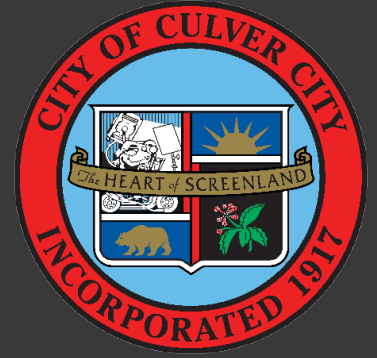


CULVER CITY SENIOR CENTER NEWSLETTER



APRIL 2024



Bring a friend and join us for our Spring Boutique this month on Friday, April 26! Our members will be selling hand crafted items in our Senior Center lobby and hallways. Stop by and check it out from 9 AM to 1 PM!

**Parks
Make
Life
Better!**

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](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)

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

Culver City Senior Center Reminders

Join us at the Center this month for fun times while kindly keeping the following guidelines in mind:

1. To participate for any CCSCA activity or event you must have your membership card. Please bring it with you when register for events and activities at the Senior Center Business desk.
2. Abide by the Culver City Senior Citizens Association, Inc. (CCSCA) Guidelines and the City of Culver City Participant Guidelines (available at the Business Desk) which include:
 - No smoking within Culver City facilities
 - No soliciting or peddling in the Center or in the parking lot
 - Only trained and certified service dogs are allowed onto the premises with its owner

We appreciate your cooperation!

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
Benita Williams
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.

Special Activities, Events & Programs

Senior Center Pool Party at the Plunge

Plunge and Senior Center Members are encouraged to attend this free pool party at the Plunge on April 19 from 10 AM to 12 PM. At this event, participants can enjoy music, chat with others and visit PRCS staff to get free city swag items! Register at the Business Desk from April 1-11.

| Date | Day | Time |
|----------|-----|---------------|
| April 19 | FRI | 10 AM - 12 PM |

Earth Day

Join PRCS staff as we get our hands dirty while celebrating Earth Day on Monday, April 22 from 1:30 to 3 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!

CCSCA members must RSVP for this FREE activity by visiting the Senior Center Business Desk starting Monday, April 8. Voicemail messages will not be accepted. Space is limited.

| Date | Day | Time |
|----------|-----|----------------|
| April 22 | MON | 1:30 PM - 3 PM |

Spring Boutique Sale

Save the date of Friday, April 26 from 9 AM to 1 PM to come out and purchase hand-made items from members at the Center for your family and friends. To sign up as a vendor at this event, CCSCA members must visit the Business Desk between Monday, April 8 and Friday, April 19 (space is limited). Tables for this event are \$10. CCSCA members and the public are encouraged to stop by to purchase items from the vendors at the boutique. Please be aware that this event will only accept cash.

| Date | Day | Time |
|----------|-----|-------------|
| April 26 | FRI | 9 AM - 1 PM |

CCSCA Ceramics - Afternoon Session

Our new Ceramics activity on Mondays from 1 PM - 4 PM in the Crafts Room starts this month!

Visit Instructor Sharon during her morning Ceramics session for more information about how to sign up.

Space is limited. CCSCA members only.

| Date | Day | Time | Fee |
|------------------|-----|-------------|------|
| Mondays in April | MON | 1 PM - 4 PM | \$12 |

CCSCA Portraiture

Join CCSCA Instructor Brenda for her new activity at the Center! Students will depict the image of a particular person, animal, or group using acrylic paint on canvas.

This activity requires advanced registration for the two month offering (April & May). Space is limited. Materials must be purchased separately. A list will be provided at registration. Registration began on March 20 at 9 AM. CCSCA members only.

| Date | Day | Time | Fee |
|------------------|-----|----------------|-----|
| April 5 - May 31 | FRI | 3 PM - 4:45 PM | \$8 |

CCSCA Merry Makers Sale

The Merry Makers, a CCSCA social group, is bringing back their annual Jewelry Sale on Monday, April 22. The sale will be located in the main hallway. All proceeds will be donated to charity. If you have jewelry to donate, please drop it off in C71 on 4/15 at 10 AM.

| Date | Day | Time |
|----------|-----|------------------|
| April 22 | MON | 10 AM - 11:30 AM |

CCSCA Abstract Painting

Join CCSCA Instructor Brenda for her new activity at the Center! Students will explore freedom through abstract painting as they assign their own meaning to their piece of art work using acrylic.

This activity requires advanced registration for the two month offering (April & May). Space is limited. Materials must be purchased separately. A list will be provided at registration. Registration began on March 20 at 9 AM. CCSCA members only.

| Date | Day | Time | Fee |
|------------------|-----|----------------|-----|
| April 5 - May 31 | FRI | 1 PM - 2:45 PM | \$8 |

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.

Participants must wear athletic footwear and active-wear. 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 Kenneth Hahn State Recreation Area 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 |
|----------|------|------|
| April 10 | WEDS | 8 AM |

Museum of Flying Santa Monica with PRCS Staff & Metro

In collaboration with LA Metro, please join us for a trip to the Museum of Flying in Santa Monica. We'll be taking public transportation to arrive at the Museum for a docent-guided tour and film.

Please note that there will be extensive walking. There's a \$6 fee for the trip that must be paid via debit/credit card upon arrival at the Museum.

The Museum Of Flying was originally started by Donald Douglas Jr. of the Douglas Aircraft company in the early 1970s. Consisting of artifacts from the Douglas Aircraft company after its merger with McDonnell Company of St. Louis in 1967 to form McDonnell Douglas. The Museum was relocated in 1988 to the northside of the Santa Monica Airport at the former Douglas Aircraft factory site.

Visit the Business Desk to register starting April 11. Space is limited! *Open to CCSCA members only.*

| Date | Day | Time |
|----------|-------|----------------|
| April 25 | THURS | 9 AM - 1:30 PM |

CCSCA Trip Office Information

Trip Sales begin April 3 in C71. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only.

Please bring your CCSCA Membership & player's card #

Riverside Casino & Resort

| Date | Cost | Departure | Details |
|----------------------------------|------------------------|-----------|--|
| Sunday, June 2 - Tuesday, June 4 | \$250 Single | 9 AM | 2 nights accomodation, transportation, (1) hotel luggage handling (extra bag \$5), buffet voucher (1), and fun book. |
| | \$200 Double p/p | | |

San Antonio Winery & Grammy Museum

| Date | Cost | Departure | Details |
|-------------------|------|-----------|---|
| Thursday, June 20 | \$95 | 10:30 AM | First stop is lunch at San Antonio Winery. To be followed by admission for a self-guided tour of the Grammy Museum. |

Agua Caliente Palm Springs

| Date | Cost | Departure | Details |
|-------------------|------|-----------|---------|
| Thursday, June 27 | \$50 | 8 AM | |

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

| MONDAY | | | | TUES | | |
|----------|------------------------------|------|--|----------|-----------------------------|------|
| Time | Activity | Fee | Description | Time | Activity | Fee |
| 8:00 AM | Zumba Gold | \$4 | Dynamic dance workout | 9:00 AM | Mah Jong, Bridge & Pan | FREE |
| 9:00 AM | Ceramics | \$8 | Working with clay (Activity is full) | 9:00 AM | Fun with Acrylics | \$4 |
| 9:15 AM | Beginning Ukulele | \$3 | Learn how to play the ukulele | 9:00 AM | Beginning Sign Language I | FREE |
| 9:30 AM | Acting Workshop | FREE | Learn and perform scenes with others | 9:15 AM | Gentle Mat Yoga with Lauren | \$4 |
| 10:00 AM | Chair Zumba | \$4 | Dynamic dance workout | 9:15 AM | Tai Chi with Greg | FREE |
| 10:00 AM | German | FREE | Intermediate level German activity (meets 2nd Monday of the month) | 9:15 AM | Walking Group | FREE |
| 10:00 AM | Merry Makers | FREE | Social club (meets 1st & 3rd Monday) | 10:00 AM | Beginning Sign Language II | FREE |
| 10:15 AM | Intermediate Ukulele | \$3 | Experienced performers jamming out | 10:45 AM | Hula Lite | FREE |
| 10:30 AM | Sit & Be Fit | \$4 | Fitness activity utilizing chairs | 11:00 AM | Creative Writing | \$4 |
| 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 |
| 12:00 PM | Dancercise | \$4 | Exercise through dance | 11:30 AM | Balance Challenge | \$4 |
| 12:15 PM | Beginning Line Dancing | \$2 | Learn line dancing step by step (meets 3/18 - 4/22) | 11:45 AM | Heartfulness Meditation | FREE |
| 1:00 PM | Music Time Machine | FREE | Musical memory stimulation (meets last Monday of the month) | 1:00 PM | Chair Yoga with Caroline | FREE |
| 1:00 PM | Art with Coco and Jessica | FREE | Mixed media art workshop | 1:00 PM | Movie Showing | FREE |
| 1:00 PM | Art History | \$4 | Art through the years with a historical lense | 1:00 PM | Platicando Sabroso | FREE |
| 1:00 PM | Line Dancing | \$4 | Experienced dancers can learn new dance numbers. | 1:00 PM | Improv | FREE |
| 1:00 PM | Ceramics | \$12 | Working with clay | 1:30 PM | Veterans Social Group | FREE |
| 2:30 PM | Yoga with Phil | \$4 | Stretching and slow floor movement | 2:00 PM | SSG Support Group | FREE |
| 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 |
| 3:00 PM | Enhanced Fitness | FREE | Total-body workout with Cedars Sinai (Activity is full) | | | |
| 3:15 PM | Positive Visioning | \$4 | Meditation through visioning | | | |

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.

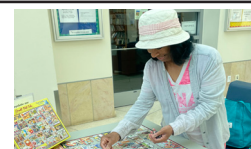
SCHEDULE

| TUESDAY | | WEDNESDAY | | |
|---|----------|--------------------------|-----------|---|
| Description | Time | Activity | Fee | Description |
| Open play in hallways | 8:00 AM | Zumba Gold | \$4 | Dynamic dance workout |
| Painting with acrylic paint. Must bring own supplies. (Activity is full) | 9:00 AM | Crochet Group | FREE | Open crochet space |
| Introduction to American Sign Language basics. | 9:00 AM | Mah Jong, Bridge & Pan | FREE | Open play in hallways |
| Stretching and slow movements while focusing on breathing | 9:30 AM | Chair Abs & Core | FREE | Abs and core workout utilizing chairs |
| Tai Chi fusion with slow dance movement | 10:00 AM | Loss Support Group | \$3 | Wise & Healthy Aging Support Group (meets 2nd & 4th Wednesdays) |
| Strolls around Culver City (meets 1st and 3rd Tuesday of the month) | 10:30 AM | MindBodyDance | \$4 | Freeform dance activity |
| Continuing students learn more of ASL at the beginning level. | 11:00 AM | Chess | FREE | Learn and practice chess skills |
| Resumes 4/16 | 11:00 AM | Spanish Social Group | FREE | Practice your Spanish with others learning the language |
| Writing with prompts | 11:00 AM | Cunning Consumer | FREE | Discuss a website that helps with consumer complaints (Meets 3rd Wednesday) |
| Sing and dance to music | 12:00 PM | Mat Pilates 101 | \$4 | Core-focused exercise activity |
| Exercise activity with focus on improving balance | 12:30 PM | International Folk Dance | FREE | Learn dances from all over the world |
| Meditation group with Prasad | 1:00 PM | Yoga with Phil | \$4 | Stretching and slow floor movement |
| Modified yoga session utilizing chairs Located at Veterans Memorial | 1:30 PM | Current Events | \$3 | Discuss current event topics |
| See page 12 for movie listings | 2:00 PM | Book Club | FREE | Read a different book each month & discuss (every 2nd & 4th Wednesday) |
| Spanish social group | 2:15 PM | Beginning Spanish | FREE | Learn the basics of Spanish |
| 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) |
| 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 |
| Support group for older adults | 3:00 PM | Enhanced Fitness | FREE | Total-body workout with Cedars Sinai (Activity is full) |

CLASS SCHEDULE

COMMUNITY PUZZLE

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



| 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 | 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/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 |
| 8:00 AM | Zumba Gold | \$4 |
| 9:00 AM | Ballroom Dance | \$4 |
| 9:00 AM | Knitting Group | FREE |
| 9:00 AM | Mah Jong, Bridge & Pan | FREE |
| 9:00 AM | Advanced Tai Chi with Anton | \$4 |
| 9:30 AM | Blood Pressure Checks | FREE |
| 9:45 AM | Joints Gentle Mat Yoga with Caroline | FREE |
| 10:15 AM | Functional Boxing | \$4 |
| 10:30 AM | Actors Workshop | FREE |
| 10:30 AM | Full Body Exercise with Marguerite | \$4 |
| 11:00 AM | Chair Yoga with Caroline | FREE |
| 11:00 AM | Sing-Along | FREE |
| 11:30 AM | Mat Pilates | \$4 |
| 12:30 PM | Music Mends Minds | FREE |
| 1:00 PM | Abstract Painting | \$8 |
| 1:00 PM | German Conversations | FREE |
| 1:00 PM | Line Dancing | \$4 |
| 1:00 PM | Remembranzas | FREE |
| 2:00 PM | Mindfulness Meditation | FREE |
| 3:00 PM | Yiddish Conversations | FREE |
| 3:00 PM | Enhanced Fitness | FREE |
| 3:00 PM | Portraiture | \$8 |
| 3:30 PM | Gentle Yoga with Cyndi | \$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.

SCHEDULE

FRIDAY

| Description |
|---|
| Dynamic dance workout Learn how to ballroom dance |
| Open knitting space |
| Open play in hallways |
| A practice of a series of slow gentle movements and postures |
| Get a free blood pressure reading in the hallway |
| Practice choreographed yoga poses with non-weight bearing options |
| Practice boxing exercises |
| Learn and perform scenes with others. Located at Veterans Memorial. |
| Full body exercise class with stretching |
| Modified yoga session utilizing chairs |
| Sing-along to catchy tunes with others (Meets 3rd Friday of the month) |
| Core-focused exercise activity |
| Make some music on the patio using drums and other instruments |
| Explore freedom through abstract painting |
| Learn the basics of German |
| Experienced dancers can learn new dance numbers |
| Discussion of stories in Spanish |
| Meditation group with Resa |
| Practice Yiddish through conversations with others |
| Total-body workout with Cedars Sinai (Activity is full) |
| Depict images using acrylic paint |
| 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

Watercolor
Meets every Thursday at 9 AM

Join CCSCA Instructor Helen and her group of talented artists every Thursday to work on your piece during this activity!

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

Class fee is \$12.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

| | | | |
|---|--|--|---|
| | 1. Merry Makers - 10 AM Healthy Eating - 3 PM | 2. Trivia with Michael - 10 AM Movie - 1 PM Veterans Social Group - 1:30 PM SSG Support Group - 2 PM | 3. Pan y Platica - 2: CCHS Tech Help - 3 |
| 7. Movie - 1 PM *Trip Office | 8. German - 10 AM CCSCA Board Meeting - 1 PM Trip 4/7-4/9 to Golden Nugget in | 9. Walking Group - 9:15 AM Movie - 1 PM Improv - 1 PM SSG Support Group - 2 PM Las Vegas* | 10. Hiking Group - Loss Support Group Karaoke with Rudy - Book Club - 2 PM |
| 14. Movie - 1 PM | 15. Merry Makers - 10 AM Healthy Eating - 3 PM | 16. Movie - 1 PM SSG Support Group - 2 PM Adventures with Doug - 3:15 PM Dear Culver City Exhibition at City Hall - 5 - 7 PM *Tech Class Registration 10 AM | 17. Cunning Consum Apple Tech Help - 2 |
| 21. Movie - 1 PM | 22. Merry Makers Jewlery Sale - 10 AM Earth Day Event - 1:30 PM Healthy Eating - 3 PM | 23. Walking Group - 9:15 AM Movie - 1 PM Improv - 1 PM SSG Support Group - 2 PM | 24. Loss Support Gr Karaoke with Rudy - Bingo - 1:15 PM Book Club - 2 PM Culver City High Sch Concert in the Patio |
| 28. Movie - 1 PM *Trip Office - Cerritos Center of Performing Arts 1 PM | 29. Music Time Machine - 1 PM Older Americans Month Proclamation during City Council Meeting at City Hall - 6:30 PM | 30. Movie- 1 PM SSG Support Group - 2 PM | |

**Calendar Reading Note: Classes, activities and events listed in this
Please visit pages 6 - 9 or other specified p**



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | |
|-------------------------|--|--|--|
| 15 PM PM | 4. Underwater World - 11 AM Origami Group - 3 PM | 5. | 6. |
| 8 AM - 10 AM 1 PM | 11. Kindness Rock Painting - 1 PM | 12. Music Mends Minds Drum Circle - 12:30 PM | 13. Saturday Dance - 1 PM DJ Julio |
| er - 11 AM PM | 18. Ask the Physical Therapist - 1 PM French 3 PM Life Transitions Presentation - 10:30 AM UCLA Dental Advice - 3 PM *Tech Class Registration 10 AM *Trip Office - Chumash Casino 8 AM | 19. Glee Three Sing-Along - 11 AM Pool Party at the Plunge - 10 AM *Registration Required | 20. Benita Bike's Dance Performance - 1:30 PM |
| oup - 10 AM 1 PM | 25. PRCS Flying Museum Trip - 9 AM Spanish Conversation Class - 10 AM Breathe So Cal Presentation - 10:30 AM | 26. Spring Boutique - 9 AM | 27. Saturday Dance - 1 PM The Strikers |
| hool Jazz - 3:30 PM | | | |

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.

calendar are either unique to this month or recurring monthly events.
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

April 7 - The Beautiful Game

Mal is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup. He brings with them a talented striker, Vinny, who could give them a real chance at winning. Based on a true story. 2024; PG-13; Sport/Drama; Michael Ward, Bill Nighy, Baleria Golino; 2hr 5 min.

April 14 - My Big Fat Greek Wedding 3

Members of the Portokalos family reunite in Greece for a hilarious and heartwarming trip full of love, twists and turns. 2023; PG-13; Comedy/Romance; Nia Vardalos, John Corbett, Andrea Martin, Lainie Kazan; 1 hr 31 min.

April 21 - The Boys in the Boat

The true story of the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics. 2023; PG-13; Sport/Drama; Callum Turner, Joel Edgerton; 2 hr 4 min. Directed by George Clooney and based on the best-selling book.

April 28 - Wonka

Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world one delectable bite at a time in this delightful musical. 2023; PG; Musical/Fantasy; Timothee Chalamet, Hugh Grant, Olivia Colman, Calah Lane; 1 hr 56 min.

Movie Discussion Group - 4/9

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, April 9 right after the movie ends.
Thank you, Philip!

Tuesday Movies

April 2 - Upgraded

When Ana is upgraded to first class on a work trip, she meets handsome Will, who mistakes Ana for her boss, Claire. A white lie then sets off a glamorous chain of events. 2024; R; Comedy/Romance; Camilla Mendes, Archie Renaux, Marisa Tomei, Lena Olin; 1 hr 44 min.

April 9 - The Holdovers - Tuesday Encore

A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a troubled student who has no place to go. 2024 Oscar winner for Best Supporting Actress Da'Vine Joy Randolph. 2023; R; Comedy/Drama; Paul Giamatti, Dominic Sessa; 2 hr 13 min.

April 16 - Happiness for Beginners

At a crossroads after her divorce, a schoolteacher ventures toward a fresh start in life — and love — when she signs up for a grueling group hiking trip. 2023, PG-13; Romance/Comedy; Luke Grimes, Ellie Kemper, Blythe Danner; 1 hr 43 min.

April 23 - Napoleon

A look at the military commander's origins and his swift, ruthless climb to emperor, viewed through the prism of his addictive and often volatile relationship with his wife and one true love, Josephine. 2023; R; War/Action, Joaquin Phoenix, Vanessa Kirby; 2 hr 38 min. Nominated for 3 Oscars: Costumes, Visual Effects & Production Design.

April 30 - The Boys in the Boat - Tuesday Encore

The true story of the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics. 2023; PG-13; Sport/Drama; Callum Turner, Joel Edgerton; 2 hr 4 min. Directed by George Clooney and based on the best-selling book.

Presentations

Life Transitions

Explore the various life transition options available for aging individuals. Whether you're considering staying in the comfort of your own home with supportive care services or contemplating a move to an assisted living community, this workshop is designed to provide you with the knowledge and resources you need to make informed decisions about your future.

| Date | Day | Time |
|----------|-------|------------------|
| April 18 | THURS | 10:30 - 11:30 AM |

UCLA School of Dentistry - Dental Advice

UCLA School of Dentistry will be teaching seniors to recognize when their dentures can be improved, signs the denture is impeding their mouth, and how to properly take care of dentures. Additionally, they will be showing the best way to maintain oral hygiene for those with natural teeth.

| Date | Day | Time |
|----------|-------|-------------|
| April 18 | THURS | 3 PM - 4 PM |

Breathe Southern California - Lung Cancer

Breathe Easier™ is a comprehensive program designed for adults and seniors to equip them with essential knowledge about lung cancer. The session will cover crucial aspects such as who is at risk of developing lung cancer, why understanding it is important, how to reduce risks, and the resources available for support.

| Date | Day | Time |
|----------|-------|---------------------|
| April 25 | THURS | 10:30 AM - 11:30 AM |

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

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 |
|------|-------------|
| TUES | 2 PM - 3 PM |

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.

| 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 |
|---------|------------------------------|-------------|
| April 3 | First Wednesday of the Month | 3 PM - 5 PM |

Apple Tech Assistance

Apple Tech Assistance will be back in April! 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 |
|----------|------|-------------|
| April 17 | WEDS | 2 PM - 4 PM |

Learn with Judi - Computer Lab

Intro to iPad is an introductory class covering the basic functions of the iPad for novice or unskilled users. All iPads must be updated to iOS 17 before starting the class. We will learn about basic use skills in this class, such as proper setup, Apple ID basics, using the App Store, downloading and installing apps, how to type on the iPad, Email, browsing the Internet with Safari, and looking at photos. Each course is \$45 per participant.

Advanced iPad is a continuing class for those who have previously taken Judi's iPad classes and are not beginning students. We cover advanced topics with an in-depth use of features and functions of the iPad that involve multi-tasking, security, and a deeper understanding of apps. For this session, we are going to discuss Email, Calendar, and Contact management with Apple and Google apps. Each course is \$45 per participant.

| Class Type | Day | Time |
|----------------------------------|------|-----------------|
| Intro to iPad (4/10 - 5/15/2024) | WEDS | 12:30 PM - 2 PM |
| Advanced iPad (4/10 - 5/15/2024) | 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, April 16 and Thursday, April 18 from 10 AM- 12 PM. *CCSCA Members Only.*

| Class Type | Day | Time |
|---|-------|--------------------|
| Intermediate Computer Classes 4/23- 5/28/2024 | TUES | 9:15 AM - 11:15 AM |
| Android Classes 4/25 -5/30/2024 | THURS | 9:15 AM - 11:15 AM |

Community Corner

National Prescription Drug Take Back Day - Saturday, April 27

Do you have expired or unused prescriptions or over the counter medications at home? Here is an easy way to dispose of them properly.

On Saturday, April 27, 2024, from 10:00 AM – 2:00 PM, you can drop off these medications at the Culver City Police Department, which is located at 4040 Duquesne Ave., Culver City (just south of City Hall). There will be a drive-thru lane in front of the police station. You will not even have to get out of your car. An officer will take your bag or box. You do not need to remove the labels from any of your pill bottles.

This event is sponsored by the DEA (Drug Enforcement Administration), and all drugs collected will be incinerated at the end of the day by the DEA.

EXCEPTION: NO NEEDLES WILL BE ACCEPTED PER THE DEA'S REGULATIONS.

This includes EpiPens.

| Date | Fee | Day | Time |
|----------|------|-----|-------------|
| April 27 | FREE | SAT | 10 AM- 2 PM |

Jewish Family Services Nutrition Program

Jewish Family Services Nutrition Program will be closed April 23, 24, 29 and 30. Frozen meals will be given to clients to make up for those dates.

For more information, call (323) 937-5843.

Are you interested in joining the CCSCA Board of Directors?

The Culver City Senior Citizen's Association, Inc., (CCSCA) will be needing new members of the Center to apply for the Board of Directors at the end of 2024.

Are you interested in volunteering and participating more at our Center? Consider joining the CCSCA where you can play an active part in planning and serving the membership each year.

For questions or to learn more about the opportunities available as part of the Board of Directors for the CCSCA, email Info@ccscainc.org or call (310) 253-6749.

Benita Bike's DanceArt

Benita Bike's DanceArt brings a program of dance exploration to the Culver City Senior Center on Saturday, April 20, 2024, 1:30 pm.

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



This dance discovery performance is designed for all ages.

| Date | Fee | Day | Time |
|----------|------|-----|---------|
| April 20 | FREE | SAT | 1:30 PM |

Culver City High School Jazz Combo Performance on the Patio

Join us on the patio for a performance from Culver City High School's Jazz Combo to celebrate Jazz Appreciation month at 3:30 PM on April 24!



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](#) app, visit the [Culver CityBus website](#), 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, April 4 at 11 AM

Come out and learn about Sea Turtles: 5 More Species.

CCSCA Board Meeting

Monday, April 8 at 1 PM

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

Book Club

Wednesday, April 10 & 24 at 2 PM

Check out *Book of Night* by Holly Black and join the group for a discussion about the themes presented and the overall message of the book.

Adventures with Doug - Crystal Ice Cave

Tuesday, April 16 at 3:15 PM

Come learn about a cave that gets so cold in the winter that each drop of water that makes it into its incredible maze of chambers freezes and a dazzling show of ice and shape is created: the Crystal Ice Cave.

Ask the Physical Therapist

Thursday, April 18 at 1 PM

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

Trivia with Michael

Tuesday, April 2 & May 7 at 10 AM

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

Cunning Consumer

Wednesday, April 17 at 11 AM

Join Cunning Consumer Guy Ellis Levinson who asks: Are the endless TV ads for Balance of Nature supplements the real deal or an empty spiel? We'll see what the FDA has to say.

Dear Culver City Exhibition

Katy Krantz - Artist Laureate

Visit the Dear Culver City Exhibition at City Hall from April 15 - June 10, 2024. Join us for the opening reception on Tuesday, April 16 from 5 - 7 PM!

