



Senior Center at Home Guide



The Senior Center staff miss you and think about you every day!! We wanted to create an at home Newsletter so we could stay connected with you during this time. We hope everyone is staying healthy and safe.

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Pen Pal Program

We would like to invite you to join our Pen Pal Program! Senior Center Staff is working with staff at the Culver City Afterschool Recreation Program to recruit students to be your pen pal. If you would like to participate in this program, call Amanda at (310) 253-6715 and she will link you with a student who has written a letter and is awaiting your response! You will respond to your pen pal directly and the program will take off from there!

Stay active & fit with these at home exercises!!

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

Get Creative at Home!

The Senior Center staff want to hear from you!

Write us a poem, short story or a simple journal entry about your day and share it with the Senior Center staff! We would love to take a moment out of our busy day to read any type of letter you send us!!



Examples of prompts to follow:

1. Daily Routine—What did you do today? What is your favorite way to spend the day? What are 3 things you can't go without? When do you feel happiest?
2. Memories—Who have been the most important people in your life? When in your life did you feel most proud? Find an old photo of yourself & write about the memories it inspires.
3. Wisdom—What advice would you give to your children and grandchildren? What do you love most about life? What is the best advice you ever received?
4. Fun & Random—List 30 things that make you smile. What places have you most enjoyed visiting? What is your favorite book/movie/song & why? What are your pet peeves?
5. What would you like to see in our May Newsletter? Give us feedback!
6. What ideas do you have for our virtual recreation center? What types of classes would you like to see (cooking, art, etc.)?
7. You can also email us at Amanda.rigali@culvercity.org



Include your favorite Senior Center program or what you miss the most about the Center!

We can't wait to hear from you!!

Mail your letter to:
Culver City Senior Center
4095 Overland Avenue
Culver City, CA 90232



Tips to Maintain Health & Wellness While at Home!

1. Drink plenty of water, this is critical to maintain a strong immune system
2. Keep your meals as nutritious as possible (Rich with magnesium, protein & healthy fats)
3. Clean your house as often as possible
4. Stock up on your medications
5. Go on a 'News Diet' - Stay informed, know what is going on, but don't get locked in to endlessly watching 24 hour news
6. Reach out to family & friends—Stay in touch with the people close to you, especially those who are also social distancing.
7. Do not hesitate to seek help if you notice coronavirus symptoms



Stay Together While Apart!

Here are some activities you can all do together from the comfort of your own homes!

Hallmark Channel All New Original Spring Fling Movies



- Saturday, April 4th at 9:00p.m.
"You're Bacon Me Crazy"
- Saturday, April 11th at 9:00p.m.
"Fashionably Yours"
- Saturday, April 18th at 9:00p.m.
"Nature of Love"
- Saturday, April 25th at 9:00p.m.
"Easter Under Wraps"
- Saturday, May 2nd at 9:00p.m.
"Bottles with Love"

Silver Sneakers YouTube Channel

Every Tuesday & Thursday at 11:00a.m., log on to YouTube, search for the Silver Sneakers Channel, and follow along to one of their workout videos! They have all types of workouts, ranging from sit & get fit to balance challenge!



Hallmark is channel 123 on Spectrum & channel 312 on DIRECTV

Visit us online at www.culvercity.org/prcs

Local Food Information

Local Food Banks

ST. AUGUSTINE'S S.A.V.E.S. FOOD BANK (310) 838-2702
Saves is located behind St. Augustine's Church at 3850 Jasmine Avenue, Culver City, 90232. Food Bank hours are Monday, Wednesday, Friday and Saturday from 9 am-12 pm and they do ask you to bring ID.

ST. JOSEPH CENTER FOOD PANTRY (310) 396-6468 ext. 313
Can provide one-time emergency food items for non-members, but mostly open to members of the Food Pantry. Located at 204 Hampton Drive Venice, CA 90291.



FOOD PANTRY, LAX (310) 677-5597 (please call before going)
Food Pantry, LAX is an emergency food resource for low income clients in Inglewood, Westchester, El Segundo, Hawthorne and portions of Los Angeles. Our policy is to provide food for 2 days or six meals to our clients. Clients may come to the Pantry once per week. Clients are required to have some identification or information showing they are in our serving area, but there are no income qualifications. Located at 355 E. Beach Avenue Inglewood, CA 90302. Food Pantry Hours: Tuesdays and Fridays 10am-Noon

Local Free Dinner Service

GRACE LUTHERAN CHURCH CULVER CITY (310) 559-1027
Free dinner every Monday, Wednesday, & Friday from 4:30pm-6:00pm beginning March 23, 2020 at Grace Lutheran Church located at 4427 Overland Avenue, Culver City, 90230.

Free Grocery Pick Up

CULVER CITY COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

The Culver City CERT is helping people in need have their pre-paid groceries picked up by volunteers. Call (310) 253-5545 if you need assistance, available Mon-Sun 7:30am-5:30pm.

Culver City 7-Eleven

5495 Sepulveda Blvd Culver City, CA & 4436 Sepulveda Blvd Culver City, CA

Receiving daily shipments of milk, fruit, bread, medicine, paper products including toilet paper and paper towels, water (cases, gallons and single bottles).



Los Angeles County Residents Outside of Culver City

MEAL SERVICES OUTSIDE OF CULVER CITY

If you live outside of Culver City and are looking for resources regarding senior meals, please call 1-800-510-2020 for assistance, they can direct you to the nearest Senior Meal location.

Visit us online at www.culvercity.org/prcs

Exercise your Brain!



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.

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

	7		8	6	4			3
	2							9
		1					5	
			7		3			
				4				
			6	1	9			
	1	4		3		7		
2								6
8		3	2		5			1

April Word Search Puzzle

T S N I G E B L L A B E S A B
D H E W N A M E O F T H E P M
O I Y A D I R F D O O G N H T
H A A R P R I L M A Y A A R H
T A D M H T N O M H T R U O F
A V S I O E C O M E I B M D F
U R L N O N M A Y E P O H I G
R R O G O D D F S S O R I T N
U T O U E T L H E L I D N E I
S A F P M O E O B F T A H R T
E G L S W E E T P E A Y D E N
R E I E E K G O D D E S S T A
B I R D S M I G R A T E O S L
F S P R I N G R E V O S S A P
L P A L M S U N D A Y O V E E

- | | |
|------------------|--------------|
| APHRODITE | FLOWERS |
| APRIL FOOL'S DAY | FOURTH MONTH |
| ARBOR DAY | GOOD FRIDAY |
| ARIES | PALM SUNDAY |
| BASEBALL BEGINS | PASSOVER |
| BIRDS MIGRATE | PLANTING |
| BLOOM | SPRING |
| DAISY | SWEET PEA |
| DIAMOND | TAURUS |
| EASTER | WARMING UP |

Coronavirus Scams to Avoid



Scammers are quick to exploit emergencies to cheat people out of money, and the coronavirus pandemic unfortunately is no exception.

1. **Beware fraudulent products claiming a cure: REMEMBER!!**
There currently are no approved vaccines, drugs, or investigational products available to prevent or cure the virus.
2. **Don't give money to charities you do not know:** Whenever a crisis occurs, scammers will try to draw on individual goodwill to seek “donations” for a worthy cause. If you would like to contribute to efforts to support those affected by the coronavirus pandemic—such as older adults who are homebound and unable to access food or medication, or those who've lost employment and need financial relief—be sure to research a charity first.
3. **Hang up on imposter callers:** As more Social Security offices temporarily close and the IRS offers leniency on tax filing, you can bet that scammers will take advantage of these to cold call older adults and convince them to release personal information or face discontinuation of benefits. Get a call like this? Hang up! Note that government agencies rarely contact persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action.
4. **Be wary of new investment opportunities:** The U.S. Securities and Exchange Commission has warned that fraudsters are using the current news to promote investments in their companies that promise dramatic returns based on so-called “research reports”. If you are looking to invest in a company, be sure to do your research and remember that



The following is a list of safety tips the public can follow:

- Avoid online advertising offers related to COVID-19
- Decline door-to-door solicitations claiming COVID-19 fundraising
- Do not click on emails and attachments that you do not recognize
- Visit trusted websites for COVID-19 related information

“Find Your 5”

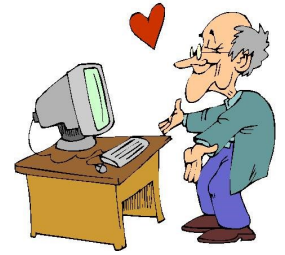
During this time of self-quarantine, we ask that you ‘find your 5’. This means find 5 people that you trust that you can check-in with regularly. Be sure to have their correct phone number and give them a call every few days to let them know how you’ re doing.



Visit our Virtual Recreation Center at

www.culvercity.org/virtualprcs

Our virtual recreation center will provide links to help you stay active & involved!



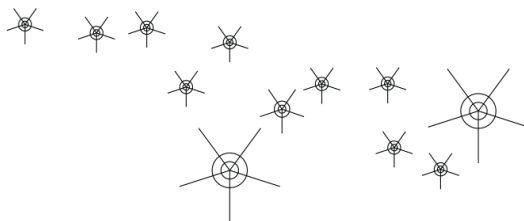
Stay Local—with resources and classes from local Culver City businesses.

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: 9:00am-5:00pm

Sat & Sun: 12:00pm-4:00pm

The City of Culver City's Coronavirus Hotline: 7:30am-5:30pm

(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

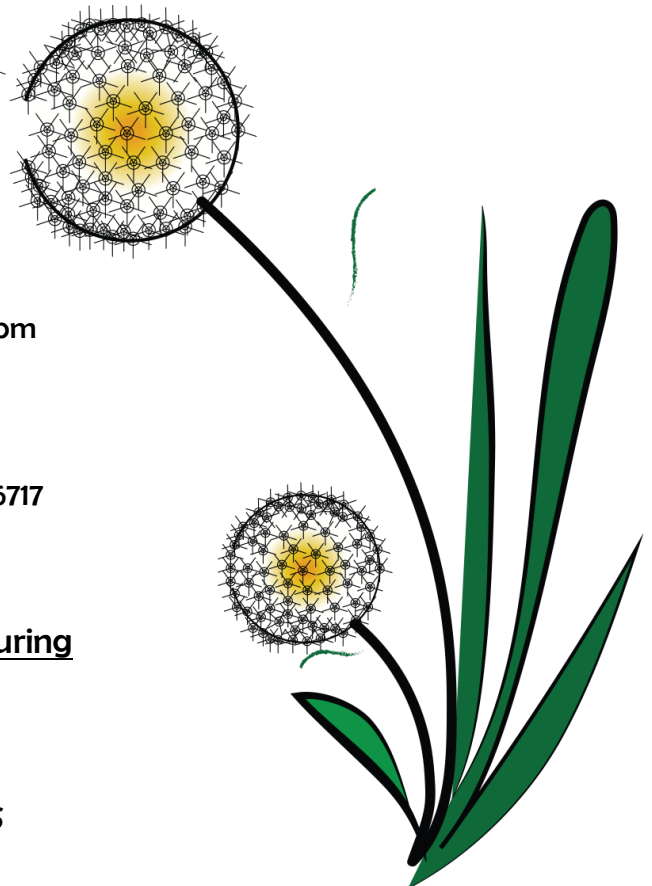
Be sure to follow us on Social Media for updates during this time:

City website: www.culvercity.org

City Facebook: www.facebook.com/CityOfCulverCity

PRCS Facebook: www.facebook.com/CulverCityPRCS

Instagram: @culvercitygov



Visit us online at www.culvercity.org/prcs