

Community Events

BEGG POOL COMMUNITY OPEN HOUSE MONDAY, NOVEMBER 13, 2023 6:00 PM - 8:00 PM

Manhattan Heights Community Center
1600 Manhattan Beach Boulevard

We invite you to explore options for modernizing the Begg Pool facility and share your priorities. Our aging pool facility needs to be renovated, creating opportunities for you and your neighbors to help envision how our beloved community pool site should evolve.



CAN'T MAKE IT NOVEMBER 13?

Please take this survey by November 30, 2023
www.manhattanbeach.gov/BeggPoolSurvey

Begg Pool Community Open House planned for Monday, November 13 from 6:00 to 8:00 PM at the Manhattan Heights Community Center provides an interactive opportunity for community members to provide feedback about their vision for Begg Pool, programming wants and needs, and project priorities. Architectural and aquatics consultants, City and School District staff, and Parks and Recreation Commissioners will be in attendance to hear input, answer questions, and share information informally about the project. A project webpage and survey are available for community members to stay informed and provide additional input as the project develops. See www.manhattanbeach.gov/BeggPoolProject for more information.

Contact: Parks & Recreation Director Mark Leyman,
(310) 802-5414, mleyman@manhattanbeach.gov

MBAC WORKSHOPS

Holiday Succulent Pumpkin Workshop

Create a one-of-a-kind living centerpiece! Students will learn to arrange, care for and propagate a variety of succulents. All materials and supplies to make a stunning succulent arrangement will be provided.

When: Saturday, November 11

Time: 10:00am-1:00pm

Location: Manhattan Beach Art Center

Cost: Manhattan Beach Resident \$110; non-resident: \$121

Register on-line at manhattanbeach.gov or in-person at City Hall



Holiday Succulent Wreath Workshop

Decorate your home with a unique, handmade wreath, filled with dramatic succulents. Because of their resistance to drought, succulents are the perfect living plant for your holiday wreath. Students will assemble a wreath with succulents, grape vines and other decorative elements while learning how to care for and propagate succulents. All materials and plants are included.

When: Saturday, December 2

Time: 10:00am-1:00pm

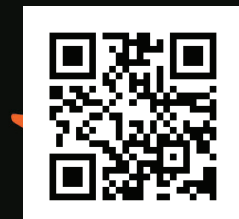
Location: Manhattan Beach Art Center

Cost: Manhattan Beach Resident \$120; non-resident: \$132

Register on-line at manhattanbeach.gov or in-person at City Hall

NOVEMBER

OAP Newsletter 2023



WHAT'S NEW

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CONTACTS

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

www.manhattanbeach.gov/oap
Register for paid classes on-line at manhattanbeach.gov or in-person at City Hall

UPCOMING EVENTS

LINE DANCING WITH PEGGY

When: Wednesday, November 8
Time: 2:00pm-3:00pm Beginners
3:00pm-4:00pm Beyond Beginners
Location: JCC/OBH
Cost: Free
No reservation needed. Please wear sneakers.



BEACH CITIES HEALTH DISTRICT EVENTS

ENHANCE YOUR COGNITIVE HEALTH THROUGH NUTRITION: The MIND Diet

Join Dianne Staso, MS, R.D., as she discusses the MIND diet and how it has been linked to a reduced risk of Alzheimer's disease. Dianne will bring an example of a healthy MIND snack to share with attendees and provide them with a recipe to take home. This workshop is part of Beach Cities Health District free cognitive health programming. Please visit <https://www.bchd.org/cognitivehealth> for more information.

Dianne Staso, MS, R.D. provides nutrition counseling on a variety of health-related issues. She specializes in digestive issues such as IBS, GERD, fatty liver and inflammatory bowel disease.

When: Thursday, November 16
Time: 1:00pm-2:00pm
Location: JCC/Sunset Room
Cost: Free
Starting November 1, reserve your spot by calling 310-802-5430

HOLIDAY PARTY

The Holiday Party will take place December 13, 2023. Tickets will go on sale for the Holiday Party "A Shining Silver Holiday" on Monday, November 27.

Manhattan Beach Resident Ticket Sales

When: Monday, November 27 and Tuesday, November 28
Time: 9:00am-4:00pm
Location: JCC

Non-resident Ticket Sales

When: Wednesday, November 29
Time: 9:00am-4:00pm
Location: JCC

Tickets must be purchased in-person. A maximum of 2 tickets may be purchased. Please see page 13 for more details

Community Events

CITY COUNCIL RECOGNITION



Thank You Jean!

For the past 57 years the President, the Governor and the Los Angeles County Board of Supervisors have designated the month of May as Older Americans Recognition Month. As part of this the Los Angeles County Commission for Older Adults and the Department of Aging and Disabilities ask senior centers/programs throughout the County to nominate an older adult from their community to be honored at an Annual Older Americans Recognition Event. The honorees are recognized for their dedication to community service especially as the service relates to the theme of the year's Older Americans month. The theme of the 2023 Older Americans Month was "Aging Unbound".

On October 17, 2023, the Manhattan Beach City Council recognized Jean Steinmetz as the Manhattan Beach Volunteer of the Year 2023.



2023 Pier Lighting and Holiday Open House
Wednesday, November 15, 2023
6:00 PM to 9:00 PM
Downtown Manhattan Beach and Manhattan Beach Pier

Enjoy an evening of holiday music, shopping and dining all at one great location, Downtown Manhattan Beach.

The annual Pier Lighting and Holiday Open House is the official start of the holiday season in Manhattan Beach. It is also downtown Manhattan Beach's local restaurants, retail stores and businesses way of saying thank you to their customers and community for their support and patronage throughout the year. Downtown merchants will be open until 9:00 PM and are sure to offer some distinctive gifts and intriguing offers this holiday season. The restaurants will be serving their original menus and some sampling to get your palette started for an evening of wonderful food. Bring your kids and remember your shopping list!

Holiday Lighting

In addition to the live entertainment throughout downtown Manhattan Beach, the City of Manhattan Beach and the Downtown Business and Professional Association will be lighting the streets for the holidays with snowflake lights and lighted street banner.

Pier Lighting Schedule (brought to you by the Manhattan Beach Parks and Recreation Department)
6:00 PM Manhattan Beach Middle School (MBMS) Choir
6:30 PM Mira Costa High School (MCHS) Choir
7:00 PM Pier lighting

Joslyn Community Center

INTERGENERATIONAL CHESS IS TEMPORARILY POSTPONED

Join Mira Costa Chess Club participants for some challenging chess. All levels welcome!

When: Saturdays
Time: 11:00am-1:00pm
Location: JCC/SR



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 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

Lemonade of time

M. Caponi

Like a lemon,
 I squeeze the time,
 multitasking is a balancing act.

I learn, a new skill
 while the fish is baking,
 drench the rice with dill,
 the friends are waiting.

I move and dance,
 with a pencil in my hand,
 and clean the stove
 with the other hand.

I squeeze time,
 and pour the moments
 on a poem
 for them to stay.

I spread the seeds,
 they are memories
 inside my brain.
 They will grow and
 create more, in time.
 I'm naïve that way.

I squeeze time
 expecting more.
 Sweeten it up with honey.

Make a time lemonade of life.

Activities/Updates

ARTS & CRAFTS

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

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CLUBS

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

November 6

DRAMA

Acting Out Again/1:00pm-3:00pm (OBH)
 Poetry Circle/1:30pm-3:30pm (JCC/Garden)
 Comedy Improv/3:30pm-5:30pm (SD)*

2nd & 4th M
 2nd & 4th TU
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FITNESS CLASSES

Intermediate Tai Chi/9:30am-10:30am (SD)
 Senior Yoga Beginning with Eden/10:00am-11:00am(SD)*
 Senior Yoga Beginning Plus with Eden/10:00-11:00am(SD)*
 Yoga for Better Posture/4pm-5:15pm (OBH)*
 Yoga for Posture and Balance/11:00am-12:15pm (OBH)*
 Arthritis Foundation/9:00am-10:00am (OBH)*
 Arthritis Foundation/10:15am-11:15am (OBH)*
 ABC/9:30am-10:30am (OBH)
 ABC/10:00am-11:00am (SD)
 Zumba for Adults/11:30am-12:15pm (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)
 Open Bridge/9:30am-1:30pm (SR)

November 6, 20
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SENIOR COMMITTEE MEETINGS

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

November 14

SOCIAL

Discussion Group/10:00am-12:00pm (OASIS)
 Woman to Woman/10:15am-11:45am
 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/3:00pm-5:00pm (SR)
 Social Hour w/Charlotte BCHD/10:00am-11:00am (Zoom)
 Social Hour w/Charlotte BCHD/2:00pm-3:00pm (SS)

TH
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TECHNOLOGY

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

1st & 3rd M
 November 16
 November 9, 30

*Registration Required

New Activities

Look for the details within

LINE DANCING

Wednesday, November 8
 2:00pm-4:00pm

BCHD Nutrition Class*

Thursday, November 16
 1:00pm-4:00pm

Lunch Bunch*

Tuesday, November 14, 28
 12:00pm-1:00pm

Holiday Party Ticket Sales

MB Residents

Monday, November 27 and
 Tuesday, November 28
 9:00am-4:00pm

Non-residents

Wednesday, November 29
 (space available basis)

dine & discover*

Details on page 13
 Thursday, November 30
 12:00pm-2:00pm



Paid Classes and Programs

YOGA FOR STRENGTH, BALANCE, AND FLEXIBILITY

As we age, muscles become weak, posture starts curving forward, and we are prone to falling. When muscles are strong and flexible, balance and posture improves! We move better and we feel more confident. Come as you are and leave class feeling strong and alive in your body! Chairs are used for part of the class. Bring a yoga mat. All other props are provided. First timers are welcome Instructor: Teri Thompson

When: Wednesdays (January 10-March 13)
Room change for following dates: 2/28, 3/6 TBD
Time: 11:00am-12:15pm
Where: JCC/Ocean Banquet Hall
Cost: Residents: \$150 Non-Residents: \$165
Session: 10 weeks
Activity Number: 41239

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 10-December 19)
Time: 10:00am-11:00am
Where: JCC/Surf Dance Room
Cost: Residents: \$121 Non-Residents: \$133
Session: 11 weeks
Activity Number: 40828

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 10-December 19) **No class 11/23**
Time: 10:00am-11:00am
Where: JCC/Surf Dance Room
Cost: Residents: \$110 Non-Residents: \$121
Session: 10 weeks
Activity Number: 40829

ZUMBA FOR ADULTS - MINI SESSION

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 (November 6-December 11)
Time: 11:30am-12:15pm
Where: JCC/Surf Dance Room
Cost: Residents: \$30 Non-Residents: \$33
Session: 6 weeks
Activity Number: 41742 **Registration open now**

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 (January 9-February 27)
Time: 10:00am - 12:00pm
Location: JCC/Sunrise Room
Cost: Residents: \$150 Non-Residents: \$165
Session: 8 weeks
Activity Number: 41232

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 (January 9-February 22)
Time: 9:00am-10:00am
Where: JCC/Ocean Banquet Hall
Cost: Residents: \$50 Non-Residents: \$55
Session: 10 weeks
Activity Number: 41231

When: Tuesdays & Thursdays (January 9-February 22)
Time: 10:15am-11:15am
Where: JCC/Ocean Banquet Hall
Cost: Residents: \$50 Non-Residents: \$55
Session: 10 weeks
Activity Number: 41230

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 (January 8-February 26)
Time: 3:30pm-5:30pm
Where: JCC/Surf Dance Room
Activity Number: 41234 (4 classes/any Monday)
Cost: Residents: \$100 Non-Residents: \$110
Activity Number: 41233 (8 classes)
Cost: Residents: \$130 Non-Residents: \$143

Joslyn Community Center

DINE & DISCOVER



Bit Players in the First Christmas Story Augustus, Quirinius, & Herod Who Were These People?

Presentation by Gary Hartzel

The story of the first Christmas starts with these familiar words:

"In those days a decree went out from Caesar Augustus that all the world should be registered. This was the first registration when Quirinius was governor of Syria."

Endless Christmas pageants have told and retold the story of Mary, Joseph, Jesus, the star, the manger, the shepherds, and the Wise Men. All front and center. But who were these people in the background? Who was Quirinius? Why would the Roman Emperor Augustus issue such a decree – if he ever did? Why was King Herod so "exceedingly wrath" that we are told that he "slew all the children that were in Bethlehem from two years old and under"?

Augustus, Quirinius, and Herod may seem to be minor characters in a much larger drama, but these historical figures actually were essential to the development of the Christmas story as we know it. No Augustus – no trip to Bethlehem; no Quirinius – no Roman overshadow; no Herod – no threat to the Christ child. These "bit players" framed the story.

When: Thursday, November 30
Time: 12:00pm-2:00pm
Location: JCC (OBH)

A light lunch will be served. Registration is required. Starting November 1, 2023 call (310) 802-5430 to make your reservation.

HOLIDAY PARTY



"A SHINING SILVER HOLIDAY"

When: Wednesday, December 13, 2023
Time: 11:00 AM to 2:30 PM
Location: JCC/Ocean Banquet Hall
Cost: \$15 per person (cash or check only)

A letter will be sent out in mid-November. Tickets may be purchased at the Older Adult Program located in the Joslyn Community Center starting Monday, November 27th and Tuesday, November 28th at 9:00 AM for Manhattan Beach residents. Non-resident tickets will be available on Wednesday, November 29th on a space available basis.

Ticket sale location TBD.

HOLIDAY SCHEDULE

JCC will be closed November 23 for the Thanksgiving holiday. It will be open on November 24 for Bridge, OASIS, movie. No ABC on Friday, November 24.

DIAL-A-RIDE SCHEDULING

On Friday, November 10 (Veteran's Day), Dial-A-Ride will be available on a limited basis for rides within Manhattan Beach only. Dial-A-Ride will be closing at 3:00pm on Wednesday, November 22 so the last ride available will be at 2:20pm. Dial-A-Ride will be closed on Thursday, November 23 in observance of the Thanksgiving Holiday. Our Dial-A-Ride regular schedule will resume on November 24. With the holidays approaching, Dial-A-Ride service will be in high demand, therefore we encourage riders to call the DAR office and make reservations for transportation at least **seven days in advance**. You can reach Dial-A-Ride at 310-545-3500.

DAYLIGHT SAVINGS TIME

On Sunday, November 5th please remember to turn your clocks back one hour!

Dining

LUNCH BUNCH

When: Tuesday, November 14, 28

Time: 12:00pm-1:00pm

Location: Joslyn Community Center Cost: \$4 Residents and \$6 Non-residents.

Reservations required. No walk-ins. Starting November 1, 2023 call (310) 802-5430 to make your reservation.

Make sure you specify any/all dates. Please notify us 24 hours in advance if you need to cancel.



Date	Venue	Menu
11/14		Boxed lunch: 1/2 deli ham sandwich, Caesar salad, chips, and cookie
11/28		Turkey sub: provolone and turkey on rosemary parmesan bread, chips, and cookie

Free Movies

JCC MOVIES

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



Moving On

When: Friday, November 3

2022 R - 1 hr/25 min

Rotten Tomatoes 75%

Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before. Starring: Jane Fonda, Lily Tomlin, Malcolm McDowell



Mission Impossible: Dead Reckoning

When: Friday, November 10

2023 PG-13 - 2 hr/43 min

Rotten Tomatoes 96%

Ethan Hunt and his IMF team must track down a dangerous weapon before it falls into the wrong hands. Starring: Tom Cruise, Hayley Atwell, Ving Rhames



Barbie

When: Friday, November 17

2023 Rated PG-13 - 1 hr/54 min

Rotten Tomatoes 88%

Barbie suffers a crisis that leads her to question her world and her existence. Starring: Margot Robbie, Ryan Gossling, Issa Rae



Gran Turismo

When: Friday, November 24

2023 Rated PG-13 - 2 hr/14 min

Rotten Tomatoes 65%

Based on the unbelievable, inspiring true story of a team of underdogs - a struggling, working-class gamer, a failed former race car driver, and an idealistic motorsport exec - who risk it all to take on the most elite sport in the world. Starring: David Harbour, Orlando Bloom, Archie Madekwe

Free Classes and Programs

MB SENIOR CLUB BINGO

Let's have some BINGO fun!

When: 1st and 3rd Monday

Time: 10:00am-1:00pm

Location: JCC/OBH



The White Elephant Sale is back! Bring in your donations and then enjoy some shopping and Bingo.



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



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

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

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

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



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

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.



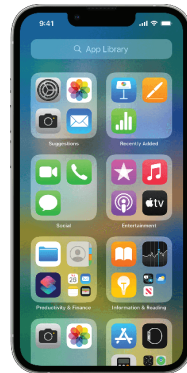
When: 1st and 3rd Monday of the month
Time: 1pm-3pm
Location: JCC/Sunset Room

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: November 16
Advanced: November 9, 30
No class November 2, 23
No reservations required.
Walk-ins allowed.



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

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: kberkevpaterson@aail.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



Joslyn Community Center

The Manhattan Beach Parks and Recreation Photo Contest was held in July to celebrate National Parks and Recreation Month and the vital role that parks play in bringing people together, providing essential services and fostering the growth of the community. The project was conceived by student Parks and Rec Commissioner Daniel Greenberg, who is interested in photography and regularly shoots images of birds in Manhattan Beach parks.

A panel of three judges picked the top two from each age category. Here are two winning photographs from our seniors.



Greenbelt Sunrise
By Irene White



Taking Her Place
Among the Gaggle
By Nancy Franklin

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://bchd-org.zoom.us/j/87651635014	FREE
1st 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

Where: JCC/Sunset Room

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



THE MANHATTAN BEACH LIBRARY COMMISSION INVITES YOU TO

LEARNING AT THE LIBRARY

with Author

Lara Love Hardin

"The Many Lives of Mama Love"

New York Times bestselling author Lara Love Hardin recounts her journey from soccer mom, opioid addict, jail inmate, to successful author. This memoir is an amazing comeback story of redemption, forgiveness, and reinvention.

Sunday, November 5
2:00 PM to 4:00 PM
Manhattan Beach Library
Community Room

For more information, please contact the Library Commission Liaison at (310) 802-5447


Books will be available for purchase at the event.

In-Home COVID-19 Vaccinations Available for Homebound LA County Residents

Can I participate?
You are eligible if you have difficulty leaving your home safely by yourself to get vaccinated against COVID-19.

Sign up:
Self-referrals and referrals from organizations, agencies, providers, caregivers, family members, and loved ones are all welcome!

- You can request in-home vaccination by filling out an online form (see below).

 <https://tinyurl.com/drr4kh3k>
Hold your phone camera over the square to go to the webpage

- You can also call 1-833-540-0473 (8:00am-8:30pm, 7 days a week) or dialing 2-1-1 to request an in-home vaccination over the phone. Multiple languages are available.

Get vaccinated. Stay protected!
Everyone 6 months and older is recommended to receive the updated 2023-2024 COVID-19 vaccine! If you have questions about in-home vaccinations, or about COVID-19 vaccines in general, please call Public Health at 1-833-540-0473 or visit our website at [VaccinateLACounty.com](https://vaccinate.lacounty.gov) or ph.lacounty.gov/VaxAtHome.

In-home COVID-19 vaccinations are available for homebound LA County residents. Just scan the QR code on this form or call 1-833-540-0473 to schedule your vaccination.



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.

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

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. Beach Cities Health District, Timilie Lasq will be our new facilitator.

When: Wednesdays

Time: 10:30am-11:30am

Location: JCC/Surf Dance Room



INTERMEDIATE TAI CHI WITH MARC SALDANA

Tai Chi at Joslyn Center is progressing wonderfully! We offer this intermediate Simplified 24 Forms Yang Tai Chi class on Mondays, ongoing, at 9:30am. You must be able to perform the first 8 moves of this form, on your own, in order to participate in this class. This class is not for beginners. For further information about new classes and classes for those who are beginners or have little to no experience, please contact me at poetwarrioraichi@gmail.com. Looking forward to playing Tai Chi with you!

When: Mondays

Time: 9:30am - 10:30am

Location: JCC/Surf Dance Room



PING PONG

When: Monday-Friday

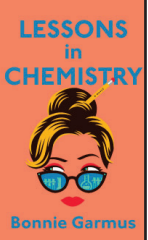
Time: 9:00am-1:00pm

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 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.



Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results. Please call 310-802-5485 to reserve a book at the JCC.

When: Thursday, November 17

Time: 11:00am-12:00pm

Location: JCC/TBD

December Discussion: *"Heart to Heart"* by Dalai Lama

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: 1st Thursday

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 Older Adult Program office. Get your creativity going!

When: All day Monday-Saturday

Location: JCC/OASIS

November 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) 9:30am-10:30am Intermediate Tai Chi (SD) 10:00am-1:00pm HICAP (SS) 11:30am-12:15pm Zumba (SD) 1:00pm-3:00pm Android Help (SS) 3:30pm-5:30pm Comedy Improv (SD)*	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 (SD) 10:15am-11:45am Woman to Woman (SR) 11:00am-12:15pm Yoga for Better Posture (OBH)*	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 9:30am-12:30pm Renewal through Art (SH) 9:00am-10:00am Arthritis Foundation (OBH)* 10:15am-11:15am Arthritis Foundation (OBH)* 10:00am-12:00pm iPhone Class (SR) 10:00am-11:00am Senior Yoga Beg. Plus (SD)* 1:00pm-2:00pm By Heart Music (SD) 2:00pm-4:00pm Scrabble (OA) 3:00pm-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	
			1	2	3	4	5
				No iPhone class today	1:30pm-4:00pm Movie: Moving On (OBH)		2:00pm-4:00pm Learning at the Library (MB Library) Daylight Savings Time
	6	7	8	9	10	11	12
SPECIAL PROGRAMS	10:00am-1:00pm MB Senior Club Bingo and Meeting (OBH) 1:00pm-3:00pm Android Help (SS)	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) 2:00pm-3:00pm Line Dancing Beginner 3:00pm-4:00pm Line Dancing Beyond Beginner	10:00am-12:00pm Advanced iPhone (SR) 1:00pm-2:00pm Movie Discussion Group (Zoom)	1:30pm-4:00pm Movie: Mission Impossible: Dead Reckoning (OBH)		
	13	14	15	16	17	18	19
	1:00pm-3:00pm AOA (OBH) 2:00pm-3:00pm Social Hour with Charlotte (SS) 2:00pm-5:30pm "USA Extreme" Discovery Film Series Trip (El Camino College)	1:00pm-2:30pm Senior Advisory Committee (JCC) 12:00pm-1:00pm Lunch Bunch* 1:30pm-3:00pm Poetry Circle (JCC/Garden)	6:00pm-9:00pm MB Pier Lighting and Open House	10:00am-12:00pm Beginner iPhone (SR) 11:00am-12:00pm Book Club (OASIS) 2:00pm-3:00pm BCHD Nutrition Class (SS)	1:30pm-4:00pm Movie: Barbie (OBH)		
	20	21	22	23	24	25	26
	10:00am-1:00pm MB Senior Club Bingo (OBH) 1:00pm-3:00pm Android Help (SS)	10:00am-11:00am Social Hour with Charlotte (Zoom)	No Mindfulness today 10:30am-12:00pm Dementia Caregiver Support Group for Couples (Zoom)	 JCC Closed for Thanksgiving	No ABC Today 1:30pm-4:00pm Movie: Gran Turismo (OBH)		
	27	28	29	30			
	9:00am Holiday Party Ticket sales (Res) 1:00pm-3:00pm AOA (OBH)	9:00am Holiday Party ticket sales (Res) 12:00pm-1:00pm Lunch Bunch* 1:30pm-3:00pm Poetry Circle (SS)	9:00am Holiday Party ticket sales (Non-res)	10:00am-12:00pm Advanced iPhone (SR) 12:00pm-2:00pm Dine & Discover: Gary Hartzel*			