Check out page 3 for some exciting information about the Senior Center reopening!!!
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
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
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

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.

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8  Movies
9  Special Monthly Activities
10 Virtual Concerts & Workshops
11 More Cool Information

PRCS Senior Center Staff
Jill Thomsen - RCS Supervisor
Amanda Rigali - RCS Coordinator
Alexis Anderson - Recreation Specialist
Melanie Morales - Recreation Specialist
Adam Ferguson - Admin Clerk
John Panganiban - Senior Recreation Leader
Martha Diaz - Senior Recreation Leader
Silvia Tapia - Senior Recreation Leader

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
We are so excited to announce that the Culver City Senior Center will be reopening on Tuesday, July 6, 2021!! If the last year has taught us anything, it is that the only thing we can expect is change. The Senior Center staff have been working hard to create a new class schedule with programs and activities that all members can enjoy! For the month of July, we will only be offering classes (see pages 6 & 7 for the new class schedule). Each month, Senior Center staff and the CCSCA plan to bring back more programs and activities. We appreciate your patience and flexibility as we adjust back to in person programming. Here is all of the information you need to know for our reopening:

• If you are vaccinated, face coverings are optional indoors.
• If you are not vaccinated, face coverings are required indoors at all times.
• The Senior Center will be open at its regular scheduled time (see page 2).
• Only classes will be scheduled for the month of July.
• The Fitness Room, Pool Room, and Computer Lab will be closed in July.
• The patio will be set-up with card tables and round tables for first come first serve seating.
• There will be no tables in the hallways, tables will be back in August.
• The Senior Center will no longer accepts magazine donations.
• We encourage you to check out our library in the lobby and large print library next to the fitness room and take any books that interest you.
• Personal belongings including card games or table cloths are no longer allowed to be stored at the Senior Center overnight. If you had belongings stored here before the Senior Center closed, see page 9 for information on how to pick those up.
• All seniors must be a current member of the CCSCA (see page 4 for details).
• You must have a 2020 parking pass to park in the Senior Center lot (see page 4 for details).

We can’t wait to see you soon!
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, from an instructor, or fill out an online version by scanning the QR codes below with your smartphone camera.

CCSCA 2021 Waiver        Culver City PRCS 2021 Waiver

• If you would like to rejoin the Fitness Room for the remainder of 2021, please pick up a Fitness Room Authorization Form from the Business Desk and have it filled out by your doctor. The Fitness Room fee will be $60.00 and valid from August 2, 2021 - December 31, 2021.
• Seniors must be aged 50+ to be a member of the CCSCA.

Welcome Back
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 Movie</td>
<td>8:00 Zumba Gold</td>
<td>9:00 Gentle Mat Yoga with Shanna</td>
<td>9:00 Watercolor</td>
<td>8:00 Zumba Gold</td>
<td>8:00 Zumba Gold</td>
<td>12:00- 3:45 Bridge, Meh Jong &amp; Pan</td>
</tr>
<tr>
<td>9:00 Ceramics</td>
<td>10:00 Tai Chi with Anten</td>
<td>10:00 Creative Writing</td>
<td>10:00 Short Story Group</td>
<td>9:00 Tai Chi with Anten</td>
<td>9:00 Tai Chi with Antonio</td>
<td>12:00- 3:45 Bridge, Meh Jong &amp; Pan</td>
</tr>
<tr>
<td>10:00 Chair Zumba</td>
<td>10:00 German</td>
<td>10:00 Gentle Mat Yoga with Cecilia</td>
<td>10:00 Short Story Group</td>
<td>10:00 Support Group</td>
<td>10:00 Support Group</td>
<td>12:00- 3:45 Bridge, Meh Jong &amp; Pan</td>
</tr>
<tr>
<td>10:00 Chair Zumba (2nd Monday of the Month)</td>
<td>12:00 Dancercise</td>
<td>11:30 Yoga with Shanna</td>
<td>12:30 Support Group</td>
<td>11:30 Balance Challenge</td>
<td>11:30 Balance Challenge</td>
<td>12:00- 3:45 Bridge, Meh Jong &amp; Pan</td>
</tr>
<tr>
<td>10:00 Sit N Be Fit</td>
<td>12:00 Dancercise</td>
<td>1:00 Yoga with Shanna</td>
<td>12:30 Dancercise</td>
<td>1:00 Current Events</td>
<td>1:00 Dancercise</td>
<td>12:00- 3:45 Bridge, Meh Jong &amp; Pan</td>
</tr>
<tr>
<td>12:00 Dancercise</td>
<td>1:00 Art with Cecilia</td>
<td>1:00 Chair Yoga with Shanna</td>
<td>1:00 Beginning Mah Jong</td>
<td>1:00 Beginning Mah Jong</td>
<td>1:00 Beginning Mah Jong</td>
<td>12:00- 3:45 Bridge, Meh Jong &amp; Pan</td>
</tr>
<tr>
<td>1:00 Line Dancing</td>
<td>1:00 Line Dancing</td>
<td>2:00 Genealogy</td>
<td>1:00 Yoga with Phil</td>
<td>1:00 Yoga with Shanna</td>
<td>1:00 Yoga with Shanna</td>
<td>12:00- 3:45 Bridge, Meh Jong &amp; Pan</td>
</tr>
<tr>
<td>2:30 Yoga with Phil</td>
<td>2:30 Yoga with Phil</td>
<td>3:30 Gentle Yoga with Cyndi</td>
<td>3:00 Ballroom Dance</td>
<td>3:00 Spanish</td>
<td>3:00 Spanish</td>
<td>12:00- 3:45 Bridge, Meh Jong &amp; Pan</td>
</tr>
</tbody>
</table>

**Important Class Information**

- Classes listed above occur every week on the days/times shown.
- All classes are taken at the risk of the participant.
- The 2021 Culver City waiver & 2021 CCSCSA waiver must be signed before participating in your first class.
- Instructors will have copies of each waiver or you can pick up the waivers at the Business Desk. Please turn your waivers in to the Business Desk once it is signed.
- All participants must be a current CCSCSA member to take a class.
- Participants must show their green CCSCSA card at the beginning of each class.
- If you have a caregiver, your caregiver must be next to you while you are participating in a class.
- The class fees will be posted on the rooms signs outside of each door on the day of the class. Each class will either be free or charge a fee of no more than $4.00 per class. The fee can be paid to the instructor at the beginning of each class with cash.
- Class fees will be posted in the August Newsletter.

**Community Partnerships Office Schedule**

Stop by the Community Partnerships Office to meet with any of the below organizations. No appointment necessary! For questions & more information, call Melanie Murales at (310) 253-6727.

**Special Services for Groups - 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.

- Onsite Tuesdays from 10:00 a.m. to 3:00 p.m. (will not be onsite on July 13th)
- Office Hours - 11:30 a.m. to 3:00 p.m.
- Support Group - Are you feeling stressed or anxious? Have you felt lonely or isolated at home for the past year and need someone to talk to? We encourage you to come to the SSG Support Group on Tuesdays from 10:00 a.m. to 11:00 a.m. in Room C 77.

**Affordable Living for the Aging - The ALA program** has staff onsite to assist both seniors and non-seniors who are seeking roommates or shared and affordable housing arrangements.

- Thursdays 11:30 a.m. to 2:00 p.m.
Over the next few months, we will be bringing back more of your favorite Senior Center programs!! Here is our current roll out schedule...

<table>
<thead>
<tr>
<th>JULY</th>
<th>AUGUST</th>
<th>TO BE DETERMINED</th>
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</thead>
</table>
| • Classes  
• Lunch Program - Pick Up Only | • Fitness Room  
• Computer Lab  
• Card tables back in hallways  
• Card playing added in Activity Rooms  
• Summer Patio BBQ | • Sit down hot lunch in the Dining Room  
• Saturday Dance  
• Pool Room Open  
• Trip Office Open  
• Parties  
• Karaoke |

**Bringing Back Programs to the Senior Center**

Are you the leader of a social group that used to meet at the Senior Center on a weekly basis?? Did you used to run a program such as karaoke?? Are you interested in teaching a class at the Senior Center?? Come stop by the Senior Programming Office to meet with Amanda so we can get your program back on the weekly schedule!! We are also looking for new instructors to bring exciting new classes to our Center. If you would like to teach a class at the Senior Center, please call Amanda at (310) 253-6715 or email amanda.rigali@culvercity.org to learn how you can become an instructor at the Senior Center.

**Volunteering at the Senior Center**

Are you interested in volunteering at the Senior Center?? Volunteers are currently needed to assist at the Business Desk, Courtyard Desk next to the Fitness Room, and to drive for the Home Delivered Meal Program. Volunteers will eventually be needed to work parties, check-in seniors at the lunch program, and at the annual membership registration drive. If you are interested in volunteering for any of the programs listed above, please contact Alexis at (310) 253-6748 or email alexis.anderson@culvercity.org for more information!
Movies

Movies Every Tuesday & Sunday at 1:00 PM

The CCSCA sponsors a movie screening every Tuesday & Sunday at 1:00 PM for your enjoyment! The movies is open to CCSCA members only, you must show your membership card for admittance. In the interest of fairness, seats are first come, first served, as space is limited. Do not move the chairs. Movies and time is subject to change.

**Sunday Movies**

**July 6th - Knives Out**
When a renowned crime novelist is found dead at his estate the inquisitive detective Benoit Blanc is mysteriously enlisted to investigate. From his dysfunctional family to his devoted staff, Blanc sits through a web of hearings and lies to uncover the truth behind Harlen’s untimely death. 2019; PG-13; Daniel Craig, Chris Evans, Ana De Armas; 130min.

**July 11th - And So It Goes**
A self-absorbed realtor enlists the help of of his neighbor when he is suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home. 2014; PG-13; Comedy, Drama, Romance; Michael Douglas, Diane Keaton, Sterling Jerins; 94 min.

**July 13th - The Devil Wears Prada**
A smart but sensible new graduate lands a job as an assistant to Miranda Priestly, the demanding editor-in-chief of a high fashion magazine. 2006; PG-13; Comedy, Drama; Anne Hathaway, Meryl Streep, Adrein Grenier; 109min.

**July 18th - The Greatest Showman**
Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. 2017; PG; Biography, Drama, Musical; Hugh JAmackman, Michelle Williams, Zac Efron; 105 min.

**July 20th - La La Land**
A jazz pianist falls in love with an aspiring actress as they both pursue their dreams of stardom in this six time Oscar winner. 2016; PG-13; Comedy, Drama, Music; Ryan Gosling, Emma Stone, Rosemarie Dewitt; 128min.

**July 25th - Molly’s Game**
Based on the true story of Molly Bloom, an olympic class skier who ran the world’s most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents. Her only ally was her criminal defense lawyer, Charlie Jaffey, who learned that there was much more to Molly than the tabloids led us to believe. 2017; R; Biography, Crime, Drama; Jessica Chastain, Idris Elba, Kevin Costner; 140 min.

**July 27th - Taken**
When his estranged daughter is kidnapped in Paris, a former spy sets out to find her at any cost. Relying on his special skills, he tracks down the ruthless gang that abducted her and launches a one-man war to bring them to justice and rescue his daughter. 2008; PG-13; Action, Crime, Thriller; Liam Neeson, Maggie Grace, Famke Janssen; 90min.

**Tuesday Movies**

**July 13th - Molly’s Game**
Based on the true story of Molly Bloom, an olympic class skier who ran the world’s most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents. Her only ally was her criminal defense lawyer, Charlie Jaffey, who learned that there was much more to Molly than the tabloids led us to believe. 2017; R; Biography, Crime, Drama; Jessica Chastain, Idris Elba, Kevin Costner; 140 min.

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Guitar Concerts

Live Music is Back at the Senior Center!!

We are so excited to bring live music back to the Senior Center! Wesley Park is a concert classical guitarist and educator from the Los Angeles area. With his colorful playing and enjoyable programs, he has played professional concerts internationally in countries such as the United States, Canada, Germany, and Austria. Come listen to Wesley perform at the Center on the following dates...

Wednesday, July 14th at 1:00 PM in Room B47
Saturday, July 24th at 1:00 PM on the patio!!

You don’t want to miss it!!

Virtual Reality

Check our our virtual reality headset!!

Have you ever heard of virtual reality?? The Senior Center is excited to introduce our new virtual reality game headset that allows you to play three dimensional games such as ping pong, explore planet Earth like you never have before, and so much more!! Sign up to play for a 45 minute session at the Business Desk beginning the week of July 6th. A Senior Center staff will be there to assist you throughout your entire session. Two seniors are allowed to sign up per time slot. Sign up for the following days/times...

Every Monday, Wednesday & Friday beginning the week of July 19th
Session 1 - 1:00 PM - 1:45 PM
Session 2 - 2:00 PM - 2:45 PM
Session 3 - 3:00 PM - 3:45 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

#### Caregiving Essentials Webinar
Do you care for a loved one with minor cognitive impairment, Alzheimer’s disease, or related dementia? Get expert information fast! This workshop offers strategies to successfully navigate the caregiving experience in a supportive setting. Topics include: effective communication, emotional impact and support, managing challenging behaviors, & develop a plan that works. Taught by Dr. David Hart, Ph.D., Professor and Clinical Mental Health Therapist with nearly 20 years of experience working with people with dementia and their care partners. RSVP Required Call (562) 315-8582.

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>July 17th</td>
<td>SAT</td>
<td>9:00 AM - 12:00 PM</td>
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#### The Auto Club: Keeping the Keys
Keeping the Keys is a virtual workshop designed to help keep senior drivers on the road for as long as safely possible. The free hour-long presentation is filled with tips and resources for older drivers and their families. All attendees receive a free resource packet and giveaway mailed upon completion. While the Keeping the Keys workshop covers resources available to older adult drivers and tips to prolong your driving career, it is not equivalent to the Auto Club Mature Driver course, and does not qualify for an auto insurance discount. To register for a workshop, please call 1-714-885-2313 or email publicaffairs4@aaa-calif.com.

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<th>Date</th>
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<th>Time</th>
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<tr>
<td>July 9th</td>
<td>FRI</td>
<td>1:00 PM - 2:00 PM</td>
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<tr>
<td>July 22nd</td>
<td>THURS</td>
<td>1:00 PM - 2:00 PM</td>
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### 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!

<table>
<thead>
<tr>
<th>Date</th>
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</tr>
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<tbody>
<tr>
<td>June 21st</td>
<td>W</td>
<td>1:00 PM - 2:00 PM</td>
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</table>

#### 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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<tr>
<td>On-Going</td>
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<td>On-Going</td>
<td>F</td>
<td>1:00 PM - 2:00 PM</td>
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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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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>On-Going</td>
<td>TH</td>
<td>1:00 PM - 2:00 PM</td>
</tr>
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</table>
More Cool Information

Meet with a Lawyer at the Senior Center

Meet with an attorney! The CCSCA Legal Service Program offers free 30 minutes appointments for basic legal consultation to members. These lawyers give general legal advice and offer suggestions to members who are dealing with legal issues. Once we open on July 6th, you can make an appointment at the Business Desk to see one of these lawyers! Appointments will be held in the Trip Office.

• Robert - 3rd Tuesday of the month between 1:30 p.m. to 4:00 p.m.
• Ron - Tuesday, July 27th between 3:00 p.m. - 4:30 p.m.

For questions or more information, contact Melanie Morales in the Disability & Social Services Office at (310) 253-6727.

Parking Lot Impacted on Monday & Wednesday!!

The Jewish Family Services Senior Nutrition Home Delivered Meal Program will be transitioning to Grab N’ Go Meals beginning Monday, July 12th. Because of this, the Senior Center parking lot will be impacted with a high volume of cars between 10:00am-12:30pm on Mondays and Wednesdays. Please remember to always drive with caution and be very safe. If you have any questions regarding the meal program, please call (323) 937-5843.

Do You Qualify for a Backup Power Generator?

Let’s find out:
1. Are you a Medical Baseline customer of SCE?
2. Are you a CARE or FERA customer of SCE?
3. Is your home located in a high-risk fire area?*

*Enter your address to see if you are: https://www.sce.com/wildfire/psp

If you answered yes to ALL the questions above, you may qualify to receive a free portable solar + battery generator from SCE to operate your medical equipment at home when the power is shut off. All you do is charge up the battery using the solar panel and then store it in your closet until you need it.

For more information and to sign up, click here: https://energized.edison.com/stories/free-battery-program-provides-medical-baseline-cus-

BE SAFE. DRIVE SMART.
Beat the Summer Heat at the Culver City Plunge!! Adult Exercise and AquaFit Shallow Water classes will be happening all Summer!!

Adult Exercise - Low-impact water exercise in shallow water; ideal for all fitness levels, including non-swimmers, and anyone recovering from injuries. The class will be offered Monday, Wednesday and Friday from 9:00-9:45am. Participation is limited so students must pre-register. AquaFit Shallow Water - AquaFit Shallow Water Aerobics is great for all fitness levels including the non-swimmer. This low impact class is a way to tone your body, improve your cardiovascular endurance, and lose a few inches around your waist. It’s a safe exercise for pre and post natal women, and those who are recovering from minor injuries. Call the Plunge at (310) 253-6680 to register!!

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

Social Hour on the Senior Center Patio

We loved having seniors back at the Center for movies and social hour last month!! Senior Center staff are so excited to see you all in July!! Don’t forget to call (310) 253-6700 for any questions about our reopening!!

Attention Congregate Meal Clients!!!

Meals will transition from delivery to Grab N’ Go meal pick up beginning the week of July 12th. More details will be provided in your meal bag soon.