On September 28th, it is going to be a beautiful day in the neighborhood because it is National Neighbor Day!!

National Neighbor Day celebrates the importance of being a good neighbor while contributing to one’s community and each other. As we have seen during Covid-19, our neighbors can be a valuable source of kindness and help as needed. Relationships with neighbors can often lead to close friendships. Neighbors can be like family. This month, why not take the time to walk by your neighbor’s homes wave and say hello! You can also give your neighbors a call to check in if you have their phone number. Remember to wear a face mask and maintain at least 6 feet of social distance while outside of your home.

Sneak Peek

This month we have so many new opportunities for you to interact with your favorite Senior Center staff members! We can’t wait to speak with you at our Coffee and Chat (page 7), Car BINGO (page 10), and End of Summer Drive Through BBQ (page 7)!!

We hope you are ready to sing along with Bob Lipson and Don Snyder because they are back and ready to perform 3 new virtual concerts for you all!! Check out page 5 for details!!
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

This month, we have a new LIVE yoga class being offered by one of your favorite Senior Center instructors!! 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.

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

New Chair Yoga Class Videos Are Available!!

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

For access to the videos, please email Amanda.rigali@culvercity.org
UCLA Virtual Workshops

More virtual workshops have been scheduled through UCLA!!

Memory and Aging—Thursday, September 17th from 10:00am-11:30am
Learn how the brain changes with age, what is normal what is not and what you can do about it. The latest research around brain health will be discussed as well as practical tips to stay focused and mentally sharp.

Stroke Prevention—Thursday, September 17th from 12:00pm-1:30pm
What can you do to decrease your risk for stroke? Learn what steps you can take to help prevent a stroke from happening! And what strategies you can take if you or someone else is experiencing a stroke. Speaker: Stacye Santer, RN, Stroke Coordinator, UCLA Medical Center, Santa Monica

Foot and Ankle Injuries—Wednesday, September 23rd from 6:30pm-8:00pm
When is it more than “just a sprain”? Ajay Gurbani, MD UCLA orthopaedic surgeon, will discuss common foot and ankle injuries, focusing on diagnosis and treatments.

Heart Health and COVID-19—Thursday, September 24th from 10:30am-12:00pm
Boris Arbit, MD UCLA cardiologist, will discuss the effects of novel corona virus, COVID-19 on cardiovascular health. During the talk he will address concerns as they relate to the pandemic.

Health Living with Diabetes—Saturday, September 26th from 8:45am-11:00am
This empowering and motivational virtual event will highlight the latest information about Type 2 diabetes including presentations on current research, integrative medicine and diabetes, and pharmacology update.

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

Virtual Medicare Workshop with Anthem Blue Cross

What You Need to Know About Medicare—Thursday, September 10th at 1:00pm
At Anthem Blue Cross, we know enrolling into Medicare or a Medicare Advantage Plan can be confusing. We have answers to your questions about Medicare & Medi-Cal. Come join us for a Virtual Medicare Workshop to see how you can save money & time.

To RSVP for this workshop, email Amanda at Amanda.rigali@culvercity.org

Coffee and Chat

Join Senior Center staff for our first ever monthly Coffee & Chat via Zoom! Coffee and Chat will be a one hour social group that will meet once a month to discuss a variety of topics. Staff will lead the coffee and chat the first month, but going forward we would like to have a volunteer lead each Zoom meeting. The volunteer would need to be tech savvy enough to know how to host a Zoom meeting. For those who would like to attend our first Coffee and Chat, please have at least two topics of discussion that you would like to see in the future. This month’s Coffee and Chat will be on Friday, September 11th at 10:30am.

Please email Amanda.rigali@culvercity.org for the Zoom information
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, September 16th and 23rd 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.—2:00 p.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, September 3rd, 10th, 17th, and 24th 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 3 shows:
1. “Songs that Won the War” - This show will feature songs, stories, and memories of the World War II era in the 1940s. Tuesday, September 8th at 1:00 p.m.
2. “The Cole Porter Story” - This show will include some great clips and songs you’ll all know and love such as “Night and Day”, “True Love”, “Don’t fence me in”, “Begin the Beguine”, and many more. Tuesday, September 15th at 1:00 p.m.
3. “Movie Themes” - This new virtual show will feature movie clips and stories of the great composers like Mancini, Roger Williams, Korngold, etc. It will also bring back lots of memories from great films such as Way We Were, Shadow of Your Smile”, Romeo and Juliet, Windmills of Your Mind, Gone With the Wind, Chariots of Fire, and lots more! Tuesday, September 22nd at 1:00 p.m.

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

LACMA Personal Connection Program—Tuesday, September 15th 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.

LA Opera “Music to Remember” Workshop—Thursday, September 17th 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.

TimeSlips Creative Storytelling—Wednesday, September 23rd at 10:00am
TimeSlips is an improvisational storytelling process focusing on imagination rather than memory. Through open-ended questions based on a fanciful photo prompt, the facilitator, Sarah Jacobus, invites spontaneous responses from participants that get woven into a story. There’s no pressure to answer “correctly” and no way to do it wrong!

RSVP at aoh@alzla.org or call (323) 930-6271

Visit us online at www.culvercity.org/prcs
September 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 the September gemstone?
2. What is the flower for September?
3. What is the Jewish New Year called? What is the Jewish Day of Atonement called?
4. What was the first USA city to celebrate Labor Day?
5. What President declared Labor Day as a national holiday?
6. An international team of astrophysicists has determined how old the universe is and were surprised to find that it is younger than expected. How old is the universe?
7. Who was the first all-female band to play their own instruments, write their own songs and reach #1 on the album charts?
8. The answer to number 7 was the first all female band to ever be twice on the cover of what major rock magazine?
9. What are the three biggest issues that people claim they have with wearing masks?
10. Who was the first African American gymnast to ever win the Olympic Gold Medal in the all-around. Hint it happened at the 2012 London Olympics.
11. In what year did baseball last have a season shortage and what was it due to?

*Bonus question: Name the artist/group that sings the following songs from the 1970s? A) Fire & Rain, B) Your Song, C) I Want You Back, D) Maybe I’m Amazed, E) Instant Karma!, F) My Sweet Lord, G) Raindrops Keep Fallin’ on My Head, H) Bridge Over Troubled Water*
National Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15th to October 15th, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. Here are some ways you can celebrate Hispanic Heritage Month while staying safe at home:

- The Hispanic Museum and Library is offering virtual events and exhibits. Explore the history of the museum, its collections, exhibits, and online programs that they currently offer. Log on to hispanicsociety.org to check it out!

- Cook your favorite Latin inspired dish! Here are a few traditional Hispanic food items you may want to try cooking: empanadas, tacos, stuffed peppers, grilled corn, tajadas, mole, paella, ceviche, arroz con leche. Email Amanda at Amanda.rigali@culvercity.org if you would like her to provide you with some recipes to follow!

- The world famous Calle Ocho Street Festival held every year in Miami will be going virtual! The largest and most recognized Latin culture event in the U.S. is going virtual with Calle Ocho Live! On Sunday, October 4th, join the celebration and uplift the Latino community during Hispanic Heritage Month! The festival will host live cooking contests live performances, and much more! Log on to calleocholive.com for more details!

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. You are required to sign your ballot envelope, if you vote by mail, which is compared to the signature that you used when you registered. If you need to re-register because your signature may have changed, you will need to submit a new registration card which can be found at the below link.

Information on registering and frequently asked questions can be found at https://lavote.net/home/voting-elections/voter-registration/register-to-vote/faqs

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 (which should be found in various civic & community buildings throughout the County);
- Dropping it off at any Vote Center in the County; or
- Dropping it in the mail (remember, no postage is necessary, but it does need to be postmarked by Election Day)

The Veterans Memorial Building auditorium will once again be a Vote Center and the plan is for it to be open 10 days prior and on election day November 3, 2020. Drop-off ballot boxes will be installed throughout LA County. Other vote center locations and the drop-off locations will be provided on the city website (www.culvercity.org/vote) as they are finalized. Culver City is likely to have at least one drop-off location. Now that the VSAP system is in place, a voter may go to ANY vote center in LA County to vote. For more information call the City Clerk's Office at (310) 253-5851.

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 inform-
ation. You are required to sign your ballot envelope, if you vote by mail, which is compared to the signature that you used when you registered. If you need to re-register because your signature may have changed, you will need to submit a new registration card which can be found at the below link.
Information on registering and frequently asked questions can be found at https://lavote.net/home/voting-elections/voter-registration/register-to-vote/faqs

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 for voting 10 days prior to election and on Election Day—Tuesday, November 3rd.
  • 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.

Pirchei Shoshanim Organization

The Pirchei Shoshanim organization provides nutritious meals to elderly residents across Los Angeles. The meals are catered to those who’s diet requires adherence to specific religious dietary laws that follow both their Jewish and Muslim religious traditions. The non-profit organization also provides several other services, such as:

• Clothing and donation need
• Elderly advocacy
• Senior case management
• 24/7 response call line
• Suicide call line 877-977-6133
• Personal need support (home visits)

If you are interested in receiving services from the Pirchei Shoshanim Organization please contact Tanya Desatnik at 949-215-9995.
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.

Summer Holidays

August  canoeing  holidays  pool  sprinkler
barbecue  cottage  ice cream  popsicles  strawberries
beach  family  July  puzzles  summer camp
biking  friends  lake  reading  swimming
bonfires  games  lemonade  relax  traveling
books  hammock  memories  road trips  vacation
camping  hiking  picnics  sports  watermelon
Car BINGO is CANCELLED

Join us for Car BINGO in the Senior Center parking lot on Tuesday, September 22nd from 10:00am-11:00am!! There will be a maximum of 25 cars allowed to attend this FREE event and you must RSVP. We ask that you please arrive at 9:30am so we can start the first game at 10:00am.

To reserve your spot, call Amanda at (310) 253-6715 beginning Wednesday, September 9th at 10:00am.

How will it work?
- Parking spaces will be assigned to each car
- Participants will be told which radio channel to turn on so they can hear staff announcing the BINGO numbers
- Participants will be given BINGO cards and a dabber
- Prizes will be a surprise!!!!

Rules:
- Participants must stay in their car at all times
- Participants must wear a face mask
- No more than 2 participants in each car
- You must RSVP in order to attend this event
- We ask that you please bring water and a light snack to enjoy while playing BINGO

2020 U.S. Census

The 2020 U.S. Census deadline has been extended to October 31st. The 2020 Census asks a few simple questions about you and everyone who was living with you on April 1, 2020. You can complete your questionnaire online, by phone, or by mail.

To Respond Online:
Visit my2020census.gov

To Respond by Phone:
Call (844) 330-2020

To Respond by Mail
In mid-April, the Census Bureau began mailing paper questionnaires to homes that have not yet responded online or by phone. When responding, use blue or black ink to fill in the questionnaire. Do not use a pencil. When finished, return the questionnaire in the envelope provided. If you have lost your return envelope, please mail your completed questionnaire to:

U.S. Census Bureau
National Processing Center
1201 E 10th Street
Jeffersonville, IN 47132

Do you like to knit?
The Senior Center received a generous donation of Knitting books and Needlepoint books. If you would like to receive a FREE Knitting book, Needlepoint book, or both please call Adam Ferguson at (310) 253-6728 or email him at adam.ferguson@culvercity.org.
Don’t Forget About These Programs!!

Blind Date with a Book
Call Senior Center staff member, Adam Ferguson, to receive 2 FREE books from the Senior Center library!! All you have to do is tell him which genres you’d like and 2 books will be delivered to your home!
Call Adam at (310) 253-6728.

Senior Center Cook Book
We are still looking to add more recipes to our Senior Center Cookbook. All you have to do is write down the name of your dish, the ingredients needed, the steps to follow, take a picture of it (optional) and send it to us! Email Amanda at Amanda.rigali@culvercity to submit your recipe!

Raffle Winners
Thank you to everyone who participated in our raffle!! The winners of our beautiful chess set and Westport Turntable are...
Josie K.
Jan H.

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!!
“Your mailings have been such a joy to receive. Every time a Culver City Senior Center envelope arrives in my mailbox it makes my day! To each and every one of you who tirelessly work on the publication my sincere thanks.” – Robert M.
“Keep up the good work! Love you all!” – Bernice W.
“Blessings and peace to you always” – Nellie
“I miss going to classes, hopefully things will change soon. Take care of yourselves and thank you!!” – Therese K.

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
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