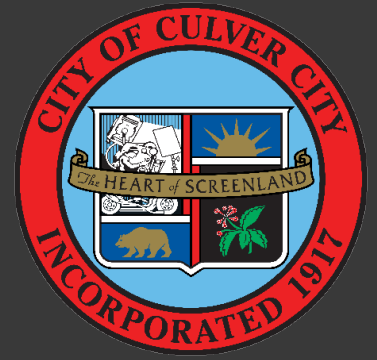


CULVER CITY SENIOR CENTER NEWSLETTER



NOVEMBER 2023



Join us for some fun at our 2nd Annual Ping Pong Tournament!



The Center will be closing at 2 PM on Wednesday, November 22 and will be closed all day on Thursday, November 23 and Friday, November 24 in observance of the Thanksgiving holiday.



CITY OFFICIALS

Albert Vera - Mayor
 Yasmine-Imani McMorrin - Vice Mayor
 Göran Eriksson - Councilmember
 Dan O'Brien - Councilmember
 Freddy Puza - Councilmember
 John Nachbar - City Manager



(310) 253-6000
www.culvercity.org/city-hall/city-council

City Elected and Appointed Officials can be reached by mail at City of Culver City, PO Box 507, Culver City, CA 90232-0507 or by email at city.council@culvercity.org

CULVER CITY PRCS COMMISSION

Palvi Mohammed - Chair
 Jane Leonard - Vice Chair
 William Rickards - Member
 Crystal Alexander - 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/City-Hall/Meetings-Agendas>
 Email: cbc.prcs.commission@culvercity.org

PRCS SENIOR CENTER STAFF

Armando Abrego - PRCS Director
 Francisca Castillo & Dani Cullens - RCS Managers
 Jill Thomsen - RCS Supervisor
 Melanie Morales - RCS Coordinator
 Mike Odunze - RCS Coordinator
 Nancy Ruvalcaba - Recreation Specialist
 John Panganiban - Senior Recreation Leader
 Martha Diaz - Senior Recreation Leader
 Franna Diamond - Recreation Leader II
 Silvia Tapia - Recreation Leader II

SENIOR CENTER INFORMATION

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

SENIOR MEALS

Jewish Family Services (323) 937-5843

Culver CITY

SENIOR CENTER NEWSLETTER

TABLE OF CONTENTS

- 2 PRCS & City Information
- 3 Important Senior Center Updates
- 4 Special Monthly Activities
- 5 Special Monthly Activities
- 6 Class Schedule
- 7 Class Schedule
- 8 Movies
- 9 Tech Opportunities & Trips
- 10 Activities & Presentations
- 11 Programs & Services

CCSCA BOARD OF DIRECTORS

John Rollins - President
 Ron Gorman - Vice President
 Kay Heineman - Secretary
 John Salgado - Treasurer
 Barbara Silverstein
 Benita Williams
 Don Roybal
 Zia Garcia
 Carolyn Conway
 Shiela Dean

The CCSCA Board of Directors meet on the 2nd Monday of the month at 1 PM
 Phone: (310) 253-6749
 Email: john@ccscainc.org

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)

SPECIAL SERVICE FOR GROUPS (SSG)

See page 11 or call (310) 253-6717

Important Senior Center Updates

Holiday Boutique - Friday, November 17



The holidays are right around the corner which means that our annual Holiday Boutique is coming up fast! Save the date of Friday, November 17 from 9:30 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, November 6 and Wednesday, November 15. We are excited to see the amazing items that will be sold at our boutique this year. CCSCA members and the public are encouraged to stop on by to purchase items from the vendors at the boutique. Please be aware that this event will only accept cash.

Thanksgiving Day Grab & Go Lunch - Thursday, November 23

The Culver City Senior Center will be CLOSED on Thursday, November 23, but adults 50+ in our community can swing by for a delicious Thanksgiving Day Grab & Go Lunch between 11 AM and 1 PM. Tickets are \$5 and can be purchased at the Business Desk from November 1 until November 17.

This special event is co-sponsored by Sorrento Italian Market, the Culver City Lions Club, the Culver City Senior Citizens Association Inc., and the Culver City Parks, Recreation & Community Services Department.



Merry Makers Holiday and Jewelry Sale

The Merry Makers, a CCSCA social group, is bringing back their annual Jewelry Sale on Monday, December 4. The sale will be located in the main hallway of the Center. All proceeds will be donated to charity. In the past, the group has donated to Guide Dogs for the Blind and St. Jude's Hospital, among others.

Date	Day	Time
December 4	MON	11:30 AM - 1 PM

Intergenerational Guitar Jam Session

Bust out your guitars and come join us for an intergenerational guitar jam session! Bring your guitar and a friend or two for a fun jam session on the patio. We look forward to seeing you there.

Date	Day	Time
November 15	WEDS	3 PM - 4 PM

CCSCA Activity & Event Registration Reminder

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

IMPORTANT SENIOR CENTER UPDATES

Pan y Platica

Join CCHS student Natalie for a conversation in Spanish about different generational and cultural topics over a cup of hot chocolate and pan dulce! *Open to CCSCA members only.*

Date	Day	Time
November 1	WEDS	2 - 2:45 PM
December 6	WEDS	2 - 2:45 PM

Saturday Dances

Grab some friends and come out to dance! \$5 for CCSCA members and \$7 for non-members.

Date	Day	Time	Entertainer
November 4	SAT	1- 3 PM	Elias Hernandez

A solo singer with a variety of music.

Date	Day	Time	Entertainer
November 11	SAT	1- 3 PM	Razzmatazz

Ballroom music only.

Bingo

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

Date	Day	Time
November 29	WEDS	1- 2 PM

Beginning Line Dancing

Want to learn how to Line Dance? Then come out and dance with us! CCSCA members are encouraged to attend Instructor Jackie's next Beginning Line Dancing Session.

The fee for this class is \$2.

Open to CCSCA members only.

Date	Day	Time
10/30-11/27	MON	12:15 - 12:55 PM

Conversational Mandarin Group

Start learning the basics of Mandarin! This group will not be meeting this month. Check back in next month for upcoming dates!

Open to CCSCA members only.

Date	Day	Time
Not Meeting in November		

Walking Group

Join PRCS staff member, John, on a new route around beautiful Culver City. All participants must wear proper exercise shoes. We recommend wearing bright colored clothes, bringing a reusable water bottle (disposable plastic is not allowed), wearing a hat & applying sunscreen.

Open to CCSCA members only.

Date	Day	Time
November 7	TUES	9:15 AM
November 21	TUES	9:15 AM

Karaoke with Rudy

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

Open to CCSCA members only.

Date	Day	Time
November 8	WEDS	1 - 3:30 PM
November 15	WEDS	1 - 3:30 PM

The Cunning Consumer

Consumer writer and award-winning reporter Ellis Levinson, a.k.a. The Consumer Guy, is back for his monthly class, The Cunning Consumer. November's topic will be: A dozen cool things you can do with your cellphone even though you're not tech savvy.

Open to CCSCA members only.

Date	Day	Time
November 15	WEDS	11 AM - 12 PM

Trivia with Michael

Come test your trivia skills with Michael!

Open to CCSCA members only.

Date	Day	Time
November 7	TUES	10 - 11 AM
December 5	TUES	10 - 11 AM

Kindness Rock Painting

Join PRCS staff on the Senior Center patio and come paint rocks to fill our wonderful rock garden! *Open to CCSCA members only.*

Date	Day	Time
November 9	THURS	1- 2 PM

Music Mends Minds - Rhythm, Play and Community!

Join us for the Music Mends Minds Drum Circle on the patio (moves inside if inclement weather)! Instruments will be provided, and feel free to bring your own! No experience needed! *Open to CCSCA members only.*

Date	Day	Time
November 10	FRI	12:30 - 1:30 PM

Merry Makers Bingo

Join the Merry Makers for a fun game of Bingo! Each card is 25 cents and all contributions go toward purchasing prizes for each game of Bingo. *Open to CCSCA members only.*

Date	Day	Time
November 6	MON	11:30 AM - 12:30 PM

Adventures with Doug - Adventure to the Tall Trees

Stretching nearly 40 miles along the coast of northern California is Redwood National and State Park, a place so special that both agencies share the responsibility of managing it. Here we'll find the famous Coast Redwoods, tallest trees in the world, which grow to 360 feet high and can only be found in a narrow strip along the Pacific Coast of California and southwestern Oregon.

Join us for our slide show adventure filled with fun stories, fascinating facts and stunning views as we put on our boots and explore this magnificent gem.

Open to CCSCA members only.

Date	Day	Time
November 21	TUES	3:15 - 4:30 PM



Underwater World with Craig

Join Craig this month to learn about Magellanic Penguins. Craig is an experienced scuba diver and volunteers at the Aquarium of the Pacific.

Open to CCSCA members only.

Date	Day	Time
November 2	THURS	11 AM - 12 PM



Ask the Physical Therapist

Ask the Physical Therapist with Cristina Gabor is back to present about health-related topics.

Open to CCSCA members only.

Date	Day	Time
November 16	THURS	1 - 2 PM



Book Club

Join Culver City High School students Emily & Teagan for an intergenerational monthly Book Club! Please read the first half of *Six Years* by Harlan Coben to join the group for the first meeting and the second half of the novel by last meeting of the month. If you'd like to get a free copy of the novel for Book Club, stop by the Julian Dixon Library.

For meeting updates, to learn the title of the book & reminders, please text @culverbc to the number 81010. Open to CCSCA members only.

Date	Day	Time
November 8	WEDS	2:10 - 3:10 PM
November 29	WEDS	2:10 - 3:10 PM

The Glee Three Sing-Along

Join the Glee Three for their monthly sing-along at the Center.

Open to CCSCA members only.

Date	Day	Time
November 17	FRI	11 AM - 12 PM



Bob Levy "The Music Man" - Online Activity

Bob returns with his guitar, singing voice and nostalgic songs from Frank Sinatra to the Beatles. Eddie Ed O' Brien, the zany comedian, is returning to bring more laughter and fun to this musical hour. Bob also welcomes Eddie's wife, Marcie O'Brien, singer and classically trained violinist who brings to us great songs and melodies with her voice and violin.

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

Date	Day	Time
November 15	WEDS	1 - 2 PM



NOVEMBER




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12:00- 3:45 Bridge, Mah Jong & Pan 1:00 Movie (see page 8)</p> <p>Classes listed in the columns to the right occur every week on the times and dates shown. →</p> <p>* Means the Class Has a Fee</p> <p>All classes are taken at the risk of the participant.</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Ceramics*</p> <p>9:15 Open Computer Lab</p> <p>9:15 Beginning Ukulele*</p> <p>9:30 Acting Craft Workshop</p> <p>10:00 Chair Zumba*</p> <p>10:00 German (Meets 2nd Monday of the month)</p> <p>10:00 Merry Makers Club (Meets 1st & 3rd Monday of the month)</p> <p>10:15 Intermediate Ukulele*</p> <p>10:30 Sit N Be Fit with Margarite*</p> <p>10:30 Tai Chi with Anton* (At Veterans Memorial Building)</p> <p>12:00 Dancercise*</p> <p>1:00 Music Time Machine (meets last Monday of the month)</p> <p>1:00 Art with Coco</p> <p>1:00 Art History*</p> <p>1:00 Line Dancing*</p> <p>2:30 Yoga with Phil*</p> <p>3:00 Healthy Eating</p> <p>3:15 Positive Visioning*</p>	<p>9:00 Mah Jong & Bridge</p> <p>9:00 Fun with Acrylics</p> <p>9:00 Pan</p> <p>9:00 Beginning Sign Language (^Class is full)</p> <p>9:15 Gentle Mat Yoga with Lauren*</p> <p>9:15 Tai Chi with Greg</p> <p>9:15 Walking Group (Meets 1st & 3rd Tuesday)</p> <p>10:00 Conversational Mandarin (Meets 2nd Tuesday)</p> <p>10:45 Hula Dance</p> <p>11:00 Creative Writing</p> <p>11:00 Karaoke</p> <p>11:30 Balance Challenge*</p> <p>11:45 Heartfulness Meditation</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Movie (see page 8)</p> <p>1:00 Platucando Sabroso</p> <p>1:00 Improv (meets 4th Tuesday of the month)</p> <p>1:30 Veterans Social Group (meets 1st Tuesday of the month)</p> <p>2:00 SSG Peer Support Group</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Crochet Group</p> <p>9:00 Pan</p> <p>9:15 Open Computer Lab</p> <p>9:30 Chair Abs & Core</p> <p>10:00 Loss Support Group (2nd & 4th Wednesdays)</p> <p>10:30 MindBodyDance*</p> <p>10:30 Pan</p> <p>11:00 Chess</p> <p>11:00 Spanish Social Group</p> <p>12:00 Mat Pilates 101*</p> <p>12:30 International Folk Dance</p> <p>1:00 Yoga with Phil*</p> <p>1:30 Current Events*</p> <p>2:00 Book Club (Meets 2nd & 4th Wednesday)</p> <p>2:15 Beginning Spanish Class</p> <p>2:15 Pan Y Platica (Meets 1st Wednesday of the month)</p> <p>2:30 Open Play Ping Pong</p>	<p>9:00 Watercolor*</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Intermediate Sign Language</p> <p>9:15 Dance Fit with John</p> <p>10:00 Advanced Sign Language</p> <p>10:00 Spanish Conversation Class (Meets Last Thursday)</p> <p>11:00 Reading Short Story Group</p> <p>11:30 Balance Challenge*</p> <p>12:00 Duplicate Bridge (Meets in the Veterans Building)</p> <p>12:30 Fun with Pastels</p> <p>1:00 Beginning Mah Jong</p> <p>1:00 Chair Yoga with Caroline</p> <p>1:00 Yoga with Phil*</p> <p>1:30 Latin American Group</p> <p>2:30 Open Play Ping Pong</p> <p>3:00 French (Meets 3rd Thursday)</p>	<p>8:00 Zumba Gold*</p> <p>9:00 Knitting Group</p> <p>9:00 Mah Jong & Bridge</p> <p>9:00 Pan</p> <p>9:00 Tai Chi with Anton*</p> <p>9:15 Open Computer Lab</p> <p>9:30 Blood Pressure Checks</p> <p>9:45 Gentle Mat Yoga with Caroline</p> <p>10:15 Functional Boxing</p> <p>10:30 Acting Craft Workshop</p> <p>10:30 Full Body Exercise with Marguerite*</p> <p>11:00 Chair Yoga with Caroline</p> <p>11:00 Sing-Along (Meets 3rd Friday)</p> <p>11:30 Mat Pilates 101*</p> <p>1:00 German Conversations</p> <p>1:00 Line Dancing*</p> <p>1:00 Remembranzas</p> <p>2:00 Mindfulness Meditation with Resa</p> <p>3:00 Yiddish Conversations</p> <p>3:30 Gentle Yoga with Cyndi*</p>	<p>12:00 - 3:45 Bridge, Mah Jong & Pan</p> <p>12:15 Current Events</p> <p>12:30 - 3:30 Open Play Ping Pong</p>

Reminder:
All weekly activities are located here above the monthly calendar.

CLASS SCHEDULE

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1. Pan y Platica 2 PM CCHS Tech Help 3 PM	2. 11 AM Underwater World Origami Group 3 PM	3. Dance Expressions 9:15	4. Saturday Dance 1 PM
5.	6. 12:15 Beginning Line Dancing	7. Walking Group 9:15 AM 10 AM Trivia with Michael 11 AM CCSCA General Membership Meeting Veterans Social Group 1:30 PM	8. Loss Support Group 10 AM Karaoke with Rudy 1 PM Book Club 2 PM HICAP Presentation 1:30 PM	9. 1 PM Kindness Rock Painting	10. Dance Expressions 9:15 12:30 Music Mends Minds Drum Circle  Join PRCS Staff for free giant game play in the patio 10:30 AM	11. Tribute to Heros at Veterans Memorial at 12PM Saturday Dance 1 PM
12.	13. 12:15 Beginning Line Dancing CCSCA Board Meeting 1 PM	14. Vaccine Clinic at Veterans Memorial 10 AM - 3 PM	15. Cuning Consumer 11 AM Karaoke with Rudy 1 PM Apple Tech Help 2:15 PM Intergenerational Guitar Jam Session 3 PM	16. Ask the Physical Therapist 1 PM	17. Dance Expressions 9:15 The Glee Three 11 AM	18.
19.	20. 12:15 Beginning Line Dancing	21. Walking Group 9:15 AM Adventures with Doug 3:15 PM	22. Ping Pong Tournament 9:30 AM Loss Support Group 10 AM SENIOR CENTER CLOSSES AT 2 PM	23. HAPPY THANKSGIVING! SENIOR CENTER CLOSED		25.
26.	27. 12:15 Beginning Line Dancing Music Time Machine 1 PM Art Display in Lobby	28. Improv 1 PM	29. Bingo 1 PM	30. Hoarding Presentation 10:30 AM Tree Lighting in Downtown Culver City	24. HAPPY THANKSGIVING! SENIOR CENTER CLOSED!	

Calendar Reading Note: Classes, activities and events listed in this calendar are either unique to this month or reoccurring monthly events. Please visit pages 4 & 5, or other specified pages for information related to these events.



Movies



Movies Every Tuesday & Sunday at 1PM

The CCSCA sponsors a movie screening every Tuesday & Sunday at 1PM for your enjoyment! The movies are open to CCSCA members only, you must show your membership card for admittance. In the interest of fairness, seats are first come, first served, as space is limited. Do not move the chairs. Movies and times are subject to change.

Sunday Movies

November 5 - Forrest Gump

Slow-witted Forrest Gump has never thought of himself as disadvantaged, and thanks to his supportive mother he leads anything but a restricted life. Whether dominating on the gridiron as a college football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save -- his childhood love, the sweet but troubled Jenny. 1994; PG-13; Drama/Romance; Tom Hanks, Robin Wright, Gary Sinese, Sally Fields; 2 hr 22 min.

November 12 - A Million Miles Away

Jose M Hernandez was born in Mexico. While working in the fields, he co-developed the first digital mammography imaging system. He then persevered to become a crew member on Space Shuttle Mission STS-128. 2023; PG; Biography/Drama; Michael Pena, Rosa Salazar, 2 hr 2 min.

November 19 - Marlowe

Detective Phillip Marlowe becomes embroiled in an investigation with a wealthy family in Bay City, California, after a beautiful blonde hires him to find her former lover. 2022; R; Mystery/Crime; Liam Neeson, Jessica Lange, Diane Kruger, Alan Cumming; 1 hr 49 min.

November 26 - A Bronx Tale

As he grows into a teenager on the streets of the Bronx in the socially turbulent 1960s, Calogero gets taken under the wing of neighborhood mobster Sonny. Sonny initiates the boy into the ways of gangland life, in direct conflict with his straight-arrow bus driver father. But when Calogero falls for his African-American classmate, Jane, the repercussions threaten the entire neighborhood. 1993; R; Drama/Crime; Chazz Palminteri, Robert De Niro, Lillo Broncato, Taral Hicks. 2 hr 1 min.

Tuesday Movies

November 7 - Love At First Sight

On their flight from New York to London, Hadley and Oliver fall in love with each other. However, they lose each other at customs and the possibility of ever meeting each other again seems improbable, but destiny may have a way of changing the odds. 2023; PG-13; Drama; Ben Hardy, Haley Lu Richardson, Jameela Jamil, Rob Delaney; 1 hr 31

November 14 - The Burial

Willie E. Gary, an unconventional lawyer, helps Jeremiah Joseph O'Keefe, a funeral home owner with financial troubles, save his family business from a corporate behemoth. 2023; R; Drama; Jamie Foxx, Tommy Lee Jones, Jurnee Smollett; 2 hr 6 min.

November 28 - Chevalier

The illegitimate son of an African slave and a French plantation owner, Joseph Bologne rises to improbable heights in French society as a celebrated violinist-composer and fencer, complete with a love affair and falling out with Marie Antoinette. 2022; PG-13; Drama/Music; Samara Weaving, Kevin Harrison Jr, Lucy Boynton, Minnie Driver; 1 hr 47 min.

November 21 - Past Lives

Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Decades later, they are reunited for one fateful week as they confront destiny, love and the choices that make a life. 2023; PG-13; Drama/Romance; Greta Lee, Teo Yoo, John Magaro, Choi Won-young; 1 hr 46 min.



CCSCA Tech Classes

Learn with Judi - iPhone Basics & Advanced iPad

iPhone Basics is an introductory class covering the basic functions of the iPhone. All phones must be updated to iOS 17 before starting the class. We will learn about our Apple ID and iCloud, keyboarding, Siri, and voice dictation using the Phone, Messages, and email apps.

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.

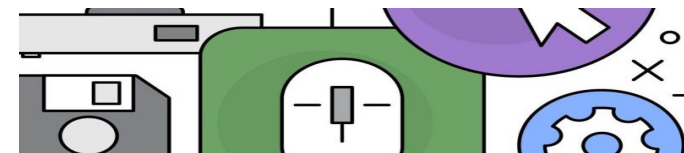
Every course consists of 6-week sessions of 90-minutes each. Each course is \$45 per participant. Payment in cash or check is required at time of registration. No classes will be held the week of Thanksgiving. CCSCA Members Only.

Dates	Class Type	Day	Time
11/1 - 12/13	iPhone Basics	WEDS	12:30 - 2 PM
11/1 - 12/13	Advanced iPad	WEDS	2:30 - 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 takes place on Tuesday, October 10 & Thursday, October 12 from 10 AM - 1 PM. CCSCA Members Only.

Class Type	Day	Time
Intermediate Android Phone	FRI	11:30 - 1:30 PM
11/3 - 12/15		
Intermediate Computer	TUES	9:15 AM - 11:15 AM
11/7 - 12/12		
Intermediate Computer	THUR	9:15 AM - 11:15 AM
11/9 - 12/21		



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.

Days	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 to the Computer Lab for help with your questions.

Date	Day	Time
November 1	WEDS	3 - 4:45 PM

Help With Your Electronic Gadgets!

Come & ask representatives from Apple your tech-related questions! Thank you to our local Apple volunteers!

Date	Day	Time
November 15	WEDS	2:15 - 4:30 PM

CCSCA Trip Office



Trip Sales begin November 1. Office hours are Wednesday & Friday 10 AM - 1 PM. Cash or check only.

Pantages Theatre Presents MJ The Musical

Date	Cost	Departure
Saturday, January 6	\$95	12:30 PM

Valley View Casino

Date	Cost	Departure
Thursday, January 11	\$50	8 AM

Pauma Casino

Date	Cost	Departure
Thursday, January 25	\$50	8 AM

Please bring previous players card number during registration. November 1 registration will occur in C71 from 10 AM - 11 AM.

TECH OPPORTUNITIES & TRIPS

SENIOR CENTER MOVIES



Activities

CCSCA Origami Group

Come join Notre Dame Academy High School Student Bethlehem Arefaine and delve into the relaxing and engaging world of Origami! Paper and popsicle sticks (if needed) will be provided for the class. Feel free to show any folds you know or come to learn some designs such as the butterfly and crane. If you're a little more experienced, feel free to ask for some more complicated tutorials after class! This is a free monthly activity.



Date	Day	Time
November 2	THURS	3 - 4 PM

Trip to the Petersen Automotive Museum

Please join us for a trip to the Petersen Automotive Museum. Founded in 1994 by magazine publisher Robert E. Petersen and his wife Margie, the Petersen Automotive Museum was then, and is today, driven by a primary mission; explore, educate, preserve and promote the legacy and culture of the automobile through the lens of The City of Los Angeles. With an ever changing, ever growing collection of more than 500 automobiles, the Petersen is constantly updating its 25 galleries to provide guests an experience with, and exposure to, an automotive culture and history that is truly second to none. Spanning more than 120 years of automotive history, the collection features rarities such as a 1956 Jaguar XKSS owned not once but twice by legendary actor and race enthusiast Steve McQueen, the culturally iconic Back to the Future Delorean "Time Machine" and an era defining artful "Round Door" Rolls-Royce Phantom 1 to name a few. Always something to discover; always something to see. Please note there will be extensive walking and there's a \$10 charge that must be paid by Monday November 13. Sign ups begin November 6 for CCSCA members at the Business Desk.

Date	Day	Time
November 20	MON	9:30 AM - 2 PM

CCSCA Ping Pong Tournament



Come out and show off your skills in a fun Ping Pong Tournament! All skill levels are more than welcome to join and play against peers. The Tournament will take place Wednesday, November 22 from 9:30 AM to 1:30 PM. Please sign up at the Business Desk starting November 8. Space is limited. CCSCA members only.

Wanna watch and support your peers? Spectators are more than welcome to attend each match. We look forward to watching friendly matches and cheering each participant on!

Date	Day	Time
November 22	WEDS	9:30 AM - 1:30 PM

CCSCA Art Display

Participants from CCSCA Art Classes like Watercolor, Fun with Pastels, Fun with Acrylics, Ceramics and Art with Coco have chosen specific pieces to show at this year's CCSCA Art Display. Stop by the lobby at the center to view their art on display from November 26 - December 1.

Date	Day	Time
November 26 - December 1	M-F	9:30 AM - 4 PM

Programs & Services

Health Insurance Counseling & Advocacy Program (HICAP)

HICAP (the Health Insurance Counseling & Advocacy Program) provides free and objective information and counseling about Medicare. Consultations have now resumed at the center for those who are interested in seeking more information about Medicare. One hour appointments from 10 AM - 2 PM are available twice a month.



To book an appointment, visit the Business Desk or call (310)253-6700.

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 the month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM. This service is free and is open to CCSCA members only.

CCSCA Veterans Social Group

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

Loss Support Group at the Senior Center

Wise & Healthy Aging's Loss Support Group is at the center every 2nd and 4th Wednesday of each month. If you or someone you know may benefit from joining this group, please email Mike.Odunze@culvercity.org to be connected with the group leader and begin the intake process prior to joining the group meetings at the center. This is not a drop-in activity. There is a suggested donation of \$3 for those who join the group at each session.

Special Service for Groups (SSG)

Special Service for Groups Silver (SSG) is a counseling program that serves older adults and family caregivers who are in need of assistance. If you are in need of resources, are feeling sad or lonely, stop by and speak with an SSG counselor. Special Service for Groups can be found in the Community Partnerships Office at the Senior Center during the times and dates listed below, or reached by phone at (310) 253-6717.

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



In Memoriam



Mary Ann Webster



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



Reminders

Are you interested in becoming part of the CCSCA?

Did you know that when you become a member you are supporting the non-profit Culver City Senior Citizens Association, Inc. (CCSCA)? The CCSCA Board works all year to provide new opportunities for our members at the center. The CCSCA is proud of the activities offered at the Center and hope you are too. The Board's intention is to support programs and events which support, educate, strengthen, and stimulate the lives of its members. Please consider joining by emailing kay@ccscainc.org or to find out more information, feel free to attend the next CCSCA Board meeting on the second Monday of each month from 1 PM - 3 PM.

All members of the CCSCA are invited to attend a "Candidates Forum" for the upcoming elections for the Board of Directors and a General Meeting from 11 AM - 12:30 PM. on Tuesday, November 7 in Room A4 at the Senior Center. We look forward to seeing you there! Please consider joining if this opportunity interests you. Thank you!

Date	Day	Time
November 7	TUES	11 AM - 12:30 PM

Los Angeles Department of Public Health Vaccine Clinic



The flu & COVID-19 vaccination clinic will be hosted at the Veterans Memorial Building on Tuesday, November 14 from 10 AM - 3 PM. No appointment is required to obtain your Flu vaccine or COVID-19 booster shots at this event so feel free to come out! This event is open to the public.

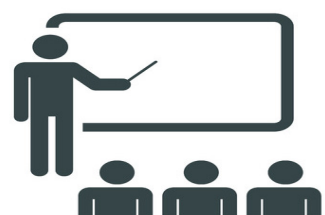
Date	Day	Time
November 14	TUES	10 AM - 3 PM

Presentations

Medicare Open Enrollment

Join the Health Insurance Counseling and Advocacy Program (HICAP) to learn more about the open enrollment process and signing up for Medicare.

Date	Day	Time
November 8	WEDS	1:30 PM



Hoarding

Join our social work partners, Special Service for Groups (SSG) for a presentation on cluttered homes. When homes become cluttered, it may be hard to understand the reason and how to change the situation.

Knowing the cause for the clutter can make a difference in finding the proper approach and assistance. This workshop will explore some of the common reasons for clutter and potential resources.

Date	Day	Time
November 30	THURS	10:30 AM

Community Corner

Holiday Tree Lighting Ceremony



Breakfast with Santa

Breakfast with Santa



Saturday, December 16, 2023
Veterans Memorial Building Auditorium

Join us for breakfast, crafts, music, photos and a visit with Santa!
Registration is required. Space is limited.

For more information please visit www.culvercity.org/breakfastwithsanta2023

Culver City Municipal Plunge Activities

Take advantage of the Plunge to beat the heat! For more information or to learn about the Plunge's activities for adults such as short course or long course lap swim and registration timeframes, call (310) 253-6680.

Adult Swim Lessons

Registration begins October 30 for residents and on November 1 for non-residents at 7 AM. Pricing for residents is \$42 and \$52 for non-residents.

Date	Day	Time
November 6-23	MON/WEDS	8 AM or 6 PM
(No class 11/23)	TUES/THURS	9 AM or 6 PM

AquaFit - Shallow & Deep Water Aerobics

If you are an above average exerciser, DEEP WATER AEROBICS is the perfect workout for you. For beginning or average water exercisers, please participate in our SHALLOW WATER AEROBICS.

Buoyancy belts are provided for each client. They give you support while moving freely in the water. Hand buoys, and noodles are some of the equipment items used to create a well-balanced body exercise in shallow water aerobics.

Class Type	Day	Time	Fee
Shallow Water	MON/WEDS & SAT	10 AM	\$11
Deep Water	MON/WED SAT	7 PM / 9 AM	\$12



Sunday, December 31, 2023
6am - 12pm

Plunge into the new year at the 2nd Annual Polar Bear Plunge!

Join us after your swim at the hot chocolate bar for some warm beverages. Bring your family and friends and join us as we welcome the new year!

Diving boards and in-water obstacle course will be available!*

Fee: \$2 per person
Reservation required.
Space is limited.
Visit culvercity.org/active to register.
Under activities tab, search "Polar".

*Diving Boards and in-water obstacle course will be open for those who successfully pass a swim test.

BILL BOTTS

ATTENDING

IN-PERSON MEETINGS

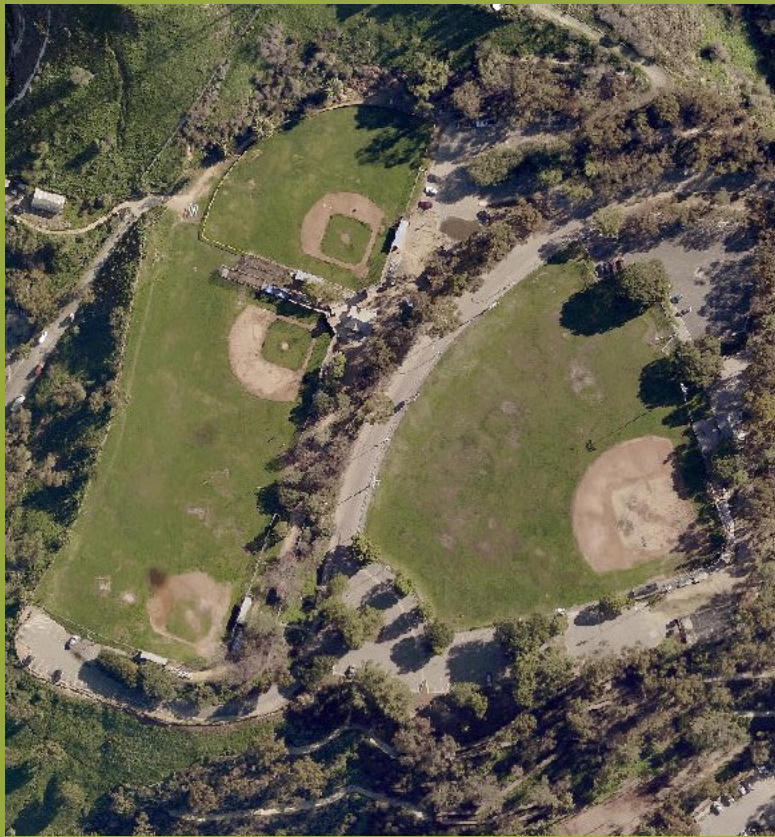
Saturday, December 9, 2023 9 AM-11 AM

Thursday, February 8, 2024 6 PM-8 PM

VIRTUAL MEETINGS

Each in-person meeting will have a hybrid component for anyone who wishes to attend but can not be at the meeting in-person.

To attend virtually, please use the link found at: www.culvercity.org/VetsParkandBillBotts



COMMUNITY MEETINGS

GETTING THERE

VETERANS MEMORIAL AUDITORIUM

4117 Overland Ave.
Culver City, CA 90230

Enter at the Overland Avenue lobby entrance.

DRIVE

Free parking available on site.

RIDE

The Culver CityBus lines 3 and 7 have stops in front of Veterans Memorial Building. Plan your trip in advanced by visiting www.culvercitybus.com/Home.

WALK

Neighbors are encouraged to walk to the Community Meeting.



VETERANS MEMORIAL PARK

WE WANT TO HEAR FROM YOU ABOUT OUR PARKS!

The City is envisioning the future for Bill Botts Fields and Veterans Memorial Park—and we want to hear from you! The Bill Botts Fields and Veterans Memorial Park Feasibility Study is a comprehensive visioning project to determine how these two parks will accommodate the community's 21st century needs for indoor and outdoor recreational, community meeting, event and cultural facilities. The study will take an extensive look at the parks and facilities located at each site.

As part of the City's effort, these community meetings will help determine the needs and priorities for Bill Botts Fields and Veterans Memorial Park. Join us for in-person and virtual community conversations about these parks' futures.

FOR QUESTIONS PLEASE CONTACT

Adam Ferguson
Senior Management Analyst
adam.ferguson@culvercity.org
(310) 253-6685



Dance Expressions - NEW

Join Instructor Fernanda as CCSCA members get to learn different styles of dancing ranging from salsa to ballroom to bachata to so much more!

To kick it off, Ballroom Dancing will be the dance style offered for November. *Please note: This is a pilot class and it may be added to the official schedule of classes after review.*

Date	Day	Time	Fee
November 3, 10 & 17	FRI	9:15 AM - 10:15 PM	\$4

Giant Game Open Play



Join PRCS staff for free open play with a few giant games on the patio!

Date	Day	Time
November 10	FRI	10:30 - 11:30 AM

CCSCA Membership 2024

Save the Date!

It's almost that time of the year. 2024 CCSCA Membership Drive will occur December 4 - 8.

We look forward to helping you all start the new year off with access to our wonderful programs and activities.

Date	Day	Time
December 4-8	M-F	9:30 - 1 PM



Culver City Living



Winter programming is right around the corner! If you are interested in Yoga from the Inside Out, Ceramics, Cardio Tennis, Iaido, Fencing or Let's Get Fit (Adult Fitness), check out Culver City's Winter 2023 programming through our Culver City Living issue!



Registration for Winter 2023 activities begin this December. Scan the QR code or visit <https://www.culvercity.org/Explore/Parks-Recreation/Culver-City-Living-Brochure>.

Culver City Exchange Club Tribute to Heros

Join the Culver City Exchange Club for a live, in-person ceremony honoring the service and sacrifice of American Servicemembers and First Responders at the Veterans Auditorium on Saturday, November 11 at noon.

Experience the field of flags honoring our veterans throughout Veteran's Day Week at Culver City Veterans Memorial Park from November 9 - 15.

For more information or to find out how you may sponsor a flag, visit www.culvertribute.org.

