

# MAY

## OAP Newsletter 2023





# WHAT'S NEW

MAY

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## CONTACTS

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

[www.manhattanbeach.gov/oap](http://www.manhattanbeach.gov/oap)

## UPCOMING EVENTS

### DMV PRESENTATION

California DMV requires drivers aged 70 and older to renew their licenses in person and to take both a vision test and written test when doing so. Tressa Thompson, Senior Driver Ombudsman, will be here to update you on the REAL ID (ID/Driver License) and Senior ID Card requirements and answer any questions you have about the DMV.

**When:** Tuesday, May 9

**Time:** 1:00pm

**Location:** JCC/Ocean Banquet Hall

**Cost:** Free



### LA OPERA CONNECTS TALK - OTELLO

He's a beloved leader, a distinguished military commander and a devoted husband. But when an envious subordinate introduces the notion—just the slightest whispered hint—that Otello's wife Desdemona might possibly be unfaithful, it's enough to send him into a downward spiral of fury and murder.

Hailed as the pinnacle of the Italian operatic repertoire, Verdi's transformation of the original Shakespeare play is a powerful drama of uncontrolled human emotion at its most extreme. Verdi's musical portrait of Otello's descent into a tortured heart of darkness is explicit in every chilling detail as he destroys all in life that he holds dear.

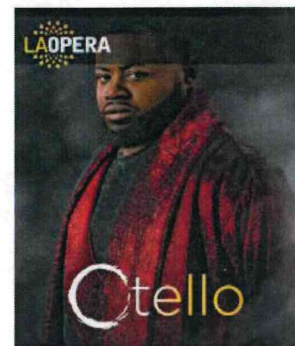
Edward Lieb from LA Opera Connects will be here to discuss Otello which the LA Opera will be performing in May.

**When:** Wednesday, May 10

**Time:** 1:30pm

**Location:** Joslyn Community Center/Sunrise Room

**Cost:** Free. No reservation needed



### COFFEE TECHNOLOGY AND YOU

Drop in on Saturday, May 20 to the Joslyn Community Center for coffee and an opportunity to talk with tech savvy Mira Costa High School students. Bring your fully charged devices (iPhones, iPads, Android phones and tablets, laptops) or just your tech questions. Also, bring your passwords! Learn all about social media sites, adding apps, security and more!



**When:** Saturday, May 20

**Time:** 10:00am-12:00pm

**Location:** Joslyn Community Center/Ocean Banquet Hall

**Cost:** Free. Drop-ins welcome

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**JCC**  
Joslyn Community Center  
1601 N. Valley Drive

**MH**  
Manhattan Heights  
1600 Manhattan Beach Blvd

**MBL**  
Manhattan Beach Library  
1320 Highland Avenue

**MBG**  
MB Botanical Garden  
1236 N. Peck Avenue

**SH**  
Scout House



# Activities/Updates

## ARTS & CRAFTS

Renewal through Art/9:30am-12:30pm (SH) TH  
 Basic Techniques in Drawing/10:00am-12:00pm (SR)\* TU

## CLUBS

MB Senior Club Meeting/11:30am-11:45am (OBH) May 1

## DRAMA

Acting Out Again/1:00pm-3:00pm (OBH) 2nd & 4th M  
 Poetry Circle/1:30pm-3:30pm (JCC/Garden) 2nd & 4th TU

## FITNESS CLASSES

Sun Style Tai Chi/10:00am-11:00am (JCC) M  
 Senior Yoga Beginning with Eden/10:00am-11:00am(SD)\* TU  
 Senior Yoga Beginning Plus with Eden/10:00-11:00am(SD)\* TH  
 Yoga for Better Posture/4pm-5:15pm (OBH)\* M  
 Yoga for Posture and Balance/11:00am-12:15pm (OBH)\* W  
 Arthritis Foundation/9:00am-10:00am (OBH)\* Arthritis TU & TH  
 Foundation/10:15am-11:15am (OBH)\* TU & TH  
 Mindfulness/10:30-11:30am (SD) W  
 ABC/9:30am-10:30am (OBH) W  
 ABC/10:00am-11:00am (SD) F  
 Zumba for Adults/11:30am-12:15pm (SD)\* M

## GAMES

MB Senior Club Bingo/10:00am-1:00pm (OBH) May 1, 15  
 Ping Pong/9:00am-1:00pm (SH) M-F  
 Co-ed Senior Slo-Pitch Softball/9:00am-1:00pm (Dorsey Field) M-F  
 Petanque/1:00pm-2:00pm (Dorsey Field) W  
 Open Bridge/9:30am-1:30pm F

## SENIOR COMMITTEE MEETINGS

Senior Advisory Meeting/1:00pm-2:30pm May 9

## SOCIAL

Discussion Group/10:00am-12:00pm (OASIS) M  
 Woman to Woman/10:15am-11:45am W  
 By Heart Music/1:00pm-2:00pm (SD) TH  
 Movies Discussion Group/1:00pm-2:00pm (Zoom) 1st TH

## SPECIAL PROGRAMS

Blankets of Love/3:00pm-5:00pm (SR) TH  
 Social Hour w/Charlotte BCHD/10:00am-11:00am (Zoom) 1st & 3rd TU  
 Social Hour w/Charlotte BCHD/2:00pm-3:00pm (SS) 2nd M

## TECHNOLOGY

Android Help - temporarily postponed until further notice 1st & 3rd M  
 Beginner iPhone Help/10:00am-12:00pm (SR) May 18  
 Advanced iPhone Help/10:00am-12:00pm (SR) May 11, 25

\*Registration Required

## New Activities

Look for the details within

### DMV PRESENTATION

Tuesday, May 9  
1pm

### LA Conects Opera Talk "Otello"

Wednesday, May 10  
1:30pm

**MākMō**  
 Wednesday, May 10  
 2pm, 3pm, 4pm Sessions

### HEALTH FAIR 2023

Friday, May 19  
8:30am-12:00pm

### COFFEE TECHNOLOGY & YOU

Saturday, May 20  
10:00am-12:00pm

### World Travel Series "Jungle of Stone"

Monday, May 22  
1:30pm-2:30pm  
Sunrise Room

### APPLE STORE PHOTOGRAPHY CLASS

Wednesday, May 26  
9:00am

**OBH**  
OCEAN BANQUET  
HALL

**OA**  
OASIS ROOM

**SD**  
SURF DANCE  
ROOM

**SS**  
SUNSET ROOM

**SR**  
SUNRISE ROOM

**CR**  
CONFERENCE  
ROOM



# 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.  
Instructor: Teri Thompson

**When:** Mondays (April 3-June 12) 10 weeks **No Class 5/29**  
**Time:** 4:00pm-5:15pm  
**Where:** JCC/Ocean Banquet Hall  
**Cost:** Residents: \$150 Non-Residents: \$165  
**Activity Number:** 39380

**When:** Wednesdays (April 5-June 7) 10 weeks  
**Time:** 11:00am-12:15pm  
**Where:** JCC/Ocean Banquet Hall  
**Cost:** Residents: \$150 Non-Residents: \$165  
**Activity Number:** 39379

## 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 (April 4-June 13)  
**Time:** 10:00am-11:00am  
**Where:** JCC/Surf Dance Room  
**Cost:** Residents: \$121 Non-Residents: \$133  
**Session:** 11 weeks  
**Activity Number:** 39377

## 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 (April 6-June 15)  
**Time:** 10:00am-11:00am  
**Where:** JCC/Surf Dance Room  
**Cost:** Residents: \$121 Non-Residents: \$133  
**Session:** 11 weeks  
**Activity Number:** 39378

## ZUMBA FOR 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 (March 27-June 5) **No class 5/29**  
**Time:** 11:30am-12:15pm  
**Where:** JCC/Surf Dance Room  
**Cost/Session:** Residents: \$50 Non-Residents: \$55 (10 weeks)  
**Activity Number:** 39381

## BASIC TECHNIQUES OF DRAWING

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 (June 27-July 25)  
**Time:** 10:00am - 12:00pm  
**Location:** JCC/Sunrise Room  
**Cost:** Residents: \$75 Non-Residents: \$82.50  
**Session:** 4 weeks  
**Activity Number:** 40136

## 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 (April 11-June 15)  
**Time:** 9:00am-10:00am  
**Where:** JCC/Ocean Banquet Hall  
**Cost:** Residents: \$50 Non-Residents: \$55  
**Session:** 10 weeks  
**Activity Number:** 40073  
**Limited to 30 people**

**When:** Tuesdays & Thursdays (April 11-June 15)  
**Time:** 10:15am-11:15am  
**Where:** JCC/Ocean Banquet Hall  
**Cost:** Residents: \$50 Non-Residents: \$55  
**Session:** 10 weeks  
**Activity Number:** 39368  
**Limited to 30 people**

## 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. Instructors: Doris Usui and Rick Ramirez

**When:** Mondays (June 5-July 31) **No class 7/3**  
**Time:** 3:30pm-5:30pm  
**Where:** JCC/Surf Dance Room  
**Activity Number:** 40786 (4 classes/any Monday)  
**Cost:** Residents: \$90 Non-Residents: \$99  
**Activity Number:** 40138 (8 classes)  
**Cost:** Residents: \$120 Non-Residents: \$132

**REGISTRATION FOR THE NEXT SESSION OPENS ON-LINE AT 6AM ON MAY 22ND FOR RESIDENTS AND JUNE 5TH FOR NON-RESIDENTS**



# Free Classes and Programs

## 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

## 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

## 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

## 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

## 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:** 3:00pm-5:00pm  
**Location:** JCC/Sunrise Room



## 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

## 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. 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

## MB SENIOR CLUB BINGO

Let's have some BINGO fun!

**When:** 1st and 3rd Monday  
**Time:** 10:00am-1:00pm  
**Location:** JCC/OBH



## PETANQUE

**When:** Wednesdays **Time:** 1:00pm-2:00pm **Location:** Dorsey Field





# Free Dine and Discover on Zoom

## DINE AND DISCOVER

### THE MEDITERRANEAN DIET

The Mediterranean Diet has been shown to have many health benefits. Join us for a discussion on which foods to eat, how following this diet can improve our health, and how it can help prevent certain medical conditions. 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 **May 1** call 310-802-5430 to make your reservation.

The Zoom presentation is open to everyone.

**When:** Tuesday, May 30 **New date for May**

**Time:** 11:00am-12:00pm

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



## Free Technology Classes

### 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.



**This program is temporarily postponed until further notice**

### IPHONE TRAINING WITH DAYLE

Dayle Eisenhower 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:** May 18 JCC/Sunrise Room

**Advanced:** May 11, 25 JCC/Sunrise Room

**No reservations required. Walk-ins allowed.**



### NEW!!

Apple Store Class featuring photography tips for Older Adults. One hour of class time followed by 30 more minutes of taking photos outside with a photo expert.

**When:** Friday, May 26

**Time:** 9:00am-10:30am

**Location:** Apple Store, Manhattan Village Mall

**Cost:** Free. Limited to 15 people.

Starting May 1st, call 310-802-5430 to register

## Free Support Programs

### 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](mailto:kberkeypatterson@gmail.com)

### DEMENTIA SUPPORT GROUP FOR COUPLES

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

**When:** 1st and 3rd Wednesday

**Time:** 10:30am-12:00pm

**Location:** Zoom

**Email:** [kberkeypatterson@gmail.com](mailto:kberkeypatterson@gmail.com)

### 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://bchd-org.zoom.us/j/87651635014>

**When:** 2nd Monday JCC/Sunset Room

**Time:** 2:00pm-3:00pm





# Additional Free Classes and Programs

## 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

**Time:** 9:30am-10:30am

**Location:** JCC/Ocean Banquet Hall

**When:** Fridays

**Time:** 10:00am-11:00am

**Location:** JCC/Ocean Banquet Hall

## MINDFULNESS WITH JACKIE

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

**No class 5/10**



## TAI CHI 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

## PING PONG



**When:** Monday-Friday

**Time:** 9:00am-1:00pm

**Location:** JCC/Scout House

2 tables are available inside except Thursdays  
2 tables are available outside weather permitting

## BOOK CLUB

Interested in joining? Please email Mary at [mmccabe@manhattanbeach.gov](mailto:mmccabe@manhattanbeach.gov) and she 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.



"The Bluest Eye" by Toni Morrison presents the story of Pecola Breedlove, a young black girl who prays for her eyes to turn blue so that she will be as beautiful as all the blond, blue-eyed children in America. This book also presents a collection of critical essays and an introduction that offers insight into this novel that tackles the crucial themes of race and identity.

Books are available at the Manhattan Beach Library.

**When:** Thursday, May 18

**Time:** 11:00am-12:00pm

**Location:** JCC/TBD

June Discussion: "*Women of Light*" by Kali Fajardo-Anstine

## 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:** Thursday, May 11th New date for May only

**Time:** 1:00pm-2:00pm

**Zoom Link:** <https://citymb-info.zoom.us/j/92536852582>

## POETRY CIRCLE

Join us twice a month to read and discuss poems (some that are beloved and/or famous, some by Circle members) and the interesting issues they raise. You can get involved with our Mira Costa collaboration, our public readings, publications and other projects, or you can just enjoy the poetry and conversation. We'd love to see you.

**When:** 2nd and 4th Tuesday

**Time:** 1:30pm-3:00pm

**Location:** JCC Garden in fine weather, otherwise indoors

A sample from one of our members is on page 14 of this newsletter.

## COLORING CORNER

Coloring is therapeutic, fun, and very relaxing. Coloring books are available in the OASIS Room. You are welcome to take a page(s) and work on it but please leave the books in OASIS. Pens and pencils are available in the main office Get your creativity going!

**When:** All day Monday-Saturday

**Location:** JCC/OASIS



# Activities Calendar

	Monday	Tuesday	Wednesday
<b>WEEKLY ONGOING PROGRAMS</b>	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) 11:30am-12:15pm Zumba (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)* 9:00am-10:00am Arthritis Foundation (OBH)* 10:15am-11:15am Arthritis Foundation (OBH)* 10:00am-11:00am Senior Yoga Beg.(SD)*	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 9:30am-10:30am ABC (OBH) 10:30am-11:30am Mindfulness with Jackie (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)
	1	2	3
	10:00am-1:00pm MB Senior Club Bingo and Meeting (OBH) <b>No Android help today</b>	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)
	8	9	10
	10:00am-1:00pm HICAP (Apt. Req.) 1:00pm-3:00pm AOA (OBH) 2:00pm-3:00pm Social Hour with Charlotte (SS)	12:00pm-1:00pm Lunch Bunch* 1:00pm-2:00pm DMV Presentation 1:00pm-2:30pm Senior Advisory Committee (JCC) 1:30pm-3:00pm Poetry Circle (JCC/Garden)	<b>No mindfulness today</b> 1:30pm-2:30pm LA Opera Connects Presents an Opera Talk on "Othello" 2pm, 3pm, 4pm MakMo Class (OBH)
	15	16	17
	10:00am-1:00pm MB Senior Club Bingo (OBH) 1:15pm-3:30pm AOA (OBH) <b>No Android help today</b>	10:00am-11:00am Social Hour with Charlotte (Zoom)	10:30am-12:00pm Dementia Caregiver Support Group for Couples (Zoom)
22	23	24	
<b>9:00am-8:00pm 12th Annual Mark Vasquez Blood Drive (OBH)</b> 1:30pm-2:30pm World Travel with Jackie (SR)	12:00pm-1:00pm Lunch Bunch* 1:30pm-3:00pm Poetry Circle (JCC/Garden)		
29	30	31	
<b>Memorial Day</b> OASIS is open today	11:00am-12:00pm Dine and Discover (Zoom) <b>New date for May only</b>		



**NOTE: PROGRAMS ARE SUBJECT TO CHANGE**

**\*Registration Required**

Thursday	Friday	Saturday	Sunday
:00am-1:00pm Ping Pong (SH) :00am-4:00pm OASIS open :30am-12:30pm Renewal through Art (SH) :00am-10:00am Arthritis Foundation (OBH)* 0:15am-11:15am Arthritis Foundation (OBH)* 0:00am-12:00pm iPhone Class (SR) 0:00am-11:00am Senior Yoga Beg. Plus (SD)* :00pm-2:00pm By Heart Music (SD) :00pm-4:00pm Scrabble (OA) :00pm-5:00pm Blankets of Love (SR)	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 9:30am-1:30pm Bridge (SR) 10:00am-11:00am ABC (OBH) 1:30pm-4:00pm Movies (OBH)	10:00am-4:00pm OASIS open	
4	5	6	7
o iPhone class today	1:30pm-4:00pm Movie: <b>The Menu</b> (OBH)		
11	12	13	14
:00am-12:00pm Advanced iPhone (SR) :00pm-2:00pm <b>Movie Discussion Group</b> (room) New date for May only	1:30pm-4:00pm Movie: <b>Missing</b> (OBH)		
18	19	20	21
:00am-12:00pm Beginner iPhone (SR) :00am-12:00pm Book Club (JCC)	<b>Health Fair Today</b> 8:30am to 12pm No classes/programs	10:00am-12:00pm <b>Coffee Technology and You</b> (OBH)	
25	26	27	28
:00am-12:00pm Advanced iPhone (SR)	9:00am-10:30am Apple Store Class "Photography Tips for Older Adults"  1:30pm-4:00pm Movie: <b>80 for Brady</b> (OBH)		

**OBH**  
OCEAN BANQUET HALL

**OA**  
OASIS ROOM

**SD**  
SURF DANCE ROOM

**SS**  
SUNSET ROOM

**SR**  
SUNRISE ROOM

**CF**  
CONFERENCE 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	<a href="https://bchd-org.zoom.us/j/87651635014">https://bchd-org.zoom.us/j/87651635014</a>	FREE
5th TUESDAY <b>May 30</b>	Dine and Discover	11:00am-12:00pm	<a href="https://citymb-info.zoom.us/j/91352842167">https://citymb-info.zoom.us/j/91352842167</a>	FREE
2nd THURSDAY <b>for May only</b>	Movie Discussion Group	1:00pm-2:00pm	<a href="https://citymb-info.zoom.us/j/92536852582">https://citymb-info.zoom.us/j/92536852582</a>	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:** Monday, May 8 (only)

**Time:** 10:00am-1:00pm

**Where:** JCC/Sunset Room

**Cost:** Free. Appointment required by calling (310) 802-5430



## OLDER ADULTS HEALTH FAIR

**FREE ADMISSION**

CITY OF MANHATTAN BEACH AND VENICE FAMILY CLINIC

**OLDER ADULTS HEALTH FAIR**

**FRIDAY, MAY 19**  
**8:30 AM TO NOON**

JOSLYN COMMUNITY CENTER  
1601 N. VALLEY DR., MANHATTAN BEACH

**Scheduled Health Screenings Include:**

- Anemia
- Blood Pressure
- Bone Density
- BMI
- Cholesterol
- COVID-19 Vaccines and Boosters
- Grip Strength
- Hearing
- Oral Cancer
- Pharmacy Review
- Pulse Oximetry
- Stroke Screening
- Thyroid Screening
- And more!

**Transportation and Parking**

- Transportation for Manhattan Beach older adults provided by Dial-A-Ride (310) 545-3500
- Parking available along Valley Dr. and the parking lot adjacent to the Joslyn Community Center

**FREE To-Go Lunch and Door Prizes**  
Lunch Donated by

*City of Manhattan Beach and Venice Family Clinic*

Information booths and FREE health screenings will be available. DOPPLER TEST (Stroke Screening) \$20

Dial-A-Ride transportation is available for Manhattan Beach residents, (310) 545-3500.

**Raffle prizes and FREE to-go lunches!**

**When:** Friday, May 19

**Time:** 8:30am-12:00pm

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

**Cost:** Free

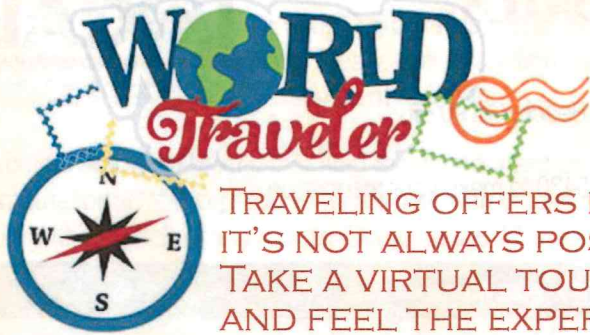
Scheduled screenings: anemia, blood pressure, bone density, BMI, cholesterol, COVID-19 vaccines and boosters, grip strength, hearing, oral cancer, pharmacy review, pulse oximetry, stroke screening, thyroid screening, and more!





# Travel Series

## WORLD TRAVEL WITH JACKIE



TRAVELING OFFERS EXTRAORDINARY EXPERIENCES. IT'S NOT ALWAYS POSSIBLE TO GET TO THE MANY PLACES. TAKE A VIRTUAL TOUR WITH US AND SEE THE BEAUTY, HEAR AND FEEL THE EXPERIENCE THEN JOIN US FOR A DISCUSSION AFTER.

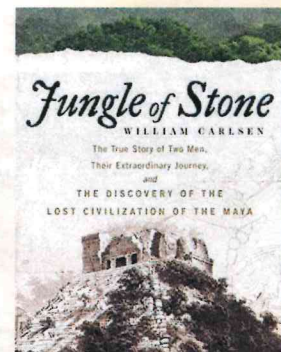
In 1839, rumors of extraordinary yet baffling stone ruins buried within the unmapped jungles of Central America reached two of the world's most intrepid travelers. Seized by the reports, American diplomat John Lloyd Stephens and British artist Frederick Catherwood—both already celebrated for their adventures in Egypt, the Holy Land, Greece, and Rome—sailed together out of New York Harbor on an expedition into the forbidding rainforests of present-day Honduras, Guatemala, and Mexico. What they found would upend the West's understanding of human history.

Together we will learn all about the lost civilization of the Maya and how their extraordinary expedition altered history.

**Date:** Monday, May 22

**Time:** 1:30pm-2:30pm

**Location:** JCC/Sunrise Room





# Dining

## LUNCH BUNCH

**When:** Tuesday, May 9, 23

**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 **May 1, 2023** call (310) 802-5430 to make your reservation.

**Make sure you specify which dates or both dates**

**NEW!! TWO DATES**



Date	Venue	Menu
5/9		Grunions Famous Turkey Club: turkey, bacon, lettuce, tomato, chips, and a cookie
5/23		Street Corn Chicken Bowl: citrus-marinated, chopped fire-grilled chicken, seasoned rice, savory pinto beans, crumbled cotija cheese, roasted corn, red peppers, and chopped cilantro

# Free Movies

## JCC MOVIES

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



### The Menu

**When:** Friday, May 5  
 2022 Rated R - 1 hr/47 min

A young couple travels to a remote island to eat at an exclusive restaurant where the chef has prepared a lavish menu, with some shocking surprises.

**Starring:** Ralph Fiennes, Anya Taylor-Joy, Nicholas Hoult



### Missing

**When:** Friday, May 12  
 2023 PG-13 - 1hr/51 min

After her mother goes missing, a young woman tries to find her from home, using tools available to her online.

**Starring:** Tim Griffin, Ava Zaria Lee, Nia Long



### NO MOVIE

**When:** Friday, May 19

**GO TO THE HEALTH FAIR!**



### 80 for Brady

**When:** Friday, May 26  
 2023 Rated PG-13 - 1 hr/38 min

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady. **Starring:** Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, Tom Brady



# Joslyn Community Center Activities

## LA COUNTY LIBRARY - MākMō

The MākMō program "Fun with Ozobots" is rescheduled from March 22nd. Those who were signed-up for the 22nd will have first choice of time slots. Please call to confirm your reservation and time slot.

Everyone is welcome! We have plenty of room.

Cubelets are robot blocks that help teach important problem-solving skills – like collaboration, engineering, design, and computational thinking. You've never built with blocks like these. Cubelets are the only way to build a robot where you build with a bunch of tiny robots. Combine the 17 unique kinds of Cubelets in different ways to create countless robot constructions. Every design is a new robot construction and it all starts when you combine the three basic categories of Cubelets.

**When:** May 10

**Time:** Register for a one hour time slot: 2pm, 3pm, 4pm

**Location:** Joslyn Community Center/Ocean Banquet Hall

**Cost:** Free

Starting May 1 call 310-802-5430 to reserve your spot

SENSE



THINK



ACT



## APPLE CLASS - PHOTOGRAPHY TIPS FOR OLDER ADULTS

MANHATTAN BEACH PARKS & REC  
OLDER ADULTS PROGRAM  
One Hour Class, Rescheduled From 3/22/23

**APPLE STORE CLASS FOR OLDER ADULTS**

Photography tips and tour for Older Adults

One hour of class time followed by 30 more minutes of taking photos outside with a photo expert

When: Friday, May 26  
Time: 9:00 AM to 10:30 AM  
Location: Apple Store, Manhattan Village Mall, 3200 Sepulveda Blvd., Manhattan Beach  
Cost: Free (limited to 15 participants)  
Starting May 1st call 310-802-5430 to reserve your spot

Join us at the Manhattan Beach Apple Store for a some amazing photography tips and tour. There will be a one hour class followed by 30 more minutes of photo taking outside with a photo expert from the Apple Store.

**When:** May 26

**Time:** 9:00am-10:30am

**Location:** Apple Store, Manhattan Village Mall, 3200 Sepulveda Blvd., Manhattan Beach

**Cost:** Free. Limited to 15 participants

Starting May 1st call 310-802-5430 to reserve your spot

## VOLUNTEER OPPORTUNITIES

The Manhattan Beach Older Adult Police Academy is designed to educate MB residents on the various aspects of law enforcement. The Older Adult Police Academy will provide a deeper understanding of the issues that a Manhattan Beach police officer deals with on a daily basis. The curriculum will be taught by officers and other police department representatives.

**When:** Thursdays, September 7-28, 2023

**Time:** 1:00pm-4:00pm

**Application Deadline:** August 1, 2023

To apply for the Older Adult Police Academy contact Officer Borello at 310-802-5184 or by email [jborello@manhattanbeach.gov](mailto:jborello@manhattanbeach.gov)

**Requirements:**

Must be at least 55 years old

Must reside or work in Manhattan Beach

No felony convictions

Must not be wanted for any crime

Manhattan Beach Police Department  
Older Adult Police Academy

Every Thursday, September 7 - 28, 2023  
1:00PM - 4:00PM

**Requirements:**

- Must be at least 55 years old
- Must reside or work in Manhattan Beach
- No felony convictions
- Must not be wanted for any crime

The Manhattan Beach Older Adult Police Academy is designed to educate our residents on the various aspects of law enforcement. The Older Adult Police Academy will provide a deeper understanding of the issues that a Manhattan Beach police officer deals with on a daily basis. The curriculum will be taught by officers and other police department representatives.

Contact: Officer Borello for more info:  
[jborello@manhattanbeach.gov](mailto:jborello@manhattanbeach.gov) or 310-802-5184



# 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



## CANASTA OR HAND & FOOT

If you are interested in playing Canasta and/or Hand & Foot at the Joslyn Center please join us every Tuesday, 1:00pm-4:00pm in the OASIS Room. Call Avra Diamond at 310-767-6869 if you would like to learn, play, or sub. We would be happy to teach you.

The JCC OASIS center is open Monday-Friday 9am-4pm and Saturday 10am-4pm

## POEMS FROM THE POETRY CIRCLE

### Easily Dismissed

Debrah Henderson

The vessels of life experience  
of knowledge  
of understanding

The vessels of life experience  
of patience  
of kindness

They have lived the pain  
the heartbreak  
the loss  
the disappointment

They have lived the hardships  
the needs  
the wants  
the desires

The vessels of life experience  
of empathy  
of caring

The vessels of life experience  
of growth  
of aging

They have lived the happiness  
the love  
the sunshine  
the laughter

We all live alongside these treasures

Why then, are they so easily dismissed?



# Joslyn Community Center

## CIRCLE AWARDS FOR EXCELLENCE IN POETRY

For over a decade the Manhattan Beach Poetry Circle, a part of your Parks and Recreation Department's Older Adults Program, has had the pleasure of working with Mira Costa students (and especially the Creative Writing students taught by Shannon Vaughan). Among other intergenerational projects, we've visited their classes, they've visited our meetings, we've given them feedback on their writing, we've held joint public readings at Hometown Fair and elsewhere, and we've jointly published poetry books with both student and elder work.

Beginning in 2018, we've invited Mira Costa students to compete for our annual Circle Awards for Excellence in Poetry Composition. This year's winners will be recognized at the City Council meeting on May 2nd. The 6th Annual Circle Awards go to the following Mira Costa High School students:

**Ryan Cho**  
**Lizzy Fleming**  
**Bridie Ward**



## JOIN THE SENIOR ADVISORY COMMITTEE

The City of Manhattan Beach is accepting applications until May 8 from residents who are interested in serving on the Senior Advisory Committee (SAC).

The Senior Advisory Committee (SAC) works in conjunction with the Parks and Recreation Department and the Older Adult Program to make recommendations regarding the delivery of senior activities and policies.

There is a youth/student seat on the committee so Juniors and Seniors in the Manhattan Beach School district are encouraged to apply.

The Committee meets monthly in terms of two years except for the student/youth term which is for one year.

Applications are available on-line and in the Joslyn Community Center OASIS room and at the Older Adult Program office. Applications must be returned by 5pm on May 8. You can return applications to the Joslyn Community Center, 1601 North Valley Drive, Manhattan Beach, CA 90266 or email them to [JBuike@manhattanbeach.gov](mailto:JBuike@manhattanbeach.gov). For more information call the Older Adult Program office at 310-802-5447.



## JULY 4TH CARDS FOR VETERANS

The City of Manhattan Beach will be sending thank you cards to our Veterans at the VA Hospital in Long Beach for July 4th. If you would like to participate, the Joslyn Center has blank cards that you can pick-up and return by the due date which is on or before May 22, 2023. Limit is 5 cards per person. Cards are available at the Older Adult Program office.

**Take a minute to thank a Veteran!**



# Joslyn Community Center Excursions

## BUS TRIP TO THE NETHERCUTT COLLECTION

The Nethercutt is actually two museums. The original Nethercutt Collection spans four floors in the original facility. On your guided tour, you'll see one of the world's most outstanding assortments of beautifully restored antique, classic automobiles. They are showcased in an exquisite re-creation of an opulent automotive grand salon of the 1920's and 1930's. An amazing collection of automobile mascots, antique furniture, clocks and watches, and one of the world's finest collections of Mechanical Musical Instruments are displayed in the music room. After your tour, you'll have time to explore Mr. Nethercutt's second museum. This 60,000 squarefoot structure highlights the man's love for vintage cars with more than 130 of these fully restored beauties on display. This part of the tour is self-guided.

Tour of the Nethercutt Collection at 10am. Lunch on your own at Universal CityWalk will be at 1pm.

**When:** Thursday, May 25

**Time:** 8:30am-4:00pm

**Location:** 15151 Bledsoe St., Sylmar, CA

Pick-up and drop-off will be at the Joslyn Community Center  
1601 North Valley Drive, Manhattan Beach

**Cost:** \$41 per person includes tour and transportation

**Reservations:** Limited to 35 participants. Please reserve at City Hall  
or online [www.manhattanbeach.gov](http://www.manhattanbeach.gov)

Activity #40795



**Activity Level 2: AVERAGE**

Average physical activity such as walking, standing, and climbing stairs

## CINDY'S MINI BUS TRIP TO JAPANESE AMERICAN NATIONAL MUSEUM

Join Cindy for a trip to Little Tokyo with a tour of the Japanese American National Museum! You will be able to explore the Japanese Village before the museum opens at 11:00am. At 11:30am, there will be a one hour docent led tour of the Museum. The bus departs from the museum at 1pm.

**When:** Friday, June 2

**Time:** 9:15am-1:45pm

**Location:** JANM 100 North Central Avenue, Los Angeles, CA  
(bus leaves from the JCC)

Limited to 17 participants



**Cost:** \$7 admission and \$2 due for Dial-A-Ride transportation

**Reservations:** starting **May 1st** call 310-802-5430 to make a reservation. The admission (\$7) is due within 5 days of the reservation. It is refundable only if we find a replacement for you and cancellation is 24 hours in advance.



**Activity Level 3: MODERATE**

Moderate physical activity such as lots of walking, climbing stairs, and standing for extended periods.