



# OLDER ADULT

## DANCE, MUSIC & THEATER

### COMEDY IMPROV FOR OLDER ADULTS

55 and up

Learn comedy improv in a safe, supportive and fun environment. All levels welcome, no experience necessary. No class 10/10.

Instructor: Doris Usui

Location: Joslyn Community Center

4 Classes

Res: \$40 Nonres: \$44

**26131** 4pm to 6pm 9/12-11/7 M

8 Classes

Res: \$60 Nonres: \$66

**26132** 4pm to 6pm 9/12-11/7 M

## TENNIS

### INTERMEDIATE SENIOR TENNIS WITH ANNIE

Res: \$100 Nonres: \$110

55 and up

Are you 55 or over and want to play tennis but you either haven't played in a while, can't find a game, or think you are too rusty? Come on out with Coach Annie on Mondays at 2pm this fall and brush up on your skills.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

**26279** 2pm to 3pm 9/12-10/31 M

## FITNESS

### SENIOR YOGA

Res: \$90 Nonres: \$99

55 and up

Hatha yoga helps improve balance, flexibility, strength and breathing. Individual differences and abilities accommodated. Bring a yoga mat and towel.

Instructor: Teri Thompson

Location: Manhattan Heights Park

**26281** 11am to 12:15pm 8/31-10/26 W

**26282** 11am to 12:15pm 11/2-12/28 W

### SENIOR YOGA BEGINNING

Res: \$80 Nonres: \$88

55 and up

Stretch, strengthen and soothe. A great class for those who are new to yoga and need to take it easy. Individual modifications are given. Option to use a chair is available. Bring a mat and beach towel.

Instructor: Eden Serina

Location: Manhattan Heights Park

**26285** 10am to 11:15am 8/30-10/18 Tu

**26286** 10am to 11:15am 11/1-12/20 Tu

## SOUTH BAY ADULT SCHOOL

### BASIC TECHNIQUES IN DRAWING

Learn basic drawing techniques using drawing and colored pencils, charcoal, pen and ink and blending tools. Bring a 9x12 DRAWING pad, #2 pencil and pink or white eraser to first class. All levels welcome, especially beginners.

When: Tuesday's, 9/13-11/1

Cost: \$89

Time: 10:00am-12:00pm

Instructor: Cynthia Svezia

Location: Joslyn Community Center

To register, call (310) 937-3340.

### INTERMEDIATE DRAWING

Take your beginning drawing skills to the next level. Shading, blending, highlights, shadows, still life, landscape, atmospheric perspective, one point perspective, composition and more will be covered. Bring a 9x12 DRAWING pad (50 lb. or more), #2 pencil, pink or white eraser, kneaded eraser and drawing pencils if you have them to first meeting. Supplies will be discussed at first class meeting.

Prerequisite: Beginning drawing class.

When: Thursday's, 9/29-10/27

Cost: \$79

Time: 10:00am-12:00pm

Instructor: Cynthia Svezia

Location: Joslyn Community Center

To register, call (310) 937-3340.

## MEDICARE

Questions about Medicare? There is a HICAP Volunteer Counselor here in Manhattan Beach to help you with your questions. 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 more.

**WHEN:** 1st and 3rd Monday of the month

**TIME:** 10:00am-1:00pm by appointment only,  
(310) 802-5447 for appointments

**WHERE:** JCC

**COST:** Free

## BUS EXCURSIONS

There are many interesting trips planned. Enjoy Bus Excursions and mini-bus trips, exploring out of area and local points of interest. We may be gone 4 hours or 12 hours.

Learn about the trips and more by getting on the Older Adult Program Mailing List.

Call: (310) 802-5447 to add your name.

## BUS EXCURSIONS RULES AND REGULATIONS

### RULES AND REGULATIONS

Excursions are in comfortable motor coaches with restroom facilities, accompanied by parks and recreation tour escorts. There are no assigned seats; there are two pick up locations of your choice, beginning at the Joslyn Center, then Manhattan Heights. If you want to sit with someone, please board the bus together. Smoking is not permitted on board.

### Types of Excursions:

Adult: Adults 18 years and up. (unless specified)

General Trip: For all ages with Parent/Guardian.

Older Adult: ages 55 +.

### Refund Policy:

All refunds are subject to a \$25 administration fee. Refunds after the trip deadline will be made only when your reservation can be filled from the waiting list or a person designated by you. Replacement's name and waiver form must be in our office 24 hours prior to tour departure or, in case of a Sunday/Monday departure, no later than noon on Wednesday. Due to insurance reasons, there can be no passenger substitutions the day of the tour.

### Departure/Return Locations:

Bus Excursions have two pick up/drop off locations:

Joslyn Center, 1601 Valley Drive and  
Manhattan Heights Community Center,  
1600 Manhattan Beach Blvd.

If you cannot make it on the day of the trip, please call (310) 877-0517.

All participants must bring photo identification on all bus excursions. Please notify us if you require special accommodations.

# BUS EXCURSIONS



## PETERSEN AUTOMOTIVE MUSEUM & FARMER'S MARKET

Res: \$30 Nonres: \$33

55 and up

Discover the 25 new exhibitions in over 100,000 sq. feet featuring three themed floors; History, Industry and Artistry. A self-guided tour allows you to explore exhibits and 300 vehicles at your pace. After the time at the Museum there will be free time for shopping and lunch on your own at Farmer's Market. Pick up and drop off will be at both JCC and MHP.

26631                      9am to 5pm                      9/14                      W

## JET PROPULSION LABORATORY TOUR

Res: \$40 Nonres: \$44

55 and up

Trailblazing has been the business of the Jet Propulsion Laboratory since it opened. America's first satellite was created here as well as the first robotic craft to the moon. The 2 1/2 hour tour includes an overview of the Von Karman Visitor Center, the Space Flight Operations Facility and the Spacecraft Assembly Facility. Lunch will be at the Buca Di Beppo and served family style. For entry, it is required that all U.S. Citizens present an official government issued photo identification and all non-U.S. Citizens must present a passport or resident visa. Pick up will be at both JCC and MHP.

26565                      9:30am to 5:30pm                      10/27                      Th

## MISSION INN HOLIDAY LIGHT FESTIVAL

Res: \$59 Nonres: \$65

55 and up

Over three million lights and more than 350 animated figures adorn the exterior of this National Heritage Landmark. A guided tour of the decorated Mission Inn might also include carolers dressed in Victorian costumes. Dinner will be at the festive Old Spaghetti Factory and include a choice of entrée, salad and dessert. Pick up will be at both JCC and MHP.

26566                      12:15pm to 9:15pm                      12/19                      M

## ROSE PARADE 2017

Res: \$113 Nonres: \$124

5 and up

Each New Year's Day the world focuses its attention on the City of Pasadena, home of the Tournament of Roses Parade and Rose Bowl game. It's a celebration more than a century old, a festival of flowers, music and sports unequalled anywhere. We will have grandstand seats on Colorado Boulevard for up-close viewing. And, we should be back in time to see the Rose Bowl game on television. Pickup will be at both JCC and MHP.

26567                      5:30am to 12:30pm                      1/2                      M

# BUS EXCURSIONS



## Bus Excursion Registration Form

**Bus Excursions** involve physical activities including: walking, running, sitting, and eating. Other injuries to legs, joints, and back, as well as sprained muscles, bruises and more serious injury are possible. In applying to participate, I assume the risk of this activity including any and all injuries which may ensue. In consideration of acceptance of my entry to **Bus Excursions**, I waive any and all claims for myself and my heirs against officials or sponsors of **Bus Excursions**, the City of Manhattan Beach, its officers, agents and employees for any claims, demands, injuries, illness, damages, or actions to my person or property arising out of or in connection with or which may directly or indirectly result from my participation. I further state that we are in proper physical condition to participate in this event. I hereby hold the City of Manhattan Beach, its employees and agents and the sponsors and operators of **Bus Excursions** harmless from all claims which may be brought against them by myself, on my behalf, or by any third party for any such injuries or claims aforesaid.

Participant Name		Signature	
Bus Excursion Name or Activity Number			
1.			
2.			
3.			
4.			
5.			
Payment Information			
<input type="checkbox"/> Cash	<input type="checkbox"/> Check (Ck#	)	<input type="checkbox"/> Credit Card
Credit Card number:			
_____ - _____ - _____			
Exp Date:    /20		Security Code:	
Amount: \$			
Signature:			



## **AGILITY, BALANCE AND COORDINATION**

Have you ever felt slightly off balance with occasionally shaky ankles, or occasional unsure steps? If you've wondered if there was a way to improve your balance this class may be just for you. 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 eyehand cooperation working towards greater stationary and moving body balance.

**WHEN:** Mondays 8:30 AM - 9:30 AM &  
Wednesdays 9:00 AM - 10:00 AM &  
3:00 PM - 4:00 PM.

**WHERE:** Surf Dance Studio in JCC

**COST:** Free, registration required. Register at the Older Adult Program Office in JCC or call the OAP office for registration information (310) 802-5447.

**WHO:** 55+

## **LUNCH BUNCH**



**WHEN:** Tuesday & Thursday at 11:30 AM

**WHERE:** Ocean Banquet Hall in JCC

**COST:** \$3.00 Residents  
\$5.00 Nonresidents

**WHO:** 55+

**RSVP:** For lunch reservations, please call  
(310) 802-5430 at least 24 hours in advance.

## **SONG JAM & SING-A-LONG!**



Like to sing? Enjoy all types of music? Join Janet Cornwell, a longtime folk singer to sing all your favorites.

**WHEN:** First Sunday of each month

**TIME:** 12:30 PM - 3:30 PM

**WHERE:** OASIS in JCC

**COST:** Free

**WHO:** 55+



## ARTHRITIS FOUNDATION exercise program

**\$40 | 55 and up** The Arthritis Foundation Exercise Program was designed to help people with arthritis maintain joint flexibility, muscle strength and to help reduce pain and stiffness. People with less pain may be able to reduce their reliance on pain medication. Class is taught by an Arthritis Foundation certified instructor who has received detailed training specifically to work with people with arthritis and receives ongoing training to remain current on the latest recommended exercises and arthritis information. The Res discount does not apply to this class. Instructor: Victoria Johnson

<b>26113</b>	<b>9am to 10am</b>	<b>9/13-11/17</b>	<b>Tu Th</b>
<b>26114</b>	<b>9am to 10am</b>	<b>11/22-1/26</b>	<b>Tu Th</b>

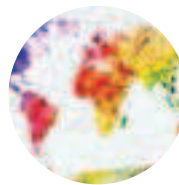
## TAI CHI



CHI Tai Chi is a type of martial art known for its defense techniques and health benefits.

**WHEN:** Every Friday  
**TIME:** 9:00 AM - 10:00 AM  
**WHERE:** Ocean Banquet Hall in JCC  
**COST:** Free  
(Supported by the Beach Cities Health District)  
**WHO:** 55+

## COLOR YOUR WORLD



Coloring has therapeutic potential to reduce anxiety, create focus, and bring about more mindfulness.

**WHEN:** Every Tuesday  
**TIME:** 9:00 AM - 10:00 AM  
**WHERE:** Ocean Banquet Hall in JCC  
**WHO:** 55+

# OLDER ADULT

	WEEK 1	WEEK 2
MON	8:00am: Pickleball at MHP 8:30am: Walking Group at MV-T 9:30am-11:00am: Club Business Meeting & White Elephant Sale at JCC 9:30am-12:00pm: Discussion Group-JCC-O (every Monday) 10:00am-1:00pm: Assistance with Medicare 10:00am: Ping Pong at LOP-SH 10:30am-12:30pm: Bingo	8:00am: Pickleball at MHP 8:30am: Walking Group at MV-T 9:30am-12:00pm: Discussion Group-JCC-O 10:00am: Ping Pong at Scout House 11:30am-2:00pm: Heights Senior Club Meeting & Potluck at MHP-CC 1:30pm: "Acting out Again" at JCC 2:00pm-4:00pm: Cards & Games at MHP-CC
TUE	8:00am: Pickleball at MHP 9:00am-10:30am: Color Your World at JCC 10:00am: Horseshoes at JCC 10:00am: Ping Pong at SH 11:30am-1pm: Lunch Bunch at JCC 1:30pm-3:30pm: Play Reading at JCC	8:00am: Pickleball at MHP 9:00am-10:30am: Color Your World at JCC 10:00am: Horseshoes at JCC 10:00am: Ping Pong at SH 11:30am-1:00pm: Lunch Bunch at JCC 1:00pm-2:30pm: Senior Advisory Committee 1:00pm-3:00pm: Poetry Reading Circle at JCC
WED	8:30am: Walking Group at MV-T 10:00am: Chess at JCC 10:00am: Ping Pong at SH 10:15am-11:45am: Let's Talk Woman to Woman Discussion at JCC 12pm-2:00pm: Craft Club at JCC 1:00pm: Mah Jong at JCC 1:30pm: Shuffleboard at JCC 4:00pm: Night on the Town through Dial-a-Ride	8:30am: Walking Group at MV-T 10:00am: Chess at JCC 10:00am: Ping Pong at Scout House 10:15am-11:45am: Let's Talk Woman to Woman Discussion Group at JCC 12:00pm-2:00pm: Craft Club at JCC 1:00pm: Mah Jong at JCC 1:30pm: Shuffleboard at JCC 2:00pm-3:30pm: Stamp Group at JCC 4:00pm: Night on the Town through Dial-a-Ride
THU	8:00am: Pickleball at MHP 8:30am-10:30am: Walking Group at MV-T 10:30am-11:30am: Mindfulness at JCC 11:30am-1:00pm: Lunch Bunch 2.0 at JCC 1:00pm-2:00pm: By Heart-Singing at JCC 1:00pm-3:00pm: Petanque 1:30pm-4:00pm: Scrabble at JCC-O 3:00pm-4:30pm: Line Dancing at JCC	8:00am: Pickleball at MHP 8:30am-10:30am: Walking Group at MV-T 10:30am-11:30am: Mindfulness at JCC 11:30am-1:00pm: Lunch Bunch 2.0 at JCC 1:00pm-2:00pm: By Heart-Singing at JCC 1:00pm-3:00pm: Petanque at LOF 1:30pm-4:00pm: Scrabble at JCC-O 3:00pm-4:30pm: Line Dancing at JCC Dial-A-Ride open until 9pm
FRI	9:00am-10:00am: Tai Chi 10:00am-11:30am: Senior Resources Committee (SRC) Monthly Meeting-MHP-CC 10:00am: Ping Pong at SH 10:00am-3pm: Bridge at JCC 11:30am-2:00pm: Bingo at MHP-CC 1:30pm-3:30pm: The OASIS Movie Club at JCC 2:00pm-4:00pm: Card Games at MHP-CC 5:00-5:45pm: Tea and Tai Chi at JCC	9:00am-10:00am: Tai Chi 10:00am: Ping Pong at SH 10:00am-3:00pm: Bridge at JCC 11:30am-2:00pm: Bingo at MHP-CC 1:30pm-3:30pm: The OASIS Movie Club at JCC 2:00pm-4:00pm: Card Games at MHP-CC 5:00-5:45pm: Tea and Tai Chi at JCC 8:00pm-11:00pm: Swing 'n Sway Dance at JCC

All events are subject to change. Joslyn (JCC), OASIS and Manhattan Heights (MHCC) Locations may be subject to change.

# OLDER ADULT

WEEK 3		WEEK 4	
8:00am: Pickleball at MHP 8:30am: Walking Group at MV-T 9:30am-12:00pm: Discussion Group JCC-O 10:00am-1:00pm: Assistance with Medicare 10:00am: Ping Pong at LOP-SH 10:30am-12:30pm: Fun Bingo at JCC	8:00am-Pickleball at MHP 8:30am Walking Group at MV-T 9:30am-12:00pm Discussion Group JCC 10:00am Ping Pong at LOP-SH 1:30pm-3:30pm Acting Out Again at JCC	8:00am: Pickleball at MHP 9:00am-10:30am: Color Your World at JCC 10:00am: Horseshoes at JCC 10:00am: Ping Pong at SH 11:30am-1:00pm: Lunch Bunch at JCC 12:30pm-2pm: Tell Your Story at JCC	8:00am: Pickleball at MHP 9:00am-10:30am: Color Your World at JCC 10:00am: Horseshoes at JCC 10:00am: Ping Pong at SH 11:30am-1:00pm: Lunch Bunch at JCC 1:00pm-3:00pm: Poetry Reading Circle at JCC
8:30am: Walking Group at MV-T 10:00am: Chess at JCC 10:00am: Ping Pong at LOP-SH 10:15am-11:45am: Let's Talk Woman to Woman Discussion Group at JCC 12:00pm-2:00pm: Craft Club at JCC 1:30pm-3:30pm: Movie to Enlighten at JCC 1:00pm: Mah Jong at JCC 1:30pm: Shuffleboard at JCC 4:00pm: Night on the Town through Dial-a-Ride	8:30am: Walking Group at MV-T 10:00am: Chess at JCC 10:00am: Ping Pong at SH 10:15am-11:45am: Let's Talk Woman to Woman Discussion Group at JCC 12:00pm-2:00pm: Craft Club at JCC 1:30pm: Mah Jong at JCC 1:30pm: Shuffleboard at JCC 4:00pm: Night on the Town through Dial-a-Ride	8:00am: Pickleball at MHP 8:30am-10:30am: Walking Group at MV-T 10:30am-11:30am: Mindfulness at JCC 11:30am-1:00pm: Lunch Bunch 2.0 at JCC 1:00pm-2:00pm: By Heart-Singing at JCC 1:00pm-3:00pm: Petanque at LOF 1:30pm-4pm: Scrabble at JCC-O 3:00pm-4:30pm: Line Dancing at JCC	8:00am: Pickleball at MHP 8:30am-10:30am: Walking Group at MV-T 10:30am-11:30am: Mindfulness at JCC 11:30am-1:00pm: Lunch Bunch 2.0 at JCC 1:00pm-2:00pm: By Heart-Singing at JCC 1:00pm-3:00pm: Petanque at LOF 1:30pm-4:00pm: Scrabble at JCC-O 3:00pm-4:30pm: Line Dancing at JCC 5:30pm-7:30pm: Your Book Club at JCC Dial-A-Ride open until 9:00pm
9:00am-10:00am: Tai Chi 10:00am: Ping Pong at SH 10:00am-3:00pm: Bridge at JCC 11:30am-2:00pm: Bingo at MHP-CC 1:30pm-3:30pm: The OASIS Movie Club at JCC 2:00pm-4:00pm: Card Games at MHP-CC 5:00-5:45pm: Tea and Tai Chi at JCC	9:00am-10:00am: Tai Chi 10:00am: Ping Pong at SH 10:00am-3:00pm: Bridge at JCC 11:30am-2:00pm: Bingo at MHP-CC 1:30pm-3:30pm: The OASIS Movie Club at JCC 2:00pm-4:00pm: Card Games at MHP-CC 5:00-5:45pm: Tea and Tai Chi at JCC		

For weekend activities or more information please call the Older Adults Program (310) 802-5447.



# FREE FLU SHOT CLINIC



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 located in the Ocean Banquet Hall. No appointment necessary.

**WHEN:** November 9

**TIME:** 10:00 AM to 12:00 PM

**WHERE:** Joslyn Community Center  
1601 N. Valley Drive  
Manhattan Beach, CA 90266

For more information, contact the Older Adults Program at (310) 802-5430.

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# SLOW PITCH LEAGUE



**MEN'S SENIOR (60+)**

**On-going sign ups:**

Dorsey Field | March- November

Pick up games played Tuesdays  
9:00 AM to 12:00 PM. Skill drills conducted  
Mondays and Fridays 9:00 AM to 12:00 PM. League  
games played Thursdays 9:00 AM to 1:00 PM.

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

# SCHEDULE YOUR RIDE TODAY!

**(310) 545-3500**

**DIAL-A-RIDE** is a shared ride, curb to curb bus service offered by the City of Manhattan Beach for its senior and disabled citizens. All buses are specially equipped for the elderly and are wheelchair accessible. In addition, drivers provide boarding and disembarking assistance at the vehicle as needed. Fares within city limits are 25 cents one way. Fares outside of city limits (for medical appointments or special destinations) are 50 cents.

Dial-A-Ride may be used for any activity within the City of Manhattan Beach, and is provided on a first come, first serve basis. Services are available to most area medical facilities. Hours of service are M-F from 7:30 AM to 5:00 PM, 2nd and 4th Thursdays until 9 PM. On Wednesday evenings, you may take Dial-A-Ride out to dinner with our Older Adults Night on the Town program.



## **WHO QUALIFIES FOR A RIDE:**

All Manhattan Beach residents ages 55 and over and residents of any age who have a disability are welcome to use Dial-A-Ride.

## **HOW TO GET A RIDE:**

Dial **(310) 545-3500**; Monday through Friday from 6:30 AM to 5:30 PM and weekends from 8 AM to 5 PM for a reservation. Our office is closed for lunch from 12:00 to 1:00 PM. The Dial-A-Ride dispatcher will assist you in scheduling your ride.