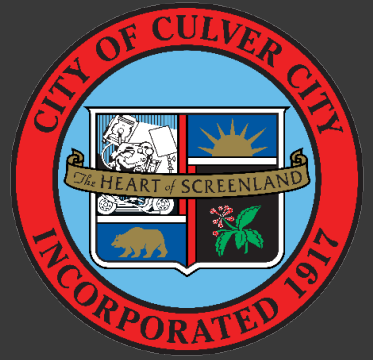


CULVER CITY SENIOR CENTER NEWSLETTER



SEPTEMBER 2024



We are committed to empowering all older adults to age well and stay falls free.
Join Instructor Teri Lemoine during
Fall Prevention Awareness Week in her annual Fall Prevention
Activity on Thursday, September 19 at 1 PM.

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

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

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

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)

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

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.

Fall Prevention Presentation with Teri

Fall Prevention Activity

We are committed to empowering all older adults to age well and stay falls free. Join Ballance Challenge Instructor Teri Lemoine during Fall Prevention Awareness Week in her annual Fall Prevention Workshop.

Date	Day	Time
September 19	THURS	1 PM - 2:30 PM

Senior Center Pool Party

Senior Center Pool Party at the Plunge!

Plunge and Senior Center members are encouraged to attend this free pool party at the pool on Friday, September 20 from 10 AM to 12 PM. At this event, participants can enjoy music, chat with others, swim in the pool and visit PRCS staff to get free city swag items! Register at the Business Desk from September 4 - 20, 2024.

Date	Day	Time
September 20	FRI	10 AM - 12 PM

Friendship Mixer

Find a friend at our Fall Friendship Mixer!

Our Friendship Mixer event is back this month! Join us for fun icebreakers and a chance for some quick "friend speed dating!" This activity is free and light refreshments will be available.

We currently are admitting participants that were waitlisted to our original Friendship Mixer event back in May. Those who were waitlisted will have priority for this event. Registration for this free event to CCSCA members who wish to join and are not on the waitlist will be open on Monday, September 9. Participants will be registered as space permits. See you there!

Date	Day	Time
September 26	THURS	1:30 PM - 3:30 PM

Musical Performances

THEM KIDS

THEM KIDS is a hip hop duo made of 10 year old twins Seina and Kai. While their first experiences in entertainment were as actors in commercials, TV and film, their hip hop duo was organically created from their love of music, rhyme and performance. One day Kai was playing the piano and Seina was rapping to his melody and the next they were in the studio making their musical dreams a reality. They believe all kids should go hard, follow their dreams and most of all...have fun!



Date	Day	Time
September 21	SAT	2 PM - 2:45 PM

Soil Sisters Choir

Join the Soil Sisters Choir for a performance and sing along this month. The Soil Sisters Choir is a group of passionate vocalists who come together to share their love of song to heal.

Date	Day	Time
September 25	WEDS	1:30 PM - 2 PM



Group Trips & Events

Hiking Group with PRCS Staff

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



Date	Day	Time
TBD	WEDS	8 AM

Emergency Preparedness Volunteer Opportunity with LA Works

If you are interested in volunteering, please visit the Business Desk to sign up to assemble disaster kits with LA Works. These kits will be donated to organizations in service of communities in need. Space is limited due to supply quantities. *CCSCA Members only.*

Date	Day	Time
September 17	TUES	12:30 AM - 1:30 PM

Trip to The Wende Museum

The Wende Museum will be hosting a docent-led tour of its current exhibitions, Visions of Transcendence: Creating Space in East and West and Undercurrents I: Stories, Symbols, Sounds. The tour will also include a walkthrough of the museum's permanent collection displays of Cold War-era socialist art and objects. Join us for what will certainly be an illuminating experience!

Visit the Business Desk to register starting September 9. *Space is limited! Open to CCSCA members only.*

Date	Day	Time
September 12	THURS	10:30 AM



CCSCA Trip Office Information

Trip Sales begin September 4 in C71. Office hours are Wednesday & Friday 10 AM – 1 PM. Cash or check

Golden Nugget Casino & Hotel

Date	Cost	Departure	Details
Sunday, November 3 -	\$250 Single	9 AM	2 nights, transportation, driver's tip and valet service (1) bag (\$5 additional bag)
Tuesday, November 5	\$200 per person Double		

Reagan Library

Date	Cost	Departure	Details
Thursday, November 14	\$95	10:30 AM	Guided tour, with lunch under the wing of Air Force One with time to shop, visit the Christmas Tree display on your own.

Harrah's Rincon

Date	Cost	Departure	Details
Thursday, November 21	\$50	8 AM	

ACTIVITY 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	FREE	Painting with acrylic paint. Must bring own supplies. Returns 9/10	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	Learn the latest techniques for being a savvy consumer. (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 9/9 - 10/14)	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 9/30 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 lens	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)	2:00 PM	SSG Support Group	FREE	Support group for older adults	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	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)
3:00 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	Stretching and slow floor movement				
3:00 PM	Enhanced Fitness	FREE	Total-body workout with Cedars Sinai (Activity is full)								

CLASS SCHEDULE

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. Returns 9/12
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. (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
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 9/12 this 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 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 (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 (Activity is full)
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

Hula Lite

Meets every Monday at 11:15 AM

Come out and practice different hula dances with others at our Hula Lite activity every Monday.

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.

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.						
1.	2. SENIOR CENTER IS CLOSED! HAPPY LABOR DAY!	3. Walking Group 9:15 AM Trivia with Mike 10 AM Veterans Social Group 1:30 PM SSG 2 PM	4. Trip Office Sales 10 AM Pan y Platica 2:15 PM CCHS Teen Tech Help 3 PM	5. Underwater World 10:15 AM	6.	7.
8.	9. German 10 AM CCSCA Board Meeting 1 PM	10. In-Home Supportive Services Program Presentation 11 AM Improv 1 PM SSG 2 PM	11. Loss Support 10 AM Karaoke with Rudy 1 PM Book Club 2 PM	12. Trip to Wende Museum 10:30 AM *Registration required to attend Rock Painting 1 PM Origami Group 3 PM *Trip Office Excursion to Morongo - 8 AM	13. Music Mends Minds Drum Circle 12:30 PM	14. AARP Driver Safety Class 11:15 AM *Registration required Saturday Dance - 1 PM Tropic Star - Variety of Music
15.	16. Merry Makers Cancelled	17. Walking Group 9:15 AM Tech Class Registration 10 AM Emergency Preparation Presentation 11 AM Emergency Kit Building 12:30 PM *Registration required SSG 2 PM Adventures with Doug 3:15 PM	18. Cunning Consumer 11 AM Apple Tech Help 2 PM	19. Tech Class Registration 10 AM Ask the Physical Therapist 1 PM Fall Prevention Activity with Teri 1 PM French 3 PM *Trip Office Excursion to Colorful Songs of Broadway - 10:30 AM	20. Senior Center Pool Party 10 AM Sing-Along 11 AM	21. AARP Driver Safety Class 11:15 AM *Registration required Them Kids Musical Performance 2 PM
22.	23.	24. Improv 1 PM SSG 2 PM	25. Loss Support 10 AM Soil Sisters Choir 1:30 PM Book Club 2 PM	26. Cedars Sinai Presentation 9:30 AM Friendship Mixer 1:30 PM	27. Patio Games 10 AM	28. Saturday Dance - 1 PM Legends of Rock - Rock Music
29. *Trip Office Excursion to Aquarius Casino 9 AM	30. Music Time Machine 1 PM					

The CCSCA Merry Makers are having a jewelry & holiday sale on October 13, 2024. If you are interested in donating jewelry, please visit the group every 1st & 3rd Monday of the month.

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.

CALENDAR

CALENDAR

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

Sept. 1 - *Gentlemen Prefer Blondes*

Showgirls Lorelei Lee and Dorothy Shaw travel to Paris, pursued by a private detective hired by the suspicious father of Lorelei's fiancé, as well as a rich, enamored old man and many other doting admirers. 1953; NR; Comedy/Musical; Marilyn Monroe, Jane Russell, Elliott Reid; 1 hr 31 min.

Sept. 8 - *Ghostbusters: Frozen Empire* - Donated by our friends at Sony Pictures

When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age. 2024; PG-13; Comedy/Fantasy; McKenna Grace, Carrie Coon, Finn Wolfhard, Annie Potts; 1 hr 55 min.

Sept. 15 - *Summer Camp*

Childhood best friends Nora, Ginny and Mary used to spend every summer at a sleepaway camp together. Years later, they seize the opportunity to return to the camp for a reunion filled with food fights, river rafting, and emotional revelations. 2024; PG-13; Comedy; Diane Keaton, Alfre Woodard, Kathy Bates; 1 hr 36

Sept. 22 - *My Spy*

A hardened CIA operative finds himself at the mercy of a precocious 9-year-old girl, having been sent undercover to surveil her family. 2020; PG-13; Action/Comedy; Dave Bautista, Kristen Schaal, Chloe Coleman; 1 hr 40 min.

Sept. 29 - *Perfect Days*

Hirayama feels content with his life as a toilet cleaner in Tokyo. Through unexpected encounters, he reflects on finding beauty in the world. Nominated for Best International Film, this movie is in Japanese with English subtitles; 2023; PG; Drama; Wim Wender, Koji Yakusho, 2 hr 5 min.

Tuesday Movies

Sept 3 - *A Family Affair*

A surprising romance kicks off comic consequences for a young woman, her mother and her movie star boss as they face the complications of love, sex and identity. 2024; PG-13; Comedy/Romance; Zac Efron, Nicole Kidman, Joey King, Kathy Bates; 1 hr 54 min.

Sept 10 - *See You On Venus*

Mia and Kyle, two misfit American teenagers, fall in love while traveling through Spain in search of Mia's birth mother. 2023; Romance/Drama; Virginia Gardner, Alex Aiono; 1 hr 34 min.

Sept. 17 - *Late Bloomers*

While in the hospital, an aimless Brooklynite meets a cranky elderly Polish woman leading to a job neither likes. 2023; Comedy; Karen Gillan, Malgorzata Zajackowska; 1 hr 29 min.

Sept. 24 - *Summer Camp (Tuesday Encore)*

Childhood best friends Nora, Ginny and Mary used to spend every summer at a sleepaway camp together. Years later, they seize the opportunity to return to the camp for a reunion filled with food fights, river rafting, and emotional revelations. 2024; PG-13; Comedy; Diane Keaton, Alfre Woodard, Kathy Bates; 1 hr 36 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.



Movie Discussion Group - 9/17

Join our amazing volunteer, Philip, as he leads a discussion about the movie of the month on Tuesday, September 17 right after the movie ends.

Presentations

In-Home Supportive Services Program

IHSS enables seniors & people with disabilities, to hire someone to assist them with everyday tasks which enable them to remain at home and in the community. This workshop will cover who qualifies, how to sign up (including any documents needed), what services the state will pay a caregiver, and a brief intro into the responsibilities of the person getting the services.

Date	Day	Time
September 10	TUES	11 AM

Emergency Preparedness Presentation

Are you prepared for a natural disaster? Join LA Works for a natural disaster preparedness presentation.

Date	Day	Time
September 17	TUES	11 AM

Cedars Sinai - Blood Pressure & Stroke Presentation

Come join Cedars Sinai Marina Hospital and learn about how to identify the signs and symptoms of stroke. Enjoy some light refreshments, learn about what you can do to reduce your risk of having a stroke, and get a free blood pressure screening!

Date	Day	Time
September 26	THURS	9:30 AM - 11 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.

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
September 4	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
September 18	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.

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.

Payment in cash or check is required at time of registration. No classes the week of Thanksgiving. CCSCA Members Only. Registration will take place on Tuesday and Thursday September 17 and 19 respectively from 10 AM - 12 PM.

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. Registration will take place on Tuesday and Thursday September 17 and 19 respectively from 10 AM - 12 PM.

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 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 for this event! The CCSCA Board election will occur in the hallway from November 11 - 15, 2024. We look forward to seeing you there!

2024 Olympics Celebrations Recap

Thank you to everyone who participated in our Olympics Celebrations. We are so excited for the Olympics to arrive in Los Angeles in 2028! Take a look at some moments from this year below.



Environmental Programs - 4B Bans Survey



The City of Culver City is exploring proposals to enhance current plastic restrictions and ban common trash pollutants found during Ballona Creek Cleanups including: single-use plastic beverage bottles, single-use plastic carry out bags, balloons, outdoor smoking, and astroturf.

We want to hear from you! Please scan the QR code or go to CulverCityRecycles.com to take a survey to give us your feedback on these proposed bans.

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 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, September 5 at 10:15 AM

Come out and learn about jellies with Craig!

CCSCA Board Meeting

Monday, September 9 at 1 PM

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

Book Club

Wednesday, September 11 & 25 at 2 PM

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

Adventures with Doug on Vancouver Island

Tuesday, September 17 at 3:15 PM

In the late 1800s, there were so many shipwrecks along the western coast of Vancouver Island that the stretch became known as the "Graveyard of the Pacific." A trail was built through the dense rainforest along the coast as an emergency route of rescue for survivors. Today this world famous route is known as the West Coast Trail and is considered one of the most stunning and exciting treks in Canada.

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, Sept. 3 & Oct. 1 at 10 AM

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

Cunning Consumer

Wednesday, September 18 at 11 AM

Join The Cunning Consumer Guy Ellis Levinson as he discusses how to find the right repair shop for your car.

Ask the Physical Therapist

Thursday, September 19 at 1 PM

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

