



OCTOBER 2024

Hermosa Five-O Senior Activity Center

310.318.0280 · hbconnect@hermosabeach.gov · www.hermosabeach.gov/seniors

SUNDAY	1-5pm: PING PONG!
MONDAY	8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)
TUESDAY	9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10am-11am CONVERSATIONAL FRENCH FOR BEGINNERS w/Helene(\$5) 10:30am-12pm & 12pm-1:30pm I LOVE ART! (\$5) 1-4pm AMERICAN MAJONG (Bring 2024 card to play) 2-5pm PING PONG! 5:30-6:45pm STRETCH-RELAX-RESTORE w/Sue (\$7) <hr/> October 8 at 11am METRO ON THE MOVE RIDERS PROGRAM WORKSHOP October 8 at 1:30pm GREAT DECISIONS DISCUSSION GROUP <i>The High Seas Treaty</i> October 8 at 7pm BRUINS OF THE SOUTH BAY BOOK CLUB: ZOOM ONLINE ONLY (email for link): <i>Heaven and Earth Grocery Store</i> by McBride October 15 at 10:30am HERMOSA FIVE-O BOOK CLUB: <i>Red Notice</i> by Bill Browder October 22 at 10:30am BUNCO
WEDNESDAY	8:30-10am TENNIS: CT #2 & #4 9-10:15am YOGA FOR STRENGTH & BALANCE (Senior Hatha Yoga) w/ Teri (\$7) 9-10am INTERMEDIATE LINE DANCING w/ Glenn 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 10:15-11:30am BEGINNER LINE DANCING w/ Glenn 11:30am-12:45pm IMPROVER LINE DANCING w/ Glenn 1-2:30pm & 2:30-4pm ART (\$5) 5:30-6:45pm PICKLEBALL CONDITIONING w/Sue (\$10) <hr/> October 2 at 11:30am SHAKESPEARE STUDY GROUP: <i>Cymbeline</i> October 9 at 11:30am LA COUNTY DEPT OF MENTAL HEALTH: <i>Late-Life Transitions</i> October 16 at 11:30am CLASSICS READ ALOUD: <i>Around the World in 80 Days</i> by Verne
THURSDAY	9-10:15am YOGA FOR STRENGTH & BALANCE (w/ chair + weights) w/ Teri (\$7) 10am-12:30pm BRIDGE 1-2:30pm BINGO (\$1.50/card) 1-4pm TAIWANESE MAH JONG 3:30-9:30pm PING PONG! 7:30-9:30pm COMEDY IMPROV (except 9/19)
FRIDAY	8:15-9am GOOD MORNING YOGA! FLOW w/Sue (\$7) 8:30-10am TENNIS: CT #2 & #4 9-10am CARDIO (AEROBICS) 9:30-10:30am MIND&MUSCLE; WEIGHTS with Joy! 10-11am ABC (AGILITY,BALANCE, CONTROL) 12-5pm PING PONG! 1-2:15pm PICKLEBALL CONDITIONING w/Sue (\$10)
SATURDAY	10AM-5PM: PING PONG!