

MB SENIOR NEWS

NOVEMBER 2016



Photo by: Kathy Fogg . Taken for the Advanced iPhone Class . Instructor: Dayle Eisenhauer

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 MANHATTAN BEACH (310) 802-5447



SPECIAL ACTIVITIES



Android and PC Class -Training

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 Nov. 2—2:00pm-4:00pm Android Class
Wednesday, Nov. 16—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

Next Visit: **November 3, 2016**
Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach



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 (No Class 11/11)
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

COFFEE, TECHNOLOGY & YOU!



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: November 5 & November 12th
10:00AM —NOON

COST: Free
INFORMATION: Call (310) 802-5430

FOR INFORMATION, RESERVATIONS,
AND ACTIVITIES PLEASE 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 November 14 and November 28th** at the Joslyn Center. Time: 1:30pm-3:30pm.



WALKING GROUP

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



- Regular walking, strengthens the heart and lungs.
- It helps with weight loss and tone muscles
- It is good for bones and improves the body's cardiovascular system. It also helps boost circulation.
- Helps to drain the lower legs of excess fluid.
- It is beneficial for tissue-cleansing, particularly for the over-50s.
- Regular walking is excellent for spinal discs, which receive minerals and vitamins through the pumping action it causes.



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—NOVEMBER 7

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

* **3RD MONDAY—NOVEMBER 21**

10:30 White Elephant Sale and Bingo

PING PONG

When: Every Monday

Time: 10:00am

Where: Scout House

1601 Valley Drive,
Manhattan Beach

FREE!



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.

We are booked through the end of 2016.

We will take your info for a waiting list.

When: 1st & 3rd Mondays of each month

Time: 10am-1:00pm

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
- ♦ **1st & 3rd Friday** 11:30am—White Elephant Sale

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 8 week session is in progress till December 19th

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.



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

11/1	Kharcho Soup, Green Mix Salad, <u>Mac & Cheese and Cutlet</u> , Fruits and Steamed Vegetables
11/8	Split Pea Soup, Green Mix Salad, Spanish Rice, <u>Beef Burrito</u> , Fruits and Steamed Vegetables
11/15	Noodle Soup, Green Mix Salad, Brown Rice, <u>Fish</u> , Fruits, Steamed Vegetables
11/22	Noodle Soup, Green Mix Salad, Mashed Potatoes & Gravy, Cranberry Sauce, <u>Turkey</u> , Fruits, Steamed Vegetables
11/29	Lentil Soup, Green Mix Salad, <u>Lasagna</u> , 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

Nov. 15, Dec. 20

Time: 12:30pm-1:30pm

Where: Joslyn Community Center



SENIOR ADVISORY COMMITTEE MEETING

Time: 1:00pm to 2:30pm

2nd Tuesday of each Month. Where: Joslyn Community Center. Public is welcome

Date: Tuesday, November 8, 2016



PING PONG

Every Tuesday

Time: 10:00am Scout House

Joslyn Community Center

Cost: FREE

PLAY READING

NOV 1, 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

4th Tuesday of the month

November 22

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 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)



◆ 11/2: GRIMALDI'S



◆ 11/9: P.F. CHANG'S



◆ 11/16: SCOTTY'S ON THE STRAND



◆ 11/23: CHICKEN MAISON



◆ 11/30: CALIFORNIA FISH GRILL

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 Jan
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

November 9, 2016

Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach

Time: 2:00pm-3:30pm



Movies to Enlighten

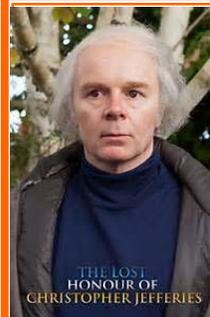
R. Michell's

*The Lost Honour of
Christopher Jefferies*

Wednesday Nov 16, 2016

1:30 to 3:30 PM

OASIS/FREE



THE LOST HONOUR OF CHRISTOPHER JEFFERIES

A real-life story of retired schoolteacher Christopher Jefferies and landlord of the building he lives in when he became a suspect in the murder of Joanne Yeates, a renter. He was vilified by the press, partly due to his eccentric behavior and physical features, even after he had been released on bail by the police. In 2015, the film received two British Academy Television Awards.



**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



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.

**This
November
NO
Book Club!**



Come and enjoy books with us!

Back- December 1, 2016

THE BOYS IN THE BOAT
by Daniel James Brown

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

	11/3	Beef Lasagna with Meat Sauce
	11/10	Replaced by Dine & Discover
	11/17	Three-Salads: Broccoli, Chinese Chicken, Pasta Salad and cookie
	11/24	Joslyn CLOSED Thanksgiving

Dine 'N Discover

BURN PREVENTION FOR OLDER ADULTS
GROSSMAN BURN CENTER AND BURN FOUNDATION

Due to normal changes associated with aging, older adults are at a particularly high risk of scalds, burn injuries and death from accidental fires. Changes in vision, comprehension, mobility, and medication side effects are common factors that increase the risk of injury to older adults. Join Debbie Karaman, Burn Prevention Educator to:

- Learn the risks for scalds and burn injury
- Learn simple changes to reduce your risk
- Learn first aid for burns
- Enjoy a complimentary lunch

THURSDAY, NOVEMBER 10, 2016

11:30 am – 1:00 pm

Joslyn Community Center/ 1601 Valley Drive, Manhattan Beach, CA 90266

RSVP BY November 7!

Reservations Required.

Call for information (310)802-5430

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!



Monday, November 3, 2016—10am-NOON—iPhone Class
Thursday, November 10, 2016—10am-NOON—iPad
Thursday, November 17, 2016 ADVANCED iPad



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.



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

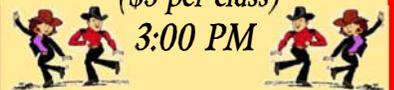
Every Thursday

at the

Joslyn Community Center

(\$3 per class)

3:00 PM



OPEN

DIAL-A-RIDE

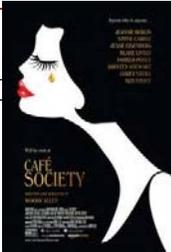
OPEN

Open until 9:00pm on the 2nd & 4th Thurs each month

(11/10 ONLY, Closed Thanksgiving 11/24)

Make your reservation (310) 545-3500.

NOVEMBER 2016 (SPECIAL EVENTS SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p>10:00am iPhone Class (JCC)  3</p> <p>10:00am-3:00pm Low Vision Consultants Braille Institute</p> <p>10:30am-11:30am Mindfulness (JCC) </p> <p></p>	<p>10:00am –11:30am Senior Resource Committee (MHP) 4</p> <p>10:00am OLLI LECTURE —LIVE LONG & PROSPER</p> <p>11:30am—White Elephant Sale (MHP) </p> <p>1:30pm OASIS Movies LOVE ACTUALLY</p> <p>5:00pm-5:45pm Tea & Tai Chi</p> <p>6:45pm Beach Cities Symphony</p> <p>Mini Bus Trip (Reservations Required)</p> <p> 1</p>	<p>10:30am-1:00pm 5 Hawaiian Expressions (JCC in Surf Dance Room)</p> <p>10:30am-11:30am  on COFFEE TECHNOLOGY & YOU</p> <p>1:00PM-3:00PM BINGO PALOOZA</p>
<p>10:00am iPad Class (JCC) </p> <p>10:30am-11:30am Mindfulness (JCC) </p> <p>11:30– 1:00pm DINE & DISCOVER Grossman Burn Center</p> <p>DIAL-A-RIDE OPEN TILL 9:00PM</p> <p></p>	<p>VETERENS DAY</p> <p>NO MOVIE - DUE TO VETERAN'S Day Activities</p> <p>5:00pm-5:45pm Tea & Tai Chi</p> <p>8:00pm-11:00pm Swing n Sway Cost:\$10 (JCC)</p>	<p>10:30am-1:00pm 12 Hawaiian Expressions (JCC in Surf Dance Room)</p> <p>10:00am-Noon COFFEE TECHNOLOGY & YOU</p>
<p>10:00am Advanced iPhone Class (JCC) </p> <p>10:30am-11:30am Mindfulness (JCC)</p> <p></p>	<p>1:30pm-3:30pm OASIS Movie Club CAFE SOCIETY (JCC) </p> <p>5:00pm-5:45pm TEA & TAI CHI</p> <p>11:30am—White Elephant Sale</p> <p></p>	<p>10:30am-1:00pm 19 Hawaiian Expressions (JCC in Surf Dance Room)</p>
<p>24 F ~ JOSLYN CENTER CLOSED ~</p> <p></p>	<p>25 1:30pm-3:30pm OASIS Movie Club THE MEDDLER (JCC)</p> <p>5:00pm-5:45pm Tea & Tai Chi</p> <p></p>	<p>26 10:30 –1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> <p></p>
		<p>6</p>

NOVEMBER 2016 (WEEKLY SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	Please see reverse for regularly scheduled SPECIAL EVENTS ACTIVITIES ; all events are subject to change.	1 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-Horseshoes (JCC) 10:00am-12:30pm Ping Pong (SH) 11:30am Lunch Bunch (JCC)	2 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)
6	7 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)	8 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)	9 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)
13	14 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)	15 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)	16 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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27	28 8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP)	29 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-12:30pm Ping Pong (SH)	30 8:00am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:15am-11:45am Let's

NOVEMBER 2016 (WEEKLY SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p>8:00am-9:00am Walking Group (FVD) 3</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 <i>LINE DANCING</i> (JCC)</p>	<p style="text-align: right;">4</p> <p>8:45am-9:00am Assistance for beginners</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="text-align: center;">  </div>	<p style="text-align: right;">5</p> <p>10:00am-4:00pm OASIS Weekend Activities</p> <div style="text-align: center;">  </div>
<p>8:00am-9:00am Walking Group (FVD) 10</p> <p>9:00am-Noon Pickle Ball (MHP) </p> <p>10:30am-12:30pm Renewal Through Art (SH)</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 <i>LINE DANCING</i> (JCC)</p>	<p style="text-align: right;">11</p> <p>VETERANS DAY!</p> <p>NO TAI CHI (JCC)</p> <p>NO 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> <p>NO TEA & TAI CHI</p>	<p style="text-align: right;">12</p> <p>10:00am-4:00pm OASIS Weekend Activities Open (Potluck)</p>
<p>8:00am-9:00am Walking Group (FVD) 17</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 <i>LINE DANCING</i> (JCC)</p>	<p style="text-align: right;">18</p> <p>8:45am-9:00am Assistance for beginners</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>	<p style="text-align: right;">19</p> <p>10:00am-4:00pm OASIS Weekend Activities Open</p>
<p style="text-align: right;">24</p> <p style="text-align: center;">HAPPY THANKSGIVING! ~ JOSLYN CENTER CLOSED ~</p>	<p style="text-align: right;">25</p> <p>8:45am-9:00am Assistance for beginners</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>	<p style="text-align: right;">26</p> <p>10:00am-4:00pm OASIS Weekend Activities Open</p>

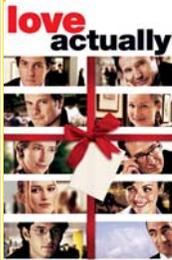
NOVEMBER 2016 (SPECIAL EVENTS SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<p>Please see reverse for regularly scheduled WEEKLY ACTIVITIES; all events are subject to change.</p>	<p>1:30PM-3:30PM PLAY READING (JCC)</p> <p>3:30PM-4:30PM BLANKETS OF LOVE SOUTH BAY</p>  	<p>1 9:00am-10:00am Agility, Balance & Coordination (JCC)</p> <p>2 2:00pm-4:00pm ANDROID CLASS</p> <p>3:00pm-4:00pm Agility, Balance, & Coordination (JCC)</p> <p>5:00pm Night Out On The Town/ GRIMALDI's (Res. Required) (310) 545-3500.</p>
<p>6 12:30pm-3:30pm Song Jam! Sing-A-Long (JCC)</p>	<p>7 8:30am-9:30am Agility, Balance & Coordination (JCC)</p> <p>10:00am Joslyn Club Bus Meeting</p> <p>10:30am Joslyn Club White Elephant Sale and Bingo (JCC)</p> <p>2:30-5:30pm BUS EXCURSION Mayday, Tugs of War-Europe (reservation required)</p>	<p>8 1:00pm-3:00pm SENIOR ADVISORY COMMITTEE</p> <p>3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY</p>  	<p>9 9:00am-10:00am Agility, Balance & Coordination (JCC)</p> <p>10:00am-Noon FLU SHOTS</p> <p>2:00pm-3:30pm Stamp Group (JCC)</p> <p>3:00pm-4:00pm Agility, Balance, & Coordination (JCC)</p> <p>5:00pm Night Out On The Town/ P.F. CHANGS (RES. REQUIRED) (310) 545-3500.</p>
<p>13 1:30PM- 3:30PM PRIME TIME CLASSIC <u>THE GODFATHER</u></p>	<p>14 8:30am-9:30am Agility, Balance & Coordination (JCC)</p> <p>11:30am Heights Senior Club Business Meeting, Potluck & Card Games (MHP)</p> <p>1:30pm-3:30pm "ACTING OUT AGAIN" (JCC)</p>	<p>15 12:30pm-1:30pm Tell Your Story (JCC)</p> <p>1:30pm-3:30pm Poetry Circle (JCC)</p> <p>3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY</p>  	<p>16 9:00am-10:00am Agility, Balance & Coordination (JCC)</p> <p>9:00am-2:00pm MINI BUS TRIP Chen Art Gallery</p> <p>1:30pm-3:30pm MOVIES TO ENLIGHTEN</p> <p>The Lost Honour of Christopher Jefferies</p> <p>2:00pm-4:00pm PC CLASS</p> <p>3:00pm-4:00pm Agility, Balance, & Coordination (JCC)</p> <p>5:00pm Night Out On The Town/ SCOTTY'S ON THE STRAND (RES. REQUIRED) (310) 545-3500.</p>
<p>20 1:30pm-3:30pm ENCORE MOVIE/ CAFÉ SOCIETY (JCC- OASIS)</p>	<p>21 8:30am-9:30am Agility, Balance & Coordination (JCC)</p> <p>10:00am-1:00pm MEDICARE ASSISTANCE Appt. Required</p> <p>10:30am Joslyn Club White Elephant Sale and Bingo</p>	<p>22 1:00pm-3:00pm Poetry Circle</p> <p>3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY</p> <p>7:00pm-8:30pm</p> 	<p>23 9:00am-10:00am Agility, Balance, & Coordination (JCC)</p> <p>3:00pm-4:00pm Agility, Balance, & Coordination (JCC)</p> <p>5:00pm Night Out On The Town CHICKEN MAISON (RES. REQUIRED) (310) 545-3500.</p>

FRIDAY

OASIS MOVIE CLUB

1:30PM TO 3:30 PM JOSLYN COMMUNITY CENTER



November 4: Love Actually (R)

Everywhere you look, love is causing chaos. From the bachelor Prime Minister of the United Kingdom who, on his first day at 10 Downing Street, falls in love with the girl who brings him his tea, to a hopeless sandwich delivery guy who doesn't think he has a chance with the girls in the U.K., so he heads for Wisconsin. From aging rock stars, to a stony headmistress, to a monolingual Portuguese housemaid--love arrives in many forms, shapes and sizes. Here, ten separate--but intertwining--stories of love all lead up to a big climax on Christmas Eve, proving that love is the driving force in all of these people's lives.. *Starring: Hugh Grant, Martine McCutcheon, Liam Neeson, Emma Thompson, and many more. (2 h 15min)*



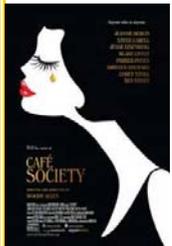
November 11: VETERNS DAY — NO MOVIE

NO MOVIE

November 18: Café Society (PG-13)

Set in the 1930s, Woody Allen's bittersweet romance CAFE SOCIETY follows Bronx-born Bobby Dorfman to Hollywood, where he falls in love, and back to New York, where he is swept up in the vibrant world of high society nightclub life..

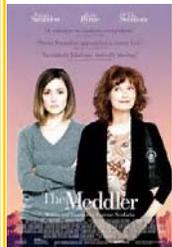
Starring: Jeannie Berlin, Steve Carell, Jesse Eisenberg, Blake Lively, Parker Posey (1h 36min)



November 25: The Meddler (PG-13)

With a new iPhone, an apartment near the Grove, and a comfortable bank account left to her by her beloved late husband, Marnie Minervini has happily relocated from New Jersey to Los Angeles to be near her daughter Lori, a successful (but still single) screenwriter, and smother her with motherly love. But when the dozens of texts, unexpected visits, and conversations dominated by unsolicited advice force Lori to draw strict personal boundaries, Marnie finds ways to channel her eternal optimism and forceful generosity to change the lives of others - as well as her own - and find a new purpose in life.

Starring: Susan Sarandon, Rose Byrne, J.K. Simmons, (1h 40min)



SENIOR RESOURCE COMMITTEE MEETING

FIRST FRIDAY OF THE MONTH

NOVEMBER 4, 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 (No Class 11/11)

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,
November, 11 2016 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.



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.



November 6, 2016



Time: 12:30pm—3:30pm

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.

CULTURE  **SUNDAY**

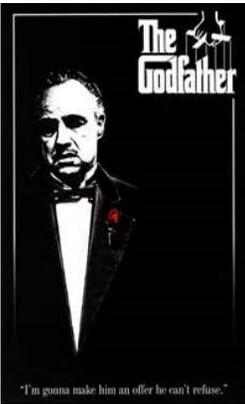
**The Joslyn Players Present:
"IT'S SENIOR SHOWTIME!"**

The "Acting out Again" and "Play Reading" classes will be performing short plays, scenes, monologues and more! We have some new players and we are looking forward to performing for you. (We do use our scripts, play reading style...after all, we are seniors!) Enjoy a fun afternoon at the Joslyn Community Center.

Sunday, December 4, 2016 2:00 PM
Joslyn Community Center 1601 Valley Drive,
Manhattan Beach, CA

Complimentary Light Refreshments. Free Event, All Are Welcome!

Prime Time Classics



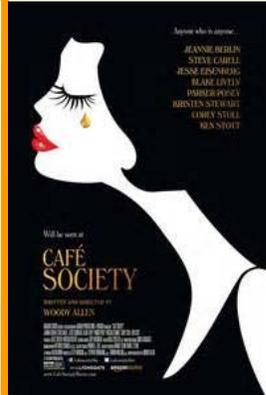
This is the epic tale of a 1940s New York Mafia family and their struggle to protect their empire from rival families as the leadership switches from the father to his youngest son.

*Starring: Marlon Brando,
Al Pacino, James Caan,
Richard S. Castellano,
Robert Duvall*

(2h 55min)

When: Sunday, November 13, 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 *Café Society*, again on **Sunday, November 20, 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.**

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 **DECEMBER 2** 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



at other dances and cultures.

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.

Presented by: Marc Saldana



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

**Celebrate! Completion of 2016
Community Interactive Forum**

**November 22, 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



CHEN ART GALLERY +

LUNCH ON YOUR OWN

Welcome to the Chen Art Gallery. This private, non-profit art gallery showcases the personal art collection of Dr. Tei Fu Chen, founder and chairman of Sunrider International. A world renowned herbalist and pharmacist, Dr. Chen devoted much of his passion over the past 25 years into amassing one of the most important private collections of Chinese art in the United States. All visitors will be led on a tour through several galleries of art by a complimentary tour guide. The tour lasts between 90-120 minutes.*

*Please note that there are no benches or chairs inside the galleries so guests are advised to be prepared to stand and walk for the entire tour. Guests are permitted to bring their own canes, walkers, wheelchairs or small portable folding stools if needed.

When: Wednesday November 16, 2016

Where: Chen Art Gallery

**Bus Departs from: Joslyn Community Center
1601 Valley Drive**

Time: 9:00am-2:00pm

Cost: \$10.00 Refundable Deposit + \$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.

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

BUS EXCURSIONS

2016-17 DISCOVERY WORLD TRAVEL ADVENTURE SERIES

November 7

Mayday, Tugs of War-Europe

This is an engaging yet educational documentary containing rare WWII archival footage. It tells the story of the Deep-Sea Rescue tugmen and their many struggles against enemy submarines, ships, aircraft, and the elements while also towing sinking ships up to three times their size.



November 21

Brazil



Imagine an adventure-filled, fifty nine day journey around Brazil! Venture deep into the Amazon, hang glide from the tallest ledge, inspect a coffee plantation, fish for piranha, climb the mountain top, meet interesting people and share their customs - all while exploring some of the most beautiful and panoramic destinations on earth such as Iquazu Falls.

as Iquazu Falls.

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.

MINI BUS TRIP

Holiday Festival



Holiday Festival is a one-of-a-kind holiday event that includes beautifully decorated trees, entertainment, holiday gifts, children's activities, food court and special events featuring a fashion show, dinner gala, and a Santa lunch. Holiday Festival is an important tradition at Torrance Memorial and a true cornerstone in fundraising efforts. This

signature event is vital in helping Torrance achieve high quality medical services for all residents of the South Bay. This year all proceeds will support Torrance Memorial Medical Center.

When: Wednesday November 30, 2016

Where: Torrance Memorial

**Bus Departs from: Joslyn Community Center
1601 Valley Drive**

Time: 9:00am-2:00pm

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

MINI BUS TRIP

BEACHCITIES SYMPHONY



FROM LONG AGO

Joseph Haydn -

Symphony No. 1 in D major, Hob.I:1

Johannes Brahms -

Variations on a Theme by Haydn Op. 56a

Sergei Rachmaninoff - Piano Concerto No. 3

Georgi Slavchev, piano soloist

When: Friday November 4, 2016

Where: El Camino College Marsee Auditorium

**Bus Departs from: Joslyn Community Center
1601 Valley Drive**

Time: 6:45pm-10:00pm

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

Reservations Please Call (310) 802-5430

We need 6 people minimum to go.

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

Locations & Info



.....
Joslyn Community Center (JCC)

1601 Valley Drive, Manhattan Beach

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.....
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*



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.

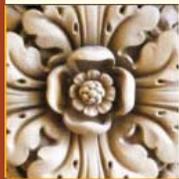
Where: Joslyn Community Center . 1601 Valley Drive, Manhattan Beach . CA. 90266

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.**



FREE FLU SHOTS

The City of Manhattan Beach is hosting a **FREE FLU SHOT** clinic provided by the Los Angeles County Department of Health and the Older Adults Program! **Ages 3 and up are welcome to stop by the Joslyn Community Center in Ocean Banquet Hall. No Appointment necessary!**



Thursday, November 9, 2016

10:00 A.M. to Noon

Joslyn Community Center

1601 Valley Drive . Manhattan Beach, CA 90266

Cost: FREE

For more information please contact: 310-802-5430

Call Dial-A-Ride if you are over 55 or have a disability, and are in need of transportation 310-545-3500

alzheimer's
association

alzheimer's association

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.

This Workshop will give you strategies that can help you and the person with dementia understand each other better.

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

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