

CULVER CITY SENIOR CENTER NEWSLETTER



SEPTEMBER 2022



Music Time Machine



Join us this month for Fall Prevention Week, Loteria Self Defense and an Art Show at the Senior Center!

The Senior Center will be CLOSED for Labor Day.

CITY OFFICIALS

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



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

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

CULVER CITY PRCS COMMISSION

William Rickards - Chair
Palvi Mohammed - Vice Chair
Khary Cuffe - Member
Jane Leonard - Member
Scott Zeidman - Member

The PRCS Commission meets on the first Tuesday of the month at 7 PM. For more information and to view the meeting agenda, go to this link
<https://www.culvercity.org/Events-directory/Parks-Recreation-Community-Services-Commission-Regular-Meeting>

PRCS SENIOR CENTER STAFF

Armando Abrego - PRCS Director
Francisca Castillo & Dani Cullens - RCS Managers
Jill Thomsen - RCS Supervisor
Melanie Morales - RCS Coordinator
Stephanie DaVall - 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

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

Important Senior Center Updates

Masking & Vaccination Verification Information

Masking requirements are subject to change at any moment due to Los Angeles County guideline updates. Please be aware of any changes in signage while at the center regarding current masking practices.

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.

New CCSCA Activities at the Senior Center !

The Senior Center is welcoming a few new activities this month! Stop into each activity if you can and try them out. See below for brief descriptions and class information.

Mat Pilates 101: Instructor Haruna will be adding an additional Mat Pilates 101 class. Feel free to attend her class on Wednesdays in B47 from 12 PM - 12:45 PM or Fridays in A4 from 11:30 AM - 12:15 PM. *These classes are \$4 each and are open to CCSCA members only.*

Stretch & Flex with Haruna: Come out and join the Instructor Haruna's new class! A mobility-based class to improve functional capacity, prevent injuries, and stabilize muscles with soothing stretches that works on flexibility, blood circulation, range of motion, and standing balance. All levels are welcome. *The group meets every Wednesday from 1 PM - 1:45 PM in rooms B47. The fee for this class is \$4 and it is open to CCSCA members only.*

Chess: Instructor Carlson is starting a new Chess class for everyone who is interested in learning about and playing chess! If you happen to have a complete chess set, feel free to bring it with you. The class is free and meets every Wednesday from 3 PM - 4:30 PM.

National Voter Registration Day 9.22.2022

Life Happens (So Check Your Voter Registration) Take a minute to confirm that over time you are registered correctly or register now at LAVOTE.gov
Re-register if:

- Your signature may have changed
- You have moved
- Your name has changed
- You've attained citizenship

For questions or concerns, please Contact the City Clerk's Office at (310) 253-5851 or City.Clerk@CulverCity.org

#NationalVoterRegistrationDay



CCSCA Art Show

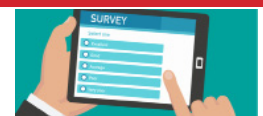


Participants from CCSCA Art Classes like Watercolor, Fun with Pastels, Ceramics and Art with Coco have chosen specific pieces to show at this year's CCSCA Art Show. Stop by the lobby at the center to view their art on display from September 26th - 30th.

CCSCA Instructor and Class Participant Surveys

Senior Center staff will be stopping by each of the classes to distribute and collect surveys from CCSCA Instructors and members about each activity.

Feel free to share your thoughts about our many activities and programs!



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

Only in September

Fall Prevention Week - September 19th - 23rd

Fall Prevention: Your Key to Maintaining Independence at Home

Falls are the number one cause of injuries and death amongst those 65 and older. For that reason, fall prevention is important for older adults to keep in mind as they age. Join us as we discuss how to stay safe in our daily lives.

Date	Day	Time
September 20th	TUES	11 AM - 12 PM

Fall Prevention with Teri Lemoine

Come out and join Balance Challenge Instructor Teri Lemoine in her annual Fall Prevention Presentation & Obstacle Course. It is free and open to CCSCA members only.

Date	Day	Time
September 22nd	THURS	10:30 AM - 11:30 PM

Self-Defense: Fall Prevention & Safety

Instructor Andy Pancho is back for another self-defense lesson centered around fall prevention and safety. Register with the Business Desk in-person or by calling (310)253-6700 starting September 9th. Voicemail RSVPs will not be accepted.

Date	Day	Time
September 23rd	FRI	3:00 PM - 4:30 PM

Loteria

Join us in a celebration of Hispanic Heritage Month by playing Lotería with PRCS staff on the patio! Lotería is a traditional game of chance, similar to bingo, but using images on a deck of cards instead of numbered ping pong balls. If you would like to attend, seniors must sign up at the Business Desk beginning Tuesday, September 7th. *Open to CCSCA members only.*

Date	Day	Time
September 15th	THURS	1 PM - 2:30 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.



Extra bonus: Join Culver City Walk & Rollers on 9/20 for a brief discussion on best practices for walking safely & receive some free safety gear too!

Date	Day	Time
September 6th	TUES	9:15 AM - 11 AM
September 20th	TUES	9:15 AM - 11 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
September 14th	WEDS	1 PM - 3 PM
September 21st	WEDS	1 PM - 3 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, will continue his monthly class, The Cunning Consumer. This month we will look at 2 dozen ways to save in a variety of categories.

Open to CCSCA members only.

Date	Day	Time
September 21st	WEDS	11 AM - 12 PM

Trivia with Michael

Come test your trivia skills with Michael!

Open to CCSCA members only.

Date	Day	Time
September 6th	TUES	10 AM - 11 AM
October 4th	TUES	10 AM - 11 AM

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
September 9th	FRI	12:30 PM - 1:30 PM

Adventures with Doug -Adventure to the Olympic Mountains

Carved and scoured by glaciers over the last 2 to 3 million years, the massive Uinta Mountain range in Northern Utah is one of our nation’s most outstanding wilderness areas. Miles of thick forests filled with sweeping meadows, wildflowers and hundreds of picturesque lakes and streams lie within sculpted basins below its majestic peaks.

Join us for this amazing slideshow as we explore deep into this spectacular wilderness complete with its gorgeous wildlife in their natural habitat. *Open to CCSCA members only.*

Date	Day	Time
September 20th	TUES	3:30 PM - 4:30 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
September 8th	THURS	1 PM - 2:30 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
September 28th	WEDS	1 PM - 2 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
September 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 Little Lady Who Broke All of the Rules* by Catherina Ingleman-Sundberg to join the group for their September 14th meeting and the second half of the novel for their September 28th 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 @culverbcb to the number 81010.

Date	Day	Time
September 14th	WEDS	2 PM - 3 PM
September 28th	WEDS	2 PM - 3 PM

Metro on the Move Riders Program Presentation

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

Metro will teach our members how to get and reload a Metro TAP card while also giving tips on how to use public transportation efficiently to take you where you need to go!

(Open to CCSCA members only)



Date	Day	Time
September 13th	TUES	10:30 AM - 12:30 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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* 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 Co 12:00 Mat Pilates 101 1:00 Stretch & Flex 12:30 International Folk 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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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.

4	5 Senior Center is Closed!	6 WALKING GROUP 9:15 AM TRIVIA WITH MICHAEL 10 AM VETERANS SOCIAL GROUP 1:30 PM	7 LAST MOVIE STARS SCREENING 2:30 PM
11	12 GERMAN 10 AM CCSCA BOARD MEETING 1PM	13 METRO ON THE MOVE PRESENTATION 10:30 AM	14 KARAOKE WITH RUDY 1 PM BOOK CLUB 2 PM LAST MOVIE STARS SCREENING 2:30 PM
18	19	20 WALKING GROUP 9:15 AM FALL PREVENTION PRESENTATION 11 AM ADVENTURES WITH DOUG 3:30 PM	21 CUNNING CONSUMER 11 AM KARAOKE WITH RUDY 1 PM LAST MOVIE STARS SCREENING 2:30 PM
25	26 MUSIC TIME MACHINE 1 PM ART SHOW IN SENIOR CENTER LOBBY	27 IMPROV ON THE PATIO 1 PM	28 BINGO 1 PM BOOK CLUB 2 PM LAST MOVIE STARS SCREENING 2:30 PM

DAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Watercolor*</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Beginning Sign Language</p> <p>9:15 Dance Fit with John</p> <p>10:00 Sign Language</p> <p>10:00 Spanish (Meets Last Thursday)</p> <p>11:00 Reading Short Story Group</p> <p>11:30 Balance Challenge*</p> <p>12:00 Duplicate Bridge (Meets in the Veterans Building)</p> <p>12:30 Dancercise*</p> <p>12:30 Fun with Pastels</p> <p>1:00 Beginning Mah Jong</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Yoga with Phil*</p> <p>1:30 Latin American Group</p> <p>2:30 Open Play Ping Pong</p> <p>3:00 French (Meets 3rd Thursday)</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Knitting Group</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Tai Chi with Anton*</p> <p>9:15 Tai Chi with Greg</p> <p>9:15 Open Computer Lab</p> <p>9:30 Blood Pressure Checks</p> <p>9:45 Gentle Mat Yoga with Caroline</p> <p>10:30 Balance Challenge with Marguerite*</p> <p>11:00 Chair Yoga with Caroline</p> <p>11:00 Sing-Along (Meets 3rd Friday)</p> <p>11:30 Mat Pilates 101*</p> <p>1:00 German Conversations</p> <p>1:00 Line Dancing*</p> <p>1:00 Remembranzas</p> <p>2:00 Mindfulness Meditation on the Patio</p> <p>3:00 Yiddish Conversations</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>12:00 - 3:45 Bridge, Mah Jong & Pan</p> <p>12:15 Current Events</p> <p>12:30 - 3:30 Open Play Ping Pong</p>	

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

	THURSDAY	FRIDAY	SATURDAY
	1	2	3
15 PM	8 KINDNESS ROCK PAINTING 1 PM	9 MUSIC MENDS MINDS 12:30 PM	10
		LA WOMEN'S THEATRE WORKSHOP 2PM	
PM	15 LOTERIA 1 PM (TICKET REQUIRED)	16 SING-ALONG 11 AM	17
	ASK THE PHYSICAL THERAPIST 1 PM	LA WOMEN'S THEATRE WORKSHOP 2PM	
15 PM	FRENCH 3 PM		
AM	22 FALL PREVENTION PRESENTATION 10:30 AM	23 LA WOMEN'S THEATRE WORKSHOP 2PM	24
15 PM		SELF-DEFENSE: FALL PREVENTION & SAFETY 3 PM	
	29 SPANISH 10 AM	30 LA WOMEN'S THEATRE WORKSHOP 2PM	
15 PM			
	→ SEPT. 26TH-30TH		

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.*

Sunday Movies

September 4th - 9 to 5

Celebrating Labor Day. Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him. 1980; PG; Comedy; Jane Fonda, Lily Tomlin, Dolly Parton; 1 hr 49 min.

September 11th - *The Duke*

In 1961, Kempton Bunton, a 60 year old taxi driver, steals Goya's portrait of the Duke of Wellington from the National Gallery in London. 2021; R; Biography/Comedy/Drama; Jim Broadbent, Helen Mirren, Matthew Goode; 1 hr. 35 min.

September 18th - *Once Upon A Time in Hollywood*

Donated by our friends at Sony Pictures Entertainment. A faded television actor and his stunt double strive to achieve fame and success in the final years of Hollywood's Golden Age in 1969 Los Angeles. 2019; R; Drama/Comedy; Leonardo DiCaprio, Brad Pitt, Margot Robbie; 2 hr 40 min.

September 25th - *How to Marry a Millionaire*

Three women set out to find eligible millionaires to marry, but find true love in the process. 1953; NR; Comedy/Romance; Lauren Bacall, Marilyn Monroe, Betty Grable; 1 hr 35 min.

Last Movie Stars Screening every Wednesday this month!

See page 10 for more information.

Tuesday Movies

September 6th - *Ocean's Eleven*

Danny Ocean and his ten accomplices plan to rob three Las Vegas casinos simultaneously. 2001; PG-13; Caper/Comedy; George Clooney, Brad Pitt, Julia Roberts, Matt Damon; 1 hr 56 min.

September 13th - *Grease*

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance? 1978; PG; Comedy/Musical/Romance; Olivia Newton-John, John Travolta, Stockard Channing; 1 hr 50 min.

September 20th - *Crossing Delancey*

Celebrating Rosh Hashanah. Thirty-something Isabelle "Izzy" Grossman spends her time going from her tiny, solitary West Side apartment to that of her grandmother on the Lower East Side. In between, Izzy builds a glowing reputation at the swank bookstore where she works. While her grandmother plots to find her a romantic match, Izzy is courted by a married, worldly author, Anton, yet can't seem to shake the down-to-earth appeal of Sam, a pickle vendor. 1988; PG; Romance/Comedy; Amy Irving, Jeroen Krabbe, Peter Riegert. 1 hr 37 min.

September 27th - *Real Women Have Curves*

Celebrating Hispanic Heritage Month. In East Los Angeles, an 18-year-old struggles between her ambitions of going to college and the desires of her domineering mother for her to get married. 2002; PG-13; Drama/Comedy; America Ferrera, Josefina Lopez, Lupe Ontiveros, Ingrid Oliu; 1 hr 33 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
August 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

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.

Virtual Workshops

Power Up Your Knowledge on Electric Vehicles

Attend a NEW AARP 30-minute session on Zoom to explore the spectrum of Electric Vehicles available today and to learn about the important aspects related to purchasing, driving, and owning an electric vehicle.

This event is FREE but registration is REQUIRED. To register for this free event, fill out their [registration form](#) or email sdtek@aarp.org.

Date	Day	Time
September 30th	FRI	10 AM - 10:30 AM



Trip Office

Let's Go On A Trip!

Join us on a trip to Viejas & Pala Casino in October! Tickets go on sale Wednesday, August 3rd!

Golden Nugget	Valley View
Sunday, November 6th - Tuesday, November 8th, 2022	November 17th, 2022
Departure: 9 AM	Departure: 8 AM
Cost: Single - \$230 or Double - \$180 per person	Cost: \$50
Golden Nugget Includes: 2 nights' accommodation, transportation, baggage fee & driver's tip.	

Ronald Reagan Library - November 28th, 2022

Departure: 10 AM Cost: \$95
Includes: Guided tour of the Presidential Library, lunch under the wing of Air Force One and a self-guided Holiday exhibition and gift shop visit.

The Trip office hours are Wednesday & Friday from 10 AM – 1 PM. Please bring your CCSCA

Membership, player's card number & complete a new Trip Office Emergency Card if you have not done so.

Cash or checks only! Masks must be worn on bus.

CCSCA Nominating Committee Announcement

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

It may seem like forever, but before you know it November will be here and it will be time to vote for members for the CCSCA Board of Directors. Before we can vote, we need candidates to run for election. We are very proud of our current Board and hope you are too.

Applications for nominees for the 2023-24 Board will be available at the Business Desk by September 12. 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

Last Movie Stars Screening Every Wednesday in September

Join us on Wednesday afternoons at 2:15 PM in September for a screening of the new miniseries & documentary "The Last Movie Stars." This miniseries is "a celebration of Joanne Woodward and Paul Newman's lives". The six-hour documentary takes an unusual approach to telling Newman and Woodward's story, unfolding decades of material and dramatizing interview transcriptions to create a narrative around their relationship and evolving acting careers. Reviews say "It's a great documentary series about two great stars." Each episode is about one hour and we will screen two episodes each week.

Wednesday, September 7th

Episode 1: Cosmic Orphans
&

Episode 2: A Star Is Born

Wednesday, September 14th

Episode 3: The Legend of Paul Leonard Newman,
&

Episode 4: Paying the Price

Wednesday, September 21st

Episode 5: Against the Sky
&

Episode 6 (Finale): Luck Is An Art



Resources & Social Services

Special Services for Groups (SSG) - New Hours!

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 - Leslie (Spanish Speaking)



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 Melanie.Morales@culvercity.org to be connected with the group leader and begin the intake process prior to joining the group meetings at the center.

GoldenTALK Senior Chat Line (888)604-6533

The [GoldenTALK Chat and crisis line](#) for adults 60 years of age and older. The chat line helps older people facing social isolation through warm conversations and referrals in crisis cases. Concerned family members may also request wellness calls to their beloved older adults.

988 Suicide & Crisis Hotline

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress like thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.



Wallis Annenberg GenSpace

[Wallis Annenberg GenSpace](#) provides free videos for seniors that address issues on how to use devices and navigate the digital world easily and safely. They cover topics such as avoiding package delivery scam, protecting your digital passwords, and protecting your email.

**Newsletter
Announcement:**

Please note that only current 2022 CCSCA members will receive the monthly newsletter in the mail.

If you are not a current member it will be available online.

We look forward to seeing you at the Center!



Culver CITY

4095 OVERLAND AVENUE
CULVER CITY, CA 90232

Los Angeles Women's Theatre Festival



Looking for a unique way to unleash your creativity? How about a chance to share a personal story about your life with family and friends? In this new workshop, participants will work with teaching artists and volunteers to capture personal stories in writing and performance.

The Los Angeles Women's Theatre Festival (LAWTF) will honor the 50th Anniversary of the Culver City Senior Citizens Association with a workshop with help from our CCSCA members. This is a 6-week workshop that will meet once a week on Fridays starting September 9th from 2 PM - 3:30 PM until Friday, October 14th.

The participants will then perform their final pieces on October 16th and will participate in a Q & A after the performance. 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.

To register for this one of a kind opportunity, please sign up at the Business Desk or call (310) 253-6700.

Senator in the Streets: Senior Edition

Save the Date for Senator in the Streets: Senior Edition on Thursday, October 6, 2022 from 10 AM-1 PM. Our State Senator Sydney Kamlager will host speakers and resource tables on scams, sex, safety and more. Plus – free ice cream! Mark your calendars!

