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JULY 2025 NEWSLETTER



This Friday our country will celebrate Independence Day. This holiday is a good time for each of us reflect on the principles that our country was founded on and the values we want to live by as Americans. We can also take this time to celebrate the independence we help foster for our Client Members. By coming together to support our older neighbors with chores, errands, rides and social activities, we enable them to remain living in the homes they love for as long as possible - and that's something to celebrate! Thanks to all of you for supporting our Village.

July also brings the lazy days of summer, some welcome sunshine and warm weather, and the return of our Picnics in the Park. We hope you'll join us at Burton Chase Park in Marina del Rey on Friday, July 18th from 12-2pm for a brown bag

lunch. We'll provide the drinks and ice cream! Prospective Clients, Volunteers, Friends and family members are welcome.

Happy 4th of July! (and please remember, the Office will be closed on the 4th).

July Calendar

- 7/1 Tea & Chat 2-3:30pm
- 7/4 ***Happy 4th of July - the Office will be closed***
- 7/7 Scrabble Group 1:30-3pm
- 7/8 Tuesday Lunch Club at Raintree 12-1:30pm
- 7/10 Bingo at Westmont 11-12pm
- 7/15 Tea & Chat 2-3:30pm
- 7/16 Potluck Lunch at Diane Moreau's 12-1:30pm
- 7/16 Author Talk with Barbara Kazdan - Oh I'm a Widow, 4:30-6pm* **Open to Non-Members**
- 7/18 Picnic & Ice Cream in the Park, 12-2pm,* **Open to Non-Members**
- 7/21 Caregivers' Circles: Group #1 1-2:30pm, Group #2 1:30-3pm
- 7/24 WPV On The Move – California Science Center, 9am
- 7/29 Woman's Discussion Group 3-4pm
- 7/31 Movie Trek – afternoon time TBD

*Details below

These events are for Members (Clients, Friends and Volunteers) only, unless indicated "open to non-Members."

Details for Member-only events will be shared in the Member Connection emails, or by emailing RSVP@thewpv.org or contacting the office at (310) 695-7030. The calendar is available on our website [here](#).

No-Cost rides are available to all WPV Member events.

Grant Received for New Laptops



The Culver City Rotary Community Foundation made a \$2,000 grant to WPV that enabled us to buy new laptops for our office staff and volunteers! We're very grateful for their support and happy to get rid of our slow, 7-year old computers. A big thank you to the Culver City Rotary Community Foundation for making this donation.

July 18 Picnic & Ice Cream in the Park

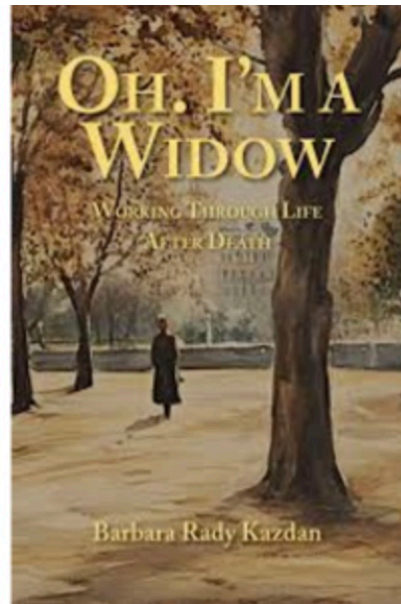


Now that the warm weather is here we're bringing back our summer Picnics in the Park! On Friday July 18th from 12-2pm, bring a brown bag lunch and we'll provide the drinks, a variety of ice cream treats and the opportunity to socialize and relax. This event is open to all Members and Non-Members, so it's a good time to bring a prospective Client, Friend or Volunteer. Location: Burton Chase Park, Marina del Rey. Look for us at the covered picnic tables.

So we can get a headcount, please RSVP to rsvp@thewpv.org or call the Office at (310) 695-7030.

July 16: Author Talk on Widowhood

We're excited to host author Barbara Kazan who will share her personal experiences of learning to cope with the challenges of widowhood and working through life after a death, which she explores in her book, *Oh I'm a Widow*. Join this virtual Zoom talk on Wednesday, July 16th from 4:30-6pm. Open to non-Members; please RSVP to rsvp@thewpv.org or call the Office at (310) 695-7030.



Dying to Talk About It



Natalie Noel recently rejoined the staff at WPV after a several year hiatus, working on programs and special projects. She is trained end-of-life doula and certified grief educator. She will have occasional features in our Newsletter.

The Last Chapter: Who Helps Us Turn the Page?

As we enter our later years, it's both meaningful and important to reflect on our lives and thoughtfully prepare for what lies ahead—even when that feels difficult or daunting. An end-of-life doula is a non-medical professional who provides emotional and practical support to individuals and their loved ones during the final stages of life.

Although doulas are often known for supporting people near the end of their lives, their care can begin much earlier. Whether you're living with a diagnosis, caring for a loved one, exploring your own end-of-life wishes, or simply curious about what a good death might look like, a doula can be a calm, supportive presence. Their work is about living with intention—and approaching life's final chapter with meaning, clarity, and care.

Do you have a question about death, dying, or grief? If you're curious or navigating any part of this journey yourself, I'd love to hear from you. Feel free to email me at natalie@thewpv.org, and I'll answer your question in an upcoming newsletter.

Recap: June Activities

We had an action-packed month of social activities to kick off the summer, starting with a well-attended Lunch Bunch outing at the Nook on June 5th.



On June 10th a group of WPVers enjoyed the Space Park Chorale concert in Manhattan Beach, in support of Chorister and WPV Board member Peter Palmer.



A WPV group had a private tour of the Ballona Wetlands Ecological Reserve with Walter Lamb of the Ballona Wetlands Land Trust on June 13th. Walter shared his encyclopedic knowledge of the area, pointing out wildlife including Red-tailed Hawks, Side-blotched Lizards, Snowy Egrets, Great Blue Herons and a Yellow-crowned Night Heron. The key plants we saw were Alkali Heath, California Sagebrush, Seaside Heliotrope and Alkali Weed. It was an enjoyable outing and we learned a lot about the efforts to preserve the native plants and wildlife. Area A of the Wetlands (opposite Whiskey Reds on Fiji Way in Marina del Rey) is open to the public on Wednesdays, it's definitely worth a visit!

Volunteer Deidre Lee hosted a Sing-a-long at the Westchester Senior Center on June 17th, with classic tunes from Frank Sinatra, Judy Garland, Ella Fitzgerald, The Beatles and more.



We enjoyed a final happy hour at Tony P's in Marina Del Rey on June 27th, before they closed their doors for good.



The monthly Movie Trek group on June 27th went to see the Phoenician Scheme at the Laemmle Film Center in Santa Monica, followed by lunch at Tender Greens.



June 27th Special Delivery

The 4th of July came early for our Clients, who received our crowd-favorite Costco Hot Dog and other goodies delivered to their doors for this month's special delivery. Thank you to our volunteers who assembled and delivered almost 70 meals on Friday!





Free Community Events

Aging Solo: Staying Safe, Secure and Supported: On Thursday July 10th from 10-11:30am, Join SSG Specialist, Tanner Gish, Owner of Loving Homecare, Inc. for an engaging discussion about aging solo. This Zoom seminar provides helpful information on key steps to consider when planning to live independently, ways to remain active and connected, and strategies to reduce loneliness and isolation. Participants will receive a guided roadmap to successfully prepare for a safe, secure, and supported future.

This Zoom event is sponsored by the Foundation for Senior Services in partnership with the Pasadena Senior Center.

[Register](#)

Shakespeare on the Bluff will be putting on a performance of Measure for Measure on July 10, 11 and 12 on the Drollinger Stage at Loyola Marymount University. Doors open at 6 and the 90 minute show starts at 8pm.

[Learn More](#)

Summer Music Series: Culver City is pleased to present their Summer Sunset music series on Thursday evenings beginning on July 17th at 7 PM. Location: Town Plaza at the Culver Steps at 9300 Culver Blvd. The free, family-friendly series will run every Thursday evening until August 28th.

[Learn More](#)

Blood Drive: Summer months are typically tough for the blood world, but it has been especially hard these last few weeks due to the Cedars-Sinai bloodmobile being out for repairs. There is a blood drive on Thursday July 17 at the Culver City Fire Station at 9600 Culver Blvd. To sign up, Click on "Find other drives" and type in your zip code to sign up for the one on the 17th.

[Sign Up](#)

Article: Meditation - a Simple, Fast Way to Reduce Stress

Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most.

[Read Article](#)

In Loving Memory

We are sad to report that we lost Client Mildred Hanson this past month. We will miss her warm presence in our Community and will hold dear her memory.



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#THEWPV



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