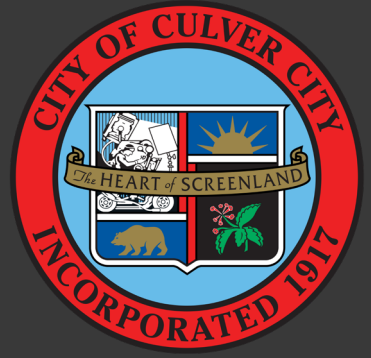


CULVER CITY SENIOR CENTER NEWSLETTER



SEPTEMBER 2023



CCSCA Members went on a Field Trip to the Natural History Museum. Join us for the next one!



**Come participate in a Disaster Preparedness Workshop
and our annual Fall Prevention Activity!**

The Center will be CLOSED for Labor Day Monday, September 4.

CITY OFFICIALS

Albert Vera - Mayor
Yasmine-Imani McMorris - 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/Events-directory/Parks-Recreation-Community-Services-Commission-Regular-Meeting>

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

TABLE OF CONTENTS

- 2 PRCS & City Information
- 3 Important Senior Center Updates
- 4 Special Monthly Activities
- 5 Special Monthly Activities
- 6 Class Schedule
- 7 Class Schedule
- 8 Movies
- 9 Tech Opportunities, Presentations & Trips
- 10 Fun Summer Activities
- 11 Programs & Services

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](https://www.instagram.com/culvercityprcs)
City Instagram - [@culvercitygov](https://www.instagram.com/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 SERVICE FOR GROUPS (SSG)

See page 11 or call (310) 253-6717

Important Senior Center Updates

Think Ahead: Refill and Reuse

As a reminder, the days are getting hotter & it is important to stay hydrated by drinking water throughout the day. Help reduce waste and bring your reusable waterbottles when at the center to refill and reuse all day long!

Show staff your reusable waterbottle to receive a "Culver City Parks Make Life Better" sticker to add to your bottle. Thank you for thinking green with us!



CCSCA Hiking Group



Join PRCS staff member, Nancy, on a hiking route at Kenneth Hahn State Recreation Area on Wednesday, September 13. The route is approximately 2.5 miles and is meant for beginner/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 and email. The business desk will provide you with an info sheet about the meet up point. Space is limited. You must meet at Kenneth Hahn, 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](tel:3102536724). Participants will meet Nancy at 7:30 AM to start the hike at 7:45 AM.

Culver City Senior Center NEW Parking Lot Signage



Slow your roll! A big THANK YOU is in order to our Public Works Department for our new signage in the parking lot at the center.

When driving around the lot, please be sure to drive slowly and carefully to ensure everyone's safety. We appreciate your cooperation!

JFS Volunteers



Congregate meals are now back at the CCSC in our main Dining room. Nutritious meals will be provided by Jewish Family Service LA. Meals will be served Monday thru Friday 11 AM – 12:30 PM. There is no need for a reservation. Lunch will be served on a first come first serve basis. The nutrition program is for registered participants, so please complete an intake form upon arrival. Minimum age for the Nutrition program is 60. The suggested donation is \$3 and menus are available in the Dining Room.

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!



Only in September

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
September 6	WEDS	2 - 2:45 PM
October 4	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
September 9	SAT	1- 3 PM	DJ Julio

Variety of music.

Date	Day	Time	Entertainer
September 23	SAT	1- 3 PM	Legends of Rock

Rock band.

Bingo

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

Date	Day	Time
September 27	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
September 12	TUES	10-11AM
September 26	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
September 5	TUES	9:15 AM
September 19	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
September 13	WEDS	1 - 3:30 PM
September 20	WEDS	1 - 3:30 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, will be back in September for his monthly class, The Cunning Consumer. September's topic will be Hidden Fees: How to avoid them when you travel. *Open to CCSCA members only.*

Date	Day	Time
September 20	WEDS	11 AM - 12 PM

Trivia with Michael

Come test your trivia skills with Michael!

Open to CCSCA members only.

Date	Day	Time
September 5	TUES	10 - 11 AM
October 3	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
September 14	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
September 8	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. No meetings in September. *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

When you've seen one waterfall, you haven't seen them all!

We've visited jaw-dropping Yosemite Falls with its incredible drop into Yosemite Valley. But it's not the only spectacular waterfall in Yosemite. We'll go see a few of the others, each incredible in its own way!

A special treat will be the unique trek up the "Mist Trail" to gorgeous Vernal Falls, so named because the water crashes with such power from its drop that it creates a mist, so heavy that it feels like it's raining on a clear blue day!

Join us for our slide show adventure, filled with fun stories and amazing scenery, as we visit these magnificent waterfalls. *Open to CCSCA members only.*



Date	Day	Time
September 19	TUES	3:15 - 4:30 PM

Underwater World with Craig

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



Date	Day	Time
September 14	THURS	10 AM - 11 AM

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
September 21	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 *Lessons from the Edge* by Marie Yonanovitch 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 @culverbcc to the number 81010. Open to CCSCA members only.

Date	Day	Time
September 13	WEDS	2:10 - 3:10 PM
September 27	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
September 15	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
September 20	WEDS	1 - 2 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<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><i>All classes are taken at the risk of the participant.</i></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>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 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</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 Platicando 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>10:30 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</p> <p>1:00 Yoga with Phil*</p> <p>1:30 Current Events*</p> <p>2:00 Pan Y Platica (Meets 1st Wednesday of the month)</p> <p>2:15 Beginning Spanish</p> <p>2:30 Open Play Ping Pong</p>

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

3.	<p>4. HAPPY LABOR DAY!</p> <p>SENIOR CENTER CLOSED</p>	5. 9:15 AM Walking Group 10 AM Trivia with Michael	6. 2 PM Prep 2 PM
10.	11. 12:15 PM Beginning Line Dancing 1 PM Art History	12. 10 AM Conversational Mandarin 11 AM A Home That Cares Presentation	13. 7 PM Nand 1 PM Rudy 2 PM
17. *9 AM Aquarius	18. 10 AM Trip to Ballona Wetlands 12:15 Beginning Line Dancing 1 PM Art History Trip 9/17-9/19	19. 9:15 AM Walking Group 3:15 PM Adventures with Doug	20. 1 PM Cons 1 PM Rudy
24.	25. 12:15 Beginning Line Dancing 1 PM Art History	26. 10 AM Conversational Mandarin Group	27. 1 PM 2 PM

Calendar Reading Note: Classes, activities and events listed in this calendar are subject to change. Please visit pages 4 & 5, or other specified pages for more information.



DAY	THURSDAY	FRIDAY	SATURDAY
	9:00 Watercolor* 9:00 Mah Jong & Bridge 9:00 Pan 9:00 Intermediate Sign Language 9:15 Dance Fit with John 10:00 Advanced Sign Language 10:00 Spanish Conversation Class (Meets Last Thursday) 11:00 Reading Short Story Group 11:30 Balance Challenge* 12:00 Duplicate Bridge (Meets in the Veterans Building) 12:30 Fun with Pastels 1:00 Beginning Mah Jong 1:00 Chair Yoga with Caroline 1:00 Yoga with Phil* 1:30 Latin American Group 2:30 Open Play Ping Pong 3:00 French (Meets 3rd Thursday)	8:00 Zumba Gold* 9:00 Knitting Group 9:00 Mah Jong & Bridge 9:00 Pan 9:00 Tai Chi with Anton* 9:15 Open Computer Lab 9:30 Blood Pressure Checks 9:45 Gentle Mat Yoga with Caroline 10:15 Functional Boxing 10:30 Full Body Exercise with Marguerite* 11:00 Chair Yoga with Caroline 11:00 Sing-Along (Meets 3rd Friday) 11:30 Mat Pilates 101* 1:00 German Conversations 1:00 Line Dancing* 1:00 Remembranzas 2:00 Mindfulness Meditation with Resa 3:00 Yiddish Conversations 3:30 Gentle Yoga with Cyndi*	12:00 - 3:45 Bridge, Mah Jong & Pan 12:15 Current Events 12:30 - 3:30 Open Play Ping Pong <div style="border: 1px solid black; padding: 5px; text-align: center;"> Reminder: All weekly activities are located here above the monthly calendar. </div>

DAY THURSDAY FRIDAY SATURDAY

		1.	2.
PM Disaster Readiness Workshop	7. 10:30 AM Bouquet Cafe with Amazon	8. 10:15 AM Functional Boxing 12:30 PM Music Mends Minds Drum Circle	9. Saturday Dance 1 PM
A Pan y Platica	*Les Miserables Trip - 12:30 PM		
7:30 AM Hike with Cy	14. 1 PM Kindness Rock Painting 10 AM Underwater World 11 AM LACDPH Presentation	15. 10:15 AM Functional Boxing 11 AM Glee Three Sing-Along	16.
A Book Club			
1 AM Cunning Summer	21. 1 PM Fall Prevention Activity 1 PM Ask the Physical Therapist	22. 10:15 AM Functional Boxing 1 PM End of Summer Dance	23. Saturday Dance 1 PM
PM Bingo A Book Club	28.	29. 10:15 AM Functional Boxing	30.
	*Chumash Casino Trip - 8 AM		

calendar are either unique to this month or reoccurring monthly events.
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

Sept 3 - Somewhere in Queens

Leo and Angela Russo live a blue-collar life, surrounded by the big personalities of their overbearing Italian-American family. When their son's chance at a life-changing basketball scholarship is jeopardized, Leo risks everything to help him, but may tear the family apart trying to make it happen. 2022; R; Drama/Comedy; Ray Romano, Sadie Stanley, Jacob Ward, Laurie Metcalf; 1 hr 46 min.

Sept 10 - Indiana Jones & The Raiders of the Lost Ark

Set in 1936, Indiana Jones, a globetrotting archaeologist, is vying with Nazi German forces to recover the long-lost Ark of the Covenant which is said to make an army invincible. 1981; PG; Adventure/Action; Harrison Ford, Karen Allen; 1 hr 45 min.

Sept 17 - Father of the Bride

A father must come to grips with his daughter's upcoming wedding and handle multiple relationships within his sprawling Cuban American family. 2022; PG-13; Romance/Drama; Andy Garcia, Adria Arjona, Isabela Merced, Gloria Estefan; 1 hr 58 min.

Sept 24 - Dirty Rotten Scoundrels

Two con men try to settle their rivalry by betting on who can swindle a young American heiress out of fifty thousand dollars first. 1988; Comedy/Crime; Steve Martin, Michael Caine; 1 hr 50min.

Tuesday Movies

Sept 5 - Love Again

Coping with the loss of her fiancé, Mira Ray sends a series of romantic texts to his old cell phone number, and finds love, healing and Celine Dion along the way. 2023; PG-13; Romance/Comedy; Priyanka Chopra, Sam Heughan, Celine Dion, Nick Jonas; 1 hr 45 min.

Sept 12 - The Lost King

Guided by instinct and spectral visions, an ambitious writer and amateur historian defies the academic establishment to unearth Richard III's long-missing remains in a Leicester car park. 2022; PG-13; Drama/Comedy; Sally Hawkins, Harry Lloyd, Steve Coogan, James Fleet; 1 hr 48 min.

Sept 19 - Selena

This biographical drama tells the story of superstar Selena Quintanilla. 1997; PG; Drama/Music; Jennifer Lopez, Edward James Olmos, Jon Seda; 2 hr 7 min.

Sept 26 - Flamin' Hot

Richard Montanez, the son of a Mexican immigrant, was a janitor at Frito Lay when he came up with the idea for Flamin' Hot Cheetos. His creation, inspired by the flavors of his community, revitalizes Frito-Lay and disrupts the food industry. 2023; PG-13; Drama; Annie Gonzalez, Jesse Garcia, Bruce Gonzalez, Tony Shalhoub; 1 hr 39 min.



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.

Day	Time
MON	9:15 - 11:15 AM
WEDS	9:15 - 11:15 AM
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
September 6	WEDS	2:30 - 5 PM

CCSCA Tech Classes

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. *CCSCA Members Only.*

Dates	Class Type	Day	Time
9/6 - 10/11	iPhone	WEDS	12:30 - 2 PM
9/6 - 10/11	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, September 12 & Thursday, September 14 from 10 AM - 1 PM. *CCSCA Members Only.*

Class Type	Day	Time
Beginner Android Phone	FRI	11:30 - 1:30 PM
9/22-10/27		
Intermediate Computer	TUES	9:15 AM - 11:15 AM
9/19-10/24		
Intermediate Computer	THUR	9:15 AM - 11:15 AM
9/21-10/26		

Presentations

A Home That Cares - Living Options

Please join a Home that Cares to learn about demystifying residential eldercare choices- who pays for what, costs and range of options in the Los Angeles market.

Date	Day	Time
September 12	TUES	11 AM

Los Angeles County Department of Public Health - Fall Prevention

Please join the Los Angeles Department of Public Health in discussing fall prevention techniques.

Date	Day	Time
September 14	THURS	11 AM

CCSCA Trip Office



Trip Sales begin September 6. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only. Please bring your CCSCA Membership & player's card #

Golden Nugget Casino & Hotel (Las Vegas)

Date	Cost	Departure	Details
Sunday, November 5 - Tuesday November 7	\$240 Single	9 AM	Two Nights accomodation, transportation, luggage handling & driver's tip. Additional \$7 per vehicle for overnight parking
November 7	\$190 Double		

Warner Brothers Studio Tours

Date	Cost	Departure	Details
Thursday, November 16	\$95	10 AM	Studio tour & transportation. Members must pay for own lunch.

Morongo Casino

Date	Cost	Departure	Extras
Thursday, November 30	\$50	8 AM	

Fun Summer Activities

Amazon x Culver City Senior Center - Bouquet Cafe

Join Amazon employees to put together a flower bouquet to take home!! Space is limited for this activity, please RSVP with the Business Desk starting September 1.



We are excited to see you all there with our neighbors from Amazon!

Date	Day	Time
September 7	THURS	10:30 - 11:30 AM

End of Summer Dance



Come out and celebrate the end of summer with a fun dance! We will be having a Latin band perform at this event.

CCSCA Members may purchase tickets for \$5 starting Friday, September 8 at the Business Desk.

Date	Day	Time
September 22	FRI	1 - 3 PM

Field Trip to Ballona Wetlands Land Trust

Join PRCS staff on a trip to the Ballona Wetlands Ecological Reserve this month on Monday, September 18. Transportation will be provided to and from the Ballona Wetlands by the Culver City Transportation Department!

Participants will depart from the center at 9 AM and return by 1 PM. Participants will have time to buy lunch at Fisherman's Village before returning back to the center.

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.

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 September 8!

Date	Day	Time
September 18	MON	10 AM - 1PM

Art History - NEW TIME & DATE

Join Instructor Nancy Bishop every week for a very enjoyable enrichment class where she covers the "big ideas" of most of the world's art by focusing on cultural context. Class fee is \$4.

Day	Time
MON	1 - 2 PM



Functional Boxing - NEW TIME & DATE

Come join this fun and interactive boxing class every week, where you'll learn basic punching and footwork techniques with Tom Dailey who is a fitness trainer with nearly 25 years of experience. Bring water, your mat, and a towel. Class fee is \$4.

Day	Time
FRI	10:15 - 11 AM



Programs & Services

Culver City Municipal Plunge Activities

Take advantage of the Plunge to beat the heat! Come over and try out our lap swim sessions from 6 AM - 1 PM for \$3 each session everyday. The Plunge also offers Adult Exercise classes on Mondays, Wednesdays & Fridays at 9 AM for \$1. For more information or to learn about the Plunge's AquaFit classes for adults, call (310) 253-6680.



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.

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!



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



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.

Saves Food Bank - Volunteers Needed!



Saves Food Bank located at St. Augustine Catholic Church is looking for volunteers. Feel free to contact Marie Brown at (310) 838-2702 for more information about this opportunity.

Volunteers must be able to stand for periods of time and be able to occasionally lift items as required.

We Want Your Feedback!

Newsletter changes are coming in 2024 and we want your input. Please tell us what you would like to see or not see in our new Senior Center Newsletter for next year.

We hope to be able to use your suggestions when reworking the structure of our newsletter so that it better meets your needs. Send all feedback to info.seniorcenter@culvercity.org or leave a note with our Business Desk staff at the center. We value your feedback and appreciate your suggestions in advance!



Senior Center Closure Dates

Monday, September 4

The Culver City Senior Center will be closed on Labor Day.

HAPPY LABOR DAY!



Sunday, October 8

The Culver City Senior Center will be closed for the annual Abilities Carnival & Resource Fair.

Fall Prevention Awareness Week



Falls Prevention Is A Team Effort

Family & Friends

Ask family and friends to help check and rid your home of falls hazards.



NCOE | FallsFree

We are committed to empowering all older adults to age well and stay falls free. Join Instructor Teri Lemoine during Fall Prevention Awareness Week in her annual Fall Prevention Activity on Thursday, September 21 at 1 PM.

We look forward to seeing you all there and learning about ways to practice Fall Prevention.

Disaster Preparedness Presentation & Emergency Kit Building

Join L.A. Works for an educational presentation about the importance of Disaster Preparedness. At this event, participants will also have the opportunity to make Disaster Preparation Kits to take home and more to donate to others in need.

This event will take place on Wednesday, September 6 at 2 PM. We look forward to seeing you there soon!

