Join us for Rock Painting every second Thursday of the month at 1 PM!

Spread a bit of kindness each and every day this month!

Remember, parking is being enforced so please make sure to display your 2023 parking placard in your car.
Culver CITY
SENIOR CENTER NEWSLETTER

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2023 CCSCA BOARD OF DIRECTORS
John Rollins - President
Ron Gorman - Vice President
Kay Heineman - Secretary
John Salgado - Treasurer
Barbara Silverstein - Board Member
Benita Williams - Board Member
Carolyn Conway - Board Member
Zia Garcia - Secretary

The CCSCA Board of Directors meet on the 2nd Monday of the month at 1 PM at the Veterans Memorial Building.

PRCS SENIOR CENTER STAFF
Armando Abrego - PRCS Director
Francisco Castillo & Dani Cullens - RCS Managers
Jill Thomsen - RCS Supervisor
Melanie Morales - RCS Coordinator
Mike Odunze - RCS Coordinator
Nancy Ruvalcaba - Senior Recreation Leader
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 Services for Groups (SSG): See page 11

SENIOR MEALS
Jewish Family Services (323)937-5843

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

2023 Culver City Senior Citizens Association, Inc. (CCSCA) Membership & Parking

2023 Membership Cost Breakdown:
- 2023 Membership Dues - $20.00
- 90+ Membership Due - $5.00 (must be 90 years old at time of membership renewal or turn 90 years old in 2023)
- Newsletter Mailing Option - $25.00
- 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 2023 Physician’s Authorization Form)
- Only cash or check will be accepted. No bills over $20.00 will be accepted.

2023 Membership Reminders:
- All CCSCA members must have a current 2023 membership & parking sticker.
- Parking placards with the 2023 parking sticker must be visibly displayed in your vehicles.
- Membership renewal can only be done in person at the Business Desk.

Thank you to our 2023 CCSCA Membership Volunteers!

Thank you to our wonderful volunteers who assisted us with the 2023 Membership Drive! We could not have done it without you and we truly appreciate your assistance!

- Culver City Senior Citizens Association, Inc.

2023 CCSCA Pool Room Information
The Pool room is now open! Starting February 1, 2023, the fee to utilize the Pool Room is $1 a day and can be paid at the Business Desk. The Pool Room Hours are Monday - Friday 9 AM - 4 PM. The Pool Room is closed on weekends. Please abide by the rules and policies of the Pool Room.

AARP Driver Safety
The AARP Driver Safety courses will be returning in 2023! Patrons may sign up now at the Business Desk for the 8-hour Driver Safety class and 4-hour refresher course. Please stop by for more information about the 2023 class schedule and fees.

AARP Tax-Aide
AARP Tax Aide volunteers will be available on Mondays, Wednesdays & Thursdays beginning February 1st, 2023 - April 13th, 2023 from 9 AM - 1 PM by appointment only at the Veterans Memorial Building.

Please call (424) 209-9912 or visit https://tinyurl.com/culvercitytaxaide to schedule your appointment. You may also use the camera on your mobile device to scan the QR to the left to reach the registration website. Senior Center staff does NOT make appointments or have access to the appointment schedule.

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

City of Culver City
City Hall
507, Culver City, CA 90232-0507 or by email at city.council@culvercity.org
**SPECIAL MONTHLY ACTIVITIES**

**Visiting the Museum of Jurassic Technology!**

Join the 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.

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<th>Date</th>
<th>Day</th>
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<tbody>
<tr>
<td>February 7th</td>
<td>TUES</td>
<td>9:15 AM</td>
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<tr>
<td>February 21st</td>
<td>TUES</td>
<td>9:15 AM</td>
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**Karaoke on the Patio with Rudy**

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

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<th>Date</th>
<th>Day</th>
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<tbody>
<tr>
<td>February 8th</td>
<td>WEDS</td>
<td>1 PM - 3:30 PM</td>
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<tr>
<td>February 15th</td>
<td>WEDS</td>
<td>1 PM - 3:30 PM</td>
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**The Cunning Consumer**

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, will not be teaching in February, but will return in March for his monthly class, The Cunning Consumer. Topic: “Removing your information from ‘people search’ websites.” Open to CCSCA members only.

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<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tr>
<td>March 15th</td>
<td>WEDS</td>
<td>11 AM - 12 PM</td>
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**Trivia with Michael**

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

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<tbody>
<tr>
<td>February 7th</td>
<td>TUES</td>
<td>10 AM - 11 AM</td>
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<tr>
<td>March 7th</td>
<td>TUES</td>
<td>10 AM - 11 AM</td>
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**Kindness Rock Painting**

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

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<th>Time</th>
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<tbody>
<tr>
<td>February 9th</td>
<td>THURS</td>
<td>1 PM - 2:30 PM</td>
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**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! Open to CCSCA members only.

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<th>Date</th>
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<tbody>
<tr>
<td>February 1st</td>
<td>WEDS</td>
<td>2 PM - 2:45 PM</td>
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<tr>
<td>March 1st</td>
<td>WEDS</td>
<td>2 PM - 2:45 PM</td>
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**Saturday Dances**

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

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<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</table>
| February 11th | SAT  | 1 PM - 3:30 PM    | Larry Cavin
| February 25th | SAT  | 1 PM - 3:30 PM    | The Strikers

**MusicMendsMinds-Rhythm,PlayandCommunity**

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.

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<th>Date</th>
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<th>Time</th>
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<tbody>
<tr>
<td>February 10th</td>
<td>FRI</td>
<td>12:30 PM - 1:30 PM</td>
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**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.

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<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>February 6th</td>
<td>MON</td>
<td>11:30 AM - 1 PM</td>
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**Adventures with Doug - Adventure to Colorado Backroads**

When driving through Colorado, most people would choose Interstate 70, a beautiful highway that cuts west to east across the state. But we’re not heading that way. We’ll cut off the main drag early for our adventure and besides experiencing the striking scenery, we’ll also have a little bit of mystery and get a surprise or two!

Join us for our slide show adventure as we make our way to Rocky Mountain National Park via the lesser traveled back roads, all the while discovering stunning passes, magnificent animals, gorgeous flora and incredible views.

Open to CCSCA members only.

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<th>Date</th>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>February 21st</td>
<td>TUES</td>
<td>3:15 PM - 4:30 PM</td>
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**The Merry Makers Jewelry Sale**

The Merry Makers, a CCSCA social group, is bringing back their annual Jewelry Sale on Monday, February 20th. The sale will be located in the main hallway of the Center. All proceeds will be donated to charity. In the past, the group has donated to Guide Dogs for the Blind and St. Jude’s Hospital, among others.

Be sure to save the date for February 20th and stop by between 11:30 AM - 1 PM.

- The Merry Makers
**SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**
---|---|---|---|---|---|---
12:00 - 3:45 Bridge, Mah Jong & Pan | 8:00 Zumba Gold*
9:00 Ceramics* | 9:00 Mah Jong & Bridge | 9:00 Watercolor** | 8:00 Zumba Gold* | 12:00 - 3:45 Bridge, Mah Jong & Pan |
1:00 Movie (see page 8) | 9:00 Fun with Acrylics* | 9:00 Crochet Group | 9:00 Knitting Group | 9:00 Knitting Group |
| | 9:00 Pan | 9:15 Open Computer Lab | 9:00 Pan | 9:00 Mah Jong & Bridge |
| | 10:00 Chair Zumba* | 10:00 Pan | 9:15 Dance Fit with John | 10:00 Sign Language |
| | 10:00 German (Meets 2nd Monday of the month) | 9:15 Walking Group (Meets 1st & 3rd Tuesday of the month) | 10:00 Spanish (Meets Last Thursday of the month) | 10:00 Spanish (Meets Last Thursday of the month) |
| | 10:15 Intermediate Ukulele* | 10:45 Hula Dance | 11:00 Reading Short Story Group | 11:00 Reading Short Story Group |
| | 10:30 Sit N Be Fit* | 11:00 Karaoke | 1:15 Latin American Group | 11:00 Reading Short Story Group |
| | 10:30 Tai Chi with Anton* (at Veterans Memorial Building) | 11:30 Balance Challenge | 2:30 Open Play Ping Pong | 12:00 Duplicate Bridge |
| | | 11:45 Heartfulness Meditation | 3:00 French (Meets 3rd Thursday of the month) | (Meets in the Veterans Building) |
| | | 1:00 Chair Yoga with Caroline | | |
| | | 1:00 Movie (see page 8) | | |
| | | 1:00 Paticando Sabrosa | | |
| | | 1:00 Improv (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* | | |
---|---|---|---|---|---|---
| | | Trivia with Michael 10 AM | | |
| | | Veterans Group 1:30 PM | | |
| | | Being Active Presentation 10 AM | | |
| | | "Aquarius Casino Trip*" | | |
| | | | | |
| | | | | |
| | | Adventures with Doug 3:15 PM | | |
| | | | | |
27. Music Time Machine 1 PM | 28. Improv 1 PM | Museum Field Trip (see page 4) | "Harrah's Casino Trip*" | 25. Saturday Dance 1 PM - The Strikers |
---|---|---|---|---|---|---
**Calendar Reading Note:** Classes, activities and events listed in this calendar are either unique to this month or reoccurring monthly events. Please visit pages 4 & 5, or other specified pages for information related to these events.
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 us great songs and melodies with her voice and violin. We hope you can be there.

Civics Presentation with Judge Ricciardulli
Join L.A. County Judge Ricciardulli as he explains the role of a judge in the justice system, and offers an opportunity for members to help him decide how to interpret a couple of hypothetical laws.

Presentations

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

Trip Office

Let’s Go On A Trip!
Trip Sales begin February 1st at 10 AM!
Cash/Check only! Bring your CCSCA Membership & player’s card #.

Fantasy Springs - April 2-4, 2023
Cost: $50
($35 Free Play with $5 Food Credit)

Golden Nugget - April 2-4, 2023
Single - $230
Double - $180
2 nights’ accommodation, transportation, baggage fee & driver’s tip.

CONCERTS, PRESENTATIONS & TRIPS

Senior Center Moves

Movies

The CCSCA sponsors a movie screening every Tuesday & Sunday for your enjoyment! The movies are open to CCSCA members only and 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; please ask staff for assistance. Movies and times are subject to change.

Movies Every Tuesday & Sunday at 1:00 PM

Tuesday Movies

February 7 – Till
The true story of Mamie Till-Mabley’s relentless pursuit of justice for her 14-year-old son, Emmett Till, who was brutally lynched in 1955 while visiting his cousins in Mississippi. 2022; PG-13; Drama/Historical Drama; Danielle Deadwyler, Jalyn Hall, Whoopi Goldberg, Hailey Bennett, Jayme Lawson, Sean Patrick Thomas; 2 hr 11 min.

February 14 - Ticket to Paradise
Happy Valentines Day! A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together. 2022; PG-13; Romance/Comedy; Julia Roberts, George Clooney; 1 hr 44 min.

February 21 - It Happened One Night
A renegade reporter trailing a young runaway heiress for a big story joins her on a bus heading to Mississippi. 2022; PG-13; Drama; Callum Turner, Joe Alwyn, Felicity Jones; 1 hr 50 min.

February 26 - The Woman King
Documentary about the legendary 1969 Harlem Cultural Festival, which celebrated African-American music and culture and promoted Black pride and unity. The feature includes never-before-seen concert performances by Stevie Wonder, Nina Simone, Sly and the Family Stone, Gladys Knight and the Pips, Mahalia Jackson, B.B. King, The 5th Dimension, and more. 2022; PG-13; Documentary/Musical; Directed by Questlove; 1 hr 58 min. The screening will be followed by a dance for all as we play the soundtrack from the film.

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 us great songs and melodies with her voice and violin. We hope you can be there.

Date    Day    Time
February 15th    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 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
February 15th    WEDS    1 PM - 2 PM

Civics Presentation with Judge Ricciardulli
Join L.A. County Judge Ricciardulli as he explains the role of a judge in the justice system, and offers an opportunity for members to help him decide how to interpret a couple of hypothetical laws.

Date    Day    Time
February 8th    WEDS    1:30 PM - 2:30 PM

Trip Office

Let’s Go On A Trip!
Trip Sales begin February 1st at 10 AM!
Cash/Check only! Bring your CCSCA Membership & player’s card #.

Golden Nugget - April 2-4, 2023
Single - $230
Double - $180
2 nights’ accommodation, transportation, baggage fee & driver’s tip.

Fantasy Springs - April 20, 2023
Cost: $50
($35 Free Play with $5 Food Credit)

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

Nifty 90s

Happy Valentine’s Day to all of our members, especially our Culver City Senior Citizen Association, Inc. (CCSCA) members who are aged 90+. This year, we will be delivering special Valentine’s Day themed candygrams and flowers to our wonderful 2023 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 90 + 2023 CCSCA members who are on TUESDAY, February 14th

THANK YOU SONY PICTURES ENTERTAINMENT, OUR CCARP STUDENTS, AND THE CITY OF CULVER CITY FOR DONATING THE ITEMS NEEDED TO MAKE THIS PROGRAM A SUCCESS!

Happy Hearts Dance

Come out and dance with us at our Happy Hearts Dance on Tuesday, February 14th from 11 AM to 12:30 PM! At this sweet soiree one can take photos with friends, enjoy tasty treats and other light refreshments while also listening to live music from Bob & Don.

Visit the Business Desk or call (310) 253-6700 starting February 1st to RSVP to this FREE event. Voicemail messages will not be accepted. Open to CCSCA members only.

February is Black History Month!

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Since 1976, every U.S. President has officially designated February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Happy Black History Month!

Check out the bulletin board in the Senior Center “C-wing” that was decorated by a CCSCA member to view photos and read facts about the importance of Black History Month!

Returning Programs & Services

Volunteer Tech Help with Volunteer CCHS Students

Do you have a technology question you would like assistance with? Feel free to come to the Computer Lab at the Center for help with your questions every first Wednesday of the month from 2:30 PM - 5 PM. Thank you to Culver City High School students who will be there to help our Seniors!

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. There is a suggested donation of $3 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 Services 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 1PM to 5 PM (Support Group from 2PM to 3PM) - 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 March from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM. This service is free and open to CCSCA members only.

Please be aware that Janet will not be available this month. Janet will return to provide her services in March. Thank you for understanding!

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@foodsafe.com. Don’t worry if you are new to virtual classes, staff are available via phone to assist with the setup. For any questions, please email info.seniorcenter@culvercity.org.

Take a Moment to Fill Out Our Survey!

We value your feedback! As we continue to evolve, we’d love to hear from you! You will be receiving an anonymous survey when you sign up for membership that we encourage you to fill out and submit to the box next to the Business Desk.

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THANK YOU SONY PICTURES ENTERTAINMENT, OUR CCARP STUDENTS, AND THE CITY OF CULVER CITY FOR DONATING THE ITEMS NEEDED TO MAKE THIS PROGRAM A SUCCESS!
The Culver City Senior Center Turns 20 Years Old Next Month!

The Culver City Senior Center opened in March 2003. To celebrate the 20 years the center has been open, we plan on hosting a party for 2023 CCSCA members on March 31, 2023!

To prepare for the Senior Center’s Birthday Party, we are welcoming all CCSCA members to write about and submit their favorite memories of the center in writing to the Business Desk or by email at info.seniorcenter@culvercity.org. These memories will be shared at the party in March.

All submissions must be received by Friday, March 17th.

Please RSVP for FREE at the Business Desk beginning March 15th.

We look forward to having you there!