Wow, what a year 2020 has been!! We closed our doors on March 14th and although we have spent most of this year apart, we all made it through 2020 together. The Senior Center staff miss you all so much!! We are disappointed that we won’t be able to celebrate the holiday season with you all at our annual holiday parties, but we look forward to the time when we can reopen our doors and celebrate together once again! Please reach out to us if you or a loved one need anything during this holiday season, we are here for you. We hope you all are able to enjoy the holidays while staying safe at home. Take care of yourselves and know that the health and safety of our senior community will continue to be our number one priority moving into the new year.

Your Senior Center Staff

Sneak Peek

We encourage you all to celebrate the holiday season safe at home by watching all of the wonderful virtual holiday events that we have listed on page 7!

Don’t forget to check out page 11 to see who won last month’s Halloween Costume Contest!!

December 2020
Easy Exercises to do While Staying Safe at Home

Try doing 10 reps of each of these exercises at least 4 times a week! This could be your new morning or evening routine!! 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!!

Visit us online at www.culvercity.org/prcs
Online Senior Classes via Zoom

If you would like access to any of our online classes, please email info.seniorcenter@culvercity.org and we will send you the class’ Zoom link and meeting ID.

There will be no classes held on Christmas or New Year’s Day.

Gentle Chair Yoga—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. This class is taught through videos and not on Zoom.
- Instructor: Caroline Scherzer

Heartfulness Meditation—This session includes guided relaxation and meditation. It is open to anyone interested in learning meditation the heartfulness way.
- Day/Time: Friday at 1:00 p.m.
- Instructor: Prasad Singamsetty

Line Dancing—12:00-12:45 for beginners, 12:45-1:15 for improvers, & 1:15-2:00 for intermediate/advanced dancers. We will review old dances & learn some new ones!
- Day/Time: Monday & Friday 12:00 p.m.—2:00 p.m.
- Instructor: Jackie English

Mindbodydance@home—A joyful mind-body workout blending movement and music.
- Day/Time: Monday & Thursday at 10:00 a.m.
- Instructor: Maribeth Dougherty

Sit N Be Fit—Join Cristina as she walks you through a series a chair exercises that you can do from the comfort of your own home!
- Day/Time: Wednesday from 10:00 a.m.—10:45 a.m.
- Instructor: Cristina Gabor

Tai Chi—A class focused on slow, circular stretching motions and bodily balance.
- Day/Time: Monday at 9:45 a.m. & Saturday at 9:45 a.m.
- Instructor: Anton Summers

Yoga—Improve your posture, balance and coordination with the physical exercise, breath control, positive thinking and meditation that yoga provides. Helpful to have a yoga mat, sturdy chair (without rollers), and yoga blocks.
- Day/Time: Monday from 2:30 p.m.—4:00 p.m.
- Instructor: Phil Henrikson

Zumba—Fitness class consisting of dance & aerobic exercise routines.
- Day/Time: Thursday at 9:00 a.m.
- Instructor: Sandy Phillips-Whitfield
UCLA Virtual Workshops

More virtual workshops have been scheduled through UCLA!!

Advance Health Care Planning — Thursday, December 3rd from 3:00pm-4:30pm
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.

Update on Alzheimer’s Disease Research & Clinical Trials — Monday, December 7th from 10:00am-11:30am
Get an update from the Mary S. Easton Center for Alzheimer’s Disease Research Center at UCLA. Hear the latest findings around the symptoms, causes and treatments for dementia and Alzheimer’s disease and efforts to find a cure.

UKEEP: CKD: What You Should Know — Wednesday, December 9th from 5:00pm-7:00pm
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).

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

Metro On the Move Riders Program: LA Street Names
Metro’s On the Move Riders Program is happy to present the History of Los Angeles Names on Friday, December 18th at 10:00am. Learn about the early families that settled in Los Angeles and how streets and towns got their names!

Email info.seniorcenter@culvercity.org to receive the Zoom information for this event.

Orthosport Physical Therapy Workshops
Join Physical Therapist Cristina Gabor and her staff member in two workshops on how to maximize your mobility safety and function during the pandemic.

Sit N Be Fit— Weekly, EVERY Wednesday from 10:00am-10:45am
Spend 45 minutes every Wednesday going through Chair Exercises from your home. Cristina Gabor and her staff member will run the weekly class adjusting it to fit participants needs.

Mobility and Wellness Beyond Covid Seclusion— First Thursday of Each Month 1:00-2:00pm
On Thursday, December 3rd, this monthly class will be structured with exercises to help with self-care for participants feeling secluded during the pandemic. Cristina will provide you with tips on how to stay active in and around the home! You must RSVP by the end of the day on December 2nd.

To RSVP for these classes and to suggest topics, email Cristina at pt@orthosportpt.net
Virtual Concerts

Bob Levy “The Music Man” is Back!!
Bob returns with his guitar, storytelling and those nostalgic songs from Frank Sinatra, Doris Day and others. Please join him for the fun on Wednesday, December 16th at 1:00 p.m.

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.—2:00p.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, December 3, 10, 17, & 24 at 1:00 p.m.

If you would like access to any of these virtual concerts, email info.seniorcenter@culvercity.org to receive the Zoom link.

Cedars Sinai “The Learning Table”
Join this engaging virtual forum where Cedars-Sinai experts will share and discuss a variety of health related topics and actions you can take to improve your health

Differentiating Between the Flu, the Cold, and COVID-19
- Friday, December 4th at 12:00pm
- Presenter: Stacy T. Tarradath, MD, MHA

How to Approach the Holidays During a Pandemic
- Tuesday, December 15th at 12:00pm
- Presenter: Peggy Kelley, BCC, MDIV

To register or ask questions about these workshops, contact Katrina Rosales at Katrina.rosales@cshs.org or call (310) 423-4625

Senior Driver Safety & Mobility
“Keeping the Keys” is a free 90-minute presentation that helps older adult drivers and their families plan to keep seniors on the road for as long as safely possible.

Thursday, December 3rd from 1:00pm-2:00pm.

Register at (714) 885-2313, or email publicaffairs4@aaa-calif.com for more information. A link to the virtual workshop will be emailed to you upon registration.

RSVP by December 1st!!!!
December Trivia Questions with Answers:

Thank you to the Senior Center's very own monthly trivia instructor, Mike, for creating these questions! Answer 10 or more and you are considered an expert; 8-9 very good, 6-7 you are ok at trivia, 5 or less, come to our monthly class when the Senior Center reopens and practice your trivia skills.

1. If you are born on December 26th, what Astrological Sign would you be? What is the birthstone for December?
2. What is the chemical formula for snow?
3. In December of 1856, U.S. President Franklin Pierce did what for the first time at the White House that started a long Presidential tradition?
4. How many days is Hanukkah celebrated? What was the miracle of Hanukkah? What is the total number of candles lit during Hanukkah?
5. Who were the leaders of Japan and the United States at the time of the Japanese attack on Pearl Harbor?
6. What year was the coldest game in NFL history played and between which teams? What was the temperature at the start of the game? BONUS: Who scored the winning touchdown?
7. What is the name of the largest selling Christmas single song of all-time? Who sang it and who wrote the song?
8. Apple pie is traditionally the most popular holiday dessert. Name the five most popular brands of apples that are purchased in the United States. BONUS: try to name 1-5 as of last year?
9. Which two U.S. states have cities named Christmas?
10. What is the trophy called that is given to the winner of the Army, Navy and Air Force football games played each year? When Air Force wins, what adorns the trophy? When Navy wins, what adorns the trophy? When Army wins, the trophy what adorns the trophy?
Celebrate the Holidays with these Virtual Events!!

“The Hollywood Christmas Parade—Greatest Moments”

- The annual Hollywood Christmas Parade has been cancelled due to the Covid-19 pandemic, however in continuing with the spirit of the holiday season, they look forward to presenting you with “The Hollywood Christmas Parade—Greatest Moments”.
- The TV Special will include memorable highlights from previous Parades, along with new celebrity shout-outs and some brand-new performances from your favorite stars.
- It will be featured on The CW network in prime time on Friday, December 4th from 8:00pm to 10:00pm.

Skirball Cultural Center Hanukkah Celebration

- Come one and all to celebrate the Festival of Lights online! Perfect for fans of their much-beloved annual Hanukkah Festival, this one-of-a-kind streaming event features everything you’ve come to expect from a Skirball holiday extravaganza. Enjoy a heartwarming community candle lighting and a lively sing-along to get you feeling festive.
- Premiering on YouTube Sunday, December 13th at 3:00pm (PT). Go to youtube.com and type “Skirball Cultural Center Hanukkah Celebration” into the search bar.

61st Annual LA County Holiday Celebration

- With a vibrant new format, the 61st Annual L.A. County Holiday Celebration is a holiday tradition that offers Angelenos of all ages the opportunity to experience and honor the dynamic, rich cultures of the County. Enjoy a diverse lineup of L.A.-based artists including many favorites and some exciting new performances!
- This year’s show will be pre-recorded using state of the art technology and shot in a variety of prominent Los Angeles locations to comply with all county health and safety guidelines.
- Watch on PBS Socal 1 on Thursday, December 24th from 3:00pm-6:00pm

Times Square New Years Eve Celebration

- One thing that will never change is the ticking of time and the arrival of a New Year at midnight on December 31st. This year’s celebration will note where we’ve been but more importantly will honor and celebrate the courageous and creative spirits who have helped and will help us travel through these challenging times into the New Year.
- Essential workers, first responders, doctors and scientists as well as entertainers and performing artists will be among the honored guests.
- The celebration can be watched on ABC, NBC and FOX.

Blind Date with a Book is still happening!!

Call Senior Center staff member, Adam Ferguson, to receive 2 FREE books from the Senior Center library!! All you have to do is tell him which genres you’d like and 2 books will be delivered to your home! Call Adam at (310) 253-6728.
Snowflakes & Soup

Sign up to receive a FREE can of soup and snowflake craft!!

- When? Tuesday, December 8th from 10:00am-11:00am
- Where? Senior Center Parking Lot
- How? You MUST RSVP in order to receive the snowflakes & soup. Please call the Business Desk at (310) 253-6700 on Wednesday, December 2nd beginning at 10:00am.

There is a limit of 1 snowflake & soup goodie bag per person. The goodie bag will also contain a handmade card and surprise gift from the Senior Center staff! Please be patient and courteous when calling the Business Desk, as we expect a high volume of phone calls on December 2nd.

Face masks are mandatory at this event & you must stay in your vehicle at all times.

Stay Together While Apart

This holiday season let’s all stay together while safe in our own homes by watching Hallmark’s Holiday Movie Marathon! The Hallmark channel will be premiering new movies every Saturday and Sunday night at 8:00pm in December!

**Saturday**
- December 5th at 8:00pm “Christmas in Evergreen: Bells are Ringing”
- December 12th at 8:00pm “Love, Lights, Hanukkah!”
- December 19th at 8:00pm “A Christmas Carousel”

**Sunday**
- December 6th at 8:00pm “Christmas She Wrote”
- December 13th at 8:00pm “Christmas Comes Twice”
- December 20th at 8:00pm “Cross Country Christmas”

Hallmark is channel 123 on Spectrum & channel 312 on DIRECTV

Helping Hands—A Local Non-Profit Agency

Helping Hands Senior Foundation is a non-profit healthcare organization in California. They assist seniors to Assisted Living as part of their Rapid Rehousing program.

Helping Hands assists homeless seniors with care needs and transfers them to local senior facilities, while working on long-term housing. They also refer people to: Skilled Nursing, Assisted Living, Adult Residential Facility, Group Home and Independent Living.

If you or any seniors you know are in need of assistance please call, Helping Hands staff at (818) 279-6580
National Ugly Sweater Day

Sunday, December 20th is National Ugly Sweater Day!! The Senior Center staff would like to invite all members to participate in our Ugly Sweater Contest!!

Rules

1. Your sweater can be bought or try getting creative and make your own unique sweater!
2. Email a picture of you wearing your ugly sweater to info.seniorcenter@culvercity.org by Friday, December 18th at 12noon.
3. If you cannot email a picture, a PRCS employee will visit your home and take a socially distant picture of you in your sweater! Call Amanda at (310) 253-6715 to schedule a visit. No visits will be scheduled on weekends.

Results

1. All photos will be posted to the PRCS Facebook page for everyone to enjoy.
2. All participants will receive a goodie bag of donated items and fun PRCS swag!

Culver City StoryBank

The Culver City General Plan team is working on a project with students at Antioch University and they need YOUR help!! Do you have any vintage photos of Culver City?? Photos of Culver City buildings/landmarks that no longer exist?? The Culver City GPU wants a copy of them!! Search back through your old photo albums or pictures on your computer and see if you can find any old photos of beautiful Culver City. Please email your photos to info.seniorcenter@culvercity.org or mail your photos to:

Culver City City Hall, Attn: Senior Center, 9770 Culver Blvd., Culver City, CA 90232

We will make copies of each photo and return them to the sender.

Turning Point School Intergenerational Project

Are you interested in connecting with students and sharing stories? Turning Point School in Culver City is looking for seniors for their Spring 2021 intergenerational project with their 6th grade students. The project would begin in mid-January and end in mid-March before the students' spring break. The project would be conducted via Zoom once a week sometime between 9:00am-10:00am on a week day. The day of the week is still to be determined! The project would require each participant to be Zoom-savvy! If you are interested in joining this program and would like more information, please contact jill.thomsen@culvercity.org

Visit us online at www.culvercity.org/prcs
New Year's Eve Party Pack

We are so sad that we are not able to ring in the new year at our annual New Year’s Eve party this year, so we want to bring the party to your home!! Sign up to receive a New Year’s Eve Party Pack filled with fun items that will help you welcome 2021 while staying safe at home!! To reserve a Park Pack, you must email us at info.seniorcenter@culvercity.org or call (310) 253-6715 beginning Tuesday, December 15th at 10:00am.

Party Packs will be available for pick up on Tuesday, December 29th between 10:00am-11:00am in the Senior Center parking lot. Please enter the parking lot off of Culver Blvd. and exit on to Overland Ave.

Face masks are mandatory at this event & you must stay in your vehicle at all times.

Downtown Culver City Tree Lighting & Vets Tower Lighting

Beginning the night of December 10th, the Veterans Memorial Building Tower will be lit with snowflakes and a “Happy Holidays” message for our community to enjoy this holiday season! We encourage you to drive by and view the beautiful display. Please stay in your vehicle at all times.

The Downtown Culver City tree lighting is going virtual! The event will be pre-recorded and available online on December 10, 2020 at 6PM. Be sure to go to https://www.downtownculvercity.com/ to check out the event, hosted by DBA President Darrel Menthe and featuring choral performances, city officials, a brand new performance specially created by Invertigo Dance Theatre and other holiday surprises (Spoiler Alert: he wears a red suit) along with interactive components for all of us watching at home! This event is presented by Amazon Studios and produced by the Downtown Business Association. We look forward to coming together for this annual event from the cozy confines of our homes – why not drink some hot chocolate and nibble on some cookies while you watch?

National Disability Day

Each year on December 3rd, the International Day of Persons with Disabilities promotes the rights and well-being of persons with disabilities. Did you know that more than 1 billion people in the world have a disability? The day raises awareness of the political, economic, social and cultural aspects disability affects people around the world. The day doesn’t discriminate between mental and physical disabilities, and the spirit of the day is to ensure that all people in the world have equal opportunities for work, play, health, and success. People with disabilities can be and very often are contributing and valued members of society, and today is all about appreciating them. Take time to observe the day by becoming an advocate for the disabled, lending a helping hand and showing compassion!
Thank you so much to everyone who participated in our Halloween costume contest!! Senior Center staff were SO impressed with your creativity!!

Here are the winners...

- **Best Overall Costume**—Olivette F.
- **Most Creative Costume**—Mike D.
- **Best Incorporation of a Facemask**—Mr. & Mrs. Pineda

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2021 Words of Encouragement

In 10-15 words, Senior Center staff would like for each of you to write your fellow Senior Center friends some words of encouragement for the new year. Every moment is a fresh beginning so let’s allow 2021 to be a brand new beginning for us all by showing our support for one another! All submissions will be printed in the January Senior Center at Home Guide for you all to read and enjoy. Please email you words of encouragement to info.seniorcenter@culvercity.org or mail your words of encouragement to:

Culver City City Hall, Attn: Senior Center, 9770 Culver Blvd., Culver City, CA 90232

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Senior Center Covid Cookbook—Holiday Edition!!

We are still collecting recipes for our Senior Center Covid Cookbook!! In celebration of the holiday season, we want you to send us your favorite holiday dish recipe!! It could even be your favorite holiday drink recipe such as eggnog or hot chocolate!! Remember to specify whether your dish is an appetizer, entrée, side, or dessert and write down the name as well as ingredients and the steps to follow when cooking the dish. Email us at info.seniorcenter@culvercity.org to submit your recipe or mail in your recipe to the Senior Center address.

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Culver City Food & Sock Drive

The Culver City Emergency Food Drive continues to accept donations for those in need in Culver City. The requested non-perishable food items are—canned meat (Vienna sausages, spam, tuna, etc.), rolled oats, low-sodium soups, fruits and vegetables, flour, chips and salsa, popcorn, honey, canned fruit juice, water. Food can be dropped off at AYSO Region 19 Food Drive on Saturday, December 12th from 1:00pm-4:00pm at the Senior Center.

We will also be holding a sock drive and are accepting donations of new adult sized socks for our unhoused neighbors in Culver City. You can drop off your sock donations in the labeled box outside the Senior Center Monday-Friday from 9:00am-5:00pm the week of December 14th.

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Halloween Costume Contest Winners!

Thank you so much to everyone who participated in our Halloween costume contest!! Senior Center staff were SO impressed with your creativity!! Here are the winners...

- **Best Overall Costume**—Olivette F.
- **Most Creative Costume**—Mike D.
- **Best Incorporation of a Facemask**—Mr. & Mrs. Pineda

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Visit us online at www.culvercity.org/prcs
Visit our Virtual Recreation Center at www.culvercity.org/virtualrecreation

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
Senior Meals (IFS): (323) 937-5843
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:
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