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!
PRCS & City Information

Important Senior Center Updates

Special Monthly Activities

Special Monthly Activities

Class Schedule

Class Schedule

Movies

Virtual Concerts, Workshops & Trips

Sustainability

Returning Programs & Services

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. 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

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 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

PRCS Department Information

PRCS Website - www.culvercity.org/prcs
City Website - www.culvercity.org
PRCS Instagram - @culvercityprcs
City Instagram - @culvercitygov
PRCS Facebook - CulverCityPRCS
City Facebook - CityofCulverCity
Plunge Facebook - CulverPool

VISIT US ONLINE AT WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER
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.

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.

Recurring

Walking Group

Join PRCS staff member, John, on a new route around beautiful Culver City. All participants must wear proper exercise shoes. We recommend wearing bright colored clothes, bringing a reusable water bottle (disposable plastic is not allowed), wearing a hat & applying sunscreen.

Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 5th</td>
<td>TUES</td>
<td>9:15 AM</td>
</tr>
<tr>
<td>June 19th</td>
<td>TUES</td>
<td>9:15 AM</td>
</tr>
</tbody>
</table>

Karaoke on the Patio with Rudy

Join Rudy and friends for a fun filled afternoon of karaoke on the Senior Center patio every 2nd & 3rd Wednesday of the month.

Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 13th</td>
<td>WEDS</td>
<td>1 PM - 3 PM</td>
</tr>
<tr>
<td>July 20th</td>
<td>WEDS</td>
<td>1 PM - 3 PM</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 20th</td>
<td>WEDS</td>
<td>11 AM - 12 PM</td>
</tr>
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</table>

Trivia with Michael

Come test your trivia skills with Michael!

Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 5th</td>
<td>TUES</td>
<td>10 AM - 11 AM</td>
</tr>
<tr>
<td>August 2nd</td>
<td>TUES</td>
<td>10 AM - 11 AM</td>
</tr>
</tbody>
</table>
Music Mends Minds - Rhythm, Play and Community!
Join us for the Music Mends Minds Drum Circle on the patio (moves inside if inclement weather)! Instruments will be provided, and feel free to bring your own! No experience needed! Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 8th</td>
<td>FRI</td>
<td>12:30 PM - 1:30 PM</td>
</tr>
</tbody>
</table>

Ask the Physical Therapist
Come out and ask Physical Therapist, Cristina Gabor about general health topics and tips to keep your body well. Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 21st</td>
<td>THURS</td>
<td>1 PM - 2 PM</td>
</tr>
</tbody>
</table>

Book Club
Join Culver City High School students Emily & Teagan for an intergenerational monthly Book Club! Please read the first half of 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 13th</td>
<td>WEDS</td>
<td>2 PM - 3 PM</td>
</tr>
<tr>
<td>July 27th</td>
<td>WEDS</td>
<td>2 PM - 3 PM</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 19th</td>
<td>TUES</td>
<td>3:30 PM - 4:30 PM</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 27th</td>
<td>WEDS</td>
<td>1 PM - 2 PM</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 14th</td>
<td>THURS</td>
<td>1 PM - 2:30 PM</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 16th</td>
<td>SAT</td>
<td>1 PM - 3 PM</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>MONDAY</td>
<td>TUESDAY</td>
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<tr>
<td>--------------</td>
<td>--------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>12:00 - 3:45</td>
<td>8:00 Zumba Gold*</td>
<td>9:00 Mah Jong &amp; Bridge</td>
</tr>
<tr>
<td>Bridge, Mah Jong &amp; Pan</td>
<td>9:00 Ceramics*</td>
<td>9:00 Pan</td>
</tr>
<tr>
<td>1:00 Movie</td>
<td>9:15 Open Computer Lab</td>
<td>9:15 Gentle Mat Yoga with Lauren*</td>
</tr>
<tr>
<td>(see page 8)</td>
<td>9:15 Beginning Ukulele*</td>
<td>9:15 Tai Chi with Greg</td>
</tr>
<tr>
<td>Classes listed in the columns to the right occur every week on the times and dates shown.</td>
<td>10:00 Chair Zumba*</td>
<td>10:00 Merry Makers Club (Meets 1st &amp; 3rd Tuesday)</td>
</tr>
<tr>
<td>*Means the Class Has a Fee</td>
<td>10:00 German (Meets 1st Monday of the month)</td>
<td>10:45 Hula Dance</td>
</tr>
<tr>
<td>All classes are taken at the risk of the participant.</td>
<td>10:00 Merry Makers Club (Meets 1st &amp; 3rd Monday of the month)</td>
<td>11:00 Karaoke</td>
</tr>
<tr>
<td></td>
<td>9:15 Intermediate Ukulele*</td>
<td>11:30 Balance Challenge*</td>
</tr>
<tr>
<td></td>
<td>10:30 Sit N Be Fit*</td>
<td>11:45 Heartfulness Meditation</td>
</tr>
<tr>
<td></td>
<td>10:30 Tai Chi with Anton*</td>
<td>1:00 Chair Yoga with Caroline</td>
</tr>
<tr>
<td></td>
<td>12:00 Danceercise*</td>
<td>1:00 Movie (see page 8)</td>
</tr>
<tr>
<td></td>
<td>1:00 Art with Coco</td>
<td>1:00 Music Time Machine (meets last Monday of the month)</td>
</tr>
<tr>
<td></td>
<td>1:00 Line Dancing*</td>
<td>2:30 Yoga with Phil*</td>
</tr>
<tr>
<td></td>
<td>1:00 Music Time Machine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(meets last Monday of the month)</td>
<td></td>
</tr>
</tbody>
</table>

**SUNDAY**

3. **4. SENIOR CENTER IS CLOSED**  
**HAPPY 4TH OF JULY!**

10. 11. **CCSCA Board Meeting 1PM in the Crafts Room**

12. **WALKING GROUP 9:15 AM**  
**TRIVIA WITH MICHAEL 10 AM**  
**VETERAN’S SOCIAL GROUP 1:30PM**

17. 18. 19. **WALKING GROUP 9:15 AM**  
**ADVENTURES WITH DOUG 3:30PM**

20. **CUNNING CONSUMER 1PM ON THE PATIO**

24. 25. **MUSIC TIME MACHINE ON THE PATIO 1PM**

26. **IMPROV ON THE PATIO 1PM**

27. **LOSS SUPPORT GROUP 10AM**  
**BINGO 1PM**  
**HEALERS WORKSHOP 1PM**  
**BOOK CLUB 2PM**

31.
### July Calendar

#### Monday
- 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 Dancercise*
- 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)

#### Tuesday
- **10:00** Merry Makers Club
  *(Meets 1st Monday of the month)*
- **10:00** German
- **10:00** Chair Zumba*
- **9:15** Beginning Ukulele*
- **10:00** Sign Language
- **10:00** Open Computer Lab
- **9:00** Ceramics*
- **8:00** Zumba Gold*

#### Wednesday
- **9:00** Walking Group
- **9:15** Tai Chi with Greg
- **9:15** Gentle Mat Yoga
- **9:00** Tai Chi with Anton*
- **10:00** Yoga with Phil*
- **1:30** Veterans Social Group
  *(Meets 4th Tuesday of the month)*
- **1:00** Improv on the Patio
- **1:00** Plasticando Sabroso
- **1:00** Movie (see page 8)
- **1:00** Chair Yoga with Caroline
- **1:15** Heartfulness Meditation
- **1:30** Balance Challenge*
- **1:00** Karaoke
- **10:45** Hula Dance

#### Thursday
- **1:00** Remembranzas
- **1:30** Latin American Group
- **1:30** Current Events*
- **1:00** Yoga with Phil*
- **1:00** Genealogy
- **1:00** Beginning Mah Jong
- **1:20** Fun with Pastels
- **1:30** Dancercise*
- **1:00** Beginning Spanish
- **1:30** Open Play Ping Pong
- **2:30** Open Play Ping Pong

#### Friday
- **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
- **11:30** Mat Pilates 101*
- **1:00** German Conversations
- **1:00** Line Dancing*
- **1:00** Remembranzas
- **2:00** Mindfulness Meditation on the Patio
- **3:30** Gentle Yoga with Cyndi*

#### Saturday
- **12:00 - 3:45** Bridge, Mah Jong & Pan
- **12:15** Current Events
- **12:30 - 3:30** Open Play Ping Pong

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

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

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

**Movies Every Tuesday & Sunday at 1:00 PM**

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

#### Tuesday Movies

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie</th>
<th>Year</th>
<th>Genre</th>
<th>Cast</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 5th</td>
<td>National Treasure</td>
<td>2004</td>
<td>PG; Adventure/Action</td>
<td>Nicolas Cage, Harvey Keitel, Jon Voight, Diane Kruger, Sean Bean, Justin Bartha, Christopher Plummer. 2h 11m.</td>
</tr>
<tr>
<td>July 12th</td>
<td>Falling for Figaro</td>
<td>2020</td>
<td>R; Romance/Comedy</td>
<td>Joanna Lumley, Danielle Macdonald, Hugh Skinner. 1h 45m.</td>
</tr>
<tr>
<td>July 19th</td>
<td>Operation Mincemeat</td>
<td>2021</td>
<td>PG-13; War/Drama</td>
<td>Colin Firth, Matthew Macfadyen, Kelly Macdonald, Penelope Wilton, Johnny Flynn, Jason Isaacs. 2h 8m.</td>
</tr>
<tr>
<td>July 26th</td>
<td>Rescued by Ruby</td>
<td>2022</td>
<td>G; Biography/Drama</td>
<td>Grant Gustin. 1h 30m.</td>
</tr>
</tbody>
</table>

#### Sunday Movies

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie</th>
<th>Year</th>
<th>Genre</th>
<th>Cast</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 3rd</td>
<td>1776</td>
<td>1972</td>
<td>G; Musical/Drama</td>
<td>William Daniels, Howard DaSilva, Ken Howard. 2h 21m.</td>
</tr>
<tr>
<td>July 10th</td>
<td>Dog</td>
<td>2022</td>
<td>PG-13; Comedy/Road Trip</td>
<td>Channing Tatum. 1h 41m.</td>
</tr>
<tr>
<td>July 17th</td>
<td>Uncharted</td>
<td>2022</td>
<td>PG-13; Adventure/Action</td>
<td>Tom Holland, Mark Wahlberg, Sophia Ali, Tati Gabrielle, Antonio Banderas. 1h 56m.</td>
</tr>
<tr>
<td>July 24th</td>
<td>Quartet</td>
<td>2012</td>
<td>PG-13; Drama/Comedy</td>
<td>Maggie Smith, Tom Courtenay, Billy Connolly, Pauline Collins, Michael Gambon. 1h 38m.</td>
</tr>
<tr>
<td>July 31st</td>
<td>Off the Rails</td>
<td>2021</td>
<td>R; Comedy/Drama</td>
<td>Kelly Preston; Jenny Seagrove, Sally Phillips, Franco Nero. 1h 34m.</td>
</tr>
</tbody>
</table>

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**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)*

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VISIT US ONLINE AT WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER
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

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!

<table>
<thead>
<tr>
<th>Casino</th>
<th>Date</th>
<th>Departure</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viejas Casino</td>
<td>September 8, 2022</td>
<td>8 AM</td>
<td>$30</td>
</tr>
<tr>
<td>Pala Casino</td>
<td>September 22, 2022</td>
<td>8:30 AM</td>
<td>$50</td>
</tr>
</tbody>
</table>

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.

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.

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

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**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.
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)
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!

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!

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!