

CULVER CITY SENIOR CENTER SAFER AT HOME GUIDE



MARCH 2021

1 WHOLE YEAR OF MISSING YOU...



1 year ago in March, the Senior Center closed its doors and although we have spent the past year apart, we all made it through this difficult time together. We miss you all so much and hope to be reunited in our beautiful Senior Center again soon!!



CITY OFFICIALS

Alex Fisch - Mayor
 Daniel Lee - Vice Mayor
 Göran Eriksson - Councilmember
 Yasmine-Imani McMorris - 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

WE ARE HERE FOR YOU!!

IF YOU OR A FRIEND NEED ANYTHING DURING THESE TIMES PLEASE DO NOT HESITATE TO CALL US

Senior Center Business Desk (310) 253-6700
 Staff is available M-F: 9:00 AM - 5:00 PM
 SAT & SUN: 12:00 PM - 4:00 PM

Culver City Coronavirus Hotline (310) 253-6890
 Available M-F: 7:30 AM - 5:30 PM or visit
www.culvercity.org/coronavirus

Senior Meals (JFS) (323) 937-5843

Special Service for Groups (SSG) (310) 253-6717
 Mental Health Resources

Visit our PRCS Department website at:
www.culvercity.org/prcs

View the current and past month's Senior Center Safer at Home Guide online at:

www.culvercity.org/seniorcenternewsletter

Visit the City website at: www.culvercity.org

BE SURE TO FOLLOW US ON SOCIAL MEDIA

PRCS Department Instagram: @culvercityprcs

City Instagram: @culvercitygov

PRCS Facebook: www.facebook.com/CulverCityPRCS

City Facebook: www.facebook.com/CityofCulverCity

Plunge Facebook: www.facebook.com/culverpool

Culver CITY

SENIOR CENTER SAFER AT HOME GUIDE

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It's our 1 year anniversary and we ask that you please celebrate it with us by thanking the people who made it possible for us to stay connected while apart.

Please share a wonderful experience that you've had with the Senior Center over the past year with our City Council members or City Manager. Feel free to email them at city.council@culvercity.org or the City Manager at john.nachbar@culvercity.org. If you are not computer savvy, you can call (310) 253-6000.

Health & Wellness

National Nutrition Month 2021



National Nutrition Month is a time to learn more about how to make informed food choices and develop sound eating and physical activity habits. Set small, realistic goals that help you make positive changes to avoid becoming overwhelmed or being too restrictive. Try the following weekly goals in your daily routine during the month of March.

Week 1: Eat a variety of nutritious foods every day.

- Choose healthful foods from all food groups. Half your plate should be vegetables and fruits.
- Hydrate healthfully with beverages like water, milk, or tea.
- Learn how to read and understand Nutrition Facts labels.

Week 2: Plan your meals and snacks each week.

- Use a grocery list to shop for healthful foods. Evaluate the food in your refrigerator, freezer and pantry to generate the list.
- When dining out, review the menu ahead of time to help locate healthful options.
- Choose healthful snacks to have on-hand each week.

Week 3: Expand upon your range of food choices to diversify your diet and find new flavors to enjoy.

- Next time you go grocery shopping or dine out, select a new fruit, vegetable, spice or whole grain to try.
- Try a new international dish, like Middle Eastern, African, or Asian Indian.
- Start with familiar favorites with one new food or flavor on your plate. Commit to a few bites and know you'll have an "out" by eating the other foods on your plate.

Week 4: Visit a Registered Dietitian Nutritionist (RDN) to help you thrive through the transformative power of food and nutrition.

- RDNs provide sound, easy-to-follow personalized nutrition advice to help you meet your nutrition goals.
- Ask your doctor for a referral to an RDN or meet with RDNs in a variety of settings throughout your community.
- To find an expert in your area, visit the Academy of Nutrition and Dietetics' website at www.eatright.org.



Virtual Senior Classes

Heartfulness Meditation

This session includes guided relaxation and meditation. It is open to anyone interested in learning meditation the heartfulness way.

Instructor: Prasad Singamsetty

Date	Day	Time
On-Going	F	1:00 PM - 2:00 PM

Line Dancing

Learn a variety of line dances and western struts in this class. It is a fun and very social way to exercise! No partner needed.

Instructor: Jackie English

Dates	Day	Time	Level
On-Going	M	12:00 PM - 12:45 PM	Beginners
On-Going	M	12:45 PM - 1:15 PM	Intermediate
On-Going	M	1:15 PM - 2:00 PM	Advanced
On-Going	F	12:00 PM - 12:45 PM	Beginners
On-Going	F	12:45 PM - 1:15 PM	Intermediate
On-Going	F	1:15 PM - 2:00 PM	Advanced



Mindbodydance@home

A joyful mind-body workout blending movement and music.

Instructor: Maribeth Dougherty

Date	Day	Time
On-Going	M	10:00 AM - 11:00 AM
On-Going	TH	10:00 AM - 11:00 AM

Sit N Be Fit

Join Cristina as she walks you through a series of chair exercises that you can do from the comfort of your own home!

Instructor: Cristina Gabor

Date	Day	Time
On-Going	W	10:00 AM - 10:45 AM

IF YOU WOULD LIKE ACCESS TO ANY OF OUR VIRTUAL CLASSES, PLEASE EMAIL INFO.SENIORCENTER@CULVERCITY.ORG AND WE WILL SEND YOU THE CLASS' ZOOM LINK AND MEETING ID.

Tai Chi

A class focused on slow, circular stretching motions and bodily balance.

Instructor: Anton Summers

Date	Day	Time
On-Going	M	9:45 AM - 10:45 AM
On-Going	SAT	9:45 AM - 10:45 AM

Yoga

Improve your posture, balance and coordination with the physical exercise, breath control, positive thinking and meditation that yoga provides.

**Helpful to have a yoga mat, sturdy chair (without rollers) and yoga blocks.*

Instructor: Philip Henrikson

Date	Day	Time
On-Going	M	2:30 PM - 4:00 PM

Zumba

Experience a low impact workout featuring easy to follow Latin inspired dance moves.

Instructor: Sandy Whitfield

Date	Day	Time
On-Going	TH	9:00 AM - 10:00 AM

Gentle Chair Yoga Pre-Recorded Videos

Students will perform posture and breathing exercises with the aid of a chair. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction.

**These are pre-recorded videos that seniors can receive access to and watch whenever they'd like.*

Instructor: Caroline Scherzer





Virtual Concerts

Bob Levy "The Music Man"

Bob returns with his guitar, storytelling and those nostalgic songs from Frank Sinatra, Doris Day and others. You won't want to miss this hour of fun!

Date	Day	Time
March 17th	W	1:00 PM - 2:00 PM

Music Mends Minds

Join Music Mends Minds for a fun filled concert three times a week! Music Mends Minds is a nonprofit that creates musical support groups for patients with Alzheimer's, dementia, Parkinson's, traumatic brain injury, stroke, and PTSD. These musical support groups foster a community between the musicians and singers, as well as their families, friends, and caregivers, all of whom thrive on socialization and music-making. Join in on one of their global online sing-a-long sessions!

Date	Day	Time
On-Going	M	1:00 PM - 2:00 PM
On-Going	W	1:00 PM - 2:00 PM
On-Going	F	1:00 PM - 2:00 PM

Music with Michael

Our awesome volunteer guitarist, Michael Monogan, will continue hosting his weekly Zoom concerts. Tune in to hear him play the songs of Sinatra, Astaire, Elvis, the Beatles and more!

Date	Day	Time
2/4-2/25	TH	1:00 PM - 2:00 PM



IF YOU WOULD LIKE ACCESS TO ANY OF OUR THESE VIRTUAL CONCERTS OR WORKSHOPS, PLEASE EMAIL INFO.SENIORCENTER@CULVERCITY.ORG AND WE WILL SEND YOU THE CLASS' ZOOM LINK AND MEETING ID.



LET'S GET VIRTUAL!!

Virtual Workshops

Adventures with Doug

Adventure to the Elephant Seals

Not too far from the tiny, but famous seaside town of San Simeon is a far less known spot on the coast, Piedras Blancas. Much of the year, its sandy beach is covered with hundreds... and hundreds of female elephant seals with their pups. But for a few weeks, right around Valentine's Day, the boys come to town. And then the trouble begins! Each of these enormous pinnipeds vies to become big elephant seal on campus. All as the girls jockey for best spot on the beach and the pups squawk to be nursed! Join us for our slide show adventure as we visit amazing Piedras Blancas for its once a year show.



Date	Day	Time
March 12th	F	11:00 AM

California Phones Smartphone Training

Having difficulty hearing or seeing on your smartphone? Attend a FREE online training and make your smartphone work better for you! Learn how to operate the basic functions of your smartphone, send text messages, make text larger, and connect bluetooth devices. This is a two part online training. iPhone and Android smartphone trainings are available.

To register for this workshop, contact smartphonetraining@ddtp.org or call 1(866) 271-1540

Date	Day	Time
Call or Email to schedule your training NOW!!		



Virtual Workshops

All About Metro Transit

Come learn all about Metro, including Metro safety measures during the pandemic, transit safety, schedules and destinations, and more! Participants will be mailed Metro promotional items. Please e-mail ayosco@lapl.org for the Zoom program link.

Date	Day	Time
March 2nd	T	6:00 PM

3rd Annual Westside Safety and Preparedness Fair

Natural disasters are not unique to Southern California. FEMA (the Federal Emergency Management Agency), looking at 18 types of disasters that happen around the United States, found that Los Angeles County is the U.S. community most at risk of suffering a major disaster. As Southern Californians we know all too well the vicious cycle of wildfires, followed by rain which causes mudslides and flooding in burn areas, which results in faster brush growth, which provides fuel for the next round of fires, and the cycle repeats. Ask yourself: Do I have enough food, water, pet supplies, and other necessities stored to sustain me, my family and my pets for at least 10 days? We want to help you "prepare, survive and thrive"



Our keynote speakers are:
Dr. Anne Rimoin, PhD, Epidemiologist at UCLA
Mark Benthien, geologist and Exec. Dir of Earthquake Country Alliance
L.A. Fire Dept. Capt. II John Ignatczyk, Disaster Preparedness Officer
All presentations are virtual and each will be followed by live Q & A sessions.

Date	Day	Time
March 7th	SUN	11:00 AM - 3:00 PM

If you would like access to these virtual workshops, please email info.seniorcenter@culvercity.org and we will send you the link to register.

WOMEN'S HISTORY



March is National Women's History Month!!
Check out these super informative virtual programs in celebration of women's history in the United States.

Library of Congress Rediscovering Eleanor Roosevelt

Author David Michaelis' "Eleanor" is the first major biography of America's longest-serving first lady in 60 years. Much of its research was conducted in the Library's Manuscript Division, including the papers of the NAACP and the National Women's Trade League, as well as the personal papers of Kermit and Belle Roosevelt, Theodore Roosevelt Jr. and Edith Bolling Galt Wilson, second wife of President Wilson.

This event will be premiered on Facebook & Youtube.

Date	Day	Time
March 18th	TH	4:00 PM - 5:00 PM

National Archives Museum Meet Alice Paul

Alice Paul is portrayed by Taylor Williams, an inspirational and talented actor with American Historical Theatre. Alice Paul, a supreme strategist, revitalized the woman suffrage movement in the early 20th century with her determination, resolve, and unique plan to convince the nation that women deserve the right to vote. A question-and-answer session with Alice Paul will follow the presentation.

This event will be premiered on Youtube.

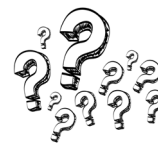
Date	Day	Time
March 18th	TH	8:00 AM - 9:00 AM

VIRTUAL WORKSHOPS



March Trivia Questions with Answers

Thank you to the Senior Center's very own monthly trivia instructor, Mike for creating these questions! Answer 10 or more and you are considered an expert; 8-9 very good, 6-7 you are okay at trivia, 5 or less, come to our monthly class when the Senior Center reopens and practice your trivia skills.



1. St. Patrick's Day is coming up! In what century did St. Patrick's Day become an official feast day and in what country?
2. Green has not always been the color associated with St. Patrick and St. Patrick's Day. What was the first color associated with St. Patrick? Which city in the United States turns their river the traditional color green for the occasion?
3. Baseball season is approaching. Dustin Pedroia just retired from the Boston Red Sox as one of ten players in Major League Baseball history to win Rookie of the Year, League MVP, a Golden Glove and a World Series Title throughout his career. Who are 5 of the other MLB players who have also received all of these titles? *Hint - 7 of the players are retired, and 3 are still active.*
4. What is the actual date for Ides of March and what happened on that day?
5. It is March Madness month. Which college has made the most Final Four appearances?
6. In March of 1929 what item was installed in the White House for the first time?
7. On March 1, 1960, who had the #1 chart hit, "Let It Be Me"?
8. With the Oscars coming up next month, who was the last actor to win back to back Oscars and for what movies?
9. What long running TV show debuted on March 15, 1958 with first guests of the show being Connie Francis, Pat Boone, and Jerry Lee Lewis?
10. What is the last sign in the zodiac and involves a birthday in early March? What is the birthstone if you are born in March? What is the flower of March?



Answers: 1. 17th Century in Ireland, 2. Blue, & Chicago, 3. Willie Mays, Frank Robinson, Johnny Bench, Cal Ripken Jr., Pete Rose, Thurman Munson. Current: Albert Pujols, Buster Posey, Cody Bellinger. 4. March 15, Julius Caesar was assassinated in 44BC, 5. North Carolina, 6. Telephones, 7. The Everly Brothers, 8. Tom Hanks in 1994/1995 for Philadelphia and Forrest Gump, 9. The Dick Clark Show, 10. Pisces, Aquamarine (Bloodstone some people consider), Daffodil



Luck of the Irish



St Patrick's Day Mini Pot of Gold Giveaway

Are you feeling lucky this St. Patrick's Day?? Sign up to receive a FREE mini pot of gold from the your favorite little leprechauns at the Senior Center!! To reserve a mini pot of gold, you must email info.seniorcenter@culvercity.org or call the Business Desk at (310) 253-6700 beginning Wednesday, March 3rd at 10:00 AM.

Happy
St. Patrick's
day!

The mini pots of gold will be available for pick up on Wednesday, March 17th between 1:00 PM - 2:00 PM in the Senior Center parking lot. Please enter the parking lot off of Culver Blvd. and exit on to Overland Ave. Come dressed in green and your favorite St. Patrick's Day attire! *Face masks are mandatory at this event & you must stay in your vehicle at all times.*



Virtual St. Patrick's Day

Virtual St. Patrick's Day Parades Around the World

Have you ever wanted to visit Dublin, Ireland or a new City in the United States for St. Patrick's Day?? Well, now is your chance!! Cities all around the world have transitioned their annual St. Patrick's Day parades to virtual events! Be sure to check these out...

1. Ireland's 2021 St. Patrick's Day Festival will run from March 12th - March 17th and will be broadcasted through SPF TV, a St. Patrick's Festival TV Channel, at www.stpatricksfestival.ie. This will be a rich and dynamic program of St. Patrick's Day Festival events, created by hundreds of artists, musicians, performers, arts and live events workers, and community organizations across Ireland. It will run over six days and nights, marking Ireland's national day and offering a joyous and uplifting celebration of the country's contemporary culture and traditional heritage.
2. 2021 Virtual St. Patrick's Day Party in San Francisco! For the 2021 virtual edition, the organization is inviting the Bay Area community to submit photographs and videos of remembrances and past parades. These videos and photographs will compiled to create a virtual parade experience that you do not want to miss! The virtual parade will be broadcasted on the United Irish Society of San Francisco's Facebook page on March 13, 2021 at 11:30 AM.



Spring Baskets



Goodbye Winter, Hello Spring!

To welcome Spring, the Senior Center is teaming up with the Culver City Farmer's Market to create farm fresh fruit and vegetable baskets for your enjoyment!! YUM! This event will be happening in early April, however we are so excited, we wanted to get the word out now!! To reserve a farm fresh fruit and vegetable basket, you must email info.seniorcenter@culvercity.org or call the Business Desk at (310) 253-6700 beginning Tuesday, March 23rd at 10:00 AM.

The farm fresh fruit and vegetable baskets will be available for pick up on Tuesday, April 6th between 3:00 PM - 4:00 PM in the Senior Center parking lot. Please enter the parking lot off of Culver Blvd. and exit on to Overland Ave.

Face masks are mandatory at this event & you must stay in your vehicle at all times. Thank you to Tower Insurance & Westfield Culver City for donating the items to make this program a success.



March Madness

Are you a basketball fan??

If you are a sports fan, you have probably heard of March Madness! March Madness refers to the time of year when the NCAA men's and women's college basketball tournaments are held. One way sports fans are able to participate in March Madness is by filling out a bracket. A March Madness bracket is the grid of all the teams in the tournament and the path they have to follow to the Final Four and the championship game. This year, we want YOU to create a mini bracket and pick which teams you think will be in the Final Four. If you don't know anything about basketball, that's okay!! You can pick your top four teams based on your favorite colors, the mascot, or favorite city! Call a relative or friend who is a big sports fan to ask about more info!

HERE ARE THE RULES



1. You must email your Final Four picks to info.seniorcenter@culvercity.org or mail your picks to Culver City City Hall, Attn: Senior Center 9770 Culver Blvd. Culver City, CA 90232
2. Please include your first & last name, phone number, and home address.
3. March 14th is Selection Sunday - the teams will be listed online, in your local newspaper, and on the news!
4. The letter must be post marked by Saturday, March 20th.
5. You will receive 1 point for each team that you picked correctly.
6. Seniors with 2 or more points will receive a prize!!

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



National Nutrition Month

CalFresh Healthy Living Workshop

March is National Nutrition Month!!

This month, LA County is offering a CalFresh Healthy Living Workshop series every Tuesday in March! Topics include but are not limited to:

- How to boost your immune system
- Ways to incorporate more fruits and vegetables into your meals
- How to build healthy meals and snacks
- Food safety



The classes are offered Tuesday, March 9th, 16th, 23rd, and 30th from 2:00 PM - 3:00 PM. If you are interested in attending these classes please call 310-953-0175 by 12noon on March 8th to sign up!

Local Farmer's Market Benefits

Market Match Available at La Cienega and Culver City Farmer's Markets

Spend your EBT/P-EBT benefits to receive an additional \$10.00 for fresh fruit and vegetables at the La Cienega and Culver City Farmer's Markets.

LA CIENEGA FARMERS MARKET

1835 La Cienega Blvd
 (Corner of 18th & Holt Avenue)
 Thursdays, 2:00 PM - 7:00 PM
www.lacienegafarmersmkt.com

CULVER CITY FARMERS MARKET

3800 Main Street, Downtown Culver City
 (Corner of 18th & Holt Avenue)
 Tuesdays, 2:00 PM - 7:00 PM
www.culvercityfarmersmarket.org

****Must spend EBT/P-EBT benefits at these farmers markets to receive incentives. Receive up to \$10.00 per household while supplies last.***

March is National Nutrition Month



NATIONAL NUTRITION MONTH

More Cool Information



A Year-Long Art Installation at Helms Bakery

In an effort to find comfort and connectedness through art, architecture, and design, Helms Bakery District in partnership with the Culver City Arts Foundation, is hosting and curating Projecting Possibilities, a video installation featuring a new artist each week for 52 weeks, an entire year of rotating digital art exhibitions to celebrate, nourish, support, and promote Los Angeles-based artists.



To view the artist schedule, please visit:

<http://helmsbakerydistrict.com/projecting-possibilities/>

The artists' work may be viewed from sunset until 2:00 am on the entrance of the Helms Design Center at 8745 Washington Boulevard, projecting out for street-side viewing. We encourage you to drive by once a week and enjoy each artists' beautiful art work!

Free Internet Service at Los Angeles County Libraries

The Los Angeles County Library has launched a "Park & Connect" service, providing free Wi-Fi outdoors in the parking lots of participating libraries. You do not need to have a library card to connect to Wi-Fi. If you do not have a car, find a place to sit within 25 feet of the library while ensuring you are keeping at least 6 feet distance from those around you.

Getting Connected is simple:

1. Park in a library parking spot
2. Bring a wifi enabled device
3. Connect to CountyLibraryWiFi
4. Read and accept the wifi policy
5. Close and reopen your browser



Blind Date with a Book Goes Audio!!

We recently received a donation of audio books (CD Format and Cassette Tape Format). We have mysteries by Sue Grafton, Thrillers by Dan Brown, and Classics by Toni Morrison- just to name a few. Do you want to fill your day listening to an exciting book read aloud to you? All you have to do is call or email Senior Center staff member, Adam, and tell him your favorite genre and the audio format you need. Adam will pick out 1 book and have staff drop off the book at your home. The book will be a surprise just like a blind date!

Adam's phone number is (310) 253-6728 and his email is adam.ferguson@culvercity.org.

And don't forget we still have our Senior Center Library and Large Print Library that you can always request books from.

blind?date





VIRTUAL EGG-STRAVAGANZA

SAVE THE DATE - SATURDAY, MARCH 20TH & SUNDAY, MARCH 21ST

Do you have grandchildren living in Culver City?? Are there young children in your neighborhood?? Be sure to let them know our annual Spring-Eggstravaganza has gone virtual!! Get ready to hop through our Culver City Parks with a virtual scavenger hunt!! Follow Culver City PRCS on Facebook and Instagram for more details!!



**VISIT OUR VIRTUAL RECREATION CENTER AT WWW.CULVERCITY.ORG/VIRTUALRECREATION
OUR VIRTUAL RECREATION CENTER IS FILLED WITH ONLINE RESOURCES TO KEEP YOU BUSY UNTIL WE CAN ALL GATHER TOGETHER AGAIN IN GOOD HEALTH.**

STAY LOCAL—WITH RESOURCES AND CLASSES FROM LOCAL CULVER CITY BUSINESSES.

STAY ACTIVE:

- **MOVE YOUR BODY**—WITH LINKS TO AT HOME FITNESS CLASSES
- **EXERCISE YOUR BRAIN**—THIS WILL LINK YOU TO WEBSITES SUCH AS THE LA COUNTY LIBRARY, WHICH OFFERS A HUGE VARIETY OF RESOURCES INCLUDING EBOOKS & MOVIES
- **HAVE FUN**—WITH LINKS TO VIRTUAL TOURS OF THE WORLD’S MOST FAMOUS MUSEUMS, NATIONAL PARKS, & THE AQUARIUM OF THE PACIFIC

STAY CONNECTED—WITH TIPS ON HOW TO STAY IN CONTACT WITH FRIENDS & FAMILY

STAY SAFE—WITH THE LATEST AND MOST UP-TO-DATE INFORMATION REGARDING COVID-19 AND RESOURCES TO KEEP YOU INFORMED ON HOW TO STAY NOURISHED DURING THIS TIME



VALENTINE’S DAY CANDYGRAM DELIVERIES TO SENIORS OVER THE AGE OF 90!!

Our PRCS team had so much fun delivering the Valentine’s Day Candygrams to our seniors over the age of 90! Thank you to PRCS Commissioner, Kay Heineman, for helping make deliveries, as well as all of our other awesome volunteers and staff! If you would like to see more pictures from the event, check out our Culver City PRCS Facebook and Instagram.

Don’t forget to call us!!

**Call the Business Desk at (310) 253-6700 if you or a friend need anything.
We are always here to help!!**