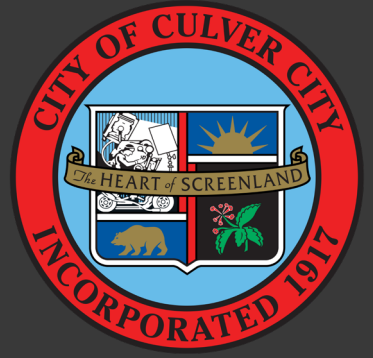


CULVER CITY SENIOR CENTER NEWSLETTER



AUGUST 2023



Fiesta La Ballona at Veterans Memorial Park



The Senior Center will be closed for Fiesta La Ballona from Friday, August 25 - Sunday, August 27. Join us for delicious snacks, fun activities and live entertainment all weekend long!

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

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

Palvi Mohammed - Chair
Jane Leonard - Vice Chair
William Rickards - Member
Crystal Alexander - Member
Khary Cuffe - 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
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 INFORMATION

Address: 4095 Overland Avenue
Culver City, CA 90232
Phone: (310) 253 - 6700
Hours: M-F 9 AM - 5 PM
SAT & SUN 12 PM - 4 PM
Business M-F 9 AM - 4 PM
Desk Hours: SAT & SUN 12 PM - 3:30 PM

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
Sheila Dean

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

SPECIAL SERVICE FOR GROUPS (SSG)

See page 11 or call (310) 253-6717

Important Senior Center Updates

Think Ahead: Refill and Reuse

As a reminder, the days are getting hotter & it is important to stay hydrated by drinking water throughout the day. Help reduce waste and bring your reusable waterbottles when at the center to refill and reuse all day long!

Show staff your reusable waterbottle to receive a "Culver City Parks Make Life Better" sticker to add to your bottle. Thank you for thinking green with us!



CCSCA Hiking Group



Our Hiking Group at the center went on their very first hike together last month! The group hiked the Culver City park trail through the Baldwin Hills scenic overlook with PRCS staff member, Nancy!

If you are interested in joining the group for their next hike in September, speak with Nancy at (310)253-6724 or email her at Nancy.Ruvalcaba@culvercity.org to learn more.

Congratulations to the group for completing the trail and for having fun along the way!

Culver City Police Department National Night Out

Join Culver City Police Department (CCPD) for this community-building national campaign that promotes Police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live.

National Night Out with CCPD will occur on Tuesday, August 1 from 5 to 8 PM at Veterans Memorial Park.



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.

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!

In Memoriam



Gigi Chretien

Adelaide Lelyveld



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

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
August 2	WEDS	2 - 2:45 PM
September 6	WEDS	2 - 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
August 12	SAT	1- 3 PM	The Strikers Mom and son duo.

Date	Day	Time	Entertainer
August 19	SAT	1- 3 PM	Kellie Lee Williams

Vocalist of a variety of popular genres.

Date	Day	Time	Entertainer
August 26	SAT	1- 3 PM	CANCELLED

Bingo

Join PRCS staff for a game of Bingo this month. *Open to CCSCA members only.*

Date	Day	Time
August 30	WEDS	1- 2 PM

Beginning Line Dancing

Want to learn how to Line Dance? Then come out and dance with us! CCSCA members are encouraged to attend Instructor Jackie's next Beginning Line Dancing Session until August 21. The fee for this class is \$2.

Open to CCSCA members only.

Date	Day	Time
8/7-8/21	MON	12:15 - 12:55 PM

CCSCA Conversational Mandarin Group

Start learning the basics of Mandarin! *Open to CCSCA members only.*

Date	Day	Time
August 8	TUES	10-11AM
August 29	TUES	10-11AM

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
August 1	TUES	9:15 AM
August 15	TUES	9:15 AM

Karaoke with Rudy

Join Rudy and friends for a fun filled afternoon of karaoke at the Senior Center.

Open to CCSCA members only.

Date	Day	Time
August 9	WEDS	1 - 3:30 PM
August 16	WEDS	1 - 3:30 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, will be back in September for his monthly class, The Cunning Consumer. September's topic will be Hidden Fees: How to avoid them when you travel. *Open to CCSCA members only.*

Date	Day	Time
September 20	WEDS	11 AM - 12 PM

Trivia with Michael

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

Date	Day	Time
August 1	TUES	10 - 11 AM
September 5	TUES	10 - 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
August 10	THURS	1- 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
August 11	FRI	12:30 - 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.No meetings in September. *Open to CCSCA members only.*

Date	Day	Time
August 7	MON	11:30 AM - 12:30 PM
October 2	MON	11:30 AM - 12:30 PM

Adventures with Doug - Adventure to Yosemite Falls

In 1868, famed naturalist John Muir wrote about Yosemite Valley, "It is by far the grandest of all the special temples of Nature I was ever permitted to enter." With all the recent water, Yosemite is even more grand!

We'll head to one of its famed icons as we climb one of the tallest waterfalls in the world: jaw-dropping 2425 foot-high Yosemite Falls. Comprised of three sections, we'll first experience the soaking mist of lower falls then witness amazing views of the valley, backcountry and upper falls as we work our way to the top.

Join us for our slide show adventure, filled with fun stories and spectacular scenery, as we climb to the top of this magnificent waterfall.

Open to CCSCA members only.

Date	Day	Time
August 15	TUES	3:15 - 4:30 PM

Underwater World with Craig

Join Craig this month for his Underwater World presentation. Craig is an experienced scuba diver and volunteers at the Aquarium of the Pacific.*Open to CCSCA members only.*

Date	Day	Time
August 3	THURS	11 AM - 12 PM

Ask the Physical Therapist

Ask the Physical Therapist with Cristina Gabor is back to present about health-related topics. *Open to CCSCA members only.*

Date	Day	Time
August 17	THURS	1 - 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 House Across the Lake* by Riley Sager to join the group for the August 9 meeting and the second half of the novel by August 23. 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
August 9	WEDS	2 - 3 PM
August 23	WEDS	2 - 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
August 18	FRI	11 AM - 12 PM

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.

Please email info.seniorcenter@culvercity.org for the meeting link. *Open to CCSCA members only.*

Date	Day	Time
August 16	WEDS	1 - 2 PM

AUGUST

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie (see page 8)</div> <div>Classes listed in the columns to the right occur every week on the times and dates shown.➡</div> <div>* Means the Class Has a Fee</div> <div>All classes are taken at the risk of the participant.</div>	<div>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) 11:15 Functional Boxing 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* 3:00 Positive Visioning</div>	<div>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) 10:00 Conversational Mandarin (Meets 2nd Tuesday) 10:45 Hula Dance 11:00 Creative Writing 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*</div>	<div>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 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</div>	<div>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)</div>	<div>8:00 Zumba Gold* 9:00 Knitting Group 9:00 Mah Jong & Bridge 9:00 Pan 9:00 Tai Chi with Anton* 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*</div>	<div>12:00 - 3:45 Bridge, Mah Jong & Pan 12:15 Current Events 12:30 - 3:30 Open Play Ping Pong</div> <div>Reminder: All weekly activities are located here above the monthly calendar.</div>

CLASS SCHEDULE

		1. Walking Group 9:15 AM Trivia with Michael 10 AM Veteran's Social Group 1:30 PM LACDMH Tabling in Hallway 10 AM - 12 PM National Night Out 5 PM (see page 3)	2. Pan y Platica 2 PM CCHS Tech Help 2:30 PM *October Trip Office Sales Begin	3. Underwater World with Craig 11 AM *Huntington Library 10 AM - Trip Office	4.	5.
6.	7. Merry Makers Bingo 11:30 AM Beginning Line Dancing 12:15 PM	8. Conversational Mandarin Group 10 AM CCSCA Learn with Judi Class Registration 10 AM LACDMH Tabling in Hallway 10 AM - 12 PM	9. Loss Support Group 10 AM Karaoke with Rudy 1 PM Book Club 2 PM	10. CCSCA Learn with Judi Class Registration 10 AM Kindness Rock Painting 1 PM *Soboba Casino 8 AM - Trip Office	11. Music Mends Minds Drum Circle 12:30 PM	12. Saturday Dance 1 PM
13.	14. Culver City Historical Society Presentation 9:30 AM Beginning Line Dancing 12:15 PM	15. Walking Group 9:15 AM LACDMH Presentation 10 AM Adventures with Doug 3:15 PM	16. Karaoke with Rudy 1 PM Apple Volunteer Tech Help 2 PM	17. Ask the Physical Therapist 1 PM French 3 PM	18. The Glee Three Sing-Along 11 AM	19. Saturday Dance 1 PM
20.	21. Beginning Line Dancing 12:15 PM	22. Improv 1 PM	23. Loss Support Group 10 AM Book Club 2 PM	24. *Agua Caliente 8 AM- Trip Office	25. Center Closed! Join us at Fiesta La Ballona at Veterans Memorial Park.	26. Center Closed! Fiesta La Ballona
27. Center Closed! Fiesta La Ballona	28.	29. Conversational Mandarin Group 10 AM	30. Bingo 1 PM	31. Spanish Conversations 10 AM	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	

Movies



Movies Every Tuesday & Sunday at 1PM

The CCSCA sponsors a movie screening every Tuesday & Sunday at 1PM 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

August 6 - My Big Fat Greek Wedding

A young Greek woman falls in love and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity. 2002; PG; Romance/Comedy; Nia Vardalos, John Corbett, Michael Constantine; 1 hr 35 min.

August 13 - Big George Foreman
Donated by our friends at Sony Pictures Entertainment. From Olympic Gold medalist to World Heavyweight champion, boxer George Foreman leads a remarkable life. 2023; PG-13; Biography/Drama/Sport; Khris Davis, Forest Whittaker, Jasmine Mathews; 2 hr 13 min.

August 20 - Your Place or Mine
Debbie and Peter are best friends and total opposites. She craves routine with her son in LA, but he thrives on change in NY. When they swap houses and lives for a week they discover what they think they want might not be what they really need. 2023; PG-13; Romance/Comedy; Ashton Kutcher, Reese Witherspoon, Jesse Williams; 1 hr 51 min.

August 27 - NO MOVIE SHOWING
The Senior Center will be closed August 25 - 27 for Fiesta La Ballona. Come out and join us for live music, carnival rides and delicious food at Veteran's Park!



Tuesday Movies

August 1 - What's Love Got To Do With It?
Remembering Tina Turner. The story of Tina Turner's rise to stardom and how she gained the courage to break free from her abusive husband. Both Bassett and Fishburne were nominated for Academy Awards for their performances. 1993; R; Drama/Music; Angela Bassett, Lawrence Fishburne; 1 hr 58 min.

August 8 - True Spirit
Based on a true story. An Australian teenager plans to become the youngest sailor to have traveled the world alone. In doing so, the intrepid 16-year-old not only seeks to fulfill her dream, she also faces her greatest fears at the same time. 2023; PG; Adventure/Biography/Drama; Teagan Croft, Cliff Curtis; 1 hr 49 min.

August 15 - Are You There God? It's Me Margaret
Eleven-year-old Margaret moves to a new town and starts to contemplate everything about life, friendship and adolescence. Based on the best-selling and beloved novel by Judy Blume. 2023; PG-13; Comedy/Drama; Abby Ryder Fortson, Rachel McAdams, Kathy Bates; 1 hr 46 min.

August 22 - If These Walls Could Sing
This documentary tells the untold story of the Abbey Road studio, including all-star interviews and backstage access to the premises. 2022; PG-13; Documentary/Biography; Elton John, Paul McCartney, Ringo Starr. 1 hr 29 min.

August 29 - Book Club 2 : The Next Chapter
Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. 2023; PG-13; Comedy; Diane Keaton, Jane Fonda, Mary Steenburgen, Candice Bergen. 1 hr 47 min.

Tech Opportunities

Computer Lab Hours

The Computer Lab at the Culver City Senior Center is available at the days and times noted below. CCSCA members are able to utilize the lab only when a designated Computer Lab Volunteer is monitoring the room during open hours.

Day	Time
MON	9:15 - 11:15 AM
WEDS	9:15 - 11:15 AM
FRI	9:15 - 11:15 AM

Apple Tech Help

Volunteers from Apple will be on site to help you with your gadget questions. Please note that there is a 15 minute MAX time limit per consultation. Sign-ups will begin at 2 PM.

Date	Day	Time
August 16	WEDS	2 - 4 PM

CCHS Tech Help

Do you have a technology question you would like assistance with? Feel free to come to the Computer Lab for help with your questions.

Date	Day	Time
August 2	WEDS	2:30 - 5 PM

CCSCA Tech Classes

Learn with Judi - Computer Lab

Register to learn more about iPhones and iPads in the next sessions of these courses! Intermediate iPhone will continue from our last session and will include using navigation, the camera and learning about photo management. Advanced iPad is a new class for those that have previously take Judi's iPad classes and are not beginning students. 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. Registration will occur on August 8 & 10 from 10 AM - 1 PM. CCSCA Members Only.

Dates	Class Type	Day	Time
9/6 - 10/11	iPhone	WEDS	12:30 - 2 PM
9/6 - 10/11	iPad	WEDS	2:30 - 4 PM

Presentations

Culver City Historical Society - Dives, Bars & Nightclubs

Learn about the history of the nightlife from the roaring 20's through the days of speakeasies and the Big Band era – and their eventual demise.



Date	Day	Time
August 14	MON	9:30 AM

Los Angeles County Department of Mental Health - Awareness, Treatment and Recovery from Anxiety

Come out to learn about anxiety with LACDMH and ways to treat it.

Date	Day	Time
August 15	TUES	10 AM

CCSCA Trip Office



Trip Sales begin August 2. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only.

Fantasy Springs Casino

Date	Cost	Departure	Extras
Thursday, October 12	\$50	8 AM	\$40 Free Play Please bring player's card at sign up.

P3 Theatre Group Presents "A Chorus Line"

Date	Cost	Departure	Details
Saturday, October 21	\$95	12:30 PM	Show begins at 3 PM. Lunch at The Brews House followed by presentation of a Chorus Line at the Hermosa Beach Playhouse.

Viejas Casino

Date	Cost	Departure	Extras
Thursday, October 26	\$30	8 AM	Please bring player's card at sign up.

Fun Summer Activities

CCSCA Art of Meditation, Visioning & Stretching

Join Spiritual Counselor and Transformation Coach, Marianna Kitts for a class that's designed for individuals to deepen in the stillness & silence of meditation within. The visioning will be an opportunity to open to what is calling each of us to our Heart's Desire, the stretching portion is to anchor and stretch the vision within our own Body Temple, in our Mind and Heart, and open up to the impossibilities unfolding out into our world. Class fee is \$4.

Day	Time
MON	3 - 4 PM
MON	3 - 4 PM

CCSCA Functional Boxing Class

Come join this fun and interactive boxing class, where you'll learn basic punching and footwork techniques with Tom Dailey who is a fitness trainer with nearly 25 years of experience. He's passionate about guiding people toward healthier and more fulfilling lives through exercise and positive lifestyle habits. Improved balance, joint and spine function, and coordination, along with new ways to 'light up' your brain are among the benefits of functional boxing. Bring water, your mat, and a towel. Class fee is \$4.



Day	Time
MON	11:15 AM - 12 PM
MON	11:15 AM - 12 PM

CCSCA Art History

Join Instructor Nancy Bishop for a very enjoyable enrichment class where she covers the "big ideas" of most of the world's art by focusing on cultural context. Class fee is \$4.



Day	Time
THURS	2 - 3 PM



New Lobby Chairs!

Come and take a seat on our new lobby chairs at the center! Thanks to City Council, we were able to purchase new chairs for our center lobby. Feel free to check them out next time you swing by the center.



Programs & Services

Culver City Municipal Plunge Activities

Take advantage of the Plunge this summer to beat the heat! Come over and try out our lap swim sessions from 6 AM - 1 PM for \$3 each session everyday. The Plunge also offers Adult Exercise classes on Mondays, Wednesdays & Fridays at 9 AM for \$1. For more information or to learn about the Plunge's AquaFit classes for adults, call (310) 253-6680.



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 to be connected with the group leader and begin the intake process prior to joining the group meetings at the center. This is not a drop-in activity. There is a suggested donation of \$3 for those who join the group at each session.

CCSCA Veterans Social Group

The center has a Veterans Social Group and meets the first Tuesday of the month from 1:30 - 3 PM. Come out and share your experiences with other Veterans through this free, drop-in social group!



Special Service 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.

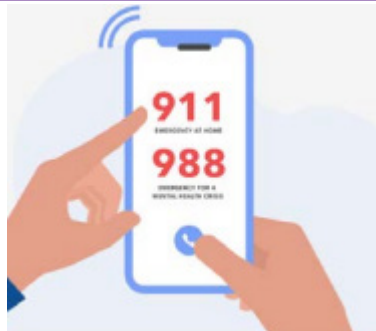


- Mondays 10 AM to 3 PM
- Tuesdays 1 to 5 PM (Support Group from 2PM to 3PM)
- Wednesdays 9:30 AM to 3 PM

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.

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.

Summer Sunset Music Series



It's time to celebrate summer in beautiful Downtown Culver City! The City is pleased to present a new music series on Thursday evenings beginning in August at 7 PM in Town Plaza at the Culver Steps located at 9300 Culver Boulevard. The free, family friendly series will run every Thursday evening until August 31st.

Full Lineup:

- August 3 - Top Shelf Brass Band, Midnight Blues Revue, Pino Noir (Jazz, Soul & Blues)
- August 10 - All Day Sucker, Identity Theft the Band (Rock & Roll Party)
- August 17 - Chloé Caroline, Molly Moore, Irene Diaz (Pop/Rock)
- August 24 - Ricardo Lemvo & Makina Loca, DJ Canyon Cody (Afro Cuban / Subsuelo DJ)
- August 31 - Quitapenas, Buyepongo (Latin Fusion)

Senior Center Closure Dates

**Friday, August 25,
Saturday, August 26, &
Sunday, August 27**

The Culver City Senior Center will be closed from Friday, August 25 to Sunday, August 27 for our Fiesta La Ballona event!

See below for more information. We look forward to seeing you there!



Fiesta La Ballona



Join the community at Culver City's Fiesta La Ballona at Veterans Memorial Park from Friday, August 25 - Sunday, August 27!

Fiesta La Ballona Event Information:

Friday, August 25 - Event: 4:30 PM - 10 PM
Carnival: 4:30 PM - 10 PM

Saturday, August 26 - Event: 10 AM - 10 PM
Carnival: 11 AM - 10 PM

Sunday, August 27 - Event: 10 AM - 6 PM
Carnival: 11 AM - 7 PM

Neighbors are encouraged to walk to the event, but if you need a free ride, Culver City Bus can get you to Fiesta La Ballona. Parking will be available for those with cars at the Sony Parking Lot and those who ride their bike may park it onsite at the Bike Valet.

This fun-filled event will offer a movie at the Plunge, live entertainment, carnival rides and delicious food for everyone to enjoy. For more information, visit www.fiestalaballona.org.