March is National Nutrition Month! Join us in celebrating by participating in an exercise class or activity. Be sure to bring plenty of water and a healthy snack!
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

PRCS SENIOR CENTER STAFF
Armando Abrego - PRCS Director
Francisca Castillo - RCS Manager
Jill Thomsen - RCS Supervisor
Alexis Anderson - Recreation Specialist
Melanie Morales - Recreation Specialist
John Panganiban - Senior Recreation Leader
Martha Diaz - Senior Recreation Leader
Franna Diamond - 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 3

SENIOR MEALS
Jewish Family Services (323) 937-5843

TABLE OF CONTENTS
2 PRCS & City Information
3 Important Senior Center Updates
4 Special Monthly Activities
5 Special Monthly Activities
6 Class Schedule
7 Class Schedule
8 Movies
9 Virtual Concerts & Workshops
10 St. Patrick’s Day & March Madness
11 Transportation Information

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
City Instagram - @culvercitygov
PRCS Facebook - CulverCityPRCS
City Facebook - CityofCulverCity
Plunge Facebook - CulverPool

VISIT US ONLINE AT WWW.CULVERCITY.ORG/SENIORCENTERNEWSLETTER
Important Senior Center Updates

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

2022 CCSCA Membership Cost Breakdown:
• 2022 CCSCA Membership Dues - $20.00
• 90+ CCSCA Membership Dues - $5.00 (must be 90 years old at time of renewal)
• Parking Pass - $5.00
• Fitness Room - $125.00 for the calendar year or $75.00 for 6 months (all Fitness Room renewals require an updated 2022 Physician’s Authorization Form)

2022 CCSCA Membership Reminders:
• Proof of full Covid-19 vaccination and photo ID will be required to renew your membership.
• Only cash or check is accepted. No bills over $20.00 will be accepted. No refunds.

All CCSCA members must have a current 2022 membership & parking sticker. Membership renewal can only be done in person at the Business Desk.

*Proof of CCSCA membership is required when participating in a CCSCA class, activity and event.

Sign Up or Edit Your Newsletter Mailing Preferences

If you would like to be taken off the newsletter mailing list or are receiving multiple copies of the newsletter and would like to edit your monthly newsletter preferences, please email info.seniorcenter@culvercity.org.

Senior Center Survey & Passport

Do you remember receiving your Senior Center survey and passport?
Your survey and passport are the keys to trying new activities and enjoying some of the classes that the center has to offer. Submit your completed Senior Center survey and passport to the Business Desk to earn a prize!

Special Service for Groups Silver (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, or reached by phone at (310) 253-6717.

• Mondays 1PM to 5 PM - Shaleen Shah
• Tuesdays 10 AM to 2 PM (Support Group from 2PM to 3PM) - Saki Fujita
• Wednesdays 9:30 AM to 3:00 PM - Leslie Garcia (Spanish Speaking)

In Memoriam

Hearts

Shirley Citron

Keith Storm

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

Q & A with Culver City Police Department
Officers from your 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 to say hello and get your questions answered straight from the source! Open to CCSCA members only.

Date  Day  Time
March 18th  FRI  10:30 AM - 11:30 AM

Finn Friedman Violin Concert
Join us for the musical stylings of 11-year-old, Finn Friedman, from the UCLA Lab School. His great loves are science, his dog Norman, and anything by Bach, Beethoven, Mozart, and Liszt. Open to CCSCA members only.

Date  Day  Time
March 21st  MON  12:00 PM - 12:30 PM

Bob Lipson & Don Snyder Show (Recurring)
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
March 23rd  WEDS  12:30 PM - 1:30 PM

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
March 1st  TUES  9:15 AM
March 15th  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
March 9th  WEDS  1:00 PM - 3:00 PM
March 16th  WEDS  1:00 PM - 3:00 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. This session’s topic will be, “Bargains, bargains, bargains!” We’ll revisit some cool ways to get good buys and ways to save on everyday expenses. If you have any clever tips of your own, please share them. Open to CCSCA members only.

Date  Day  Time
March 16th  WEDS  11:00 AM - 12:00 PM

Trivia with Michael
Come test your trivia skills with Michael! Open to CCSCA members only.

Date  Day  Time
March 1st  TUES  10:00 AM - 11:00 AM
April 5th  TUES  10:00 AM - 11:00 AM
### Special Monthly Activities

#### 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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#### Adventure with Doug - Adventure to the Valley of Fire
Many people believe that Nevada is a big empty expanse with a few landmarks such as Las Vegas that dot a vast desert. But only about an hour’s drive past Las Vegas lies a secret wonderland, unknown to many, but treasured by those who know of it: The Valley of Fire. For those lucky enough to visit this magical place, fantastic towers and shapes of bright red Aztec sandstone nestle in gray and tan limestone. But that’s not all. Mysterious petroglyphs line canyon walls and tell unknown stories that date back more than 2,000 years. And even more, amid the 40,000 acres of Valley of Fire State Park there are approximately 30 herds of bighorn sheep! Join us for a great escape: our slide show filled with fun stories, fascinating facts and stunning images. And maybe some bighorn sheep... **Open to CCSCA members only.**

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#### 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.**

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<td>March 17th</td>
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#### Ping Pong Open Play
Come out and play Ping Pong in Room B45 every Wednesday and Thursday this month. No advanced reservations required. Sign-ups will be in the room once play begins. Equipment must be checked out and returned to the group volunteer by the end of play. **Open to CCSCA members only.**

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<td>On-Going</td>
<td>THURS</td>
<td>2:30 PM - 4:30 PM</td>
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#### Book Club
Join Culver City High School students Emily & Teagan for an intergenerational monthly Book Club! The Book Club is now reading *Win* by Harlan Coben. Please read the first half of the novel to join the group for their March 9th meeting and the second half of the novel for their March 23rd meeting! If you’d like to get a free copy for Book Club, stop by the Julian Dixon Library and let them know you’re part of the Senior Center book club. **Open to CCSCA members only.**

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<td>March 9th</td>
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<td>2:00 PM - 3:00 PM</td>
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<tr>
<td>March 23rd</td>
<td>WEDS</td>
<td>2:00 PM - 3:00 PM</td>
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#### Bingo
Join PRCS staff for Bingo in Room B47. Prizes will be provided by the Culver City PRCS Department. **Open to CCSCA members only.**

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<td>March 23rd</td>
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FOR QUESTIONS & MORE INFORMATION CALL THE BUSINESS DESK AT (310) 253-6700
<table>
<thead>
<tr>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>12:00-3:45 Bridge, Mah Jong &amp; Pan</td>
</tr>
<tr>
<td>1:00 Movie (see page 8)</td>
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</table>

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.

<table>
<thead>
<tr>
<th>MONDAY</th>
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<tbody>
<tr>
<td>8:00 Zumba Gold*</td>
</tr>
<tr>
<td>9:00 Ceramics*</td>
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<tr>
<td>9:15 Open Computer Lab</td>
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<tr>
<td>9:15 Beginning Ukulele*</td>
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<tr>
<td>10:00 Chair Zumba*</td>
</tr>
<tr>
<td>10:00 German (Meets 1st Monday of the month)</td>
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<tr>
<td>10:00 Merry Makers Club (Meets 1st Monday of the month)</td>
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<tr>
<td>10:15 Intermediate Ukulele*</td>
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<tr>
<td>10:30 Sit N Be Fit*</td>
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<tr>
<td>10:30 Tai Chi with Anton*</td>
</tr>
<tr>
<td>12:00 Dancercise*</td>
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<tr>
<td>1:00 Art with Coco</td>
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<tr>
<td>1:00 Line Dancing*</td>
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<tr>
<td>2:30 Yoga with Phil*</td>
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<thead>
<tr>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>9:00 Gentle Mat Yoga with Lauren*</td>
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<tr>
<td>9:00 Mah Jong &amp; Bridge</td>
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<tr>
<td>9:00 Pan</td>
</tr>
<tr>
<td>9:15 Tai Chi with Greg</td>
</tr>
<tr>
<td>9:15 Walking Group (Meets 1st &amp; 3rd Tuesday)</td>
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<tr>
<td>10:45 Hula Dance</td>
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<tr>
<td>11:00 Karaoke</td>
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<tr>
<td>11:30 Balance Challenge*</td>
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<tr>
<td>12:15 Heartfulness Meditation</td>
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<tr>
<td>1:00 Chair Yoga with Caroline</td>
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<tr>
<td>1:00 Movie (see page 8)</td>
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<tr>
<td>1:00 Platicando Sabroso</td>
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<td>2:00 SSG Support Group</td>
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<tr>
<td>3:30 Gentle Yoga with Cyndi*</td>
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<table>
<thead>
<tr>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>8:00 Zumba Gold*</td>
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<tr>
<td>9:00 Crochet Group</td>
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<td>9:00 Pan</td>
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<tr>
<td>9:15 Open Computer Lab</td>
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<td>9:30 Chair Abs &amp; Core</td>
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<td>10:00 Loss Support Group (Meets Twice a Month)</td>
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<td>10:30 Pan</td>
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<tr>
<td>11:00 Beginning Spanish</td>
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<td>11:00 Chair Yoga with Caroline</td>
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<tr>
<td>12:30 International Folk Dance</td>
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<tr>
<td>1:00 Yoga with Phil*</td>
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<tr>
<td>1:00 Open Play Ping Pong</td>
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<tr>
<td>1:30 Current Events*</td>
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<tr>
<td>2:00 Genealogy</td>
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<tr>
<td>2:15 Beginning Spanish</td>
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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.
Reminder: All weekly activities are located above this monthly calendar.
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.

March 6th - Respect
Following the rise of Aretha Franklin’s career from a child singing in her father’s church’s choir to her international superstardom. 2021; PG-13; Drama: Jennifer Hudson, Forest Whitaker, Marlon Wayans; 144 minutes.

March 13th - The Power of the Dog
Charismatic rancher Phil Burbank inspires fear and awe in those around him. When his brother brings home a new wife and her son, Phil torments them until he finds himself exposed to the possibility of love. Nominated for 12 Oscars. 2021; R; Drama/Western : Benedict Cumberbatch, Kirsten Dunst, Jesse Plemons; 126 minutes.

March 20th - Waking Ned Devine
When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money. 1998; PG; Comedy : Ian Bannen, David Kelly, Fionnula Flanagan; 91 minutes.

March 27th - Shakespeare in Love
The world’s greatest ever playwright, William Shakespeare, is young, out of ideas and short of cash, but meets his ideal woman and is inspired to write one of his most famous plays. Oscar Winner: Best Picture. 1998; R, Comedy, Drama, History: Gwyneth Paltrow, Joseph Fiennes, Geoffrey Rush, Tom Wilkinson; 123 minutes.

March 1st - Jungle Cruise
Seeking an ancient tree with healing abilities, Dr. Lily Houghton and wisecracking skipper Frank Wolff team up for the adventure-of-a-lifetime on Disney’s Jungle Cruise, a rollicking ride down the Amazon. Amidst danger and supernatural forces lurking in the jungle, secrets of the lost tree unfold as their fate—and mankind’s—hangs in the balance. 2021; PG-13; Action/Adventure/Comedy: Dwayne Johnson, Emily Blunt, Edgar Ramirez; 127 minutes.

March 8th - Leap Year
An Irish leap year legend spurs a feisty Boston lass to follow her boyfriend to Dublin to propose marriage in this romantic comedy. 2010; PG; Romantic Comedy : Amy Adams, Matthew Goode, Adam Scott, John Lithgow; 100 minutes.

March 15th - Once
A modern-day musical about a busker and an immigrant and their eventful week in Dublin as they write, rehearse and record songs that tell their love story. Oscar Winner: Best Song. 2007; R, Musical, Drama: Glen Hansard, Marketa Irglova; 86 minutes.

March 22nd - Green Book
A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Oscar Winner: Best Picture & Best Supporting Actor. 2019; PG-13; Drama : Viggo Mortensen & Mahershala Ali; 130 minutes.

Movie Etiquette
We often utilize streaming services to play movies for our members and barriers beyond our control can occur. If technical difficulties arise, please be patient and courteous as staff attempts to resolve the issue. Thank you for your cooperation!
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.

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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.

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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!

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Virtual Workshops

Alzheimer’s Association - 10 Warning Signs of Alzheimer’s

Learn the 10 warning signs of Alzheimer’s disease. Hear from people who have the disease and find out how to recognize the signs in yourself and others. Please email info.seniorcenter@culvercity.org to receive the meeting information for this virtual presentation. For those who do not have internet access at home, the Senior Center will be showing this workshop virtually onsite in the Computer Lab.

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California Lutheran University - Fifty and Better (FAB) Lecture Series

California Lutheran University is offering free access to the following lectures: Unfold the Universe with the James Webb Space Telescope with Christopher Mick and Her Side of the Story: Tales of California Pioneer Women with John Hogan, Society of California Pioneers. To receive the link to register or view their lecture series schedule, email info.seniorcenter@culvercity.org.

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<td>March 21st</td>
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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@foodsafe.com.

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

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<td>March 31st</td>
<td>THURS</td>
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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
St. Patrick’s Day Party

It’s Your Lucky Day!

Join the Senior Center staff in celebrating St. Patrick’s Day this month!

The Senior Center will be hosting a St. Patrick’s Day Party on Thursday, March 17th on the patio. Tickets can be purchased from the Business Desk for $5.00 beginning Tuesday, March 8th at 9 AM. We can’t wait to see you there!

Doors will open for the party on March 17th at 11:30 AM, the party will start at 12 PM. Please note, this event is open to current CCSCA members only.

March Madness

Let The Madness Begin!

Who are your FINAL FOUR picks? If you are a sports fan, you have probably heard of March Madness! March Madness refers to the time of year when the NCAA men’s and women’s college basketball tournaments are held. One way sports fans are able to participate in March Madness is by filling out a bracket. A March Madness bracket is the grid of all the teams in the tournament and the path they have to follow to the Final Four and the championship game.

This year, we want YOU to create a mini bracket and pick which teams you think will be in the Final Four. If you don’t know anything about basketball, that’s okay!! You can pick your top four teams based on your favorite colors, the mascot, or favorite city! Call a relative or friend who is a big sports fan to ask for help!

Here Are The Rules:

1. You can email your Final Four picks to info.seniorcenter@culvercity.org, or drop them off with any Senior Center staff member, or mail your picks to Culver City Senior Center 4095 Overland Avenue Culver City, CA 90232
2. Please include your first & last name, phone number, and home address.
3. March 13th is Selection Sunday - the teams will be listed online, in your local newspaper, and on the news!
4. Email and in-person submissions must be received by March 18th and mailed entries must be post marked by Saturday, March 19th.
5. You will receive 1 point for each team that you picked correctly.
6. Seniors with 2 or more points will receive a prize!!
Transportation Information

Culver City Transportation Department Circulator
The Culver CityBus Line 1C1 Circulator Washington Boulevard is a circulator route that connects Downtown Culver City with the Arts District. Destinations include Culver City Hall, Expo E Line Culver City Station, and the Arts District.

The Free Circulator Service is an Electric, low floor minibus. The schedule can be located on our website. The service is available Monday - Thursday 7:00 AM - 9:10 PM, and Friday 7:00 AM - 10:10 PM. The weekday peak (7:00 AM - 9:00 AM and 5:00 PM - 7:30 PM) is every 10 minutes, the weekend and Holiday frequency is every 20 minutes.

Let Culver CityBus help you enjoy local restaurants and get your errands taken care of for free! For questions and more information, contact the Transportation Department Customer Service team at 310-253-6500 or visit www.culvercitybus.com.

Next Culver CityBus
Get real time bus information, arrival predictions, rider alerts, trip planner, and tracking with the NextCCBus! Next CCBus is the real time passenger arrival information that tracks the location of your Culver CityBus and provides real time bus arrival predictions and rider alerts.

CCB displays the information on their website, mobile app, call center, email, text messages, and solar LED signs at selected bus stop locations. If you have any questions or to provide feedback, please email citybus@culvercity.org or call (310) 253-6500.

Metro & Cyber Seniors - On The Move Riders Program
Join Metro’s On the Move Riders Program in partnership with Cyber-Seniors for a series of app and mobile device training webinars for iPhone and Android users. This month’s session will cover the Metro TAP LA App on March 15th-18th at 10 AM.

Register by visiting www.metro.net/onthemove. For questions, please contact Lilly Ortiz at ortizl@metro.net or by calling (213) 922-2299. Cyber-Seniors mentors are available to help if you require assistance joining the Zoom Webinars. To schedule over the phone tech help, please call Cyber-Seniors at 844-217-3057 (M-F 9am-2pm).

*All Metro meetings are accessible to persons with disabilities. ADA accommodations and translations are available by calling (213)922-2299 at least 72 hours in advance.
Friday Knitting Group

Do you like to knit? Would you like to join us in making warm hats, scarves, slippers or lap afghans for local shelters and charities?

Come join us at the Culver City Senior Center! The Friday Knitting Group meets every Friday from 9 AM to 12 PM in the Crafts Room.

Can’t come to the center? You can now volunteer your skills while at home. Email info.seniorcenter@culvercity.org to get connected with the group leader.

Wise & Healthy Aging Loss Support Group

Have you or someone you know suffered a recent loss? Trained peer counselors from our partners at WISE & Healthy Aging lead a weekly discussion group at the Culver City Senior Center on coping with loss, loneliness, rebuilding your life, and finding new directions. Discover how to become your own person without your loved one, and how to develop a satisfying social network.

This group meets twice monthly on Wednesdays from 10-11:30 AM. If you have any questions or would like more information, please email info.seniorcenter@culvercity.org or ask a staff member at the Senior Center.

Got Something On Your Mind?

Stop by our volunteer-led Current Events discussion group. This group meets every Wednesday at 1:30 PM & Saturday at 12:15 PM at the Senior Center!

We can’t wait to see you there!