2020 CCSCA Membership Cards, Parking Passes, and Fitness Room Memberships will be required beginning Monday, January 13, 2020

Don’t FORGET!

New Year’s Eve Party!!
Come celebrate the new year at the Senior Center on December 31st at 11:30a.m.!!
Tickets are $5.00 on sale NOW at the Business Desk!!
Lunch and Entertainment provided!!

The Newsletter

Culver CITY SENIOR CENTER
January 2020

Happy New Year

On behalf of the Culver City PRCS Department and the Culver City Senior Citizens Association Inc, we wish all of our Senior Center friends a happy and healthy new year!!

The Senior Center will be closed on Wednesday, January 1, 2020 and Monday, January 20, 2020
# Movies at the Senior Center

The Culver City Senior Citizens Association, Inc. sponsors the showing of a movie every Tuesday and Sunday, for your enjoyment! The movie will start promptly at 1:00 p.m. and is 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.

Movie and time is subject to change.

<table>
<thead>
<tr>
<th>SUNDAY MOVIES</th>
<th>TUESDAY MOVIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January 5</strong> SONY SUNDAY: MAIDEN</td>
<td><strong>January 7</strong> ANNA BLOENA</td>
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<tr>
<td>The story of Tracy Edwards, a 24-year-old cook on charter boats, who became the skipper of the first ever all-female crew to enter the Whitbread Round the World Race in 1989. 2018; PG; Documentary, Sport; Frank Bough, John Chittenden, Bruno Du Bois; 97 min.</td>
<td>Opera by Donizetti that tells of Anne Boleyn’s disastrous marriage to Henry VIII. Anna Netrebko plays the doomed Queen, Ildebrando D'Arcangelo plays Henry VIII &amp; Francesco Meli is Lord Percy. We will be showing ACT I in January and ACT II in February; ACT I is 95 minutes.</td>
</tr>
<tr>
<td><strong>January 12</strong> BOOK CLUB</td>
<td><strong>January 14</strong> NO MOVIE</td>
</tr>
<tr>
<td>Four lifelong friends have their lives completely changed after reading Fifty Shades of Grey in their monthly book club. 2018; PG-13; Comedy, Drama, Romance; Diane Keaton, Jane Fonda, Candice Bergen; 104 min.</td>
<td>1:00 “Those Fair Ladies”</td>
</tr>
<tr>
<td><strong>January 19</strong> QUARTET</td>
<td><strong>January 21</strong> WHERE’D YOU GO, BERNADETTE</td>
</tr>
<tr>
<td>At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi’s birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents. 2012; PG-13; Comedy, Drama; Maggie Smith, Michael Gambon, Billy Connolly; 94 min.</td>
<td>A loving mom becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jumpstarts her life and leads to her triumphant rediscovery. 2019; PG-13; Comedy, Drama, Mystery; Cate Blanchett, Billy Crudup, Kristin Wiig; 109min.</td>
</tr>
<tr>
<td><strong>January 26</strong> SHOW BOAT</td>
<td><strong>January 27</strong> THE ART OF RACING IN THE RAIN</td>
</tr>
<tr>
<td>The daughter of a river boat captain falls in love with a charming gambler, but their fairytale romance is threatened when his luck turns sour. 1951; Drama, Family, Musical; Kathryn Grayson, Ava Gardner, Howard Keel; 108 min.</td>
<td>Through his bond with his owner, aspiring Formula 1 racecar driver Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life. 2019; PG; Comedy, Drama Romance; Kevin Costner, Milo Ventimiglia; 109 min.</td>
</tr>
</tbody>
</table>
Look What’s Coming Up!!

Music and Dance

Karaoke Friends
Come to the Nutrition Site every Tuesday to listen to your fellow CCSCA members sing karaoke! Hosted by our wonderful volunteers!
Every Tuesday from 10:45a.m.-12:30p.m.

Saturday Dance
Every Saturday enjoy refreshments and live music! Members and nonmembers welcome!
1:00p.m.-3:30p.m. $4.00 for Members and $5.00 for Guests

Sing Your Heart with C’nN, Chris and Nomi
Chris and Nomi play guitar and ukulele, and love to get everyone singing along to songs from Elvis to Pete Seeger and more. Join us and enjoy a fabulous sing along with this dynamic duo, with lyric sheets for you to follow. Trivia and prizes too!
Friday, January 10th at 1:00p.m.

“Those Fair Ladies”
This choral group began singing together in 2000 and have continued ever since! They look forward to bringing their new program of Broadway medleys and pop tunes to the Senior Center! There will be soloists and a sing-a-long!
Tuesday, January 14th at 1:00p.m.

The Golden Age of American Popular Music: Irving Berlin
Come and enjoy Bob Lipson, Don Snyder, & Steve Fry.

Rudy’s Forever Young Karaoke
Join Rudy and friends for a fun filled afternoon of Karaoke!
3rd and 4th Wednesday of every month from 2:00p.m.-4:00p.m.
Special Activities

**Antique Treasure Hunt**
Come join Mary Ann Webster on the first Thursday of the month to learn how to preserve valuable antiques! Mary Ann has extensive experience in antiques and is happy to help you evaluate, buy, care for, and gain knowledge about antiques. Each session will focus on a different topic.

*Thursday, January 2nd at 10:00a.m. $3.00 Fee*

**Ask the Physical Therapist: Hip**
Physical Therapist, Cristina Gabor, from Orthosport Physical Therapy can help you stay active even while you have aches and pains. Cristina and her guest lecturers give you the latest tips on how to keep in shape and keep moving.

*Thursday, January 2nd at 1:00p.m.*

**Veteran’s Group Meeting**
On the first Monday of each month, join Carol Ann Garret and fellow Veterans to share stories, and discuss events happening in the community.

**Trivia Time with Michael**
January senior trivia will specialize on holidays events such as MLK day and major January activities from a historical prospective.

*Tuesday, January 7th at 10:05a.m.*

**Teen Tech Help**
On the first Tuesday of every month, students from Culver City High School want to help you with your phone and technology questions! Stop by the Computer Lab if you have questions about a smart phone or tablet and they will help you one-on-one! Volunteers will be off for the Summer and back on October 1st. Thank you to all of our graduating Culver City High School seniors who have helped with this program!

*Tuesday, January 7th from 3:30p.m.-4:45p.m.*

**BINGO!**
Join Bernice on the patio for Bingo once a month!! This month she requests all participants to please wear a festive hat!

*2nd Wednesday of every month, at 12:30p.m. (weather permitting)*
Look What’s Coming Up!!

Monthly Birthday Celebration
If your birthday is in January, be our guest for cake and ice cream! Enjoy some great musical entertainment sponsored by the Board of Directors for our CCSCA members. Entertainment this month will be provided by Rudy Carino!!
Thursday, January 9th at 1:00p.m.

Adventure with Doug: Big Pine Lakes
How lucky we are to have the High Sierra in California! Often called the Range of Light, the Sierra Range stretches 400 miles saturated with an array of wonder: Wildlife, Peaks, Valleys and Lakes. The western side is known for its lush flora and trees, while the eastern is famous for its dramatic rise from the desert. Join us for our slide show adventure, full of fun stories and glorious vistas, as we venture into a particularly spectacular area of the eastern side, where we’ll walk among the magnificent lakes, giant walls and see if we can spot some elusive wildlife.
Tuesday, January 21st at 3:30p.m. in Room B47

Special Movie Presentation: The Judge
Big-city lawyer Hank Palmer returns to his childhood home where his father, the town’s judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family. 2014; R; Crime, Drama; Robert Downey Jr., Robert Duvall, Vera Farmiga; 141 min.
Thursday, January 23rd at 12:30p.m.

Free Volunteer Notary
Available to current Senior Center members ONLY. Volunteer Notary, Zonnie, will be available this month on the 3rd Wednesday of the month. You must bring your membership card, a picture I.D., and please note you will be fingerprinted.
Wednesday, January 29th from 10:00a.m.-12:00p.m.

Workshops

Access Services
Access Services Senior Mobility Management Counselor Stephen Wrenn, will give a presentation on what is Access Services, who is eligible to use Access and what else should a person know about Access curb-to-curb, next day shared ride service for Los Angeles County.
Wednesday, January 8th at 10:00a.m.
**Look What’s Coming Up!!**

**Alzheimer’s Los Angeles: Lost Memories**
Come watch a short film about the Ramirez family as they begin to see signs of memory loss in Grandmother Gloria. The story will show what early signs of dementia looks like, the process of getting a diagnosis, and the struggles a family goes through in facing the challenges before they all come together. There will be a discussion afterwards to answer any of your questions about dementia, memory loss and resources available.
**Thursday, January 9th at 1:00p.m.**

**Metro Tap Card**
Come to the Senior Center to sign up for Senior Reduced Fair Metro TAP Cards
Services include: Intake of reduced fair applications, photo taking, issuance of temporary reduced fair cards (to qualified participants 62 years of age), TAP Card fair sales.
**Tuesday, January 14th at 10:30a.m.**

**Anthem presents: Diabetes Prevention**
Anthem will be providing a informational workshop that will engage local residents around how we are driving innovation and transforming the way diabetes care is delivered by using innovated technology while promoting healthy behaviors such as healthy eating, and physical activity to reduce the risk of diabetes and manage it successfully. We will also discuss our chronic special needs plans that have successful helped people receive the best quality of care who have been diagnosed with Diabetes. Join the conversation and learn how to incorporate these healthy behaviors in your daily routine!
**Tuesday, January 21st at 10:30a.m.**

**National Financial Literacy Campaign: Long Term Care**
Let’s start the new decade talking about one way to leverage our money and protect our retirement plan with proper long term care. In this workshop we’ll discuss the innovations and upgrades in the industry for the different kinds of long term care options available, even if you think it’s too late for you. If you have long term care policies, feel free to bring them with you for a review. Most importantly, bring your questions and concerns!
**Tuesday, January 28th at 10:30a.m.**
TRIP SALES WILL BE HELD AT 9:00AM ON WEDNESDAY, JANUARY 8, 2020 IN THE LUNCH ROOM. YOU MUST HAVE A CURRENT MEMBERSHIP CARD FOR EACH PERSON AT TIME OF TRIP PURCHASE. NO EXCEPTIONS! ALL FEES PERTAINING TO ANY TRIP, INCLUDING OVERNIGHT PARKING, MUST BE PAID IN FULL AT THE TIME OF TRIP PURCHASE.

TRIP REMINDERS

* We regret that escorts and bus drivers cannot provide assistance for members with special needs. If you require assistance during our trips, you must be accompanied by a companion who is capable of and totally responsible for providing assistance.

* Our trips include the driver’s gratuity, however, if the driver performs services over and above the norm, additional tips are recommended.

* Be sure to carry a picture identification card at all times, e.g. driver’s license, California Identification card or current passport.

* There is a $5.00 per night charge for overnight parking at the Center.

* When going on trips, please park at the farthest end of the lot. Make sure you have a current Senior Center Parking Permit on your car’s rear-view mirror and the Trip Office parking permit is on your dashboard under the rear-view mirror.

* We suggest you bring your own bottled water on trips.

RAIN OR SHINE, WE LEAVE ON TIME!! IF YOU MISS THE BUS, THE RETURN EXPENSE IS YOUR RESPONSIBILITY AND YOU WILL NOT BE REIMBURSED FOR ANY EXPENSES.

TRIP SALES PROCEDURE

- 8:30 a.m.: Snack ‘n Chat outside door will be opened. A numbered card will be available at that entry. Each trip will have a sign-up sheet; please sign your name on the same number as your card. Please wait there until called.

IMPORTANT NOTICE

To assure proper delivery of any correspondence for the Trip Office, please address the envelope: “ATTENTION: Trip Office.”

Checks should be made payable to CCSCA.

GLENDALE CENTRE THEATRE: SATURDAY, MARCH 7TH-$90.00
Lv. 10:00 A.M. Rt. 6:00 P.M.
Trip includes lunch at Vegas Seafood Buffet, then on to Glendale Centre Theatre for a live show of “Bright Star” unfolding in the Blue Ridge Mountain of North Carolina. This promises to be an uplifting, emotional and life changing performance.

VALLEY VIEW CASINO: THURSDAY, MARCH 12TH-$30.00
Lv. 8:00 a.m. Rt. 6:30 p.m.
Free play awarded upon arrival with valid ID. Please bring your player’s card when signing up for this trip.

VIEJAS CASINO & RESORT: SUNDAY-MONDAY, MARCH 15-16
Lv. 9:00 a.m. Rt. 5:00 p.m.
Package includes motor coach, baggage handling, and one night accommodations.
Singles: $125.00 Doubles: $75.00 per person

HARRAH’S CASINO: THURSDAY, MARCH 26TH-$15.00
Lv. 8:30 a.m. Rt. 7:00 p.m.
Free play awarded upon arrival with valid ID. Please bring your player’s card when signing up for this trip.

*SPECIAL NOTICES*

Collette brochures are available for 2019 & 2020:
April 5-9, 2020: Spotlight on San Antonio
April 30-May 8, 2020: Explore Tuscany
September 10-18, 2020: Bluegrass County & the Smoky Mountains
November 7-15, 2020: Spotlight on the French Riviera
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>8:00</td>
<td>ZUMBA Gold*</td>
<td>$3.00</td>
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<td>ZUMBA Gold*</td>
<td>$3.00</td>
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<tr>
<td>9:00</td>
<td>Chinese Group</td>
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<td>9:00</td>
<td>Volunteer Work Project</td>
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<td>9:00</td>
<td>Beg. Tai Chi*</td>
<td>$3.00</td>
<td>9:00</td>
<td>Volunteer Crochet Group</td>
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<td>9:00</td>
<td>Merry Makers Club</td>
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<td>9:00</td>
<td>Ballroom Dance*</td>
<td>$4.00</td>
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<td>9:00</td>
<td>Ceramics*</td>
<td>$8.00</td>
<td>9:00</td>
<td>Open Computer Lab</td>
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<tr>
<td>9:15</td>
<td>Open Computer Lab</td>
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<td>10:00</td>
<td>Prime of Life Yoga*</td>
<td>$5.00</td>
<td>9:00</td>
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<tr>
<td>9:30</td>
<td>Mindbodydance*</td>
<td>$3.00</td>
<td>10:00</td>
<td>Creative Writing*</td>
<td>$5.00</td>
<td>9:00</td>
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<tr>
<td>10:00</td>
<td>German*</td>
<td>$3.00</td>
<td>10:05</td>
<td>Hula Dance*</td>
<td>$3.00</td>
<td>9:00</td>
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<tr>
<td>10:30</td>
<td>Beginning Tai Chi*</td>
<td>$3.00</td>
<td>11:00</td>
<td>1:00 Karaoke</td>
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<td>9:00</td>
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<tr>
<td>10:45</td>
<td>Move &amp; Groove*</td>
<td>$4.00</td>
<td>11:45</td>
<td>Chair Yoga*</td>
<td>$5.00</td>
<td>9:00</td>
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<tr>
<td>11:00</td>
<td>Chair ZUMBA*</td>
<td>$3.00</td>
<td>12:30</td>
<td>Multipurpose Room</td>
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<td>11:00</td>
<td>Russian</td>
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<td>1:00 MOovie</td>
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<td>12:00</td>
<td>Mah Jong</td>
<td></td>
<td>12:00</td>
<td>1:00 Cocoa's Art Group</td>
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<td>9:00</td>
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<tr>
<td>12:00</td>
<td>Bingo</td>
<td></td>
<td>12:00</td>
<td>1:00 Flamenco Sabros (Spanish Speaking Group)</td>
<td></td>
<td>9:00</td>
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<tr>
<td>12:00</td>
<td>Danceercise*</td>
<td>$4.00</td>
<td>12:00</td>
<td>1:30 Sign Language*</td>
<td></td>
<td>8:00</td>
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<tr>
<td>12:15</td>
<td>Pastretch Class*</td>
<td>$5.00</td>
<td>2:00</td>
<td>2:00 Genealogy</td>
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<td>8:00</td>
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<tr>
<td></td>
<td>Swing Set Practice*</td>
<td></td>
<td>3:30</td>
<td>3:30 Prime of Life Yoga*</td>
<td>$5.00</td>
<td>8:00</td>
</tr>
<tr>
<td>1:00</td>
<td>Low Vision Peer Support Group (Meets 2nd &amp; 4th Mon.)</td>
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<td>First Tuesday of the Month: Free Tuesday of February</td>
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<td>8:00</td>
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<tr>
<td>1:00</td>
<td>Coco's Art Class</td>
<td></td>
<td></td>
<td></td>
<td>8:00</td>
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<tr>
<td>1:00</td>
<td>Fitness Class*</td>
<td>$4.00</td>
<td>2:30</td>
<td>Yoga*</td>
<td>$3.00</td>
<td>8:00</td>
</tr>
<tr>
<td>1:00</td>
<td>Line Dancing*</td>
<td>$3.00</td>
<td>3:30</td>
<td>Ukulele (beg.)*</td>
<td>$3.00</td>
<td>8:00</td>
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</tbody>
</table>

**January 2020**

**WEEKEND HOURS OF OPERATION**

12:00-3:35 p.m.

**SATURDAY DANCES**

$4.00 Members

$5.00 Guests

(50 & older)

Refreshments served
The CCSCA Board of Directors wishes you all a happy and healthy New Year!!

To All CCSCA Members:
Please read the following reminders for the CCSCA’s use of the Culver City Senior Center:

1. If you or your guardians have determined that you require a caregiver, the caregiver must accompany you at ALL TIMES when in the City facility and participating in a CCSCA program.
2. Please remember that each activity room in the Senior Center has a limit as to how many people can occupy them. These are set in place by the Culver City Fire Department. Please do not bring your own chair into a classroom if there are no more chairs available. If this continues to occur, the CCSCA will have no choice but to no longer fund that program.
3. ID Cards will need to be shown at all CCSCA sponsored events, classes, movies, and all various activities.
4. 90+ members will now pay $5.00 membership fee.

THANK YOU FOR YOUR COOPERATION!!

“Volunteers do not necessarily have the time; they just have the heart”
- Elizabeth Andrew

Volunteers are need for the Snack n Chat Program and the Tuesday Popcorn sales! Please contact Daniella Gutierrez in the Nutrition Office or call (310) 253-6722, if you are interested!

Thank you to the 2020 Membership Registration Volunteers!!

Bernice Adams  Carolyn Conway
Paul Taylor     Ron Gorman
Diane Taylor   Alex Brooks
John Nadel     Suzanne Mueller
Maria Hansen   Sydney Fuller
Marcia Orth    Gloria Yap
Mary Brown     Christine Work
Barbara Wexler John Rollins

By making a donation to the CCSCA, you are helping the Association to continue to provide you with the programs that you enjoy as well as promote health and wellness! Thank you to all of our donors!!
CCSCA 2020 Membership Drive!!

January 2, 3, 6, 7, 8, 9, & 10
9:30a.m. until 2:00p.m. in the Senior Center Lobby
All CCSCA members must have a current 2020 membership & parking sticker by January 13, 2020

2020 Membership Dues: $20.00
Over 90: $5.00
Parking Pass: $5.00
Fee for mailing Newsletter: $15.00
Fitness Room: $125.00 for calendar year
OR
$75.00 for 6 months

*All Fitness Room renewals require an updated 2020 Physician’s Form*
*Fitness Room rates and hours of operation are subject to change*

REMINDERS:
1. Cash or check ONLY
2. No bills over $20 will be accepted

Celebrating Martin Luther King Jr. at the Culver City Senior Center

CELEBRATION OF KING
“Women in the Movement”
Saturday, January 25th from 1:00p.m.-3:30p.m.
The documentary SOUL SISTER will be shown.
SOUL SISTER is a musical-biography about two legendary artists, Patti Henley and Brenda Lee Eager, who not only had amazing musical careers but did important work in the Civil Rights Movement.

ALL SENIOR CENTER PROGRAMS WILL BE CANCELLED ON JANUARY 25th

2020 AARP Driver Safety Program
The AARP Driver Safety Program is the nation’s first and largest refresher course for drivers aged 50 and older. Classes meet for two 4-hour sessions, full attendance is required to receive the Department of Motor Vehicle certificate that may qualify you for a three-year reduction on your Auto Insurance premium.
Four-hour refresher classes are also available. In order to qualify for the refresher course, a participant must have taken an 8-hour AARP course within 4 years.
Please call (310) 253-6700 to secure your reservation.
**LUNCH MENU JANUARY 2020**

Only those 60 & over and their spouses of any age are eligible for this program.

Check-In Begins 10:30 a.m. Food Service 11:30 a.m.-Until Food runs out. Program Ends at 12:30 p.m.

Voluntary suggested contribution per person for registered participants 60 & over and their spouses is $4. The mandatory fee for those 59 & below and non-registered seniors is $3. If asked to show proof of age, please comply, as it is necessary for us to meet these requirements, which are set forth by our agency.

Only those 60 & over and their spouse can make a lunch reservation between 9:30 a.m. - 12:00 p.m. the day before. Please sign in for your lunch ticket before 11:15 a.m. Those 59 and under may not make a meal reservation.

For Reservations call the lunchroom at (310) 253-6726. For Information call (310) 253-6712.

1% and non-fat milk are served every day. Fresh fruit is available upon request as a lower calorie substitution. Please obtain a special ordering ticket at the lunch room sign-in desk.

12/10/2019

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<table>
<thead>
<tr>
<th>Monday 6</th>
<th>Tuesday 7</th>
<th>Wednesday 1</th>
<th>Thursday 2</th>
<th>Friday 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>Karaoke Day</td>
<td>Garlic Roasted</td>
<td>Chicken Adobe</td>
<td>Beef Enchilada</td>
</tr>
<tr>
<td>Turkey Shepherd’s Pie</td>
<td>Beef Fajitas</td>
<td>Chicken</td>
<td>WG Roll</td>
<td>Casserole</td>
</tr>
<tr>
<td>WG Roll</td>
<td>Warm Flour Tortilla</td>
<td>Fresh Herbs</td>
<td>White Rice</td>
<td>Corn Tortilla in Entrée</td>
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<tr>
<td>Broccoli</td>
<td>Spanish Rice</td>
<td>Whipped Cauliflower</td>
<td>Carrots with</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Assorted Salad Greens with Apple and Celery</td>
<td>LS Pinto Beans</td>
<td>Coleslaw</td>
<td>Fresh Herbs</td>
<td>Olive Oil</td>
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<tr>
<td>Fresh Pear</td>
<td>Carrot Raisin Salad</td>
<td>Basil Pesto</td>
<td>Coleslaw</td>
<td>Mesclun Salad Mix</td>
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<tr>
<td>Trans Fat-Free Spread</td>
<td>Tangerine OR Tangelo</td>
<td>Coleslaw</td>
<td>Banana</td>
<td>Cilantro Dressing</td>
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<tr>
<td></td>
<td>WG Roll</td>
<td>Whipped Cauliflower</td>
<td>Tangerine OR Tangelo</td>
<td>Fresh Fruit Cup with</td>
</tr>
<tr>
<td></td>
<td>Spinach Salad with Herbs</td>
<td>Coleslaw</td>
<td>Green Salad</td>
<td>Mandarin Oranges,</td>
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<tr>
<td></td>
<td>Mandarin Oranges</td>
<td>Banana</td>
<td>with Tomato and Radish</td>
<td>Pineapple, and Mango</td>
</tr>
<tr>
<td></td>
<td>French Dressing</td>
<td>Coconut Cake</td>
<td>100 Island Dressing</td>
<td></td>
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<tr>
<td></td>
<td>Fresh Pear OR Pear</td>
<td>Fruit Cup</td>
<td>Pineapple and Mango</td>
<td></td>
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<tr>
<td></td>
<td>Trans Fat-Free Spread</td>
<td>Tangerine OR Tangelo</td>
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<table>
<thead>
<tr>
<th>Monday 13</th>
<th>Tuesday 14</th>
<th>Wednesday 15</th>
<th>Thursday 16</th>
<th>Friday 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grape Juice</td>
<td>Karaoke Day</td>
<td>Turkey Chow Mein</td>
<td>Orange Juice</td>
<td>Orange Juice</td>
</tr>
<tr>
<td>Swedish Beef Meatballs</td>
<td>Baked Pea Soup</td>
<td>with celery, onions, mushrooms, bamboo shoots, Water</td>
<td>Cheeseburger</td>
<td>Oven Fried Chicken</td>
</tr>
<tr>
<td>WG Tarragon Noodles</td>
<td>Baked Salmon with</td>
<td>with chestnuts, &amp; Crispy Noodles</td>
<td>Brown Bun</td>
<td>Cornbread with Corn</td>
</tr>
<tr>
<td>WG Roll</td>
<td>Dill Sauce</td>
<td>Brown Jasmine Rice</td>
<td>Oven Roasted Potato</td>
<td>Seasoned Spinach or Greens</td>
</tr>
<tr>
<td>Peas with Onions</td>
<td>WG Roll</td>
<td>Mixed Green Salad</td>
<td>Carrot Raisin Salad</td>
<td>Whipped Turnips</td>
</tr>
<tr>
<td>LS Beet Salad with Oranges</td>
<td>Whipped Cauliflower</td>
<td>with Tomato and Radish</td>
<td>Banana</td>
<td>Tossed Green Salad</td>
</tr>
<tr>
<td>Oranges</td>
<td>Spinach Salad with Kale</td>
<td>LS Asian Dressing</td>
<td>100 Island Dressing</td>
<td>1000 Island Dressing</td>
</tr>
<tr>
<td>Oatmeal Cookie</td>
<td>Mandarin Oranges</td>
<td>Fruit Cup</td>
<td>Rice Pudding</td>
<td>Rice Pudding</td>
</tr>
<tr>
<td>Trans Fat-Free Spread</td>
<td>French Dressing</td>
<td>Tangerine OR Tangelo</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fresh Pear OR Pear</td>
<td>Fresh Fat-Free Spread</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 20</th>
<th>Tuesday 21</th>
<th>Wednesday 22</th>
<th>Thursday 23</th>
<th>Friday 24</th>
</tr>
</thead>
<tbody>
<tr>
<td>MLK Day</td>
<td>Karaoke Day</td>
<td>Butternut Squash</td>
<td>Choice Day</td>
<td>LS Minestone Soup</td>
</tr>
<tr>
<td>Stuffed Bell Pepper</td>
<td>LG Roll</td>
<td>with creamed corn</td>
<td>Baked Fish with</td>
<td>Vegetable Lasagna</td>
</tr>
<tr>
<td>WG Roll</td>
<td>Broccoli Crowns</td>
<td>Choice Day</td>
<td>Cilantro Pesto OR</td>
<td>California Blend Vegetables (Cauliflower, Zucchini, Italian Beans)</td>
</tr>
<tr>
<td>Mixed Salad</td>
<td>with Kale, Brussels Sprouts and Mango</td>
<td>Vegetable Quiche</td>
<td>Vegetable Barley</td>
<td>Mesclun Salad Mix</td>
</tr>
<tr>
<td>1000 Island Dressing</td>
<td>Canned OR Fresh Pear</td>
<td>with Garlic Spread</td>
<td>Pilaf</td>
<td>with Cucumber and Celery</td>
</tr>
<tr>
<td>Trans Fat-Free Spread</td>
<td>Fresh Fat-Free Spread</td>
<td>Green Beans with</td>
<td>Green Bean and Onion</td>
<td>Italian Dressing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Olive Oil</td>
<td>Kale, Bell Peppers, and Cucumbers</td>
<td>Mango and Pineapple</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beef Salad with</td>
<td>Raspberry Vinaigrette</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mandarin Oranges</td>
<td>Orange</td>
<td></td>
</tr>
</tbody>
</table>

**Special Menu**

<table>
<thead>
<tr>
<th>Monday 27</th>
<th>Tuesday 28</th>
<th>Wednesday 29</th>
<th>Thursday 30</th>
<th>Friday 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>LS Tomato Basil Soup</td>
<td>Karaoke Day</td>
<td>Spaghetti and Beef Meatballs</td>
<td>Choice Day</td>
<td>LS Tortilla Soup</td>
</tr>
<tr>
<td>Fish w/ Lemon Sauce</td>
<td>Orange Juice</td>
<td>WG Pasta with</td>
<td>Tarragon Turkey Stew OR</td>
<td>BBQ Chicken</td>
</tr>
<tr>
<td>WG Roll</td>
<td>Tandoori Style Chicken</td>
<td>LS Sauce</td>
<td>Lentil Stew</td>
<td>LG Roll</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Brown Rice</td>
<td>Italian Vegetable Blend</td>
<td>TFF Biscuit</td>
<td>LS Black Eyed Peas</td>
</tr>
<tr>
<td>Spinach Salad with Cucumbers</td>
<td>Ginger Carrots</td>
<td>(Cauliflower, Italian Beans, and Zucchini)</td>
<td>Green Salad with Shredded Brussels</td>
<td>Cabbage and Kale Salad</td>
</tr>
<tr>
<td>Vinaigrette</td>
<td>Mesclun Salad Mix with Radish and Chickpeas</td>
<td>Caesar Salad with</td>
<td>Sprouts, Carrots, Bell Pepper, and Cucumber</td>
<td>1000 Island Dressing</td>
</tr>
<tr>
<td>Orange</td>
<td>Chicken</td>
<td>Romaine, Croutons, and Parmesan</td>
<td>Italian Dressing</td>
<td>Apple OR</td>
</tr>
<tr>
<td>Trans Fat-Free Spread</td>
<td>Banana</td>
<td>Caesar Dressing</td>
<td>Fresh Fruit Cup</td>
<td>Unsweetened</td>
</tr>
<tr>
<td></td>
<td>Trans Fat-Free Spread</td>
<td>Cantaloupe</td>
<td>Trans Fat-Free Spread</td>
<td>Applesauce</td>
</tr>
</tbody>
</table>

*MENU SUBJECT TO CHANGE

This project is funded, in part, by LA County Area Agency on Aging, through the Older American Act of 1965, the City of Culver City and the generous donations of our community.
VOLUNTEERS WANTED!

DID YOU MAKE A 2020 RESOLUTION TO GET HEALTHIER? BE MORE ACTIVE? GIVE BACK? HERE’S YOUR CHANCE!

Culver City Screenland 5K

The Screenland 5K will take place in Culver City on Sunday, February 8th. The 5K runs through downtown Culver City and by storied movie and television soundstages. For information about the event visit: www.screenland5k.com

Volunteers will be needed for various shifts from 6 a.m. -12 p.m. for tasks including course marshals, refreshment providers and registration table workers and more! Volunteers receive parking privileges, admiration of 2,000 guests from around the country, an event t-shirt, refreshments and are eligible to win Swag Bag prizes. All ages and abilities are welcome to assist! If you’re interested in being a volunteer you can sign up online or email: Gavin@MercuryEvent.com

Homeless Count in Culver City

Join us and become more hands-on and engaged in local efforts to address homelessness. No experience required! The Culver City Housing Division is taking the lead in conducting Culver City’s 2020 Homeless Count on the evening of Wednesday, January 22, 2020, between 8:00 p.m. and midnight. This is a collaborative effort among cities and part of the 2020 Greater Los Angeles County Homeless Count. Join others who are committed to ending homelessness- this is a great opportunity that everyone can be a part of. Volunteers are teamed up, trained, given all needed supplies and deployed to designated areas throughout the county to count the homeless - in one night. Just a few hours of your time can make the difference in someone finding permanent housing.

Adopt & Shop Animal Care

The Culver City Adopt & Shop is located at the corner of Culver & Sepulveda. Volunteers assist with various tasks including socializing cats & dogs, dog walking, photographing & taking videos of available pets, adoption counseling, cleaning kennels and giving care to kittens. Volunteers must commit to a minimum of three months of service, volunteering at least 8 hours of service per month. Orientation for new volunteers is offered several times a month. Please note: volunteer shifts & sign-ups are done ONLINE at adoptandshop.com

If you’re interested the opportunities above please contact Jill at 310-253-6722, via email at jill.thomsen@culvercity.org or stop by her office at the Senior Center!
Want to meet with a social worker or have supportive service questions?
We have expanded our counseling program!!

Special Service For Groups– Silver (SSG)
Do you or someone you know need a little extra help? Stop by the Culver City Senior Center to meet with one of our Social Workers. Together you can discuss your options and find the resources and services you need. SSG specializes in field-based case management and behavioral health services and their goal is sustaining independent lives with vital and empowering resources.

Here are a few of the specific services SSG provides:

- Care management
- Family caregiver supportive services
- Mental health services
- Information and referral services

Meet with a Social Worker in the Community Partnerships Office beginning the first week of December!!

Jess: Mondays 10:00a.m.– 4:00p.m.
Sharon: Tuesdays 10:00a.m.–3:00p.m.
Saki: Wednesdays 10:30a.m.– 3:00p.m.
Valerie: Thursdays 9:30a.m.–3:30p.m.
Leslie: Fridays 10:30a.m.-4:30p.m.
AARP Tax Preparation Assistance

AARP Tax Assistance will be available on Mondays and Wednesdays beginning February 3rd through April 15th from 9:00am to 3:30pm BY APPOINTMENT ONLY. The Senior Center Business Desk will begin scheduling appointments on Monday, January 13th at 9:00am. Please call (310) 253-6700.

*Walk-ins only on last two days (April 13th & 15th) plus one extra day-April 10th*

All Senior Center programs will be cancelled on Saturday, January 25th. The Fitness Room and Pool Room will be closed. The tables in the hallway will not be available for card/board games. We apologize for any inconvenience.
CERAMICS RETURNS ON JANUARY 6TH
Thank you to everyone who donated money for the new kiln! Instructor, Sharen Sawa, will resume her class at the regular scheduled time on Monday, January 6th from 9:00am-12:00pm.

Alzheimer's Caregiver Support Group
Hosted by Alzheimer's Los Angeles
Are you caring for someone with Alzheimer's or dementia? Join our support group and connect with others who understand your experience!
Starting on January 8, 2020, this group meets on the Second and Fourth Wednesdays of every month, from 10:30am until 12:00noon. For more information, please call Jorge at (310) 901-9319

The Newsletter is available online at www.culvercity.org/seniorcenter