The Culver City Senior Center will be CLOSED on Tuesday, July 4th in observance of Independence Day!

July is Parks Make Life Better Month!

Join us for fun activities all month long and for free movie showings every Saturday at different parks within Culver City to celebrate (see pages 10, 11 & 12 for more information)!
CULVER CITY PRCS COMMISSION

William Rickards - Chair
Scott Ziehm - 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-Regular-Meeting

PRCS SENIOR CENTER STAFF

Armando Abrego - PRCS Director
Francisco Castillo & Dani Cullens - RCS Managers
Jill Thomsen - RCS Supervisor
Melanie Morales - RCS Coordinator
Mike Odenze - RCS Coordinator
Nancy Ruvalcaba - Recreation Specialist
John Panganiban - Senior Recreation Leader
Martha Diaz - Senior Recreation Leader
Franna Diamond - Recreation Leader II
Silvia Tapia - Recreation Leader II

SENIOR CENTER INFORMATION

Address: 4095 Overland Avenue
Culver City, CA 90232
Phone: (310) 253-6700
Hours: M-F 9 AM - 5 PM
SAT & SUN 12 PM - 4 PM
Business M-F 9 AM - 4 PM
Desk Hours: SAT & SUN 12 PM - 3:30 PM

SENIOR MEALS

Jewish Family Services (323) 937-5843

Culver CITY

SENIOR CENTER NEWSLETTER

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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 - City_of_Culver_City
Plunge Facebook - CulverPool

SPECIAL SERVICE FOR GROUPS (SSG)

See page 11 or call (310) 253-6717

Culver City Artist Laureate Katy Krantz

Ceramics Workshop with Culver City Artist Laureate Katy Krantz

Culver City Artist Laureate Katy Krantz is seeking community involvement in a collaborative art project. You are invited to attend a free ceramic hand building workshop at the Culver City Senior Center and contribute to the project, a large-scale hanging sculpture, consisting of hundreds of individual ceramic pinch pots and beads. The collaborative sculpture will reflect the myriad perspectives and experiences present in the Culver City community.

To attend her workshop at the Center on Monday, July 24 from 10 AM - 12 PM, please stop by the Business Desk or call (310) 253-6700 to sign up as space is limited. The workshops are open to all and experience is not needed. Non-members who are 50+ must sign a PRCS Department waiver to participate. We hope to see you there!

CCSCA Activity & Event Registration Reminder

Please bring your membership card with you to register in-person for any CCSCA activity or event and to receive your monthly newsletter at the Senior Center Business Desk. This will help our staff speed up the registration process each month. We appreciate your assistance!

Take a Moment to Fill Out Our Survey!

We value your feedback! As we continue to evolve, we’d love to hear from you! We encourage you to complete an anonymous survey and submit it to the box by the Business Desk.

In Memoriam

Carmen Lucero

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

IMPORpTarmeNS CENTER UPDATES

Covid-19 Update: Second Bivalent Boosters Available to Seniors

The Los Angeles County Department of Public Health (Public Health) is asking everyone to check and make sure they have the most up-to-date protection available. If seniors have not received their first dose of the updated, bivalent booster which was released last Fall (September 2022) they are overdue and should consider getting it soon. For seniors and immunocompromised people who already received a first dose of the updated, bivalent booster last Fall, they are now eligible to receive a second dose of the booster which will keep them well protected throughout the coming summer months when there is a spike in transmission because traveling and gatherings increase. Seniors can receive the second dose 4 months after receiving the first dose, and immunocompromised people can receive the second dose 2 months after the first dose.

Public Health is offering bivalent vaccines and boosters to eligible residents at no cost, whether or not you have insurance, at hundreds of locations throughout Los Angeles County. Vaccination locations and appointments can be found at VaccinateLACounty.com or VaccinateLosAngeles.com (en español) or by calling 1-833-540-0473. For residents who have difficulties leaving their home, Public Health offers free in-home COVID-19 vaccine and booster appointments. Appointments may be booked at ph.lacounty.gov/vaxathome or by calling the Public Health COVID-19 Call Center at 1-833-540-0473.

JFS Volunteers

Jewish Family Services (JFS) is working on 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 or call (877) 275-4537 and ask to speak with Joyce.

Important Senior Center Updates
### Special Monthly Activities

#### Only in July

**Field Trip to Helms Bakery**

Please join us for a field trip to the historic Helms Bakery. Helms Bakery is decorated with award-winning restaurants, a unique collection of designs, home furnishing stores, showrooms, and highly acclaimed architectural design. Please note that there will be extensive walking. Spots are limited and will be filled on a first come first served basis. Signups begin on 7/12/23. To RSVP please call (310) 253-6700 or visit the the Business Desk starting July 12th. Voicemail messages will not be accepted. Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 26</td>
<td>WEDS</td>
<td>11 AM - 1:30 PM</td>
</tr>
</tbody>
</table>

**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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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>July 5</td>
<td>WEDS</td>
<td>2 - 2:45 PM</td>
</tr>
<tr>
<td>August 2</td>
<td>WEDS</td>
<td>2 - 2:45 PM</td>
</tr>
</tbody>
</table>

**Saturday Dances**

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

<table>
<thead>
<tr>
<th>Date</th>
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<th>Time</th>
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<tbody>
<tr>
<td>July 8</td>
<td>SAT</td>
<td>1 - 3 PM</td>
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<tr>
<td></td>
<td></td>
<td>Downstairs Blues Blues band.</td>
</tr>
<tr>
<td>July 22</td>
<td>SAT</td>
<td>1 - 3 PM</td>
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<tr>
<td></td>
<td></td>
<td>Jordan Preston</td>
</tr>
</tbody>
</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 11</td>
<td>TUES</td>
<td>10 - 11 AM</td>
</tr>
<tr>
<td>August 1</td>
<td>TUES</td>
<td>10 - 11 AM</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.

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>July 13</td>
<td>THURS</td>
<td>1 - 2:30 PM</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.

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>July 14</td>
<td>FRI</td>
<td>12:30 - 1:30 PM</td>
</tr>
</tbody>
</table>

**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. No meetings in July! Open to CCSCA members only.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>August 7</td>
<td>MON</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
<tr>
<td>October 2</td>
<td>MON</td>
<td>11:30 AM - 12:30 PM</td>
</tr>
</tbody>
</table>

**Adventures with Doug - Adventure to Cape Arago**

On the northern Oregon border, sparkling creeks, a vast and spectacular coast is one of the magnificent features that makes Oregon famous for its incredible beauty. Our journey will take us to the southern part of this amazing coastline where we’ll head off on foot along a bluff leading to Cape Arago. The crashing waves below won’t be the only wonder we’ll see—we’ll also stop by a hidden gem in the area known as Shore Acres and the magnificent surprise it holds. We might even come across a few wild inhabitants of the area too! Join us for our slide show adventure, filled with wondrous color, fun animals, stunning images and breathtaking scenery as we trek in this remarkable area. Open to CCSCA members only.

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>July 18</td>
<td>TUES</td>
<td>3:15 - 4:30 PM</td>
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</table>

**Underwater World with Craig**

Join Craig this month for his presentation on sharks. Craig is an experienced scuba diver and volunteers at the Aquarium of the Pacific. Open to CCSCA members only.

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<thead>
<tr>
<th>Date</th>
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<th>Time</th>
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<tbody>
<tr>
<td>July 6</td>
<td>THURS</td>
<td>11 AM - 12 PM</td>
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</table>

**Do you have a technology question you would like assistance with? Feel free to come to the Computer Lab for help with your questions on Wednesday, July 5th from 2:30 PM - 5 PM.**

Volunteers from Apple will be on site to help you with your gadget questions on Wednesday, July 19th! 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.

**Thank you to Culver City High School students and local Apple Volunteers!**
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>12:00-3:45</td>
<td>Bridge, Mah Jong &amp; Pan</td>
<td>8:00 Zumba Gold*</td>
<td>9:00 Mah Jong &amp; Bridge</td>
<td>9:00 Watercolor*</td>
<td>8:00 Zumba Gold*</td>
<td>12:00-3:45</td>
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<tr>
<td></td>
<td>1:00 Movie (see page 8)</td>
<td>9:00 Ceramics*</td>
<td>9:00 Fun with Acrylics</td>
<td>9:00 Knitting Group</td>
<td>9:00 Knitting Group</td>
<td>12:15 Current Events</td>
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<tr>
<td></td>
<td></td>
<td>9:15 Open Computer Lab</td>
<td>9:00 Mah Jong &amp; Bridge</td>
<td>9:00 Mah Jong &amp; Bridge</td>
<td>9:00 Mah Jong &amp; Bridge</td>
<td>12:30-3:30 Open Play Ping Pong</td>
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<tr>
<td></td>
<td></td>
<td>9:15 Beginning Ukulele*</td>
<td>10:00 Chair Zumba</td>
<td>9:00 Intermediate Sign Language</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td>10:00 Chair Zumba</td>
<td>9:15 Gentle Mat Yoga</td>
<td>10:00 Dance with John</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>9:15 Tai Chi with Greg</td>
<td>10:00 Advanced Sign Language</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>9:15 Walking Group</td>
<td>10:00 Spanish Conversation Class</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>(Meets 1st &amp; 3rd Tuesday)</td>
<td>(Meets Last Thursday)</td>
<td>9:00 Watercolor*</td>
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<td></td>
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<td></td>
<td>10:00 Conversational Mandarin</td>
<td>11:00 Reading Short Story Group</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>(Meets 2nd Tuesday)</td>
<td>11:30 Balance Challenge*</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>10:45 Hula Dance</td>
<td>12:00 International Folk Dance</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>11:00 Creative Writing</td>
<td>1:00 Yoga with Phil*</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>(Starting July 11th)</td>
<td>1:30 Current Events*</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>11:00 Karaoke</td>
<td>2:00 Pan Y Platica</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>11:30 Balance Challenge*</td>
<td>1:00 Yoga with Phil*</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>11:45 Heartfulness Meditation</td>
<td>1:30 Current Events*</td>
<td>9:00 Watercolor*</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 Chair Yoga with Caroline</td>
<td>2:00 Pan Y Platica</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>1:00 Movie (see page 8)</td>
<td>(Meets 1st Tuesday of the month)</td>
<td>9:00 Watercolor*</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1:00 Platano Sabroso</td>
<td>2:15 Beginning Spanish Class</td>
<td>9:00 Watercolor*</td>
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<td>1:00 Improv</td>
<td>2:30 Open Play Ping Pong</td>
<td>9:00 Watercolor*</td>
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<td>(meets 4th Tuesday of the month)</td>
<td>3:30 French (Meets 3rd Thursday)</td>
<td>9:00 Watercolor*</td>
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<td></td>
<td>1:30 Veterans Social Group</td>
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<td>9:00 Watercolor*</td>
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<td>(meets 1st Wednesday of the month)</td>
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<td>9:00 Watercolor*</td>
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<td>2:00 Mindfulness Meditation with Resa</td>
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<td>9:00 Watercolor*</td>
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<td>1:00 Yoga with Caroline</td>
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<td>9:00 Watercolor*</td>
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<td></td>
<td>1:00 Yoga with Caroline</td>
<td></td>
<td>9:00 Watercolor*</td>
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<td></td>
<td>1:00 Line Dancing*</td>
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<td>9:00 Watercolor*</td>
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<td>1:00 Remembranzas</td>
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<td>9:00 Watercolor*</td>
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<td>2:00 Mindfulness Meditation with Resa</td>
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<td>9:00 Watercolor*</td>
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<td>3:00 Yiddish Conversations</td>
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<td>9:00 Watercolor*</td>
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<td></td>
<td></td>
<td></td>
<td>3:30 Gentle Yoga with Cyndi*</td>
<td></td>
<td>9:00 Watercolor*</td>
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</tr>
<tr>
<td>Classes listed in the columns to the right occur every week on the times and dates shown.</td>
<td>Classes are taken at the risk of the participant.</td>
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<td>Classes are taken at the risk of the participant.</td>
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*Means the Class Has a Fee

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

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

The CCSCA sponsors a movie screening every Tuesday & Sunday at 1PM 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.

### Sunday Movies

- **July 2 - A League of Their Own**
  As America’s stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest. Competitive sisters Dottie Hinson and Kit Keller spar with each other and grumpy has-been coach Jimmy Dugan on their way to fame. 1992; PG; Sport/Drama; Geena Davis, Tom Hanks, Rosie O’Donnell, Madonna; 2 hr 8 min.
- **July 9 - Love, Guaranteed**
  Earnest lawyer Susan accepts a high-profile case against a dating website that guarantees love, and wins up with a much bigger win. 2020; PG; Romance; Rachael Leigh Cook, Damon Wayans Jr, Heather Graham; 1 hr 30 min.
- **July 16 - Searching for Bobby Fisher**
  After he beats his dad in a chess match, Josh Witzik, a 7-year-old, gets noticed for his talent. Between different learning methods and the stress of the competitions, Josh learns that even a chess prodigy cannot make all the right moves. 1993; PG; Drama/Documentary; Joe Mantegna, Max Pomeranc, Laurence Fishburne, Ben Kingsley; 1 hr 50 min.
- **July 23 - Emma**
  In this adaptation of Jane Austen’s classic novel, pretty socialite Emma Woodhouse entertains herself by playing matchmaker for those around her. 1996; PG; Drama/Comedy; Gwyneth Paltrow, Jeremy Northam, Ewan McGregor; 2 hr 1 min.
- **July 30 - Almost Famous**
  When his love of music lands him an assignment from Rolling Stone magazine to interview the up-and-coming band Stillwater, William embarks on an eye-opening journey on tour. R; Comedy/Drama; Billy Crudup, Patrick Fugit, Kate Hudson; 2hr 2 min.

### Tuesday Movies

- **July 4 - CLOSED for the holiday**
  Happy 4th of July!
- **July 11 - Air**
  Sonny Vaccaro and Nike pursue basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture. 2022; R; Drama; Ben Affleck, Matt Damon; 1 hr 52 min.
- **July 18 - Downton Abbey - A New Era**
  The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess’s newly inherited villa. 2022; PG; Drama/Comedy; Maggie Smith, Laura Haddock, Hugh Dancy, Dominic West, Hugh Bonneville; 2 hr 5 min.
- **July 25 - The Sting**
  Following the murder of a mutual friend, aspiring con man Johnny Hooker teams up with old pro Henry Gondorff to take revenge on the ruthless crime boss. 1973; PG; Drama/Comedy; Robert Redford, Paul Newman, 2 hr 9 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 violinst who brings to us great songs and melodies with her voice and violin. Please email info.seniorcenter@culvercity.org for the meeting link.

- **Date**
- **Day**
- **Time**
  July 19
  WEDS
  1 - 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](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

CCSCA Tech Classes

**Bridge the Digital Divide - Computer Lab**

Register to learn more about iPhones and iPads with this course! Each course consists of 4-week sessions of 90-minutes each. Each course is $45 per participant. Payment in cash or check is required at time of registration. In-person registration will occur on July 11th & July 13th 10 AM - 1 PM. CCSCA Members Only.

- **Dates**
- **Class Type**
- **Day**
- **Time**
  8/1-9/5
  Intermediate TUES
  12:30 - 2 PM
  8/3-9/7
  Intermediate THUR
  2:30 - 4 PM

**iPhone & iPad Classes with Judi** will be listed in the August Newsletter.

Presentations

**Memory Loss & Alzheimer’s: Let’s Talk!**

Learn about what causes memory loss, the difference between normal aging and signs of dementia, and what to do when you visit the doctor.

- **Date**
- **Day**
- **Time**
  July 10
  MON
  10 - 11 AM

**Medicare 101**

Join the Center for Health Care Rights for a free presentation! We will explain how Medicare works, your options, and how to supplement Medicare costs.

- **Date**
- **Day**
- **Time**
  July 11
  TUES
  11 AM - 12 PM

**Les Miserables at Pantages Theatre**

CCSCA Trip Office

Aquarius Hotel & Casino Laughlin

**Office Hours:** Wednesday & Friday 10 AM – 1 PM.

Visiting this link: [https://zoom.us/j/6378877508](https://zoom.us/j/6378877508) or contact Carol Rosenstein at (818) 326-0500.
**Fun Summer Activities**

**CCSCA Art of Meditation, Visioning & Stretching**
Join Spiritual Counselor and Transformation Coach, Marianna Kitts for a class that’s designed for individuals to deepen in the stillness & silence of meditation within. The visioning will be an opportunity to open up to what is calling each of us to our Heart’s Desire, the stretching portion is to anchor and stretch the vision within our own Body Temple, in our Mind and Heart, and open up to the impossibilities unfolding out into our world. Class fee is $4.

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 24</td>
<td>MON</td>
<td>3 - 4 PM</td>
</tr>
<tr>
<td>July 31</td>
<td>MON</td>
<td>3 - 4 PM</td>
</tr>
</tbody>
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**CCSCA Functional Boxing Class**
Come join this fun and interactive boxing class, where you’ll learn basic punching and footwork techniques with Tom Dailey who is a fitness trainer with nearly 25 years of experience. He’s passionate about avoiding people toward healthier and more fulfilling lives through exercise and positive lifestyle habits. Improved balance, joint and spine function, and coordination, along with new ways to ‘fight up’ your brain are among the benefits of functional boxing. Bring water, your mat, and a towel. Class fee is $4.

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<th>Date</th>
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<tr>
<td>July 10</td>
<td>MON</td>
<td>11:15 AM - 12 PM</td>
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<tr>
<td>July 17</td>
<td>MON</td>
<td>11:15 AM - 12 PM</td>
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**CCSCA Beginning Line Dancing**
Want to learn how to Line Dance? Then come out and dance with us! CCSCA members are encouraged to attend Instructor Jackie’s next Beginning Line Dancing Session starting July 10 - August 21 from 12:15 PM to 12:55 PM. The fee for this class is $2.

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**CCSCA Creative Writing Class**
Join Instructor Laurel Ollestein, a professor from Otis College, for her new Creative Writing class!
This class will provide participants different prompts for in class writing of short fiction or nonfiction. Engaging discussions about different forms of writing, dialogue, character descriptions, exposition, prose, poetry will also be covered. Grab some paper, a pen or pencil and come join this class starting Tuesday, July 11 at 11 AM. Class fee is $4.

**CCSCA Conversational Mandarin Group**
Are you interested in learning a new language? Start learning the basics of Mandarin with our new Conversational Mandarin Group! Their meetings are every second Tuesday of the month from 10 - 11 AM.

**CCSCA Hiking Group**
Join PRCS staff member, Nancy, on a hiking route from Culver City park through the Baldwin Hills scenic overlook on Wednesday, July 12 at 8 AM!
The route is approximately 2 miles and is meant for a beginners and intermediate level hikers. Participants must wear athletic footwear and activewear. We recommend bringing a reusable water bottle, sunscreen, a hat, and sunglasses. Participants must RSVP at the business desk starting Wednesday, July 5th. Please leave a phone number and email adress to later be contacted about the meetup point. Space is limited. CCSCA Members must meet at Culver City Park, transportation will not be provided to and from the hike. Join the hiking group at your own risk.

**Parks Make Life Better Pizza Party & Concert**
Come and join us for a fun pizza party and concert in celebration of Parks Make Life Better month on Friday, July 28 from 11:30 AM - 1 PM! CCSCA members can come out to enjoy cheese or pepperoni pizza while listening to some great 80s tunes from TropicStarr. CCSCA members can come out to enjoy cheese or pepperoni pizza while listening to some great 80s tunes from TropicStarr. CCSCA members can come out to enjoy cheese or pepperoni pizza while listening to some great 80s tunes from TropicStarr. CCSCA members can come out to enjoy cheese or pepperoni pizza while listening to some great 80s tunes from TropicStarr. CCSCA members can come out to enjoy cheese or pepperoni pizza while listening to some great 80s tunes from TropicStarr. CCSCA members can come out to enjoy cheese or pepperoni pizza while listening to some great 80s tunes from TropicStarr.

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**CCSCA Art History**
Join Instructor Nancy Bishop for a very enjoyable enrichment class where she covers the “big ideas” of most of the world’s art by focusing on cultural context. Class fee is $4.

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**Culver City Municipal Plunge Activities**
Take advantage of the Plunge this summer to beat the heat! Come over and try out our lap swim sessions from 6 AM - 1 PM for $3 each session everyday. The Plunge also offers Adult Exercise classes on Mondays, Wednesdays & Fridays at 9 AM for $1. For more information or to learn about the Plunge’s AquaFit classes for adults, call (310) 253-6680.

**Returning Programs & Services**

**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. This is not a drop-in activity. There is a suggested donation of $3 for those who join the group at each session.

**CCSCA Veterans Social Group**
The center has a Veterans Social Group and meets the first Tuesday of the month from 1:30 - 3 PM. Come out and share your experiences with other Veterans through this free, drop-in social group!

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

**Special Service 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
- Tuesdays 1 to 5 PM (Support Group from 2PM to 3PM)
- Wednesdays 9:30 AM to 3 PM

**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 and first and second Thursday of every month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM. Janet will not be available in July, please schedule an appointment with her for August 10 or 17.

For more information or to learn about the Plunge’s AquaFit classes for adults, call (310) 253-6680.
Culver City Parks Make Life Better Month

July is Parks Make Life Better Month! Celebrate the essential benefits of parks and recreation throughout the state of California. Culver City Parks, Recreation & Community Services is celebrating with free movies in the park on Saturday nights all month long!

July 1 - Hook at Culver West Alexander Park
July 8 - Jumanji: Welcome to the Jungle at Syd Kronenthal Park
July 15 - Harry Potter and the Sorcerer’s Stone at Veterans Memorial Park
July 22 - Guardians of the Galaxy at Fox Hills Park
July 29 - Ghostbusters Afterlife at Culver City Park Field #1

Gates open at 7 PM and the movies will begin at dusk. Bring a picnic, lawn chairs, blankets and enjoy!

Culver City Police Department (CCPD) Q & A

Officers from the Culver City Police Department will be onsite in the patio to answer any questions you may have about safety at the Culver City Senior Center or general CCPD questions. Stop by on Thursday, July 13 at 11 AM to say hello and get your questions answered straight from the source!

Upcoming Activity Alert!

Friday, August 25, Saturday, August 26 & Sunday, August 27, 2023!

Save the date for the return of Fiesta La Ballona.

Join the community by participating in fun carnival games, rides and listening to live music all while having tasty snacks in hand!

We can’t wait to see you there!

Culver City Police Department National Night Out Event

Join Culver City Police Department (CCPD) for this community-building national campaign that promotes Police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live.

National Night Out with CCPD will occur on August 1 from 5 to 8 PM at Veterans Memorial Park.