

CULVER CITY SENIOR CENTER NEWSLETTER



APRIL 2023



Come out and play a game of mahjong with a few friends at the center!



April is filled with many fun and educational opportunities!

Join us for our intergenerational plant potting event in celebration of Earth Day or come out to one of our informational presentations! See pages 9 and 10 for more information.



Important Senior Center Updates

Culver CITY SENIOR CENTER NEWSLETTER

TABLE OF CONTENTS

- 2 PRCS & City Information
- 3 Important Senior Center Updates
- 4 Special Monthly Activities
- 5 Special Monthly Activities
- 6 Class Schedule
- 7 Class Schedule
- 8 Movies
- 9 Virtual Concerts, Presentations & Trips
- 10 Intergenerational Activities & Events
- 11 Returning Programs & Services

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
- City Website - 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)

CITY OFFICIALS



Albert Vera - Mayor
 Yasmine-Imani McMorrin - 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

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

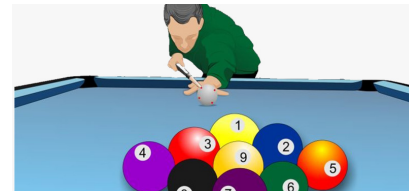
Jewish Family Services (323) 937-5843

CCSCA General Membership Meeting

The Culver City Senior Citizens Association, Inc. will be holding a General Membership Meeting on Tuesday, April 11th from 9:30 AM to 10:30 AM in the Dining Room. Come out to hear updates and important information from the Board of Directors. We look forward to seeing you all there!

Pool Room Notice

The Pool Room will be closed for the month of May 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.

Bucket List Talent Show

Lights! Cameras! Action! The Bucket List Variety Show returns this month! Join us as we support our fellow CCSCA peers at this year's show on Wednesday, April 19th from 1 PM - 3 PM. Attendance is free, but CCSCA members must RSVP at the Senior Center Business Desk starting April 7th at 9 AM. **Space is limited and a ticket is required to attend.**

CCSCA Activity & Event Registration Reminder

Please bring your membership card with you to register in-person for any CCSCA activity or event at the Senior Center Business Desk. This will help our staff speed up the registration process each month. We appreciate your assistance!

Congrats, Nancy!



Please join Senior Center staff in congratulating Nancy Ruvalcaba for her recent promotion to Recreation Specialist! Nancy will be assisting with senior programming and events at the center.

When Nancy is not at work, she enjoys painting her nails and hanging out with loved ones! If you see her in the hallway, please feel free to say hello!

Congrats!

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.

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

IMPORTANT SENIOR CENTER UPDATES

Only in April

Field Trip to the Culver City Historical Society!

Please join us for a field trip to the Culver City Historical Society. Their various collections focus on specific areas of our city and local area history and include historic photos, videos, books, maps, handmade displays, and exhibits; all of which are displayed in rotating exhibitions periodically. Please note there will be extensive walking. Spots are limited and will be filled on a first come first served basis. To RSVP please call or visit the the business desk at (310) 253-6700 starting April 11th. Voicemail messages will not be accepted. *Open to CCSCA members only.*

Date	Day	Time
April 25th	TUES	11 AM - 12 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
April 5th	WEDS	2 PM - 2:45 PM
May 3rd	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
April 8th	SAT	1 PM - 3:30 PM	Swing Set
April 22nd	SAT	1 PM - 3:30 PM	Elias with Love

Bingo

Join PRCS staff a game or two of Bingo!
Open to CCSCA members only.

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

Chess

Join PRCS staff a game or two of Chess starting April 12th.

Open to CCSCA members only.

Date	Day	Time
April 12th	WEDS	11 AM - 12:30 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
April 4th	TUES	9:15 AM
April 18th	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
April 12th	WEDS	1 PM - 3:30 PM
April 19th	WEDS	1 PM - 3:30 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, will not be teaching in April, but will return in May 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
April 4th	TUES	10 AM - 11 AM
May 2nd	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
April 13th	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
April 14th	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
April 3rd	MON	11:30 AM - 1 PM
May 1st	MON	11:30 AM - 1 PM

Adventures with Doug - Adventure to Chasm Lake

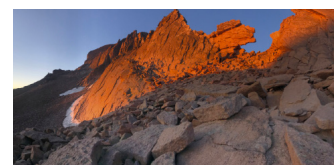
At 14,259 feet, Longs Peak towers above all other summits in Rocky Mountain National Park, the flat-topped monarch visible from almost anywhere in the park.

In the summertime, when conditions allow, it's POSSIBLE to reach Longs' summit via the Keyhole Route. But it's not a hike! It's a climb that crosses enormous sheer vertical rock faces. The route has narrow ledges, loose rock, and steep cliffs. And the weather can change from nice to treacherous in the snap of a finger. But the drama and beauty we'll experience makes it all worth it!

Join us for our slideshow adventure as we attempt to summit Longs Peak via the Keyhole Route for an extraordinary mountaineering experience.

Open to CCSCA members only.

Date	Day	Time
April 18th	TUES	3:15 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
April 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 be *The Invisible Life of Addie LaRue* by VE Schwab to join the group for their April 12th meeting and the second half of the novel by April 26th. 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
April 12th	WEDS	2 PM - 3 PM
April 26th	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
April 21st	FRI	10 AM - 11 AM

Help With Your Electronic Gadgets!

Volunteers from Apple will be on site to help you with your gadget questions on Wednesday, April 19th! 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!

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie (see page 8)</p> <p>Classes listed in the columns to the right occur every week on the times and dates shown. →</p> <p>* Means the Class Has a Fee</p> <p>All classes are taken at the risk of the participant.</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Ceramics*</p> <p>9:15 Open Computer Lab</p> <p>9:15 Beginning Ukulele*</p> <p>10:00 Chair Zumba*</p> <p>10:00 German (Meets 2nd Monday of the month)</p> <p>10:00 Merry Makers Club (Meets 1st & 3rd Monday of the month)</p> <p>10:15 Intermediate Ukulele*</p> <p>10:30 Sit N Be Fit with Margarite*</p> <p>10:30 Tai Chi with Anton* (At Veterans Memorial Building)</p> <p>12:00 Dancercise*</p> <p>1:00 Music Time Machine (meets last Monday of the month)</p> <p>1:00 Art with Coco</p> <p>1:00 Line Dancing*</p> <p>2:30 Yoga with Phil*</p>	<p>9:00 Mah Jong & Bridge</p> <p>9:00 Fun with Acrylics</p> <p>9:00 Pan</p> <p>9:00 Beginning Sign Language</p> <p>9:15 Gentle Mat Yoga with Lauren*</p> <p>9:15 Tai Chi with Greg (Meets 1st & 3rd Tuesday)</p> <p>9:15 Walking Group (Meets 1st & 3rd Tuesday)</p> <p>10:45 Hula Dance</p> <p>11:00 Karaoke</p> <p>11:30 Balance Challenge*</p> <p>11:45 Heartfulness Meditation</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Movie (see page 8)</p> <p>1:00 Platicando Sabroso</p> <p>1:00 Improv (meets 4th Tuesday of the month)</p> <p>1:30 Veterans Social Group (meets 1st Tuesday of the month)</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Crochet Group</p> <p>9:00 Pan</p> <p>9:15 Open Computer Lab</p> <p>9:30 Chair Abs & Core</p> <p>10:30 MindBodyDance*</p> <p>10:30 Pan</p> <p>11:00 Sound Healing and Guided Meditation (Starts 4/5)</p> <p>11:00 Chess (Starts 4/12)</p> <p>11:00 Spanish Social Group</p> <p>12:00 Mat Pilates 101*</p> <p>12:30 International Folk Dance</p> <p>1:00 Genealogy (cancelled)</p> <p>1:00 Yoga with Phil*</p> <p>1:30 Current Events*</p> <p>2:00 Pan Y Platica (Meets 1st Wednesday of the month)</p> <p>2:15 Beginning Spanish Class</p> <p>2:30 Open Play Ping Pong</p>	<p>9:00 Watercolor*</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Intermediate Sign Language</p> <p>9:15 Dance Fit with John</p> <p>10:00 Advanced Sign Language</p> <p>10:00 Spanish Conversation Class (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 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 Full Body Exercise 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 with Resa</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> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Reminder: All weekly activities are located here above the monthly calendar.</p> </div>

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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.

2.	3. Merry Makers Bingo 11:30 AM	4. Walking Group 9:15 Trivia with Michael 10 AM Veterans Group 1:30 PM Active Everyday Presentation 2:30 PM	5. Pan y Platica 2PM CCHS Tech Help 2:30 PM	6.	7.	8. Saturday Dance 1PM
* Golden Nugget	Casino Trip April 2-4					
9.	10. German 10 AM CCSCA Board Meeting 1PM	11. General Membership Meeting 9:30 AM <i>Open to all CCSCA Members</i> <i>Hula Canceled Today</i>	12. Loss Support Group 10 AM Karaoke with Rudy 1PM Book Club 2 PM Earth Day Activity 2:30 PM <i>See Page 10</i>	13. Climate Change Presentation 11 AM Rock Painting 1 PM	14. Music Mends Minds Drum Circle 12:30 PM	15.
16.	17.	18. Walking Group 9:15 Adventures with Doug 3:15 PM <i>Hula Canceled Today</i>	19. Cuning Consumer 11 AM Bucketlist Variety Show 1 PM Apple Tech Help 2:15 PM	20. CPR Presentation 10:30 AM Ask the Physical Therapist 1PM French 3 PM * Fantasy Springs Casino Trip	21. The Glee Three Sing- Along 11 AM	22. Saturday Dance 1PM
23.	24. Music Time Machine 1PM	25. Improv 1 PM <i>Hula Canceled Today</i>	26. Loss Support Group 10 AM Bingo 1 PM Book Club 2 PM CCHS Jazz Ensemble 3 PM	27. Spanish 10 AM	28.	29
30.						

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

April 2 - The Good House

Life for New England realtor Hildy Good begins to unravel when she hooks up with an old flame of hers from New York. Based on the best-selling novel. 2021; R; Comedy/Drama; Kevin Kline, Sigourney Weaver; 1 hr 43 min.

April 9 - American Graffiti

A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies. 1973; PG; Drama/Comedy; Ron Howard, Harrison Ford, Richard Dreyfuss; 1 hr 50 min.

April 16 - Tár

Renowned musician Lydia Tár is days away from recording the Mahler symphony that will elevate her career. A character study of a flawed fictional symphony conductor, Cate Blanchett was nominated for the Best Actress Oscar for her performance. 2022; R; Drama; Cate Blanchett, Nina Hoss, Noémie Merlant, Julian Glover; 2 hr 38 min. *please note long running time*

April 23 - A Fish Called Wanda

In London, four very different people team up on a jewel heist, then try to double-cross one another for the loot, complicated by their efforts to fool a very proper barrister. 1988; R; Comedy/Crime; Kevin Kline, John Cleese, Jamie Lee Curtis, Michael Palin; 1 hr 48 min.

April 30 - A Man Called Otto Donated by our friends at Sony Pictures Entertainment.

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship. 2022; PG-13; Drama/Comedy; Tom Hanks, Truman Hanks, Mariana Trevino, Rachel Keller; 2 hr 6 min.

Tuesday Movies

April 4 - Jerry & Marge Go Large

When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife go on an exciting, multimillion dollar winning spree with the goal of reviving their small Michigan town. However, when a selfish college student cheats the system, Jerry must find a way to make the game fair for all. Based on a true story. 2022; PG-13; Comedy/Drama; Bryan Cranston, Annette Bening; 1 hr 36 min.

April 11 - Sam & Kate

A son returns to his small hometown to take care of his ailing father and may find love along the way. This movie stars Dustin Hoffman & Sissy Spacek and their two real life children, Jake Hoffman and Schuyler Fisk. 2022; R; Comedy/Drama/Romance; 1 hr 50 min.

April 18 - Dream Horse

The true story of Dream Alliance, an unlikely race-horse bred by small-town bartender Jan Vokes. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites. Their investment pays off as Dream rises through the ranks and becomes a beacon of hope for their struggling community. 2020; PG; Sport/Drama; Toni Collette, Damian Lewis; 1 hr 42 min.

April 25 - Everything Everywhere All At Once

When an interdimensional rupture unravels reality, an unlikely hero must channel her newfound powers to fight bizarre and bewildering dangers from the multiverse as the fate of the world hangs in the balance. Oscar Best Picture Winner 2023. 2022; R; Adventure/Sci-fi; Michelle Yeoh, Ke Huy Quan, Stephanie Hsu, Jamie Lee Curtis; 2 hr 19 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
April 12th	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

FOR ACCESS TO ANY OF THESE VIRTUAL CONCERTS OR WORKSHOPS, PLEASE EMAIL INFO.SENIORCENTER@CULVERCITY.ORG.

Presentations

Climate Change with Los Angeles County Department of Public Health

Join LACDPH as they inform us about the adverse effects of Climate Change in the County of Los Angeles, the high-risk groups affected & what we can do to slow the adverse effects of climate change on our health and in our communities.

Date	Day	Time
April 13th	THURS	11 AM - 12 PM

Active Everyday

Come out and join Scan Health as they discuss being active everyday. Exercising doesn't mean you have to run a mile every day. There are lots of ways to stay active and healthy. Learn about what you can do to stay active every day!

Date	Day	Time
April 4th	TUES	2:30 PM - 3:30 PM

Hands Only CPR with Los Angeles County Department of Public Health

Join LADPH for a Hands Only CPR session that focuses on equipping/teaching community residents lifesaving skills that could be useful in an event of a cardiac arrest. Please note that this is not a certification training. It is just to educate the community on steps to take in such a situation till the first responders arrive.

Date	Day	Time
April 20th	THURS	10:30 AM - 11:30 AM

Trip Office

Let's Go On A Trip!

Trip Sales begin April 5th at 10 AM!

Cash/Check only! Bring your CCSCA Membership & player's card #.

Morongo Casino - Thursday, June 8th - 8 AM
Cost: \$50

Pauma Casino - Thursday, June 29th - 8AM
Cost: \$40

Colorful Songs of Broadway
Thursday, June 15th - 11 AM
Cost: \$95

The Colorful Songs Revue Luncheon with Wine. The Neil Diamond Experience!

Trip Office Hours: WEDS/FRI. 10 AM - 1 PM.

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

Intergenerational Activities & Events

Intergenerational Earth Day Plant Potting Event

Join City staff and teen participants from the Teen Center on the patio as we get our hands dirty celebrating Earth Day on Wednesday, April 12th from 2:30 to 4 PM!

Participants will pot new plants and decorate the containers to take home. Every participant will leave the event with a new plant! Please wear comfortable clothing you do not mind getting dirty. Staff will assist everyone through the process - whether you have a green or black thumb!

Space is limited and CCSCA members must RSVP for this FREE activity by visiting the Senior Center Business Desk or by calling (310) 253-6700 starting Wednesday, April 5th. Voicemail messages will not be accepted.



CCHS Jazz Concert

Let's celebrate Jazz Appreciation month with live music! The Culver City High School Academy of Visual and Performing Arts (avpa.org) Jazz Ensemble and Jazz Combo will be performing a free concert featuring familiar jazz standards like "Maiden Voyage" and "Beyond the Sea" at the Senior Center We'll see you there!

Date	Day	Time
April 26th	WEDS	3PM - 4PM



Mother's Day Tea - May 13, 2023

Join Culver City PRCS 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](#).



Date	Day	Time
May 13th	SAT	2PM - 4PM

CCHS Tech Help!

Do you have a technology question you would like assistance with?

Feel free to come to the Computer Lab at the Center for help from CCHS students with your questions on April 5th from 2:30 PM - 5 PM!

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 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 1PM to 5 PM (Support Group from 2PM to 3PM) - 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.

CCSCA Computer Classes

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 April 11th & April 13th 10 AM - 2 PM. *CCSCA Members Only.*

Course Dates	Day	Time
4/26 - 5/17	WEDS	12 PM - 1:30 PM OR 2 PM - 3:30 PM
5/24 - 6/14	WEDS	12 PM - 1:30 PM OR 2 PM - 3:30 PM

Bridge the Digital Divide - General Tech & Computer Training

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 April 11th & April 13th 10 AM - 2 PM. *CCSCA Members Only.*

Course Dates	Day	Time
4/25 - 5/30 OR 6/6 - 7/18	TUES	9:15 AM - 11:15 AM
4/27 - 6/1 OR 6/8 - 7/20	THURS	9:15 AM - 11:15 AM

***CCSCA Members cannot register for two consecutive Courses in a row due to limited availability.**

Activity Shout Out: Come out and sing at Karaoke!

Join your fellow CCSCA peers for a song or two at our weekly Karaoke sessions every Tuesday and 2nd & 3rd Wednesday each month!



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, we plan on holding a small social for all of our instructors and group leaders in honor of Teacher Appreciation Day in May.

We look forward to seeing you there!



Commissions, Boards, and Committees Recruitment

The City Clerk's Office is currently accepting applications to fill upcoming vacancies on twelve of Culver City's Commissions, Boards, and Committees. These include the Parks, Recreation, and Community Services Commission, the Disability Advisory Committee, the Cultural Affairs Commission, the Bicycle and Pedestrian Advisory Committee, the Advisory Committee on Housing and Homelessness, the Fiesta La Ballona Committee and others!

Applications will be accepted in person, via the online application at www.culvercity.org/serve, or electronically via email to city.clerk@culvercity.org through Monday, May 15, 2023 at 5:00 PM.



Older Americans Month is Next Month!



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us next month in celebrating Older Americans Month by coming out to our many activities and events we are planning.

Keep an eye out for next month's newsletter and participate in the many engaging events we will be putting on to celebrate our older adult community!