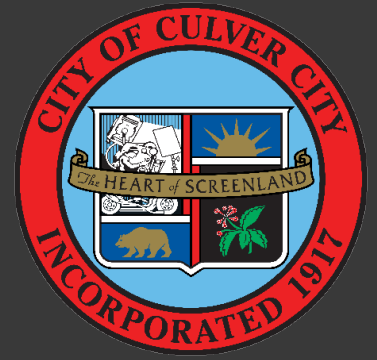


CULVER CITY SENIOR CENTER NEWSLETTER



FEBRUARY 2024



Our Sign Language group is showing its love for the center this month! Are you interested in learning American Sign Language? Take our Beginning Sign Language class held at different learning levels on Tuesdays & Thursdays mornings!

The Culver City Senior Center is CLOSED Saturday, February 3, 2024.

Official Senior Center Announcements

Culver CITY



SENIOR CENTER NEWSLETTER

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



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 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)

2024 Culver City Senior Citizens Association, Inc. (CCSCA) Membership

Visit the Business Desk to renew your Culver City Senior Citizens Association 2024 Membership Monday - Friday from 9 AM - 4 PM or Saturday & Sunday from 12 PM - 3 PM.

2024 Membership Cost Breakdown:

- 2024 Membership Dues (Valid January - December 2024 calendar year) - \$20
- Newsletter Mailing Option - \$25
- Age 90+ Membership Dues - \$5 (must be 90 years old or turn 90 during 2024)
- Parking Pass - \$5
- Fitness Room - \$125.00 for the calendar year or \$75.00 for 6 months (all Fitness Room renewals require an updated 2024 Physician's Authorization Form)
- Ping Pong - \$12 for the calendar year
- Pool Room - \$75 for the calendar year or \$1 a day at the Business Desk

2024 Membership Reminders:

- Only cash or checks will be accepted.
- No bills over \$20.00 will be accepted.
- No refunds.

Parking at the Culver City Senior Center:

All CCSCA members must have a current orange 2024 parking sticker. The parking placard must be easily seen hanging on your rearview mirror or on your dashboard.

Thank you to our wonderful volunteers and staff for another amazing Membership Drive!

CCSCA BOARD OF DIRECTORS

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

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 Desk Hours: M-F 9 AM - 4 PM
 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.

Special Activities, Events & Programs

Nifty 90s

Happy Valentine's Day to all of our members, especially our Culver City Senior Citizen Association, Inc. (CCSCA) members who are 90+. This year, we will be delivering special Valentine's Day themed candygrams and flowers to our wonderful 2024 CCSCA members who are 90+.

If you are 90+, here is what to expect the week of February 1:

- A phone call from a Senior Center staff member to confirm your home address.
- If you would not like to receive a special candygram delivery, please let the staff person know when they call you.
- All candygrams will be delivered to 2024 CCSCA members who are 90+ on WEDNESDAY, February 14

Date	Day	Time
February 14	WEDS	Throughout the day

THANK YOU SONY PICTURES ENTERTAINMENT, OUR CCARP STUDENTS, AND THE CITY OF CULVER CITY FOR DONATING THE ITEMS NEEDED TO MAKE THIS PROGRAM A SUCCESS!

Sweethearts Soiree

Come out and dance with us at our Sweethearts Soiree on Wednesday, February 14 from 1:30 PM - 3 PM! At this Soiree one can take photos with friends, enjoy tasty treats and light refreshments, while dancing to a variety of music played by a DJ.

Visit the Business Desk or call (310) 253-6700 starting February 7 to RSVP to this FREE event. Voicemail messages will not be accepted. Open to CCSCA members only.

Thank you to our friends at Sony Entertainment for their support!

Date	Day	Time
February 14	WEDS	1:30 PM

Machiko Music & Art Piano Performance

Machiko Music & Art is located in Culver City and aims to give back to the community through music and art education. Join Machiko Music & Art for an upcoming performance, where talented young musicians will captivate the audience with a delightful mix of music across various genres.

Date	Day	Time
February 17	SAT	1:30 PM

AARP Tax Aide

AARP Tax Aide volunteers will be available on Mondays, Wednesdays & Thursdays beginning February 1 - April 15, 2024 from 9 AM - 1 PM by appointment only at the Veterans Memorial Garden Room.

Please call (424) 209-9912 or visit <https://tinyurl.com/culvercitytaxaide> to schedule your appointment. Senior Center staff does NOT make appointments or have access to the appointment schedule. Tax aide appointments meet in the Garden Room.

Date	Day	Time
February 1 - April 15, 2024	MON/WEDS/THURS	

Special Activities, Events & Programs

Hiking Group with PRCS Staff

Join PRCS staff member, Nancy, on a hiking route at Kenneth Hahn State Recreation Area. The route is approximately 2.5 miles and is meant for intermediate level hikers. This hike takes you through a different route from last month's Kenneth Hahn hike.

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 starting February 7. The Business Desk will provide you with an info sheet about the meet up point. Space is limited. You must meet at Kenneth Hahn State Recreation Area, transportation will not be provided to and 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
February 21	WEDS	8 AM

Field Trip to the Getty Museum with PRCS Staff

Join us for a trip to the Getty Museum. The Getty Center in Los Angeles presents European paintings, sculpture, French antique furniture, decorative arts, illuminated manuscripts and international photography displayed against a backdrop of dramatic architecture, tranquil gardens, and breathtaking views. Completed in 1997, the Getty has become L.A.'s most visited cultural attraction. Participants must pack or purchase lunch onsite.

Participants must RSVP by visiting Senior Center staff on Friday, February 9 from 9 - 11 AM in the Lobby. To RSVP after 11 AM, please call (310) 253-6748 to sign up if space is available. Voicemail messages will not be accepted. Space is limited! Open to CCSCA members only.

Thank you L.A. County Supervisor Holly J. Mitchell and the Getty Museum for this FREE trip!

Date	Day	Time
February 20	TUES	8:30 AM - 3 PM

CCSCA Trip Office Information

Trip Sales begin February 7 in C71. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only.

Please bring your CCSCA Membership & player's card #

Golden Nugget Las Vegas

Date	Cost	Departure	Details
Sunday, April 7 - Tuesday, April 9	Single: \$250 Doubles: \$200 per person	9 AM	Includes transportation, 2 nights accommodation, luggage (1) bag \$5 per bag & driver's tip

Chumash Casino

Date	Cost	Departure	Details
Thursday, April 18	\$50	8 AM	\$40 free play

Cerritos Center of Performing Arts

Date	Cost	Departure	Details
Sunday, April 28	\$95	1 PM	Presents: Tribute to Count Basie and Duke Ellington Orchestras. Featuring Gina Eckstine, Lambus Dean and The Mills Brothers.

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

ACTIVITY 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	\$4	Painting with acrylic paint. Must bring own supplies. (Activity is full)	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	FREE	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	12:00 PM	Mat Pilates 101	\$4	Core-focused exercise activity
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	12:30 PM	International Folk Dance	FREE	Learn dances from all over the world
12:00 PM	Dancercise	\$4	Exercise through dance	11:30 AM	Balance Challenge	\$4	Exercise activity with focus on improving balance	1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
12:15 PM	Beginning Line Dancing	\$2	Learn line dancing step by step (meets 1/22 - 2/26 sessions)	11:45 AM	Heartfulness Meditation	FREE	Meditation group with Prasad	1:30 PM	Current Events	\$3	Discuss current event topics
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	2:00 PM	Book Club	FREE	Read a different book each month & discuss every 2nd & 4th Wednesday
1:00 PM	Art with Coco	FREE	Mixed media art workshop	1:00 PM	Movie Showing	FREE	See page 12 for movie listings	2:15 PM	Beginning Spanish	FREE	Learn the basics of Spanish
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	Pan Y Platica	FREE	Intergenerational Spanish social group (meets 1st Wednesday of the month)
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)	2:30 PM	Open Play Ping Pong	\$12/yr	Practice and play ping pong with peers
2:30 PM	Yoga with Phil	\$4	Stretching and slow floor movement	1:30 PM	Veterans Social Group	FREE	Social group for veterans (Meets 1st Tuesday of the month)	3:00 PM	Enhance 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	2:00 PM	SSG Support Group	FREE	Support group for older adults				
3:00 PM	Enhance Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)	3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement				
3:00 PM	Origami Group	FREE	Learn how to make Origami figures								
3:30 PM	Positive Visioning	\$4	Meditation through visioning								

CLASS SCHEDULE

CLASS SCHEDULE

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.

COMMUNITY PUZZLE

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



ACTIVITY SCHEDULE

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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	Advanced Sign Language	FREE	Practicing Sign Language with other advanced students
10:00 AM	Spanish Conversation	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	Ballance 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/yr	Practice and play ping pong with peers
3:00 PM	French	FREE	Practice your French with others (meets 3rd Thursday in the hallway)

FRIDAY			
Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout
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
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	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	Enhance Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
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	FREE	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

Functional Boxing
Meets every Friday of the month at 10:15 AM in A4.


Join Tom Dailey, a fitness trainer with nearly 25 years of experience, who is 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, a mat, and a towel. Class fee is \$4.



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.

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Happy Black History Month! Check out the bulletin board in the Senior Center "C-wing" to view photos and read facts about the importance of Black History Month!</p> 				<p>1. 11 AM - Underwater World 3 PM - Origami Group</p> <p><i>*Trip Office - Academy Museum 10:30 AM Departure</i></p>	2.	<p>3. Senior Center CLOSED for All Staff Training</p>
4. 1 PM - Movie	5. 10 AM - Merry Makers	6. 9:15 AM - Walking Group 10 AM - Trivia with Michael 1 PM - Movie 1:30 PM - Veterans Social Group 2 PM - SSG Support Group	7. 1:30 PM - West Los Angeles College Presentation (see page 15) 2:15 PM - Pan y Platica 3 PM - CCHS Tech Help	8. 1 PM - Kindness Rock Painting	9. 12:30 PM - Music Mends Minds Drum Circle 1 PM - Glaze Days with Katy Krantz	10. 1 PM - Saturday Dance - Larry Covin (\$5 for members, \$7 for non-members)
11. 1 PM - Movie	12. 10 AM - German 1 PM - CCSCA Board Meeting 1 PM - Glaze Days with Katy Krantz	13. 10 AM - 12 PM Computer Class Registration Opens (pg.14) 1 PM - Movie 1 PM - Improv 2 PM - SSG Support Group	14. 10 AM - Loss Support Group 1:30 PM Sweethearts Soiree <i>*Ticket Required (See page 4)</i> 2 PM - Book Club	15. 10 AM - 12 PM Computer Class Registration Opens (pg.14) 11 AM - Fair Housing & Renting Presentation 1 PM - Ask the Physical Therapist 3 PM - French (located in hallway) <i>*Trip Office - Soboba Casino 8 AM Departure</i>	16. 11 AM - Glee Three Sing-Along 1 PM - Understanding & Managing COPD Presentation	17. 1:30 PM - Machiko Music & Art Piano Performance
18. 1 PM - Movie	19. 10 AM - Merry Makers	20. 8:30 AM - Getty Museum Trip <i>*RSVP Required (See page 5)</i> 9:15 AM - Walking Group 1 PM - Movie 2 PM - SSG Support Group 3:15 PM - Adventures with Doug: Mt. Timpanogos	21. 8 AM - Hiking with Nancy 11 AM - Cunning Consumer: CANCELLED THIS MONTH 2 PM - Apple Tech Help	22.	23. 10:30 AM - Giant Game Play on the Patio (Free) 1 PM - Glaze Days with Katy Krantz	24. 1 PM - Saturday Dance - Elias with Love (\$5 for members, \$7 for non-members)
25. 1 PM - Movie	26. 1 PM - Music Time Machine	27. 1 PM - Movie 1 PM - Improv 2 PM - SSG Support Group	28. 10 AM - Loss Support Group 1 PM - Karaoke with Rudy 1:15 PM - Bingo 2 PM - Book Club	29. 10 AM - Spanish Conversation Group	<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><i>*Trip Office - Riverside Laughlin 8 AM Departure 2/25-2/27</i></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.

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

Feb 4 - Glory

Remembering Andre Braugher

Robert Gould Shaw leads the U.S. Civil War's first all-black volunteer company, fighting prejudices from both his own Union Army, and the Confederates. 1989; R; War/Thriller; Denzel Washington, Morgan Freeman, Matthew Broderick, Andre Braugher; 2 hr 2 min.

Feb 11 - Happy Valentine's Day! - Amelie

Despite being caught in her imaginative world, Amelie, a young waitress, decides to help people find happiness. 2001; R; Comedy/Romance; Audrey Tautou, Mathieu Kossowitz; 2 hr 2 min.

Feb 18 - Quiz Lady

A game-show-obsessed woman and her estranged sister work together to help cover their mother's gambling debts. 2023; R; Comedy; Sandra Oh, Awkwafina; 1 hr 39 min.

Feb 25 - Race

Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy. 2016; PG-13; Drama/Biography/Sport; Stephan James, Jason Sudeikis, 2 hr 14 min.



Tuesday Movies

Feb 6 - Barbie

Pink Party! Wear pink and bring your vintage Barbie and any Barbie stories! Photo op, treats & discussion after the movie!

The film follows Barbie and Ken on a journey of self-discovery through both Barbieland and the real world. 2023; PG-13; Comedy/Fantasy; Margot Robbie, Ryan Gosling, Will Ferrell; 1 hr 54 min.

Feb 13 - Happy Valentine's Day! - Always Be My Maybe

Reunited after 15 years, famous chef Sasha and hometown musician Marcus feel the old sparks of attraction but struggle to adapt to each other's worlds. 2019; PG-13; Comedy/Romance; Ali Wong, Randall Park, Keanu Reeves; 1 hr 41 min.

Feb 20 - The Color Purple

This award winning classic tells the story of a young African-American girl and the brutal experiences she endured. 1985; PG-13; Drama; Oprah Winfrey, Whoopi Goldberg, Danny Glover; 2 hr 34 min.

Feb 27 - Rustin

Activist Bayard Rustin faces racism and homophobia as he helps change the course of Civil Rights history by orchestrating the 1963 March on Washington. 2023; PG-13; Drama/Documentary; Colman Domingo, Gus Halper, Johnny Ramey; Drama/Documentary; 1 hr 48 min.

Movie Discussion Group - 2/6

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, February 6 right after the movie ends.
Thank you, Philip!

Presentations

Housing Rights Center - Fair Housing and Renting

Community residents! Join the Housing Rights Center (HRC) to learn more about protections for families with children, disability accommodations, fair housing procedures, and basics of renting! Brochures and flyers will be made available to attendees. Q&A will be available in Spanish and English.

Date	Day	Time
February 15	THURS	11 AM - 12:30 PM

Breathe Southern California - Understanding & Managing COPD Workshop

Breathe Southern California's Breathe Easier™: Understanding & Managing COPD workshop offers adults and seniors a free lung screening capacity test using a spirometer, provides individuals with COPD self-management strategies, and encourages seeking appropriate care earlier.

Date	Day	Time
February 16	FRI	1 - 2 PM

Ask An Expert

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.

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

Support Groups

Special Service for Groups (SSG) Peer Support Group

Special Service for Groups Silver (SSG) is a counseling program that serves older adults and family caregivers who are in need of assistance.

Day	Time	Day	Time
TUES	2 - 3 PM	2nd & 4th WEDS	10 - 11:30 AM

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 the group, call Mike at (310) 253-6716 or email him at Mike.Odunze@culvercity.org.

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. CCSCA Volunteer Judy is able to assist with general computer questions during lab hours on Monday mornings.

Day	Time
MON/WEDS/FRI	9:15 - 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.

Date	Day	Time
February 7	First Wednesday of the month	3 - 5 PM

Apple Tech Assistance

Come & 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
February 21	WEDS	2 PM- 4 PM

Learn with Judi - Computer Lab

Judi's iPhone and iPad classes will resume in April with registration dates to be announced in the March Culver City Senior Center Newsletter. Keep an eye out for those dates to register and pay for classes.

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.

Registration will take place on Tuesday, February 13 and Thursday, February 15 from 10AM-12 PM. CCSCA Members Only.

Class Type	Day	Time
Intermediate Computer Classes 3/5- 4/9/2024	TUES	9:15 - 11:15 AM
Android Classes 3/7-4/11/2024	THURS	9:15 - 11:15 AM

Community Corner

Senior of the Year 2023 - John Salgado!

Congratulations to John Salgado for being awarded Senior of the Year for 2023. John has been a member of the Culver City Senior Center since 2011 and has enjoyed socializing with friends while playing mah jong in the halls.

John has enjoyed serving the CCSCA Board as Treasurer after having been an accountant for most of his adult life. He enjoys volunteering and giving back to the Center when he can.

Congrats, John!



West Los Angeles College Information Session

Join West Los Angeles College as they present about the various free and fee based for-credit and non-credit courses they will offer this Spring on and off campus.

You will learn more about their offerings and how to register for upcoming classes!

Visit [West Los Angeles College online](https://www.westlosangelescollege.edu) to find out more information.

Date	Day	Time
February 7	WEDS	1:30 PM



Welcome, Bin Yang!



Join us in welcoming our new Recreation Specialist, Bin Yang! Before Culver City, Bin taught at Snohomish High School in Washington State for 25 years. She moved to L.A. last year to be closer to her family. Bin feels lucky and honored to work with the wonderful people at the Culver City Senior Center.

Dear Culver City Glaze Days

Culver City Artist Laureate Katy Krantz is looking for volunteers to help glaze ceramic items for the "Dear Culver City" project. Glazing is fun but laborious so Katy is asking for some extra hands to help wrap up the project. No experience necessary but attention to detail is a plus. Snacks and good company provided!

Date	Day	Time
February 9, 12 & 23	MON/FRI	1 - 4 PM



Culver City Circulator Now \$1

Culver CityBus is making minor service improvements to better meet customer demand and improve service reliability. Included in the changes is a new \$1 fare each way for the Culver City Circulator (Line 1C1).

For detailed updates, please use the [NextCCBus](https://www.nextccbus.com) app, visit the [Culver CityBus website](https://www.culvercitybus.com), or call customer service at 310-253-6500.



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

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, February 1 at 11 AM

Come out and learn about Green Sea Turtles and Olive Ridley Turtles with Craig, a scuba certified volunteer from the Aquarium of the Pacific!

CCSCA Board Meeting

Monday, February 12 at 1 PM

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

Book Club

Wednesday, February 14 & 28 at 2 PM

Check out *The Maid* by Nita Prose and join the group for a discussion about the themes presented and the overall message of the book.

Adventures with Doug

Tuesday, February 20 at 3:15 PM

Join us for Adventures with Doug for a slide show adventure, filled with fun stories, fascinating facts and stunning images as we climb to the top of what many consider Utah's most beautiful mountain, Mt. Timpanogos.

Giant Game Play on the Patio

Friday, February 23 at 10:30 AM

Join PRCS Staff for a few rounds of fun games like Connect Four, Jenga and Cornhole on the patio.