

# Joslyn Community Center Excursions

## Beach Boys Tribute Holiday Style *SURFIN*

Get ready to ring in the holiday season with a tribute to the enduring soundtrack of Brian Wilson's music and America's beloved boys of summer – The Beach Boys! A SURFIN' HOLIDAY serves-up some of the most recognized Christmas classics, like: "Little St. Nic," Frosty The Snowman," Santa's Beard" and "White Christmas" along with all your favorite Beach Boys. Three course lunch and show (vegetarian option available)

**When:** Tuesday, December 10

**Time:** Departure time 11:30am; doors open at 12:30pm; lunch at 1:00pm; show at 2:00pm

Leave The Grand at 4:00pm; arrive at JCC by 5:00pm-5:30pm

**Location:** The Grand, 4101 Willow Street, Long Beach, CA

**Cost:** \$80 per person, transportation, lunch, and show; \$88 non-res.

**Activity Number:** 44383

Registration will be open on-line and in person for Manhattan Beach residents starting on November 4.

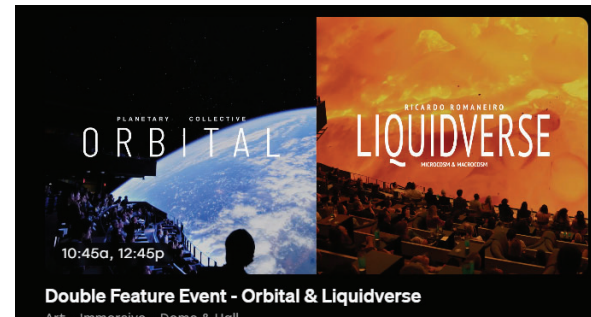
Registration will begin November 12 for non-residents. Go to [www.manhattanbeach.gov](http://www.manhattanbeach.gov) or

in person at City Hall. We can accommodate 1 wheelchair.



## COSM Dial-A-Ride Bus Trip

Much like the Sphere in Las Vegas, the Dome is more than just a front row seat to your favorite sporting or entertainment



event. When you're in The Dome, you're completely immersed. The revolutionary technology makes you feel like you're courtside at an NBA game or traveling to a world beyond your own. This is a double feature with a 15 min intermission in between. Lunch will be available to purchase after the movies. Outside food is not allowed. You can find the menu here: <https://cosm.com/los-angeles#food-and-drink>

**When:** Thursday, December 12

**Time:** 9:45am - leave Cosm at 1:30pm

**Location:** Cosm, 5340 Alla Road, Los Angeles

**Cost:** Admission is \$30; \$2.00 for the Dial-A-Ride bus

Registration will be open on November 4 for MB Residents and November 12 for non-residents.

You must pay within 5 days of reserving. This trip is limited to 17 people. Call (310) 802-5430 to make your reservation.

## Hsi Lai Temple Dial-A-Ride Bus Trip

Fo Guang Shan Hsi Lai Temple, the North American Regional Headquarters of Fo Guang Shan, was built to serve as a spiritual and cultural center for those interested in learning more about Buddhism and Chinese culture. It is the intention of its founder, Venerable Master Hsing Yun, to propagate Humanistic Buddhism and to create a Pure Land here on earth. Hsi Lai Temple is built to fulfill these goals in the United States.



**When:** Saturday, December 14

**Time:** 9:00am leave JCC; 10:00am Tour with buffet vegetarian lunch after; return to JCC by 3:00pm

**Location:** 3456 Glenmark Drive, Hacienda Heights, CA

**Cost:** Admission is \$12 for tour and lunch; \$2.00 for the Dial-A-Ride bus

Registration will be open on November 4 for MB Residents and November 12 for non-residents.

You must pay within 5 days of reserving. This trip is limited to 14 people. Call (310) 802-5430 to make your reservation.



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

# NOVEMBER

## OAP Newsletter 2024



# WHAT'S NEW

## NOVEMBER

### TABLE OF CONTENTS

- 2 What's New
- 3 Activities/Updates
- 4 Paid Classes
- 5 Paid & Free Classes
- 6 Technology and Support
- 7 Free Classes/Programs
- 8 Activities Calendar
- 9 Activities Calendar Cont.
- 10 Zoom Schedule & More...
- 11 JCC Information
- 12 Dining/Movies
- 13 JCC Information
- 14 JCC Information
- 15 Community Information
- 16 JCC Bus Excursions



Older Adults 55+



## CONTACTS

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

[www.manhattanbeach.gov/oap](http://www.manhattanbeach.gov/oap)  
 Register for paid classes on-line at [manhattanbeach.gov](http://manhattanbeach.gov) or in-person at City Hall

## UPCOMING EVENTS

### JCC RESERVATION INFORMATION

#### IMPORTANT NOTICE - TIME CHANGE 9AM

The Older Adult Program activities are filling up very quickly each month so to make it fair to everyone we will be closely monitoring the reservation process.

**Time/Date Change:** starting Monday, **November 4**, reservations for OAP events will begin at **9am sharp**. You can not register any earlier than **9am**. If you call the reservation line and leave a reservation before 9am your reservation will **NOT** be honored. Call 310-802-5430 after 9am if you would like to make a reservation for all October events that have an (\*).

Starting in January 2025 registration will open up for Manhattan Beach residents and 2 days later open for non-residents.

### VOTING CHANGES AT THE JCC



Since there won't be any voting in the Joslyn Community Center classes will not need to be moved. Senior Fit with Carmen will held be in the auditorium on Tuesday, November 5th, 7th

### SAVE THE DATE

#### HOLIDAY PARTY "Holiday Splendor"

The Holiday Party will take place on December 18, 2024. Tickets will go on sale for the Holiday Party "Holiday Splendor" on Monday, November 25



#### Manhattan Beach Residents Ticket Sales

**When:** Monday, November 25 and November 26  
**Time:** 9:00am-4:00pm  
**Location:** Joslyn Community Center

#### Non-resident Ticket Sales

**When:** Wednesday, November 27  
**Time:** 9:00am-4:00pm  
**Location:** Joslyn Community Center

Tickets must be purchased in-person by cash or check. A maximum of 2 tickets may be purchased. See page 11

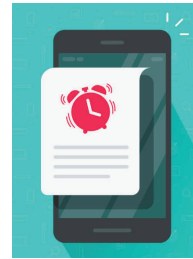
### HOLIDAY SCHEDULE

The JCC will be closed on November 28 and 29, for the Thanksgiving holiday. It will be open on Saturday, November 30 for OASIS, and Saturday classes.

#### DIAL-A-RIDE SCHEDULING

On Monday, November 11 (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 27 so the last ride available will be at 2:20pm. Dial-A-Ride will be closed on Thursday, November 28 in observance of the Thanksgiving Holiday. Our Dial-A-Ride regular schedule will resume on November 29.

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.



## Community Events

### VETERANS DAY

MULTI-GENERATIONAL CEREMONY



November 11



### VETERANS MONUMENT • 11 AM



CITY OF MANHATTAN BEACH

## REMINDERS

- Veterans Day Ceremony - Monday, November 11
- City Hall Closed - Monday, November 11 (Veterans Day); no modification to residential refuse or street sweeping
- Light Gate at Sunset - Thursday, November 14
- Pier Lighting and Holiday Open House - Wednesday, November 20
- City Hall Closed - Thursday, November 28 and Friday, November 29 (Thanksgiving Holiday); MODIFIED refuse and street sweeping schedule
- 4th Annual Pickleball Tournament - Friday, November 29 - Sunday, December 1
- Crafts Night - Saturday, December 7
- Holiday Crafts with Santa - Sunday, December 8
- Skechers Holiday Fireworks Show - Sunday, December 8
- City Hall Closed EARLY - Wednesday, December 24 (Christmas Eve)
- City Hall Closed - Thursday, December 25 (Christmas)



### NOVEMBER 5, 2024 GENERAL MUNICIPAL ELECTION

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

#### KEY DATES FOR THE 2024 ELECTION

**NOVEMBER 2:** MB Vote Centers open for voting

**NOVEMBER 5: ELECTION DAY!**

#### WHAT ARE MY VOTING OPTIONS?

##### VOTE BY MAIL

#### DROP OFF AT A BALLOT DROP BOX IN MB

Drop Box locations in Manhattan Beach:

**MANHATTAN BEACH ART CENTER**

1560 Manhattan Beach Blvd

**MANHATTAN BEACH LIBRARY**

**(NORTH ENTRANCE)**  
1320 Highland Avenue

You can also drop off your ballot at one of 400+ official Ballot Drop Box locations in LA County. To find one closest to you, visit: [PLAN.LAVOTE.GOV](http://PLAN.LAVOTE.GOV).

##### VOTE IN-PERSON

4-Day Vote Centers in Manhattan Beach  
November 2-5.

NOVEMBER 2 - 4: 10:00 AM - 7:00 PM

NOVEMBER 5: 7:00 AM - 8:00 PM

**MARINE AVENUE PARK**

1625 Marine Avenue

**NEPTUNIAN WOMAN'S CLUB**

920 Highland Avenue

**CORNERSTONE CHRISTIAN FELLOWSHIP**

300 North Redondo Avenue

**10-DAY VOTE CENTERS IN LOS ANGELES COUNTY**

Visit: [PLAN.LAVOTE.GOV](http://PLAN.LAVOTE.GOV)



2	<b>JCC</b> Joslyn Community Center 1601 N. Valley Drive	<b>MH</b> Manhattan Heights 1600 Manhattan Beach Blvd	<b>MBL</b> Manhattan Beach Library 1320 Highland Avenue	<b>MBG</b> MB Botanical Garden 1236 N. Peck Avenue	<b>SH</b> Scout House
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## 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.

## POEMS FROM THE POETRY CIRCLE

### I Know

By Bettycarol Kostan

- I know
- Two words mingle
- What do they mean?
- To hear and then
- To speak
- To look and then
- To see
- To listen and try
- To understand
- Finding out
- How do we comprehend?
- To know? is that,
- Am I, perhaps
- To continue to ask?
- Will I know?

# Activities/Updates

\*Requires Registration

### ARTS & CRAFTS

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

TH  
TU

### CLUBS

MB Senior Club Meeting/11:30am-11:45am (OBH)  
French Club/2:00pm-3:00pm (JCC/TBD)  
Socrates Cafe/1:30pm-3:00pm (SR)

November 4  
TU  
3rd W

### DRAMA

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

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

### FITNESS CLASSES

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

M  
M  
TU  
TH  
W  
W  
W  
TU & TH  
TU & TH  
W  
F  
SAT

### 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 4, 17  
M-F  
M-F  
F

### SENIOR COMMITTEE MEETINGS

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

November 11

### SOCIAL

Discussion Group/10:00am-12:00pm (OASIS)  
Woman to Woman/10:30am-12:00pm (SR)  
By Heart Music/1:00pm-2:00pm (SD)  
Movies Discussion Group/1:00pm-2:00pm (Zoom)

M  
W  
TH  
1st TH

### SPECIAL PROGRAMS

Blankets of Love/3:00pm-5:00pm (Room TBD)  
Social Hour w/Charlotte BCHD/10:00am-11:00am (Zoom)  
Social Hour w/Charlotte BCHD/2:00pm-3:00pm (SS)  
Dementia Caregiver Support Group 1:30pm-2:30pm (TBD)

M & TH  
1st & 3rd TU  
2nd M  
2nd & 4th TU

### TECHNOLOGY

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

November 7, 21  
November 14

## New Activities

Look for the details within

### Taste of Tango Workshop\*

Saturday, November 9  
2:30pm-3:30pm  
Page 11

### Lunch Bunch\*

Tuesday, November 12, 26  
12:00pm-1:30pm

### MBUSD

#### Presentation

Tuesday, November 12  
1:00pm-2:00pm  
Page 11

### Apple Store Class\*

Friday, November 15  
9:00am-10:00am  
Apple Store Manhattan Village  
Page 6

### Speaker Series\* Featuring Cory Richards

Manhattan Beach Library  
Saturday, November 16  
2:00pm Author Talk  
3:00pm Reception and Book Sale  
Page 13

### dine & discover\*

Thursday, November 21  
12:00pm-2:00pm  
El Camino College Presentation  
Page 13



## 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. Next session is January 15-March 19, 2025

**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. Next session is January 7-March 18, 2025

**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. **No class 11/28.** Next session is January 9-March 20, 2025

**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. Next session is January 29 - March 5, 2025

**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. Next session is January 25-March 29, 2025

**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

Keeping active is key to maintaining your vitality and independence. Our Senior Fit class, led by Carmen Osterling, a Psychology major with years of experience in the South Bay, is designed to help you stay limber, ease those aches and pains, and keep your joints in working order, with special attention to your spine. With Carmen's unique understanding of both body and mind, you'll be in good hands. **No class 11/28**. Next session is December 17-February 6, 2025

**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. Next session is January 14-March 4, 2025

**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! Instructor: Svetlana Averbukh. Next session is Jan. 6-Mar. 10

**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 (Jan. 6-Feb. 24) **When:** Mondays (Jan. 6-Feb. 24)  
**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



### El Camino College

The Community Education department aims to provide high-quality, engaging, community-driven and market-driven classes, workshops, and events that are responsive to the recreational and vocational needs of our diverse demographic of students while maintaining high levels of student-satisfaction ratings.

They provide fee-based, short-term, not-for-credit classes, workshops, career-training programs and events for professional and/or personal development with an emphasis on inspiring a sense of wonder and imagination for lifelong learning. Come and learn about some interesting educational opportunities.

**When:** Thursday, November 21  
**Time:** 12:00pm-2:00pm  
**Location:** JCC (OBH)  
**Cost:** Free. Reservation required. Starting **November 4, after 9:00am** call (310) 802-5430 to make your reservation.

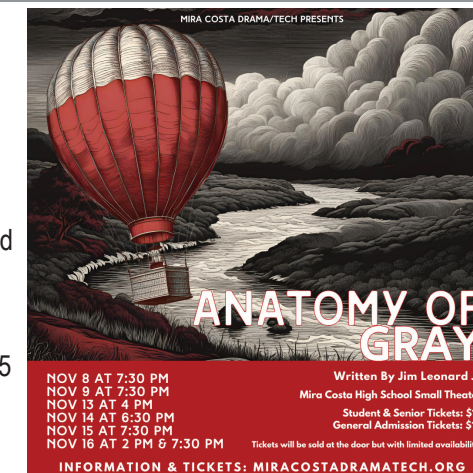


### CONCERTS AND MORE

#### The Manhattan Beach Unified School District "Be Our Guest Program"

In partnership with Manhattan Beach Parks & Rec, the "Be Our Guest" program invites older adult residents in Manhattan Beach aged 55+ to attend performances at Manhattan Beach Unified Schools for free. Stop by the Older Adult Program office, show your ID, and get a "Be Our Guest" entry card.

**Anatomy of Gray MCHS Drama/Tech Fall Production** on Thursday, November 14th at 6:30pm and Saturday, November 16th at 2:00pm. Reservation required. Call 310-318-7345 x5902 to save your seat. For more information visit [www.mbusd.org/BeOurGuest/](http://www.mbusd.org/BeOurGuest/). Other performances are available they just don't honor the "Be Our Guest" card. Show times subject to change



### MANHATTAN BEACH LIBRARY SPEAKER SERIES

#### Featuring Cory Richards, American Alpinist, Photographer & Author

A climber and visual storyteller, Cory Richards was named National Geographic Adventurer of the Year in 2012. Through his work in some of the planet's most remote places, he has carved a niche as a leading editorial and expedition photographer. His camera has taken him from the controlled and complex studio to the wild and remote corners of Asia, Africa, Pakistan and the South Pacific—all in the attempt to capture not only the soul of adventure and exploration, but the beauty inherent in our modern society.

Richards' photography has appeared in National Geographic magazine, Outside and The New York Times; and his film work has won awards at nearly every major adventure film festival including the grand prize at the Banff Mountain Film Festival.

**When:** Saturday, November 16  
**Time:** 2:00pm author talk; 3:00pm reception & book sale  
**Location:** Manhattan Beach Library, 1320 Highland Avenue, Manhattan Beach  
**Cost:** Free. Space is limited  
 Register here <https://visit.lacountylibrary.org/event/12066662>

# Dining

## LUNCH BUNCH

**When:** Tuesday, November 12, 26

**Time:** 12:00pm-1:30pm

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

**Reservations required.** No walk-ins. Starting **November 4, after 9:00am** 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
11/12		<b>Crispy Chicken Club Salad:</b> lightly breaded chicken tenders on a bed of seasonal greens, topped with crumbly bacon, diced tomatoes, shredded cheddar, dressing and a cookie
11/26		<b>Thanksgiving Lunch:</b> Uptown Turkey Avocado: oven-roasted turkey, bacon, avocado, tomato, lettuce, mayo, chips, and a cookie

# Free Movies

## JCC MOVIES

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



### Ezra

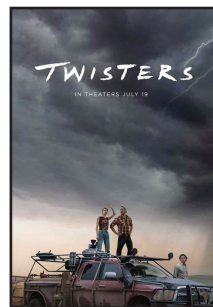
Drama

**When:** Friday, November 1

2023 R - 1 hr 41 min

Comedian Max co-parents autistic son Ezra with ex-wife Jenna. Faced with crucial decisions about Ezra's future, Max and Ezra go on a life-changing cross-country road trip.

Starring: Bobby Cannavale, Rose Byrne, Vera Farmiga, Robert DeNiro



### Twisters

Action Adventure

**When:** Friday, November 8

2024 PG-13 - 2 hr 2 min

Kate Carter, a retired tornado-chaser and meteorologist, is persuaded to return to Oklahoma to work with a new team and new technologies.

Starring: Daisy Edgar-Jones, Glen Powell



### Cabrini

Drama

**When:** Friday, November 15

2024 PG-13 2 hr 22min

After witnessing disease and poverty in the slums of New York, Italian immigrant Francesca Cabrini embarks on a daring journey to persuade the hostile mayor to provide housing and healthcare for hundreds of orphaned children. Starring: Cristiana Dell'Anna, John Lithgow, David Mores



### A Quiet Place: Day One

Sci-Fi Thriller

**When:** Friday, November 22

2024 PG-13 1 hr/39 min

A young woman named Sam finds herself trapped in New York City during the early stages of an invasion by alien creatures with ultra-sensitive hearing.

Starring: Lupita Nyong'o, Joseph Quinn, Alex Wolff

**NO MOVIE - JCC IS CLOSED**

**When:** Friday, November 29

# Paid & Free Classes and Programs

## 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 with arthritis. Instructor: Nicola Bowie **No Class 11/11**

**When:** Monday at Adventure Plex/Friday at JCC (Oct. 7-Nov. 22)

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

**Location:** Mondays at AdventurePlex, 1701 Marine Avenue, MB Fridays at the JCC

**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. **No class 11/28**

**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. **No class 11/28**

**When:** Monday & Thursdays

**Time:** 3:00pm-5:00pm

**Location:** JCC/Sunrise Room

**Cost:** Free



## LET'S TALK WOMAN TO WOMAN

Free 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

## FRENCH CLUB

Are you interested in improving your conversational French? All levels welcome.

**When:** Tuesdays

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

**Location:** JCC/Sunset or P&R Conference Room

## Free Technology Classes

### 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 7, 21  
**Advanced:** November 14  
No class November 28

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



### APPLE STORE IPHONE CLASS How to use the new iOS 18

**When:** Friday, November 15  
**Time:** 9:00am-10:00am  
**Location:** Apple Store, Manhattan Village  
3200 Sepulveda Boulevard, Manhattan Beach

Starting Monday, November 4, at 9am call 310-802-5430 to make a reservation



## 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.

**When:** 2nd and 4th Tuesday JCC/Dance Room  
**Time:** 1:30pm



Find health-related resources and information for adults and families within the South Bay and Greater Los Angeles area.  
**Need additional assistance? Contact Beach Cities Health District's Assistance, Information and Referral Line, (310) 374-3426 and press option 1, Monday – Friday: 8:30 a.m. – 5 p.m.**

## Joslyn Community Center

### NEW WORKSHOP - FREE

### Taste of Tango

Ilona Glinarsky has been teaching for 28 years all over LA (especially throughout the South Bay) and organizing some of the largest social dance events. She is a proud nominee of the Excellence in Arts award (city of Torrance, 2024 coming up on October 27). She is also a 20-year featured guest educator/performer for the Music Center Dance DTLA and the LA Public Library system. Her website is <https://www.livingtango.com/>



Her unique approach to teaching Argentine Tango combines her 30-year dance expertise as well as her life coaching and her MBSR (mindfulness based stress reduction) training. She works with individuals of all ages and abilities. She specializes in a social style, authentic Tango learning that is based in gentle movement (similar to walking), connection with others, improvisation based on some basic concepts, balance and mindfulness practices and lots of fun. She strongly believes that this type of dance is the best form of gentle exercise for body and mind, and a powerful tool for aging gracefully. **No partner or any dance experience is required to participate!**

**When:** Saturday, November 9  
**Time:** 2:30pm-3:30pm  
**Location:** Joslyn Community Center (Surf Dance Room)  
**Cost:** Free. Starting November 4 at 9am, call 310-802-5430 to make a reservation



### PRESENTATION



### Dr. John Bowes, Superintendent of Manhattan Beach Unified School District

For over three years, Dr. John Bowes has served as the Superintendent of Manhattan Beach Unified, bringing more than 30 years of leadership experience across California. Under his guidance, MBUSD has focused on achieving its five Board goals: maximizing student academic success, fostering a culture of care and inclusion, enhancing District infrastructure and facilities, maintaining a balanced budget, and ensuring clear communication.

Join us as Dr. Bowes shares the latest MBUSD updates and initiatives for the school year!

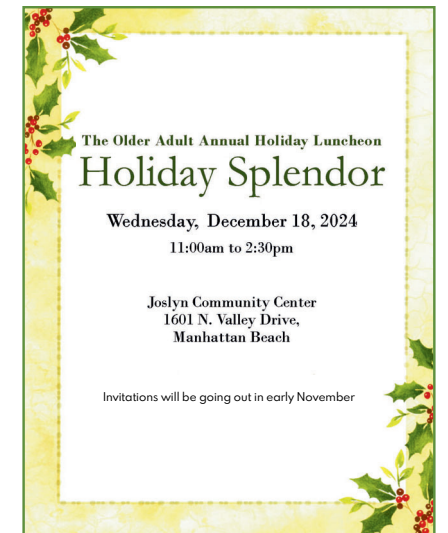
**When:** Tuesday, November 12  
**Time:** 1:00pm-2:00pm  
**Location:** JCC (OBH)  
**Cost:** Free. If you are interested in Lunch Bunch\* you will need to register. If you are just interested in the presentation come at 1:00pm

### HOLIDAY PARTY

### "Holiday Splendor"

**When:** Wednesday, December 18  
**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 early November. Tickets may be purchased at the Older Adult Program located at the Joslyn Community Center starting Monday, November 25th and November 26th at 9:00 AM for Manhattan Beach residents. Non-resident tickets will be available on Wednesday, November 27th. Ticket sale location TBD.



# 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
1st THURSDAY of the month	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



## 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.





MANHATTAN BEACH PARKS & REC  
1400 Highland Avenue, Manhattan Beach, CA 90266

## FREE INCOME TAX ASSISTANCE

AARP Foundation Tax-Aide provides FREE tax assistance to all in the community with special attention to those 60+. IRS trained and certified volunteers will prepare 2024 Federal and CA returns.

WEDNESDAYS  
February 5 to April 9, 2025  
9:00am-2:30pm  
Sunrise Room

**APPOINTMENTS WILL BE REQUIRED THIS YEAR TO HAVE YOUR TAX RETURNS DONE WALKINS MAY BE HELPED, AS TIME PERMIT**

**AFTER JANUARY 20, 2025**  
To make an appointment, visit our website [www.taxaide-southbay.org](http://www.taxaide-southbay.org)  
If you need help making an appointment, please call 310-802-5430  
No appointments can be made until after January 20, 2025

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

**WHAT TO BRING:**

- Copy of your last year's tax return
- Your picture ID
- Social Security card
- All tax forms you have received

**WHAT THEY DO NOT DO:**

- Returns that have Rental Income
- K-1 Limited Partnerships
- Business Losses
- Returns that are overly complex

All South Bay Tax-Aide sites can be found at [www.TaxAide-SouthBay.org](http://www.TaxAide-SouthBay.org) AARP membership not required

## Malia's Farewell

To all the lovely participants and employees of the OAP,

Thank you for making my time at the Joslyn center so memorable. Sadly, I won't be working here anymore and wish I had the time to say goodbye to you all individually. As you know, this is an outstanding program in the community. It enriches the lives of those involved, and I'm no exception to that. Just know that I cherish all the connections I've made here and will carry you with me wherever I go next!

Malia

The Older Adult Program staff will miss her dearly!



# 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 **No class 11/27**

**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 **No class 11/27**

**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

## SOCRATES CAFE

Socrates Café are gatherings around the world where people from different backgrounds get together and exchange philosophical perspectives based on their experiences, using the version of the Socratic Method developed by founder Christopher Phillips. This month the topic is "What is the one thing you would advise a young person?". Please join us! Walk-ins welcome. The December meeting will be on December 11.

**When:** 3rd Wednesday

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

**Location:** JCC/Sunrise

## 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.

**November Discussion:** *The Snow Hare* by Paula Lichtarowicz



In this "riveting, heartfelt" novel of love and consequences (Heather Morris, New York Times bestselling author of *The Tattooist of Auschwitz*), a woman dreams of becoming a doctor until World War II leads her instead into an astonishing love—and a fateful choice. Is it possible to fall in love at the edge of life?

**When:** Thursday, November 21

**Location:** JCC/OASIS Room

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

December Discussion: *Our Missing Hearts* by Celeste Ng

## 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.

# November Activities Calendar

**NOTE: PROGRAMS ARE SUBJECT TO CHANGE**

**\*Registration Required**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>WEEKLY ONGOING PROGRAMS</b>	9:00am-1:00pm Ping Pong (SH) 9:00am-4:00pm OASIS open 10:00am-11:00am Arthritis Foundation (AP)* 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 Arthritis Foundation (AP)* 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)*		
					1 1:30pm-4:00pm Movie: Ezra (OBH)	2	3 DAYLIGHT SAVINGS FALL BACK AN HOUR	
		4 9:00am November Registration Opens Up 10:00am-1:00pm MB Senior Club BINGO and White Elephant Sale and Meeting (OBH)	5 10:00am-11:00am Social Hour with Charlotte (Zoom) 6:30pm-7:30pm Dementia Caregiver Support Group (Zoom)	6 6:30pm-7:30pm Dementia Caregiver Support Group (Zoom)	7 10:00am-12:00pm Beginner iPhone Class (SR) 1:00pm-2:00pm Movie Discussion Group (Zoom)	8 1:30pm-4:00pm Movie: Twisters (OBH)	9 2:30pm-3:30pm Taste of Tango Workshop (SD)*	10
		11 VETERANS DAY JCC Closes at 2:00pm No Arthritis Foundation class today	12 12:00pm-1:30pm Lunch Bunch * (OBH) 1:00pm-2:00pm Dr. Bowes, MBUSD (OBH) 1:30pm-3:00pm Sn Advisory Committee (SR) 1:30pm-3:00pm Poetry Circle (SS) 1:30pm-2:30pm Dementia Caregiver Support Group (SD)	13	14 10:00am-12:00pm Advanced iPhone Class (SR) 11:00am-12:00pm Book Club (OASIS)	15 9:00am-10:00am Apple Store Class* 1:30pm-4:00pm Movie: Cabrini (OBH)	16 2:00pm Manhattan Beach Library Speaker Series Featuring Cory Richards	17
		18 10:00am-1:00pm MB Senior Club BINGO and White Elephant Sale (OBH)	19 10:00am-11:00am Social Hour with Charlotte (Zoom)	20 1:30pm-3:00pm Socrates Cafe Discussion (SR) 6:30pm-7:30pm Dementia Caregiver Support Group (Zoom)	21 10:00am-12:00pm Beginner iPhone Class (SR) 11:00am-12:00pm Book Club (OASIS) 12:00pm-2:00pm Dine & Discover with El Camino College (OBH)*	22 1:30pm-4:00pm Movie: A Quiet Place: Day One (OBH)	23	24
		25 9:00am-4:00pm Holiday Party Ticket Sales (MB Res) 1:00pm-3:00pm AOA (SS)	26 9:00am-4:00pm Holiday Party Ticket Sales (MB Res) 12:00pm-1:30pm Thanksgiving Lunch Bunch* (OBH) 1:30pm-2:30pm Dementia Caregiver Support Group (SD) 1:30pm-3:00pm Poetry Circle (SS)	27 9:00am-4:00pm Holiday Party Ticket Sales (Non-Res) No ABC class today No Mindfulness today	<b>HAPPY THANKSGIVING DAY!</b> JCC IS CLOSED 	29 <b>JCC IS CLOSED</b>	30	