



Senior Center Safer at Home Guide

Parks
Make
Life
Better!

The City Council and our dedicated staff are sending our best wishes to all of you in your homes, as we head into May in Culver City. There's no doubt we're experiencing unprecedented times, and we stand with every member of our community and have been proud to continue to serve you all during these challenging times. And, as the warmer weather approaches, we want to remind everyone to drink plenty of water and keep hydrated throughout the day.

While at home, you can take advantage of the Virtual Recreation Center Online if you can or try out a new Zoom class listed in this Safer at Home Guide. Check in with friends and family via a good old-fashioned phone tree, and if you'd like a weekly check-in call, just reach out to the staff at the Senior Center at (310) 253-6700 and let them know.

As the situation evolves and we eventually move to begin opening up services, we'll continue to partner with staff to ensure we're communicating what the "new normal" will be in Culver City. We want to make sure that you are all prepared and ready to dance, watch a movie together, take an art class and more, in what may likely be a new way.

Take care of yourselves and know that the health and safety of our community members continues to be our number one priority. We look forward to the time when we can all gather together in good health once again.

-Your Culver City Mayor and City Council



Sneak Peek

This month, we are so excited to be transitioning some of your favorite Senior Center classes online! Be sure to check out page 3 to see the virtual classes you can attend via Zoom.

We will even be offering weekly virtual concerts that you don't want to miss!!

Easy Exercises to do Every Day this Month!

Deep Breathing

Sometimes we get so caught up in everything that we are doing that we forget to breathe! Part of a new routine we suggest that you start is doing the following deep breathing exercises every morning when you wake up and every night before you fall asleep:

1. Get Comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees.
2. Breathe in through your nose. Let your belly fill with air.
3. Breathe out through your nose.
4. Place one hand on your belly.
5. As you breathe in, feel your belly rise.
6. Take three or more full, deep breaths.



Though it may feel unnatural to breathe deeply, the practice comes with so many benefits. From cognition to digestion, effective breathing can not only provide you with a greater sense of mental clarity, it can also help you sleep better, digest food more efficiently, improve your body's immune response and reduce stress levels.

Lunges

Challenging your balance is an essential part of a well-rounded exercise routine. Lunges do just that, promoting functional movement, while also increasing strength in your legs and glutes. If you cannot do a full lunge, start with a partial lunge and work your way towards a full lunge!

1. Start by standing with your feet shoulder-width apart and arms down at your sides. If you need extra support, grab a chair, place it next to you, and hold on to it as you do the lunges.
2. Take a step forward with your right leg and bend your right knee as you do so, stopping when your thigh is parallel to the ground. Ensure that your right knee doesn't extend past your right foot.
3. Push up off your right foot and return to the starting position. Repeat with your left leg. This is one rep.
4. Start with 5 reps and every day increase by 1 rep!



Quick Tip: Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

Online Senior Classes via Zoom

A few of our awesome Senior Center instructors have transitioned their classes online and are offering them for FREE!! If there is a class you would like to take all you have to do is email Amanda.rigali@culvercity.org and I will send you the class' Zoom link and meeting ID.

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

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

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

Weekly Virtual Zoom Concert



Do you miss the monthly Senior Center concerts? Every Thursday at 1:00 p.m. in May a Culver City volunteer, Michael Monogan will be hosting a virtual concert via Zoom! Michael is an experienced guitarist and will be playing the songs of Sinatra, Astaire, Elvis, the Beatles and more! If you would like to listen in, email Amanda.rigali@culvercity.org to receive the Zoom link. The first concert will be on May 7th.

Stay Together While Apart!

Here are some movies you can all watch together from the comfort of your own homes! Follow the regular Senior Center schedule and watch a movie every Tuesday & Sunday at 1:00pm.



According to IMDb, the list below identifies some of the best movies of all time. With today's technology, these films have been digitally enhanced to improve the quality.

- *The Godfather* (1972) - The aging patriarch of an organized crime dynasty transfers control of his clandestine empire to his reluctant son. (Available on Amazon Prime for \$2.99)
- *The Shawshank Redemption* (1994) – Two imprisoned men bond over a number of years, finding solace and eventual redemption through acts of common decency. (Available on Netflix)
- *Schindler's List* (1993) – In German-Occupied Poland during World War II, industrialist Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazis. (Available on Amazon Prime for \$2.99)
- *Raging Bull* (1980) – The life of boxer Jake LaMotta, whose violence and temper that led him to the top in the ring destroyed his life outside it. (Available on Netflix)
- *Casablanca* (1942) – Here's looking at you kid! A cynical American expatriate struggles to decide whether or not he should help his former lover and her fugitive husband escape French Morocco. (Available on Amazon Prime for \$2.99)
- *Citizen Kane* (1941) – Following the death of publishing tycoon Charles Foster Kane, reporters scramble to uncover the meaning of his final utterance, 'Rosebud.' (Available on Amazon Prime for \$2.99)
- *Gone with the Wind* (1939) – A manipulative woman and a roguish man conduct a turbulent romance during the American Civil War and Reconstruction periods. (Available on Amazon Prime for \$2.99)
- *The Wizard of Oz* (1939) – Dorothy Gale is swept away from a farm in Kansas to the magical land of Oz in a tornado and embarks on a quest with her new friends to see the Wizard who can help her return home to Kansas and help her friends as well. (Available on Amazon Prime for \$2.99)
- *One Flew Over the Cuckoo's Nest* (1975) – A criminal pleads insanity and is admitted to a mental institution, where he rebels against the oppressive nurse and rallies up the scared patients. (Available on Amazon Prime for \$2.99)
- *Lawrence of Arabia* (1962) – The story of T.E. Lawrence, the English officer who successfully united and led the diverse, often warring, Arab tribes during World War I in order to fight the Turks (Available on Amazon Prime for \$2.99)

Try These Healthy Snacks While you Watch a Movie!

- Cheese is a great source of protein and calcium, and fills you up too
- Jello! It comes in a variety of flavors & is fun to eat
- Trail mix is a great way to get raw protein, just be sure to choose unsalted!
- Cut up carrots & celery with dip
- Yogurt instead of ice cream! It will still give you that cold, creamy sensation
- Non-butter popcorn
- Fruit salad! Fruit is a nice, sweet alternative to candy





Poems



Thank you to CCSCA member, Jessica Garcia, for responding to last month's "Get Creative at Home" activity and sending us a poem entitled, "TOMORROW". The Creative Writing Class has also been working on poems and short stories about looking out their windows. Thank you to the instructor, Laurel, for submitting two of her students' poems. We hope you enjoy!

TOMORROW

By Jessica Maria G. Garcia

Do not be sad because the sun is setting,
tomorrow dawn will return and if rain saddens you,
think of water springs and rivers flowing.
If worldly issues affect you,
along with their uncertainties, remember,
the calm will return, and you will see
the world with more unity.
Tonight, the moon will shine with all its splendor,
think of your guardian Angel
caring for you through the night and
through the morning light.

THE WINDOW

By Janet M. Ocasio

The window is a symbol
Through which life is observed,
Allowing views of sunshine,
Of living things unearthed.
But windows show the rainstorms
The darkness of the night
As people run to shelter
Running to take flight.
How much of life is watching
Through windows large and small
Reflecting back our visions
Through the windows of our soul?
We gaze and watch as life goes by
We stall to act, unsure of all
But living means we interact,
We step outside our sheltered walls
Becoming partners in a pact
Which brings us out not holding back.
The call, to be, will make us full
Living demands and freedom pulls
We take our chances as we go

SITTING AT MY FRONT WINDOW

By Terry Dicks

I hear the wind chimes
Playing the most beautiful sounds,
I see a little grey bird who just flew from the plum
tree
To the grassy lawn to look for worms
The plum tree branches are shaking as the gentle
breeze
That blows through the wind chimes,
Also blows through the little plum tree branches.
Creating a tiny swishing sound
My hands reach for the delicate pink rose
I cut only this morning
Its petals are silky and smooth like velvet
Its fragrance like my Grandma's perfume
I see the myriads of multi colored roses and
remember
When I planted each of these lovely bushes
They seem to sway in the breeze too
Tall and majestic like bouquets of rainbows
Was it only yesterday that I planted these exquisite
flowers?
Or was it many years ago when I was young?
When did they grow so tall?
Was I sleep-walking and didn't notice them
growing?
Yet looking out the front window I am forced to
Let my senses remind me, I'm blessed
This is yet another day to be sheltered in place But
while I am sheltered, I am alive and well
My window is about eight feet wide and I sit here a
lot now
I see walkers all during the day – people with lots
of kids
Bikers, runners
They fascinate me
Sometimes my daughter and I go out and join
them
The blue sky speaks to me
When I sit here I am quite clear that
God is still blessing us during this shelter time.
I thank God for the gift of looking out my window



May Trivia Questions with Answers:

Thank you to the Senior Center's very own monthly trivia instructor, Mike, for creating these questions! Answer 9 or 10 questions correct and you are a trivia expert; Answer 7 or 8 questions correct and you know your trivia; Answer 6 or less questions and you need trivia practice before June.

1. Disneyland has been closed four times in its history. Name the four occasions?
 2. What are the names of the two Army ships stationed in Los Angeles and New York City to help with the coronavirus?
 3. The Southern Ocean surrounds which continent?
 4. What popular soda beverage was originally developed as a mixer for whiskey?
 5. Four Boston Celtics have won the NBA MVP Award. Can you name those players?
 6. In what year was the United Nations formed?
 7. Who was the first female singer to ever have four #1 albums on the Billboard all-genre Top 200 chart?
 8. What famous baseball historical event happened on May 5, 1904 at the Huntington Avenue Grounds?
 9. Mother's Day is the biggest holiday in the United States for what activity?
 10. Girl Scouts are currently selling their annual cookies, according to their sales records, which are the four best selling kinds of cookies?
 11. On May 5, 1934 their first short movie 'Woman Haters' was released. Who were the stars of the movie?
 12. May 5 is not actually Mexican Independence Day. When is it?
 13. Mother's Day is officially celebrated each year on the second Sunday in May, in the US, Canada, and Australia. When is Mother's Day celebrated in the UK?
 14. Memorial Day has been labeled as the most dangerous holiday for what incidents?
- *Bonus Question: Who are the only four baseball pitchers in history to throw no hitters in both the American and National League?**

Bonus Answer: Cy Young, Jim Bunning, Nolan Ryan, Hideo Nomo.

Answers. Question 1: 1) John Kennedy Assassination 1963, 2) Northridge Earthquake, 1971, 3) 9/11 bombing, 4) Corona-virus; Question 2: Mercy (LA), Comfort (NY), 3: Antarctica; 4: Mountain Dew; 5: Bob Cousy, Bill Russell, Dave Cowens, Larry Bird; 6: 1945; 7: Carrie Underwood; 8: Boston Americans Cy Young threw the first modern baseball perfect game; 9: Long Distance Phone Calls; 10: 1) Thin Mints, 2) Samoas-Caramel Delights, 3) Peanut Butter Patties, 4) S'Mores. 11: The Three Stooges 12: It is celebrated on September 16th 13: 4th Sunday in May 14: Driving your car

Coronavirus-themed Phishing Scams are on the Rise

What is a phishing scam??? It is a scam by which an Internet user is duped (as by a deceptive e-mail message) into revealing personal or confidential information which the scammer can use illicitly.



It is unfortunate but cybercriminals prey on our vulnerability during this challenging time. There are malicious emails that say they are related to coronavirus updates only trying to convince you to click on the link or attachment that contains malicious malware. There are also emails being sent that state they are related to the stimulus package, only trying to obtain personal information from you. Don't click on any links unless you can verify it is a safe website. Never

enter personal information or passwords on sites that are unfamiliar that you enter as a result of clicking on a link. Please continue to be alert and always question the credibility of a link contained in an email. Below is an excerpt from the Department of Homeland Security Warning (issued April 8, 2020):

Email Phishing

CISA and NCSC have both observed a large volume of phishing campaigns that use the social engineering techniques described above. Be wary of emails titled:

- 2020 Coronavirus Updates
- 2019-nCov: New confirmed cases in your City
- Coronavirus Updates
- 2019-nCov: Coronavirus outbreak in your city (Emergency)

These emails contain a call to action, encouraging the victim to visit a website that malicious cyber actors use for stealing valuable data, such as usernames and passwords, credit card information, and other personal information.

SMS (Text Message) Phishing

Most phishing attempts come by email but the National Computer Security Center has observed some attempts to carry out phishing by other means, including text messages. Historically, text phishing has often used financial incentives—including government payments and rebates (such as a tax rebate)—as part of the lure. Coronavirus-related phishing continues this financial theme, particularly in light of the economic impact of the epidemic and governments' employment and financial support packages. These text messages—purporting to be from “COVID” and “UKGOV” —include a link directly to the phishing site. As this example demonstrates, malicious messages can arrive by methods other than email. In addition to text, possible channels include WhatsApp and other messaging services. Malicious cyber actors are likely to continue using financial themes in their phishing campaigns. Specifically, it is likely that they will use new government aid packages responding to COVID-19 as themes in phishing campaigns.



May is Older Americans Month!

The 2020 theme for Older Americans Month is Make Your Mark! This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Around our nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors and advocates. They offer their time, talents, and experience to the benefit of our communities.



We want you to share how you have made your mark!

Share Your Stories

Stories build community and connect us even when we can't be physically together. Recalling adventures with childhood friends, that family weekend at the beach, a teacher who helped guide your life, or how you learned you would become a grandparent—all of those stories connect you with your past and the people who have mattered along the way. They help people you love get to know you better and feel closer to you. Looking back at how we got through other tough times can help us manage this challenging time. Sharing what we love about our friends and family members helps them feel stronger and more connected.

Stories can be told over the phone, on the computer, over the backyard fence. They can be told in letters, in pictures, in headlines and photographs collected from newspapers. We don't have to be together to share our stories and build each other up.

We can make a mark on people's lives with the stories we share.

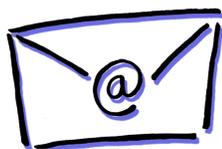
Jump Start the Memories

Think about the stories that make up your life. Which ones would you like to share? Here are some questions that might get you thinking:

- What would you like to tell your 22-year-old self?
- What do you think your 22-year-old-self would want to tell you?
- What are the best and worst pieces of advice you've ever received?
- What's your hidden talent?
- What are you most proud of?
- Looking back, is there something you wish you had done that you did not?
- What do you most admire about your best friend?
- What do you wish the world knew about you?
- Was there a time when an older adult helped you feel strong in a tough time?
- What does it mean to be a caregiver? What did you learn from the experience?

The Senior Center staff are excited to read your amazing stories!

Email your story to
Amanda.rigali@culvercity.org



Mail your story to:
Culver City City Hall
Attn: Senior Center
9770 Culver Blvd
Culver City, CA 90232



How to Make Your Own Face Mask

Materials You'll Need:

- Bandana, T-shirt, or square cotton cloth about 20"x20"
- Coffee filter
- Rubber bands or hair ties



Follow These Simple Steps:

1. Cut an inch off the bottom of a folded coffee filter. Keep the top—you'll need it for the filter in your mask.
2. Lay a bandana or a 20"x20" t-shirt flat in a rectangle. Fold the bandana or shirt in half, lengthwise.
3. Fold the cut filter in the center of the folded bandana or shirt. Then fold the top of the bandana or shirt down over the filter. Fold the bottom up.
4. Place rubber bands or hair ties around the folded bandana or shirt, about 6 inches apart.
5. Fold the side of the bandana or shirt in towards the middle and tuck.
6. Place the rubber bands or hair ties around your ears, and voila—you have made a face mask!

We suggest that you should wash the masks before and after each use to clean off any germs you might have picked up in public. Hand wash the masks or put them in a mesh wash bag in the washing machine so they don't fall apart, and use a high heat setting.

Local Free Drive-Up Coronavirus Testing Sites

At this time, testing is available to all residents of Los Angeles County who are experiencing symptoms of COVID-19. Tests are by appointment only, you must register online at coronavirus.lacity.org/testing. You will need to provide your registration number at the testing site, which will be given to you upon completion of the testing application.

- | |
|---|
| <p>Inglewood Testing Site—The Forum</p> <ul style="list-style-type: none">• 3900 W. Manchester Blvd. Inglewood, CA 90305 <p>Cedars-Sinai Medical Center</p> <ul style="list-style-type: none">• 8730 Alden Drive Los Angeles, CA 90059 <p>Veterans Association Parking Lot 15</p> <ul style="list-style-type: none">• 100 Constitution Ave. Los Angeles, CA 90095 <p>Crenshaw Christian Center</p> <ul style="list-style-type: none">• 7901 S. Vermont Ave. Los Angeles, CA 90044 |
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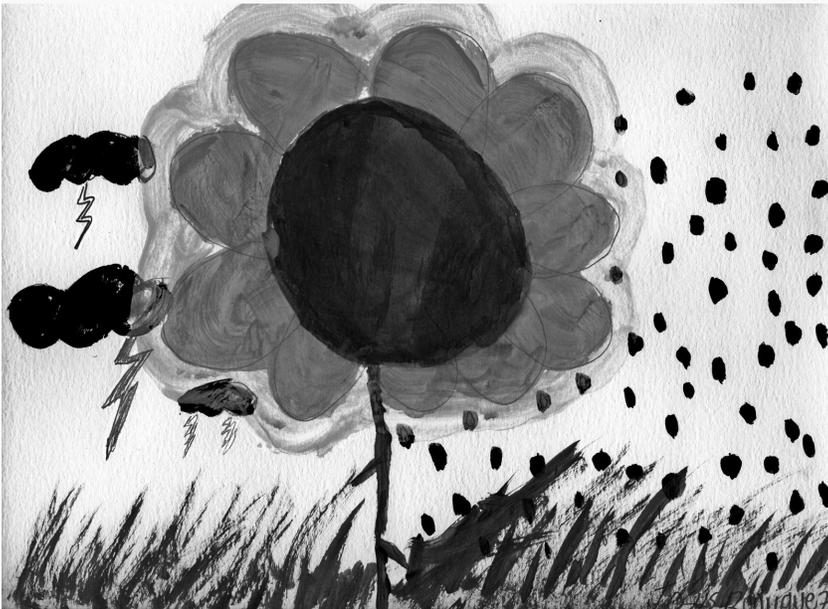


Reminder!! You must preregister for a COVID-19 test. Once you register online, your appointment date and time will be given to you. For more information, please visit the Los Angeles County Department of Public Health website.

Residents of LA County without internet access can call 2-1-1, where operators can assist with online registration to determine eligibility and appointment details.

Culver City Artist Laureate

Stay Safe, Be Well !



Artwork by Jesus Rodriguez, Artward Initiative Program

LOVE MY NEIGHBOR



On Monday, January 13, 2020, the Culver City Council voted to appoint artist Alexey Steele as Culver City's Artist Laureate. Mr. Steele will serve as Culver City's cultural ambassador, raising awareness and appreciation for the arts in the city and the artists who live and work here. Currently, Mr. Steele is working with kids in our community to produce art for our Emergency Relief Food Drive Care Packages. Alexey is attaching artwork by a local child artist and a special note for care package recipients, "Even in home isolation we are still a community of great

neighbors. Here is a print from a special artwork that was made safe-at-home by a child to keep your spirit up." This piece of art was created by Jeremy from local Cub Scout Pack 79. The image is entitled "The Flower in the Storm" and represents a flower blooming in the midst of thunderstorm and hail.

Donate Your Extra Art Supplies

Do you have art supplies at home that you are no longer using? Donate it to another member of the Senior Center! All you have to do is call us and a PRCS staff will come pick up the art supplies from your home. If you would like to receive donated art supplies, give us a call and we will deliver it to you!

Supplies Needed:

- Paint brushes
- Watercolor
- Acrylic paints
- Stencils
- Canvas
- Loose paper
- Pastels
- Colored Pencils
- Charcoal
- Markers
- Crayons
- Pencil Sharpener
- Sketch Book
- Erasers
- Drawing Board



We Miss You!

Last month, we asked you all to write us a letter stating what you miss most about the Senior Center. This month, we are turning the tables and each staff member would like to let you know what they miss about the Center!

"I miss the Saturday Dances, the seniors' amazing outfits, the great music, but most of all I miss their beautiful happy smiles when they stop by the desk to say hello and later to say goodbye." - Silvia

"One of the classes that I miss the most is Line Dancing, because of the music and the Instructor Jackie English, her attitude is the best! Believe it or not I miss some of the Mahjong players, they fight most of the time, but when the day is over they kiss each other like nothing happened." - Martha

"I miss seeing familiar smiling faces every day and hearing people discuss the movie they all just saw on Tuesday afternoons!" - Jill

"I miss all the warm hearts and BIG smiles. I enjoyed watching seniors come out of a program and be HAPPY with their experience." - Armando

"I miss Karaoke Tuesdays and the seniors' Motown and Johnny Cash renditions!!" - James

"I miss the upbeat music that would flow through the halls on Zumba days and all of the Nutrition volunteers" - Daniella

"I miss seeing the hallways filled with seniors laughing and engaging with their friends. Most of all I miss the conversations I would have with the seniors each day, as they make the Senior Center feel like a home away from home." - Amanda

"I miss chatting with the Welcome Desk and Business Desk volunteers about how things are going with them and their families." - Adam

"My thoughts are with the members in the mornings and afternoon shifts at the Fitness Room. I feel that like I've lost an important part of my life. I miss you all and hope to see you all soon." Eva

We received three responses from seniors last month, here is what they said!

"I sure miss seeing all of my friends at the Center. Since the Center shut down I keep in touch by telephone with many of my friends that I know from different activities that I participate in during my 5 days a week at the Center. I also my long walks around the Center. I am used to walking three times around the entire Center every day for my leg exercises. Hoping to see everyone healthy and happy very soon." - Addie L.

"I have spent so many happy hours at the Senior Center. I used to take the Monday, Tuesday painting session with Coco, along with Yoga and Meditation. I miss the sessions at the Senior Center where I met so many friendly people who I worked with painting these past 2 years. Hope to see you open soon!" - Joan G.

"I miss the Wednesday Dramedy & Improve class. I can't wait to be back!" - Sheila W.



Miss
♥ You

Refunds

We have received many phone calls from seniors with questions regarding refunds for trips. Here is a message from the CCSCA Board of Directors regarding refunds: "We the CCSCA are waiting on a response from the travel agency to see how many trips that we are talking about. The procedures will be addressed as soon as we receive information from the travel agency. Everyone will be refunded, methodology forth coming." - John Rollins, CCSCA President.

Visit our Virtual Recreation Center at

www.culvercity.org/virtualprcs

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



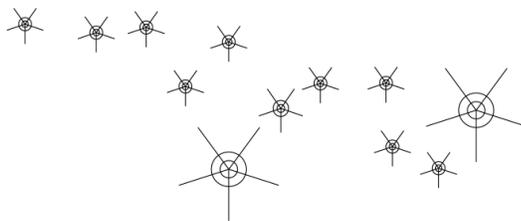
Stay Local—with resources and classes from local Culver City businesses.

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:

City website: www.culvercity.org

City Facebook: www.facebook.com/CityOfCulverCity

PRCS Facebook: www.facebook.com/CulverCityPRCS

Instagram: @culvercitygov

