August 2nd is National Friendship Day!!

National Friendship Day occurs every year on the first Sunday of August and highlights the valuable role that friends play in our lives. Whether you have a small group of close knit friends or a large group of besties, your friends are some of the most important people in your life. Here are some ways you can celebrate National Friendship Day while staying safe at home:

• Start the day by being thankful for the friends you have and embrace the feeling of being loved and spreading love.
  • Call your friends and share a favorite memory you have with them.
  • Write your friends a letter, sharing with them how much they mean to you and how grateful you are for their friendship.
• Although you cannot physically be with your friends today, celebrate them by cooking their favorite food or listening to their favorite music.

Sneak Peek

We had so much fun at last month’s Senior Center Drive-By! Thank you to all the lovely seniors who were able to come by and wave to staff. Check out page 10 to see how we are bringing the drive-by to you this month!!
This Month Let’s Master Some Yoga Poses While Staying Safe at Home!!

Try doing each pose at least once a day. This could be your new morning or evening routine!! Hold each pose for 10 seconds. Be sure to check your surroundings and make sure you are in a safe environment with no fall hazards. Always drink plenty of water and other drinks that replenish electrolytes. HAVE FUN!!
Online Senior Classes via Zoom

This month, we have added one more FREE classes to our virtual programming schedule. If you would like access to any of our online classes, please email Amanda.rigali@culvercity.org and she will send you the class’ Zoom link and meeting ID.

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Day/Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heartfulness Meditation</td>
<td>This session includes guided relaxation and meditation. It is open to anyone interested in learning meditation the heartfulness way.</td>
<td>Friday at 1:00 p.m.</td>
<td>Prasad Singamsetty</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>12:00-12:45 for beginners, 12:45-1:15 for improvers, &amp; 1:15-2:00 for intermediate/advanced dancers. We will review old dances &amp; learn some new ones!</td>
<td>Monday &amp; Friday 12:00 p.m.—2:00 p.m.</td>
<td>Jackie English</td>
</tr>
<tr>
<td>Mindbodydance@home</td>
<td>A joyful mind-body workout blending movement and music.</td>
<td>Monday &amp; Thursday at 10:00 a.m.</td>
<td>Maribeth Dougherty</td>
</tr>
<tr>
<td>Play Writing</td>
<td>Explore different styles of theatre and use dialogue to tell stories. The instructor will assign short writing exercises each week.</td>
<td>Thursday at 10:00 a.m.</td>
<td>Laurel Ollstein (Senior Center Creative Writing Class Instructor)</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>A class focused on slow, circular stretching motions and bodily balance.</td>
<td>Monday at 9:45 a.m. &amp; Saturday at 9:45 a.m.</td>
<td>Anton Summers</td>
</tr>
<tr>
<td>Zumba</td>
<td>Fitness class consisting of dance &amp; aerobic exercise routines.</td>
<td>Monday, Wednesday, &amp; Friday at 9:00 a.m.</td>
<td>Sandy Phillips-Whitfield</td>
</tr>
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New Yoga Class Videos Are Available!!

<table>
<thead>
<tr>
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<th>Description</th>
<th>Instructors</th>
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</thead>
<tbody>
<tr>
<td>Mat Yoga Classes</td>
<td>This gentle yoga class works without putting any unnecessary strain on the participant by ending modifications for different poses. This approach includes carefully orchestrated movements, controlled pressure and well measured stretches, all with the support of breath.</td>
<td>Shanna Hughes &amp; Denise Hughes</td>
</tr>
<tr>
<td>Chair Yoga Classes</td>
<td>Chair yoga is a gentle form of yoga that modifies yoga poses to be practiced sitting on a chair, or standing using a chair for support. In addition to a good stretch, chair yoga students can also enjoy other health benefits of yoga including improved muscle tone, better breathing habits, reduction of stress, better sleep and a sense of well-being.</td>
<td>Shanna Hughes</td>
</tr>
<tr>
<td>Gentle Chair Yoga</td>
<td>Students will perform posture and breathing exercises with the aid of a chair. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction.</td>
<td>Caroline Scherzer</td>
</tr>
</tbody>
</table>

For access to the videos, please email Amanda.rigali@culvercity.org
UCLA Virtual Workshops

More virtual workshops have been scheduled through UCLA!!

Advance Health Care Planning—Tuesday, August 11th from 6:00pm-8:00pm
Learn how to communicate your health care wishes to your family and friends, appoint someone as your surrogate decision maker, and review health care decision-making documents.

Is It a Stroke and What to Do—Wednesday, August 12th from 1:00pm-2:30pm
Learn what a stroke is, the warning signs and symptoms, and strategies to help if you think you or someone else is experiencing a stroke. Speaker: Stacey Santer, RN, Stroke Coordinator, UCLA Medical Center, Santa Monica.

UKEEP: CKD: What You Should Know—Sunday, August 16th from 1:00pm-4:00pm
UCLA CORE Kidney Program presents Anjay Rastogi, MD, PhD Professor of Medicine and Clinical Chief of Nephrology, who will speak on what you should know about chronic kidney disease (CKD).

Thyroid Disease—Thursday, August 20th from 12:00pm-1:30pm
James Wu, MD UCLA endocrine surgeon, will discuss the anatomy and function of the thyroid, how thyroid blood tests are viewed, concerns about a thyroid nodule and when surgery is necessary.

Losing Balance? Falls? Don’t Fear!—Wednesday, August 26th from 5:00pm-6:30pm
As humans age, there is a decline in balance that is contributing to falls. Fear of falling increases the decline in activity level and loss of independence. Learn about balance, knock down the fear of falling, how to recover from a fall and balance exercises to challenge yourself.

Living Well with Arthritis and Pain—Thursday, August 27th from 12:00pm-1:30pm
This seminar will explore the importance of using holistic approaches to better manage maturing bodies, focusing on yoga, mindfulness, movement strategies and other conservative methods of pain management to live a life with more ease in our bodies and minds.

To RSVP for these workshops, go online to connect.uclahealth.org/calendar or call (800) 516-5323.

Virtual Support Groups with Alzheimer’s Los Angeles

These support groups offer a safe place to talk through challenges, share feelings and concerns, and learn about resources that are available. The virtual groups will be held using Teams, and participation is free and easy. Attendance may be done by either telephone (voice only) or video call.

Mondays, 11:00 a.m. – 12:00 p.m.—Caregiver Group
Tuesdays, 6:30 p.m. – 7:30 p.m.—Bereavement Group
Wednesdays, 3:00 p.m. – 4:00 p.m.—Spanish Speaking Group
Wednesdays, 7:00 p.m. – 8:00 p.m.—Caregiver Group
Thursdays, 11:00 a.m. – 12:00 p.m.—Caregiver Group
Fridays, 2:00 p.m. – 3:00 p.m.—Group for Caregivers of people living in a residential facility

To RSVP & access these services call their helpline 844.HELP.ALZ (844.435.7259) or visit their website AlzheimersLA.org
Virtual Concerts

Music Mends Minds
Join Music Mends Minds for a fun filled concert three times a week! Every Monday, Wednesday, and Friday from 1:00 p.m.—2:00 p.m. Music Mends Minds hosts a free sing— a—long session!
“Music with Michael”
Our awesome volunteer guitarist, Michael Monogan, will continue hosting his weekly Zoom concerts. Tune in to hear him play the songs of Sinatra, Astaire, Elvis, the Beatles and more! Thursday, August 6th, 13th, 20th, & 27th at 1:00 p.m.

If you would like access to these two virtual concerts, email Amanda.rigali@culvercity.org to receive the Zoom link.

“Symphony at Home”
Los Angeles Doctors Symphony Orchestra presents a Summer Festival with Music Director Ivan Shulman. Relive exciting moments from prior seasons. Visit www.lados.org and click on the “SUMMER FESTIVAL” tab. Highlights include “The Butterfly Lovers Concerto” by He Zhanhao and Chen Gang, performed by virtuoso violinist Sam Fischer; and Jacques Offenbach’s “Orpheus in the Underworld.”

Visit us online at www.culvercity.org/prcs
August Trivia Questions with Answers:

Thank you to the Senior Center’s very own monthly trivia instructor, Mike, for creating these questions! He would like to dedicate this month’s trivia questions to Jim Reynolds, who passed away in June and was there for the first Senior Brain Trivia Class in November of 2014.

1. What do the following people have in common? Playwright Neil Simon, TV personality Gerardo Rivera, President’s daughter Malia Obama, Actress Gina Lollobrigida, and Bill Withers? Hint Tom Cruise missed by a day.

2. What political Broadway musical won 11 Tony Awards and is now a hit movie?

3. I’ll give you the famous father, you give me the famous son or daughter: Henry Fonda? Jerry Stiller? Ryan O’Neal? Bruce Willis? Lloyd Bridges?

4. Who is the Argentine professional soccer player, who just scored his 700th goal and is known as one of the best of all-time?

5. What are the three main items that Americans are cutting back from doing/using to save money during the COVID-19 Virus? Bonus name the next two on the list

6. During the 1980s, who were the stars of the following movies that made them major stars in the industry? Sixteen Candles? Back to the Future? Footloose? Male & Female from Dirty Dancing?, Risky Business?

7. Five great musical artists, who are now all in their 70s in age, lived in Laurel Canyon. I will give you the six initials (3 males and 3 females) and you provide the great musician’s name: JB?, DH?, GN?, MP?, BR? LR? (they are in alphabetical order and start with males).

8. Exactly 100 years ago, which team won the baseball World Series and who did they defeat for the title?


*Bonus Question: It is the 40th anniversary of the movie Urban Cowboy. Who were the male and female actor leads in the movie?*

Word Painting with Poetry

The Culver City Senior Center’s Poetry class instructor, Dr. Janet Hoult, has decided to retire after 5 years of teaching at the Center. In 2015, when Dr. Janet Cameron Hoult was appointed Culver City’s Honorary Artist Laureate for Poetry, she organized the Word Painting with Poetry class at the Senior Center. Part of her duties as the City’s Poet Laureate was to focus on the creative arts and to encourage people to enjoy poetry, to write poems and to share their work. That has happened over the years as she was able to hold PoeTeas with the assistance of the Senior Center, a Centennial Poetry Contest which resulted in the publication of “Culver City’s Centennial Poetry Collection” and having student poets attend City Council meetings to share their poems. Thank you for all you have done for Culver City and the Senior Center, Janet!

Word Painting
by Janet Cameron Hoult  2008

Some words are heavy, some have wings
Some make you think of many things
Some can help your mind to soar
Others dash you to the floor.

Words with syllables and letters
Can often keep your mind in fetters
“Which word fits here? Is this one right?”
It can become a mental fight.

Bound by rules and strictest diction
To work a rhyme can cause much friction
By shaking off the hard fast rule
The poet is genius or fool.

Words that the poet finds
Paint clearer pictures in our minds
Word choice makes mental pictures lush
Words are the paint, the poet the brush.

“We ARE ALL ONE”

When I sit in silence, contemplating my life,
I am grateful over and over to have manageable strife.

The world is in so much turmoil. People dying left and right.
The Corona virus does not care if you are yellow, gay, black or white.

If only humanity would honor that we are truly all one.
Injustice has been committed, on each and everyone.

Just thoughts divide the people; a thought can make them dear.
God gave us eyes to see with and not to judge and fear.

When will we finally realize that judgement creates fear.
So let us travel on this road together and hold the journey dear.

We all look different on the outside;
we all have different names;
but never ever forget to realize ...
on the inside, we are ALL the same.

Covid 19 knows no color. It randomly hits at its will.
We are all in this together!
LET’S LEARN THE LESSON...NOT KILL!!!

We would like to thank Senior Center member, Hennelore Hutton for submitting this poem to us. We thought it would be a lovely addition to our newsletter as it relates to social injustice.

Thank You!
Protect Yourself From Contact Tracing Scams

Contact tracing is an important step in slowing the spread of COVID-19. It’s when health workers notify you that you’ve been in contact with an infected person, and you should also get tested. The process is confidential. Please be aware that public health workers will never ask for your Social Security number, immigration status, or financial information. To learn more about contact tracing, go to https://covid19.ca.gov/contact-tracing/.

CONTACT TRACERS WILL ONLY ASK FOR:

- NAME
- DATE OF BIRTH

CONTACT TRACERS WILL NEVER ASK FOR:

- SOCIAL SECURITY NUMBER
- BANK ACCOUNT NUMBER

CONTACT TRACERS WILL NEVER ASK YOU FOR FINANCIAL INFORMATION.

IF YOU HAVE A CONFIRMED CASE OF COVID-19, AND NEED TO TALK TO A CONTACT TRACER, CALL:

TOLL FREE 1-833-540-0473

Blind Date with a Book

Have you run out of books to read in your home?? The bookshelves at the Senior Center are full and the books are getting lonely. We want to share our books with YOU!! All you have to do is call or email Senior Center staff member, Adam, and tell him your top 2 favorite genres of books. Adam will pick out 1 book for each genre and have staff drop off the 2 books at your home. The books will be a surprise just like a blind date! Don’t forget we have a large print library available as well!

Email Adam at Adam.ferguson@culvercity.org
Call Adam Ferguson at (310) 253-6728

Visit us online at www.culvercity.org/prcs
Culver City Senior Center Cook Book

Do you have a favorite recipe that you would like to share with your fellow Senior Center members?? How about a new recipe that you have created while staying safe at home?? We will be creating a Culver City Senior Center Cookbook with recipes from our very own Senior Center members!!

All you have to do is:
1. Write down the name of your dish
2. Include the recipe with the ingredients needed and step by step instructions on how to cook/bake it
3. Define which section the recipe should be placed in (appetizer, main dish, dessert, etc.)
4. Add a photo (optional)
5. Mail or email the recipe to Amanda!!

To ensure that your recipe is included in the cookbook, mail or email it to Amanda by Monday, August 31st. Include your first name and first initial of your last name to be published along with your recipe!

*If you would like to share a secret family recipe, be sure to say it’s secret and staff will keep the recipe anonymous*

Email your recipe to
Amanda.rigali@culvercity.org

Mail your recipe to:
Culver City City Hall
Attn: Senior Center
9770 Culver Blvd
Culver City, CA 90232

Do You Have a Green Thumb?

Calling all plant lovers!! We want to gift you a small potted plant in September! All you have to do is contact Amanda at (310) 253-6715 or email her at Amanda.rigali@culvercity.org and a plant will be delivered to your home in September. We will do monthly check ins to see how well your plant is growing! You can decorate your potted plant however you’d like, now is the time to let your creativity shine!!

Visit us online at www.culvercity.org/prcs
Drive-By at YOUR Home!!

Last month, staff had SO much fun at the Senior Center Drive-By! We loved being able to see some familiar faces and chat with all the seniors that we have missed seeing here at the Center. We want to thank those who were able to make it to the event!

This month, we want to bring the drive-by to YOU!! Yes, at your home, whether it be a house, condo or apartment complex, we will make it happen!! The Senior Center staff and hopefully some special guests will drive by your home and wave to you! All you have to do is call Amanda at (310) 253-6715 to schedule a drive-by.

We hope to hear from you soon!!

One on One “Ask the Nurse” is Back!

The Los Angeles Department of Mental Health has created a new program where clients can receive individual or group counseling via phone or computer. If you do not have a smart phone or computer access, then you will be given a toll free number to call. Group counseling will also be available, with topics highlighting Covid-19. If you are interested in Ask the Nurse, please contact the Senior Center Business Desk at (310) 253-6700 and they will put you in direct contact with LADMH.

What ideas do you have for fun, social-distanced events or activities at the Senor Center?

Staff are working hard to come up with creative activities and events for you all to participate in while maintaining a safe social distance from one another. We want to hear what ideas you have for safe social distanced events! All events must be held outside and allow for safe social distancing.

Please mail in a letter with your ideas or email them to Amanda.rigali@culvercity.org.

Culver City City Hall
Attn: Senior Center
9770 Culver Blvd
Culver City, CA 90232
Virtual Fiesta La Ballona

Culver City’s annual “Party in the Park” is going virtual!! The weekend festivities will be available on fiestalaballona.org from Friday, August 21st through Sunday, August 23rd. The website will feature the following sections:

- Entertainment (10 prerecorded band performances)
- Virtual Carnival Games & Rides
- Zero Waste World (composting videos)
- Culver City Marketplace—A highlight of local food and restaurants, retailers and artisans
- Fiesta weekend scavenger hunt via Instagram
- History of Culver City & Fiesta La Ballona.

Do you have any pictures or videos from a past Fiesta La Ballona? Contact Jill Thomsen at (310) 253-6722 or by email at jill.thomsen@culvercity.org so that your photos and videos can be shared on the website!

Raffle!!

The Senior Center received a generous donation of a beautiful chess set and record player! We want to give both of these items to two lucky seniors! Enter our raffle for a chance to win one of these awesome prizes!! All you have to do is mail us a letter stating which prize drawing you would like to be entered in (or both). Include your first and last name, phone number, address, and which drawing you would like to be entered in! Staff will hold the drawing on Friday, August 14th, so be sure to mail in your letter before then!! The winners will be announced in next month’s newsletter.

The record player is a Westport Turntable and it is 14in x 18in

BONUS!! It comes with 2 albums:
“The Volga” & “Moscow Nights”

House of Stanton Grandmaster Chess Set is 20.5in x 20.5 in

Letters From Our Seniors

We have continued to receive letters from our awesome seniors! Senior Center staff want to thank you for all of the kind words!!

“Keep doing what you all do!” - Bernice W.
“Best wishes to the best Senior Center!” - Jean T.
“I miss you very much and now I value much more the friendships, the time and all the moments we shared together above all!” - Natalia E.
Visit our Virtual Recreation Center at
www.culvercity.org/virtualprcs

Stay Local—with resources and classes from local Culver City businesses.

Stay Active:

- Move Your Body—with links to at home fitness classes
- Exercise Your Brain—this will link you to websites such as the LA County Library, which offers a huge variety of resources including eBooks & movies
- Have Fun—with links to virtual tours of the world’s most famous museums, National Parks, & the Aquarium of the Pacific

Stay Connected—with tips on how to stay in contact with friends & family

Stay Safe—with the latest and most up-to-date information regarding COVID-19 and resources to keep you informed on how to stay nourished during this time

We are here for you!!

PRCS Staff is available: M-F: 9:00 a.m.—5:00 p.m.
Sat & Sun: 12:00 p.m.—4:00 p.m.
The City of Culver City's Coronavirus Hotline: 7:30 a.m.—5:30 p.m.
(310) 253-6890
Senior Center: (310) 253-6700
Nutrition/Senior Meals: (310) 253-6712
Special Service for Groups (SSG)/Mental Health: (310) 253-6717
Or visit www.culvercity.org/prcs or www.culvercity.org/coronavirus

Be sure to follow us on Social Media:
Our NEW PRCS Department Instagram: @culvercityprcs
City website: www.culvercity.org
City Facebook: www.facebook.com/CityOfCulverCity
PRCS Facebook: www.facebook.com/CulverCityPRCS
City Instagram: @culvercitygov

Visit us online at www.culvercity.org/prcs