

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.

BALBOA PARK

DECEMBER NIGHTS BUS EXCURSION



Balboa Park December Nights has museums, wonderful food from around the world, unique gift shopping, musical and dance presentations, holiday exhibits, and more. On the way to San Diego we will be stopping at Roger's Gardens, bedecked for the holidays with 25 themed Christmas trees adorned with ornaments from around the globe.

When: Friday, December 5, 2014

Time: 12:45pm—10:15pm

Where: Bus departs from JCC or MHP.

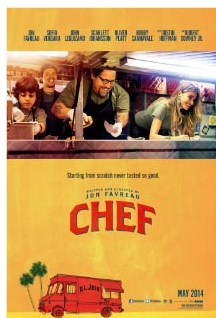
Cost: \$33 Residents

\$37 Nonresidents

Register at City Hall.

CHEF DINNER

Watching the movie *Chef* may make you hungry! So for \$4.00 you can enjoy a sandwich and chips following the movie. You are also encouraged to share your culinary talents (or shopping ability) by bringing a dessert for 5 people to share.



When: Friday, November 14, 2014

Time: 3:30pm-5:00pm

Reservations Required (310) 802-5447.

OSHER LECTURE SERIES IN MANHATTAN BEACH

◆ Friday, November 7, 2014

Researching Scientific Discoveries through Social Media and Blogging

Terry McGlynn, Ph.D., Associate Professor, Biology, CSUDH



◆ Friday, November 21, 2014

Islam in America

Hamoud Salhi, Ph.D., Acting Associate Dean, College of Natural & Behavioral Sciences (CNBS); Associate Professor, Political Science, CSUDH



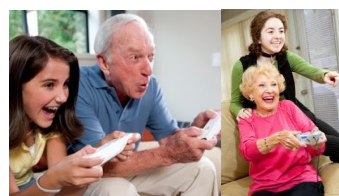
Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach CA. 90266
Time: 10:00am-Noon

SAVE THE DATE

MAYOR'S YOUTH COUNCIL AND MANHATTAN BEACH OLDER ADULT PROGRAM PRESENT...

WE'RE BETTER TOGETHER:

AN INTERGENERATIONAL GATHERING IN MANHATTAN BEACH



**LEARN
DISCUSS
GROW**

**SATURDAY
DECEMBER 6**

9AM—NOON
Joslyn Community Center
1601 N. Valley Drive
FREE EVENT

CONTACT

Jan Buike
(310) 802-5447

KEYNOTE SPEAKER

Freddi Segal-Gidan

◆ "Growing the Future in Manhattan Beach"

BREAKOUT SESSIONS

Led by Mayor's Youth Council and Older Adult Program

◆ How can we build a stronger intergenerational community in Manhattan Beach?

FOLLOW UP & LIGHT SNACKS

Freddi Segal-Gidan

◆ Reports on the discussions and next steps.

*Need a ride call Dial-A-Ride (310)545-3500.



**OlderAdults
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.

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. Hope you can join us in November at the Joslyn. Whether you want to spectate or participate, come join us. Second and fourth Monday of the



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 (11/10 and 11/24) (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 Wednesday** 10:30am-12:30pm—Bingo and Snacks
- ♦ **3rd Wednesday** 11:30am-12:30pm—Fun Bingo
- ♦ **4th Monday** 11:30am-1:00pm—Catered Lunch— Cost: \$5

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



**SNAG GOLF IS DISCONTINUED
AT THIS TIME.**

SNAG Golf is a recreational game for all ages that offers all the elements of golf but with modified equipment. It's been described as a game between miniature golf and regulation golf. SNAG is all about having fun while learning basics of golf.

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.



Pickle Ball

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



1st and 3rd Monday (11/3) & (11/17)

Time: 10:00am-1:00pm

By appointment only please call (310) 802-5447

SHORT STORY DISCUSSION GROUP

CANCELLED FOR THE MONTH OF
NOVEMBER.



Also on Mondays...

- Ping Pong at the Scout House 10:00am (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

11/4= Noodle Soup, Green Mix Salad, Brown Rice,
Meatloaf, Fruit, and Steamed Vegetables.

11/11= Lentil Soup, Green Mix Salad, Mashed Potatoes,
Tilapia, Fruit, and Steamed Vegetables.

11/18= Barley Soup, Green Mix Salad, Brown Rice,
Chicken Kebab, Fruit, and Steamed Vegetables.

11/25= Noodle Soup, Green Mix Salad, Brown Rice, Beef
Burritos, Fruit, and Steamed Vegetables.

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

(11/18, 11/25)

Time: 10am-Noon

Cost: Free

Where: Joslyn Community Center



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



When: Tuesday, November 11, 2014

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**

SENIOR ADVISORY COMMITTEE MEETING

Time: 1:00pm to 2:30pm
Where: Joslyn Community Center
Public is welcome
3rd Tuesday of the month (11/18)
Cost: FREE



PING PONG

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



PLAY READING NOVEMBER 4, 2014

1st Tuesday

1:30pm—3:30pm

Joslyn Community Center

Cost: Free



POETRY CIRCLE

2nd and 4th Tuesday of the month
(11/11 and 11/25).

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 AM to 11:30 AM

Joslyn Community Center.

Free

Discussion topics regarding women's issues.



CRAFT CLUB

WEDNESDAYS AT NOON

Joslyn Community Center

Free of Cost



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



Older Adults Night Out On The Town (5PM)

- ♦ 11/5: Chicken Maison
- ♦ 11/12: Giuliano's
- ♦ 11/19: The Soup Bar
- ♦ 11/26: Mandovi Indian Cuisine



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

JOSLYN SENIOR CLUB

- ♦ **FIRST WEDNESDAY**—November 5,
2014

10:30am-12:30pm Bingo and Snacks

Joslyn Community Center

- ♦ **THIRD WEDNESDAY**—November 19,
2014

11:30am-12:30pm Fun Bingo



Movies to Enlighten

B. Levinson's

Good Morning Vietnam

Wednesday, November 19, 2014

1:30 to 3:30 PM

OASIS/Free

Here's Robin Williams! A new DJ is shipped to Vietnam to bring humor to Armed Forces Radio and becomes wildly popular with the troops. When off the air he tries to meet locals by teaching English and sees the real war that never appears on radio. Would success make a difference? Find out as RW delivers a superb flawless unscripted radio dialog. Remember our Vets.



ROUTE 66 MINI BUS TRIP

In this unprecedented exhibition, discover
the facts and fiction surrounding the
Mother Road. *Route 66: The Road and the*

Romance features more than 250 historical artifacts from
institutions and private collections across the United States, many
of which have never been on display together in one venue and
likely never will be again.

See the oldest existing Route 66 shield alongside vintage gas
pumps and art. Read from the pages of John Steinbeck's original
handwritten manuscript for *The Grapes of Wrath* and Jack Ker-
ouac's typewriter scroll of *On the Road*. Be moved by Dorothea
Lange's powerful Photographs and Woody Guthrie's Martin gui-
tar, along with countless objects adorned with the Route 66 mon-
iker or acquired along the route. There will also be a 1960s Chev-
rolet Corvette in the gallery.

When: Wednesday, November 19, 2014

Where: Autry National Center of The American West

Bus departs from the Joslyn Community Center

Time: 9:15am-4:00pm

Cost: \$6.00

***Reservations Required (310) 802-5447.**

Space Limited

Also on Wednesdays...

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









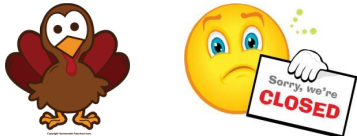


NOVEMBER 2014 (WEEKLY SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p>Please see reverse for special events schedule; all events are subject to change. Older Adult Program (310) 802-5447.</p>		<p>1</p> <p>10:00am-4:00pm OASIS Weekend Activities Open</p>
<p>6</p> <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) 1:30pm Scrabble (JCC) 3:00pm Line Dancing (JCC)</p> 	<p>7</p> <p>9:00am-10:00am Tai Chi (Surf Dance Room) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (JCC) 11:30am Bingo (MHP) 2:00pm Card Games (MHP)</p> 	<p>8</p> <p>10:00am-4:00pm OASIS Weekend Activities Open (Potluck)</p> 
<p>13</p> <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) 1:30pm Scrabble (JCC) 3:00pm Line Dancing (JCC)</p> 	<p>14</p> <p>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>15</p> <p>10:00am-4:00pm OASIS Weekend Activities Open</p>
<p>20</p> <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) 1:30pm Scrabble (JCC) 3:00pm Line Dancing (JCC)</p> 	<p>21</p> <p>9:00Aam-10:00am Tai Chi (Surf Dance Room) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (JCC) 11:30am Bingo (MHP) 2:00pm Card Games (MHP)</p> 	<p>22</p> <p>10:00am-4:00pm OASIS Weekend Activities Open</p> 
<p>27</p> <p>CITY HALL, OASIS, AND DIAL-A-RIDE WILL BE CLOSED DUE TO THANKSGIVING HOLIDAY.</p> 	<p>28</p> <p>9:00Aam-10:00am Tai Chi (JCC) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm NO Ping Pong (JCC) 11:30am Bingo (MHP) 2:00pm Card Games (MHP)</p>	<p>29</p> <p>10:00am-4:00pm OASIS Weekend Activities Open</p>
<p>Soccer Field Off Village Drive, Park Pl, Manhattan Beach (FVD)</p>	<p>Live Oak Field 1601 Valley Drive, Manhattan Beach (LOF)</p>	<p>Scout House 1601 Valley Drive, Manhattan Beach (SH)</p>

NOVEMBER 2014 (SPECIAL EVENTS SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			
<p>2</p> <p>12:30pm-3:30pm Song Jam!/Sing-A-Long (JCC In OASIS)</p>	<p>3</p> <p>10:00am-1:00pm Assistance With Medicare (JCC)</p>	<p>4</p> <p>1:30pm-3:30pm Play Reading (JCC)</p>	<p>5</p> <p>10:30am-12:30pm Joslyn Senior Club/Bingo & Snacks (JCC)</p> <p>5:00pm Night Out On The Town/ Chicken Maison/Reservations Required (310) 545-3500.</p>
<p>9</p> <p>1:30pm-3:30pm Prime Time Classics/ Strangers On A Train (JCC in OASIS)</p> 	<p>10</p> <p>10:00am Writing Group (MSV)</p> <p>11:30am Heights Potluck & Card Games (MHP)</p> <p>1:30pm-3:30pm "Acting Out Again" (JCC)</p> 	<p>11</p> <p>10:00am-3:00pm Braille Institute's Mobile Solutions Unit at (JCC) By appointment only (323) 663-1111 ext. 1242</p> <p>1:00pm-3:00pm Poetry Circle (JCC) -City Hall Closed Due To Veterans Day.</p>	<p>12</p> <p>5:00pm Night Out On The Town/ Giuliano's Delicatessen & Bakery/ Reservations Required (310) 545-3500.</p>
<p>16</p> <p>1:30pm-3:30pm Encore Movie/ CHEF (JCC in OASIS)</p> 	<p>17</p> <p>10:30am NO Short Story Discussion Group (JCC) (Cancelled)</p> <p>10:00am-1:00pm Assistance With Medicare (JCC)</p>	<p>18</p> <p>10:00am-Noon Computer Training (JCC)</p>  <p>1:00pm-2:30pm Senior Advisory Committee Meeting (JCC)</p>	<p>19</p> <p>9:15am-4:00pm Route 66 Mini Bus Trip/ Cost: \$6 (JCC)</p> <p>11:30am-12:30pm Fun Bingo (JCC)</p> <p>1:30pm-3:30pm Movie to Enlighten/ Good Morning Vietnam (JCC)</p> <p>5:00pm Night Out On The Town/ The Soup Bar/Reservations Required (310) 545-3500.</p>
<p>23</p> <p>11:30am-4:00pm All About Marlene Dietrich from beginning to end (JCC in OASIS)</p> 	<p>24</p> <p>10:00am Writing Group (MSV)</p> <p>11:30am-1:00pm Joslyn Senior Club Catered Luncheon/Cost: \$5 (JCC)</p> <p>1:30pm-3:30pm "Acting Out Again" (JCC)</p>	<p>25</p> <p>10:00am-Noon Computer Training (JCC)</p> <p>1:00pm-3:00pm Poetry Circle (JCC)</p> 	<p>26</p> <p>5:00pm Night Out On The Town/ Mandovi Indian Cuisine/Reservations Required (310) 545-3500.</p>
<p>30</p>			

NOVEMBER 2014 (SPECIAL EVENTS SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p>Please see reverse for regularly scheduled weekly activities; all events are subject to change. Older Adult Program (310) 802-5447.</p>		<p>1</p> <p>11:00am-Noon Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<p>6</p> <p>9:30am—Noon Powerful Tools For Caregivers/ Registration Required (JCC)</p>	<p>7</p> <p>10:00am-11:30am Senior Resource Committee Meeting (MHP) 10:00am-Noon OLLI/ Researching Scientific Discoveries through Social Media and Blogging/ Membership Required (JCC)</p>  <p>1:30pm-3:30pm OASIS Movie Club/ 3 Days to Kill (JCC)</p>	<p>8</p> <p>11:00am-12:30pm Brain Fitness (JCC in Sunset Room)</p> 
<p>13</p> <p>9:30am—Noon Powerful Tools For Caregivers/ Registration Required (JCC) 10:30am-3:30pm Mini Bus Trip to The Museum Of Latin American Art/ Registration Required (JCC)</p> <p>Dial-A-Ride Open Until 9:00pm</p> 	<p>14</p> <p>1:30pm-5:00pm OASIS Movie Club/ CHEF/Dinner After The Movie \$4=Sandwich & Chips/Reservations Required (310) 802-5447 (JCC)</p>  <p>3:30pm-5:00pm Dance & Movement (JCC) 8:00pm-11:00pm Swing N' Sway/ Cost:\$10 (JCC)</p>	<p>15</p> <p>11:00am-Noon Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<p>20</p> <p>9:30am—Noon Powerful Tools For Caregivers/ Registration Required (JCC) 11:30am-1:00pm Dine N' Discover/Dial-A-Ride & Transportation Options/ Reservations Required (310) 802-5430 (JCC) 5:30pm-7:30pm Your Book Club (CANCELLED)</p>	<p>21</p> <p>10:00am-Noon OLLI/Islam in America/ Membership Required. (JCC) 1:30pm-3:30pm OASIS Movie Club/ The Fault in Our Stars (JCC)</p> 	<p>22</p> <p>11:00am-12:30pm Brain Fitness (JCC in Sunset Room)</p> 
<p>27</p> <p>CITY HALL, OASIS, AND DIAL-A-RIDE WILL BE CLOSED DUE TO THANKSGIVING HOLIDAY.</p> 	<p>28</p> <p>1:30pm-3:30pm OASIS Movie Club/ Inside Man (JCC) 3:30pm-5:00pm Dance & Movement (JCC)</p> 	<p>29</p> <p>11:00am-Noon Hawaiian Expressions (JCC in Surf Dance Room)</p> 

NOVEMBER 2014 (WEEKLY SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			
2 10:00am-4:00pm OASIS OPEN	3 8:00am Pickle Ball (MHP) 8:00am-11:00am Joslyn Seniors: "Drop In" Hours and White Elephant Sale (JCC) 8:30am-10:30am Walking Group (FVD) 9:30am OASIS Discussion Group (JCC) 10:00am-12:30pm Ping Pong (SH)	4 8:00am Pickle Ball (MHP) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)	5 8:30am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:00am-11:30am Let's Talk...Woman to Woman (JCC) Noon Craft Club (JCC) 1:00pm Mah Jong (JCC) 1:30pm Shuffleboard (JCC)
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30	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

**NO BOOK CLUB FOR THE MONTH OF
NOVEMBER**

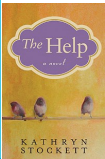
Resumes December 4th

**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:

December 2014—The Help by Kathryn Stockett



TRAIN YOUR BRAIN WITH SCRABBLE!



Stimulate your mind
and enjoy friendly com-
petition. All skill
levels welcome.

When: Every Thursday

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

Time: 1:30pm

Line Dancing

*Every Thursday at the
Joslyn Community Center
(\$3 per class)
3:00 PM*



Dine 'N Discover

DIAL-A-RIDE AND TRANSPORTATION OPTIONS

Dial-A-Ride is a shared-ride, curb-to-curb bus service offered by the City of Manhattan Beach for Senior and disabled residents.

Dial-A-Ride has served the Manhattan Beach Community since 1976 and provides its riders the opportunity to remain independent, active, and involved in the community. Learn about transportation options for older adults and people with disabilities including Manhattan Beach Dial-A-Ride and ACCESS Services.

- ◆ Eligibility and overview of ACCESS Services.
- ◆ What boundaries does Dial-A-Ride cover.
- ◆ Demand for Dial-A-Ride.
- ◆ How Dial-A-Ride operates.
- ◆ Medical appointment services.
- ◆ How and when taxi service is utilized.
- ◆ Find out what area cities offer in comparison.
- ◆ Enjoy a complimentary lunch.



When: Thursday, November 20, 2014

Time: 11:30am-1:00pm

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

Cost: Free Event

Reservations Required by Monday, November 17, 2014.

For reservations please call (310) 802-5430.

RENEWAL THROUGH ART

Instructor: Mary Jane Casey

Sept 4, 2014—Nov 20, 2014

10:30am-12:30pm

Manhattan Beach Scout House

Class is Free. Students supply their own materials. Registration 310-802-5447.



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 Thursdays of the Month (11/13). Make your reservation (310) 545-3500. The 4th Thursday of the Month will be closed due to Holi-



FRIDAY



OASIS MOVIE CLUB

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



November 7: 3 Days to Kill (Rated PG-13 for intense sequences of violence, gunplay and action throughout)

A dying CIA agent trying to reconnect with his estranged daughter is offered an experimental drug that could save his life in exchange for one last assignment.

Starring: Kevin Costner, Hailee Steinfeld, and Connie Nielsen. (117 Minutes Long)



November 14: Chef (Rated R for language including some suggestive references)

A chef who loses his restaurant job starts up a food truck in an effort to reclaim his creative promise, while piecing back together his estranged family.

Starring: Jon Favreau, Robert Downey Jr., and Scarlett Johansson. (114 Minutes Long)

***Join us for dinner after the movie. Cost: \$4.00/ Dinner: Sandwich and Chips.**

Reservations required for dinner (310) 802-5447.



November 21: The Fault in Our Stars (Rated PG-13 for thematic elements, some sexuality and brief strong language)

Hazel and Gus are two teenagers who share an acerbic wit, a disdain for the conventional, and a love that sweeps them on a journey. Their relationship is all the more miraculous given that Hazel's other constant companion is an oxygen tank, Gus jokes about his prosthetic leg, and they met and fell in love at a cancer support group.

Starring: Shailene Woodley, Ansel Elgort, and Nat Wolff. (126 Minutes Long)



November 28: Inside Man (Rated R for language and some violent images)

A police detective, a bank robber, and a high-power broker enter high-stakes negotiations after the criminal's brilliant heist spirals into a hostage situation.

Starring: Denzel Washington, Clive Owen, and Jodie Foster. (129 Minutes Long)

SENIOR RESOURCE COMMITTEE MEETING

First Friday

**November 7, 2014
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

Cost: Free



Swing 'N Sway Dance

When: 2nd Friday of each month, November 14, 2014.

Time: 8pm-11pm

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

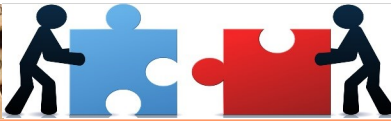
Cost: \$10.00



SATURDAY & SUNDAY

Oasis Open Saturdays from 10am-4pm

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



Oasis Open Sundays from 10am-4pm

The 1st Sunday of each month OASIS will have Song Jam!/ Sing-A-Long. The 2nd Sunday of each month is Prime Time Classics. The 4th Sunday of each month is Culture Sunday 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, November 2, 2014

Time: 12:30pm—3:30pm

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

Cost: Free

ENCORE MOVIE PRESENTATION CHEF

Come and join us in OASIS for an encore movie presentation. We will show CHEF again
Sunday, November 16, 2014.

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

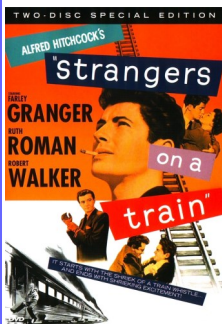
Time: 1:30pm-3:30pm

Cost: Free



Prime Time Classics

Strangers on a Train (1951)



A psychotic socialite confronts a pro tennis star with a theory on how two complete strangers can get away with murder...a theory that he plans to implement.

Starring: Farley Granger, Robert Walker, and Ruth Roman.
(101 Minutes Long)

When: Sunday, November 9, 2014

**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) 802-5447.
Need a ride? Call Dial-A-Ride at (310) 545-3500.*

CULTURE SUNDAY

ALL ABOUT

MARLENE DIETRICH

"A CULTURE ICON OF THE 20TH CENTURY"

FROM THE BEGINNING:



A elderly professor's ordered life spins dangerously out of control when he falls for a nightclub singer. Featuring her signature song Lillie Marlene.
(1930's Film) (124 Minutes)



TO THE END:



Marlene—At her best and her worst—from behind closed doors from her Paris hotel hide out.

THE LAST INTERVIEW AND LAST THOUGHTS CONDUCTED BY MAXIMILIAN SCHELL. (1984 Film) (94 Minutes)

When: Sunday, November 23, 2014

Time: 11:30am-4:00pm

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

Refreshments: Bavarian Pastry

*For reservations please call (310) 802-5447.
Need a ride? Call Dial-A-Ride at (310) 545-3500.*

OTHER OAP NEWS

On the Move Riders Club



Send your email, questions and suggestions to MBONTHEMOVE@VERIZON.NET. Those without email contact Jan Buike for up to date information (310) 802-5447. TAP card applications are available in Older Adult Office.

CITY HALL, OASIS, AND DIAL-A-RIDE WILL BE CLOSED THURSDAY, NOVEMBER 27, 2014 DUE TO THANKSGIVING HOLIDAY.



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

On-Going

Dorsey Field-March through November



- ◆ 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.



MINI BUS TRIP TO THE MUSEUM OF LATIN AMERICAN ART

The Museum of Latin American Art (MOLAA) was founded in 1966 in Long Beach, California. The Museum of Latin American Art expands knowledge and appreciation of modern and contemporary Latin American art through its Collections, and ground-breaking Exhibitions. The Museum of Latin American Art is unique, intellectually stimulating, diverse, and alive in Culture.

When: Thursday, November 13, 2014

Where: 628 Alamos Ave. Long Beach, CA.

Bus departs from Joslyn Community Center

Time: 10:30am-3:30pm

Cost: \$6.00 Admission Fee and \$1 for Dial-A-Ride

Lunch is on your own in their café.

*For reservations please call (310) 802-5447.

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: 1st, 3rd, & 5th Saturday for the month for November (11/1, 11/15, & 11/29)

Time: 11:00am—Noon

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

Cost: Free

Note: Wear something comfortable. To sign up and for more information please call (310) 802-5447.

BRAIN FITNESS

Your brain needs to be exercised! Come have fun and oxidize your cells. Enjoy word games, puzzles, trivia, and rumicube. Join Judith Schechter, Gerontologist and retired Adult-Ed teacher.



When: 2nd & 4th Saturday for the month of November (11/8 & 11/22)

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

Time: 11:00am—12:30pm

Cost: Free



LIBRARY OPTIONS

Dial-A-Ride will provide rides to Older Adults to the Hermosa and Redondo Beach main libraries Monday-Friday. Call the dispatch office for more Information (310) 545-3500.



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.