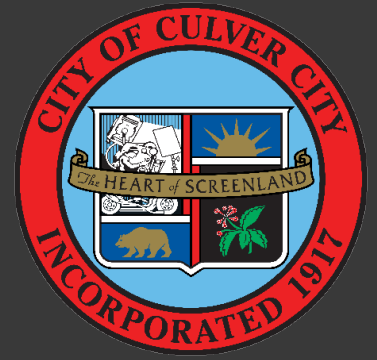


CULVER CITY SENIOR CENTER NEWSLETTER



JUNE 2024



Jump into June with us by participating in one of our many fun activities this month!

Stop by to check out our CCSCA Art Display in the lobby Monday, June 24 - Friday, June 28 from 9 AM to 4 PM.

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

4th of July Party



Come out and celebrate the holiday with us on Wednesday, July 3 from 11:30 AM - 1:30 PM! We will have burgers, live music & ice cream!

On Thursday, July 4th, the Culver City Senior Center will be CLOSED.

CCSCA members can purchase a ticket to the party at the Business Desk for \$10 starting Wednesday, June 19.

Los Angeles County Department of Mental Health - Lunch & Learn



Join Los Angeles County Department of Mental Health (LACDMH) as they discuss the importance of putting your mental health first! Space is limited and RSVPs are required. CCSCA members can RSVP at the Business Desk starting June 13. Lunch will be provided. Please let staff know if you prefer a turkey or veggie sandwich when you RSVP.

Date	Day	Time
June 27	THURS	11 AM - 12:30 PM

CCSCA Drawing Class

Join Instructor Sophia for introductory drawing lessons that are beginner friendly! Visit the Business Desk to get a materials list & to register starting June 12. This activity is free! Space is limited!
Open to CCSCA members only.

Date	Day	Time
July 9	TUES	2:30 PM - 3:30 PM

CCSCA Conversational Mandarin Group

Join group leader Shue, a native Mandarin speaker, for her new FREE CCSCA Conversational Mandarin Group. Participants will learn basic Mandarin phrases and more! *Open to CCSCA members only.*

Date	Day	Time
June 6	THURS	10:30 AM - 11:30 AM

CCSCA BOARD OF DIRECTORS

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

The CCSCA Board of Directors meet on the 2nd Monday of the month at 1 PM at the Senior Center. This meeting is open to all members of the CCSCA and the public.

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

SENIOR CENTER INFORMATION

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

WE NEED YOUR INPUT FOR THIS PLAN

Culver City’s existing parks infrastructure needs rehabilitation or redesign to better meet current and future recreation trends. The Culver City Parks Plan is intended as a tool to be used in guiding City decision-making related to parks and recreation planning, programming, and funding on a long-term basis. With your input, the Plan aims to achieve the following:

- Create a Plan that will successfully **serve the community for at least 15 years.**
- Engage a wide range of **key groups and community members** in Culver City.
- Recommend Culver City parks updates that are the **most necessary to meet the community’s priorities.**

GET INVOLVED!

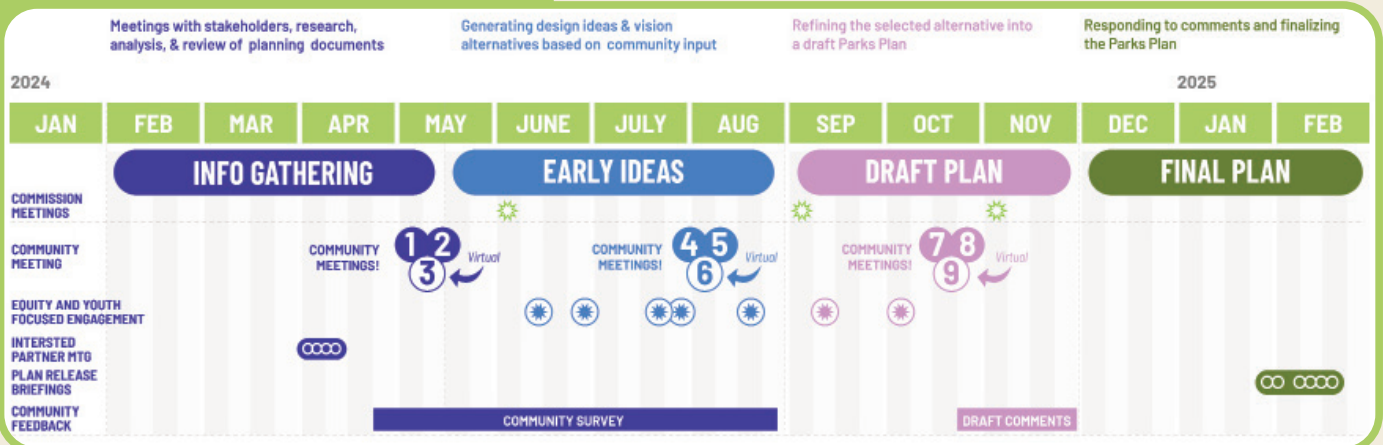
Community engagement will be ongoing throughout the Parks Plan process and will include several occasions for residents to share ideas and feedback, including community meetings, pop-up events at Culver City parks, community surveys, youth-focused engagement, and many other opportunities.

Please visit bit.ly/culvercityparksplan or scan the QR code to learn more about the project and how to participate in the outreach process. We’d love to hear from you!

If you’d like to provide your ideas, feedback, or questions please send us an email at adam.ferguson@culvercity.org.



PROJECT TIMELINE



Group Trips

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.

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, 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
June 12	WEDS	8 AM

West Los Angeles (WLA) College Tour

Our WLA Outreach Representative will meet us outside of General Classrooms at 9:45 AM. The visit includes a 30-minute – 1 hour presentation on West’s programs and services and will continue with a campus tour that is approximately one hour in duration. Since this is a walking tour, we recommend that you wear comfortable shoes.

Visit the Business Desk to register starting June 6. Space is limited! *Open to CCSCA members only.*

Date	Day	Time
June 21	FRI	9:30 AM - 12:30 PM



CCSCA Trip Office Information

Trip Sales begin June 5 in C71. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only.

Please bring your CCSCA Membership & player’s card #

Pechanga Casino

Date	Cost	Departure	Details
Thursday, August 8	\$50	8 AM	

Fantasy Springs Casino

Date	Cost	Departure	Details
Thursday, August 22	\$50	8 AM	

Del Mar Racetrack

Date	Cost	Departure	Details
Thursday, August 29	\$95	11 AM	Admission & food vouchers

MONDAY			
Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout
9:00 AM	Ceramics	\$8	Working with clay (Activity is full)
9:15 AM	Beginning Ukulele	\$3	Learn how to play the ukulele
9:30 AM	Acting Workshop	FREE	Learn and perform scenes with others
10:00 AM	Chair Zumba	\$4	Dynamic dance workout
10:00 AM	German	FREE	Intermediate level German activity (meets 2nd Monday of the month)
10:00 AM	Merry Makers	FREE	Social club (meets 1st & 3rd Monday)
10:15 AM	Intermediate Ukulele	\$3	Experienced performers jamming out
10:30 AM	Sit & Be Fit	\$4	Fitness activity utilizing chairs
10:30 AM	Beginning Tai Chi with Anton	\$4	A practice of a series of slow gentle movements (Veterans Memorial)
12:00 PM	Dancercise	\$4	Exercise through dance
12:15 PM	Beginning Line Dancing	\$2	Learn line dancing step by step (meets 5/13 - 6/17)
1:00 PM	Music Time Machine	FREE	Musical memory stimulation (meets 6/17 of this month)
1:00 PM	Art with Coco and Jessica	FREE	Mixed media art workshop
1:00 PM	Art History	\$4	Art through the years with a historical lense
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers.
1:00 PM	Ceramics	\$12	Working with clay
2:30 PM	Yoga with Phil	\$4	Stretching and slow floor movement
3:00 PM	Healthy Eating	FREE	Learn about healthy eating habits with participants from the West Side Regional Center (specific Mondays)
3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
3:15 PM	Positive Visioning	\$4	Meditation through visioning

TUES		
Time	Activity	Fee
9:00 AM	Mah Jong, Bridge & Pan	FREE
9:00 AM	Fun with Acrylics	FREE
9:00 AM	Beginning Sign Language I	FREE
9:15 AM	Gentle Mat Yoga with Lauren	\$4
9:15 AM	Tai Chi with Greg	FREE
9:15 AM	Walking Group	FREE
10:00 AM	Beginning Sign Language II	FREE
10:45 AM	Hula Lite	FREE
11:00 AM	Creative Writing	\$4
11:00 AM	Karaoke	FREE
11:30 AM	Balance Challenge	\$4
11:45 AM	Heartfulness Meditation	FREE
1:00 PM	Chair Yoga with Caroline	FREE
1:00 PM	Movie Showing	FREE
1:00 PM	Platicando Sabroso	FREE
1:00 PM	Improv	FREE
1:30 PM	Veterans Social Group	FREE
2:00 PM	SSG Support Group	FREE
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

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.	9:00 AM	Crochet Group	FREE	Open crochet space
Introduction to American Sign Language basics. (Activity is full)	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
Learn and practice hula dances	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

MEMBERSHIP PRICING

| Membership - \$20 (Ages 90+ \$5) | Newsletter Mailing - \$25 | Parking - \$5 |
 | Ping Pong - \$12 | Fitness Room \$125 (Full Year) & \$75 (Jan.-June or July-Dec.) |

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	Karaoke	FREE	Sing and dance to music (1st 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 (2nd Friday of the month)
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

Sing-Along with The Glee Three
Meets every third Friday at 11 AM

Join our CCSCA Sing-Along group every third Friday of the month at 11 AM to sing songs with peers on the patio.

Have a question? Feel free to stop by and chat with the group. This activity is free.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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.

2. * CCSCA Trip Office - Riverside Casino 9 AM	3. Merry Makers - 10 AM Beginning Line Dancing - 1 PM Healthy Eating - 3 PM	4. Walking Group - 9:15 AM Trivia with Michael - 10 AM Veterans Social Group - 1:30 PM SSG Support Group - 2 PM	5. Pan y Platica - 2:15 CCHS Tech Help - 3 PM * CCSCA Trip Office S - 10 AM - 11 AM
9.	10. CCSCA Board Meeting 1 PM German - 10 AM Beginning Line Dancing - 1 PM	11. Improv - 1 PM SSG Support Group - 2 PM	12. Hiking Group - 8 AM Loss Support Group - Book Club - 2 PM Karaoke with Rudy - 1
16.	17. Merry Makers - 10 AM Healthy Eating - 3 PM Beginning Line Dancing - 1 PM Music Time Machine - 1 PM	18. Walking Group - 9:15 AM Adventures with Doug - 3:15 PM SSG Support Group - 2 PM	19. Cunning Consumer
23.	24. Healthy Eating - 3 PM	25. Wills & Trusts Presentation - 11 AM Improv - 1 PM SSG Support Group - 2 PM Movie Discussion with Phil - 3 PM	26. Loss Support Group Book Club - 2 PM Bingo - 1:15 PM Karaoke with Rudy - 1
30.			

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



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1. Culver City Senior Prom *Ticket Required Culver City Senior Center Closed!
PM Sales in C71	6. Don & Cal Karaoke - 11 AM Origami - 3 PM	7.	8. Culver City Senior Center Closed!
AM 10 AM	13. Underwater World - 11 AM Rock Painting - 1 PM	14. Music Mends Minds Drum Circle - 12:30 PM	15. Father's Day Event at Veterans Memorial 11 AM - 1 PM *Registration Required
PM - 11 AM	20. Ask the Physical Therapist - 1 PM French - 3 PM *CCSCA Trip Office - San Antonio Winery & Grammy Museum - 10:30 AM	21. Glee Three Sing-Along - 11 AM West LA College Tour - 9:30 AM *RSVP Required*	22. Saturday Dance - 1 PM with Kelly Williams (Vocalist singing variety of music) Members - \$5 Guests - \$7 Juneteenth - 1 PM - 4 PM at Town Plaza at The Steps
p - 10 AM PM	27. Spanish Conversations - 10 AM Hoarding Presentation - 10:30 AM LACDMH Lunch & Learn - 11 AM *Ticket Required* *CCSCA Trip Office- Agua Caliente - 8 AM	28.	29. Culver City Pride Ride at Syd Kronenthal Park at 4 PM & Rally on Main Street - 6 PM - 10 PM Saturday Dance - 1 PM with Downstairs Blues (Variety of Rock & Blues music) CCSCA Members - \$5 Guests - \$7

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 and 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

June 2 - Family Switch

When a chance encounter with an astrological reader causes the Walkers to wake up to a full body switch, can they unite to land a promotion, college interview, record deal and soccer tryout? 2023; PG; Comedy/Fantasy; Emma Myers, Brady Noon, Jennifer Garner, Ed Helms; 1 hr 45 min.

June 9 - You Hurt My Feelings

A novelist's long standing marriage is suddenly upended when she overhears her husband giving his honest reaction to her latest book. 2023; R; Comedy/Romance; Julia Louis-Dreyfus, Tobias Menzies, Michaela Watkins, 1 hr. 33 min.

June 16 - Mother of the Bride

Stunned by her daughter's bombshell wedding announcement, Lana soon faces another shock: the groom's father is the man who broke her heart years ago. 2024; PG; Brooke Shields, Miranda Cosgrove, Benjamin Bratt; 2 hr 28 min.

June 23 - Cassandro

The true story of Cassandro, the "exotico" character created by Saúl Armendáriz, an amateur wrestler from El Paso who rose to international stardom. 2023; R; Sport/Drama; Gael Garcia Bernal, Roberta Colindrez, Perla DeLaRosa; 1 hr 47 min

June 30 - The Odd Couple

A New Yorker newly separated from his wife moves in with his best friend, a divorced sportswriter, but their ideas of housekeeping and lifestyles are as different as night and day. 1968; G; Comedy/Drama; Walter Matthau, Jack Lemmon; 1 hr 45 min

Tuesday Movies

June 4 - Musica

A young man with synesthesia faces an uncertain future while navigating the pressures of love, family and his Brazilian culture in Newark, N.J. 2024; PG-13; Comedy/Romance/Musical; Rudy Mancuso, Camila Mendez; 1 hr 31 min

June 11 - Shirley

In 1972, the first-ever Black congresswoman, Shirley Chisholm, launched a trailblazing campaign to become the President of the United States. 2024; PG-13; Drama/History; Regina King, Lance Reddick; 1 hr 59 min

June 18 - The Half of It

When smart but cash-strapped teen Ellie Chu agrees to write a love letter for a jock, she doesn't expect to become his friend - or fall for his crush. 2020; PG-13; Romance/Comedy. Leah Lewis, Daniel Diemer; 1 hr 44 min

June 25 - Bob Marley : One Love

Jamaican singer-songwriter Bob Marley overcomes adversity to become the most famous reggae musician in the world. 2024; PG-13; Musical/Drama; Lashana Lynch, Kingsley Ben-Adir; 1 hr 47 min

Movie Discussion Group - 6/25

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, June 25 right after the movie ends.

Thank you, Philip!



Presentations

Wills & Trusts

Join Shining & Park Truth and Justice for an enlightening educational seminar on the advantages of California living trusts. Discover how they can benefit you in areas like conservatorship, guardianships, and estate planning. Learn how this powerful tool can secure your future and protect your assets. Don't miss this opportunity to gain valuable insights into securing your legacy and ensuring peace of mind for you and your loved ones.

Date	Day	Time
June 25	TUES	11 AM - 12 PM

Hoarding

Please join Special Services 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
June 27	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

Forms with Janet

Retired Senior Paralegal Janet Sasser is offering CCSCA members assistance in completing government documents, medical paperwork, forms and hard to understand questionnaires. Schedule an appointment with Janet to direct questions and get assistance with frustrating paperwork.

Janet is available for appointments the first and second Thursday of every month from 1 PM - 3 PM with walk-ins from 3 PM - 4 PM.



Support Groups

WISE & Healthy Aging Loss Support Group

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

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

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

Tech Opportunities

Computer Lab Hours

The Computer Lab at the Culver City Senior Center is available on the days and times noted below. CCSCA members are able to utilize the Lab only when a designated Computer Lab Volunteer is monitoring the room during open hours. *CCSCA Volunteer Judi is able to assist with general computer questions during lab hours on Monday mornings. The Computer Lab will be closed June 3.*

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
June 5	First Wednesday of the Month	3 PM - 5 PM

Apple Tech Assistance

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

Date	Day	Time
July 17	WEDS	2 PM- 4 PM

Learn with Judi - Computer Lab

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

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

Payment in cash or check is required at time of registration. Classes will not be offered the week of July 4th.

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

Bridge the Digital Divide - Computer Lab

Each course is \$45 per participant. Payment in cash or check is required at time of registration. *CCSCA Members Only.*

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

Community Corner

Culver City Juneteenth Celebration

Join us at Town Plaza in Downtown Culver City on Saturday, June 22 from 1 PM - 4 PM for our Juneteenth Celebration!

We can't wait to see you there!



Father's Day Lunch & Games

Join Culver City Parks, Recreation and Community Services in celebrating all of the father figures in our lives with an afternoon filled with unity, harmony and fun!

The event will take place in the Auditorium at Veterans Memorial Building on Saturday, June 15, 2024 from 11:00 AM - 1:00 PM.

Registration is required for all participants and includes community resources for men, great bites & a mocktail bar, music, friendly competitive games, free-play games, prizes, and a photo op. Each attendee will receive a swag bag.

There will also be a 3-on-3 basketball showcase. You do not want to miss this!

Sport or favorite team attire is encouraged but not required.

Reservation is required. Visit the Registration Office or go online to bit.ly/CCFathersDayLunch to reserve your spot. Space is limited.

We'll see you there!

Date	Fee	Day	Time
June 15	\$25 Adults \$15 Kids	SAT	11 AM - 1 PM



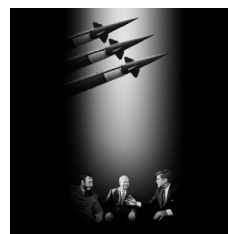
Minute to Midnight

Minute to Midnight, a comedic opera, takes audiences inside a surreal portrait of the Cuban Missile Crisis. Inside a fictionalized Situation Room, we witness the tensions between John F. Kennedy, Fidel Castro, and Nikita Khrushchev. In reality, these leaders' transmissions took hours to reach each other. Minute to Midnight compresses these conversations, putting the characters in each other's presence. The fictionalized Situation Room heightens the absurdity of this conflict and war while grounding the opera in a contemporary conversation: how can we continue to have dialogue through difference and find common ground today?

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

VENUE: Wende Museum located at 10808 Culver Blvd.

FREE TICKETS: [www.synchromy.org/minute-to-mid-night/](http://www.synchromy.org/minute-to-midnight/)



Date	Fee	Day	Time
June 2	FREE	SUN	2 PM

Culver City Pride Ride & Rally

Happy Pride Month! Join the community to celebrate!



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, June 13 at 11 AM

Come out and learn about abalone with Craig!

CCSCA Board Meeting

Monday, June 10 at 1 PM

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

Book Club

Wednesday, June 12 & 26 at 2 PM

Check out *Gallant* by V.E. Schwab and join the group for a discussion about the themes presented and the overall message of the book.

Adventures with Doug - Half Dome

Tuesday, June 18 at 3:15 PM

Come learn about the Half Dome which is one of the most iconic landmarks in the world. Our trek will take us past spectacular Vernal and Nevada falls to the "cables." Join us for a great slideshow adventure filled with fun stories, incredible scenery and, with a little luck, a visit from one of Yosemite's famous inhabitants.

Trivia with Michael

Tuesday, June 4 & July 2 at 10 AM

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

Cunning Consumer

Wednesday, June 19 at 11 AM

Join Cunning Consumer Guy Ellis Levinson to learn easy and surprising ways to save money and avoid internet scams.

Ask the Physical Therapist

Thursday, June 20 at 1 PM

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



Have a great summer and stay cool!

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