

CULVER CITY SENIOR CENTER NEWSLETTER



OCTOBER 2022



CCSCA Glee Three Sing-Along Group



October is filled with many goodies and treats at the Culver City Senior Center. Come out and have a spook-tacular time at our Halloween Bash this month!



Important Senior Center Updates

IMPORTANT SENIOR CENTER UPDATES

CITY OFFICIALS

Dr. Daniel Lee- Mayor
Albert Vera - Vice Mayor
Göran Eriksson - Councilmember
Yasmine-Imani McMorris - Councilmember
Alex Fisch - Councilmember
John Nachbar - City Manager



(310) 253-6000
www.culvercity.org/city-hall/city-council

City Elected and Appointed Officials can be reached by mail at City of Culver City, PO Box 507, Culver City, CA 90232-0507 or by email at city.council@culvercity.org

CULVER CITY PRCS COMMISSION

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
Alexis Anderson - 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
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

New Masking & Vaccination Verification Information

Indoor masking is now strongly recommended, but not required, for vaccinated and unvaccinated individuals in public settings and businesses.

Please note that vaccination against COVID-19 is still required to become a member of the Culver City Senior Citizens Association, Inc. (CCSCA) and therefore is required to participate in CCSCA classes, events and programs at the Culver City Senior Center.

Are you interested in running to become part of the CCSCA?

Did you know that when you become a member you are supporting the non-profit Culver City Senior Citizens Association, Inc. (CCSCA)? The CCSCA Board works all year to provide new opportunities for our members at the center. Applications for nominees for the 2023-24 Board are available at the Business Desk. Since volunteer opportunities during the past year have been limited, the Board is accepting your verified attendance of 40 hours in a class or participation in a Center event, through December 2022. Verified hours mean that you attended a class with a sign in sheet and your name is on the sheet(s).

The Board meets the second Monday of each month from 1PM - 3 PM.

We're proud of the activities offered for seniors at the Center and hope you are too. The Board's intention is to support programs and events which support, educate, strengthen, and stimulate the lives of its members. We'd love to have you join us.

Applications will be accepted through October 10, 2022. Please think about giving it a try!

The Nominating Committee
Ron Gorman, Kay Heineman, Marsha Orth

CCSCA Board of Directors Candidates Forum & General Meeting

All members of the CCSCA are invited to attend a "Candidates Forum" for the upcoming elections for the Board of Directors and a General Meeting from 1 PM - 2:30 PM on Monday, November 7th in Room C71 at the Senior Center. We look forward to seeing you there!

Thank you, Dr. Shery & Kay Heineman!

A round of applause is in order for former Disability Advisory Committee Member, Dr. Jay Shery & former Parks, Recreation & Community Services Commissioner, Kay Heineman! Thank you for your wealth of knowledge and dedication to your community throughout your years of service.



In Memoriam



Dianne Russell

Maria Martinez



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



Only in October



CCSCA Halloween Party on the Patio

The Senior Center will be hosting a Halloween Party on the patio! Costumes are encouraged as there will be a costume contest! Tickets can be purchased from the Business Desk for \$10.00 beginning Friday, October 14th. When purchasing your ticket, please let the Business Desk staff know if you plan on joining the costume contest. Doors will open for the party at 11:30 AM, the party will start at 12 PM.

Please see below the rules for costumes:

- Family friendly costumes are welcome.
- Costumes should not contain sharp objects, pointed objects or materials that may accidentally strike another person.
- Costumes should not contain any weapons which resemble or could easily be mistaken for an actual weapon.

Open to CCSCA members only.

Date	Day	Time
October 28th	FRI	11:30 PM - 1:30 PM

Metro's On the Move Riders Program - Field Trip to the California Science Center

Metro's On the Move Riders Program (OTMRP) works to empower older adults with the information and confidence to travel on public transit by providing travel training, informational transit tours, and safety education presentations.

Metro will teach our members how to use public transportation efficiently to travel to and from the California Science Center. This trip will occur on Wednesday, October 19th with a departure time of 10:30 AM and will return between 3:30 PM and 4 PM. Members must arrive at the center by 10 AM. Entry for the California Science Center is free. Members will have the opportunity to purchase lunch onsite. Registration begins Monday, October 10th at 9 AM. Space is limited. Voicemail RSVPs will NOT be accepted. Open to CCSCA members only.

Date	Day	Time
October 19th	WEDS	10:30 AM - 3:30 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
October 4th	TUES	9:15 AM
October 18th	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
October 12th	WEDS	1 PM - 3 PM
October 19th	WEDS	1 PM - 3 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, continues his monthly class, The Cunning Consumer discussing ways to save in your daily life. Open to CCSCA members only.

Date	Day	Time
October 19th	WEDS	11 AM - 12 PM

Trivia with Michael

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

Date	Day	Time
October 4th	TUES	10 AM - 11 AM
November 1st	TUES	10 AM - 11 AM

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
October 18th	TUES	10 AM - 12 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
October 14th	FRI	12:30 PM - 1:30 PM

Bingo

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

Date	Day	Time
October 26th	WEDS	1 PM - 2 PM

Adventures with Doug - Adventure to the Top of Utah

Last month we trekked through the beautiful and amazing Uinta Range, stopping just short of the pass with the intriguing name: Gunsight Ridge.

We'll head up to this apt named pass where a stunning view awaits. But we won't stop there, we'll continue into the basin below then up... and up... and UP until we reach the nearly 13,000 foot base of Utah's highest point, Kings's Peak.

From there, it's a mere 600 feet elevation to try to gain the summit with hopes of an endless and spectacular view in all directions. But what a 600 feet they are.



Did you notice the storm building as we've been working our way up? We might have a little excitement before this is over!

Join us for this amazing slideshow as we try to reach this dramatic summit.

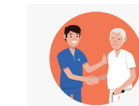
Open to CCSCA members only.

Date	Day	Time
October 18th	TUES	3:30 PM - 4:30 PM

Ask the Physical Therapist

Come out and ask Physical Therapist, Cristina Gabor about general health topics and tips to keep your body well.

Open to CCSCA members only.



Date	Day	Time
October 20th	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 Passenger* by Lisa Lutz to join the group for their October 12th meeting and the second half of the novel for their October 26th meeting! If you'd like to get a free copy of the novel for Book Club, stop by the Julian Dixon Library.

For meeting updates, to learn the title of the book & reminders, please text @culverbc to the number 81010. Open to CCSCA members only.

Date	Day	Time
October 12th	WEDS	2 PM - 3 PM
October 26th	WEDS	2 PM - 3 PM

Kindness Rock Painting

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

Date	Day	Time
October 13th	THURS	1 PM - 2:30 PM

Saturday Dances (This Month Only)

Grab some friends and come out to dance! \$5 for CCSCA members and \$7 for non-members. **Please note that proof of vaccination must be shown for entrance to the dance per the CCSCA.**

Date	Day	Time	Entertainer
October 8th	SAT	1 PM - 3:30 PM	The Strikers
October 22nd	SAT	1 PM - 3:30 PM	TropicStarr

Book Reading on the Patio (This Month Only)

Join *Curious Thinkers* author, Hope Silver on the patio for short reading from her novel.

Open to CCSCA members only.

Date	Day	Time
October 10th	THURS	11:30 AM - 12 PM



OCTOBER




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 <i>All classes are taken at the risk of the participant.</i>	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* 10:30 Tai Chi with Anton* 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 Pan 9:15 Gentle Mat Yoga with Lauren* 9:15 Tai Chi with Greg 9:15 Walking Group (Meets 1st & 3rd Tuesday) 10:45 Hula Dance 11:00 Karaoke 11:30 Balance Challenge* 11:45 Heartfulness Meditation 1:00 Chair Yoga with Caroline 1:00 Movie (see page 8) 1:00 Platicando Sabroso 1:00 Improv on the Patio (meets 4th Tuesday of the month) 1:30 Veterans Social Group (meets 1st Tuesday of the month) 2:00 SSG Support Group 3:30 Gentle Yoga with Cyndi*	8:00 Zumba Gold* 9:00 Crochet Group 9:00 Pan 9:15 Open Computer Lab 9:30 Chair Abs & Core 10:30 MindBodyDance* 10:30 Pan 11:00 Beginning Spanish 11:00 Chair Yoga with Caroline 12:00 Mat Pilates 101 12:30 International Folk Dance 1:00 Stretch & Flex 1:00 Genealogy 1:00 Yoga with Phil* 1:30 Current Events* 2:15 Beginning Spanish 2:30 Open Play Ping Pong 3:00 Chess	9:00 Watercolor* 9:00 Mah Jong & Bridge 9:00 Pan 9:00 Beginning Sign Language 9:15 Dance Fit with John 10:00 Sign Language 10:00 Spanish (Meets Last Thursday) 11:00 Reading Short Story Group 11:30 Balance Challenge* 12:00 Duplicate Bridge (Meets in the Veterans Building) 12:30 Dancercise* 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 Balance Challenge 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 on the Patio 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

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

CLASS SCHEDULE

CLASS SCHEDULE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						1.
2.	3.	4. WALKING GROUP 9:15 AM TRIVIA WITH MICHAEL 10 AM	5.	6. SENATOR IN THE STREETS 10 AM	7.	8. SATURDAY DANCE 1PM *ENTRANCE FEE AT DOOR*
9. THE SENIOR CENTER IS CLOSED FOR THE ABILITIES & RESOURCE DRIVE-UP FAIR!	10. BOOK READING ON THE PATIO 11:30 AM CCSCA BOARD MEETING 1 PM	11. 5 WISHES PRESENTATION 11 AM	12. RUDY KARAOKE 1 PM BOOK CLUB 2 PM	13. ROCK PAINTING 1 PM	14. MUSIC MENDS MINDS DRUM CIRCLE 12:30 PM	15.
16. LA WOMENS THEATER FESTIVAL PERFORMANCE 2 PM	17.	18. WALKING GROUP 9:15 AM MEDICARE PRESENTATION 10 AM ADVENTURES WITH DOUG 3:30 PM	19. METRO FIELD TRIP 10:30 AM *RSVP REQUIRED* CUNNING CONSUMER 11 AM RUDY KARAOKE 1 PM APPLE GADGET HELP 2 PM	20. GREAT AMERICAN SHAKE OUT 10:20 AM	21. THE GLEE THREE SING-ALONG 11 AM	22. SATURDAY DANCE 1PM *ENTRANCE FEE AT DOOR*
23.	24.	25.	26. BINGO 1 PM BOOK CLUB 2 PM	27.	28. HALLOWEEN PARTY 11:30 AM - 1:30 PM *TICKET REQUIRED*	29.
30.	31. MUSIC TIME MACHINE 1PM HAPPY HALLOWEEN!			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 time is subject to change.

Tuesday Movies

October 4th - Mrs. Harris Goes to Paris

A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own. 2022; PG; Comedy/Drama; Lesley Manville, Isabelle Huppert, Rose Williams; 1 hr 55 min.

October 11th - Elvis

The film explores the life and music of Elvis Presley seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. Director Baz Luhrmann is known for his frenetic editing style and for mixing modern music with classic songs in his films. 2022; PG-13; Musical/Drama; Austin Butler, Tom Hanks, Olivia DeJonge; 2 hr 39 min.

October 18th - Top Gun

The Top Gun Naval Fighter Weapons School is where the best of the best train to refine their elite flying skills. When hotshot fighter pilot Maverick is sent to the school, his reckless attitude and cocky demeanor put him at odds with the other pilots, especially the cool and collected Iceman. We will screen the 2022 sequel, Top Gun: Maverick, in November. Tom Cruise, Kelly McGillis, Val Kilmer, Meg Ryan, Anthony Edwards; 1986; PG; Action/Adventure; 1 hr 50 min.

October 25th - Practical Magic

Happy Halloween! Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them ever finding lasting love. 1998; PG; Action/Adventure; Sandra Bullock, Nicole Kidman, Stockard Channing; Diane Wiest; 1 hr 50 min.

Sunday Movies

October 2nd - The Climb

This movie was donated by our friends at Sony Pictures Entertainment. A black comedy about the complications of a long friendship between two guys, shown in 7 film "chapters" that span over many years. 2020; R; Comedy/Drama; Kyle Mar-

October 9th - SENIOR CENTER IS CLOSED!

The Culver City Senior Center will be closed this day for the 19th Annual Abilities & Resource Drive-Up Fair!

Thank you for understanding!

October 16th - No Movie Showing Today!

The Culver City Senior Center welcomes the Los Angeles Womens Theatre Festival for their performance with help from our members after their 6 week workshop at the center (see page 10).

Thank you for understanding!

October 23rd - Fatherhood

This movie was donated by our friends at Sony Pictures Entertainment. A widowed dad copes with doubts, fears, heartache and dirty diapers as he sets out to raise his daughter on his own. 2021; PG-13; Drama/Comedy; Kevin Hart, Alfre Woodard, DeWanda Wise, Melody Hurd; 1 hr 49 min.

October 30th - Arsenic and Old Lace

Happy Halloween! A young man about to be married discovers the two aunts who raised him have been poisoning lonely old men. 1944; Not Rated; Comedy/Crime; Cary Grant, Priscilla Lane, Raymond Massey, Jack Carson, Edward Everett Horton, Peter Lorre, James Gleason, Josephine Hull; 1 hr 58 min.

Virtual Concerts

Bob Levy "The Music Man"

Bob returns with his guitar, singing voice and nostalgic songs from Frank Sinatra to the Beatles. Eddie Ed O' Brien, the zany comedian is returning to bring more laughter and fun to this musical hour. We hope you can be there.

Date	Day	Time
October 19th	WEDS	1 PM - 2 PM

Music Mends Minds

Join Music Mends Minds for a fun filled concert three times a week! Music Mends Minds is a nonprofit that creates musical support groups for patients with Alzheimer's, dementia, Parkinson's, traumatic brain injury, stroke, and PTSD. These musical support groups foster a community between the musicians and singers, as well as their families, friends, and caregivers, all of whom thrive on socialization and music-making. Join in on one of their global online sing-a-long sessions by visiting this link: <https://zoom.us/j/6378877508> or contact Carol Rosenstein at (818) 326-0500.

Date	Day	Time
On-Going	M/W/F	11:30 AM - 12:30 PM

Music with Michael

Our awesome volunteer guitarist, Michael Monogan, will continue hosting his weekly Zoom concerts. Tune in to hear him play the songs of Sinatra, Astaire, Elvis, the Beatles and more!

Date	Day	Time
On-Going	THURS	1 PM - 2 PM



IF YOU WOULD LIKE ACCESS TO ANY OF THESE VIRTUAL CONCERTS OR WORKSHOPS, PLEASE EMAIL INFO.SENIORCENTER@CULVERCITY.ORG AND WE WILL SEND YOU THE CLASS' ZOOM LINK AND MEETING ID.

Presentations

Medicare Open Enrollment Educational Presentation & Updates (This Month Only)

Join LP Insurance & Financial Services as they share information about Medicare Open Enrollment and new 2022 updates.

For more information about Medicare's Open Enrollment period, please see page 11 for another helpful resource.

Date	Day	Time
October 18th	TUES	10 AM - 12 PM

Trip Office

Let's Go On A Trip!

Trip Sales begin Oct. 5th at 10 AM! Cash/Check only!

Riverside Laughlin	Fantasy Springs
December 4-6, 2022	December 15, 2022
Departure: 9 AM	Departure: 8 AM
Cost: Single - \$240	Cost: \$50 (\$35 Free Play & \$5 Food Credit)
Double - \$190 per pers	
Riverside Laughlin Includes: 2 nights' accommodation, transportation, baggage fee, \$15 food credit & driver's tip.	

Colorful Songs of Broadway - Dec. 31st, 2022

Departure: 11 AM Cost: \$120
Includes: An afternoon of musical revues, serving a luncheon with wine and New Years toast with champagne.

Trip Office Hours: WEDS/FRI 10 AM – 1 PM.
Bring your CCSCA Membership & player's card #.





Upcoming Performances & Events

Senator Sydney Kamalager's Senator in the Streets: Senior Edition!



Join us for State Senator Sydney Kamalager's first ever Senator in the Streets: Senior Edition on Thursday, October 6, 2022 from 10 AM-12:30 PM. Senator Kamalager will host speakers and resource tables on sex, scams, safety and more. Plus – free hand-made ice cream and music! Our guest speaker, Dr. Sylvia Gates Carlisle's, presentation on Sex and Seniors will take place from 10:45 AM – 11:30AM in B47, while the resource fair and ice cream will be located on the Patio. We cannot wait to see you there!

Senator Sydney K. Kamalager represents the 30th Senate District, ranging from Century City to South Los Angeles and takes in Culver City, Cheviot Hills, Crenshaw District, University of Southern California, downtown Los Angeles, and a portion of Inglewood.

Los Angeles Women's Theatre Festival (LAWTF) Performance

Los Angeles Women's Theatre Festival (LAWTF) is honoring the 50th Anniversary of the Culver City Senior Citizens Association, Inc. (CCSCA) with a special performance. This storytelling performance is a culmination from a 6-week workshop by teaching artist, Clarinda Ross, who has captured personal stories in writing and performance from CCSCA members at the Culver City Senior Center. Following performances, audience members will be able to participate in a Q&A session with the storytellers. A reception will follow.

This program will take place Sunday, October 16th at 2 PM. Culver City Senior Citizens Association, Inc. (CCSCA) members may attend for FREE (please show your CCSCA membership card at the entrance). Tickets for non-members are \$10. Culver City Residents will receive a discount code. Please visit www.lawtf.org or email lawtfspotlight@yahoo.com for more information!

This 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.



Returning Programs & Services

Help With Your Electronic Gadgets!

Mark your calendar for Wednesday October 19th! Volunteers from Apple will be on site to help you with your gadget questions! They will be here to help you one-on-one with devices such as cell phones, iPads, laptops, etc. Please note that there is a 15 minute MAX time limit per consultation. There are no reservations taken for this event and sign-ups will begin at 2 PM. Simply show up with your device, pen and paper and any power cords that may be needed for your device.

Thank you to our local volunteers from Apple!

Loss Support Group at the Senior Center

Wise & Healthy Aging's Loss Support Group is returning to in-person sessions at the center. If you or someone you know may benefit from joining this group, please email 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.

Health Insurance Counseling & Advocacy Program (HICAP)

Medicare's annual open enrollment period is October 15th-December 7th. The Culver City Senior Center's long time partner, HICAP, is available to answer your questions regarding Medicare and open enrollment. If you have any questions or to schedule an appointment with a HICAP counselor, please contact Sandy Risdon at 1(800) 824-0780 ext. 3006.



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 2PM to 3PM) - Brandon
- Wednesdays 9:30 AM to 3 PM - Leslie (Spanish Speaking)



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 the month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM. This service is free and is open to CCSCA members only.

**Newsletter
Announcement:**

**ATTENTION!
Newsletters will not be
mailed starting January
2023!**

Beginning with the January 2023 newsletter CCSCA members will only receive the monthly newsletter IF they purchase the mailing option as part of their membership.

If you are not a 2023 CCSCA member or do not purchase the mailing option, the monthly newsletter will be available for pick up in-person at the Senior Center and online.



We look forward to seeing you at the Center!

Culver CITY

**4095 OVERLAND AVENUE
CULVER CITY, CA 90232**

Senator Sydney Kamalager's Senator in the Streets: Senior Edition!



Join us for State Senator Sydney Kamalager's first ever Senator in the Streets: Senior Edition on Thursday, October 6, 2022 from 10 AM-12:30 PM. Senator Kamalager will host speakers and resource tables on sex, scams, safety and more. Plus – free hand-made ice cream and music! Our guest speaker, Dr. Sylvia Gates Carlisle's, presentation on Sex and Seniors will take place from 10:45 AM – 11:30AM in B47, while the resource fair and ice cream will be located on the Patio. We cannot wait to see you there!

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Planning for the Future - 5 Wishes: Starting a Difficult but Necessary Conversation

Recording your care preferences in an advance healthcare directive can provide peace of mind for both you and your loved ones. Although it is hard to start this conversation, advance care planning is recommended for everyone over the age of 18. It lets your loved ones know your care choices in the event you are unable to speak for yourself.

**Join the organization Independence at Home in Room B45
on Oct. 11th at 11 AM!**

