

Culver CITY

The Newsletter

September 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

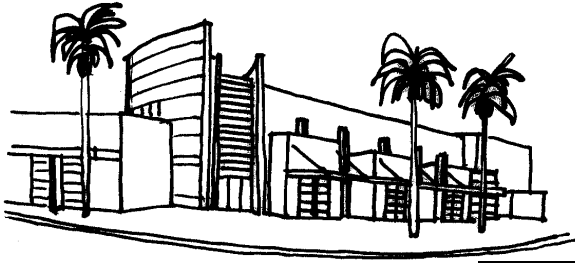
Center Hours: Monday - Friday 9 am - 5 pm
 Center Hours: Sat., Sun., Holidays 12 pm - 4 pm
 Business Office Hours: Monday-Friday 9 am - 4 pm
 General Information: (310) 253-6700
 Social Services: (310) 253-6729

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

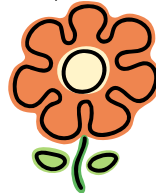
September 2011



Fiesta to Celebrate Hispanic Heritage Month

Thursday, September 15
11:30 a.m.

Tickets are \$3.50 ~ On sale from
Aug. 29 to Sept. 13 (or until sold out)



Lunch &
Entertainment

Monthly Birthday Celebration

Thursday, September 8 at 1:00



Come & Enjoy Some Great Musical Entertainment
Sponsored by Culver City Senior Citizens Association's
Board of Directors ~ for our CCSCA Members

*If your birthday is in September, be our guest for cake & ice
cream. Refreshments for all for just 50 cents each item!*

Entertainment by
Beverly Wright



Ragtime Piano Concert



Doug Haise
returns to play some
great ragtime music and
share his interesting commentary!

Wednesday, September 14
12:30 p.m.

Talent Show

Wednesday
September 7
1:00 p.m.



Culver City Senior Center's own talent show!
Organized for your pleasure by
volunteers *Tony Munoz & Friends*
Variety Show~Refreshments~\$1.00 Donation

End of Summer Patio Concert & BBQ Dinner



Friday, September 9 3:30-5 p.m.

Tickets for the BBQ Dinner are pre-sold
for \$4.00 each. Tickets available
Aug. 24 until sold out.

Live Music
By

The Caravan Band



A hearty "Thank You" to all the
fabulous, hard working volunteers
who made these fun events possible!



OPERA AT THE SENIOR CENTER

The opera program is presented on the first Tuesday of the month. This month the opera film will be **BIZET'S CARMEN**, a film version of the famous Bizet opera, where a soldier (Don Jose) falls in love with a beautiful factory worker (Carmen) but she does not reciprocate his feelings. 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 September will be **TWENTIETH CENTURY**. John Barrymore and Carole Lombard star in this all-time classical screwball comedy, based on the 1934 Broadway hit. It's the story of a maniacal Broadway director who transforms a shopgirl from a talented amateur to a smashing success adored by the public and press. Running time is 91 minutes. **Friday, September 23 at 12:30 p.m.**

"SONY SUNDAY" MOVIE PRESENTATIONS

The SONY SUNDAY movie is the 1st Sunday of the month. The movie for **Sunday, September 4** will be **ANOTHER YEAR**. A happy couple for over 30 years, Tom & Gerri act as a steady anchor for friends and family. But as seasons change and another year passes, Tom & Gerri's support is put to the test in this masterful look at life, love and the meaning of friendship.. *We thank SONY for providing us with our SONY SUNDAY films.*

KARAOKE

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

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

SHOWTIME

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

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

SUNDAY MOVIES

- Sept. 4** **SONY SUNDAY: ANOTHER YEAR**
2011-PG13-Drama-Jim Broadbent; Lesley Manville; Ruth Sheen; 129 min.
- Sept. 11** **GOSFORD PARK**
2001-Rated R-Comedy/Mystery/Drama-Maggie Smith; Ryan Phillippe; Michael Gambon; Helen Mirren; Kristin Scott Thomas; Emily Watson; 238 min.
- Sept. 18** **WALK THE LINE**
2005-PG13-Joaquin Phoenix and Reese Witherspoon star (and sing) as Johnny Cash and June Carter; 135 min.
- Sept. 25** **JANE EYRE**
2011-PG13-Drama-Mia Wasikowska; Michael Fassbender; Judi Dench; Jamie Bell; 121 min.

TUESDAY MOVIES

- Sept 6** **OPERA MOVIE: BIZET'S CARMEN**
Placido Domingo; Julia Migenes-Johnson; Ruggero Raimondi; Faith Esham; 151 min.
- Sept. 13** **EAT, PRAY, LOVE**
2010-PG13-Romance-Julia Roberts; James Franco; Viola Davis; Javier Bardem; 140 min.
- Sept. 20** **LINCOLN LAWYER**
2011-Rated R-Drama-Maris Tome; Ryan Phillippe; Matthey McConaughey; 119 min.
- Sept. 27** **THE KING'S SPEECH**
2010-Rated R- Drama-Collin Firth; Geoffrey Rush; Helena Bonham Carter; 119 min.

LOOK WHAT'S COMING UP!



Special Movie Presentation **Singin' in the Rain**

Gene Kelly Debbie Reynolds Donald O'Connor
Singin' Swingin' Glorious Feelin' Musical!

Thursday, September 22 at 12:30 p.m

Hosted by: *Marilyn Hess*

Sing Along With Dolly

**Friday, September 16
1:00 p.m.**

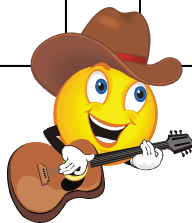


Join **Dolly Blair** and have some fun singing your favorite songs!

Jam Session on the Patio!

Join in the fun on

Wednesday, September 21 at 12:30



Everyone welcome~just grab your guitar, harmonica, keyboard, ukulele, banjo, dulcimer~and your voice!~and join the jam!



SEMINAR: NAVIGATING THE SENIOR MAZE

Elder Care Advisor **Bonnie Davis** from *A Place for Mom* returns to the Senior Center to share her information about the options in senior retirement and care communities. Come and learn how to decide what is right for you! The differences between home care, independent living, assisted living, board and cares and nursing home options will be discussed. Bonnie will also discuss what Medicare and Medi-Cal cover and other funding sources. **Thursday, September 22 at 1:00 p.m.**

SEMINAR: SPECIAL PRESENTATION FROM THE CIVIC CENTER FOR MEDIATION

Are you having a dispute with a merchant, landlord, neighbor, employer, insurance company, roommate, spouse or other person? The Center for Civic Mediation offers confidential, fast and effective MEDIATION to help people and business resolve disputes as an alternative to the courts. **Presented on Wednesday, September 21 at 10:00 a.m.**

NEW CLASS: MEDITATION

Experience the relaxation and wellness potentials of meditation. Treat yourself to a one hour class that focuses on various types of meditation. The class meets on Thursday from 2:15-3:15 p.m. in the Conference Room. **Patricia McCollom** is the instructor. There is a \$2.00 fee for each 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, September 15 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, September 20 from 10:30-11:30 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.

UKELELE CLASS for BEGINNERS

Cali Rose will offer another ukulele class for beginners for 8 classes from Sept. 12– Oct. 31. The class will meet on Mondays from 12:30-1:30 p.m. Contact Cali at 310-285-3506 for details.

SENIORS CELEBRATING HEALTHY LIVING AND CLEAN AIR FAIR

You are invited to attend this complimentary "lunch & learn" program featuring information on air quality, respiratory health and clean air tips. You will enjoy exhibits, lunch, entertainment and other fun activities. There will be a bus leaving and returning to the Senior Center. If you wish to use the free transportation, you **MUST SIGN UP IN ADVANCE**. Sign up at the Business Desk. The fair is at the LA Convention Center on Thursday, September 15 from 9:00 a.m. to 2:00 p.m. The bus will leave the Senior Center at 8:15 a.m. See the flyers in the rack near the Welcome Desk for more detailed information.

**SENIORS OF THE MONTH
THE RSVP CRAFTS
GROUP**



The Culver City Senior Citizens Association Board of Directors is pleased to honor **THE RSVP CRAFTS GROUP** Seniors of the Month for September, 2011

The dedicated Wednesday RSVP volunteers hand knit and crochet dozens of afghans each week to benefit both Veterans at the West Los Angeles V.A. campus and Project Linus, a group of caring people who provide love, warmth and comfort to children in need through the gifts of hand-made afghans.

This group has existed in many forms for many years. The present group is led by Rosario Moore, who has been a dedicated volunteer for over 11 years. She is very proud of the work that these women do to help others and values the time spent each Wednesday making original afghans and other handmade items to give comfort to others. They share stories and enjoy each other's company while creating their gifts.

Congratulations to this wonderful group that gives so much! If you would like to donate yarn to the group, they would be most appreciative.

On a special note, the RSVP Crafts Group wishes to say Feliz Compleaños to Maria "Consuelito" Bermejo on the occasion of her 100th Birthday!



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

A message from Jessica Maria G. Garcia
Secretary of the CCSCA Board of Directors:

The Culver City Senior Citizens Association (CCSCA) invites you to participate in programs that are held at the Culver City Senior Center. What are your hobbies and your needs? We have different programs to suit you. Most of the programs are in English, but there are others conducted in Spanish. For one example, the *Remembranzas* Spanish writing group is an exceedingly diverse and inclusive group, celebrating multiculturalism and having fun! This group was selected as recipient of the 2008-2009 Lifelong Learning Award from the California Parks and Recreation Society. They will celebrate their 9th Anniversary on September 9th.

People who come to the Senior Center know that it is a place to be entertained, to pursue a healthy lifestyle and above all, it is a clean and safe place to be. Come and be part of our Senior Center community!

.....
**WE ARE LOOKING FOR A FEW GOOD MEN/
WOMEN TO BECOME MEMBERS OF THE BOARD OF
DIRECTORS OF CCSCA. ELECTIONS ARE COMING
SOON! DO YOU WANT TO MAKE A BIG
DIFFERENCE AND CONTRIBUTE TO MAKING OUR
BEAUTIFUL SENIOR CENTER EVEN BETTER?**
.....

A message from Maria A. Duran Dussan de Iannone,
Member of CCSCA & Senior of the Month for August:

There is something I didn't tell you in my interview which I would like to express. I have loved the progressive spirit of Culver City and in particular the Senior Center, which has provided me with wonderful friends and activities that keep me stimulated. I am grateful to Culver City for 58 happy years.

*Sincerely,
Maria A. Iannone*

IN MEMORIAM

Jack Sanchez

(91 years of age)

Sam Resnick

(96 years of age)

Elvira Seeman

(98 years of age)

Arlene Levin

Kathleen Kawakami

TRIP OFFICE

SEPTEMBER 2011

TRIP SALES WILL BE HELD AT 9:00 A.M. ON SEPTEMBER 7, 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.

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.

FANTASY SPRINGS-FRIDAY-NOVEMBER 4-\$25.00

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

This package includes \$20.00 free play. Please bring your Player's card when you sign up for this trip.



LAS VEGAS FLAMINGO-SUNDAY-TUESDAY-NOVEMBER 13-15

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

Located on the Strip, this package includes motorcoach, baggage handling, 2 nights accommodations.

Singles: \$170.00/Doubles: \$125.00 per person



BATTLE OF THE DANCE-WEDNESDAY-NOVEMBER 16-\$65.00

Lv. 9:30 a.m. Rt. 2:30 p.m.

This is a special one day matinee with lunch in Anaheim. This event promises a fusion of Latin, Flamenco, Celtic, Bollywood and Pop dance performed by award winning dancers.



VALLEY VIEW CASINO-MONDAY-NOVEMBER 28-\$25.00

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

This package includes \$15.000 free play. Please bring your Player's card when you sign up for this trip.



SPECIAL NOTICES

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

- Fall 2011-Branson Musical Holiday through Collette Tours- November 17-21
- December 4-12, 2011-Beijing City Stay: 9 Days.
- Spring 2012-Discover Panama-March 28-April 5, 2012.
- 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.



Those Things Your Grandkids Know

If you've always wondered and never asked, or asked but are still confused – you're not alone! This September, every Thursday afternoon from 1-2 p.m. we'll be talking about the basics of social networking and other online computer tools your kids, grandkids and maybe even you use everyday:

Thursday, Sept. 8th

What the Tweet?
Twitter & Tumblr 101

Thursday, Sept. 15th

You've Got a Friend
Facebook 101

Thursday, Sept. 22nd

iUsed to Listen to Records
iTunes 101

Thursday, Sept. 29th

The Heart of Internet Screenland
Culver City Online Resources 101

Please note, these are not classes, but are rather seminars on what these tools are and how they are used. Depending on interest we will potentially start a class which will cover how-to set up and install these resources on your computer.



April/May/June quarterly RSVP volunteer reimbursement checks are ready for pick-up. Reminder: you can give us self-addressed stamped envelopes and your checks will be mailed to you.

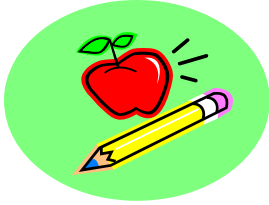
OPERATION: YARN

Our dedicated RSVP knitters are in need of donated yarn for various projects benefitting Veterans, premature babies, orphans and many other underserved populations.

Full skeins, preferably a few of the same yarn type & color are needed

Thank you in advance for your support!





VOLUNTEERS WANTED!

Attention Westchester Residents!

The WISH Charter School is seeking reading buddies and classroom assistants for the fall school semester. They are also looking for assistance in the library and 'art hut.' With just one hour a week you can really impact the students' lives at this unique public school.

They are asking for a one-hour commitment each week for one semester. The program is during school hours and a teacher will meet with you ahead of time to go over expectations and the students' needs in your classroom.

The school is located near La Tijera and Sepulveda Blvd. and their website is www.wishcharter.org. They are very excited about potentially having some Center members assisting them.

Volunteers must have a current TB test (one year old or less) and undergo a background check. If interested please let Jill know at 310-253-6722 or jill.thomsen@culvercity.org

If you are interested in working in our schools but want to be closer to Culver City, there are several reading programs closer to the Center as well, just give Jill a call for more details.

Let's Do Lunch!

Senior Lunch Program



Lunch is served by our dedicated staff and volunteers in the Culver City Senior Center Dining Room, Monday through Friday at 11:30 a.m. until all food is distributed. A voluntary suggested contribution for seniors 60+ years of age is \$2.25. For non-seniors, there is a fee of \$3.75. Seniors 60+ with their spouse of any age are eligible for this program. For more information please call Roxana Tabibi at 310-253-6712. For meal reservation please contact 310-253-6726.

Home Delivered Meals Program

Hot, nutritious meals are delivered to Culver City residents who are homebound and unable to prepare meals on their own. The voluntary suggested contribution for seniors is \$2.25. For more information, please contact Barbara Silverstein at 310-253-6748.

Farmer's Market Coupons

The Culver City Senior Nutrition Program will be raffling Farmers Market coupon books to eligible* seniors who participate in the lunch program. Check the Nutrition Office for details. Also, if you are a winner, be sure to use the coupons before Nov. 30, 2011.

*To be eligible, you must be a Nutrition Program participant and have a completed intake form on file.

LUNCH MENU September 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

<p style="text-align: center;">Good bread is the most fundamentally satisfying of all foods; good bread with fresh butter, the greatest of feasts!</p> <p style="text-align: center;">~James Beard</p>				
Monday 5		Tuesday 6		Thursday 1
<p style="text-align: center;">Senior Center Closed</p> 		<p style="text-align: center;">Karaoke Day</p> <p>Tomato Basil Soup Pepper Steak w/ Gravy Oven Roasted Potatoes Spinach Salad w/ Mandarin Oranges Whole Grain Bread Trans Fat-free Spread Angel Food Cake w/ Strawberry Sauce</p> 		<p>Butternut Squash Soup Oven Fried Chicken Corn Bread Spinach Collard Greens Pineapple Coleslaw Trans Fat-free Spread Lime Gelatin w/ Pears Fruit Yogurt</p>
Monday 12		Tuesday 13		Thursday 8
<p>Orange Juice Roast Beef w/ Mushroom Sauce Peas & Carrots Garlic Mashed Potatoes Whole Grain Roll Trans Fat-free Spread Fresh Fruit in Season</p>		<p style="text-align: center;">Karaoke Day</p> <p>Albondigas Soup Enchilada Casserole Corn Tortilla in entrée Pinto Beans Broccoli Raisin Salad Apple</p> 		<p>Three Bean Soup Double Entrée: Fish Florentine Whole Grain Roll Trans Fat-free Spread OR Spinach Quiche Romaine Salad Ranch Dressing Fruit Cup w/ Mandarin Orange, Cantaloupe and Pineapple Carrot Raisin Salad</p>
Monday 19		Tuesday 20		Thursday 15
<p>Corn Chowder Pork Riblet w/ Gravy OR Vegetable Frittata Yams Spinach or Collard Greens Whole Grain roll Trans Fat-Free Spread Orange or Tangerines</p>		<p style="text-align: center;">Karaoke Day</p> <p>Chicken Adobo Rice Pilaf Broccoli Florets Mixed Green Salad Ranch Dressing Fruited Gelatin with Pineapple</p> 		<p style="text-align: center;">HISPANIC HERITAGE FIESTA</p>  <p style="text-align: center;">Special Menu Ticket Required</p>
Monday 26		Tuesday 27		Thursday 22
<p>Veal Provençal Rosemary Garlic Red Potatoes Broccoli Raisin Salad Whole Grain Bread Trans Fat-Free Spread Rice Pudding</p>		<p style="text-align: center;">Karaoke Day</p> <p>Vegetable Barley Soup Vegetarian Lasagna Mixed Vegetables Italian Mixed Green Salad Italian Dressing Orange or Tangerines</p> 		<p>Turkey Tetrazzini Noodles in entrée Green Beans Spinach & Mandarin Orange Salad French Dressing Peach Crisp with Oatmeal Topping</p>
Monday 5		Tuesday 6		Thursday 7
<p>Senior Center Closed</p>		<p>Tomato Basil Soup Pepper Steak w/ Gravy Oven Roasted Potatoes Spinach Salad w/ Mandarin Oranges Whole Grain Bread Trans Fat-free Spread Angel Food Cake w/ Strawberry Sauce</p> 		<p>Penne Pasta w/ Ground Turkey and Marinara Sauce Garlic Bread California Blend Italian Mixed Green Salad Italian Dressing Fresh Fruit</p>
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The Greater Los Angeles Agency on Deafness

presents a very special workshop on Wednesday,
September 14 from 9:30—11:30 a.m. in room C73

Deafness/Hard of Hearing 101 Sensitivity Training:

covering topics such as: Population figures, Culture, Americans with Disabilities Act, Communication Access Technology, Communication Methods, How to Use Interpreting Services, GLAD Resources, and Commonly Used Signs in American Sign Language.

Plus—Hearing Loss 102:

Whether we are born with a hearing loss or acquired later in life as a child, teen or adult, the experience can be challenging. Hearing loss varies greatly. The spectrum ranges from a mild loss to profound deafness. If you were born hearing and began to lose your hearing later in life, it takes some time to adjust to life with a hearing loss. Growing up hard of hearing is also unique. At GLAD, the Hard of Hearing Specialist can help you access information and resources, which will empower you to live better with a hearing loss.



Culver **CITY** Social & Disability Services

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.

INFORMATION AND REFERRALS

Provided to Culver City residents of all ages.

Available Tuesday through Saturday.

Offices located at:

Culver City Senior Center
4095 Overland Avenue

Phone: (310) 253-6729

E-mail: darren.uhl@culvercity.org

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.

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




From Antioch University Counseling Center

Available on the 1st and 3rd Saturdays
of each month from 12:00 - 2:00 p.m.

At the Culver City Senior Center

Would you like to speak to someone about feeling blue; family or relationship matters; grief or loss; sudden life changes; or any problem that may be affecting your life? Take advantage of this program!

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

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</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;">SEPTEMBER 2011</p>	<p>9:00 Chinese Group 9:00 Merry Makers Club 9:00 Ceramics 9:00 Art Workshop 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* 2:00 Let's Talk 2:30 Yoga* 2:30 Line Dancing *</p>	<p>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 1:00 Aerobics for the Mind 1:30 Sign Language *◆ 1:00 MOVIE 1:00 Intermediate Spanish 1:00 Coco's Art Group 2:00 Elementary Spanish 3:30 Yoga*</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">  <p>Free coffee every Tuesday 8-12! Come & meet some new friends in Snack 'n Chat!</p> </div>	<p>9:00 RSVP-WWP /Crafts Groups 9:00 Harmonica 9:00 Therapeutic Yoga* (does not meet 1st Wed.) 9:00 Beginning Ballroom *◆ 10:00 Loss Support Group 11:00 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*</p>	<p>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 2:15 Meditation Class 2:00 Mah Jong (Beginners) 3:00 Latin Ballroom Dance*</p>	<p>9:00 Melody Masters prac. 9:00 Tai Chi with Anton* 9:00 Knitting Class 9:00 Larry's Tai Chi Grp* 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) 1:30 RSVP Singers Go Out 2:00 Yiddish Group 2:30 Line Dancing * 3:30 Yoga *</p>	<p>1:00-3:30 p.m.</p> <p style="text-align: center;">SATURDAY DANCES \$2.00 Members \$4.00 Guests (50 & older)</p>
				1	2 8:00 PALA CASINO TRIP	3 1:00-3:30 DANCE Music by RAZZMATAZZ 1:00 Card Games with Virginia 12-2 "Drop-In" Counseling Program
4 12:00 BRIDGE 1:00 MOVIE	5 LABOR DAY HOLIDAY The Senior Center is Closed today. 	6 1:00 OPERA MOVIE <i>Carmen</i>	7 9:00 <u>TRIP SALES</u> <i>See Trip Page for Details</i> 1:00 Talent Show	8 1:00 September Birthday Party 9-12 Watercolor Class Resumes	9 3:30-5:00 Patio Concert & BBQ 1:00-2:00 Singing Class with Ronnie Jayne	10 1:00-3:30 DANCE Music by MELODY MASTERS
11 9:00 LAS VEGAS TRIP 12:00 BRIDGE 1:00 MOVIE	12 1:00 BOARD MEETING	13 1:00 MOVIE 1:00 SENIOR CENTER TOUR Meet by Business Desk	14 9:30-11:30 LA Agency on Deafness Presentations 9:30-10:45 BLOOD PRESSURE 12:30 Ragtime Piano Concert	15 11:30 Hispanic Heritage Fiesta 1:00 Reverse Mortgage Workshop-Bob McLatcher	16 1:00 Sing Along with DOLLY	17 1:00-3:30 DANCE Music by WESTSIDE JAZZ 12-2 "Drop-In" Counseling Program
18 12:00 BRIDGE 1:00 MOVIE	19 8:00 HARRAH CASINO TRIP 1:00 VETERANS GROUP MEETING	20 10:30 ASK THE PHYSICAL THERAPIST Cristina Gabor 1:00 MOVIE	21 RSVP CRAFTS SALE 9:30-12:00 9:30-11:00 DIABETES SUPPORT GROUP ~ MEETS AT VETS 10:00 Civic Center for Mediation Presentation 1:00 "Downsize Your Life " Barbara Payne	22 12:30 Movie Singin' in the Rain 1:00 Navigating the Senior Care Maze Bonnie Davis	23 1:00-2:00 Singing Class with Ronnie Jayne	24 1:00-3:30 DANCE Music by SWING SET 1:00 Card Games with Virginia
25 12:00 BRIDGE 1:00 MOVIE	26	27 1:00 MOVIE	28	29 3-5 Grandparents Group	30 8:00 CACHUMA LAKE-SANTA BARBARA TRIP 12:30 Movie Nostalgia	