

CULVER CITY SENIOR CENTER NEWSLETTER



AUGUST 2021



The Senior Center will be hosting a Summer BBQ on our patio on Tuesday, August 24th! Check out page 5 for information on how to purchase a ticket!



CITY OFFICIALS

Alex Fisch - Mayor
 Daniel Lee - Vice Mayor
 Göran Eriksson - Councilmember
 Yasmine-Imani McMorris - 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 PRCS COMMISSION

Kay Heineman - Chair
 William Rickards - Vice Chair
 Scott Zeidman
 Palvi Mohammed
 Khary Cuffe

The PRCS Commission meets on the first Tuesday of the month at 7:00 PM. PRCS Commission meetings can be viewed live in Culver City on Channel 35 by Time Warner subscribers, on Channel 37 by Frontier FIOS subscribers and for AT&T Uverse subscribers by going to Channel 99.

For more information and to view the meeting agenda, go to this link
<https://www.culvercity.org/Events-directory/Parks-Recreation-Community-Services-Commission-Regular-Meeting>

PRCS SENIOR CENTER STAFF

Armando Abrego - PRCS Director
 Darren Uhl - RCS Manager
 Jill Thomsen - RCS Supervisor
 Amanda Rigali - RCS Coordinator
 Alexis Anderson - Recreation Specialist
 Melanie Morales - Recreation Specialist
 John Panganiban - Senior Recreation Leader
 Martha Diaz - Senior Recreation Leader
 Franna Diamond - Recreation Leader II
 Silvia Tapia - Recreation Leader II

Culver CITY

SENIOR CENTER NEWSLETTER

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CCSCA BOARD OF DIRECTORS

John Rollins - President
 Carolyn Conway - Vice President
 Kay Heineman - Secretary
 Benita Williams - Treasurer
 Roberta Roybal
 Marsha Orth
 Rudy Carino
 Barbara Silverstein
 Paul Taylor
 Ron Gorman

The CCSCA Board of Directors meet on the 2nd Tuesday of the month at 11:00 AM at the Senior Center. This meeting is open to all members of the CCSCA and the public.



Parks, Recreation & Community Services



Senior Center Activity Updates

More Activities to Add to Your Weekly Routine

We are so excited to be bringing back more activities this month for your enjoyment! Please make note of each restart date, as it varies per activity.

Computer Lab - Opening for Open Lab on Monday, August 16th. Open Lab is available for CCSCA members on Monday, Wednesday & Friday from 9:15 AM - 11:15 AM.

Fitness Room - Opening on Monday, August 2nd. The hours will be 9:00 AM - 4:00 PM Monday-Friday and 12:00 PM - 3:30 PM on Saturday & Sunday. Members must purchase a 2021 Fitness Room Membership at the Business Desk for \$60.00 and submit a Physician Authorization Form. Seniors must have their membership card with them at all times while in the Fitness Room.

Karaoke - Restarting on Tuesday, August 3rd. Karaoke will be held in Room B47 on Tuesdays from 11:00 AM - 12:30 PM. Please remember that the mask guidelines are still in effect and seniors will be required to wear a mask while they sing until further notice.

Card Playing - Card tables will be back in the hallways beginning Sunday, August 1st. Please remember that seniors are not allowed to move the tables or chairs and that all tables and chairs are first come first serve. There is no reserving tables. Seniors will no longer be able to keep card playing supplies at the Senior Center. *These rules are set in place to ensure the safety of all members.* Please see below the card playing schedule for Activity

Sunday	Room C71 & C73 – Mah Jong & Bridge from 12:00pm-3:45pm Room C75 & C77 – Pan from 12:00pm-3:45pm
Monday	No card playing in Activity Rooms
Tuesday	Room C75 – Mah Jong & Bridge from 9:00am-4:30pm Room C77 – Pan from 9:00am-4:30pm
Wednesday	Room C73 – Pan from 10:30am-4:30pm Room C75 – Pan from 9:00am-12:00pm
Thursday	Room C71 – Mah Jong & Bridge from 9:00am-4:30pm Room C77 – Pan from 9:00am-4:30pm Room A4 – Mah Jong & Bridge from 9:00am-12:00pm
Friday	Room C75 – Mah Jong & Bridge from 9:00am-4:30pm Room C77 – Pan from 9:00am-4:30pm
Saturday	Room C71 & C73 – Mah Jong & Bridge from 12:00pm-3:45pm Room C75 & C77 – Pan from 12:00pm-3:45pm



CCSCA Membership

How to be a member of the Culver City Senior Citizens Association

Please see below information regarding CCSCA membership:

- If you purchased a 2020 membership, that membership will be valid through December of 2021.
- If you purchased a 2020 parking pass, the 2020 sticker is still valid through December of 2021.
- If you lost your green 2020 membership card, you can get a new one for free at the Business Desk.
- If you lost your 2020 parking pass, you must purchase a new one for \$5.00 at the Business Desk.
- New members must purchase a CCSCA membership for \$20.00 at the Business Desk and a \$5.00 parking pass if they choose.
- A current green membership card must be shown when entering all CCSCA classes and activities.
- Your green CCSCA membership card must be with you at all times when in the Senior Center, as you may be asked to show your card at any time.
- *It is mandatory to sign a 2021 Culver City PRCS waiver and a 2021 CCSCA waiver the first time you come to the Senior Center. Waivers can be picked up at the Business Desk.*
- Seniors must be aged 50+ to be a member of the CCSCA.
- Face masks are required inside the Senior Center at all times.
- No shared food is allowed at the Senior Center.



PROGRAM SPOTLIGHT



Do you love dancing and exercise!? Come join our all new FREE Dance Fit class with PRCS staff member, John!! You may recognize John from greeting you every day at the Welcome Desk. What you didn't know is that John is a certified Zumba and Yoga instructor! John is so excited to bring his passion of dance and health & wellness to the Senior Center.

Come try Dance Fit every Thursday from 9:15 AM - 10:15 AM in Room B47!!





Special Monthly Activities

Trivia with Michael

Did you love the monthly trivia questions that were published in the Safer at Home Guide while the Senior Center was closed?? Now you can answer those questions in person with Michael! Come test your trivia skills this month! *Open to CCSCA members only.*

Date	Day	Time
August 3rd	TUES	10:00 AM - 11:00 AM

Karaoke on the Patio with Rudy

Join Rudy and friends for a fun filled afternoon of karaoke on the Senior Center patio.

Date	Day	Time
August 11th	WEDS	1:00 PM - 3:00 PM

Adventure with Doug - Adventure to Yoho in the Canadian Rockies

When I think of a word to describe Yoho, I think of the word SPECTACULAR! Lesser known than its famous Canadian Rockies neighbors, Banff and Jasper, Yoho is in fact a Cree Indian expression meaning awe and wonder! They named it perfectly. Join us for our slide show adventure, filled with fun stories, fascinating facts and stunning images as we venture up Yoho valley and discover gorgeous waterfalls, breathtaking scenery and incredible vistas. *Open to CCSCA members only.*

Date	Day	Time
August 17th	TUES	3:30 PM



The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, resumes his monthly class, The Cunning Consumer. This session will answer the question, "When, if ever, should I pay for an extended warranty or service contract?" And Ellis will explain how to self warranty! Bring your own consumer questions and stories of any kind. *Open to CCSCA members only.*

Date	Day	Time
August 13th	WEDS	10:30 AM - 11:30 AM

Summer Patio BBQ & Concert

Come and enjoy our Welcome Back to the Senior Center Summer Party! Volunteers will be serving grilled hamburgers and hot dogs, chips, and ice cream! Refreshments will also be provided. Entertainment will be provided, artist is TBD. *Members must purchase a ticket to attend this event. Tickets are \$5.00 on sale on Wednesday, August 11th. Thank you to Ting Internet for sponsoring this event.*

Date	Day	Time
August 24th	TUES	2:30 PM - 4:30 PM



Volunteer Notary

Volunteer Notary, Zonnie, will be available on the last Wednesday of the month. You must bring your membership card, a picture ID, please note you will be fingerprinted. *Open to CCSCA members only.*

Date	Day	Time
August 25th	WEDS	10:00 AM - 12:00 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>12:00- 3:45 Bridge, Mah Jong & Pan</p> <p><i>* Means the Class Has a Fee All classes are taken at the risk of the participant</i></p>	<p>8:00 Zumba Gold* 9:00 Ceramics* 9:00 Merry Makers Club (Begins August 16th) 9:15 Beginning Ukulele* 10:00 Chair Zumba* 10:00 German (Meets 1st Monday) 10:15 Intermediate Ukulele* 10:30 Sit N Be Fit* 10:30 Tai Chi with Anton* 12:00 Dancersice* 12:15 Photography* (Begins August 9th) 1:00 Art with Coco 1:00 Line Dancing 2:30 Yoga with Phil*</p>	<p>9:00 Gentle Mat Yoga with Lauren* 9:00 Mah Jong & Bridge 9:00 Pan 9:15 Tai Chi with Greg 10:00 SSG Support Support Group 10:45 Hula Dance* 11:00 Karaoke 11:30 Balance Challenge* 1:00 Chair Yoga with Caroline* 1:00 Improv for fun (1st & 3rd Tuesday of the Month) 1:00 Platicando Sabroso 3:30 Gentle Yoga with Cyndi*</p>	<p>8:00 Zumba Gold* 9:00 Crochet Group 9:00 Pan 10:00 Loss Support (No Drop In) 10:30 Pan 11:00 Beginning Sp 11:00 Chair Yoga w 1:00 Yoga with Phil 1:30 Current Events 2:00 Genealogy 2:15 Beginning Spa</p>

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>1 12:00- 3:45 Bridge, Mah Jong & Pan</p>	<p>2 10:00 German Class</p>	<p>3 10:00 Trivia with Mike 1:00 Improv for Fun 1:00 Bingo</p>	<p>4</p>
<p>8 12:00- 3:45 Bridge, Mah Jong & Pan</p>	<p>9 1:30-3:30 Low Vision Peer Support Group</p>	<p>10 11:00 CCSCA Board Meeting 1:00 Bingo</p>	<p>11 1:00- Karaoke on t Ru</p>
<p>15 12:00- 3:45 Bridge, Mah Jong & Pan</p>	<p>16 9:00 Merry Makers Club First Meeting 9:15 Computer Lab Opens</p>	<p>17 1:00 Improv for Fun 1:00 Bingo 3:30 Adventure with Doug</p>	<p>18 10:30 Cunnin</p>
<p>22 12:00- 3:45 Bridge, Mah Jong & Pan</p>	<p>23 1:30-3:30 Low Vision Peer Support Group</p>	<p>24 2:30-4:30 Summer BBQ (ticket required)</p>	<p>25 10:00-12:00 Vo</p>
<p>29 12:00- 3:45 Bridge, Mah Jong & Pan</p>	<p>30</p>	<p>31 1:00 Bingo</p>	



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 Watercolor* 9:00 Mah Jong & Bridge 9:00 Pan 9:15 Dance Fit with John 10:00 Sign Language 10:00 Spanish (Meets Last Thursday) 11:00 Short Story Group 11:30 Balance Challenge* 11:30 Duplicate Bridge (Meets at Vets beginning August 26th) 12:00 Dancercise* 12:30 Fun with Pastels 1:00 Beginning Mah Jong 1:00 Chair Yoga with Caroline* 1:00 Latin American Group 1:00 Yoga with Phil* 3:00 French (Meets 3rd Thursday)	8:00 Zumba Gold* 9:00 Tai Chi with Anton* 9:00 Mah Jong & Bridge 9:00 Pan 9:45 Gentle Mat Yoga with Caroline* 10:30 Balance Challenge with Marguerite* 11:00 Chair Yoga with Caroline* 1:00 German Conversations 1:00 Line Dancing 1:00 Remembranzas 3:30 Gentle Yoga with Cyndi*	12:00- 3:45 Bridge, Mah Jong & Pan

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5	6 9:30-10:30 Blood Pressure Checks	7 12:00- 3:45 Bridge, Mah Jong & Pan
3:00 The Patio with dy	12	13 9:30-10:30 Blood Pressure Checks	14 12:00- 3:45 Bridge, Mah Jong & Pan
ng Consumer	19 3:00 French Class	20 9:30-10:30 Blood Pressure Checks	21 12:00- 3:45 Bridge, Mah Jong & Pan
lunteer Notary	26 10:00 Spanish Class	27 9:30-10:30 Blood Pressure Checks	28 12:00- 3:45 Bridge, Mah Jong & Pan



More Important Info

Info that You Need to Know!

The Senior Center will not be showing movies in the month of August. The AV system in the large activity rooms will be getting fixed and out of service for the entire month. Movies will hopefully be back in September! We apologize for this inconvenience. To replace the Tuesday movies in August, we will be hosting...



Join us for Bingo on Tuesday's in August at 1:00 PM in Room B47. You must be a CCSCA member to attend. Prizes will be provided by the Culver City PRCS Department. *No Bingo on Tuesday, August 24th due to the Summer BBQ.*

Thank You For Getting Vaccinated - LA County Public Health encourages everyone unvaccinated for COVID-19 to get fully vaccinated. For all of the vaccines, you are only considered fully protected two weeks after all doses are complete. Need help? Call the Los Angeles County Department of Public Health (DPH) Vaccine Call Center at (833) 540-0473 if:

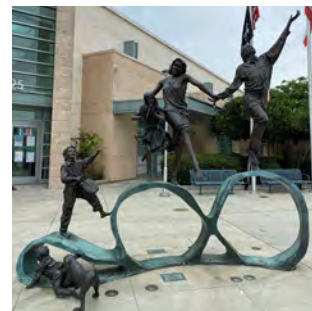
- You don't have a computer or need help making an appointment
- You need transportation to a vaccination site
- You are homebound and need to get vaccinated at home

The DPH call center is open daily from 8:00 AM to 8:30 PM to help schedule appointments; dial (833) 540-0473 if you are in need of assistance. Information is also available in multiple languages 24/7 by calling 2-1-1. For more information, visit the Vaccinate LA County website.



Culver City Artworks Update

- *The Lion's Fountain* (Town Plaza) has been enhanced with the fountain, lights and perimeter upgraded. It will be activated Wednesday, August 18th along with the release of a special free Artificial Reality (AR) postcard, which will "reveal" a ribbon-cutting and the new artwork in action!
- *Culver Current* (Dale Jones Courtyard, City Hall) has a revised moving light program of new images. It will also have a free AR postcard with a ribbon-cutting and mini video accessible with the free downloadable App called Pixpand. All the information will be on the backside of the postcard for how to look at the moving image through your smartphone. Both postcards will be available near the artworks.
- *Path of Life* (Senior Center Main Entrance) This lovely bronze sculpture will be cleaned and conserved this summer!



MORE IMPORTANT INFO



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!

Date	Day	Time
August 18th	W	1:00 PM - 2:00 PM

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!

Date	Day	Time
On-Going	M	1:00 PM - 2:00 PM
On-Going	W	1:00 PM - 2:00 PM
On-Going	F	1:00 PM - 2:00 PM

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!

Date	Day	Time
On-Going	TH	1:00 PM - 2:00 PM



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

Braille Institute - Orientation & Mobility Services

Vision loss doesn't have to mean giving up the things you love! With the right tools and training you can continue to live your best life. Join our Los Angeles team and learn more about how we can help you remain independent. We welcome all participants! Please call 1-800-BRAILLE (272-4553) to register for the event!

Date	Day	Time
August 5th	THURS	10:00 AM - 11:00 AM



Senior Driver Safety and Mobility

Keeping the Keys is a free, one-hour virtual workshop that helps older drivers and their families plan to keep seniors on the road for as long as safely possible. Registration is required at AAA.com/keepingthekeys or call (714) 885-2313. *Must RSVP by August 18th.*

Date	Day	Time
August 20th	Friday	1:00 PM - 2:00 PM



UCLA Health - Drop in Meditation

Mindful Awareness is the moment-by-moment process of actively and openly observing one's physical, mental, and emotional experiences. Mindfulness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being. The weekly "drop-in" sessions are led by UCLA Mindful Awareness Research Center's Diana Winston, Marvin G. Belzer Ph.D.

Date	Day	Time
On-Going	MON	12:30 PM - 1:00 PM

VIRTUAL EVENTS



Disability & Social Services

Smart People Ask for Help

Culver City & Senior Social Services has answers! Contact the information/referral office at (310) 253-6727. See below for information on supportive services offered at the Senior Center.

Affordable Living for the Aging (ALA) - Offers a shared housing program, matching seniors who have extra bedrooms with individuals who need housing. If you have an extra room in your home that you would like to share, please contact the Program Director, Miriam Hall at (213) 261-3862 or miriam@alasseniorliving.org. If you are looking for housing, please visit the ALA website at <http://alasseniorliving.org/seeking-housing> to begin your application process. There you will find a program description, requirements, application forms and instructions. Call Miriam at 213-261-3862 if you do not have access to a computer. *ALA staff will be onsite on in the Community Partnerships Office on Thursdays from 11:30am to 2pm interviewing housing applicants who have submitted applications and received scheduled appointments.*

Low Vision Support Group - Living with vision loss is challenging but we're here to help. The Dayle McIntosh Center's Aging with Vision Loss Program provides free one-on-one services to seniors experiencing vision loss. Whether it's using your microwave, organizing medications, or reading your mail, our Instructors can assist you in achieving your goals for greater independence. If you or someone you know is age 55 or older, lives in Orange or Los Angeles County and is struggling with activities of daily living due to vision loss, please don't hesitate to call them at (800) 972-8285 or visit them on the web at www.daylemc.org. The support group meets at the Center on the 2nd & 4th Monday of the month from 1:30 PM -

Need Help? Our Social Workers are Here for You!

Special Services for Groups Silver (SSG) is a counseling program that serves older adults and family caregivers who are in need of assistance. If you are feeling sad or lonely and would like someone to talk to, stop by and speak with an SSG counselor.

Types of Services:

- Care Management
- Family Caregiver Support Services
- Mental Health Services
- Information & Referral Services

SSG is onsite in the Community Partnerships Office on Tuesdays from 11:30 AM - 3:00 PM

Stop by the SSG Counselor led support group on Tuesdays from 10:00am-11:00am





Volunteers Wanted

Senior Center Programs & Activities Need YOUR Assistance

Please visit Alexis in the former Nutrition Office, call her at (310) 253-6748 or email her at alexis.anderson@culvercity.org for information on volunteering! The Senior Center needs volunteers for the following programs...

Fitness Room - The Fitness Room opens on Monday, August 2nd. The CCSCA is looking for Fitness Room volunteers to help monitor the room, check Fitness Room memberships or anything else they may need!

Movie Volunteer - Do you regularly attend the Tuesday & Sunday movies?? The CCSCA is looking for a volunteer to check membership cards at the beginning of each movie.

Party Volunteer - This month the Senior Center staff will be hosting our first Summer BBQ since reopening!! We need volunteers at the BBQ to help with checking tickets, preparing food, grilling burgers and hot dogs, passing out drinks, etc.

Monthly Newsletter Stuffing - The Senior Center will be mailing out newsletters to all members for the remainder of 2021. We need help at the end of each month stuffing newsletters into envelopes.

GET INVOLVED!

Contact Alexis at (310) 253-6748 or email her at alexis.anderson@culvercity.org if you would like to potentially volunteer for any program listed above!!

A Child's Dream-CA and Allies for Every Child present...

Back 2 School Drive-Through

This event provides free backpack & school supplies for the first 800 children that attend!! Plus groceries are given to families while supplies last!! Help distribute backpacks to local kids!!

Volunteers are needed for two (4) hour shifts plus an all day; 8:30 AM - 12:30 PM or 11:30 AM - 3:30 PM volunteers can also commit to an all-day shift (8:30 AM - 3:30 PM).

This event will be held on Saturday August 14th at 12120 Wagner Street Culver City, CA 90230.



VOLUNTEERS WANTED

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

Business Desk Hours M-F: 9:00 AM - 4:00 PM SAT & SUN: 12:00 PM - 3:30 PM

Senior Center Hours 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

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



Culver CITY

**Parks, Recreation &
Community Services**



WE ARE SO HAPPY TO WELCOME SENIORS BACK TO THE CENTER!!

The pictures above are from our Ceramics class, Watercolor class, & seniors playing mah jong on the patio. Come check out all that the Senior Center has to offer!!

Don't forget to hang your 2020 parking permits when parked in the Senior Center parking lot. Parking permits can be purchased for \$5.00 at the Business Desk.