

CULVER CITY SENIOR CENTER NEWSLETTER



FEBRUARY 2022



The Culver City Senior Center staff sends their love to each of its members this month and every month! Remember, parking is being enforced so make sure to display your parking placard in your car.



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

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 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
Jill Thomsen - RCS Supervisor
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
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.



SENIOR CENTER
4095 Overland Avenue
Culver City, CA 90232

Important Senior Center Updates

Culver City Senior Citizens Association, Inc. (CCSCA) Membership

2022 Membership Cost Breakdown:

- 2022 Membership Dues - \$20.00
- 90+ Membership Due - \$5.00 (must be 90 years old at time of membership renewal)
- Parking Pass - \$5.00
- Fitness Room - \$125.00 for the calendar year or \$75.00 for 6 months (all Fitness Room renewals require an updated 2022 Physician's Authorization Form)

2022 Membership Reminders:

- Proof of full Covid-19 vaccination and photo ID will be required to renew your membership.
- Only cash or check is accepted. No bills over \$20.00 will be accepted. No refunds.

All CCSCA members must have a current 2022 membership & parking sticker. Membership renewal can only be done in person at the Business Desk. **Remember to submit your completed Senior Center survey and passport to the Business Desk to earn a prize!**

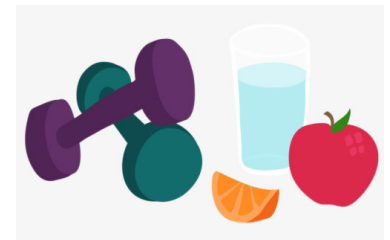
Sign Up or Edit Your Newsletter Mailing Preferences

If you would like to be taken off the newsletter mailing list or are receiving multiple copies of the newsletter and would like to edit your monthly newsletter preferences, please email info.seniorcenter@culvercity.org.

New CCSCA Classes

Nutrition Workshop - Get ready to talk about nutrition in a judgement free zone. Learn what can work best for you, and talk with our newest CCSCA Instructor, Nicole Borgenicht. This class occurs every Friday from 9:30 AM to 10:30AM and has a fee of \$4.
Open to CCSCA members only.

Senior Fitness - Take steps to making your health a priority with our newest CCSCA Instructor, Nicole Borgenicht. This class occurs every Friday from 10:45 AM to 11:45 AM and has a fee of \$4.
Open to CCSCA members only.



Special Services for Groups Silver (SSG)

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 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.

- Mondays 1PM 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 - Clinician Leslie Garcia (Spanish Speaking)



Special Monthly Activities

SPECIAL MONTHLY ACTIVITIES

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.

Date	Day	Time
February 15th	TUES	9:15 AM

Nutrition Workshop

Get ready to talk about nutrition in a judgement free zone. Learn what can work best for you, and talk with our newest CCSCA Instructor, Nicole Borgenicht. Class fee is \$4.

Open to CCSCA members only.

Date	Day	Time
On-Going	FRI	9:30 AM - 10:30 AM



Senior Fitness

Take steps to making your health a priority with our newest CCSCA Instructor, Nicole Borgenicht. Class fee is \$4.

Open to CCSCA members only.

Date	Day	Time
On-Going	FRI	10:45 AM - 11:45 AM

Bob Lipson & Don Snyder Show

A fresh new performance experience with the return of Bob Lipson playing piano in his entertaining solo style, and also accompanying the wonderful voice of Don Snyder singing and sharing stories from the Great American Songbook.

Open to CCSCA members only.

Date	Day	Time
February 23rd	WEDS	12:00 PM - 1:00 PM

Two-Step Tuesday 2.22.22

2.22.22 falls on a Tuesday this year so this calls for a Free Two Step Class brought to you by our Culver City friends, Diaz Studio of Dance! Join us on the patio for a free two-step dance lesson. Class will be designed for single-spaced apart dancers and comfortable shoes such as sneakers are recommended. Can't wait to see you there!

Date	Day	Time
February 22nd	TUES	12 PM - 2 PM

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.

Date	Day	Time
February 9th	WEDS	1:00 PM - 3:00 PM
February 16th	WEDS	1:00 PM - 3:00 PM

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.*

Date	Day	Time
February 10th	THURS	1:00 PM - 2:30 PM

Blood Pressure Checks

Come out to get your blood pressure checked by the Welcome Desk!

Open to CCSCA members only.

Date	Day	Time
On-Going	FRI	9:30 AM - 10:30 AM

Trivia with Michael

Come test your trivia skills with Michael!

Open to CCSCA members only.

Date	Day	Time
February 1st	TUES	10:00 AM - 11:00 AM
March 1st	TUES	10:00 AM - 11:00 AM

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 to join in our joyful music making!

Open to CCSCA members only.

Date	Day	Time
February 11th	FRI	12:30 PM - 1:30 PM

Adventure with Doug - Adventure to Montana De Oro

Most people have heard of the beautiful coastal venue, Morro Bay. But far less known is the spectacular park hidden just a bit to the south, Montaña De Oro... The Mountain of Gold. We won't find any gold there, instead we'll find stunning cliffs and coastline. There's more! It's the time of year to make a quick stop at Piedras Blancas, not too far from the tiny seaside town of San Simeon. Much of the year, its sandy beach is covered with hundreds... and hundreds of female elephant seals with their pups. Join us in room B47 for our slide show adventure as we visit these gorgeous and amazing spots.

Open to CCSCA members only.

Date	Day	Time
February 15th	TUES	3:30 PM - 4:30 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, continues his monthly class, The Cunning Consumer. This session's topic will be, "Are your favorite charities spending your money wisely?" We'll look into easy ways to make sure that you are donating well. You are welcome to bring your own consumer topics for discussion.

Open to CCSCA members only.

Date	Day	Time
February 16th	WEDS	10:30 AM - 11:30 AM

Ask the Physical Therapist

Physical Therapist, Cristina Gabor is back to live series of presentations. This month is "Prevent manage neck pain, tips for improving postural awareness and control."

Open to CCSCA members only.

Date	Day	Time
February 17th	THURS	1:00 PM - 2:00 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
February 23rd	WEDS	1:00 PM - 2:00 PM

Ping Pong Open Play

Come out and play on our brand new Ping Pong table donated to us by PongFit in Room B45 every Wednesday and Thursday this month. No advanced reservations required, sign-ups will be in the room once play begins. Let's have some fun and get fit playing the #2 sport in the world! Equipment must be checked out and returned at the Business Desk.

Open to CCSCA members only.



Date	Day	Time
On-Going	WEDS	3:00 PM - 4:45 PM
On-Going	THURS	3:00 PM - 4:45 PM

Book Club

Join Culver City High School students Emily & Teagan for an intergenerational monthly Book Club! The Book Club is now reading *Death on the Nile* by Agatha Christie. If you've read this classic or want to read it again join the group for their Feb 9th meeting! If you'd like to get a copy for free for Book Club, stop by the Julian Dixon Library and let them know you're part of the Senior Center book club.

Date	Day	Time
February 9th	WEDS	2:00 PM - 3:00 PM
February 23rd	WEDS	2:00 PM - 3:00 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie</p> <p><i>* Means the Class Has a Fee All classes are taken at the risk of the participant.</i></p>	<p>8:00 Zumba Gold* 9:00 Ceramics* 9:15 Beginning Ukulele* 9:15 Stretch and Flex (Cancelled indefinitely) 10:00 Chair Zumba* 10:00 German (Meets 1st Monday) 10:00 Merry Makers Club 10:15 Intermediate Ukulele* 10:30 Sit N Be Fit* 10:30 Tai Chi with Anton* 12:00 Dancercise* 1:00 Art with Coco 1:00 Line Dancing* 2:30 Yoga with Phil*</p>	<p>9:00 Gentle Mat Yoga with Lauren* 9:00 Mah Jong & Bridge 9:00 Pan 9:15 Tai Chi with Greg 9:15 Walking Group (Meets 1st & 3rd Tuesday) 10:45 Hula Dance (Starts the 15th) 11:00 Karaoke 11:30 Balance Challenge* 12:15 Heartfulness Meditation 1:00 Chair Yoga with Caroline 1:00 Movie 1:00 Platicando Sabroso 2:00 SSG Support Group 3:30 Gentle Yoga with Cyndi*</p>	<p>8:00 Zumba Gold* 9:00 Crochet Group 9:00 Pan 9:30 Chair Abs & Core 10:00 Loss Support Group (Meets Twice a Month) 10:30 Pan 11:00 Beginning Spanish 11:00 Chair Yoga with Carol 1:00 Yoga with Phil* 1:30 Current Events* 2:00 Genealogy 2:15 Beginning Spanish 3:00 Open Play Ping Pong</p>

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

		<p>1. Walking Group Cancelled 10:00 Trivia with Mike</p>	<p>2. 10:00-11:30 Loss Support Group 3:00- 4:45 Open Play Ping Pong</p>
<p>6. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:00 Movie</p>	<p>7. 9:15-11:15 Computer Lab Open 10:00 Merry Makers Club 10:00 German 3PM Fitness Room Orientation with Ron Gorman</p>	<p>8. 9:00-11:00 Senior Transportation Feedback Session 10:00 Trivia with Mike 1:00 Movie 10:00AM Fitness Room Orientation with Ron Gorman</p>	<p>9. 9:00-11:00 Senior Transportation Feedback Session 9:15-11:15 Computer Lab 2:00 Book Club 3:00- 4:45 Open Play Ping Pong</p>
<p>13. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:00 Movie</p>	<p>14. 9:15-11:15 Computer Lab Open 10:00 Merry Makers Club 1:00 CCSCA Board Meeting</p>	<p>15. 9:15 Walking Group 10:45 Hula Dance 1:00 Movie</p>	<p>16. 9:15-11:15 Computer Lab Open 10:00-11:30 Loss Support Group 1:00-3:00 Karaoke on the Patio Rudy 3:00- 4:45 Open Play Ping Pong</p>
<p>20. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:00 Movie</p>	<p>21. 9:15-11:15 Computer Lab Open 10:00 Merry Makers Club 3PM Fitness Room Orientation with Ron Gorman</p>	<p>22. 10:00AM Fitness Room Orientation with Ron Gorman 10:45 Hula Dance 1:00 Movie 3:30 Adventure with Doug</p>	<p>23. 9:15-11:15 Computer Lab Open 10:30 Cunnningham 12:00 Bob Lipson & Don S 1:00 Karaoke on the Patio 1:00 Bingo 2:00 Book Club 3:00- 4:45 Open Play Ping Pong</p>
<p>27. 12:00- 3:45 Bridge, Mah Jong & Pan on the Patio 1:00 Movie</p>	<p>28. 9:15-11:15 Computer Lab Open 10:00 Merry Makers Club</p>		

DAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Watercolor*</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:15 Dance Fit with John</p> <p>10:00 Sign Language</p> <p>10:00 Spanish (Meets Last Thursday)</p> <p>11:00 Reading Short Story Group</p> <p>11:30 Balance Challenge*</p> <p>12:00 Dancercise*</p> <p>12:00 Duplicate Bridge (Meets in the Veterans Building)</p> <p>12:30 Fun with Pastels</p> <p>1:00 Beginning Mah Jong</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Latin American Group</p> <p>1:00 Yoga with Phil*</p> <p>3:00 French (Meets 3rd Thursday)</p> <p>3:00 Open Play Ping Pong</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Knitting Group</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Tai Chi with Anton*</p> <p>9:15 Tai Chi with Greg</p> <p>9:30 Nutrition Workshop*</p> <p>9:45 Gentle Mat Yoga with Caroline*</p> <p>10:30 Balance Challenge with Marguerite*</p> <p>10:45 Senior Fitness*</p> <p>11:00 Chair Yoga with Caroline</p> <p>1:00 International Folk Dance (No class every 2nd Friday of the month)</p> <p>1:00 German Conversations</p> <p>1:00 Line Dancing*</p> <p>1:00 Remembranzas</p> <p>2:00 Mindfulness Meditation on the Patio</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>12:00 - 3:45</p> <p>Bridge, Mah Jong & Pan</p> <p>12:15 Current Events</p>	

DAY	THURSDAY	FRIDAY	SATURDAY
<p>Short Group</p> <p>Pong</p>	<p>3.</p> <p>3:00- 4:45</p> <p>Open Play Ping Pong</p>	<p>4.</p> <p>9:30 Nutrition Workshop</p> <p>9:30-10:30 Blood Pressure Checks</p> <p>10:45 Senior Fitness</p>	<p>5.</p>
<p>Workshop</p> <p>Lab Open</p> <p>Pong</p>	<p>10.</p> <p>10:30 Fitness & Nutrition</p> <p>3:00- 4:45</p> <p>Open Play Ping Pong</p>	<p>11.</p> <p>9:15-11:15 Computer Lab Open</p> <p>9:30-10:30 Blood Pressure Checks</p> <p>9:30 Nutrition Workshop</p> <p>10:45 Senior Fitness</p> <p>12:30-1:30 Music Mends Minds</p> <p>Drum Circle</p>	<p>12.</p> <p>12:00- 3:45</p> <p>Bridge, Mah Jong & Pan on the Patio</p>
<p>Lab Open</p> <p>Short Group</p> <p>the Patio with</p> <p>Ping Pong</p>	<p>17.</p> <p>1:00-2:00</p> <p>Rock Painting</p> <p>3:00- 4:45</p> <p>Open Play Ping Pong</p>	<p>18.</p> <p>9:15-11:15 Computer Lab Open</p> <p>9:30-10:30 Blood Pressure Checks</p> <p>9:30 Nutrition Workshop</p> <p>10:45 Senior Fitness</p>	<p>19.</p> <p>12:00- 3:45</p> <p>Bridge, Mah Jong & Pan on the Patio</p>
<p>Lab Open</p> <p>Consumer</p> <p>Snyder Show</p> <p>the Patio</p> <p>Pong</p>	<p>24.</p> <p>1:00</p> <p>Ask the Physical Therapist</p> <p>3:00 French</p> <p>3:00- 4:45</p> <p>Open Play Ping Pong</p>	<p>25.</p> <p>9:15-11:15 Computer Lab Open</p> <p>9:30 Nutrition Workshop</p> <p>10:45 Senior Fitness</p>	<p>26.</p> <p>12:00- 3:45</p> <p>Bridge, Mah Jong & Pan on the Patio</p>

Movies



Movies Every Tuesday & Sunday at 1:00 PM

The CCSCA sponsors a movie screening every Tuesday & Sunday at 1:00 PM for your enjoyment! The movies are open to CCSCA members only, you must show your membership card for admittance. In the interest of fairness, seats are first come, first served, as space is limited. Do not move the chairs. *Movies and time is subject to change.*

Sunday Movies

February 6th - *Being The Ricardos*

During one production week of "I Love Lucy" — from Monday table read through Friday audience taping — Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) face a series of personal and professional crises that threaten their show, their careers and their marriage, in writer-director Aaron Sorkin's behind-the-scenes drama. 2022; R; 132 min.

February 13th - *Crazy Rich Asians*

Based on the acclaimed worldwide bestseller. Native New Yorker Rachel Chu accompanies her boyfriend to his best friend's wedding in Singapore and meets his family for the first time. 2018; PG-13; Young Adult Audience, International, Drama, Romance, Comedy; Constance Wu, Henry Golding, Gemma Chan; 120 min.

February 20th - *The American President*

The widower President of the United States falls in love with a lobbyist - but her politically questionable past and their current connections over impending legislation causes trouble for everyone. 1995; PG-13; Comedy, Drama; Michael Douglas, Annette Bening, Martin Sheen; 113 min.



February 27th - *Sneakers*

Robert Redford leads a highly skilled tech team against a top computer thief in this caper. 1992; PG-13; Comedy, Suspense, Drama, Adventure; Sidney Poitier, Robert Redford, Dan Aykroyd, Ben Kingsley; 125 min.

Tuesday Movies

February 1st - *The Joy Luck Club*

Young women explore the difficulties of mother/daughter relationships. 1993; R; Drama; Lisa Lu, Tsai Chin, Kieu Chinh; 139 min.

February 8th - *Midnight in Paris*

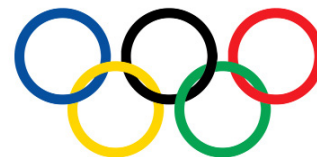
A family, including a young couple, travels to Paris, France for business and have their lives transformed. 2011; PG-13; Comedy, Drama; Owen Wilson, Rachel McAdams, Kathy Bates; 94 min.

February 15th - *To Sir, With Love*

A novice high school teacher (Sidney Poitier) transforms an unruly senior class into respectable young adults in this "well-acted, excellent film" (Leonard Maltin). 1967; 18+; Drama, Young Adult Audience; Sidney Poitier, Christian Roberts, Judy Geeson; 105 min.

February 22nd - *Cool Runnings*

Cool Runnings is a 1993 American comedy sports film directed by Jon Turteltaub and starring Leon Robinson, Doug E. Doug, Rawle D. Lewis, Malik Yoba, and John Candy. It is loosely based on the true story of the Jamaica national bobsleigh team's debut in competition during the 1988 Winter Olympics. PG; 98 min.



Movie Etiquette

We utilize streaming services to play movies for our members and barriers beyond our control can occur. If technical difficulties arise, please be patient and courteous as staff attempts to resolve the issue.

Thank you for your cooperation!

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 will also join again to bring more laughter and fun to this musical hour. We hope you can be there.

Date	Day	Time
February 16th	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 by visiting this link: <https://zoom.us/j/6378877508> or contact Carol Rosenstein 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 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 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.

Virtual Workshops

Alzheimer's Association - 10 Warning Signs of Alzheimer's

Learn the 10 warning signs of Alzheimer's disease. Hear from people who have the disease and find out how to recognize the signs in yourself and others. Please email info.seniorcenter@culvercity.org to receive the meeting information for this virtual presentation. *For those who do not have internet access at home, the Senior Center will be showing this workshop virtually onsite in the Computer Lab.*

Date	Day	Time
February 8th	TUES	11:00 AM - 12:00 PM



Online CalFresh Classes

Join the virtual CalFresh Healthy Living workshops that encourage an active lifestyle and healthy food choices by reviewing relevant nutrition topics. Classes are taught by Registered Dietitians.

To sign up call 310-954-5410 or email CFHL@foodsafef.com. Don't worry if you are new to virtual classes, we have staff that will assist with the set up. For any questions, please email info.seniorcenter@culvercity.org

Date	Day	Time
February 3rd	THURS	10:00 AM - 11:00 AM
February 10th	THURS	10:00 AM - 11:00 AM
February 17th	THURS	10:00 AM - 11:00 AM
February 24th	THURS	10:00 AM - 11:00 AM



Will You Be My Valentine?

Valentine's Day Candygrams

Love is in the air once again this year as your favorite Senior Center staff members will be taking on the role of Cupid and delivering Candygrams to seniors!! Do you have a special person in mind that you would like to send a Candygram to? Would you like to receive a Candygram from the Senior Center staff? Candygrams include candy, a hand written Valentine's Day card, a Valentine's day themed craft, and a few more surprise goodies!

Here is how to sign up:

1. The person you are sending a candygram to must be a member of the CCSCA.
2. You must know the first & last name of the person you would like to send a Candygram to.
3. If you would like to send a Candygram to a friend or receive one from Senior Center staff, you **MUST** call the Business Desk at (310) 253-6700 and speak with a staff member, or email info.seniorcenter@culvercity.org by Monday, February 7th at 5:00 PM!
4. Candygrams will be mailed out the week of February 8th. Please be patient, as we do not have control once the Candygrams are given to USPS.

Nifty 90's

We have not forgotten about our annual celebration for 2022 CCSCA members that are aged 90+!! This year, we will be delivering special Valentine's Day themed Candygrams and flowers to our wonderful 2022 CCSCA members who are aged 90 and over! If you are aged 90+, here is what to expect the week of February 1st:

- A phone call from a Senior Center staff member to confirm your home address.
- If you would not like to receive a special candygram delivery, please let the staff person know when they call you.
- All candygrams will be delivered to the 90+ seniors on SATURDAY, February 12th



Thank you to **Sony Pictures Entertainment**, our CCARP students, Southern California Helpful Honda dealers, and the City of Culver City for donating the items needed to make this program a success!

More Important Information

In Memoriam



Bianca Mussenden

Manolo "Manny" Pornillosa



Thank you to the families who submitted the name of their loved one who has passed.

AARP Tax Aide

AARP Tax Aide volunteers will be available on Mondays & Wednesdays beginning February 2nd - April 15th from 9:00 AM - 2:00 PM **by appointment only**. Please call the Senior Center Business Desk at (310) 253-6700 to schedule your appointment. Voicemail messages will not be accepted, one must speak with a staff member to book an appointment. Tax Aide will take place in person at the Veterans Memorial Building. All participants must show proof of Covid-19 vaccination to enter the facility.



Wise & Healthy Aging Loss & Support Group

This group provides a safe, confidential place to grieve the loss of a loved one and an opportunity to address one's own emotional needs. **The group meets every first and third Wednesday of the month and drop-ins are now welcome.** If you have any questions or would like more information, please email info.seniorcenter@culvercity.org.

Senior Transportation Focus Group Feedback Session

Feedback Wanted! Do you have unmet mobility needs? Do you use or want to use Culver City Bus, Culver City Dial-a-Ride, CityRide or LA County Access? We want your feedback and questions about senior mobility services in Culver City.

Transportation is hosting focus groups to present mobility alternatives for seniors in Culver City and want to understand your views and challenges. This is YOUR chance to speak directly with our Culver City Transportation team! **Snacks will be provided!**

Please join us at the Senior Center on:

- **Tuesday, February 8th – 9-11 AM – A4**
- **Wednesday, February 9th – 9-11 AM – C71 & C73**



Covid-19 Updates

At Home COVID-19 Testing Kits - The federal government has a new website to order at-home COVID tests. Every household is now eligible to order up to four free COVID-19 tests. Get At Home COVID-19 Testing Kits by visiting <https://www.covidtests.gov/>

Vaccine Information - Low or no-cost COVID-19 tests are available to everyone in the U.S., including the uninsured, at health centers and select pharmacies nationwide. Additional testing sites may be available in your area. Contact your health care provider or your state or local public health department for more information. To book your vaccine or booster shot appointment, visit the [Los Angeles County Department of Public Health Website](#).

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

WE ARE HERE FOR YOU!!

IF YOU OR A FRIEND NEED ANYTHING DURING THESE TIMES PLEASE DO NOT HESITATE TO CALL

Senior Center Business Desk (310) 253-6700

Business Desk Hours M-F: 9:00 AM - 4:00 PM SAT & SUN: 12:00 PM - 3:30 PM

Senior Center Hours M-F: 9:00 AM - 5:00 PM SAT & SUN: 12:00 PM - 4:00 PM

Culver City Coronavirus Hotline (310) 253-6890

Available M-F: 7:30 AM - 5:30 PM or visit www.culvercity.org/coronavirus

Senior Meals (JFS) (323) 937-5843

Special Service for Groups (SSG) (310) 253-6717

Mental Health Resources

Available onsite at the Senior Center on MON 1PM - 5 PM, TUES 10 AM - 2 PM, WEDS 9:30 AM - 3PM

Visit our PRCS Department website at: www.culvercity.org/prcs

Visit the City website at: www.culvercity.org

BE SURE TO FOLLOW US ON SOCIAL MEDIA

PRCS Department Instagram: @culvercityprcs

City Instagram: @culvercitygov

PRCS Facebook: www.facebook.com/CulverCityPRCS

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Culver CITY

Parks, Recreation &
Community Services

LUNAR NEW YEAR & BLACK HISTORY MONTH

The month of February brings the Chinese New Year, also known as **Lunar New Year**, which is a 15-day festival that is celebrated annually depending on the sighting of the moon. The occasion is also known as the Spring Festival, and an animal is associated with each New Year. This Chinese New Year will welcome the Year of the Tiger. One virtual event to celebrate will be held on Saturday, February 5th at 7 AM. Enjoy streamed video performances and demonstrations of traditional Chinese crafts and Lunar New Year traditions. To register for this virtual celebration, [visit the Smithsonian Online Events Page](#) or email us at info.seniorcenter@culvercity.org for the link.



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. The 2022 theme for Black History Month considers activities, rituals, and initiatives that Black communities have done to be well throughout American history and in our time, especially through self-determination, mutual aid, and social support initiatives. One virtual event to celebrate will be held on Monday, February 14 at 10 AM. "History Alive! Coming Home" explores stories and artifacts that reflect the economy, health care, education, housing, and political process for military veterans in the aftermath of WWII. The Smithsonian's living history interpreter tells

the story of how those engaged in the military made their service useful not only for the good of their country, but to benefit both their personal lives and their community. You can watch the program at [National Museum of African American History and Culture](#) or email us at info.seniorcenter@culvercity.org for the link.

Proof of Full Covid Vaccine is Required to Enter the Senior Center

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.

