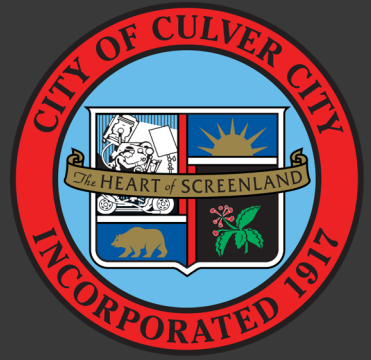
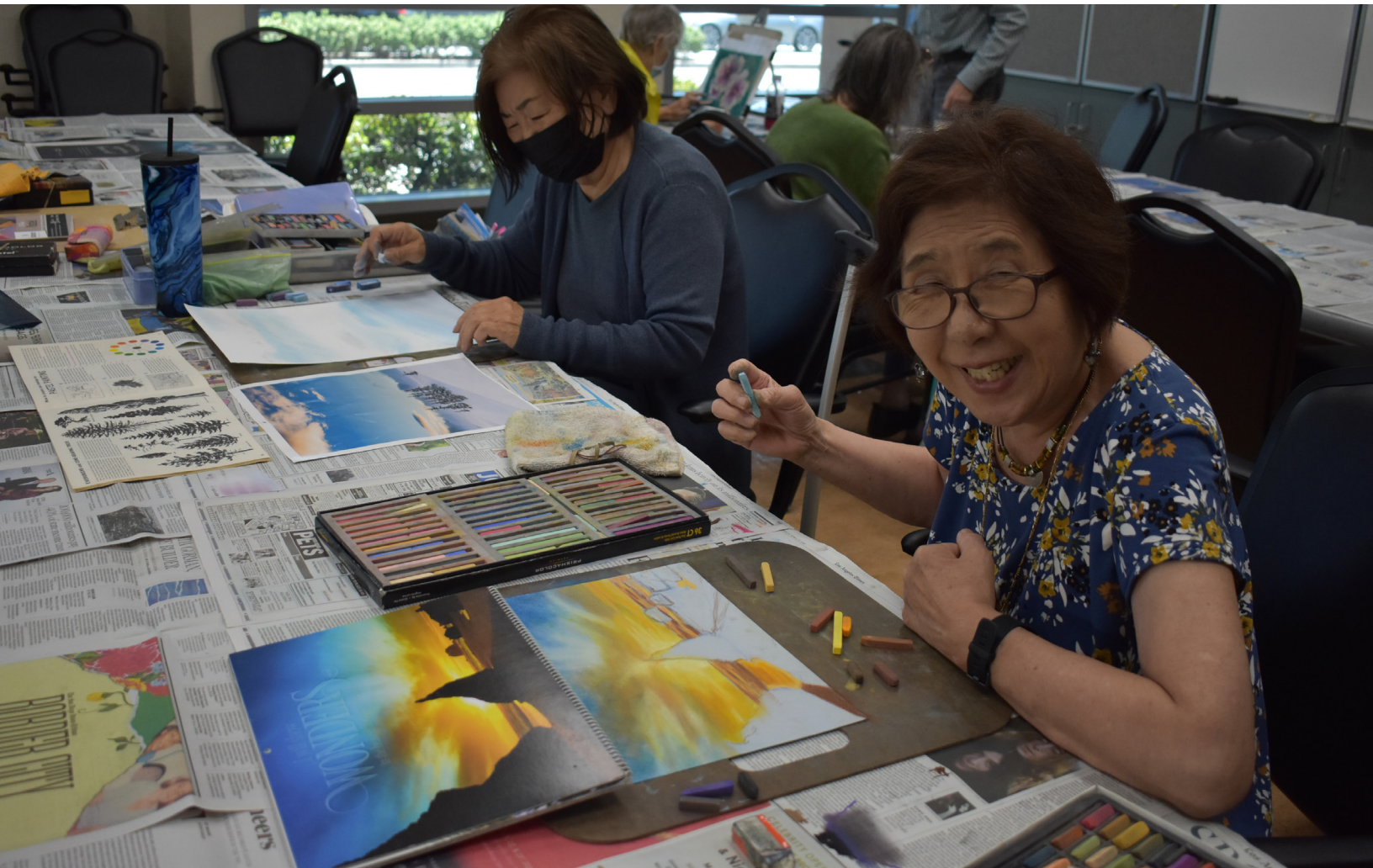


# CULVER CITY SENIOR CENTER NEWSLETTER



MAY 2023



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



**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.**

## CITY OFFICIALS

Albert Vera - Mayor  
Yasmine-Imani McMorris - Vice Mayor  
Göran Eriksson - Councilmember  
Dan O'Brien - Councilmember  
Freddy Puza - Councilmember  
John Nachbar - City Manager



(310) 253-6000  
[www.culvercity.org/city-hall/city-council](http://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](mailto: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 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->

## PRCS SENIOR CENTER STAFF

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

## SENIOR CENTER 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

## SENIOR MEALS

Jewish Family Services (323) 937-5843

# Culver CITY

## SENIOR CENTER NEWSLETTER

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## CCSCA BOARD OF DIRECTORS

John Rollins - President  
Ron Gorman - Vice President  
Kay Heineman - Secretary  
John Salgado - Treasurer  
Barbara Silverstein  
Benita 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.

## PRCS Department Information

PRCS Website - [www.culvercity.org/prcs](http://www.culvercity.org/prcs)  
City Website - [www.culvercity.org](http://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

## Music with Michael - Thank you!



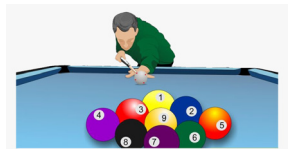
Michael Monagan held his final show for his Music with Michael sessions which initially began to combat isolation throughout the pandemic and continued for three years with his fans support.

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.

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.*

Date	Day	Time
May 25th	THURS	10 AM - 2 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
May 3rd	WEDS	2 PM - 2:45 PM
June 7th	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
May 6th	SAT	1 PM - 3 PM	Kellie Williams
May 27th	SAT	1 PM - 3 PM	Elias with Love

Bingo

Bingo is cancelled this month. See you in June!  
*Open to CCSCA members only.*

Date	Day	Time
June 28th	WEDS	1 PM - 2 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
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 come 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 hardest of life, into a rarely seen show of color.

Join us for our slide show adventure as we explore this vast and remarkable area, and marvel at the amazing Anza Borrego Superbloom.

*Open to CCSCA members only.*

Date	Day	Time
May 16th	TUES	3:15 PM - 4:30 PM

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 be *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!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Open Computer Lab 9:15 Beginning Ukulele* 10:00 Chair Zumba* 10:00 German (Meets 2nd Monday of the month) 10:00 Merry Makers Club (Meets 1st & 3rd Monday of the month) 10:15 Intermediate Ukulele* 10:30 Sit N Be Fit with Margarite* 10:30 Tai Chi with Anton* (At Veterans Memorial Building) 12:00 Dancercise* 1:00 Music Time Machine (meets last Monday of the month) 1:00 Art with Coco 1:00 Line Dancing* 2:30 Yoga with Phil*	9:00 Mah Jong & Bridge 9:00 Fun with Acrylics 9:00 Pan 9:00 Beginning Sign Language 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 (meets 4th Tuesday of the month) 1:30 Veterans Social Group (meets 1st Tuesday of the month) 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 Chess 11:00 Spanish Social Group 12:00 Mat Pilates 101* 12:30 International Folk Dance 1:00 Genealogy (cancelled) 1:00 Yoga with Phil* 1:30 Current Events* 2:00 Pan Y Platica (Meets 1st Wednesday of the month) 2:15 Beginning Spanish Class 2:30 Open Play Ping Pong	9:00 Watercolor* 9:00 Mah Jong & Bridge 9:00 Pan 9:00 Intermediate Sign Language 9:15 Dance Fit with John 10:00 Advanced Sign Language 10:00 Spanish Conversation Class (Meets Last Thursday) 11:00 Reading Short Story Group 11:30 Balance Challenge* 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 Yoga with Phil* 1:30 Latin American Group 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 Full Body Exercise with Marguerite* 11:00 Chair Yoga with Caroline 11:00 Sing-Along (Meets 3rd Friday) 11:30 Mat Pilates 101* 1:00 German Conversations 1:00 Line Dancing* 1:00 Remembranzas 2:00 Mindfulness Meditation with Resa 3:00 Yiddish Conversations 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>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. Merry Makers Bingo 11:30 AM	2. Walking Group 9:15 AM  Trivia with Michael 10 AM  Veterans Group 1:30 PM	3. Pan y Platica 2 PM  CCHS Tech Help 2:30 PM	4.  *TRIP OFFICE - SOFI STADIUM	5. Self Defense 10 AM *Pre-Registration Required*  Loteria 1 PM *Pre-Registration Required*	6. Saturday Dance 1PM
7.  *TRIP OFFICE - AQUARIUS CASINO ➡	8. CCSCA Board Meeting 1 PM City Council Meeting 6:30 PM	9. Computer Class Registration 10 AM	10. LOSS SUPPORT GROUP 10 AM KARAOKE WITH RUDY 1 PM	11. Computer Class Registration 10 AM Walk With Ease Presentation 10:30 AM Health Fair with Cedars Sinai 12:30 PM Rock Painting 1 PM	12. Drum Circle 12:30 PM	13. <b>PRCS Mother's Day Tea Event!</b> 
14.	15. Fraud & Scam Presentation 10 AM	16. Ask the Supervisor & Staff Q & A 1 PM  Adventures with Doug 3:15 PM	17.The Cuning Consumer 11 AM Karaoke with Rudy 1 PM Book Club 2 PM Intergenerational Walking Group 2 PM	18. FRENCH 3 PM	19. The Glee Three Sing- Along 11 AM	20.
21.	22. Music Time Machine 1 PM  CCSCA Art Display in lobby! ➡	23.	24. LOSS SUPPORT GROUP 10 AM	25. Natural History Museum Field Trip 10 AM Spanish Conversations Class 10 AM Poetry Slam 10:30 AM  Book Club 2 PM *TRIP OFFICE - VIEJAS CASINO ➡	26. LACDMH Lunch & Learn 11 AM *Pre-Registration Required*	27. Saturday Dance 1PM
28.	29. <b>CLOSED FOR MEMORIAL DAY!</b>	30. Improv 1 PM	31. Older Americans Month Group Trivia with Prizes 1 PM  Book Club 2 PM	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.		

# 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

### Tuesday 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, tracking 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** A story about a woman who's life gets upended when an engagement ring that was for someone else leads her to the person she's meant to be with. 2022; PG; Comedy/Family/Romance; Zoey Deutch, Kendrick Sampson, Ray Nicholson; 1 hr 27 min.

**May 28 - That Thing You Do!** A local Pennsylvania band scores a one-hit wonder in 1964 and rides the star-making machinery as long as they can, with lots of help from their manager. 1996; PG; Comedy/Drama/Music; Tom Hanks, Liv Tyler, Tom Everett Scott; 1 hr 48 min.



#### May 2 - Dog Gone

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 lost dog. 2023; TV-PG; Biography/Drama/Family; Rob Lowe, Johnny Berchtold, Kimberly Williams-Paisley; 1 hr 35 min.

#### May 9 - She Said

New York Times reporters Megan Twohey and Jodi Kantor break one of the most important stories in a generation - a story that helped ignite a movement and shattered decades of silence around the subject of sexual assault in Hollywood. 2022; R; Drama/History; Carey Mulligan, Zoe Kazan, Patricia Clarkson; 2 hr 9 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; Kat Graham, Tom Hopper, Raymond Ablack; 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.

# 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

FOR ACCESS TO ANY OF THESE VIRTUAL CONCERTS OR WORKSHOPS, PLEASE EMAIL [INFO.SENIORCENTER@CULVERCITY.ORG](mailto:INFO.SENIORCENTER@CULVERCITY.ORG).

# Virtual Class Opportunity

## 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@foodsafes.com](mailto:CFHL@foodsafes.com).

# 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
Thursday, July 13th	\$50	8 AM	Earn 5 points get \$15 Free Play

## Harrah's Casino San Diego

Date	Cost	Departure	Extras
Thursday, July 27th	\$20	8 AM	

## Pantages Theatre Presents "Tina Turner Musical"

Date	Cost	Departure	Details
Thursday, 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.



## 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 Pancho!

#### 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 1 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

## Older Americans Month (OAM) Activities

### Week 4: May 22nd - 28th

End the week by participating in our Lunch & Learn opportunity in partnership with Los Angeles County Department of Mental Health (LACDMH). Free lunch will be provided as LACDMH talks about the importance of improving one's mental health.

#### LACDMH LUNCH & LEARN!

MAY 26TH 11 AM - 12:30 PM

\* SPACE IS LIMITED. PLEASE REGISTER AT THE BUSINESS DESK STARTING MONDAY, MAY 15TH \*

### 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. Don't have a team? No worries! This is the perfect place to make a new friend. Just sign up and we will take care of assigning teams!

#### TRIVIA

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

\* SPACE IS LIMITED. PLEASE SIGN-UP ON THE DAY OF THE EVENT \*

## Returning Programs & Services

### Loss Support Group at the Senior Center

Wise & Healthy Aging's Loss Support Group is at the center every 2nd and 4th Wednesday of each month. If you or someone you know may benefit from joining this group, please email [Mike.Odunze@culvercity.org](mailto:Mike.Odunze@culvercity.org) to be connected with the group leader and begin the intake process prior to joining the group meetings at the center. There is a suggested donation of \$3 for those who join the group at each session.

### 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 10 AM to 3 PM - Saki
- Tuesdays 1 PM to 5 PM (Support Group from 2 PM to 3 PM) - Brandon
- Wednesdays 9:30 AM to 3 PM - Sophie



### 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 every month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM.

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

## New Activity Coming Soon: CCSCA Acting Craft Workshop

Join Instructor & Professional Acting Coach Fabiana Medici for her new year-long Acting Craft Workshop for free on Mondays from 9:30 AM - Noon starting Monday, June 5th!

This lab is designed for those who would like to improve their creative skills while bringing fun to their lives by exploring the valuable tool of play through theatrical exercises and games. No experience is needed. Please register at the Business Desk starting Monday, May 15th.



## Parks, Recreation & Community Services (PRCS) Mother's Day Tea Event - May 13, 2023

Join Culver City PRCS Department in celebrating Mother's Day with a Tea Party, snacks, live entertainment and crafts on May 13, 2023.

Online registration for this PRCS event will begin in April. Space is limited. For more information, please visit our [Mother's Day Tea 2023 Event Page](#).

Please note: Mother's Day Tea is not a CCSCA event.

## 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!



## iPhone & iPad Courses with Judi

Register to learn more about iPhones and iPads with this course! Every course consists of 4-week sessions of 90-minutes each. Each course is \$45 per participant. Payment in cash or check is required at time of registration. In-person registration will occur on May 9th & May 11th 10 AM - 2 PM. CCSCA Members Only.

Course Dates	Day	Time
5/24 - 6/14	WEDS	12 PM - 1:30 PM OR 2 PM - 3:30 PM

## Bridge the Digital Divide - Tech & Computers

Register to learn about general technology and computer skills. Every course consists of 6-week sessions of 90 minutes each. Each course is \$45 per participant. Payment in cash or check is required at time of registration. In-person registration will occur on May 9th & May 11th 10 AM - 2 PM. CCSCA Members Only.

Course Dates	Day	Time
6/6 - 7/18	TUES	9:15 AM - 11:15 AM
6/8 - 7/20	THURS	9:15 AM - 11:15 AM

## 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.

