White Elephant Sale
Monday, February 17th from 9:00 a.m.-11:30 a.m.
Hosted by the Merry Makers
Time to de-clutter and donate your clean, reusable items to the sale!!
All proceeds are donated to local charities! Please bring donations on Friday, February 14th.

“We Come This Far by Fate”
Friday, February 28th from 12:30 p.m.-1:30 p.m.
A celebration of Black History Month. Hosted by Genevieve DePew. Includes a special performance by the Culver City Senior Center’s Dancercise Class!
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 1:00p.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.

SUNDAY MOVIES

February 2 SONY SUNDAY: MAGGIE’S PLAN

Maggie wants to have a baby, raising him on her own, but when she gets romantically involved with John, a married man, things get complicated and all the balance of Maggie’s plan may collapse. 2015; R; Comedy, Drama, Romance; Greta Gerwig, Ethan Hawke, Julianne Moore; 98 min.

THANK YOU SONY FOR THIS FILM!!

February 9 GOING IN STYLE

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded their money. 2017; PG-13; Comedy, Crime; Morgan Freeman, Michael Caine, Alan Arkin; 96 min.

February 16 THE LEISURE SEEKER

A runaway couple go on an unforgettable journey in the faithful old RV they call “The Leisure Seeker”. 2017; R; Adventure, Comedy, Drama; Helen Mirren, Donald Sutherland, Christian McKay; 112 min.

Movie Nostalgia

February 23 THE PHILADELPHIA STORY

When a rich woman’s ex-husband & a tabloid type reporter turn up just before her planned marriage, she begins to learn the truth about herself; 1940; Comedy, Romance; Cary Grant, Katharine Hepburn; 112 min.

TUESDAY MOVIES

February 4 ANNA BLOENA

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 & Francesco Meli is Lord Percy. We will be showing ACT II this month; Act II is 99 min.

February 11 LOVE IS ALL YOU NEED

A hair dresser who lost her hair to cancer, finds out her husband is having an affair, travels to Italy for her daughter’s wedding, and meets a widower who still blames the world for the loss of his wife. 2012; R; Comedy, Drama, Romance; Pierce Brosnan, Trine Dyrholm; 116 min.

February 18 JUDY

Legendary performer, Judy Garland, arrives in London in the winter of 1968 to perform a series of sold-out concerts. 2019; PG-13; Biography, Drama, Romance; Renee Zellweger, Jessie Buckley; Finn Wittrock; 118 min.

February 25 THE HUSTLE

Two con-women, one low rent and the other high class, team up to take down the men who have wronged them. 2019; PG-13; Comedy, Crime; Anne Hathaway, Rebel Wilson, Alex Sharp; 93 min.
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!
Open to CCSCA members only.
Every Tuesday from 10:45a.m.-12:30p.m.

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

Sights and Sounds of the Great American Songbook: George & Ira Gershwin
Come and enjoy Bob Lipson, Don Snyder, & Steve Fry.
Open to members of the CCSCA only.
Thursday, February 20th at 1:00p.m.

Rudy’s Forever Young Karaoke
Join Rudy and friends for a fun filled afternoon of Karaoke!
Open to members of the CCSCA only.
3rd and 4th Wednesday of every month from 2:00p.m.-4:00p.m.

Sing Along with Dolly
Dolly plays the piano and conducts sing-a-longs with the words to songs from Irving Berlin, George Gershwin, Cole Porter, Jerome Kern, to the Beatles! Playing the great old standards from the 20s, 30s, 40s, 50s, and 60s, along with special requests. So come and enjoy the music!
Open to CCSCA members only.
Friday, February 7th at 1:00p.m.

Special Activities

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.
Open to CCSCA members only.
Monday, February 3rd at 1:00p.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!
Open to the public, age 50+.
Tuesday, February 4th at 3:30p.m.-4:45p.m.

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.
Open to CCSCA members only.
Thursday, February 6th at 10:00a.m. $3.00 Fee

Ask the Physical Therapist: Great Posture & Healthy Neck
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.
Open to CCSCA members only.
Thursday, February 6th at 10:00a.m.

BINGO!
Join Bernice on the patio for Bingo once a month!! This month she requests all participants to please wear a festive hat!
Open to CCSCA members only.
2nd Wednesday of every month, at 12:30p.m. (weather permitting)

Monthly Birthday Celebration
If your birthday is in February, 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 Sharyn Scott!!
Open to CCSCA members only.
Thursday, February 13th at 1:00p.m.
Look What’s Coming Up!!

Adventure with Doug: Vagabond Peak
Vagabond Peak on the eastern side of the Sierra Nevada sounds like a nice, inviting mountain until you learn its nickname is Thunder and Lightning Peak. So for this adventure we’d better be careful! It’s also 13,336 feet high! As the air thins, gorgeous alpine lakes will begin to look like clusters of delightful little dark green ponds far below. And the grandeur of the High Sierra will rise above us. Join us for our spectacular slide show, full of amazing vistas and scenery, as we climb this fantastic mountain.
Open to CCSCA members only.
Tuesday, February 18th at 3:30p.m. in Room B47

NEW Film Group!!
Meets the 3rd Thursday of the month from 12:00pm-12:30pm in the Conference Room. Each month the group will review a new movie. This month they will be discussing Parasite and Jojo Rabbit.
NO FEE! Open to CCSCA members only.
Thursday, February 20th at 12:00p.m. in the Conference Room

Ukulele Comedy Show
Jan Bock, comedian and member of the CCSCA’s very own Ukulele Class, has performed with “Million Laughs” Josclyn Jokers, CC Dramedy, Held2gether Improv, Jump Start Comedy Troupe, Senior Comedy Afternoons, and the Ice House. She is a comedian, song writer, improvisor, and plays the ukulele! Jan will perform her original comedy songs along with her funny thoughts on life as a senior.
Open to CCSCA members only.
Friday, February 21st at 1:00p.m.

Free Volunteer Notary
Volunteer Notary, Zonnie, will be available on the last Wednesday of the month. You must bring your membership card, a picture I.D., and please note you will be fingerprinted.
Open to CCSCA members only.
Wednesday, February 26th from 10:00a.m.-12:00p.m.

Special Movie Presentation: Paris Can Wait
The wife of a successful movie producer takes a car trip from the south of France to Paris with one of her husband’s associates. 2016; PG; Comedy, Drama, Romance; Diane Lane, Arnaud Viard, Alec Baldwin; 92 min.
Open to CCSCA members only.
Thursday, February 27th at 12:30p.m.
Special Presentation on Fall 2020 Trips!
2020 features the “Blue grass County & the Smoky Mountains” and a “Spotlight on the French Riviera”
Open to CCSCA members only.
Tuesday, February 11th at 10:00a.m.

“The Cunning Consumer”
Join Ellis Levinson, The Consumer Guy, for an entertaining and informative session on how cell phones and consumer habits seriously compromise their personal security! A former standup comic, Ellis transitioned into becoming an award-winning TV consumer reporter, advocate and blogger. He is the author of the book “Hiring Contractors Without Going Through Hell.” Seniors are the most targeted group for scamsters. Bring your questions and issues. If Ellis doesn’t know the solution he’ll find it!
Open to the public, age 50+.
Wednesday, February 12th at 10:00a.m.

Alzheimer’s Los Angeles: Dementia Friend
Become a Dementia Friend by completing this one-hour session. Learn five key messages about dementia and develop action steps to help your community. Each participant with receive a Dementia Friend pin and become a member of this global movement developed by the Alzheimer’s Society in the United Kingdom.
Open to the public, age 50+.
Thursday, February 9th at 1:00p.m.

Los Angeles County Department of Mental Health: Mental Health & Stigma
A workshop put on by Mental Health promoters trained by the Los Angeles County Department of Mental Health. Their role is to provide educational workshops to individuals and their families seeking mental health resources on prevention and early intervention.
Open to the public, age 50+.
Monday, February 17th at 1:00p.m.

National Financial Literacy Campaign
We’re bringing another Question and Answer session in this month’s seminar! Bring your statements, policies, and all of your questions. Sevana and her experienced associates from the National Financial Literacy Campaign will take the hour to help answer your questions in all areas of personal finance. Whether you want to review your long term care, life insurance, annuities, or want to know your options available in different areas, they’ll help address your concerns.
Open to the public, age 50+.
Tuesday, February 18th at 10:30a.m.
“The Challenge of Change: Selling your home and making the transition without fear” by Peter Hujanen
The main topics that will be covered are:
1. Where am I going to move?
2. What are the financial consequences from selling the property?
What will I do with all of my stuff? (furniture, housewares, valuables, etc.)
Open to the public, age 50+.
Wednesday, February 19th at 10:30a.m.

New Treatments for Knee Arthritis
Sid Padia, MD, UCLA interventional radiologist, will discuss new minimally invasive treatments designed for people with knee pain who are not candidates for knee replacement surgery.
Open to the public, age 50+.
Monday, February 24th at 1:00p.m.

Reminding everyone to display your 2020 parking pass when parked in the Senior Center lot during program hours. You must have a current pass even if you have a handicapped placard. Parking at the Veteran’s Memorial Building is available for overflow parking and no pass is needed.

SNAP-Ed Program
Every Thursday in February at 1:00p.m.
A FREE 4 week health and wellness program to encourage active lifestyles and healthy food choices. Enjoy fun and lively activities with other older adults and talk about easy ways to make smart food choices and tips on how to create a more active lifestyle for yourself!
Sponsored by USDA SNAP-Ed (Supplemental Nutrition Assistance Program) and the Senior Nutrition Program (SNP)

AARP TAX PREPERATION 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 is scheduling appointments NOW, call (310) 253-6700.
*Walk-ins only on last two days (April 13th & 15th) plus one extra day-April 10th*
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<th>Sunday</th>
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<tr>
<td>8:00 ZUMBA Gold* $3.00</td>
<td>9:00 Chinese Group</td>
<td>9:00 Japanese Class</td>
<td>8:00 ZUMBA Gold* $3.00</td>
<td>8:00 Watercolor* $12.00</td>
<td>8:00 ZUMBA Gold* $3.00</td>
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<td>9:00 Beg. Tai Chi* $3.00</td>
<td>9:00 Merry Makers Club</td>
<td>9:00 Bridge</td>
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<td>9:00 MelodyMasters (50+)</td>
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<td>9:00 Ceramic* $8.00</td>
<td>9:15 Open Computer Lab</td>
<td>9:15 Tai Chi with Greg</td>
<td>9:15 Mindbodydance® $3.00</td>
<td>9:15 Mindbodydance®</td>
<td>9:00 Advanced Tai Chi* $3</td>
<td>SUNDAY DANCES $4.00 Members</td>
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<td>9:30 Mindbodydance® $3.00</td>
<td>10:00 German* $3.00</td>
<td>10:00 Pan</td>
<td>10:00 Ballroom Dance* $4.00</td>
<td>10:00 Chinese Group</td>
<td>9:00 Knitting Class</td>
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<td>10:30 Beginning Tai Chi* $3.00</td>
<td>10:45 Move &amp; Groove® $4.00</td>
<td>10:00 Prime of Life Yoga** $5.00</td>
<td>10:15 Open Computer Lab</td>
<td>10:15 Balance Challenge* $4.00</td>
<td>9:15 Open Computer Lab</td>
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<td>10:45 Move &amp; Groove® $4.00</td>
<td>10:45 Chirm ZUMBA® $3.00</td>
<td>10:00 Creative Writing* $5.00</td>
<td>10:15 Ballroom Dance® $4.00</td>
<td>10:00 Exercises for the Brain*$5</td>
<td>9:30-10:30 Blood Pressure Checks</td>
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<td>11:00 Russian</td>
<td>12:00 Mah Jong</td>
<td>10:45 Hula Dance® $3.00</td>
<td>10:45 Balance Challenge* $4.00</td>
<td>Not for persons with Alzheimer’s or dementia</td>
<td>10:00 Pan</td>
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<td>12:00 Mah Jong</td>
<td>12:00 Dinner &amp; Tea* $4.00</td>
<td>11:00 Karaoke</td>
<td>10:00 Exercises for the Brain*$5</td>
<td>10:00 Antique Treasure Hunt (1st Thursday)</td>
<td>10:15 Balance Challenge* $4</td>
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<td>12:00 Pastel Race* $5.00</td>
<td>12:15 Stretch Class® $5.00</td>
<td>12:45 Chair Yoga** $4.00</td>
<td>10:00 Reading*</td>
<td>10:00 Spanish-Intermediate (Maria Iannone)</td>
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<td>12:00 Swing Set Practice*</td>
<td>1:00 Low Vision Peer Support Group (Meet’s 2nd &amp; 4th Wed.)</td>
<td>(Multipurpose Room)</td>
<td>1:00 MOVIE</td>
<td>10:00 Conventional Spanish</td>
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<td>1:00 Cocoa’s Art Class</td>
<td>1:00 Fitness Class® $4.00</td>
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<td>1:00 MOVIE</td>
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<td>SUNDAY DANCES $4.00 Members</td>
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<td>1:00 Fitness Class® $4.00</td>
<td>2:30 Yoga* $3.00</td>
<td>First Tuesday of the Month: Free Coffee 8:30-10:30</td>
<td>1:00 MOVIE</td>
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<td>2:30 Line Dancing* $3.00</td>
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<td>2:30 Ukulele (beg.)* $3.00</td>
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<td>Refreshments served</td>
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**Fee for Class**

*Meets at VETS

All Classes Are Taken At Risk of the Participant

February 2020

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<tr>
<td>2 1:00 Movie</td>
<td>10:05 Trivia with Michael</td>
<td>3:30-4:45 Teen Tech Help</td>
<td>9:30-10:30 Blood Pressure</td>
<td>1:00 Antique Treasure Hunt</td>
<td>1:00 Ask the Physical Therapist</td>
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<td>9:00am Edgewater Hotel &amp; Casino CANCELLED</td>
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### Weekend Hours of Operation

- **Saturday**
  - 12:00-3:55 p.m.
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. 2020 CCSCA Membership Cards will need to be shown at all CCSCA sponsored events, classes, movies, and all various activities.

THANK YOU FOR YOUR COOPERATION!!

◊ Volunteers are still needed for the Snack n Chat Program! Please contact Daniella Gutierrez in the Nutrition Office or call (310) 253-6712, if you are interested!

WE ❤️ VOLUNTEERS

**“Kindness is the language which the deaf can hear and the blind can see” - Mark Twain**

Going into the new year, let’s all take a moment to express gratitude for our wonderful Senior Center and all the programs and services that are available to our members.

**IN MEMORIAM**

**ARLENE TANZER**
**ANITA GODKIN**

**BETTY SCHEDING**
**TED LOITERMAN**

Sydney has been a volunteer at the Culver City Senior Center for 8 months! She began volunteering in Nutrition and has since become a Business Desk volunteer, and helped with the 2020 Membership Registration Drive. Sydney says that she loves getting to know the Seniors and she hopes to continue to volunteer as long as she can.

Outside of the Center, Sydney enjoys spending time with her husband, whom she’s been married to for 46 years. Sydney worked in the fashion industry for 35 years as a buyer and manager for Neiman Marcus. She was born and raised in Colorado and went to college in Missouri, where she met her husband, and she eventually moved to Los Angeles. Sydney and her husband have 1 daughter and 1 son together. She thinks the Seniors are a wonderful group of people and it’s a privilege to her to be able to volunteer at the Center.

**Thank you Sydney for your hard work and dedication to the Culver City Senior Center!!**
TRIP SALES WILL BE HELD AT 8:30AM ON WEDNESDAY, February 5, 2020 IN THE LUNCH ROOM. YOU MUST SHOW YOUR 2020 MEMBERSHIP CARD WHEN SIGNING UP FOR THESE TRIPS AT TIME OF 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.

**CIRCU DU SOLEIL “VOLTA” - COSTA MESA: SUNDAY, APRIL 5TH-$95.00**

Lv. 11:00A.M. Rt. 5:00P.M.
You don’t want to miss this exciting performance!! Lunch on your own.

**CHUMASH CASINO: THURSDAY, APRIL 9TH-$30.00**

Lv. 8:00 a.m. Rt. 7:00 p.m.
Free play will be awarded upon arrival with valid ID. Please bring your player’s card when signing up for this trip.

**AQUARIUS CASINO & RESORT—LAUGHLIN:**

**SUNDAY-TUESDAY, APRIL 19TH-21ST**

Lv. 9:00 a.m. Rt. 5:00 p.m.
Package includes motor coach, driver’s tip, baggage handling, two nights accommodations, and fun book.

Singles: $170.00 Doubles: $145.00 per person

**PALA CASINO: THURSDAY, APRIL 30TH-$15.00**

Lv. 8:30 a.m. Rt. 6:00 p.m.
Player’s will be awarded free play upon arrival with valid ID. Please bring your Player’s Card when signing up for this trip.

**SPECIAL NOTICES**

* Collette brochures are available for 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

Special presentation of the “Bluegrass County & the Smoky Mountains” and “Spotlight on the French Riviera” with a Collette Representative.

*Tuesday, February 11, 2020 at 10:00am*
**LUNCH MENU FEBRUARY 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.

Please sign in for your lunch ticket before 11:15 a.m.

Voluntary suggested contribution per person for registered participants 60 & over and their spouses is $3. The mandatory fee for those 59 & below and non-registered seniors is $4. 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.

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.

<table>
<thead>
<tr>
<th>Monday 3</th>
<th>Tuesday 4</th>
<th>Wednesday 5</th>
<th>Thursday 6</th>
<th>Friday 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>Karaoke Day</td>
<td>Southwest Shredded Chicken</td>
<td>Onion Soup, with LS Gravy</td>
<td>Turkey Meatloaf with LS Mushroom Sauce</td>
</tr>
<tr>
<td>LS Roast Turkey with LS Gravy</td>
<td>Grape Juice</td>
<td>Warm Corn Tortilla, with LS Pinto Beans</td>
<td>Beef Vegetable Stir Fry</td>
<td>LS Red Bean with Ginger Soup</td>
</tr>
<tr>
<td>Cranberry Sauce</td>
<td>LS Potato Leek Soup</td>
<td>Shredded Cabbage and Tomato with Cilantro</td>
<td>(Broccoli, Celery, Onions, and Bamboo Shoots)</td>
<td>Beef Chowder with LS Gravy</td>
</tr>
<tr>
<td>WG Bread Stuffing with Herbs</td>
<td>Breaded White Fish</td>
<td>1000 Island Dressing</td>
<td>Jasmine Brown Rice</td>
<td>Spinach Salad with Mandarin Oranges</td>
</tr>
<tr>
<td>Fresh Baked Sweet</td>
<td>Tartar Sauce</td>
<td>Fresh Fruit Cup</td>
<td>Banana</td>
<td>LS Corn Chowder</td>
</tr>
<tr>
<td>Potato OR Yam</td>
<td>WG Roll</td>
<td></td>
<td></td>
<td>Spinach Quiche</td>
</tr>
<tr>
<td>Romaine Salad with Radishes</td>
<td>Barley with Herbs</td>
<td></td>
<td></td>
<td>WG Roll</td>
</tr>
<tr>
<td>Ranch dressing</td>
<td>Olive Beans with Olive Oil and Herbs</td>
<td></td>
<td></td>
<td>Whipped Sweet Potato OR Yam</td>
</tr>
<tr>
<td>Fresh Peach OR Pear</td>
<td>Oranges</td>
<td></td>
<td></td>
<td>Broccoli Salad</td>
</tr>
<tr>
<td></td>
<td>Chocolate Pudding</td>
<td></td>
<td></td>
<td>Cantaloupe Salad with Mandarin Oranges, Pineapple, and Mango</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 10</th>
<th>Tuesday 11</th>
<th>Wednesday 12</th>
<th>Thursday 13</th>
<th>Friday 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>LS Vegetable and Black Bean Soup</td>
<td>Karaoke Day</td>
<td>LS Albondogas Soup</td>
<td>Beef Enchilada Casserole</td>
<td>Happy Valentine's Day Special Ticket Required</td>
</tr>
<tr>
<td>Caribbean Chicken</td>
<td>Orange Juice</td>
<td>Fish Sandwich</td>
<td>Corn Tortilla in Entrée</td>
<td>Grape Juice</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Turkey Bolognese with PW Penne Pasta and LS Tomato Sauce</td>
<td>Fish without Breading</td>
<td>Green Beans with Olive Oil</td>
<td>Chicken a la Orange</td>
</tr>
<tr>
<td>Corn</td>
<td>Herbed Zucchini and Cauliflower with Olive Oil</td>
<td>Tartar Sauce</td>
<td>WS Bun</td>
<td>Brown Rice Pilaf</td>
</tr>
<tr>
<td>1000 Island Dressing</td>
<td>California Style</td>
<td>Broccoli Salad</td>
<td>LS Corn Chowder</td>
<td>Peas &amp; carrots</td>
</tr>
<tr>
<td>Apple OR</td>
<td>Caesar Dressing</td>
<td>Cantaloupe</td>
<td>Spinach Quiche</td>
<td>Coleslaw</td>
</tr>
<tr>
<td>Unsweetened Applesauce</td>
<td>Fresh Fruit in Season</td>
<td></td>
<td></td>
<td>White Cake with Strawberry</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 17</th>
<th>Tuesday 18</th>
<th>Wednesday 19</th>
<th>Thursday 20</th>
<th>Friday 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Juice</td>
<td>Special Menu In Honor Of Presidents' Day</td>
<td>Garlic Roasted Chicken</td>
<td>LS Corn Chowder</td>
<td>LS Lentil Soup</td>
</tr>
<tr>
<td>Turkey Shepherd's Pie</td>
<td>Karaoke Day</td>
<td>WG Noodles with Herbs</td>
<td>Spinach Quiche</td>
<td>Chicken Cacciatore</td>
</tr>
<tr>
<td>WG Roll</td>
<td>Orange Juice</td>
<td>Whipped Cauliflower</td>
<td>WG Roll</td>
<td>WG Baked Ziti with LS Tomato Sauce</td>
</tr>
<tr>
<td>Broccoli</td>
<td>BBQ Beef</td>
<td>Coleslaw</td>
<td>Fresh Baked Sweet Potato OR Yam</td>
<td>Carrots and Zucchini with Herbs</td>
</tr>
<tr>
<td>Assorted Salad Greens with Apple and Celery</td>
<td>Whole Grain Roll</td>
<td>Banana</td>
<td>Green Salad</td>
<td>Mixed Salad with Brussels Sprouts and Bell Pepper</td>
</tr>
<tr>
<td>Ranch Dressing</td>
<td>Potato Salad</td>
<td>Coconut Cake</td>
<td>with Tomato and Radish</td>
<td>Italian Dressing</td>
</tr>
<tr>
<td>Fresh Pear</td>
<td>Carrot Raisin Salad</td>
<td>Fresh Baked Sweet Potato</td>
<td>1000 Island Dressing</td>
<td>Apple OR</td>
</tr>
<tr>
<td>Trans Fat-Free Spread</td>
<td>Cherry Pie OR Cherry Cobbler</td>
<td>Pineapple and Mango</td>
<td></td>
<td>Unsweetened Applesauce</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 24</th>
<th>Tuesday 25</th>
<th>Wednesday 26</th>
<th>Thursday 27</th>
<th>Friday 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grape Juice</td>
<td>Karaoke Day</td>
<td>Turkey Chow Mein</td>
<td>Orange Juice</td>
<td>LS Split Pea Soup</td>
</tr>
<tr>
<td>Swedish Beef Meatballs</td>
<td>LS Vegetable and Barley Soup</td>
<td>with celery, onions, mushrooms, bamboo shoots, Water</td>
<td>Cheeseburger</td>
<td>Baked Salmon with Dill Sauce</td>
</tr>
<tr>
<td>WG Tarragon Noodles</td>
<td>Oven Fried Chicken</td>
<td>Chestnuts, &amp; Crispy Noodles</td>
<td>WG Bun</td>
<td>WG Roll</td>
</tr>
<tr>
<td>WG Roll</td>
<td>Macaroni and Cheese</td>
<td>Brown Jasmine Rice</td>
<td>Lettuce, Tomato, Onion</td>
<td>Whipped Cauliflower</td>
</tr>
<tr>
<td>Peas with Onions</td>
<td>Fresh Baked Sweet Potato OR Yam</td>
<td>Mixed Green Salad</td>
<td>Ketchup and Mustard</td>
<td>Spinach Salad with Mandarin Oranges</td>
</tr>
<tr>
<td>LS Beet Salad with Oranges</td>
<td>Coleslaw with Pineapples</td>
<td>with Tomato and Radish</td>
<td>Oven Roasted Potato</td>
<td>French Dressing</td>
</tr>
<tr>
<td>Oatmeal Cookie</td>
<td>Apple OR</td>
<td>LS Asian Dressing</td>
<td>Carrot Raisin Salad</td>
<td>Fresh Pear OR Peach</td>
</tr>
<tr>
<td>Trans Fat-Free Spread</td>
<td>Unsweetened Applesauce</td>
<td>Tangerine OR Tangelo</td>
<td>Banana</td>
<td>Trans Fat-Free Spread</td>
</tr>
</tbody>
</table>

"All you need is love. But a little chocolate now and then doesn't hurt." — Charles M. Schulz

*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.
Volunteering!

Please visit Jill in her office, call her at 310.253.6722 or email her at jill.thomsen@culvercity.org for information on volunteering. For the listings below please email or visit the websites as noted in each listing and let Jill know if you have any questions!

After School Tutoring

826LA is a non-profit tutoring organization for students and budding literary enthusiasts ages 6-18. It is located on Venice Boulevard in Mar Vista, about 10 minutes from the Senior Center. Volunteers should be friendly, flexible and patient! Volunteers needed for morning, afternoon, evening, and weekend projects as they support students in their writing endeavors. Volunteers are needed for field trips, evening tutoring, in-school events, after-school tutoring, college access, and workshops. Volunteers attend orientation as the first step to volunteering—dates can be found on their website, just click “Volunteer” on their website at—www.826la.org

Screenland 5K

The annual Screenland 5K will be held on the streets of Culver City on Oscar weekend! Volunteers are needed for various tasks including: water stations along the route, t-shirt distribution, registration and check-in, course monitors, finish line food distribution, finish line medal distribution, setup & tear down, etc. Shifts are: Saturday, February 8 and Sunday February 9. Please visit www.screenland5k.com and click on “Volunteer” if you are interested and to sign up to volunteer!

Baby2Baby

Baby2Baby needs volunteers for shifts at the Culver City warehouse. Shifts are typically available Tuesdays & Fridays 10 a.m.—2 p.m. or Fridays Volunteers need to be able to be on their feet the whole shift. Please visit http://baby2baby.org/get-involved/ if you are interested and to sign up to volunteer! Baby2Baby provides low-income children ages 0-12 years with diapers, clothing and all the basic necessities that every child deserves.
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 Today!!!**

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.

**Or Call Their Direct Phone Line:**

(310) 253-6717

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**Supportive Services offered at the Senior Center**

- AARP Driver Safety Program
- Case Management Referral
- Disabled American Veterans Support Group
- Grief Support Group
- HICAP: Health Insurance Advocacy & Counseling
- LA Dept. of Mental Health – Ask The Nurse/Therapist
- Low Vision Support Group
- Parkinson’s Disease Support Group
- Peer Counseling
- Social Worker drop-in hours

Culver City & Senior Social Services has answers!
Join the Culver City Senior Center Fitness Room!!

Available to CCSCA members ONLY

Improve your strength, cardiovascular conditioning, endurance, balance, and overall health!!

The Fitness Room is open Monday-Friday from 8:00am-4:00pm and Saturday & Sunday from 12:00pm-4:00pm.

Sign up at the Business Desk TODAY!! Must show membership card and have a signed Physician Authorization form.

Fee: $125.00 for the calendar year or $75.00 for six months (January-June OR July-December)

Do you or someone you know have hearing difficulties??

The Culver City Senior Center’s Lip Reading class is the place for you!!

This FREE class will improve your communication skills with friends, family, and peers!!

The class meets at the Veteran’s Memorial Building every Thursday except the first Thursday of the month from 10:00am-11:30am Instructed by Lois Frand

Must be a member of the CCSCA to take this class.

OTIS Life Stages “Everyone has a story to tell!”

Laurel Ollstein, Culver City Senior Center’s very own Creative Writing class instructor is a professor at Otis College of Art and Design. Twice a year, students from her class at Otis present their Life Stages project at the Senior Center. This is a live stage production that features stories about our Seniors! If you think you know a member of the Center with an extraordinary life story, please let Laurel know today, as she just began recruitment for her Spring production!

You can find Laurel in the Conference Room on Tuesday’s from 10:00am-11:30am!!

LADMH GENESIS

Ask the Nurse- 12-2 p.m. EVERY THIRD THURSDAY OF THE MONTH! Cat Devera will be available to answer questions regarding medications and other side effects, general wellness, and medical conditions – as well as taking vital signs such as heart rate, blood pressure, and weight.

Ask the Therapist- 10:30-12:30 p.m. EVERY FIRST FRIDAY OF THE MONTH! Makeda Cowen will be available to answer your questions regarding mental health issues for yourself or a loved one; such as: feelings of isolation or depression, difficulty in communication, domestic violence, elder or fiduciary abuse, when to seek counseling or therapy – and will it be covered by insurance – etc.

They will be in the main B wing hallway during the month of February.
My Brother’s Keeper Local Action Plan

The City of Culver City and the Culver City Unified School District are hosting a one day summit for boys and young men of color and their parents on March 14, 2020 at the Senior Center from 8:30 a.m. to 2:30 p.m. This event is to officially launch the My Brother’s Keeper Local Action Plan adopted by the City Council on January 27, 2020 which commits the City to (1) ensure all students graduate from high school and have access to four-year colleges; (2) ensure all youth out of school are employed; and (3) ensure no child is homeless. The summit will consist of workshops emphasizing career readiness and opportunities, social justice awareness, education excellence, and mental wellbeing.

ALL SENIOR CENTER PROGRAMS WILL BE CANCELLED ON SATURDAY, MARCH 14TH.