



December, 2014

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.

DIABETES SELF-MANAGEMENT PROGRAM



Who should attend?

- ◆ Anyone with Type 2 Diabetes
 - ◆ Family members or friends of someone with Type 2 Diabetes
- During six 2 1/2-hour workshops you will learn to:
- ◆ Better manage your symptoms of diabetes and lessen their impact on your life
 - ◆ Cope with fatigue, stress, pain, emotions, and hyper/hypoglycemia
 - ◆ Work more effectively with health care providers
 - ◆ Create healthy eating plans and use medication appropriately
 - ◆ Exercise for maintaining and improving strength and endurance

When: Tuesdays, January 13—February 17, 2015
 Time: 2:30pm-4:30pm
 Where: Joslyn Community Center
 1601 N. Valley Drive,
 Manhattan Beach CA.
 Cost: Free Workshop

*To register, call 310-374-3426, x244 or email jessica.martinez@bchd.org

TORRANCE MEMORIAL HOLIDAY FESTIVAL

Holiday Festival is a one of a kind holiday event. The festival features over thirty beautifully decorated trees and wreaths, which are sponsored by local community members and South Bay's businesses. The festival of trees exhibit features a shopping boutique to compliment your holiday shopping as well as a holiday food court where you can sit, relax and enjoy a treat.



When: Thursday, December 4, 2014
 Where: Bus departs from the
 Joslyn Community Center
 1601 N. Valley Drive,
 Manhattan Beach CA.
 Time: 9:15am-2:00pm
 Cost: \$1 for Dial-A-Ride
 For reservations please call (310) 802-5447.

SLEEPY HOLLOW CHRISTMAS LIGHTS EXTRAVAGANZA IN TORRANCE



For the Potluck please bring an appetizer, salad, or dessert to share for 6. We'll supply the chili. Limited to 40 people. Then we will go to one of the most popular light displays in Torrance.

When: Monday, December 15, 2014
 Potluck Time: 4:30pm-6:00pm
 Tour of Lights Time: 6:00pm-9:00pm
 Where: Bus departs from Joslyn Community Center
 1601 N. Valley Drive, Manhattan Beach CA.
 Cost: \$1 for Dial-A-Ride

For reservations please call (310) 802-5447.

*****SOME DATES OF PROGRAMS HAVE CHANGED BECAUSE OF THE HOLIDAYS. PLEASE READ THE NEWSLETTER CAREFULLY FOR THESE POSSIBLE CHANGES.**

NEW YEAR NEW YOU

At the beginning of the new year we often think about making resolutions. If one of yours for 2015 is to become more physically active we have programs for all interest and levels. The Older Adult Program's ongoing activities include ping pong, shuffleboard, petanque, line dancing, walking group, pickle ball, tai chi, horseshoes, and hula dancing. Check out the Parks and Recreation's Manhappenings for older adult classes including the Arthritis Foundation Exercise Program, Beginning Senior Yoga, Senior Yoga, and the new Agility, Balance and Coordination class.

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 December 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 (12/8 and 12/22) (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 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



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



When: Monday, December 8, 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

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.

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 (12/1) & (12/15)

Time: 10:00am-1:00pm

By appointment only please call (310) 802-5447



Pickle Ball

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



SHORT STORY DISCUSSION GROUP

CANCELLED FOR THE MONTH OF
DECEMBER.



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

12/2=Lentil Soup, Green Mix Salad, Spanish Rice, Burritos, Fruits, and Steamed Vegetables.

12/9=Noodle Soup, Green Mix Salad, Brown Rice, Salmon, Fruit, and Steamed Vegetables.

12/16=Barley Soup, Green Mix Salad, Spaghetti, Meatballs, Fruits, and Steamed Vegetables.

12/23=Split Pea Soup, Green Mix Salad, Mashed Potatoes, Beef Stronagoff, Fruit, and Steamed Vegetables.

12/30=Noodle Soup, Green Mix Salad, Brown Rice, BBQ Chicken, Fruits, 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

(12/2 and 12/16)

Time: 10am-Noon

Cost: Free

Where: Joslyn Community Center



Lunch Bunch Special

On Tuesday, December 30, 2014 we will have some surprises for Lunch Bunch. Come and share some holiday spirit. Remember to call to make reservations (310) 802-5447.

SENIOR ADVISORY COMMITTEE MEETING

Time: 1:00pm to 2:30pm
Where: Joslyn Community Center
Public is welcome
3rd Tuesday of the month (12/16)
Cost: FREE



PING PONG

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



PLAY READING DECEMBER 2, 2014

1st Tuesday

1:30pm—3:30pm

Joslyn Community Center

Cost: Free



POETRY CIRCLE

2nd and 4th Tuesday of the month
(12/9 and 12/23).

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.

JOSLYN SENIOR CLUB

- ♦ **FIRST WEDNESDAY**—December 3,
2014

10:30am-12:30pm Bingo and Snacks
Joslyn Community Center

- ♦ **THIRD WEDNESDAY**—December 17,
2014

11-30am-12:30pm Fun Bingo



Movies to Enlighten

M. Campus'

Christmas Cottage

Wednesday, December 17, 2014

1:30 to 3:30 PM

OASIS/Free



Based on true events that led to Kinkadee's career as the unique Painter of Light style that gave him much success and popularity. In 1977, when Thomas' took his Christmas break from Berkeley he finds his mother facing foreclosure of her cottage home in Placerville. The budding artist also finds friendship and inspiration from Glen Wessels, a neighbor artist, who leads the community effort to save their home. A "must see" for your holiday list.

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



DUE TO THE HOLIDAY PARTY

WEDNESDAY, DECEMBER 10

**THERE WILL BE NO ACTIVITIES IN
JOSLYN COMMUNITY CENTER OR
THE SCOUT HOUSE.**

WEDNESDAY, DECEMBER 24

**THE FOLLOWING
ACTIVITIES WILL BE
CANCELLED.**

- ♦ **NO PING PONG, LET'S TALK..WOMAN TO WOMAN, CRAFT CLUB AND SHUFFLEBOARD.**

***NOTE: OASIS WILL CLOSE AT 3:00PM**

**WEDNESDAY, DECEMBER 24 &
WEDNESDAY, DECEMBER 31.**



Older Adults Night Out On The Town (5PM)

- ♦ 12/3: Phuket Thai
- ♦ 12/10: Olive Garden
- ♦ 12/17: Red Lobster
- ♦ 12/24: India's Tandoori
- ♦ 12/31: Scotty's On The Strand

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



Also on Wednesdays...

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

DECEMBER 2014 (WEEKLY SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">4</p> <p>8:00am Pickle Ball (MHP) 8:30am-10:30am Walking Group (FVD) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC) 3:00pm Line Dancing (JCC)</p> 	<p style="text-align: right;">5</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 style="text-align: right;">6</p> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p>
<p style="text-align: right;">11</p> <p>8:00am Pickle Ball (MHP) 8:30am-10:30am Walking Group (FVD) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC) 3:00pm Line Dancing (JCC)</p>	<p style="text-align: right;">12</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 style="text-align: right;">13</p> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open (Potluck)</p> 
<p style="text-align: right;">18</p> <p>8:00am Pickle Ball (MHP) 8:30am-10:30am Walking Group (FVD) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heat (JCC) 1:30pm Scrabble (JCC) 3:00pm Line Dancing (JCC)</p> 	<p style="text-align: right;">19</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 style="text-align: right;">20</p> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p>
<p style="text-align: right;">25</p> <p>CITY OFFICES, DIAL-A-RIDE AND OASIS CLOSED DUE TO THE HOLIDAYS.</p> 	<p style="text-align: right;">26</p> <p>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>	<p style="text-align: right;">27</p> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p> 
<p style="text-align: right;">1</p> <p>CITY OFFICES, DIAL-A-RIDE AND OASIS CLOSED DUE TO THE HOLIDAYS.</p> 	<p>Please see reverse for special events schedule; all events are subject to change. Older Adult Program (310) 802-5447.</p>	
<p style="text-align: center;">Soccer Field Off Village Drive, Park Pl, Manhattan Beach (FVD)</p>	<p style="text-align: center;">Live Oak Field 1601 Valley Drive, Manhattan Beach (LOF)</p>	<p style="text-align: center;">Scout House 1601 Valley Drive, Manhattan Beach (SH)</p>

DECEMBER 2014 (SPECIAL EVENTS SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
	<p>10:00am-1:00pm Assistance With Medicare (JCC)</p>	<p>10:00am-Noon Computer Training (JCC)</p> <p>1:30pm-3:30pm Play Reading (JCC)</p> 	<p>10:30am-12:30pm Joslyn Senior Club/Bingo & Snacks (JCC)</p> <p>5:00pm Night Out On The Town/Phuket Thai/Reservations Required (310) 545-3500.</p>
7	8	9	10
<p>12:30pm-3:30pm Song Jam!/Sing-A-Long (JCC In OASIS)</p>	<p>10:00am Writing Group (MSV)</p> <p>10:00am-3:00pm Braille Institute's Mobile Solutions Unit at (JCC) By appointment only (323) 663-1111 ext. 1242</p> <p>11:30am Heights Potluck & Card Games (MHP)</p> <p>1:30pm-3:30pm "Acting Out Again" (JCC)</p>	<p>1:00pm-3:00pm Poetry Circle (JCC)</p>	<p>11:00am-2:30pm Holiday Sparkle (JCC)</p> <p>-NO activities in Joslyn Community Center or Scout House due to the Holiday Party.</p> <p>5:00pm Night Out On The Town/Olive Garden/Reservations Required (310) 545-3500.</p>
14	15	16	17
<p>2:00pm Culture Sunday Special The Jesters (JCC)</p> 	<p>10:30am NO Short Story Discussion Group (JCC) (Cancelled)</p> <p>10:00am-1:00pm Assistance With Medicare (JCC)</p> <p>4:30pm-9:00pm Sleepy Hollow Christmas Lights/Reservations Required (Bus departs from JCC)</p>	<p>10:00am-Noon Computer Training (JCC)</p> <p>1:00pm-2:30pm Senior Advisory Committee Meeting (JCC)</p> 	<p>11:30am-12:30pm Fun Bingo (JCC)</p> <p>1:30pm-3:30pm Movie to Enlighten/Christmas Cottage (JCC)</p> <p>5:00pm Night Out On The Town/Red Lobster/Reservations Required (310) 545-3500.</p>
21	22	23	24
<p>1:30pm-3:30pm Encore Movie/ The Hundred-Foot Journey (JCC in OASIS)</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>1:00pm-3:00pm Poetry Circle (JCC)</p>	<p>OASIS CLOSES AT 3:00pm</p> <p>5:00pm Night Out On The Town/India's Tandoori/Reservations Required (310) 545-3500.</p>
28	29	30	31
<p>1:30pm-3:30pm Prime Time Classics/ It's a Wonderful Life (JCC in OASIS)</p> 			<p>Noon-2:00pm New Year's Eve Potluck (JCC in OASIS)</p> <p>OASIS CLOSES AT 3:00pm</p> <p>5:00pm Night Out On The Town/Scotty's On The Strand/Reservations Required (310) 545-3500.</p>

DECEMBER 2014 (SPECIAL EVENTS SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">4</p> <p>9:15am-2:00pm Torrance Memorial Holiday Festival/ Reservations Required (Bus departs from JCC)</p> <p>5:30pm-7:30pm Your Book Club</p>	<p style="text-align: right;">5</p> <p>10:00am-11:30am Senior Resource Committee Meeting (MHP)</p> <p>1:30pm-3:30pm OASIS Movie Club/ Maleficent (JCC)</p> 	<p style="text-align: right;">6</p> <p>11:00am-Noon Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<p style="text-align: right;">11</p> <p>Dial-A-Ride Open Until 9:00pm</p> 	<p style="text-align: right;">12</p> <p>1:30pm-5:00pm OASIS Movie Club/ Edge of Tomorrow (JCC)</p> <p>8:00pm-11:00pm Swing N' Sway/ Cost:\$10 (JCC)</p> 	<p style="text-align: right;">13</p> <p>11:00am-Noon Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<p style="text-align: right;">18</p>	<p style="text-align: right;">19</p> <p>1:30pm-3:30pm OASIS Movie Club/ The Hundred-Foot Journey (JCC)</p> 	<p style="text-align: right;">20</p> <p>11:00am-Noon Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<p style="text-align: right;">25</p> <p>CITY OFFICES, DIAL-A-RIDE AND OASIS CLOSED DUE TO THE HOLIDAYS.</p> 	<p style="text-align: right;">26</p> <p>1:30pm-3:30pm OASIS Movie Club/ Home Alone (JCC)</p> 	<p style="text-align: right;">27</p> <p>11:00am-Noon Hawaiian Expressions (JCC in Surf Dance Room)</p> 
<p style="text-align: right;">1</p> <p>CITY OFFICES, DIAL-A-RIDE AND OASIS CLOSED DUE TO THE HOLIDAYS.</p>	<p>Please see reverse for regularly scheduled weekly activities; all events are subject to change. Older Adult Program (310) 802-5447.</p>	

DECEMBER 2014 (WEEKLY SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	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)	8:00am Pickle Ball (MHP) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)	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)3
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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

When: December 4th

Time: 5:30 PM – 7:30 PM

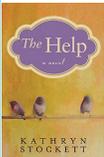
Where: Joslyn Community Center (OASIS)
1601 Valley Drive, Manhattan Beach CA.

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:

December 2014—The Help by Kathryn Stockett

*Note: There will be a potluck dinner.



CITY HALL, OASIS, AND DIAL-A-RIDE WILL BE CLOSED DUE TO THE HOLIDAYS.

◆ **THURSDAY, DECEMBER 25, 2014**

◆ **THURSDAY, JANUARY 1, 2014**



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 except December 25

Time: 1:00pm-2:00pm

When: Joslyn Community Center

1601 N. Valley Drive, Manhattan Beach CA.



We encourage participants with memory issues.



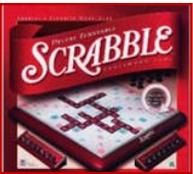
TRAIN YOUR BRAIN WITH SCRABBLE!

Stimulate your mind and enjoy friendly competition. 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



RENEWAL THROUGH ART

Instructor: Mary Jane Casey

January 8, 2014—March 6, 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 and 4th Thursdays of the Month (12/11). (12/25 will be closed due to holiday). Make your reservation (310) 545-3500.



FRIDAY

OASIS MOVIE CLUB

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



December 5: Maleficent (Rated PG for sequences of fantasy action and violence, including frightening images)

A vengeful fairy is driven to curse an infant princess, only to discover that the child may be the one person who can restore peace to their troubled land.

Starring: Angelina Jolie, Elle Fanning, and Sharlto Copley. (97Minutes Long)



December 12: Edge of Tomorrow (Rated PG-13 for intense sequences of sci-fi action and violence, language and brief suggestive material)

A military officer is brought into an alien war against an extraterrestrial enemy who can reset the day and know the future. When this officer is enabled with the same power, he teams up with a Special Forces warrior to try and end the war.

Starring: Tom Cruise, Emily Blunt, and Bill Paxton. (113 Minutes Long)



December 19: The Hundred-Foot Journey (Rated PG for thematic elements, some violence, language and brief sensuality)

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

Starring: Helen Mirren, Om Puri, and Manish Dayal. (122 Minutes Long)



December 26 : Home Alone (Rated PG for some violence and language)

An 8-year-old boy who is accidentally left behind while his family flies to France for Christmas must defend his home against burglars.

Starring: Macaulay Culkin, Joe Pesci, and Daniel Stern. (103 Minutes Long)

SENIOR RESOURCE COMMITTEE MEETING

First Friday

December 5, 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)



Swing 'N Sway Dance

When: 2nd Friday of each month, December 12, 2014.

Time: 8pm-11pm

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

Cost: \$10.00



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

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 Culture Sunday. The 4th Sunday of each 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, December 7, 2014

Time: 12:30pm—3:30pm

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

Cost: Free

ENCORE MOVIE PRESENTATION

The Hundred-Foot Journey

Come and join us in OASIS for an encore movie presentation. We will show The Hundred-Foot Journey again on **Sunday, December 21, 2014.**

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

Time: 1:30pm-3:30pm

Cost: Free



Prime Time Classics

It's a Wonderful Life (1946)



An angel helps a compassionate but despairingly frustrated businessman by showing what life would have been like if he never existed.

Starring: James Stewart, Donna Reed, and Lionel Barrymore.
(130 Minutes Long)

When: Sunday, December 28, 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 SPECIAL

You're invited to a Culture Sunday on December 14, 2014 at 2:00pm from the Joslyn Jesters! The Jesters are comprised of participants of the "PLAY READING" and "ACTING OUT AGAIN" groups that meet at the Joslyn Community Center on a regular basis. Included is "THE MOVERS AND SHAKERS", a subset of the two groups, that takes performances to senior and assisted living venues. We will be performing some regular and holiday monologues and short scenes and have a merry sing along!

We hope to elicit a smile or two and some chuckles. So get in the spirit of the season and join us. It is a free event and light refreshments will be served.



**When: Sunday, December 14, 2014
Time: 2:00pm**

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

*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.

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 for December (12/6, 12/13, 12/20 & 12/27)

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.

NEW YEAR'S EVE

OASIS will be open New year's Eve until 3:00pm. Bring your favorite appetizer, salad or dessert to share and we'll supply the sandwiches. Potluck time is from **noon-2:00pm**.

Please call (310) 802-5447 for reservations.



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**

**FREE
EVENT**

9AM—NOON
Joslyn Community Center
1601 N. Valley Drive
Manhattan Beach

CONTACT

Jan Buike
(310) 802-5447
Jbuike@citymb.info

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.

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.