

# CULVER CITY SENIOR CENTER SAFER AT HOME GUIDE



MAY 2021

*This May, during Older Americans Month, we celebrate YOU and the amazing resiliency, patience and strength you have all shown the past year. All of us at City Hall are sending well wishes to you, your families, and your friends.*

*If you're reading this, you are now eligible for a COVID-19 vaccine! As of April 15th all individuals age 16 and older became eligible to receive the vaccine. Visit the [vaccinatelacounty.com](https://vaccinatelacounty.com) webpage to schedule your appointment and join us, as we get Culver City vaccinated!*

*We hope you've been able to take advantage of the Virtual Recreation Center, online classes, concerts, workshops and drive by events the staff has coordinated the past 14 months in this Safer at Home guide. Take a look inside to see what's happening this month! If you have any questions just reach out to Senior Center staff at (310) 253-6700 and let them know.*

*As you know, the pandemic's situation continues to evolve and change every day. We are all learning together and are working with L.A. County on guidelines that will help us open buildings and programs safely. We'll continue to partner with staff to ensure we're communicating what the "new normal" will be in Culver City.*

*Please continue to take care of yourselves, check in with friends and family and know that the health and safety of our community members continues to be our number one priority.*

*- Your Culver City Mayor and City Council*

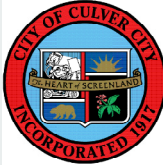


**This year, ALL seniors in the Culver City community are being honored as seniors of the year. The Culver City City Council will be announcing the proclamation at the City Council meeting on Monday, May 10th at 6:30 PM.**



## 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

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Check out the above picture of Recreation & Community Services Supervisor, Jill, helping put together the Spring baskets! You can say 'hello' to Jill at this month's drive ny event! Check out page 8 to find out what it is!



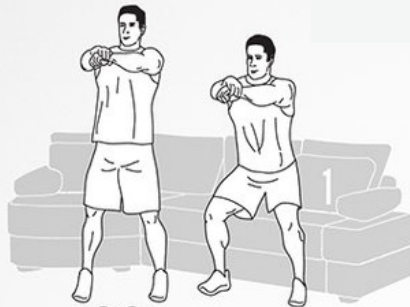
# Health & Wellness

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.



## Sofa Workout

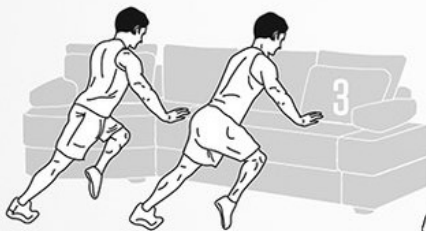
Repeat 3 times | up to 2min rest between sets



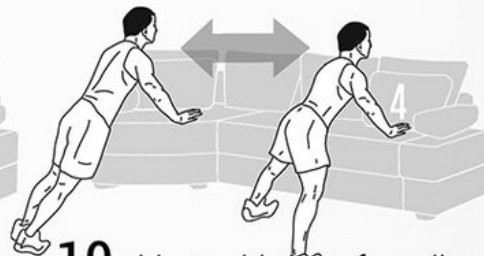
20 half squats



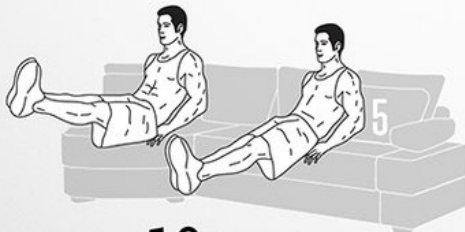
10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles





# 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
May 19th	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!!

## LA Opera

### Living Room Recitals

Do you love the opera? Singers from the LA Opera have recorded themselves performing from their living rooms! Email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) for the link to the LA Opera Living Room Recitals website!

Date	Day	Time
On-Going	Online	N/A

## LA's award winning women's chorus, VOX Femina, presents I Dream A World

LOS ANGELES—VOX Femina Los Angeles, presents a unique online curated concert, I Dream A World, featuring a brand new filmed version of Abbie Betinis's moving piece, From Behind the Caravan: Songs of Hafez, and a collaboration with Hawaii's Nā Wai Chamber Choir on the indigenous Maori piece, Ōiwi E. The concert centers around the beautiful poem by Langston Hughes which imagines a world of justice and equality, and includes archival videos from VOX's previous concerts, as well as brand new pieces, all connected by commentary from VOX singers and Founding Artistic Director Dr. Iris S. Levine.

FREE FOR MEMBERS OF THE CULVER CITY SENIOR CENTER!!! For tickets, go online to <http://www.voxfemina.org/tickets> and use promo code CCSC

Date	Day	Time
May 1st	SAT	4:00 PM





# Virtual Workshops



## UCLA Health

### Planning for the End of Life: Advanced Directives and Hospice Care

Amy Sun, MD, will discuss Planning for End of Life: Advanced Directives and Hospice Care.

Learn how to communicate your health care wishes to your family and friends, appoint someone as your surrogate decision maker, and review health care decision-making documents.

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

Date	Day	Time
May 4th	TUES	1:30 PM - 3:00 PM

## UCLA Health

### Exercising as You Age

Vivek Singh, MD, will discuss Exercising as You Age. Exercise is a critical component of well-being for healthy aging. Learn new exercise habits and strategies one can incorporate to age well, both physically and mentally.

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

Date	Day	Time
May 18th	TUES	1:30 PM - 3:00 PM

## UCLA Health

### Tech Help For You

UCLA undergraduate students offer a free workshop on using computers and smartphones. Get your questions answered. Individual coaching sessions plus small group workshops on specific topics. To RSVP for this Zoom event, call (800) 516-5323.

Date	Day	Time
May 8th	SAT	9:00 AM - 12:00 PM
May 29th	SAT	9:00 AM - 12:00 PM



## Cedars-Sinai The Learning Table Chronic Knee Pain

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.

If you or a loved one experience chronic knee or hip pain, we invite you to attend our May Learning Table sessions. Dr. Golden will cover key concepts on subjects such as arthritis and offer advice on alleviating related pains.

Presenter - David Golden, MD—Orthopaedics

To register for this virtual forum, go online to

<http://bit.ly/CSLearn-KneePain>

Date	Day	Time
May 4th	TUES	12:00 PM



CEDARS-SINAI®

## Cedars-Sinai The Learning Table Chronic Hip Pain

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.

If you or a loved one experience chronic knee or hip pain, we invite you to attend our May Learning Table sessions. Dr. Golden will cover key concepts on subjects such as arthritis and offer advice on alleviating related pains.

Presenter - David Golden, MD—Orthopaedics

To register for this virtual forum, go online to

<http://bit.ly/CSLearn-HipPain>

Date	Day	Time
May 11th	TUES	12:00 PM



## May 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 the birth flower for May? If you were born at the beginning of the month of May, what is your star sign? What is your star sign if you were born towards the end of May?
2. The new movie Godzilla vs. Kong is now out. How many Godzilla movies have there been over the years? When was Godzilla born and in what year was the first King Kong movie? Who was the original Ann Darrow in the first King Kong movie?
3. It is time for Cinco de Mayo. However, May 5th is not Mexican Independence Day. When is the actual historic date? Also, how many avocados in millions are traditionally eaten in the USA on Cinco de Mayo?
4. The Dodgers had to postpone three straight games back in May of 1992 and it wasn't for rain. The team never had that many postponements in a season in 60 plus years in Los Angeles. What happened to make them reschedule the three games at home for the only time in its history?
5. There are 10 endangered rivers in the United States. Four are going to be listed and you need to list the state(s) the river runs through to test your geography knowledge. A) Snake River, B) Pecos River, C) Raccoon River, Bonus D) Turkey Creek River?
6. The Summer Olympics are scheduled for late July in Tokyo for the second time (held in Tokyo in 1964). Name the only two countries and their cities, outside of the United States to host the Summer Olympics twice.
7. In the Abbott & Costello baseball skit, "Who's on First", what is the name of the mythical team the comedy routine is about?
8. On May 5, 1866 this city first observed the Memorial Day Holiday? Then what President finally signed a proclamation and in what year to make the holiday official in the USA?
9. Mother's Day is the biggest holiday in the United States for what activity? What President made Mother's Day an official national event and in what year?
10. Where does Mother's Day rank as the most popular holiday's world-wide and if you don't think it is number one, what holidays would be ahead of it?



Answers: 1. Lily of the Valley, Taurus, Gemini; 2. This is the 36th Godzilla movie, Godzilla was born in 1954 and this is the 88th year for King Kong, which began in 1933 during the depression, Fay Wray was the actress; 3. September 16, over 70 million avocados are eaten; 4. The Rodney King Riots; 5. A-Snake is Idaho, Washington, Oregon, B-Pecos is New Mexico, C-Raccoon is Iowa, D-Turkey Creek-Mississippi; 6. Australia—Sydney and Melbourne; Germany—Berlin and Munich; USA is Los Angeles & Atlanta; 7. St. Louis Wolves; 8. Waterloo, New York first observed May 5, 1866; Lyndon B. Johnson signed on May 26, 1966; 9. Long Distance Telephone Calls; it will also be a record for Facetime Calls, Woodrow Wilson in 1908; 10. 3rd; only behind Christmas and Easter



# Older Americans Month Carnival

## 2021 Theme "Communities of Strength"

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength." Usually we have a party celebrating Older American Month, but this year we will be hosting a Drive Through Carnival!!!



## SENIOR CENTER DRIVE THROUGH CARNIVAL

In celebration of Older Americans Month, we are hosting a drive through carnival!!! The carnival will feature multiple games, a boxed lunch, and an ice cream truck!

To reserve a spot for the carnival, you must email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) or call the Business Desk at (310) 253-6700 beginning Thursday, May 6th at 10:00 AM.

- The carnival will be on Thursday, May 20th between 11:00 AM - 1:00 PM
- You must RSVP in order to attend the carnival
- Seniors that did not RSVP will not be allowed to enter the carnival
- You must be in a car in order to attend the carnival, NO WALK UPS
- Face masks are mandatory at this event & you must stay in your vehicle at all times
- All persons in your vehicle must be from the same household
- Enter the parking lot off of Culver Blvd. and exit on to Overland Ave.
- Come dressed in your best carnival attire!
- Please be sure to pay close attention to all signage at the drive through carnival to ensure the safety of yourself and others!!



The carnival is sponsored by Ting Internet





# Mother's Day Tea Party



**Mother's Day is Sunday, May 9th**

Join Culver City in celebrating all women who love with a "Mother's Heart"! We will celebrate with a Tea Party To Go and Virtual Concert with Live Music on May 8th. We encourage you to share this event information with family, friends, and neighbors!



- You must preregister for this event
- Families can register for a Tea Party To Go kit for 2 or 4 people
- Each kit includes - vintage china pattern paper tea set, tea cups, saucers, plates, napkins, teapot, vanilla bourbon roobios tea, a snack box, and link to a virtual concert
- The event is on Saturday, May 8th from 3:30 PM - 4:30 PM. The Tea Party To Go kit will be available for pick up at the Veterans Memorial Building earlier that day.
- The cost of the kit is \$20 for 2 people or \$40 for 4 people.
- Please email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) for the link to register for this event

## Safe Streets Culver City

The City of Culver City Public Works Department received a grant from the State's Office of Traffic Safety (OTS) to establish a citywide traffic safety education program. As a City priority and a primary focus of the safety education program is improving seniors' travel safety. This priority was set based on the City's review of collisions data and the City's poor ranking compare to similar sized cities within the State. The traffic safety education grant will assist the City in refining and continuing deployment of a comprehensive program targeting safety education for seniors including the provision of safety education material and safety devices until in-person interactions and workshops can be offered. Should you have any questions or would like to report safety concerns, please do not hesitate to contact the Mobility & Traffic Engineering Division, of the City's Public Works Department at (310) 253-5634.



## Senior Center "Spoofing" Phone Calls

This past month, the Senior Center main extension x6700 was impersonated or "spoofed" to make scam calls. We found out when some people called back the number and reached staff at the front desk. These callers were from all across the United States, none were local. If you should receive a call back from the x6700 number, please know that the City will never ask for your personal info such as social security numbers, etc. We are aware that some scammers are using City numbers. If you have any questions, please call us at (310) 253-6700.





# Mental Health Awareness Month

## Take Care of Your Mental Health!!

National Mental Health Awareness Month in May focuses on bringing tools, resources, and education to the public. Taking care of our mental health is as normal as eating healthy and exercising. The City of Culver City's social service resource, SSG, is here to support you! If you or a friend would like someone to talk to or would like to receive mental health support, we encourage you to call (213) 553-1884 x200 anytime. You will be connected with a social service professional!

### ***Coronavirus Anxiety - It's Okay You Don't Feel OK***

In this unprecedented period of global uncertainty, the first thing to note right now is that it's completely normal to be experiencing a wide range of emotions. Accepting your feelings is an important first step to building resilience. The simple act of naming your emotions has been found to benefit wellbeing. So, take a moment now to tune into your body and notice how you're feeling. Let's identify your emotion here with: Anxious, Stressed, Worried, Fearful, Low, Lonely, Overwhelmed, Helpless or Frustrated. Please remember that it's okay to feel discomfort. Accepting distress is often the quickest way to feel immediately calmer.



## Asian American and Pacific Islander Heritage Month

**AAPI Month 2021**

May has been designated Asian American and Pacific Islander Heritage Month. Across the nation, Asian Americans, Native Hawaiians and Pacific Islanders contribute to a rich and deeply rooted heritage. From helping build the first transcontinental railroad to protecting the nation during times of war, Asian Americans and Pacific Islanders (AAPIs) have played significant roles in shaping modern history. This month, attend one of these virtual events to learn more about AAPI Heritage Month...

**Chinese Traditional Music** - Join us in celebrating Asian Pacific Heritage Month with a virtual live Chinese traditional music performance! Performed by Christina Chu on her Guzheng, you will get to experience the beautiful sounds of China. *Wednesday, May 5th at 2:00 PM. For the program link please email [phe@lapl.org](mailto:phe@lapl.org).*

**Jie Ma - Traditional Chinese Instruments and Electronic Music** - Musician and composer Jie Ma plays traditional Chinese instruments and electronics in a concert celebrating her Chinese heritage, L.A.'s cultural diversity, and the inspirational spirit unique to Los Angeles. *Thursday May 27th at 4:00 PM. Email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) for the link.*





# More Cool Information

## Announcement of the Application Period for Culver City Commission, Board, and Committee Appointments

The City Clerk's Office is currently accepting applications to fill upcoming vacancies for Culver City Commissions, Boards, and Committees. Applications will be accepted by the City Clerk's Office through Monday, May 17, 2021 at 5:00p.m. Late applications may not be accepted. Openings are available on the following bodies...

- *Bicycle and Pedestrian Advisory Committee*
- *Board of Trustees of the Los Angeles County West Vector and Vector- Borne Disease Control District*
- *Cultural Affairs Commission*
- *Equity and Human Relations Advisory Committee*
- *Fiesta La Ballona Committee*
- *Landlord-Tenant Mediation Board*
- *LAX Area Advisory Committee*
- *Parks, Recreation, and Community Services Commission*
- *Planning Commission Committee*

*Applicants can complete and submit applications online via the City's website [www.culvercity.org/serve](http://www.culvercity.org/serve). Contact the City Clerk's Office at (310) 253-5851 or email [city.clerk@culvercity.org](mailto:city.clerk@culvercity.org) if you have any questions.*



## Culver City Senior Center Email List

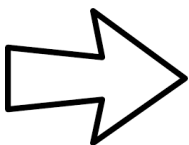
Sign up for the Senior Center's new Email Blast List to be the first to know information regarding new programs, classes, special events, giveaways, and more!

All you have to do is...

1. Scan the below QR code with your smartphone camera
2. Click the link that appears on your phone when you scan the QR code
3. Fill out the short survey
4. Click Submit

Those who sign up for our Email Blast List will receive a FREE 2021 wall calendar!!!!

**SCAN ME!!!!!!**



## Dodger Stadium Covid-19 Vaccine Access Service Express Lane

An express lane at Dodger Stadium is serving customers of Access Services, the agency that provides transportation to Angelenos with disabilities. Access riders can book their Covid vaccine appointment (pending availability) as well as a round-trip ride to Dodger Stadium for your vaccine appointment by calling (626) 532-1616.

You can also call this number if you would like to receive a Covid-19 test. You do not need an appointment for a Covid-19 test at a City-run site. Those who want to get tested should bring their insurance information and ID, and they'll sign up on site.







## MARCH MADNESS WINNERS!!

Thank you to everyone who participated in our March Madness bracket!!

Here are the winners...

**Bettie I., Patricia S., David S., Blanche W., Yolanda W., Jim W., Beth C., Pam R., and Lorena W.**



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



### FARM FRESH FRUIT AND VEGGIE BASKET DRIVE BY EVENT

Our PRCS team was so happy to work with the Culver City Farmers Market to provide seniors with farm fresh fruit and vegetable baskets! If you would like to see more pictures from the event, check out our Culver City PRCS Facebook and Instagram.

**Teacher Appreciation Week is May 2nd-May 8th!!!**

**Be sure to thank your teachers for continuing to host virtual classes throughout the past year!!!**