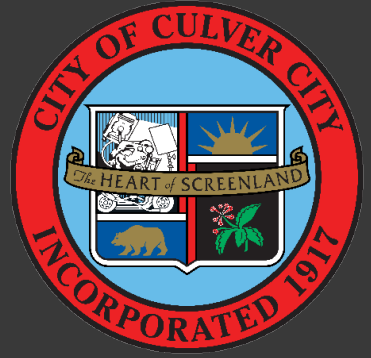


CULVER CITY SENIOR CENTER NEWSLETTER



MAY 2024



May is Older Americans Month! This year's theme is *Powered by Connection*. Join us in celebrating this month by bringing a friend or making a new one at our many events such as Trivia, Self Defense Workshop and our new friendship mixer! We look forward to seeing you there!

CITY OFFICIALS

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



SENIOR CENTER NEWSLETTER

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SCAN THE QR CODE
& SUBSCRIBE TO OUR
MONTHLY SENIOR CENTER
EMAIL LIST.



Official Senior Center Announcements

CCSCA Actors Workshop - Culminating Performance



The Picerne Family Foundation Artist Outreach Project and the Culver City Senior Citizens Association, Inc. present The Silver Circle Players in An Evening of Scenes, Songs & Poetry.

Come out and support your CCSCA Actors Workshop peers for their culminating performance on Saturday, May 25 at 1 PM.

Congratulations to our CCSCA participants & thank you Fabiana Medici for leading this group all year!

Culver City Senior Prom - Saturday, June 1, 2024

Start planning your best outfit. Prom Season is right around the corner! The City of Culver City in partnership with the Culver City Senior Citizens Association are throwing a Senior Prom! Prom will be held Saturday, June 1 from 4 PM- 7 PM in the Veterans Memorial Building. The event will offer a night filled with dancing, entertainment, food and fun!

Prom tickets go on sale for a \$5 suggested donation on Saturday, May 4 at 12:30 PM. This event is expected to sell out quickly and space is limited. Each patron will be allowed to purchase at most TWO tickets. CCSCA membership is not a requirement to attend the event, it is open to all those in the community age 50+.

Thank you to Ting, AT&T and AARP for their support of Senior Prom!



CCSCA BOARD OF DIRECTORS

John Rollins - President
Ron Gorman- Vice President
Kay Heineman - Secretary
Carolyn Conway- Treasurer
Benita Williams
Marsha Orth
Robert Gosart
Zia Garcia
Shiela Dean
Jessica Garcia

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.

Phone: (310) 253-6749
Email: Info@ccscainc.org

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
Email: info.seniorcenter@culvercity.org

SENIOR MEALS

Jewish Family Services (323) 937-5843

SPECIAL SERVICE FOR GROUPS (SSG)

To inquire about services, see page 13 or call (310) 253-6717 for more information.

CULVER CITY PRCS COMMISSION

Palvi Mohammed - Chair
Jane Leonard - Vice Chair
Crystal Alexander - Member
Maggie Peters - Member
William Rickards - 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>
Email: cbc.prcs.commission@culvercity.org

PRCS SENIOR CENTER STAFF

Ted Stevens - PRCS Director
Francisca Castillo - RCS Manager
Jill Thomsen - RCS Supervisor
Melanie Morales - RCS Coordinator
Mike Odunze- RCS Coordinator
Nancy Ruvalcaba & Bin Yang - Recreation Specialists
John Panganiban - Senior Recreation Leader
Martha Diaz - Senior Recreation Leader
Franna Diamond - Recreation Leader II
Silvia Tapia - Recreation Leader II

PRCS DEPARTMENT INFORMATION

PRCS Website - www.culvercity.org/prcs
City Website - www.culvercity.org
PRCS Instagram - @culvercityprcs
City Instagram - @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)

Older Americans Month

CCSCA Coffee & Donuts Social in the Hallway

Come chat with Board Members in the B hallway while having tasty donuts and coffee! This event will occur until treats have run out.

Thursday, May 2 at 10:15 AM

Happy Instructor Appreciation Week!

Shout out to our amazing CCSCA instructors for their dedication to our members!

Monday, May 6 - Friday, May 10

Free Self Defense Workshop

Come out and learn new self defense tactics from Instructor Andy Pancho. CCSCA members can register starting May 3 at the Business Desk. Space is limited.

Friday, May 10 at 10 AM - 11:30 PM

CCSCA Paint & Sip

Join PRCS staff for a paint session with tea to sip on as you let your creative talents flow! CCSCA members can register at the Business Desk for \$3 starting May 6. Space is limited.

Monday, May 20 at 1:30 PM - 3 PM

City Council Commendation - Senior of the Year

Join the community at City Hall to witness City Council award Senior of the Year to one member of the community!

Tuesday, May 28 at 6:30 PM at City Hall

Culver City Senior Prom

Ticket Required.

Saturday, June 1 at 4 PM - 7 PM

Loteria with PRCS Staff

CCSCA members can register at the Business Desk Starting May 1 to play Loteria with your fellow CCSCA peers and PRCS staff on the patio. Participants will receive pan dulce and coffee. Space is limited.

Monday, May 6 at 1:30 PM - 3:30 PM

Cedars Sinai Health Fair

Join the Cedars-Sinai Community Health Improvement team as they offer FREE health screenings for the public in partnership with the Culver City Senior Center.

Thursday, May 9 at 12:30 PM - 3:30 PM

Ask the Supervisor & Staff Q & A

Come out to get to know the Senior Center staff through a Q & A session with snacks!

Friday, May 17 at 12:30 PM - 1:30 PM

CCSCA Friendship Mixer

Join us for fun icebreakers and a chance for some quick "friend speed dating!" This activity is free and light refreshments will be available. CCSCA members can register starting May 6 at the Business Desk.

Wednesday, May 22 at 1:30 PM - 3:30 PM

CCSCA Trivia

Join us for a fun game of trivia and the chance to win great prizes! CCSCA members can register starting May 15 at the Business Desk. Space is limited.

Wednesday, May 29 at 1:15 PM - 2:45 PM

Special Activities, Events & Programs

Hiking Group with PRCS Staff

Join PRCS staff member, Nancy, on a hiking route at Stoneview Nature Center. The route is approximately 2.5 miles and is meant for intermediate level.

Participants must wear athletic footwear and activewear. We recommend bringing a reusable water bottle, sunscreen, a hat, and sunglasses. Participants must RSVP at the Business Desk and leave a phone number. The Business Desk will provide you with an info sheet about the meet up point. Space is limited. You must meet at Stoneview Nature Center as transportation will not be provided to or from the hike. Join the hiking group at your own risk.

Email Nancy at Nancy.Ruvalcaba@culvercity.org for more information or call (310) 253-6724.



Date	Day	Time
May 8	WEDS	8 AM

ReDiscover with PRCS Staff

Visit Culver City's largest creative reuse makerspace! Tour the workshop, learn to use power tools, and do some hands-on crafting with the help of ReDiscover's teaching artists.

Please note that there's a \$10 charge that must be paid via cash or check upon time of registration.

Visit the Business Desk to register starting May 7. Space is limited! *Open to CCSCA members only.*

Date	Day	Time
May 21	THURS	10:30 AM - 1 PM



CCSCA Trip Office Information

Trip Sales begin May 1 in C71. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only.

Please bring your CCSCA Membership & player's card #

Pauma Casino

Date	Cost	Departure	Details
Thursday, July 11	\$50	8 AM	

Gladstones Long Beach & Queen Mary Guided Tour

Date	Cost	Departure	Details
Thursday, July 18	\$95	10:30 AM	

Soboba Casino

Date	Cost	Departure	Details
Thursday, July 25	\$50	8 AM	

Trip Office Presentation

Date	Details
Wednesday, June 26	Premier Tours will come to present about upcoming travel tours.

ACTIVITY SCHEDULE

CLASS SCHEDULE

CLASS SCHEDULE

MONDAY				TUESDAY				WEDNESDAY			
Time	Activity	Fee	Description	Time	Activity	Fee	Description	Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways	8:00 AM	Zumba Gold	\$4	Dynamic dance workout
9:00 AM	Ceramics	\$8	Working with clay (Activity is full)	9:00 AM	Fun with Acrylics	FREE	Painting with acrylic paint. Must bring own supplies.	9:00 AM	Crochet Group	FREE	Open crochet space
9:15 AM	Beginning Ukulele	\$3	Learn how to play the ukulele	9:00 AM	Beginning Sign Language I	FREE	Introduction to American Sign Language basics.	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:30 AM	Acting Workshop	FREE	Learn and perform scenes with others	9:15 AM	Gentle Mat Yoga with Lauren	\$4	Stretching and slow movements while focusing on breathing	9:30 AM	Chair Abs & Core	FREE	Abs and core workout utilizing chairs
10:00 AM	Chair Zumba	\$4	Dynamic dance workout	9:15 AM	Tai Chi with Greg	FREE	Tai Chi fusion with slow dance movement	10:00 AM	Loss Support Group	\$3	Wise & Healthy Aging Support Group (meets 2nd & 4th Wednesdays)
10:00 AM	German	FREE	Intermediate level German activity (meets 2nd Monday of the month)	9:15 AM	Walking Group	FREE	Strolls around Culver City (meets 1st and 3rd Tuesday of the month)	10:30 AM	MindBodyDance	\$4	Freeform dance activity
10:00 AM	Merry Makers	FREE	Social club (meets 1st & 3rd Monday)	10:00 AM	Beginning Sign Language II	FREE	Continuing students learn more of ASL at the beginning level.	11:00 AM	Chess	FREE	Learn and practice chess skills
10:15 AM	Intermediate Ukulele	\$3	Experienced performers jamming out	10:45 AM	Hula Lite	FREE	Learn and practice hula dances	11:00 AM	Spanish Social Group	FREE	Practice your Spanish with others learning the language
10:30 AM	Sit & Be Fit	\$4	Fitness activity utilizing chairs	11:00 AM	Creative Writing	\$4	Writing with prompts	11:00 AM	Cunning Consumer	FREE	Discuss a website that helps with consumer complaints (Meets 3rd Wednesday)
10:30 AM	Beginning Tai Chi with Anton	\$4	A practice of a series of slow gentle movements and postures	11:00 AM	Karaoke	FREE	Sing and dance to music	12:00 PM	Mat Pilates 101	\$4	Core-focused exercise activity
12:00 PM	Dancercise	\$4	Exercise through dance	11:30 AM	Balance Challenge	\$4	Exercise activity with focus on improving balance	12:30 PM	International Folk Dance	FREE	Learn dances from all over the world
12:15 PM	Beginning Line Dancing	\$2	Learn line dancing step by step (meets 5/13 - 6/17)	11:45 AM	Heartfulness Meditation	FREE	Meditation group with Prasad	1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
1:00 PM	Music Time Machine	FREE	Musical memory stimulation (meets last Monday of the month)	1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs Located at Veterans Memorial	1:30 PM	Current Events	\$3	Discuss current event topics
1:00 PM	Art with Coco and Jessica	FREE	Mixed media art workshop	1:00 PM	Movie Showing	FREE	See page 12 for movie listings	2:00 PM	Book Club	FREE	Read a different book each month & discuss (every 2nd & 4th Wednesday)
1:00 PM	Art History	\$4	Art through the years with a historical lense	1:00 PM	Platicando Sabroso	FREE	Spanish social group	2:15 PM	Beginning Spanish	FREE	Learn the basics of Spanish
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers.	1:00 PM	Improv	FREE	Theatre games and skits (Meets 2nd, 4th & last Tuesdays of the month)	2:15 PM	Pan Y Platica	FREE	Intergenerational Spanish social group (meets 1st Wednesday of the month)
1:00 PM	Ceramics	\$12	Working with clay	1:30 PM	Veterans Social Group	FREE	Social group for veterans (Meets 1st Tuesday of the month)	2:30 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers
2:30 PM	Yoga with Phil	\$4	Stretching and slow floor movement	2:00 PM	SSG Support Group	FREE	Support group for older adults	3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
3:00 PM	Healthy Eating	FREE	Learn about healthy eating habits with participants from the West Side Regional Center	3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement				
3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)								
3:15 PM	Positive Visioning	\$4	Meditation through visioning								

COMMUNITY PUZZLE

Let's work together! Take a moment and contribute to our community puzzle in the lobby.



All activities are taken at the risk of the participant.

All activities are subject to change or cancellation due to inclement weather or absence of activity leader. Please call the Business Desk for activity confirmation.

ACTIVITY SCHEDULE

THURSDAY

Time	Activity	Fee	Description
9:00 AM	Watercolor	\$12	Watercolor workshop (must bring materials)
9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:00 AM	Intermediate Sign Language	FREE	Practicing Sign Language with other intermediate students
9:15 AM	DanceFit with John	FREE	Dance exercise activity to music
10:00 AM	Spanish Conversation Class	FREE	Practice your Spanish with others (meets last Thursday of the month)
11:00 AM	Short Story Group	FREE	Read and discuss short stories
11:30 AM	Balance Challenge	\$4	Exercise activity with focus on improving balance
12:00 PM	Duplicate Bridge	FREE	Card game playing at Veterans Memorial Building
12:30 PM	Fun with Pastels	FREE	Drawing with Pastels. Must bring your own supplies. (Activity is full)
1:00 PM	Beginning Mah Jong	FREE	Learn how to play Mah Jong
1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs
1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
1:00 PM	Latin American Group	\$1	Spanish Social Group
2:30 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers
3:00 PM	French	FREE	Practice your French with others (meets 3rd Thursday)
3:00 PM	Origami Group	FREE	Learn how to make Origami figures (first Thursday of the month)

FRIDAY

Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout
9:00 AM	Ballroom Dance	\$4	Learn how to ballroom dance
9:00 AM	Knitting Group	FREE	Open knitting space
9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:00 AM	Advanced Tai Chi with Anton	\$4	A practice of a series of slow gentle movements and postures
9:30 AM	Blood Pressure Checks	FREE	Get a free blood pressure reading in the hallway
9:45 AM	Joints Gentle Mat Yoga with Caroline	FREE	Practice choreographed yoga poses with non-weight bearing options
10:15 AM	Functional Boxing	\$4	Practice boxing exercises
10:30 AM	Actors Workshop	FREE	Learn and perform scenes with others. Located at Veterans Memorial.
10:30 AM	Full Body Exercise with Marguerite	\$4	Full body exercise class with stretching
11:00 AM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs
11:00 AM	Sing-Along	FREE	Sing-along to catchy tunes with others (Meets 3rd Friday of the month)
11:30 AM	Mat Pilates	\$4	Core-focused exercise activity
12:30 PM	Music Mends Minds	FREE	Make some music on the patio using drums and other instruments
1:00 PM	Abstract Painting	\$8	Explore freedom through abstract painting
1:00 PM	German Conversations	FREE	Learn the basics of German
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers
1:00 PM	Remembranzas	FREE	Discussion of stories in Spanish
2:00 PM	Mindfulness Meditation	FREE	Meditation group with Resa
3:00 PM	Yiddish Conversations	FREE	Practice Yiddish through conversations with others
3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
3:00 PM	Portraiture	\$8	Depict images using acrylic paint
3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement

SATURDAY

Time	Activity	Fee	Description
12:00 PM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
12:15 PM	Current Events	FREE	Discuss current events with peers
12:30 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers

SUNDAY

Time	Activity	Fee	Description
12:00 PM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
1:00 PM	Movie Showing	FREE	See page 12 for movie listings

ACTIVITY SPOTLIGHT

Fun with Acrylics

Meets every Tuesday at 9 AM

Join CCSCA Instructor Irma Oberding and her group of talented artists every Tuesday to work on your piece during this activity!

Have a question? Feel free to stop by and chat with everyone about the class. This class is free.



All activities are taken at the risk of the participant.

All activities are subject to change or cancellation due to inclement weather or absence of activity leader. Please call the Business Desk for activity confirmation.

MAY

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>All activities are taken at the risk of the participant.</p> <p>All activities are subject to change or cancellation due to inclement weather or absence of activity leader. Please call the Business Desk for activity confirmation.</p>			<p>1. Pan y Platica 2:15 PM</p> <p>CCHS Tech Help 3 PM</p>	<p>2. Underwater World 11 AM</p> <p>Origami Group 3 PM</p> <p>* Donuts & Coffee in the Hallway with the CCSCA Board 10:15 AM (See p.4)</p> <p>Don & Cal Karaoke on the Patio 11 AM</p> <p><i>Trip Office - Morongo Casino 8 AM</i></p>	<p>3.</p>	<p>4. Eco Fest 8 AM</p> <p>Senior Prom</p> <p>Tickets on sale at 12:30 PM</p> <p>Otis College Presentation 2 PM (see p. 15)</p>
<p>5.</p>	<p>6. Merry Makers 10 AM</p> <p>* Loteria on the patio (ticket required) 1:30 PM (See p.4)</p> <p>Healthy Eating 3 PM</p> <p>* Happy Instructor Appreciation Week! (See p.4)</p>	<p>7. Walking Group 9:15 AM</p> <p>Trivia with Michael 10 AM</p> <p>Veterans Social Group 1:30 PM</p> <p>SSG Support Group 2 PM</p>	<p>8. Hiking Group 8 AM</p> <p>Loss Support Group 10 AM</p> <p>Karaoke with Rudy 1 PM</p> <p>Book Club 2 PM</p>	<p>9. * Cedars Sinai Health Fair 12:30 PM (See p.4)</p> <p>Kindness Rock Painting 1 PM</p>	<p>10. * Self Defense with Andy 10 AM (See p.4 - RSVP Required)</p> <p>Music Mends Minds Drum Circle 12:30 PM</p>	<p>11. Saturday Dance 1 PM</p> <p>Mother's Day Tea at Veterans Memorial Building 11 AM (Requires online registration)</p>
<p>12.</p>	<p>13. German 10 AM</p> <p>CCSCA Board Meeting 1 PM</p>	<p>14. Brain Healthy Presentation 11 AM</p> <p>Improv 1 PM</p> <p>SSG Support Group 2 PM</p>	<p>15. Cunning Consumer 11 AM</p> <p>Apple Tech Help 2 PM</p>	<p>16. Ask the Physical Therapist 1 PM</p> <p>French 3 PM</p>	<p>17. Glee Three Sing-Along 11 AM</p> <p>* Ask the Supervisor & Staff 12:30 PM (See p.4)</p>	<p>18. LA Choreographers & Dancers Performance 1:30 PM</p>
<p>19.</p>	<p>20. Merry Makers 10 AM</p> <p>Music Time Machine - 1 PM</p> <p>Healthy Eating 3 PM</p> <p>* Paint & Sip 1:30 PM (ticket required - See p.4)</p>	<p>21. Walking Group 9:15 AM</p> <p>SSG Support Group 2 PM</p> <p>Adventures with Doug 3:15 PM</p>	<p>22. Loss Support Group 10 AM</p> <p>Karaoke with Rudy 1 PM</p> <p>Book Club 2 PM</p> <p>* Friendship Mixer 1:30 PM (See p.4)</p>	<p>23. Spanish Conversation Class 10 AM</p> <p><i>Trip Office - Harrah's Casino 8 AM</i></p>	<p>24.</p>	<p>25. Acting Workshop Performance 1 PM</p> <p>Bike Rodeo at Veterans Memorial Park 10 AM</p>
<p>26.</p>	<p>Memorial Day</p> <p>Senior Center Closed!</p>	<p>28. CPR Presentation 11 AM</p> <p>Improv 1 PM</p> <p>SSG Support Group 2 PM</p> <p>* City Council Commendation at City Hall 6:30 PM (See p.4)</p>	<p>29. * Trivia 1:15 PM (See p.4 - RSVP Required)</p>	<p>30. Santa Monica Choir - 11 AM</p>	<p>31.</p>	<p>June 1, 2024</p> <p>Culver City Senior Prom 4 PM - 7 PM (Ticket Required)</p> <p>Senior Center Closed!</p>

Calendar Reading Note: Classes, activities and events listed in this calendar are either unique to this month or recurring monthly events. Please visit pages 6 - 9 or other specified pages for information related to these events.

CALENDAR

CALENDAR

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 and please silence your cell phones. Movies and times are subject to change.

Sunday Movies

May 5 - Irish Wish

Maddie's dream guy is days away from marrying her best friend when a wish for true love made on an ancient stone in Ireland magically alters her fate. 2024; PG; Comedy/Romance; Lindsay Lohan, Ed Speleers, Alex Vlahos. 1 hr 31 min.

May 12 - Ferrari

Bankruptcy looms over the company that Enzo Ferrari and his wife have built, so he decides to roll the dice and wager it all on the iconic Mille Miglia, a treacherous 1000-mile race across Italy. 2023; R; Sports/Thriller; Adam Driver, Penelope Cruz, Patrick Dempsey; 2 hr 10 min.

May 19 - Home Team

Two years after a Super Bowl win, a scandal, and a suspension, New Orleans Saints head coach Sean Payton returns to his hometown and tries to reconnect with his son by coaching his Pop Warner football team. 2022; PG; Comedy/True Story; Kevin James, Sean Payton, Tait Blum; 1 hr 25 min.

May 26 - Big

A pre-adolescent boy whose wish to be "big" transforms him physically into an adult. 1988; PG; Comedy/Fantasy; Tom Hanks, Elizabeth Perkins, Robert Loggia; 1988; PG; Comedy/Fantasy; 1 hr 44 min.

Tuesday Movies

May 7 - Stand & Deliver - Teacher Appreciation Week

The true story of Jaime Escalante, an East Los Angeles high school teacher who successfully inspired his dropout-prone students to learn calculus. 1988; PG; Drama; Edward James Olmos, Lou Diamond Phillips, Andy Garcia; 1 hr 43 min.

May 14 - The Color Purple - Musical

A decades-spanning tale of love and resilience and one woman's journey to independence. Danielle Brooks was nominated for Supporting Actress at the 2024 Oscars. 2023; PG -13; Musical/Drama; Fantasia Barrino, Danielle Brooks, Halle Bailey, Taraji P. Henson; 2 hr 20 min.

May 21 - Jules

A man's quiet life gets upended when a UFO crashes in his backyard in rural Pennsylvania and he befriends a mysterious extraterrestrial, 2023; PG-13; Sci-fi/Comedy; Jade Quon, Ben Kingsley; Jane Curtin; 1 hr 30 min.

May 28 - Anatomy of a Fall

A woman is suspected of her husband's murder, and their son faces a moral dilemma as the sole witness. Nominated for 5 Oscars including Best Picture. Please note that about 50% of this film is in French. English subtitles will be utilized. 2023; R; Crime/Thriller; Sandra Huller, Swann Artaud; Milo Machado-Graner, Samuel Theis; 2 hr 31 min

Movie Discussion Group - 5/14

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, May 14 right after the movie ends.

Thank you, Philip!

Presentations

Brain Healthy Lifestyle Behaviors

Brain health is an essential yet often intimidating topic to approach. This presentation aims to demystify the subject by providing a comprehensive guide to evidence-based lifestyle behaviors that have been proven to prevent dementia, slow cognitive decline, and support the maintenance of brain health throughout one's life. We will delve into the specifics of each brain-boosting lifestyle habit, offering detailed insights and practical advice. Participants will leave with not only a deeper understanding of brain health, but also actionable strategies to enhance their cognitive wellbeing. Presenter Ryan Glatt is a board-certified health coach with a Master's in Applied Neuroscience from King's College of London, and a Senior Brain Health Coach at the Pacific Neuroscience Institute Foundation's Lifestyle Programs in Santa Monica.

Date	Day	Time
May 14	TUES	11 AM - 12 PM

CPR Training Session with Los Angeles County Department of Public Health

Please join LACDPH for a training session on CPR. Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs, and other organs – is a leading cause of death. CPR, especially if performed immediately, can double, or triple a cardiac arrest victim's chance of survival. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent, or a friend.

Date	Day	Time
May 28	TUES	11 AM - 12 PM

Ask An Expert

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 PM 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.

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.



Support Groups

WISE & Healthy Aging Loss Support Group

Volunteer grief support counselors are available to facilitate group support sessions for those who have lost a loved one. To join, call Mike at (310) 253-6716 or email him at Mike.Odunze@culvercity.org.

Day	Time	Fee
2nd & 4th WEDS	10 AM - 11:30 AM	\$3

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

Tech Opportunities

Computer Lab Hours

The Computer Lab at the Culver City Senior Center is available on 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. CCSCA Volunteer Judi is able to assist with general computer questions during lab hours on Monday mornings.

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

CCHS Tech Help

Do you have a technology question you would like assistance with? Feel free to come by for help with your questions. The number of CCHS Tech Help volunteers may vary so wait times may increase. Thank you for your patience. Thank you to our Culver City High School volunteers!

Date	Day	Time
May 1	First Wednesday of the Month	3 PM - 5 PM

Apple Tech Assistance

Apple Tech Assistance is back! Save the date to come and ask representatives from Apple your tech-related questions! Please sign in upon arrival to get assistance. Depending on the number of participants and available volunteers, wait times may increase. Thank you to our local Apple volunteers!

Date	Day	Time
May 15	WEDS	2 PM - 4 PM

Learn with Judi - Computer Lab

Intermediate iPhone is an intermediate class covering how to use Maps, Google Maps or Waze with iPhone and Car Play; connecting to Bluetooth devices such as headphones and speakers; Setting up the Health app for protection and emergencies. Each course is \$45 per participant.

Advanced iPad is a class for advanced users and repeat students of Judi's over the years. Topics rotate every six week session. ONLY advanced students who are frequently taking this class and have good knowledge of the iPad. Each course is \$45 per participant.

Payment in cash or check is required at time of registration. Registration is required and will take place on Tuesday, May 21 & Thursday, May 23 from 10 AM - 12 PM. Classes will not be offered the week of July 4th.

Class Type	Day	Time
Intermediate iPhone (6/12- 7/24/2024)	WEDS	12:30 PM - 2 PM
Advanced iPad (6/12 - 7/24/2024)	WEDS	2:30 PM - 4 PM

Bridge the Digital Divide - Computer Lab

Each course is \$45 per participant. Payment in cash or check is required at time of registration. Registration is required and will take place on Tuesday, May 21 and Thursday, May 23 from 10 AM - 12 PM. CCSCA Members Only.

Class Type	Day	Time
Intermediate Computer Classes 6/11 - 7/16/2024	TUES	9:15 AM - 11:15 AM
Android Classes 6/13 - 7/25/2024 (No class 7/4)	THURS	9:15 AM - 11:15 AM

Community Corner

Enviro-Fest 2024

Join the Environmental Programs and Operations (EPO) Division of Public Works in celebrating Arbor Day, Earth Day, and International Composting Week with Enviro-fest! Please join EPO at the Wende Museum parking lot and take part in their E-waste collection, compost & fruit tree giveaway and Westside Repair Cafe activities!

For more information, visit www.culvercity.org/Events-directory/Enviro-fest.

Date	Fee	Day	Time
May 4	FREE	SAT	8 AM - 1 PM

Otis College 2024 Spring True Stories

Come out and witness a few of your fellow CCSCA peers receive a book written in collaboration with students from Otis College about their life stories! Exerpts from the books will be read aloud at this event and shared with members of the community.

Date	Fee	Day	Time
May 4	FREE	SAT	2 PM - 3:30 PM

Mother's Day Tea

Celebrate all of the mothers in your life on Saturday, May 11, 2024 from 11:00 AM - 1:00 PM, at Veterans Memorial Complex in the Rotunda Room.

Tickets are \$25 per person and \$15 per child ages 12 and under.

Online Registration includes:

- A selection of hot teas and lemonade.
- A Tea Time Delights box with a variety of finger sandwiches, scones, and desserts.
- Live Entertainment by the "Midnight Blues Revue" featuring Sonny Green & Lester Lands.
- Games, crafts, and a family photo booth.

Tea party hats and attire are encouraged but not required. Get your tickets today! Space is limited.



Date	Fee	Day	Time
May 11	\$25 Adults \$15 Children	SAT	11 AM - 1 PM

Los Angeles Choreographers & Dancers

Los Angeles Choreographers & Dancers bring Metro Transformation, a preview of HEART Gotta Get Up! The Reimagined Urban and Tribal Dances, and Reboot! to the Culver City Senior Center on Saturday, May 18, 2024 at 1:30 pm.

This FREE arts performance is made possible in part by the City of Culver City & its Cultural Affairs Commission, with support from Sony Pictures Entertainment.

This performance is also supported in part by the California Arts Council and by the Los Angeles County Board of Supervisors through the Department of Arts and Culture.



Date	Fee	Day	Time
May 18	FREE	SAT	1:30 PM

Commissions, Boards & Committee (CBC) 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 Martin Luther King Jr. and Juneteenth Celebration Advisory 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 20, 2024 at 5 PM.

Bike Rodeo at Veterans Memorial Park

Join our Parks, Recreation & Community Services team for a fun morning of games, music, a bike obstacle course and the opportunity to learn about Culver City Police Department's Bike Registration Program.

Date	Fee	Day	Time
May 25	FREE	SAT	10 AM - 2 PM

Culver City Senior Center Newsletter - FREE Email Subscription



Stay up to date with everything that goes on at the Center by receiving the most recent Senior Center Newsletter in your email inbox each month! Scan the QR code or visit the link below to sign up and receive the Culver City Senior Center newsletter every month via email.

Follow these steps to subscribe online:

1. Visit www.culvercity.org/ccscnewsletter and enter your email address. Then click "Submit".
2. Confirm your email address and choose your "Email Delivery Preference".
3. Set your password if desired and agree to the data privacy policy by checking the box, then click "Submit".
4. A "Success" message will appear and you will now receive emails from the Culver City Senior Center.



Check Out These Activities!

Underwater World

Thursday, May 2 at 11 AM

Come out and learn about starfish.

CCSCA Board Meeting

Monday, May 13 at 1 PM

Attend the CCSCA Board Meeting to hear about upcoming events and important information.

Book Club

Wednesday, May 8 & 22 at 2 PM

Check out *Talking to Strangers* by Malcom Gladwell and join the group for a discussion about the themes presented and the overall message of the book.

Adventures with Doug - Cloud's Rest

Tuesday, May 21 at 3:15 PM

Come learn about the largest granite wall in Yosemite is little-known Cloud's Rest, a magnificent peak that provides unparalleled views in all directions. Join us for a great slideshow adventure filled with fun stories, fascinating facts and stunning images as we trek to this spectacular summit.

Trivia with Michael

Tuesday, May 7 & June 4 at 10 AM

Join the Trivia group and learn the answers to interesting questions.

Cunning Consumer

Wednesday, May 15 at 11 AM

Join Cunning Consumer Guy Ellis Levinson to learn how to get better results from customer service agents.

Ask the Physical Therapist

Thursday, May 16 at 1 PM

Join Physical Therapist Christina Gabor as she answers your health-related questions.

Happy Older Americans Month!

Join in on the fun with us and your fellow CCSCA peers!

