

CULVER CITY SENIOR CENTER SAFER AT HOME GUIDE



FEBRUARY 2021

THE MONTH OF FEBRUARY BRINGS THE **CHINESE NEW YEAR**, ALSO KNOWN AS **LUNAR NEW YEAR**, WHICH IS A **15-DAY** FESTIVAL THAT IS CELEBRATED ANNUALLY DEPENDING ON THE SIGHTING OF THE MOON. THE OCCASION IS ALSO KNOWN AS THE **SPRING FESTIVAL**, AND AN ANIMAL IS ASSOCIATED WITH EACH **NEW YEAR**. THIS **CHINESE NEW YEAR** WILL WELCOME THE **YEAR OF THE OX**. **CHINESE NEW YEAR** IS NORMALLY CELEBRATED WITH PARADES, FIREWORKS, GOOD FOOD, AND RED ENVELOPES, BUT THIS YEAR IT WILL LOOK A LITTLE DIFFERENT. RING IN THE **YEAR OF THE OX** ONLINE WITH THE **SMITHSONIAN ART MUSEUM** AND THE **CHINESE CULTURAL INSTITUTE** ON **SATURDAY, FEBRUARY 13TH AT 7:00 AM**. ENJOY STREAMED VIDEO PERFORMANCES AND DEMONSTRATIONS OF TRADITIONAL **CHINESE CRAFTS** AND **LUNAR NEW YEAR** TRADITIONS. TO REGISTER FOR THIS AMAZING VIRTUAL CELEBRATION, VISIT THE **SMITHSONIAN ONLINE EVENTS PAGE**.

BE SURE TO CHECK OUT PAGE 8
TO FIND OUT MORE INFORMATION
ABOUT OUR VALENTINE'S DAY
CANDYGRAMS & A SPECIAL
SURPRISE FOR OUR
90+ MEMBERS!!





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

WE ARE HERE FOR YOU!!

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

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

Culver CITY

SENIOR CENTER SAFER AT HOME GUIDE

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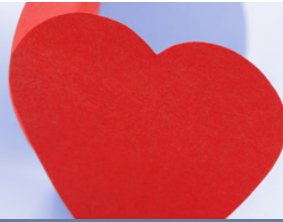
We had so much fun handing out the New Years Eve Party Packs last month!! The picture above shows the mini bottle of Martinelli's Apple Cider that each senior received inside of their party pack.

Check out page 9 for this month's drive-by event!!

Health & Wellness



IT'S NO SECRET FEBRUARY IS ALL ABOUT HEARTS — BUT NOT JUST THE CANDY KIND. FEBRUARY IS ALSO KNOWN AS AMERICAN HEART HEALTH MONTH!! THIS MONTH, WE ENCOURAGE YOU TO MOVE TOWARDS A HEALTHY HEART BY FOLLOWING ALONG WITH THE BELOW CALENDAR. TRY EACH DAILY TIP AND MAKE NOTE OF YOUR FAVORITES. YOU CAN INCORPORATE YOUR FAVORITE ACTIVITIES INTO YOUR DAILY ROUTINE!



AMERICAN HEART HEALTH MONTH

MOVE TOWARDS A HEALTHY HEART

Try the tip for each day listed in February, then keep up the momentum and make your favorites part of your regular routine.

Day 1

Grab a friend and set a commitment to make heart healthy changes together.



Day 2

Make a heart healthy snack.

Day 3

Schedule your annual physical. Ask your doctor for your heart health goals.



Day 4

Squat it out. Do 1 minute of squats.

Day 5

Sport red today for National Wear Red Day.



Day 8

Get your blood pressure checked.



Day 9

Walk an extra 15 minutes today



Day 10

Aim for 30 minutes of physical activity today.

Day 11

Plan your menu for the week with heart healthy recipes.



Day 12

Reduce stress using meditation techniques.



Day 15

Swap the sweets for a piece of fruit for dessert.



Day 16

Stress less. Practice mindful meditation for 10 minutes.



Day 17

Head to bed with enough time to get a full 8 hours of sleep.

Day 18

Add a stretch break to increase your flexibility.



Day 19

Eat vegetarian for a day.

Day 22

Call a relative and ask about your family health history.



Day 23

March in place during commercial breaks to get your heart going.



Day 24

Try going vegan for one meal.

Day 25

Phone a friend or neighbor and go for a walk.



Day 26

Fill half of your lunch and dinner plates with vegetables.

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

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

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

Dates	Day	Time	Level
On-Going	M	12:00 PM - 12:45 PM	Beginners
On-Going	M	12:45 PM - 1:15 PM	Intermediate
On-Going	M	1:15 PM - 2:00 PM	Advanced
On-Going	F	12:00 PM - 12:45 PM	Beginners
On-Going	F	12:45 PM - 1:15 PM	Intermediate
On-Going	F	1:15 PM - 2:00 PM	Advanced



Mindbodydance@home

A joyful mind-body workout blending movement and music.

Instructor: Maribeth Dougherty

Date	Day	Time
On-Going	M	10:00 AM - 11:00 AM
On-Going	TH	10:00 AM - 11:00 AM

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

Date	Day	Time
On-Going	W	10:00 AM - 10:45 AM

IF YOU WOULD LIKE ACCESS TO ANY OF OUR VIRTUAL CLASSES, PLEASE EMAIL INFO.SENIORCENTER@CULVERCITY.ORG AND WE WILL SEND YOU THE CLASS' ZOOM LINK AND MEETING ID.

Tai Chi

A class focused on slow, circular stretching motions and bodily balance.

Instructor: Anton Summers

Date	Day	Time
On-Going	M	9:45 AM - 10:45 AM
On-Going	S	9:45 AM - 10:45 AM

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

Date	Day	Time
On-Going	M	2:30 PM - 4:00 PM

Zumba

Experience a low impact workout featuring easy to follow Latin inspired dance moves.

Instructor: Sandy Whitfield

Date	Day	Time
On-Going	TH	9:00 AM - 10:00 AM

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





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
February 17th	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
2/4-2/25	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.



LET'S GET VIRTUAL!!

Virtual Workshops

California African American Museum

Four Hundred Souls: A Community History of African America, 1619-2019

In *Four Hundred Souls: A Community History of African America, 1619-2019*, editors Ibram X. Kendi and Keisha N. Blain have assembled an extraordinary chorus of voices that includes ninety writers. Encompassing a range of styles from historical essays and short stories to personal vignettes and fiery polemics, each contributor takes on a five-year period in the four-hundred-year journey of African Americans from 1619 to the present. Join Kendi, a National Book Award winner and New York Times bestselling author, and Blain, an award-winning historian, editor, and president of the African American Intellectual History Society, along with contributors UCLA Assistant Professor Kyle Mays and Society of Black Alumni Presidential Professor and Professor of History at Johns Hopkins University Martha Jones, as they discuss this new book and the importance of community history.

Date	Day	Time
February 4th	TH	5:00 PM - 6:30 PM

Cedars Sinai - "The Learning Table" The COVID-19 Vaccine

Do you have questions about the COVID-19 vaccine? Dr. Riggs will address these questions and other concerns as we learn more about the vaccine.

**To register for this workshop, contact Katrina Rosales at Katrina.Rosales@cshs.org*

Presenter: Richard V. Riggs, MD - Cedars Sinai's Chief Medical Officer

Date	Day	Time
February 23rd	T	12:00 PM



Trivia

February 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 okay trivia, 5 or less, come to our monthly class when the Senior Center reopens and practice your trivia skills.



1. Name the four NFL teams that still have never been to the Super Bowl? **BONUS** - Name the three NFL franchises that have gone the longest without a championship?
2. What kind of flowers are traditionally given for Valentine's Day to symbolize love? What other gift sometimes accompanies a bouquet of these flowers for the occasion?
3. When is Groundhog Day? When did Groundhog Day start? How often in percentage is Punxsatowany Phil correct in predicting how much longer winter will last?
4. What is the flower of the month of February? **HINT** - There are 2. What is the birthstone of February? How often does February have 29 days?
5. The Grammy's are usually in February. Testing your music knowledge, which band has won the most Grammy's and how many have they won? How many Grammy's did Michael Jackson win in his record year, 1989? Which of Michael Jackson's songs won for record of the year? Who is the youngest singer to ever win a Grammy at age 14? **HINT** - she just won the Masked Singer show. Which two female artists are tied for the most Grammy's in one night with 6?
6. The Oscar's are usually in February, but moved this year. To get you in the mood, name the three films that have each won a record 11 Academy Awards?
7. If you can't drive in a city and need to get around, name the top five cities to live without a vehicle according to the "USA Today" survey?
8. In the recently completed holiday season, name America's three favorite holiday drinks?
9. If you are in need of a car, in the recently released Consumer Reports' Most Reliable Major Brands of Cars, which are the five most respected brands for reliability?
10. On a typical Super Bowl Sunday (which won't happen this year with the virus), how many pizzas and pizza slices are consumed throughout the day? How much beer is consumed and how many chicken wings?

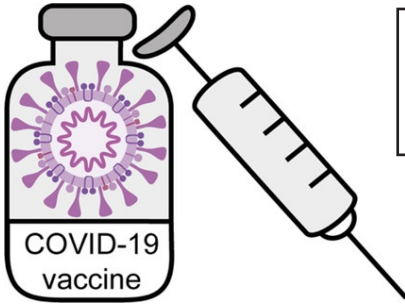
BONUS - The word 'news' is an acronym for which 4 words?



Answers: 1. Super Bowl: Cleveland Browns, Houston Texans, Detroit Lions, Jacksonville Jaguars; Without Championship: Arizona Cardinals, Detroit Lions, Minnesota Vikings. 2. Red Roses, Chocolate 3. February 2, 1887, 39%; 4. Primrose/Violet, Amethyst, Every 4 Years; 5. U2 with 22, 8 in year, Beat it, Lee Ann Rimes, Beyonce in 2010 and Adele in 2012; 6. Titanic (1997), Ben-Hur (1959), The Lord of the Rings, The Return of the King (2003); 7. 1) San Francisco, 2) Portland, Or, 3) Washington D.C., 4) Boston, 5) New York (LA rated 16); 8. 1) Hot Chocolate, 2) Eggnog, 3) Apple Cider; 9. 1) Mazda, 2) Toyota, 3) Lexus, 4) Buick, 5) Honda; 10. 12 million pizzas, more than 28 million slices; 325 million gallons; and 1.3 billion chicken wings; Bonus: North, East, West, South

Covid-19 Information and Vaccine

Don't Wait, Vaccinate!!



LOS ANGELES COUNTY RESIDENTS WHO ARE 65 YEARS OLD AND OLDER CAN NOW REGISTER FOR COVID-19 VACCINATION APPOINTMENTS. SUPPLY IS LIMITED.

Residents in this high-priority age group should visit the Vaccinate LA County website at <http://www.publichealth.lacounty.gov/media/Coronavirus/vaccine/index.htm> NOW to schedule their appointments.

Residents who don't have computer access may call (833) 540-0473 between 8:00 AM - 8:30 PM for help with reservations. To ensure that people at higher risk of transmission and illness are vaccinated first, Los Angeles County has established a tier system. In addition to those 65+, priority for current vaccination is going to frontline healthcare workers and residents and staff at skilled nursing and long-term care facilities.

The five established sites, which were chosen for their regional accessibility and their ability to handle large capacities of people, are:

- Pomona Fairplex, 1101 W McKinley Ave., Pomona, CA 91768
- The Forum, 3900 W Manchester Blvd., Inglewood, CA 90305
- California State University, Northridge, 18111 Nordhoff St., Northridge, CA 91330
- LA County Office of Education, 12830 Columbia Way, Downey, CA 90242
- Six Flags Magic Mountain, 26101 Magic Mountain Pkwy., Valencia, CA 91355

COVID-19 VACCINE SCAMS!!

Beware of Vaccine Scams!!

It is a scam if someone tries to sell you the covid-19 vaccine or a chance to get vaccinated before it's your turn.

FACTS:

- COVID-19 vaccine is being distributed in a fair and transparent way. The vaccine is only being offered to healthcare workers and LA County residents who are 65 years and older.
- COVID-19 vaccine will be given to LA County residents at NO COST and regardless of immigration status.

Are you nervous about taking the COVID-19 vaccine?

In an attempt to help educate and encourage everyone to take the COVID vaccine, Culver City Fire Chief Kenneth Powell has provided information that may be useful in making that decision. Below is a link to a video put together by Dr. Clayton Kazan. Dr. Kazan is a practicing medical doctor as well as the Medical Director for the Los Angeles County Fire Department. Hopefully you will find this helpful: <https://vimeo.com/487374971/db6513be1d>



FOR UP-TO-DATE INFORMATION ON LA COUNTY'S VACCINE PROGRAM, VISIT THE VACCINATE LA COUNTY WEBSITE AT:
<http://www.publichealth.lacounty.gov/media/Coronavirus/vaccine/index.htm>

Will you be my valentine??

Valentine's Day Candygrams

This year, your favorite Senior Center staff members will be taking on the role of Cupid and delivering Candygrams to seniors!! Do you have a special person in mind that you would like to send a candygram to?? Would you like to receive a candygram from the Senior Center staff?? Candygrams include candy, a hand written Valentine's Day card, a Valentine's day themed craft, and a few more surprise goodies! Here is how to sign up...

1. The person you are sending a candygram to must be a member of the CCSCA.
2. You must know the first & last name of the person you would like to send a Candygram to.
3. If you would like to send a candygram to a friend or receive one from Senior Center staff, you **MUST** call the Business Desk at (310) 253-6700 or email info.seniorcenter@culvercity.org by **Friday, February 5th at 5:00 PM!!**
4. Candygrams will be mailed out the week of February 8th. Please be patient, as we do not have control once the Candygrams are given to USPS.



**25 LUCKY SENIORS WILL
RECEIVE A SURPRISE
CANDYGRAM FROM THE
SENIOR CENTER STAFF!!**

NIFTY 90'S

- We have not forgotten about our
- annual celebration for CCSCA members
- that are aged 90+!! This year, we will
- be delivering special Valentine's Day
- themed Candygrams and flowers to our
- wonderful members who are aged 90 and
- over! If you are aged 90+, here is what to
- expect the week of February 1st:
 - A phone call from a Senior Center staff member to confirm your home address.
 - If you would not like to receive a special candygram delivery, please let the staff person know when they call you.
 - All candygrams will be delivered to the 90+ seniors on Friday, February 12th between 10:00 AM - 2:00 PM.

THANK YOU TO SONY PICTURES ENTERTAINMENT, KAISER PERMANENTE, YOUR LOCAL GIRL SCOUT TROOPS, AND THE CITY OF CULVER CITY FOR DONATING THE ITEMS NEEDED TO MAKE THIS PROGRAM A SUCCESS!!



Spin to Win!!

Try Your Luck On Our Prize Wheel

Join our very own Culver City Senior Center Mini Game Show by signing up to spin our prize wheel!! Senior Center staff will bring our prize wheel to your home for you to spin and win a grab bag full of surprise goodies!! You have to spin the wheel to find out what's inside your surprise grab bag! Here is how to play...

- Call Amanda at (310) 253-6715 or email info.seniorcenter@culvercity.org anytime to sign up to spin the wheel.
- Staff will come to your home on Tuesday, Thursday or Friday during the last 2 weeks of February. The time slots will be between 1:00 PM - 3:00 PM. Please call or email to find out what time slots are available.
- Seniors must wear a facemask at all times when staff is at their home. Gloves and a tool to spin the wheel will be provided to seniors.

SPIN TO WIN!!



Tasty Totes

Non-Perishable Grocery Bags



Tasty Totes is back!! Sign up to receive a FREE bag of non-perishable grocery items!! We will be putting together 100 bags of non-perishable food items. To reserve a bag, you must email us at info.seniorcenter@culvercity.org or call the Business Desk at (310) 253-6700 beginning Tuesday, February 9th at 10:00 AM. Only 1 bag of non-perishable food per household.

The food bags will be available for pick up on Thursday, February 25th between 10:00 AM - 11:00 AM 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.

THE ABOVE PICTURE IS FROM OUR TASTY TOTES EVENT IN NOVEMBER WHERE WE HANDED OUT 90 MEAL BAGS TO LOCAL SENIORS IN OUR COMMUNITY. THANK YOU TO OUR VOLUNTEERS FROM THE ROTARY CLUB FOR HELPING WITH THIS EVENT.

WE ARE SO EXCITED TO HOST ANOTHER SUCCESSFUL EVENT!!

tasty

tasty



AARP Tax Aide



Tax Aide Information

AARP TAX AIDE WILL BE HAPPENING THIS YEAR, BUT IT WILL LOOK A LOT DIFFERENT!! THE AARP TEAM OF VOLUNTEERS WILL **NOT** BE TAKING IN PERSON APPOINTMENTS THIS YEAR. INSTEAD, AARP WILL BE TAKING VIDEO CALL APPOINTMENTS VIA "GOOGLE MEET" PLATFORM.

AARP Foundation

TAX-AIDE

Here is what you need to know:

- AARP will start scheduling appointments on Monday, February 1st. Video call appointments will begin on Monday, February 15, 2021.
- AARP volunteers will be scheduling the appointments this year, **DO NOT** call the Business Desk for an appointment.
- The AARP appointment phone number is (424) 258-4811.

AARP requests that you leave a message with your first and last name, phone number, and state whether you are a returning customer or new customer.

- **DO NOT** leave multiple messages.
- AARP requests that you give their volunteers at least 1 week to call back, as they will be experiencing a very high volume of calls.

Gratitude Writing Activity

Answer the following questions...

Many of us may be finding it exceptionally difficult to practice gratitude right now. It's completely understandable and you're not alone. We've created a little gratitude scavenger hunt for you! Because we all need to be reminded of the good things, no matter how small. Take a little bit of time to sit down, get quiet and search your mind and heart filling in the blanks below.

1. What object in your home makes you happy?
2. What smell brings back a sweet memory from growing up?
3. What is the best adventure you've ever been on?
4. When you feel most joyful what are you doing?
5. When is the last time you laughed so hard, you cried?
6. Where do you feel most at peace?
7. What is your favorite quality about yourself?
8. What things are you no longer taking for granted?

gratitude

Culver City Commissions, Committees, and Boards

Vacancies for Culver City Commissions, Committees, and Boards (CBCs)

The Culver City City Clerk's Office is pleased to announce a special interim process to fill current vacancies for Culver City Commissions, Committees, and Boards (CBCs). The application deadline is **Monday, February 22, 2021 at 5:00 PM**. Applicants can complete and submit applications online at www.culvercity.org/serve. Late applications may not be accepted.

There are 5 openings available on the following bodies:

- Civil Service Commission (2 Positions – Seat 2 and Seat 3)
- Committee on Homelessness (1 Position – Seat 5)
- Fiesta La Ballona Committee (1 Position – Seat 1)
- Parks, Recreation, and Community Services Commission (1 Position – Seat 5)

Appointments for these openings are tentatively scheduled to be considered by the City Council at the Regular Meeting on March 8, 2021. Applications will be accepted online, by mail, by fax to (310) 253-5830, or electronically via email to city.clerk@culvercity.org.

NEW: WHILE APPOINTMENTS ARE MADE ANNUALLY — YOU MAY NOW COMPLETE AN APPLICATION AT ANY TIME!
WE ENCOURAGE ALL INTERESTED PERSONS TO APPLY FOR ALL POSITIONS IN WHICH THEY HAVE AN INTEREST!



Special Primary Election - March 2, 2021

Vote to Decide Culver City Representation in the California State Senate

There will be a Special Primary Election on March 2, 2021 to fill the California State Senate, 30th District seat formerly occupied by Holly J. Mitchell, who was elected to the Los Angeles County Board of Supervisors on November 3, 2020. The 30th District includes Culver City, along with other cities. This election will be run by Los Angeles County. For questions and concerns please go to www.lavote.net or call 1- (800) 815-2666, option 4.

Additional Election Information

Important Information and deadlines are below:

- 2/1/21 -2/23/21 – Vote-By-Mail Ballots will be sent to all registered voters
- 2/2/21 – Vote by Mail Drop-Off Locations Open -see Los Angeles County RR/CC (lavote.net)
- 02/9/21 – Voter Information Guides mailed – Access Interactive Sample Ballot <https://isb.lavote.net/>
- 02/15/21 – Last day to Register to Vote in the special primary election <https://registertovote.ca.gov/>



TELL US HOW WE DID!!

AS YOU CAN SEE, THE SAFER AT HOME GUIDE HAS A NEW DESIGN AND LAYOUT. WE WANT TO HEAR WHAT YOU THINK OF THE NEW DESIGN!! EMAIL US AT INFO.SENIORCENTER@CULVERCITY.ORG OR WRITE US A LETTER AND MAIL IT TO: CULVER CITY CITY HALL, ATTN: SENIOR CENTER, 9770 CULVER BLVD., CULVER CITY, CA 90232
IF YOU WOULD LIKE TO SEE THE COLOR VERSION OF THE NEWSLETTER, GO ONLINE TO WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER

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



MEET JACKIE, THE SENIOR CENTER'S LINE DANCING CLASS INSTRUCTOR!! YOU CAN SAY HI TO HER MONDAY'S AND FRIDAY'S VIA ZOOM WHILE HAVING FUN LEARNING NEW LINE DANCES!!



LEO ASSISTS WITH OUR SENIOR NUTRITION PROGRAM EVERY WEEK! WE HAVE DELIVERED OVER 65,000 MEALS TO HOME BOUND SENIORS DURING THE COVID-19 PANDEMIC. WOW!!

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!!



California African American Museum Workshops



Black Diamond Queens: African American Women and Rock and Roll

In Black Diamond Queens, Maureen Mahon documents the history of African American women in rock and roll between the 1950s and the 1980s. Join Mahon, Associate Professor in the Department of Music at New York University; Daphne Brooks, William R. Kenan, Jr. Professor of African American Studies, American Studies, Women’s, Gender and Sexuality Studies, and Music at Yale University; Gayle Wald, Professor of American Studies at George Washington University; and visual artist Nikita Gale as they discuss the book and the ways in which the history of performance impacts the CAAM exhibition, Nikita Gale: PRIVATE DANCER

Date	Day	Time
February 9th	T	5:00 PM - 6:30 PM

Family Story Time and Collage Workshop

Men of Change: Power. Triumph. Truth. highlights the groundbreaking creativity of several men who made their mark in the world of music, including Kendrick Lamar, Duke Ellington, Louis Armstrong, Miles Davis, and John Coltrane. In conjunction with the exhibition, CAAM is partnering with the Los Angeles Public Library (LAPL) to present a family story time and workshop. Enjoy a virtual peek inside the exhibition then celebrate another revolutionary man of music, Troy “Trombone Shorty” Andrews, through a librarian-led reading of his award-winning autobiographical picture book, Trombone Shorty. Next, learn how to make your own autobiographical collage. Tune into the LAPL’s Facebook Live and YouTube Live channels to join.

Date	Day	Time
February 17th	W	4:00 PM - 4:45 PM

In Conversation: Quincy Troupe and Erin Aubry Kaplan on Miles Davis

Writers Quincy Troupe and Erin Aubry Kaplan discuss the life and music of trumpeter Miles Davis—one of American music’s most brilliant and influential figures—who is featured in the exhibition Men of Change: Power. Triumph. Truth. Troupe, who collaborated with Davis on Miles: The Autobiography and also authored the candid memoir Miles & Me, is Professor Emeritus at the University of California, San Diego, and former editor of Black Renaissance Noire. Kaplan is a contributing writer to the New York Times opinion page and a former weekly op-ed columnist for the Los Angeles Times.

Date	Day	Time
February 18th	TH	4:00 PM - 5:30 PM

Talib Kweli: Vibrate Higher

Before Talib Kweli became a world-renowned Hip-Hop artist, he was a Brooklyn kid who liked to cut class, spit rhymes, and wander the streets of Greenwich Village with a motley crew of artists, rappers, and DJs. He was part of the first generation to grow up with Hip-Hop as established culture, complete with its own pantheon of heroes, rich history, and distinct worldview. Kweli returns to CAAM to discuss his candid memoir, Vibrate Higher: A Rap Story, which illuminates his upbringing and artistic success, while also giving life to Hip-Hop as a political force—one that galvanized the Movement for Black Lives and serves as a continual channel for Black resistance.

Date	Day	Time
February 22nd	M	4:00 PM - 5:30 PM





California African American Museum Workshops

Screening: Body and Soul

Oscar Devereaux Micheaux, a pioneer of African American cinema, produced more than forty films during the dawn of the 20th century, including *Body and Soul* (1925). The silent film features the acclaimed stage actor and activist Paul Robeson. This new digital restoration, which is included in the *Pioneers of African American Cinema* collection, has been produced by the artist Paul D. Miller aka DJ Spooky, who also contributed a new score for the 2015 re-release. This online screening of *Body and Soul* is presented in conjunction with the exhibition *Enunciated Life*, which includes work by Steffani Jemison, an artist whose practice is in dialogue with Micheaux's films.

Date	Day	Time
February 25th	TH	4:00 PM - 5:30 PM

Men of Change: A Healing Circle

Conclude Black History Month with this interactive healing circle by and for Black men and masculine-identifying folks. During a short presentation, guided meditation, and discussion, participants will interrogate and deconstruct limiting cultural blueprints and psychological conditioning, and advocate for a world of heart-centered, compassionate, and connected Black men who have access to all parts of themselves. This healing circle is led by Gregory Reimoku Smith, a member of Black Boys OM Inc. and a Zen Buddhist disciple, and is presented in partnership with The Culture LP. Programmed in conjunction with the exhibition *Men of Change: Power. Triumph. Truth* to join.

Date	Day	Time
February 27th	S	2:00 PM - 3:30 PM

TO RSVP FOR ANY OF THESE VIRTUAL WORKSHOPS, VISIT THE CALIFORNIA AFRICAN AMERICAN MUSEUM WEBSITE AT [HTTPS://CAAMUSEUM.ORG/](https://caamuseum.org/)