

Older Adults Program

CITY OF MANHATTAN BEACH (310) 802-5447

For more information call (310) 802-5447. To see more events, classes or trips, go to www.citymb.info and in the search box, type in, Older Adults Program.

2015

OUTSIDE THE LINES A SENIOR ART SHOW

Exhibition Dates: August 6 - August 25 Opening

Reception: August 6, 4-6 PM

Manhattan Beach Art Center, 1560 Manhattan Beach Blvd., Manhattan Beach

Feeling creative?

Submit your artwork to be considered for the show!

- Open to all persons 55+ who are residents of Manhattan Beach and/ or a student who has been enrolled in a MB Parks and Rec art class since 2014
- Limit 2 submissions per artist but only 1 artwork will be selected.
- 2-dimensional and 3-dimensional artwork will be accepted.
- The show will be juried.
- Artwork must be exhibition ready and properly labeled.
- An informational artwork submission session will be held on Saturday July, 18 from 1-2 PM at the Manhattan Beach Art Center. The session will cover exhibition ready artwork and answer any questions.
- Artwork must be dropped off on July 26 from 1-5 PM or July 27, from 10 AM - 5 PM at the Manhattan Beach Art Center, 1560 Manhattan Beach Blvd., Manhattan Beach

Juried Categories

- 2-Dimensional (sculpture, wood, ceramics, mosaic, fiber collage, jewelry, glass)
- Watercolor, Drawing and Painting and Mixed Media (ink, gouache, printmaking, oil pastels, pencil, colored pencil)
- Acrylic and/or Oil Painting
- Photography

For more information, contact the Older Adults Program at (310) 802-5447



@mbparksandrec #mbparksandrec #MBArtShow



Older Adults Program
CITY OF MANHATTAN BEACH (310) 802-5447



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) 802-5447. NEED A RIDE? Call Dial-a-Ride at (310) 545-3500.



HOLLYWOOD BOWL

Pack yourself a brown-bag dinner and join us for an evening of great music at the Hollywood Bowl provided courtesy of Supervisor

Don Knabe and the LA Philharmonic Association. We have been fortunate enough to receive tickets for three different performances. **You may sign up for one date and not more than two tickets for ages 55 and older only, please.** These trips fill up quickly.

◆ Wednesday, July 22nd—Sinatra's Concert

◆ Tuesday, July 28th—A Midsummer Night With Dudamel

◆ Thursday, July 30th—Mozart With Dudamel

*All trips will depart from **Joslyn Community** Center at 5:30pm and return around 11:00pm. Some walking will be required.

*Note: There is a \$10.00 deposit per ticket which is refunded at the time of departure. **Deposit is required at the time of reservations.** Transportation for the July 22nd and July 28th concert will be on the Dial-A Ride bus and Cost is \$3.00 per person. The transportation for the July 30th concert will be provided by a County Bus. For more information call (310) 802-5407.

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



MONDAY

"ACTING OUT AGAIN"

Acting Out Again begins with a half hour of acting instruction followed by 90 minutes of reading 10-minute plays aloud. Time permitting, all get an opportunity to read. We hope you can join us in July at the Joslyn Center. We will be choosing material for our next showcase. Whether you want to spectate or participate, come join us. Second and fourth Monday of the month (7/13 & 7/27). Time:



WALKING GROUP SUMMER HOURS



Time: 8:00AM-9:00AM
When: 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

WRITING GROUP AT MANHATTAN SR. VILLAS

10:00 AM, 2nd & 4th Monday (7/13 and 7/27) (Free)

Manhattan Village Senior Villas



JOSLYN CLUB



The Joslyn Club is in the process of reorganization. Please call Betty Young at 310-372-7042 for additional information.

PING PONG



When: Every Monday
Time: 10:00am
Where: Scout House
1601 Valley Drive, Manhattan Beach
Cost: 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 With Card Games at 2:00pm.

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.

When: Every Monday-10 week session (7/20-9/21)

Time: 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)



1st and 3rd Monday (7/6 and 7/20)

Time: 10:00am-1:00pm

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

Pickle Ball

When: Every Monday, Tuesday, and Thursday.

Where: Manhattan Heights Park

1600 Manhattan Beach Blvd. Manhattan Beach CA.

Time: 8:00am

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

7/7= Barley Soup, Green Mix Salad, Brown Rice, Chicken Breast, Fruit and Steam Vegetables.

7/14= Chicken Noodle Soup, Garden Salad, Mashed Potatoes, Fish, Fruit and Steamed Vegetables.

7/21= Vegetable Soup, Green Mix Salad, Spanish Rice, Fajitas, Fruit and Hot Pinto Beans.

7/28= Lentil Soup, Green Mix Salad, Brown Rice, Chicken Kebab, Fruit and 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
July 21, 2015
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
3rd Tuesday of the month (7/21)
Cost: FREE



PING PONG

When: Every Tuesday
Time: 10:00am
Where: Scout House
1601 Valley Drive, Manhattan Beach
Cost: Free



PLAY READING

JULY 7, 2015

1st Tuesday
1:30pm—3:30pm
Joslyn Community Center
Cost: Free



POETRY CIRCLE

2nd and 4th Tuesday of the month
(7/14 and 7/28).
Time: 1:00pm-3:00pm
Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach
Cost: Free Event



Pickle Ball
When: Every Monday, Tuesday, and Thursday.
Where: Manhattan Heights Park
1600 Manhattan Beach Blvd. Manhattan Beach CA.
Time: 8:00am
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.



CRAFT CLUB

WEDNESDAYS AT NOON
Joslyn Community Center
Free of Cost

CHESS CLUB

Playing chess builds and helps maintain intellectual abilities. It can let you develop strategies to overcome obstacles; plus, it's fun! Come join the chess group, all skill levels welcomed. Bring your own board if you want and make some new friends.

When: Every Wednesday
Where: OASIS/Joslyn Community Center
1601 Valley Drive, Manhattan Beach CA.
Time: 10:00am
Cost: Free



Older Adults Night Out On The Town (5PM)

- ♦ 7/1: Cozymel's Mexican Grill
- ♦ 7/8: FishBar
- ♦ 7/15: Mandovi Indian Cuisine
- ♦ 7/22: W's China Bistro
- ♦ 7/29: The Garden Grille & Bar at Hilton Gardens Hotel

Call our Dial-A-Ride Office to make Reservations (310) 545-3500.



NEW

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.



***NEW SESSION.**

***Anyone can sign up
but priority will be
given to new stu-
dents first.**

When: Every Monday (8:30am-9:30am)—10 week session (7/20-9/21)

Every Wednesday—10 week session (7/22-9/23)

Time: 9:00am-10:00am

Where: Surf Dance Studio in JCC

Cost: Free

*Note: Registration required (310) 802-5430.

Supported by Beach Cities Health District



Movies to Enlighten

R. Neame's
The Man Who Never Was

Wednesday, July 15, 2015
1:30 to 3:30 PM
OASIS/Free

Here's an exceptional espionage story based on true events about an ingenious British plan to deliver mis-information to the Nazis. Did it work? Made in 1957, this film, now considered a classic, should not be missed by any history enthusiast.



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



Also on Wednesdays...

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

JULY 2015 (WEEKLY SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p>8:00am Pickle Ball (MHP) 8:00am-9:00am Walking Group (FVD) 10:30am-12:30pm Renewal Through Art (SH) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC) 3:00pm Line Dancing (JCC)</p>	<p>2 8:45am-9:00am Assistance for beginners Tai Chi (JCC) 9:00am-10:00am Tai Chi (JCC) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (JCC) 11:30am Bingo (MHP) 2:00pm Card Games (MHP)</p>	<p>3</p> <p>CLOSED DUE TO HOLIDAY</p> <p></p>
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<p>8:00am Pickle Ball (MHP) 8:00am-9:00am Walking Group (FVD) 10:30am-12:30pm Renewal Through Art (SH) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC) 3:00pm Line Dancing (JCC)</p>	<p>16 8:45am-9:00am Assistance for beginners Tai Chi (JCC) 9:00am-10:00am Tai Chi (JCC) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (JCC) 11:30am Bingo (MHP) 2:00pm Card Games (MHP)</p>	<p>17 10:00am-4:00pm OASIS Weekend Activities Open</p> <p></p>
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<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>

JULY 2015 (SPECIAL EVENTS SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1 9:00am-10:00am Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ Cozymel's/Reservations Required (310) 545-3500.
5 12:30pm-3:30pm Song Jam!/Sing-A-Long (JCC In OASIS) 	6 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:00am-1:00pm Assistance With Medicare (JCC) 	7 10:00am-3:00pm Braille Institute's Mobile Solutions Unit (JCC) 1:30pm-3:30pm Play Reading (JCC) 	8 9:00am-10:00am Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ Fishbar/ Reservations Required (310) 545-3500.
12 1:30pm-3:30pm Prime Time Classics/ Shane 	13 10:00am Writing Group (MSV) 11:30am Heights Potluck & Card Games (MHP) 1:30pm-3:30pm "Acting Out Again" (JCC)	14 1:00pm-3:00pm Poetry Circle (JCC)	15 1:30pm-3:30pm Movie to Enlighten/ The Man Who Never Was (JCC) 5:00pm Night Out On The Town/ Mandovi Indian Cuisine/Reservations Required (310) 545-3500.
19 6:30pm- Culture Sunday Mini Bus Trip Jazz Trip (JCC)	20 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:00am-1:00pm Assistance With Medicare (JCC)	21 1:00pm-2:30pm Senior Advisory Committee Meeting (JCC) 12:30pm-1:30pm Tell Your Story (JCC) 	22 8:30am-9:30am Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/W's China Bistro/ Reservations Required (310) 545-3500. 5:30pm-11:00pm Hollywood Bowl Trip/ Sinatra's Concert (JCC)
26 1:30pm-3:30pm Encore Movie/ American Sniper (JCC in OASIS) 	27 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:00am Writing Group (MSV) 1:30pm-3:30pm "Acting Out Again" (JCC)	28 1:00pm-3:00pm Poetry Circle (JCC) 5:30pm-11:00pm Hollywood Bowl Trip/ A Midsummer Night With Dudamel(JCC)	29 8:30am-9:30am Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/The Garden Grille & Bar at Hilton Gardens Hotel/Reservations Required (310) 545-3500.

JULY 2015 (SPECIAL EVENTS SCHEDULE)

THURSDAY

FRIDAY

SATURDAY

<p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p>	<p>2 10:00am-11:30am Senior Resource Committee Meeting (MHP)</p> <p>1:30pm-3:30pm OASIS Movie Club/Into The Woods (JCC)</p>	<p>3</p> <p>CLOSED DUE TO HOLIDAY</p> <p></p>
<p>10:00am-Noon Computer Training (JCC)</p> <p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p> <p>Dial-A-Ride Open Until 9:00pm</p>	<p>9 1:30pm-3:30pm OASIS Movie Club/Night at the Museum: Secret of the Tomb (JCC)</p> <p>8:00pm-11:00pm Swing N' Sway/Cost:\$10 (JCC)</p>	<p>10</p> <p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> <p></p>
<p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p>	<p>16 10:00am-12:00pm OLLI/ Great American Songwriters (JCC)</p> <p>1:30pm-3:30pm OASIS Movie Club/American Sniper (JCC)</p>	<p>17</p> <p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> <p></p>
<p>10:00am-Noon Computer Training (JCC)</p> <p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30am-1:00pm Dine N' Discover/Manhattan Beach Library/Reservations Required (310) 802-5430 (JCC)</p> <p>11:30am Lunch Bunch 2.0 (CANCELLED)</p> <p>5:30pm-7:30pm Your Book Club (JCC)</p> <p>Dial-A-Ride Open Until 9:00pm (JCC)</p>	<p>23 10:00am-12:00pm OLLI/ Great American Songwriters (JCC)</p> <p>1:30pm-3:30pm OASIS Movie Club/The Loft (JCC)</p>	<p>24</p> <p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> <p></p>
<p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p> <p>5:30pm-11:00pm Hollywood Bowl Trip/ Mozart With Dudamel (JCC)</p>	<p>30 10:00am-12:00pm OLLI/ Great American Songwriters (JCC)</p> <p>1:30pm-3:30pm OASIS Movie Club/Focus (JCC)</p>	<p>31</p> <p></p>

JULY 2015 (WEEKLY SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<p>Please see reverse for special events schedule; all events are subject to change.</p> <p>Older Adults Program (310) 802-5447.</p>		8:00am Walking Group (FVD) 1 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)
5 10:00am-4:00pm OASIS OPEN	8:00am Pickle Ball (MHP) 8:00am-11:00am Joslyn Seniors: "Drop In" Hours and White Elephant Sale (JCC) 8:00am-9:00am Walking Group (FVD) 9:30am OASIS Discussion Group (JCC) 10:00am-12:30pm Ping Pong (SH)	6	8:00am Pickle Ball (MHP) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)
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	Manhattan Heights Park 1600 Manhattan Beach Blvd. Manhattan Beach (MHP)	Joslyn Community Center 1601 Valley Drive, Manhattan Beach (JCC)	Manhattan Senior Villas 1300 Park View Ave. Manhattan Beach (MSV)

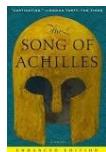
THURSDAY

YOUR BOOK CLUB

When: 4TH THURSDAY (7/23)
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, great books to read, friendships, and to have fun. Everyone will have an opportunity to participate. We have rotating facilitators to select the books and lead discussions. Come and enjoy books with us:



July 2015—The Song Of Achilles
by Madeline Miller



Lunch Bunch 2.0

When: Thursdays at 11:30AM

Joslyn Community Center

RESERVATIONS REQUIRED

24 hours in advance
(310) 802-5447

\$3 Residents and \$5 Non-residents



7/2= Garlic Chicken, Brown Rice and Salad.



7/9= Chicken, Beans, Rice & Salad.



7/16= Bean, Cheese, Rice Burrito, Salad & Fruit.



7/23= **NO LUNCH BUNCH.**



7/30=Turkey & Provolone Sandwich, Salad & Cookie.

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 during summer (Free)
- Pickle Ball at Manhattan Heights Park 8:00am (Free)

Dine 'N Discover

Manhattan Beach Library

In September, 2013 construction started to replace the former one-story County Library in Manhattan Beach. The grand opening of the new facility was held May 1, 2015. Join Yolande Wilburn, Library Manager to:

- ◆ Learn about the features of the new 21,000 square foot facility
- ◆ Learn the amenities offered at the Library and how they can be used
- ◆ Meet Yolande Wilburn and learn her vision of the role for the library in the community
- ◆ Enjoy a complimentary lunch



When: Thursday, July 23, 2015

Time: 11:30am-1:00pm

Where: Joslyn Community Center

1601 Valley Drive, Manhattan Beach, CA 90266



Cost: Free Event

Reservations Required by Monday, July 20, 2015. Reservations: (310) 802-5430.

Computer Training

Dayle Eisenhauer 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 phone, tablet, or laptop to OASIS

Thursday, July 9th and 23rd, 2015

Time: 10am-11am Beginner Class

11am-Noon Advanced Class

Cost: Free

Where: Joslyn Community Center



RENEWAL THROUGH ART

Instructor: Mary Jane Casey

April 16, 2015— July 30, 2015

Time: 10:30am-12:30pm

Manhattan Beach Scout House. Class is Free. Students supply their own materials. Registration 310-802-5447.

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

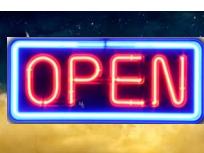
Cost: Free



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 and 4th Thursdays of the Month (7/9 and 7/23)
Make your reservation (310) 545-3500.

FRIDAY

OASIS MOVIE CLUB

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



July 3: Into The Woods (Rated PG for thematic elements, fantasy action and peril, and some suggestive material)

A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree.

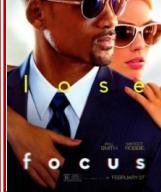
Starring: Anna Kendrick, Meryl Streep and Chris Pine. (125 Minutes Long)



July 10: Night at the Museum: Secret of the Tomb (Rated PG for mild action, some rude humor and brief language)

Larry spans the globe, uniting favorite and new characters while embarking on an epic quest to save the magic before it is gone forever.

Starring: Ben Stiller, Robin Williams and Owen Wilson. (98 Minutes Long)



July 17: American Sniper (Rated R for strong and disturbing war violence, and language throughout including some sexual references)

Navy SEAL sniper Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home to his wife and kids after four tours of duty, however, Chris finds that it is the war he can't leave behind.

Starring: Bradley Cooper, Sienna Miller and Kyle Gallner. (132 Minutes Long)

July 24: The Loft (Rated R for sexual content, nudity, bloody violence, language and some drug use)

Five married guys conspire to secretly share a penthouse loft in the city—a place where they can carry out hidden affairs and indulge in their deepest fantasies. But the fantasy becomes a nightmare when they discover the dead body of an unknown woman in the loft, and they realize one of the group members must be involved.

Starring: Karl Urban, James Marsden and Wentworth Miller. (108 Minutes Long)

July 31: Focus (Rated R for language, some sexual content and brief violence)

In the midst of veteran con man Nicky's latest scheme, a woman from his past—now an accomplished femme fatale—shows up and throws his plans for a loop.

Starring: Will Smith, Margot Robbie and Rodrigo Santoro. (105 Minutes Long)

SENIOR RESOURCE COMMITTEE MEETING

First Friday
July 3, 2015
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 healthy 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, Manhattan Beach CA.

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 (7/10)

Cost: \$10

Come meet Ernest Castillo the NEW DJ

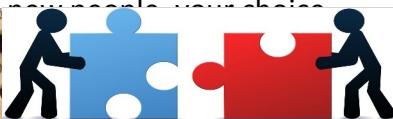


SATURDAY & SUNDAY

Oasis Open Saturdays from 10am-4pm/**Closed July 4th**

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 the 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.



When: Sunday, July 5, 2015

Time: 12:30pm—3:30pm

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

Oasis Open Sundays from 10am-4pm

The 1st Sunday of each month OASIS will have Song Jam!/Sing-A-Long. Culture Sunday 3rd Sunday of the Month. The 2nd Sunday of the month is Prime Time Classics unless we have a special event. The 4th Sunday of the month will be your choice. Bring your ideas to staff. Share your talents, skills, knowledge, etc.



ENCORE MOVIE PRESENTATION

American Sniper

Come and join us in OASIS for an encore movie presentation. We will show American Sniper again on Sunday, July 26, 2015.

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

Time: 1:30pm-3:30pm

Cost: Free

*Free Event/ Popcorn will be available.



Prime Time Classics

Shane

1953



A weary gunfighter attempts to settle down with a home-stead family, but a smoldering settler/rancher conflict forces him to act.

Starring: Alan Ladd, Jean Arthur and Van Heflin.
(118 Minutes Long)

When: Sunday, July 12, 2015

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

Time: 1:30PM-3:30pm

Free Event/Popcorn will be available.

For more information call (310) 802-5430.
Need a ride? Call Dial-A-Ride at (310) 545-3500.

CULTURE SUNDAY

MINI BUS TRIP

AUTOMOTIVE DRIV-



ING MUSEUM

Located in El Segundo, the Automotive Driving Museum has a broad and diverse collection of over 130 vehicles. There are historically significant, antique and muscle cars. Cruise through history with a guided tour of this unique venue. Then, enjoy live music from the Beach Cities Swing Band, a remarkable 16 piece orchestra with a fantastic vocalist.



..... Sunday, July 19, 2015

Time: Bus departs at 6:30pm from Joslyn Community Center

- ◆ Guided tour of museum from 7pm-8pm
- ◆ Beach Cities Swing Band 7:00pm-9:30pm

Cost: \$10 for Band and \$1.00 for Dial-A-Ride

*Reservations Required (310) 802-5430.

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

OTHER OAP NEWS



On the Move Riders Club

There will be other trips on the Metro. Watch the newsletter and Joslyn bulletin board for upcoming trips.

MEN'S SENIOR (60+) SLO-PITCH LEAGUE

On-Going

Dorsey Field-March through December



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 exercise experience with music, slow movements and expressions of Hawaiian culture.



When: Every Saturday for the month of July.

Time: *10:30am-11:30am **Beginners**

*11:30am-12:30pm **Intermediate**

*12:30pm-1:00pm **Advanced**

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

Cost: Free

Note: Wear something comfortable. For more information please call (310) 802-5447.



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



When: Joslyn Community Center

1601 N. Valley Drive, Manhattan Beach CA.

We encourage participation of those with memory issues.

SPECIAL OLLI FOR MEMBERS AND NON-MEMBERS

Great American Songwriters: George & Ira Gershwin, Jerome Kern, Hoagy Carmichael, and Johnny Mercer

Lecturer and performer Saul H. Jacobs & master pianist Bob Lipson return in four more multimedia programs with videos, photos, and sing-a-longs to bring alive the music and stories of more Great American Songwriters.

First up are two brothers who collaborated so closely it was said that their songs—like *Strike Up The Band*, *Fascinating Rhythm*, and *Our Love Is Here To Stay* were the product of A Single Creative

Mind: George & Ira Gershwin.

When: July 17, 24, 31, August 7

Time: 10:00am-12:00pm

Where: Joslyn Community Center

1601 N. Valley Drive, Manhattan Beach CA. 90266

Cost: \$30 (Checks or Credit Cards Only)



FREE LOW VISION REHABILITATION CONSULTATIONS BRAILLE INSTITUTE'S MOBILE

SOLUTIONS UNIT

When: Tuesday, July 7, 2015

Where: Joslyn Community Center

1601 Valley Drive, Manhattan Beach CA.

Time: 10:00am-3:00pm

By appointment only. Please call Braille Institute at (323) 663-1111 ext. 1242



For more information about anything in this newsletter or to be added to the mailing list, call the Older Adult Program Office 310-802-5447. Program locations include: Joslyn Community Center (JCC) 1601 North Valley Drive; Manhattan Heights Community Center, 1600 Manhattan Beach Blvd.