Happy Thanksgiving!!

America’s Thanksgiving holiday stands as one of the nation’s most anticipated and beloved days — celebrated each year on the fourth Thursday in November. Family, friends, food, and football have come to symbolize Thanksgiving — a rare celebratory holiday without an established gift-giving component. Instead the day urges all of us to be grateful for things we do have. Here are some ways you can celebrate Thanksgiving while safe at home:

- Host a virtual dinner with family & friends—share recipes before so you can all eat the same meal!!
  - Prepare food for your family & neighbors and deliver it to them without physical contact.
- Bake a pie! Pies are a one of the classic Thanksgiving staples. Pecan, pumpkin, apple, cherry — you literally cannot go wrong. Preheat the oven, throw on an apron, and get cooking!
- Start a take-out tradition! Cooking a Thanksgiving meal can take hours. Lots of restaurants serve Thanksgiving dinners. Or start a new tradition by ordering take out! It can be the Chinese restaurant down the street, or even your favorite pizza place. And tip well! The day is all about being grateful.

Sneak Peek

Check out pages 9 & 10 to sign up to receive a FREE pumpkin pie & bag full of non-perishable groceries!!

We did not forget about last month’s activity prize winners!! Check out page 10 to see if you are a lucky winner!!

November 2020
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!!

*Use soup cans, water bottles, or shampoo/conditioner bottles if you do not have weights*
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.

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 Henrickson

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

Visit us online at www.culvercity.org/prcs
UCLA Virtual Workshops

More virtual workshops have been scheduled through UCLA!!

Knee Arthritis Update — Thursday, November 5th from 2:00pm-3:30pm
Does your knee hurt when you get out of a chair or go up and down stairs? Knee pain is one of the leading causes for physical limitations in life. Noel Wu, DPT, UCLA physical therapist, will focus on what osteoarthritis is and how physical therapy treatments and exercises can reduce pain and increase activity.

Grief & Loss — Thursday, November 12th from 1:30pm-2:30pm
Learn about the impact of loss - loss of someone special, changes in medical conditions and transitions in our lives. This seminar will also present the physical, psychological and spiritual reactions to grief, coping techniques and approaches to feelings that come with loss and grief, and give an overview of complicated grief and depression.

Tech Help For U — Saturday, November 21st from 9:00am-12:00pm
UCLA undergraduate students offer free Tech workshops. If you want to learn how to use zoom so you can participate in these workshops and other virtual seminars through UCLA Health, contact our office at (800) 516-5323 to receive the brochure created by myUCLAHealth Ambassadors.
9:00am - Staying in Touch; 10:00am - Laptop/Desktop questions; 11:00am - Smartphone questions.

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

Medicare Assistance
Medicare’s annual open enrollment period is October 15th-December 7th. The Culver City Senior Center’s long time partner, HICAP, is available to answer your questions regarding Medicare and open enrollment! If you have any questions or to schedule an appointment with a HICAP counselor, please contact Sandy Risdon at 1-800-824-0780 ext. 3006.

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, Starts Wednesday November 4th 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, November 5th, 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 November 3rd.

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, November 18th 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, November 5, 12, 19, & 26 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.

“Let’s Talk Dance”
Benita Bike DanceArt presents a free online dance performance and discussion on November 20, 2020 at 4:00 PM. Do you have questions or thoughts about modern dance? Benita Bike is here to explain, clarify, elucidate, and illuminate!

Register to attend at www.danceart.org/nov20 or call (818) 470-5734

Metro On the Move Riders Program Art Presentation
Metro’s On the Move Riders Program is happy to partner with Metro Art Tours on Friday, November 20th at 10:00am to bring you a virtual tour along the E (Expo) Line. Learn about the beautiful art and interesting history of the neighborhoods from Westwood/Palms to Downtown Santa Monica as we (safely!) embark on this fascinating journey. All aboard!

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

Are you experiencing memory loss?
Aging with Pride: IDEA is a University of Washington study inviting those in the LGBTQ community with memory loss and their care partners to participate in a free virtual program. They have two programs. One program is for those with memory loss and the person who assists them. The other program is for those with memory loss who don’t have anyone to assist them. Trained coaches provide 9 video chat sessions designed to improve health and well-being. You can receive up to $125 for completing five phone interviews. This program is available in California, Oregon, and Washington. To learn more call 1-888-655-6646 or email ageIDEA@uw.edu
Visit us at www.ageidea.org
October 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. What was the first state to pass a law to have secret ballots in 1888? What did Jacob H. Myers invent in 1992 related to elections?
2. Who was the youngest elected President of the United States and how old was he? Who are the oldest presidents? Who was the oldest ever in office?
3. Donald Trump has 10 grandchildren, but a few Presidents had even more. Which President had the most grandchildren and how many did he have?
4. Name the two NFL teams and the two quarterbacks that are the first to start a QB at age 40 or over in the same game—hint it happened in 2020?
5. Who was the first African-American basketball coach to ever win a NCAA title? (Hint: he recently passed away) Name the great coach and the college where he won the NCAA title?
6. Actor Chadwick Boseman, who recently passed away, appeared in four major biopic movies, playing four amazing characters. Name the four major movies he starred in and who he played?
7. Which President signed Veteran’s Day into law and in what year? What is the official flower of Veteran’s Day?
8. According to the Butterball corporation, they recommend that you thaw a wrapped frozen turkey in the refrigerator for how much time per pound of turkey?
9. Which department store was the first to hold a Thanksgiving Day parade? What City was it held in?
10. Trivia Expert Question: What inspired the cartoon character Scooby-Doo’s name? Give the famous person and the claim to fame for the Scooby-Doo’s name.

Answers: 1) Massachusetts was the first state to pass a law requiring ballots to be secret. Myers built the first lever machine used in an election. 2) President John F. Kennedy was the youngest to be elected at 43 years of age. Ronald Reagan was the oldest to hold the office—Donald Trump would be the oldest if he served out a term. 3) Our 9th President William Henry Harrison had 25 when elected in 1841; 4) New Order in office; 5) President William Henry Harrison was 25 when elected in 1841; 6) Gov. Blaine declared the city of Portland as the first to hold a Thanksgiving Day parade in 1875; 7) President Barack Obama was the youngest to be elected at 47 years of age. Ronald Reagan was the oldest to hold the office—Donald Trump would be the oldest if he served out a term. 8) New Order in office; 9) President William Henry Harrison was 25 when elected in 1841; 10) Scooby-Doo’s name comes from the refrain “Scooby-doo, Scooby-doo, Scooby-doo, Scooby-doo” from the song “Strangers in the Night” and is the only cartoon canine lyric inspired by Frank Sinatra.
Dia De Los Muertos

Day of the Dead is a Mexican holiday in which family and friends come together to remember loved ones who have passed away and to guide their journey into the afterlife. Loved ones visit graves and build altars and often decorate them with sugar skulls and marigolds as well as the deceased’s favorite food, drinks and possessions. The safest way to celebrate Día de los Muertos this year, is to spend time with people in the same household or to celebrate virtually.

Here are some alternatives that are low risk:

- **Altars:** Consider placing and creating your altar in a front window or outside so others can view from a safe social distance.
- **Virtual Altar:** Create a virtual space to honor lost loved ones. Share with family and friends via email or social media.
- **Cemetery Visits:** If you visit the cemetery, only visit with those you live with, wear a face covering and maintain appropriate social distancing. Limit time spent to minimum necessary.

**Check out these awesome Day of the Dead events that have gone virtual!**

**Grand Park Downtown Dia De Los Muertos**
- Join Grand Park & the Music Center for 12 days of virtual celebrations. You’ll find arts workshops, digital ofrendas & storytelling online, as well as in-real-life art installations at the neighboring Downtown locations. You can also view 11 large-scale altars available online for socially distant viewing, with audio tours.
- Log on to https://grandparkla.org/event/downtown-dia-de-los-muertos-2020/?instance_id=99761 to check out the awesome virtual events!!

**Downey Dia De Los Muertos Art Festival**
- In the lead-up to the event you’ll be able to find recipes and crafting tutorials, and on the day of you can expect a mix of movies, music, ballet folklorico performances, shopping opportunities and a pair of art exhibitions.
- Log on to http://ddlm.downeytheatre.org/ beginning November 1st to check out all the fun virtual events!!

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**Sudoku**

**How to Play?**

To solve the puzzle, every digit, 1-9 must appear in each of the nine vertical columns, in each of the nine horizontal rows, and in each of the nine boxes.
Important Information for the 2020 Election

Culver City Vote Center
The Veteran’s Memorial Building on the corner of Culver Blvd and Overland Avenue will be a Vote Center.
- Vets will be open 10/30 - 11/02: 10:00 AM to 7:00 PM, 11/03: 7:00 AM to 8:00 PM
- You can drop off your Vote By Mail ballots at any voting center in Los Angeles County.
- Other vote center locations and drop-off locations are on the City website www.culvercity.org/vote

If you receive your Vote By Mail ballot, but decide to vote in person, bring your unused Vote By Mail ballot to your local polling place on Election Day and a poll worker will exchange it for a polling place ballot you can use instead.
For more information, please call the Culver City City Clerk’s Office at (310) 253-5851.

Flu Clinic
This year’s Flu Clinic will be a DRIVE-BY event hosted in the Veterans Memorial Building Parking Lot on Thursday, November 12th from 9:00am-12noon.
The drive through clinic entrance will be at the west side of the parking lot off Coombs Avenue. Enter the Drive Thru Clinic on Coombs Avenue heading east.

A Flu Vaccination Consent Form will need to be filled out before you receive your flu shot.
To save time at the event, we will have Flu Vaccination Consent Forms available for pick up on a table at the entrance to the Senior Center beginning Monday, November 2nd—Wednesday, November 11th from 9:00am-4:00pm. You can also print this form online at https://www.culvercity.org/Home/Components/Calendar/Event/7014/587?curm=11&cury=2020
Call 213-822-2750 for more information regarding LA County Flu Clinics.

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

L.A. GOAL
L.A. GOAL, located in Culver City, has launched their 30th Annual Art Show! For the very first time the show will be going virtual! The show launches on their website on October 25, 2020 and will run until November 8, 2020. All the art is created by individuals with developmental disabilities. There will be video and written testimonials from artists alongside their work. Attend the show at www.lagoal.org

Visit us online at www.culvercity.org/prcs

THE NEW YORKER
The Senior Center received a generous donation of 40 New Yorker Magazines!! Interested in receiving one? Contact Adam at (310) 253-6728 and he will have a New Yorker Magazine delivered to your home! Selections will be random!
Don’t forget about our Blind Date with a Book Program as well!
Drive-By Pie!!

Sign up to receive a FREE Costco pumpkin pie sponsored by the Culver City Lions Club!!

- When? Tuesday, November 24th from 11:00am-1:00pm
- Where? Senior Center Parking Lot
- How? You MUST RSVP in order to receive a pie. Please call the Business Desk at (310) 253-6700 on Monday, November 9th beginning at 10:00am.

We will be taking 200 RSVPs for this event, with a limit of 1 pie per household. Please be patient and courteous when calling the Business Desk, as we expect a high volume of phone calls on November 9th.

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

Veteran’s Day U.S. Flag Art Installation

From Tuesday, November 10th—Wednesday, November 18th, the lawn in front of the Veterans Memorial Building will be decorated with American Flags in honor of Veteran’s Day on November 11th. We encourage you to drive by and see the wonderful art installation sponsored by the Culver City Exchange Club!

Remember to practice social distancing and to please wear a face mask.

World Kindness Day

World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world and is observed annually on November 13th as part of the World Kindness Movement. On a day devoted to the positive potential of both large and small acts of kindness, try to promote and diffuse this crucial quality that brings people of every kind together.

Here are a few ways you can celebrate World Kindness Day!

1. Commit at least three random acts of kindness—Give compliments. Smile at strangers. Call a friend. Perform at least three random acts of kindness and see what magic follows!
2. Write a love poem to yourself and read it out loud—You should be kind to yourself, today, too. Write a short (or long) poem highlighting the things you appreciate about yourself and your life.
3. Write a list of things you love about a family member or friend and give it to them.
4. Spread the digital love: Leave a positive note on someone’s Facebook or Instagram page.
Tasty Totes

Sign up to receive a FREE bag of non-perishable grocery items!! We will be putting together 30 breakfast, lunch, & dinner themed bags. To reserve a meal bag, you must email us at info.seniorcenter@culvercity.org or call (310) 253-6715 beginning Wednesday, November 4th at 10:00am. Please specify which meal bag you would like. Only 1 meal bag per household.

Meal bags will be available for pick up on Tuesday, November 10th between 2:00pm-3:00pm 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.

National Diabetes Awareness Month

November is National Diabetes Awareness Month. Each year during this month, the community comes together to bring attention to diabetes and its impact on millions of people in the United States and around the world. Through advocacy and awareness events, programs, and initiatives, the diabetes community aims to bring attention to the severity of the problem. On November 10th, experts from the American Diabetes Association will be hosting a discussion on “Healthy Food Swaps for the Holiday Season.” To register for the event visit www.diabetes.org

October Newsletter Activity Winners!

In the October newsletter, we asked you to participate in our cake decorating contest as well as fill out the Culver City General Plan survey & provide us with feedback for reopening the Senior Center. Thank you so much to everyone who participated in both of these activities!! Here are the winners...

$100 Ralph’s Gift Card
Patricia M.

Cake Decorating Contest
Barbara B.

Goodie Bags
Barbara S.
Felipa E.
Anne G.
Dennis M.
Virginia K.

Ralphs
Gene F.
Steve F.
Alice W.
Gloria K.
Ziva R.
Lisa E.
Sheila B.
Alice G.
Lee H.
Jennie B.
This year the annual Holiday Certificate Program registration will not take place as it has in years’ past. The Culver City Senior Citizens Association and staff are working on an alternative to the program, which will likely be a grocery donation rather than a monetary one. Past participants of the program will receive a letter in at the end of November with more details. Local resources are: FeedCulver, SAVES, Grace Lutheran Church, & Meals on Wheels, or call SSG at (213) 553-1884.

Senior Center Covid Cookbook

We are still collecting recipes for our Senior Center Covid Cookbook!! In celebration of Thanksgiving, we want you to send us your favorite Thanksgiving dish recipe!! Remember to specify whether it is 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.seniocenter@culvercity.org to submit your recipe or mail in your recipe to the Senior Center address.

Annual Holiday Certificate Program

We are still collecting recipes for our Senior Center Covid Cookbook!! In celebration of Thanksgiving, we want you to send us your favorite Thanksgiving dish recipe!! Remember to specify whether it is 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.seniocenter@culvercity.org to submit your recipe or mail in your recipe to the Senior Center address.

Visit us online at www.culvercity.org/prcs
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
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

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City Facebook: www.facebook.com/CityOfCulverCity
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