October is Disability Awareness Month!!

Join us in celebrating Disability Awareness Month. Every October the City of Culver City strives to promote awareness and understanding of the needs and abilities of our neighbors, friends, and co-workers with disabilities. Although COVID-19 safety precautions will keep us from holding the traditional Abilities Carnival and Resource Fair, we are excited to keep the tradition alive! This year, the Culver City PRCS Department has partnered with the Culver City Exchange Club, Culver City’s Disability Advisory Committee, local Girl Scout troops, and the Culver City High School ASB to plan an exciting month full of virtual events along with a fun drive up event!

For details on these exciting events check out the Virtual Abilities Carnival and Resource Fair webpage at culvercity.org/city-hall/abilities-carnival

Sneak Peek

Check out pages 9 & 10 for a chance to win a $100 Ralphs Gift Card and provide feedback to City leadership and Senior Center staff! Plus—the return of the At Home Scavenger Hunt!

It’s Halloween so check out page 11 for a chance to dress up in your favorite costume, see your photo on the Culver City Facebook page and maybe even win a prize!
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!!

*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 Amanda.rigali@culvercity.org and she 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

**Play Writing**—Explore different styles of theatre and use dialogue to tell stories. The instructor will assign short writing exercises each week.
- **Day/Time:** Thursday at 10:00 a.m.
- **Instructor:** Laurel Ollstein (Senior Center Creative Writing Class Instructor)

**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!!

CKD: What You Should Know—Wednesday, October 14th from 5:00-7:00pm
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).

COVID-19 and Sleep—Thursday, October 22nd from 12:00pm-1:30pm
Since the dawn of the COVID-19 pandemic, we have all been subjected to give up our usual routines and challenges to our coping skills. Under these circumstances, sleep has been affected on a multitude of levels as a result of loss of daytime structure, increasing stresses and information overload. Sam Kashani, MD, UCLA Sleep Medicine specialist, will explore the importance of sleep and how to optimize the quality of sleep during the COVID-19 pandemic.

Nutrition for Immune Support during COVID-19—Friday, October 23rd from 4:45-5:45pm
The UCLA Center for Human Nutrition is at the forefront building awareness of the impact nutrition has on a person’s health. Zhaoping Li, MD, PhD, UCVLA internist and chief of clinical nutrition, will explore nutrition for immune support during COVID-19 pandemic.

Flu and COVID-19—Friday, October 30th from 10:00am-11:30am
Jacob Gold, MD, UCLA internist, will discuss general prevention strategies and outpatient management of the flu and COVID-19. Learn what you need to do to protect yourself during this year’s flu season.

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 Sit—Weekly, Starts Wednesday October 7 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
Beginning Thursday November 5, this monthly class will be structured with exercises to help with self-care for participants feeling secluded during the pandemic.

To RSVP for these classes and to suggest topics, email Cristina at pt@orthosportpt.net
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-along 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, October 1st, 8th, 15th, 22nd and 29th at 1:00 p.m.

The Best of Composer Series—Featuring Bob Lipson and Don Snyder
Bob Lipson and Don Snyder are back via Zoom in a brand new presentation! This month’s music series will feature 2 shows:
1. Cole Porter, Thursday, October 15th at 11:00am. By popular demand: Bob Lipson, Pianist, and Don Snyder play, sing and narrate the story of Cole Porter, with videos, photos, singalongs. The songs, Broadway & Hollywood musicals, life, and times of one of the most brilliant and provocative songwriters of all time. Night and Day, Anything Goes, What is this thing called love, Love for Sale, and many more. Zoom Meeting ID: 4990465122. No password needed.
2. Movie Themes and Songs, Thursday, October 22nd at 11:00am. A Zoom presentation with those fabulous themes from movies: Love is A Many Splendored Thing, Laura, Shadow of Your Smile, The Way We Were, 3 Coins in a Fountain, and many others. Complete with video clips, solo performances by singer Don Snyder and pianist Bob Lipson. Live narration by Don and Bob telling the stories associated with these memorable songs. Zoom Meeting ID: 4990465122. No password needed.

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

Alzheimer’s Association Virtual Activities

Online Activity Hour—Wednesday, October 7th at 11:00am
You’re invited to join activity specialist, Jon Schaeffer, for an hour of fun and stimulating programming in the comfort of your home, featuring a mix of music, trivia, jokes, history news and word teasers. Sit back and listen, or chime in when you choose. There will be something for everyone. It’s a casual, good time!

LA Opera “Music to Remember” Workshop—Thursday, October 15th at 11:00am
Music helps us connect to each other, our community and even to our own inner selves. Music to Remember is inspired by the powerful (and scientifically proven) role that music plays in restoring the body, soul and memory. This recital with LA Opera teaching artist Nandani Sinha imulates remembrance and gently invites reflection through familiar and beloved songs.

LACMA Personal Connection Program—Tuesday, October 20th at 1:00pm
Join LACMA Teaching Artist Elonda Norris in an engaging and fun virtual art session! She will guide the care partner and person living with dementia to look at and discuss works of art from the museum’s collection from the comfort of your own home.

RSVP for these events at aoh@alzla.org or call (323) 930-6271
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. In the 54-year history of the Country Music Awards, the most nominated and biggest winning female artist in history is what country star? Who is second in nominations?
2. October is Oktoberfest month. When was the first Oktoberfest held and where and in what German state did it begin?
3. October is also the month of Halloween. The pumpkin is the traditional for carving to create Jack O Lanterns. What did the Celtics use in the old days for their vegetable for Halloween creation?
4. What actress was the first one to star in the original Halloween movie back in 1978 as the babysitter?
5. October has also been the celebration of the Christopher Columbus birthday. What country do historians believe Christopher Columbus actually came from?
6. What explorer do historians credit with discovering the new world and in what country did he land?
7. What are the two astrological signs associated with the month of October?
8. Which Olympic athlete set a record in 1972 by winning seven gold medals and in which sport?
9. Who recorded the famous song, Rock Around the Clock in 1955?
10. Special Expert Trivia: Every major league baseball number between 0 and 99 has now been worn in a major league game. There were three numbers that were worn for the first time during the 2020 MLB season. Name them and the bonus the one worn for the first time in 2019 or the 2 from 2018?

Answers: 1. Miranda Lambert with 55 nominations since 2005; second is Reba McEntire with 52 nominations since 2003; second is Rebekah Lambert with 55 nominations since 2018; 9, 83; 2, 80; 3, 81; 4, 82; 5, 81; 6, 80; 7, 82; 8, 83; 9, 81; 10, 80; 11, 82; 12, 81; 13, 80; 14, 82; 15, 81; 16, 80; 17, 82; 18, 81; 19, 80; 20, 82; 21, 81; 22, 80; 23, 82; 24, 81; 25, 80; 26, 82; 27, 81; 28, 80; 29, 82; 30, 81; 31, 80; 32, 82; 33, 81; 34, 80; 35, 82; 36, 81; 37, 80; 38, 82; 39, 81; 40, 80; 41, 82; 42, 81; 43, 80; 44, 82; 45, 81; 46, 80; 47, 82; 48, 81; 49, 80; 50, 82; 51, 81; 52, 80; 53, 82; 54, 81; 55, 80; 56, 82; 57, 81; 58, 80; 59, 82; 60, 81; 61, 80; 62, 82; 63, 81; 64, 80; 65, 82; 66, 81; 67, 80; 68, 82; 69, 81; 70, 80; 71, 82; 72, 81; 73, 80; 74, 82; 75, 81; 76, 80; 77, 82; 78, 81; 79, 80; 80, 82; 81, 81; 82, 80; 83, 82; 84, 81; 85, 80; 86, 82; 87, 81; 88, 80; 89, 82; 90, 81; 91, 80; 92, 82; 93, 81; 94, 80; 95, 82; 96, 81; 97, 80; 98, 82; 99, 81;
October 10 is “National Decorate a Cake Day”!

In honor of National Decorate a Cake Day, the Senior Center staff wants to see you creatively decorate a cake or cupcakes (hint: you don’t even have to use icing)! You can explore colors, flowers, or anything that makes you happy. Remember— this is not a taste test!

How to Enter: On Saturday, October 10, bake a cake or cupcakes and get creative with how you decorate. Then:

- Email a picture of the cake to amanda.rigali@culvercity.com OR
- Mail a picture to the Senior Center before October 19th

On October 19th, the PRCS judges will select their favorite cake. The top three winners will receive a small prize and be announced in the November newsletter for bragging rights!

Cedars Sinai “The Learning Table”

Join Cedars-Sinai experts at The Learning Table, an engaging virtual forum to share and discuss a variety of health topics and learn of actions you can take for your health.

Self-Care During COVID-19 Pandemic— October 5, 2020 at 12:00pm

Let’s talk about the importance of self-care and simple and practical ways to care of ourselves during this uncertain and stressful time. With Suzanne Silverstein, MA, ATR

What’s New in Cholesterol— October 19, 2020 at 12:00pm

Learn the latest research on cholesterol and how food and lifestyle choices can help you meet personal cholesterol goals with Margo B. Minissian, PhD.

To register or questions, contact Glenda Wilson at glenda.wilson@cshs.org or 310-423-4625

Flu Clinic Information

The 2020 Flu Clinic at Veterans Memorial Complex will be held NEXT MONTH on Thursday, November 12th from 9 am—Noon

This Flu Clinic will be a DRIVE-BY Flu Clinic held in the Veterans Memorial Building Parking lot.

Call 213-822-2750 for Information

Other LA County Flu Clinic locations:
10/21/2020: Culver City’s Julian Dixon Library 4975 Overland Ave.
11/7/2020: Mount Olive Lutheran Church 1343 Ocean Pk. Blvd. Santa Monica

Sudoku

To solve, digits 1-9 must appear in each of the nine columns, rows, and boxes.

Visit us online at www.culvercity.org/prcs
Important Information for the 2020 Election

For this election (due to COVID-19) LA County has deemed it appropriate to mail EVERYONE a vote by mail ballot. The voter registration deadline is October 19, 2020. If you have moved, or your name has changed, you need to update your registration information.

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 will be provided on the City website www.culvercity.org/vote

Beginning October 6, LA County will mail ALL registered voters a Vote By Mail ballot. In addition to receiving the Vote by Mail Ballot, registered voters will also have multiple options for returning the ballot, such as:
- Dropping it in a Vote by Mail drop box location in LA County which will be made available 30 days before the election.
- Dropping it off at any Vote Center in LA County
  - Dropping it in the mail
- Remember, no postage is necessary, but it does need to be postmarked by Election Day (Tuesday, November 3rd, 2020)

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.

Amazon Flower Flash!
Your neighbors at Amazon are here to spread some happiness with flower and succulent deliveries for our seniors in the community. On Thursday October 22nd, as part of Amazon’s Week of Service, Amazon employee volunteers will be handing out flowers & succulents to our awesome senior center patrons! You must be home between 11 am and 1 pm on Thursday, October 22nd to receive your delivery – this is a one day only special event!

Seniors must RSVP to receive your flowers and sign-ups will be limited. The Senior Center staff is happy to partner with Amazon on this event and say Welcome to Culver City!
To reserve your spot, call Amanda at 310-253-6715 beginning on Thursday, October 8th at 10 a.m. Reservations must be made by Friday, Oct. 16th. Flowers/succulents will be selected by Amazon, what you receive will be a surprise!

Visit us online at www.culvercity.org/prcs
RETURN TO SENDER! This whole page of the newsletter front and back is designed to be filled out and mailed back to the Senior Center! Please mail to:
Culver City City Hall, Attn: Senior Center, 9770 Culver Blvd., Culver City, CA 90232
All the pages we receive will be entered into a drawing for a $100 Ralph’s Gift Card generously donated by a member of the community. We will also have a drawing for 15 “goodie bags.”
We look forward to hearing from you!

Share your Culver City Story!
City leaders want to hear from YOU, the older adults in our community, as together we create a new vision and guiding principles for the City of Culver City’s General Plan Update. This project, called Picture Culver City, will result in new a long-range plan that will maintain the uniqueness of Culver City and create opportunities for improvements in how we manage every aspect of our city—including economic growth, transportation, housing, climate change, and more. Participate in the process by being among the first people to tell your story in our new storybank!
Your story will be featured alongside other residents’ and visitors’ tales of places, events, and people that are important to Culver City. For more information about the General Plan Update, please visit PictureCulverCity.com. We and everyone in Culver City can’t wait to hear from you!
Name: ________________________________ Phone Number: ______________________

Picture Culver City Storybank
We want to preserve and share your stories about the places, events, and people that are important to you to build connections across the community and into the future.

What is your favorite place in Culver City and why?
____________________________________
____________________________________
____________________________________
____________________________________

What is the biggest change you have seen since you moved here?
____________________________________
____________________________________
____________________________________
____________________________________

Visit us online at www.culvercity.org/prcs
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We look forward to hearing from you!

Senior Center Reopening Feedback
While we still don’t know when and how we will reopen, we do know it will happen one day! Staff is excited to plan and we know there will be a lot of changes and challenges but we are ready to meet the task! That being said, we want to hear from YOU! Knowing the types of restrictions LA County has put into place for other businesses reopening, let us know your thoughts.
Specifically, please let us know what is the #1 class / activity / program that you want / expect the Senior Center to have available when we reopen, even if it is adapted in some way for social distancing:
________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________

Around the House Scavenger Hunt!
Take a look around your home and let us know what you find!
FIND SOMETHING:

That Tells Time:
Yellow:
Made of Metal:
With a Paisley Pattern:
That Floats:
With buttons but NOT clothing:

Shiny:
That Makes You Laugh:
Rough to the Touch:
Orange:
With a Culver City logo:
Purple:
Made of satin/silk:
That has daisies on it:
Soft:
That You Can See Through:
That Smells Good:
That Makes You Smile:

YOUR NAME: ___________________________

Visit us online at www.culvercity.org/prcs
Halloween Costume Contest

Let’s celebrate Halloween!!! The Senior Center Staff would like to invite all members to celebrate the ghoulish holiday 2020 style, with a distanced Costume Contest!

The Rules
- Come up with an original and fun costume idea. Feel free to have an individual costume or a couple’s costume. Team up with a (haunted) housemate or include your pet! Let your imagination run wild.
- Email a picture of you in your costume to Amanda.rigali@culvercity.org no later than the stroke of midnight on Saturday, October 31, 2020.
- If you can’t email a picture, a PRCS employee will visit your house and take a socially distant picture of you in your costume. Email Amanda.rigali@culvercity.com to schedule a visit for the week of October 26th. (Note: No visits will be scheduled for Saturday, October 31st).
- Costumes must include a face mask to adhere to the Hallo-chic of 2020.

The Results
- All photos will be posted to the PRCS Facebook page for everyone to enjoy.
- All participants will receive a grab bag with donated items from Independence at Home, a SCAN community service and other community members. Thank you to Independence at Home for their support!
- Three finalists will be announced in the December newsletter for the following categories:
  +Best Overall Costume  +Most Creative Costume  +Best Incorporation of a Face Mask

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!!

“Many, many thank to all of you for providing the many programs, and classes that keep us seniors happy and busy, and out of mischief.” - Ellen N.
“What a pleasure it was to see all of my senior center friends and firemen for the drive-by” - Addie L.
“Looking forward to seeing you” - Mary B.
“We so appreciate that the city is truly reaching out to this population. Many, many thanks and good health to you all.” - Ulrike M. and Lynn B.
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) 937-5852
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:
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City Instagram: @culvercitygov