



Senior Center Safer at Home Guide

Parks
Make
Life
Better!

In honor of Independence Day, we wanted to share some patriotic quotes from past presidents, beloved writers, and cultural icons. While these quotes are a celebration of our independence, they also serve as a reminder of how fortunate we are to live in this country. Some of these thoughts are decades-old, and yet you may find that they're more relevant than ever. So this Independence Day, while staying safe at home, reflect on these powerful words of wisdom and remember how wonderful it is to be an American.

"That is the truly beautiful and encouraging aspect of freedom; no one struggles for it just for himself."
- Fanny Lewald

"Ask not what your country can do for you, ask what you can do for your country." - John F. Kennedy

"Who ever walked behind anyone to freedom? If we can't go hand in hand, I don't want to go."
- Hazel Scott

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right."
- Peter Marshall

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." - Nelson Mandela

"This nation will remain the land of the free only so long as it is the home of the brave." - Elmer Davis



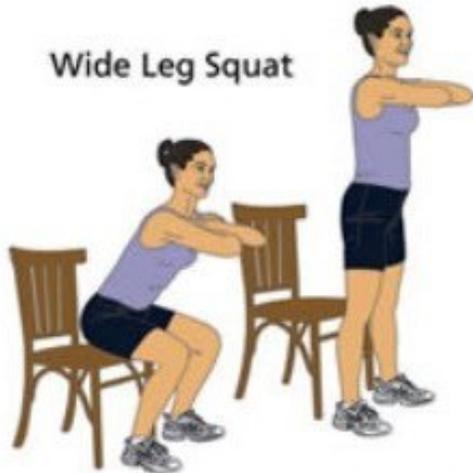
Sneak Peek

Have you been missing the Senior Center staff just as much as we have been missing all of you??

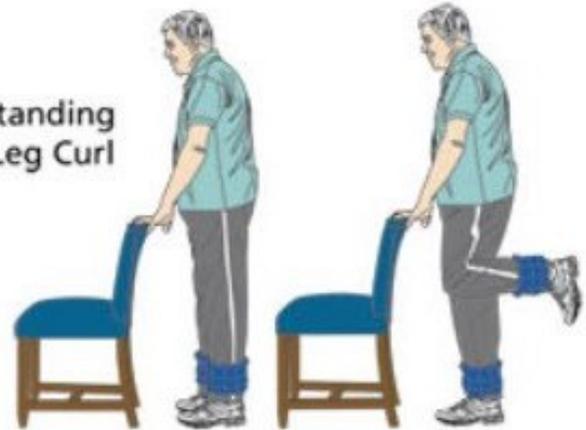
Check out page 10 to see how you will finally have the opportunity to be reunited with your favorite staff members!!!

Easy Exercises to do While Staying Safe at Home

Wide Leg Squat



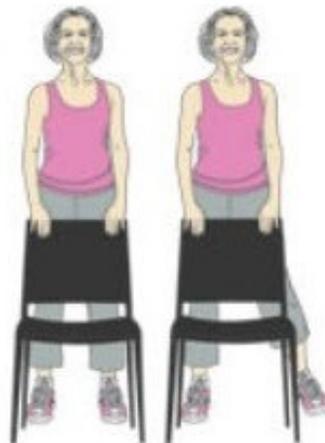
Standing Leg Curl



Knee Extension



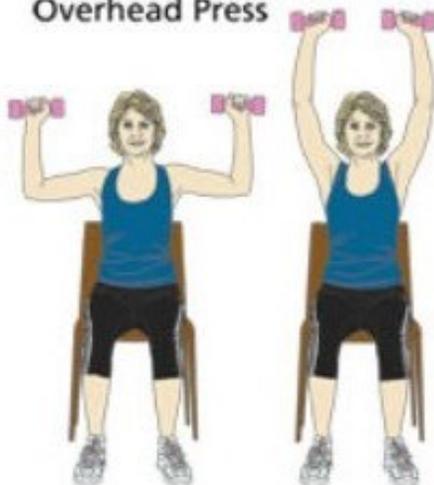
Side Leg Raise



Biceps Curl



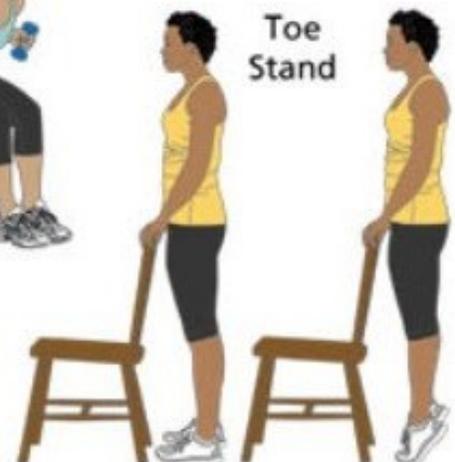
Overhead Press



Seated Row



Toe Stand



Try doing these workouts 4 times a week, 10 reps of each workout! Remember to take 5 to 10 minutes to warm up and do some stretching. 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!!

Use soup cans or water bottles if you do not have weights

Online Senior Classes via Zoom

This month, our awesome Tai Chi instructor, Anton, has added another class 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.

Zumba—Fitness class consisting of dance & aerobic exercise routines.

- Day/Time: Monday, Wednesday, & Friday at 9:00 a.m.
- Instructor: Sandy Phillips-Whitfield

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



Mindbodydance@home—A joyful mind-body workout blending movement and music.

- Day/Time: Monday & Thursday at 10:00 a.m.
- Instructor: Maribeth Dougherty

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



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

Online Videos of Senior Classes

Our wonderful yoga instructors, Shanna Hughes, Denise Hughes & Caroline Scherzer, will be recording themselves teaching yoga and chair yoga classes that you can watch anytime from your computer. For access to the videos, please email Amanda.rigali@culvercity.org.

New videos have been recorded for this month!!!

Mat Yoga Classes - 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.

- Instructors: Shanna Hughes & Denise Hughes

Chair Yoga Classes - 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.

- Instructor: Shanna Hughes

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.

- Instructor: Caroline Scherzer

UCLA Virtual Workshops



More virtual workshops have been scheduled through UCLA!!

Facing Breast Cancer in 2020—Tuesday, July 14th from 12:00pm-1:30pm

Facing a breast cancer diagnosis is already challenging on many levels, but even more so in current times we find ourselves living in. Join Anita Kaul, MD UCLA oncologist and hematologist, for a presentation on facing breast cancer in 2020 including a discussion of treatment advancements and navigating care for breast cancer during these challenging times.

Aging and Diseases—Tuesday, July 28th from 1:00pm-2:30pm

Gal Bitan, PhD, UCLA neurology, will focus on aging, different types of dementia, Alzheimer's disease, other aging-related neurodegenerative diseases, recent developments in research, how to prevent these diseases and what to do if a loved one has been diagnosed.

Weight: Beyond a Number—Wednesday, July 29th from 1:00pm-2:30pm

Elizabeth Ko, MD UCLA internist, will answer the question - is there an ideal weight for me? She will explore concepts including body mass index and body composition, and review the optimal components of an exercise regimen.

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

Wise and Healthy Aging Virtual Workshop

Let's Talk About How to Avoid Scams & Fraud During COVID—Tuesday, July 21st at 1:00pm

It seems like it can be difficult to get through one day without receiving a phone call, email, or letter from a scammer. Please join Miles McNeeley from WISE & Healthy Aging for an engaging discussion on common scams and how to avoid falling victim to fraudulent activity.



To RSVP for this workshop, email Amanda at Amanda.rigali@culvercity.org

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 so via 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 Concert & a NEW Comedy Show

“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, July 2nd, 9th, 16th, 23rd, & 30th at 1:00 p.m.

“Sing Along with Bob”

Join Bob Levy, “The Music Man”, for a virtual concert and have some fun singing along to your favorite songs!

Date and Time of this concert is TBD, email Amanda.rigali@culvercity.org for details.

“Comedy & Trivia with Jackie Lawrence”

Jackie Lawrence has performed at comedy clubs all over the country. His performance venues include the Hollywood Improvisation, the Comedy Store, and Dangerfield’s comedy club in New York. Jackie is also a senior citizen. He appreciates the many challenges of his fellow seniors. Jackie uses his comedic talents to challenge seniors with memory games, while keeping it simple and very funny.

Tuesday, July 14th at 1:00 p.m.

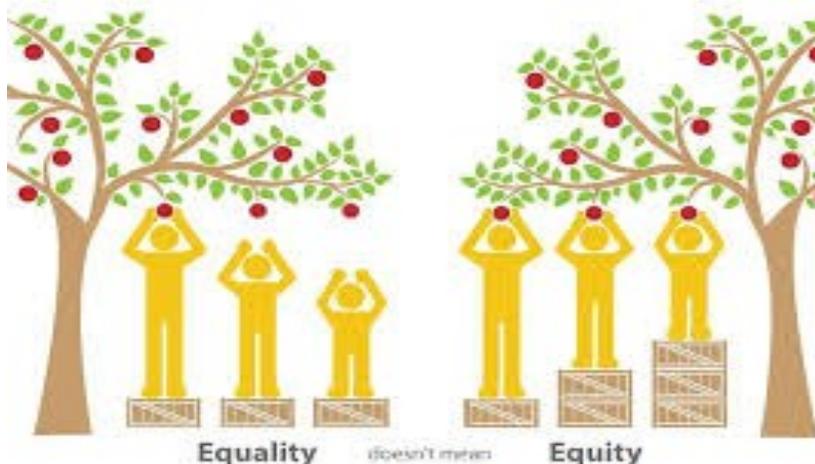
If you would like access to the virtual concerts or the comedy show, email Amanda.rigali@culvercity.org to receive the Zoom link.



Zoom Conversation on the Intersection of Age & Race

We have an amazing opportunity for you all to participate in a conversation with the City of Culver City’s GARE (Government Alliance on Race and Equity) about the intersection of age and race. GARE wants to hear your stories on how the intersection of age and race and growing up in a difference era (pre civil rights) and now. They are looking specifically for one elder in the community to share their testimony. If you feel you would be a great fit to share

your testimony or would just like to listen in on this Zoom conversation, please email Amanda.rigali@culvercity.org. Date and time of this Zoom event is still to be determined.





July 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. Who established "Venice of America" as a resort in 1905 leading to the establishment of Culver City a few years later?
2. In what year was the Goldwyn Studios established in Culver City and what was it called before Goldwyn?
3. What two college football programs are planning to stage the 94th consecutive installment of the longest continuous inter-sectional rivalry in the United States the first week of September of 2020?
4. Who are the married couple and famous actors that starred on Broadway in "Plaza Suite"?
5. In April 1975, this Hall of Famer debuted as the first black player-manager for the Cleveland Indians. What is his name and what famous thing did he do in the game?
6. Who are the only 3 drivers that are four-time winners of the Indianapolis 500 race?
7. If you still work, what is the best way to improve your brain's time management, fact retention, and comprehension skills while being there?
8. Who said it, what year, and on what program was the statement "the thrill of victory and the agony of defeat, the human drama of athletic competition"?
9. What is the flower for the month of July? What two astrological signs occur during the month of July? What is the birthstone for the month of July?
10. On July 4, 1828 the song 'Hail to the Chief' was played for the first time for a seating US President. Who was the President?
11. Who was the only school to win the NCAA & NIT basketball titles in the same year; What was the year? Bonus who did the school beat? *Hint same one in both events*

ANSWERS: 1. Answer: Abbot Kinney 2. Answer: 1918 Ince Studios / Triangle Studios becomes Goldwyn Studios. 3. Answer: Notre Dame & the Navy 4. Answer: Matthew Broderick & Sarah Jessica Parker, 5. Answer: Frank Robinson & homered in his first at bat, 6. Answer: Al Foyt, Al Unser Sr., Rich Meares 7. Answer: Work while standing at your desk it refocuses your attention, 8. Jim McKay, 1961 on ABC World of Sports, 9. Answer: Water Lily or Lakespur are Flowers, Cancer and Leo are signs, Birthstone, The Ruby, 10. Answer: John Quincy Adams 11. City College of New York won in 1950 beating Bradley in both events.



Happy 4th of July!!



Looking for something fun to do on July 4th while staying safe at home?? Check out these annual 4th of July celebrations that have gone virtual.

Nathan's Famous 4th of July Hot Dog Eating Contest

- Yes, the competition will still take place this year!! Tune in to ESPN on Saturday, July 4, 2020 at 9:00 a.m. PT to watch Joey Chestnut, the men's reigning champion, defend his title and seek his 13th win!



A Capitol Fourth—Celebrating 40 years on PBS

- Join John Stamos and Vanessa Williams for a Star Spangled Birthday Celebration! This special 90 minute presentation of *A Capitol Fourth*, will also feature a tribute to our nation's workers on the front lines in the fight against the pandemic, a segment honoring the contributions of African American heroes from our nation's past and present, and a salute to our wounded warriors and their families. The fireworks display over our nation's iconic skyline will be covered live during the broadcast.
- Watch on Saturday, July 4, 2020 from 5:00 p.m. to 6:30 p.m. PT on PBS.
- Go online to <http://www.pbs.org/a-capitol-fourth/home/> for more information!

4th of July Block Party Home Edition—Los Angeles' largest Independence Day Celebration!

- The eighth annual Grand Park & The Music Center's 4th of July Block Party is going viral with performances and family fun so that Angelenos can join together to celebrate safely!
- Watch on Saturday, July 4, 2020 from 7:00 p.m. to 8:00 p.m. PT on KABC Channel 7.
- Go online to <https://july4.grandparkla.org/> for more information!

Macy's 4th of July Fireworks Spectacular—Derek Hough and Ciara co-host and the biggest names in music perform!

- NBC's annual "Macy's 4th of July Fireworks" returns for a night of beautiful fireworks and performances by the biggest names in music. The fireworks will ignite the night with an unparalleled barrage of color, light and sound, live from the Brooklyn Bridge.
- Go online to <https://www.nbc.com/macys-4th-of-july-fireworks> for more information!

4th of July Layered Jello Dessert

Ingredients:

- 1 package red Jello
- 1 package blue Jello
- 1 package unflavored gelatin
- 1 can sweetened condensed milk
- Whipped cream and silver balls for decorating *if desired*

Instructions:

1. Place red Jello in a jug and add 1 cup of boiled water. Stir until crystals are dissolved. Add 3/4 cup cold water. Divide between cups (I used 8 small glasses of varying sizes and shapes).
2. Refrigerate for 1 hour until mostly set.
3. Sprinkle unflavored gelatin over 1/4 cup of cold water, let stand for 1 minute. Add 1/4 cup boiled water and stir until granules are dissolved. Add sweetened condensed milk and stir until smooth, then divide between glasses. Refrigerate 1 hour or until almost set.
4. Make blue Jello following steps #1. Divide between glasses then refrigerate until fully set.
5. Garnish with whipped cream and silver balls if desired, and serve!





Summer Safety Tips for Older Adults

The weather is heating up in beautiful Southern California and if you choose to head outdoors this Summer, we want you to be prepared! Follow these helpful tips on how to stay safe in the Summer heat!

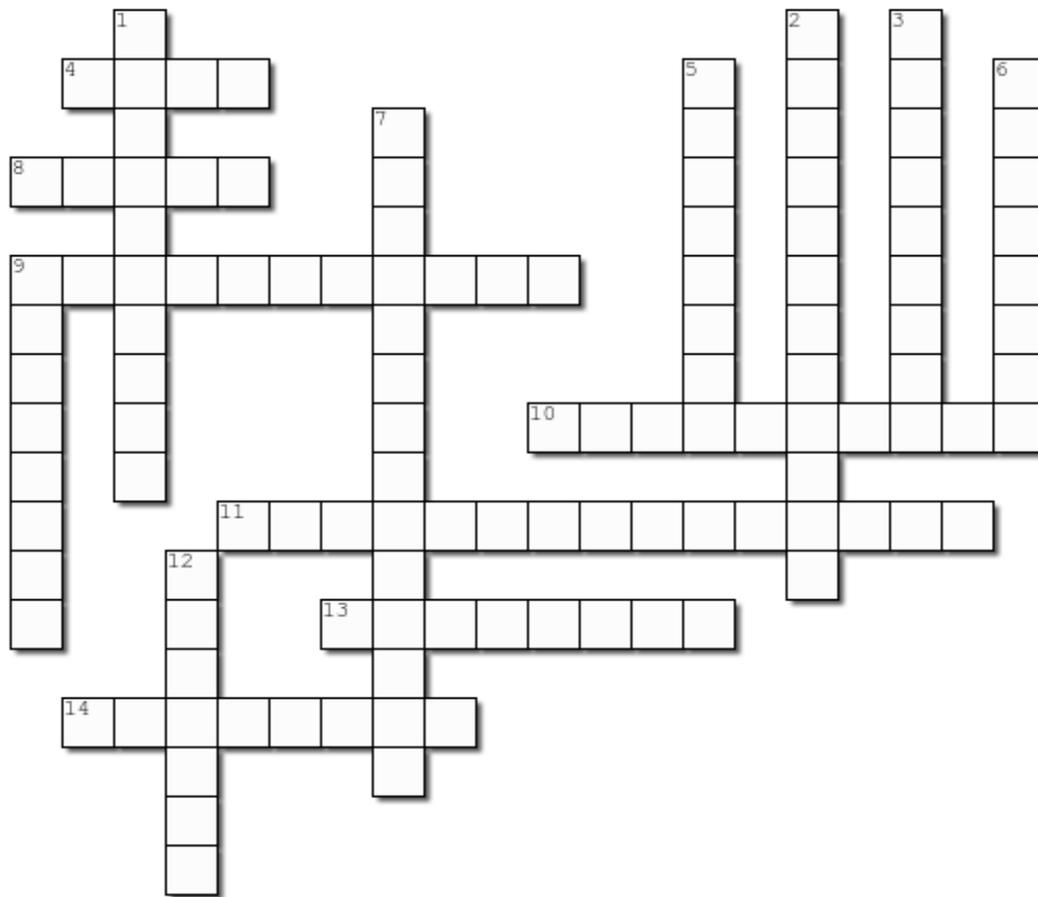
- 1. Apply Sunscreen:** As we age, skin usually becomes thinner and more fragile. That puts seniors at higher risk for sunburn or the more dangerous sun poisoning. Remember to apply and reapply sunscreen when spending any time outdoors or riding in a car. Sunscreen with an SPF of 30 to 50 should be applied and reapplied every two to four hours, or more frequently when swimming. Sunscreen also helps protect you from another growing problem; skin cancer. It's one of the fastest-spreading, and most preventable, forms of cancer. 
- 2. Wear Sunglasses:** Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts.
- 3. Protect your Feet:** While it's fun to wear attractive sandals during the summer months, footwear plays a vital role in summer safety. Shoes that cover the fragile skin on the top of the foot, as well as those that have a sturdy sole to protect against cuts and falls, are best.
- 4. Shield the Face and Neck:** The face and back of the neck are two of the first places on the body where skin cancer develops. Augment your sunscreen by wearing a hat with a brim wide enough to shield both.
- 5. Stay Hydrated:** Seniors have an especially difficult time adjusting to fluctuating temperatures and humidity. It puts them at high risk for dehydration. Medication side effects and some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, further exacerbate the problem. Taking extra precautions to stay hydrated is vital. 
- 6. Invest in Bug Spray:** Insects that make their return during the warmer months are more than just pests. Some carry with them health concerns, such as Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing, skin, and hair for ticks.



Remember that the risk of Covid-19 remains high!! As L.A. County begins to reopen and you may decide to leave your home, please follow infection control practices at all times, as the virus has not gone away. Remember that if you decide to leave your home, cloth face coverings that securely cover the mouth and nose are required to be worn when you're around people who don't live in your own household. Maintain a physical distance of 6 feet between yourself and others at all times. Wash your hands frequently with soap and water for at least 20 seconds and **STAY SAFE!!**

Culver City History

Complete the crossword puzzle below



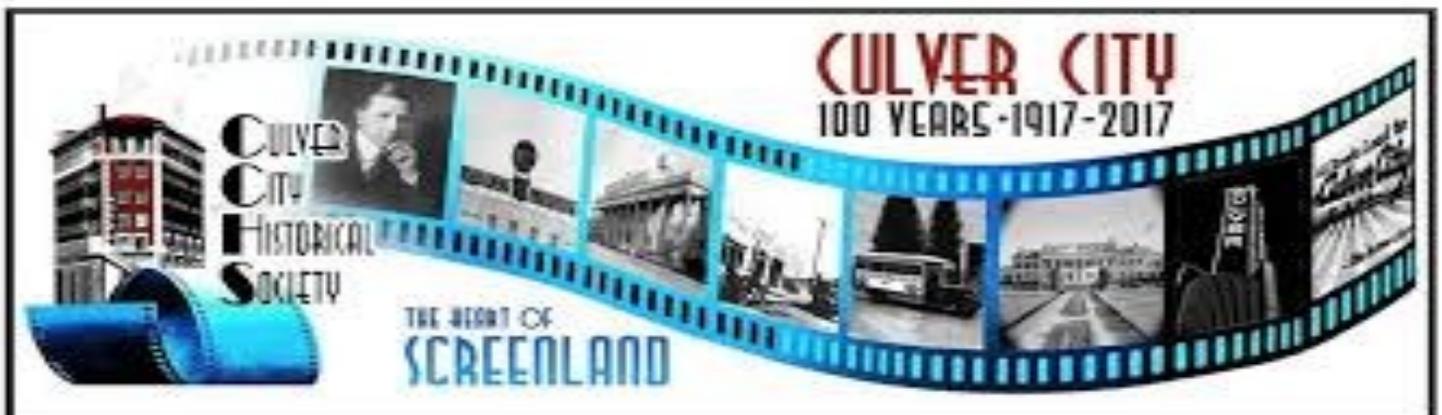
Created using the Crossword Maker on TheTeachersCorner.net

Across

4. In 1990, this major film studio moved to Culver City
8. Famed bakery in Culver City
9. Culver City's founder
10. Culver City is known as 'The Heart of _____'
11. Culver City's 'Party in the Park'
13. First movie filmed at what is now known as the Culver Studios
14. First landmark to be named a historic site in Culver City

Down

1. Tellefson Park used to be a _____
2. First major film studio in Culver City
3. Culver City's first elementary school
5. Park that is on the former Studio-Drive in site
6. Street the Senior Center is located on
7. Site of Culver City Little League/soccer fields
9. Studio known as the 'Laugh Factory of the World'
12. City flower





Senior Center Drive-By

Have you been missing the Senior Center staff?? Now is your chance to drive-by the Center and wave at all the friendly, familiar faces you have been missing while staying safe at home!! Your favorite staff members will be outside of the Center waving, dancing to music, and showing their excitement for finally being reunited with you all!!

While staying safe at home, have you read or heard any quarantine or Covid related jokes that you thought were hilarious??

We want to hear them!! Email or mail us jokes that are quarantine or Covid related and we will choose the best ones and have them posted for you to read during the Senior Center Drive-By!!



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

When??

Tuesday, July 21st from 11:00 a.m. -12:00 p.m.

Where??

Please enter the parking lot from Culver Blvd and exit on to Overland Ave. Staff will be spread out throughout the parking lot maintaining social distance, of course!

Rules:

All seniors must stay in their vehicle & wear a mask at all times.

If you are not able to drive-by the Senior Center, give us a call at (310) 253-6715 and staff will schedule a drive-by in August, date TBD!!

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!!

"It's easy to be grateful when there are wonderful people like all of you in the world." - Bernice W.

"I miss seeing the faces of WWP, my yoga class and everyone at the Center!" - Norma A.

"Kudos to everyone at CCSC and all you have done with keeping in touch with members!!

Appreciate the mailers." - Patricia & Dave S.

"I miss the movies, and before the movies, the singers, each alone, and then at the end all together." - Virginia W.

"I miss my Merry Maker Club so much I hope we will be back there soon." - Glory C.

"Three things we can't do without, my husband says cookies, I say candy— nowadays we would have to say T.V." - John & Karen S.

"To all of you that put these lovely cards and information together, thank you. It is awfully sweet." - Laura K.

"I think all of the activities at the Center are good, but my favorite one is painting with Coco. I learned a lot in her class and she is the sweetest person to know."

- Cecilia B.

"Thank you for delivering meals to us, we really appreciate it!!" - Andrew & Marion W.





Funny Jokes

Quarantine Jokes

If there's a baby boom nine months from now, what will happen in 2033?
There will be a whole bunch of quaranteens.

I ran out of toilet paper and had to start using old newspapers. Times are rough.

What did the man say to the bartender? I'll have a corona, hold the virus.

I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.

Hope the weather is good tomorrow for my trip to Puerto Backyarda. I'm getting tired of Los Livingroom.

This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog--we laughed a lot.



So many coronavirus jokes out there, it's a pundemic.

“On the Porch”

Last month we had 2 awesome seniors share their “On the Porch” story with us! This month we are switching things up and instead of sharing a story with us, we want you to share a talent! Are you a talented singer?? Dancer?? Joke teller?? Do you play an instrument??

Senior Center staff will come to your house, apartment complex, or senior living facility and record you performing your talent from your porch (while maintaining 6 feet of social distance and wearing a face mask, of course!).



We will record you for up to 5 minutes. We will share your talent on our Social Media platforms for our community members to watch and enjoy.

You do not have to have a porch in order to participate, staff can record you from your door step or the sidewalk in front of where you live!

If you are interested participating in “On the Porch”, call Amanda at (310) 253-6715.

New PRCS Instagram



The PRCS Department has recently created a new Instagram account!! Follow us on Instagram @culvercityprcs!! If you do not have an Instagram, have your kids, grandkids, neighbors & friends follow us! If you or a family member/friend follow us Instagram, call Amanda at (310) 253-6715 and let her know you will receive a brand new PRCS reusable water bottle!!

Visit our Virtual Recreation Center at www.culvercity.org/virtualprcs

This month our Virtual Recreation Center will highlight 4th of July activities that you can do from the comfort of your own home! Be sure to check it out!!!



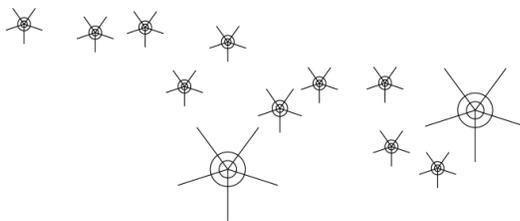
Stay Local—with resources and classes from local Culver City businesses.

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

