

Joslyn Community Center Excursions

Del Mar Racetrack

Come to where the “surf meets the turf” at exciting Del Mar Racetrack! It was back in the summer of 1937 when Bing Crosby and his Hollywood pals put the finishing touches on their getaway spot down by the sea. And it hardly took any time at all for a tradition to be born and carried on, one that, to this day, echoes the relaxed idea that “nobody’s in a hurry but the horses.” Our seats are in the shady Clubhouse area with views of the track and lots of ocean breezes.

When: Thursday, September 5

Time: 10:00am-8:00pm (bus leaves JCC at 10:00am sharp)

Gates open up at 11:30am, first race 1:30pm, leave after last race

Location: Del Mar Racetrack, 2260 Jimmy Durante Blvd, Del Mar, CA



Activity Level 2: AVERAGE
Average physical activity such as walking, standing, and climbing stairs

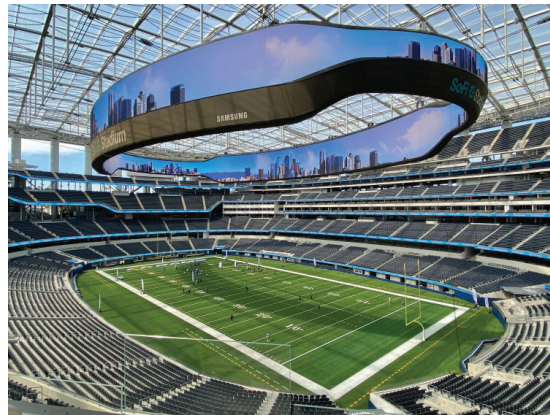
Personal food and non-alcoholic drinks are welcome at the racetrack. Restaurants are also available.



Registration is closed. Refunds given if we can find a replacement.

SoFi Stadium Tour (During Football Season!!)

SoFi Stadium, home to the Los Angeles Rams and Los Angeles Chargers, is nestled in the heart of the sports and entertainment capital of the world. Here you can experience what it's like to be a LA fan, game viewer, broadcaster, player and more, on and off the field. Tours feature a behind-the-scenes experience of SoFi Stadium's most exclusive spaces including premium suites, team locker rooms, the player tunnel, broadcasting room, the field, and more. Lunch is on your own at the stadium. You can also bring a lunch and enjoy it in the picnic area outside of the stadium. No outside food is allowed inside the stadium.



When: Thursday, October 17

Time: 9:30am-2:00pm

(bus leaves JCC at 9:30am sharp)

Tour starts at 10:00am

Location: 101 Stadium Drive, Inglewood

Cost: Admission and transportation res: \$45 non-res: \$49

Activity: #43251

REGISTRATION DATE CHANGE

Due to Labor Day, registration will open on-line and in person on **September 3rd** for Manhattan Beach residents and September 9th for non-residents. You can register on-line at www.manhattanbeach.gov or in person at City Hall. Refunds given if we can find a replacement.



Activity Level 2: AVERAGE
Average physical activity such as walking, standing, and climbing stairs

Beach Cities Symphony Dial-A-Ride Bus Trip

“A Classic You Know Plus Two You Should”

Mayer: “Faust Overture”

Conus: “Violin Concerto in E minor”

Soloist: TBA – possibly Phillip Vaiman

Brahms: “Symphony No. 2 in D major, op. 73”

When: Friday, October 18

Time: 6:30pm-9:30pm

7:15pm Pre-concert Lecture;

8:00pm Downbeat

Location: El Camino College,
Marsee Hall, Torrance, CA

Cost: Admission is free;
\$2.00 for the Dial-A-Ride bus

Starting September 2, call 310-802-5430 to register



SEPTEMBER
OAP Newsletter 2024

WHAT'S NEW

SEPTEMBER

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Older Adults 55+



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

LABOR DAY INFORMATION

The Joslyn Community Center will be open for Discussion Group and games. We will be closing at 2pm. Dial-A-Ride will be open for Manhattan Beach rides only. Office hours are 7:30am-5:30pm and operating hours are 8:30am-5:00pm

GET CONNECTED

Voluntary Emergency Identification Registration System

Manhattan Beach residents can now voluntarily register at-risk dependents with the Manhattan Beach Police Department, providing officers with critical information on individuals with special needs or circumstances. See page 10 for more details.

When: Tuesday, September 10

Time: 1:00pm

Location: Joslyn Community Center (OBH)

Cost: Free

You do not need to register for this workshop. It is right after Lunch Bunch so if you want to enjoy lunch before the presentation then you will need to register for Lunch Bunch.



LEAGUE OF WOMEN VOTERS

This November, California voters will decide on 10 ballot propositions on issues relating to crime, health care, rent control, taxes and bonds. What are all these measures really about and who supports and opposes them?

When: Thursday, September 19

Time: 2:00pm-3:30pm

Location: Joslyn Community Center (OBH)

Cost: Light snacks provided. Registration required. Starting September 2, reserve your spot by calling 310-802-5430

DINE & DISCOVER*

Gary Hartzel's 2nd Presentation "The Living Constitution"

When: Thursday, September 26

Time: 12:00pm-2:00pm

Location: Joslyn Community Center (OBH)

Cost: Free/pizza lunch. Registration required. Starting September 2, reserve your spot by calling 310-802-5430

BE PREPARED

Amanda MacLennen, Emergency Preparedness Administrator with the City of Manhattan Beach will show you how to prepare for an earthquake.

When: Tuesday, September 24

Time: 1:00pm-1:30pm

Location: Joslyn Community Center (OBH)

Cost: Free. You do not need to register for this workshop. It is right after Lunch Bunch so if you want to enjoy lunch before the presentation then you will need to register for Lunch Bunch.

Community Events

OVERSIZED VEHICLE PERMIT PROGRAM

To address safety concerns and attain regulatory consistency with nearby cities, the City of Manhattan Beach has developed an oversized vehicle parking permit program.

Oversized vehicles can pose significant safety risks by reducing visibility for both pedestrians and other drivers and by narrowing travel lanes, especially on our City's already narrow and steep streets. Additionally, these vehicles can exacerbate parking challenges, as they typically occupy more curb space than standard vehicles.

Following discussions of these impacts, the City Council adopted an ordinance that requires residents and their guests to obtain a permit to temporarily park their oversized vehicles on City streets for up to 72 hours (Restrictions and exceptions apply. See Ordinance No. 24-0006). **The permit program will become effective on October 1, 2024.**

An oversized vehicle is any vehicle on its own or combined with an attachment that exceeds 22 feet in length, seven feet in width, or eight feet in height.



For more information, please visit

www.manhattanbeach.gov/OversizedVehicles

For questions or additional information please contact the Traffic Engineering Department by email at traffic@manhattanbeach.gov or by phone at (310) 802-5521.

APPLICATIONS WILL BE AVAILABLE BEGINNING SEPTEMBER 1, 2024.



PERMIT INFORMATION

If a resident or their guest would like to park an oversized vehicle on any City street (exceptions apply), they will need a permit. If the oversized vehicle is parked on the resident's property, a permit is not required.

Two types of permits will be available:

- Annual permit for a resident owned oversized vehicle
- Temporary permit for a resident's guest oversized vehicle

BOTH PERMIT TYPES MUST BE APPLIED FOR BY A RESIDENT.

CITY OF MANHATTAN BEACH
REMINDERS

- City Hall Closed - Monday, September 2 (Labor Day)
- MODIFIED Residential Refuse & Street Sweeping Schedule - Monday, September 2 - Saturday, September 7
- MBPD Car Show - Sunday, September 29
- MBIOK - Saturday, October 5
- Hometown Fair - Saturday, October 5 & Sunday, October 6
- Free Composting Workshop - Saturday, October 12
- City Hall Closed - Monday, October 14 (Columbus Day); no modification to residential refuse or street sweeping
- Great CA ShakeOut (City Hall Closed during event) - Thursday, October 17 at 10:17 AM
- Free Paper Shredding - Saturday, October 19
- Pumpkin Race - Sunday, October 19
- Skechers Pier to Pier Friendship Walk - Sunday, October 19
- Halloween Carnival - Saturday, October 26

FREE PARK AND RIDE SHUTTLE SERVICE

SERVICE HOURS	FREQUENCY
Mon-Thu: 1:00 PM – 9:00 PM	Every 30 minutes
Fri-Sun: 9:00 AM – 9:00 PM	on the hour

PICK-UP/DROP-OFF LOCATIONS

- ✓ **MANHATTAN VILLAGE**
Macy's Structure
3200 N. Sepulveda Blvd.
Manhattan Beach, CA 90266
Parking on Level 2 only
Subject to Manhattan Village parking restrictions
- ✓ **MANHATTAN BEACH CITY HALL**
1400 Highland Avenue
(Service to Civic Center, Metlox, Library, Police/Fire)

- ✓ **MANHATTAN AVENUE & 10TH STREET**
Downtown MB

NOTE: Scheduled to end 9/8 unless extended by City Council

www.manhattanbeach.gov/MBshuttle

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! Fridays 9:30am-1:00pm in the JCC/Sunrise Room

RUMMIKUB AND HAND & FOOT

Join us for drop-in Rummikub on Wednesdays 12-4pm and Rummikub and Hand & Foot on Saturdays 12-4pm in the JCC/Oasis Room. Please call Avra Diamond at 310-767-6869 if you are interested in scheduled Hand and Foot games. **Reminder: for Seniors 55+ only**



MAH JONGG - AMERICAN

Are you interested in playing Mah Jongg? A small group meets on Wednesdays at 1-4pm in the Sunrise Room. They would like more players. If you are interested call 310-802-5485 and let us know.

CONVERSATIONAL FRENCH

Are you interested in improving your conversational French? The group meets on Tuesdays 2-3pm in the JCC (Room TBD)

POEMS FROM THE POETRY CIRCLE

Inspiration

By Maria Caponi*

Inside my mother's bedroom,
I sit on the wooden floor
and listen to the clicking noise,
the ritual afternoon sound
of the treadle sewing machine.
I whine, "I'm bored."
And then again:
"I've nothing to play with,"
I complain.
Her foot stops the back and forth
on the pedal. She raises her green eyes,
from the small stitches,
joining blue fabric and white thread.

A pause, a moment,
and then, with pursed lips
and a frown,
"Use your imagination,"
she says, and the stitching continues,
the fabric gliding
out of the machine again.

I'm eight years old
a single child with freckles
and imaginary friends.
I stare at the specks of dust
That stream in the sunlight
and scatter from my hands.

In the quiet afternoon,
my mother's foot
keeps on the pedal that
drives the wheel,
that moves the fabric,
held tight by her hands
under the needle.

*This poem was originally published in the book
"An Accidental Pilgrim, a memoir in prose and verse,"
by Maria Z. Caponi. (Atmosphere Press, February 2024)
You can purchase a copy of the book at any online store or
directly by contacting the author at mcaponi@mariacaponi.com

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) September 2
French Club/2:00pm-3:00pm (JCC/TBD) TU

DRAMA

Acting Out Again/1:00pm-3:00pm (OBH) 2nd & 4th M
Poetry Circle/1:30pm-3:00pm (JCC) 2nd & 4th TU
Comedy Improv/3:30pm-5:30pm (SD)* M

FITNESS CLASSES

Mindful Stretching with Timilie/10:15am-11:15am (SD) M
Zumba for Adults/11:30am-12:15pm (SD)* M
Senior Yoga Beginning with Eden/10:00am-11:00am (SD)* TU
Senior Yoga Beginning Plus with Eden/10:00-11:00am (SD)* TH
Mindfulness with Timilie/10:40am-11:40am (SD) W
Yoga for Posture and Balance/11:00am-12:15pm (OBH)* W
Dance, Flow, 'N Fun/2:00pm-3:00pm (SD)* W
Senior Fit/9:00am-10:00am (OBH)* TU & TH
Senior Fit/10:15am-11:15am (OBH)* TU & TH
ABC/9:30am-10:30am (OBH) W
ABC/10:00am-11:00am (OBH) F
Beginner Line Dancing 1:00pm-2:00pm (SD) SAT

GAMES

MB Senior Club Bingo/10:00am-1:00pm (OBH) September 2, 16
Ping Pong/9:00am-1:00pm (SH) M-F
Co-ed Senior Slo-Pitch Softball/9:00am-1:00pm (Dorsey Field) M-F
Open Bridge/9:30am-1:30pm (SR) F

SENIOR COMMITTEE MEETINGS

Senior Advisory Meeting/1:30pm-3:00pm September 10

SOCIAL

Discussion Group/10:00am-12:00pm (OASIS) M
Woman to Woman/10:30am-12:00pm (SR) 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 (Room TBD) M & 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
Dementia Caregiver Support Group 1:30pm-2:30pm (SS) 4th TU

TECHNOLOGY

Beginner iPhone Help/10:00am-12:00pm (SR) September 5, 19
Advanced iPhone Help/10:00am-12:00pm (SR) September 12, 26

*Registration Required

OBH
OCEAN BANQUET
HALL

OA
OASIS ROOM

SD
SURF DANCE
ROOM

SS
SUNSET ROOM

SR
SUNRISE ROOM

CR
CONFERENCE
ROOM

New Activities

Look for the details within

Lunch Bunch*

Tuesday, September 10 & 24
12:00pm-1:30pm

PD EMERGENCY ID REGISTRATION

September 10 at 1:00pm

EARTHQUAKE PREPAREDNESS

September 24 at 1:00pm

League of Women Voters

Thursday, September 19
2:00pm-3:30pm

dine & discover* GARY HARTZEL "The Living Constitution"

Thursday, September 26
12:00pm-2:00pm

FLU SHOT CLINIC

Friday, September 27
Details to come

City Council CANDIDATES FORUM

Monday, September 30
2:00pm-4:00pm
Ocean Banquet Hall



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 (October 9-December 18)
Time: 11:00am-12:15pm
Where: JCC/Ocean Banquet Hall
Cost: Residents: \$150 Non-Residents: \$165
Session: 10 weeks
Activity Number: 43228

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 8-December 17)
Time: 10:00am-11:00am
Where: JCC/Surf Dance Room
Cost: Residents: \$121 Non-Residents: \$133
Session: 11 weeks
Activity Number: 43226

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)
Time: 10:00am-11:00am
Where: JCC/Surf Dance Room
Cost: Residents: \$121 Non-Residents: \$133
Session: 11 weeks
Activity Number: 43227

DANCE, FLOW 'N FUN WITH NICKY

Improve posture, balance, coordination, & grace through tailored warm up exercises followed by simple choreographed dance sequences in order to get the endorphins flowing, release stress and have fun! No previous dance experience necessary. Instructor: Nicola Bowie

When: Wednesdays (October 2-November 6)
Time: 2:00pm-3:30pm
Location: JCC/Surf Dance Room
Cost: Residents: \$90 Non-Res: \$99
Session: 6 weeks
Activity Number: 43216

BEGINNER LINE DANCING

The Beginner Line Dance provides all students the opportunity to move to music and express themselves in ways other activities do not. This course will introduce basic line dance steps and many different line dances will be taught to multiple music genres. Class will review dances learned from previous week and will move to more advanced level dances as the session progresses. Everyone is welcome and no partner is required. Instructor: Rhonda Diamond

When: Saturdays (October 12-December 14) 10 weeks
Time: 1:00pm-2:00pm
Where: JCC/Surf Dance Room
Cost: Residents: \$120 Non-Residents: \$132 **Activity Number:** 43211

SENIOR FIT WITH CARMEN

Regular exercise is essential for good health. This class is tailored to improve mobility and alleviate aches and pains, focusing on the spine and flexibility. Carmen Osterling is a trained instructor and has worked in the South Bay for several years. Senior Fit is a fun way to stay active, social, and supported. **9/3 class at Manhattan Heights**

When: Tuesday & Thursdays (September 24-December 5) 10 weeks
Time: 9:00am-10:00am **Activity Number:** 43224
Time: 10:15am-11:15am **Activity Number:** 43225
Location: JCC/Ocean Banquet Hall
Cost: Residents: \$110 Non-Residents: \$121

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 (September 10-October 29) 8 weeks
Time: 10:00am - 12:00pm
Location: JCC/Sunrise Room
Cost: Residents: \$150 Non-Residents: \$165 **Activity Number:** 43210

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! Current session ends August 12. Instructor: Svetlana Averbukh

When: Mondays (September 9-November 11) 10 weeks
Time: 11:30am-12:15pm
Where: JCC/Surf Dance Room
Cost: Residents: \$50 Non-Residents: \$55 **Activity Number:** 43229

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 (Sept. 9-Oct. 28)	When: Mondays (Sept. 9-Oct. 28)
Time: 3:30pm-5:30pm	(8 classes)
Activity Number: 43215 (4 classes)	Time: 6:30pm-8:30pm
Cost: Res: \$100 Non-Res: \$110	Activity Number: 43231
Activity Number: 43214 (8 classes)	Where: JCC/SD
Cost: Res: \$150 Non-Residents: \$165	Cost: Res: \$150 Non-Res: \$165
Where: JCC/Surf Dance Room	

Joslyn Community Center and More

DINE & DISCOVER



Gary Hartzel Presentation "The Living Constitution"

It seems like every politician in this divided nation's 2024 election campaign is arguing one thing or another about the United States Constitution; what is Constitutional, what is unconstitutional, and what are a citizen's rights and privileges and obligations under the Constitution.

Last time, we took a look at how the U.S. Constitution came into being. The delegates endured a great struggle to reconcile differing views about what a national government should look like, how it should operate, how decisions should be made, and who should be empowered to make them

This presentation will examine the Constitution that these deliberations produced. We will see what the Constitution actually says about the powers conferred on Congress, on the President, and on the Judiciary. They are not always what today's political candidates tell us what they are. We will examine how the first presidents, members of Congress, and Supreme Court Justices breathed life into the written document – and in doing so, set its evolution in motion. These are all human stories, the only kinds of stories that really matter in the long run.

When: Thursday, September 26
Time: 12:00pm-2:00pm
Location: JCC (OBH)
Cost: Free/pizza lunch. Spots are limited. Starting September 2, reserve your spot by calling 310-802-5430.

October 8 Lunch Bunch Topic: Gary Hartzel Presents "What Happens to Your Vote When You Vote for President?"

NEW GROUP STARTING

Would you be interested in a Socrates Cafe in Manhattan Beach?

What is a Socrates Cafe?

Here is an excerpt from the originator of the idea, Christopher Phillips: "I wanted to get us out of debate mode and into exploration mode, to introduce a method of inquiry that's all about exploration of a.....sort that leads to the discovery of uncommon common ground among participants..." Here is a list of some topics that have been deliberated at another Socrates Cafe. We would meet once a month. The date and time will be finalized once we have input.

1. What is community?
2. What is important in life?
3. Is there a difference between wisdom and knowledge?
4. What is love?
5. What is the purpose of the human experience?
6. What is hope and how long does it last?
7. Is skepticism beneficial or detrimental?
8. Is there an advantage to being judgmental?
9. Can a person adequately be defined as a census form?
10. What is "success" for you?
11. What is respect?
12. Why are we here?
13. How does diversity affect us?



Call 310-802-5430 to let us know if you are interested in joining

Dining

LUNCH BUNCH

When: Tuesday, September 10, 24

Time: 12:00pm-1:30pm

Location: Joslyn Community Center Cost: **\$5 Residents and \$7 Non-residents. NEW PRICE**

Reservations required. No walk-ins. Starting September 2, 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
9/10	MANHATTAN BREAD & BAGEL	Boxed lunch: Chinese chicken salad, freshly baked dinner roll, cookie.
9/24	MIKE'S LOVE & SANDWICHES	Matt Cain Sandwich: roast beef, turkey, salami, godfather sauce and provolone on their amazing bread, cookie

Free Movies

JCC MOVIES

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



Wicked Little Letters

Comedy

When: Friday, September 6
2023 R 1 hr/40 min

When people in Littlehampton—including conservative local, Edith—begin receiving letters full of hilarious profanities, the rowdy, Irish migrant, Rose, is charged with the crime. Suspecting that something is amiss, the town's women investigate. Starring: Jessie Buckley, Olivia Colman, Timothy Spall

WARNING: CONTAINS PROFANITY



The Fall Guy

Comedy

When: Friday, September 13
2024 PG-13 - 2 hr 6 min

A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right? Starring: Ryan Gosling, Emily Blunt



Young Woman and the Sea

Drama

When: Friday, September 27
2024 PG 2 hr/9 min

The story of competitive swimmer Trudy Ederle, who, in 1926, was the first woman to ever swim across the English Channel. Starring: Daisy Ridley, Tilda Cobham-Hervey, Stephen Graham



Horizon: An American Saga

Western Drama

When: Friday, September 20
2024 R **3hr/1 min**

Chronicles a multi-faceted, 15-year span of pre-and post-Civil War expansion and settlement of the American west. Director Kevin Costner Starring: Kevin Costner, Sienna Miller, Sam Worthington



Paid & Free Classes and Programs

IT'S BACK!!

ARTHRITIS FOUNDATION WITH NICKY

The Arthritis Foundation Exercise program is 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 and arthritis. Instructor: Nicola Bowie

When: Monday & Friday (October 7-November 22) No Class 11/11

Time: 10:00am-11:00am **Activity Number:** 43542

Location: Adventure Plex, 1701 Marine Avenue, MB

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

MB SENIOR CLUB BINGO

When: 1st and 3rd Monday

Time: 10:00am-1:00pm

Location: JCC/OBH

Cost: Free



Play some challenging BINGO games and win Target & Starbucks gift cards and other surprises. The White Elephant Sale is back! Bring in your donations and then enjoy some shopping and Bingo.



WHITE ELEPHANT SALE

SENIOR ADVISORY COMMITTEE

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

When: 2nd Tuesday of the Month

Time: 1:30pm-3:00pm

Location: JCC/Sunrise Room

BY HEART MUSIC SING-A-LONG

Love singing along to classic songs? All voices welcome!

No previous experience needed. Accompanied on piano by Karla Devine

When: Thursdays

Time: 1:00pm-2:00pm

Location: JCC/Surf Dance Room

Cost: 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

Cost: 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. 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

Cost: 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

BLANKETS OF LOVE

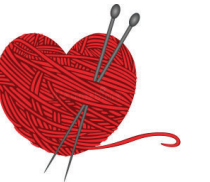
The mission of Blankets of Love: to cover babies with warmth, love, and blessings. Founded in love and hope for every newborn, Blankets of Love South Bay is working with Good+Foundation of LA to donate a handmade blanket to wrap each newborn as they leave the hospital.

When: Monday & Thursdays

Time: 3:00pm-5:00pm

Location: JCC/Sunrise Room

Cost: 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: 10:30am-12:00pm

Location: JCC/Sunset Room

Cost: Free

Free Technology Classes

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: September 5, 19
Advanced: September 12, 26
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



For more information about Alzheimer's & Dementia call the 24/7 Helpline 800-272-3900 or go to the Alzheimer's Association website: <https://www.alz.org>

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>

In-person at the JCC
When: 2nd Monday JCC/Sunset
Time: 2:00pm-3:00pm

DEMENTIA CAREGIVER SUPPORT GROUP

Caring for a loved one with a dementia diagnosis can be overwhelming and stressful. This support group offers a safe space to address the challenges that come with caring for someone, find support amongst peers who share similar experiences, and openly express your feelings around being a caregiver. Charlotte Barnett, MSW will be facilitating.

In-person at the JCC
When: 4th Tuesday JCC/Sunset Room
Time: 1:30pm



Joslyn Community Center

WHAT'S HAPPENING IN SEPTEMBER?

Earthquake Preparedness Plan now, to avoid trouble later!

Do members of your family know the safest and most dangerous places in your home during a disaster or an emergency? Do they know where to meet if they're separated? Do they know how to report their physical conditions and whereabouts? Many government agencies, schools and businesses have plans for various types of disasters and other emergencies. Your family should also have one. The safety and well-being of your loved ones are important, so take time NOW to develop a family emergency plan. If you've already developed a plan, take time NOW to review and update it.

Amanda MacLennan, City of Manhattan Beach Emergency Preparedness Administrator will be here to discuss what you need to do before, during, and after an emergency to keep yourself and your family safe. She will be touching on the following points:

- FAMILY STEPS TO SURVIVAL**
- Step 1: Family Emergency Plan
 - Step 2: Supply Storage
 - Step 3: First Aid Training and Supplies
 - Step 4: Duck, Cover and Hold
 - Step 5: Car Kit and Office Kit
 - Step 6: Emergency Cash and Important Documents
 - Step 7: Camping Out Earthquake Style
 - Step 8: Freshen Up Your Water and Food Supplies
 - Step 9: Focus on Children
 - Step 10: Learn Not to Burn
 - Step 11: Emergency Lighting
 - Step 12: Gifts of Life

When: Tuesday, September 24th
Time: 1:00pm-1:30pm
Location: JCC (OBH)
Cost: Free. You do not need to register for this workshop. It is right after Lunch Bunch so if you want to enjoy lunch before the presentation then you will need to register for Lunch Bunch starting September 2nd.



QUESTIONS ABOUT MEDICARE?

Receive free, unbiased Medicare help from the Center for Health Care Rights by scheduling an in-person appointment with a State-registered Health Insurance Counseling and Advocacy Program (HICAP) counselor.

- The counselor can assist with questions and problems related to:
- Medicare coverage rules
 - Medicare Part A and B eligibility, benefits and claims
 - Medicare coordination with private insurance
 - Medicare Part D plan choices
 - Insurance options for supplementing Medicare — Medigap insurance, Medicare Advantage, Medi-Cal
 - Programs that help low-income beneficiaries with Medical expenses — Medi-Cal, Medicare Savings Program, Extra Help to assist those who qualify pay for prescription drugs

To schedule an appointment, please call Beach Cities Health District's Assistance, Information and Referral line at (310) 374-3426, Option 1. Appointments are currently available most Thursdays at the Center for Health and Fitness; please call us to book your appointment.



Save the Date - Flu Shot Clinic
 Flu Vaccines administered by the Los Angeles Department of Health. More information to follow.

When: Friday, September 27
Time: TBD
Location: JCC
Cost: Free

Manhattan Beach City Council Candidates Forum

Six candidates have filed by the August 9 deadline for three open seats on the Manhattan Beach City Council. Manhattan Beach residents will vote for its new City Council members in the general election on November 5.

The three seats are currently held by Mayor Joe Franklin (who is running for re-election) and Councilmembers Richard Montgomery and Steve Napolitano (both of whom are not running again). Members elected to the City Council serve for a four-year term.

Meet the candidates
 Learn their views and ideas for Manhattan Beach
 Have a chance to ask questions

When: Monday, September 30
Time: 2:00pm-4:00pm
Location: JCC (OBH)
Cost: Free



City Council candidates, clockwise from top left: Steve Charelian, Joe Franklin, Karen Komatinsky, Nina Tamay, Brenda O'Leary, Joe Marcy
 Photo by MB News

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 of the month	Movie Discussion Group	1:00pm-2:00pm	https://citymb-info.zoom.us/j/92536852582	FREE

WHAT'S HAPPENING IN SEPTEMBER?

Voluntary Emergency Identification Registration System

Manhattan Beach residents can now voluntarily register at-risk dependents with the Manhattan Beach Police Department, providing officers with critical information on individuals with special needs or circumstances. The program is designed to assist Law Enforcement agencies during contacts with members of the community who have disabilities such as, but not limited to, Autism, Dementia, Alzheimer's, Down syndrome, mental illness, blind or low vision, and other developmental and intellectual disabilities, to ensure the special needs person's safe return home. For MB Residents and MBUSD Students with Disabilities)

The Voluntary Registration Program for at-risk individuals requires personal information like name, date of birth, physical attributes, known disability or illness, special needs, a current photo, and emergency contact information. This information can assist Law Enforcement when contact is made in communicating with, locating a residence for, or handling an emergency involving an individual with special needs that could be missing.

Lieutenant Steve Kitsios will be here to explain the program and Dayle Eisenhauer and staff will be ready to register people.

When: Tuesday, September 10th
Time: 1:00pm (after Lunch Bunch)
Location: JCC (OBH)

Cost: Free. You do not need to register for this workshop. It is right after Lunch Bunch so if you want to enjoy lunch before the presentation then you will need to register for Lunch Bunch starting September 2nd.



This November, California voters will decide on 10 ballot propositions on issues relating to crime, health care, rent control, taxes and bonds. What are all these measures really about and who supports and opposes them?

The League of Women Voters Beach Cities will present background information on the measures that may be different from what you hear on TV ads.

When: Thursday, September 19
Time: 2:00pm-3:30pm
Location: JCC (OBH)

Cost: Free. Light refreshments served
 Starting September 2nd, reserve your spot by calling 310-802-5430



Additional Free Classes and Programs

MINDFUL STRETCHING

This class begins with stretching followed by mindfulness for 20 minutes. Stretching is vital as it lengthens and elongates muscles improving flexibility and elasticity. Stretching has many benefits including improving posture, decreasing back pain, and preventing injury. Our mindfulness portion will give us the opportunity to drop down into stillness with an emphasis on breath and presence. Mindful awareness adds insight to our overall existence. The practice increases vitality, encourages health and wellness, decreases stress, promotes inner peace and calm, and has even been proven to reduce blood pressure and boost immune function. This combination of stretching and mindfulness practice will leave you feeling relaxed, calm, and serene. Instructor: Timilie Losq.

When: Mondays
Time: 10:15am - 11:15am
Location: JCC/Surf Dance Room



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. Instructor: Timilie Losq

When: Wednesdays
Time: 10:40am-11:40am
Location: JCC/Surf Dance Room

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 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

PING PONG



When: Monday-Friday
Time: 9:00am-1:00pm
Location: JCC/Scout House
 Tables are available inside except Thursdays
 Tables are available outside weather permitting
 Bring your own equipment

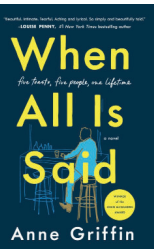
BOOK CLUB

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.

September Discussion: *When All is Said* by Anne Griffin

A tale of a single night. The story of a lifetime.

If you had to pick five people to sum up your life, who would they be? If you were to raise a glass to each of them, what would you say? And what would you learn about yourself, when all is said and done?



This is the story of Maurice Hannigan, who, over the course of a Saturday night in June, orders five different drinks at the Rainford House Hotel. With each he toasts a person vital to him: his doomed older brother, his troubled sister-in-law, his daughter of fifteen minutes, his son far off in America, and his late, lamented wife. And through these people, the ones who left him behind, he tells the story of his own life, with all its regrets and feuds, loves and triumphs.

When: Thursday, September 19
Location: JCC/OASIS Room
Time: 11:00am-12:00pm

October Discussion: *The Snow Hair* by Paula Lichtarowicz

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: First Thursday of the month
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/Sunset Room

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

September 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) 10:15am-11:15am Mindful Stretching (SD) 11:30am-12:15pm Zumba (SD) 3:00pm-5:00pm Blankets of Love (SS/SR) 3:30pm-5:30pm Comedy Improv (SD)*	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 9:00am-10:00am Senior Fit with Carmen (OBH)* 10:15am-11:15am Senior Fit with Carmen (OBH)* 10:00am-11:00am Senior Yoga Beg.(SD)* 10:00am-12:00pm Basic Drawing Techniques (SR)* 2:00pm-3:00pm French Club (JCC)	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 9:30am-10:30am ABC (OBH) 10:40am-11:40am Mindfulness (SD) 10:30am-12:00pm Woman to Woman (SR) 11:00am-12:15pm Yoga for Strength, Balance, and Flexibility (OBH)* 12:00pm-4:00pm Rummikub (OASIS) 1:00pm-4:00pm Mah Jong (SR/SS) 2pm-3:00pm Dance, Flow 'N Fun w/Nicky (SD)*	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 Senior Fit with Carmen (OBH)* 10:15am-11:15am Senior Fit with Carmen (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 12:00pm-4:00pm Rummikub (OASIS) 55+ 1:00pm-2:00pm Beginner Line Dancing (SD)*	
	2	3	4	5	6	7	8
SPECIAL PROGRAMS	Labor Day - OASIS will be open 9-2pm 10:00am-1:00pm MB Senior Club Meeting, BINGO, and White Elephant Sale (OBH)	Senior Fit classes at Manhattan Heights 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-8:00pm Del Mar Racetrack Trip 10:00am-12:00pm Beginner iPhone Class (SR) 1:00pm-2:00pm Movie Discussion Group (Zoom)	1:30pm-4:00pm Movie: Wicked Little Letters (OBH)		
	9	10	11	12	13	14	15
	1:00pm-3:00pm AOA (OBH) 2:00pm-3:00pm Social Hour with Charlotte (SS)	12:00pm-1:30pm Lunch Bunch* (OBH) 1:00pm-2:00pm PD Presentation Voluntary Emergency ID Registration System (OBH) 1:30pm-3:00pm Sn. Advisory Committee (SR) 1:30pm-3:00pm Poetry Circle (SS)		10:00am-12:00pm Advanced iPhone Class (SR)	1:30pm-4:00pm Movie: The Fall Guy (OBH)		
	16	17	18	19	20	21	22
	10:00am-1:00pm MB Senior Club BINGO and White Elephant Sale OBH)	10:00am-11:00am Social Hour with Charlotte (Zoom)	10:30am-12:00pm Dementia Caregiver Support Group for Couples (Zoom)	10:00am-12:00pm Beginner iPhone Class (SR) 11:00am-12:00pm Book Club (OASIS) 2:00pm-3:30pm League of Women Voters* Presentation (OBH)	1:30pm-4:00pm Movie: Young Woman and the Sea (OBH)		
	23	24	25	26	27	28	29
	1:00pm-3:00pm AOA (OBH)	12:00pm-1:30pm Lunch Bunch* (OBH) 1:00pm-1:30pm Earthquake Prep (OBH) 1:30pm-2:30pm Dementia Caregiver Support Group (SR) 1:30pm-3:00pm Poetry Circle (SS)		10:00am-12:00pm Advanced iPhone Class (SR) 12:00pm-2:00pm Dine & Discover with Gary Hartzel "The Living Constitution" (OBH)*	Save the Date: Flu Shot Clinic 1:30pm-4:00pm Movie: Horizon: An American Saga (OBH)		
	30						
	2:00pm-4:00pm Manhattan Beach City Council Candidates Forum (OBH)*						