April is filled with many fun and educational opportunities!

Join us for our intergenerational plant potting event in celebration of Earth Day or come out to one of our informational presentations! See pages 9 and 10 for more information.

Come out and play a game of mahjong with a few friends at the center!
Culver City

SENIOR CENTER NEWSLETTER

TABLE OF CONTENTS

1  PRCS & City Information
2  Important Senior Center Updates
3  Special Monthly Activities
4  Special Monthly Activities
5  Class Schedule
6  Class Schedule
7  Movies
8  Virtual Concerts, Presentations & Trips
9  Intergenerational Activities & Events
10 Returning Programs & Services

CCSCA General Membership Meeting

The Culver City Senior Citizens Association, Inc. will be holding a General Membership Meeting on Tuesday, April 11th from 9:30 AM to 10:30 AM in the Dining Room. Come out to hear updates and important information from the Board of Directors. We look forward to seeing you all there!

Pool Room Notice

The Pool Room will be closed for the month of May so that Public Works can paint the walls and replace the existing carpet. Please be patient with us as we wait for these changes to occur. Thank you for your understanding!

JFS Volunteers

Jewish Family Services (JFS) is working on bringing back the daily meal program to the center, but they need amazing volunteers to help start the program off strong once again! If interested, please fill out the Volunteer Application online to sign up as a JFS volunteer at the Senior Center or call (877) 275-4537 and ask to speak with Joyce.

Bucket List Talent Show

Lights! Camera! Action! The Bucket List Variety Show returns this month! Join us as we support our fellow CCSCA peers at this year’s show on Wednesday, April 19th from 1 PM - 3 PM. Attendance is free, but CCSCA members must RSVP at the Senior Center Business Desk starting April 7th at 9 AM. Space is limited and a ticket is required to attend.

CCSCA Activity & Event Registration Reminder

Please bring your membership card with you to register in-person for any CCSCA activity or event at the Senior Center Business Desk. This will help our staff speed up the registration process each month. We appreciate your assistance!

Congrats, Nancy!

Please join Senior Center staff in congratulating Nancy Ruvalcaba for her recent promotion to Recreation Specialist! Nancy will be assisting with senior programming and events at the center.

When Nancy is not at work, she enjoys painting her nails and hanging out with loved ones! If you see her in the hallway, please feel free to say hello!

Congrats!

Take a Moment to Fill Out Our Survey!

We value your feedback! As we continue to evolve, we’d love to hear from you! We encourage you to complete an anonymous survey & submit it to the box by the Business Desk.

For questions & more information call the Business Desk at (310) 253-6700.

Visit us online at www.culvercity.org/seniorcenternewsletter
Field Trip to the Culver City Historical Society!

Please join us for a field trip to the Culver City Historical Society. Their various collections focus on specific areas of our city and local area history and include historic photos, videos, books, maps, handmade displays, and exhibits; all of which are displayed in rotating exhibitions periodically. Please note there will be extensive walking. Spots are limited and will be filled on a first come first served basis. To RSVP please call or visit the the business desk at (310) 253-6700 starting April 11th. Voicemail messages will not be accepted. Open to CCSCA members only.

April 25th
TUES 11 AM - 12 PM

Pan y Platica

Join CCHS student Natalie for a conversation in Spanish about different generational and cultural topics over a cup of hot chocolate and pan dulce! $5 for CCSCA members and $7 for non-members.

April 5th
WEDS 2 PM - 2:45 PM
April 19th
WEDS 1 PM - 3:30 PM

Saturday Dances

Grab some friends and come out to dance! $5 for CCSCA members and $7 for non-members.

April 8th
SAT 1 PM - 3:30 PM Swing Set
April 22nd
SAT 1 PM - 3:30 PM Elias with Love

Bingo

Join PRCS staff a game or two of Bingo! Open to CCSCA members only.

April 26th
WEDS 1 PM - 2 PM

Walking Group

Join PRCS staff member, John, on a new route around beautiful Culver City. 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.

April 4th
TUES 9:15 AM
April 18th
TUES 9:15 AM

Karaoke with Rudy

Join Rudy and friends for a fun filled afternoon of karaoke at the Senior Center. Open to CCSCA members only.

April 12th
WEDS 1 PM - 3:30 PM
April 19th
WEDS 1 PM - 3:30 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, will not be teaching in April, but will return in May for his monthly class, The Cunning Consumer. Open to CCSCA members only.

May 17th
WEDS 11 AM - 12 PM

Trivia with Michael

Come test your trivia skills with Michael! Open to CCSCA members only.

April 4th
TUES 10 AM - 11 AM
May 2nd
TUES 10 AM - 11 AM

Kindness Rock Painting

Join PRCS staff on the Senior Center patio and come paint rocks to fill our wonderful rock garden! Open to CCSCA members only.

April 13th
THURS 1 PM - 2:30 PM

Music Mends Minds - Rhythm, Play and Community!

Join us for the Music Mends Minds Drum Circle on the patio (moves inside if inclement weather!) Instruments will be provided, and feel free to bring your own! No experience needed! Open to CCSCA members only.

April 14th
FRI 12:30 PM - 1:30 PM

Merry Makers Bingo

Join the Merry Makers for a fun game of Bingo! Each card is 25 cents and all contributions go toward purchasing prizes for each game of Bingo. Open to CCSCA members only.

April 3rd
MON 11:30 AM - 1 PM
May 1st
MON 11:30 AM - 1 PM

Adventures with Doug - Adventure to Chasm Lake

At 14,259 feet, Longs Peak towers above all other summits in Rocky Mountain National Park, the flat-topped monarch visible from almost anywhere in the park.

In the summertime, when conditions allow, it’s POSSIBLE to reach Longs’ summit via the Keyhole Route. But it’s not a hike! It’s a climb that crosses enormous sheer vertical rock faces. The route has narrow ledges, loose rock, and steep cliffs. And the weather can change from nice to treacherous in the snap of a finger. But the drama and beauty we’ll experience makes it all worth it!

Join us for our slideshow adventure as we attempt to summit Longs Peak via the Keyhole Route for an extraordinary mountaineering experience. Open to CCSCA members only.

April 18th
TUES 3:15 PM - 4:30 PM

Ask the Physical Therapist

Come out and ask Physical Therapist, Cristina Gabor about general health topics and tips to keep your body well.

Open to CCSCA members only.

April 20th
THURS 1 PM - 2 PM

Book Club

Join Culver City High School students Emily & Teagan for an intergenerational monthly Book Club! Please read the first half of be The Invisible Life of Addie LaRue by VE Schwab to join the group for their April 12th meeting and the second half of the novel by April 26th. If you’d like to get a free copy of the novel for Book Club, stop by the Julian Dixon Library.

For meeting updates, to learn the title of the book & reminders, please text @culverbc to the number 81010. Open to CCSCA members only.

April 12th
WEDS 2 PM - 3 PM
April 26th
WEDS 2 PM - 3 PM

The Glee Three Sing-Along

Join the Glee Three for their monthly sing-along at the center. Open to CCSCA members only.

April 21st
FRI 10 AM - 11 AM

Help With Your Electronic Gadgets!

Volunteers from Apple will be on site to help you with your gadget questions on Wednesday, April 19th! They will be here to help you one-on-one with devices such as cell phones, iPhones, laptops, etc.

Please note that there is a 15 minute MAX time limit per consultation. There are no reservations taken for this event and sign-ups will begin at 2 PM. Simply show up with your device, pen and paper and any power cords that may be needed for your device.

Thank you to our local volunteers from Apple!
### April Calendar

**Monday, April 2**
- 8:00 Zumba Gold*
- 9:00 Ceramics*
- 9:15 Open Computer Lab
- 9:15 Beginning Ukulele*
- 10:00 Chair Zumba*
- 10:00 German (Meets 2nd Monday of the month)
- 10:00 Merry Makers Club (Meets 1st & 3rd Monday of the month)
- 10:15 Intermediate Ukulele*  
- 10:30 Sit N Be Fit with Margarite*
- 10:30 Tai Chi with Anton* (At Veterans Memorial Building)
- 12:00 Danceercise*
- 1:00 Music Time Machine (Meets last Monday of the month)
- 1:00 Art with Coco
- 1:00 Line Dancing*
- 2:30 Yoga with Phil*

**Tuesday, April 3**
- 9:00 Mah Jong & Bridge
- 9:00 Fun with Acrylics
- 9:00 Beginning Sign Language
- 9:15 Gentle Mat Yoga with Lauren*
- 9:15 Tai Chi with Greg
- 9:15 Walking Group (Meets 1st & 3rd Tuesday)
- 9:45 Hula Dance
- 11:00 Karaoke
- 11:30 Balance Challenge*
- 11:45 Heartfulness Meditation
- 1:00 Chair Yoga with Caroline (Meets 1st Tuesday of the month)
- 1:30 Veterans Social Group (Meets 1st Tuesday of the month)
- 2:30 Open Play Ping Pong

**Wednesday, April 4**
- 8:00 Zumba Gold*
- 9:00 Crochet Group
- 9:00 Pan
- 9:15 Open Computer Lab
- 9:30 Chair Abs & Core
- 10:30 MindBodyDance*
- 10:30 Pan
- 11:00 Sound Healing and Guided Meditation (Meets 4/5)
- 11:00 Chess (Meets 1st Wednesday)
- 11:00 Spanish Social Group
- 12:00 Mat Pilates 101*
- 12:30 International Folk Dance
- 1:00 Genealogy (cancelled)
- 1:00 Yoga with Phil*
- 1:30 Current Events*
- 2:00 Pan y Platica (Meets 1st Wednesday of the month)
- 2:15 Beginning Spanish Class
- 2:30 Open Play Ping Pong

**Thursday, April 5**
- 9:00 Watercolor*
- 9:00 Mah Jong & Bridge
- 9:00 Pan
- 9:00 Intermediate Sign Language
- 9:15 Dance Fit with John
- 10:00 Advanced Sign Language
- 10:00 Spanish Conversation Class (Meets Last Thursday)
- 11:00 Reading Short Story Group
- 11:30 Balance Challenge*
- 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 Yoga with Phil*
- 1:30 Latin American Group
- 2:30 Open Play Ping Pong
- 3:00 French (Meets 3rd Thursday)

**Friday, April 6**
- 8:00 Zumba Gold*
- 9:00 Knitting Group
- 9:00 Mah Jong & Bridge
- 9:00 Pan
- 9:10 Tai Chi with Anton*
- 9:15 Tai Chi with Greg
- 9:15 Open Computer Lab
- 9:30 Blood Pressure Checks
- 9:45 Gentle Mat Yoga with Caroline
- 10:30 Full Body Exercise with Margarite*
- 11:00 Chair Yoga with Caroline
- 11:00 Sing-Along (Meets 3rd Friday)
- 11:30 Mat Pilates 101*
- 1:00 German Conversations
- 1:00 Line Dancing*
- 1:00 Remembranzas
- 2:00 Mindfulness Meditation with Rosa
- 3:00 Yiddish Conversations
- 3:30 Gentle Yoga with Cyndi*

**Saturday, April 7**
- 12:00 - 3:45 Bridge, Mah Jong & Pan
- 12:15 Current Events
- 12:30 - 3:30 Open Play Ping Pong

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### CSSCA Board Meeting
11:00 AM
- 11 AM
- 11 AM
- 11 AM
- 11 AM

### General Membership Meeting
9:30 AM
- 9:30 AM
- 9:30 AM
- 9:30 AM

### Loss Support Group
10 AM
- 10 AM
- 10 AM
- 10 AM

### Karaoke with Rudy 1PM
- 1PM
- 1PM
- 1PM

### Book Club
- 2PM
- 2PM
- 2PM

### Rock Painting
- 1PM
- 1PM
- 1PM

### Drum Circle 1PM
- 1PM
- 1PM
- 1PM

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**Golden Nugget**
- Casino Trip April 2-4

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### Calendar Reading Note:
Classes, activities, and events listed in this calendar are only unique to this month or recurring monthly events. Please visit pages 4 & 5, or other specified pages for information related to these events.
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 times are subject to change.

Sunday Movies

April 2 - The Good House
Life for New England realtor Hildy Good begins to unravel when she hooks up with an old flame of hers from New York. Based on the best-selling novel. 2021; R; Comedy/Drama; Kevin Kline, Sigourney Weaver; 1 hr 43 min.

April 9 - American Graffiti
A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies. 1973; PG; Drama/Comedy; Ron Howard, Harrison Ford, Richard Dreyfuss; 1 hr 50 min.

April 16 - Tár
Renowned musician Lydia Tár is days away from the opening of her film which she has been working on for the past ten years. 2022; R; Drama; Cate Blanchett, Julian Glover; 2 hr 6 min.

April 23 - A Fish Called Wanda
In London, four very different people team up on a jewel heist, then try to double-cross one another for the loot, complicated by their efforts to fool a very proper barrister. 1988; R; Comedy; John Cleese, Jamie Lee Curtis, Michael Palin; 1 hr 38 min. *please note long running time*

April 30 - A Man Called Otto
Donated by our friends at Sony Pictures Entertainment.
When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship. 2022; PG-13; Drama/Comedy; Tom Hanks, Tracy Morgan, M. Night Shyamalan; 2 hr 1 min.

Tuesday Movies

April 4 - Jerry & Marge Go Large
When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife go on an exciting, multimillion dollar winning spree with the goal of reviving their small Michigan town. However, when a selfish college student cheats the system, Jerry must find a way to make the game fair for all. Based on a true story. 2022; PG-13; Comedy/Drama; Bryan Cranston, Annette Bening; 1 hr 36 min.

April 11 - Sam & Kate
A son returns to his small hometown to take care of his ailing father and may find love along the way. This movie stars Dustin Hoffman & Sissy Spacek and their two real life children, Jake Hoffman and Schuyler Fisk. 2022; R; Comedy/Drama; Romance; 1 hr 50 min.

April 18 - Dream Horse
The true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elite. Their investment pays off as Dream rises through the ranks and becomes a beacon of hope for their struggling community. 2020; PG; Sport/Drama; Toni Collette, Damian Lewis; 1 hr 42 min.

April 25 - Everything Everywhere All At Once
When an interdimensional rupture unravels reality, an unlikely hero must channel her newfound powers to fight bizarre and bewildering dangers from the multiverse as the fate of the world hangs in the balance. Oscar Best Picture Winner 2023. 2022; R; Adventure/Sci-fi; Michelle Yeoh, Ke Huy Quan, Stephanie Hsu, Jamie Lee Curtis; 2 hr 19 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 O’Brien, the zany comedian, is returning to bring more laughter and fun to this musical hour. Bob also welcomes Eddie's wife, Marcie O'Brien, singer and classically trained violinist who brings to us great songs and melodies with her voice and violin. We hope you can be there.

Date Day Time
April 12th WEDS 1 PM - 2 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 one of their global online sing-a-long sessions by visiting this link: https://zoom.us/j/6378877508 or contact Carol Rosenstejn at (818) 326-0500.

Date Day Time
On-Going M/W/F 11:30 AM - 12:30 PM

Music with Michael
Our awesome volunteer guitarist, Michael Monagan, 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 PM - 2 PM

Presentations

Climate Change with Los Angeles County Department of Public Health
Join LACDPH as they inform us about the adverse effects of Climate Change in the County of Los Angeles, the high-risk groups affected & what we can do to slow the adverse effects of climate change on our health and in our communities.

Date Day Time
April 13th THURS 11 AM - 12 PM

Active Everyday
Come out and join Scan Health as they discuss being active every day. Exercising doesn’t mean you have to run a mile every day. There are lots of ways to stay active and healthy. Learn about what you can do to stay active every day!

Date Day Time
April 4th TUES 2:30 PM - 3:30 PM

Hands Only CPR with Los Angeles County Department of Public Health
Join LACDPH as they inform us about the adverse effects of Climate Change in the County of Los Angeles, the high-risk groups affected & what we can do to slow the adverse effects of climate change on our health and in our communities.

Date Day Time
April 4th TUES 2:30 PM - 3:30 PM

Trip Office

Let’s Go On A Trip!
Trip Sales begin April 5th at 10 AM!
Cash/Check only! Bring your CCSCA Membership & player’s card #

Cost: $40
Cost: $95
Cost: $40

Trip Office Hours: WEDS/FRI 10 AM - 1 PM.

FOR QUESTIONS & MORE INFORMATION CALL THE BUSINESS DESK AT (310) 253-6700
Intergenerational Activities & Events

Intergenerational Earth Day Plant Potting Event
Join City staff and teen participants from the Teen Center on the patio as we get our hands dirty celebrating Earth Day on Wednesday, April 12th from 2:30 to 4 PM!

Participants will pot new plants and decorate the containers to take home. Every participant will leave the event with a new plant! Please wear comfortable clothing you do not mind getting dirty. Staff will assist everyone through the process - whether you have a green or black thumb!

Space is limited and CCSCA members must RSVP for this FREE activity by visiting the Senior Center Business Desk or by calling (310) 253-6700 starting Wednesday, April 5th. Voicemail messages will not be accepted.

CCHS Jazz Concert
Let’s celebrate Jazz Appreciation month with live music! The Culver City High School Academy of Visual and Performing Arts (avpa.org) Jazz Ensemble and Jazz Combo will be performing a free concert featuring familiar jazz standards like “Maiden Voyage” and “Beyond the Sea” at the Senior Center We’ll see you there!

Mother’s Day Tea - May 13, 2023
Join Culver City PRCS in celebrating Mother’s Day with a Tea Party, snacks, live entertainment and crafts on May 13, 2023. Online registration for this PRCS event will begin in April. Space is limited. For more information, please visit our Mother’s Day Tea 2023 Event Page.

CCHS Tech Help!
Do you have a technology question you would like assistance with?
Feel free to come to the Computer Lab at the Center for help from CCHS students with your questions on April 5th from 2:30 PM - 5 PM!

RETURNING PROGRAMS & SERVICES

CCSCA Computer Classes
Phone & iPad Courses with Judi
Register to learn more about iPhones and iPads with this course! Every course consists of 4-week sessions of 90-minutes each. Each course is $45 per participant. Payment in cash or check is required at time of registration. In-person registration will occur on April 11th & April 13th 10 AM - 2 PM. CCSCA Members Only.

Course Dates  Day  Time
4/26 - 5/17  WED  12 PM - 1:30 PM
OR 2 PM - 3:30 PM
5/24 - 6/14  WED  12 PM - 1:30 PM
OR 2 PM - 3:30 PM

Bridge the Digital Divide - General Tech & Computer Training
Register to learn about general technology and computer skills. Every course consists of 6-week sessions of 90 minutes each. Each course is $45 per participant. Payment in cash or check is required at time of registration. In-person registration will occur on April 11th & April 13th 10 AM - 2 PM. CCSCA Members Only.

Course Dates  Day  Time
OR 6/6 - 7/18
4/27 - 6/1  THURS  9:15 AM - 11:15 AM
OR 6/8 - 7/20

*CCSCA Members cannot register for two consecutive Courses in a row due to limited availability.

Loss Support Group at the Senior Center
Wise & Healthy Aging’s Loss Support Group is at the center every 2nd and 4th Wednesday of each month. If you or someone you know may benefit from joining this group, please email Mike.Odunze@culvercity.org to be connected with the group leader and begin the intake process prior to joining the group meetings at the center. There is a suggested donation of $3 for those who join the group at each session.

Special Services for Groups (SSG)
Special Service for Groups Silver (SSG) is a counseling program that serves older adults and family caregivers who are in need of assistance. If you are in need of resources, are feeling sad or lonely, stop by and speak with an SSG counselor. Special Service for Groups can be found in the Community Partnerships Office at the Senior Center during the times and dates listed below, or reached by phone at (310) 253-6717.

- Mondays 10 AM to 3 PM - Saki
- Tuesdays 1 PM to 5 PM (Support Group from 2 PM to 3 PM) - Brandon
- Wednesdays 9:30 AM to 3 PM - Sophie

Forms with Janet
Retired Senior Paralegal Janet Sasser is offering CCSCA members assistance in completing government documents, medical paperwork, forms and hard to understand questionnaires. Schedule an appointment with Janet to direct questions and get assistance with frustrating paperwork. This is a great way to get on top of starting and completing paperwork to meet completion deadlines. Janet is available for appointments the first and second Thursday of every month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM.

VISIT US ONLINE AT WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER FOR QUESTIONS & MORE INFORMATION CALL THE BUSINESS DESK AT (310) 253-6700
Commissions, Boards, and Committees Recruitment

The City Clerk’s Office is currently accepting applications to fill upcoming vacancies on twelve of Culver City’s Commissions, Boards, and Committees. These include the Parks, Recreation, and Community Services Commission, the Disability Advisory Committee, the Cultural Affairs Commission, the Bicycle and Pedestrian Advisory Committee, the Advisory Committee on Housing and Homelessness, the Fiesta La Ballona Committee and others!

Applications will be accepted in person, via the online application at www.culvercity.org/serve, or electronically via email to city.clerk@culvercity.org through Monday, May 15, 2023 at 5:00 PM.

Older Americans Month is Next Month!

Every May, the Administration for Community Living leads the nation’s observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us next month in celebrating Older Americans Month by coming out to our many activities and events we are planning.

Stay Tuned!

Attention all CCSCA Group Leaders & Instructors!

Thank you for your dedication and enthusiasm in all you do for our CCSCA members!

To show our appreciation, we plan on holding a small social for all of our instructors and group leaders in honor of Teacher Appreciation Day in May.

We look forward to seeing you there!

Activity Shout Out: Come out and sing at Karaoke!

Join your fellow CCSCA peers for a song or two at our weekly Karaoke sessions every Tuesday and 2nd & 3rd Wednesday each month!

Keep an eye out for next month’s newsletter and participate in the many engaging events we will be putting on to celebrate our older adult community!