

# CULVER CITY SENIOR CENTER NEWSLETTER



JUNE 2021

Dear Senior Center Friends,

We are finally seeing light at the end of the tunnel and have much more optimism about bringing in-person activities back to the Center. The safety of our staff and community members will always be our number one priority and we continue to follow all State and Los Angeles County guidelines as we plan for in-person activities to return to the Center.

Fully reopening the Senior Center will not happen overnight. In many ways, the reopening process is more like a dimmer than a traditional light switch. While we anticipate State and County guidelines for indoor activities, we know this will most likely begin with smaller, socially distanced events with a gradual return to full capacity classes and activities. We sincerely appreciate your patience as things evolve. Please continue to check our website at [www.culvercity.org/seniorcenter](http://www.culvercity.org/seniorcenter) for the most up to date information.

We are excited to announce that this month we have planned a few in-person activities! To ensure the safety of our staff and participants, please note the updated Senior Center rules and guidelines:

1. Seniors must wear a face covering and social distancing of six (6) feet must be observed at all times while in the facility.
2. Seniors will receive a covid-19 screening (temperature check) before entering the building and must fill out the 2021 PRCS waiver.
3. Seniors must enter/exit the building through the marked doors and follow the marked pathways when inside the building.
4. Unless otherwise stated, activities are currently open to ALL patrons aged 50+.
5. All activities require preregistration online. Instructions for how to preregister for activities using ActiveNet are provided on page 10.

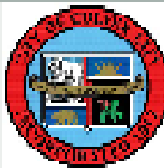


We are so excited to host a few in-person Senior Center activities this month!!  
Check out pages 8 and 9 to see what activities you and your friends can sign up for!!



## 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](http://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](mailto:city.council@culvercity.org).*

## 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](http://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](http://www.culvercity.org/prcs)

View the current and past month's Senior Center  
 Safer at Home Guide online at:

[www.culvercity.org/seniorcenternewsletter](http://www.culvercity.org/seniorcenternewsletter)

Visit the City website at: [www.culvercity.org](http://www.culvercity.org)

### BE SURE TO FOLLOW US ON SOCIAL MEDIA

PRCS Department Instagram: @culvercityprcs

City Instagram: @culvercitygov

PRCS Facebook: [www.facebook.com/CulverCityPRCS](https://www.facebook.com/CulverCityPRCS)

City Facebook: [www.facebook.com/CityofCulverCity](https://www.facebook.com/CityofCulverCity)

Plunge Facebook: [www.facebook.com/culverpool](https://www.facebook.com/culverpool)

## Culver CITY

## SENIOR CENTER SAFER AT HOME GUIDE

## TABLE OF CONTENTS

2 PRCS & City Information

3 Health & Wellness

4 Virtual Senior Classes

5 Virtual Concerts & Workshops

6 Virtual Workshops

7 Trivia

8 Movies

9 Special Monthly Activities

10 Important Senior Center Info

11 More Cool Information



## 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



# 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.



## 7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

### Warm-Up



#### 1. Stationary March with Arm Swing/Seated March

### Strength Exercises



#### 2. Sit to Stand



#### 3. Standing Hip Extension

### Balance Exercises



#### 4. Side Leg Raise



#### 5. Single Leg Stand

### Flexibility Exercise



#### 6. Triceps Stretch

### Cool Down



#### 7. Standing Quadriceps 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**

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! Email [pt@orthosportpt.net](mailto:pt@orthosportpt.net) subject "Ask the Physical Therapist, attn. Cristina Gabor"

**Instructor: Cristina Gabor**

Date	Day	Time
On-Going	W	1:30 PM - 2:15 PM

**IF YOU WOULD LIKE ACCESS TO ANY OF OUR VIRTUAL CLASSES, PLEASE EMAIL [INFO.SENIORCENTER@CULVERCITY.ORG](mailto: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	SAT	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
June 16th	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](mailto:INFO.SENIORCENTER@CULVERCITY.ORG) AND WE WILL SEND YOU THE CLASS' ZOOM LINK AND MEETING ID.**



**LET'S GET VIRTUAL!!**

**June is National Alzheimer's & Brain Awareness Month!! Check out these super informative virtual programs from the Alzheimer's Association. To register for any of the below workshops, please call (800) 272-3900.**

## Alzheimer's Association

### Healthy Living for Your Brain & Body

Date	Day	Time
June 4th	TH	6:00 PM - 7:00 PM
June 9th	TUES	3:00 PM - 4:00 PM
June 27th	SAT	10:00 AM - 11:00 AM

### 10 Warning Signs of Alzheimer's

Date	Day	Time
June 1st	MON	1:00 PM - 2:00 PM
June 17th	WED	12:00 PM - 1:00 PM

### Understanding Alzheimer's & Dementia

Date	Day	Time
June 3rd	WED	5:30 PM - 6:30 PM
June 4th	TH	10:00 AM - 12:00 PM
June 18th	TH	9:30 AM - 10:30 AM

### Effective Communication Strategies

Date	Day	Time
June 9th	TUES	5:00 PM - 6:00 PM
June 17th	WED	5:30 PM - 6:30 PM
June 26th	FRI	1:00 PM - 2:30 PM

**alzheimer's association®**



# Virtual Workshops



## UCLA Health

### Hypertension in Older Adults

Ebony King, MD, will discuss Hypertension in Older Adults. High blood pressure adds to your heart's workload and damages your arteries and organs over time. It is a major risk factor for stroke and other cardiovascular events. This seminar will focus on risks, treatments and strategies to reduce this silent killer and improve your quality of life.

To RSVP for this Zoom event, call (800) 516-5323.

Date	Day	Time
June 1st	TUES	1:30 PM - 3:00 PM

## UCLA Health

### Oral Health

Weeds Sukhumthamarat, MD, DDS, will speak on the importance of Oral Health. Good dental hygiene is an essential part of healthy aging. Learn more about the importance of practicing good oral hygiene, using fluoride treatments, and getting regular dental care which reduces oral infections and their complications for seniors.

To RSVP for this Zoom event, call (800) 516-5323.

Date	Day	Time
June 15th	TUES	1:30 PM - 3:00 PM



### It's Sew Cool/Knit & Crochet Circle

Join this fun LA County Public Library online series for seniors to share your sewing and crochet or knit projects. You don't have to have a sewing machine. The group can do some hand sewing. We will each go at our own pace and meet virtually via Zoom to share our work and progress! If you would like to participate, please email [twelch@lapl.org](mailto:twelch@lapl.org).

Date	Day	Time
On-Going	WEDS	3:00 PM

## Cal Fresh

LA County is offering another CalFresh Healthy Living Workshop series every Tuesday in June!

Topics include but are not limited to:

- How to boost your immune system
- Ways to incorporate more fruits and vegetables into your meals
- How to build healthy meals and snacks
- Food safety

If you are interested in attending these classes, please call (310) 953-0175 by 12:00 PM on June 1st to sign up.

Date	Day	Time
On-Going	TUES	2:00 PM - 3:00 PM



## Cedars-Sinai The Learning Table

### Concept of Hemorrhage Control

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. A major cause of preventable death following trauma is uncontrolled hemorrhage. Join us for a special Stop the Bleed training, where Trauma Educator, Injury Prevention, and Outreach Coordinator, Matthew Carr, will teach bleeding control techniques that could help you save a life. Presenter: *Matthew Carr, MSN Trauma Department of Surgery Cedars-Sinai*. To register for this virtual forum, go online to: <http://bit.ly/CSLearn-hemorrhagecontrol> or email [info.seniorcenter@cuhcity.org](mailto:info.seniorcenter@cuhcity.org)

Date	Day	Time
May 15th	TUES	12:00 PM





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



1. What is considered as the 'diamond' ingredient of the kitchen if you love cooking?
2. There have been a lot of early season No-hitters. Who are the only two baseball pitchers in history to throw no-hitters after the age of 40? There are four pitchers in baseball history that have thrown no-hitters in both the National & American League. Name them.
3. Who started the nation's first volunteer fire department in Philadelphia in 1736?
4. What basic action, according to brain research, increases cerebral blood flow enough to help you remember words much faster? The physical mechanism of what action, according to brain research actually cools down your brain, leading to better mental efficiency?
5. Little Women has been popular for a long time. Who starred as 'Jo' in the first movie made in 1933? Bonus--who directed the modern version of the Louisa May Alcott classic?
6. Who is the author of 12 James Bond books and two short collections?
7. Who was the first woman of color and Asian-American to be elected to Congress in 1964? What famous piece of legislation was eventually given her name for her work on the 1972 document that is coming up on the 50th anniversary next year?
8. What Astrological sign comes at the end of June and what flower is most associated with the month?
9. According to Forbes Magazine, name the five most valuable USA Sports Franchises as of June 2021?
10. Who said, "June is bustin' out all over" and from what musical did it come?



ANSWERS: 1. Truffles 2. Cy Young, Warren Spahn, plus Cy Young, Jim Bunning, Nolan Ryan, Hideo Nomo 3. Benjamin Franklin 4. Chewing Gum & Yawning 5. Kathryn Hepburn & Greta Gerwig 6. Ian Fleming 7. Patsy Mink from Hawaii; Title IX Legislation now Patsy Mink Equal Opportunity Legislation 8. Cancer, Rose & Honeysuckle 9. Dallas Cowboys, New York Yankees, NY Knicks, Golden State Warriors, Los Angeles Lakers, 10. Oscar Hammerstein II (From Carousel)



# Movies



## Senior Center In-Person Movies are BACK!!

We will be showing movies again at the Senior Center on Tuesdays and Thursdays at 1:00 PM beginning June 15th. Seniors must preregister online on the Culver City PRCS website at [www.culvercity.org/seniorcentermovie](http://www.culvercity.org/seniorcentermovie) beginning Monday, June 7th. This means that you will not be admitted to the movie unless you preregister online.

### ***Little Women - Tuesday, June 15th & Thursday, June 17th at 1:00 PM***

Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women, each determined to live life on her own terms. 2019; PG; Drama, Romance; Saoirse Ronan, Emma Watson, & Florence Pugh; 135 min.  
*Thank you SONY for donating this film!!*

### ***The Guilt Trip - Tuesday, June 22nd & Thursday, June 24th at 1:00 PM***

As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom's house turns into an unexpected cross-country voyage with her along for the ride. 2012; PG-13; Comedy, Drama; Barbara Streisand, Seth Rogan, & Julene Renee; 95 min.

### ***The Song of Names - Tuesday, June 29th & Thursday, July 1st at 1:00 PM***

Several years after his childhood friend, a violin prodigy, disappears on the eve of his first solo concert, an Englishman travels throughout Europe to find him. 2019; PG-13; Drama, Music, Mystery; Eddie Izzard, Gerran Howell, & Stanley Townsend; 113 in.  
*Thank you SONY for donating this film!!*

#### Movie Rules

1. No food is allowed inside the facility.
2. Entrance to the building will be through the doors closest to the parking lot.
3. Seniors will only be allowed to sign up for 1 movie screening per week.
4. 50 seniors will be allowed to attend each movie (25% capacity of the room).
5. Please do not arrive for the movie before 12:30 PM.
6. All rules & guidelines listed on page 1 apply to movie screenings.

**Do you have a favorite movie that you think other seniors would enjoy?? Email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) with movie recommendations!!**

**Staff are only able to rent movies on Redbox or stream movies on Netflix so we must be able to find it at one of these platforms!!**







# Social Hour on the Patio

## Come Chat With Your Senior Center Friends That You've Been Missing!

We are excited to introduce a new opportunity for you to socialize in a safe environment with friends that you have been missing over the past year!! Social hour on the patio will begin in June on Monday's, Wednesday's, & Friday's, here are the details...

- Social hour will occur on Monday, Wednesday, & Friday from 10:00 AM - 12:00 PM and 1:00 PM - 3:00 PM.
- Only 20 seniors will be allowed to sign up for each time slot.
- Seniors are only able to sign up for 1 time slot per day.
- You must preregister online for a social hour time slot. Registration begins on Monday, June 7th at [www.culvercity.org/seniorcentersocialhour](http://www.culvercity.org/seniorcentersocialhour)
- Seniors will be allowed to play card games with each other as long as they are wearing gloves and following all social distancing guidelines.
- Seniors are allowed to bring a snack and refreshment with them.
- All rules and guidelines on page 1 apply to this program.
- Entrance to social hour will be through the large metal gates that lead to the Senior Center patio.

## Car BINGO

### Car BINGO is Back!!

Join us for Car BINGO in the Senior Center parking lot on Wednesday, June 30th from 2:00 PM - 3:00 PM. There will be a maximum of 25 cars allowed to attend this FREE event and you must preregister online. We ask that participants please arrive at 1:30 PM so we can start the first game at 2:00 PM. Online preregistration will begin on Monday, June 14th.

### HOW WILL IT WORK?

- Parking spaces will be assigned to each car
- Participants will be told which radio channel to turn on so they can hear staff announcing the BINGO numbers
- Participants will be given a goodie bag with all the items necessary to play the game & instructions
- Prizes will be a surprise!!!



### WHAT ARE THE RULES?

- Participants must stay in their car at all times
- Participants must wear a face mask
- No more than 2 participants in each car
- You must preregister online at [www.culvercity.org/seniorcentercarbingo](http://www.culvercity.org/seniorcentercarbingo)
- Please bring a refreshment and a light snack to enjoy while playing BINGO
- Rules are subject change closer to the event\*

SPECIAL MONTHLY ACTIVITIES



# How To Use ActiveNet

## Learn How To Use Our New Online Registration System

The Senior Center will now be using ActiveNet for online registration for most classes and activities. We encourage you to please read the below instructions carefully and attempt to create an ActiveNet account on your own before calling the Business Desk for help. If you need help, try asking a tech savvy family member or neighbor for guidance. We appreciate your patience and understanding as we evolve together.

### HOW TO SET UP AN ACTIVENET ACCOUNT

1. Go online to <https://anc.apm.activecommunities.com/culvercity/signin>
2. Click on the "create account" link in the upper right corner
3. Enter your email address in the box
- 4. Click on the green box that says "Next"**
5. Enter your First name, last name , date of birth, create a password and confirm your password
6. Check the two boxes
- 7. Click on the green box that says "Next"**
8. Enter your gender, address and phone number
9. Create your security question, fill in your answer and then confirm your answer
10. Check the I'm not a robot box.
- 11. Click on the green box that says "Submit" and you are ready to go**

### HOW TO REGISTER FOR AN ACTIVITY

1. Log in to your account. (same website as the link on the left)
2. Click on the "Activities" Link- the second word on the gray bar below the green logo/picture.
3. Enter the name of the activity you are looking for in the activity box. The activity you searched will pop up by date. (The number under the third column labeled open will show you how many spaces are open that day.)
4. Select the day and time of the activity you want to attend by clicking the green button on the right that says "add to cart". (Note: If the button to the right of the time you would like is blue and says "Wishlist" it means that the registration for that date has not begun or that the class may be full. You may add it to your "wishlist" to speed up the registration process when the activity does open. Check above for registration dates)

## Get to Know the New Senior Center Staff

### Our new staff can't wait to meet you!!

During the past year, the Culver City PRCS Department has welcomed new staff and transitioned some staff to new positions. Armando Abrego has been promoted to Culver City PRCS Department Director and will be moving his office across the street to the Veteran's Memorial Building. Daniella Gutierrez will now be overseeing the Veterans Building Rentals and has also moved her office across the street. We are excited to introduce your Senior Center team below!!



RCS  
Supervisor  
Jill Thomsen



RCS  
Coordinator  
Amanda  
Rigali



Recreation  
Specialist  
Alexis  
Anderson



Recreation  
Specialist  
Melanie  
Morales



Admin  
Clerk  
Adam  
Ferguson



Senior  
Recreation  
Leader  
Lorena  
Castellon



Senior  
Recreation  
Leader  
Martha  
Diaz



Recreation  
Leader II  
Silvia  
Tapia



# More Cool Information

## Father's Day is on Sunday, June 20th

Join the Culver City PRCS Department in celebrating Father's Day with a camp out at home on the weekend of June 18th! We encourage you to share this event information with family, friends, & neighbors!



- You must preregister for this event. Registration begins on May 25th. Please email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) for the link to register for this event.
- Each Camp at Home kit will include a S'mores Kit for 4, Tinfoil & recipes for fire/oven, Local hiking trail guide, Rope and directions for making knots, Keychain kits, Compass, Mini first aid kit, access to a Scavify nature scavenger hunt and activity guides for how to set up tents, build tent forts, skygaze, and more!!!
- The cost of the kit is \$20 and it contains supplies for 4 people.
- Pick-up your "Camp at Home" kit at Veteran's Park on June 18th between 4-7pm and June 19th between 11:00 AM - 2:00 PM.

## CCSCA Finance Committee

Your CCSCA Board of Directors is working with the Senior Center staff to contribute a plan on how the Center will operate during the current pandemic. The Board has been meeting the past two months and has created two new committees that your help!! Are you interested and willing to work with current Board members on the Finance Committee to create guidelines and ideas of how the Board can best serve the membership as we prepare for a more 'normal' days to come?

This committee welcomes 2 members from the general membership to help develop and think creatively for the Finance Committee to best serve the members during these challenging times. If you are interested in serving on this committee, please call the Senior Center Business Desk at (310) 253-6700 and leave your full name and phone number for CCSCA President, John Rollins.

*- Your CCSCA Board of Directors*

## Los Angeles LGBT Center

### Did You Know that June is Pride Month?

If you're a lesbian, gay, bisexual or transgender senior (50+) in need of just about any type of assistance, the Los Angeles LGBT Center's Senior Services Department will either help or refer you to LGBT-welcoming service providers who can.

And if you're one of the growing number of LGBT seniors looking to connect with people of your own generation the LA LGBT Center offers a wide range of fun programs, services, activities, and events specifically for you.

Check out the LA LGBT Center Senior Services website at <https://lalgbtcenter.org/social-service-and-housing/senior/newsletter> or email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) for the link to their community events calendar!



MORE COOL INFORMATION





**The Consumer Financial Protection Bureau is a U.S. government agency that makes sure banks, lenders, and other financial companies treat you fairly. They have provided the Senior Center some packets with information on credit reports, foreclosures, financial advisors, mortgages, debt collection and more. If you would like one of the packets mailed to you please email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) or call the front desk at 310-253-6700 and let them know.**



**VISIT OUR VIRTUAL RECREATION CENTER AT [WWW.CULVERCITY.ORG/VIRTUALRECREATION](http://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**



## *OLDER AMERICANS MONTH DRIVE-THROUGH CARNIVAL*

**Our PRCS team loved celebrating Older Americans Month at our Drive Through Carnival!! Thank you so much to everyone who attended and all of our sponsors that made the event possible!!**

## **Attention Congregate Meal Clients!!!**

**Meals will transition from delivery to Grab N' Go meal pick up beginning the week of July 5th. More details will be provided in your meal bag soon.**