

CULVER CITY SENIOR CENTER NEWSLETTER



JULY 2022



Fun with Pastels Class



July is Parks Make Life Better Month!
Join us for fun activities all month long and for free
movie showings at Culver City Park every
Saturday in July at dusk!



CITY OFFICIALS

Dr. Daniel Lee - Mayor
Albert Vera - Vice Mayor
Göran Eriksson - Councilmember
Yasmine-Imani McMorris - 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. 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
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
Ryan Aquinde - 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

New Masking & Vaccination Verification Information

Indoor masking is now strongly recommended, but not required, for vaccinated and unvaccinated individuals in public settings and businesses.

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.

Free COVID-19 Tests for Individuals with Medicare Part B

Americans with Medicare Part B, including those enrolled in a Medicare Advantage plan, now have access to Food and Drug Administration (FDA) approved, authorized, or cleared over-the-counter COVID-19 tests at no cost. People with Medicare can get up to eight tests per calendar month from [participating pharmacies and health care providers listed online](#) for the duration of the COVID-19 public health emergency.

New CCSCA Classes 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.

Mat Pilates 101: Instructor Haruna introduces an invigorating movement class to work out your body. Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. The ladies and gentleman in this class work nicely to improve mobility, and modifications can be made for those who need them! *Class meets every Friday from 11:30 AM - 12:15 PM. The class fee is \$4 and is open to CCSCA members only.*

Music Time Machine: Instructor Robert Samuelson has created his class transport your mind back in time through music. DJ Rob will play samples of popular music from your past to challenge and stimulate your memory all while having fun! *Class meets the last Monday of each month from 1 PM - 2 PM on the patio. This class is free for CCSCA members.*

Tai Chi with Larry Bates (Coming Soon): 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.*

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 will be posted in each room so that everyone may easily complete a survey for each class they participate in. Thank you for your cooperation!

In Memoriam



Linda Forest

Sandra (Sandy) Szeimowicz



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



Only in July

Healers: A Movement Workshop Examining Healing in the Midst of COVID-19

Donna Sternberg & Dancers present "Healers," a workshop that uses movement, drawing and writing to explore experiences of covid. In a group setting, participants will experience guided movement activities as well as drawing and writing to tell their personal stories about COVID-19.

Participants will come together as a community to share our stories as well as find ways to bring about healing. No prior experience is necessary, this workshop is for anyone that is interested in finding solace through shared stories and healing practices. The workshop is led by Donna Sternberg, artistic director of Donna Sternberg & Dancers and Angela Richardson, a healer/spiritual practitioner and writer. It is part of a series of workshops that are being conducted in different communities throughout Los Angeles. The group is particularly interested in the experiences of senior citizens who have been greatly impacted by the pandemic.

Join us for a healing, renewing and affirming journey. The organization will provide all of the necessary materials. Comfortable clothing that you can easily move in is recommended.

This workshop will be held in-person at the Culver City Senior Center. Please register for this event at dsdancers.com/events.

Open to CCSCA members only.

Date	Day	Time
July 27th	WEDS	1 PM - 3 PM

Golden Gate Hospice Care - When to Ask for Help with Senior Supportive Care Services

Golden Gate Hospice Care will be talking about the different core supportive care services for seniors and when patients should reach out for help. *Open to CCSCA members only.*

Date	Day	Time
July 22nd	FRI	10 AM - 11 AM

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.

Date	Day	Time
July 5th	TUES	9:15 AM
June 19th	TUES	9:15 AM

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
July 13th	WEDS	1 PM - 3 PM
July 20th	WEDS	1 PM - 3 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 with guest presenter Marilyn Anderson, author of the book, *How to Live Like a Millionaire When You're a Million Short*.

Marilyn is a fount of tips on getting stuff cheap, cheaper, and even free!

Open to CCSCA members only.

Date	Day	Time
July 20th	WEDS	11 AM - 12 PM

Trivia with Michael

Come test your trivia skills with Michael!

Open to CCSCA members only.

Date	Day	Time
July 5th	TUES	10 AM - 11 AM
August 2nd	TUES	10 AM - 11 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! *Open to CCSCA members only.*



Date	Day	Time
July 8th	FRI	12:30 PM - 1:30 PM

Bingo

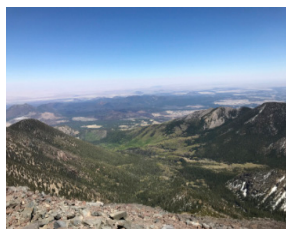
Join PRCS staff for Bingo. Prizes will be provided by the Culver City PRCS Department. *Open to CCSCA members only.*

Date	Day	Time
July 27th	WEDS	1 PM - 2 PM

Adventures with Doug -Adventure to the Olympic Mountains

The cluster of big glorious peaks just north of Flagstaff, Arizona, sure don't look like volcanos but long ago they were spitting fire!

It's easy to envision Arizona as a large desert full of beautiful vistas and shape. But Arizona also has some big mountains... a reminder of the volcanic activity that occurred here years ago.



Those dramatic towers just north of Flagstaff are known as the San Francisco Peaks and the biggest is also the tallest in Arizona. Humphreys Peak stands 12,637 feet high and rivals many of the mighty Sierra Peaks in California both in height and the amazing vista it offers.

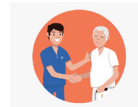
Come join us for our slideshow, full of fun stories and spectacular views as we climb this wonderful peak. *Open to CCSCA members only.*

Date	Day	Time
July 19th	TUES	3:30 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
July 21st	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 Vanishing Half* by Brit Bennett to join the group for their July 13th meeting and the second half of the novel for their July 27th 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 @culverbcb to the number 81010.

Date	Day	Time
July 13th	WEDS	2 PM - 3 PM
July 27th	WEDS	2 PM - 3 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
July 14th	THURS	1 PM - 2:30 PM

Summer Dance Party (July Only)

Grab some friends and come out for a free Summer Dance Party at the Senior Center! *Open to CCSCA members only.*

Date	Day	Time
July 16th	SAT	1 PM - 3 PM



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>All classes are taken at the risk of the participant.</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 1st 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 *</p> <p>12:00 Dancercise *</p> <p>1:00 Art with Coco</p> <p>1:00 Line Dancing *</p> <p>1:00 Music Time Machine (meets last Monday of the month)</p> <p>2:30 Yoga with Phil *</p>	<p>9:00 Mah Jong & Bridge</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 (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>11:00 Chair Yoga with Carol</p> <p>12:30 International Folk</p> <p>1:00 Genealogy</p> <p>1:00 Yoga with Phil *</p> <p>1:30 Current Events *</p> <p>2:15 Beginning Spanish</p> <p>2:30 Open Play Ping Pong</p>

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

3.	4. SENIOR CENTER IS CLOSED HAPPY 4TH OF JULY!	5. WALKING GROUP 9:15 AM TRIVIA WITH MICHAEL 10 AM VETERAN'S SOCIAL GROUP 1:30PM	6.
10.	11. CCSCA Board Meeting 1PM in the Crafts Room	12.	13. LOSS SUPPORT GROUP 10 AM KARAOKE WITH RUDY BOOK CLUB 2 PM
17.	18.	19. WALKING GROUP 9:15 AM ADVENTURES WITH DOUG 3:30PM	20. CUNNING CONSUME KARAOKE WITH RUDY 1PM ON THE PATIO
24.	25. MUSIC TIME MACHINE ON THE PATIO 1PM	26. IMPROV ON THE PATIO 1PM	27. LOSS SUPPORT GROUP 10 AM BINGO 1PM HEALERS WORKSHOP BOOK CLUB 2PM
31.			

THURSDAY	FRIDAY	SATURDAY
<p>9:00 Watercolor*</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Beginning Sign Language</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 Duplicate Bridge (Meets in the Veterans Building)</p> <p>12:30 Dancercise*</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 Yoga with Phil*</p> <p>1:30 Latin American Group</p> <p>2:30 Open Play Ping Pong</p> <p>3:00 French (Meets 3rd Thursday)</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>9:15 Open Computer Lab</p> <p>9:30 Blood Pressure Checks</p> <p>9:45 Gentle Mat Yoga with Caroline</p> <p>10:30 Balance Challenge with Marguerite*</p> <p>11:00 Chair Yoga with Caroline</p> <p>11:30 Mat Pilates 101*</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> <p>12:30 - 3:30 Open Play Ping Pong</p> <div> <p>Reminder: All weekly activities are located here above the monthly calendar.</p> </div>

THURSDAY FRIDAY SATURDAY

		1. 4th of July Party! (Tickets Required)	2.
	7.	8. MAT PILATES 101 11:30 AM - 12:15 PM MUSIC MENDS MINDS DRUM CIRCLE 12:30 PM	9. Parks Make Life Better Month - Movies in the Park at Culver City Park Showing: <i>The Goonies</i>
-11:30AM 1PM	14. REUSABLE WATERBOTTLE DECORATING ACTIVITY 11AM -12:30PM KINDNESS ROCK PAINTING 1PM	15. MAT PILATES 101 11:30 AM - 12:15 PM	16. Summer Dance Party 1PM - 3 PM Parks Make Life Better Month - Movies in the Park at Culver City Park Showing: <i>Jumanji</i>
R 11 AM DY O	21. ASK THE PHYSICAL THERAPIST 1PM	22. MAT PILATES 101 11:30 AM - 12:15 PM	23. Parks Make Life Better Month - Movies in the Park at Culver City Park Showing: <i>National Treasure</i>
-11:30AM 1PM	28.	29. MAT PILATES 101 11:30 AM - 12:15 PM	30. Parks Make Life Better Month - Movies in the Park at Culver City Park Showing: <i>Uncharted</i>

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.



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.*

Tuesday Movies

July 5th - **National Treasure**

Historian and code-breaker Ben Gates has been searching his whole life for a rumored treasure dating back to the creation of the United States. 2004; PG; Adventure/Action; Nicolas Cage, Harvey Keitel, Jon Voight, Diane Kruger, Sean Bean, Justin Bartha, Christopher Plummer. 2h 11m.

July 12th - **Falling for Figaro**

A brilliant young fund manager leaves her unfulfilling job and long-term boyfriend to chase her lifelong dream of becoming an opera singer. She meets a fellow opera student while in training, and what begins as a rivalry develops into something more. 2020; R; Romance/Comedy; Joanna Lumley, Danielle Macdonald, Hugh Skinner. 1h 45m.

July 19th - **Operation Mincemeat**

Operation Mincemeat is set in 1943 as the Allies are determined to launch an all-out assault on Fortress Europe. But they face an impossible challenge - to protect a massive invasion force from entrenched German firepower and avert a potential massacre. 2021; PG-13; War/Drama; Colin Firth, Matthew Macfadyen, Kelly Macdonald, Penelope Wilton, Johnny Flynn, Jason Isaacs. 2h 8m.

July 26th - **Rescued by Ruby**

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story. 2022; G; Biography/Drama; Grant Gustin. 1h 30m.

Join us for Movies in the Park at
Culver City Park at dusk on Saturday 9th,
16th, 23rd & 30th in July to celebrate
Parks Make Life Better Month!
(See last page for details)

Sunday Movies

July 3rd - **1776**

1776 is a musical based on the events leading up to the signing of the Declaration of Independence, telling a story of the efforts of John Adams to persuade his colleagues to vote for American independence and to sign the document. 1972; G; Musical/Drama; William Daniels, Howard DaSilva, Ken Howard. 2h 21m.

July 10th - **Dog**

With a dog named Lulu by his side, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness. 2022; PG-13; Comedy/Road Trip; Channing Tatum. 1h 41m.

July 17th - **Uncharted**

Treasure hunter Nathan Drake, a descendent of explorer Sir Francis Drake, learns the whereabouts of El Dorado, the fabled South American golden city. 2022; PG-13; Adventure/Action; Tom Holland, Mark Wahlberg, Sophia Ali, Tati Gabrielle, Antonio Banderas. 1h 56m.

July 24th - **Quartet**

Once-popular opera diva creates a stir with her arrival at Beecham House, a home for retired performers. Most of the other Beecham residents are delighted, and try to convince Jean to join them in a performance of "Rigoletto." Jean, however, knows that she is long past her prime and is reluctant to sully the memory of her once-lovely voice. 2012; PG-13; Drama/Comedy; Maggie Smith, Tom Courtenay, Billy Connolly, Pauline Collins, Michael Gambon. 1h 38m.

July 31st - **Off the Rails**

Three best friends from college recreate their post-graduation trip across Europe to honor the memory of their friend, Anna. 2021; R; Comedy/Drama; Kelly Preston, Jenny Seagrove, Sally Phillips, Franco Nero. 1h 34m.

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.

Date	Day	Time
June 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
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.

Virtual Workshops

Grilling & BBQ: A Master Class

Fire up the grill for summer and learn tips for the best BBQ sauces, rubs, and techniques! Join AARP and attendees from across the U.S. for a FREE Grilling & BBQ class on Tuesday, July 12, 2022, at 4:00 PM PT. AARP membership not required.

Join award-winning chef Andy Husbands to learn a few BBQ tips for your summer cooking! We'll learn how to make sauces and seasonings for BBQ as well as great accompaniments for a perfect BBQ meal. Items on the menu: bare-bones BBQ sauce, the best home burger, grilled zucchini salad, and butter cake.

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

Date	Day	Time
July 12th	TUES	2 PM - 3 PM



Trip Office

Let's Go On A Trip!

Join us on a trip to Viejas & Pala Casino in September!

Viejas Casino	Pala Casino
September 8, 2022	September 22, 2022
Departure: 8 AM	Departure: 8:30 AM
Cost: \$30	Cost: \$50

No free play is included.

The Trip office hours will be Wednesday & Friday from 10 AM – 1 PM. Please bring your CCSCA Membership, player's card number and complete a new Trip Office Emergency Card if you do not have an updated version on file when you arrive.

Cash or checks only! Credit cards will not be accepted. Masks must be worn while on bus.

Reusable Water Bottle Decorating

Stay Hydrated This Summer With A New Reusable Waterbottle!

Join us on the patio on Thursday, July 14th from 11 AM to 1 PM for a waterbottle decorating session with Senior Center staff! All Senior Center participants will receive a new water bottle 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.

The Culver City Senior Center has a Hydration Station for all to enjoy. 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.



Downtown Culver City Circulator

In need of a grocery run to Trader Joe's or a trip to Starbucks with a friend for coffee in Downtown Culver City? Take the Circulator (1C1) and hit all of the major areas within Downtown Culver City!

The 1C1 is a Culver City Downtown Circulator which connects passengers from Expo E Line Culver City Station to the Arts District and Culver City City Hall. 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.

The Culver City Transportation Department plans to extend its service to the Senior Center and Veterans Memorial by mid-July. For example, CCSCA members will soon be able to park their cars in the center's parking lot, take the circulator to Downtown Culver City to have a coffee at Phil's Coffee or Starbucks before returning to the center for the weekly movie showings at 1 PM.



Returning Programs & Services

Nutrition Volunteers Needed!

Jewish Family Services (JFS) is bringing back the daily meal program to the center, but they need amazing volunteers to help start the program off strong once again! If interested, please fill out the [Volunteer Application online](#) to sign up as a JFS volunteer at the Senior Center.



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.

Dayle McIntosh Center - Aging with Vision Loss Program

Living with vision loss is challenging but we're here to help. The Dayle McIntosh Center's Aging with Vision Loss Program provides free one-on-one services to seniors experiencing vision loss. Whether it's using your microwave, organizing medications, or reading your mail, our Instructors can assist you in achieving your goals for greater independence.

If you or someone you know is Age 55 or older, lives in Orange or Los Angeles County and is struggling with activities of daily living due to vision loss, please don't hesitate to call. The Dayle McIntosh Center has been providing services to persons with disabilities since 1977 and we look forward to being of service to you. Call us at (800) 972-8285 or visit us on the web at www.daylemc.org.

Veterans Social Group

The Veterans Social Group has returned to the senior center and now meets the first Tuesday of the month from 1:30 PM - 3 PM. Come out and share your experiences with other Veterans through this free, drop-in social group! To get in contact with the group leader, please email info.seniorcenter@culvercity.org.

**For the month of July, the group will meet on Tuesday, July 11th due to the 4th of July Holiday.*



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)



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!



Culver CITY

4095 OVERLAND AVENUE
CULVER CITY, CA 90232

4th of July



The City of Culver City wishes everyone a fun and safe 4th of July! To celebrate, the Exchange Club of Culver City, in conjunction with City of Culver City, the County of Los Angeles and West Los Angeles College invites everyone to the annual [Fireworks Show](#) on the grounds of West LA College!

Join the community for a fun time with live music, food vendors and fireworks at West Los Angeles College! Gates open at 3:30 PM and the event starts at dusk on Sunday, July 3rd!

July is Parks Make Life Better Month

July is Parks Make Life Better Month and the Parks, Recreation and Community Services Department is celebrating with Movies in the Park every Saturday in July! Bring a lawn chair, a blanket, some friends and snacks to each showing in July.

Movies begin at dusk on Saturday July 9th, 16th, 23rd and 30th at Culver City Park on Baseball Field #1. Culver City park is located at 9910 Jefferson Blvd., Culver City, CA 90232.

Come out and have fun with us at these FREE showings!

