



## TENNIS

### INTERMEDIATE SENIOR TENNIS WITH ANNIE

55 and up

Res: \$100 Nonres: \$110 (8 Weeks)

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 this winter and brush up on your skills. No class 2/20.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

**26840** 2pm to 3pm 1/9-3/6 M

## 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 1/16 & 2/20.

Instructor: Doris Usui

Location: Joslyn Community Center

4 Weeks

Res: \$40 Nonres: \$44

**26731** 4pm to 6pm 1/9-3/13 M

8 Weeks

Res: \$60 Nonres: \$66

**26732** 4pm to 6pm 1/9-3/13 M

## FITNESS

### SENIOR YOGA

55 and up

Res: \$110 Nonres: \$121 (10 Weeks)

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

**26900** 11am to 12:15pm 1/11-3/15 W

### SENIOR YOGA BEGINNING

55 and up

Res: \$100 Nonres: \$110 (10 Weeks)

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

**26901** 10am to 11:15am 1/10-3/14 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, 1/10-2/28

Cost: \$89

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



## 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 if 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

## SANTA ANITA HORSE RACES

55 and up

Res: \$44 Nonres: \$49

Join us for a day of thoroughbred racing at the base of the San Gabriel Mountains. Our group will have reserved tables in the Club Court area of the Clubhouse, a program and a professional handicapper on hand to go over the day's races. We will also enjoy a special buffet luncheon. Pickup and drop off will be at both JCC and MHP.

26899      10:15am to 7:30pm      3/9      Th

## CATALINA ISLAND

55 and up

Res: \$25 Nonres: \$28

Board the Catalina Express and cruise 26 miles to picturesque Catalina Island! Once you arrive, the day is yours to leisurely explore the island. You may want to explore the shops, try a restaurant, take one of the scenic tours or even zip line! Pickup and drop off will be at both JCC and MHP.

27086      8:00am to 7pm      4/5      W

## SUNNYLANDS

55 and up

Res: \$80 Nonres: \$88

Sunnylands, the former Annenberg Estate is a 200 acre estate in Rancho Mirage. Rich with history, the property has been used by numerous celebrities and public officials. Some refer to it as the "Camp David of the West." This trip will include a tour of the historic house, a catered box lunch and time to explore the beautiful gardens. Pickup and drop off will be at both JCC and MHP.

27088      9am to 6:30pm      5/10      W

## Bus Trip Registration Form

**Bus Trips** 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 Trips, I waive any and all claims for myself and my heirs against officials or sponsors of Bus Trips, 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 Trips 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 Information	
Name:	
Primary Phone Number:	
Signature:	
Bus Trip Name or Activity Number	
1.	
2.	
3.	
Emergency Contact Information	
Name:	Relationship:
Primary Phone Number:	
Secondary Phone Number:	



## **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 resident discount does not apply to this class. Instructor: Victoria Johnson

**26113 9am to 10am 9/13-11/17 Tu Th**

**26114 9am to 10am 11/22-1/26 Tu Th**

## TEA & TAI CHI



Start with some tea, then settle into a wonderful set of warm up exercises to help you unwind from your busy week. Learn the basic six postures of our Tai Chi form, well known for its ability to help adults with range of motion, balance or arthritis issues.

**WHEN:** Every Friday

**TIME:** 4:00 PM - 5:00 PM

**WHERE:** Ocean Banquet Hall in JCC

**COST:** Free

(Supported by 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 - 10:30 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-12:00pm: Discussion Group-JCC-O (every Monday) 10:00am-11:00am: Club Business Meeting & White Elephant Sale at JCC 10:00am-1:00pm: Assistance with Medicare 10:00am: Ping Pong at LOP-SH 10:30am-12:30pm: Bingo and Snacks	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 3:30pm-4:30pm: Blankets of Love 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 3:30pm-4:30pm: Blankets of Love 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	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 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 and White Elephant Sale 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 3:30pm-4:30pm: Blankets of Love 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 3:30pm-4:30pm: Blankets of Love at JCC
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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	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		

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



## LINE DANCING



Get out your cowboy hat and boots for some line dancing! Jackie Leon, a well-known line dancing instructor with many years of experience teaching beginning and intermediate line dancing classes in the South Bay is now teaching at the Joslyn Community Center. Jackie will give a one and a half hour class covering the basics of line dancing.

**WHEN:** Every Thursday  
**TIME:** 3:00 PM - 4:00 PM  
**WHERE:** Joslyn Community Center  
**COST:** \$3.00 per class  
**WHO:** 55+

Please RSVP by calling 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 served 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.