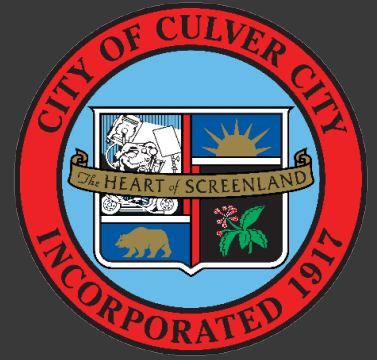


# CULVER CITY SENIOR CENTER NEWSLETTER



AUGUST 2024



**We look forward to seeing you at Fiesta La Ballona this month!**

**The Senior Center will be closed for Fiesta La Ballona from Friday, August 23 - Sunday, August 25. Join us for delicious snacks, fun activities and live entertainment all weekend long!**





# Official Senior Center Announcements

## Culver CITY



### SENIOR CENTER NEWSLETTER

## TABLE OF CONTENTS

- 2 PRCS & City Information
- 3 Official Senior Center Announcements
- 4 Special Events
- 5 Group Trips & Trip Office Information
- 6 Class Schedule
- 7 Class Schedule
- 8 Class Schedule
- 9 Class Highlights
- 10 Calendar
- 11 Calendar
- 12 Senior Center Movies
- 13 Presentations, Programs & Services
- 14 Tech Opportunities
- 15 Community Corner

**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

Jane Leonard - Chair  
 Crystal Alexander - Vice Chair  
 Palvi Mohammad - Commissioner  
 Maggie Peters - Commissioner  
 Marci Baun - Commissioner

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  
 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)

### 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.



## Senior Center Rodeo

### Saddle Up for a FREE Square Dance Party!

Put on your boots and mosey on over to learn how to square dance with a free lesson from Ribbons & Soul Square Dance Club! Singles and couples are welcome to join this activity. Experienced dancers from the club will be available to dance with participants.

Feel free to dress up for the occasion, but please wear comfortable clothes and shoes to dance in. We look forward to seeing you soon! CCSCA members can get tickets at the Business Desk starting August 19.



Date	Day	Time
August 30	FRI	1 PM - 2:30 PM

## 2024 Olympics Celebrations

### Celebrate by participating in our Olympics celebrations!

Join us as we continue celebrating 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 until 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!

#### 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. CCSCA members & the public who are 50+ may visit the Business Desk starting July 15 to sign up.

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



#### 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

### Waterbottle Decorating Activity

Join PRCS staff in Room A4 to receive a new PRCS reusable waterbottle to decorate and keep! We will have a variety of stickers for you to place on your new bottle to make it your own as supplies last. Please remember to bring this bottle with you to stay hydrated and reuse everyday as we all work to stay green!

Date	Day	Time
August 27	TUES	11 AM - 1 PM



### Culver City Fire Department 1

Join us for a trip to Culver City Fire Department 1. During this hour tour, we'll check out the fire engines, try on firefighter turnout gear and see firefighting equipment up close.

Note: our firefighters are on-call 24 hours a day and crews may be called out to an emergency during a tour.

Sign-ups begin on Monday, August 5. Space is limited! Open to CCSCA members only.

Date	Day	Time
August 16	TUES	10 AM - 11:45 AM



## CCSCA Trip Office Information

Trip Sales begin August 7 in C71. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only.

### Hamilton at the Pantages Theatre

Date	Cost	Departure	Details
Thursday, October 10	\$95	11:30 AM	HAMILTON is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation.

### Chumash

Date	Cost	Departure	Details
Thursday, October 17	\$50	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) Class cancelled 8/12 & 8/19	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	Trivia with Mike	FREE	Play a game of trivia with a group (1st Tuesday of the month)	11:00 AM	Chess	FREE	Learn and practice chess skills
10:15 AM	Intermediate Ukulele	\$3	Experienced performers jamming out	10:00 AM	Beginning Sign Language II	FREE	Continuing students learn more of ASL at the beginning level.	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 various consumer topics with peers. (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
11:15 AM	Hula Lite	FREE	Learn and practice hula dances	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
12:00 PM	Dancercise	\$4	Exercise through dance	11:45 AM	Heartfulness Meditation	FREE	Meditation group with Prasad	1:00 PM	Karaoke with Rudy	FREE	Come sing your favorite song with us (meets Second & Fourth Wednesday)
12:15 PM	Beginning Line Dancing	\$2	Learn line dancing step by step (meets 7/15 - 8/19)	1:00 PM	Chair Yoga with Caroline	FREE	Modified yoga session utilizing chairs Located at Veterans Memorial	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	Movie Showing	FREE	See page 12 for movie listings	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	Platicando Sabroso	FREE	Spanish social group	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	Improv	FREE	Theatre games and skits (Meets 2nd, 4th & last Tuesdays of the month)	2:15 PM	Beginning Spanish	FREE	Learn the basics of Spanish
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers.	1:30 PM	Veterans Social Group	FREE	Social group for veterans (Meets 1st Tuesday 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) (Activity is full) Class cancelled 8/12 & 8/19	2:00 PM	Drawing	FREE	Learn the basics of drawing (Activity is full)	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)	3:15 PM	Adventures with Doug	FREE	Come out & learn about different travel adventures with Doug (Meets third Tuesday of the month)				
3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)	3:30 PM	Gentle Yoga with Cyndi	\$4	Stretching and slow floor movement				

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.



### CCSCA Membership

To participate in CCSCA activities and special events, please carry your current 2024 CCSCA (orange) membership card with you at all times.  
Thank you for your cooperation!



# 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	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	Underwater World	FREE	Learn about the Ocean with Craig
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	Rock Painting	FREE	Paint rocks with peers (meets Second Thursday of the month)
1:00 PM	Ask the Physical Therapist	FREE	Learn about new health topics (Third Thursday of the month)
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

### Reading Short Story Group

Meets every Thursday at 11 AM

Join our free CCSCA Reading Short Story Group at the Center to read and discuss short stories in a group setting every Thursday.

We look forward to seeing you there!



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.

# AUGUST

CALENDAR

CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>All activities are taken at the risk of the participant.</b>				1. Olympics Basketball ShootOut - 9:30 AM at Veterans Memorial Park Underwater World - 11 AM Origami Group - 3 PM	2.	3.
<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>						
4. Movie 1 PM	5. Merry Makers 10 AM Olympics Cornhole Competition 1 PM	6. Walking Group 9:15 AM Trivia with Mike 10 AM Veterans Social 1 PM Movie 1 PM SSG Support Group 2 PM	7. CCSCA Trip Office Sales in C71 - 10 AM Pan y Platica - 2:15 PM CCHS Tech Help - 3 PM Ping Pong Tournament - 2 PM	8. Rock Painting 1 PM           *CCSCA Trip Office - Pechanga 8 AM	9. Music Mends Minds Drumcircle 12:30 PM Closing Ceremony 1 PM	10. AARP Refresher Course - 11:15 AM Saturday Dance 1PM - Downstairs Blues; Jazz/Blues
11. Movie 1 PM	12. German 10 AM CCSCA Board Meeting 1 PM	13. Cancer Support Presentation 11 AM Improv 1 PM Movie 1 PM SSG Support Group 2 PM	14. Loss Support Group 10 AM Karaoke with Rudy 1 PM Book Club 2 PM	15. Ask the Physical Therapist 1 PM French 3 PM	16. Culver City Fire Department Tour 10 AM *RSVP Required Sing-Along 11 AM	17.
18. Movie 1PM	19. Merry Makers 10 AM Music Time Machine 1 PM	20. Walking Group 9:15 AM Movie 1 PM SSG Support Group 2 PM Adventures with Doug 3:15 PM	21. Cunning Consumer 11 AM Apple Tech Assistance 2 PM	22.           *CCSCA Trip Office - Fantasy Springs 8 AM	23. <b>THE SENIOR CENTER IS CLOSED FOR FIESTA LA BALLONA</b>	24. <b>THE SENIOR CENTER IS CLOSED FOR FIESTA LA BALLONA</b>
25. <b>THE SENIOR CENTER IS CLOSED FOR FIESTA LA BALLONA</b>	26.	27. Waterbottle Decorating Activity 11 AM Improv 1 PM Movie 1 PM SSG Support Group 2 PM	28. Loss Support Group 10 AM Bingo 1:15 PM Book Club 2 PM	29. Spanish Conversations 10 AM Culver City Fire Department Community Connect Presentation 10:30 AM           *CCSCA Trip Office - Del Mar Racetrack 8 AM	30. Patio Games 10 AM Senior Center Rodeo 1 PM	31. Saturday Dance 1PM - Jordan Preston; Variety of music

**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

#### August 4 - The Wedding Planner

Wedding planner Mary Fiore is saved from an accident by the man of her dreams – only to discover that he happens to be her latest client’s fiancé. 2001; PG-13; Comedy/Romance; Jennifer Lopez, Matthew McConaughey; 1 hr 44 min.

#### August 11 - The Long Game

In 1955, five young Mexican-American caddies are determined to learn how to play and create their own golf course in the middle of the South Texas desert. Based on a true story. 2023; PG; Drama; Jay Hernandez, Dennis Quaid, Cheech Marin; 1 hr 52 min.

#### August 18 - Cool Hand Luke

A laid-back Southern man is sentenced to two years in a rural prison, but refuses to conform. 1967; PG; Paul Newman, George Kennedy; 2 hr 6 min.

#### August 25 - CLOSED for Fiesta La Ballona

The Senior Center is CLOSED August 23 - 25! See you at Fiesta La Ballona!

#### Movie Discussion Group - 8/20

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, August 20 right after the movie ends. Thank you, Philip!

### Tuesday Movies

#### August 6 - Wedding Season

Marriage is far from Asha’s mind right now, but it’s all her parents think about. A fake boyfriend is the perfect solution – or is it? 2022; PG; Comedy/Romance; Pallavi Sharda, Suraj Sharma, Ari Afsar; 1 hr 39 min.

#### August 13 - Springsteen on Broadway

Bruce Springsteen shares personal stories from his life and acoustic versions of some of his best-known songs in an intimate one-man show. 2018; R; Music; 2 hr 33 min.

#### August 20 - When Harry Met Sally

Two friends, Harry and Sally, find love and heartache in Manhattan, and confront the decision whether to let their friendship develop into romance. 1989; R; Comedy/Romance; Meg Ryan, Billy Crystal; 1 hr 36 min.

#### August 27 - The Fall Guy

A down-and-out stuntman must find the missing star of his ex-girlfriend’s blockbuster film. 2024; PG-13; Action/Comedy; Emily Blunt, Ryan Gosling, Hannah Waddingham, Lee Majors; 2 hr 5 min.



#### 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!



# Presentations

## Cancer Support

Join Cancer Support Los Angeles on Tuesday, August 13th at 11 am for a workshop. CSCLA will present about the free social and emotional support programs offered for individuals (patients, caregivers, and bereaved) impacted by cancer and will lead a variety of mindfulness activities. Studies indicate that practicing mindfulness can have a positive impact on health and well-being. We hope to see you there!

Date	Day	Time
August 13	TUES	11 AM - 12 PM

## Culver City Fire Department Community Connect

Join the Culver City Fire Department for a prevention, preparedness, and response presentation featuring our community-based software – Community Connect – part of a platform we use to aid us in protecting our residents and their property. A member of the CCFD’s Community Risk Reduction Division will discuss the registration process, information you can add, and use cases.

Date	Day	Time
August 29	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 will be out of town until September 12. Janet is available for appointments the first and second Thursday of every month (except August 2024) 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
August 7	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
August 21	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 can be done at the Business Desk.

**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 can be done at the Business Desk.

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 can be done at the Business Desk. 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

## 2024 Summer Sunset Concert Series

It's time to celebrate summer in beautiful Downtown Culver City! The City is pleased to present the Summer Sunset music series on Thursday evenings until August 29th. For more information, please visit: [www.culvercity.org/News/Summer-Sunset-Concert-Series](http://www.culvercity.org/News/Summer-Sunset-Concert-Series)



Seating is limited and available on a first come first served basis for view of the stage. Small picnic blankets and low back chairs are welcome in designated areas as capacity allows. This event is free to attend.

Date	Performers	Genre
August 1	Carlos Y Charlos, Boleros with Attitude and Los Angelenos	Latin Music Showcase
August 8	Eliza Spear, Kicking Giants & The Rusties	Local Party - Rock & Pop
August 15	Sadubas & Friends and Jeremy Sole's World Music Discovery	World Music Discovery
August 22	Ricardo Lemvo & Makina Loca	Afro Cuban
August 29	Tom Kenney & The Hi-Seas	RocknSoul Party

## National Night Out



National Night Out brings together the entire community of Culver City for a celebration of unity. Hosted by the Culver City Police Department, the event will have fun for the whole family. There will be free food, music, vehicle and equipment displays, community resources, prizes, kid's zone with art activities and face painting, and more! You won't want to miss the K9 Demonstration at 6:30 pm. Bring your family, neighbors, and friends and come have some fun!

Date	Day	Time
August 6	TUES	5 PM - 8 PM

## Fiesta La Ballona - August 23 - 25, 2024

Join the community at Culver City's Fiesta La Ballona at Veterans Memorial Park from Friday, August 23 - Sunday, August 25!

### Fiesta La Ballona Event Times:

**Friday, August 23**

4:30 PM - 10 PM

**Saturday, August 24**

11 AM - 10 PM

**Sunday, August 25**

11 AM - 8 PM



Neighbors are encouraged to walk to the event, but if you need a free ride, Culver City Bus can get you to Fiesta La Ballona. Parking will be available for those with cars at the Sony Parking Lot and those who ride their bike may park it onsite at the Bike Valet.

This fun-filled event will offer a movie at the Plunge, live entertainment, carnival rides and delicious food for everyone to enjoy. For more information, visit [www.fiestalaballona.org](http://www.fiestalaballona.org). This event is free to attend.

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



## Culver City Senior Center Newsletter - FREE Email Subscription



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

Follow these steps to subscribe online:

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

Come out and learn about Octopi of the Pacific with Craig!

### CCSCA Board Meeting

**Monday, August 12 at 1 PM**

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

### Book Club

**Wednesday, August 14 & 28 at 2 PM**

Check out *The Underground Library* by Jennifer Ryan & join the group for a discussion about the themes presented and the overall message of the book.

### Adventures with Doug in the Grand Canyon

**Tuesday, August 20 at 3:15 PM**

Kaibab is a Paiute Indian word meaning "mountains lying down." It's also the name of one of the famous trails leading into the Grand Canyon.

Join us for our slide show adventure, filled with fun stories, fascinating facts and stunning images as we trek the South Kaibab Trail all the way to the Colorado River in our country's most dramatic canyon.

### Trivia with Michael

**Tuesday, Aug. 6 & Sept. 3 at 10 AM**

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

### Cunning Consumer

**Wednesday, August 21 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, August 15 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!