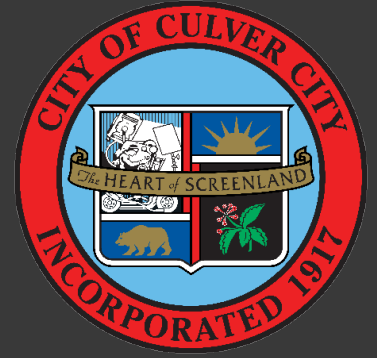


CULVER CITY SENIOR CENTER NEWSLETTER



APRIL 2024



Bring a friend and join us for our Spring Boutique this month on Friday, April 26! Our members will be selling hand crafted items in our Senior Center lobby and hallways. Stop by and check it out from 9 AM to 1 PM!

**Parks
Make
Life
Better!**

CITY OFFICIALS

Yasmine-Imani McMorris - Mayor
 Dan O'Brien - Vice Mayor
 Göran Eriksson - Councilmember
 Freddy Puza - Councilmember
 Albert Vera - Councilmember
 John Nachbar - City Manager

(310) 253-6000
www.culvercity.org/city-hall/city-council

City Elected and Appointed Officials can be reached by mail at City of Culver City, PO Box 507, Culver City, CA 90232-0507 or by email at city.council@culvercity.org



Culver CITY



SENIOR CENTER NEWSLETTER

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SCAN THE QR CODE
 & SUBSCRIBE TO OUR
 MONTHLY SENIOR CENTER
 EMAIL LIST.



Official Senior Center Announcements

Culver City Senior Center Reminders

Join us at the Center this month for fun times while kindly keeping the following guidelines in mind:

- To participate for any CCSCA activity or event you must have your membership card. Please bring it with you when register for events and activities at the Senior Center Business desk.
- Abide by the Culver City Senior Citizens Association, Inc. (CCSCA) Guidelines and the City of Culver City Participant Guidelines (available at the Business Desk) which include:
 - No smoking within Culver City facilities
 - No soliciting or peddling in the Center or in the parking lot
 - Only trained and certified service dogs are allowed onto the premises with its owner

We appreciate your cooperation!

Culver City Senior Prom - Saturday, June 1, 2024

Start planning your best outfit. Prom Season is right around the corner! The City of Culver City in partnership with the Culver City Senior Citizens Association are throwing a Senior Prom! Prom will be held Saturday, June 1 from 4 PM- 7 PM in the Veterans Memorial Building. The event will offer a night filled with dancing, entertainment, food and fun!

Prom tickets go on sale for a \$5 suggested donation on Saturday, May 4 at 12:30 PM. This event is expected to sell out quickly and space is limited. Each patron will be allowed to purchase at most TWO tickets. CCSCA membership is not a requirement to attend the event, it is open to all those in the community age 50+.

Thank you to Ting, AT&T and AARP for their support of Senior Prom!



CCSCA BOARD OF DIRECTORS

John Rollins - President
 Ron Gorman- Vice President
 Kay Heineman - Secretary
 Carolyn Conway- Treasurer
 Benita Williams
 Marsha Orth
 Benita Williams
 Robert Gosart
 Zia Garcia
 Shiela Dean
 Jessica Garcia

The CCSCA Board of Directors meet on the 2nd Monday of the month at 1 PM at the Senior Center. This meeting is open to all members of the CCSCA and the public.

Phone: (310) 253-6749
 Email: Info@ccscainc.org

SENIOR CENTER INFORMATION

Address: 4095 Overland Avenue
 Culver City, CA 90232
 Phone: (310) 253 - 6700
 Hours: M-F 9 AM - 5 PM
 SAT & SUN 12 PM - 4 PM
 Business M-F 9 AM - 4 PM
 Desk Hours: SAT & SUN 12 PM - 3:30 PM
 Email: info.seniorcenter@culvercity.org

SENIOR MEALS

Jewish Family Services (323) 937-5843

SPECIAL SERVICE FOR GROUPS (SSG)

To inquire about services, see page 13 or call (310) 253-6717 for more information.

CULVER CITY PRCS COMMISSION

Palvi Mohammed - Chair
 Jane Leonard - Vice Chair
 Crystal Alexander - Member
 Maggie Peters - Member
 William Rickards - Member

The PRCS Commission meets on the first Tuesday of the month at 7 PM. For more information and to view the meeting agenda, go to this link <https://www.culvercity.org/Events-directory/Parks-Recreation-Community-Services-Commission-Regular-Meeting>
 Email: cbc.prcs.commission@culvercity.org

PRCS SENIOR CENTER STAFF

Ted Stevens - PRCS Director
 Francisca Castillo - RCS Manager
 Jill Thomsen - RCS Supervisor
 Melanie Morales - RCS Coordinator
 Mike Odunze- RCS Coordinator
 Nancy Ruvalcaba & Bin Yang - Recreation Specialists
 John Panganiban - Senior Recreation Leader
 Martha Diaz - Senior Recreation Leader
 Franna Diamond - Recreation Leader II
 Silvia Tapia - Recreation Leader II

PRCS DEPARTMENT INFORMATION

PRCS Website - www.culvercity.org/prcs
 City Website - www.culvercity.org
 PRCS Instagram - @culvercityprcs
 City Instagram - @culvercitygov
 PRCS Facebook - [CulverCityPRCS](https://www.facebook.com/CulverCityPRCS)
 City Facebook - [CityofCulverCity](https://www.facebook.com/CityofCulverCity)
 Plunge Facebook - [CulverPool](https://www.facebook.com/CulverPool)

Special Activities, Events & Programs

Senior Center Pool Party at the Plunge

Plunge and Senior Center Members are encouraged to attend this free pool party at the Plunge on April 19 from 10 AM to 12 PM. At this event, participants can enjoy music, chat with others and visit PRCS staff to get free city swag items! Register at the Business Desk from April 1-11.

Date	Day	Time
April 19	FRI	10 AM - 12 PM

Earth Day

Join PRCS staff as we get our hands dirty while celebrating Earth Day on Monday, April 22 from 1:30 to 3 PM! Participants will pot new plants and decorate the containers to take home. Every participant will leave the event with a new plant! Please wear comfortable clothing you do not mind getting dirty. Staff will assist everyone through the process - whether you have a green or black thumb! CCSCA members must RSVP for this FREE activity by visiting the Senior Center Business Desk starting Monday, April 8. Voicemail messages will not be accepted. Space is limited.

Date	Day	Time
April 22	MON	1:30 PM - 3 PM

Spring Boutique Sale

Save the date of Friday, April 26 from 9 AM to 1 PM to come out and purchase hand-made items from members at the Center for your family and friends. To sign up as a vendor at this event, CCSCA members must visit the Business Desk between Monday, April 8 and Friday, April 19 (space is limited). Tables for this event are \$10. CCSCA members and the public are encouraged to stop by to purchase items from the vendors at the boutique. Please be aware that this event will only accept cash.

Date	Day	Time
April 26	FRI	9 AM - 1 PM

CCSCA Ceramics - Afternoon Session

Our new Ceramics activity on Mondays from 1 PM - 4 PM in the Crafts Room starts this month!

Visit Instructor Sharon during her morning Ceramics session for more information about how to sign up.

Space is limited. CCSCA members only.

Date	Day	Time	Fee
Mondays in April	MON	1 PM - 4 PM	\$12

CCSCA Portraiture

Join CCSCA Instructor Brenda for her new activity at the Center! Students will depict the image of a particular person, animal, or group using acrylic paint on canvas.

This activity requires advanced registration for the two month offering (April & May). Space is limited. Materials must be purchased separately. A list will be provided at registration. Registration began on March 20 at 9 AM. CCSCA members only.

Date	Day	Time	Fee
April 5 - May 31	FRI	3 PM - 4:45 PM	\$8

CCSCA Merry Makers Sale

The Merry Makers, a CCSCA social group, is bringing back their annual Jewelry Sale on Monday, April 22. The sale will be located in the main hallway. All proceeds will be donated to charity. If you have jewelry to donate, please drop it off in C71 on 4/15 at 10 AM.

Date	Day	Time
April 22	MON	10 AM - 11:30 AM

CCSCA Abstract Painting

Join CCSCA Instructor Brenda for her new activity at the Center! Students will explore freedom through abstract painting as they assign their own meaning to their piece of art work using acrylic.

This activity requires advanced registration for the two month offering (April & May). Space is limited. Materials must be purchased separately. A list will be provided at registration. Registration began on March 20 at 9 AM. CCSCA members only.

Date	Day	Time	Fee
April 5 - May 31	FRI	1 PM - 2:45 PM	\$8

VISIT US ONLINE AT WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER

Special Activities, Events & Programs

Hiking Group with PRCS Staff

Join PRCS staff member, Nancy, on a hiking route at Kenneth Hahn State Recreation Area. The route is approximately 2.5 miles and is meant for intermediate level.

Participants must wear athletic footwear and active-wear. We recommend bringing a reusable water bottle, sunscreen, a hat, and sunglasses. Participants must RSVP at the Business Desk and leave a phone number. The Business Desk will provide you with an info sheet about the meet up point. Space is limited. You must meet at Kenneth Hahn State Recreation Area as transportation will not be provided to or from the hike. Join the hiking group at your own risk.

Email Nancy at Nancy.Ruvalcaba@culvercity.org for more information or call (310) 253-6724.



Date	Day	Time
April 10	WEDS	8 AM

Museum of Flying Santa Monica with PRCS Staff & Metro

In collaboration with LA Metro, please join us for a trip to the Museum of Flying in Santa Monica. We'll be taking public transportation to arrive at the Museum for a docent-guided tour and film.

Please note that there will be extensive walking. There's a \$6 fee for the trip that must be paid via debit/credit card upon arrival at the Museum.

The Museum Of Flying was originally started by Donald Douglas Jr. of the Douglas Aircraft company in the early 1970s. Consisting of artifacts from the Douglas Aircraft company after its merger with McDonnell Company of St. Louis in 1967 to form McDonnell Douglas. The Museum was relocated in 1988 to the northside of the Santa Monica Airport at the former Douglas Aircraft factory site.

Visit the Business Desk to register starting April 11. Space is limited! *Open to CCSCA members only.*

Date	Day	Time
April 25	THURS	9 AM - 1:30 PM

CCSCA Trip Office Information

Trip Sales begin April 3 in C71. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only.

Please bring your CCSCA Membership & player's card #

Riverside Casino & Resort

Date	Cost	Departure	Details
Sunday, June 2 - Tuesday, June 4	\$250 Single	9 AM	2 nights accomodation, transportation, (1) hotel luggage handling (extra bag \$5), buffet voucher (1), and fun book.
	\$200 Double p/p		

San Antonio Winery & Grammy Museum

Date	Cost	Departure	Details
Thursday, June 20	\$95	10:30 AM	First stop is lunch at San Antonio Winery. To be followed by admission for a self-guided tour of the Grammy Museum.

Agua Caliente Palm Springs

Date	Cost	Departure	Details
Thursday, June 27	\$50	8 AM	

FOR QUESTIONS & MORE INFORMATION CALL THE BUSINESS DESK AT (310) 253-6700

ACTIVITY SCHEDULE

CLASS SCHEDULE

CLASS SCHEDULE

MONDAY				TUESDAY				WEDNESDAY			
Time	Activity	Fee	Description	Time	Activity	Fee	Description	Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways	8:00 AM	Zumba Gold	\$4	Dynamic dance workout
9:00 AM	Ceramics	\$8	Working with clay (Activity is full)	9:00 AM	Fun with Acrylics	\$4	Painting with acrylic paint. Must bring own supplies. (Activity is full)	9:00 AM	Crochet Group	FREE	Open crochet space
9:15 AM	Beginning Ukulele	\$3	Learn how to play the ukulele	9:00 AM	Beginning Sign Language I	FREE	Introduction to American Sign Language basics.	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:30 AM	Acting Workshop	FREE	Learn and perform scenes with others	9:15 AM	Gentle Mat Yoga with Lauren	\$4	Stretching and slow movements while focusing on breathing	9:30 AM	Chair Abs & Core	FREE	Abs and core workout utilizing chairs
10:00 AM	Chair Zumba	\$4	Dynamic dance workout	9:15 AM	Tai Chi with Greg	FREE	Tai Chi fusion with slow dance movement	10:00 AM	Loss Support Group	\$3	Wise & Healthy Aging Support Group (meets 2nd & 4th Wednesdays)
10:00 AM	German	FREE	Intermediate level German activity (meets 2nd Monday of the month)	9:15 AM	Walking Group	FREE	Strolls around Culver City (meets 1st and 3rd Tuesday of the month)	10:30 AM	MindBodyDance	\$4	Freeform dance activity
10:00 AM	Merry Makers	FREE	Social club (meets 1st & 3rd Monday)	10:00 AM	Beginning Sign Language II	FREE	Continuing students learn more of ASL at the beginning level.	11:00 AM	Chess	FREE	Learn and practice chess skills
10:15 AM	Intermediate Ukulele	\$3	Experienced performers jamming out	10:45 AM	Hula Lite	FREE	Resumes 4/16	11:00 AM	Spanish Social Group	FREE	Practice your Spanish with others learning the language
10:30 AM	Sit & Be Fit	\$4	Fitness activity utilizing chairs	11:00 AM	Creative Writing	\$4	Writing with prompts	11:00 AM	Cunning Consumer	FREE	Discuss a website that helps with consumer complaints (Meets 3rd Wednesday)
10:30 AM	Beginning Tai Chi with Anton	\$4	A practice of a series of slow gentle movements and postures	11:00 AM	Karaoke	FREE	Sing and dance to music	12:00 PM	Mat Pilates 101	\$4	Core-focused exercise activity
12:00 PM	Dancercise	\$4	Exercise through dance	11:30 AM	Balance Challenge	\$4	Exercise activity with focus on improving balance	12:30 PM	International Folk Dance	FREE	Learn dances from all over the world
12:15 PM	Beginning Line Dancing	\$2	Learn line dancing step by step (meets 3/18 - 4/22)	11:45 AM	Heartfulness Meditation	FREE	Meditation group with Prasad	1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
1:00 PM	Music Time Machine	FREE	Musical memory stimulation (meets last Monday of the month)	1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs Located at Veterans Memorial	1:30 PM	Current Events	\$3	Discuss current event topics
1:00 PM	Art with Coco and Jessica	FREE	Mixed media art workshop	1:00 PM	Movie Showing	FREE	See page 12 for movie listings	2:00 PM	Book Club	FREE	Read a different book each month & discuss (every 2nd & 4th Wednesday)
1:00 PM	Art History	\$4	Art through the years with a historical lense	1:00 PM	Platicando Sabroso	FREE	Spanish social group	2:15 PM	Beginning Spanish	FREE	Learn the basics of Spanish
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers.	1:00 PM	Improv	FREE	Theatre games and skits (Meets 2nd, 4th & last Tuesdays of the month)	2:15 PM	Pan Y Platica	FREE	Intergenerational Spanish social group (meets 1st Wednesday of the month)
1:00 PM	Ceramics	\$12	Working with clay	1:30 PM	Veterans Social Group	FREE	Social group for veterans (Meets 1st Tuesday of the month)	2:30 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers
2:30 PM	Yoga with Phil	\$4	Stretching and slow floor movement	2:00 PM	SSG Support Group	FREE	Support group for older adults	3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
3:00 PM	Healthy Eating	FREE	Learn about healthy eating habits with participants from the West Side Regional Center	3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement				
3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)								
3:15 PM	Positive Visioning	\$4	Meditation through visioning								

All activities are taken at the risk of the participant.

All activities are subject to change or cancellation due to inclement weather or absence of activity leader. Please call the Business Desk for activity confirmation.

COMMUNITY PUZZLE

Let's work together! Take a moment and contribute to our community puzzle in the lobby.



ACTIVITY SCHEDULE

THURSDAY

Time	Activity	Fee	Description
9:00 AM	Watercolor	\$12	Watercolor workshop (must bring materials)
9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:00 AM	Intermediate Sign Language	FREE	Practicing Sign Language with other intermediate students
9:15 AM	DanceFit with John	FREE	Dance exercise activity to music
10:00 AM	Spanish Conversation Class	FREE	Practice your Spanish with others (meets last Thursday of the month)
11:00 AM	Short Story Group	FREE	Read and discuss short stories
11:30 AM	Ballance Challenge	\$4	Exercise activity with focus on improving balance
12:00 PM	Duplicate Bridge	FREE	Card game playing at Veterans Memorial Building
12:30 PM	Fun with Pastels	FREE	Drawing with Pastels. Must bring your own supplies. (Activity is full)
1:00 PM	Beginning Mah Jong	FREE	Learn how to play Mah Jong
1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs
1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
1:00 PM	Latin American Group	\$1	Spanish Social Group
2:30 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers
3:00 PM	French	FREE	Practice your French with others (meets 3rd Thursday)
3:00 PM	Origami Group	FREE	Learn how to make Origami figures (first Thursday of the month)

FRIDAY

Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout
9:00 AM	Ballroom Dance	\$4	Learn how to ballroom dance
9:00 AM	Knitting Group	FREE	Open knitting space
9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:00 AM	Advanced Tai Chi with Anton	\$4	A practice of a series of slow gentle movements and postures
9:30 AM	Blood Pressure Checks	FREE	Get a free blood pressure reading in the hallway
9:45 AM	Joints Gentle Mat Yoga with Caroline	FREE	Practice choreographed yoga poses with non-weight bearing options
10:15 AM	Functional Boxing	\$4	Practice boxing exercises
10:30 AM	Actors Workshop	FREE	Learn and perform scenes with others. Located at Veterans Memorial.
10:30 AM	Full Body Exercise with Marguerite	\$4	Full body exercise class with stretching
11:00 AM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs
11:00 AM	Sing-Along	FREE	Sing-along to catchy tunes with others (Meets 3rd Friday of the month)
11:30 AM	Mat Pilates	\$4	Core-focused exercise activity
12:30 PM	Music Mends Minds	FREE	Make some music on the patio using drums and other instruments
1:00 PM	Abstract Painting	\$8	Explore freedom through abstract painting
1:00 PM	German Conversations	FREE	Learn the basics of German
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers
1:00 PM	Remembranzas	FREE	Discussion of stories in Spanish
2:00 PM	Mindfulness Meditation	FREE	Meditation group with Resa
3:00 PM	Yiddish Conversations	FREE	Practice Yiddish through conversations with others
3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
3:00 PM	Portraiture	\$8	Depict images using acrylic paint
3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement

SATURDAY

Time	Activity	Fee	Description
12:00 PM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
12:15 PM	Current Events	FREE	Discuss current events with peers
12:30 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers

SUNDAY

Time	Activity	Fee	Description
12:00 PM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
1:00 PM	Movie Showing	FREE	See page 12 for movie listings

ACTIVITY SPOTLIGHT

Watercolor

Meets every Thursday at 9 AM

Join CCSCA Instructor Helen and her group of talented artists every Thursday to work on your piece during this activity!

Have a question? Feel free to stop by and chat with everyone about the class.

Class fee is \$12.



All activities are taken at the risk of the participant.

All activities are subject to change or cancellation due to inclement weather or absence of activity leader. Please call the Business Desk for activity confirmation.

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. Merry Makers - 10 AM Healthy Eating - 3 PM	2. Trivia with Michael - 10 AM Movie - 1 PM Veterans Social Group - 1:30 PM SSG Support Group - 2 PM	3. Pan y Platica - 2:15 PM CCHS Tech Help - 3 PM	4. Underwater World - 11 AM Origami Group - 3 PM	5.	6.
7. Movie - 1 PM *Trip Office	8. German - 10 AM CCSCA Board Meeting - 1 PM Trip 4/7-4/9 to Golden Nugget in	9. Walking Group - 9:15 AM Movie - 1 PM Improv - 1 PM SSG Support Group - 2 PM Las Vegas*	10. Hiking Group - 8 AM Loss Support Group - 10 AM Karaoke with Rudy - 1 PM Book Club - 2 PM	11. Kindness Rock Painting - 1 PM	12. Music Mends Minds Drum Circle - 12:30 PM	13. Saturday Dance - 1 PM DJ Julio
14. Movie - 1 PM	15. Merry Makers - 10 AM Healthy Eating - 3 PM	16. Movie - 1 PM SSG Support Group - 2 PM Adventures with Doug - 3:15 PM Dear Culver City Exhibition at City Hall - 5 - 7 PM *Tech Class Registration 10 AM	17. Cunning Consumer - 11 AM Apple Tech Help - 2PM	18. Ask the Physical Therapist - 1 PM French 3 PM Life Transitions Presentation - 10:30 AM UCLA Dental Advice - 3 PM *Tech Class Registration 10 AM *Trip Office - Chumash Casino 8 AM	19. Glee Three Sing-Along - 11 AM Pool Party at the Plunge - 10 AM *Registration Required	20. Benita Bike's Dance Performance - 1:30 PM
21. Movie - 1 PM	22. Merry Makers Jewlery Sale - 10 AM Earth Day Event - 1:30 PM Healthy Eating - 3 PM	23. Walking Group - 9:15 AM Movie - 1 PM Improv - 1 PM SSG Support Group - 2 PM	24. Loss Support Group - 10 AM Karaoke with Rudy - 1 PM Bingo - 1:15 PM Book Club - 2 PM Culver City High School Jazz Concert in the Patio - 3:30 PM	25. PRCS Flying Museum Trip - 9 AM Spanish Conversation Class - 10 AM Breathe So Cal Presentation - 10:30 AM	26. Spring Boutique - 9 AM	27. Saturday Dance - 1 PM The Strikers
28. Movie - 1 PM *Trip Office - Cerritos Center of Performing Arts 1 PM	29. Music Time Machine - 1 PM Older Americans Month Proclamation during City Council Meeting at City Hall - 6:30 PM	30. Movie- 1 PM SSG Support Group - 2 PM				

All activities are taken at the risk of the participant.

All activities are subject to change or cancellation due to inclement weather or absence of activity leader. Please call the Business Desk for activity confirmation.

Calendar Reading Note: Classes, activities and events listed in this calendar are either unique to this month or recurring monthly events. Please visit pages 6 - 9 or other specified pages for information related to these events.

Movies



Movies Every Tuesday & Sunday at 1PM

The CCSCA sponsors a movie screening every Tuesday & Sunday at 1PM for your enjoyment! The 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, as space is limited. Do not move the chairs and please silence your cell phones. *Movies and times are subject to change.*

Sunday Movies

April 7 - *The Beautiful Game*

Mal is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup. He brings with them a talented striker, Vinny, who could give them a real chance at winning. Based on a true story. 2024; PG-13; Sport/Drama; Michael Ward, Bill Nighy, Baleria Golino; 2hr 5 min.

April 14 - *My Big Fat Greek Wedding 3*

Members of the Portokalos family reunite in Greece for a hilarious and heartwarming trip full of love, twists and turns. 2023; PG-13; Comedy/Romance; Nia Vardalos, John Corbett, Andrea Martin, Lainie Kazan; 1 hr 31 min.

April 21 - *The Boys in the Boat*

The true story of the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics. 2023; PG-13; Sport/Drama; Callum Turner, Joel Edgerton; 2 hr 4 min. Directed by George Clooney and based on the best-selling book.

April 28 - *Wonka*

Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world one delectable bite at a time in this delightful musical. 2023; PG; Musical/Fantasy; Timothee Chalamet, Hugh Grant, Olivia Colman, Calah Lane; 1 hr 56 min.

Movie Discussion Group - 4/9

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, April 9 right after the movie ends. Thank you, Philip!

Tuesday Movies

April 2 - *Upgraded*

When Ana is upgraded to first class on a work trip, she meets handsome Will, who mistakes Ana for her boss, Claire. A white lie then sets off a glamorous chain of events. 2024; R; Comedy/Romance; Camilla Mendes, Archie Renaux, Marisa Tomei, Lena Olin; 1 hr 44 min.

April 9 - *The Holdovers - Tuesday Encore*

A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a troubled student who has no place to go. 2024 Oscar winner for Best Supporting Actress Da'Vine Joy Randolph. 2023; R; Comedy/Drama; Paul Giamatti, Dominic Sessa; 2 hr 13 min.

April 16 - *Happiness for Beginners*

At a crossroads after her divorce, a schoolteacher ventures toward a fresh start in life — and love — when she signs up for a grueling group hiking trip. 2023, PG-13; Romance/Comedy; Luke Grimes, Ellie Kemper, Blythe Danner; 1 hr 43 min.

April 23 - *Napoleon*

A look at the military commander's origins and his swift, ruthless climb to emperor, viewed through the prism of his addictive and often volatile relationship with his wife and one true love, Josephine. 2023; R; War/Action, Joaquin Phoenix, Vanessa Kirby; 2 hr 38 min. Nominated for 3 Oscars: Costumes, Visual Effects & Production Design.

April 30 - *The Boys in the Boat - Tuesday Encore*

The true story of the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics. 2023; PG-13; Sport/Drama; Callum Turner, Joel Edgerton; 2 hr 4 min. Directed by George Clooney and based on the best-selling book.

Presentations

Life Transitions

Explore the various life transition options available for aging individuals. Whether you're considering staying in the comfort of your own home with supportive care services or contemplating a move to an assisted living community, this workshop is designed to provide you with the knowledge and resources you need to make informed decisions about your future.

Date	Day	Time
April 18	THURS	10:30 - 11:30 AM

UCLA School of Dentistry - Dental Advice

UCLA School of Dentistry will be teaching seniors to recognize when their dentures can be improved, signs the denture is impeding their mouth, and how to properly take care of dentures. Additionally, they will be showing the best way to maintain oral hygiene for those with natural teeth.

Date	Day	Time
April 18	THURS	3 PM - 4 PM

Breathe Southern California - Lung Cancer

Breathe Easier™ is a comprehensive program designed for adults and seniors to equip them with essential knowledge about lung cancer. The session will cover crucial aspects such as who is at risk of developing lung cancer, why understanding it is important, how to reduce risks, and the resources available for support.

Date	Day	Time
April 25	THURS	10:30 AM - 11:30 AM

Ask An Expert

Special Service for Groups (SSG)

Special Service for Groups Silver (SSG) is a counseling program that serves older adults and family caregivers who are in need of assistance. If you are in need of resources, are feeling sad or lonely, stop by and speak with an SSG counselor. Special Service for Groups can be found in the Community Partnerships Office at the Senior Center during the times and dates listed below, or reached by phone at (310) 253-6717.

- Mondays 10 AM to 3 PM
- Tuesdays 1 PM to 5 PM (Support Group from 2PM to 3PM)
- Wednesdays 9:30 AM to 3 PM

Support Groups

Special Service for Groups (SSG) Peer Support Group

Special Service for Groups Silver (SSG) is a counseling program that serves older adults and family caregivers who are in need of assistance.

Day	Time	Day	Time	Fee
TUES	2 PM - 3 PM	2nd & 4th WEDS	10 AM - 11:30 AM	\$3

WISE & Healthy Aging Loss Support Group

Volunteer grief support counselors are available to facilitate group support sessions for those who have lost a loved one. To join the group, call Mike at (310) 253-6716 or email him at Mike.Odunze@culvercity.org.

Tech Opportunities

Computer Lab Hours

The Computer Lab at the Culver City Senior Center is available on the days and times noted below. CCSCA members are able to utilize the lab only when a designated Computer Lab Volunteer is monitoring the room during open hours. CCSCA Volunteer Judi is able to assist with general computer questions during lab hours on Monday mornings.

Day	Time
MON/WEDS/FRI	9:15 AM - 11:15 AM

CCHS Tech Help

Do you have a technology question you would like assistance with? Feel free to come by for help with your questions. The number of CCHS Tech Help volunteers may vary so wait times may increase. Thank you for your patience. Thank you to our Culver City High School volunteers!

Date	Day	Time
April 3	First Wednesday of the Month	3 PM - 5 PM

Apple Tech Assistance

Apple Tech Assistance will be back in April! Save the date to come and ask representatives from Apple your tech-related questions! Please sign in upon arrival to get assistance. Depending on the number of participants and available volunteers, wait times may increase. Thank you to our local Apple volunteers!

Date	Day	Time
April 17	WEDS	2 PM- 4 PM

Learn with Judi - Computer Lab

Intro to iPad is an introductory class covering the basic functions of the iPad for novice or unskilled users. All iPads must be updated to iOS 17 before starting the class. We will learn about basic use skills in this class, such as proper setup, Apple ID basics, using the App Store, downloading and installing apps, how to type on the iPad, Email, browsing the Internet with Safari, and looking at photos. Each course is \$45 per participant.

Advanced iPad is a continuing class for those who have previously taken Judi's iPad classes and are not beginning students. We cover advanced topics with an in-depth use of features and functions of the iPad that involve multi-tasking, security, and a deeper understanding of apps. For this session, we are going to discuss Email, Calendar, and Contact management with Apple and Google apps. Each course is \$45 per participant.

Class Type	Day	Time
Intro to iPad (4/10 - 5/15/2024)	WEDS	12:30 PM - 2 PM
Advanced iPad (4/10 - 5/15/2024)	WEDS	2:30 PM - 4 PM

Bridge the Digital Divide - Computer Lab

Each course is \$45 per participant. Payment in cash or check is required at time of registration. Registration is required and will take place on Tuesday, April 16 and Thursday, April 18 from 10 AM- 12 PM. CCSCA Members Only.

Class Type	Day	Time
Intermediate Computer Classes 4/23- 5/28/2024	TUES	9:15 AM - 11:15 AM
Android Classes 4/25 -5/30/2024	THURS	9:15 AM - 11:15 AM

Community Corner

National Prescription Drug Take Back Day - Saturday, April 27

Do you have expired or unused prescriptions or over the counter medications at home? Here is an easy way to dispose of them properly.

On Saturday, April 27, 2024, from 10:00 AM – 2:00 PM, you can drop off these medications at the Culver City Police Department, which is located at 4040 Duquesne Ave., Culver City (just south of City Hall). There will be a drive-thru lane in front of the police station. You will not even have to get out of your car. An officer will take your bag or box. You do not need to remove the labels from any of your pill bottles.

This event is sponsored by the DEA (Drug Enforcement Administration), and all drugs collected will be incinerated at the end of the day by the DEA.

EXCEPTION: NO NEEDLES WILL BE ACCEPTED PER THE DEA'S REGULATIONS.

This includes EpiPens.

Date	Fee	Day	Time
April 27	FREE	SAT	10 AM- 2 PM

Jewish Family Services Nutrition Program

Jewish Family Services Nutrition Program will be closed April 23, 24, 29 and 30. Frozen meals will be given to clients to make up for those dates.

For more information, call (323) 937-5843.

Are you interested in joining the CCSCA Board of Directors?

The Culver City Senior Citizen's Association, Inc., (CCSCA) will be needing new members of the Center to apply for the Board of Directors at the end of 2024.

Are you interested in volunteering and participating more at our Center? Consider joining the CCSCA where you can play an active part in planning and serving the membership each year.

For questions or to learn more about the opportunities available as part of the Board of Directors for the CCSCA, email Info@ccscainc.org or call (310) 253-6749.

Benita Bike's DanceArt

Benita Bike's DanceArt brings a program of dance exploration to the Culver City Senior Center on Saturday, April 20, 2024, 1:30 pm.

This FREE arts performance is made possible in part by the City of Culver City and its Cultural Affairs Commission, with support from Sony Pictures Entertainment.

This dance discovery performance is designed for all ages.



Date	Fee	Day	Time
April 20	FREE	SAT	1:30 PM

Culver City High School Jazz Combo Performance on the Patio

Join us on the patio for a performance from Culver City High School's Jazz Combo to celebrate Jazz Appreciation month at 3:30 PM on April 24!



Culver City Circulator Now \$1

Culver CityBus is making minor service improvements to better meet customer demand and improve service reliability. Included in the changes is a new \$1 fare each way for the Culver City Circulator (Line 1C1).

For detailed updates, please use the [NextCCBus](#) app, visit the [Culver CityBus website](#), or call customer service at 310-253-6500.



Culver City Senior Center Newsletter - FREE Email Subscription



Stay up to date with everything that goes on at the Center by receiving the most recent Senior Center Newsletter in your email inbox each month! Scan the QR code or visit the link below to sign up and receive the Culver City Senior Center newsletter every month via email.

Follow these steps to subscribe online:

1. Visit www.culvercity.org/ccscnewsletter and enter your email address. Then click "Submit".
2. Confirm your email address and choose your "Email Delivery Preference".
3. Set your password if desired and agree to the data privacy policy by checking the box, then click "Submit".
4. A "Success" message will appear and you will now receive emails from the Culver City Senior Center.



Check Out These Activities!

Underwater World

Thursday, April 4 at 11 AM

Come out and learn about Sea Turtles: 5 More Species.

CCSCA Board Meeting

Monday, April 8 at 1 PM

Attend the CCSCA Board Meeting to hear about upcoming events and important information.

Book Club

Wednesday, April 10 & 24 at 2 PM

Check out *Book of Night* by Holly Black and join the group for a discussion about the themes presented and the overall message of the book.

Adventures with Doug - Crystal Ice Cave

Tuesday, April 16 at 3:15 PM

Come learn about a cave that gets so cold in the winter that each drop of water that makes it into its incredible maze of chambers freezes and a dazzling show of ice and shape is created: the Crystal Ice Cave.

Ask the Physical Therapist

Thursday, April 18 at 1 PM

Join Physical Therapist Christina Gabor as she answers your health-related questions.

Trivia with Michael

Tuesday, April 2 & May 7 at 10 AM

Join the Trivia group and learn the answers to interesting questions.

Cunning Consumer

Wednesday, April 17 at 11 AM

Join Cunning Consumer Guy Ellis Levinson who asks: Are the endless TV ads for Balance of Nature supplements the real deal or an empty spiel? We'll see what the FDA has to say.

Dear Culver City Exhibition

Katy Krantz - Artist Laureate

Visit the Dear Culver City Exhibition at City Hall from April 15 - June 10, 2024. Join us for the opening reception on Tuesday, April 16 from 5 - 7 PM!

