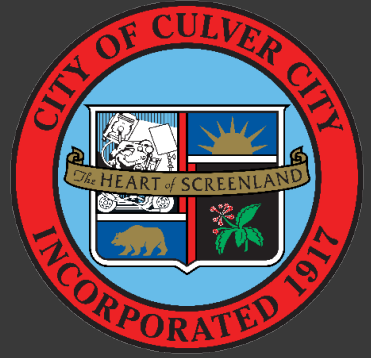


# CULVER CITY SENIOR CENTER NEWSLETTER



OCTOBER 2024



Join us for a spooktacular time this month at our  
many fang-tastic activities!

The Center will be **CLOSED** for the Abilities Carnival & Resource Fair  
on **Sunday, October 6, 2024.**

## 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



## 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)

## SENIOR CENTER NEWSLETTER

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## PRCS SENIOR CENTER STAFF

Ted Stevens - PRCS Director  
Francisca Castillo - RCS Manager  
Jill Thomsen - RCS Supervisor  
Nancy Ruvalcaba - RCS Coordinator  
Mike Odunze - RCS Coordinator  
Bin Yang - Recreation Specialist  
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)

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



# Official Senior Center Announcements

## CCSCA Membership Information

### 2024 Membership Cost Breakdown:

- 2024 Membership Dues (Valid January - December 2024 calendar year) - \$20
- Newsletter Mailing Option - \$25 for the calendar year
- Age 90+ Membership Dues - \$5 (must be 90 years old or turn 90 during 2024)
- Parking Pass - \$5 for the calendar year
- 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). No personal training allowed.
- Ping Pong - \$12 for the calendar year
- Pool Room - \$1 a day or \$75 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.

### 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.

# Halloween Party

## Come Have a Spooktacular Time

Join us for a fangtastic time at our Halloween Party this month. Be sure to dress to impress and you may just win a prize during our costume contest. Don't miss tasty treats, lunch, and frighteningly fun tunes from DJ Jose Tejada at this event. We can't wait to see you there! Tickets go on sale for \$10 at the business desk to CCSCA members on Tuesday, October 15. You must sign up in person at the Business Desk. Thank you Culver City Honda for sponsoring this event!

Date	Day	Fee	Time
October 31	THURS	\$10	11:30 AM - 1:30 PM

# Holiday Boo-tique

## Holiday Craft Boutique Sale

The holidays are right around the corner which means that our annual Holiday Boutique is coming up fast! Save the date of Friday, October 25 from 9 AM to 1 PM to come out and purchase hand-made items from members at the center for your family and friends. To sign up as a vendor at this event, CCSCA members must visit the Business Desk between Monday, October 7 and Wednesday, October 16 and purchase a table for \$10. We are excited to see the hand-made items that will be sold at our boutique. CCSCA members and the public are encouraged to stop by to purchase items from the vendors at the boutique. Please be aware that this event will only accept cash.

Date	Day	Time
October 25	FRI	9 AM - 1 PM

# Culver City Parks Master Plan

## WE WANT TO HEAR FROM YOU!

Join us to discuss the draft Culver City Parks Plan! Help prioritize park improvements, get updates on the community survey findings, and hear next steps in the planning process.

RSVP at [bit.ly/culverparksplanfall2024](https://bit.ly/culverparksplanfall2024) for one or more of these meetings!



**Fall Meeting 2**  
Wednesday, October 2, 2024  
6:30pm – 8:30pm

Location: Lindberg Park  
5041 Rhoda Way  
Culver City, CA 90230  
Format: In-person

**Fall Meeting 3**  
Thursday, October 3, 2024  
6:00pm – 8:00pm

Location: Zoom  
Format: Virtual

Upon request, sign language interpretation, materials in alternative formats, and other accommodations are available to the public for City sponsored meetings and events. All requests for reasonable accommodations, interpretation services, and materials in other languages must be made at least three working days (72 hours) prior to the scheduled meeting date. Please submit requests by email at [adam.ferguson@culvercity.org](mailto:adam.ferguson@culvercity.org).

SPECIAL EVENTS

# Group Trips & Events

## Hiking Group with PRCS Staff

Welcome back CCSCA Hikers! This month, the hiking group will be visiting Kenneth Hahn Recreation Area for an intermediate 2.5 mile route. RSVP at the Business Desk starting October 1. Please reach out to Nancy at (310)253-6715 or Nancy.Ruvalcaba@culvercity.org for any questions.



Date	Day	Time
October 9	WEDS	8 AM

## Trip to Julian Dixon Library

Join us for a trip to Culver City Julian Dixon Library for a mini tour and a demonstration of the new self-checkout kiosks. Learn about the many services and programs your local library offers. Sign-ups begin Tuesday October 8th. For CCSCA members only first come first served.

Visit the Business Desk to register starting October 8. *Space is limited! Open to CCSCA members only.*

Date	Day	Time
October 22	TUES	9:30 AM - 12 PM



## Yoga Outside

### Yoga at Vets Park & on the Patio

Join us for an outdoor class opportunity at Veterans Park and on the Senior Center Patio!

Date	Class	Day	Time	Location	Fee
October 10	Chair Yoga with Caroline	THURS	1 PM	Patio	Free
October 22	Gentle Mat Yoga with Lauren	TUES	9:15 AM	Vets Park by picnic tables	\$4

## CCSCA Trip Office Information

**Trip Sales begin October 2 in C71.** Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check only.

### A Beach Boys Tribute Holiday Style with lunch

Date	Cost	Departure	Details
Monday, December 9	\$95	11:30 AM	

### Agua Caliente

Date	Cost	Departure	Details
Thursday, December 19	\$95	8 AM	

MONDAY				TUES		
Time	Activity	Fee	Description	Time	Activity	Fee
8:00 AM	Zumba Gold	\$4	Dynamic dance workout	9:00 AM	Mah Jong, Bridge & Pan	FREE
9:00 AM	Ceramics	\$8	Working with clay (Activity is full)	9:00 AM	Fun with Acrylics	FREE
9:15 AM	Beginning Ukulele	\$3	Learn how to play the ukulele	9:00 AM	Beginning Sign Language II	FREE
9:30 AM	Acting Workshop	FREE	Learn and perform scenes with others	9:15 AM	Gentle Mat Yoga with Lauren	\$4
10:00 AM	Chair Zumba	\$4	Dynamic dance workout	9:15 AM	Tai Chi with Greg	FREE
10:00 AM	German	FREE	Intermediate level German activity (meets 2nd Monday of the month)	9:15 AM	Walking Group	FREE
10:00 AM	Merry Makers	\$2.50	Social club (meets 1st & 3rd Monday)	10:00 AM	Trivia with Mike	FREE
10:15 AM	Intermediate Ukulele	\$3	Experienced performers jamming out	10:00 AM	Beginning Sign Language I	FREE
10:30 AM	Sit & Be Fit	\$4	Fitness activity utilizing chairs	11:00 AM	Creative Writing	\$4
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
11:15 AM	Hula Lite	FREE	Learn and practice hula dances	11:30 AM	Balance Challenge	\$4
12:00 PM	Dancercise	\$4	Exercise through dance	11:45 AM	Heartfulness Meditation	FREE
12:15 PM	Beginning Line Dancing	\$2	Learn line dancing step by step (meets 9/9 - 10/14)	1:00 PM	Chair Yoga with Caroline	FREE
1:00 PM	Music Time Machine	FREE	Musical memory stimulation (meets 10/28 this month)	1:00 PM	Movie Showing	FREE
1:00 PM	Art with Coco and Jessica	FREE	Mixed media art workshop	1:00 PM	Martes de Convivio Placentero	FREE
1:00 PM	Art History	\$4	Art through the years with a historical lens	1:00 PM	Improv	FREE
1:00 PM	Line Dancing	\$4	Experienced dancers can learn new dance numbers.	1:30 PM	Veterans Social Group	FREE
1:00 PM	Ceramics	\$12	Clay work (Materials included) (Activity is full)	2:00 PM	SSG Support Group	FREE
2:30 PM	Yoga with Phil	\$4	Stretching and slow floor movement	3:15 PM	Adventures with Doug	FREE
3:00 PM	Healthy Eating	FREE	Learn about healthy eating habits with participants from the West Side Regional Center (specific Mondays)	3:30 PM	Gentle Yoga with Cyndi	\$4
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.

# SCHEDULE

TUESDAY		WEDNESDAY		
Description	Time	Activity	Fee	Description
Open play in hallways	8:00 AM	Zumba Gold	\$4	Dynamic dance workout
Painting with acrylic paint. Must bring own supplies.	9:00 AM	Crochet Group	FREE	Open crochet space
Continuing students learn more of ASL at the beginning level.	9:00 AM	Mah Jong, Bridge & Pan	FREE	Open play in hallways
Stretching and slow movements while focusing on breathing	9:30 AM	Chair Abs & Core	FREE	Abs and core workout utilizing chairs
Tai Chi fusion with slow dance movement	10:00 AM	Loss Support Group	\$3	Wise & Healthy Aging Support Group (meets 2nd & 4th Wednesdays)
Strolls around Culver City (meets 1st and 3rd Tuesday of the month)	10:30 AM	MindBodyDance	\$4	Freeform dance activity
Play a game of trivia with a group (1st Tuesday of the month)	11:00 AM	Chess	FREE	Learn and practice chess skills
Introduction to American Sign Language basics	11:00 AM	Spanish Social Group	FREE	Practice your Spanish with others learning the language
Writing with prompts	11:00 AM	The Cunning Consumer	FREE	Learn how to be a smarter consumer (Meets 3rd Wednesday)
Sing and dance to music	12:00 PM	Mat Pilates 101	\$4	Core-focused exercise activity
Exercise activity with focus on improving balance	12:30 PM	International Folk Dance	FREE	Learn dances from all over the world
Meditation group with Prasad	1:00 PM	Karaoke with Rudy	FREE	Come sing your favorite song with us (meets Second & Fourth Wednesday)
Modified yoga session utilizing chairs <b>Located at Veterans Memorial</b>	1:00 PM	Yoga with Phil	\$4	Stretching and slow floor movement
See page 12 for movie listings	1:30 PM	Current Events	\$3	Discuss current event topics
Spanish social group	2:00 PM	Book Club	FREE	Read a different book each month & discuss (every 2nd & 4th Wednesday)
Theatre games and skits (Meets 2nd, 4th & last Tuesdays of the month)	2:00 PM	Beginning Spanish	FREE	Learn the basics of Spanish
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)
Support group for older adults	2:15 PM	Open Play Ping Pong	\$12/Year	Practice and play ping pong with peers
Come out & learn about different travel adventures with Doug (Meets third Tuesday of the month)	2:30 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)
Stretching and slow floor movement	3:00 PM			



### 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!

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
10:15 AM	Underwater World	FREE	Learn about the Ocean with Craig (Meeting October 10 this month)
11:00 AM	Karaoke	FREE	Sing and dance to music (1st Thursday of the month)
11:00 AM	Short Story Group	FREE	Read and discuss short stories
11:30 AM	Ballance Challenge	\$4	Exercise activity with focus on improving balance
12:00 PM	Duplicate Bridge	FREE	Card game playing at Veterans Memorial Building
12:30 PM	Fun with Pastels	FREE	Drawing with Pastels. Must bring your own supplies. (Activity is full)
1:00 PM	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 Located at Veterans Memorial
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 (meets 10/10 this month)

FRIDAY		
Time	Activity	Fee
8:00 AM	Zumba Gold	\$4
9:00 AM	Ballroom Dance	\$4
9:00 AM	Knitting Group	FREE
9:00 AM	Mah Jong, Bridge & Pan	FREE
9:00 AM	Advanced Tai Chi with Anton	\$4
9:30 AM	Blood Pressure Checks	FREE
9:45 AM	Joints Gentle Mat Yoga with Caroline	FREE
10:15 AM	Functional Boxing	\$4
10:30 AM	Actors Workshop	FREE
10:30 AM	Full Body Exercise with Marguerite	\$4
11:00 AM	Chair Yoga with Caroline	FREE
11:00 AM	Sing-Along	FREE
11:30 AM	Mat Pilates	\$4
12:30 PM	Music Mends Minds	FREE
1:00 PM	Abstract Painting	\$8
1:00 PM	German Conversations	FREE
1:00 PM	Line Dancing	\$4
1:00 PM	Remembranzas	FREE
2:00 PM	Mindfulness Meditation	FREE
3:00 PM	Yiddish Conversations	FREE
3:00 PM	Enhanced Fitness	FREE
3:00 PM	Portraiture	\$8
3:30 PM	Gentle Yoga with Cyndi	\$4

All activities are taken at the risk of the participant.

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



# SCHEDULE

## FRIDAY

Description
Dynamic dance workout
Learn how to ballroom dance
Open knitting space
Open play in hallways
A practice of a series of slow gentle movements and postures
Get a free blood pressure reading in the hallway
Practice choreographed yoga poses with non-weight bearing options
Practice boxing exercises
Learn and perform scenes with others <b>Located at Veterans Memorial.</b>
Full body exercise class with stretching
Modified yoga session utilizing chairs
Sing-along to catchy tunes with others (Meets 3rd Friday of the month)
Core-focused exercise activity
Make some music on the patio using drums and other instruments (2nd Friday of the month)
Explore freedom through abstract painting
Learn the basics of German
Experienced dancers can learn new dance numbers
Discussion of stories in Spanish
Meditation group with Resa
Practice Yiddish through conversations with others
Total-body workout with Cedars Sinai <b>(Activity is full)</b>
Depict images using acrylic paint
Stretching and slow floor movement

## SATURDAY

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

## SUNDAY

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

## ACTIVITY SPOTLIGHT

**Art with Coco & Jessica**  
**Meets every Monday at 1:00 PM**

**Join Jessica & Coco for a Mixed Media Art Workshop.**  
**We look forward to seeing you there!**



ACTIVITY SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<b>1.</b> Walking Group - 9:15 AM Trivia with Mike - 10 AM Vets Social Group - 1:30 PM SSG - 2 PM Movie - 1 PM	<b>2.</b> Trip Office Sales - 10 AM Pan y Platica - 2:15 PM CCHS Teen Tech Help -
<b>6.</b> SENIOR CENTER IS CLOSED for the Abilities Carnival and Resource Fair	<b>7.</b> Merry Makers - 10 AM	<b>8.</b> Improv - 1 PM SSG - 2 PM Movie - 1 PM St. Barnabas Presnetation - 2:30 PM	<b>9.</b> Loss Support Group - 10 AM Karaoke with Rudy - 1 PM Book Club - 2 PM Hiking Group - 8 AM
<b>13.</b> Movie - 1 PM	<b>14.</b> German - 10 AM CCSCA Board Meeting - 1 PM	<b>15.</b> Walking Group 9:15 AM Movie 1 PM Adventures with Doug 3:15 PM SSG 2 PM	<b>16.</b> The Cunning Consumer 1 PM Apple Tech 2 PM
<b>20.</b> Movie - 1 PM	<b>21.</b> Merry Makers Jewlery Sale- 10 AM	<b>22.</b> Improv - 1 PM SSG - 2 PM Movie - 1 PM Yoga with Lauren at Vets Park - 9:15 AM *PRCS Julian Dixon Library 9:30AM RSVP Required	<b>23.</b> Loss Support Group - 10 AM Book Club - 2 PM Karaoke with Rudy - 1 PM
<b>27.</b> Movie - 1 PM	<b>28.</b> Music Time Machine - 1 PM	<b>29.</b> Movie - 1 PM General Membership Meeting & Candidates Forum - 11 AM Improv 1 PM SSG 2 PM	<b>30.</b>

**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 page are subject to change. Please visit pages 6 - 9 or other specified pages for more information.**



# OCTOBER

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3 PM</p>	<p><b>3.</b> Underwater World moved to October 10th  Karaoke with Don and Cal - 11 AM</p>	<p><b>4.</b></p>	<p><b>5.</b></p>
<p>0 AM M</p>	<p><b>10.</b> Underwater World - 10:15 AM Rock Painting - 1 PM Origami Group - 3 PM Chair Yoga with Caroline on the Patio - 1 PM *CCSCA Hamilton Trip - 11:30 AM</p>	<p><b>11.</b> MMM Drum Circle - 12:30 PM</p>	<p><b>12.</b> Saturday Dance - 1 PM - The Strikers- Variety Of Music</p>
<p>11 AM</p>	<p><b>17.</b> Ask the Physical Therapist - 1 PM French - 3 PM  *Chumash CCSCA Trip - 8 AM</p>	<p><b>18.</b> Sing Along - 11 AM</p>	<p><b>19.</b> AARP Driver Safety Course- 11:15 AM</p>
<p>0 AM M</p>	<p><b>24.</b> Senior Scams Workshop - 2 PM</p>	<p><b>25.</b> Holiday Boo-Tique: 9 AM - 1 PM *Registration Required for vendors</p>	<p><b>26.</b> Saturday Dance - 1 PM Corey - Variety of Music</p>
	<p><b>31.</b> Halloween Party - 11:30 AM *Ticket required to enter  Spanish Conversations - 10 AM</p>		

**Check out the CCSCA Merry Makers jewelry & holiday sale on Monday, October 21! If you are interested in donating jewelry, please visit the group every 1st & 3rd Monday of the month.**

calendar are either unique to this month or recurring monthly events. pages for information related to these events.

# Movies



## Movies Every Tuesday & Sunday at 1PM

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

### Sunday Movies

**Oct. 6 - Senior Center CLOSED for the Annual Abilities Carnival & Resource Fair**

**Oct. 13 - The Dig**

Based on a true story. In the late 1930s, a wealthy landowner hires an amateur archaeologist to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground. 2021; PG-13; Drama; Ralph Fiennes, Carey Mulligan; 1 hr 52 min.

**Oct. 20 - Arsenic & Old Lace**

Oscar-winner Cary Grant stars as a drama critic whose life is turned upside down when he discovers that his two spinster aunts have taken to poisoning their gentlemen house guests. 1944; NR; Comedy/Crime; Cary Grant, Peter Lorre; 1 hr 58 min.

**Oct. 27 - Casper**

An afterlife therapist and his daughter meet a friendly young ghost when they move into a crumbling mansion in order to rid the premises of wicked spirits. 1995; PG; Family/Comedy; Christina Ricci, Bill Pullman; 1 hr 36 min.

**Movie Discussion Group - 10/22**

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, October 22 right after the movie ends.



### Tuesday Movies

**Oct. 1 - Find Me Falling**

After a failed comeback album, a rock star retreats to a cliffside home on Cyprus, only to find his new life complicated by visitors and an old flame. 2024; PG-13; Comedy/Romance; Harry Connick Jr, Ali Fumiko Whitney; 1 hr 34 min.

**Oct. 8 - Hard Miles**

A social worker at a youth facility assembles an unlikely cycling team of juvenile convicts for a transformative 1,000-mile bike ride from Denver to the Grand Canyon. 2023; PG-13; Sports/Drama; Matthew Modine, Cynthia Kaye McWilliams; 1 hr 48 min.

**Oct. 15- Thelma**

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. 2024; PG-13; Comedy/Action; June Squibb, Fred Hechinger, Richard Roundtree; 1 hr 37 min.

**Oct. 22 - Beetlejuice**

The spirits of a deceased couple are harassed by an unbearable family that has moved into their home, and hire a malicious spirit to drive them out. 1988; PG; Comedy/Horror; Michael Keaton, Winona Ryder, Geena Davis, Alec Baldwin; 1 hr 32 min.

**Oct. 29 - The Addams Family**

Con artists plan to fleece an eccentric family using an accomplice who claims to be their long-lost uncle. 1991; PG-13: Comedy/Horror; Anjelica Huston, Christina Ricci, Raul Julia; 1 hr 39 min.



# Presentations

## St. Barnabas Emergency Preparedness

This workshop will help attendees become better prepared for any kind of natural disaster. We'll give you an idea on what you can pack for your "Go-bag", who to call in case of a power outage, how long foods and medicines may last in stored containers or coolers. In addition to looking out for signs of heat illnesses.

Date	Day	Time
October 8	TUES	2:30 - 3:30 PM

## Stop Senior Scams

Join Educator Ann Stahl with the Stop Senior Scams Acting Program, a Peer to Peer education program that educates older adults and the community about senior fraud and awareness. The Culver City Police Department (CCPD) will be joining us for a question and answer session at the conclusion of the program.

Date	Day	Time
October 24	THURS	2 - 4 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

## 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 (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. This is not a class.*

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
October 2	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
October 16	WEDS	2 PM- 4 PM

## Learn with Judi - Computer Lab

**iPhone Basics I:** This is an elementary introduction to the essential uses of the iPhone for new or unskilled users, including iOS 18 and all its new features. Typically, this class covers fundamental skills that new users lack, such as what the buttons are for, recognizing icons and symbols, making and receiving phone calls, managing the Apple Account (formerly Apple ID), messages (texting), and email. The content is subject to change. Please visit the business desk to find out if space is still available.

**Advanced iPad:** This class is for very skilled users and long-time students of Judi's. It assumes a higher level of comfort and knowledge of the iPad. We will focus on iPad OS 18, and its new or changed features as they relate to the most common uses of the iPad. Please visit the business desk to find out if space is still available.

Payment in cash or check is required at time of registration. No classes the week of Thanksgiving. *CCSCA Members Only.*

Class Type	Day	Time
iPhone Basics I (10/23/-12/4/2024)	WEDS	12:30 PM - 2 PM
Advanced iPad (10/23/-12/4/2024)	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 10/22/24-11/26/24	TUES	9:15 AM - 11:15 AM
Android Classes 10/24/24-12/5/24	THURS	9:15 AM - 11:15 AM

# Community Corner

## CCSCA Board Election & Meeting Information

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

All members of the CCSCA are invited to attend a General Membership Meeting & Candidates Forum. Save the date of October 29 from 11 AM - 12 PM for this event! The CCSCA Board election will occur in the hallway from November 11 - 15, 2024. We look forward to seeing you there!

## Halloween Spooktacular!

Show up in your spookiest attire for treats, crafts, and giveaways. Kids are invited to trick or treat from city and staff decorated vehicles at the Trunk or Treat. Then plunge into Halloween fun with zombie walks off the diving board, a pumpkin toss contest, and more at the Spooky Splash.

The Trunk or Treat will take place from 2 - 5 PM. The Spooky Splash will be from 4 - 7 PM at the Plunge. Visit [Culvercity.org/Halloween2024](http://Culvercity.org/Halloween2024) for event details and to register.



The Senior Center will be decorating a vehicle for the Trunk or Treat event. If you are interested in helping decorate the city vehicle, please join us on Monday, October 7 at 10 AM for a brainstorming meeting. Make sure to bring your spookiest ideas!

## Register to Vote for the November 5th General Municipal Election

Take a minute to confirm that you are registered correctly or register now at [LAVOTE.gov](http://LAVOTE.gov). Register online before October 21st to receive a Vote by Mail ballot. Life happens so check your voter registration to make sure it is current. If you're a newly naturalized citizen, you have moved, even if just across town, you have changed your name, haven't voted in a while; or you just turned 18 and are eligible to vote; you will need to register or re-register to vote.

For additional information, you can contact the Registrar of Voters at 1-800-815-2666, or contact the City Clerk's Office at (310) 253-5851 or email [city.clerk@culvercity.org](mailto:city.clerk@culvercity.org) if you have any questions about the process. (According to post-2020 election Census data, one in four Americans either are not registered to vote or do not know whether they are registered to vote. Use your power and make your voice heard this November. It is the best (and easiest!) choice you'll make all year.)



## 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, October 10 at 10:15 AM**

Come out and learn about Corals of the South Pacific with Craig!

### CCSCA Board Meeting

**Monday, October 14 at 1 PM**

Attend the CCSCA Board Meeting to hear about upcoming events and important information. You may just win a raffle prize! The last winner received a Ralph's gift card.

### Book Club

**Wednesday, October 9 & 23 at 2 PM**

Join the group for a discussion about *Diamond Eye* by Kate Quinn.

### Adventures with Doug on Zion National Park

**Tuesday, October 15 at 3:15 PM**

Zion National Park's massive and beautiful sandstone walls in southern Utah stun all who venture into this amazing canyon. Our slide show adventure, filled with fun stories and fascinating facts, will take us beyond where the trails end to see such fantastic and dramatic venues as The Narrows, Observation Point, Hidden Canyon and the famous Angel's Landing.

Join us for an incredible once-in-a-lifetime slideshow trip filled with mysterious rainforest, stunning coastline and exciting wildlife as we venture through this spectacular and rarely visited area.

### Trivia with Michael

**Tuesday, Oct. 1 & Nov. 5 at 10 AM**

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

### The Cunning Consumer

**Wednesday, October 16 at 11 AM**

The Consumer Guy® Guy Ellis Levinson discusses how to read the fine print in anything you are about to sign.

### Ask the Physical Therapist

**Thursday, October 17 at 1 PM**

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

