

# Senior Center Safer at Home Guide

Parks  
Make  
Life  
Better!

Happy New Year!!

The Senior Center staff wish you all health and happiness in the new year ahead! May 2021 be an extraordinary one! Here are a few quotes for the new year, let these words of wisdom, grace, positivity, and motivation inspire you to have your best year yet.

"You are never too old to set another goal or to dream a new dream." - C.S. Lewis

"Never underestimate the power you have to take your life in a new direction." - Germany Kent

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." - Carl Bard

"The first step towards getting somewhere is to decide you're not going to stay where you are." - J.P. Morgan

"New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours." - Alex Morritt



## Sneak Peek

This month, one of our favorite presenters is back with a new adventure...check out page 4 to see who!!

The Culver City PRCS Department is hosting an exciting Martin Luther King Jr. Day Celebration! Read about all the details and how you can be a part of it on page 8!

January 2021

# Easy Exercises to do While Staying Safe at Home



Flamingo Stand



Single Limb Stance with Arm



Toe the Line



Toe Raises



Clock Reach



Side Leg Raises



Tummy Twists

Try doing 10 reps of each of these exercises at least 4 times a week! This could be your new morning or evening routine!! Be sure to check your surroundings and make sure you are in a safe environment with no fall hazards. Always drink plenty of water and other drinks that replenish electrolytes. HAVE FUN!!

# Online Senior Classes via Zoom

If you would like access to any of our online classes, please email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) and we will send you the class' Zoom link and meeting ID.

*There will be no classes held on New Year's Day.*

**Gentle Chair Yoga**— 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. This class is taught through videos and not on Zoom.

- Instructor: Caroline Scherzer



**Heartfulness Meditation**—This session includes guided relaxation and meditation. It is open to anyone interested in learning meditation the heartfulness way.

- Day/Time: Friday at 1:00 p.m.
- Instructor: Prasad Singamsetty



**Line Dancing**—12:00-12:45 for beginners, 12:45-1:15 for improvers, & 1:15-2:00 for intermediate/advanced dancers. We will review old dances & learn some new ones!

- Day/Time: Monday & Friday 12:00 p.m.—2:00 p.m.
- Instructor: Jackie English

**Mindbodydance@home**—A joyful mind-body workout blending movement and music.

- Day/Time: Monday & Thursday at 10:00 a.m.
- Instructor: Maribeth Dougherty



**Sit N Be Fit**— Join Cristina as she walks you through a series a chair exercises that you can do from the comfort of your own home!

- Day/Time: Wednesday from 10:00 a.m.—10:45 a.m.
- Instructor: Cristina Gabor



**Tai Chi**—A class focused on slow, circular stretching motions and bodily balance.

- Day/Time: Monday at 9:45 a.m. & Saturday at 9:45 a.m.
- Instructor: Anton Summers

**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.

- Day/Time: Monday from 2:30 p.m.—4:00 p.m.
- Instructor: Phil Henrikson



**Zumba**—Fitness class consisting of dance & aerobic exercise routines.

- Day/Time: Thursday at 9:00 a.m.
- Instructor: Sandy Phillips-Whitfield



## Adventures with Doug

Doug is BACK via Zoom with an adventure to the Carlsbad Caverns!! Standing on a plateau of open land in New Mexico, filled with cactus, desert shrubs and grassland as far as the eye can see, who would ever guess that miles of mystery hide deep below your feet? But there are, a vast underground system of 120 known caves.



We'll make sure the batteries in our flashlights are fresh and drop deep into the heart of world-famous Carlsbad Caverns. After a brief visit through the jaw-dropping Big Room and the Hall of Giants, we'll put on our helmets and explore even further, dropping even further where fewer people venture: Lower Cave. Join us for our slide show adventure, filled with fun stories, fascinating facts and stunning images as we head into this magnificent gem. This adventure will take place on Friday, January 15th at 11:00am.

*Email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) to receive the Zoom information for this event.*

*This is a one time event brought to you thanks to generous donations from community members.*

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## Metro On the Move Riders Program: El Pueblo (Olvera Street)

Metro's On the Move Riders Program is happy to present El Pueblo (Olvera Street). Date and time is still to be determined! Learn about Come learn about Placita Olvera, the birthplace of Los Angeles.

*Email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) to receive the Zoom information for this event and the exact date and time that it will be shown.*



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## Orthosport Physical Therapy Workshops

Join Physical Therapist Cristina Gabor and her staff member in two workshops on how to maximize your mobility safety and function during the pandemic.



Sit N Be Fit— Weekly, EVERY Wednesday from 10:00am-10:45am

Spend 45 minutes every Wednesday going through Chair Exercises from your home. Cristina Gabor and her staff member will run the weekly class adjusting it to fit participants needs.

Mobility and Wellness Beyond Covid Seclusion— First Thursday of Each Month 1:00pm-2:00pm

On Thursday, January 7th, this monthly class will be structured with exercises to help with self-care for participants feeling secluded during the pandemic. Cristina will provide you with tips on how to stay active in and around the home! *You must RSVP by the end of the day on January 5th.*

*To RSVP for these classes and to suggest topics, email Cristina at [pt@orthosportpt.net](mailto:pt@orthosportpt.net)*

# Virtual Concerts



## Bob Levy “The Music Man” is Back!!

Bob returns with his guitar, storytelling and those nostalgic songs from Frank Sinatra, Doris Day and others. Please join him for the fun on Wednesday, January 20th at 1:00 p.m.

## Music Mends Minds

Join Music Mends Minds for a fun filled concert three times a week! Every Monday, Wednesday, and Friday from 1:00 p.m.—2:00p.m. Music Mends Minds hosts a free sing— a—long session!

## “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! Thursday, January 7, 14, 21, and 28 at 1:00 p.m.

*If you would like access to any of these virtual concerts, email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) to receive the Zoom link.*

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## Mars Landing Challenge Presentation

Tune in to this amazing opportunity brought to you by the Cal Lutheran Fifty and Better program to listen to Luis Velasco, the Mechanical Design Lead of the Mars 2020 Rover, present: “Perseverance Time: Mars Landing Challenge”



February 18, 2021 will mark the historic landing of Mars Rover Perseverance.

The name “Perseverance” was assigned to the rover months prior to the Covid-19 pandemic but couldn’t have selected a better name for it. The last months of the mission required perseverance from all associated with it to ensure a successful launch. But the most challenging phase of the mission is yet to come... the Entry, Descent and Landing (EDL) of Perseverance rover on Mars. The process is known by NASA as the “7 Minutes of Terror”. In this lecture, Ing. Velasco will briefly describe the mission, challenges, status, 7 minutes of terror and his participation on the mission. Visit this website to register for the presentation: <https://www.callutheran.edu/centers/lifelong-learning/fifty-better/lecture-series.html>

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## Family Caregiver Program

Are you taking care of an adult family member? If you live in the City of Los Angeles, you may qualify for benefits through the Family Caregiver Support Program (FCSP) at St Barnabas Senior Services. With funding from the Department of Aging and the City of L.A., the program offers respite relief, counseling, caregiver education, support groups, and cash for home repairs, supplies, or medical equipment. All contact with clients is via telephone or zoom. Call 213-355-8537 to check your eligibility and enroll in the program.





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

1. January has 31 days in the month. How many months have 31 days? Which months are they?
2. The Internet's domain name system was created in January of what year? What are the five most popular endings of a website address?
3. What is the January birthstone? What astrology signs have birthdays in January? What are the two flowers for January?
4. There is only one athlete to hit an MLB home run and score an NFL touchdown in the same week. He is also the only person ever to play in both the World Series and the Super Bowl, what is his name? Bonus—What college did he attend?
5. Who is the youngest actor to ever win an Oscar, Tony and Emmy Award? Hint—The answer is a female. Bonus—Name the movie, play and TV show?
6. What former Lakers coach and player trademarked the term "three-peat," but didn't see any profits until the Bulls and Michael Jordan made the term popular? Hint—He is still working in the NBA.
7. Which city hosted the first ever major New Year's Eve celebration? What year was the first ever New Years Eve ball drop in Time Square?
8. What is the most popular New Year's resolution in the United States today?
9. January Jones is an actress best known for portraying Betty Draper in which American TV series?
10. Which world city's name means "River of January"?

1. 7 months with 31 days--January, March, May, July, August, October, December; 2. 1985; .com, .net, .org, .co, .us; 3. Garnet; Capricorn, Aquarius; Snowdrop & Carnation; 4. Deion Sanders, Florida State; 5. Viola Davis; Movie was Fences (supporting Actress); 1<sup>st</sup> Tony for playing in August Wilson's Play King Hedley II, 2<sup>nd</sup> Tony for Fences; TV Actress Emmy for How to Get Away with Murder; 6. Pat Riley; 7. Sydney, Australia & 1907; 8. To Lose Weight; 9. Mad Men 10. Rio de Janeiro

# The Rose Parade's New Year Celebration



This year, the annual Rose Parade is going virtual with a 2 hour TV special to air on New Year's Day!! This spectacular event will feature:

- Behind the Scenes of Float Making
- Rose Bowl Game Football Highlights
- Equestrians
- Revisit Favorite Rose Parade Floats
- Entertaining Performances
- Marching Band Performances

Airing on ABC, Hallmark, KTLA, NBC, RFD-TV at 8:00 a.m. PST, and Univision at 7:00 a.m. PST - January 1, 2021.

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## 2021 Words of Encouragement

Thank you so much to everyone who sent in words of encourage for your Senior Center friends! We enjoyed reading all the lovely notes and we know you will too!



"A new year coming to nurture our love, hope, courage. Let our little light shine." - Arlene G.

"On cold days this winter, your mask will keep your face warm!" - Donna S.

"Being good is a reward in itself. Right knowledge is the ultimate solution to all of our problems. Every act can be an act of prayer. Never give up on yourself. Value your blessings." - Vinod M.

"Hurrah! Vaccine! Soon we'll be back at Center playing Pan and Bridge with our friends!!!" - Blanch W.

"With the new day comes new strength and new thoughts." - Sandra C.

"Someone once told me that it is impossible to feel anxious and grateful at the same time. So I guess that's a pretty good reason to focus on every single thing that makes us thankful every day." - Sheila D.

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## National Celebration of Life Day

January 22nd is National Celebration of Life Day!! It's easy to forget sometimes, but we are all fortunate to be here. Take time to celebrate that the good far outweighs the bad in this life. It all starts with gratitude and appreciation for where you are right now, and wherever you hope your dreams take you. Every life is precious, individual, and a huge gift, so take a little extra time today to celebrate it. You can celebrate by...



- Doing something that makes you happy
- Ordering take out from your favorite restaurant
- Drive to your favorite spot in Culver City
- Watch your favorite movie
- Look through old photo albums and think about the amazing life you've had!
- Call a family member or friend and tell them how much you appreciate having them in your life!

# Culver City's MLK Jr. Day Celebration 2021

**SPEAK OUT** Saturday, January 16, 2021 at 4:00p.m.

**Speak Your Truth Through The Words of Others...**

Culver City invites community members to help us celebrate the life and achievements of Martin Luther King Jr.—TOGETHER. Virtually appear to read and/or to listen! Let his spirit as one of the most influential civil rights leaders in the history of the United States guide us as we come together to share and hear beloved prose or poetry on this topic.

## Interested in Reading Live?? Here are the Guidelines for Submission:

1. Choose a favorite written piece of art such as a poem, excerpt from a novel, speech, etc.
2. When read aloud, make sure it doesn't exceed 5 minutes
3. Send an email including your name, phone number and a copy of the text you plan to read to [info.recreation@culvercity.org](mailto:info.recreation@culvercity.org) no later than Thursday, January 14th.
4. Staff will review for appropriateness and then reach out with information about how you will be incorporated into the moderated Webex event.



For more information and instructions on how to tune into the live WebEx event please email [info.recreation@culvercity.org](mailto:info.recreation@culvercity.org)

## Senior Center Writing Activity

We want to hear about your experiences during the Civil Rights Movement. Email or write us a letter answering one or more of the following questions:

1. What do you remember from the Civil Rights Movement? How old were you? Where were you living?
2. How were you influenced by the events of the Civil Rights Movement?
3. How did you feel about the Civil Rights Movement? Have your feelings changed about it in the past 50 years? How?
4. Were you involved in the Freedom Marches?
5. What have you seen change after the Civil Rights Movement?
6. The Culver City PRCS Department is starting new programming for middle school and high school aged teens in January of 2021. What advice do you have for teenagers regarding civil rights?
7. What is something you wish you knew as a teenager regarding civil rights?
8. What else would you like today's generation to know?

Email your letter to [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) or mail your letter to:  
Culver City City Hall, Attn: Senior Center, 9770 Culver Blvd., Culver City, CA 90232



# Yarn Giveaway Event

The Senior Center received a very large donation of yarn and we want to share it with YOU!! Whether you have experience with knitting or are a beginner, we encourage you to pick up a bag of yarn! Each bag will contain 5 skeins of yarn. No color customizations allowed. To reserve a bag of yarn, you must email us at [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) or call (310) 253-6700 beginning Tuesday, January 5th at 10:00am.

Yarn bags will be available for pick up on Thursday, January 21st between 10:00am-11:00am in the Senior Center parking lot. Please enter the parking lot off of Culver Blvd. and exit on to Overland Ave.



*If you live local, staff can also deliver yarn to your home. The Senior Center is always accepting donations of knitted items such as scarves, hats or blankets that we can donate to local hospitals, non-profit organizations, or the Veterans Association. If you would like to donate your knitted items to the Senior Center, please contact Daniella Gutierrez at (310) 253-6712.*



## Bring the Outdoors Home

Explore California's state parks from the safety of your home! As we begin 2021, it is important to remember to take a break from everything. We need our parks now more than ever because that's where we feel good, and free, and human! Thanks to a partnership between California State Parks and Google Maps, you can now visit 110 beautiful state park destinations right from your computer, tablet or smart phone.

### *Try Nature Journaling!*

A journal is a powerful tool. It unlocks creativity; hones observation skills; and provides a window into the past – all while reinforcing important record-keeping skills such as reading, writing, and drawing. While exploring the nature around your home, at a local park, or just looking out your window, try journaling about what you observe! Here are some things to write about:

- Research the sounds that you observe. What made those noises? How do animals produce those sounds?
- Draw or illustrate your observations in to the journal. Do you find yourself attracted to more coastal state parks or parks with tall trees and forests?
- Write about what you observe. What time of year could it be? What time of day? What is the weather like?
- Imagine yourself in a state park. What is something you could be doing there? Who would you like to be there with you?



## Quilt Giveaway

The Senior Center received a very generous donation of 15 beautiful handmade quilts! The quilts are a variety of colors and range in size from 25.5x50 inches to as large as 76.5x64 inches! Enter our drawing to win one of these quilts! In order to be entered, you must complete the following task:

Write a letter of encouragement to the elementary school students in our Rec Extension program. Include a small piece of advice that you think they should know going in to a new year!



Email your letters to [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) or mail your letters to:  
Culver City City Hall, Attn: Senior Center, 9770 Culver Blvd. Culver City, CA 90232  
*Include your first and last name, phone number, and home address.*

*Answers must be submitted by Friday, January 22nd.*

*Thank you to Westside Quilters for the donation!!!*

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## Support Community Businesses: #ChooseCulverCity



Culver City prides itself on its authentic “small town” feel with unique restaurants, services and specialty retailers. As the Covid-19 pandemic continues to impact our small business, it is important to think local first and #ChooseCulverCity when shopping, dining, or requiring services. Buying local maintains our community character, supports our local economy and continues to ensure quality of life that makes Culver City an exceptional place to live, work and enjoy. If you would like to help spread the word by posting a lawn sign or hanging a poster in your window, please email [elaine.warner@culvercity.org](mailto:elaine.warner@culvercity.org) to become a “buy local ambassador” and help us spread the word!



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## New Culver City Website

Culver City has announced the launch of its redesigned website! Here is how to find the current and past Senior Center Newsletters on the website:

1. Type [www.culvercity.org/seniorcenternewsletter](http://www.culvercity.org/seniorcenternewsletter) in to the internet search bar.
2. This will take you to the Senior Center Programs page. Scroll down and you will see a list of tabs.
3. The first tab is labeled “Current Senior Center Newsletter”.
4. The second tab is labeled “Past Senior Center Newsletter”. This tab will contain the previous newsletters from the current year.
5. Click on one of the tabs and then click on the link to the monthly newsletter that you are looking for.

# Virtual Spring Art Show

The Culver City PRCS Department will be hosting an intergenerational Spring Virtual Art Show! The show will feature art from our Teen Program participants as well as our seniors! If you are interested in submitting a piece of art for the show, please email [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org) with the following information:

1. First and Last Name
2. Phone Number
3. The type of art work you would like to submit



*More details regarding the Spring Virtual Art Show will be coming soon!*

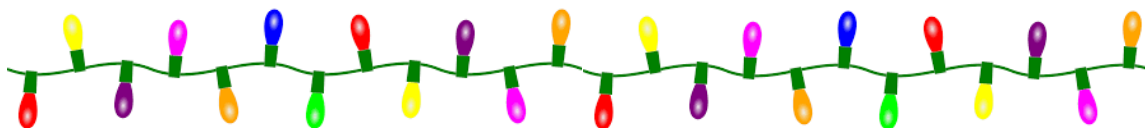


## “On the Porch”

Don't forget about our “On the Porch” program! So far, we have had 3 awesome seniors participate in this fun program! Senior Center staff will come to your house and record you telling a story, performing a dance, singing a song, telling jokes, or playing an instrument on your porch! We will record you for up to 5 minutes and share your talent on our social media platforms for our community members to watch and enjoy! If you would like to watch the videos we have already recorded, go to [www.youtube.com](http://www.youtube.com) and search for the City of Culver City page. From there, click on the ‘Videos’ tab and then scroll down until you see the three videos titled “Culver City PRCS On the Porch”.

*You do not have to have a porch in order to participate, staff can record you from your door step or the sidewalk in front of where you live!\**

*If you are interested participating in “On the Porch”, call Amanda at (310) 253-6715.*



## Happy Holidays Everyone!!

We encourage you to call your family and friends this holiday season and check in. Senior Center staff will miss ringing in 2021 with you all at our annual New Year's Eve party. We hope you have a wonderful night ringing in the new year while staying safe at home.

Here is a message from the Culver City Senior Citizens Association Inc. Board of Directors: “We are committed to providing the best service possible. After all, your happiness is our wish. We will attempt to make 2021 a year of health and happiness. Please be healthy and safe. 2021 if not us, then who? If not now, then when?”

-Sincerely, Your CCSCA Board

## Visit our Virtual Recreation Center at [www.culvercity.org/virtualrecreation](http://www.culvercity.org/virtualrecreation)

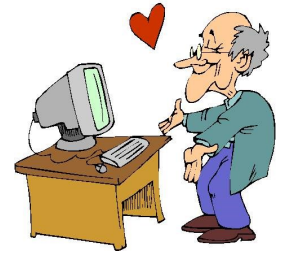
Stay Local—with resources and classes from local Culver City businesses.

### 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



### We are here for you!!

Senior Center Staff is available: M-F: 9:00 a.m.—5:00 p.m.

Sat & Sun: 12:00 p.m.—4:00 p.m.

Senior Center: (310) 253-6700

The City of Culver City's Coronavirus Hotline:

7:30 a.m.—5:30 p.m. (310) 253-6890 or

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

Senior Meals (JFS): (323) 937-5843

Special Service for Groups (SSG)/Mental Health:

(310) 253-6717

Visit our PRCS Department website at:

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

### Be sure to follow us on Social Media:

PRCS Department Instagram: @culvercityprcs

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

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

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

CulverCityPRCS

City Instagram: @culvercitygov

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

