

MB SENIOR NEWS

SEPTEMBER 2016



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)802-5430. NEED A RIDE? Call Dial-A-Ride at (310)545-3500. To see more events, classes or trips go to www.citymb.info and in the search box, type in: Older Adults

**OlderAdults
Program**
CITY OF MANHATTAN BEACH
(310) 802-5447



SPECIAL ACTIVITIES



Android and PC Class -Training

new

Sherri Roman has spent many years teaching and tutoring computer users. She is volunteering her time and passion for computer training to help explain PC and Android technology to those who need assistance.

Learn how to use your PC and Android phone, get questions answered, share ideas, and get user tips.



First and Third Wednesdays every Month
Wednesday September 7, 2016—2pm Android Class
Wednesday, September 21, 2016—2pm PC Class

Cost: FREE

Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach

BRAILLE INSTITUTE **FREE LOW VISION CONSULTATIONS**



The Braille Institute offers a **wide range of programs and services designed to help people with vision loss**. Free one-on-one vision consultations are available to help the visually impaired determine the correct devices to maximize their remaining vision. Each month the Braille Institute's Mobile Solutions Van comes to Manhattan Beach. **In addition to helping to find the most appropriate magnifying device to help make daily life easier, the Low Vision Rehabilitation Specialist provides referrals to assist the visually impaired person in other areas.** Referrals may be made for medical programs, Veterans benefits, Social Security benefits, or adaptive equipment such as telephones. **You need not be legally blind. Appointments are required for the Braille Institute's Mobile Solution Van.** Please contact the Braille Institute for at (323) 663-1111, ext. 1242 for appointments or additional information.

Next Visit: September 8, 2016
Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach



TRANSPORTATION RESOURCES FOR OLDER ADULTS



Transportation is important for seniors in the South Bay.

Join Assemblyman David Hadley and representatives from both public and private transportation resources to increase your knowledge of transportation alternatives for seniors in the South Bay.

WEDNESDAY, SEPTEMBER 7, 2016
10:00 AM – 12:00 PM

Where: JOSLYN COMMUNITY CENTER
1601 N VALLEY DRIVE
MANHATTAN BEACH



Metro



TEA AND TAI CHI



Please join us on Friday evenings for our popular Tea and Tai Chi Class. We start the evening with some tea, conversation and before settling into a wonderful set of warm up exercises to help you unwind from your busy week. Next we will 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. Together let's explore the graceful power of Tea and Tai Chi and start the weekend in a refreshed, relaxed state of mind.



WHEN: Every Friday
TIME: 5:00 pm – 5:45 pm
Free Event - 55 and over!

WHERE: Joslyn Community Center—1601 Valley Drive- Manhattan Beach

PRESENTED BY: Marc Saldana

No registration required. Supported by Beach Cities Health District

FOR INFORMATION, RESERVATIONS, AND ACTIVITIES PLEASE CALL 310.802.5430

MONDAY

“ACTING OUT AGAIN”

Whether you want to spectate or participate all are welcome.
Performing is not a requirement. Enjoyment is mandatory.

COME JOIN US!!

Second and fourth Monday.

September 12 & 26 at the Joslyn Center. Time: 1:30pm-3:30pm.(Free)



WALKING GROUP

Time: 8:00AM-9:00AM

Where: Soccer fields off Village Drive
(Also, Wednesdays at 8:00AM and
Thursdays 8:00AM) (Free)



OASIS DISCUSSION CLUB



Everything's on the
table...almost!
Everyone's welcome!



9:30 AM to 12:00 Noon
Every Monday (Free)
Joslyn Community Center

JOSLYN CLUB



* **1ST MONDAY—NO CLUB MEETING**
SEPTEMBER 5TH BECAUSE OF LABOR DAY
THIS WILL RESUME IN OCTOBER

10:00am - Business Meeting & White Elephant
Sale, 10:30am-12:30pm Bingo & Snacks

* **3RD MONDAY— SEPTEMBER 19**

10:30 White Elephant Sale and Bingo



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, followed by 2:00pm Card Games

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 coordination working toward greater stationary and moving body balance.

WHEN: This 10 week session is in progress. Come Join Us!

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

Dates: Sept 19, Oct 3, Nov 21, Dec 5, Dec 19

Time: 10am-1:00pm

Pickle Ball

When: Every Monday, Tuesday, and Thursday.
Where: Manhattan Heights Park
1600 Manhattan Beach Blvd. Manhattan Beach CA.
Time: 9:00am-Noon
Cost: Free



TUESDAY

LUNCH BUNCH
with Natalie's Kitchen.
You'll love the food!



TUESDAYS AT 11:30AM
Joslyn Community Center
RESERVATIONS REQUIRED 24 hours in advance
(310) 802-5430
\$3 Residents and \$5 Non-residents

9/6	Barley Soup, Green Mix Salad, Spanish Rice, <u>Fajitas</u> , Fruits and Hot Beans
9/13	Noodle Soup, Cole Slaw, Mashed Potatoes, <u>Fish</u> , Fruits and Steamed Vegetables
9/20	Lentil, Green Mix Salad, Brown Rice, <u>Chicken Breast</u> , Fruits, Steamed Vegetables
9/27	Split Pea, Green Mix Salad, Brown Rice, <u>Kebab</u> , Fruits, Steamed Vegetables

Computer Help
Tuesday 3:30pm-5:30pm

~ BACK IN OCTOBER! ~

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
Sept. 20, Oct. 18, Nov. 15, Dec. 20
Time: 12:30pm-1:30pm
Where: Joslyn Community Center

SENIOR ADVISORY COMMITTEE MEETING

Time: 1:00pm to 2:30pm
Where: Joslyn Community Center
Public is welcome
Date: Tuesday, September 13



PING PONG

Every Tuesday
Time: 10:00am Scout House
Joslyn Community Center
Cost: FREE

PLAY READING

SEPT 6, 2016

1st Tuesday

1:30pm—3:30pm
Joslyn Community Center
Cost: FREE



Color Your World

Coloring has the therapeutic potential to reduce anxiety, create focus and bring about more mindfulness. Like meditation, coloring allows the brain to switch off other thoughts and focus.

Plus its Fun! All Skill Levels Welcome!
Pencils and some coloring books provided; you're welcome to bring your own.

Every Tuesday
9:00am-10:30am
Joslyn Community Center –
Cost: FREE



Blankets of Love South Bay

The mission: cover babies with warmth, love and blessings. Founded in love and hope for every newborn out there. **Blankets of Love South Bay** is working with Martin Luther King Jr. Community Hospital to donate a hand-made blanket to wrap each newborn as the baby leaves the hospital

Every Tuesday
3:30PM-4:30PM
Joslyn Community Center
BRING YOUR YARN & NEEDLES!!!
MORE INFORMATION:
Call (310) 802-5430



POETRY CIRCLE

2nd and 4th Tuesday of the month
September 13 & 27
Time: 1:00pm-3:00pm

Where: Joslyn Community Center, 1601 Valley Drive, Manhattan Beach
Cost: Free Event



PICKLE BALL

Every Monday, Tuesday, & Thursday
Where: Manhattan Heights Park
1600 Manhattan Beach Blvd.
Manhattan Beach CA
9:00am-Noon 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.

Older Adults Night Out On The Town (5PM)



◆ 9/7: Phuket Thai

◆ 9/14: W's China Bistro

◆ 9/21: Scotty's on the Strand

◆ 9/28: The Kettle

Call Dial-A-Ride Office to make reservations

(310) 545-3500

**Note: Cost varies.*

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.

**The 10 week session is in progress
Come Join Us!!!**

Wednesday Morning — 9:00am-10:00am

AND ALSO:

Wednesday Afternoon — 3:00pm-4:00pm

Where: Surf Dance Studio in JCC

Cost: Free

We encourage those who have not taken the class to join.



CRAFT CLUB
WEDNESDAYS AT NOON
Joslyn Community Center
Free of Cost

Also on Wednesdays...

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



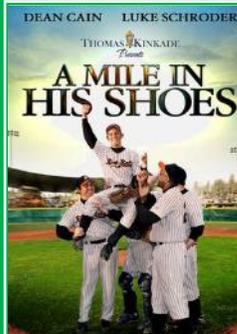
Stamp Group

When: 2nd Wednesday of each month

September 14, 2016

Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach

Time: 2:00pm-3:30pm



Movies to Enlighten W. Dear's

A Mile In His Shoes

Wednesday Sept 21, 2016

1:30 to 3:30 PM

OASIS/FREE

A film set in 1948, based on F. Nappi's historical novel, starts with Mickey, an 18-year old with autism (the term used in that period) and a minor-league baseball manager in search of a talented pitcher, who spots him in on Indiana farm, pitching apples to feed his pet pig. He hires him. The story presents a rich and full cast of characters, their responses and the effect on the team.

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



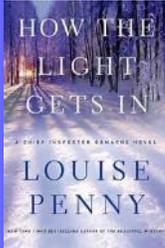
THURSDAY

YOUR BOOK CLUB

When: 4th Thursday (9/22)
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, discover great books to read, friendships, and to have fun. Everyone will have an opportunity to participate. Books are selected by group consensus and we have rotating facilitators to lead discussions.



Come and enjoy books with us!

September 22, 2016
HOW THE LIGHT GETS IN

Dine 'N Discover



Live Well. Health Matters.

Susan Burden, CEO Beach Cities, Speaker
 Beach Cities Health District (BCHD) is one of the largest preventive health agencies in the nation and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. BCHD's mission is to enhance community health through partnerships, programs and services for people who live and work in Manhattan, Hermosa and Redondo Beach. Susan Burden has been the CEO of Beach Cities Health District since 2004 and has overseen tremendous changes. Join Mrs. Burden to learn:

- **The most important goal in successful aging**
- **The payoff for creating a healthy beach community**
- **Ways you can be involved**
- **(And, enjoy a complimentary lunch)**

THURSDAY, SEPTEMBER 15, 2016

11:30 am – 1:00 pm

Joslyn Community Center/ 1601 Valley Drive, Manhattan Beach, CA 90266
RSVP BY SEPT 12 ! Reservations Required, Call for information (310)802-5430

Lunch Bunch 2.0

When: Thursdays at 11:30AM
 Joslyn Community Center

RESERVATIONS REQUIRED

24 hours in advance (310) 802-5430
 \$3 Residents and \$5 Non-residents

	9/1	Classic Chicken Burrito & Salad
	9/8	Beef Lasagna with Meat Sauce
	9/15	Replaced by Dine & Discover
	9/22	Grilled Teriyaki Chicken & Vegetables
	9/29	Tuna Sandwich, Chips and Cookie

iPad and iPhone -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 iPhone or iPad to Joslyn and learn!

Thursday September 8, 2016—10am—iPhone Class

Thursday, September 22, 2016—10am—iPad Class

Thursday, September 29, 2016—10am—Advanced iPhone Class

Cost: FREE

Where: Joslyn Community Center
 1601 Valley Drive, Manhattan Beach



RENEWAL THROUGH ART

Instructor: Mary Jane Casey

Time: 10:30am-12:30pm

July 7, 2016—November 17, 2016

Manhattan Beach Scout House. Class is Free. Students supply their own materials.

Information: 310-802-5430



MOVING & GROOVING FOR FUN & HEALTH!

◇ **Arthritis Foundation Exercise Class at Joslyn Community Center at 9:00am***
 Class is also held on Tuesday at 9:00am at Joslyn Community Center for a nominal fee and requires pre-registration call (310) 802-5448.

- **Petanque at Live Oak Field on Thursdays at 1:00pm (Free)**
- **Walking Group at Soccer Field / Village Drive 8:00am-9:00am (Free)**
- **Pickle Ball at Manhattan Heights Park 9:00am– Noon (Free)**

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



DIAL-A-RIDE

Open Until 9:00pm on the 2nd & 4th
Thursdays of the Month (9/8, 9/22)
 Make your reservation (310) 545-3500.

SEPTEMBER 2016 (SPECIAL EVENTS SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p>10:30am-11:30am Mindfulness (JCC) 1</p>	<p>10:00am –11:30am Senior Resource Committee (MHP) 2 11:30am—White Elephant Sale (MHP) 1:30pm-3:30pm OASIS Movie Club/MY BIG FAT GREEK WEDDING 2 (JCC) 5:00pm-5:45pm TEA & TAI CHI</p> 	<p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room) 3</p>
<p>10:00am-3:00pm Low Vision Consultations 8 Braille Institute 10:00am iPhone Class (JCC) 10:30am-11:30am Mindfulness (JCC) DIAL-A-RIDE OPEN UNTIL 9:00PM</p>  	<p>10:00am OLLI LECTURE 9 Gravels, Then Guns 1:30pm-3:30pm OASIS Movie Club/THE FINEST HOURS (JCC) 5:00pm-5:45pm TEA & TAI CHI 8:00pm-11:00pm Swing N’ Sway Cost:\$10 (JCC)</p> 	<p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room) 10</p>
<p>10:30am-11:30am Mindfulness (JCC) 15 11:30– 1:00pm DINE & DISCOVER BEACH CITIES HEALTH DISTRICT, SUSAN BURDEN, CEO</p>	<p>1:30pm-3:30pm OASIS Movie Club/MAGGIE’S PLAN (JCC) 16 11:30am—White Elephant Sale (MHP) 5:00pm-5:45pm TEA & TAI CHI</p> 	<p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room) 17</p>
<p>10:00am Advanced iPad Class (JCC) 22 10:30am-11:30am Mindfulness (JCC) 5:30pm-7:30pm YOUR BOOK CLUB (JCC) DIAL-A-RIDE OPEN UNTIL 9:00PM</p>  	<p>1:30pm-3:30pm OASIS Movie Club/MONEY MONSTER (JCC) 23 5:00pm-5:45pm Tea & Tai Chi 10:00am OLLI LECTURE Opportunites for International Travel</p> 	<p>10:30am-1:00pm Hawaiian Expressions (JCC in Surf Dance Room) 24</p>
<p>10:00am Advanced iPhone Class (JCC) 29 10:30am-11:30am Mindfulness (JCC)</p>	<p>1:30PM-3:30PM OASIS MOVIE CLUB/THE MEDDLER (JCC) 30 5:00PM-5:45PM TEA & TAI CHI</p> 	

SEPTEMBER 2016 (WEEKLY SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	Please see reverse for regularly scheduled SPECIAL EVENTS ACTIVITIES; all events are subject to change. Older Adults Program (310) 802-5430		
4 10:00am-4:00pm OASIS OPEN	LABOR DAY!! <u>JOSLYN CENTER CLOSED</u> <u>NO ACTIVITIES</u> <u>OASIS IS OPEN</u> 8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP)	6 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)	7 8:00am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:15am-11:45am Let's Talk... Woman to Woman (JCC) Noon Craft Club (JCC) 1:00pm Mah Jong (JCC) 1:30pm Shuffleboard (JCC)
11 10:00am-4:00pm OASIS OPEN	12 8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 9:30am OASIS Discussion Group (JCC) 10:00am-12:30pm Ping Pong (SH)	13 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)	14 8:00am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:15am-11:45am Let's Talk... Woman to Woman (JCC) Noon Craft Club (JCC) 1:00pm Mah Jong (JCC) 1:30pm Shuffleboard (JCC)
18 10:00am-4:00pm OASIS OPEN	19 8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 9:30am OASIS Discussion Group (JCC) 10:00am-12:30pm Ping Pong (SH)	20 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)	21 8:00am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:15am-11:45am Let's Talk... Woman to Woman (JCC) Noon Craft Club (JCC) 1:00pm Mah Jong (JCC) 1:30pm Shuffleboard (JCC)
25 10:00am-4:00pm OASIS OPEN	26 8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 9:30am OASIS Discussion Group (JCC) 10:00am-12:30pm Ping Pong (SH)	27 9:00am-Noon Pickle Ball (MHP) 9:00am-10:30am Color Your World (JCC) 10:00am-12:30pm Ping Pong (SH) 10:00am Horseshoes (JCC) 11:30am Lunch Bunch (JCC)	28 8:00am Walking Group (FVD) 10:00am-12:30pm Ping Pong (SH) 10:00am Chess Club (JCC) 10:15am-11:45am Let's Talk... Woman to Woman (JCC) Noon Craft Club (JCC) 1:00pm Mah Jong (JCC) 1:30pm Shuffleboard (JCC)
	Manhattan Heights Park 1600 Manhattan Beach Blvd. Manhattan Beach (MHP)	Manhattan Senior Villas 1300 Park View Ave. Manhattan Beach (MSV)	Joslyn Community Center 1601 Valley Drive, Manhattan Beach (JCC)

SEPTEMBER 2016 (WEEKLY SCHEDULE)

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">1</p> <p>8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 10:30am-12:30pm Renewal Through Art (SH) 11:30am Lunch Bunch 2.0 (JCC) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC)</p>	<p style="text-align: right;">2</p> <p>8:45am-9:00am Assistance for beginners Tai Chi (JCC)  9:00am-10:00am Tai Chi (JCC) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (SH) 2:00pm Card Games (MHP)</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p> 
<p style="text-align: right;">8</p> <p>8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 10:30am-12:30pm Renewal Through Art (SH) 11:30am Lunch Bunch 2.0 (JCC) 1:00pm Petanque (LOF)  1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC)</p>	<p style="text-align: right;">9</p> <p>8:45am-9:00am Assistance for beginners Tai Chi (JCC) 9:00am-10:00am Tai Chi (JCC) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (SH) 11:30am Bingo (MHP) 2:00pm Card Games (MHP)</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open (Potluck)</p>
<p style="text-align: right;">15</p> <p>8:00am-9:00am Walking Group (FVD)  9:00am-Noon Pickle Ball (MHP) 10:30am-12:30pm Renewal Through Art (SH) 11:30am DINE & DISCOVER (JCC) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC) 3:00pm <u>LINE DANCING IS BACK!!!</u> (JCC)</p>	<p style="text-align: right;">16</p> <p>8:45am-9:00am Assistance for beginners Tai Chi (JCC) 9:00am-10:00am Tai Chi (JCC) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (SH) 2:00pm Card Games (MHP)</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p>
<p style="text-align: right;">22</p> <p>8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 10:30am-12:30pm Renewal Through Art (SH) 11:30am Lunch Bunch 2.0 (JCC) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC) 3:00pm <u>Line Dancing is Back!!!</u> (JCC)</p>	<p style="text-align: right;">23</p> <p>8:45am-9:00am Assistance for beginners Tai Chi (JCC) 9:00am-10:00am Tai Chi (JCC) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (SH) 11:30am Bingo (MHP) 2:00pm Card Games (MHP)</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">10:00am-4:00pm OASIS Weekend Activities Open</p>
<p style="text-align: right;">29</p> <p>8:00am-9:00am Walking Group (FVD) 9:00am-Noon Pickle Ball (MHP) 10:30am-12:30pm Renewal Through Art (SH) 11:30am Lunch Bunch 2.0 (JCC) 1:00pm Petanque (LOF) 1:00pm-2:00pm By Heart (JCC) 1:30pm Scrabble (JCC) 3:00pm <u>Line Dancing is Back!!!</u> (JCC)</p>	<p style="text-align: right;">30</p> <p>8:45am-9:00am Assistance for beginners Tai Chi (JCC) 9:00am-10:00am Tai Chi (JCC) 10:00am-2:00pm Bridge (JCC) 10:00am-12:30pm Ping Pong (SH) 11:30am Bingo (MHP) 2:00pm Card Games (MHP)</p>	
Soccer Field Off Village Drive, Park Pl, Manhattan Beach (FVD)	Live Oak Field 1601 Valley Drive, Manhattan Beach (LOF)	Scout House 1601 Valley Drive, Manhattan Beach (SH)

SEPTEMBER 2016 (SPECIAL EVENTS SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			Please see reverse for regularly scheduled WEEKLY ACTIVITIES ; all events are subject to change. Older Adults Program (310) 802-5430
4 12:30pm-3:30pm Song Jam! Sing-A-Long (JCC)	5 LABOR DAY JOSLYN CENTER NO EVENTS OASIS IS OPEN ! 	6 1:30pm-3:30pm PLAY READING (JCC) 3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY  	7 9:00am-10:00am Agility, Balance & Coordination (JCC) 10:00am –Noon Android Class (JCC) 10:00am-Noon DAVID HADLEY TRANSPORTATION FOR OLDER ADULTS 3:00pm-4:00pm Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ PHUKET THAI (RESERVATIONS REQUIRED) (310) 545-3500.
11 HAPPY GRANDPARENTS DAY! 1:30PM– 3:30PM PRIME TIME CLASSIC A SHOT IN THE DARK	12 8:30am-9:30am Agility, Balance & Coordination (JCC) 11:30am Heights Senior Club Business Meeting, Potluck & Card Games (MHP) 1:30pm-3:30pm “ACTING OUT AGAIN” (JCC) 2:30-5:30pm BUS EXCURSION Perilous Journeys (<i>RESERVATION REQUIRED</i>)	13 1:00pm-3:00pm POETRY CIRCLE (JCC) 1:00pm-2:30pm SENIOR ADVISORY COMMITTEE MEETING (JCC) 3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY 	14 9:00am-5:00pm BUS EXCURSION Peterson Automotive Museum/Farmers Market 9:00am-10:00am Agility, Balance & Coordination (JCC) 2:00pm-3:30pm Stamp Group (JCC) 3:00pm-4:00pm Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ W’s CHINA BISTRO (RESERVATION REQUIRED) (310) 545-3500.
18 1:00pm– 5:00pm CULTURAL SUNDAY MINI BUS TRIP LOST IN YONKERS TORRANCE THEATRE COMPANY	19 8:30am-9:30am Agility, Balance, & Coordination (JCC) 10:30am Joslyn Club White Elephant Sale and Bingo (JCC) 10:00am Assistance w/ Medicare (JCC)	20 12:30PM-1:30PM TELL YOUR STORY (JCC) 3:30PM-4:30PM BLANKETS OF LOVE SOUTH BAY  	21 10:30am– 5:30pm MINI BUS TRIP LA COUNTY FAIR (RESERVATION REQUIRED) 9:00am-10:00am Agility, Balance & Coordination (JCC) 10:00am-Noon PC Class (JCC) 10:00am-12:30pm Healthier Living 1:30pm-3:30pm Movies to Enlighten A MILE IN HIS SHOES 3:00pm-4:00pm Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town SCOTTY’S ON THE STRAND (RESERVATION REQUIRED) (310) 545-3500.
25 1:30PM-3:30PM ENCORE MOVIE/ MONEY MONSTER (JCC - OASIS)	26 8:30am-9:30am Agility, Balance, & Coordination (JCC) 1:30pm-3:30pm “Acting Out Again” (JCC) 2:30pm-5:30pm BUS EXCURSIONS Hawaii & The South Pacific (<i>RESERVATIONS REQUIRED</i>)	27 1:00pm-3:00pm POETRY CIRCLE (JCC) 3:30pm-4:30pm BLANKETS OF LOVE SOUTH BAY 7:00pm-8:30pm COMMUNITY INTERACTIVE FORUM Notable Architecture-MB Library 	28 9:00am-10:00am Agility, Balance, & Coordination (JCC) 10:00am-12:30pm Healthier Living 3:00pm-4:00pm Agility, Balance, & Coordination (JCC) 5:00pm Night Out On The Town/ THE KETTLE (RESERVATION REQUIRED) (310) 545-3500.

FRIDAY



OASIS MOVIE CLUB

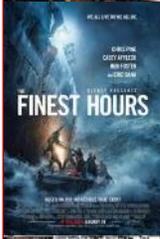
**1:30PM TO 3:30 PM JOSLYN COMMUNITY CENTER
(FREE)**



September 2: My Big Fat Greek Wedding 2 (PG-13)

Gold Circle Entertainment and HBO present a Playtone production of My Big Fat Greek Wedding 2, the long-awaited follow-up to the highest-grossing romantic comedy of all time. Written by Academy Award® nominee Nia Vardalos, who stars alongside the entire returning cast of favorites, the film reveals a Portokalos family secret that will bring the beloved characters back together for an even bigger and Greeker wedding.

Starring: Nia Vardalos, John Corbett, Louis Mandylor (1h 34min)



September 9: The Finest Hours (PG-13)

On February 18, 1952, a massive nor'easter strikes New England, wreaking havoc on the ships caught in its deadly path. The SS Pendleton, an oil tanker bound for Boston, is ripped in half, trapping more than 30 sailors inside its rapidly-sinking stern. As word of the disaster reaches the U.S. Coast Guard station in Chatham, Massachusetts, Warrant Officer Daniel Cluff orders a daring operation to rescue the stranded men. Despite overwhelming odds, four men, led by Coast Guard Captain Bernie Webber, set out in a wooden lifeboat with an ill-equipped engine and little, if any, means of navigation, facing frigid temperatures, 60-foot high waves and hurricane-force winds

Starring: Chris Pine, Casey Affleck, Ben Foster (1h 57min)



September 16: Maggie's Plan (R)

Maggie Hardin, a vibrant and practical thirty-something New Yorker without success in finding love, decides now is the time to have a child on her own. But when she meets John Harding, Maggie falls in love for the first time, and adjusts her plans for motherhood.

Starring: Greta Gerwig, Ethan Hawke, Julianne Moore (1h 38min)



September 23: The Money Monster (R)

Lee Gates is a bombastic TV personality whose popular financial network show has made him the money wiz of Wall Street. But after he hawks a high tech stock that mysteriously crashes, an irate investor takes Gates, his crew, and his ace producer Patty Fenn hostage live on air. Unfolding in real time, Gates and Fenn must find a way to keep themselves alive while simultaneously uncovering the truth behind a tangle of big money lies.

Starring: George Clooney, Julia Roberts, Jack O'Connell (1h 38min)



September 30: The Meddler (PG-13)

With a new iPhone, an apartment near the Grove, and a comfortable bank account left to her by her beloved late husband, Marnie Minervini has happily relocated from New Jersey to Los Angeles to be near her daughter Lori, a successful (but still single) screenwriter, and smother her with motherly love. But when the dozens of texts, unexpected visits, and conversations dominated by unsolicited advice force Lori to draw strict personal boundaries, Marnie finds ways to channel her eternal optimism and forceful generosity to change the lives of others - as well as her own - and find a new purpose in life.

Starring: Susan Sarandon, Rose Byrne, J.K. Simmons (1h 40min)

**SENIOR RESOURCE
COMMITTEE MEETING**
FIRST FRIDAY OF THE MONTH
SEPTEMBER 2, 2016
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 health 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, **SEPT 9** Cost: \$10





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

Regular Sunday activities in OASIS include Song Jam!/Sing-A-Long, Prime Time Classic Movie Day, Encore Movie Day and Culture Sunday events. Please refer to the monthly calendar for this month's specific events and dates. Share your talents, skills, knowledge etc.

SONG JAM!/ SING-A-LONG

Like to sing? Enjoy all 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.



September 4, 2016



Time: 12:30pm—3:30pm

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

Cost: FREE

ENCORE MOVIE PRESENTATION

Come and join us in OASIS for an encore movie presentation.

We will show *Money Monster*, again on **Sunday, September 25, 2016.**



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

A Shot in the Dark 1964

The famous French detective, Inspector

Jacques Clouseau, investigates the murder of a man at a country house. The owner of the house always seems to know more than he should, and although the evidence continually suggests that the maid Maria committed the crime, Clouseau always does the opposite expected of him, much to the disgruntlement of his superior, Dreyfus.



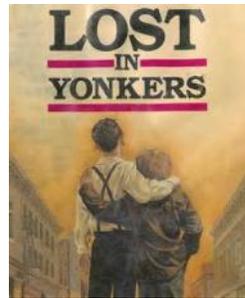
Starring: Peter Sellers,
Elke Sommer, George Sanders, Herbert Lom

(1h 42min)

When: Sunday, September 11, 2016
Where: OASIS/Joslyn Community Center
1601 Valley Drive, Manhattan Beach CA.
Time: 1:30pm-3:30pm
Free Event/Popcorn will be available.

CULTURE SUNDAY— MINI BUS TRIP

LOST IN YONKERS



In the Summer of 1942, two young boys are sent to stay with their stern grandmother and their childlike aunt in Yonkers. Lost in Yonkers is a play by Neil Simon. The play won the 1991 Pulitzer Prize for Drama. The play premiered at The Center for the Performing Arts in Winston-Salem, North Carolina, on December 31, 1990, before moving to Broadway at the Richard Rodgers Theatre on February 21, 1991, where it ran for 780 performances and eleven previews.

Cost: \$25.00 and
\$2.00 for Dial A Ride

When: Sunday, September 18, 2016

Where: Torrance Theatre Company

Bus Departs: Joslyn Center 1601 Valley Drive.
Manhattan Beach

Time: 1:00pm—5:00pm

Call (310) 802-5430 to Register

Note: Your payment of \$25.00 is due at sign-up.

OTHER OAP NEWS

Jewelry Class



Join us to meet some new people, have fun, and learn the craft of Jewelry Making! We will use basic jewelry skills, making bracelets and other projects, using large colorful beads. *If you have*

Interesting jewelry you have started and your own supplies, please bring!

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

WHEN: Friday **BACK IN OCTOBER - NO CLASS IN SEPTEMBER**
Register at the Older Adults Office.

Classes are necessarily small so you may be put on a waiting list.

Jan Tribble will be the instructor
TIME: 10:00am-11:30am COST: FREE!
MORE INFORMATION: Call (310) 802-5430

MEN'S SENIOR SLO-PITCH LEAGUE

On-Going Dorsey Field-March through December



- ◆ Pick up games played Tuesdays
9:00am to 12:00pm.
- ◆ 63+ League Wednesdays 9:00am-Noon
- ◆ 65+ League Thursdays 9:00am-Noon
- ◆ Skill drills conducted Mondays and Fridays
9:30am to 12:00pm.

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 gentle exercise experience with music, slow movements and expressions of Hawaiian Culture, with occasional looks at other dances and cultures.



When: Every Saturday

Time: *10:30am-1:00pm **Warm-up, Hula Basics Intro/ Review, Hula Dances**

(Participants new to hula or returning and needing refreshers are encouraged to come at 10:30am)

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

Cost: Free

Note: Wear something comfortable. No Experience required, just an Aloha spirit. For more information please call (310) 802-5430.



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

Where: 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.



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.



On the Move Riders Club

WILL RESUME IN OCTOBER!

AFTER SUMMER HEAT!

**SUMMER
BREAK!**

LINE DANCING

IS BACK - SEPTEMBER 15TH!!!

Every Thursday

at the

Joslyn Community Center

(\$3 per class)

3:00 PM



MINI BUS TRIP

LA COUNTY FAIR

Whether you want fun, adventure, thrills or chills, there's something new to experience at every corner. Come Join Us!



The Farm

The number one attraction spotlighting agriculture and animals.



The Body

Dare to explore the world-renowned *OUR BODY: THE UNIVERSE WITHIN*. A fascinating, artful exhibit that literally goes "under the skin" revealing mysteries of the human anatomy.



Jurassic Planet

Prehistoric creatures seen only in books and movies now roam the fair-

When: Wednesday September 21, 2016

Where: LA County Fairgrounds

Bus Departs from: Joslyn Community Center 1601 Valley Drive

Time: 10:30am-5:30pm

Cost: -\$10 refundable deposit \$2.00 Dial A Ride
For Reservations Please Call (310) 802-5430

We must have a minimum of 15 participants by 9/16/2016

Call Dial-A-Ride at (310)545-3500 if you need ride to Joslyn

BUS EXCURSIONS

2016-17 DISCOVERY

WORLD TRAVEL ADVENTURE SERIES

September 12

PERILOUS JOURNEYS

The side of adventure most people never see. Travel alone. Learn the language. Eat the food. Live with the people. Follow the customs. Dodge the bullets. Survive the disease. Love every minute!



September 26

HAWAII & THE SOUTH PACIFIC

The voyage begins on Hawaii's Big Island and continues to Oahu and Kauai. From here we sail south to the French Polynesian islands of Rangiroa, Moorea and Tahiti. French Polynesia embraces a vast ocean area strewn with faraway outer islands, each with a mystique of its own.

Where: El Camino College

Bus Departs from: Joslyn Community Center 1601 Valley Drive

Time: 2:30pm—5:30pm

Cost: Bring \$2.00 for Dial A Ride

For Reservations Please Call Dial a Ride
At 310-545-3500

**These trips each requires a minimum of 4 people.*

Community Interactive Forum

Notable Architecture

Meaningful to Our City's Character



Jan Dennis, Historian, Author and Past President of Manhattan Beach Conservancy

Come to the event and receive a complimentary copy of Jan Dennis' popular book

"Shadows on the Dunes: An Architectural History of Manhattan Beach, California" while supplies last.

September 27, 2016,

7:00 pm – 8:30 pm

Manhattan Beach Library . Meeting Room
1320 Highland Avenue

Information: 310-372-9505 or
310-802-5430, Older Adults Program

Call Dial-A-Ride at (310) 545-3500 if you need a ride to the Library

SCAM

Internal Revenue Service (IRS)/ Department of Treasury Scam

The Department of Treasury has warned about a sophisticated phone scam targeting taxpayers throughout the country, including residents in Manhattan Beach. Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation, or suspension of a business or drivers license.

The callers who commit the fraud often utilize an automated robocall machine, use common names and fake IRS badge numbers, may know the last four digits of the victim's social security number. Many make the call ID information appear as if the IRS is calling. Or use bogus IRS emails to support the scam.

If you get a call from someone claiming to be with the IRS asking for payment, do not engage with the caller.

If you think you might owe taxes, please hang up and call the IRS directly at (800)829-1040. If you know that you do not owe taxes, please report the incident to the Treasury Inspector General for Tax Administration at (800)366-4484

Locations & Info



.....
Joslyn Community Center (JCC)

1601 Valley Drive, Manhattan Beach

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.....
Manhattan Senior Villas (MSV)

1300 Park View Avenue, Manhattan Beach

.....
.....
Soccer Field Off Village Drive (FVD)

Park Pl, Manhattan Beach

.....
.....
Live Oak Field (LOF)

1601 Valley Drive, Manhattan Beach

.....
.....
Manhattan Heights Park (MHP)

1600 Manhattan Beach Blvd. Manhattan Beach

.....

Older Adults Program:
(310) 802-5430

Dial-A-Ride
(310) 545-3500

OASIS Room
(310) 802-5446

Parks & Recreation
Front Desk
(310) 802-5448

Manhattan Beach Arts
Center
(310) 802-5440

Manhattan Heights
Park
(310) 802-5425



OLLI LECTURE SERIES **IN MANHATTAN BEACH**



SEPTEMBER 9, 2016

Gavels, then Guns: Vigilantism and Romanticized Violence on the Great Plains

Matthew S Lockett, Ph.D., Coordinator, HUX Legacy Program, Lecturer, Department of History, CSUDH
Dr. Lockett's specializations include the American West, American Indian History and the history of crime and violence. Explore with him how Americans' feelings about violence and law enforcement have evolved over the years.

SEPTEMBER 23, 2016

Opportunities for International Travel: Special Resources to Stay Safe While Abroad

Gary Rhodes, Ph.D., Associate Dean, International Education & Senior International Officer CEIE, CSUDH & Director, Center for Global Education
Health, Safety, Crisis and Risk Management are all areas of concern when traveling internationally. Learn from Dr. Rhodes' 15+ years of experience in international travel.

OCTOBER 7, 2016

A Poetry Slam with Joslyn's Poetry Circle

Patricia Cherin, Ph.D., Emeritus Faculty, Interdisciplinary Studies, CSUDH
Do you relate to Dr. Cherin's feeling that "poetry chose her", rather than her choosing it?
Read or recite your original works or just enjoy the listening experience.

OCTOBER 21, 2016

Building Cultures of Peace Based on Holistic Evolutionary Aspects of Peace and Non-Violence

Linda Groff, Ph.D., Emeritus Faculty, Political Science Department, CSUDH
Dr. Groff is a teacher, writer, and consultant in the areas of evolution, conflict resolution, and inter-cultural issues. She has been involved for years with global-local organizations active in these areas.

NOVEMBER 4, 2016

Live Long and Prosper: Gumbo Talks with Askia Muwwakkil — Fine Wine

Askia Muwwakkil, Holistic Practitioner & Motivational Speaker
Askia Muwwakkil is a holistic practitioner and fifth generation herbalist who has lectured on health and wellness throughout the country.

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

To join OLLI at CSUDH:

Call the OLLI office at 310-243-3208, or
Visit the website at csudh.edu/Olli to print out a membership form

***Important: You need to be an OLLI member**
in order to attend the lectures.
OLLI membership is \$30.00.

