

# Culver CITY

## The Newsletter

October 2011



### CITY COUNCIL

**Micheál O'Leary**, Mayor

**D. Scott Malsin**,  
Vice Mayor

**Jeff Cooper**, Councilmember

**Andrew Weissman**,  
Councilmember

**Christopher Armenta**,  
Councilmember

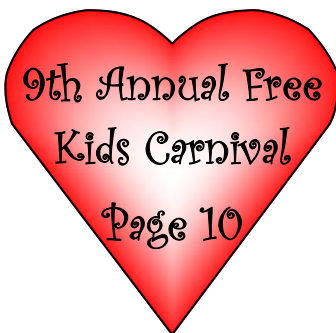


### CITY OF CULVER CITY

**John Nachbar**,  
City Manager

**Martin R. Cole**  
Assistant City Manager

**Daniel Hernandez**, Director  
Parks, Recreation & Community  
Services



### SENIOR & SOCIAL SERVICES

**Armando Abrego**,  
Senior & Social Services Manager

**Debbie Cahill**, Senior Program Spec.

**Roxana Tabibi**, Senior Nutrition Spec.

**Jill Thomsen**, RSVP Specialist

**Darren Uhl**, Disability Specialist

**Alvina Prasad**, Paratransit Coordinator

**Spencer Wray**, Van Driver

**Jesse MacGregor**, Van Driver



### CULVER CITY SENIOR CITIZENS ASSOCIATION BOARD OF DIRECTORS

**Kay Heineman**, President

**Lionel Crown**, Vice President

**Jessica Maria Garcia**, Secretary

**Marsha Orth**, Treasurer

**Mary Garcia**      **Bob Hess**

**Patricia Fountain**      **Clifford Nelson**

**Elizabeth Oxley**      **Carolyn Conway**

**Ana deElejalde**

*Monthly Board Meeting*

*Second Monday, 1:00 p.m.*



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### CULVER CITY SENIOR CENTER

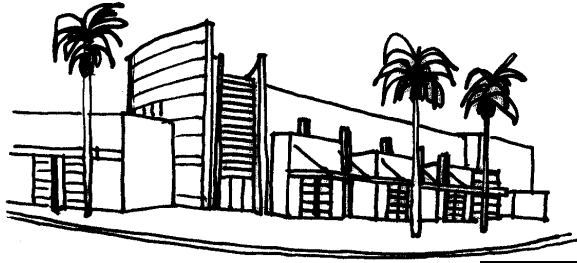
4095 Overland Avenue  
Culver City, CA 90232

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



October 2011



### Halloween Party

Monday  
October 31  
11:30 a.m.



Tickets are \$3.50.  
Tickets on sale at the Business  
Desk October 12-27  
(or until sold out)



Lunch & Entertainment!

Wear Your Costume!

### Monthly Birthday Celebration

Thursday, October 13 at 1 pm



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

Entertainment by  
**Lee Hahn**



The Golden Age of American Popular Music  
Presenting



"BIG HITS OF THE BIG BANDS and the BIG BAND SINGERS"

Thursday, October 20  
1:00 p.m.



Bob Lipson ~ Piano  
Saul H. Jacobs ~ Commentary  
Steve Fry ~ Bass

*This Program is presented as part of the USC Emeriti Center College Public Lecture Series*



Thursday  
October 27  
1:00 p.m.

The CC Hula Girls  
accompanied by  
Cali Rose & The CC Strummers

Welcome you for some "Tropical" Fun!



A performance by  
Culver City  
Senior Center's  
own Hula  
Dancers &  
Ukulele Players!



### White Elephant Sale

Monday, October 10  
9:00 a.m.— 12:00 noon

The Merry Makers Club requests that  
you bring your *clean and usable*  
donations to the Senior Center on Friday, Oct. 7

### Sing Along With Dolly

Friday, October 14  
1:00 p.m.

Join Dolly Blair

*And have some fun singing your favorites!*



## OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month the opera film will be *Charles Gounod's ROMEO ET JULIETTE*. This film version of the opera, based on Shakespeare's play, features Rolando Villazon, Nino Machaidze, Russell Braun and Laurent Mikhail. Tuesday, October 4 at 1:00 p.m. 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 October will be *FUNNY GIRL*. One of the most popular movie musicals ever made, *FUNNY GIRL* follows the early career of stage comedienne Fanny Brice, a role that earned Barbra Streisand the 1968 Oscar for Best Actress. Running time is 155 minutes. **Friday, October 21 at 12:30 p.m.**

## "SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is the 1st Sunday of the month. The movie for **Sunday, October 2** will be *BARNEY'S VERSION*. Based on Mordecai Richler's prize-winning comic novel, "Barney's Version" is the warm, wise and witty story of Barney Panofsky (Paul Giamatti), a seemingly ordinary man who lives an extraordinary life. With his father Izzy (Dustin Hoffman) as his sidekick, Barney takes us through the highs and lows of his colorful life. *We thank SONY for providing us with our SONY SUNDAY films.*

## KARAOKE

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

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

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## SHOWTIME

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

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

### SUNDAY MOVIES

- Oct. 2 **SONY SUNDAY: BARNEY'S VERSION**  
2010-Rated R-Drama-Paul Giamatti; Dustin Hoffman; Rosamund Pike; Minnie Driver; 134 min.
- Oct. 9 **BONNEVILLE**  
2007-PG-Comedy/Drama-Jessica Lange; Kathy Bates; Joan Allen; 93 min.
- Oct. 16 **THE ASTRONAUT FARMER**  
2006-PG-Billy Bob Thornton; Virginia Madsen; Bruce Bern; 104 min.
- Oct. 23 **NO MOVIE TODAY**
- Oct. 30 **HOCUS POCUS**  
1993-Comedy-Bette Midler; Sarah Jessica Parker; Kathy Najimy; 121 min.

### TUESDAY MOVIES

- Oct. 4 **OPERA MOVIE:  
CHARLES GOUNOD'S  
ROMEO ET JULIETTE**
- Oct. 11 **WIN, WIN**  
201-Rated R-Comedy-Paul Giamatti  
Amy Ryan; Bobby Cannavale; 106 min.
- Oct. 18 **FLY AWAY HOME**  
1996--PG-Drama/Adventure-Jeff  
Daniels; Anna Pacquin; Dana Delany  
107 min.
- Oct. 25 **LIONS FOR LAMBS**  
2007-Rated R- Drama-Robert Redford  
Meryl Streep; Tom Cruise; 119 min.

# **LOOK WHAT'S COMING UP!**



## Special Movie Presentation **Monsoon Wedding**

**Thursday, October 6 at 12:30 p.m.**

2001 Comedy/Drama about relatives from around the world creating much ado about the preparation for an arranged marriage in India

Hosted by: *Marilyn Hess*

## **The Senior Nutrition Program**

offers delivery of lunches to your activity room! Watch for flyers with the details. You can also contact Roxana Tabibi at 310-253-6712, Nutrition Program Director, for more information.



### **SEMINAR: KNOW THE 10 SIGNS : EARLY DETECTION MATTERS**

Learn the 10 Warning Signs of Alzheimer's disease, the benefits of early detection and early diagnosis. Presented by a speaker from the Alzheimer's Association. **Thursday, October 6 at 1:00 p.m.**

### **NEW CLASS: COLD READING CLASS + IMPROVISATION FOR SENIORS**

Accomplished expert of IMPROV, John Reno, wishes to add cold reading to his 2 hour Improvisation class. A cold reading uses a script without any rehearsal (also called sight reading). John has been given scripts for many Broadway productions and wants you to enjoy learning the art of cold reading. This will be very good for your mind and lots of fun, too! The first hour will be the cold reading and the second hour will be Improvisation. John has generously donated his time since April 2008, which means the class is free to you! **Wednesdays, 1:00-3:00 p.m.**

### **LARRY'S TAI CHI CLASS EXPANDING TO AFTERNOONS**

Larry Bates will be offering Tai Chi - 24 Form "Simplified" Yang style - on Thursday afternoons from 2:00-2:45 on the patio. This is a fun class for beginners and intermediate students alike, with many health benefits. First class starts on Thursday, October 6. There is \$1.00 fee for this class.

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

You will hear the latest information on reverse mortgages and how you can optimize retirement cash flow without selling your home. Reverse Mortgage Consultant **Bob McLatcher** will give you the facts and answer your questions. **Thursday, October 13 at 1:00 p.m.**

### **SEMINAR: ASK THE PHYSICAL THERAPIST**

Let Physical Therapist **Cristina Gabor from Orthosport Physical Therapy** help you stay active even while you have aches & pains. Cristina will give you the latest tips on how to keep in shape and *keep moving*. Different topics each month. **Tuesday, October 18 from 10:30-11:30 a.m.**

### **NEW ACTIVITY: MUSIC THERAPY**

**Bernard Gomez** has twelve years of volunteer experience in sharing the benefits of music therapy in nursing homes in Los Angeles and Santa Monica. He would like to share his experience with you! All are welcome~you can enjoy this class in a wheelchair, too. **First meeting will be on Thursday, October 13 from 9:30-10:30 a.m.**

### **PUBLIC TRANSIT : DISCOVER THE BENEFITS OF USING PUBLIC TRANSIT**

**Bonnie Cherko** will answer your transit questions any Thursday from 11-12:00 in the lobby. You can also leave Bonnie a message at the Business Desk.

### **HICAP HEALTH INSURANCE COUNSELING UPDATE**

The open enrollment period for Medicare Part D and HMO's is earlier this year (Oct. 15-Dec. 7, 2011). The Center for Health Care Rights has generously extended their hours of free Medicare and Medi-Cal assistance here at the Senior Center during this period. Call 310-253-6700 (Senior Center Business Desk) for an appointment.

### **BALLROOM DANCE DEMONSTRATION**

Come & enjoy a free Ballroom Dance demonstration by members of the USA Ballroom Dance Association. This will be before the regular Saturday Dance. **Saturday, October 22 from 12:00-1:00 p.m.**

**SENIOR OF THE MONTH  
SONIA SANDERS**



The Culver City Senior Citizens Association Board of Directors is pleased to honor **SONIA SANDERS** Senior of the Month for October, 2011

Sonia came to the Culver City Senior Center in 1986 and joined the Drama Group. This was all part of her determination to "stay busy" so her family wouldn't worry about her. Sonia retired from "the best job and the best boss anybody could have." Sonia was the Portrait Artist at Universal Studios for 22 years, and she fondly recalls her boss, Mrs. Ross, and all the interesting people she met over the years. Sonia became a volunteer art instructor and offered her encouragement and expertise to members of the Senior Center for 23 years! Sonia has also served as the instructor and organizer of the Yiddish Group for 13 years.

Sonia was born in Romania and raised in Toronto, Canada. Sonia praises her mother, who was 1 of 9 girls in her own family, all of whom went to college. Having a college educated mother influenced her own education and abilities in art, drama and music, as well as her brother. (Sonia's brother, Joe Rosenthal, is a very famous Canadian artist & sculptor). At 8 years old, Sonia was singled out in school for her singing and acting abilities. At 16, she graduated from the Toronto Workmen's Circle School, with the ability to read, write and speak Yiddish. After 13 years of marriage, Sonia's husband, John, encouraged her to "be an artist." She started as a talented portrait artist on the Santa Monica Pier, using self-taught skills with pastels, leading to her 22 highly successful years at Universal Studios.

We thank Sonia for her 23 years of teaching art and also for her continuing direction of the Yiddish Group. How fortunate we are to have such a talented and dedicated volunteer among the members our Culver City Senior Center community!

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

*A message from Lionel Crown:*

Vice President of the CCSCA Board of Directors:

Elections for the 2012 Board of Directors of YOUR Association, CCSCA, will soon take place.

We are encouraging members to run for the Board. We have 5 seats open for Culver City Residents and 1 seat outside of Culver City.

Many of you come to the Senior Center daily and you notice that it's full of different activities and special events. The center page of your newsletter is a remarkable calendar of classes and events, and is a testament to the hard work of staff and volunteers.

The Board of Directors backs it all up with resources via allocation of funds or sub-committee involvement. It also makes important decisions on funding, special events, physical maintenance of the facility and its contents.

The CCSCA Board's function is **vitaly important** to the Center. Please consider being one of us that makes things happen. You will be amply rewarded every time you come into the Center and look around!

- ◆ Nominations for CCSCA Board accepted until Oct. 7
- ◆ General Membership Meeting & Candidate Forum Oct. 26 at 12:30 p.m.

**WANTED**

The Culver City Senior Citizens Association, CCSCA, is looking for a retired **ACCOUNTANT** to volunteer 6-8 hours per month.

We are a 501(c)3 non-profit organization and experience with a non-profit will be a plus.

Primary duties are preparing a monthly statement for the Board and annual tax return.

This position has always been filled by a volunteer and our current accountant is moving out of the area.

Please, we need your help. Application forms are available at the Business Desk. Thank You.

**IN MEMORIAM**

**Marcia Kane**

(

**Ruth Williams**

(97 years of age)

**Monique Davis**

**Priscilla Guy**

**Audrey Fredgant**



OCTOBER 2011

**TRIP SALES WILL BE HELD AT 9:00 A.M. ON OCTOBER 5, 2011, THE FIRST WEDNESDAY OF THE MONTH. 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.

**PALA CASINO-TUESDAY-DECEMBER 6-\$50.00**

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

This is a special event offered by Pala Casino. This package includes a buffet and celebrity impersonator matinee show. Please bring your Player's card when you sign up for this trip.



**"CHRISTMAS IS..."-SATURDAY-DECEMBER 10-\$75.00**

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



Citrus College Singers present their annual Christmas music for us to enjoy. Lunch will be at the Golden Spur with your choice of Chicken Picatta, Red Snapper, Beef Sirloin or Papardella Pasta for an entrée.

**NEWPORT HARBOR CRUISE-THURSDAY-DECEMBER 15-\$90.00**

**Lv. 1:30 P.m. Rt. 10:00 p.m.**

Dinner this year will be at the Anaheim White House. Our first stop is at Roger's Gardens to admire their "Christmas Fantasy" and then on to Newport and the Harbor Cruise to see all the brilliant decorations on the houses.



**RIVERSIDE CASINO-LAUGHLIN-SUNDAY-TUESDAY-DECEMBER 18-20**

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



This package includes motorcoach, tips, baggage handling (1), 2 buffets and the Christmas party. **Singles \$115/Doubles \$95.00 per person**

**BARONA CASINO-THURSDAY-DECEMBER 29-\$20.00**

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

Please bring your Player's Card when you sign up for this trip. **Casino requires picture I.D.** Money collected for this trip will be used to support the Senior Center's Nutrition Program.



**★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.

**\*SPECIAL NOTICES\***

Stop by the Trip Office for a copy of any of these itineraries:

- Spring 2012-from Premier-San Antonio Fiesta-6 days-April 19, 2012
- Fall 2012-from Premier-Best of Italy-9 days-November 6, 2012

**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

*Volunteering is all treat and no trick!*



## BIG BROTHERS BIG SISTERS IN-SCHOOL MENTORING PROGRAM

You will be paired with a Little Brother or Little Sister according to compatibility, interests and preferences for one-on-one time for one hour a week that consists of playing games, sports, homework help, arts and crafts, good conversation, and encouragement.



The program takes place at Braddock Drive Elementary in Culver City with boys and girls ages 7 to 10. Dates and times available are Tuesdays, Wednesdays, and Thursdays 12:00 p.m. – 1:30 p.m.

## UPWARD BOUND HOUSE CLERICAL SUPPORT

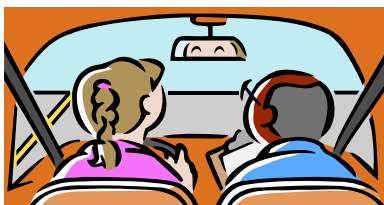
Upward Bound House is in search of 1 or 2 volunteers to assist with administrative tasks. You will be helping with multiple projects including filing, answering phone calls and taking messages, organizing and data input, etc.

You must be available for a few hours every week (ex: every Wednesday from 1-3) but they are very flexible on when that shift can be. The office is located at the Emergency Family Shelter on West Washington Blvd near Beethoven.



## DISABLED VETERANS DRIVERS

Be a service to someone that gave service to our country by providing them with transportation to and from the West L.A. V.A. grounds for their doctors' appointments. An official car is provided by the V.A., you need only get to the V.A. grounds in the morning to pick it up! Shifts begin at 7 a.m. weekdays



You will undergo a physical (provided by the V.A.) and need to provide a current DMV printout and a copy of your driver's license and insurance.

If interested in any of the above positions, please email Jill at [jill.thomsen@culvercity.org](mailto:jill.thomsen@culvercity.org) or give her a call at 310.253.6722



# EXPERT ONE-on-ONE HELP

with your cell phone or laptop computer



**Wednesday, October 12**

**12:30 - 2:30 p.m.**



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

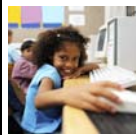
Please bring the equipment you need help with (along with their chargers) and pen and paper to take notes.

**First come, first served. 15 minutes maximum per person**



The RSVP office has a SWAT (Someone With Available Time) TEAM! This is a list of those with available time that would like to be called when a unique one-time volunteer opportunity

appears. For example: staffing at City Hall, or a local special event. Call us at 310-253-6704 if you'd like to join!



## Those Things Your Grandkids Know

**Final Session Will Be Offered TWICE due to Rosh Hashanah**

**Thursday, Sept. 29th AND Thursday, Oct. 6th**

The Heart of Internet Screenland : Culver City Online Resources 101

*Thursday afternoon from 1-2 p.m.. ~ in the computer lab!*

## IMPORTANT INFORMATION ABOUT CCSCA MEMBERSHIP DUES

The CCSCA Board of Directors has reviewed membership dues. Our current membership is \$10 per calendar year, and has not changed since the early 1970's.

Due to various factors, and after careful consideration, The Board has voted to increase our annual membership fee. The Board has opted to involve members in determining just how much to increase dues. Three increase amounts have been proposed:

- A. \$3.00 per year, making the Jan. 2012 renewal \$13.00 (\$1.08 per month)
- B. \$5.00 per year, making the Jan. 2012 renewal \$15.00 (\$1.25 per month)
- C. \$7.00 per year, making the Jan. 2012 renewal \$17.00 (\$1.42 per month)

You will be able to vote for A. B or C during the Board of Directors Election in November, 2011. **Your participation in the process is encouraged.** The Senior Center requires significant funds to operate and (mainly using your membership fees) maintains the entire facility, contents and programs. The majority vote for membership dues increase will be implemented for the 2012 membership.

**LUNCH MENU October 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. **Voluntary suggested contribution 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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<b>Spaghetti &amp; Meatballs with Marinara Sauce</b> Carrots and Zucchini Garden Salad Ranch Dressing Whole Grain Roll Trans Fat-free Spread Fruit Cup with Mandarin Orange & Pineapple	<b>Karaoke Day</b> <b>Mushroom Soup (clear)</b> <b>Chinese Chicken Salad</b> Asian Salad Dressing Wheat Roll Trans Fat-free Spread Lemon Pudding 	<b>Navy Bean Soup</b> <b>BBQ Pulled Pork</b> Bun Spinach or Collard Greens Baked Sweet Potato Orange, Cantaloupe or Strawberries	<b>Stuffed Pepper w/ Tomato Sauce</b> Normandy Vegetables Whole Grain Bread Trans Fat-free Spread Fresh Fruit	<b>Potato Leek Soup</b> <b>Roast Beef Sandwich</b> French Roll Mixed Vegetables Spinach Salad with Mandarin Oranges Italian Dressing Trans Fat-free Spread Apple Brown Betty with Oatmeal Topping
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<b>Vegetable Soup</b> <b>Turkey Meatballs</b> Mashed Potatoes Marinated Tomato with Onion & Pepper Salad Whole Grain Roll Trans Fat-free Spread Fresh Fruit in Season	<b>Karaoke Day</b> <b>Lentil Soup</b> <b>Double Entrée:</b> <b>Fish Vera Cruz</b> Whole Grain Bread Trans Fat-free Spread <b>OR</b> <b>Chili Relleno</b> Corn <b>Both:</b> Zucchini, Mushrooms & Tomatoes Garden Salad 1000 Island Dressing Orange, Cantaloupe or Tangerines 	<b>Sweet &amp; Sour Beef</b> Steamed Rice Normandy Vegetables Almond Cookie	<b>Butternut Squash Soup</b> <b>Oven Fried Chicken</b> Corn Bread Spinach Collard Greens Pineapple Coleslaw Trans Fat-free Spread Lime Gelatin w/ Pears Fruit Yogurt	<b>Beef Stroganoff</b> Parsley Noodles Carrots Green Beans w/ Pimento Cantaloupe, Honeydew or Strawberries
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
<b>Vegetable Curry Soup</b> <b>Hawaiian Chicken</b> Brown Rice Shredded Carrots, Cabbage Water Chestnuts Mixed Green Salad French Dressing Orange Gelatin w/ Pineapple Chunks	<b>Karaoke Day</b> <b>Tomato Basil Soup</b> <b>Pepper Steak w/ Gravy</b> Oven Roasted Potatoes Spinach Salad w/ Mandarin Oranges 1000 Island Dressing Whole Grain Bread Trans Fat-free Spread Angel Food Cake w/ Strawberry Sauce 	<b>Penne Pasta w/ Ground Turkey and Marinara Sauce</b> Garlic Bread California Blend Italian Mixed Green Salad Italian Dressing Fresh Fruit	<b>Three Bean Soup</b> <b>Double Entrée:</b> <b>Fish Florentine</b> <b>OR</b> <b>Spinach Quiche</b> Whole Grain Roll Trans Fat-free Spread Fruit Cup w/ Mandarin Orange, Cantaloupe and Pineapple Carrot Raisin Salad	<b>Jamaican Beef Stew</b> Steamed Rice Red & Green Coleslaw Mixed Vegetables Pear or Peach
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Orange Juice <b>Roast Beef w/ Mushroom Sauce</b> Peas & Carrots Garlic Mashed Potatoes Whole Grain Roll Trans Fat-free Spread Fresh Fruit in Season	<b>Karaoke Day</b> <b>Albondigas Soup</b> <b>Chicken Enchilada Casserole</b> Corn Tortilla in entrée Pinto Beans Broccoli Raisin Salad Apple 	<b>Veal Piccata</b> Pasta w/ Lemon Caper Sauce Creamed Spinach Assorted Salad Greens French Dressing Orange, Tangerines or Cantaloupe	<b>Swedish Meatballs</b> Brown Rice Whipped Winter Squash or Yams Broccoli & Cauliflower Trans Fat-free Spread Banana Pudding	<b>Pea Soup</b> <b>Double Entrée:</b> <b>Crunchy White Fish</b> Tartar Sauce Mushroom Barley Pilaf Harvard Beets Coleslaw <b>OR</b> <b>Beef Hot Dog</b> Bun Potato Salad <b>Both:</b> Coleslaw <b>Both:</b> Fruited Gelatin Lime w/ Orange and Pineapple
Monday 31	 <p><b>HALLOWEEN PARTY</b></p> <p><b>HAPPY HALLOWEEN</b></p> <p>Special Menu Ticket Required</p> <p>Fish is the only food that is considered spoiled once it smells like what it is. ~ P. J. O'Rourke</p> 			

★ MENU SUBJECT TO CHANGE ★



# October is Disability Awareness Month

## Culver CITY

### 9<sup>th</sup> Annual Free Kids Carnival\* in Celebration of “Disability Awareness Month”

Carnival games, food & drinks,  
petting zoo, live entertainment,  
crafts—and more!

**Sunday, October 23, 2011**

**1:00 – 4:00 pm**

at the Culver City Senior Center.

To attend, family or staff  
members must RSVP, no later  
than October 19<sup>th</sup> by calling:  
**(310) 253-6732.**

*\* There will be no movie on  
Sunday, October 23 due to this  
annual event.* Please share the  
information with your family,  
friends, and neighbors who may be  
interesting in joining the fun!

Disability & Social Services information and referrals are provided to Culver City residents of all ages. Staff works to ensure that people of all abilities are included, able to participate, & accepted as valued community members.

Call (310) 253-6729 to speak with staff.

#### Offices @ the Senior Center feature:

- ◆ CCTV Magnification Machine for Public Use
- ◆ Donate Used Eyeglasses & Hearing Aids
- ◆ Large Print Library & Audio Books to borrow
- ◆ Information, Assistance, and Referrals
- ◆ Assistive Listening Devices for Events
- ◆ Disability Advisory Committee Meetings

### The Disability Advisory Committee of Culver City cordially invites you...

To attend the Monday, October 10<sup>th</sup> City Council meeting. At 7:00 pm City leaders will proclaim October as Disability Awareness Month. Additionally, local organizations and individuals in service to people with disabilities will be honored with Commendations for their outstanding work. The meeting takes place at City Hall Council Chambers.

### HELP A NEEDY FAMILY, CHILD OR SENIOR CITIZEN HAVE A HAPPY HOLIDAY

For more than 30 years the Culver City Senior Citizens Association, Inc. (CCSCA) has worked to spread the spirit of goodwill during the holidays through the Holiday Food Certificate Program. Annually this program helps hundreds of needy people. Qualifying children, senior citizens and families in need will have the comfort of holiday meals thanks to your generous monetary donations, which are used to purchase supermarket gift cards. **Checks or money orders can be made payable to Culver City Senior Citizens Association, Inc. and will be accepted until December 31, 2011 at the Senior Center**

**Business Desk or mailed to:** Culver City Senior Citizens Association


Attn: Holiday Certificate Program

4095 Overland Avenue

Culver City, CA 90232



Please join us this holiday season by making a true difference in the lives of those less fortunate.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</b></p> <p style="text-align: center;"><b>➔</b></p> <p>* FEE FOR CLASS ♦ MEETS AT VETS</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;"><b>OCTOBER 2011</b></p>	9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop 9:15 Open Computer Lab 9:30 Beginning Tai Chi♦* 9:30 <i>Mindbodydance</i> Class * 10:00 German 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 Fitness Class* 2:30 Yoga* 2:30 Line Dancing *	9:00 Japanese Class 9:00 Larry's Tai Chi Group* 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 3:30 Yoga* <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">  <p>Free coffee every Tuesday 8-12! Come &amp; meet some new friends in Snack 'n Chat!</p> </div>	9:00 RSVP-WWP /Crafts Groups 9:00 Harmonica 9:00 Therapeutic Yoga* (does not meet 1 <sup>st</sup> Wed.) 9:00 Beginning Ballroom *♦ 9:15 Open Computer Lab 10:00 Loss Support Group 11:00 Mah Jong & Pan 10:30 Alz/Caregiver Support 10-11:30 Ballroom Dance * ♦ 1:00 Improvisation for Seniors 1:00 Glee Club Practice 1:00 Yoga * ♦ 1:30 Portrait Drawing Class* 1:30 Current Events* 2:45 Fitness Class* 2:30 Open Mike with Tony 3:00 Folk Dancing♦** 4:00 Stretch Exercise Class*	9:15 <i>Mindbodydance</i> Class* 9:00 Watercolor* No watercolor in August 9:00 Bridge 9:00 French 10:00 Ukelele(advanced) * 10:30 Qi Gong* 10:00 Spanish 11:00 Public Transit~Bonnie 11:00 Short Story Class 11:00 Mah Jong & Pan 12:00 Duplicate Bridge(Vets) 12:30-2:30 Shared Housing 1:00 Pastel Art Class* 1:00 Latin American Group 1:00 Yoga* 1:30 RSVP Dancers Go Out 2:00 Tai Chi* 2:00 Mah Jong (Beginners) 2:15 Meditation Class 3:00 Latin Ballroom Dance	9:00 Melody Masters prac. 9:00 Tai Chi with Anton* 9:00 Knitting Class 9:00 Larry's Tai Chi Grp* 9:15 Open Computer Lab 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(Donation) 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *	1:00-3:30 p.m. <b>SATURDAY DANCES</b> <b>\$2.00 Members</b> <b>\$4.00 Guests</b> (50 & older)  <b>SAVE THE DATE:</b> <b>HOLIDAY BOUTIQUE</b> <b>Friday, Nov. 11</b>  <b>All items for sale are hand made by CCSCA members.</b> If you would like to be part of the Boutique, get an application at the Business Desk. Deadline: Nov. 4
						<b>1</b> 1:00-3:30 DANCE Music by <b>RAZZMATAZZ</b> 1:00 Card Games with Virginia 12-2 "Drop-In" Counseling Program
<b>2</b> 12:00 BRIDGE 1:00 MOVIE	<b>3</b> 1:00 VETERAN'S MEETING	<b>4</b> 10:30 THIS LAND IS YOUR LAND TRIP 1:00 OPERA MOVIE <b>Romeo et Juliette</b>	<b>5</b> <b>9:00 TRIP SALES</b> <i>See Trip Page for Details</i>	<b>6</b> <b>12:30 Movie Monsoon Wedding</b> 1:00 Seminar "Know the 10 Signs of Alzheimer's"	<b>7</b>	<b>8</b> 1:00-3:30 DANCE Music by <b>SWING SET</b>
<b>9</b> 9:00 LAUGHLIN TRIP 12:00 BRIDGE 1:00 MOVIE	<b>10</b> <b>9:00-12:00 White Elephant Sale</b> 1:00 BOARD MEETING	<b>11</b> 9:30-11:00 LOW VISION SUPPORT GROUP 1:00 MOVIE 1:00 SENIOR CENTER TOUR Meet by Business Desk	<b>12</b> <b>9:30-10:45 BLOOD PRESSURE</b> 12:30-2:30 One-On-One Computer & Cell Phone Help	<b>13</b> <b>1:00 October Birthday Party</b> 1:00 Reverse Mortgage Workshop-Bob McLatcher	<b>14</b> 8:30 PECHANGA TRIP <b>1:00 Sing Along with Dolly</b> 1:00-2:00 NO Singing Class with Ronnie Jayne today	<b>15</b> 1:00-3:30 DANCE Music by <b>STRIKERS</b> 12-2 "Drop-In" Counseling Program
<b>16</b> 12:00 BRIDGE 1:00 MOVIE	<b>17</b>	<b>18</b> 10:30 <b>ASK THE PHYSICAL THERAPIST</b> <b>Cristina Gabor</b> 1:00 MOVIE 1:00-4:00 "Platicando Sabroso" Spanish Discussion Group	<b>19</b> <b>RSVP CRAFTS SALE 9:30-12:00</b> 9:30-11:00 DIABETES SUPPORT GROUP ~ MEETS AT VETS 10:00 Civic Center for Mediation Presentation 1:00 "Downsize Your Life " <b>Barbara Payne</b>	<b>20</b> 1:00 USC Emeritil Music Series <b>"Big Hits of the Big Bands"</b>	<b>21</b> 12:30 <b>Movie Nostalgia Funny Girl</b>	<b>22</b> <b>12:00 USA BALLROOM DANCE Demonstration</b> 1:00-3:30 DANCE Music by <b>MELODY MASTERS</b> 1:00 Card Games with Virginia
<b>23</b> 12:00 BRIDGE <b>NO MOVIE TODAY</b>	<b>24</b> 10:45 GETTY VILLA TRIP	<b>25</b> 9:30-11:00 <i>LAST</i> LOW VISION SUPPORT GROUP 2011 1:00 MOVIE 1:00-4:00 "Platicando Sabroso" Spanish Discussion Group	<b>26</b> <b>12:30 General Membership Meeting &amp; Candidates Forum for 2012 CCSCA Board of Directors</b> Vote on Membership Dues	<b>27</b> 1:00 <b>Hula &amp; Ukulele Show</b>	<b>28</b> 8:30 VIEJAS CASINO TRIP 1:00-2:00 Singing Class with Ronnie Jayne	<b>29</b> 1:00-3:30 DANCE Music by <b>SWING SET</b>
<b>30</b> 12:00 Bridge 1:00 MOVIE	<b>31</b> <b>11:30 Halloween Party</b>					