

# Celebrate in May!

# it's Senior Month 2015!

## Senior Month

### "I'll Be Me" 2014 documentary film

**Day:** Monday, May 11, 2015

**Time:** 6:30 p.m.

**Place:** City Council Chambers,  
625 N. San Vicente Boulevard

**Cost:** Free

**Call:** (323) 848-6820 to RSVP and  
for more information

*"I'll Be Me" follows legendary musician Glen Campbell on his farewell tour after he is diagnosed with Alzheimer's disease, as he and his family navigate the unpredictable nature of the disease through love, laughter and music. Co-sponsored by the City's Senior Advisory Board and Disability Advisory Board, the film will be followed by a discussion with experts in the field of Alzheimer's disease.*

### Senior Health Fair

**Day:** Tuesday, May 19, 2015

**Time:** 9:00 a.m. - 12:00 p.m.

**Place:** Community Center  
at Plummer Park,  
7377 Santa Monica Boulevard

**Cost:** Free

**Call:** To make a reservation for  
lunch, call (323) 848-6820 or for the  
hearing impaired (323) 848-6496

*The 14th Annual Senior Health Fair will feature demonstrations, health screenings and information from a variety of community organizations. Complimentary lunch will be provided.*

### Senior Advisory Board Meeting and Reception

**Day:** Wednesday, May 27, 2015

**Time:** 2:00 p.m.

**Place:** City Council Chambers,  
625 N. San Vicente Boulevard

**Cost:** Free

**Call:** (323) 848-6510 for more  
information

*Participate in the Senior Advisory Board's discussions of important community issues for Seniors in West Hollywood. Outstanding members of the Senior community will be honored and contributors to "Senior Moments" will read from their short stories and poems. Refreshments will be served.*

**Excursions** To make  
a reservation or for more  
information, call (323) 876-1717

### Wayfarers Chapel and Pt. Vicente Interpretive Center

**Date:** Thursday, May 7, 2015

**Time:** Bus leaves at 9:45 a.m. from  
Fountain/Vista parking lot; return  
by 3:30 p.m.

**Place:** Rancho Palos Verdes

**Cost:** Members \$15.00

Non-Members \$20.00

*Join us for a guided tour of Wayfarers Chapel, also known as "The Glass Church" and noted for its unique modern architecture and location on the cliffs above the Pacific Ocean. Then, take a docent-led tour of Pt. Vicente Interpretive Center—a beautiful park overlooking the ocean. Bring a picnic lunch and enjoy watching majestic grey whales break the waves!*

### The King and I

**Date:** Sunday, May 17, 2015

**Time:** Bus leaves at 1:30 p.m. from  
Santa Monica/Martel parking lot;  
return by 7:00 p.m.

**Place:** Glendale Centre Theatre

**Cost:** Members \$30.00

Non-Members \$35.00

*Come see one of Broadway's greatest Rogers and Hammerstein musicals. A young widow is brought to Bangkok to tutor the King of Siam's children. As the two grow closer together, they slowly begin to understand each other's traditions and values. Show-stoppers, like "Getting to Know You", "Shall We Dance?" and "I Have Dreamed", will warm your heart and lift your spirits.*

### J.M.W. Turner: Painting Set Free

**Date:** Thursday, May 21, 2015

**Time:** Bus leaves at 10:00 p.m. from  
Fountain/Vista parking lot; return by  
3:00 p.m.

**Place:** The Getty Center

**Cost:** Members \$10.00

Non-Members \$15.00

*Don't miss the first major exhibition on the West Coast devoted to the masterful British painter. Extraordinarily inventive and enduringly influential, J.M.W. Turner (1775-1851) produced his most important and famous works after the age of 60. This major international loan exhibition brings together over 60 key oil paintings and watercolors. Bring your ID to secure a free audio tour. Enjoy lunch at the café.*

## Events

For more information,  
call (323) 848-6826

**14th Annual Russian  
Arts and Culture Week:  
Saturday, May 2 -  
Saturday, May 9, 2015**

### Russian Arts and Culture Festival

**Date:** Sunday, May 3, 2015

**Time:** 11:00 a.m. - 7:00 p.m.

**Place:** Plummer Park,  
7377 Santa Monica Boulevard

**Cost:** Free

*The Russian Arts and Culture Week offers unique, family friendly events celebrating the rich culture and heritage of Los Angeles' Russian-speaking community. The week kicks off with the 14th Annual Russian Arts and Culture Festival, which includes a day of entertainment, music, food vendors, Russian crafts and jewelry, and numerous local exhibitors.*

### 10th Annual Russian Community Awards Presentation

**Date:** Tuesday, May 5, 2015

**Time:** 7:00 p.m. - 9:00 p.m.

**Place:** City Council Chambers,  
625 N. San Vicente Boulevard

**Cost:** Free

*Join us for a special televised meeting of the Russian Advisory Board and an evening honoring members of the community for their contributions and achievements.*

### Victory in Europe Day

**Day:** Saturday, May 9, 2015

**Time:** 11:00 a.m.

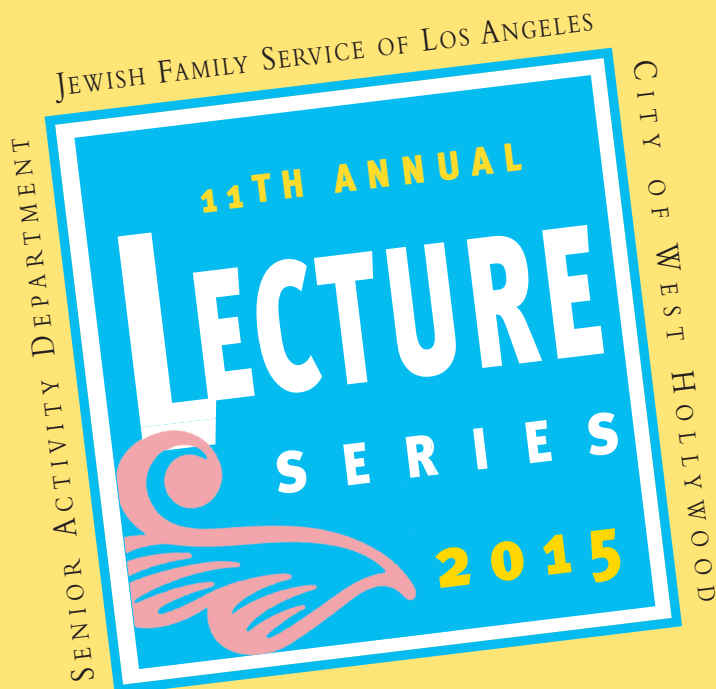
**Place:** Fiesta Hall at Plummer Park,  
7377 Santa Monica Boulevard

**Cost:** Free

*The Victory in Europe Day ceremony marks the defeat of the Nazi forces and offers a remembrance of the estimated 27 million people who died during WWII. Russian-speaking residents who are veterans of the Soviet military of WWII will be honored.*



Sponsored by the  
City of West Hollywood  
and Jewish Family Service of Los Angeles



## Additional excursions, lectures, and classes

take place throughout the year.  
Please contact the Activities  
Department for more information  
at **(323) 876-1717**.

### Lecture 1: Healthy Seasonal Eating

*Presented by Diane Schneider, JFS Nutritionist*

**Date:** Tuesday, May 5, 2015

**Time:** 1:00 p.m. - 2:00 p.m.

**Place:** Plummer Park, 7377 Santa Monica Boulevard, Room 2

**Cost:** Free

**Call:** (323) 876-1717 for more information

Join us for a presentation on how to get the most health benefits out of seasonal produce. Diane will prepare delicious dishes for you to sample. She will also share her recipes so you can try them at home. Live healthy - live happy!

### Lecture 2: Container Gardening

*Presented by a Master Gardener*

**Date:** Thursday, May 14, 2015

**Time:** 1:00 p.m. - 2:00 p.m.

**Place:** Plummer Park, Senior Patio

**Cost:** Free

**Call:** (323) 876-1717 for more information

Come to this hands-on workshop where you will be provided with small seasonal vegetable plants. Learn how to properly transplant them into a container and take care of them, so you can later use these home-grown vegetables in your favorite recipes. Try your hand at gardening - a fun and rewarding experience that allows you to grow your own vegetables!

