CCSCA members can purchase St. Patrick’s Day Party Tickets starting Monday, March 6th!

March is National Nutrition Month! Join us in celebrating by attending an educational presentation about healthy eating led by the County of Los Angeles Department of Public Health on Friday, March 10th at 10 AM.
Culver City

SENIOR CENTER NEWSLETTER

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Important Senior Center Updates

2023 Culver City Senior Citizens Association, Inc. (CCSCA) Membership & Parking

2023 Membership Cost Breakdown:
• 2023 Membership Dues - $20.00
• 90+ Membership Due - $5.00 (must be 90 years old at time of membership renewal or turn 90 years old in 2023)
• Newsletter Mailing Option - $25.00
• 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 2023 Physician's Authorization Form)
• Only cash or check will be accepted. No bills over $20.00 will be accepted.

2023 Membership Reminders:
• All CCSCA members must have a current 2023 membership & parking sticker.
• Parking placards with the 2023 parking sticker must be visibly displayed in your vehicles.
• Membership renewal can only be done in person at the Business Desk.

CCSCA Class Reminder
Per the Culver City Senior Citizens Association, Inc. (CCSCA) Board of Directors, all CCSCA classes are either free or have a fee per class set by the instructor in agreement with the CCSCA. If you have any questions or concerns, feel free to stop by the CCSCA’s monthly Board Meeting every second Monday of the month at 1 PM.

The CCSCA will be meeting at 1 PM on Monday, March 13th. Feel free to stop by!

The Culver City Senior Center Turns 20 Years Old This Month!
The Culver City Senior Center opened in March 2003. To celebrate the 20 years the center has been open, we are on hosting a party with dessert and live music for 2023 CCSCA members on Friday, March 31, 2023 from 1PM-3PM!

Please purchase your ticket to attend the party for $5 at the Business Desk beginning Wednesday, March 15th.
**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 7th | TUES | 9:15 AM  
  March 21st | TUES | 9:15 AM  

- **Karaoke with Rudy**
  Join Rudy and friends for a fun filled afternoon of karaoke at the Senior Center.
  
  Open to CCSCA members only.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 8th | WEDS | 1 PM - 3:30 PM  
  March 15th | WEDS | 1 PM - 3:30 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. “Removing your information from ‘people search’ websites.”
  
  Open to CCSCA members only.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 15th | WEDS | 11 AM - 12 PM  

- **Trivia with Michael**
  Come test your trivia skills with Michael!
  
  Open to CCSCA members only.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 7th | TUES | 10 AM - 11 AM  
  April 4th | TUES | 10 AM - 11 AM  

- **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**  
  --- | --- | ---  
  March 9th | THURS | 1 PM - 2:30 PM  

- **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**  
  --- | --- | ---  
  March 10th | FRI | 12:30 PM - 1:30 PM  

- **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.
  
  Open to CCSCA members only.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 6th | MON | 11:30 AM - 1 PM  
  April 3rd | MON | 11:30 AM - 1 PM  

- **Adventures with Doug - Adventure to Chasm Lake**
  Nestled secretly beneath mighty Long’s Peak, stunning Chasm Lake hides from view to all except those willing to seek it.
  
  Join us for an amazing slideshow as we trek through magnificent forests in Rocky Mountain National Park, along delightful wildflowers and below mighty peaks to reach this fantastic gift of nature.
  
  Open to CCSCA members only.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 15th | WEDS | 2 PM - 2:45 PM  

**Only in March**

- **Field Trip to the Helms Bakery District!**
  Please join us for a field trip to 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. Space is limited for this trip and it’s first come first served. Please note that there will be extensive walking. To RSVP please call or visit the business desk at (310) 253-6700 starting March 7th. Voicemail messages will not be accepted. Open to CCSCA members only.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 21st | TUES | 12 PM - 3 PM  

- **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.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 1st | WEDS | 2 PM - 2:45 PM  
  April 5th | WEDS | 2 PM - 2:45 PM  

- **Saturday Dances**
  Grab some friends and come out to dance! $5 for CCSCA members and $7 for non-members.
  
  **Date** | **Day** | **Time** | **Entertainer**  
  --- | --- | --- | ---  
  March 11th | SAT | 1 PM - 3:30 PM | Tropic Starr  
  March 25th | SAT | 1 PM - 3:30 PM | Retro  

- **Bingo**
  Join PRCS staff a game or two of Bingo! Open to CCSCA members only.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 22nd | WEDS | 1 PM - 2 PM  

- **Pan Dulce!**
  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.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 15th | WEDS | 1 PM - 3:30 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**  
  --- | --- | ---  
  March 9th | THURS | 1 PM - 2:30 PM  

- **The Glee Three Sing-Along**
  Join the Glee Three for their monthly sing-along at the center.
  
  Open to CCSCA members only.
  
  **Date** | **Day** | **Time**  
  --- | --- | ---  
  March 17th | FRI | 10 AM - 11 AM  

- **CCHS Tech Help - Wednesday, March 1st!**
  Do you have a technology question you would like assistance with? Feel free to come to the Computer Lab at the Center for help with your questions every first Wednesday of the month from 2:30 PM - 5 PM.
  
  Thank you to Culver City High School students who will be there to help our Seniors!
### March Class Schedule

**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.

### Sunday
- **6:00 AM** - Vinyasa Yoga with John
- **10:00 AM** - Tai Chi with Greg
- **11:00 AM** - Tai Chi with Anton
- **1:00 PM** - Computer Lab
- **2:00 PM** - Bridge, Mah Jong & Bridge
- **3:00 PM** - German
- **4:00 PM** - Merry Makers Bingo
- **5:00 PM** - Line Dancing
- **6:00 PM** - Music Time Machine
- **7:00 PM** - Yoga with Phil

### Monday
- **6:00 AM** - Vinyasa Yoga with John
- **10:00 AM** - Tai Chi with Greg
- **11:00 AM** - Tai Chi with Anton
- **1:00 PM** - Computer Lab
- **2:00 PM** - Bridge, Mah Jong & Bridge
- **3:00 PM** - German
- **4:00 PM** - Merry Makers Bingo
- **5:00 PM** - Line Dancing
- **6:00 PM** - Music Time Machine
- **7:00 PM** - Yoga with Phil

### Tuesday
- **6:00 AM** - Vinyasa Yoga with John
- **10:00 AM** - Tai Chi with Greg
- **11:00 AM** - Tai Chi with Anton
- **1:00 PM** - Computer Lab
- **2:00 PM** - Bridge, Mah Jong & Bridge
- **3:00 PM** - German
- **4:00 PM** - Merry Makers Bingo
- **5:00 PM** - Line Dancing
- **6:00 PM** - Music Time Machine
- **7:00 PM** - Yoga with Phil

### Wednesday
- **6:00 AM** - Vinyasa Yoga with John
- **10:00 AM** - Tai Chi with Greg
- **11:00 AM** - Tai Chi with Anton
- **1:00 PM** - Computer Lab
- **2:00 PM** - Bridge, Mah Jong & Bridge
- **3:00 PM** - German
- **4:00 PM** - Merry Makers Bingo
- **5:00 PM** - Line Dancing
- **6:00 PM** - Music Time Machine
- **7:00 PM** - Yoga with Phil

### Thursday
- **6:00 AM** - Vinyasa Yoga with John
- **10:00 AM** - Tai Chi with Greg
- **11:00 AM** - Tai Chi with Anton
- **1:00 PM** - Computer Lab
- **2:00 PM** - Bridge, Mah Jong & Bridge
- **3:00 PM** - German
- **4:00 PM** - Merry Makers Bingo
- **5:00 PM** - Line Dancing
- **6:00 PM** - Music Time Machine
- **7:00 PM** - Yoga with Phil

### Friday
- **6:00 AM** - Vinyasa Yoga with John
- **10:00 AM** - Tai Chi with Greg
- **11:00 AM** - Tai Chi with Anton
- **1:00 PM** - Computer Lab
- **2:00 PM** - Bridge, Mah Jong & Bridge
- **3:00 PM** - German
- **4:00 PM** - Merry Makers Bingo
- **5:00 PM** - Line Dancing
- **6:00 PM** - Music Time Machine
- **7:00 PM** - Yoga with Phil

### Saturday
- **6:00 AM** - Vinyasa Yoga with John
- **10:00 AM** - Tai Chi with Greg
- **11:00 AM** - Tai Chi with Anton
- **1:00 PM** - Computer Lab
- **2:00 PM** - Bridge, Mah Jong & Bridge
- **3:00 PM** - German
- **4:00 PM** - Merry Makers Bingo
- **5:00 PM** - Line Dancing
- **6:00 PM** - Music Time Machine
- **7:00 PM** - Yoga with Phil

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

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Visit us online at www.culvercity.org/seniorcenternewsletter

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 times are subject to change.

**Sunday Movies**

**March 5 – Bend It Like Bechham**
Two English girls, despite their parents’ wishes, have their hearts set on careers in professional soccer. 2002; PG-13; Romance/Sport; Parminder Nagra, Keira Knightley, Jonathan Rhys Meyers, Archie Panjabi; 1 hr 52 min.

**March 12 – Our Souls at Night**
Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonicly, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom. 2017; PG-13; Romance/Drama; Robert Redford, Jane Fonda, Bruce Dern, Judy Greer; 1 hr 43 min.

**March 19 – Julia**
Donated by our friends at Sony Pictures
This documentary tells the story of the legendary cookbook author and television superstar Julia Child, who changed the way Americans think about food, television, and even about women. 2021; PG-13; Documentary; Julia Child, Russell Morash, Ina Garten, Sara Moulton, Jose Andres; 1 hr 35 min.

**March 26 – Sunset Boulevard**
An aging silent film queen refuses to accept that her stardom has ended. 1950; PG; Noir/Drama; Gloria Swanson, William Holden, Erich von Stroheim, Nancy Olsen, Jack Webb, Buster Keaton; 1 hr 55 min.

**Tuesday Movies**

**March 7 – Good Sam**
A curious reporter finds love while pursuing the story of a mysterious figure who’s leaving bags of cash for strangers around New York City. 2019; PG; Comedy/Drama/Romance; Timothée Chalamet, Millicent Simmonds, Zoe Galifianakis; 1 hr 46 min.

**March 14 – Banhees of Inisherin**
Happy St. Patrick’s Day! On a remote island off the coast of Ireland in 1923, Pádraic is devastated when his buddy Colm suddenly puts an end to their life-long friendship. Nominated for 9 Academy Awards including Best Picture. 2022; R; Black Comedy/Drama; Colin Farrell, Brendan Gleeson, Kerry Condon, Barry Keoghan; 1 hr 54 min.

**March 21 – The Fabelmans**
Young Sammy Fabelman falls in love with movies and armed with a camera, starts to make his own films at home. Nominated for 8 Academy Awards. Written, directed and based on the life of Steven Spielberg as a child. 2022; PG-13; Drama/Coming-of-age Story; Gabriel LaBelle, Michelle Williams, Paul Dano, Julia Butters, Judi Hirsch; 2hr 31 min.

**March 28 – E.T.**
After a gentle alien becomes stranded on Earth, the being is discovered and befriended by a young boy named Elliott and his family and adventures begin! Directed by Steven Spielberg. 1982; PG; Sci-Fi/Adventure; Henry Thomas, Drew Barrymore, Robert MacNaughton; 1 hr 54 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 violinist who brings to us great songs and melodies with her voice and violin. We hope you can be there. Join using the following link: https://us02web.zoom.us/j/8271357401?pwd=UXMnTFpz2bEHzITB0O9PeDzdITZ2Za09

**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.

**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! Join in on their sessions by visiting this link: https://us02web.zoom.us/j/83618515998?pwd=Q01xRUhL00wVysxNHIVL2hKeWxZa09 and enter the following password: 017483

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.

Presentations

**Nutrition with Los Angeles County Department of Public Health**
Join LADPH for an educational presentation on topics related to Nutrition. Come and learn about MyPlate, how to identify essential food groups and information on how to eat healthy.

- **Date**: March 10th
- **Day**: Fri
- **Time**: 10 AM - 11 AM

**Department of Motor Vehicles (DMV)**
Join a representative from the DMV for a presentation about driver license renewal requirements. These options and study tips. A question and answer portion will follow after the presentation.

- **Date**: March 14th
- **Day**: Tues
- **Time**: 11 AM - 12 PM

**Trip Office**

**Let’s Go On A Trip!**
Trip Sales begin March 1st at 10 AM!
Cash/Check only! Bring your CCSCA Membership & player’s card #.

**Aquarius Casino & Hotel** - May 7-9, 2023 - 9 AM
- **Date**: May 7
- **Day**: Sat
- **Time**: 9 AM - 5 PM
- **Cost:** $230

Guided tour of behind the scenes of Sofi Stadium which includes the Owners club and premium suites. Participants will be free to explore the tunnel, field, press conference area, locker room and more. A $15 concession voucher is included that can be redeemed at the stadium Grab & Go market.

**Soft Stadium Tour** - May 4, 2023 at 9 AM
- **Cost**: $95

Guided tour of behind the scenes of Sofi Stadium which includes the Owners club and premium suites. Participants will be free to explore the tunnel, field, press conference area, locker room and more. A $15 concession voucher is included that can be redeemed at the stadium Grab & Go market.

**Viejas Casino** - May 25, 2023 - 8 AM
- **Cost**: $30

Guided tour of behind the scenes of Viejas Casino which includes the Owners club and premium suites. Participants will be free to explore the tunnel, field, press conference area, locker room and more. A $15 concession voucher is included that can be redeemed at the stadium Grab & Go market.

**Trip Sales begin March 1st at 10 AM!**
Cash/Check only! Bring your CCSCA Membership & player’s card #.

**Aquarius Casino & Hotel** - May 7-9, 2023 - 9 AM
- **Single**: $230
- **Double**: $180 (per person)

Guided tour of behind the scenes of Soft Stadium which includes the Owners club and premium suites. Participants will be free to explore the tunnel, field, press conference area, locker room and more. A $15 concession voucher is included that can be redeemed at the stadium Grab & Go market.

**Viejas Casino** - May 25, 2023 - 8 AM
- **Cost**: $30

Guided tour of behind the scenes of Viejas Casino which includes the Owners club and premium suites. Participants will be free to explore the tunnel, field, press conference area, locker room and more. A $15 concession voucher is included that can be redeemed at the stadium Grab & Go market.

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March 1 4th TUES 9 AM - 10 AM
Date Day Time
March 1 7th FRI 1 1:30 AM - 1:30 PM
March 6th at 9 AM. We can’t wait to see you there!

Get Fare Discounts with a Free Senior TAP Card!
Culver CityBus is partnering with Metro to conduct a transportation workshop for older adults in Culver City. The event will provide older adults with information and resources to use public transportation with confidence! Specifically, older adults will learn how to use a TAP card and discover popular destinations in the region that are easily accessible on the Culver CityBus and Metro, with use of the card.

Additionally, attendees have an opportunity to apply for a Senior TAP card and receive a temporary card the same day. Eligible applicants must bring a valid ID (e.g. Driver’s License, State ID, Passport) to apply for a Senior TAP card.

Staff will also share information about Metro’s On the Move Riders Program, which offers one-on-one and group travel training, to help remove barriers and enhance mobility for older adults.

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 the first and second Thursday of December from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM. This service is free and is open to CCSCA members only.

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 & submit it to the box by the Business Desk.
Relocation of the Culver City Community Garden

The relocation of the Culver City Community Garden will be discussed at the Parks, Recreation and Community Services (PRCS) Commission Meeting on Thursday March 9, 2023 at 7 PM. The meeting will be held at City Hall in the Mike Balkman Chambers. Free validated parking is available in the parking garage. If you or someone you know would like to voice their opinion on the relocation of the Culver City community garden, please join us.

For more information, please contact Gloria Ysaguirre at gloria.ysaguirre@culvercity.org or (310) 253-6658. We look forward to seeing you there!

Louise Reichlin & Dancers and LA Choreographers & Dancers

Louise Reichlin & Dancers/ LA Choreographers & Dancers will present their third performance at the Culver City Senior Center, free and open to the public, on March 18th at 1:30 pm. It will have both a joyful as well as compelling look at our post pandemic times featuring a Culver City premier You Gotta Get Up and the 2021 work Reboot! Reboot!

This FREE arts performance is made possible in part by the City of Culver City and its Cultural Affairs Commission, with support from Sony Pictures Entertainment and the Culver City Arts Foundation. This performance is also supported in part by the California Arts Council and by the Los Angeles County Board of Supervisors.

Newsletter Announcement:

Join Culver City Bus & Metro for a Transportation Information Session!

Culver CityBus is partnering with Metro to conduct a transportation workshop for older adults in Culver City on March 9th at 10:30 AM.

See page 10 for more information and feel free to stop by!