

Community Information

HOMETOWN FAIR



JOIN US AT THE HOMETOWN FAIR!

The Older Adult Program, The Friends of the Scout House, and Parks and Recreation will have booths at the Hometown Fair. Come by and say hello, learn more about all of our programs, and pick-up some Parks and Recreation merchandise.

Manhattan Beach Senior Club will be selling coffee and donuts in the JCC/Ocean Banquet Hall starting at 8:00am-4:00pm both Saturday and Sunday

Bingo for Seniors

When: Saturday, October 1

Time: 1:00pm - 3:00pm

Location: JCC/Oasis

Hours:

General Fair Hours: Saturday and Sunday from 10am-6pm

Arts & Crafts: 10am-5pm

Food Booths: 10am-6pm

Games Booths: 10am-6pm

34TH ANNUAL PUMPKIN RACE

READY, SET, GO! Get your pumpkin racers to our 32nd Annual Pumpkin Race on Sunday, October 30th! Race a pumpkin down Manhattan Beach Boulevard and take part in the spectacle of the Manhattan Beach Pier area transformed into Pumpkin Race Land, where creativity runs wild and cheaters never prosper. The Pumpkin Race Festival is a FREE event where you and your family can enjoy fun activities for all ages, make your own pumpkin racer and feel the thrill for what promises to be the most fun and unusual Halloween event your family has ever experienced! Don't forget to show off your costume and bring your Halloween spirit!

The daylong Downtown Halloween Festival and Pumpkin Race will be filled with fun, excitement, surprises and laughter for all ages. Check out our Facebook Photo Album to relive 2019's Pumpkin Race!

When: Sunday, October 30

Time: 12:00pm Pumpkin Race Festival, 2:00pm Races start

Where: Manhattan Beach Pier

Cost: Free to watch.

Kits are available at City Hall for purchase and at the Hometown Fair on October 1-2, 2022 (\$40 per kit)



WHAT'S NEW

OCTOBER

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CONTACTS

Dial-A-Ride (310) 545-3500
 Reservations (310) 802-5430
 OAP (310) 802-5449

www.manhattanbeach.gov/oap

UPCOMING EVENTS

HMMMM... O.K., SO MAYBE IT DIDN'T HAPPEN JUST THAT WAY

The ancient Greek writer Herodotus had two nicknames, "the father of history" and "the father of lies," and the people who called him by these names sometimes used them to mean the same thing. History as we receive it is often skewed by various biases and propagandistic impulses. History is, as the saying goes, written by the winners.

Then there is the problem of textbooks. As heavy as some are, all have space limitations. Think of the American History text you used in high school or the European History text you used in college. Because of space limitations in general history textbooks there most often isn't room to tell the complete story of an event or of the people in the event. That can lead to a lasting incorrect sense of how some event occurred or what a particular person said or did.

Then there is the happenstance of complete fraud. Not just that some elements have been exaggerated or downplayed; the event described simply never happened at all. Some of the foundational stories of American History and even the larger Western culture were complete fabrications meant to pass on some greater truth, or in some cases to achieve some more sinister purpose. But they end up as fact in our minds. I've gathered examples of things that many – if not most – people think are true and happened just the way they've heard it. Well, there are a lot of events that didn't really happen the way they are told or even the way they are taught. Some of it, I think, is really fun.



Presentation by Gary Hartzel

When: Tuesday, October 18 (following Lunch Bunch)

Time: 1:00pm

Location: JCC/Ocean Banquet Hall

Cost: Free

NEW DATE/TIME

COVID-19 Vaccine, Booster, Flu Shot Clinic

When: Wednesday, November 16

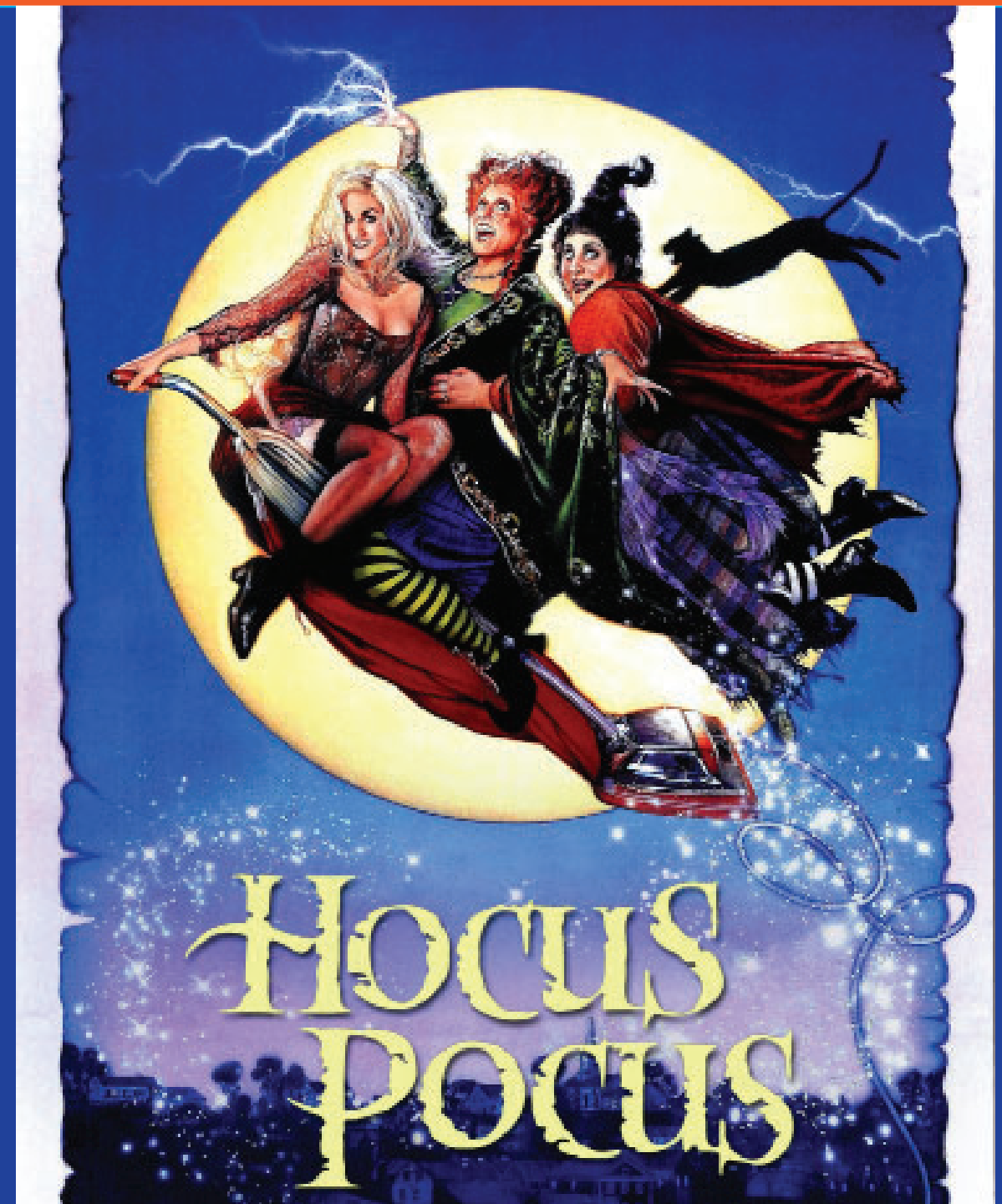
Time: 10:00pm-3:00pm

Where: JCC/Ocean Banquet Hall

Cost: Free

- Flu Shot (Standard Dose Only)
- COVID-19 Vaccine and Booster
- 6+ and Older
- Walk-in Only

Joslyn Community Center



HALLOWEEN MOVIE PARTY

Join us for a fun and festive Halloween Movie Party featuring "Hocus Pocus". Doors open at 1:00pm with games, goodies, photo opportunities, and a costume contest. Movie begins at 2:00pm.

When: October 28
Time: 1:00pm-4:00pm
Location: JCC

Joslyn Community Center

BRIDGE

Drop-in Bridge play for ages 55 and older. Meet new players and develop new friendships. Bring your own supplies and get a game or two going!

When: Fridays
Time: 9:30am-1:30pm
Location: JCC/SR



OASIS is now open Monday through Saturday (closed Sunday) for games, puzzles, and social interaction. Bring your friends or meet new friends at the OASIS for a few hours of fun and social time. Coffee will be provided but we ask that you do not bring food.

When: Monday-Friday
Time: 9:00am-4:00pm
Location: JCC/OASIS

When: Saturday
Time: 10:00am-4:00pm
Location: JCC/OASIS

POEMS FROM THE POETRY CIRCLE

Poem and Drawing by Kathy Olsen

AT THE HUNGRY MIND,
 HIS VOICE STRONG,
 WITH FEELING,
 HE READS HIS POEMS.
 HE IS BEAUTIFUL,
 THIS MAN, AN INNOCENT,
 AMIDST THE JADED,
 BRAVE BEYOND BRAVE,
 AMIDST THE COWARDLY.
 HE SPEAKS ON,
 GIVING TO US,
 (THE UNDESERVING),
 HIS PROFOUND
 LOVE IN WORD
 AND VERSE.
 THIS IS MY HUSBAND,
 BOBBY, THE ONLY
TRUE POET IN
 THIS WORLD



Activities/Updates

ARTS & CRAFTS

Renewal through Art/9:30am-12:30pm (SH)
 Color Your World/10:00am-11:00am (SS)
 Basic Techniques in Drawing/10:00am-12:00pm (SR)

TH
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CLUBS

MB Senior Club Meeting/11:30am-11:45am (OBH)

October 17

DRAMA

Acting Out Again/1:00pm-3:00pm (OBH)
 Poetry Circle/1:30pm-3:30pm (JCC/Garden)

2nd & 4th M
 2nd & 4th TU

FITNESS CLASSES

Sun Style Tai Chi/10:00am-11:00am (JCC)
 Senior Yoga Beginning with Eden/10:00am-11:00am(SD)*
 Senior Yoga Beginning Plus with Eden/10:00-11:00am(SD)*
 Senior Yoga with Teri/11:00am-12:15pm (OBH)*
 Arthritis Foundation 10:00am-11:00am (OBH)*
 Mindfulness w/Marc Saldana/10:30-11:30am (SD)
 ABC/9:30am-10:30am (OBH)
 ABC/10:00am-11:00am (SD)

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GAMES

MB Senior Club Bingo/10:00am-1:00pm (OBH)
 Ping Pong/9:00am-1:00pm (SH)
 Co-ed Senior Slo-Pitch Softball/9:00am-1:00pm (Dorsey Field)
 Petanque/1:00pm-2:00pm (Dorsey Field)
 Open Bridge/9:30am-1:30pm

October 17
 M-F
 M-F
 W
 F

SENIOR COMMITTEE MEETINGS

Senior Advisory Meeting/1:00pm-2:30pm **Cancelled Due to SAC City Council Candidates Panel**

October 11

SOCIAL

Discussion Group/10:00am-12:00pm (OASIS)
 By Heart Music/1:00pm-2:00pm (SD)
 Movies Discussion Group/1:00pm-2:00pm (Zoom)

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SPECIAL PROGRAMS

Blankets of Love/2:00pm-4:00pm (SR)
 Social Hour w/Charlotte BCHD/10:00am-11:00am (Zoom)
 Social Hour w/Charlotte BCHD/1:00pm-2:00pm (SS)

TH
 1st & 3rd TU
 2nd M

TECHNOLOGY

Android Help/1:00pm-3:00pm (SS)
 Beginner iPhone Help/10:00am-12:00pm (SR)
 Advanced iPhone Help/10:00am-12:00pm (SR)

1st & 3rd M
 October 6
 October 20 & 27

*Registration Required

New Activities

Look for the details within

BASIC TECHNIQUES OF DRAWING

Beginning Tuesday, October 4
 See page 4

LUNCH BUNCH AT JCC

Tuesday, October 18
 12:00pm-1:00pm

Gary Hartzel Presentation

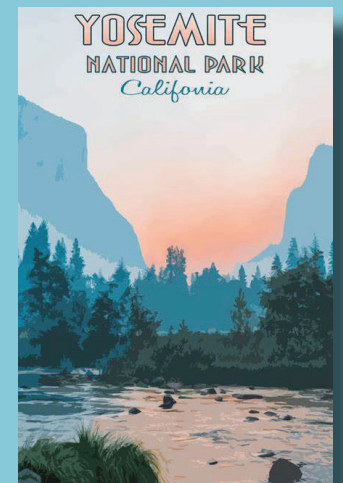
October 18
 1:00pm-2:00pm

OASIS OPEN FOR DROP-INS

Monday through Friday
 10:00am-4:00pm

National Parks with Jackie

Monday, October 24
 JCC/Sunrise Room



In-Person Paid Classes and Programs

YOGA FOR BETTER POSTURE AND BALANCE BY TERI

Teri Thompson's version of Hatha Yoga aims to improve posture, balance, strength, flexibility, and inner peace. Her goal is that you leave class feeling uplifted and refreshed. She gives creative and safe options to discover what works best for you. Bring a yoga mat and bath towel.

When: Mondays (September 12-November 14) 10 weeks

No class 10/17, 10/24 - Make-up 11/21, 11/28

Time: 4:00pm-5:15pm

Where: JCC/Ocean Banquet Hall

Cost: Residents: \$150 Non-Residents: \$165

Activity Number: 38856

When: Wednesdays (September 7-November 9) 10 weeks

No class 10/19, 10/26 - Make-up 11/16, 11/30

Time: 11:00am-12:15pm

Where: JCC/Ocean Banquet Hall

Cost: Residents: \$150 Non-Residents: \$165

Activity Number: 38816

SENIOR YOGA BEGINNING WITH EDEN

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

When: Tuesdays (October 11-December 13)

Time: 10:00am-11:00am

Where: JCC/Surf Dance Room

Cost: Residents: \$110 Non-Residents: \$121

Session: 10 weeks

Activity Number: 38817

SENIOR YOGA BEGINNING PLUS WITH EDEN

Build strength, increase flexibility, and improve balance with this beginning yoga flow-style practice. Poses are done on the mat and standing, and individual modifications are provided. This class is open to all levels; no prerequisite required. Bring a mat and beach towel. Instructor: Eden Serina

When: Thursdays (October 13-December 15) **No class 11/24**

Time: 10:00am-11:00am

Where: JCC/Surf Dance Room

Cost: Residents: \$99 Non-Residents: \$109

Session: 9 weeks

Activity Number: 38818

ZUMBA FOR OLDER ADULTS

Easy to follow choreography for adults looking for a fun Zumba class with some great music and original moves. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, balance and mainly fun! Instructor: Svetlana Averbukh

When: Mondays (October 10-December 12)

Time: 11:30am-12:15pm

Where: JCC/Surf Dance Room

Cost: Residents: \$50 Non-Residents: \$55

Session: 10 weeks

Activity Number: 38819

BASIC DRAWING TECHNIQUES

Learn the basic drawing techniques using drawing and colored pencils, charcoal and blending tools. Bring a 9 x 12 inch drawing pad, #2 pencil, and a pink eraser to the first class. Instructor: Cindy Svezia



When: Tuesdays (October 4-November 1)

Time: 10:00am - 12:00pm

Location: JCC/Sunrise Room

Cost: Residents: \$100 Non-Residents: \$110

Session: 5 weeks

Activity Number: 39329

ARTHRITIS FOUNDATION

The Arthritis Foundation Exercise program was designed to help people with arthritis maintain joint flexibility, muscle strength and reduce the pain and stiffness associated with arthritis. Taught by an Arthritis Foundation certified instructor who receives detailed and ongoing training to work with people with arthritis. Instructor: Victoria Mendez

When: Tuesdays & Thursdays (August 30-November 3)

Time: 10:00am-11:00am

Where: JCC/Ocean Banquet Hall

Cost: Residents: \$50 Non-Residents: \$55

Session: 10 weeks

Activity Number: 38812

COMEDY IMPROV

Learn comedy improv in a safe, supportive and fun environment. Improv is the art of acting without previous preparation involving imagination and creativity. This class enhances communication skills useful for business, performance, social and personal settings. Have fun while learning the skills of improv. No experience necessary, all levels welcome. Instructor: Doris Usui and Rick Ramirez

When: Mondays (September 12-October 31)

Time: 3:30pm-5:30pm

Where: JCC/Surf Dance Room

Activity Number: 38815 (4 classes/any Monday)

Cost: Residents: \$90 Non-Residents: \$99

Activity Number: 38814 (8 classes)

Cost: Residents: \$120 Non-Residents: \$132

Word Search

Halloween Word Search

A	R	P	B	V	X	B	O	N	E	S	W	S	G
E	B	R	R	G	H	O	S	T	P	N	I	Y	P
U	Q	D	P	A	R	T	Y	S	E	N	T	U	V
Q	C	O	F	F	I	N	M	O	P	G	C	D	I
J	L	T	A	P	Y	E	D	F	F	O	H	J	P
M	R	Q	B	D	U	H	T	L	E	O	O	Z	X
O	Q	A	N	A	S	J	O	Y	F	J	G	K	Z
O	Z	A	I	T	X	W	H	G	I	P	B	W	Y
N	C	F	Q	I	E	H	W	Z	T	O	X	I	P
B	Y	E	Z	R	C	A	N	D	L	E	J	Z	O
A	J	N	E	C	A	S	T	L	E	J	F	A	T
T	V	W	Z	T	F	D	H	O	U	D	K	R	I
M	O	R	A	N	G	E	K	D	H	P	U	D	O
A	B	S	E	P	U	M	P	K	I	N	B	D	N

ORANGE WITCH BONES WEREWOLF
WIZARD GHOST PARTY BAT
COFFIN MOON CASTLE CANDLE
CANDY PUMPKIN SPOOKY POTION

Dining

LUNCH BUNCH

When: Tuesday, October 18


Time: 12:00pm-1:00pm

Location: Joslyn Community Center, 1601 North Valley Drive, Manhattan Beach, CA 90266

Cost: \$4 Residents and \$6 Non-residents

Reservations required. No walk-ins. Starting October 1st, call (310) 802-5430 to make your reservation.

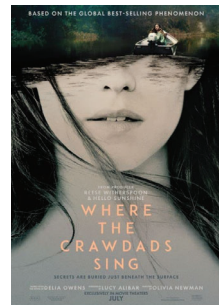


Date	Restaurant	Menu
10/18		Grilled chicken breast served on seasonal greens with chopped Applewood smoked bacon, diced tomatoes, shredded Cheddar cheese, dressing, and dessert.

Free Movies

JCC MOVIES

When: Fridays
Time: 1:30-4:00pm
Where: JCC/OBH



Where the Crawdads Sing

When: Friday, October 7

2020 Rated PG-13 - 2 hr/5 min

A woman who raised herself in the marshes of the deep South becomes a suspect in the murder of a man she was once involved with.



ELVIS

When: Friday, October 14

2022 Rated PG-13 - 2 hr/39 min

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.



Bridge of Spies

When: Friday, October 21

2015 Rated PG-13 - 2 hr/22 min

During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers.



HALLOWEEN MOVIE PARTY "HOCUS POCUS"

When: Friday, October 28

1993 Rated PG - 1 hr/36 min

A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

MOVIE STARTS AT 2:00 PM TODAY

Additional Classes and Programs

FREE

TAI CHI CLASS WITH MARC SALDANA

Please come join us for Sun Style/Yang Tai Chi. Sun Tai Chi is well known for its agile steps and powerful Qi gong practice. Sun Tai Chi is recognized by the Council on Aging as a healing form of exercise. It is easy to learn and will be taught in a step by step process. Some classes will include information on the history and philosophy of Tai Chi.

When: Mondays

Time: 10:00am - 11:00am

Location: JCC/Surf Dance Room or Ocean Banquet Hall

FREE

SENIOR ADVISORY COMMITTEE

We would like to invite you to join in our Senior Advisory Committee Meetings.

When: 2nd Tuesday of the Month

Time: 1:00pm-2:30pm

Location: JCC/Sunrise Room

FREE

DISCUSSION GROUP WITH STEVE

A discussion group ages 55 and older. Your wisdom, insights and, of course, your humor is expected. Discussion topics regarding politics, local issues are torn from the front pages of the newspaper, magazines, and other forms of media. Participants are welcome to bring their own discussion topics or everyday concerns as well. Participation by everyone is encouraged.

When: Mondays

Time: 10:00am-12:00pm

Location: JCC/OASIS

FREE



BY HEART MUSIC

Love singing along to classic songs? All voices welcome! Accompanied on piano by Karla Devine

When: Thursdays

Time: 1:00pm-2:00pm

Location: JCC/Surf Dance Room



PETANQUE

When: Wednesdays

Time: 1:00pm-2:00pm

Location: Dorsey Field

FREE

BLANKETS OF LOVE

The mission of Blankets of Love: to cover babies with warmth, love, and blessings. Founded in love and hope for every newborn, Blankets of Love South Bay is working with Good+Foundation of LA to donate a handmade blanket to wrap each newborn as they leave the hospital.

When: Thursdays

Time: 2:00pm-4:00pm

Location: JCC/Sunrise Room

FREE

RENEWAL THROUGH ART

Every Thursday, join your fellow Older Adults for Renewal through Art for Seniors. Experiment with a variety of art materials and techniques, engage imagination and connect art making to your inner self.

When: Thursdays

Time: 9:30am-12:30pm

Location: Scout House

FREE

MB SENIOR CLUB BINGO

Let's have some BINGO fun!

When: 1st and 3rd Monday

Time: 10:00am-1:00pm

Location: JCC/Ocean Banquet Hall

FREE

ACTING OUT AGAIN

Interested in having fun, acting, and performing in our showcase? If you are, please join us as we work on monologues, scenes, jokes, and musical acts for our next showcase in 2022. Besides having fun with a great group of seniors, you keep your brain active and alert as you rehearse and perform. Bring your creativity and play with us in the Senior Sandbox of Life!

When: 2nd and 4th Monday of the Month

Time: 1:00pm-3:00pm

Location: JCC/OBH



Dine and Discover on Zoom

FREE

DINE AND DISCOVER MUSIC APPRECIATION: GENRES OF MUSIC

Class participants will discuss varied genres of music including classical, jazz, rock n roll, hip hop and more. Participants will be encouraged to share a song from their favorite genre of music. Lunch will be provided for the first 10 Manhattan Beach residents that sign-up. This is an educational program so you must participate in the Zoom class in order to receive the free meal. Starting October 1st call (310) 802-5430 to make your reservation. The Zoom presentation is open to everyone.

When: Wednesday, October 19

Zoom Link: <https://citymb-info.zoom.us/j/91352842167>

Time: 11:00am-12:00pm



In-Person Technology Classes

FREE

ANDROID HELP WITH SHERRI

Need some help with your Android tablet or Android phone? Help is here! Sherri has been teaching Android support for years and now we are fortunate to have her on our technology team. Please stop in on one of the days below and get your questions answered and one-on-one guidance.



When: 1st and 3rd Monday of the month

Time: 1pm-3pm

Location: JCC/Sunset Room

FREE

IPHONE TRAINING WITH DAYLE

Dayle Eisenhauer has had years of experience teaching and training on computers. She is volunteering her time to help explain technology to those who have questions. Have some fun! Don't be afraid to learn! Expand your knowledge. The first 10-15 minutes will be spent answering questions you might have.



When: Thursdays

Time: 10:00am-12:00pm

Beginners: October 6th JCC/Sunrise Room

Advanced: October 20th, 27th JCC/Sunrise Room

No class October 13th

No reservations required. Walk-ins allowed.

Support Programs

FREE

DEMENTIA CAREGIVER SUPPORT GROUP

Contact Karen via email for Zoom details. Being a care partner for someone with Dementia is a life altering challenge. Presented by the Alzheimer's Association this support group offers a safe time to develop a mutual support system, exchange information, and share feelings and concerns.

When: 1st Tuesday of each month

Time: 6:30pm-7:30pm

Location: Zoom

Email: kberkeypatterson@gmail.com

DEMENTIA SUPPORT GROUP FOR COUPLES

This is a support group for couples dealing with Dementia. Contact Karen via email for Zoom details.

When: 1st and 3rd Wednesday

Time: 10:30am-12:00pm

Location: Zoom

Email: kberkeypatterson@gmail.com

FREE

SOCIAL HOUR WITH CHARLOTTE (BCHD)

If you have a question regarding community resources, or want to learn more about Beach Cities Health District, please join us! If you want to share ways you are keeping busy or are looking for advice on ways to keep busy, please join us! These meetings are for all, a place to connect and feel heard.

When: 1st and 3rd Tuesday (Zoom)

Time: 10:00am-11:00am

Zoom Link: <https://citymb-info.zoom.us/j/96657479120>

When: 2nd Monday JCC/Sunset Room

Time: 1:00pm-2:00pm



Travel Series

NATIONAL PARKS WITH JACKIE

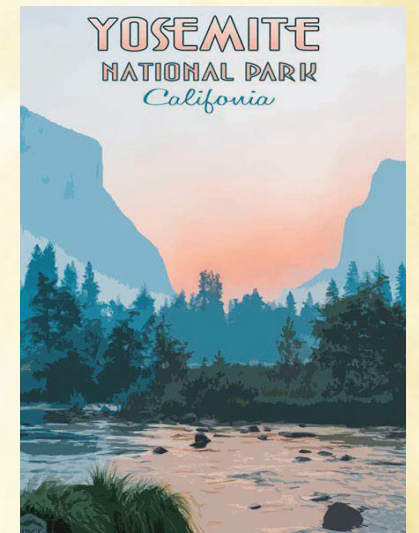


NATIONAL PARKS OFFER EXTRAORDINARY EXPERIENCES; IT'S NOT ALWAYS POSSIBLE TO GET TO A PARK. TAKE A VIRTUAL TOUR WITH US AND SEE THE GLORY, HEAR NATURE SOUNDS, DISCUSS THE JOURNEY.

Not just a great valley, but a shrine to human foresight, the strength of granite, the power of glaciers, the persistence of life, and the tranquility of the High Sierra. First protected in 1864, Yosemite National Park is best known for its waterfalls, but within its nearly 1,200 square miles, you can find deep valleys, grand meadows, ancient giant sequoias, a vast wilderness area, and much more.



Come learn about its history and geology. Immerse yourself in the stillness of nature—or simply hike, backpack or ski in one of the most beautiful places on earth, You'll find your place in Yosemite.

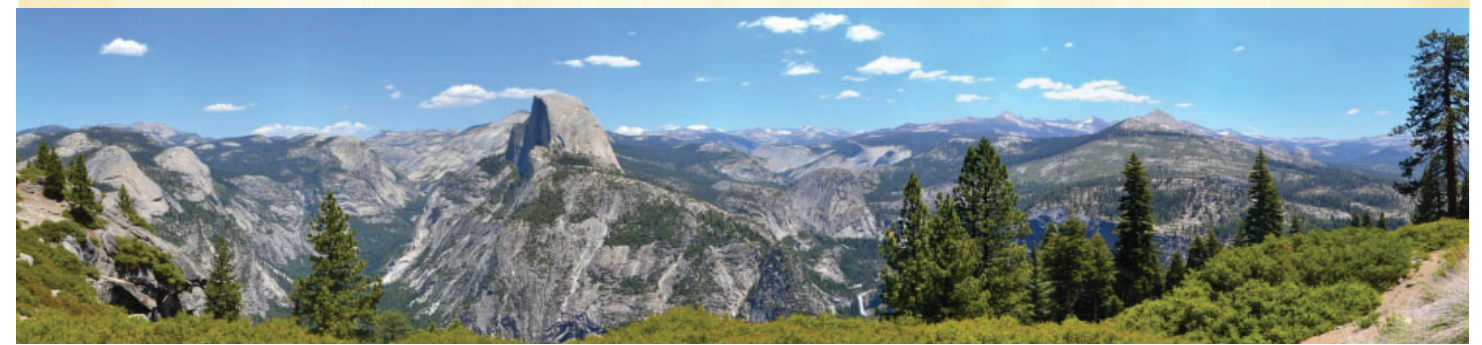


Join us as we explore the history, people, and landscape of Yosemite National Park!

Time: 11:00am-Noon

Date: Monday, Oct 24, 2022 **New Day!**

Location: Joslyn Community Center/Sunrise Room



Zoom Only Class Schedule

DAY	CLASS	TIME	ZOOM ONLY	FEE
1st & 3rd TUESDAY of the month	Social Hour with Charlotte from BCHD	10:00am-11:00pm	https://citymb-info.zoom.us/j/96657479120	FREE
Wednesday October 19	Dine and Discover	11:00am-12:00pm	https://citymb-info.zoom.us/j/91352842167	FREE
THURSDAY	Movie Discussion Group	1:00pm-2:00pm	https://citymb-info.zoom.us/j/92536852582	FREE

CENTER FOR HEALTH CARE RIGHTS

The HICAP Volunteer Counselor is back here in Manhattan Beach to help you with your questions. The state-registered Health Insurance Counseling and Advocacy Program (HICAP) volunteer counselors are part of the non-profit Center for Health Care Rights, and provide unbiased information, counseling, and assistance on Medicare (Parts A & B), Medicare Prevention Services, long-term care and much more.

When: Mondays
Time: 10:00am-1:00pm
Where: JCC/Sunset Room
Cost: Free. Appointment required by calling (310) 802-5430



COMING IN NOVEMBER! GLAZE LAB CLASS AT THE MB ART CENTER

Glaze Lab is a fully functioning ceramic studio where participants can experience decorating a piece of pottery. Choose an object from the wide variety of pottery forms, and finish it utilizing the massive selection of glazes. Staff are available to help with the process and guide participants through the experience. Once your piece is glazed, our staff will fire it in our kiln and contact you for pick-up. Your final piece will be dishwasher and microwave safe. Come experience the excitement of making your own pottery with Glaze Lab at the Manhattan Beach Art Center.

There will be a selection of objects to choose from (1 object per person). All glazing supplies are included. MBAC staff will assist you in glazing and will fire your work.

When: Wednesday, November 2
Time: 2:00pm-4:00pm
Location: Manhattan Beach Art Center, 1560 Manhattan Beach Boulevard
Cost: \$40 for one item (glazing materials and firing included)
 Limited to 12 participants. We will add a 2nd class if needed.
Call 310-802-5430 to register starting October 24th



In-Person Classes and Programs

FREE

MINDFULNESS WITH MARC SALDANA

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

When: Wednesdays
Time: 10:30am-11:30am
Location: JCC/Surf Dance Room

FREE

MOVIE DISCUSSION GROUP

Join fellow movie lovers in an exploration of the lives and careers of actors, directors, producers, and plain old celebrities. Watch short biographies on the famous and the infamous, the celebrated and the disgraced. If you are a movie fan, this is your program.

When: Thursdays
Time: 1:00pm-2:00pm
Zoom Link: <https://citymb-info.zoom.us/j/92536852582>

FREE

POETRY CIRCLE

You're invited to join the Older Adults Poetry Circle in-person. Many of us bring poems (our own or someone else's) to read and discuss, but you are more than welcome to just come and listen. A sample from one of our members is on page 16 of this newsletter.

When: 2nd and 4th Tuesday
Time: 1:30pm-3:00pm
Location: JCC Garden
 For more information email me at murphyperkins@gmail.com

FREE

COLOR YOUR WORLD WITH BOB WOODS

Coloring is therapeutic, fun, and a great way to meet people. Please join us! Pencils and coloring books are provided but you are welcome to bring your own. Get your creativity going!

When: Tuesday
Time: 10:00am-11:00am
Location: JCC/Sunset Room

FREE

PING PONG

When: Monday-Friday
Time: 9:00am-1:00pm
Location: JCC/Scout House (outside)

No Ping Pong September 30 because of Hometown Fair



FREE

BOOK CLUB

Interested in joining? Please email Mary at mmccabe@manhattanbeach.gov and we will email information about the club, or join us at the next book club meeting. Book Club meets on the 3rd Thursday of the month.

Slavery by Another Name by Douglas Blackmon is about the re-enslavement of black Americans from the Civil War to World War II. In this groundbreaking historical exposé, Douglas A. Blackmon brings to light one of the most shameful chapters in American history—an "Age of Neoslavery" that thrived from the aftermath of the Civil War through the dawn of World War II.

When: Thursday, October 20
Time: 11:00am-12:00pm
Location: JCC/Garden

November Book Discussion: **The Joy Luck Club** by Amy Tan

FREE

AGILITY, BALANCE, AND 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, and resistance bands to perform fun coordination exercises that utilize eye-hand coordination working towards greater stationary and moving body balance. An instructor will lead the Wednesday class and on Friday you will have an opportunity to practice what you have learned.

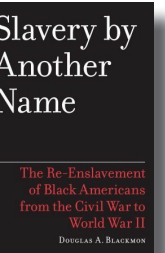
When: Wednesdays with Marc Saldana JCC/Ocean Banquet Hall
Time: 9:30am-10:30am
When: Fridays with Bob Woods JCC/Ocean Banquet Hall
Time: 10:00am-11:00am

FREE

LET'S TALK WOMAN TO WOMAN

Discussion group for women ages 55 and older. Your wisdom, insights and, of course, your humor is expected. Senior Advisory Committee member Diane Campisi facilitates. Discussion topics regarding women's issues are torn from the front pages of the newspaper, magazines, and other forms of media. Participants are welcome to bring their own discussion topics or everyday concerns as well. Many topics are discussed except religion and politics.

When: Wednesdays
Time: 10:15am-11:45am
Location: JCC/Sunset Room



October Activities Calendar

NOTE: PROGRAMS ARE SUBJECT TO CHANGE

***Registration Required**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
WEEKLY ONGOING PROGRAMS	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 10:00am-12:00pm Discussion Group (OA) 10:00am-11:00am Tai Chi (OBH or SD) 10:00am-1:00pm HICAP (Apt. Req.) 11:30am-12:15pm Zumba for Older Adults(SD) 3:30pm-5:30pm Comedy Improv (SD)* 4:00pm-5:15pm Yoga for Better Posture (OBH)*	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 10:00am-12:00pm Basic Drawing Techniques (SR) 10:00am-11:00am Arthritis Foundation (OBH)* 10:00am-11:00am Senior Yoga Beg.(SD)* 10:00am-11:00am Color Your World (SS)	9:00am-1:00pm Ping Pong (SH) 9:30am-10:30am ABC (OBH) 9:00am-4:00pm OASIS open 10:30am-11:30am Mindfulness (SD) 10:15am-11:45am Woman to Woman (SS) 11:00am-12:15pm Yoga for Better Posture (OBH)* 1:00pm-2:00pm Petanque (Dorsey Field)	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 9:30am-12:30pm Renewal through Art (SH) 10:00am-11:00am Arthritis Foundation (OBH)* 10:00am-12:00pm iPhone Class (SR) 10:00am-11:00am Senior Yoga Beg. Plus (SD)* 1:00pm-2:00pm Movie Discussion Group (Zoom) 1:00pm-2:00pm By Heart Music (SD) 2:00pm-4:00pm Blankets of Love (SR)	9:00am-1:00pm Ping Pong (SH) 9:30am-1:30pm Bridge (SR) 9:00am-4:00pm OASIS open 10:00am-11:00am ABC (OBH) 1:30pm-4:00pm Movies (OBH)	10:00am-4:00pm OASIS open		
						1 HOMETOWN FAIR 1:00pm-3:00pm Bingo (OASIS)	2 HOMETOWN FAIR	
	3	4	5	6	7	8	9	
	10:00am-12:00pm Discussion Group (OA) 1:00pm-3:00pm Android Help (SR Today) No Bingo today	10:00am-11:00am Social Hour with Charlotte (Zoom) 6:30pm-7:30pm Dementia Caregiver Support Group (Zoom)	10:30am-12:00pm Dementia Caregiver Support Group for Couples (Zoom)	10:00am-12:00pm Beginner iPhone Class (SR)	1:30pm-4:00pm Movie: Where the Crawdads Sing (OBH)			
	10	11	12	13	14	15	16	
	1:00pm-3:00pm AOA (OBH) 1:00pm-2:00pm Social Hour with Charlotte (SS)	1:00pm-3:00pm SAC Candidates Forum (OBH) 1:30pm-3:00pm Poetry Circle (JCC/Garden)		No iPhone Class today	1:30pm-4:00pm Movie: ELVIS (OBH)			
	17	18	19	20	21	22	23	
10:00am-1:00pm MB Senior Club Bingo and Meeting (OBH) 1:00pm-3:00pm Android Help (SS) No Yoga for Better Posture	10:00am-11:00am Social Hour with Charlotte (Zoom) 12:00pm-1:00pm Lunch Bunch* 1:00pm-2:00pm Gary Hartzel Presentation	10:30am-12:00pm Dementia Caregiver Support Group for Couples (Zoom) 11:00am-12:00pm Dine and Discover (Zoom) No Yoga for Better Posture	10:00am-12:00pm Advanced iPhone (SR) 11:00am-12:00pm Book Club (Garden)	1:30pm-4:00pm Movie: Bridge of Spies (OBH)				
24	25	26	27	28	29	30		
11:00am-12:00pm Travel Series (SR) 1:00pm-3:00pm AOA (OBH) No Yoga for Better Posture	1:30pm-3:00pm Poetry Circle (JCC/Garden)	No Yoga for Better Posture	10:00am-12:00pm Advanced iPhone (SR)	1:00pm-4:00pm "Hocus Pocus" Movie Party				
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Voting is set-up in the Auditorium. Locations for classes may change October 31 to November 12								