Earth Day is on April 22nd!! Check out page 10 for a list of Earth Day activities that are easy to do in your own community!!

Did you know??
The PRCS team has delivered over 100,000 meals to homebound seniors in our community during the COVID-19 pandemic over the past year!! Our staff are delivering meals to over 215 seniors per week. WOW!!! We are so proud of this accomplishment and our dedicated team for continuing to work hard to assist our local seniors.
WE ARE HERE FOR YOU!!

IF YOU OR A FRIEND NEED ANYTHING DURING THESE TIMES PLEASE DO NOT HESITATE TO CALL

Senior Center Business Desk .................. (310) 253-6700
Staff is available M-F: 9:00 AM - 5:00 PM
SAT & SUN: 12:00 PM - 4:00 PM

Culver City Coronavirus Hotline ...........(310) 253-6890
Available M-F: 7:30 AM - 5:30 PM or visit www.culvercity.org/coronavirus

Senior Meals (JFS) ............................ (323) 937-5843

Special Service for Groups (SSG) ........(310) 253-6717
Mental Health Resources

Visit our PRCS Department website at:
www.culvercity.org/prcs

View the current and past month’s Senior Center Safer at Home Guide online at:
www.culvercity.org/seniorcenternewsletter

Visit the City website at: www.culvercity.org

BE SURE TO FOLLOW US ON SOCIAL MEDIA
PRCS Department Instagram: @culvercityprcs
City Instagram: @culvercitygov
PRCS Facebook: www.facebook.com/CulverCityPRCS
City Facebook: www.facebook.com/CityofCulverCity
Plunge Facebook: www.facebook.com/culverpool

Check out the above picture of Senior Center staff member, Susan!
Susan helped pass out last month’s mini pots of gold on St. Patrick’s Day!
We can’t wait for our next drive by event!!

CITY OFFICIALS
Alex Fisch - Mayor
Daniel Lee - Vice Mayor
Göran Eriksson - Councilmember
Yasmine-Imani McMorrin - Councilmember
Albert Vera - Councilmember
John Nachbar - City Manager
(310) 253-6000
www.culvercity.org/city-hall/city-council

City Elected and Appointed Officials can be reached by mail at City of Culver City, PO Box 507, Culver City, CA 90232-0507 or by email at city.council@culvercity.org.

Culver City SENIOR CENTER SAFER AT HOME GUIDE

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3 Health & Wellness
4 Virtual Senior Classes
5 Virtual Concerts & Workshops
6 Virtual Workshops
7 Trivia
8 Culver City Important Info
9 Special Monthly Activities
10 Earth Day
11 More Cool Information
Health & Wellness
Try doing each of these exercises and stretches for 10 seconds each when you wake up every morning! As the days go on and your body starts to feel more flexible, increase the amount of time you hold each stretch.
Virtual Senior Classes

Heartfulness Meditation
This session includes guided relaxation and meditation. It is open to anyone interested in learning meditation the Heartfulness way.
Instructor: Prasad Singamsetty

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Line Dancing
Learn a variety of line dances and western struts in this class. It is a fun and very social way to exercise! No partner needed.
Instructor: Jackie English

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Mindbodydance@home
A joyful mind-body workout blending movement and music.
Instructor: Maribeth Dougherty

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Sit N Be Fit
Join Cristina as she walks you through a series of chair exercises that you can do from the comfort of your own home!
Instructor: Cristina Gabor

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Tai Chi
A class focused on slow, circular stretching motions and bodily balance.
Instructor: Anton Summers

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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.
Instructor: Philip Henrikson

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Zumba
Experience a low impact workout featuring easy to follow Latin inspired dance moves.
Instructor: Sandy Whitfield

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Gentle Chair Yoga Pre-Recorded Videos
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.
*These are pre-recorded videos that seniors can receive access to and watch whenever they’d like.
Instructor: Caroline Scherzer

Contact us at Info.seniorcenter@culvercity.org for access to our virtual classes. We will send you the class’ Zoom link and meeting ID.
Virtual Concerts

Bob Levy “The Music Man”
Bob returns with his guitar, storytelling and those nostalgic songs from Frank Sinatra, Doris Day and others. You won’t want to miss this hour of fun!

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Music Mends Minds
Join Music Mends Minds for a fun filled concert three times a week! Music Mends Minds is a nonprofit that creates musical support groups for patients with Alzheimer’s, dementia, Parkinson’s, traumatic brain injury, stroke, and PTSD. These musical support groups foster a community between the musicians and singers, as well as their families, friends, and caregivers, all of whom thrive on socialization and music-making. Join in on one of their global online sing-a-long sessions!

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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!

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Virtual Workshops

Adventures with Doug
Adventure to Comet Falls
Let’s follow a tumbling, churning, whitewater creek upstream as it thunders through a narrow gorge of glacier-polished rock on our way to a magical place! That place is Comet Falls, a spectacular 301 foot waterfall hidden on the flanks of mighty Mt. Rainier. But that’s not all of our reward as we head up to the beautiful northwest, the wildflower display hidden a short distance away dazzles with its color and shape. Join us for our spectacular slide show, full of amazing vistas and scenery, and if we’re lucky, we may even get to see a delightful forest inhabitant having breakfast while we’re there!

*Thank you to a generous CCSCA member for sponsoring this month’s show! Please contact Amanda at (310) 253-6715 if you would like to sponsor an adventure!

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Virtual Docent Tour of Central Library
Every Saturday, take an hour long Zoom tour through the Los Angeles Central Library. Your docent-guide will share slides, videos, and stories about the history, art, and architecture of L.A.’s landmark downtown library. Email docents@lapl.org to make a reservation.

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If you would like access to any of our these virtual concerts or workshops, please email info.seniorcenter@culvercity.org and we will send you the class’ zoom link and meeting ID.
Virtual Workshops

Tea and a Tale

Brew some tea, relax, and listen to a live reading of a new Sherlock Holmes short story every week! You can dial in by phone or use video conference. Email Emily at eaaronson@lapl.org for access details.

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3rd Annual Westside Safety and Preparedness Fair

UPDATE!!! This event has been rescheduled to May!! Registration for this event is available NOW!! Email info.seniorcenter@culvercity.org for the link to this event’s website!!

Natural disasters are not unique to Southern California. FEMA (the Federal Emergency Management Agency), looking at 18 types of disasters that happen around the United States, found that Los Angeles County is the U.S. community most at risk of suffering a major disaster. As Southern Californians we know all too well the vicious cycle of wildfires, followed by rain which causes mudslides and flooding in burn areas, which results in faster brush growth, which provides fuel for the next round of fires, and the cycle repeats. Ask yourself: Do I have enough food, water, pet supplies, and other necessities stored to sustain me, my family and my pets for at least 10 days? We want to help you “prepare, survive and thrive”

Our keynote speakers are:
Dr. Anne Rimoin, PhD, Epidemiologist at UCLA
Mark Benthien, geologist and Exec. Dir of Earthquake Country Alliance
L.A. Fire Dept. Capt. II John Ignatczyk, Disaster Preparedness Officer
All presentations are virtual and each will be followed by live Q & A sessions.

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Cedars-Sinai The Learning Table

Endometriosis Awareness

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

Dr. Matt Guile has prepared an informative and engaging presentation on endometriosis. Learn about what endometriosis is and the signs and symptoms that accompany it. You’ll also learn about the different treatment approaches that currently exist.

Presenter - Matthew W. Guile, MD—Obstetrics and Gynecology
To register for this virtual forum, go online to https://bit.ly/CSLearn-EndometriosisAwareness

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UCLA Health

Heart Health & Covid-19 Update

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.
To RSVP for this Zoom event, go online to https://tinyurl.com/sjobhd4w or call (800) 516-5323.

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1. What was the first children’s toy to ever be advertised on television? In April of what year was it advertised?

2. Baseball season has begun, and this question is for trivia buff Irwin and others. Detroit’s Miguel Cabrera is trying to join 6 other elite players (1 is still active) as the only players in Major League Baseball history to hit 500 home runs and have 3,000 hits in a career. Name the six players.

3. If you are a senior citizen and need to get around a city without a car, according to a USA Today survey, which are the top three cities to live without a vehicle?

4. With the Academy Awards moving to April 25 this year, Tom Hanks and Frances McDormand have a chance to join 6 brilliant actors and actresses that have won at least three acting Oscars in their lifetimes. Name the six?

5. Rocket Mortgage had the top two rated ads on the Superbowl Ad Meter for 2021. Since the Ad Meter ratings began in 1989, which company has finished in first the most, in the ratings? Who is second?

6. What is the birthstone for the month of April? What astrological signs have birthdays in the month of April? What flowers are the symbol of April?

7. Beginning on June 2, a former major league baseball player will be honored for his great service. He was also the first person to have his major league jersey retired. Who is this HOF player and what number did he wear?

8. What is the English translation of April Fool’s day in France and what do the people do as a tradition for the day?

9. World Autism Awareness Day is in April. What day is it, what color is associated with the day and what are people supposed to do to bring attention to the disability?

Answers:
1. Mr. Potato Head on April 30, 1952;
2. Albert Pujols (active), Hank Aaron, Willie Mays, Ted Williams, Ted Williams, Mike Trout;
3. San Francisco, Portland, Washington DC (LA was 16th);
5. Budweiser has won 13 times for Budweiser or Bud Light; Pepsi is second with 6 wins;
6. Diamond, Aires and Taurus, Daisy and Sweet Pea; April is often associated with the flowers.
7. Lou Gehrig, #4;
8. April Fish in translation and people tape paper fish on the back on other people and when they notice, they yell out in French.
9. April 2, Blue, Light their windows with blue light.

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 okay at trivia, 5 or less, come to our monthly class when the Senior Center reopens and practice your trivia skills.
The Culver City Fire Department has been working closely with technology partner First Due to launch Community Connect, a free online application focused on increasing the protection of residents and their property during an incident or major disaster. Community Connect is a secure, easy-to-use platform that allows residents to share critical information about their household in order to aid the Culver City Fire Department in responding more efficiently and effectively.

Community Connect is completely voluntary, and residents are individually able to decide which information they are comfortable sharing. Residents may choose to include information about emergency contacts, specific medical issues, disabilities, pets, and other information unique to their household. Residents simply create a profile and enter critical property and occupant information which is then made available to the Culver City Fire Department at the time of dispatch. Data provided by residents within Community Connect is 100% secure and is used only for the purpose of better serving the resident during emergency situations. It’s free to participate in Community Connect. To learn more about the program and to create your profile, please go online to https://www.communityconnect.io/info/ca-culvercity

If you are not tech savvy, ask a family member, friend, or neighbor to help you sign up!

Culver City Parking Enforcement

Culver City will Resume Regular Parking Enforcement on March 15, 2021

Beginning March 15, 2021, the City of Culver City will resume enforcing the following:

- Street sweeping restrictions in residential areas
- Parking enforcement around closed schools
- Ticketing and towing abandoned vehicles
- Fines for oversized vehicle overnight parking
- Parking fine increases following a citation
- Loading zone restrictions

Enforcement is ongoing for the following:

- Residential permits
- Peak-hour restrictions
- Colored curb violations
- Meter violations
**Spring Baskets**

**Goodbye Winter, Hello Spring!**

Thank you to everyone who signed up for a farm fresh fruit and vegetable basket! All of our farm fresh baskets have been reserved at this time. If you have any questions about the baskets, please call the Business Desk at (310) 253-6700.

The farm fresh fruit and vegetable baskets will be available for pick up on Tuesday, April 6th between 3:00 PM - 4:00 PM in the Senior Center parking lot. Please enter the parking lot off of Culver Blvd. and exit on to Overland Ave.

Face masks are mandatory at this event & you must stay in your vehicle at all times. Thank you to Tower Insurance & Westfield Culver City for donating the items to make this program a success.

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**Academy Awards**

**And the Oscar goes to...**

The 93rd annual Academy Awards (The Oscars) are scheduled to air live on ABC on Sunday, April 25, 2021 from multiple locations, including the Dolby Theatre. The Oscars will be honoring movies released in 2020. To see which movies have been nominated in all categories, go online to https://www.oscars.org/oscars/ceremonies/2021

Most of these movies are available to stream on Netflix and Hulu or available to rent on Amazon Prime. Check in with a family member or neighbor for help on how to watch the nominated movies.

This year, we want YOU to pick the winner of each of the “Big 5” categories.

**THE “BIG 5”**

1. Best Picture
2. Director
3. Best Actor
4. Best Actress
5. Best Screenplay

**HERE ARE THE RULES**

1. You must email your “Big 5” picks to info.seniorcenter@culvercity.org or mail your picks to Culver City City Hall, Attn: Senior Center 9770 Culver Blvd. Culver City, CA 90232
2. Please include your first & last name, phone number, & home address.
3. The letter must be postmarked by Tuesday, April 20th.
4. You will receive 1 point for each correct answer.
5. Seniors with 3 or more points receive a prize!
Earth Day

Together, We Will Restore Our Earth!!

Earth Day is Thursday, April 22, 2021!!
This year, you can celebrate by engaging in Earth Day activities in your community! Here are some ideas...

1. **Reduce Your Carbon Footprint** - Get creative with new ways to switch up your daily driving routine. Instead of driving to your destination, carpool with friends, take public transportation, walk, skate, scooter, or ride a bike. Depending on the weather, you may enjoy this new form of travel even more than sitting in traffic.

2. **Reuse & Recycle Your Wardrobe** - Though it may seem insignificant in the grand scheme of things, your closet and your shopping habits can actually have a negative effect on our environment. By buying thrifted or gently used outfits online, new resources aren’t used to make more clothes that will eventually end up being repurposed, reused, or in a landfill. Some studies have shown that it takes less resources to sell items online.

3. **Switch Up Your Diet** - Some people may know that food production accounts for one-quarter to one-third of all greenhouse gas emissions worldwide. On April 22nd, try eating all vegetarian meals. You may like the food more than you think!!

Friends of Ballona Wetlands

**Nesting Season Has Started!** Different species of birds nest at different times of the year in the Ballona Wetlands, and the early birds have already begun! Several species throughout Ballona have started singing, setting up territories, and seeking mates. Some are already building nests! The pair are working together diligently on their fluffy sack-like nest in a lovely Black Sage. Listen for their call which sounds like a twittering bell.

For more information on how to visit the wetlands and find these birds, go online to [https://www.ballonafriends.org/](https://www.ballonafriends.org/)

**Make Every Day Earth Day**
More Cool Information

Francis, Claire and Rainbow Bridge - One Act Play

Some members of the Senior Center Dramedy & Improv group have spent the last few months working on a play for you to enjoy! This play is a story for animal lovers and ends with a reading of the well known poem “Rainbow Bridge”. Here is a description of the play...

Francis is a Middle Age figure that was known by story or legend as being very concerned with the environment. He is especially known for is communication with animals. This one act reading is about Francis and Claire (his assistant) counseling with pets leading up to Rainbow Bridge. Rainbow Bridge is the place for caretakers to meet their pets after they all have passed from the earth.

This play will be performed via Zoom on Wednesday, April 7th at 5:30 PM. Please email info.seniorcenter@culvercity.org for access to this play.

#CaliforniansForAll

Calling All Neighbors!!

Don’t forget to check in on your neighbors to make sure they have access to food and necessary supplies. You can join #CaliforniansForAll in pledging to do this simple yet impactful task!

Remember, limiting in person contact is important, so call or text if you can. If you want to check on a neighbor and don’t have their number, you can talk through the door. Drop off a treat, a book or just a nice note. We can email or mail you a door hanger once you sign up!

If you would like to sign up, please email info.seniorcenter@culvercity.org for more information.

FREE Virtual Printmaking Classes

Presented by the Los Angeles County Museum of Art - Create+Collaborate
Tuesdays and Fridays
10:00 am–12:00 pm PST
April 27, 30 May 4, 7, 11, 14, 18, 21, 25, & 28

No art experience needed—just curiosity to learn something new and fun!
• Must be 65 years or older.
• Must be able to commit to all 10 sessions.
• Internet connected device with audio and video capabilities required (tablet or computer).
• No Zoom experience required.
• Art materials will be provided.
For more information or to sign up, contact ArtClasses@lacma.org NOW!!
HEY SPORTS FANS!!
APRIL 1ST IS MAJOR LEAGUE BASEBALL OPENING DAY!!
Grab your baseball cap & hot dog and let’s root for the home team!! The Los Angeles Dodgers will be playing the Colorado Rockies on Opening Day at 1:10 PM. Our home opener will be on Friday, April 9th at 1:10 PM vs the Nationals! Woohoo!!
To view the LA Dodgers’ full season schedule, go online to https://www.mlb.com/dodgers/schedule/2021-04

VISIT OUR VIRTUAL RECREATION CENTER AT www.culvercity.org/virtualrecreation
Our Virtual Recreation Center is filled with online resources to keep you busy until we can all gather together again in good health.

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

ST. PATRICK’S DAY MINI POT OF GOLD DRIVE BY EVENT
Our PRCS team had so much fun handing out mini pots of gold on St. Patrick’s Day! Thank you to our awesome team for assisting with this fun event! If you would like to see more pictures from the event, check out our Culver City PRCS Facebook and Instagram.

Don’t forget to call us!!
Call the Business Desk at (310) 253-6700 if you or a friend need anything. We are always here to help!!