The Senior Center will be closed for Fiesta La Ballona on August 26th-28th. Join us for fun carnival rides, live entertainment and delicious food. We can't wait to see you there!
**CITY OFFICIALS**

Dr. Daniel Lee - Mayor  
Albert Vera - Vice Mayor  
Göran Eriksson - Councilmember  
Yasmine-Imani McMorrin - Councilmember  
Alex Fisch - 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**

William Rickards - Chair  
Palvi Mohammed - Vice Chair  
Khary Cuffe - Member  
Jane Leonard - Member  
Scott Zeidman - Member

The PRCS Commission meets on the first Tuesday of the month at 7 PM. 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](https://www.culvercity.org/Events-directory/Parks-Recreation-Community-Services-Commission-Regular-Meeting)

**PRCS SENIOR CENTER STAFF**

Armando Abrego - PRCS Director  
Francisca Castillo & Dani Cullens - RCS Managers  
Jill Thomsen - RCS Supervisor  
Melanie Morales - RCS Coordinator  
Stephanie DaVall - RCS Coordinator  
Alexis Anderson - Recreation Specialist  
John Panganiban - Senior Recreation Leader  
Martha Diaz - Senior Recreation Leader  
Franna Diamond - Recreation Leader II  
Silvia Tapia - Recreation Leader II

**SENIOR CENTER HOURS**

Senior Center: M-F 9 AM - 5 PM  
SAT & SUN 12 PM - 4 PM  
Business Desk: M-F 9 AM - 4 PM  
SAT & SUN 12 PM - 3:30 PM  
Special Service for Groups (SSG): See page 11

**SENIOR MEALS**

Jewish Family Services (323)937-5843

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**PRCS & City Information**

**Important Senior Center Updates**

**Special Monthly Activities**

**Special Monthly Activities**

**Class Schedule**

**Class Schedule**

**Movies**

**Virtual Concerts, Workshops & Trips**

**Sustainability**

**Returning Programs, Activities & Services**

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**CCSCA BOARD OF DIRECTORS**

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

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

**PRCS Department Information**

PRCS Website - [www.culvercity.org/prcs](http://www.culvercity.org/prcs)  
City Website - [www.culvercity.org](http://www.culvercity.org)  
PRCS Instagram - [@culvercityprcs](https://www.instagram.com/culvercityprcs)  
City Instagram - [@culvercitygov](https://www.instagram.com/culvercitygov)  
PRCS Facebook - CulverCityPRCS  
City Facebook - CityofCulverCity  
Plunge Facebook - CulverPool

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VISIT US ONLINE AT [WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER](http://WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER)
Important Senior Center Updates

New Masking & Vaccination Verification Information

Masking requirements are subject to change at any moment due to Los Angeles County guideline updates. Please be aware of any changes in signage while at the center regarding current masking practices.

Please note that vaccination against COVID-19 is still required to become a member of the Culver City Senior Citizens Association, Inc. (CCSCA) and therefore is required to participate in CCSCA classes, events and programs at the Culver City Senior Center.

New CCSCA Activities at the Senior Center!

The Senior Center is welcoming a few new activities this month! Stop into each activity if you can and try them out. See below for brief descriptions and class information.

**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 will be available for appointments the first and second Thursday of the month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM. This service is free and is open to CCSCA members only.

**Yiddish Conversations Social Group:** Come out and join the Yiddish Conversations Social Group! The group meets every Friday from 3 PM - 4 PM in rooms C71 & C73. This group is free to join and open to CCSCA members only.

**Tai Chi with Larry Bates:** Instructor Larry Bates returns with his Tai Chi classes in August focusing on universal principles and practices that apply to all family styles of Tai Chi. Previous exposure to Tai Chi is required! First lesson will be Tuesday, August 2nd. Class size is limited to 10 students only, on a first-come, first-served basis.

For more information or to register, send an email to info.seniorcenter@culvercity.org and include your previous Tai Chi experience, (e.g., when you took lessons, how many, and your instructor’s name). Class fee is $4. Class meets Tuesdays and Thursdays at 9 AM in August.

**Sing-Along:** Sing Your Heart Out with C’nN, Chris and Nomi! Chris and Nomi play guitar and ukulele, and love to get everyone singing along to tunes from Elvis to Pete Seeger and more. Join us and enjoy a fabulous sing-along with this dynamic duo, plus special guest, Jimm Juback, with lyric sheets for you to follow along and join us in song. Trivia and prizes too! Don’t miss out! The group meets every third Friday from 11 AM - 12 PM in A4. This group is free to join and open to CCSCA members only.

CCSCA Instructor and Class Participant Surveys

All month long, Senior Center staff will be stopping by each of the classes to distribute and collect survey data from the CCSCA Instructors and members about each activity. The surveys do not take long and QR codes are posted in each room so that everyone may easily complete a survey for each class they participate in. Thank you for your cooperation!
### CCSCA Variety Show at the Senior Center

Join us in for a spectacular Variety Show presented by the CCSCA Entertainment Committee! Come out and support your peers as they perform musical pieces and dance numbers. Afterward, you will have the opportunity to join in and dance with friends on the dance floor!

Tickets are required to attend this event. Tickets are $10 and RSVP’s begin August 5th at 9 AM. Refreshments will be served at the end of the event. *Open to CCSCA members only.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>August 17th</td>
<td>WEDS</td>
<td>1 PM - 3 PM</td>
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</table>

### Strategies to Promote Brain Health Presentation

What actionable steps can we take to keep our brains healthy as we age? Research suggests that lifestyle behaviors (e.g., exercise, sleep, diet) can have a significant impact on cognitive aging trajectories. In this talk, USC Clinical Psychology PhD student Laura Felton will draw upon this research to offer evidence-based recommendations for maintaining brain health into older age. *Open to CCSCA members only.*

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>August 12th</td>
<td>FRI</td>
<td>11 AM - 12 PM</td>
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</table>

### Recurring

#### 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.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>August 16th</td>
<td>TUES</td>
<td>9:15 AM - 11 AM</td>
</tr>
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</table>

#### 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. *Open to CCSCA members only.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>August 10th</td>
<td>WEDS</td>
<td>1 PM - 3 PM</td>
</tr>
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</table>

#### The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, will continue his monthly class, The Cunning Consumer, in September! *Open to CCSCA members only.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 21st</td>
<td>WEDS</td>
<td>11 AM - 12 PM</td>
</tr>
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</table>

#### Trivia with Michael

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>August 2nd</td>
<td>TUES</td>
<td>10 AM - 11 AM</td>
</tr>
<tr>
<td>September 6th</td>
<td>TUES</td>
<td>10 AM - 11 AM</td>
</tr>
</tbody>
</table>

#### Bingo

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

<table>
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<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>August 31st</td>
<td>WEDS</td>
<td>1 PM - 2 PM</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>August 12th</td>
<td>FRI</td>
<td>12:30 PM - 1:30 PM</td>
</tr>
</tbody>
</table>

Adventures with Doug - Adventure to the Olympic Mountains
Many have had the good fortune to travel through magnificent Oak Creek Canyon between Flagstaff and Sedona but not quite as many have been able to experience one of the fantastic canyons that feeds it: The West Fork of Oak Creek that emanates from deep in the Red Rock/Secret Mountain Wilderness. Towering red cliffs overlook lush ferns and enchanting woodland as our trail skips from side to side across this charming creek. But the trail won’t last for long as the ever-narrowing gorge closes in up canyon. Soon we’ll be on our own, trekking through the stream as the scenery becomes even more dramatic.
Join us for our slideshow, full of fun stories and spectacular views as we explore this amazing wilderness. Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>August 16th</td>
<td>TUES</td>
<td>3:30 PM - 4:30 PM</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>August 11th</td>
<td>THURS</td>
<td>1 PM - 2:30 PM</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>August 18th</td>
<td>THURS</td>
<td>1 PM - 2 PM</td>
</tr>
</tbody>
</table>

Book Club
Join Culver City High School students Emily & Teagan for an intergenerational monthly Book Club! Please read the first half of One of Us is Lying by Karen M. McManus to join the group for their August 10th meeting and the second half of the novel for their August 24th meeting! 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>August 10th</td>
<td>WEDS</td>
<td>2 PM - 3 PM</td>
</tr>
<tr>
<td>August 24th</td>
<td>WEDS</td>
<td>2 PM - 3 PM</td>
</tr>
</tbody>
</table>

Senior Center Trip to Stoneview Nature Center
Join PRCS staff on a trip to the Stoneview Nature Center this month on Friday, August 19th! Participants will depart from the center at 9 AM and return by 12 PM. Participants must bring their own sack lunch. Transportation will be provided by the Culver City Transportation Department! This is an outdoor activity, please dress accordingly.
Participants must RSVP by speaking with staff over the phone by calling (310) 253-6700 to confirm their spot or by visiting the Senior Center Business Desk. Voicemail RSVP messages will not be accepted. Space is limited! Reservations begin August 10th! Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 19th</td>
<td>FRI</td>
<td>9 AM - 12 PM</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>MONDAY</td>
<td>TUESDAY</td>
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<td>--------</td>
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</tr>
</tbody>
</table>
| 12:00- 3:45  
Bridge, Mah Jong & Pan  
1:00 Movie  
(see page 8) | 8:00 Zumba Gold*  
9:00 Ceramics*  
9:15 Open Computer Lab  
9:15 Beginning Ukulele*  
10:00 Chair Zumba*  
10:00 German  
(Meets 1st 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*  
10:30 Tai Chi with Anton*  
12:00 Dancercise*  
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* | 9:00 Mah Jong & Bridge  
9:00 Pan  
9:15 Gentle Mat Yoga with Lauren*  
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*  
11:45 Heartfulness Meditation  
1:00 Chair Yoga with Caroline  
1:00 Movie (see page 8)  
1:00 Platicando Sabroso  
1:00 Improv on the Patio  
(meets 4th Tuesday of the month)  
1:30 Veterans Social Group  
(meets 1st Tuesday of the month)  
2:00 SSG Support Group  
3:30 Gentle Yoga with Cyndi* | 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 Beginning Spanish  
11:00 Chair Yoga with Caroline  
12:30 International Folk Dance  
1:00 Genealogy  
1:00 Yoga with Phil*  
1:30 Current Events*  
2:15 Beginning Spanish  
2:30 Open Play Ping Pong |

*Means the Class Has a Fee

All classes are taken at the risk of the participant.

1. TRIVIA WITH MICHAEL  
10AM  
VETERAN’S SOCIAL GROUP  
1:30 PM  
2.  
3.  
4.  
5.  
6.  
7.  
8. FITNESS ROOM ORIENTATION 3PM  
CCSCA BOARD MEETING 1 PM  
CRAFT’S ROOM  
9. FITNESS ROOM ORIENTATION 10PM  
10. LOSS SUPPORT GROUP 10AM-11PM  
KARAOKE WITH RUDY 1PM  
BOOK CLUB 1 PM  
11.  
12.  
13.  
14.  
15.  
16. WALKING GROUP WITH JOHN  
9:15AM  
ADVENTURES WITH DOUG  
3:30PM  
17. CCSCA VARIETY SHOW  
1PM (TICKET REQUIRED)  
18.  
19.  
20.  
21. FITNESS ROOM ORIENTATION 3PM  
22. FITNESS ROOM ORIENTATION 10PM  
23. FITNESS ROOM ORIENTATION 10PM  
24. LOSS SUPPORT GROUP 10AM-11PM  
BOOK CLUB 1 PM  
25.  
26. REUSABLE WATERBOTTLE DECORATING ACTIVITY 11AM-1PM  
27. SENIOR CENTER IS CLOSED FOR FIESTA LA BALLONA!  
28.  
29.  
30.  
31. BINGO 1 PM  

VISIT US ONLINE AT WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER
## Class Schedule

### AUGUST

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>1 2:00-3:45 Bridge, Mah Jong &amp; Pan</td>
<td>1 2:00 Bridge, Mah Jong &amp; Pan</td>
<td>1 2:00 Bridge, Mah Jong &amp; Pan</td>
<td>1 2:00 Bridge, Mah Jong &amp; Pan</td>
<td>1 2:00 Bridge, Mah Jong &amp; Pan</td>
<td>1 2:00 Bridge, Mah Jong &amp; Pan</td>
<td>1 2:00 Bridge, Mah Jong &amp; Pan</td>
</tr>
<tr>
<td>1:00 Movie (see page 8)</td>
<td>Classes listed in the columns to the right occur every week on the times and dates shown. *Means the Class Has a Fee</td>
<td>All classes are taken at the risk of the participant.</td>
<td></td>
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<table>
<thead>
<tr>
<th>8:00 Zumba Gold*</th>
<th>9:00 Knitting Group</th>
<th>9:00 Mah Jong &amp; Bridge</th>
<th>9:00 Mah Jong &amp; Bridge</th>
<th>9:00 Mah Jong &amp; Bridge</th>
<th>9:00 Mah Jong &amp; Bridge</th>
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<tr>
<td>9:00 Mah Jong &amp; Bridge</td>
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<td>9:00 Mah Jong &amp; Bridge</td>
<td>9:00 Mah Jong &amp; Bridge</td>
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<tr>
<td>9:00 Beginning Sign Language</td>
<td>9:00 Beginning Sign Language</td>
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<td>10:00 Sign Language</td>
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<tr>
<td>10:00 Spanish (Meets Last Thursday)</td>
<td>10:00 Spanish (Meets Last Thursday)</td>
<td>10:00 Spanish (Meets Last Thursday)</td>
<td>10:00 Spanish (Meets Last Thursday)</td>
<td>10:00 Spanish (Meets Last Thursday)</td>
<td>10:00 Spanish (Meets Last Thursday)</td>
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<tr>
<td>11:00 Reading Short Story Group</td>
<td>11:00 Reading Short Story Group</td>
<td>11:00 Reading Short Story Group</td>
<td>11:00 Reading Short Story Group</td>
<td>11:00 Reading Short Story Group</td>
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<tr>
<td>12:00 Duplicate Bridge (Meets in the Veterans Building)</td>
<td>12:00 Duplicate Bridge (Meets in the Veterans Building)</td>
<td>12:00 Duplicate Bridge (Meets in the Veterans Building)</td>
<td>12:00 Duplicate Bridge (Meets in the Veterans Building)</td>
<td>12:00 Duplicate Bridge (Meets in the Veterans Building)</td>
<td>12:00 Duplicate Bridge (Meets in the Veterans Building)</td>
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<tr>
<td>12:30 Danceercise*</td>
<td>12:30 Danceercise*</td>
<td>12:30 Danceercise*</td>
<td>12:30 Danceercise*</td>
<td>12:30 Danceercise*</td>
<td>12:30 Danceercise*</td>
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<tr>
<td>12:30 Fun with Pastels</td>
<td>12:30 Fun with Pastels</td>
<td>12:30 Fun with Pastels</td>
<td>12:30 Fun with Pastels</td>
<td>12:30 Fun with Pastels</td>
<td>12:30 Fun with Pastels</td>
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<tr>
<td>1:00 Beginning Mah Jong</td>
<td>1:00 Beginning Mah Jong</td>
<td>1:00 Beginning Mah Jong</td>
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<tr>
<td>1:00 Chair Yoga with Caroline</td>
<td>1:00 Chair Yoga with Caroline</td>
<td>1:00 Chair Yoga with Caroline</td>
<td>1:00 Chair Yoga with Caroline</td>
<td>1:00 Chair Yoga with Caroline</td>
<td>1:00 Chair Yoga with Caroline</td>
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<tr>
<td>1:00 Yoga with Phil*</td>
<td>1:00 Yoga with Phil*</td>
<td>1:00 Yoga with Phil*</td>
<td>1:00 Yoga with Phil*</td>
<td>1:00 Yoga with Phil*</td>
<td>1:00 Yoga with Phil*</td>
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<tr>
<td>1:30 Latin American Group</td>
<td>1:30 Latin American Group</td>
<td>1:30 Latin American Group</td>
<td>1:30 Latin American Group</td>
<td>1:30 Latin American Group</td>
<td>1:30 Latin American Group</td>
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<tr>
<td>2:30 Open Play Ping Pong</td>
<td>2:30 Open Play Ping Pong</td>
<td>2:30 Open Play Ping Pong</td>
<td>2:30 Open Play Ping Pong</td>
<td>2:30 Open Play Ping Pong</td>
<td>2:30 Open Play Ping Pong</td>
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<tr>
<td>3:00 French (Meets 3rd Thursday)</td>
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<td>3:00 French (Meets 3rd Thursday)</td>
<td>3:00 French (Meets 3rd Thursday)</td>
<td>3:00 French (Meets 3rd Thursday)</td>
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### CALENDAR READING NOTE:

Classes, activities and events listed in this calendar are either unique to this month or recurring monthly events. Please visit pages 4 & 5, or other specified pages for information related to these events.

### For Questions & More Information Call the Business Desk at (310) 253-6700
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

**August 7th - In The Heights**
In this Broadway musical written by Lin-Manuel Miranda, travel to Washington Heights, N.Y. - the scent of warm coffee hangs in the air just outside of the 181st St. subway stop, and a kaleidoscope of dreams rallies a vibrant and tight-knit community. At the intersection of it all is a likable and magnetic bodega owner who hopes, imagines, dances and sings about a better life; 2021; PG-13; Musical; Anthony Ramos; Corey Hawkins, Leslie Grace, Olga Merediz; 2hr 23min.

**August 14th - A Journal for Jordan**
Deployed to Iraq, First Sgt. Charles Monroe King starts to keep a journal of love and advice for his infant son. Back at home, Dana Canedy, a senior editor for The New York Times, revisits the story of her unlikely, life-altering relationship with King and his enduring devotion to his beloved family; 2021; PG-13; Drama; Michael B. Jordan, Chanté Adams; 2hr 11min. This movie was donated by our friends at Sony Pictures Entertainment.

**August 21st - While You Were Sleeping**
Lonely transit worker Lucy pulls her longtime crush, Peter, from the path of an oncoming train. At the hospital, doctors report that he’s in a coma, and a misplaced comment from Lucy causes Peter’s family to assume that she is his fiancée. When Lucy doesn’t correct them, they take her into their home and confidence. Things get even more complicated when she finds herself falling for Peter’s sheepish brother, Jack; 1995; PG-13; Romance/Comedy; Sandra Bullock, Bill Pullman, Peter Gallagher, Peter Boyle, Glynnis Johns, Jack Warden. 1 hr 43 min.

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Tuesday Movies

**August 2nd - Father Stu**
Based on the true story of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption. 2022; R; Drama; Mark Wahlberg, Mel Gibson, Jacki Weaver; 2hrs 4 min.

**August 9th - The Valet**
Movie star Olivia faces a PR disaster when a paparazzi snaps a photo of her with her married lover, Vincent. Hard-working valet Antonio accidentally appears in the same photo and is enlisted to pose as Olivia’s new boyfriend as a cover up. 2022; PG-13; Comedy/Romance; Eugenio Derbez, Samara Weaving. 2hrs 12min.

**August 16th - The Immortal Life of Henrietta Lacks**
In 1951, cancerous cells from Henrietta Lacks lead to breakthroughs that change the face of medicine forever. Aided by writer Rebecca Skloot, Deborah Lacks embarks on a quest to learn about the mother she never knew; 2017; R; Drama/Biography; Oprah Winfrey, Rose Byrne, Renee Elise Goldsberry; 1hr 33 min.

**August 23rd - The Lost City**
A recluse romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure. 2022; PG-13; Action/Adventure/Romance; Sandra Bullock, Channing Tatum, Brad Pitt, Daniel Radcliffe; 1 hr 52min.

**August 30th - Out of Africa**
In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter; 1985; PG; Biography/Drama/Romance; Robert Redford, Meryl Streep; 2hr 41min.

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The Senior Center will be closed August 26th - 28th for Fiesta La Ballona. Come out and join us for live music, carnival rides and delicious food at Veteran’s Park!
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. We hope you can be there.

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<tr>
<td>August 17th</td>
<td>WEDS</td>
<td>1 PM - 2 PM</td>
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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 by visiting this link: [https://zoom.us/j/6378877508](https://zoom.us/j/6378877508) or contact Carol Rosenstein at (818) 326-0500.

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<td>On-Going</td>
<td>M/W/F</td>
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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!

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<td>On-Going</td>
<td>THURS</td>
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Virtual Workshops

Composting 101: Summer Gardens
Learn how composting protects the planet and best ways to reduce waste! Join AARP and attendees from across the U.S. for a FREE Composting 101 class on Monday, August 29th, 2022, at 4 PM PT. AARP membership not required.

Composting is one of the best ways to reduce waste at home. Learn how composting protects the planet, how to compost in your own backyard (or balcony), and get all of your questions answered by our sustainability pros!

This event is FREE but registration is REQUIRED. To register for this free event, fill out their registration form or email findfun@aarp.org.

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<tr>
<td>August 29th</td>
<td>MON</td>
<td>4 PM - 5 PM</td>
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Trip Office

Let’s Go On A Trip!
Join us on a trip to Viejas & Pala Casino in October! Tickets go on sale Wednesday, August 3rd!

**Aquarius Casino**
- Sunday, October 2nd -
- Departure: 8 AM
- Cost: Single - $230 or Double - $180 per person

**Harrah’s**
- October 22, 2022
- Departure: 8 AM
- Cost: $20

Aquarius Casino Includes: 2 nights’ accommodation, transportation, baggage fee & driver’s tip.

The Trip office hours will be Wednesday & Friday from 10 AM – 1 PM. Please bring your CCSCA Membership, player’s card number & complete a new Trip Office Emergency Card if you have not done so.

If you would like access to any of these virtual concerts or workshops, please email info.seniорcenter@culvercity.org and we will send you the class’ zoom link and meeting id.
Clean Power Alliance Power Share Program

New Power Share program provides 20% discount. Do you Qualify?

The Clean Power Alliance (the City’s buyer of electricity) has launched a Power Share program that offers a 20% discount to income-qualified customers that are in certain areas in West Los Angeles and Culver City. Zip codes include 90066 and most of 90232.

Do you live in the brown areas depicted below?

If yes and you’re enrolled into the CARE/FERA program then you probably qualify for the Power Share 20% discount! Find out for sure by visiting: https://cleanpoweralliance.org/power-share/

Downtown Culver City Circulator

Ride the Culver City Circulator and enjoy the NEW expanded service! You can now reach destinations like Veterans Memorial Complex and the Senior Center! Take the shuttle for FREE to the E-Line Expo, Downtown for lunch or to the Arts District! No Sitting in Traffic, no parking to find and frequent service - every 15 minutes, means it is easier than ever to try transit! The free downtown circulator will get you around downtown Culver City hassle free. For exact times, use the NextCCBus app or visit the Culver CityBus website.

The FREE service runs on 10 to 15 minute frequencies and operates 7 days per week from about 7 AM to 9 PM on weekdays and 10 AM to 9 PM on weekends.
Returning Programs, Activities & Services

**A Child’s Dream-CA August 6th Back to School Giveaway 2022 - Volunteer Application**

The Annual Back to School Giveaway Drive is fast approaching and the Child’s Dream-CA organization would love for you to join them for a few hours or the entire day at the Culver City Teen Center. If you are available, please apply to volunteer for this event at [https://acd-b2s-volunteer-application-2022.eventbrite.com](https://acd-b2s-volunteer-application-2022.eventbrite.com)

If you wish to further partner with A Child’s Dream, please donate to this site: [https://www.educationalproducts.com/donate/loginlink.aspx?OrgId=CHI108](https://www.educationalproducts.com/donate/loginlink.aspx?OrgId=CHI108) to purchase supplies.

The organization’s goal is to provide backpacks, schools supplies and more to 800 underserved, yet greatly deserved school-age children (Pre-K - 12th).

**Loss Support Group at the Senior Center**

Wise & Healthy Aging’s Loss Support Group is returning to in-person sessions at the center. If you or someone you know may benefit from joining this group, please email Melanie.Morales@culvercity.org to be connected with the group leader and begin the intake process prior to joining the group meetings at the center.

**California Highway Patrol - Age Well Drive Smart Presentation**

California Highway Patrol (CHP) in West Los Angeles are hosting a traffic safety presentation about aging well and driving smart. CHP will discuss risk and crash factors while raising awareness to common problems, safe driving strategies, available resources and will remind guests about rules of the road.

Join us Thursday, August 18th from 10:30 AM-11:30 AM in B47!

**Waterbottle Decorating Activity**

Join us on the patio on Thursday, August 25th from 11 AM to 1 PM for a waterbottle decorating session with Senior Center staff! All Senior Center participants will receive a new waterbottle for free from the City of Culver City. No RSVP required. Stickers and markers will be made available for this activity so that all participants may personalize their individual waterbottle.

**Staff encourages everyone to begin bringing their reusable waterbottle to the center to stay hydrated as one participates in the many activities and events at the Senior Center.**

**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 1 PM to 5 PM - Shaleen Shah
- Tuesdays 10 AM to 2 PM (Support Group from 2PM to 3PM) - Saki Fujita
- Wednesdays 9:30 AM to 3 PM - Leslie Garcia (Spanish Speaking)
Come Out & Enjoy Culver City’s Fiesta La Ballona!

Join the community at Culver City’s Fiesta La Ballona at Veterans Park from Friday, August 26th - Sunday, August 28th!

In 1951, Fiesta La Ballona was born of a partnership between the City of Culver City and the Culver City Chamber of Commerce. It was designed as a weeklong celebration of Culver City’s early heritage. There was something for everyone, from young to old, from swimmers to dancers, from descendants to recent arrivals.

Fiesta La Ballona Event Information:
Friday, August 26, 2022 from 4:30 PM - 10 PM
Saturday, August 27, 2022 from 10 AM - 10 PM
Sunday, August 28, 2022 from 10:00 AM - 6 PM

Neighbors are encouraged to walk to the event, but if you need a ride, Culver City Bus can get you to Fiesta La Ballona. Parking will be available for those with cars at the Sony Parking Lot and those who ride their bike may park it onsite at the Bike Valet.

This fun-filled event will offer a movie at the Plunge, live entertainment, carnival rides and delicious food for everyone to enjoy. For more information, visit www.fiestalaballona.org

Newsletter Announcement:
Please note that only current 2022 CCSCA members will receive the monthly newsletter in the mail.

If you are not a current member it will be available online.

We look forward to seeing you at the Center!