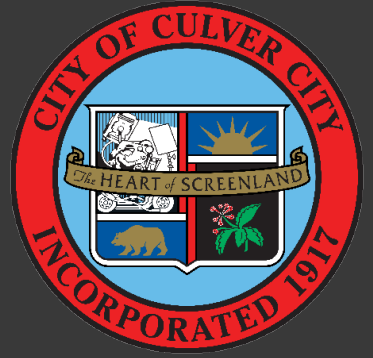


# CULVER CITY SENIOR CENTER NEWSLETTER



JULY 2024



**July is Parks Make Life Better Month!**

Join us for fun activities all month long and for free movie screenings every Saturday at different parks within Culver City to celebrate (see pages 10, 11 & 15 for more information)!

**Parks  
Make  
Life  
Better!**

# Official Senior Center Announcements

## Culver CITY



### SENIOR CENTER NEWSLETTER

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



### CITY OFFICIALS

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



(310) 253-6000  
[www.culvercity.org/city-hall/city-council](http://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](mailto:city.council@culvercity.org)

### CULVER CITY PRCS COMMISSION

Palvi Mohammed  
 Jane Leonard  
 Crystal Alexander  
 Maggie Peters  
 Marci Baun

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](mailto: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](http://www.culvercity.org/prcs)  
 City Website - [www.culvercity.org](http://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)

### CCSCA Membership Information

#### 2024 Membership Cost Breakdown:

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

#### 2024 Membership Reminders:

- Only cash or checks are accepted.
- Bills over \$20.00 are not accepted.
- No refunds.

### Parking at the Senior Center - Make your parking placard visible on your dash!

CCSCA members who have purchased a parking decal for 2024 must display their parking decal on their car's dashboard while parking onsite at the center. Cars that are parked at the center without a decal will be cited by Parking Enforcement.

Avoid receiving a ticket by ensuring you have a parking decal with an ORANGE 2024 parking sticker! At times our parking lot will be at capacity, we recommend utilizing the additional parking available for free at Veterans Memorial Park across the street from the center.

Thank you!

### 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](mailto: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](mailto: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.

# Parks Make Life Better Month

## Parks Make Life Better Concert on the Patio

Come and join us for a fun patio concert in celebration of Parks Make Life Better month on Friday, July 12 from 1:30 PM - 3:30 PM! CCSCA members can come out to enjoy light refreshments while listening to some great tunes.



CCSCA members can purchase their tickets for \$5 starting Friday, July 5 at the Business Desk.

Date	Day	Time
July 12	FRI	1:30 PM - 3:30 PM

## 2024 Olympics Celebrations

### Celebrate by participating in our Olympics celebrations!

Join us as we celebrate the 2024 Olympics taking place in Paris, France through various themed and exciting activities at our Center! See below for the events we have planned from Friday, July 26 - Friday, August 9 and register for these activities at the Business Desk on their specified dates. Space is limited.

Spectators are welcome at all of these events so please come and show your support for our participants.

For questions, reach out to [info.seniorcenter@culvercity.org](mailto:info.seniorcenter@culvercity.org). We are excited to show our team spirit with you!

### Olympics Opening Ceremony & Watch Party

Celebrate everyone's cultures with us at our Opening Ceremony! Free tickets are available at the Business Desk starting Monday, July 15.

Sign up to form a team with a few friends to make a poster for a participating country to have on display at this event.

**Friday, July 26 from 11 AM - 1 PM**

### Walking Challenge

Join PRCS staff for a fun walking challenge at West Los Angeles College! Sign up starting Monday, July 15. Participants must be able to meet at the track on West Los Angeles College.

**Monday, July 29 at 8 AM - 10:30 AM**

### Basketball Shoot Out

Show up to the basketball courts at Veterans Memorial Park to shoot some hoops! Join us as we see how many three pointers and free throws everyone can make on the court. Visit the Business Desk starting July 15 to sign up.

**Thursday, August 1 from 9:30 AM - 11:30**

### Cornhole Competition

Come out onto the Patio to participate in our first ever Cornhole Competition! Sign ups begin July 24 at the Business Desk.

**Monday, August 5 from 1 PM - 3 PM**

### Ping Pong Tournament

It's time for our annual Ping Pong Tournament! Come out and show your Ping Pong skills. Sign ups begin July 24 at the Business Desk.

**Wednesday, August 7 from 2 PM - 4:30 PM**

### Closing Ceremony

Close out our 2024 Olympics Celebrations with a party! Tickets go on sale for \$5 starting July 24 at the Business Desk. Join us for great music and light refreshments at this event.

**Friday, August 9 from 1 PM - 3 PM**

# Group Trips & Events

## Hiking Group with PRCS Staff

Due to increasing summer temperatures, the hiking group will not be meeting for July and August. We will resume in September if the weather allows. Please reach out to Nancy at (310)253-6724 or [Nancy.Ruvalcaba@culvercity.org](mailto:Nancy.Ruvalcaba@culvercity.org) for any questions.



Date	Day	Time
TBD	WEDS	8 AM

## Summer Variety Show with Rudy & Friends

Join Rudy & Friends for a Summer Variety Show on Thursday, July 18 from noon to 1 PM. Admission is free with ticket. Space is limited. Free tickets will be available at the Business Desk starting Friday, July 5. Food & drinks will follow on the patio after the show. See you there!

Date	Day	Time
July 18	THURS	12 PM - 1 PM

## Madame Tussauds Tour

Join us for a trip to the glamorous Madame Tussauds wax museum in Hollywood! Discover the allure of Madame Tussauds Hollywood, home to over 130 meticulously crafted wax figures representing classic Hollywood icons, contemporary A-list stars, and music stars. This immersive attraction promises an unforgettable blend of Hollywood glamour and interactive fun for visitors of all ages. Please note that we'll be taking public transportation to and from the museum, so there will be extensive walking. There's a \$10 fee that must be made via cash or check. Sign-ups begin on Tuesday July 9th. Space is limited! Open to CCSCA members only.

Date	Day	Time
July 23	TUES	10 AM - 2:30 PM



## CCSCA Trip Office Information

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

Please bring your CCSCA Membership & player's card #

### Morongo Casino

Date	Cost	Departure	Details
Thursday, September 12	\$50	8 AM	

### Colorful Songs of Broadway

Date	Cost	Departure	Details
Thursday, September 19	\$95	10:30 AM	Transportation, lunch with choice of entree, one glass of wine & dessert. To be followed by musical revue

### Aquarius Laughlin

Date	Cost	Departure	Details
Sunday, August 29 - Tuesday, September 1, 2024	\$250 Singles \$200 Doubles per person	9 AM	Transportation, drivers tip, (1) bag (extra bag \$5) & fun book

# ACTIVITY SCHEDULE

MONDAY				TUESDAY				WEDNESDAY			
Time	Activity	Fee	Description	Time	Activity	Fee	Description	Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways	8:00 AM	Zumba Gold	\$4	Dynamic dance workout
9:00 AM	Ceramics	\$8	Working with clay (Activity is full)	9:00 AM	Fun with Acrylics	FREE	Painting with acrylic paint. Must bring own supplies.	9:00 AM	Crochet Group	FREE	Open crochet space
9:15 AM	Beginning Ukulele	\$3	Learn how to play the ukulele	9:00 AM	Beginning Sign Language I	FREE	Introduction to American Sign Language basics. (Activity is full)	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:30 AM	Acting Workshop	FREE	Learn and perform scenes with others	9:15 AM	Gentle Mat Yoga with Lauren	\$4	Stretching and slow movements while focusing on breathing	9:30 AM	Chair Abs & Core	FREE	Abs and core workout utilizing chairs
10:00 AM	Chair Zumba	\$4	Dynamic dance workout	9:15 AM	Tai Chi with Greg	FREE	Tai Chi fusion with slow dance movement	10:00 AM	Loss Support Group	\$3	Wise & Healthy Aging Support Group (meets 2nd & 4th Wednesdays)
10:00 AM	German	FREE	Intermediate level German activity (meets 2nd Monday of the month)	9:15 AM	Walking Group	FREE	Strolls around Culver City (meets 1st and 3rd Tuesday of the month)	10:30 AM	MindBodyDance	\$4	Freeform dance activity
10:00 AM	Merry Makers	\$2.50	Social club (meets 1st & 3rd Monday)	10:00 AM	Beginning Sign Language II	FREE	Continuing students learn more of ASL at the beginning level.	11:00 AM	Chess	FREE	Learn and practice chess skills
10:15 AM	Intermediate Ukulele	\$3	Experienced performers jamming out	10:45 AM	Hula Lite	FREE	Learn and practice hula dances	11:00 AM	Spanish Social Group	FREE	Practice your Spanish with others learning the language
10:30 AM	Sit & Be Fit	\$4	Fitness activity utilizing chairs	11:00 AM	Creative Writing	\$4	Writing with prompts	11:00 AM	Cunning Consumer	FREE	Discuss a Small Claims Court: Getting justice doesn't have to be intimidating. (Meets 3rd Wednesday)
10:30 AM	Beginning Tai Chi with Anton	\$4	A practice of a series of slow gentle movements (Veterans Memorial)	11:00 AM	Karaoke	FREE	Sing and dance to music	12:00 PM	Mat Pilates 101	\$4	Core-focused exercise activity
12:00 PM	Dancercise	\$4	Exercise through dance	11:30 AM	Balance Challenge	\$4	Exercise activity with focus on improving balance	12:30 PM	International Folk Dance	FREE	Learn dances from all over the world
12:15 PM	Beginning Line Dancing	\$2	Learn line dancing step by step (meets 7/15 - 8/19)	11:45 AM	Heartfulness Meditation	FREE	Meditation group with Prasad	1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
1:00 PM	Music Time Machine	FREE	Musical memory stimulation (meets 7/15 this month)	1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs Located at Veterans Memorial	1:30 PM	Current Events	\$3	Discuss current event topics
1:00 PM	Art with Coco and Jessica	FREE	Mixed media art workshop	1:00 PM	Movie Showing	FREE	See page 12 for movie listings	2:00 PM	Book Club	FREE	Read a different book each month & discuss (every 2nd & 4th Wednesday)
1:00 PM	Art History	\$4	Art through the years with a historical lense	1:00 PM	Platicando Sabroso	FREE	Spanish social group	2:15 PM	Beginning Spanish	FREE	Learn the basics of Spanish
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers.	1:00 PM	Improv	FREE	Theatre games and skits (Meets 2nd, 4th & last Tuesdays of the month)	2:15 PM	Pan Y Platica	FREE	Intergenerational Spanish social group (meets 1st Wednesday of the month)
1:00 PM	Ceramics	\$12	Clay work (Materials included)	1:30 PM	Veterans Social Group	FREE	Social group for veterans (Meets 1st Tuesday of the month)	2:30 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers
2:30 PM	Yoga with Phil	\$4	Stretching and slow floor movement	2:00 PM	SSG Support Group	FREE	Support group for older adults	3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
3:00 PM	Healthy Eating	FREE	Learn about healthy eating habits with participants from the West Side Regional Center (specific Mondays) (Returns in August)	3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement				
3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)								

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.



### Exciting News for our CCSCA Movie Viewers!

The CCSCA is now offering FREE popcorn to our regular Tuesday & Sunday Movie attendees every showing. Enjoy your movie treat and please pick up any trash before exiting the room. Thank you!

# ACTIVITY SCHEDULE

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THURSDAY			
Time	Activity	Fee	Description
9:00 AM	Watercolor	\$12	Watercolor workshop (must bring materials)
9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:00 AM	Intermediate Sign Language	FREE	Practicing Sign Language with other intermediate students
9:15 AM	DanceFit with John	FREE	Dance exercise activity to music
10:00 AM	Spanish Conversation Class	FREE	Practice your Spanish with others (meets last Thursday of the month)
10:30 AM	Conversational Mandarin	FREE	Learn and practice basic Mandarin
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. <b>(Activity is full)</b>
1:00 PM	Beginning Mah Jong	FREE	Learn how to play Mah Jong
1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs
1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
1:00 PM	Latin American Group	\$1	Spanish Social Group
2:30 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers
3:00 PM	French	FREE	Practice your French with others (meets 3rd Thursday)
3:00 PM	Origami Group	FREE	Learn how to make Origami figures (first Thursday of the month)

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

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

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


## ACTIVITY SPOTLIGHT

### International Folk Dancing

**Meets every Wednesday at 12:30 PM**

Join our CCSCA International Folk Dancing group every Wednesday at 12:30 PM to learn dances from all over the world with peers.

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



All activities are taken at the risk of the participant.

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

# JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>All activities are taken at the risk of the participant.</b>							
<b>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.</b>							
	1. Merry Makers - 10 AM Merry Makers Bingo - 11 AM	2. Walking Group - 9:15 AM Trivia with Mike - 10 AM Veterans Social Group - 1 PM SSG Support Group - 2 PM	3. Pan y Platica 2:15 PM CCHS Tech Help 3 PM CCSCA Trip Office Sales in C71 - 10 AM 4th of July Party - 11:30 AM *Ticket Required	<b>4. SENIOR CENTER IS CLOSED!</b>		5. Downtown Culver City Independence Day Event in Town Plaza (see pg. 15)	6. Parks Make Life Better Movie - Barbie - Veterans Memorial (see pg. 15)
7. Movie - 1 PM	8. CCSCA Board Meeting - 1 PM German - 10 AM	9. Improv 1 PM SSG Support Group 2 PM Tech Class Registration - 10 AM Wizard of Oz Presentation - 11 AM	10. Loss Support Group 10 AM Book Club 2 PM Tech Class Registration - 10 AM Karaoke with Rudy - 1 PM Age-Friendly Action Plan Virtual Meeting - 6:30 PM (see pg. 15)	11. Underwater World 11 AM Rock Painting 1 PM Origami 3 PM  *CCSCA Casino Trip - Pauma 8 AM	12. Music Mends Minds Drum Circle - 12:30 PM  Parks Make Life Better Concert - 1:30 PM *Ticket Required	13. AARP Smart Driver - *Registration Required  Saturday Dance - 1 PM DJ Julio; Variety of music  Parks Make Life Better Movie - Mary Popins - Syd Kronenthal (see pg. 15)	
14. Movie - 1 PM	15. Music Time Machine - 1 PM	16. Walking Group - 9:15 AM SSG Support Group - 2 PM Adventures with Doug - 3:15 PM	17. Cunning Consumer 11 AM Apple Tech Help - 2 PM	18. Summer Variety Show - 12 PM Ask the Physical Therapist - 1 PM French 3 PM  *CCSCA Trip Office Excursion - 10:30 AM	19. Patio Games - 10 AM Glee Three Sing Along - 11 AM	20. AARP Smart Driver - *Registration Required  Parks Make Life Better Movie - Wonka - Fox Hills (see pg. 15)	
21. Movie - 1 PM	22.	23. PRCS Trip to Madam Tussauds - 10 AM *Registration Required Elder Financial Abuse Presentation - 11 AM Improv 1 PM SSG Support Group 2 PM	24. Loss Support Group 10 AM Culver City Parks Master Plan Tabling Session in the Hallway - 10 AM - 12 PM Book Club 2 PM	25. Spanish Conversations - 10 AM  *CCSCA Casino Trip - Soboba 8 AM	26. 2024 Olympics Opening Ceremony & Watch Party - 11 AM *Ticket Required (See pg. 4)	27. Parks Make Life Better Movie - Wizard of Oz - Culver West Alexander (see pg. 15)  Saturday Dance - 1 PM US99; Old School Rock Music	
28. Movie - 1 PM	29. 2024 Olympics Walking Race - 8 AM *Sign up Required (See pg. 4)	30. Improv 1 PM SSG Support Group 2 PM	31. Bingo - 1:15 PM				

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

# Movies



## Movies Every Tuesday & Sunday at 1PM

The CCSCA sponsors a movie screening every Tuesday & Sunday at 1PM for your enjoyment! The movies are open to CCSCA members only 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

#### July 7 - *The Sandlot*

During a summer of friendship and adventure, nine boys become a team and their leader becomes a legend by confronting the terrifying mystery behind the right field wall. 1993; PG; Family/Comedy; Mike Vitar, Patrick Renna, Marty York; 1 hr 41 min.

#### July 14 - *Scoop*

An insider account of how the women of "Newsnight" secured Prince Andrew's infamous 2019 interview about his friendship with convicted sex offender Jeffrey Epstein. 2024; TV-14; Drama; Gillian Anderson, Keeley Hawes, Billie Piper, Rufus Sewell; 1 hr 43 min.

#### July 21 - *While You Were Sleeping*

A lonely subway worker becomes smitten with a handsome stranger. But when she saves his life after he's been mugged and has fallen into a coma, his off-beat family mistakes her for his fiancée. 1995; PG; Comedy/Romance; Sandra Bullock, Bill Pullman; 1 hr 43 min.

#### July 28 - *Dreamin' Wild*

Brothers Donnie and Joe Emerson find newfound musical success after their 1979 debut album "Dreamin' Wild" is rediscovered three decades later. Based on a true story. 2022; PG; Drama; Casey Affleck, Noah Jupe, Walton Goggins, Zoey Deschanel; 1 hr 50 min.

### Movie Discussion Group - 7/23

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, July 23 right after the movie ends.  
Thank you, Philip!

### Tuesday Movies

#### July 2 - *Apollo 13*

NASA must devise a strategy to return Apollo 13 to Earth safely after the spacecraft undergoes massive internal damage putting the lives of the three astronauts on board in jeopardy. 1995; PG; Adventure/Drama/History; Tom Hanks, Bill Paxton, Kevin Bacon; 2 hr 20 min.

#### July 9 - *The Wizard of Oz*

Young Dorothy Gale and her dog Toto are swept away by a tornado from their Kansas farm to the magical Land of Oz, and embark on a quest with three new friends. 1939; G; Musical/Fantasy; Judy Garland, Jack Haley, Bert Lahr, Ray Bolger; 1 hr 42 min. \*Join the Culver City Historical Society for a presentation about the Wizard of Oz on July 9 at 11 AM as Culver City celebrates the 85th Anniversary of this classic (see pg.13)\*

#### July 16 - *Arthur the King*

Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer Michael Light and a scrappy street dog. Based on a true story. 2024; PG-13; Adventure/Family; Mark Wahlberg, Simu Liu, Juliet Rylance, Nathalie Emmanuel; 1 hr 48 min.

#### July 23 - *Wicked Little Letters*

Based on a true scandal, it follows an investigation into the anonymous author of numerous crudely insulting letters sent to the residents of an English seaside town. 2023; R; Comedy/Mystery; Olivia Colman, Jessie Buckley, Anjana Vasan; 1 hr 40 min.

#### July 30 - *The Greatest Hits*

Harriet discovers certain songs can transport her back in time. While she relives the past through romantic memories with her former boyfriend, her time traveling interferes with a burgeoning new love interest in the present. Lucy Boynton, Justin H. Min; 2024; PG-13; Musical/Comedy; 1 hr 35 min.

# Presentations

## Culver City Historical Society - Wizard of Oz Presentation

The Culver City Historical Society will present a program featuring a video presentation of Aljean Harmetz's book THE MAKING OF THE WIZARD OF OZ. The program reveals all the behind the scenes action and stories during the making of the film including the THE MUNCHKINS and all the Cast members.

Date	Day	Time
July 9	TUES	11 AM - 12:30 PM

## Elder Financial Abuse

Join Carolin Shinning of Shinning & Park Law LLP for an enlightening educational seminar on elder financial abuse. This presentation will cover the various forms of financial abuse, how to recognize the warning signs, and practical steps to protect yourself and your loved ones.

Date	Day	Time
July 23	TUES	11 AM - 12 PM

## Culver City Parks Master Plan - Tabling Session

Please join the Culver City Parks Plan project team at the Culver City Senior Center on Wednesday, July 24, from 10am-12 noon! Learn about the Culver City Parks Plan, the strategic guide for the development of the City's parks, recreational facilities, and services aimed at enhancing community health and quality of life.

Date	Day	Time
July 24	WEDS	10 AM - 12 PM in the hallway

# 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](mailto: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
July 3	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:** Camera, Photos, mastering phone calls using multitasking; Messages. For those that are not at the very beginning level and have had a class with Judi or a comfort level with the phone to work on these skills.. Each course is \$45 per participant. Registration will take place Tuesday, July 9 & Wednesday, July 10 from 10 AM - 12 PM.

**Advanced iPad:** This is a continuing class for advanced users and repeat students of Judi's over the years. Topics rotate every six-week session. ONLY advanced students who are frequently taking this class and have good knowledge of the iPad. Each course is \$45 per participant. Registration will take place Tuesday, July 9 & Wednesday, July 10 from 10 AM - 12 PM.

Payment in cash or check is required at time of registration. CCSCA Members Only.

Class Type	Day	Time
Intermediate iPhone (8/21-9/25/2024)	WEDS	12:30 PM - 2 PM
Advanced iPad (8/21-9/25/2024)	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 will take place Tuesday, July 9 & Wednesday, July 10 from 10 AM - 12 PM. CCSCA Members Only.

Class Type	Day	Time
Intermediate Computer Classes 8/13/24-9/17/24	TUES	9:15 AM - 11:15 AM
Android Classes 8/15/24-9/19/24	THURS	9:15 AM - 11:15 AM

## Community Corner

### Parks Make Life Better Month - Movies in the Park!

July is Parks Make Life Better Month!

Celebrate the essential benefits of parks and recreation throughout the state of California. Culver City Parks, Recreation & Community Services is celebrating with free movies in the park on Saturday nights all month long!

Gates open at 7 PM and the movies will begin at dusk. Bring a picnic, lawn chairs, blankets and enjoy!

Date	Park Location	Movie
July 6	Veterans Memorial	Barbie
July 13	Syd Kronenthal	Mary Poppins
July 20	Fox Hills	Wonka
July 27	Culver West Alexander	Wizard of Oz



### Downtown Culver City Independence Day Celebration

The Culver City Downtown Business Association will host a new family-friendly event to celebrate Independence Day! The event will be free to the public and begin with live music on Town Plaza (by the Culver Steps and Culver Hotel) followed by the first ever aerial drone light show in Culver City specially to celebrate our nation's independence.

Date	Location	Time
July 5	Town Plaza	6 PM - 9:30 PM



### Community Meeting for the City's Age-Friendly Action Plan

In 2019, as part of its Age-Friendly Communities planning process, the city conducted a community survey of individuals who were over age 50 and/or disabled. Using a template from the American Association of Retired Persons (AARP), the city revised the survey to focus on areas of interest. In 2024, the city would like to ensure that the survey results from 2019 are still relevant.

With your insight, the Culver City Age-Friendly Action Plan aims to:

- Create a 5-year strategic plan that will successfully serve the community for years to come.
- Organize and prioritize Culver City's work to become more livable for older residents based on the 8 domains of livability.
- Engage a wide range of key groups and community members in Culver City.

Join us for a [virtual meeting](#) on Wednesday, July 10 from 6:30 PM - 8 PM using the following link:

<https://us06web.zoom.us/j/86501801979?pwd=wh-kMFEdrv67TaXAKoG2PsD2x9kYycC.1>

Date	Location	Time
July 10	Virtual	6:30 PM - 8 PM



## Culver City Senior Center Newsletter - FREE Email Subscription



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

Follow these steps to subscribe online:

1. Visit [www.culvercity.org/ccscnewsletter](http://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, July 11 at 11 AM**

Come out and learn about sea otters with Craig!

### CCSCA Board Meeting

**Monday, July 8 at 1 PM**

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

### Book Club

**Wednesday, July 10 & 24 at 2 PM**

Check out *The Light Between Oceans* by M.L. Stedman & join the group for a discussion about the themes presented and the overall message of the book.

### Adventures with Doug to "The Wave"

**Tuesday, July 16 at 3:15 PM**

Far from civilization, tucked against the side of a sandstone ridge, lies a magical place so incredible that people from around the world strive to visit it. It's called "The Wave."

It'll take some doing to get there, but that'll be part of the adventure and fun! Join us for our spectacular slideshow, full of amazing vistas and scenery as we visit this treasured area... The Wave.

### Trivia with Michael

**Tuesday, July 2 & August 6 at 10 AM**

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

### Cunning Consumer

**Wednesday, July 17 at 11 AM**

Join Cunning Consumer Guy Ellis Levinson to as he discusses Small Claims Court: Getting justice doesn't have to be intimidating.

### Ask the Physical Therapist

**Thursday, July 18 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!