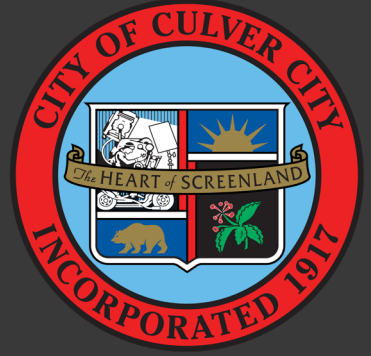


CULVER CITY SENIOR CENTER NEWSLETTER



OCTOBER 2023



Wishing you a Happy Halloween filled with special treats and lots of exciting tricks!



Join us for a spooktacular time this month at our
many fang-tastic activities!

The Center will be **CLOSED** for the Abilities & Resource Fair
on **Sunday, October 8, 2023.**



CITY OFFICIALS

Albert Vera - Mayor
 Yasmine-Imani McMorrin - Vice Mayor
 Göran Eriksson - Councilmember
 Dan O'Brien - 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 PRCS COMMISSION

Palvi Mohammed - Chair
 Jane Leonard - Vice Chair
 William Rickards - Member
 Crystal Alexander - Member
 Khary Cuffe - 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/City-Hall/Meetings-Agendas>

PRCS SENIOR CENTER STAFF

Armando Abrego - PRCS Director
 Francisca Castillo & Dani Cullens - RCS Managers
 Jill Thomsen - RCS Supervisor
 Melanie Morales - RCS Coordinator
 Mike Odunze - RCS Coordinator
 Nancy Ruvalcaba - Recreation Specialist
 John Panganiban - Senior Recreation Leader
 Martha Diaz - Senior Recreation Leader
 Franna Diamond - Recreation Leader II
 Silvia Tapia - Recreation Leader II

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

SENIOR MEALS

Jewish Family Services (323) 937-5843

Culver CITY

SENIOR CENTER NEWSLETTER

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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.

PRCS DEPARTMENT INFORMATION

PRCS Website - www.culvercity.org/prcs
 City Website - www.culvercity.org
 PRCS Instagram - @culvercityprcs
 City Instagram - @culvercitygov
 PRCS Facebook - CulverCityPRCS
 City Facebook - CityofCulverCity
 Plunge Facebook - CulverPool

SPECIAL SERVICE FOR GROUPS (SSG)

See page 11 or call (310) 253-6717

Important Senior Center Updates

Ikebana Flower Arrangement Workshop - October 18 at 2 PM

Are you interested in learning about different flower arranging styles? Come and join Instructor Satsuki Palter as she demonstrates the various ikebana styles of flower arranging. Participants will then be able to make their own arrangements to take home.

Date	Day	Time	Fee
October 18	WEDS	2 - 3 PM	\$20

Holiday Boutique - Friday, November 17



The holidays are right around the corner which means that our annual Holiday Boutique is coming up fast! Save the date of Friday, November 17 from 9:30 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, November 6 and Wednesday, November 15. We are excited to see the amazing items that will be sold at our boutique this year. CCSCA members and the public are encouraged to stop on by to purchase items from the vendors at the boutique. Please be aware that this event will only accept cash.

New Upcoming Class with Cedars Sinai - November 2023

Join us for Forever Fit! Cedars-Sinai Community Health Improvement offers Enhance® Fitness, which combines cardio, balance and strength for a total-body workout. Participants use adjustable ankle and wrist weights to perform strength-building exercise movements. Classes can be performed seated or standing. Sessions take place three times per week for 16 weeks and are one hour long. Class dates will be announced for CCSCA members in the November newsletter.

Thanksgiving Day Grab & Go Lunch - Thursday, November 23

The Culver City Senior Center will be CLOSED on Thursday, November 23, but adults 50+ in our community can swing by for a delicious Thanksgiving Day Grab & Go Lunch between 11 AM and 1 PM. Tickets are \$5 and can be purchased at the Business Desk from November 1 until November 17.

This special event is co-sponsored by Sorrento Italian Market, the Culver City Lions Club, the Culver City Senior Citizens Association Inc., and the Culver City Parks, Recreation & Community Services Department.



CCSCA Activity & Event Registration Reminder

Please bring your membership card with you to register in-person for any CCSCA activity or event and to receive your monthly newsletter at the Senior Center Business Desk. This will help our staff speed up the registration process each month. We appreciate your assistance!

IMPORTANT SENIOR CENTER UPDATES

Pan y Platica

Join CCHS student Natalie for a conversation in Spanish about different generational and cultural topics over a cup of hot chocolate and pan dulce! *Open to CCSCA members only.*

Date	Day	Time
October 4	WEDS	2 - 2:45 PM
November 1	WEDS	2 - 2:45 PM

Saturday Dances

Grab some friends and come out to dance! \$5 for CCSCA members and \$7 for non-members.

Date	Day	Time	Entertainer
October 14	SAT	1- 3 PM	Tropic Starr

A duo playing a variety of music.

Date	Day	Time	Entertainer
October 28	SAT	1- 3 PM	The Strikers

A mom and son duo playing a variety of music.

Bingo

Join PRCS staff for a game of Bingo. *Open to CCSCA members only.*

Date	Day	Time
October 25	WEDS	1- 2 PM

Beginning Line Dancing

Want to learn how to Line Dance? Then come out and dance with us! CCSCA members are encouraged to attend Instructor Jackie's next Beginning Line Dancing Session. The fee for this class is \$2.

Open to CCSCA members only.

Date	Day	Time
9/11-10/16	MON	12:15 - 12:55 PM

CCSCA Conversational Mandarin Group

Start learning the basics of Mandarin! *Open to CCSCA members only.*



Date	Day	Time
October 10	TUES	10-11AM

Walking Group

Join PRCS staff member, John, on a new route around beautiful Culver City. All participants must wear proper exercise shoes. We recommend wearing bright colored clothes, bringing a reusable water bottle (disposable plastic is not allowed), wearing a hat & applying sunscreen.

Open to CCSCA members only.

Date	Day	Time
October 3	TUES	9:15 AM
October 17	TUES	9:15 AM

Karaoke with Rudy

Join Rudy and friends for a fun filled afternoon of karaoke at the Senior Center.

Open to CCSCA members only.

Date	Day	Time
October 11	WEDS	1 - 3:30 PM
October 18	WEDS	1 - 3:30 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, is back for his monthly class, The Cunning Consumer. October's topic will be: We've reached the tipping point! Enough already. When and how much should we (not) tip?

Open to CCSCA members only.

Date	Day	Time
October 18	WEDS	11 AM - 12 PM

Trivia with Michael

Come test your trivia skills with Michael! *Open to CCSCA members only.*

Date	Day	Time
October 3	TUES	10 - 11 AM
November 7	TUES	10 - 11 AM

Kindness Rock Painting

Join PRCS staff on the Senior Center patio and come paint rocks to fill our wonderful rock garden! *Open to CCSCA members only.*

Date	Day	Time
October 12	THURS	1- 2:30 PM

Music Mends Minds - Rhythm, Play and Community!

Join us for the Music Mends Minds Drum Circle on the patio (moves inside if inclement weather)! Instruments will be provided, and feel free to bring your own! No experience needed! *Open to CCSCA members only.*



Date	Day	Time
October 13	FRI	12:30 - 1:30 PM

Merry Makers Bingo

Join the Merry Makers for a fun game of Bingo! Each card is 25 cents and all contributions go toward purchasing prizes for each game of Bingo.

Open to CCSCA members only.

Date	Day	Time
October 2	MON	11:30 AM - 12:30 PM
November 6	MON	11:30 AM - 12:30 PM

Adventures with Doug - Adventure to Yosemite Falls

If you've been to Yosemite, you know about the Merced river. It begins high in the Sierra backcountry, drops over gorgeous Nevada and Vernal falls before flowing through the spectacular valley.

People don't think about it much after that. But we will! We'll grab a raft, a paddle and a life jacket, hop in, and downriver where the flow is the biggest!

A big year has a river flow of 3000 cubic feet per second! That's big! This year it's 10,000!!!

Uh oh! Join us for our wild slideshow as we ramble down this amazing river.

Open to CCSCA members only.



Date	Day	Time
October 17	TUES	3:15 - 4:30 PM

Underwater World with Craig

Join Craig this month to learn about Toothed Whales. Craig is an experienced scuba diver and volunteers at the Aquarium of the Pacific. *Open to CCSCA members only.*



Date	Day	Time
October 12	THURS	11 AM - 12 PM

Ask the Physical Therapist

Ask the Physical Therapist with Cristina Gabor is back to present about health-related topics.

Open to CCSCA members only.



Date	Day	Time
October 19	THURS	1 - 2 PM

Book Club

Join Culver City High School students Emily & Teagan for an intergenerational monthly Book Club! Please read the first half of *The Thursday Murder Club* by Richard Osman to join the group for the first meeting and the second half of the novel by last meeting of the month. If you'd like to get a free copy of the novel for Book Club, stop by the Julian Dixon Library.

For meeting updates, to learn the title of the book & reminders, please text @culverbc to the number 81010. Open to CCSCA members only.

Date	Day	Time
October 11	WEDS	2:10 - 3:10 PM
October 25	WEDS	2:10 - 3:10 PM

The Glee Three Sing-Along

Join the Glee Three for their monthly sing-along at the Center.

Open to CCSCA members only.



Date	Day	Time
October 20	FRI	11 AM - 12 PM

Bob Levy "The Music Man" - Online Activity

Bob returns with his guitar, singing voice and nostalgic songs from Frank Sinatra to the Beatles. Eddie Ed O' Brien, the zany comedian, is returning to bring more laughter and fun to this musical hour. Bob also welcomes Eddie's wife, Marcie O'Brien, singer and classically trained violinist who brings to us great songs and melodies with her voice and violin.

Please email info.seniorcenter@culvercity.org for the meeting link. *Open to CCSCA members only.*

Date	Day	Time
October 18	WEDS	1 - 2 PM



OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie (see page 8)</p> <p>Classes listed in the columns to the right occur every week on the times and dates shown. →</p> <p>* Means the Class Has a Fee</p> <p>All classes are taken at the risk of the participant.</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Ceramics*</p> <p>9:15 Open Computer Lab</p> <p>9:15 Beginning Ukulele*</p> <p>9:30 Acting Craft Workshop</p> <p>10:00 Chair Zumba*</p> <p>10:00 German (Meets 2nd Monday of the month)</p> <p>10:00 Merry Makers Club (Meets 1st & 3rd Monday of the month)</p> <p>10:15 Intermediate Ukulele*</p> <p>10:30 Sit N Be Fit with Margarite*</p> <p>10:30 Tai Chi with Anton* (At Veterans Memorial Building)</p> <p>12:00 Dancercise*</p> <p>1:00 Music Time Machine (meets last Monday of the month)</p> <p>1:00 Art with Coco</p> <p>1:00 Art History</p> <p>1:00 Line Dancing*</p> <p>2:30 Yoga with Phil*</p> <p>3:00 Healthy Eating</p> <p>3:15 Positive Visioning*</p>	<p>9:00 Mah Jong & Bridge</p> <p>9:00 Fun with Acrylics</p> <p>9:00 Pan</p> <p>9:00 Beginning Sign Language (^Class is full)</p> <p>9:15 Gentle Mat Yoga with Lauren*</p> <p>9:15 Tai Chi with Greg</p> <p>9:15 Walking Group (Meets 1st & 3rd Tuesday)</p> <p>10:00 Conversational Mandarin (Meets 2nd Tuesday)</p> <p>10:45 Hula Dance</p> <p>11:00 Creative Writing</p> <p>11:00 Karaoke</p> <p>11:30 Balance Challenge*</p> <p>11:45 Heartfulness Meditation</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Movie (see page 8)</p> <p>1:00 Platincando Sabroso</p> <p>1:00 Improv (meets 4th Tuesday of the month)</p> <p>1:30 Veterans Social Group (meets 1st Tuesday of the month)</p> <p>2:00 SSG Peer Support Group</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Crochet Group</p> <p>9:00 Pan</p> <p>9:15 Open Computer Lab</p> <p>9:30 Chair Abs & Core</p> <p>10:00 Loss Support Group (2nd & 4th Wednesdays)</p> <p>10:30 MindBodyDance*</p> <p>10:30 Pan</p> <p>11:00 Chess</p> <p>11:00 Spanish Social Group</p> <p>12:00 Mat Pilates 101*</p> <p>12:30 International Folk Dance</p> <p>1:00 Yoga with Phil*</p> <p>1:30 Current Events*</p> <p>2:00 Book Club (Meets 2nd & 4th Wednesday)</p> <p>2:15 Beginning Spanish Class (Meets 1st Wednesday of the month)</p> <p>2:15 Pan Y Platica (Meets 1st Wednesday of the month)</p> <p>2:30 Open Play Ping Pong</p>	<p>9:00 Watercolor*</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Intermediate Sign Language</p> <p>9:15 Dance Fit with John</p> <p>10:00 Advanced Sign Language</p> <p>10:00 Spanish Conversation Class (Meets Last Thursday)</p> <p>11:00 Reading Short Story Group</p> <p>11:30 Balance Challenge*</p> <p>12:00 Duplicate Bridge (Meets in the Veterans Building)</p> <p>12:30 Fun with Pastels</p> <p>1:00 Beginning Mah Jong</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Yoga with Phil*</p> <p>1:30 Latin American Group</p> <p>2:30 Open Play Ping Pong</p> <p>3:00 French (Meets 3rd Thursday)</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Knitting Group</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Tai Chi with Anton*</p> <p>9:15 Open Computer Lab</p> <p>9:30 Blood Pressure Checks</p> <p>9:45 Gentle Mat Yoga with Caroline</p> <p>10:15 Functional Boxing</p> <p>10:30 Acting Craft Workshop</p> <p>10:30 Full Body Exercise with Marguerite*</p> <p>11:00 Chair Yoga with Caroline</p> <p>11:00 Sing-Along (Meets 3rd Friday)</p> <p>11:30 Mat Pilates 101*</p> <p>1:00 German Conversations</p> <p>1:00 Line Dancing*</p> <p>1:00 Remembranzas</p> <p>2:00 Mindfulness Meditation with Resa</p> <p>3:00 Yiddish Conversations</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>12:00 - 3:45 Bridge, Mah Jong & Pan</p> <p>12:15 Current Events</p> <p>12:30 - 3:30 Open Play Ping Pong</p>

Reminder:
All weekly activities are located here above the monthly calendar.

CLASS SCHEDULE

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.	2. 12:15 PM Beginning Line Dancing	3. 9:15 AM Walking Group 10 AM Trivia with Mike 1:30 PM Veterans Social Group	4. 2:15 PM Pan y Platica 2 PM Senior Scams Presentation 3 PM CCHS Tech Help	5. 11 AM Underwater World 3 PM Origami Activity	6.	7.
8. SENIOR CENTER CLOSED	9. 1 PM CCSCA Meeting 12:15 PM Beginning Line Dancing	10. 10 AM Conversational Mandarin * 10 AM Tech Classes Registration	11. 8 AM Hiking Group 2 PM Book Club 10 AM Loss Support Group 1 PM Rudy Karaoke	12. 1 PM Rock Painting * 10 AM Tech Classes Registration 11 AM Underwater World Fantasy Springs Casino Trip 8 AM	13. Join John in the Patio for free giant game play from 10:30 - 11:30 AM.	14. 1 PM Saturday Dance
15.	16. 12:15 PM Beginning Line Dancing 3 PM Healthy Eating Class	17. 9:15 AM Walking Group 3:15 PM Adventures with Doug	18. 11 AM Cunning Consumer 1 PM Rudy Karaoke 2 PM Ikebana Flower Arrangement Workshop 2:15 PM Apple Tech Help	19. 1 PM Ask the Physical Therapist 3 PM French	20. 11 AM Glee Three Sing-Along	21. P3 Theatre Group Trip Office 12:30 PM
22.	23. 10:30 AM Healthy Brain Habits Presentation 3 PM Healthy Eating Class	24. 1 PM Improv	25. 10 AM Loss Support Group 11 AM Trip to Culver City Arts District 2 PM Book Club 1 PM Bingo	26. 10 AM Spanish Viejas Casino Trip 8 AM	27. 9:30 AM Smart Gardening Workshop	28. 1 PM Saturday Dance
29.	30. 1 PM Music Time Machine 3 PM Healthy Eating Class	31. Halloween Party *Ticket Required				

Calendar Reading Note: Classes, activities and events listed in this calendar are either unique to this month or reoccurring 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

October 1 - The Peanut Butter Falcon

After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally. 2019; PG-13; Drama/Adventure; Shia LaBeouf, Zack Gottsagen, Dakota Johnson; 1 hr 37 min.

October 8 - CLOSED for 20th Annual Abilities Carnival & Resource Fair

See you next week!

October 15 - Last Vegas

Aging pals Billy, Paddy, Archie, and Sam have been best friends since childhood. When Billy finally proposes to his much-younger girlfriend, all four friends go to Las Vegas to celebrate the end of Billy's longtime bachelorhood and relive their glory days. 2013; PG-13; Comedy; Michael Douglas, Robert DeNiro, Morgan Freeman, Kevin Kline, Mary Steenburger; 1 hr 45 min.

October 22 - Being Mary Tyler Moore

With unprecedented access to Mary Tyler Moore's vast archive, it explores the vanguard career of Mary, who, as an actor, performer, and advocate, revolutionized the portrayal of women in media, redefined their roles in show business, and inspired generations to dream big and make it on their own. 2023; NR, Documentary; Mary Tyler Moore, James Brooks, Rob Reiner; 1 hr 59 min.

October 29 - Young Frankenstein

Dr. Frederick Frankenstein learns that he has inherited his infamous grandfather's estate in Transylvania. Dr. Frankenstein soon begins to recreate his grandfather's experiments. After he creates his own monster, new complications ensue with the arrival of the doctor's fiancée, Elizabeth. 1974; PG; Horror/Comedy; Mel Brooks, Gene Wilder, Marty Feldman, Teri Garr, Cloris Leachman. 1 hr 46 min.

October 3 - Surfing Documentary and Q & A

Let's go surfing! Join local documentarian, Christopher Dill for a viewing of his 45 minute high school surfing documentary with a Q & A to follow.

October 10 - Champions

A former minor-league basketball coach receives a court order to manage a team of players with intellectual disabilities. Despite his doubts, he soon realizes that together they can go further than they ever imagined. 2023; PG-13; Comedy; Woody Harrelson, Kaitlin Olson; 2 hr 4 min.

October 17 - POMS

Martha is an introverted woman who moves to a retirement community. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you. 2019; PG-13; Comedy/Dance; Diane Keaton, Jacki Weaver, Rhea Perlman, Pam Grier; 1 hr 31 min.

October 24 - Walk. Ride. Rodeo.

The incredible true story of nationally ranked barrel racer Amberley Snyder, who at 19 barely survives an automobile accident. Now paralyzed from the waist down, she fights to earn back her place in the sport she loves. 2019; TV-PG; Biography/Drama/Sport; Spencer Locke, Missi Pyle, Bailey Chase; 1 hr 39 min.

October 31 - Haunted Mansion

A woman and her son enlist a motley crew of so-called spiritual experts to help rid their home of supernatural squatters. 2023; PG-13; Fantasy/Horror; Jared Leto, LaKeith Stanfield, Owen Wilson, Tiffany Haddish; 2 hr 3 min.

CCSCA Tech Classes

Learn with Judi - iPhone Basics & Advanced iPad

iPhone Basics is an introductory class covering the basic functions of the iPhone. All phones must be updated to iOS 17 before starting the class. We will learn about our Apple ID and iCloud, keyboarding, Siri, and voice dictation using the Phone, Messages, and email apps.

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.

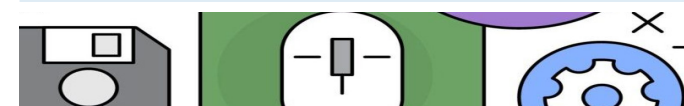
Every course consists of 6-week sessions of 90-minutes each. Each course is \$45 per participant. Payment in cash or check is required at time of registration. Registration takes place on Tuesday, October 10 & Thursday, October 12 from 10 AM - 1 PM. CCSCA Members Only.

Dates	Class Type	Day	Time
11/1 - 12/6	iPhone Basics	WEDS	12:30 - 2 PM
11/1 - 12/6	Advanced iPad	WEDS	2:30 - 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 takes place on Tuesday, October 10 & Thursday, October 12 from 10 AM - 1 PM. CCSCA Members Only.

Class Type	Day	Time
Intermediate Android Phone	FRI	11:30 - 1:30 PM
11/3 - 12/15		
Intermediate Computer	TUES	9:15 AM - 11:15 AM
11/7 - 12/12		
Intermediate Computer	THUR	9:15 AM - 11:15 AM
11/9 - 12/21		



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.

Days	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.

Date	Day	Time
October 4	WEDS	3 - 4:45 PM

Help With Your Electronic Gadgets!

Come & ask representatives from Apple your tech-related questions! Thank you to our local Apple volunteers!

Date	Day	Time
October 18	WEDS	2:15 - 4:30 PM

CCSCA Trip Office



Trip Sales begin October 4. Office hours are Wednesday & Friday 10 AM - 1 PM. Cash or check only.

Colorful Songs of Broadway Christmas with Frank Sinatra and Friends

Luncheon served with wine: Roasted chicken served with rice pilaf, mixed veggies, OR Vegetable pasta or Vegan Tartare. All meals include garden salad, dinner rolls, ice cream sundae, coffee, tea, and wine.

Date	Cost	Departure
Thursday, December 7	\$95	11 AM

Harrah's Rincon Northern San Diego

Date	Cost	Departure
Thursday, December 14	\$20	8 AM

Pala Casino

Date	Cost	Departure
Thursday, December 28	\$50	8 AM





Activities

Halloween Party - October 31

A wicked good time is on the way! Join us for a fangtastic time at our Halloween Party this month. Be sure to dress to impress and you may just win a prize during our costume contest. Don't miss tasty treats and frightfully fun tunes from DJ Julio at this event. We can't wait to see you there! Tickets go on sale to CCSCA members on Monday, October 16.

Date	Day	Time	FEE
October 31	TUES	11 AM - 1 PM	\$10



Hiking Group

Join PRCS staff member, Nancy, on a hiking route from Stoneview Nature Center to Kenneth Hahn State Recreation Area. The route is approximately 2.5 miles and is meant for intermediate level hikers.

Participants must wear athletic footwear and activewear. We recommend bringing a reusable water bottle, sunscreen, a hat, and sunglasses. Participants must RSVP at the business desk and leave a phone number. Space is limited. The business desk will provide you with an info sheet about the meet up point. You must meet at Stoneview Nature Center, 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.

Date	Day	Time
October 11	WEDS	8 AM

Origami Activity - NEW

Come join Notre Dame Academy High School Student Bethlehem Arefaine and delve into the relaxing and engaging world of Origami! Paper and popsicle sticks (if needed) will be provided for the class. Feel free to show any folds you know or come to learn some designs such as the butterfly and crane. If you're a little more experienced, feel free to ask for some more complicated tutorials after class!



Date	Day	Time
October 5	THURS	3 - 4 PM

Trip to the Culver City Arts District

Join us for a studio visit to two galleries located in the heart of Culver City's Arts District (CCAD). The CCAD encompasses art galleries, boutique and design retailers, specialty restaurants and coffee bars. It is also home to creative enterprises such as architecture, advertising, culinary arts, post production and interior design. At CadFab Digital, you can participate in a special project and walk away with a custom-made tee-shirt of your own design courtesy of owner Maya Roth. End the field trip with a visit to Sixty29 Contemporary, where your host, owner Carlo Marcucci, will discuss his gallery's current exhibit. CCSCA members may RSVP starting Wednesday, October 11.

Date	Day	Time
October 25	WEDS	11 AM - 1 PM

Programs & Services

Health Insurance Counseling & Advocacy Program (HICAP)

HICAP (the Health Insurance Counseling & Advocacy Program) provides free and objective information and counseling about Medicare. Consultations have now resumed at the center for those who are interested in seeking more information about Medicare. One hour appointments from 10 AM - 2 PM are available twice a month.

To book an appointment, visit the Business Desk or call (310)253-6700.



Medicare Fair - November 8

Save the date of November 8 for our first Medicare Fair. We can't wait to see you there!

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 the month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM. This service is free and is open to CCSCA members only.

CCSCA Veterans Social Group

The center has a Veterans Social Group and meets the first Tuesday of the month from 1:30 - 3 PM. Come out and share your experiences with other Veterans through this free, drop-in social group!

Loss Support Group at the Senior Center

Wise & Healthy Aging's Loss Support Group is at the center every 2nd and 4th Wednesday of each month. If you or someone you know may benefit from joining this group, please email Mike.Odunze@culvercity.org to be connected with the group leader and begin the intake process prior to joining the group meetings at the center. This is not a drop-in activity. There is a suggested donation of \$3 for those who join the group at each session.

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





Reminders

Are you interested in becoming part of the CCSCA?

Did you know that when you become a member you are supporting the non-profit Culver City Senior Citizens Association, Inc. (CCSCA)? The CCSCA Board works all year to provide new opportunities for our members at the center. The CCSCA is proud of the activities offered at the Center and hope you are too. The Board's intention is to support programs and events which support, educate, strengthen, and stimulate the lives of its members. Please consider joining if this may interest you. To find out more information, feel free to attend the next CCSCA Board meeting. The Board meets the second Monday of each month from 1PM - 3 PM. Please consider joining if this opportunity interests you. Thank you!

National Book Month & the Library at the Center

Did you know October is national book month? Celebrate by picking up a good book from our library at the center or by donating a few regular or large print books!

One of our members, a retired librarian, is currently in the process of organizing the books in our library by author. If you want to donate books, leave them on the bottom shelf so that our volunteer may put it in its proper place.

We are very thankful for her time and effort as she helps make everyone's day a little easier when going to grab a new book!



CCSCA Book Club

Shout out to our CCSCA Book Club at the Center! Did you know this club was started by two Culver City High School students named Emily and Teagan? Both students have enjoyed reading and discussing many different books since the group was created.

If you are interested in joining, check out page 5 for more information about the book they are currently reading and what their next meeting dates are. Hope to see you there!



VISIT US ONLINE AT WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER

Community Corner

October is Disability Awareness Month

In celebration of Disability Awareness Month, the Disability Advisory Committee in partnership with the Culver City Parks, Recreation & Community Services Department are hosting an Abilities Carnival on Sunday, October 8 at the Culver City Senior Center from 12 - 3 PM. This event aims to offer individuals with disabilities in the community an opportunity to participate in carnival themed games, enjoy tasty treats and gather resources from local community partners.



Culver City General Plan 2045

Join the Advanced Planning Division for a Draft General Plan Open House on Thursday, October 5th!

The City is hosting an Open House to share the Draft General Plan with the community. All are welcome to attend and provide feedback on the Plan. The open house will be located at Culver City Hall in the Patacchia Room from 6 - 8 PM.



Culver City Municipal Plunge Activities

Take advantage of the Plunge to beat the heat! 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.

Adult Swim Lessons

Registration begins October 2 for residents and on October 4 for non-residents at 7 AM. Pricing for residents is \$42 and \$52 for non-residents.

Date	Day	Time
October 9 - 26	MON/WEDS	8 AM or 6 PM
	TUES/THURS	9 AM or 6 PM

Adult Exercise

Low-impact water exercise in shallow water; ideal for all fitness levels, including non-swimmers, and anyone recovering from injuries

Fee	Day	Time
Adults: \$2 50 & over: \$1	MON/WEDS & FRI	9 - 9:55 AM

AquaFit - Shallow & Deep Water Aerobics

If you are an above average exerciser, DEEP WATER AEROBICS is the perfect workout for you. For beginning or average water exercisers, please participate in our SHALLOW WATER AEROBICS.

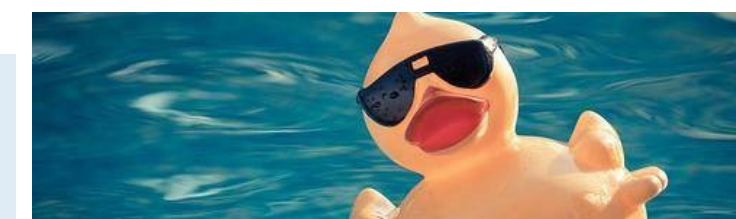
Buoyancy belts are provided for each client. They give you support while moving freely in the water. Hand buoys, and noodles are some of the equipment items used to create a well-balanced body exercise in shallow water aerobics.

Class Type	Day	Time	Fee
Shallow Water	MON/WEDS & SAT	10 AM	\$11
Deep Water	MON/WED SAT	7 PM 9 AM	\$12

AquaFit Stand Up

AQUAFIT STAND UP is the best total body workout on an inflatable stand up paddle board. Fun and safe exercises are designed to improve balance, stabilize the core muscle groups, and increase cardiovascular endurance. Must have at least 3 participants enroll otherwise the class will be canceled.

Class Type	Day	Time	Fee
Stand Up Paddle Board	WEDS/SAT	11 AM	\$25



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

BILL BOTTS

ATTENDING

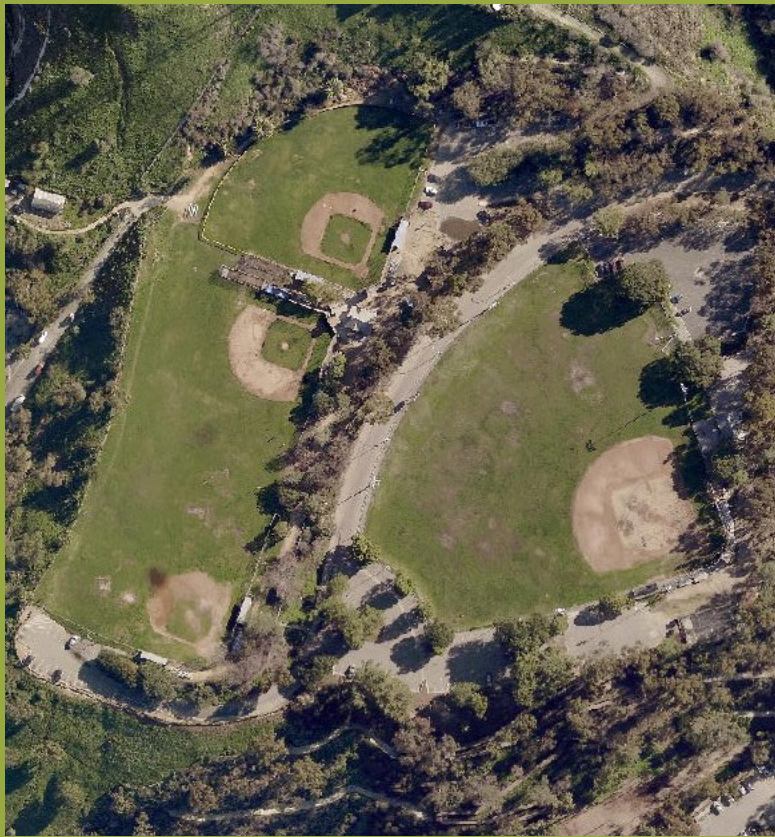
IN-PERSON MEETINGS

- Thursday, October 19, 2023 6 PM-8 PM
- Saturday, December 9, 2023 9 AM-11 AM
- Thursday, February 8, 2024 6 PM-8 PM

VIRTUAL MEETINGS

Each in-person meeting will have a hybrid component for anyone who wishes to attend but can not be at the meeting in-person.

To attend virtually, please use the link found at: www.culvercity.org/VetsParkandBillBotts



COMMUNITY MEETINGS

GETTING THERE

VETERANS MEMORIAL AUDITORIUM

4117 Overland Ave.
Culver City, CA 90230

Enter at the Overland Avenue lobby entrance.

DRIVE

Free parking available on site.

RIDE

The Culver CityBus lines 3 and 7 have stops in front of Veterans Memorial Building. Plan your trip in advanced by visiting www.culvercitybus.com/Home.

WALK

Neighbors are encouraged to walk to the Community Meeting.



VETERANS MEMORIAL PARK

WE WANT TO HEAR FROM YOU ABOUT OUR PARKS!

The City is envisioning the future for Bill Botts Fields and Veterans Memorial Park—and we want to hear from you! The Bill Botts Fields and Veterans Memorial Park Feasibility Study is a comprehensive visioning project to determine how these two parks will accommodate the community’s 21st century needs for indoor and outdoor recreational, community meeting, event and cultural facilities. The study will take an extensive look at the parks and facilities located at each site.

As part of the City’s effort, these community meetings will help determine the needs and priorities for Bill Botts Fields and Veterans Memorial Park. Join us for in-person and virtual community conversations about these parks’ futures.

FOR QUESTIONS PLEASE CONTACT

Adam Ferguson
Senior Management Analyst
adam.ferguson@culvercity.org
(310) 253-6685



Senior Scams

Join Educator Ann Stahl with the Stop Senior Scams Acting Program, a Peer to Peer education program that educates older adults and the community about senior fraud and awareness. Come and see this highly acclaimed performance by the actors while learning about the importance of protecting yourself from fraud.

Date	Day	Time
October 4	WEDS	2 - 3:30 PM

Healthy Brain Habits

Interested in tips for keeping your brain healthy? Learn about age-related changes in memory and thinking, risk factors for dementia, and ways to keep your brain healthy.

Date	Day	Time
October 23	MON	10:30 AM

Composting 101

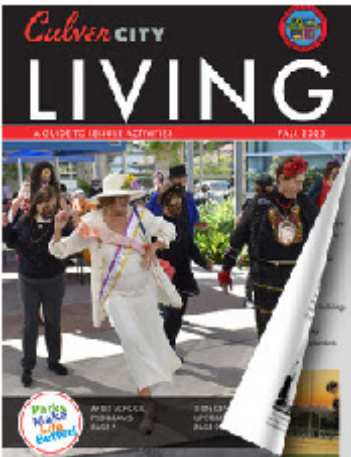
New to composting?

Come and learn the basic techniques of backyard composting, worm composting, water-wise gardening, grasscycling, and edible gardening.

Date	Day	Time
October 27	FRI	9:30 - 11 AM



Culver City Living



Winter programming is right around the corner! If you are interested in Yoga from the Inside Out, Ceramics, Cardio Tennis, Iaido, Fencing or Let's Get Fit (Adult Fitness), check out Culver City's Winter 2023 programming through our Culver City Living issue on Monday, October 16!



Registration for Winter 2023 activities begin this December. Scan the QR code or visit <https://www.culvercity.org/Explore/Parks-Recreation/Culver-City-Living-Brochure>.

Healthy Eating Class - NEW

Join Instructor Shellena for a NEW Healthy Eating Class at the Senior Center. During the FREE class, participants will discuss and demonstrate healthy recipes, meal preparation, grocery shopping, utilizing circulars as well as store memberships and coupons. Participants will explore the basic food groups, portion control and reading and understanding food labels.

The class will meet on Mondays in October for 12 weeks starting October 16, 23 and 30 from 3 - 4:30 PM. CCSCA members may RSVP at the Business Desk starting October 2 for this first session. Space is limited.

