



MEMBER OF THE YEAR MURRAY WINAGURA

The Culver City Senior Center Board of Directors is pleased to honor volunteer *Murray Winagura* as our "*Member of the Year*" for 2007. Murray is being honored for his service to the Senior Center as program director of our monthly Opera program and Movie Nostalgia program.

Murray has shared his passion for opera, ballet and music with his fellow Senior Center members for nearly five years. Murray plans the yearly schedules and prepares program notes for the films shown every month. He supplies us with the tape/disc well in advance and personally comes to host the monthly Opera Program and tell interesting stories about the operas. Moved to share movies that he loves and hopes will bring back good memories, he also plans the "Movie Nostalgia" program. Most are musicals; all are great entertainment! Most people assume Murray is a trained musician. When asked about his musical background, Murray responds, "I am not a musician. I do not read notes. I do not sing. We had music in our home. I loved listening to Caruso and the ballets and symphonies." Murray learned most of his opera stories from a radio program on KFAC that announced the name of the selection, told about the composer and the orchestra and repeated the information at the end of the program. While in the Navy, Murray saw his first live opera, "Don Pasquale" in San Francisco and has since enjoyed opera productions all over the world. Murray was an active member of the Opera Buffs, a group in Los Angeles that supported an educational program that traveled from school to school to introduce the opera to young people. They also supported concerts that featured young opera hopefuls in community locations. Murray and his wife, Marion, became Gala members of the Los Angeles Opera and members of the Los Angeles Opera Guild to support efforts to promote the opera in the community. Murray has also taught Jewish History and Literature, been a Pattern Maker in the Navy and made model kits for the Ravelle Company. The Winaguras ran a very successful Bead Import Company for many years which afforded them many travel opportunities. The Senior Center is most fortunate that Murray has brought his enthusiasm for music and opera to our members. We congratulate him on the well deserved honor of being "Member of the Year 2007."

STAYING HEALTHY

Free Blood Pressure Screenings: Our volunteer nurses offer blood pressure screenings on a regular basis on the third Monday of every month from 12:00-2:00 p.m. There is no screening in December. Thank you to our volunteer nurses, Linda Sanchez and Semiko Niwayama.

Diabetes Support Group: All diabetics who are interested in meeting others to share needs, information and help one another, are invited to attend. The meetings are on the third Wednesday of the month. The meeting for this month will be Wednesday, December 19 from 9-11 am. Joya Parenteau leads the group.

Vision Loss Support Group: This support group for people with vision loss meets the second and fourth Monday of the month in Room C75 from 9:30-11:00 a.m. This month the group will meet only on December 10. Janice Goldhaber, M.A., MFT, leads the group.

BEREAVEMENT AND BEYOND

The Loss Support Group; Recreating Your Life meets on Wednesdays from 10 to 11:30 a.m. in Room C77. If you have felt challenged adapting to aging or the loss of someone dear to you, this Support Group may be just the right place for you to find comfort and understanding from a group of peers. The group is led by trained peer counselors with many years of counseling experience. Ella Deutsch from the Center for Healthy Aging, leads the group. A \$2 donation is requested. Call Debbie at (310) 253-6715 before attending.

Bereavement Group for those with recent losses meets on Wednesdays from 12:00-1:30 p.m. in Room C75. This group is facilitated by Leslie Brandes, LCSW, ACSW, Senior Center Social Worker. A \$2.00 donation is requested at each session. Call Leslie at (310) 253-6717. No walk-ins, please.

IN MEMORIAM

Leonard Wagner

Louis Dodd

Mickie Jackson