

# CULVER CITY SENIOR CENTER NEWSLETTER



NOVEMBER 2021



The Senior Center will be closing at 2:00 PM on Wednesday, November 24th in observance of the Thanksgiving holiday. The Senior Center will be closed all day on Thursday, November 25th & Friday, November 26th.





# Culver CITY

## SENIOR CENTER NEWSLETTER

### 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](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)*

### CULVER CITY PRCS COMMISSION

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

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

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

### PRCS SENIOR CENTER STAFF

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

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### CCSCA BOARD OF DIRECTORS

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

The CCSCA Board of Directors meet on the 2nd Monday of the month at 1:00 PM at the Senior Center. This meeting is open to all members of the CCSCA and the public.



**SENIOR CENTER**  
**4095 Overland Avenue**  
**Culver City, CA 90232**



# Covid Vaccine Requirements

City of Culver City

The Culver City City Council has voted to require all patrons entering a City facility to show proof of full covid vaccination. This does not include the booster shot. The date of when this mandate will go into effect is still to be determined, but it will most likley be in mid-November. Please be prepared to show a photo ID and proof of covid vaccination when entering the Senior Center and all other City facilities. This applies to all patrons, including caregivers. Please look our for signs and flyers that will be hung around the Center with more information on when this mandate will go into effect.

Please note at the time of newsletter publication this is NOT a requirement, but it will become one in November. When required, you will be able to show proof of vaccination through one of the following means:

1. Your white COVID-19 Vaccination Record Card issued by the Centers for Disease Control and Prevention. The card must include the name of the person vaccinated, type of vaccine provided and the date the last dose was administered.
2. A digital record on your phone. Visit the State of California’s Digital COVID-19 Vaccine record website at <https://myvaccinerecord.cdph.ca.gov> to download a digital record to your phone or by scanning the QR code on the right side of this page.
3. A photograph of a Vaccination Record Card. The photo can be shown on a smartphone or other mobile device, or it can be a physical photograph.
4. Documentation of COVID-19 vaccination from a healthcare provider.



If you have misplaced your vaccination record you can find it online at <https://myvaccinerecord.cdph.ca.gov>

If you are not tech savvy or need assistance obtaining an digital record, there is open lab at the Senior Center computer lab on MWF from 9:15-11:15 AM.

As always, updates to any guidelines or requirements will be posted via signage at the Senior Center.

## Covid Vaccine Booster Shot Clinic at the Senior Center

The Culver City Senior Center is excited to announce that we will be partnering with LA County Public Health, to provide a covid vaccine booster shot clinic on Saturday, November 20th from 9:00 AM - 4:00 PM at the Senior Center, 4095 Overland Ave. Culver City, CA 90232. This booster shot clinic is open to all individuals aged 65+ who received their 2nd Pfizer or Moderna shot over 6 months ago. It is also open to moderate to severely immunocompromised persons at least 28 days after their 2nd dose as well as any individual that resides in a long-term care facility, has underlying medical conditions and has increased risk of exposure from work or institutional setting. All participants must preregister online at this link

<https://vaccine.fulgentgenetics.com/vaccination/private-sites?siteid=FSS-STE000352> or scan the QR code on the right side of this page, *the password for the website is CCSvax.*



Participants are not able to register over the phone. We encourage you to ask a family member or friend if you need help registering online. Walk up appointments will also be accepted for those unable to book online. All participants must bring a photo ID and their white vaccine card to the clinic.

All regular Senior Center programs will be cancelled on Saturday,

November 20th. The Senior Center will only be open for this booster shot clinic.



# Special Monthly Activities

SPECIAL MONTHLY ACTIVITIES

## Walking Group

Join PRCS staff member, John, twice a month for our walking group! Each month he will guide the group on new routes around beautiful Culver City for 45 minutes to an hour. This group will meet on the Senior Center Patio. All participants must wear proper exercise shoes. We recommend wearing bright colored clothes, bringing a reusable water bottle (disposable plastic is not allowed), wearing a hat & applying sunscreen. *Open to CCSCA members only.*

Date	Day	Time
November 2nd	TUES	9:15 AM
November 16th	TUES	9:15 AM

## Trivia with Michael

Come test your trivia skills with Michael on the 2nd Tuesday of the month. *Open to CCSCA members only.*

Date	Day	Time
November 2nd	TUES	10:00 AM - 11:00 AM

## Book Club

NEW DAY & TIME!! Join Culver City High School students Emily & Teagan for an intergenerational monthly Book Club! The first meeting will be a meet and greet for you to get to know Emily & Teagan, discuss what types of books you enjoy and learn about their plan for the club! You don't want to miss it! The Book Club meetings will also be available on Zoom. Email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) for the Zoom information.

Date	Day	Time
November 3rd	WEDS	2:00 PM - 3:00 PM
November 17th	WEDS	2:00 PM - 3:00 PM



## Drive Through Flu Clinic

Open to community members of all ages! This year's flu clinic will be a DRIVE-BY event hosted in the Veterans Memorial Building parking lot. The drive through clinic entrance will be at the west side of the parking lot off Coombs Ave. Please enter the clinic on Coombs Ave. heading east. (Walk ups are welcome)

Date	Day	Time
November 10th	WEDS	9:00 AM - 12:00 PM

## Karaoke on the Patio with Rudy

Join Rudy and friends for a fun filled afternoon of karaoke on the Senior Center patio every 2nd & 3rd Wednesday of the month.

Date	Day	Time
November 10th	WEDS	1:00 PM - 3:00 PM
November 10th	WEDS	1:00 PM - 3:00 PM

## Kindness Rock Painting

Last month we had so much fun painting rocks with kindness messages! We need more help painting rocks to fill our wonderful rock garden! Come join PRCS staff on the Senior Center patio and paint a rock that shares a message of kindness, inspiration or motivation. The rock garden will be on display at the front of the Senior Center for your fellow senior friends to read the kind messages as they enter the building. *Open to CCSCA members only.*

Date	Day	Time
November 11th	THURS	1:00 PM - 2:30 PM

## Craft Boutique

Talented members of the CCSCA will be selling handmade items in the Senior Center lobby, come check it out! Cash only sales.

Date	Day	Time
November 12th	FRI	9:30 AM - 1:00 PM

# Special Monthly Activities



## Music Mends Minds - Rhythm, Play and Community!

Join us for the Music Mends Minds Drum Circle on the Senior Center patio! Instruments will be provided, and feel free to bring your own! No experience needed to join in our joyful music making!

Date	Day	Time
November 12th	FRI	12:30 PM - 1:30 PM

## Benita Bike DANCEART

Benita Bike's DANCEART presents a unique performance for art and dance lovers of all ages. Benita Bike is the recipient of the Culver City Performing Arts Grant.

Date	Day	Time
November 14th	SUN	1:30 PM - 2:30 PM

## Adventure with Doug - Adventure to Kodachrome State Park

In 1948, in the southern part of Utah, the National Geographic Society explored one of the last known wild areas in the United States. The vibrant color of the sandstone formations astonished the explorers, so much so that one member said it reminded them of Kodachrome color film. And the name of this incredible area was born. We'll head there to see this hidden gem. But that won't be all we do!! We'll save a little time for a secret adventure where we'll have no idea what we might find!! Join us for our slide show adventure, filled with fun stories, fascinating facts and stunning images, as we visit this remarkable area of spectacular color and shape. *Open to CCSCA members only.*

Date	Day	Time
November 16th	TUES	3:30 PM



## The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, resumes his monthly class, The Cunning Consumer. This session's topic will be, "Getting refunds for unsatisfactory purchases, even if you think they are not refundable". Bring your own consumer questions and stories of any kind. *Open to CCS-CA members only.*

Date	Day	Time
November 17th	WEDS	10:30 AM - 11:30 AM

## Ask the Physical Therapist

Physical Therapist, Cristina Gabor is back to the live series of presentations on "Tips for Older Adults as They Emerge Into the Post-Covid World". *Open to CCSCA members only.*

Date	Day	Time
November 18th	THURS	1:00 PM - 2:00 PM

## Drive-By Pie

Sign up to receive a FREE Costco pumpkin pie sponsored by the Culver City Lions Club. We will be taking 200 RSVPs for this event, with a limit of 1 pie per household. Sign ups begin on Tuesday, November 9th at 10:00am at the Business Desk. *You must speak with a staff member to make a reservation, please do not leave a voicemail.*

Date	Day	Time
November 23rd	TUES	11:00 AM - 1:00 PM

## Bingo

Join PRCS staff for Bingo in Room B47. Prizes will be provided by the Culver City PRCS Department. *Open to CCSCA members only.*

Date	Day	Time
November 24th	WEDS	1:00 PM - 2:00 PM

## Ikebana Japanese Floral Sculpture

Ikebana is the ancient Japanese art of floral sculpture. Please come and enjoy the beautiful display of Ohara-style Ikebana by Satsuki Palter and her team in the Senior Center lobby all week.

Date	Day	Time
November 29th - December 3rd	MON - FRI	All DAY

SPECIAL MONTHLY ACTIVITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie  * Means the Class Has a Fee <i>All classes are taken at the risk of the participant</i>	8:00 Zumba Gold* 9:00 Ceramics* 9:15 Beginning Ukulele* 9:15 Stretch and Flex 10:00 Chair Zumba* 10:00 German (Meets 1st Monday) 10:15 Intermediate Ukulele* 10:30 Sit N Be Fit* 10:30 Tai Chi with Anton 12:00 Dancersice* 12:15 Photography* 1:00 Art with Coco 1:00 Line Dancing* 2:30 Yoga with Phil*	9:00 Gentle Mat Yoga with Lauren* 9:00 Mah Jong & Bridge 9:00 Pan 9:15 Tai Chi with Greg 9:15 Walking Group (Meets 1st & 3rd Tuesday) 10:45 Hula Dance 11:00 Karaoke 11:30 Balance Challenge* 1:00 Chair Yoga with Caroline 1:00 Movie 1:00 Improv for Fun (if interested please see Amanda) 1:00 Platicando Sabroso 2:00 SSG Support Support Group 3:30 Gentle Yoga with Cyndi*	8:00 Zumba Gold* 9:00 Crochet Group 9:00 Pan 9:30 Chair Abs & Cardio 10:00 Loss Support (No Drop Ins & Meets Tuesday) 10:30 Pan 11:00 Beginning Spanish 11:00 Chair Yoga with Phil 1:00 Yoga with Phil 1:30 Current Events 2:00 Genealogy 2:15 Beginning Spanish

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1. 1:00 Virtual Reality (must preregister)	2. 9:15 Walking Group 10:00 Trivia with Mike 1:00 Movie	3. 2:00 Book Club
7. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:00 Movie	8. 9:15-11:15 Computer Lab Open 1:00 Virtual Reality (must preregister) 1:00 CCSCA Board Meeting	9. 1:00 Movie	10. 9:00-12:00 Dementia Flu Clinic at the Vet Parking Lot 9:15-11:15 Computer Lab 10:00-11:30 Loss Support 1:00-3:00 Karaoke with Ron
14. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:30 Benita Bike Dance Art	15. 9:15-11:15 Computer Lab Open 1:00 Virtual Reality (must preregister)	16. 9:15 Walking Group 1:00 Movie 3:30 Adventure with Doug	17. 9:15-11:15 Computer Lab 10:30 Cunning 1:00 Bob Lipson 1:00-3:00 Karaoke with Ron 2:00 Book Club
21. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:00 Movie	22. 9:15-11:15 Computer Lab Open 1:00 Virtual Reality (must preregister)	23. 11:00-1:00 Drive-By Pie 1:00 Movie	24. 9:15-11:15 Computer Lab 10:00-11:30 Loss Support 10:00-12:00 Volunteer (maximum 3 classes) 1:00 Book Club <b>Senior Center Closed</b>
28. 1:00 Movie	29. 9:15-11:15 Computer Lab Open 1:00 Virtual Reality (must preregister) Ikebana Floral Sculpture	30. 1:00 Movie	



DAY	THURSDAY	FRIDAY	SATURDAY
<p>ore Group (twice a Month)</p> <p>anish with Caroline * *</p> <p>nish</p>	<p>9:00 Watercolor*</p> <p>9:00 Mah Jong &amp; Bridge</p> <p>9:00 Pan</p> <p>9:15 Dance Fit with John</p> <p>10:00 Sign Language</p> <p>10:00 Spanish (Meets Last Thursday)</p> <p>11:00 Reading Short Story Group</p> <p>11:30 Balance Challenge*</p> <p>12:00 Dancercise*</p> <p>12:00 Duplicate Bridge (Meets in the Veterans Building)</p> <p>12:30 Fun with Pastels</p> <p>1:00 Beginning Mah Jong</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Latin American Group</p> <p>1:00 Yoga with Phil*</p> <p>3:00 French (Meets 3rd Thursday)</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Knitting Group</p> <p>9:00 Mah Jong &amp; Bridge</p> <p>9:00 Pan</p> <p>9:00 Tai Chi with Anton</p> <p>9:45 Gentle Mat Yoga with Caroline*</p> <p>10:30 Balance Challenge with Marguerite*</p> <p>11:00 Chair Yoga with Caroline</p> <p>1:00 German Conversations</p> <p>1:00 Line Dancing*</p> <p>1:00 Remembranzas</p> <p>2:00 Mindfulness Meditation on the Patio</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>12:00- 3:45 Bridge, Mah Jong &amp; Pan</p>

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Book Club</p>	<p>4.</p>	<p>5. 9:15-11:15 Computer Lab Open 9:30-10:30 Blood Pressure Checks</p>	<p>6. 12:00- 3:45 Bridge, Mah Jong &amp; Pan on the Patio</p>
<p>Drive Through Veterans Building</p> <p>Computer Lab Open Support Group Break on the Patio Study</p>	<p>11. 11:00-1:00 Annual Tribute to Our Heroes Display at Vets 1:00-2:00 Rock Painting</p>	<p>12. 9:15-11:15 Computer Lab Open 9:30-1:00 Craft Boutique 9:30-10:30 Blood Pressure Checks 12:30-1:30 Music Mends Minds Drum Circle</p>	<p>13. 12:00- 3:45 Bridge, Mah Jong &amp; Pan on the Patio</p>
<p>Computer Lab Open Consumer Piano Concert Break on the Patio Study Book Club</p>	<p>18. 1:00 Ask the Physical Therapist 3:00 French</p>	<p>19. 9:15-11:15 Computer Lab Open 9:30-10:30 Blood Pressure Checks 4:00 Book Club</p>	<p>20. <b>SENIOR CENTER CLOSED TODAY</b> 9:00-4:00 Booster Shot Clinic</p>
<p>Computer Lab Open Support Group Volunteer Notary documents) Lingo Classes at 2:00 Today</p>	<p>25. SENIOR CENTER CLOSED</p> <p></p>	<p>26. SENIOR CENTER CLOSED</p> <p></p>	<p>27. 12:00- 3:45 Bridge, Mah Jong &amp; Pan on the Patio</p>
		→	



# 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 are 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

#### November 7th - **Barb and Star Go To Vista Del Mar**

Lifelong friends Barb and Star embark on the adventure of a lifetime when they decide to leave their small Midwestern town for the first time - ever. 2021; PG-13; Comedy; Kristen Wiig, Annie Mumolo, Jamie Dornan; 107 min.

#### November 14th - No Movie 1:30 PM Benita Bike Dance Art



#### November 21st - **Knight and Day**

When a small-town girl named June meets a mysterious stranger, she thinks she's found the man of her dreams. But she soon discovers he's a fugitive super-spy, who thrusts her into a thrilling cat-and-mouse chase that spans the globe. 2010; PG-13; Action, Adventure, Comedy; Tom Cruise, Cameron Diaz, Peter Sarsgaard; 109 min.

#### November 28th - **The Best Exotic Marigold Hotel**

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. 2011; PG-13; Comedy, Drama, Romance; Judi Dench, Bill Nighy, Maggie Smith; 124 min.



### Tuesday Movies

#### November 2nd - **Failure to Launch**

A thirty-something is still living with his parents until they hire an interventionist to help him graduate out of the house. That's when the fun begins. 2006; PG-13; Comedy, Romance; Mathew McConaughey, Sarah Jessica Parker, Kathy Bates; 97 min.

#### November 9th - **Wonder Wheel**

On Coney Island in the 1950s, a lifeguard tells the story of a middle-aged carousel operator, his beleaguered wife, and the visitor who turns their lives upside-down. 2018; PG-13; Drama, Romance; Kate Winslet, Justin Timberlake, Juno Temple; 101 min.

#### November 16th - **The Iron Lady**

An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene. 2011; PG-13; Biography, Drama; Meryl Streep, Jim Broadbent; 105 min.

#### November 23rd - **Same Kind of Different as Me**

International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the journey of their lives. 2017; PG-13; Biography, Drama; Greg Kinnear, Renee Zellweger, Djimon Hounsou; 119 min.

#### November 30th - **The Aeronauts**

A balloon pilot and a scientist find themselves in a fight for survival while attempting to make discoveries in a gas balloon in the 1860s. 2019; PG-13; Action, Adventure, Drama; Felicity Jones, Eddie Redmayne, Himesh Patel; 107 min.





# Virtual Concerts

## Bob Levy "The Music Man"

Bob returns with his guitar, singing voice and nostalgic songs from Frank Sinatra to the Beatles. Eddie Ed Obrien, the zany comedian will also join again to bring more laughter and fun to this musical hour. We hope you can be there.

Date	Day	Time
November 17th	WEDS	1:00 PM - 2:00 PM

## Music Mends Minds

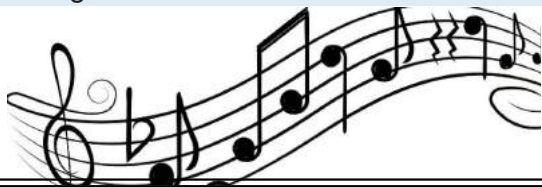
Join Music Mends Minds for a fun filled concert three times a week! Music Mends Minds is a nonprofit that creates musical support groups for patients with Alzheimer's, dementia, Parkinson's, traumatic brain injury, stroke, and PTSD. These musical support groups foster a community between the musicians 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	MON	11:00 AM - 12:00 PM
On-Going	WEDS	11:00 AM - 12:00 PM
On-Going	FRI	11:00 AM - 12:00 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	THURS	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.**

## Bob Lipson Piano Concert

Bob Lipson, our popular pianist from the Golden Age of Popular Music series, will be back with great songs, stories, singalongs, and a demonstration of Culver City's own keyboard and how seniors can learn to play it. A guest instrumentalist will be here too. *This concert will be in Room B47 at the Senior Center.*

Date	Day	Time
November 17th	WEDS	1:00 PM - 12:00 PM

# Workshops

## LGBTQ Dementia Care Partner Support Group

Support group for lesbian, gay, bisexual, transgender, and queer people who are providing care for their loved ones living with Alzheimer's or another dementia. This group meets the 2nd Monday of each month. *Contact Anne Oh to RSVP at [aoh@alzla.org](mailto:aoh@alzla.org) or (323) 930-6271.*

Date	Day	Time
November 8th	MON	4:00 PM - 5:00 PM

## Independence at Home Facebook Live Mini Series

Are you on Facebook? If so, follow Independence at Home! They just launched an "Active Everyday" Facebook Live mini series. Join them every other Tuesday at 11:00 AM for an English presentation or 11:30 AM for a Spanish presentation.

### Schedule of Facebook Live Mini Series:

- October 26th - Laughter Yoga
- November 9th - Caregivers are People Too
- November 23th - Laughter Yoga
- December 7th - Beating the Holiday Blues
- December 21st - Laughter Yoga

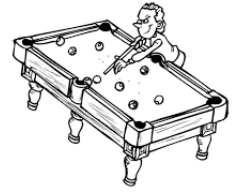
Date	Time
Every Other Tuesday	11:00 AM - 11:30 AM OR 11:30 AM - 12:00 PM



# More Cool Information

## Message from the CCSCA Board of Directors

**Pool Room** - The Senior Center Pool Room will open on November 1st in a new location and with new pool tables!! The Pool Room is now located in the old Conference Room in the C-wing of the Senior Center. The City of Culver City has purchased 2 brand new pool tables for all CCSCA members to enjoy. You must be a member of the CCSCA to use the Pool Room. The new Pool Room has a maximum capacity of 12 individuals. This capacity limitation has been set in place by the Culver City Fire Department for your safety. Should more than 12 individuals be inside the Pool Room at one time, City staff will kindly ask the last individual who entered the room to come back at a later time when a participant has left the room. Should this happen more than once in the same day, City staff will close the Pool Room for the day. The Pool Room hours are 9:00 AM - 4:30 PM on weekdays and 12:00 PM - 3:30 PM on weekends. Please abide by all signage posted inside the Pool Room at all times.



**Fitness Room Trainings** - CCSCA Board member, Ron Gorman, will be conducting another set of trainings in the Fitness Room to show new members the proper way to use the workout equipment. Seniors must have a Fitness Room membership and wear a face mask in order to attend. Please wear a face covering and bring a towel. See below the dates of the trainings.

- **Monday, November 15th at 3:00 PM**
- **Tuesday, November 23rd at 10:00 AM**



**Holiday Certificate Program** - The CCSCA board has decided not to move forward with the Holiday Certificate Program this year. Local food resources include SAVES food bank, FeedCulver and the YMCA weekly grocery giveaway. If you need to speak with a social worker please contact our partners at SSG at 310-253-6717. They are also available in person during office hours on Tuesdays from 10:00 AM – 2:00 PM.

### Medicare Assistance

Medicare’s annual open enrollment period is October 15th-December 7th. The Culver City Senior Center’s long time partner, HICAP, is available to answer your questions regarding Medicare and open enrollment. If you have any questions or to schedule an appointment with a HICAP counselor, please contact Sandy Risdon at 1(800) 824-0780 ext. 3006.



### Annual Tribute to our Heros Display

From Thursday, November 11th - Thursday, November 18th the lawn in front of the Veterans Memorial Building will be decorated with American flags in honor of Veterans Day on November 11th. We encourage you to drive by and see the wonderful art installation sponsored by the Culver City Exchange Club! The opening ceremony will be held on the steps of the Veterans Building from 12:00 PM - 1:00PM on Thursday, November 11th.





# Volunteers Wanted



## Senior Center Programs & Activities Need YOUR Assistance

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

**2022 Membership Drive** - The 2022 Membership Drive is almost here and we are still in need of more volunteers!! The Membership Drive will be held the first two weeks of January and for one week of preregistration from December 6th-10th. Please let Alexis know your availability during any of those dates!

**Drive By Pie Assistance** - On Monday, November 22nd we need your help putting pies into bags for the Drive By Pie Event! More details regarding time and location will be provided. Please let Alexis know if you would like to help.

## Disability & Social Services

### Smart People Ask for Help

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

### Need Help? Our Social Workers are Here for You!

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

#### Types of Services:

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

**SSG is onsite in the Community Partnerships Office on Tuesdays from 10:00 AM - 2:00 PM**  
**Contact SSG at (310) 253-6717**

**Stop by the weekly counselor led support group on Tuesday's from 2:00 PM - 3:00 PM in Room C71.**

### Save the Date!

#### Downtown Culver City Holiday Tree Lighting Celebration

Save the date for this year's Holiday Tree Lighting Celebration in Downtown Culver City! The celebration will be held on Thursday, December 2nd. Stay tuned for more details about the event.



## WE ARE HERE FOR YOU!!

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

Senior Center Business Desk ..... (310) 253-6700

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

Senior Center Hours ..... M-F: 9:00 AM - 5:00 PM SAT & SUN: 12:00 PM - 4:00 PM

Culver City Coronavirus Hotline ..... (310) 253-6890

Available M-F: 7:30 AM - 5:30 PM or visit [www.culvercity.org/coronavirus](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)

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](http://www.facebook.com/CulverCityPRCS)

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

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

**Culver** CITY

Parks, Recreation &  
Community Services

## IMPORTANT EVENTS THIS MONTH YOU DON'T WANT TO MISS

### Drive Through Flu Clinic

Open to community members of all ages! This year's flu clinic will be a DRIVE-BY event hosted in the Veterans Memorial Building parking lot. The drive through clinic entrance will be at the west side of the parking lot off Coombs Ave. Please enter the clinic on Coombs Ave. heading east. (Walk ups are welcome)

Wednesday, November 10th from 9:00 AM - 12:00 PM.

### Covid Vaccine Booster Shot Clinic at the Senior Center

All participants must preregister online at this link <https://vaccine.fulgentgenetics.com/vaccination/private-sites?siteid=FSS-STE000352> or scan the QR code on the right side of this page, the password for the website is CCSvax. Participants are not able to register over the phone. We encourage you to ask a family member or friend if you need help registering online. Walk up appointments will also be accepted for those unable to book online.

Saturday, November 20th from 9:00 AM - 4:00 PM.

SEE PAGE 3 FOR MORE DETAILS.



**Please remember that face masks are required to be worn properly at all times while inside the Senior Center. Masks must stay above your nose. If you or a friend need a mask, just ask a PRCS staff member!!**