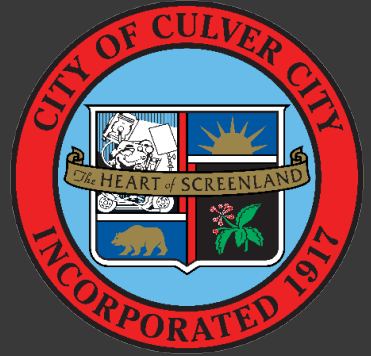


CULVER CITY SENIOR CENTER NEWSLETTER



MARCH 2024



March is National Nutrition Month! Join us in celebrating by participating in an exercise class or activity. Be sure to bring plenty of water and a healthy snack!

Official Senior Center Announcements

Culver CITY



SENIOR CENTER NEWSLETTER

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



CITY OFFICIALS

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



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

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

CULVER CITY PRCS COMMISSION

Palvi Mohammed - Chair
 Jane Leonard - Vice Chair
 Crystal Alexander - Member
 Maggie Peters - Member
 William Rickards - Member

The PRCS Commission meets on the first Tuesday of the month at 7 PM. For more information and to view the meeting agenda, go to this link <https://www.culvercity.org/Events-directory/Parks-Recreation-Community-Services-Commission-Regular-Meeting>
 Email: cbc.prcs.commission@culvercity.org

PRCS SENIOR CENTER STAFF

Ted Stevens - PRCS Director
 Francisca Castillo - RCS Manager
 Jill Thomsen - RCS Supervisor
 Melanie Morales - RCS Coordinator
 Mike Odunze - RCS Coordinator
 Nancy Ruvalcaba & Bin Yang - Recreation Specialists
 John Panganiban - Senior Recreation Leader
 Martha Diaz - Senior Recreation Leader
 Franna Diamond - Recreation Leader II
 Silvia Tapia - Recreation Leader II

PRCS DEPARTMENT INFORMATION

PRCS Website - www.culvercity.org/prcs
 City Website - www.culvercity.org
 PRCS Instagram - @culvercityprcs
 City Instagram - @culvercitygov
 PRCS Facebook - [CulverCityPRCS](https://www.facebook.com/CulverCityPRCS)
 City Facebook - [CityofCulverCity](https://www.facebook.com/CityofCulverCity)
 Plunge Facebook - [CulverPool](https://www.facebook.com/CulverPool)

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

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

2024 Membership Cost Breakdown:

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

2024 Membership Reminders:

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

Parking at the Culver City Senior Center:

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

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

CCSCA BOARD OF DIRECTORS

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

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

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

SENIOR CENTER INFORMATION

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

SENIOR MEALS

Jewish Family Services (323) 937-5843

SPECIAL SERVICE FOR GROUPS (SSG)

To inquire about services, see page 13 or call (310) 253-6717 for more information.

Special Activities, Events & Programs

St. Patrick's Day Party

Join us in celebrating St. Patrick's Day with live music, delicious food and a good time on Friday, March 15 from 11:30 AM - 1:30 PM. Tickets can be purchased from the Business Desk for \$10 beginning Friday, March 8 at 9 AM. We can't wait to see you there!

Please note: This event is open to CCSCA members only and a ticket is required to attend.

Date	Day	Time
March 15	FRI	11:30 AM - 1:30 PM

Healthy Eating Class - New Session

This healthy eating activity is designed to educate participants about the principles of nutrition and how to make balanced and nutritious food choices. During the activity, Participants will explore and discuss kitchen and food safety, food groups and their benefits, meal planning, shopping on a budget as well as shopping with circulars and coupons.

This free activity is a collaboration with CCSCA patrons and adults with disabilities from the Westside Regional Center.

Date	Day	Time
March 4, 18 & 25	MON	11:30 AM - 1:30 PM

New CCSCA Activities

CCSCA Ceramics - Starting April 2024!

Keep an eye out for our new Ceramics activity on Mondays from 1 - 4 PM in the Crafts Room starting April 2024.

Visit Instructor Sharon during her morning Ceramics session for more information about how to sign up for her new activity that begins next month.

Space is limited. CCSCA members only.

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

CCSCA Portraiture

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

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

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

CCSCA Ballroom Dance

Join Colleen & Tim for their NEW social ballroom dancing activity at the center on Fridays from 9 - 10 AM starting Friday, March 8. A partner is not needed!

The fee for this activity is \$4.



Date	Day	Time
March 8, 15, 22, 29	FRI	9 AM

CCSCA Abstract Painting

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

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

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

Special Activities, Events & Programs

Hiking Group with PRCS Staff

Join PRCS staff member, Nancy, on a hiking route from Culver City Park to Baldwin Hills Scenic Overlook. The route is approximately 2.5 miles and is meant for beginner/intermediate level. Participants should meet at Culver City Park.

Participants must wear athletic footwear and activewear. We recommend bringing a reusable water bottle, sunscreen, a hat, and sunglasses. **Participants must RSVP at the Business Desk and leave a phone number starting March 6.** The Business Desk will provide you with an info sheet about the meet up point. Space is limited. You must meet at Culver City Park, 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
March 13	WEDS	8 AM

Hayden Tract Architecture Tour with PRCS Staff

Please join us for a trip to Hayden Tract. The walking tour will explore the transformative power of architecture, art, and design at Culver City's Hayden Tract, where award winning Eric Owen Moss Architects have been creating innovative structures for 35 years. They have created vibrant community for creative workers in what was once a bleak industrial area.

Participants must RSVP by visiting Senior Center staff at the Business Desk starting Tuesday, March 12 at 9 AM. Voicemail messages will not be accepted. This trip will include extensive walking. Please be prepared.

Space is limited! *Open to CCSCA members only.*

Date	Day	Time
March 26	TUES	11 AM - 12:30 PM

CCSCA Trip Office Information

Trip Sales begin March 6 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, May 2	\$50	8 AM	

Warner Brothers Tour

Date	Cost	Departure	Details
Thursday, May 16	\$95	9:30 AM	One hour guided tour with time to explore on your own afterward. Lunch on your own.

Harrah's Rincon

Date	Cost	Departure	Details
Thursday, May 23	\$30	8 AM	

ACTIVITY SCHEDULE

CLASS SCHEDULE

CLASS SCHEDULE

MONDAY				TUESDAY				WEDNESDAY			
Time	Activity	Fee	Description	Time	Activity	Fee	Description	Time	Activity	Fee	Description
8:00 AM	Zumba Gold	\$4	Dynamic dance workout	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways	8:00 AM	Zumba Gold	\$4	Dynamic dance workout
9:00 AM	Ceramics	\$8	Working with clay (Activity is full)	9:00 AM	Fun with Acrylics	\$4	Painting with acrylic paint. Must bring own supplies. (Activity is full)	9:00 AM	Crochet Group	FREE	Open crochet space
9:15 AM	Beginning Ukulele	\$3	Learn how to play the ukulele	9:00 AM	Beginning Sign Language I	FREE	Introduction to American Sign Language basics.	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:30 AM	Acting Workshop	FREE	Learn and perform scenes with others	9:15 AM	Gentle Mat Yoga with Lauren	\$4	Stretching and slow movements while focusing on breathing	9:30 AM	Chair Abs & Core	FREE	Abs and core workout utilizing chairs
10:00 AM	Chair Zumba	\$4	Dynamic dance workout	9:15 AM	Tai Chi with Greg	FREE	Tai Chi fusion with slow dance movement	10:00 AM	Loss Support Group	FREE	Wise & Healthy Aging Support Group (meets 2nd & 4th Wednesdays)
10:00 AM	German	FREE	Intermediate level German activity (meets 2nd Monday of the month)	9:15 AM	Walking Group	FREE	Strolls around Culver City (meets 1st and 3rd Tuesday of the month)	10:30 AM	MindBodyDance	\$4	Freeform dance activity
10:00 AM	Merry Makers	FREE	Social club (meets 1st & 3rd Monday)	10:00 AM	Beginning Sign Language II	FREE	Continuing students learn more of ASL at the beginning level.	11:00 AM	Chess	FREE	Learn and practice chess skills
10:15 AM	Intermediate Ukulele	\$3	Experienced performers jamming out	10:45 AM	Hula Lite	FREE	Learn and practice hula dances	11:00 AM	Spanish Social Group	FREE	Practice your spanish with others learning the language
10:30 AM	Sit & Be Fit	\$4	Fitness activity utilizing chairs	11:00 AM	Creative Writing	\$4	Writing with prompts	11:00 AM	Cunning Consumer	FREE	Discuss a website that helps with consumer complaints (Meets 3rd Wednesday)
10:30 AM	Beginning Tai Chi with Anton	\$4	A practice of a series of slow gentle movements and postures	11:00 AM	Karaoke	FREE	Sing and dance to music	12:00 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 3/18 - 4/22)	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 last Monday of the 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)
2:30 PM	Yoga with Phil	\$4	Stretching and slow floor movement	1:30 PM	Veterans Social Group	FREE	Social group for veterans (Meets 1st Tuesday of the month)	2:30 PM	Open Play Ping Pong	\$12/yr	Practice and play ping pong with peers
3:00 PM	Healthy Eating	FREE	Learn about healthy eating habits with participants from the West Side Regional Center	2:00 PM	SSG Support Group	FREE	Support group for older adults	3:00 PM	Enhance Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
3:00 PM	Enhance Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)	3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement				
3:00 PM	Origami Group	FREE	Learn how to make Origami figures								
3:15 PM	Positive Visioning	\$4	Meditation through visioning								

All activities are taken at the risk of the participant.

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

COMMUNITY PUZZLE

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



ACTIVITY SCHEDULE

THURSDAY

Time	Activity	Fee	Description
9:00 AM	Watercolor	\$12	Watercolor workshop (must bring materials)
9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
9:00 AM	Intermediate Sign Language	FREE	Practicing Sign Language with other intermediate students
9:15 AM	DanceFit with John	FREE	Dance exercise activity to music
10:00 AM	Advanced Sign Language	FREE	Practicing Sign Language with other advanced students
10:00 AM	Spanish Conversation	FREE	Practice your Spanish with others (meets last Thursday of the month)
11:00 AM	Short Story Group	FREE	Read and discuss short stories
11:30 AM	Ballance Challenge	\$4	Exercise activity with focus on improving balance
12:00 PM	Duplicate Bridge	FREE	Card game playing at Veterans Memorial Building
12:30 PM	Fun with Pastels	FREE	Drawing with Pastels. Must bring your own supplies. (Activity is full)
1:00 PM	Beginning Mah Jong	FREE	Learn how to play Mah Jong
1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs
1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
1:00 PM	Latin American Group	\$1	Spanish Social Group
2:30 PM	Open Play Ping Pong	\$12/yr	Practice and play ping pong with peers
3:00 PM	French	FREE	Practice your French with others (meets 3rd Thursday in the hallway)

FRIDAY

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

SATURDAY

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

SUNDAY

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

ACTIVITY SPOTLIGHT

Actors Craft Workshop

Meets every Monday & Friday of the month

Join CCSCA Instructor Fabiana and her group of dedicated actors for the Actors Craft Workshop every Monday and Friday! The group meets for free at the center on Mondays at 9:30 AM and at the Veterans Memorial Building on Fridays at 10:30 AM.

Keep an eye out for details about their upcoming performance on Saturday, May 25 and come out to support them!



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.

MARCH

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					1.	2.
3. 1 PM Movie	4. 10 AM Merry Makers 3 PM Healthy Eating	5. 10 AM Trivia with Michael 1 PM Movie 1:30 PM Veterans Social Group 2 PM SSG Support Group	6. 2:15 PM Pan y Platica 3 PM CCHS Tech Help	7. 11 AM Underwater World 3 PM Origami Group *Trip Office 8 AM - Fantasy Springs Casino	8. 12:30 PM Music Mends Minds Drum Circle	9. 1 PM Saturday Dance - Nysa and Friends (variety of music)
10. 1 PM Movie	11. 10 AM German 1 PM CCSCA Board Meeting	12. 9:15 AM Walking Group 11 AM - Memory Matters Presentation (see page 13) 1 PM Movie 1 PM Improv 2 PM SSG Support Group *Judi's Class Registration 10 AM	13. 8 AM Hiking Group with Nancy 10 AM Loss Support Group 1 PM Karaoke with Rudy 2 PM Book Club	14. 1 PM Kindness Rock Painting *Judi's Class Registration 10 AM	15. 11 AM Glee Three Sing-Along 11:30 AM St. Patrick's Day Party *Ticket Required (See page 4)	16. 1:30 PM On the Edge Performance
17. 1 PM Movie	18. 10 AM Merry Makers 3 PM Healthy Eating	19. 1 PM Movie & Discussion 2 PM SSG Support Group 3:15 PM Adventures with Doug	20. 10 AM - Mobility, Ambulation & Movement Presentation (see page 13) 11 AM Cunning Consumer (see last page) *Portaiture & Abstract Painting Registration 9 AM (See page 4)	21. 1 PM Ask the Physical Therapist 3 PM French (located in hallway) *Trip Office 8 AM - Viejas Casino	22. 10:30 AM Giant Game Play on the Patio (FREE)	23.
24. 1 PM Movie	25. 1 PM Music Time Machine 3 PM Healthy Eating	26. 9:15 AM Walking Group 11 AM PRCs Trip to Hayden Tract (RSVP Required; See page 5) 1 PM Movie 1 PM Improv 2 PM SSG Support Group	27. 10 AM Loss Support Group 1 PM Karaoke with Rudy 1:15 PM Bingo 2 PM Book Club	28. 10 AM Spanish Conversation Group 11 AM - Empowering Minds Presentation (see page 13)	29.	30. 1 PM Saturday Dance - Legends of Rock *Trip Office 12:30 PM - Shen Yun Trip
31. 1 PM Movie						

All activities are taken at the risk of the participant.

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

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

Movies



Movies Every Tuesday & Sunday at 1PM

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

Sunday Movies

March 3 - Look Both Ways

On the eve of her college graduation, Natalie's life diverges into two parallel realities: one in which she becomes pregnant and must navigate motherhood in her Texas hometown, the other in which she moves to Los Angeles to pursue her career. 2022; R; Comedy/Romance; Lili Reinhart, Danny Ramirez; 1 hr 50 min.

March 10 - The Holdovers

Oscars Sunday! Nominated for five Academy Awards including Best Picture. A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a troubled student who has no place to go. 2023; R; Comedy/Drama; Paul Giamatti, Dominic Sessa, Da'Vine Joy Randolph; 2 hr 13 min.

March 17 - Leap Year

Happy St. Patrick's Day! An American woman plans to propose to her boyfriend on Leap Day in Ireland, but a series of comedic setbacks derails her Dublin trip and opens her eyes to the possibility of new love. 2010; PG; Romantic/Comedy; Amy Adams, Matthew Goode; 1 hr 32 min.

March 24 - Priscilla

The film follows the life of Priscilla and her complicated romantic relationship with Elvis. 2023; R; Drama; Jacob Elordi, Cailee Spaeny; 1 hr 50 min.

March 31 - Next Goal Wins

With the 2014 World Cup qualifiers approaching, down-on-his-luck coach Thomas Rongen tries to turn the American Samoa soccer team into winners. 2023; PG-13; Sport/Comedy; Michael Fassbender, Oscar Kightley, Kaimana; 1 hr 44 min.

Tuesday Movies

March 5 - The Royal Treatment

New York hairdresser Izzy seizes the chance to work at the wedding of a charming prince, but when sparks between them fly, will love or duty prevail? 2022; PG-13; Romance/Comedy; Laura Marano, Mena Massoud; 97 minutes.

March 12 - May December

Twenty years after their notorious tabloid romance, a married couple buckle under the pressure when a Hollywood actress meets them to do research for a film about their past. 2023; R; Drama/Black Comedy; Natalie Portman, Charles Melton, Julianne Moore; 1 hr 53 min.

March 19 - What's Love Got to Do With It?

In London, an award-winning film-maker documents her best friend's journey into an assisted marriage in line with his family's Pakistani heritage. 2022; PG-13; Romance/Comedy; Lily James, Shazad Latif, Sajai Ali, Emma Thompson; 1 hr 48 min. *This is not the Tina Turner biopic, it just has the same name*

March 26 - Killers of the Flower Moon

Nominated for ten Academy Awards including Best Picture. Based on a true story, Mollie Burkhart, a member of the Osage Nation, tries to save her community from a spree of murders fueled by oil and greed. 2023; R; Crime/Western; Lily Gladstone, Leonardo DiCaprio, Martin Scorsese, Robert DiNiro; 3 hr 26 min. *Please note long running time*

Movie Discussion Group - 3/19

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, March 26 right after the movie ends.
Thank you, Philip!

Presentations

Alzheimer's Los Angeles - Memory Matters

Interested in learning how to care for your brain? Learn how to talk to a doctor about memory concerns, what to do when you notice signs and symptoms of cognitive impairment, and why getting an early diagnosis can be helpful for overall health and quality of life.

Date	Day	Time
March 12	TUES	11 AM - 12 PM

Jewish Family Services - Mobility, Abulation & Movement

As our bodies age, certain activities that used to be commonplace may become more difficult. This hour-long instructor-led course offers tips on how to support someone who requires assistance moving their body, or walking. After completing this training, you will be able to identify mobility risk factors and describe their impact, discuss strategies to try and stay active and mobile, and understand the basics of body mechanics.

Date	Day	Time
March 20	WEDS	10 AM - 11 AM

Empowering Minds: Navigating the Importance of Initiating Dementia Screening Conversations with Your Medical Provider

Join representatives from USC's Keck School of Medicine for a presentation on how to address memory related questions with healthcare providers and gain insights into the behind the scenes tools utilized by doctors.

Date	Day	Time
March 28	THURS	11 AM - 12:30 PM

Ask An Expert

Special Service for Groups (SSG)

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

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

Support Groups

Special Service for Groups (SSG) Peer Support Group

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

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

WISE & Healthy Aging Loss Support Group

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

Tech Opportunities

Computer Lab Hours

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

Day	Time
MON/WEDS/FRI	9:15 - 11:15 AM

CCHS Tech Help

Do you have a technology question you would like assistance with? Feel free to come by for help with your questions. The number of CCHS Tech Help volunteers may vary so wait times may increase. Thank you for your patience.

Date	Day	Time
March 6	First Wednesday of the month	3 - 5 PM

Apple Tech Assistance

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

Date	Day	Time
April 17	WEDS	2 PM- 4 PM

Learn with Judi - Computer Lab

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

Registration opens March 12 & 14 from 10 AM to 12 PM. Members may sign up in the Trip Office.

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

Registration opens March 12 & 14 from 10 AM to 12 PM. Members may sign up in the Trip Office.

Class Type	Day	Time
Intro to iPad (4/10 - 5/15/2024)	WEDS	12:30 PM - 2 PM
Advanced iPad (4/10 - 5/15/2024)	WEDS	2:30 PM - 4 PM

Bridge the Digital Divide - Computer Lab

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

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

Community Corner

Vote By Mail - Presidential Primary Election on March 5th!

Make your voice heard in the March 5 Presidential Primary Election! Visit PLAN.LAVOTE.GOV to make your plan to vote or text PLAN to LAVOTE (528683).

The Presidential Primary Election will take place on March 5, 2024 but you can vote early! Your Vote by Mail ballot has been mailed so be on the lookout for its arrival in your mailbox.

In the meantime, you can [review your ballot online](#) and decide how you will vote.

As a reminder, you may drop your ballot off in any official Drop Box, in the mail (no postage required) or at ANY vote center in Los Angeles County.

For convenience, Culver City will have an 11-Day Vote Center at City Hall's Patacchia Room, at 9770 Culver Blvd., beginning February 24. Please review [directions to free parking](#) for one hour below City Hall or consider using [CulverCity-Bus](#).



If you have any questions, you may reach the City Clerk's Office at (310) 253-5851 or by email to city.clerk@culvercity.org.

Are you interested in joining the CCSCA Board of Directors?

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

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

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

On The Edge Performance

Experience an enchanting afternoon of dance with OTE Dance Company, proudly situated in Culver City. Join us for an exhilarating encore performance of our highly anticipated annual solo winter concert! Prepare to be captivated by a dazzling array of dance styles including ballet, jazz, contemporary, and hip hop. Our program showcases the remarkable talent of our pre-professional youth dancers, presenting captivating works from three of our esteemed resident companies. Immerse yourself in the artistry of industry-leading choreographers as they unveil mesmerizing pieces, blending student-generated choreography with professional mastery. Don't miss this opportunity to witness the future dance stars in action.

Date	Fee	Day	Time
March 16	FREE	SAT	1:30 PM



Culver City Circulator Now \$1

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

For detailed updates, please use the [NextCCBus](#) app, visit the [Culver CityBus website](#), or call customer service at 310-253-6500.



In Memoriam



Mary Rush



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, March 7 at 11 AM

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

CCSCA Board Meeting

Monday, March 11 at 1 PM

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

Book Club

Wednesday, March 13 & 27 at 2 PM

Check out *Wrong Place, Wrong Time* by Gillian McAllister and join the group for a discussion about the themes presented and the overall message of the book.

Adventures with Doug - Wheeler Peak

Tuesday, March 19 at 3:15 PM

Let's head to Wheeler Peak, where the air is thin and the views are unmatched. At a whopping 13,167 feet high, it's tallest in the state and its beauty extends from the base to its lofty summit. Come join us for our slideshow this month!

Ask the Physical Therapist

Thursday, March 21 at 1 PM

Join Physical Therapist Christina Gabor as she answers your questions about lower back pain.

Trivia with Michael

Tuesday, March 5 & April 2 at 11 AM

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

Cunning Consumer

Wednesday, March 20 at 11 AM

Join Ellis Levinson for his Cunning Consumer activity to discuss a website that offers free help with consumer complaints.

