Trip 12:00 BRIDGE 1:00 MOVIE	10 1:00 BOARD MEETING Sign up begins for Chair Massage on Jan. 31	11 8-12 am <u>FREE COFFEE</u> 10:30-11:30 Creative Writing Workshop Begins 1:00 MOVIE 3:00 Job Search Workshop	12 9:10-10:45 BLOOD PRESSURE 12:30 Arthritis Food! Sandra Grecki 12:30 ONE-ON-ONE Cell Phone & Computer Help	13 9:30-11:30 SMARTER SENIORS FORUM 1:00 January Birthday Party 1:00 REVERSE MORTGAGE SEMINAR	14 12:45 Ragtime Piano Doug Haise	15 1:00-3:30 DANCE* Music by MELODY MASTERS *REMINDER: DANCE WILL BE IN THE TEEN CENTER TODAY
16 12:00 BRIDGE 1:00 MOVIE	17 Martin Luther King, Jr. Day Holiday Hours 12-4	18 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE 3-5 Rosen Movement Class	19 1:00 "Downsize Your Life" Barbara Payne 9:30-11:00 Diabetes Support Group~Meets at Vets Building	20 1:00 "MAGICAL MUSICAL MOVIE MOMENTS" <i>Golden Age of Popular Music Series</i>	21 12:30 Movie Nostalgia "Pillow Talk"	22 1:00-3:30 DANCE Music by STRIKERS
23 8:30 Palm Springs Follies Trip 12:00 BRIDGE 1:00 MOVIE	24 1:00 Empower Tech "Easier Living with Limitations"	25 8-12 am <u>FREE COFFEE</u> 1:00 MOVIE 1:00 "Platicando Sabroso"	26 1:00 Classical Piano Concert Andy Wong	27 9:45 PUBLIC TRANSIT FAIR 1:00 Kaleidoscope Singers	28 1:00 Financial Seminar "Wealth Transfer" Joy Burton	29 1:00-3:30 DANCE Music by SWING SET
30 12:00 BRIDGE 1:00 MOVIE	31 Reminder: Chair Massage for those with appointments					