May is Older Americans Month!
Join us in celebrating this month’s theme of Aging Unbound by participating in our many special events such as Self Defense, Trivia and more! See pages 10 & 11 for more information.

Come visit during the week of May 22nd - May 26th to view our Art Display in the Senior Center Main Lobby!
CULVER CITY

SENIOR CENTER NEWSLETTER

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CITY OFFICIALS
Albert Vera - Mayor
Yasmine-Imani McMorrin - Vice Mayor
Göran Eriksson - Councilmember
Don O’Brien - Councilmember
Freddy Puza - 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
William Rickards - Chair
Scott Zeidman - Vice Chair
Palvi Mohammed - Member
Khary Cuffe - Member
Jane Leonard - Member
The PRCS Commission meets on the third 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

PRCS SENIOR CENTER STAFF
Armanda Abrego - PRCS Director
Francisco Castillo & Dani Cullens - RCS Managers
Jill Thomsen - RCS Supervisor
Melanye Morales - RCS Coordinator
Mike Odunze - RCS Coordinator
Nancy Ruvalcaba - Recreation Specialist
John Panganiban - Senior Recreation Leader
Martha Diaz - Senior Recreation Leader
Khary Cuffe - Senior Recreation Leader
Jane Leonardo - Member

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CCSCA BOARD OF DIRECTORS
John Rollins - President
Ron Gorman - Vice President
Kay Heineman - Secretary
John Salgado - Treasurer
Barbara Silverstein
Benito Williams
Don Roybal
Zia Garcia
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.

SENIOR CENTER HOURS
Senior Center: M-F 9 AM - 5 PM
SAT & SUN 12 PM - 4 PM
Business Desk: M-F 9 AM - 4 PM
SAT & SUN 12 PM - 3:30 PM
Special Service for Groups (SSG): See page 11

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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 - CityofCulverCity
Plunge Facebook - CulverPool

For questions & more information call the business desk at (310) 253-6700

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

Music with Michael - Thank you!
Michael Monagan held his final show for his Music with Michael sessions which initially began to combat isolation throughout the pandemic and continued for three years with his fans support.

Michael has been an amazing performer throughout the years and has built a terrific online community through their collective appreciation for music and each other.

Michael, on behalf of the Culver City Senior Center, we thank you for your dedication to this group and for the kindness you have spread at each session. We will all miss your activity each month, but we wish you well on your future endeavors!

Pool Room CLOSED in May
The Pool Room is closed this month so that Public Works can paint the walls and replace the existing carpet. Please be patient with us as we wait for these changes to occur. Thank you for understanding!

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.

Santa Monica Lyrics Choir Performance - June 1, 2023
Come out and listen to this lovely group sing next month! The Santa Monica Lyrics Choir is excited to return to the center and perform for everyone on Thursday, June 1st at 11 AM.

We look forward to seeing 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 & submit it to the box by the Business Desk.

Visit us online at www.culvercity.org/seniormealsnewsletter
**Only in May**

**Field Trip to the Natural History Museum!**

Calling all Metro On the Move Riders Club members! Join us for On the Move Day at the Natural History Museum on Thursday, May 25th. In honor of Older Americans month, Metro has partnered with the Natural History Museum to provide free admission to the museum and special programming led by Natural History Museum staff for On the Move Riders Club members only. Space is limited for this trip and you must travel with the group to take advantage of this special offer. Travel will take place on public transportation and a loaded Senior TAP card is required. Bring a sack lunch or money to buy food and enjoy a day at the museum. Please be advised that there will be extensive walking. To RSVP please call (310) 253-6700 or visit the the business desk starting May 11th. Voicemail messages will not be accepted.

Open to CCSCA members only.

**Recurring**

**Walking Group**

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

Open to CCSCA members only.

**Date** | **Day** | **Time**
--- | --- | ---
May 2nd | TUES | 9:15 AM
May 17th | WEDS | 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**
--- | --- | ---
May 10th | WEDS | 1 PM - 3:30 PM
May 17th | WEDS | 1 PM - 3:30 PM

**The Cunning Consumer**

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, is back for his monthly class, The Cunning Consumer. Open to CCSCA members only.

**Date** | **Day** | **Time**
--- | --- | ---
May 17th | WEDS | 11 AM - 12 PM

**Trivia with Michael**

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

**Date** | **Day** | **Time**
--- | --- | ---
May 2nd | TUES | 10 AM - 11 AM
June 6th | TUES | 10 AM - 11 AM

**Kindness Rock Painting**

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

**Date** | **Day** | **Time**
--- | --- | ---
May 11th | 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**
--- | --- | ---
May 12th | 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**
--- | --- | ---
May 1st | MON | 11:30 AM - 12:30 PM
June 5th | MON | 11:30 AM - 12:30 PM

**Adventures with Doug - Adventure to Anza Superbloom**

We’re going to go see something that happens only every 10 to 20 years in the Anza Borrego desert of Southern California. And it only lasts for a few weeks…at best.

What’s amazing is it can only happen after a rough drought! But during that harsh time wildflower seeds accumulate, year by year, patiently waiting for the rain and perfect temperatures that would spring them into action.

Now that the moisture has arrived, they’ve bloomed into a world of beauty transforming Anza Borrego, a landscape that seems only barren, unforgiving and unwilling to host even the hardiest of life, into a rarely seen show of color.

Join us for our slide show adventure of Southern California. And it only lasts for a few weeks…at best.

**Ask the Physical Therapist**

Ask the Physical Therapist with Cristina Gabor is cancelled this month, but will return in June! Open to CCSCA members only.

**Date** | **Day** | **Time**
--- | --- | ---
June 15th | 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 the novel The Storied Life of A.J. Fikry by Gabrielle Zevin join the group for their May 17th meeting and the second half of the novel by May 31st. 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 @culverbc to the number 81010. Open to CCSCA members only.

**Date** | **Day** | **Time**
--- | --- | ---
May 17th | WEDS | 2 PM - 3 PM
May 31st | WEDS | 2 PM - 3 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**
--- | --- | ---
May 19th | FRI | 11 AM - 12 PM

**CCHS Tech Help - Wednesday, May 3rd!**

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!
<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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<tbody>
<tr>
<td>12:00-3:45 Bridge, Mah Jong &amp; Pan</td>
<td>8:00 Zumba Gold*</td>
<td>9:00 Mah Jong &amp; Bridge</td>
<td>8:00 Zumba Gold*</td>
<td>9:00 Watercolor*</td>
<td>8:00 Zumba Gold*</td>
<td>12:00-3:45 Bridge, Mah Jong &amp; Pan</td>
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<td>1:00 Movie</td>
<td>9:00 Ceramics*</td>
<td>9:00 Fun with Acrylics</td>
<td>9:00 Crochet Group</td>
<td>9:00 Knitting Group</td>
<td>9:00 Knitting Group</td>
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<td>(see page 8)</td>
<td>9:15 Open Computer Lab</td>
<td>9:00 Pan</td>
<td>9:15 Open Computer Lab</td>
<td>9:00 Mah Jong &amp; Bridge</td>
<td>9:00 Mah Jong &amp; Bridge</td>
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<td>9:15 Beginning Sign Language</td>
<td>9:00 Beginning Sign Language</td>
<td>9:30 Chair Abs &amp; Core</td>
<td>9:15 Dance Fit with John</td>
<td>9:00 Pan</td>
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<td>9:15 Gentle Mat Yoga with Lauren*</td>
<td>9:15 Gentle Mat Yoga with Lauren*</td>
<td>10:30 MindBodyDance</td>
<td>10:00 Advanced Sign Language</td>
<td>9:00 Pan</td>
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<td>9:15 Tai Chi with Greg</td>
<td>9:15 Tai Chi with Greg</td>
<td>10:30 Pan</td>
<td>10:00 Spanish Conversation Class</td>
<td>9:00 Tai Chi with Anton*</td>
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<td>9:15 Walking Group</td>
<td>9:15 Walking Group</td>
<td>11:00 Chess</td>
<td>(Meets Last Thursday)</td>
<td>9:15 Tai Chi with Greg</td>
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<td>(Meets 1st &amp; 3rd Tuesday)</td>
<td>(Meets 1st &amp; 3rd Tuesday)</td>
<td>11:00 Spanish Social Group</td>
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<td>9:15 Open Computer Lab</td>
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<td>10:45 Hula Dance</td>
<td>10:45 Hula Dance</td>
<td>12:00 Mat Pilates 101*</td>
<td>9:30 Blood Pressure Checks</td>
<td>9:15 Open Computer Lab</td>
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<td>11:00 Karaoke</td>
<td>11:00 Karaoke</td>
<td>12:30 International Folk Dance</td>
<td>10:00 Spanish Conversation Class</td>
<td>9:45 Gentle Mat Yoga with Caroline</td>
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<td></td>
<td>11:30 Balance Challenge*</td>
<td>11:30 Balance Challenge*</td>
<td>1:00 Genealogy (cancelled)</td>
<td>10:30 Full Body Exercise with Marguerite*</td>
<td>10:30 Full Body Exercise with Marguerite*</td>
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<td>11:45 Heartfulness Meditation</td>
<td>11:45 Heartfulness Meditation</td>
<td>1:00 Yoga with Phil*</td>
<td>11:00 Chair Yoga with Caroline</td>
<td>11:00 Chair Yoga with Caroline</td>
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<td></td>
<td>1:00 Chair Yoga with Caroline</td>
<td>1:00 Chair Yoga with Caroline</td>
<td>1:30 Current Events*</td>
<td>1:00 German Conversations</td>
<td>11:00 Sing-Along (Meets 3rd Friday)</td>
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<td>1:00 Movie (see page 8)</td>
<td>1:00 Movie (see page 8)</td>
<td>2:00 Pan Y Platica</td>
<td>1:00 Line Dancing*</td>
<td>11:30 Mat Pilates 101*</td>
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<td>1:00 Platonic Sabrosa</td>
<td>1:00 Platonic Sabrosa</td>
<td>(Meets 1st Tuesday of the month)</td>
<td>1:00 Remembranzas</td>
<td>1:00 German Conversations</td>
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<td>1:00 Improv</td>
<td>1:00 Improv</td>
<td>2:15 Beginning Spanish Class</td>
<td>2:00 Mindfulness Meditation with Resa</td>
<td>1:00 Remembranzas</td>
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<td>(meets 4th Tuesday of the month)</td>
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<td>2:30 Open Play Ping Pong</td>
<td>3:00 Yiddish Conversations</td>
<td>2:00 Mindfulness Meditation with Resa</td>
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<td>1:30 Veterans Social Group</td>
<td>1:30 Veterans Social Group</td>
<td>3:00 French (Meets 3rd Thursday)</td>
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<td>3:00 Yiddish Conversations</td>
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<td>(meets 1st Tuesday of the month)</td>
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<td>3:30 Gentle Yoga with Cyndi*</td>
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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

May 7 - Otherhood
A grounded, soulful, celebratory comedy about three mothers and their adult sons. The film explores the stage after motherhood, Otherhood, when you have to redefine your relationship with your children, friends, spouse, and most importantly, yourself. 2019; R; Comedy, Angela Bassett, Patricia Arquette, Felicity Huffman; 1 hr 40 min.

May 14 - I Wanna Dance With Somebody
Donated by our friends at Sony Pictures Entertainment, A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time, tracing her journey from obscurity to musical superstardom. 2022; PG-13; Biography/Music; Naomi Ackie, Stanley Tucci, Ashton Sanders; 2 hr 24 min.

May 21 - Something From Tiffany’s
May 28 - That Thing You Do!
A local Pennsylvania band scores a one-hit wonder in 1964 and rides the star-making wave of its success only to find that the villa she reserved was double-booked, and she’ll have to share her vacation with a cynical British man. 2022; PG; Comedy/Family; Rob Lowe, Johnny Berchtold, Kimberly Williams-Paisley; 1 hr 35 min.

May 9 - She Said
Based on the true story of a father and son who repair their fractured relationship during a forced hike of the Appalachian trail to find their beloved dog. 2022; TV-PG; Biography/Drama/Family; Rob Lowe, Johnny Berchtold, Kimberly Williams-Paisley; 1 hr 35 min.

May 16 - Love In Villa
A young woman takes a trip to romantic Verona, Italy after a breakup, only to find that the villa she reserved was double-booked, and she’ll have to share her vacation with a cynical British man. 2022; TV-14; Comedy/Romance; Kate Graham, Tom Hopper, Raymond Abblack; 1 hr 54 min.

May 23 - Rocky
A small-time Philadelphia boxer gets a rare chance to fight the world heavyweight champion in a bout in which he strives to go the distance for his self-respect. 1976; PG; Drama/ Sport; Sylvester Stallone, Talia Shire, Burt Young; 2 hrs.

May 30 - 80 For Brady
A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady; 2023; PG-13; Comedy/Drama/Sport; Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field; 1 hr 38 min.

Tuesday Movies

May 2 - Dog Gone
A story about a woman who’s life gets upended when an engagement ring that was 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.

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.

Date | Day | Time
--- | --- | ---
May 17th | 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

Presentations

Fraud & Scam Prevention
Come out and join the California Department of Insurance as they present information on insurance related scams and how to avoid them.

Date | Day | Time
--- | --- | ---
May 15th | MON | 10 AM - 11 AM

Walk With Ease - Walking Program
Whether aiming to manage arthritis pain or wanting to improve your fitness, learn how to develop a walking program designed to achieve your personal goals.

Date | Day | Time
--- | --- | ---
May 11th | THURS | 10:30 AM - 11:30 AM

Trip Office

Valley View Casino

Date | Cost | Departure | Extras
--- | --- | --- | ---
July 13th | $50 | 8 AM | Earn 5 points get $15 Free Play

Harrah’s Casino San Diego

Date | Cost | Departure | Extras
--- | --- | --- | ---
July 27th | $20 | 8 AM | 

Pantages Theatre Presents “Tina Turner Musical”

Date | Cost | Departure | Details
--- | --- | --- | ---
July 6th | $95 | 12:30 PM | Show Starts at 2 PM

Trip Office Hours: WEDS/FRI 10 AM – 1 PM. Please bring your CCSCA Membership & player’s card #: Cash or checks only.

For Virtual Access:
For access to any of these virtual concerts or workshops, please email info.seniorcenter@culvercity.org.

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 CFH@foodsafe.com.

For Questions & More information call the Business Desk at (310) 253-6700.

Visit us online at www.culvercity.org/seniorcenternewslet
Older Americans Month (OAM) Activities

Week 1: May 1st - 7th
To kick off Older Americans Month, we encourage you to come out to play Loteria in honor of Cinco de Mayo with staff and learn new self-defense moves with Instructor Andy Panchal.

- **FREE SELF DEFENSE WORKSHOP**
  - FRIDAY, MAY 5TH 10 AM - NOON
- **LOTERIA**
  - FRIDAY, MAY 5TH 1 PM - 2:30 PM

*SPACE IS LIMITED. PLEASE REGISTER AT THE BUSINESS DESK*

Week 2: May 8th - 14th
Join us in celebrating by attending this month’s City Council meeting where the CCSCA will be accepting this year’s Older Americans Month Proclamation. CCSCA Vice President Ron Gorman will also be honored as Senior of the Year for 2023 with a commendation from City Council.

- **CITY COUNCIL MEETING - CITY HALL**
  - MONDAY, MAY 8TH 6:30 PM
- **FREE HEALTH FAIR WITH CEDARS SINAI**
  - THURSDAY, MAY 11TH 12:30 PM - 3:30 PM

Cedars-Sinai Community Health Improvement is partnering with the Culver City Senior Center to offer free health screenings for the public. The screenings include glucose, cholesterol, blood pressure, and hearing. In addition, the health fair will provide education to improve health and wellness, connect participants in need to local free or low-cost care and resources, and provide information for services offered around the area. Insurance is not required to participate.

Week 3: May 15th - 21st
This week we will be taking a stroll around the city with Culver City High School students and getting to know Senior Center staff better through a Q & A session with popsicles! At the Q & A, we will have a special baton twirling performance by our Intern Faith Barrett who is also the Feature Baton Twirler for the UCLA Marching Band.

- **ASK THE SUPERVISOR & STAFF Q & A**
  - TUESDAY, MAY 16TH 12:30 PM - 2 PM
- **INTERGENERATIONAL WALKING GROUP**
  - WEDNESDAY, MAY 17TH 2 PM - 3 PM

Week 4: May 22nd - 28th
Come out to support our artistically talented peers at the poetry slam and by visiting the art display which will be located in the lobby at the center all week!

To participate in the Poetry Slam, feel free to sign up at the event to read your own work or someone else’s aloud. If you would like to simply support your peers at the event, feel free to come out and enjoy light refreshments with us!

- **ART DISPLAY - SENIOR CENTER LOBBY**
  - MONDAY, MAY 22ND - FRIDAY, MAY 26TH
- **POETRY SLAM**
  - THURSDAY, MAY 25TH 10:30 AM - 12 PM

Week 5: May 29th - May 31st
To end Older Americans Month, please join us for a fun game of Trivia! In groups of 6, teams will have the opportunity to answer questions for different categories and earn GREAT prizes.

- **TRIVIA**
  - WEDNESDAY, MAY 31ST 1 PM - 2:30 PM

*SPACE IS LIMITED. PLEASE REGISTER AT THE BUSINESS DESK STARTING MONDAY, MAY 15TH*
Culver City Culver City Symphony Orchestra at the Kirk Douglas Theatre

Guest Conductor Mercedes Juan Mussotto will lead the Culver City Orchestra in a program by female composers introducing the audience to an array of inspiring, lyrical and beautiful music. The capstone piece is the impressively energetic and satisfying Symphony No. 3 by French composer Louise Farrenc, composed in 1847.

The performance will occur on Saturday, May 6th at 7:30 PM and is free to attend.

Seating is limited – please pre-register online or scan the QR code to register.

Stay Tuned!

Attention all CCSCA Group Leaders & Instructors!

Thank you for your dedication and enthusiasm in all you do for our CCSCA members!

To show our appreciation, during the week of May 8th, staff will be coming to present all CCSCA Group Leaders and Instructors with a gift from the CCSCA for their service to our community!