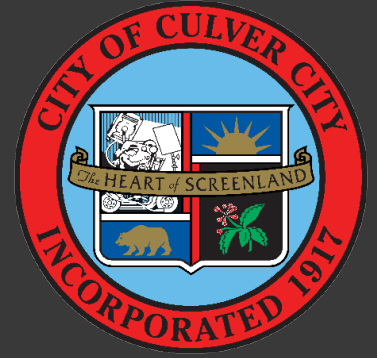


CULVER CITY SENIOR CENTER NEWSLETTER



JANUARY 2024



Happy New Year! The Culver City Senior Center will be closed on Monday, January 1.

The Center will also be closed Monday, January 15 in observance of the Martin Luther King Jr. Holiday. Join us in celebrating at the Annual Martin Luther King Jr. event on Saturday, January 20 (see page 15).

CITY OFFICIALS

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

2024 Culver City Senior Citizens Association, Inc. (CCSCA) Membership

The Culver City Senior Citizens Association 2024 Membership Drive will be held during the below dates and times in the Senior Center Lobby:

- January 2 - 5 from 9 AM - 1 PM
- January 8 - 12 from 9 AM - 1 PM

2024 Membership Cost Breakdown:

- 2024 Membership Dues (Valid January - December 2024 calendar year) - \$20
- Newsletter Mailing Option - \$25
- Age 90+ Membership Dues - \$5 (must be 90 years old or turn 90 during 2024)
- Parking Pass - \$5
- Fitness Room - \$125.00 for the calendar year or \$75.00 for 6 months (all Fitness Room renewals require an updated 2024 Physician's Authorization Form)
- Ping Pong - \$12 for the calendar year

2024 Membership Reminders:

- Only cash or checks will be accepted.
- No bills over \$20.00 will be accepted.
- No refunds.

All CCSCA members must have a current 2024 membership & parking sticker by Monday, January 15, 2024. Membership renewal can only be done in person. January 2-5 and 8-12 is in the atrium lobby, beginning Monday, January 15, the Business Desk will be accepting membership renewals.

CULVER CITY PRCS COMMISSION

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

CCSCA BOARD OF DIRECTORS

John Rollins - President
 Ron Gorman - Vice President
 Kay Heineman - Secretary
 John Salgado - Treasurer
 Barbara Silverstein
 Benita Williams
 Don Roybal
 Zia Garcia
 Carolyn Conway
 Shiela Dean

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 Desk Hours: M-F 9 AM - 4 PM
 SAT & SUN 12 PM - 3:30 PM
 Email: info.seniorcenter@culvercity.org

SENIOR MEALS

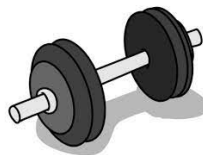
Jewish Family Services (323) 937-5843

SPECIAL SERVICE FOR GROUPS (SSG)

To inquire about services, see page 11 or call (310) 253-6717 for more information.

Special Activities, Events & Programs

Cedars Sinai - New Enhance Fitness Class

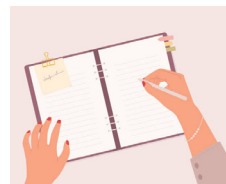


Enhance® Fitness combines cardio, balance and strength for a total-body workout. Participants use adjustable ankle and wrist weights to perform strength-building exercise movements that can be performed seated or standing. Sessions take place three times per week for 16 weeks and are one-hour long. Space is limited. Registration is required.

Date	Day	Time
Starting January 3	MON/WEDS/FRI	3:30 PM

Turning Point Intergenerational Writing Project

Are you interested in connecting with students through writing? Turning Point School is looking for seniors for their Spring 2024 intergenerational project with their students. If you are interested in joining this program and would like more information, please email Melanie.Morales@culvercity.org.



Date	Day	Time
1/17 - 2/14	WEDS	10 - 10:45 AM

AARP Tax Aide



AARP Tax Aide volunteers will be available on Mondays, Wednesdays & Thursdays beginning February 1 - April 15, 2024 from 9 AM - 1 PM by appointment only at the Veterans Memorial Building.

Starting January 15, 2024, please call (424) 209-9912 or visit <https://tinyurl.com/culvercitytaxaide> to schedule your appointment. Senior Center staff does NOT make appointments or have access to the appointment schedule. Tax aide appointments meet in the Garden Room.

Date	Day	Time
February 1 - April 15, 2024	MON/WEDS/THURS	11 AM

Culver City Transportation Department & LA Metro Information Session

Culver CityBus will partner with LA Metro to conduct a transportation workshop for older adults in Culver City. The event will provide older adults with info. and resources to use public transit with confidence! Specifically, older adults will learn how to use a TAP card, and discover popular destinations in the region that are easily reachable on the ADA accessible Culver CityBus and Metro, with use of the card.



Date	Day	Time
January 25	THURS	11 AM

CCSCA Healthy Eating Class

Our healthy eating class is designed to educate participants from the Senior Center and individuals with disabilities from the West Side Regional Center about the principles of nutrition, and how to make balanced and nutritious food choices.



Date	Day	Time
January 22 & 29	MON	3:30 - 4:30 PM

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 & activewear. We recommend bringing a reusable water bottle, sunscreen, a hat, and sunglasses. Participants must RSVP at the business desk & 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, transportation will not be provided to and 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. Meet up time is at 8 AM.

Date	Day	Time
January 10	WEDS	8 AM

Stoneview Field Trip with PRCS Staff

Join PRCS staff on a trip to the Stoneview Nature Center this month on Tuesday, January 23! Participants will depart from the center at 9:30 AM and return by 12 PM. Participants must bring their own sack lunch. Transportation will be provided by the Culver City Transportation Department! This is an outdoor activity, please dress accordingly.

Participants must RSVP by speaking with staff over the phone by calling (310) 253-6700 to confirm their spot or by visiting the Senior Center Business Desk. Voicemail RSVP messages will not be accepted. Space is limited! Reservations begin January 9! Open to CCSCA members only.



Date	Day	Time
January 23	TUES	9:30 AM

CCSCA Trip Office Information

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

Please bring your CCSCA Membership & player's card #

Fantasy Springs Casino

Date	Cost	Departure	Details
Thursday, March 7	\$50	8 AM	

Viejas Casino

Date	Cost	Departure	Details
Thursday, March 21	\$50	8 AM	

Shen Yun Casino

Date	Cost	Departure	Details
Saturday, March 30	\$95	12:30 PM	

Collette Tours Presentation

Date	Day	Time	Details
January 24	WEDS	1 PM	Come and learn about trips opportunities to Canada, the Christmas Market in France and Scotland and Ireland.

ACTIVITY 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	FREE	Learn how to play the ukulele	9:00 AM	Beginning Sign Language	FREE	Learn the basics of American Sign Language. Class is currently full.	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	FREE	Wise & Healthy Aging Support Group (meets 2nd & 4th Wednesdays)
10:00 AM	German	FREE	Learn basics of German (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	Conversational Mandarin	FREE	Learn the basics of Mandarin (meets on select Tuesdays of the month)	11:00 AM	Chess	FREE	Learn and practice chess skills
10:15 AM	Intermediate Ukulele	FREE	Experienced performers jamming out	10:45 AM	Hula Lite	FREE	Will return February 6.	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	12:00 PM	Mat Pilates 101	\$4	Core-focused exercise activity
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	12:30 PM	International Folk Dance	FREE	Learn dances from all over the world
12:00 PM	Dancercise	\$4	Exercise through dance	11:30 AM	Balance Challenge	\$4	Exercise activity with focus on improving balance	1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
12:15 PM	Beginning Line Dancing	\$2	Learn line dancing step by step (meets 1/22 - 2/26 sessions)	11:45 AM	Heartfulness Meditation	FREE	Meditation group with Prasad	1:30 PM	Current Events	\$3	Read a different book each month & discuss ever 2nd & 4th Wednesday
1:00 PM	Music Time Machine	FREE	Music appreciation (meets last Monday of the month)	1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs	2:00 PM	Book Club	FREE	Learn the basics of Spanish
1:00 PM	Art with Coco	Free	Mixed media art workshop	1:00 PM	Movie Showing	FREE	See page 12 for movie listings	2:15 PM	Beginning Spanish	FREE	Intergenerational Spanish social group (meets 1st Wednesday of the month)
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	Pan Y Platica	FREE	Practice and play ping pong with peers
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers. Returns January 5.	1:00 PM	Improv	FREE	Theatre games and skits (Meets 4th Tuesday of the month)	2:30 PM	Open Play Ping Pong	\$12/yr	Total-body workout with Cedars Sinai
2:30 PM	Yoga with Phil	\$4	Stretching and slow floor movement	1:30 PM	Veterans Social Group	FREE	Social group for veterans (Meets 1st Tuesday of the month)	3:30 PM	Enhance Fitness	FREE	Total-body workout with Cedars Sinai
3:15 PM	Healthy Eating	FREE	Learn about healthy eating habits with participants from the West Side Regional Center	2:00 PM	SSG Support Group	FREE	Support group for older adults				
3:30 PM	Positive Visioning	\$4	Meditation through visioning	3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement				

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

ACTIVITY SCHEDULE

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	Advanced Sign Language	FREE	Practicing Sign Language with other advanced students
10:00 AM	Spanish Conversations	FREE	Practice your Spanish with others (meets last Saturday)
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	\$4	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/yr	Practice and play ping pong with peers
3:00 PM	French	FREE	Practice your French with others (meets 3rd Thursday in the hallway)

FRIDAY			
Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout
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
9:15 AM	Dance Expressions	\$4	Learn and practice different dance types
9:30 AM	Blood Pressure Checks	FREE	Get a free blood pressure reading in the hallway
9:45 AM	Gentle Mat Yoga with Caroline	FREE	Practice choreographed yoga poses
10:15 AM	Functional Boxing	\$4	Practice boxing exercises
10:30 AM	Actors Workshop	FREE	Learn and perform scenes with others
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
11:30 AM	Mat Pilates	\$4	Core-focused exercise activity
1:00 PM	German Conversations	FREE	Learn the basics of German
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers. Returns January 5.
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
3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement
3:30 PM	Enhance Fitness	FREE	Total-body workout with Cedars Sinai

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	FREE	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

Music Time Machine
Meets the last Monday of the month at 1 PM on the patio.

Join us for Music Time Machine with group leader Robert Samuelson to listen and dance to different musical eras. Share with everyone what your favorite song of the era is and what special memories the song presents for you.



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.

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1. CLOSED Happy 2024!	2. 9:15 AM - Walking Group 10 AM - Trivia with Michael 1 PM - Movie 1:30 PM - Veterans Social Group 2 PM - SSG Support Group	3. 2 PM - Pan y Platica 3 PM - CCHS Tech Help 3:30 PM - Enhance Fitness	4. 11 AM - Underwater World 3 PM - Origami Group	5. 3:30 PM - Enhance Fitness	6.
7. 1 PM - Movie	8. 1 PM - CCSCA Board Meeting 1 PM - Glaze Days with Katy Krantz 3:30 PM - Enhance Fitness	9. 1 PM - Movie 2 PM - SSG Support Group	10. 8 AM - Hiking with Nancy 10 AM - Loss Support Group 1 PM - Karaoke with Rudy 2 PM - Book Club 3:30 PM - Enhance Fitness	11. 1 PM - Kindness Rock Painting	12. 12:30 PM - Music Mends Minds Drum Circle 1 PM - Glaze Days with Katy Krantz 3:30 PM - Enhance Fitness	13. 1 PM - Saturday Dance - Tropic Starr (\$5 for members, \$7 for non-members)
14. 1 PM - Movie	15. CLOSED Happy MLK DAY!	16. 9:15 AM - Walking Group 1 PM - Movie 2 PM - SSG Support Group 3:15 PM - Adventures with Doug: Sawtooth Peak	17. 10 AM - TurningPoint Group 11 AM - Cunning Consumer: Warranties 1 PM - Karaoke with Rudy 2 PM - Apple Tech Help 3:30 PM - Enhance Fitness	18. 11 AM - New Freedom Transportation Presentation 1 PM - Ask the Physical Therapist	19. 11 AM - Glee Three Sing-Along 1 PM - Glaze Days with Katy Krantz 3:30 PM - Enhance Fitness	20. MLK Celebration at Veterans Memorial Building
21. 1 PM - Movie	22. 3:30 PM - Enhance Fitness 3:30 PM - Healthy Eating	23. 9:30 AM - Stoneview Field Trip 1 PM - Movie 1 PM - Improv 2 PM - SSG Support Group	24. 10 AM - TurningPoint Group 10 AM - Loss Support Group 2 PM - Book Club 3:30 PM - Enhance Fitness	25. 11 AM - LA Metro & Culver City Transportation Dept. Presentation	26. 10:30 AM - Giant Game Play on the Patio (Free) 3:30 PM - Enhance Fitness	27. 1 PM - Saturday Dance - Kelly L. Williams (\$5 for members, \$7 for non-members)
28. 1 PM - Movie	29. 1 PM - Music Time Machine 3:30 PM - Enhance Fitness 3:30 PM - Healthy Eating	30. 1 PM - Movie & Discussion 2 PM - SSG Support Group	31. 10 AM - TurningPoint Group 1:15 PM - Bingo 3:30 PM - Enhance Fitness	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 4 & 5, 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. Movies and times are subject to change.

Sunday Movies

Tuesday Movies

Jan 7 - Moving On

Two estranged women reunite to seek revenge against the husband of their recently deceased best friend. Along the way, they learn to make peace with the past and each other. 2022; R; Comedy/Drama; Jane Fonda, Lily Tomlin, Richard Roundtree, Malcolm McDowell; 1 hr 25 min.

January 2 - Indiana Jones & the Dial of Destiny

Indiana Jones races against time to retrieve a legendary dial that can change the course of history. 2023; PG-13: Action/Adventure; Harrison Ford, Mads Mikkelsen, Phoebe Waller-Bridge, Antonio Banderas; 2 hr 34 min

Jan 14 - Gran Turismo

Based on the true story of Jann Mardenborough, the film is the ultimate wish fulfillment tale of a teenage Gran Turismo player to become a professional racing car driver. 2023; PG-13; Sports/Action; Archie Madekwe, Orlando Bloom; 2 hr 15 min. *This film was donated by our friends at Sony Pictures Entertainment.*

Jan 9 - A Tourist's Guide to Love

Work brings an American travel executive to Vietnam, where a free-spirited tour guide helps open her eyes to a beautifully adventurous way of life. 2023; PG; Romance/Comedy; Rachael Leigh Cook, Scott Ly; 1 hr 36 min.

Jan 16 - The Swimmers

The true story of the miraculous journey made by swimming sisters Yusra and Sarah Mardini who fled war-torn Syria to become contestants in the Rio Olympic games. 2022; PG-13; Sports/Real Life Events/Drama; Nahtalie Issa, Manal Issa; 2 hr 14 min.

Jan 21 - Maestro

Chronicles the lives of American conductor Leonard Bernstein & his wife Felicia Montealegre through vignettes spanning from the 1940s to the 1980s. 2023; R; Drama; Bradley Cooper, Carey Mulligan; 2 hr 9 min.

Jan 23 - A Haunting in Venice

Now retired and living in self-imposed exile in the world's most glamorous city, Poirot reluctantly attends a seance at a decaying, haunted palazzo. 2023; PG-13; Mystery/Crime; Kenneth Branagh, Kelly Reilly, Tina Fey; 1 hr 43 min

Jan 28 - Pinball: The Man Who Saved the Game

The story of Roger Sharpe, GQ journalist and real-life pinball wizard who in 1976 helped overturn New York City's 35-year ban on pinball. 2022; NR; Comedy/Drama; Crystal Reed, Mike Faist; 1 hr 35 min.

Jan 30 - Maestro - Tuesday Encore

Chronicles the lives of American conductor Leonard Bernstein & his wife Felicia Montealegre through vignettes spanning from the 1940s to the 1980s. 2023; R; Drama; Bradley Cooper, Carey Mulligan; 2 hr 9 min.

Movie Discussion Group - 1/30 at 1 PM

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, January 30 right after the movie ends.
Thank you, Philip!



Presentations

Los Angeles County Aging & Disabilities Department - New Freedom Transportation

Please join the Los Angeles County's Aging and Disabilities Department for a workshop on the New Freedom Transportation Program and how to sign-up. The New Freedom Transportation program provides transportation and mobility management services, sensitive to the needs of seniors and adults with disabilities, to enhance quality of life, maintain independence, and improve their overall health and well-being. As more Los Angeles County residents grow older, the independence of owning a vehicle becomes less possible and more dangerous. As people grow older they need to start asking: "How will I get to life-sustaining and life-enriching destinations when I can no longer drive myself?"

Date	Day	Time
January 18	THURS	11 AM

Ask An Expert

Forms with Janet

Retired Senior Paralegal Janet Sasser is offering CCSCA members assistance in completing government documents, medical paperwork, forms and hard to understand questionnaires. Schedule an appointment with Janet to direct questions and get assistance with frustrating paperwork. This is a great way to get on top of starting and completing paperwork to meet completion deadlines. Janet is available for appointments the first and second Thursday of every month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM.

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 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
TUES	2 - 3 PM	2nd & 4th WEDS	10 - 11:30 AM

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.

Tech Opportunities

Computer Lab Hours

The Computer Lab at the Culver City Senior Center is available at 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 Judy is able to assist with general computer questions during lab hours on Monday mornings.

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

CCHS Tech Help

Do you have a technology question you would like assistance with? Feel free to come to the Computer Lab for help with your questions. The number of CCHS Tech Help volunteers may vary so wait times may increase. Thank you for your patience.

Date	Day	Time
January 3	WEDS	3 - 5 PM

Apple Tech Assistance

Come & 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
January 17	WEDS	2 PM- 4 PM

Learn with Judi - Computer Lab

Every course consists of 6-week sessions of 90-minutes each. Each course is \$45 per participant. Payment in cash or check is required at time of registration. Registration is required. CCSCA Members Only.

Dates	Class Type	Day	Time
1/17 - 2/21	iPhone Basics II	WEDS	12:30 - 2 PM

iPhone Basics II continues the iPhone Basics class from November 2023. This is an elementary introduction to essential uses of the iPhone for new or unskilled users. We will not repeat the November 2023 material but will continue that beginning content. We will most likely cover using Safari, Email, and Camera apps. The content is subject to change.

Dates	Class Type	Day	Time
1/17 - 2/21	Advanced iPad	WEDS	2:30 - 4 PM

Advanced iPad -- For very skilled users and long-time students of Judi's. This class assumes a higher level of comfort and knowledge of the iPad. We will start with a review of the Apple Books app and Libby, the Library app. We will discuss Podcasts and the Podcast app, and using streaming apps like Netflix, Prime Video, and others.

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. CCSCA Members Only.

Class Type	Day	Time
Intermediate Computer Classes 1/16 - 2/20/2024	TUES	9:15 - 11:15 AM
Android Classes 1/18 - 2/22/2024	THURS	9:15 - 11:15 AM

Community Corner

Welcome NEW PRCS Director, Ted Stevens!



Join us in welcoming our new Parks, Recreation and Community Services Department Director, Ted Stevens! Ted has 17 years of experience in local government and most recently served the City of Long Beach as Recreation Superintendent overseeing a variety of programs and services.

While working for the City of Long Beach, Ted served on the Senior Advisory Committee for 10 years and worked out of the Senior Center. Ted is looking forward to working with the Culver City community and is honored to lead us into the next decade!

Dear Culver City Glaze Days



Culver City Artist Laureate Katy Krantz is looking for volunteers to help glaze ceramic items for the "Dear Culver City" project. Glazing is fun but laborious so Krantz is asking for some extra hands to help wrap up the project.

No experience necessary but attention to detail is a plus. Snacks and good company provided!

Date	Day	Time
January 8, 12 & 19	MON/FRI	1 - 4 PM

Culver City Municipal Plunge Activities

Take advantage of the Plunge! For more information or to learn about the Plunge's activities for adults such as short course or long course lap swim and registration timeframes, call (310) 253-6680.

Martin Luther King Jr. Celebration

Martin Luther King Jr. envisioned a world where children would not be judged by the color of their skin, but by the content of their character. We pay tribute to his life mission of bringing compassion, fairness, and racial equality to all.

This year's celebration of Martin Luther King Jr. will take place on Saturday, January 20, 2024 at the Veterans Memorial Auditorium.

Adult Swim Lessons

Each 3-week session will meet 2 times a week on either M/W or Tues/Thurs for 50 mins each day. Pricing for each three week session for residents is \$42 and \$52 for non-residents. Adult swim lessons are for adults of any swim level.

Date	Day	Time
Jan. 15 - Feb. 1 (Session 2)	MON/WEDS TUES/THURS	8 AM or 6 PM 9 AM or 6 PM
No Class 1/15		
Feb. 12 - 29 (Session 3)	MON/WEDS TUES/THURS	8 AM or 6 PM 9 AM or 6 PM



MARTIN LUTHER KING, JR. DAY CELEBRATION

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

Culver City Living



Join the fun and get in on our new winter programs! If you are interested in Yoga from the Inside Out, Ceramics, Cardio Tennis, iaido or Fencing check out Culver City's Winter 2023/2024 programming through our Culver City Living issue!



Registration for Winter 2023/2024 activities have begun.

Scan the QR code or visit <https://www.culvercity.org/Explore/Parks-Recreation/Culver-City-Living-Brochure>

Happy 2024!



Start the new year off right and join us at the center for some fun all year long.

- Culver City Parks, Recreation & Community Services Department
and Culver City Senior Citizens Association, Inc.

