We would like to remind you to please have patience during this time. Here are a few inspirational quotes to keep positive thoughts in your mind while staying safer at home. We look forward to the time when we can all be together again in our lovely Senior Center.

“Sometimes you can have the smallest role in the smallest production and still have a big impact” - Neil Patrick Harris

“You are never too old to set another goal or to dream a new dream.” - C.S. Lewis

“Sometimes it is not the strongest tree that survives the storm, but the most adaptable.” - Anne Scotlin

“Life isn’t about waiting for the storm to pass; it is about learning how to dance in the rain.” - Vivian Green

Sneak Peek

This month, we have expanded our virtual programming and added two new classes! Be sure to check out page 3 to see the new virtual classes you can attend via Zoom.

We even expanded our concert series and added another weekly musical event!! See page 5 for the new program.
Easy Exercises to do While Staying Safe at Home

Tips for Exercising Safely:
1. Take 5 to 10 minutes to warm up and cool down properly.
2. Plan to start slowly and boost your activity level gradually.
3. Be sure to wear the proper clothes and close-toed shoes.
4. Check your surroundings and make sure you are in a safe environment with no fall hazards.
5. Drink plenty of water and drinks that replenish essential electrolytes.
6. Know your limits. Pay attention to how your body feels as you exercise. Take a break whenever your body needs it.
7. Do it right. Try to get the technique right from the beginning, to ensure you are using your muscles correctly.
8. Pace yourself. Have at least one recovery day each week to rest. If you are experiencing pain, rest until the pain has gone.

*Use soup cans or water bottles if you do not have weights*
Online Senior Classes via Zoom

This month, we have added Zumba and Line Dancing 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.
- **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**

For those of you who do not have Zoom, we have an alternative way for you to participate in a Senior Center class from the comfort of your own home! 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
Virtual Workshops

This month we are so excited to be partnering with UCLA Health to bring you virtual workshops!

Cardiovascular Health—Tuesday, June 2nd from 2:30 p.m.—4:00 p.m.
Learn about the symptoms, treatments and management of cardiovascular disease, as well as how to maintain cardiovascular health and prevent disease.

Thyroid Disorders Update—Tuesday, June 16th from 2:00 p.m.—3:30 p.m.
This presentation will give an overview of thyroid disorders, including symptoms, treatments and how to prevent thyroid problems.

Hearing Loss—Thursday, June 18th from 12:00 p.m.—1:30 p.m.
Rebecca Belay Gegremichael, AuD, UCLA audiologist, will give a basic understanding of how the auditory system works, causes of hearing loss and treatment options.

Smarter Health Using Smart Phones & Technology—Thursday, June 18th from 3:00 p.m.—4:30 p.m.
This session will show you how to use your smartphone and other technology as a helpful tool on your health and fitness journey. Learn tips and ideas for using modern technology to help encourage and maintain your well-being based on individual needs and interests.

Grief, Bereavement and Mourning—Thursday, June 25th from 1:30 p.m.—3:00 p.m.
Learn about the general impact of loss – from loss of someone special, changes in medical conditions, and transitions in our lives as we age. 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. Speaker: Delia Cortez, LCSW, UCLA Health Palliative Care social worker

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

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 our helpline 844.HELP.ALZ (844.435.7259) or visit their website AlzheimersLA.org
Virtual Concerts

This month, we are excited to be introducing a new 4-part concert series! "The Best of Composer Show Series"
A virtual presentation on Zoom from your favorite entertainers!! Don Snyder singing, Bob Lipson at the piano (formerly with retired host Saul Jacobs) and Dave Snow producing (with videos) the highlights of your favorites in a 4 part series.
Monday, June 8th, 15th, 22nd & 29th at 1:00 p.m.

"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, June 4th, 11th, 18th & 25th at 1:00 p.m.

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

Stay Together While Apart

On Sunday, June 21st let’s all celebrate the Summer Solstice together and bake a delicious Pineapple Sunshine Cake!! A light and fluffy pineapple-infused cake, topped with a sweet and creamy whipped cream frosting. This cake is always a crowd pleaser!

**Ingredients:**

Cake:
- 1 box yellow cake mix
- 4 eggs
- 1/2 cup vegetable oil
- 1 (8 oz) can crushed pineapple with juice

Frosting:
- 1 (8 oz) container whipped topping, thawed
- 1 small box instant vanilla pudding
- 1 (8 oz) can crushed pineapple with juice

**Instructions:**

1. Preheat oven to 350 degrees. Spray a 9x13 pan with cooking spray.
2. In a large bowl combine cake mix, eggs, oil, and 1 can of crushed pineapple with the juice. Mix well.
3. Pour into prepared baking pan and bake for 25-35 minutes, or until toothpick inserted in center of cake comes out clean. Allow to cool completely.
4. In a medium sized bowl, fold together whipped topping, box of vanilla pudding, & 1 can crushed pineapple with the juice. Spread over the top of the cooled cake. Enjoy!
June 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 is considered the diamond food of the kitchen?
2. What is the one word that can be added to the ends of the following words: a, back, down, for, in, on, out, to, up, wind?
3. Who started the nation's first volunteer fire department in Philadelphia in 1736?
4. The physical mechanism of what action, according to brain research, cools down your brain, leading to better mental efficiency?
5. *Little Women* has been popular for a long time. Who starred as 'Jo' in the first movie made in 1933? Bonus— who directed the modern version of the Louisa May Alcott classic?
6. Who is the actor that starred in *Little Nicky, The Waterboy, Billy Madison* and *Happy Gilmore* that has never been nominated for an Academy Award?
7. Name the basketball coach who won his only NCAA title in 1983 in a major 54-52 upset over Houston?
8. Who is the author of 12 James Bond books and two short collections?
9. Who was the first woman of color and Asian-American to be elected to Congress in 1964? What famous piece of legislation was eventually given her name for her work on the 1972 document?
10. What Astrological sign comes at the end of June and what flower is most associated with the month?
11. In what year was Culver City incorporated?
12. Who was the person that founded the Culver City Investment Company and eventually founded Culver City? What state was he from?
13. What person, who has a city named after him, did the founder of Culver City have a fight with and then go out on his own? What occupation was it over?

1. Answer: Truffles
2. Answer: Ward
3. Answer: Benjamin Franklin
4. Answer: Yawning
5. Answer: Kathy Hepburn & Greta Gerwig
6. Answer: Adam Sandler
7. Answer: Jim Valvano
8. Answer: Ian Fleming
9. Answer: Patsy Mink from Hawaii; Title IX Legislation now Patsy Mink Equal Opportunity Legislation
10. Answer: Cancer, White Rose
11. Answer: 1917
12. Answer: Harry Culver from Nebraska
13. Answer: I. N. Van Nuys over Real Estate
National Say Something Nice Day

June 1st is National Say Something Nice Day! The message of the day is that positivity goes a long way when it comes to spreading joy and happiness. What you may find is that when it comes to being nice, it’s infectious. Being nice will often relay a domino effect, and the more people you say something nice to, the further the niceness will span.

When it comes to celebrating Say Something Nice Day, the possibilities are endless, but your goal should always be the same. Here are some ways you can celebrate:

- Acknowledge an accomplishment! Sometimes, we become so busy in our lives that we do not acknowledge even the smallest of accomplishments that people close to us make.
- Compliment someone’s personality!
- Thank an essential worker for all they are doing during this time.
- Compliment someone’s style or the way they dress.
- Simply say ‘thank you’ to someone who is a good friend or positive person in your life
- If you live with someone, leave them a positive note.

Father’s Day

This year, Father’s Day is Sunday, June 21st. We would like to wish all of the fathers, father figures, mentors, caregivers, and friends a Happy Father’s Day.

Here are some ideas on how you can remember the special father figure in your life on Father’s Day:

- Did your father enjoy listening to music? Pull out that old record and spend some time listening to your dad’s favorite tunes.
- Did your father enjoy history and museums? Go online to our virtual recreation center at culvercity.org/virtualrecreation and click on the Entertainment & Culture tab. From there, follow the links to some of the world’s most famous museums and take a virtual tour.
- If you can, call to remind them how important they are to you. You can also write them a warm, heart-felt letter or email to let them know you are thinking about them. If they’re no longer with us then share a favorite memory of them with a friend or family member.
- What was your father’s favorite meal? A great way to remember your dad on Father’s Day is by cooking his favorite meal! If you would like to order out, go online to www.downtownculvercity.com/dine to see a list of which restaurants are open for take out and delivery in downtown Culver City.
Face Coverings

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. Bring a clean cloth face covering with you when you leave the house. If you’re not around other people, doing a solitary activity, or when you’re with only the people from your household, you can take it off, but you should put it on if others approach. Children under two and people with certain disabilities are exempted from wearing face coverings.

How to Wear a Face Covering

- Wear your face covering so it comes all the way up close to the bridge of your nose.
- Make sure it covers your mouth all the way down to your chin.
- Do your best to tighten the loops or ties so it’s snug around your face, without gaps.

How NOT to Wear a Face Covering

- Don’t wear your face covering so it is below or covers just the tip of your nose.
- Don’t leave your chin exposed.
- Don’t push your face covering under your chin to rest on your neck.

Protect Yourself and Others from COVID-19

**HOW TO WEAR A FACE COVERING**

- Wear your face covering so it comes all the way up close to the bridge of your nose.
- Make sure it covers your mouth all the way down under your chin.
- Do your best to tighten the loops or ties so it’s snug around your face, without gaps.

**HOW NOT TO WEAR A FACE COVERING**

- DON’T: Wear your face covering so it is below or covers just the tip of your nose.
- DON’T: Leave your chin exposed.
- DON’T: Push your face covering under your chin to rest on your neck.
- DON’T: Wear your face covering loosely with gaps on the sides.
Remember: The Risk of COVID-19 Remains High

As L.A. County begins to reopen and you may decide to leave your home, please remember to follow infection control practices at all times, as the virus has not gone away.

- 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.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your face with unwashed hands.
- Self-isolate for 10 days and three days after you are symptom-free if you have or are likely to have COVID-19.
- Self-quarantine for 14 days if you are exposed or in close contact with an infected person.

Even though the risk of COVID-19 remains high, medical offices and hospitals are equipped to treat you safely, and before your health concern becomes a major health crisis. If you become ill, call your doctor early if you are 65 years and older, or have an underlying health condition as you may be at higher risk of serious illness. Call 9-1-1 if there are emergency warning signs such as difficulty breathing, pressure or pain in chest, bluish lips or face, confused or hard to wake, or any other serious symptoms.

Update on AARP Tax Aide

AARP Foundation and their community partners are assessing coronavirus (COVID-19) developments on a daily basis to ensure that all CDC guidelines for health and safety are being followed to protect volunteers, staff and the people they serve. To that end, AARP Foundation Tax-Aide services are suspended until further notice. While Tax-Aide provides free tax preparation and filing services to all taxpayers, many of its clients are over 60, a group considered by health experts to be at higher risk of developing complications from the illness. Tax-Aide will continue to assess whether the program can open again in some or all sites for the remainder of the tax season, which has been extended to July 15.

Three alternative virtual tax preparation service options are being released.

- A self-prep option, providing taxpayers with access to software so they can prepare taxes on their own, is now available.
- Two other options, in which a volunteer helps taxpayers complete their own taxes, are currently in testing/pilot mode. These are in development.

AARP Foundation continues to evaluate other alternative service models. Promising options will need to be vetted, however, and will more likely be available for the next tax season. Those interested can visit aarpfoundation.org/taxaide or call (888)-687-2277 for additional information and updates about alternative service options.
Letters From Our Seniors

We want to thank everyone who mailed or emailed us a thoughtful letter! We enjoyed reading them so much that we want to share them with you. If you sent us a letter, but do not see your name below, your note will be published in next month’s newsletter!

“I miss the Saturday Dance & all the wonderful people that I often see & chat!” - Sue C.
“I miss all of my friends at the Center & my Wednesday class with Mathew Hoffman.” - Alan W.
“It has to be the Saturday afternoon Tea Dances! The warm welcome of many friends & volunteers, the live music from talented performers, & the gentle exercise! That all brings us to a couple of hours of feeling young & euphoric again!” - Suzanne K.
“Thank you for your service, concern & care. Thank you for the memories I can reflect upon them until I return” - Betty L.
“We are so thankful you called to check on us! We are exercising & walking around the block when we can!” - Rick & Marilyn H.
“What I miss is my volunteer work with Jill, chatting with all those I met over the years & of course, all the classes!” - Rose F.
“Thank you to the City for the weekly wellness calls, it is a thoughtful & kind program.” - Gloria W.
“The Senior center is a convenient place to meet friends & play games & socialize.” - Denise G.
“Congratulations on the very well made newsletter & thank you to the Senior Center team.” Rich W.
“What I miss the most about the center is the dances on Saturday, the karaoke, & the Thursday music series. I miss everything & everybody.” - Barbara S.
“Your weekly courtesy call just to check how we are doing, your month Senior Center Home Guide full of important information to make us aware of what is happening, the virtual exercise class, Zoom concert among other things are just wonderful.” - Greg P.
“Thank you to the Nutrition staff for the food, it’s great!” - Joyce B.
“Thank you for printing the newsletter. I miss gathering with people, the trips, shows & festivals.” - Tanya S.
“At the time of staying home & social distances, I have a wonderful garden very protected like little haven.” - Ziva R.
“Thank you all so very much for all you have been doing during these trying times.” - Nicole
“Thank you so much for creating & mailing me the Senior Center at Home Guide!” - Nina B.
“I miss your happy smiling faces, I miss the bright quiet lounge to read my papers, & I miss the food lectures.” - Ina F.
“We miss the Tuesday Tai-Chi & the much appreciated & well attended Saturday dances, the lovely setting & atmosphere, safe, quality, affordable, so well run by Ruby and Don, & so well delivered by Steve & the bands he puts together.” - Arpine G.
“I miss the Sr Ctr, friendsies I’ve been meeting for years, exercise classes, stretch, move & groove..dancercize..more than I can shout!” - Lisa E.
“Stay safe and thanks for helping all the seniors to feel connected by the Newsletters.” Hope S.
“Thank you for the very informative senior Center at Home Guide.” - Ilvanor C.
“I shared about my hobby, Genealogy, if any of you are interested in doing your own research please reach out to me.” - Carolyn C.
Alphabet Scavenger Hunt

This month, we are challenging you to embark on an alphabet inspired scavenger hunt. All you have to do is follow these simple steps:

1. Cut off the alphabet strip on the right side of this page.
2. Find 1 item in your house to represent every letter in the alphabet.
3. Fill in the name of the item next to the matching letter.
4. Mail your completed alphabet strip along with your contact information to the Senior Center.

The first 5 participants to mail in their alphabet strip will receive a prize! Winners will be announced in next month’s Newsletter.

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

“On the Porch”

We are introducing a new program called “On the Porch”. This program is an opportunity for you to share a story about something that has happened in your life that is meaningful to you. Senior Center staff will come to your home and record you telling your story from your porch (while maintaining 6 feet of social distance, of course!). The story can be as long as 5 minutes. We will share your story on our Social Media platforms for our community members to watch and enjoy. Here are some suggested topics:

1. Lately, we have been exploring new technology such as video chat and virtual classes. Tell us about the type of technology that existed during your childhood.
2. High School seniors across the U.S. will be graduating this month. Tell us about the year you graduated high school and where life took you after graduation.
3. How long have you lived in Culver City? Tell us how much Culver City has changed since you first moved to the Heart of Screenland.

This a chance to share a story that is special to YOU!! If you are interested participating in “On the Porch”, call Amanda at (310) 253-6715.
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: 9:00 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

Visit us online at www.culvercity.org/prcs