

OlderAdults 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.

OLLI

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.

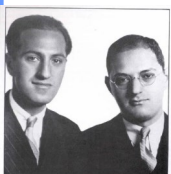
First up are two brothers who collaborated so closely it was said that their songs— like *Strike Up The Band*, *Fascinating Rhythm*, and *Our Love Is Here To Stay* were the product of A Single Creative Mind: George & Ira Gershwin.

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



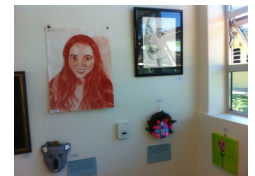
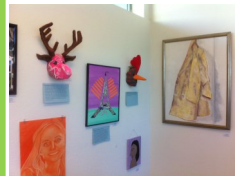
FACES

INTERGENERATIONAL ART SHOW

May was a month of intergenerational activities with the first ever Intergenerational Art Exhibit and Intergenerational Improv show. Both activities were a collaborative effort with Mira Costa High School and the City of Manhattan Beach's Older Adult Program.

Faces, The Intergenerational Art Exhibit, had the theme of "Identity". The students' works featured identity masks created by art teacher Jennifer Mireles' second year art class. The older adults, especially those in Mary Jane Casey's Renewal Through Art and Eva Goldsheid's Painting Adventure classes created pieces that related to the exhibition theme.

On Friday, May 22 the Mira Costa High School Sportz Improv Team and the Manhattan Beach Older Adult Improv class joined forces for an improv. show at the Little Theatre at Mira Costa.



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.

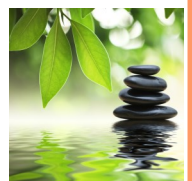
You can sit in a chair, cushion, or on the floor.

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: Mark Saldana



Free

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.**

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 June at the Joslyn Center. Whether you want to spectate or participate, come join us. Second and fourth Monday of the month (6/8 & 6/22). Time: 1:30pm-3:30pm. (Free)



WALKING GROUP

Time: 8:30AM

When: Soccer fields off Village Drive
(Also, Wednesdays at 8:30AM and
Thursdays 8:30AM) (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 (6/8 and 6/22) (Free)
Manhattan Village Senior Villas



JOSLYN CLUB



- ♦ **Every Monday** 8:00am-11:00am—“Drop In Hours”
- ♦ **Every Monday** 9:00am-11:00am—White Elephant Sale
- ♦ **1st Monday** 10:30am-12:30pm—Bingo and Snacks
- ♦ **3rd Monday** 10:30am-12:30pm—Fun Bingo
- ♦ **4th Monday** 11:30am-1:00pm—Catered Lunch— Cost: \$5

*Club President: Marcella David (310) 658-0953



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 (5/4-7/6)

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 Monday (6/1)

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) 802-5447
\$3 Residents and \$5 Non-residents

6/2= Vegetable Soup, Green Mix Salad, Spanish Rice, Beef Burritos, Fruit and Hot Beans.

6/9= Barley Soup, Green Mix Salad, Brown Rice, Meatloaf, Fruit and Steamed Vegetables.

6/16= Soup, Cole Slaw, Mashed Potatoes, Fish, Fruit and Steamed Vegetables.

6/23= Mushroom Soup, Green Mix Salad, Brown Rice, Stuffed Cabbage, Fruit and Steamed Vegetables.

6/30= Soup, Green Mix Salad, Brown Rice, BBQ Chicken, Fruit and Steamed Vegetables.

SENIOR ADVISORY COMMITTEE MEETING

Time: 1:00pm to 2:30pm
Where: Joslyn Community Center
Public is welcome
3rd Tuesday of the month (6/16)
Cost: FREE



PING PONG

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



PLAY READING

JUNE 2, 2015

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



POETRY CIRCLE

2nd and 4th Tuesday of the month
(6/9 and 6/23).
Time: 1:00pm-3:00pm
Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach
Cost: Free Event



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
June 16, 2015
Time: 1:00pm-2:00pm
Where: Joslyn Community Center

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



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.

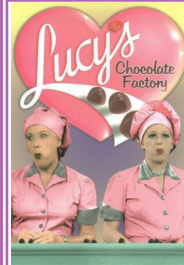
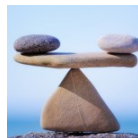
When: Every Wednesday-10 week session (5/6-7/8)

Time: 9:00am-10:00am

Where: Surf Dance Studio in JCC

Cost: Free

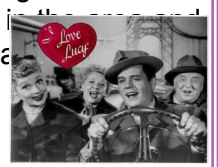
***Note: Registration required (310) 802-5430.
Supported by Beach Cities Health District.**



I Love Lucy! Mini Bus Trip

Lucille Ball will always reign as one the queens of comedy. Most well known for her sitcom, "I Love Lucy". On this mini bus trip we will enjoy the I Love Lucy "Job Switching" episode. Then we will be

taking a tour of the Edelweiss Chocolate Factory in Beverly Hills. The famous I Love Lucy episode "Job Switching" where Ethel and Lucy work in a chocolate factory was inspired by the confectioner machine that still operates in the back of the store. We will continue the afternoon by being able to walk



When: Wednesday, June 17, 2015

Where: Bus departs from the Joslyn Community Center

Time: 10:00am-2:30pm

Cost: \$5 for trip and \$1 for Dial-A-Ride



Movies to Enlighten

*V. Nunez's
Ulee's Gold*

Wednesday, June 17, 2015

1:30 to 3:30 PM

OASIS/Free

A quiet widowed beekeeper slowly pulls his dysfunctional family back together. Peter Fonda's performance in this drama and character study earned him an Academy nomination for Best Actor. Ever heard of Tupelo Honey made only in Florida along the Apalachicola River Basin? Learn about Ulee's Gold, a clear, deep gold color honey from bees who feed on the pale green flowers of the ogeche tupelo.

Older Adults Night Out On The Town (5PM)

- ♦ 6/3: Johnny Rockets
- ♦ 6/10: PF Chang's
- ♦ 6/17: Hennessey's Tavern
- ♦ 6/24: Deluca Trattoria

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



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, 8:30AM Soccer Fields off Village Drive (Free)


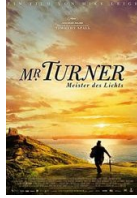


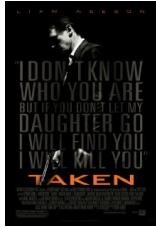

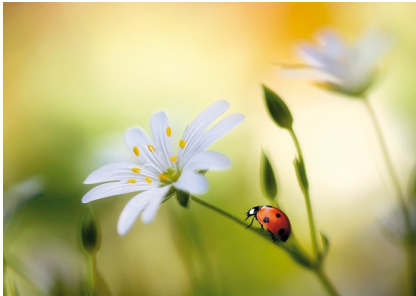

JUNE 2015 (WEEKLY SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<div>4</div> <p>8:00am Pickle Ball (MHP) 8:30am-10:30am 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>	<div>5</div> <p>8:45am-9:00am Assistance for beginners (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> 	<div>6</div> <p>10:00am-4:00pm OASIS Weekend Activities Open</p>
<div>11</div> <p>8:00am Pickle Ball (MHP) 8:30am-10:30am 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> 	<div>12</div> <p>8:45am-9:00am Assistance for beginners (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>	<div>13</div> <p>10:00am-4:00pm OASIS Weekend Activities Open (Potluck)</p> 
<div>18</div> <p>8:00am Pickle Ball (MHP) 8:30am-10:30am 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>	<div>19</div> <p>8:45am-9:00am Assistance for beginners (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> 	<div>20</div> <p>10:00am-4:00pm OASIS Weekend Activities Open</p>
<div>25</div> <p>8:00am Pickle Ball (MHP) 8:30am-10:30am 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> 	<div>26</div> <p>8:45am-9:00am Assistance for beginners (JCC) 9:00Aam-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>	<div>27</div> <p>10:00am-4:00pm OASIS Weekend Activities Open</p> 
	<p>Please see reverse for regularly scheduled weekly activities; all events are subject to change. Older Adults Program (310) 802-5447.</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>

JUNE 2015 (SPECIAL EVENTS SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:00am-1:00pm Assistance With Medicare (JCC) 10:30am-12:30pm Joslyn Senior Club/Bingo & Snacks (JCC)	2 1:30pm-3:30pm Play Reading (JCC) 	3 9:00am-10:00am Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ Johnny Rockets/Reservations Required (310) 545-3500.
7 12:30pm-3:30pm Song Jam!/Sing-A-Long (JCC In OASIS) 	8 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:00am Writing Group (MSV) 11:30am Heights Potluck & Card Games (MHP) 1:30pm-3:30pm "Acting Out Again" (JCC)	9 1:00pm-3:00pm Poetry Circle (JCC)	10 9:00am-10:00am Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ PF Chang's/ Reservations Required (310) 545-3500.
14 1:30pm-3:30pm Prime Time Classics/ The Verdict 	15 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:30am-12:30pm Fun Bingo (JCC) 	16 1:00pm-2:30pm Senior Advisory Committee Meeting (JCC) 1:00pm-2:00pm Tell Your Story (JCC) 	17 9:00am-10:00am Agility, Balance, & Coordination (JCC) 10:00am-2:30pm I Love Lucy Mini Bus Trip (Bus departs from JCC) 1:30pm-3:30pm Movie to Enlighten/ Ulee's Gold (JCC) 5:00pm Night Out On The Town/ Hennessy's Tavern/ Reservations Required (310) 545-3500. 
21 1:30pm-3:30pm Encore Movie/ Selma (JCC in OASIS) 	22 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:00am Writing Group (MSV) 11:30am-1:00pm Joslyn Senior Club Catered Luncheon/Cost: \$5 (JCC) 1:30pm-3:30pm "Acting Out Again" (JCC)	23 1:00pm-3:00pm Poetry Circle (JCC)	24 9:00am-10:00am Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/Deluca Trattoria/Reservations Required (310) 545-3500.
28 11:30am-4:30pm Culture Sunday Mini Bus Trip Laurel & Hardy Festival 	29 8:30am-9:30am Agility, Balance, & Coordination (JCC) 	30	

JUNE 2015 (SPECIAL EVENTS SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<div>4</div> <p>10:00am-3:00pm Braille Institute's Mobile Solutions Unit (JCC)</p> <p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p> 	<div>5</div> <p>10:00am-11:30am Senior Resource Committee Meeting (MHP)</p> <p>1:30pm-3:30pm OASIS Movie Club/ Mr. Turner (JCC)</p> 	<div>6</div> <p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<div>11</div> <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> 	<div>12</div> <p>1:30pm-3:30pm OASIS Movie Club/ Selma (JCC)</p> <p>8:00pm-11:00pm Swing N' Sway/Cost:\$10 (JCC)</p> 	<div>13</div> <p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<div>18</div> <p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30am-1:00pm Dine N' Discover/Braille Institute/ Reservations Required (310) 802-5430 (JCC)</p> <p>11:30am Lunch Bunch 2.0 (CANCELLED)</p>	<div>19</div> <p>1:30pm-3:30pm OASIS Movie Club/ Taken 3 (JCC)</p> 	<div>20</div> <p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<div>25</div> <p>10:30am-11:30am Mindfulness (JCC)</p> <p>11:30am Lunch Bunch 2.0 (JCC)</p> <p>5:30pm-7:30pm Your Book Club</p> <p>Dial-A-Ride Open Until 9:00pm</p> 	<div>26</div> <p>1:30pm-3:30pm OASIS Movie Club/ McFarland USA (JCC)</p> <p>3:30pm-5:00pm Conversation and food after the movie. Cost: \$1(JCC)</p> 	<div>27</div> <p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room)</p> 
		

JUNE 2015 (WEEKLY SCHEDULE)

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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 (6/25)

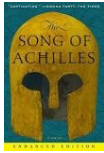
Time: 5:30 PM – 7:30 PM

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:

June 2015—The Song Of Achilles
by Madeline Miller



Dine 'N Discover

Braille Institute

It's a fact of life that vision changes occur as you get older. Some people experience loss of sight beyond the normal, age-related vision changes. Low vision rehabilitative services can provide people with the help and resources needed to regain their independence.

- ◆ Learn the signs of vision loss
- ◆ Learn ways to cope with vision loss and adaptive devices
- ◆ Learn the services that the Braille Institute offers for those with vision impairment
- ◆ Enjoy a complimentary lunch



When: Thursday, June 18, 2015

Time: 11:30am-1:00pm

Where: Joslyn Community Center

1601 Valley Drive, Manhattan Beach, CA 90266

Cost: Free Event

Reservations Required by Monday, June 15, 2015. Reservations: (310) 802-5430.



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



6/4= Honey Chicken, Brown Rice and Signature Chinese Salad.



6/11=Chicken Enchilada, Rice, Beans and Salad.



6/18= NO LUNCH BUNCH DUE TO DINE N' DISCOVER.



6/25= Philly Cheese Steak Sandwich, Salad and Chocolate Chip Cookie.

Computer 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 phone, tablet, or laptop to OASIS



Thursday, June 11, 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)

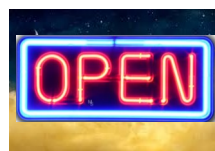
3:00 PM



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 8:30am during summer. (Free)
- Pickle Ball at Manhattan Heights Park 8:00am (Free)



Dial-A-Ride

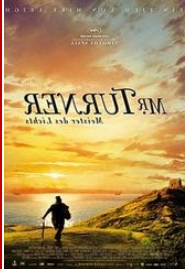
Open Until 9:00pm on the 2nd and 4th Thursdays of the Month (6/11 and 6/25)
Make your reservation (310) 545-3500.

FRIDAY



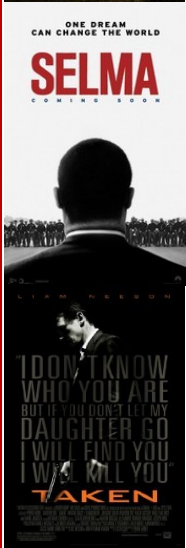
OASIS MOVIE CLUB

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



June 5: Mr. Turner (*Rated R for some sexual content*)

An exploration of the last quarter century of the great, if eccentric, British painter J.M.W. Turner's life. Starring: Timothy Spall, Paul Jesson and Dorothy Atkinson. (150 Minutes Long)



June 12: Selma (*Rated PG-13 for disturbing thematic material including violence, a suggestive moment, and brief strong language*)

A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

Starring: David Oyelowo, Carmen Ejogo and Tim Roth. (128 Minutes Long)



June 19: Taken 3 (*Rated PG-13 for intense sequences of violence, action, and for brief strong language*)

Ex-government operative Bryan Mills is accused of a ruthless murder he never committed or witnessed. As he is tracked and pursued, Mills brings out his particular set of skills to find the true killer and clear his name.

Starring: Liam Neeson, Forest Whitaker and Maggie Grace. (109 Minutes Long)



June 26: McFarland USA (*Rated PG for thematic material, some violence and language*)

A cross country coach in a small California town transforms a team of athletes into championship contenders.

Starring: Kevin Costner, Maria Bello and Ramiro Rodriguez. (129 Minutes Long)



***Note: Bob and Adela give this movie two thumbs up.**

***After the movie please join us for a light meal and conversation. Menu: beef soft taco, salsa, guacamole, and chips for \$1. (Reservations Required: (310) 802-5447.**

SENIOR RESOURCE COMMITTEE MEETING

**First Friday
June 5, 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

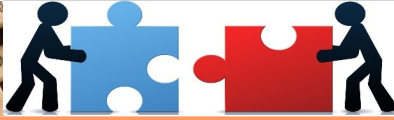
**Time: 8:00pm-11:00pm
Where: Joslyn Community Center
When: Every 2nd Friday of the month (6/12)
Cost: \$10
*Come meet Ernest Castillo the NEW DJ***



SATURDAY & SUNDAY

Oasis Open Saturdays from 10am-4pm

Come in, hang out, play board games,
card games, do puzzles,



Oasis Open Sundays from 10am-4pm

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



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, June 7, 2015

Time: 12:30pm—3:30pm

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

Cost: Free

ENCORE MOVIE PRESENTATION

SELMA

Come and join us in OASIS for an encore movie presentation. We will show Selma again on
Sunday, June 21, 2015.

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

Time: 1:30pm-3:30pm

Cost: Free

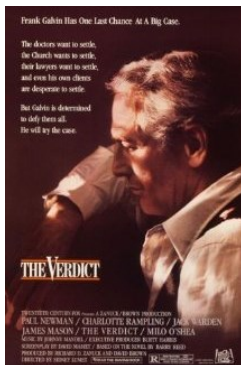
*Free Event/ Popcorn will be available.



Prime Time Classics

The Verdict

1982



**A lawyer sees the chance to
salvage his career and
self-respect by taking a medi-
cal malpractice case to trial
rather than settling.**

**Starring: Paul Newman,
Charlotte Rampling and
Jack Warden.
(129 Minutes Long)**

When: Sunday, June 14, 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 TO THE OLD TOWN MUSIC HALL



Laurel & Hardy Festival

A Collection of Sound and Silent Short Comedies

An Old Town Music Hall tradition: non-stop laughter with a collection of silent and sound short films by these two comic geniuses. All of the silent shorts are accompanied live on the Mighty Wurlitzer Theater Pipe Organ.



When: **2014**

Time: Bus departs 11:30am from
Joslyn Community Center
Performance Begins: 2:30pm

Cost: \$8.00

*There will be time in El Segundo for lunch on your own.

*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.

*Look for information on trip on Tuesday, June 9, 2015.

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

On-Going

Dorsey Field-March through December



- ♦ Pick up games played Tuesdays 9:00am to 12:00pm.
- ♦ Skill drills conducted Mondays and Fridays 9:00am to 12:00pm.
 - ♦ League games played Thursdays 9:00am to 1:00pm.

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



When: Every Saturday for the month of June.

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.

MANHAPPENINGS

MAKE SURE TO CHECK OUT THE OLDER ADULT SECTION IN THE MANHAPPENINGS FOR CLASSES AND BUS EXCURSIONS.

CLASSES:

- ♦ **SENIOR YOGA**
 - ♦ **SENIOR YOGA BEGINNING**
- ♦ **COMEDY IMPROV. FOR OLDER ADULTS**
- ♦ **ARTHRITIS FOUNDATION EXERCISE PROGRAM**

BUS EXCURSIONS:

- ♦ **BASTILLE DAY CELEBRATION IN SANTA BARBARA**
 - ♦ **WALT DISNEY CONCERT HALL "PHANTOM IN PARIS"**
- ♦ **THE DEAD SC** **LS AT THE CA ER**



FREE LOW VISION REHABILITATION CONSULTATIONS BRAILLE INSTITUTE'S MOBILE SOLUTIONS UNIT



When: Thursday, June 4, 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.