

CULVER CITY SENIOR CENTER NEWSLETTER



JANUARY 2023



The Metro Field Trip at the California Science Center.



The Culver City Senior Center will be closed Saturday, January 14th for Culver City's Annual Martin Luther King Jr. Celebration. Join us for a wonderful event (see page 10)!

CITY OFFICIALS

Albert Vera - Mayor
 Yasmine-Imani McMorrin - Vice Mayor
 Göran Eriksson - Councilmember
 Dan O'Brien - Councilmember
 Freddy Puza - 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
 Scott Zeidman - Vice Chair
 Palvi Mohammed - Member
 Khary Cuffe - Member
 Jane Leonard - 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->

PRCS SENIOR CENTER STAFF

Armando Abrego - PRCS Director
 Francisca 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 Service for Groups (SSG): See page 11

SENIOR MEALS

Jewish Family Services (323)937-5843

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.

PRCS Department Information

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

Important Senior Center Updates

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

The Culver City Senior Citizens Association 2023 Membership Drive will be held during the below dates and times in the Senior Center Lobby:

- January 3rd - 6th from 9:30 AM - 1:00 PM
- January 9th - 13th from 9:30 AM - 1:00 PM

2023 Membership Cost Breakdown:

- 2023 Membership Dues - \$20.00
- Age 90+ Membership Dues - \$5.00 (must already be or turn 90 years old during 2023)
- Parking Pass - \$5.00
- Newsletter Mailing - \$25.00
- 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)
- Ping Pong - \$12.00 for the calendar year

2023 Membership Reminders:

- At this time, proof of full Covid-19 vaccination will NOT be required when renewing your 2023 CCSCA membership.
- Only cash or check will be accepted.
- No bills over \$20.00 will be accepted.
- No refunds.

All CCSCA members must have a current 2023 membership & parking sticker by Monday, January 16th, 2023. Membership renewal can only be done in person. Beginning Monday, January 16th, the Business Desk will be accepting membership renewals.

2023 CCSCA Pool Room Fee & Closure until January 31, 2023

The Pool room is closed due to repeated vandalism until January 31, 2023. Starting February 1, 2023, the fee to utilize the pool room will cost \$1 a day and can be paid at the Business Desk. Repairs to the pool table damage will not occur until adequate funds are collected to cover the cost.

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 at the membership drive that we encourage you to fill out and submit to the box at the Business Desk.

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 the Business Desk for more information about the 2023 class schedule and fees.

Culver City Senior Softball League

The Culver City Senior Softball League is about to start a new season & is looking for more Men (age 55+) and Women (age 45+) to join. It is a parity league played on Sunday mornings at Veterans Park. Games are at 8:45am and 11:00am. The league runs from late January or early February through November. The cost has yet to be determined, but if you are interested, please send an email to info.seniorcenter@culvercity.org for more information.

Field Trip to the Wende Museum!

Please join us for a field trip to the Wende Museum on Friday January 20, 2023 from 10 AM- 1 PM! The trip will consist of tours for two exhibitions - (De)constructing Ideology: The Cultural Revolution and Beyond and For Ruth, The Sky in Los Angeles: Ruth Wolf-Rehfeldt and David Horvitz. Space is limited for this trip and it's first come first served. Please note that there will be extensive walking. To RSVP please call the business desk at 310-253-6700 starting January 6th. Voicemail messages will not be accepted.

Open to CCSCA members only.

Date	Day	Time
January 20th	Friday	10 AM - 1 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!

Open to CCSCA members only.

Date	Day	Time
January 4th	WEDS	2 PM - 2:45 PM
February 1st	WEDS	2 PM - 2:45 PM

Saturday Dances (This Month Only)

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

Date	Day	Time	Entertainer
January 7th	SAT	1 PM - 3:30 PM	Tropic Starr
January 21st	SAT	1 PM - 3:30 PM	Retro

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
January 3rd	TUES	9:15 AM
January 17th	TUES	CANCELLED

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.

Date	Day	Time
January 11th	WEDS	1 PM - 3:30 PM
January 18th	WEDS	1 PM - 3:30 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. "Where can I look to find places and rates to store cash?" Note: Their will be no investment advice. We will be discussing resources for finding the places and rates that suit your needs.

Open to CCSCA members only.

Date	Day	Time
January 18th	WEDS	11 AM - 12 PM

Trivia with Michael

Come test your trivia skills with Michael!

Open to CCSCA members only.

Date	Day	Time
January 3rd	TUES	10 AM - 11 AM
February 7th	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.*

Date	Day	Time
January 12th	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.*



Date	Day	Time
January 13th	FRI	12:30 PM - 1:30 PM

Merry Makers Bingo

Join the Merry Makers for a fun game of Bingo! *Open to CCSCA members only.*

Date	Day	Time
January 23rd	MON	11:30 AM - 1 PM
February 6th	MON	11:30 AM - 1 PM

Adventures with Doug -Adventure to Cape Perpetua & the Devil's Churn

Located where the magnificent Oregon forest meets the sea, Cape Perpetua is an area not soon forgotten by those lucky enough to visit it. The headlands above offer majestic views for miles while down below, the surf crashes upon a jagged shore creating a mesmerizing show for all that see it. The amazing Devil's Churn is the climax of this incredible area.

Join us for our spectacular adventure, filled with fun stories, fascinating facts and stunning images, as we head to this remarkable and little known gem.

Open to CCSCA members only.

Date	Day	Time
January 17th	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.



Date	Day	Time
January 19th	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 *The People We Meet on Vacation* by Emily Henry to join the group for their January 11th meeting and the second half of the novel by January 25th. 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 @culverbcc to the number 81010. Open to CCSCA members only.*

Date	Day	Time
January 11th	WEDS	2 PM - 3 PM
January 25th	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.



Date	Day	Time
January 20th	FRI	11 AM - 12 PM

Help With Your Electronic Gadgets!

Volunteers from Apple will be on site to help you with your gadget questions on Wednesday, January 18th! They will be here to help you one-on-one with devices such as cell phones, iPads, 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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie (see page 8)</p> <p>Classes listed in the columns to the right occur every week on the times and dates shown. →</p> <p>* Means the Class Has a Fee</p> <p><i>All classes are taken at the risk of the participant.</i></p>	<p>8:00 Zumba Gold*</p> <p>9:00 Ceramics*</p> <p>9:15 Open Computer Lab</p> <p>9:15 Beginning Ukulele*</p> <p>10:00 Chair Zumba*</p> <p>10:00 German (Meets 2nd Monday of the month)</p> <p>10:00 Merry Makers Club (Meets 1st & 3rd Monday of the month)</p> <p>10:15 Intermediate Ukulele*</p> <p>10:30 Sit N Be Fit*</p> <p>10:30 Tai Chi with Anton* (At Veterans Memorial Building)</p> <p>12:00 Dancercise*</p> <p>1:00 Music Time Machine (meets last Monday of the month)</p> <p>1:00 Art with Coco</p> <p>1:00 Line Dancing*</p> <p>2:30 Yoga with Phil*</p>	<p>9:00 Mah Jong & Bridge</p> <p>9:00 Fun with Acrylics</p> <p>9:00 Pan</p> <p>9:15 Gentle Mat Yoga with Lauren*</p> <p>9:15 Tai Chi with Greg</p> <p>9:15 Walking Group (Meets 1st & 3rd Tuesday)</p> <p>10:45 Hula Dance</p> <p>11:00 Karaoke</p> <p>11:30 Balance Challenge*</p> <p>11:45 Heartfulness Meditation</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Movie (see page 8)</p> <p>1:00 Platicando Sabroso</p> <p>1:00 Improv (meets 4th Tuesday of the month)</p> <p>1:30 Veterans Social Group (meets 1st Tuesday of the month)</p> <p>2:00 SSG Support Group</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Crochet Group</p> <p>9:00 Pan</p> <p>9:15 Open Computer Lab</p> <p>9:30 Chair Abs & Core</p> <p>10:30 MindBodyDance*</p> <p>10:30 Pan</p> <p>11:00 Beginning Spanish</p> <p>12:00 Mat Pilates 101*</p> <p>12:30 International Folk</p> <p>1:00 Stretch & Flex*</p> <p>1:00 Genealogy</p> <p>1:00 Yoga with Phil*</p> <p>1:30 Current Events* (Meets 1st Wednesday of the month)</p> <p>2:00 Pan Y Platica (Meets 1st Wednesday of the month)</p> <p>2:15 Beginning Spanish</p> <p>2:30 Open Play Ping Pong</p> <p>3:00 Chess</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1.	2.	3. Walking Group 9:15 AM Trivia with Michael 10 AM	4. Pan y Platica 2 PM Membership Drive 9 AM
8.	9. CCSCA Board Meeting 1 PM	10.	11. LOSS SUPPORT GROUP KARAOKE WITH RUDY 1 PM BOOK CLUB 2 PM Membership Drive 9 AM
15.	16.	17. Adventures with Doug 3:15 PM	18. The Cunning Consumer KARAOKE WITH RUDY 1 PM Apple Tech Help 2 PM
22.	23. Merry Makers Bingo 11:30 AM	24.	25. LOSS SUPPORT GROUP BOOK CLUB 2 PM
29.	30. Music Time Machine 1 PM	31. Improv 1 PM	

DAY	THURSDAY	FRIDAY	SATURDAY
	9:00 Watercolor* 9:00 Mah Jong & Bridge 9:00 Pan 9:00 Beginning Sign Language 9:15 Dance Fit with John 10:00 Sign Language 10:00 Spanish (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)	8:00 Zumba Gold* 9:00 Knitting Group 9:00 Mah Jong & Bridge 9:00 Pan 9:00 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 Balance Challenge with Marguerite* 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 on the Patio 3:00 Yiddish Conversations 3:30 Gentle Yoga with Cyndi*	12:00 - 3:45 Bridge, Mah Jong & Pan 12:15 Current Events 12:30 - 3:30 Open Play Ping Pong

Reminder:
All weekly activities are located here above the monthly calendar.

DAY	THURSDAY	FRIDAY	SATURDAY
	5.	6.	7. Saturday Dance 1 PM
9 AM - 1 PM	12. Kindness Rock Painting 1 PM	13. Music Mends Minds 12:30 PM	14. SENIOR CENTER CLOSED FOR MLK EVENT (see page 10)!
1 PM - 1 PM	19. ASK THE PHYSICAL THERAPIST 1 PM	20. Wende Museum Tour 10 AM (Registration Required) The Glee Three Sing-Along 11 AM	21. Saturday Dance 1 PM
10 AM - 11 AM	26.	27.	28.
10 AM - 11 AM			

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.



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.*

Tuesday Movies

January 3 – *Casablanca*

Rick Blaine, who owns a nightclub in Casablanca, discovers his old flame Ilsa is in town with her husband, Victor Laszlo. Laszlo is a famed rebel, Ilsa knows Rick can help them get out of the country. 1942; PG; Romance/Drama; Humphrey Bogart, Ingrid Bergman, Paul Henreid, Claude Rains, Peter Lorre; 1 hr 42 min

January 10 - *Glass Onion: A Knives Out Mystery*

Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case. 2022; PG-13; Mystery/Crime; Janelle Monae, Daniel Craig, Kate Hudson, Edward Norton; 2 hr 19 min.

January 17 - *The Manchurian Candidate*

Remembering Angela Lansbury. Near the end of the Korean War, a platoon of U.S. soldiers is captured by communists and brainwashed. Angela Lansbury was nominated for an Oscar for Best Supporting Actress for her role. 1962; PG-13; Thriller/Drama; Laurence Harvey, Frank Sinatra, Angela Lansbury, Janet Leigh; 2 hr 6 min.

January 24 – *One Fine Day*

The lives of two strangers and their young children unexpectedly intersect on one hectic, stressful day in New York City. 1996; PG; Comedy/Romance; George Clooney, Michelle Pfeiffer. 1 hr 48 min.

January 31 - *Thirteen Lives*

A rescue mission is assembled in Thailand where a group of young boys and their soccer coach are trapped in a system of underground caves that are flooding. Based on a true story. 2022; PG-13; Drama/Survival; Viggo Mortensen, Colin Farrell, Joel Edgerton; 2 hr 30 min.

Sunday Movies

January 1- *New Year's Day*

The Senior Center is CLOSED. Happy New Year!



January 8- *Down with Love*

It's 1962, and feminist Barbara Novak pens a best-selling book that details the drawbacks of love. Slick writer Catcher Block decides to expose Barbara as a fraud by making her fall in love with him. However, his plan has unexpected consequences. 2003; PG-13; Romance/Comedy; Renée Zellweger, Ewan McGregor; 1 hr 42 min.

January 15 - *King in the Wilderness*

Through personal stories of the people who were around him, this documentary film follows Martin Luther King, Jr. during the last years of his life: from the passage of the Voting Rights Act in 1965 to his assassination in 1968. 2018; NR; Documentary; Joan Baez, Harry Belafonte; Dorothy Cotton, Andrew Young; 1 hr 51 min.

January 22 - *See How They Run*

In the West End of 1950s London, plans for a movie version of a smash-hit play come to an abrupt halt after a pivotal member of the crew is murdered. 2022; PG-13; Mystery/Crime; Saoirse Ronan, Sam Rockwell, Harris Dickinson, Adrien Brody. 1 hr 38 min.

January 29 - *Lyle Lyle Crocodile*

Donated by our friends at Sony Pictures Entertainment. Join us for the adventures of everyone's favorite crocodile that lives in New York City and loves to sing. 2022; PG; Animation/Adventure/Comedy; Javier Bardem, Constance Woo, Shawn Mendes; 1 hr 46 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
January 18th	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
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 PM - 2 PM

IF YOU WOULD LIKE ACCESS TO ANY OF THESE VIRTUAL CONCERTS OR WORKSHOPS, PLEASE EMAIL INFO.SENIORCENTER@CULVERCITY.ORG AND WE WILL SEND YOU THE CLASS' ZOOM LINK AND MEETING ID.

Presentations

Avoiding Scams

Come out and join the California Department of Insurance as they present information on insurance related scams and how to avoid becoming a victim.

Date	Day	Time
January 26th	THURS	1 PM - 2 PM

Signs of Memory Loss

Join Dr. Resvani for an insightful presentation about the basics of memory loss and learn about steps one can take to improve their memory.

Date	Day	Time
January 10th	TUES	10:30 AM - 11:15 AM

Diabetes

Join the Westside Family Health Center for a presentation on Diabetes. Come out to learn more about it and how to take preventative measures.

Date	Day	Time
January 27th	FRI	10 AM - 11 PM

Trip Office

Let's Go On A Trip!

Trip Sales begin January 4th at 10 AM!

Cash/Check only! Bring your CCSCA Membership & player's card #.

Agua Caliente (Palm Springs) Chumash Casino

March 9th, 2023	March 30, 2022
Departure: 8 AM	Departure: 8 AM
Cost: \$50 (\$40 free play & \$15 food credit)	Cost: \$50 (\$40 free play)

The Lion King at the Pantages Theatre - March 24th

Departure: 12:30 PM Cost: \$95

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

Community Events & Trips

The Radcliffe Pitches A capella Performance

[The Radcliffe Pitches](#) are Harvard's oldest treble-voiced a cappella singing group. Since 1975, the Pitches have been delighting audiences worldwide with a repertoire ranging from jazz classics to jazzified renditions of contemporary songs. They are so excited to come to the hometown of one of their members and perform at the senior center. Join the Radcliffe Pitches on January 10th at 11:30 AM for a special performance!



Martin Luther King Jr. Event

Martin Luther King Jr. envisioned a world where children would not be judged by the color of their skin, but by the content of their character. We pay tribute to his life mission of bringing compassion, fairness, and racial equality to all.

MLK Day is the only federal holiday designated by Congress as a National Day of Service. The day not only honors the life and work of Dr. Martin Luther King Jr., but also encourages all Americans to volunteer to improve their communities.

The Parks, Recreation and Community Services Department offers special events each year. This year, the event will take place at the Culver City Senior Center on January 14, 2023. Please be on the look out for more information coming soon or visit <https://www.culvercity.org/Explore/Annual-Special-Events/MLK-Celebration> for details closer to the event.



MARTIN LUTHER KING, JR. DAY
CELEBRATION

JANUARY 14, 2023

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 on by to the Computer Lab at the center for help with your questions every first Wednesday of the month from 2:30 PM - 5 PM starting January 4th.

Thank you to our 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 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 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 December from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM. This service is free and is open to CCSCA members only.

Please be aware that Janet will not be available in January and February 2023 for this service. Janet will return to provide her services in March. Thank you for understanding!

In Memoriam



Margaret "Jackie" Kugle



**Newsletter
Announcement:**

**CCSCA Casino & Special
Event Trips are on sale
now at the Trip Office!**

Feel free to check out trip information on page 9 or stop by the Trip Office on Wednesdays or Fridays from 10 AM to 1 PM.



Culver CITY

4095 OVERLAND AVENUE
CULVER CITY, CA 90232
(310) 253 - 6700

Benita Bike's DanceArt Performance

See – Learn – Share! Benita Bike's DanceArt performs January 28th, at 1:30 PM at the Culver City's Senior Center! This well-received modern dance company will perform concert dances followed by a Q&A session. The following dances are featured: "Griot Songs" touching on feelings at 3 stages of life: pre-teen, young adulthood, and maturity; and "Schoenfield Dances," melding 20th century popular dance styles with a classical movement sensibility.

This FREE arts performance is made possible in part by the City of Culver City and its Cultural Affairs Commission, with support from Sony Pictures Entertainment and the Culver City Arts Foundation.



A Message from the CCSCA Board of Directors

The CCSCA volunteer Board of Directors thanks all of you who voted for its 2023 nominees and by-law changes. Please think about offering to run for the board for next year, we welcome new ideas and Board members. The CCSCA is a non-profit that works in partnership with the City to provide the many classes and activities offered at the Senior Center! The CCSCA sponsors a large variety of classes, events and programs - many at no cost and others at a very low cost. This is thanks to YOUR membership! To run as a member of the Board you must simply participate in 20 hours of participation in a class or activity at the Center. Our Board meetings are held the second Monday of the month at 1 PM and are open to all. We'd love to see you there!