

MB SENIOR NEWS

OCTOBER 2016



Location of Older Adult Program (OAP) activities noted in this newsletter are as planned. Programs are subject to change. Where reservations are required, unless otherwise noted, please call (310)802-5430. **Because of limited parking we encourage everyone to use public transportation or Call Dial-A-Ride at (310)545-3500.** To see more events, classes or trips go to www.citymb.info and in the search box, type in: Older Adults Program. For more information call (310)802-5447.

**OlderAdults
Program**
CITY OF MIRAMAR (310) 802-5447



SPECIAL ACTIVITIES



Android and PC Class - Training

new

Sherri Roman has spent many years teaching and tutoring computer users. She is volunteering her time and passion for computer training to help explain PC and Android technology to those who need assistance. Learn how to use your PC and Android phone, get questions answered, share ideas, and get user tips.



First and Third Wednesdays every Month

Wednesday October 5—2:00pm-4:00pm Android Class

Wednesday, October 19—2:00pm-4:00pm PC Class

Cost: FREE

Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach

BRAILLE INSTITUTE FREE LOW VISION CONSULTATIONS



The Braille Institute offers a **wide range of programs and services designed to help people with vision loss**. Free one-on-one vision consultations are available to help the visually impaired determine the correct devices to maximize their remaining vision. Each month the Braille Institute's Mobile Solutions Van comes to Manhattan Beach. **In addition to helping to find the most appropriate magnifying device to help make daily life easier, the Low Vision Rehabilitation Specialist provides referrals to assist the visually impaired person in other areas.** Referrals may be made for medical programs, Veterans benefits, Social Security benefits, or adaptive equipment such as telephones. **You need not be legally blind. Appointments are required for the Braille Institute's Mobile Solution Van.** Please contact the Braille Institute for at (323) 663-1111, ext. 1242 for appointments or additional information.

Next Visit: October 4, 2016
Where: Joslyn Community Center
1601 Valley Drive, Manhattan



HOMETOWN FAIR!

Due to Hometown Fair some activities will be CANCELLED at the Joslyn Community Center.

The following activities will be CANCELLED:

- ◆ Thursday, September 29, 2016—**NO** Petanque
- ◆ Thursday, September 29, 2016—**NO** Renewal Through Art
- ◆ Friday, September 30, 2016—**NO** Ping Pong
- ◆ Friday, September 30, 2016—**NO** Tai Chi
- ◆ Friday, September 30, 2016—**NO** Bridge
- ◆ Friday, September 30, 2016—**NO** OASIS Movie Club
- ◆ Friday, September 30, 2016—**NO** Tea and Tai Chi
- ◆ Saturday, October 1, 2016 —**NO** Hawaiian Expressions
- ◆ Monday, October 3, 2016—**NO** Ping Pong
- ◆ Tuesday, October 4, 2016—**NO** Horseshoes

Sing-A Long Song Jam WILL be meeting!
OASIS WILL BE OPEN!



FOR INFORMATION, RESERVATIONS,
AND ACTIVITIES PLEASE CALL 310.802.5430

COFFEE, TECHNOLOGY & YOU!

We're BACK!!



Drop in Saturday to Joslyn Community Center for coffee and an opportunity to talk with tech savvy *Mira Costa High School students*. Bring your fully charged devices—phones, iPads, tablets, laptops or just your tech questions. Also, know your Passwords! Learn all about social media sites, adding apps, security and more!

WHERE: **Joslyn Community Center**
1601 Valley Drive, Manhattan Beach

WHEN: **October 15 & October 29 –**
10:00AM —NOON

COST: **Free**

INFORMATION: **Call (310) 802-5430**

MONDAY



"ACTING OUT AGAIN"

Whether you want to spectate or participate, all are welcome. Performing is not a requirement. Enjoyment is mandatory. **COME JOIN US!! Second and fourth Monday.**
October 10 and Oct 24 at the Joslyn Center. Time: 1:30pm-3:30pm.(Free)



HALLOWEEN PARTY ~ OCTOBER 31ST

1:30pm Movie
4:00pm-6:00pm Crafts . Refreshments . Costume Prizes
Tricks and Treats! **RSVP (310) 802-5430**



WALKING GROUP

Time: 8:00AM-9:00AM
Where: Soccer fields off Village Drive
(Also, Wednesdays at 8:00AM and
Thursdays 8:00AM) Free



OASIS DISCUSSION CLUB

Everything's on the table...almost!

Everyone's welcome!
9:30 AM to 12:00 Noon
Every Monday (Free)
Joslyn Community Center



JOSLYN CLUB



1ST MONDAY—OCTOBER 3

10:00am - Business Meeting & White Elephant
Sale, 10:30am-12:30pm Bingo & Snacks

* 3RD MONDAY— OCTOBER 17

10:30 White Elephant Sale and Bingo

PING PONG

When: Every Monday
Time: 10:00am

Where: Scout House
1601 Valley Drive,
Manhattan Beach
FREE!



MANHATTAN HEIGHTS SENIOR CLUB

- ♦ **2nd Monday** 11:30 AM —Heights Senior Club Business Meeting & Potluck, Card Games Following Meeting.
- ♦ **Every Friday** 11:30am—Bingo, followed by 2:00pm Card Games

AGILITY, BALANCE & COORDINATION

Agility is the ability to change the direction of the body in an efficient and effective manner, requiring a combination of balance and coordination. This class will be using common dumbbell weights, balance balls, ladders and cones to perform fun coordination exercises that combine eye-hand coordination working toward greater stationary and moving body balance.

This 10 week session is in progress till Oct 17th.

Come Join Us!

Mondays 8:30am-9:30am

WHERE: Surf Dance Studio in JCC

COST: Free

*Note: Registration required (310) 802-5430.
Supported by Beach Cities Health District.



Medicare



There is a HICAP Volunteer Counselor here in Manhattan Beach to help you with your questions about Medicare. The state-registered Health Insurance Counseling and Advocacy Program (HICAP) volunteer Counselors provide unbiased information, counseling, and assistance on Medicare and related health care coverage, including: Original Medicare (Parts A & B), Medicare Prevention Services, Long-Term Care and much more.

FREE By appointment only please call (310) 802-5430.

Dates: **Nov 21, Dec 5, Dec 19**

Time: 10am-1:00pm

Pickle Ball

When: Every Monday, Tuesday, and Thursday.
Where: Manhattan Heights Park
1600 Manhattan Beach Blvd. Manhattan Beach CA.
Time: 9:00am-Noon
Cost: Free



TUESDAY

LUNCH BUNCH
with Natalie's Kitchen.
You'll love the food!



TUESDAYS AT 11:30AM
Joslyn Community Center
RESERVATIONS REQUIRED 24 hours in advance
(310) 802-5430
\$3 Residents and \$5 Non-residents

10/4	Lentil Soup, Green Mix Salad, Spaghetti & Meatballs, Fruits and Steamed Vegetables
10/11	Borsch, Green Mix Salad, Mashed Potatoes, Fish, Fruits and Steamed Vegetables
10/18	Noodle Soup, Green Mix Salad, Brown Rice, Kebab, Fruits, Steamed Vegetables
10/25	Mushroom Soup, Green Mix Salad, Mashed Potatoes, Stuffed Cabbage, Fruits, Steamed Vegetables

TELL YOUR STORY

Do you think you're not very interesting?
Do you get stage fright when you try



to tell your story? Storyteller Jim, with a variety of storytelling experience, will help you discover you're more interesting than you think, and help you tell your story with confidence.

When: 3rd Tuesday of the Month
Oct .18, Nov.15, Dec. 20
Time: 12:30pm-1:30pm
Where: Joslyn Community Center

SENIOR ADVISORY COMMITTEE MEETING

Time: 1:00pm to 2:30pm
Where: Joslyn Community Center
Public is welcome
Date: Tuesday, October 11



PING PONG

Every Tuesday
Time: 10:00am Scout House
Joslyn Community Center
Cost: FREE

PLAY READING

OCT 4, 2016
1st Tuesday
1:30pm—3:30pm
Joslyn Community Center
Cost: FREE



Color Your World

Coloring has the therapeutic potential to reduce anxiety, create focus and bring about more mindfulness. Like meditation, coloring allows the brain to switch off other thoughts and focus.

Plus its Fun! All Skill Levels Welcome!
Pencils and some coloring books provided; you're welcome to bring your own.

Every Tuesday
9:00am-10:30am
Joslyn Community Center –
Cost: FREE



Blankets of Love South Bay



The mission: cover babies with warmth, love and blessings. Founded in love and hope for every newborn out there. **Blankets of Love South Bay** is working with

Martin Luther King Jr. Community Hospital to donate a hand-made blanket to wrap each newborn as the baby leaves the hospital

Every Tuesday
3:30PM-4:30PM
Joslyn Community Center
BRING YOUR YARN & NEEDLES!!!
MORE INFORMATION:
Call (310) 802-5430



POETRY CIRCLE

2nd and 4th Tuesday of the month
October 11 & 25
Time: 1:00pm-3:00pm

Where: Joslyn Community Center , 1601 Valley Drive, Manhattan Beach **Cost: Free Event**



PICKLE BALL

Every Monday, Tuesday, & Thursday
Where: Manhattan Heights Park
1600 Manhattan Beach Blvd.
Manhattan Beach CA
9:00am-Noon **Cost: Free**

Come & Play Horseshoes

Join the fun at Joslyn Community Center
Every Tuesday at 10:00 AM
Cost: FREE



ALSO ON TUESDAYS...

◇ Arthritis Foundation Exercise Class at Joslyn Community Center at 9:00 AM* Class is also held on Thursday at 9 am at Joslyn Community Center for a nominal fee and requires pre-registration Call (310) 802-5448.

WEDNESDAY



Let's Talk Woman to Woman

*Issues covered will stem from
A (aging) to Z (zippers).*

A discussion group for women ages 55
and older, meeting

Every Wednesday
10:15am to 11:45am

Joslyn Community Center
FREE

Discussion topics regarding women's issues.

Older Adults Night Out On The Town (5PM)

HOUSTON'S



♦ 10/5: HOUSTON'S

♦ 10/12: LEMONADE



♦ 10/19: GRUNIONS



♦ 10/26: HOPDODDY BURGER BAR

Call Dial-A-Ride Office to make reservations
(310) 545-3500

**Note: Cost varies.*

AGILITY, BALANCE, & COORDINATION



Agility is the ability to change the direction of the body
in an efficient and effective manner, requiring a
combination of balance and coordination. This class
will be using common dumbbell weights, balance balls,
ladders and cones to perform fun coordination
exercises that combine eye hand cooperation working towards greater
stationary and moving body balance.

**The 10 week session is in progress - till Oct. 19th
Come Join Us!!!**

Wednesday Morning — 9:00am-10:00am
AND ALSO:

Wednesday Afternoon — 3:00pm-4:00pm

Where: Surf Dance Studio in JCC

Cost: Free

We encourage those who have not taken the class to join.

Registration required (310) 802-5430.

Supported by Beach Cities Health District.

Stamp Group

When: 2nd Wednesday of each month

October 12, 2016

Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach

Time: 2:00pm-3:30pm



Movies to Enlighten

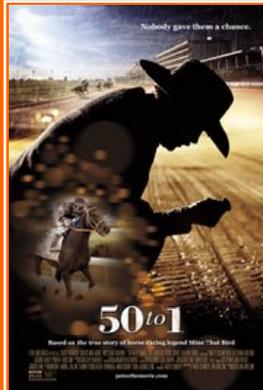
J. Wilson's

50 to 1

Wednesday Oct 19, 2016

1:30 to 3:30 PM

OASIS/FREE



Meet the horse, Mine That Bird, and
two cowboys from New Mexico who
believed the gelding would win the
2009 Kentucky Derby. This is his story,
his owners, trainer and the jockey,

Calvin Borel, who played himself. A heartwarming movie about
risking everything for a shot at glory.



CRAFT CLUB
WEDNESDAYS AT NOON
Joslyn Community Center
Free of Cost

Also on Wednesdays...

Walking Group, 8:00AM-9:00AM Soccer Fields
off Village Drive (Free)



Let's Play On Wednesdays:

Ping Pong—10:00AM—Scout House

Mah Jong—1:00PM—Joslyn Community Center

Shuffleboard—1:30pm—Joslyn Community Center

Chess Club—10:00am—Joslyn Community Center

All Games are Free



THURSDAY

YOUR BOOK CLUB

When: 4th Thursday

Time: 5:30 PM – 7:30 PM

Where: **Joslyn Community Center (OASIS)**
1601 Valley Drive, Manhattan Beach CA.

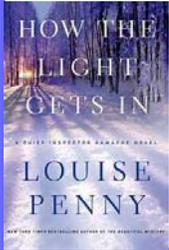
Ages 55 and Older (Free)

The goal of Your Book Club is to promote stimulating talk, discover great books to read, friendships, and to have fun. Everyone will have an opportunity to participate. Books are selected by group consensus and we have rotating facilitators to lead discussions.

Come and enjoy books with us!

October 27, 2016

HOW THE LIGHT GETS IN



Dine 'N Discover



Overview of the **NOVEMBER 8** Ballot Issues
Presented by the League of Women voters of the Beach Cities

In the November election, California voters will decide on seventeen ballot initiatives. Once again the League of Women Voters of the Beach Cities will provide a speaker at the Joslyn Center to present the objective pros and cons of each initiative to help clarify the issues we will face at the polling place on Tuesday, November 8, 2016.

Some of the important issues that California electors will vote on include:
Marijuana legalization . Gun control . Healthcare and drug prices
Condoms in porn . **Plastic bags** . Tobacco Taxes . **Repealing or altering the death penalty** ~ Also, be our guest for a complimentary lunch~

THURSDAY, OCTOBER 20, 2016

11:30 am – 1:00 pm

Joslyn Community Center/ 1601 Valley Drive, Manhattan Beach, CA 90266
RSVP BY OCT 17 Reservations Required, Call for information (310)802-5430

Lunch Bunch 2.0

When: **Thursdays** at 11:30AM

Joslyn Community Center

RESERVATIONS REQUIRED

24 hours in advance (310) 802-5430

\$3 Residents and \$5 Non-residents

	10/6	Grilled Teriyaki Chicken & Vegetables
	10/13	Beef Ravioli with Meat Sauce
	10/20	Replaced by Dine & Discover
	10/27	Tuna Fish Sub, Chips and Cookie

iPad and iPhone -Training

Dayle Eisenhower has had years of teaching and training on computers. She is volunteering her time to help explain technology to those who have questions. Bring your iPhone or iPad to Joslyn and learn!

Thursday October 13, 2016—10am-NOON—iPhone Class

Thursday, October 20, 2016—10am-NOON—iPad Class

ADVANCED iPhone — BACK IN NOVEMBER!

Cost: FREE

Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach



RENEWAL THROUGH ART

Instructor: Mary Jane Casey

Time: 10:30am-12:30pm

July 7, 2016—November 17, 2016

Manhattan Beach Scout House. Class is Free. Students supply their own materials.

Information: 310-802-5430



MOVING & GROOVING FOR FUN & HEALTH!

◇ **Arthritis Foundation Exercise Class** at Joslyn Community Center at 9:00am*
Class is also held on Tuesday at 9:00am at Joslyn Community Center for a nominal fee and requires pre-registration call (310) 802-5448.

- Petanque at Live Oak Field on Thursdays at 1:00pm (Free)
- Walking Group at Soccer Field / Village Drive 8:00am-9:00am (Free)
- Pickle Ball at Manhattan Heights Park 9:00am– Noon (Free)

TRAIN YOUR BRAIN WITH SCRABBLE!

Stimulate your mind and enjoy friendly competition.

All skill levels welcome.

When: Every Thursday

Where: Joslyn Community Center

Time: 1:30pm

Cost: FREE



LINE DANCING

Every Thursday

at the

Joslyn Community

Center

(\$3 per class)

3:00 PM



DIAL-A-RIDE

Open Until 9:00pm on the 2nd & 4th
Thursdays of the Month (10/13 & 10/27)
Make your reservation (310) 545-3500.

OCTOBER 2016 (SPECIAL EVENTS SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			Please see reverse for regularly scheduled WEEKLY ACTIVITIES ; all events are subject to change. Older Adults Program (310) 802-5430
2 HOMETOWN FAIR!!!! 12:30pm-3:30pm Song Jam! Sing-A-Long (JCC)	3 8:30am-9:30am Agility, Balance & Coordination (JCC) 10:00am-1:00pm Medicare Assistance Appt. Required 10:00am Joslyn Club Bus. Meeting 10:30am Joslyn Club White Elephant Sale and Bingo (JCC)	4 10:00am-3:00pm Low Vision Consultations Braille Institute 1:30pm-3:30pm PLAY READING (JCC) 3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY	5 9:00am-10:00am Agility, Balance & Coordination (JCC) 10:00am-5:30pm MINI BUS TRIP Aquarium 2:00pm-4:00pm ANDROID CLASS 3:00pm-4:00pm Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ HOUSTON'S (RES. REQUIRED) (310) 545-3500.
9 1:30PM- 3:30PM PRIME TIME CLASSIC THE THIN MAN	10 8:30am-9:30am Agility, Balance & Coordination (JCC) 11:30am Heights Senior Club Business Meeting, Potluck & Card Games (MHP) 1:30pm-3:30pm "ACTING OUT AGAIN" (JCC) 2:30-5:30pm BUS EXCURSION Florida's Amazing West Coast (RESERVATION REQUIRED)	11 1:00pm-3:00pm POETRY CIRCLE (JCC) 1:00pm-2:30pm SENIOR ADVISORY COMMITTEE MEETING (JCC) 2:00pm-3:30pm Stamp Club 3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY	12 9:00am-10:00am Agility, Balance & Coordination (JCC) 2:00pm-3:30pm Stamp Group (JCC) 3:00pm-4:00pm Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ LEMONADE (RES. REQUIRED) (310) 545-3500.
16	17 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:30am Joslyn Club White Elephant Sale and Bingo (JCC)	18 12:30PM-1:30PM TELL YOUR STORY (JCC) 3:30PM-4:30PM BLANKETS OF LOVE SOUTH BAY	19 9:00-10:00am Agility, Balance & Coordination (JCC) 1:30pm-3:30pm Movies to Enlighten 50 TO 1 2:00PM-4:00PM PC CLASS (JCC) 3:00pm-4:00pm Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town GRUNIONS (RES. REQUIRED) (310) 545-3500 6:00pm ALZHEIMER'S ASSOCIATION Legal and Financial Issues
1:30pm-3:30pm 23 ENCORE MOVIE/ THE INFILTRATOR (JCC - OASIS)	24 1:30pm-3:30pm "ACTING OUT AGAIN" (JCC) 2:30pm-5:30pm BUS EXCURSION An Italian Journey (RES. REQUIRED)	25 1:00pm-3:00pm POETRY CIRCLE (JCC) 3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY	26 5:00pm Night Out On The Town/ HOPDODDY BURGER BAR (RES. REQUIRED) (310) 545-3500.
30	31 1:30-3:30PM MOVIE YOUNG FRANKENSTEIN 4:00PM-6:00PM HALLOWEEN PARTY!!!	7:00pm-8:30pm COMMUNITY INTERACTIVE FORUM Sandpipers: Decades of Philanthropy in our Community	

OCTOBER 2016 (SPECIAL EVENTS SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
		<p style="text-align: right;">1</p> <p style="text-align: center;">Hometown Fair!!!!</p>
<p>10:30am-11:30am Mindfulness (JCC)</p> <p style="text-align: right;">6</p>	<p>10:00am –11:30am Senior Resource Committee (MHP)</p> <p>10:00am OLLI LECTURE —<i>A Poetry Slam with Joslyn’s Poetry Circle</i></p> <p>11:30am—White Elephant Sale (MHP)</p> <p>1:30pm-3:30pm OASIS Movie Club/ THE JUNGLE BOOK (JCC)</p> <p>5:00pm-5:45pm TEA & TAI CHI</p> 	<p style="text-align: right;">8</p> <p style="text-align: center;">10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p>
<p>10:00am iPhone Class (JCC)</p> <p>10:30am-11:30am Mindfulness (JCC)</p> <p>10:30-5:30pm MINI BUS TRIP Octoberfest</p> <p>DIAL-A-RIDE OPEN UNTIL 9:00PM</p>   <p style="text-align: right;">13</p>	<p style="text-align: center;">~ IT’S 50’S DAY !! ~</p> <p>10:00am– 50’S SPECIAL MULTI-MEDIA PROGRAM</p> <p>1:30pm-3:30pm OASIS Movie Club/ AMERICAN GRAFFITI (JCC)</p> <p>4:00pm-5:30pm HAPPY DAY’S BUFFET!</p> <p>5:00pm-5:45pm TEA & TAI CHI</p> <p>8:00PM-11:00PM SWING N’ SWAY COST:\$10 (JCC)</p>   <p style="text-align: right;">14</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> <p>10:00am-Noon COFFEE TECHNOLOGY & YOU</p> 
<p>10:00am iPad Class (JCC)</p> <p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30– 1:00pm Dine & Discover</p> <p>LEAGUE OF WOMEN VOTERS</p>  <p style="text-align: right;">20</p>	<p>1:30pm-3:30pm OASIS Movie Club/ THE INFILTRATOR (JCC)</p> <p>5:00pm-5:45pm Tea & Tai Chi</p> <p>10:00am OLLI LECTURE — <i>Building Cultures of Peace Based on Holistic Evolutionary Aspects of Peace and Non-Violence</i></p> <p>11:30am—White Elephant Sale (MHP)</p> <p>-Redondo beach Health Fair</p>  <p style="text-align: right;">21</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">10:30 –1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> <p>5:00pm - 7:00pm CHUCK JOHNSON AND THE CJS QUINTET SPONSORED BY LOS ANGELES COUNTY SUPERVISOR, DON KNABE</p> <p>Joslyn Community Center Ocean Banquet Hall</p>
<p>9:30am-4:00pm BUS EXCURSION JPL</p> <p>10:30am-11:30am Mindfulness (JCC)</p> <p>5:30pm-7:30pm YOUR BOOK CLUB (JCC)</p> <p>DIAL-A-RIDE OPEN UNTIL 9:00PM</p>  <p style="text-align: right;">27</p>	<p>1:30PM-3:30PM OASIS MOVIE CLUB/ ME BEFORE YOU (JCC)</p> <p>5:00PM-5:45PM TEA & TAI CHI</p> <p>10:00am-11:30am Jewelry Class</p>  <p style="text-align: right;">28</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">10:30am—1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> <p>10:00am-Noon COFFEE TECHNOLOGY & YOU</p> 

OCTOBER 2016 (WEEKLY SCHEDULE)

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		<p>Please see reverse for regularly scheduled SPECIAL EVENTS ACTIVITIES; all events are subject to change. Older Adults Program (310) 802-5430</p>	
2 10:00am-4:00pm OASIS OPEN	3 8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 9:30am OASIS Discussion Group(JCC)	4 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-12:30pm Ping Pong (SH) 11:30am Lunch Bunch (JCC)	5 8:00am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:15am-11:45am Let's Talk...Woman to Woman (JCC) Noon Craft Club (JCC) 1:00pm Mah Jong (JCC) 1:30pm Shuffleboard (JCC)
9 10:00am-4:00pm OASIS OPEN	10 8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 9:30am OASIS Discussion Group (JCC) 10:00am-12:30pm Ping Pong (SH)	11 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)	12 8:00am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:15am-11:45am Let's Talk...Woman to Woman (JCC) Noon Craft Club (JCC) 1:00pm Mah Jong (JCC) 1:30pm Shuffleboard (JCC)
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23 10:00am-4:00pm OASIS OPEN	24 8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 9:30am OASIS Discussion Group (JCC) 10:00am-12:30pm Ping Pong (SH)	25 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)	26 8:00am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:15am-11:45am Let's Talk...Woman to Woman (JCC) Noon Craft Club (JCC) 1:00pm Mah Jong (JCC) 1:30pm Shuffleboard (JCC)
30 10:00am-4:00pm OASIS OPEN	31 8:00-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 9:30am OASIS Discussion Group (JCC) 10:00am-12:30pm Ping Pong (SH)	<p>Manhattan Heights Park 1600 Manhattan Beach Blvd. Manhattan Beach (MHP) Manhattan Senior Villas 1300 Park View Ave. Manhattan Beach (MSV)</p>	<p>Joslyn Community Center 1601 Valley Drive, Manhattan Beach (JCC)</p>

OCTOBER 2016 (WEEKLY SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
		<div style="display: flex; justify-content: space-between;">1</div> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p> 
<p>8:00am-9:00am Walking Group (FVD) 6</p> <p>9:00am-Noon Pickle Ball (MHP)</p> <p>10:30am-12:30pm Renewal Through Art (SH)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p> <p>1:00pm Petanque (LOF)</p> <p>1:00pm-2:00pm By Heart (JCC)</p> <p>1:30pm Scrabble (JCC)</p> <p>3:00pm <u>LINE DANCING</u> (JCC)</p> 	<p>8:45am-9:00am Assistance for beginners 7</p> <p>Tai Chi (JCC)</p> <p>9:00am-10:00am Tai Chi (JCC)</p> <p>10:00am-2:00pm Bridge (JCC)</p> <p>10:00am-12:30pm Ping Pong (SH)</p> <p>11:30am Bingo (MHP)</p> <p>2:00pm Card Games (MHP)</p>	<div style="display: flex; justify-content: space-between;">8</div> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open (Potluck)</p>
<p>8:00am-9:00am Walking Group (FVD) 13</p>  <p>9:00am-Noon Pickle Ball (MHP)</p> <p>10:30am-12:30pm Renewal Through Art (SH)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p> <p>1:00pm Petanque (LOF)</p> <p>1:00pm-2:00pm By Heart (JCC)</p> <p>1:30pm Scrabble (JCC)</p> <p>3:00pm <u>LINE DANCING</u> (JCC)</p>	<p>8:45am-9:00am Assistance for beginners 14</p> <p>Tai Chi (JCC)</p> <p>9:00am-10:00am Tai Chi (JCC)</p> <p>10:00am-2:00pm Bridge (JCC)</p> <p>10:00am-12:30pm Ping Pong (SH)</p> <p>11:30am Bingo (MHP)</p> <p>2:00pm Card Games (MHP)</p>	<div style="display: flex; justify-content: space-between;">15</div> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p>
<p>8:00am-9:00am Walking Group (FVD) 20</p> <p>9:00am-Noon Pickle Ball (MHP)</p> <p>10:30am-12:30pm Renewal Through Art (SH)</p> <p>11:30am DINE & DISCOVER (JCC)</p> <p>1:00pm Petanque (LOF)</p> <p>1:00pm-2:00pm By Heart (JCC)</p> <p>1:30pm Scrabble (JCC)</p> <p>3:00pm <u>Line Dancing</u> (JCC)</p>	<p>8:45am-9:00am Assistance for beginners 21</p> <p>Tai Chi (JCC)</p> <p>9:00am-10:00am Tai Chi (JCC)</p> <p>10:00am-2:00pm Bridge (JCC)</p> <p>10:00am-12:30pm Ping Pong (SH)</p> <p>11:30am Bingo (MHP)</p> <p>2:00pm Card Games (MHP)</p>	<div style="display: flex; justify-content: space-between;">22</div> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p>
<p>8:00am-9:00am Walking Group (FVD) 27</p> <p>9:00am-Noon Pickle Ball (MHP)</p> <p>10:30am-12:30pm Renewal Through Art (SH)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p> <p>1:00pm Petanque (LOF)</p> <p>1:00pm-2:00pm By Heart (JCC)</p> <p>1:30pm Scrabble (JCC)</p> <p>3:00pm <u>Line Dancing</u> (JCC)</p>	<p>8:45am-9:00am Assistance for beginners 28</p> <p>Tai Chi (JCC)</p> <p>9:00am-10:00am Tai Chi (JCC)</p> <p>10:00am-2:00pm Bridge (JCC)</p> <p>10:00am-12:30pm Ping Pong (SH)</p> <p>11:30am Bingo (MHP)</p> <p>2:00pm Card Games (MHP)</p>	<div style="display: flex; justify-content: space-between;">29</div> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p>
<p>Soccer Field Off Village Drive, Park Pl, Manhattan Beach (FVD)</p>	<p>Live Oak Field 1601 Valley Drive, Manhattan Beach (LOF)</p>	<p>Scout House 1601 Valley Drive, Manhattan Beach (SH)</p>

FRIDAY

OASIS MOVIE CLUB

1:30PM TO 3:30 PM JOSLYN COMMUNITY CENTER
(FREE)



October 7: *The Jungle Book* (PG)

After a threat from the tiger Shere Khan forces him to flee the jungle, a man-cub named Mowgli embarks on a journey of self discovery with the help of panther, Bagheera, and free spirited bear, Baloo.
Starring: Neel Sethi, Bill Murray, Ben Kingsley, Idris Elba, Lupita Nyong'o, Scarlett Johansson (1h 46min)



October 14: *American Graffiti* (PG-13) ~ Part of our 50's Day Celebration!!!! ~

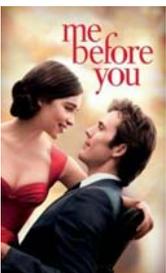
This Academy Award-nominated classic, voted one of the American Film Institute's top 100 Films Of All Time, features the coming of age of four teenagers on their last summer night before college. Rediscover drag racing, Inspiration Point and drive-ins all over again in this nostalgic look back at the early '60s. The incredible soundtrack brings you the most memorable rock 'n' roll hits of the era. Directed by George Lucas and produced by Francis Ford Coppola. *Starring: Harrison Ford, Richard Dreyfuss, Ron Howard, Suzanne Somers, Cindy Williams, Wolfman Jack and Mackenzie Phillips (1 h 50min)*



October 21: *The Infiltrator* (R)

Federal agent Robert Mazur goes deep undercover to infiltrate Pablo Escobar's drug trafficking scene plaguing the nation in 1986 by posing as slick, money-laundering businessman Bob Musella. Teamed with impulsive and streetwise fellow agent Emir Abreu and a rookie agent posing as his fiancé Kathy Ertz, Mazur befriends Escobar's top lieutenant Roberto Alcaino. Navigating a vicious criminal network in which the slightest slip-up could cost him his life, Mazur risks it all building a case that leads to indictments of 85 drug lords and the corrupt bankers who cleaned their dirty money, along with the collapse of the Bank of Credit and Commerce International, one of the largest money-laundering banks in the world.

Starring: Bryan Cranston, Diane Kruger, John Leguizamo, Benjamin Bratt, Yul Vazquez (2h 7min)



October 28: *Me Before You* (PG)

Louisa "Lou" Clark lives in a quaint town in the English countryside. With no clear direction in her life, the quirky and creative 26-year-old goes from one job to the next in order to help her tight-knit family make ends meet. Her normally cheery outlook is put to the test, however, when she faces her newest career challenge. Taking a job at the local "castle," she becomes caregiver and companion to Will Traynor, a wealthy young banker who became wheelchair bound in an accident two years prior, and has given up on life. Embarking together on a series of adventures, both Lou and Will get more than they bargained for, and find their lives—and hearts—changing in ways neither one could have imagined. *Starring: Emilia Clarke, Sam Claflin, Janet McTeer, Charles Dance, Brendan Coyle (1h 50min)*

SENIOR RESOURCE COMMITTEE MEETING

FIRST FRIDAY OF THE MONTH

OCTOBER, 7, 2016
10:00am to 11:30am
Manhattan Heights
Community Center
Public is welcome

Let's Play:

- ◆ **Bridge: 10am-2pm (Joslyn Center)**
- ◆ **Ping Pong: 10am-12:30pm (Scout House) free**
- ◆ **Bingo: 11:30am (Manhattan Heights)**
- ◆ **Card Games: 2pm (Manhattan Heights) Free**



TAI CHI

Tai Chi is a type of martial art known for its defense techniques and health benefits. Tai Chi has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of meditation in motion which promotes serenity and inner peace. Supported by Beach Cities Health District.



When: Every Friday

Where: Ocean Banquet Hall/ Joslyn Community Center. 1601 Valley Drive

Time: 9am-10am

**8:45am-9:00am Assistance for those new to Tai Chi
Cost: FREE**



Swing 'N Sway Dance

Time: 8:00pm-11:00pm

Where: Joslyn Community Center

When: Every 2nd Friday of the month, OCT 14 Cost: \$10





SATURDAY & SUNDAY

OASIS Open Saturdays from 10am-4pm

Come in, hang out, play board games, card games, do puzzles, socialize, meet new people, your choice.



OASIS Open Sundays from 10am-4pm

Regular Sunday activities in OASIS include Song Jam!/Sing-A-Long, Prime Time Classic Movie Day, Encore Movie Day and Culture Sunday events. Please refer to the monthly calendar for this month's specific events and dates. Share your talents, skills, knowledge etc.

SONG JAM! / SING-A-LONG

Like to sing? Enjoy all types of music? The first Sunday of each month we are having a Song Jam!/Sing-a-Long in Oasis. Join Janet Cornwell, a longtime folk singer to sing cowboy songs, silly songs, ballads, rounds, long, short, old, new....all your favorites.



October 2, 2016



Time: 12:30pm—3:30pm

Where: Joslyn Community Center in OASIS
1601 Valley Drive, Manhattan Beach CA.

Cost: FREE



Chuck Johnson and the CJS Quintet



Sponsored by Los Angeles County Supervisor, Don Knabe

WHEN: 10/22/2016 from 5:00 PM - 7:00 PM

Location: Joslyn Community Center Ocean Banquet Hall
1601 N Valley Dr, Manhattan Beach, California 90266

Admission is FREE

There is ample street parking on Valley Drive.
Need a ride? Call Dial-A-Ride at (310) 545-3500

Prime Time Classics



The film stars William Powell and Myrna Loy as Nick and Nora Charles; Nick is a hard-drinking, retired private detective, and Nora is a wealthy heiress. Their wire-haired fox terrier Asta is played by canine actor Skippy.

Starring: William Powell, Myrna Loy, Maureen O'Sullivan, Nat Pendleton

(1h 31min)

When: Sunday, October 9, 2016

**Where: OASIS/Joslyn Community Center
1601 Valley Drive, Manhattan Beach CA.**

Time: 1:30pm-3:30pm

Free Event/Popcorn will be available.

Need a ride? Call Dial-A-Ride at (310) 545-3500.

ENCORE MOVIE PRESENTATION

Come and join us in OASIS for an encore movie presentation.

We will show

THE INFILTRATOR, again on

Sunday, October 23, 2016



Where: OASIS/Joslyn Community Center

1601 Valley Drive, Manhattan Beach CA.

Time: 1:30pm-3:30pm

Cost: FREE

*Free Event/ Popcorn will be available.

BECAUSE OF LIMITED PARKING PLEASE USE ALTERNATIVE FORMS OF TRANSPORTATION OR CALL DIAL-A-RIDE AT (310)545-3500.

OTHER OAP NEWS

Jewelry Class



Join us to meet some new people, have fun, and learn the craft of Jewelry Making! We will use basic jewelry skills, making bracelets and other projects, using large colorful beads. *If you have interesting jewelry you have started and your own supplies, please bring!*

WHERE: Joslyn Community Center
1601 Valley Drive, Manhattan Beach CA.
WHEN: Friday **OCTOBER 28** Register at the Older Adults Office.
Classes are necessarily small so you may be put on a waiting list.
Jan Tribble will be the instructor
TIME: 10:00am-11:30am **COST:** FREE!
MORE INFORMATION: Call (310) 802-5430



Do you like to sing?
Please join us to sing just for fun.
Lots of old, familiar songs will ring out.
No experience or expertise is necessary.



By Heart

Piano by: Karla Devine
Lyrics Provided

When: Every Thursday

Time: 1:00pm-2:00pm

Where: Joslyn Community Center
1601 N. Valley Drive, Manhattan Beach CA.

We encourage participation
of those with memory issues.



MEN'S SENIOR SLO-PITCH LEAGUE

On-Going Dorsey Field-March through December



- ◆ Pick up games played Tuesdays
9:00am to 12:00pm.
- ◆ 63+ League Wednesdays 9:00am-Noon
- ◆ 60+ League Thursdays 9:00am-Noon
- ◆ Skill drills conducted Mondays and Fridays
9:30am to 12:00pm.

For more information go to the Manhattan Beach Senior Softball Association website, mbssa.webs.com or call Steven Nicholson (Commissioner) at (310) 529-1248.

HAWAIIAN EXPRESSIONS

Hula is a unique Hawaiian dance accompanied by a chant or song that preserves the stories, traditions, and culture of Hawaii. Come join us for this great gentle exercise experience with music, slow movements and expressions of Hawaiian Culture, with occasional looks at other dances and cultures.



When: Every Saturday

Time: *10:30am-1:00pm Warm-up, Hula Basics Intro/
Review, Hula Dances

(Participants new to hula or returning and needing refreshers are encouraged to come at 10:30am)

Where: Surf Dance Room/Joslyn Community Center
1601 Valley Drive, Manhattan Beach CA.

Cost: Free

Note: Wear something comfortable. No Experience required, just an Aloha spirit. For more information please call (310) 802-5430.

Mindfulness

Feeling stressed, overwhelmed? Would you like to have greater focus, a feeling of relaxed awareness, relief from the experience of fight or flight? Scientific evidence shows Mindfulness can help with these life challenges. Mindfulness is a training of our attention to remain in the present moment. The present moment is where all the joy, richness and experience of your life exists.

This class will include 2- 3 periods of Mindfulness practice.

You can sit in a chair, cushion, or on the floor.

When: Every Thursday

Time: 10:30am-11:30am

Where: Joslyn Community Center/ Surf Dance Room

No registration required, 55 years and older.

Supported by Beach Cities Health District.



On the Move Riders Club

WE ARE BACK !!! Come join us

Check the Joslyn Center Lobby
and Bulletin Board for future trips!

Community Interactive Forum

**Sandpipers: Decades of
Philanthropy in Our Community**

Lee-Meredith Howard, President, Sandpipers



Sandpipers

**October 25, 2016,
7:00 pm – 8:30 pm**

Manhattan Beach Library . Meeting Room
1320 Highland Avenue

Information: 310-372-9505 or
310-802-5430, Older Adults Program

Call Dial-A-Ride at (310) 545-3500 if you need a ride to the Library

MINI BUS TRIPS

OCTOBERFEST

Old World Huntington Beach has been host of Orange County's Biggest Party since 1977! This year's Oktoberfest promises to be the best celebration yet, offering authentic German Food (voted "Best Bratwurst" in California), imported German Beers, German Bands straight from Germany, and other festivities, competitions, games & more. So come on down and experience the best Oktoberfest celebration in the World - Old World Huntington Beach.



When: Thursday October 13, 2016

Where: Old World Oktoberfest Huntington Beach

Bus Departs from: Joslyn Community Center
1601 Valley Drive

Time: 10:30am-5:30pm

Cost: \$13.00 admission and \$2.00 Dial A Ride

For Reservations Please Call (310) 802-5430

You may sign up for NO more than 2 People.

This is for ages 55 and older only, please.

We must have a minimum of 15 participants by 10/10/2016

Call Dial-A-Ride at (310)545-3500 if you need ride to Joslyn

BUS EXCURSIONS

2016-17 DISCOVERY

WORLD TRAVEL ADVENTURE SERIES

October 10

Florida's Amazing West Coast

We'll follow the coast north/west observing an incredible array of birds, mammals, marine life, flora, and more. We'll discover Florida's fascinating history and let you experience the lives of hardworking gulf coast residents.



October 24

An Italian Journey

Through each scene from "An Italian Journey" you will gain a glimpse of Italy, her goodness, her hidden beauty, and her impassioned soul. You will come to understand her not only with your head, but more importantly with your heart.



Where: El Camino College

Bus Departs from: Joslyn Community Center 1601 Valley Drive

Time: 2:30pm—5:30pm

Cost: Bring \$2.00 for Dial A Ride

**For Reservations Please Call Dial a Ride
At 310-545-3500**

**These trips each requires a minimum of 4 people.*

SENIORS DAY AT THE AQUARIUM!

The Aquarium's two exhibits that debuted in summer will remain open through February 2017. Horses and Dragons features more than a dozen species of seahorses, seadragons, and their relatives in exhibits located in the Aquarium's Tropical Pacific and Southern California/Baja galleries. Vanishing Animals, located in the changing exhibit gallery on the first floor, examines extinction and what we can do to reverse the trend.

The Aquarium of the Pacific will open its doors for FREE to people ages 50 and above on this special day. Special exhibits and presentations for seniors will be featured.



When: Wednesday October 5, 2016

Where: Aquarium of the Pacific

Bus Departs from: Joslyn Community Center 1601 Valley Drive

Time: 10:00am-5:30pm

Cost: \$10.00 Refundable Deposit \$2.00 Dial A Ride (day of)

Reservations Please Call (310) 802-5430

You may sign up for NO more than 2 People.

This is for ages 55 and older only, please.

Need a ride? Call Dial-A-Ride at (310) 545-3500



TEA AND TAI CHI



Please join us on Friday evenings for our popular Tea and Tai Chi Class. We start the evening with some tea, conversation and before settling into a wonderful set of warm up exercises to help you unwind from your busy week. Next we will learn the basic six postures of our Tai Chi form, well known for its ability to help adults with range of motion, balance or arthritis issues. *Together let's explore the graceful power of Tea and Tai Chi and start the weekend in a refreshed, relaxed state of mind.*

WHEN: Every Friday
TIME: 5:00 pm - 5:45 pm
Free Event - 55 and over!

WHERE: Joslyn Community Center
1601 Valley Drive- Manhattan Beach

PRESENTED BY: Marc Saldana
No registration required. Supported by
Beach Cities Health District

Locations & Info



Joslyn Community Center (JCC)

1601 Valley Drive, Manhattan Beach

Manhattan Senior Villas (MSV)

1300 Park View Avenue, Manhattan Beach

Soccer Field Off Village Drive (FVD)

Park Pl, Manhattan Beach

Live Oak Field (LOF)

1601 Valley Drive, Manhattan Beach

Manhattan Heights Park (MHP)

1600 Manhattan Beach Blvd. Manhattan Beach

Older Adults Program:
(310) 802-5430

Dial-A-Ride
(310) 545-3500

OASIS Room
(310) 802-5446

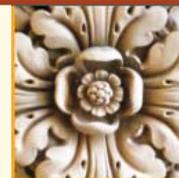
Parks & Recreation
Front Desk
(310) 802-5448

Manhattan Beach Arts
Center
(310) 802-5440

Manhattan Heights
Park
(310) 802-5425



OLLI LECTURE SERIES *In Manhattan Beach*



OCTOBER 7, 2016

A Poetry Slam with Joslyn's Poetry Circle

Patricia Cherin, Ph.D., Emeritus Faculty, Interdisciplinary Studies, CSUDH

Do you relate to Dr. Cherin's feeling that "poetry chose her", rather than her choosing it?

Read or recite your original works or just enjoy the listening experience.

OCTOBER 21, 2016

Building Cultures of Peace Based on Holistic Evolutionary Aspects of Peace and Non-Violence

Linda Groff, Ph.D., Emeritus Faculty, Political Science Department, CSUDH

Dr. Groff is a teacher, writer, and consultant in the areas of evolution, conflict resolution, and inter-cultural issues. She has been involved for years with global-local organizations active in these areas.

NOVEMBER 4, 2016

Live Long and Prosper: Gumbo Talks with Askia Muwwakkil — Fine Wine

Askia Muwwakkil, Holistic Practitioner & Motivational Speaker

Askia Muwwakkil is a holistic practitioner and fifth generation herbalist who has lectured on health and wellness throughout the country.

Where: Joslyn Community Center . 1601 Valley Drive, Manhattan Beach . CA. 90266

Time: 10:00am-Noon

To join OLLI at CSUDH: Call the OLLI office at 310-243-3208, or
Visit the website at csudh.edu/Olli to print out a membership form

***Important: You need to be an OLLI member in order to attend the lectures.
OLLI membership is \$30.00.**



alzheimer's association

Legal & Financial Issues

When: October 19, 2016

Time: 6:00pm-7:30pm

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Legal and Financial Planning for Alzheimer's Disease is a workshop, presented by the Alzheimer's Association, for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.

Communication & Dealing with Alzheimer's

November 29, 2016

Time: 1:00pm- 3:00pm

Alzheimer's disease and other dementias gradually diminish a person's ability to communicate.

This may be evident especially during the holiday season.

Communication with a person with Alzheimer's requires patience, understanding and good listening skills.

The strategies below can help both you and the person with dementia understand each other better.

This Workshop will give you strategies that can help both.

Where: Joslyn Community Center . 1601 Valley Drive, Manhattan Beach . CA. 90266

For Reservations call: 1-800-272-3900 or Email: ywyte@alz.org