

CULVER CITY SENIOR CENTER NEWSLETTER



JUNE 2022



Greg's Tai Chi Class



Jump into June by joining us at our "Lunch & Learn" event with the Los Angeles County Department of Mental Health, or enjoy a ride to the Ballona Wetlands Ecological Reserve!



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: (310)253-6700 - 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.

Stretch & Flex: Instructor Maria Manusama returns to offer her Stretch & Flex class at the center to share ways to increase your flexibility. *Class meets Mondays from 9:15 AM - 10:15 AM. Fee is \$3.*

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 Friday of each month from 1 PM - 2 PM. This class is free for CCSCA members.*

Improv: Instructor Madeleine Hertz returns in-person with her CCSCA Improv group to learn, explore and perform skits on the patio. *Class meets the 4th Tuesday of the month at 1 PM.*

Beginning Sign Language: Instructor Sydney Fuller offers a class for CCSCA members to learn American Sign Language at a smooth pace. *Class meets Thursdays at 9 AM.*

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.

We thank you all in advance for your time and assistance during this process!

Vista Music School Concert

Join [Vista Music School](#) in celebrating the growth and progress of their piano and voice students at their 5th annual Spring Recital on Saturday, June 11th at 2PM at the Senior Center. Their students, ranging from ages 9 to 19, perform piano and voice pieces in both classical and contemporary styles to showcase their wide interests and range of skills.

We all need a little music in our lives and the joy of learning something new, so come out to this recital to support your local young musicians and see how they have grown since last year!



Only in June

Ballona Wetlands Ecological Reserve Tour!

Join PRCS staff on a trip to the Ballona Wetlands Ecological Reserve this month on Friday, June 24th!

Transportation will be provided to and from the Ballona Wetlands by the Culver City Transportation Department! Participants will depart from the center at 9 AM and return by 1 PM. Participants will have time to buy lunch at Fisherman's Village before returning back to the center.

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.

Participants must RSVP by speaking with staff over the phone by calling (310) 253-6700 to confirm their spot or by visiting the Senior Center Business Desk. Voicemail RSVP messages will not be accepted.

Space is limited! Reservations begin June 13th!

Lunch & Learn with Los Angeles County Department of Mental Health (LACDMH)

Come out and join the Los Angeles County Department of Mental Health team as we learn about the 8 dimensions of well-being and the importance of prioritizing our mental health in our daily lives.

Participants will receive a free meal, give-away opportunities, a game of bingo and an educational presentation from LACDMH.

This event is free to attend, but requires CCSCA members to RSVP in-person at the Business Desk to pick up their ticket starting June 10th.

Date	Day	Time
June 23rd	THURS	11:30 AM



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

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
June 7th	TUES	9:15 AM
June 21st	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
June 8th	WEDS	1 PM - 3 PM
June 22nd	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. The class discusses interesting topics while offering tips to those who join!

Open to CCSCA members only.

Date	Day	Time
June 15th	WEDS	11 AM - 12 PM

Trivia with Michael

Come test your trivia skills with Michael!

Open to CCSCA members only.

Date	Day	Time
June 7th	TUES	10 AM - 11 AM
July 5th	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
June 10th	FRI	12:30 PM - 1:30 PM

Bingo

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

Date	Day	Time
June 29th	WEDS	1 PM - 2 PM

Adventures with Doug -Adventure to the Olympic Mountains

Just north of San Francisco's Golden Gate Bridge are two beautiful and serene displays of nature: Mount Tamalpais State Park and the Muir Woods National Monument.

We'll take off on foot from "Mt Tam" on a still forest morning and drop into the famous redwood groves of Muir Woods. But once down how should we get back?

Let's sweep to the south where breathtaking vistas of the Pacific coast await. From there, our climax heads up "Steep Ravine," where a creek gurgles down a spectacular gorge as rays of light peek through the canopy of a solemn forest.



Join us for our spectacular slide show, as we trek through pristine old growth forest in this true California paradise.

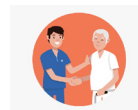
Open to CCSCA members only.

Date	Day	Time
June 21st	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
June 16th	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 *One, Two, Three* by Laurie Frankle to join the group for their June 8th meeting and the second half of the novel for their June 22nd 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 @culverb to the number 81010.

Date	Day	Time
June 8th	WEDS	2 PM - 3 PM
June 22nd	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
June 9th	THURS	1 PM - 2:30 PM

Bob Lipson & Don Snyder Show

A fresh new performance experience with the return of Bob Lipson playing piano in his entertaining solo style, and also accompanying the wonderful voice of Don Snyder singing and sharing stories from the Great American Songbook. *Open to CCSCA members only.*

Date	Day	Time
June 29th	WEDS	12:30 PM - 1:30 PM

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1. LOSS SUPPORT GROUP (10 AM - 11 AM)
5.	6. STRETCH & FLEX 9:15 AM	7. WALKING GROUP 9:15 AM TRIVIA WITH MICHAEL 10 AM VETERANS SOCIAL GROUP 1:30 PM - 3 PM	8. KARAOKE WITH RUDY ON BOOK CLUB 2
12.	13. STRETCH & FLEX 9:15 AM CCSCA BOARD MEETING 1 PM CRAFTS ROOM	14.	15. LOSS SUPPORT GROUP (10 AM - 11 AM) CUNNING CON 11 AM - 12 PM
19.	20. STRETCH & FLEX 9:15 AM	21. WALKING GROUP 9:15 AM ADVENTURES WITH DOUG 3:30 PM	22. CALIFORNIA PH CENTER HALLWAY 1 BOOK CLUB 2 KARAOKE WITH RUDY O
26.	27. STRETCH & FLEX 9:15 AM	28. IMPROV IN THE PATIO 1 PM	29. LOSS SUPPORT GROUP (10 AM - 11 AM) BOB LIPSON & DON SNYDE BINGO 1 PM

Reminder: The Senior Center will be closed Saturday, June 4th and Monday, July 4th!

VISIT US ONLINE AT WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER

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 Dancercise* 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 Latin American Group 1:00 Yoga with Phil* 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 1:00 German Conversations 1:00 Line Dancing* 1:00 Music Time Machine (meets last Friday of the month) 1:00 Remembranzas 2:00 Mindfulness Meditation on the Patio 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 <div> Reminder: All weekly activities are located here above the monthly calendar. </div>

THURSDAY	FRIDAY	SATURDAY
1. (IN-PERSON) 9 AM 2. BEGINNING SIGN LANGUAGE 9 AM 3. THE PATIO 1 PM 4. PM 5. (IN-PERSON) 9 AM 6. SUMMER 9 AM 7. ONES IN 10 AM - 2 PM 8. 2 PM 9. IN THE PATIO 1 PM 10. (IN-PERSON) 9 AM 11. R SHOW 12:30 PM 12. M	13. BEGINNING SIGN LANGUAGE 9 AM 14. KINDNESS ROCK PAINTING 1 PM 15. BEGINNING SIGN LANGUAGE 9 AM 16. ASK THE PHYSICAL THERAPIST 1 PM 17. BEGINNING SIGN LANGUAGE 9 AM 18. LACDMH FREE LUNCH & LEARN EVENT 11:30 AM 19. BEGINNING SIGN LANGUAGE 9 AM 20. MUSIC TIME MACHINE 1 PM - 2 PM 21. 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.	22. SENIOR CENTER IS CLOSED TODAY! 23. 24. 25.

Reminder: The Senior Center will be closed Saturday, June 4th and Monday, July 4th!

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

June 7th - *Marry Me*

Pop superstar Kat Valdez is about to get married before an audience of her loyal fans. However, seconds before the ceremony, she learns about her fiancé's cheating ways and has a meltdown on stage. Kat locks eyes with a total stranger in the crowd and marries him on the spot. As forces conspire to separate the unlikely newlyweds, they must soon decide if two people from such different worlds can find true love together. 2022; PG-13; Romance/Comedy; Jennifer Lopez; Owen Wilson; Maluma; John Bradley; Chloe Coleman; Sarah Silverman; 1 hr 52 min

June 14th - *Death on the Nile*

Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. 2022; PG-13; Mystery/Crime; Kenneth Branah, Annette Bening, Gal Gadot 2 hr 7 min.

June 21st - *Pride*

PRIDE is inspired by an extraordinary true story. It's the summer of 1984, Margaret Thatcher is in power and the National Union of Mineworkers is on strike, prompting a London-based group of gay and lesbian activists to raise money to support the strikers' families. As the strike drags on, the two groups discover that standing together makes for the strongest union of all. 2019; R; Drama/Biography/Comedy; Bill Nighy, Andrew Scott, Imelda Staunton, Dominic West, George MacKay; 2 hrs

June 28th - *Licorice Pizza*

Alana Kane and Gary Valentine grow up, run around, and fall in love in California's San Fernando Valley in the 1970's. 2021; R; Comedy/Romance; Alana Haim, Cooper Hoffman, Sean Penn, Tom Waits and Bradley Cooper; 2 hr 13 min.

Sunday Movies

June 5th - *23 Walks*

A couple in their sixties get to know one another over the course of 23 dog walks. Set against the dramatic background of the changing seasons of one year. 2020; Not Rated; Drama/Comedy; Alison Steadman; Dave Johns; Graham Cole; Bob Goody; 1 hr 42 min.

June 12th - *The French Dispatch*

A love letter to journalists set in an outpost of an American newspaper in a fictional 20th-century French city that brings to life a collection of stories published in "The French Dispatch." Directed by Wes Anderson. 2021; R; Drama/Comedy; 1 hr 48 min.

June 19th - *Just Mercy*

Honoring Juneteenth. After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. 2019; PG-13; Drama/Legal Drama; Michael B Jordan, Jamie Foxx, Brie Larson; 2 hr 17 min.

June 26th - *C'mon C'mon*

When his sister asks him to look after her son, a radio journalist embarks on a cross-country trip with her energetic nephew to show him life away from Los Angeles. 2021; R; Drama; Joaquin Phoenix; Gaby Hoffmann; Scoot McNairy; Molly Webster; Woody Norman; 1 hr 48 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. 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](mailto:info.seniorcenter@culvercity.org) AND WE
WILL SEND YOU THE CLASS' ZOOM LINK AND
MEETING ID.**

Virtual Workshops

The Joys and Challenges of Gender Diversity Experienced by People Ages 50+

Join AARP in discussing the joys and challenges of gender diversity for those 50 and older with a panel of individuals who will share their lived experiences. Also, find out what you can do to be good allies for this demographic.

To register for this free event, fill out their [registration form](#) or contact Julie Bates by via email at caaarp@aarp.org.

Date	Day	Time
June 8th	WEDS	2 PM - 3 PM



Online CalFresh Classes

Join the virtual CalFresh Healthy Living workshops that encourage an active lifestyle and healthy food choices by reviewing relevant nutrition topics.

Classes are taught by Registered Dietitians. To sign up call (310)954-5410 or email CFHL@foodsafety.com. Class start date will be announced upon registration.

Don't worry if you are new to virtual classes, they have staff that will assist with the set up. For any questions, please email info.seniorcenter@culvercity.org

Date	Day	Time
TBD	THURS	10 AM - 11 AM



4th of July Party on July 1st!

Its a Party in the USA!

Join us as we have a star spangled celebration in honor of the 4th of July! We will have a blast with plenty of food, entertainment and fun photo opportunities on July 1st. Starting June 16th, please RSVP by speaking with a staff member at the Senior Center Business Desk to purchase your ticket for this event.



Time & Date:
July 1st
Doors open at 11:30 AM. Event ends at 1:30 PM.

Ticket Price:
\$10

Location:
Senior Center Patio

2022 CCSCA Members Only



Trip Office Returns!

The trip office reopens this month! The office will be open from 10 AM to 1 PM on Wednesdays and Fridays at the center. Please bring your 2022 CCSCA membership card and player card number. Be prepare to complete a new Emergency Information Card upon arrival.

Please note: Due to rising transportation and casino play costs, an increase in the final price for these trips are reflected below.

***TRIP SALES FOR AUGUST ***
ON SALE WEDNESDAY, JUNE 8TH, 10 AM - 1PM IN THE TRIP OFFICE

CHUMASH CASINO	THURSDAY, AUGUST 4, 2022
DEPARTURE:	8 AM
COST:	\$50 (INCLUDES \$40 FREE PLAY)

FANTASY SPRINGS	THURSDAY, AUGUST 18, 2022
DEPARTURE:	8:30 AM
COST:	\$50 (INCLUDES \$35 FREE PLAY & \$5 FOOD CREDIT)



Cash or checks only! No Credit cards Accepted.
Masks must be worn while on bus.



For any questions or concerns, please refer them to the Trip Office staff during its normal business hours outlined above.

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.

California Phones

Are you in need of a better telephone assistive device? Representatives from California Phones may be able to help! California Phones from the California Telephone Access Program provide free specialized phones and accessories for your mobile phone to all qualified Californians. These devices make it easier to hear, dial, and call. *Stop by on June 22nd between 10 AM and 2 PM in the hallway outside of the B rooms to learn more about the program!*

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)



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

Newsletter Announcement:

Please note that beginning in July 2022, 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

June is Pride Month



If you are a lesbian, gay, bisexual or transgender senior (50+) in need of assistance, the Los Angeles LGBT Center's Senior Services Department can help or refer you to LGBT-welcoming service providers who can. If you are one of the growing number of LGBT seniors looking to connect with people of your own generation, the LA LGBT Center offers a wide range of fun programs, services, activities, and events specifically for you.

Check out the [LA LGBT Center Senior Services website](https://www.lalgbtcenter.org/senior-services) or email info.seniorcenter@culvercity.org for the link to their community events calendar!

Juneteenth

July 19th, or Juneteenth, is a federal holiday in the United States commemorating the emancipation of enslaved African-Americans. It is also often observed for celebrating African-American culture. It has been celebrated annually in the United States since 1865.

If you are interested in learning more, consider attending [Supervisor Holly J. Mitchell's Juneteenth Celebration & Resource Fair](#) and look out for information about the Juneteenth Celebration in Culver City. These free community events aim to raise awareness of the historical impact of Juneteenth and connects residents to vital County and community services.

