

# CULVER CITY SENIOR CENTER NEWSLETTER



SEPTEMBER 2021



**Happy Hispanic Heritage Month! See page 4 for details on our exciting event to celebrate hispanic heritage. The Senior Center will be closed on Monday, September 6, 2021 in observance of Labor Day.**



## 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

# 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.



**Parks, Recreation & Community Services**



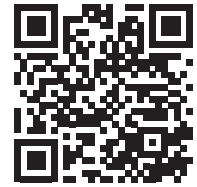
# Culver City Senior Center Important Info Update

## Covid-19 Update at the Senior Center

On August 5th, City Manager John Nachbar announced that in the near future proof of vaccination will be required for all Culver City staff, contractors, interns and volunteers. The City Manager is currently planning for a possible future proof of vaccination requirement for members of the public at the Senior Center and other public facilities. Although this requirement or details have not yet been announced, you are encouraged to have a plan should indoor venues in L.A. County such as the Senior Center begin to require proof of vaccination for entry. Please note at the time of newsletter publication this is NOT a requirement, but it may become one in the future.

If required, depending on the venue you will likely 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.

### Message from the CCSCA Board of Directors

CCSCA Board member, Ron Gorman, will be conducting 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.

- **Tuesday, September 7th at 10:00 AM**
- **Monday, September 13th at 2:00 PM**
- **Tuesday, September 21st at 10:00 AM**
- **Monday, September 27th at 2:00 PM**





# Special Monthly Activities

SPECIAL MONTHLY ACTIVITIES

## Trivia with Michael

Come test your trivia skills on the first Tuesday of every month in the Crafts Room! *Open to CCSCA members only.*

Date	Day	Time
September 7th	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
September 8th	WEDS	1:00 PM - 3:00 PM
September 15th	WEDS	1:00 PM - 3:00 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 will answer the question, "When, if ever, should I pay for an extended warranty or service contract?" And Ellis will explain how to self warranty! Bring your own consumer questions and stories of any kind. *Open to CCSCA members only.*

Date	Day	Time
September 15th	WEDS	10:30 AM - 11:30 AM

## Lotería

Join us in a celebration of Hispanic Heritage Month by playing Lotería with PRCS staff on the patio! Lotería is a traditional game of chance, similar to bingo, but using images on a deck of cards instead of numbered ping pong balls. If you would like to attend, seniors must sign up at the Business Desk beginning Tuesday, September 7th. Dessert will be provided!

Date	Day	Time
September 16th	THURS	1:00 PM - 2:30 PM

## Adventure with Doug - Adventure Up Mount Whitney... the Wild Way!

At 14,500 feet in elevation, Mt Whitney in the Sierra Nevada holds the distinction as the highest mountain in the continental United States. Over 6,000 feet of elevation gain waits from where you park your car! We'll take the trail part of the way, but then detour for a much wilder way to the top! That's the breathtaking "Mountaineer's Route," a course far less traveled due to the lack of any established trail on its unforgiving terrain. Those who succeed on this route are rewarded with an incredible trip of unparalleled and dramatic views. Join us for our slide show, filled with spectacular vistas and fun stories as we trek and then scramble to try to reach the top of this magnificent mountain. *Open to CCSCA members only.*

Date	Day	Time
September 21st	TUES	3:30 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
September 29th	WEDS	1:00 PM - 2:00 PM





# Special Monthly Activities

## Pedestrian Safety Month

Be Active, Take a Walk or Ride a Bike, and Be Safe! Culver City, through a grant from the Office of Traffic Safety (OTS), is reminding seniors to focus on safety while navigating through our streets. We invite you to attend workshops and community events including group walks and bike rides to encourage people of all ages to walk and bike more often and increase safety awareness.



During September, the City and Walk 'n Rollers will host three events that focus on seniors (these events are open to community members aged 50+):

- Wednesday, September 8th at 10:00 AM - 12:00 PM: Senior Center - Walk Safe Presentation/workshop/walking tour followed by 12:00 PM - 1:00 PM poetry writing workshop with Poet Laureate Emerita Janet Hoult on the patio
- Sunday, September 12th, all day: Grandparents Day Self-Guided Walk around town
- Wednesday, September 22nd at 10:00 AM - 12:00 PM: Senior Center - Adult Bike Skills Workshop

### Why Walk?

Maintaining or increasing your strength, endurance, balance, and flexibility are key factors to staying fit. Walking builds strength and endurance which contributes to better balance. You can improve your flexibility with stretching exercises designed specifically for older adults. By striving to increase all four factors, you lower your risk of injury and slow the aging process in your joints and muscles.

“Our goal is to get adults and families to embrace active transportation, and to do it safely,” says Walk 'n Rollers Executive Director Jim Shanman. “Culver City is easily walkable and bikeable. Taking a walk on a regular basis is free, healthy and a great way to see the city at street level. No matter how you choose to be active, we believe safety is a habit. Don't break it!”

For more information and tips on walking and biking safely in and around Culver City, please visit [www.culvercity.org/mobility](http://www.culvercity.org/mobility)

## Falls Prevention Week

Join us September 20-24, 2021 for Falls Prevention Week, a nationwide effort to raise awareness that falls are preventable. Falls Prevention Week is a national health campaign observed on the first day of fall to increase awareness around falls health and injury prevention. This month, join the Senior Center's Balance Challenge instructor, Teri for a FREE workshop on how to prevent falls.

- When?** Wednesday, September 22nd  
**What Time?** 1:00 PM - 2:30 PM  
**Where?** Room B47 & B45 at the Senior Center

*Please wear closed toed shoes & bring water, as you will be moving around the room.*





# SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie  <i>* Means the Class Has a Fee            All classes are taken at the risk of the participant</i>	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 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 Platcando 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 & Core 10:00 Loss Support Group (No Drop In's) 10:30 Pan 11:00 Beginning Spanish 11:00 Chair Yoga with Caroline 1:00 Yoga with Phil* 1:30 Current Events* 2:00 Genealogy 2:15 Beginning Spanish	9:00 Watercolor* 9:00 Mah Jong & Bridge 9:00 Pan 9:15 Dance Fit with John 10:00 Sign Language 10:00 Spanish (Meets Last Thursday) 11:00 Reading Short Story Group 11:30 Balance Challenge* 12:00 Dancersice* 12:00 Duplicate Bridge (Meets in the Veterans Building) 12:30 Fun with Pastels 1:00 Beginning Mah Jong 1:00 Chair Yoga with Caroline 1:00 Latin American Group 1:00 Yoga with Phil* 3:00 French (Meets 3rd Thursday)	8:00 Zumba Gold* 9:00 Knitting Group 9:00 Mah Jong & Bridge 9:00 Pan 9:00 Tai Chi with Anton 9:45 Gentle Mat Yoga with Caroline* 10:30 Balance Challenge with Marguerite* 11:00 Chair Yoga with Caroline 1:00 German Conversations 1:00 Line Dancing 1:00 Remembranzas 2:00 Mindfulness Meditation 3:30 Gentle Yoga with Cyndi*	12:00- 3:45 Bridge, Mah Jong & Pan

CLASS SCHEDULE

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 9:30-10:30 Blood Pressure Checks	4 12:00- 3:45 Bridge, Mah Jong & Pan
5 12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie	6 SENIOR CENTER CLOSED 	7 10:00 Trivia with Mike 1:00 Movie	8 10:00 Walk Safe Presentation 1:00 Metro on the Move Riders Program Presentation 1:00-3:00 Kamao on the Patio with Rudy	9	10 9:30-10:30 Blood Pressure Checks	11 12:00- 3:45 Bridge, Mah Jong & Pan
12 12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie	13 10:00 German Class 1:00 CCSCA Board Meeting 1:00 Virtual Reality (must preregister)	14 10:00 Braille Institute 11:00 CCSCA Board Meeting 1:00 Movie	15 10:30 Cunning Consumer 1:00-3:00 Kamao on the Patio with Rudy	16 1:00 Loteria on the patio (must reserve a ticket)  3:00 French Class	17 9:30-10:30 Blood Pressure Checks	18 12:00- 3:45 Bridge, Mah Jong & Pan
19 12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie	20 1:00 Virtual Reality (must preregister)	21 1:00 Movie 3:30 Adventure with Doug	22 10:00 Adult Bike Skills Workshop 1:00-2:00 Falls Prevention Workshop <b>First day of Fall!</b>	23	24 9:30-10:30 Blood Pressure Checks	25 12:00- 3:45 Bridge, Mah Jong & Pan
26 12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie	27 1:00 Virtual Reality (must preregister)	28 1:00 Movie	29 10:00-12:00 Volunteer Notary (maximum 3 documents) 11:00 Bob Lipson Piano Concert 1:00-2:00 Bingo	30 10:00 Spanish Class		



# 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

#### September 5th - *Julie and Julia*

Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book. 2009; PG-13; Biography, Drama, Romance; Amy Adams, Meryl Streep, Chris Messina; 123 min.

#### September 12th - *The Intern*

Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin. 2015; PG-13; Comedy, Drama; Robert De Niro, Anne Hathaway, Rene Russo; 121 min.

#### September 19th - *Just Go With It*

On a weekend trip to Hawaii, a plastic surgeon convinces his loyal assistant to pose as his soon-to-be-divorced wife in order to cover up a careless lie he told to his much-younger girlfriend. 2011; PG-13; Comedy, Romance; Adam Sandler, Jennifer Aniston, Brooklyn Decker; 117 min.

#### September 26th - *The Blind Side*

Based on the true story of Michael Oher and his families on his path to becoming an All-American football player and first round NFL draft pick. 2009; PG-13; Biography, Drama, Sport; Quinton Aaron, Sandra Bullock, Tim McGraw; 129 min.

### Tuesday Movies

#### September 7th - *Moneyball*

Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing a computer generated analysis to acquire new players. 2011; PG-13; Biography, Drama, Sport; Brad Pitt, Robin Wright, Jonah Hill; 133min.

#### September 14th - *Footloose*

City teenager Ren McCormack moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace. 2011; PG-13; Comedy, Drama, Music; Kenny Wormald, Julianne Hough, Dennis Quad; 93min.

#### September 21st - *Now You See Me*

An F.B.I. Agent and an Interpol Detective track a team of illusionists who pull off bank heists during their performances, and reward their audiences with the money. 2013; PG-13; Crime, Mystery, Thriller; Jesse Eisenberg, Common, Mark Ruffalo; 115min.

#### September 28th - *Sully*

The story of Chesley "Sully" Sullenberger (Tom Hanks), an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew. 2016; PG-13; Biography, Drama; Tom Hanks, Aaron Eckhart, Laura Linney; 96min.





# 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
September 15th	WEDS	1:00 PM - 2:00 PM

## Music Mends Minds

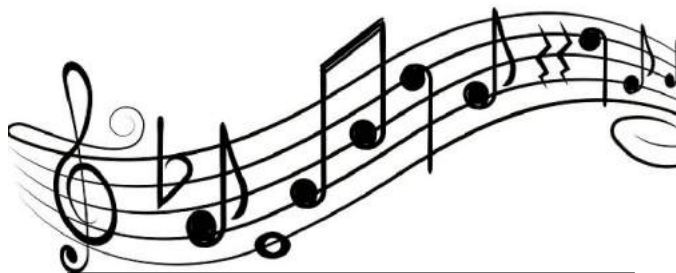
Join Music Mends Minds for a fun filled concert three times a week! Music Mends Minds is a nonprofit that creates musical support groups for patients with Alzheimer's, dementia, Parkinson's, traumatic brain injury, stroke, and PTSD. These musical support groups foster a community between the musicians 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	1:00 PM - 2:00 PM
On-Going	WEDS	1:00 PM - 2:00 PM
On-Going	FRI	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	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, all enhanced with videos. Bob will also be sharing his process in learning to play popular songs and how he taught retired senior staff at USC on a way they can learn to play their favorite songs and have a lot of fun in the process. *This concert will be in Room B47 at the Senior Center.*

Date	Day	Time
September 29th	WEDS	11:00 AM - 12:00 PM

# Workshops

## Metro on the Move Riders Program

Learn how to ride the bus and train. Learn how to reach many destinations on public transit throughout Los Angeles. Learn about the TAP card that you need to go Metro. And learn about how to travel out and about safely. *Please email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) for the Zoom information for this event.*

Date	Day	Time
September 8th	WEDS	1:00 PM - 2:00 PM



## Braille Institute - Understanding Vision Loss

Vision loss doesn't have to mean giving up the things you love! With the right tools and training you can continue to live your best life. Join this Understanding Vision Loss presentation and learn more about how we can help you remain independent. The presentation will cover how you can live well with low vision and embrace lifestyle changes. Come learn about the basics of blindness and low vision. *This workshop will be in the Craft's Room at the Senior Center.*

Date	Day	Time
September 14th	TUES	10:00 AM - 11:00 AM

CONCERTS & WORKSHOPS





# More Cool Information

## Rollerdrome Historic Marker at Tellefson Park

Did you know that Tellefson Park was once the site of a roller rink, from 1928-1970? The next time you are near the park, you will find a bronze plaque sitting atop the large cement block by the new playground equipment. Read more about it!

Because of the pandemic the Culver City Historical Society's historic marker was unveiled at Tellefson Park with little fanfare. Thankfully, their markers outlast the speeches and applause and have become vital and permanent narratives, communicating our city's history. The Rollerdrome was a social and recreational touchpoint in Culver City for over 40 years. The Historical Society is thrilled to mark the site with our 14th bronze plaque. We encourage you to head over to Tellefson Park at 11057 Washington Place, Culver City, CA 90232 and check it out!



## Vote By Mail Drop Box Locations

Culver City has two 24-hour Vote By Mail drop off box locations for the upcoming September 14, 2021 election. The locations are as follows:

- Culver City Library - 4975 Overland Avenue Culver City, CA 90230
- West Los Angeles College - 9000 Overland Avenue Culver City, CA 90230
- Fox Hills Parkette - Corner of Buckingham PKWY. & Hannum Avenue
- Culver West Alexander Park - 4162 Wade Street Culver City, Ca 90066

## Virtual Reality Headsets

Our virtual reality head sets are back in action! Sign up at the Business Desk to play for a 45 minute session, with staff assistance. Sessions will be held every Monday from 1:00 PM - 4:00 PM.



## Water Conservation Announcement

California is experiencing severe drought conditions. A drought state of emergency has been declared in 50 of California's 58 counties. Everyone is encouraged to use water responsibly and make conservation an important part of their routine every day.

### *How can you save water?*

- Attach shut-off nozzles to all hoses
- Limit outdoor irrigation to no more that 3 days a week (or less)
- Make every drop count by watering outdoors in the evenings or set timers to run overnight to avoid evaporation that results from watering during daylight hours
- Check your property for irrigation and indoor plumbing leaks
- Remember to water your trees at least once a week to avoid tree loss

### *What is prohibited?*

- Hosing off sidewalks, driveways, and other hard-scapes except when health and safety is a risk
- Washing motor vehicles unless the hose is fitted with a shut-off nozzle
- Operating a fountain or water feature unless the water is recirculated
- Excess runoff when watering outdoors





# 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...

**Bridge or Card Games** - Are interested in teaching your fellow seniors how to play bridge or any fun card game?? We have a lot of seniors interested in learning to play or even starting a new card play group! Please contact Alexis if you are willing to help!

**Fitness Room** - The Fitness Room has officially reopened. The CCSCA is looking for a volunteer who is available on *Tuesday afternoons* to help monitor the room and check Fitness Room memberships.

**Walking Group** - The Senior Center staff plan on starting a weekly walking group in October! We are looking for a volunteer who will assist our staff on each walk, is reliable and in good health.



Contact Alexis at (310) 253-6748 or email her at alexis.anderson@culvercity.org if you would like to potentially volunteer for any program listed above!!

## 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](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



**CHECK OUT OUR LOVELY SENIORS ROCKIN THEIR MASKS!!**

**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!!**

**Please remember to hang your 2020 parking permits when parked inside the Senior Center parking lot. Parking permits can be purchased at the Business Desk for \$5.00 for all CCSCA members.**