

CULVER CITY SENIOR CENTER NEWSLETTER



OCTOBER 2021



The Senior Center will be closed on Sunday, October 10th for the Abilities Carnival as well as Friday, October 29th through Sunday, October 31st for Fiesta La Boo-LLona.



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.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

Culver CITY

SENIOR CENTER NEWSLETTER

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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

Senior Center Important Info



City of Culver City

Face Masks Inside the Senior Center - LA County Public Health guidelines state that face masks are to be worn inside the Senior Center at all times. Face masks must be worn properly over your nose. Senior Center staff will continue to remind and educate all patrons of this policy. Not wearing your face mask properly will result in staff asking you to leave the facility. Please help keep your fellow senior friends safe by wearing your mask properly inside the building.



Flu Vaccine Clinic - The Flu Vaccine Clinic will be held on Wednesday, November 10 from 9:00 AM - 12:00 PM in the Veterans Memorial Building parking lot. This Flu Clinic will be a drive-by clinic, you must stay in your vehicle at all times.



Disability Awareness Month - October is Disability Awareness Month! Join PRCS staff and the Disability Advisory Committee in celebrating at our 18th annual Abilities Carnival and Resource Fair Drive-Up on Sunday, October 10th from 12:30 PM - 2:30 PM in the Senior Center parking lot. To RSVP for this event, please contact staff at (310) 253-6707 by October 7th at 5:00 PM. Please include your name, the number of individuals attending and a phone number. This event includes fun photo opportunities, goodie bags filled with sweet treats, a cotton candy & popcorn station, balloon art, live music and so much more!!

Message from the CCSCA Board of Directors

2022 Membership Vaccine Requirements - The CCSCA Board of Directors has voted to require that all members of the Culver City Senior Citizens Association Inc. will have to show proof of full Covid-19 vaccination in order to obtain a 2022 membership. More details will be provided in the next few months.



Holiday Craft Boutique - The CCSCA will be sponsoring a Holiday Craft Boutique on Friday, November 12th from 9:30 AM - 1:00 PM. Tables will go on sale Monday, October 25th at 9:00 AM in the Senior Programming Office for \$10.00. You must be a member of the CCSCA to purchase a table, please bring your membership card with you when you sign up. Only hand made items can be sold.



In Memory of Wall - The CCSCA Board of Directors would like to honor the members who have passed away since March of 2020. If you have a loved one who was a CCSCA member that has passed away since then, please email their full name to info.seniorcenter@culvercity.org. All names of members who have passed away that we receive by November 15th will have their name listed in the December 2021 Newsletter. If you would like to include a photo of your loved in the email or drop off a photo in the Senior Programming Office, the photo will be posted on the bulletin board in the C-Wing of the Senior Center for 2 weeks. Photos can not be more than 4"x6" size.





Special Monthly Activities

SPECIAL MONTHLY ACTIVITIES

Book Club

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 for the Zoom information.

Date	Day	Time
October 1st	FRI	4:00 PM - 5:00 PM
October 15th	FRI	4:00 PM - 5:00 PM

Walking Group

Join PRCS staff member, John, twice a month for our new walking group! For the first walk, John will be guiding the group on a slow to medium paced 45 minute walk to gauge the groups' fitness level. Each month he will guide the group on new routes around beautiful Culver City. 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
October 5th	TUES	9:15 AM
October 19th	TUES	9:15 AM

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
October 8th	FRI	12:30 PM - 1:30 PM

Trivia with Michael

Please note that this month's trivia will be scheduled on the second Tuesday of the month! *Open to CCSCA members only.*

Date	Day	Time
October 12th	TUES	10:00 AM - 11:00 AM

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
October 13th	WEDS	1:00 PM - 3:00 PM
October 20th	WEDS	1:00 PM - 3:00 PM



Kindness Rock Painting

The Senior Center will be creating a kindness rock garden at the front of our building! 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
October 14th	THURS	1:00 PM - 2:30 PM





Special Monthly Activities

Adventure with Doug - Adventure to Mt St Helens

On March 27, 1980, Mt St Helens had its first eruption in over 100 years. But it was a little one—a little hint of things to come. The big one would wait for another 2 months. Then on May 18, Mt St Helens erupted with full force. The lateral blast accelerated to 300 miles per hour. The eruption cloud rose to 15 miles. An amazing show. And although Mt St Helens lies mostly still now, to see it up close is still an amazing experience. So let's go see it up close! Join us for our slide show filled with fun stories and amazing facts as we climb to the summit of this jaw-dropping crater to see the results of the incredible power of nature.

Open to CCSCA members only.

Date	Day	Time
October 19th	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 CCSCA members only.

Date	Day	Time
October 20th	WEDS	10:30 AM - 11:30 AM



Halloween Party

The Senior Center will be hosting a Halloween Party on the patio! Costumes are encouraged as there will be a costume contest! Tickets can be purchased from the Business Desk for \$5.00 beginning Monday, October 11th. When purchasing your ticket, please let the Business Desk staff know if you plan on joining the costume contest. Doors will open for the party at 11:30 AM, the party will start at 12:00 PM. We would like to thank Sorrento Italian Market for donating sandwiches for this event. Please see below the rules for costumes:

- Family friendly costumes are welcome.
- Costumes should not contain sharp objects, pointed objects or materials that may accidentally strike another person.
- Costumes should not contain any weapons which resemble or could easily be mistaken for an actual weapon.
- No mask or costume elements allowed that block the view of your COVID-19 mask.

Open to CCSCA members only.

Date	Day	Time
October 26th	TUES	12:00 PM - 1:30 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
October 27th	WEDS	1:00 PM - 2:00 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie * Means the Class Has a Fee All classes are taken at the risk of the participant	8:00 Zumba Gold* 9:00 Ceramics* 9:15 Beginning Ukulele* 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 & Cal 10:00 Loss Support (No Drop Ins & Meets T 10:30 Pan 11:00 Beginning Spa 11:00 Chair Yoga with 1:00 Yoga with Phil 1:30 Current Events 2:00 Genealogy 2:15 Beginning Spar

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:00 Movie	4. 9:15-11:15 Computer Lab Open 10:00 German Class	5. 9:15 Walking Group 1:00 Movie	6. 9:15-11:15 Computer 10:00-11:30 Loss S 2:00 LADMH Hoard
 10. SENIOR CENTER CLOSED FOR ABILITIES CARNIVAL	11. 9:15-11:15 Computer Lab Open 1:00 CCSCA Board Meeting 1:00 Virtual Reality (must preregister)	12. 10:00 Trivia with Mike 1:00 Movie	13. 9:15-11:15 Comp 1:00-3:00 Karaoke with Ru 2:00 LADMH Hec Worksh
17. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:00 Movie	18. 9:15-11:15 Computer Lab Open 1:00 Virtual Reality (must preregister)	19. 9:15 Walking Group 1:00 Movie 3:30 Adventure with Doug	20. 9:15-11:15 Comp 10:30 Cunning 1:00-3:00 Karaoke with Ru
24. 1:00 Movie	25. 9:15-11:15 Computer Lab Open 1:00 Virtual Reality (must preregister)	26. 12:00-1:30 Halloween Party	27. 9:15-11:15 Comp 11:00 Brain Health 10:00-12:00 Volun (maximum 3 da 10:00-11 Loss Support 1:00-2:00 I
31. SENIOR CENTER CLOSED 			



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 & 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 & 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 & Pan</p>

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1. 9:15-11:15 Computer Lab Open 9:30-10:30 Blood Pressure Checks 4:00 Book Club</p>	<p>2. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio</p>
<p>Computer Lab Open Support Group Painting Workshop</p>	<p>7.</p>	<p>8. 9:15-11:15 Computer Lab Open 9:30-10:30 Blood Pressure Checks 12:30-1:30 Music Mends Minds Drum Circle</p>	<p>9. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio</p>
<p>Computer Lab Open on the Patio Healthy Aging Workshop</p>	<p>14. 1:00-2:00 Rock Painting</p>	<p>15. 9:15-11:15 Computer Lab Open 9:30-10:30 Blood Pressure Checks 4:00 Book Club</p>	<p>16. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio</p>
<p>Computer Lab Open Consumer on the Patio Workshop</p>	<p>21. 3:00 French Class</p>	<p>22. 9:15-11:15 Computer Lab Open 9:30-10:30 Blood Pressure Checks</p>	<p>23. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio</p>
<p>Computer Lab Open Painting Workshop Notary Documents) 9:30 Knitting Group Bingo</p>	<p>28. 10:00 Spanish Class</p>	<p>29. SENIOR CENTER CLOSED FOR FIESTA LA BOO-LLONA </p>	<p>30. SENIOR CENTER CLOSED FOR FIESTA LA BOO-LLONA </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

October 3rd - *The Dress Maker*

A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong. 2015; R; Drama, Comedy; Kate Winslet, Judy Davis, Liam Hemsworth; 119 min.

October 10th - No Movie Senior Center Closed Abilities Carnival Today



October 17th - *About Hope*

Thomas McKenzie has been searching for the perfect girl his whole life. When he meets two women who pique his interest he learns that the love we are searching for is not always the true love that makes us whole. 2021; PG-13; Comedy, Romance; Justin Ray, Christine Juarbe, Claire Bermingham; 91 min.

October 24th - *The Love Punch*

Set in the French Riviera, a divorced couple who, after having their pension stolen by a crooked business man, must reunite to steal it back. 2014; PG-13; Comedy; Pierce Brosnan, Emma Thompson, Timothy Spall; 94 min.

October 31st - No Movie Senior Center Closed



Tuesday Movies

October 5th - *Water for Elephants*

Set in the 1930s, a former veterinary student takes a job in a travelling circus and falls in love with the ringmaster's wife. 2011; PG-13; Drama, Romance; Robert Pattinson, Reese Witherspoon, Christoph Waltz; 120 min.

October 12th - *Cruella*

Disney's live-action prequel feature film follows the early days of one of cinema's most notorious - and notoriously fashionable - villains. 2021; PG-13; Adventure, Comedy, Crime; Emma Stone, Emma Thompson, Joel Fry; 134 min.

October 19th - *The Courier*

Cold War spy Greville Wynne and his Russian source try to put an end to the Cuban Missile Crisis. 2021; PG-13; Drama, History, Thriller; Benedict Cumberbatch, Merab Ninidze, Rachel Brosnahan; 93min.

October 26th - *Hocus Pocus*

A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century. 1993; PG; Comedy, Family, Fantasy; Bette Midler, Sarah Jessica Parker, Kathy Najimy; 96 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
October 20th	WEDS	1:00 PM - 2:00 PM

Music Mends Minds

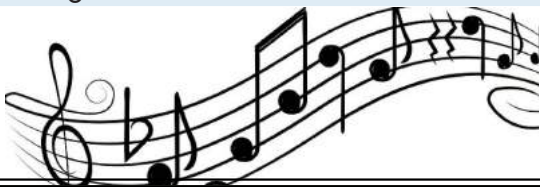
Join Music Mends Minds for a fun filled concert three times a week! Music Mends Minds is a nonprofit that creates musical support groups for patients with Alzheimer's, dementia, Parkinson's, traumatic brain injury, stroke, and PTSD. These musical support groups foster a community between the musicians 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 AND WE WILL SEND YOU THE CLASS' ZOOM LINK AND MEETING ID.

Virtual Workshops

Los Angeles County Department of Mental Health - Hoarding

Learn to identify the differences between collecting, cluttering, and hoarding, and the need for treatment for those who might have a significant problem. How Much is Too Much – Learn about the different forms of substance use and hoarding. *For those who do not have internet acces at home, the Senior Center will be showing this workshop virtually onsite in Room B47.*

Date	Day	Time
October 6th	WEDS	2:00 PM - 3:00 PM

Los Angeles County Department of Mental Health - Healthy Aging

Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Learn how establishing social networks and support can benefit you, your friends, your family and the community in which you live. *For those who do not have internet acces at home, the Senior Center will be showing this workshop virtually onsite in Room B47.*

Date	Day	Time
October 13th	WEDS	2:00 PM - 3:00 PM



Tips & Strategies for a Healthier Brain

It's never too early or too late to learn about brain health! Our physical health, nutrition habits and overall lifestyle can play a huge part in keeping our brains healthy and functioning normally. Let's give our brains a little more thought and learn about what we can do to improve the health of our brain. *For those who do not have internet acces at home, the Senior Center will be showing this workshop virtually onsite in Room B47.*

Date	Day	Time
October 27th	WEDS	11:00 AM - 12:00 PM



City of Culver City Events & Info

MOVE Culver City - Are you ready to reimagine mobility in Culver City?



The MOVE Culver City project will connect Downtown Culver City with the Metro E-Line station and the Arts District and seek to make the roadways in Culver City safer and more efficient by creating dedicated lanes for bikes and buses in both directions on Culver Boulevard and Washington Boulevard. The 1.3-mile project will run between the intersections of Culver Boulevard/Duquesne Avenue and Washington Boulevard/La Cienega Avenue. **Construction** will be October 11th - November 19th, check this website for construction updates <http://moveculvercity.com/> This project will utilize a quick-build process that results in temporary improvements and provides the flexibility to update the design in the future. Community Members are invited to take the **MOVE Culver City Pre-Implementation Survey**. The survey is intended to provide a baseline data set that shows how people currently get around the city, and the results will be used for future evaluation and comparison with post-project implementation. The survey can be found at this link <https://www.surveymonkey.com/r/MCCulver>

Fiesta La Boo-LLona - From the Heart of Screamlnd

Culver City's Party in the Park will be happening on Halloween weekend this year! Come and enjoy your classic Fiesta favorites in the Halloween spirit! See below for more details...

Event Hours:

- Friday, October 29th
4:00 PM - 10:00 PM
- Saturday, October 30th
11:00 AM - 10:00 PM
- Sunday, October 31st
10:00 AM - 7:00 PM



Activities:

- Live performances, food trucks & vendors, artisan wares, carnival rides, beer & wine garden and Halloween costume contests

This event is held at Veterans Memorial Park, across the street from the Senior Center. Free admission for all community members! Masks are required, costumes are encouraged!! Free parking is available at Sony Studios.

Culver City Art Walk & Roll Festival

This FREE Festival will feature distinguished artists, live music, eclectic food trucks, wine and beer gardens, tastings, fun kid's activities, interactive art experiences and so much more! In the heart of the Culver City Arts District on Washington Blvd. at Helms Ave on Saturday, October 9th from 11:00 AM - 6:00 PM.



Culver City Car Show

The Car Show will be held at West Los Angeles College on Saturday, October 2nd from 10:00 AM - 6:00 PM. Come and enjoy some live music, gourmet food trucks, a beer & wine garden, and of course 400+ classic cars and hot rods!





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 just around the corner and we are recruiting for volunteers starting NOW!! 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!

Halloween Party - PRCS staff will need your help decorating, serving food and checking tickets at the event on October 26th.

Nutrition Volunteers - The nutrition program at the Culver City Senior Center is looking for volunteers! They are in need of volunteers from 9 AM – 12 PM on Mondays and Wednesdays. Volunteers assist with packing and distributing meals to seniors at a socially distanced Grab N’Go drive through or walk up method. All staff and volunteers wear masks and socially distance throughout the entire operation. Packing packs of frozen meals along with sides in an assembly line fashion (masks on, social distancing practiced, etc.) will occur from 9:00-10:30am and then volunteers help distribute the meals outside at Grab & Go from 10:30am - 12:00pm. Volunteers must be vaccinated.

Volunteers must register as volunteers with our nutrition partners Jewish Family Services. Their application can be found online here: Apply to Volunteer - Jewish Family Service of LA (jfs-la.org) or call Siri Perlman, Director of Senior Nutrition, at (323)761-8800.

Yiddish Group Leader - Some of your fellow CCSCA members are looking to restart the Yiddish Group, but need a group leader! If you are interested in being the leader of the Yiddish Group, please let Alexis know and we will get the group back on the weekly schedule. Weekly meeting time is flexible!

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
Stop by the SSG Counselor led support group on Tuesdays from 2:00 PM - 3:00 PM

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

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

Visit the City website at: www.culvercity.org

BE SURE TO FOLLOW US ON SOCIAL MEDIA

PRCS Department Instagram: @culvercityprcs

City Instagram: @culvercitygov

PRCS Facebook: www.facebook.com/CulverCityPRCS

City Facebook: www.facebook.com/CityofCulverCity

Plunge Facebook: www.facebook.com/culverpool

Culver CITY

Parks, Recreation &
Community Services



WE HAD SO MUCH FUN PLAYING LOTERÍA LAST MONTH!

Last month we celebrated Hispanic Heritage Month by playing Lotería on our beautiful patio and provided pan dulce treats for all participants to enjoy! Attendees won Hispanic themed prizes such as coin purses, shawls, tortilla warmers and mugs!

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!!