

# HERMOSA FIVE-O

## SENIOR ACTIVITY CENTER

### RECREATION & ENRICHMENT PROGRAMMING



# NOVEMBER 2024

City of Hermosa Beach Community Resources Department

(310) 318-0280 • [WWW.HERMOSABEACH.GOV](http://WWW.HERMOSABEACH.GOV) • [HBCONNECT@HERMOSABEACH.GOV](mailto:HBCONNECT@HERMOSABEACH.GOV)

# FREE CLASSES & PROGRAMS



## ABC (AGILITY, BALANCE & CONTROL)

BY NAHID MOHAMMADIFAR WITH BEACH CITIES HEALTH DISTRICT

**FRIDAYS FROM 10-11AM | FIVE-O MULTI-PURPOSE ROOM**

**QUESTIONS?: 310.374.3426, OPTION 3**

Our ABC class focuses on improving balance, coordination, stability, and flexibility. Through a variety of exercises, participants enhance their overall physical well-being. For added safety and support, we utilize chairs.



## BASKETBALL

**MONDAYS FROM 10-11:30AM | GYMNASIUM**

Boomers and Gen-Xers, Women and Men! If you're over 50, join us for friendly half-court hoops. Meet new friends, work on your shot, get some great and very fun exercise. It's pick-up basketball. Everyone who shows up gets to play. Come any Monday that works with your own travel plans and schedule. Hey, I'm the organizer, I'll be 80 this year, and I'll be playing too.



## BRUINS OF THE SOUTH BAY BOOK CLUB

**2ND TUESDAY OF THE MONTH FROM AT 7PM | ZOOM ONLINE ONLY**

**QUESTIONS?: BRUINSOFSOUTHBAY@GMAIL.COM**

Join the Bruins of the South Bay where Bruins and Bruin friends are welcome! Each month, we come together to explore a variety of books recommended by our members. The best part? Our only rule is that the chosen book must be available at a local library, ensuring accessibility for everyone. From non-fiction to fiction, serious to funny, our discussions cover a wide range of topics and subjects.



## BRIDGE

**THURSDAYS FROM 10AM-12:30PM | FIVE-O LIVING ROOM**

Join us for a fun and engaging experience where you can socialize, challenge your mind, and make new friends. Our group provides a welcoming environment for players of all skill levels, whether you're a seasoned pro or just starting out. With regular meetups and friendly competitions, you'll have plenty of opportunities to improve your bridge skills and enjoy the company of like-minded individuals.



## BUNCO

**2ND THURSDAY OF THE MONTH FROM 10:30AM-12PM | FIVE-O LIVING ROOM**

Bunco is a fun-filled activity for older adults looking to socialize and have a great time! This engaging game brings together seniors from all walks of life, providing a platform for laughter, camaraderie, and friendly competition.

## CARDIO (AEROBICS)

BY NAHID MOHAMMADIFAR WITH BEACH CITIES HEALTH DISTRICT

**FRIDAYS FROM 9-10AM | FIVE-O MULTI-PURPOSE ROOM**

**QUESTIONS?: 310.374.3426, OPTION 3**

In our aerobics class, we combine rhythmic movements set to music to elevate heart rates and promote joint mobility. Additionally, we incorporate weights to enhance muscle strength and tone, all within a welcoming and enjoyable environment. For added safety and support, we utilize chairs.



# FREE CLASSES & PROGRAMS

## CLASSICS READ ALOUD



**3RD WEDNESDAY OF THE MONTH FROM 11:30AM-2PM | FIVE-O LIVING ROOM**

Join our reading group for seniors and embark on a nostalgic journey through classic children's novels. Rediscover timeless tales like "Charlotte's Web" and "Alice's Adventures in Wonderland" in a welcoming and engaging environment. Connect with fellow book lovers and share your thoughts on these beloved stories while enjoying the company of like-minded individuals. Don't miss out on this opportunity to revisit these cherished books from your childhood and create new memories with our friendly group of readers.

## COFFEE & CONVERSATION



**TUESDAYS FROM 9-10:30AM | FIVE-O LIVING ROOM**

Join our senior group for a lively chat session where you can discuss any topic on your mind. This is a great opportunity to socialize, share stories, and connect with others in a relaxed and friendly environment. Don't forget to bring your own coffee to enjoy during our meetings.

## COMEDY IMPROV

*BY APRIL'S FOOLS COMEDY IMPROV TROUPE*

**MOST THURSDAYS FROM 7:30-9:30PM (REFER TO MONTHLY CALENDAR) | FIVE-O LIVING ROOM**

Learn comedy improv in a safe, supportive and fun environment. Improv is the art of acting without previous preparation, involving creativity and imagination. This class enhances communication skills useful for business, performance, social and personal settings. No experience necessary, all levels welcome.

On the 2nd Saturday of each month at 7:30pm, the April's Fools Comedy Improv Troupe performs in the 2nd Story Theatre of the Hermosa Beach Community Center. Performance tickets are \$6 for Hermosa Five-O Members at the door.



## GREAT DECISIONS

**2ND TUESDAY OF THE MONTH AT 1:30PM | FIVE-O LIVING ROOM**

Great Decisions brought to you by the Foreign Policy Association is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the video series and meeting in a Discussion Group to discuss the most critical global issues facing America today. Each year, eight topics are chosen by a panel of experts.

The grassroots, face-to-face model adopted by Great Decisions more than 60 years ago continues today, with tens of thousands of participants taking part in discussions nationwide.



## HERMOSA FIVE-O BOOK CLUB

**3RD TUESDAY OF THE MONTH AT 10:30AM | FIVE-O LIVING ROOM**

Join us for lively discussions, engaging reads, and a sense of community among fellow book lovers. Our club is perfect for seniors looking to connect with others and explore new literary adventures together. With a diverse selection of books and a welcoming atmosphere, the Hermosa Five-O Senior Book Club provides a wonderful opportunity to socialize, share insights, and foster a love of reading. Whether you're a seasoned reader or just starting to delve into books, our club offers something for everyone. Join us and let's embark on a literary journey together!



# FREE CLASSES & PROGRAMS

## LET'S MOVE / LET'S STRETCH!

By JOY

**MONDAYS FROM 9:30-10:30AM | COMMUNITY CENTER ROOM 5**



**Let's Move - Let's Stretch!** is a full body experience (mind and spirit too if you allow it to be) for that "ahhhh" feeling. Joy will lead you through class [barefoot on a mat] incorporating gentle movement which helps prepare the body so you may safely stretch. We do both dynamic and static stretching, occasional band work, balance and core work, as well as other strengthening exercises...all set to music. We usually finish with breathwork. Joy's hope is that you will not only feel better during class, but then reap the rewards and experience the after-affects in your day-to-day life. All you need is you, **sticky socks** (if your feet get cold) and a **mask**. We keep each other healthy and safe by wearing masks in all Joy's classes. **JOIN US! ...and Let's Move / Let's Stretch!**

## LINE DANCING

By GLENN QUAN

**WEDNESDAYS | INTERMEDIATION: 9-10AM,**

**BEGINNER: 10:15-11:30AM, IMPROVER: 11:30AM-12:45PM**

**COMMUNITY CENTER ROOM 5 | QUESTIONS?: [DANCINGWITHGLENN@GMAIL.COM](mailto:DANCINGWITHGLENN@GMAIL.COM)**



Come out to learn and enjoy this fun and energetic dance style. We offer classes at different levels, so whether you're a beginner or have experience, there's a class for you. Come and meet new friends, stay active, and have a great time dancing to your favorite country tunes.

## MAH JONG (AMERICAN)

**TUESDAYS FROM 1-4PM | FIVE-O LIVING ROOM**

American Mah Jong is a perfect choice for seniors who enjoy socializing and playing this classic tile-based game. This group provides a welcoming and inclusive environment for seniors to gather, connect, and have fun while engaging in friendly competition.



## MAH JONG (TIWANESE)

**THURSDAYS FROM 1-4PM | FIVE-O LIVING ROOM**

Taiwanese Mah Jong is a fun and engaging experience! Whether you're a seasoned player or new to the game, our group welcomes all skill levels. Enjoy socializing with fellow members while playing this traditional and strategic game that has been enjoyed for generations.

## MIND & MUSCLE; WEIGHTS WITH JOY!

By JOY

**FRIDAYS FROM 9:30-10:30AM | COMMUNITY CENTER ROOM 5**

Joy welcomes you to her Friday morning class for the **Mind & Muscle** series. This class is dynamic and can shift “focus”; but no matter the topic it will always be an **energetic workout!** Joy uses her expertise as a personal trainer to provide students training for the mind and muscle connection, so that all may learn how to activate their muscles - with or without weights. Currently Friday is a fast-moving weights class and some days will include resistance bands. All students are to start with lighter weights so she can gauge each student's capacity to lift in a safe manner. All classes in this series, no matter the focus, will entail a full body workout with functional movement, cardio bursts and bodywork all set to up-tempo music and a JOYful atmosphere. Joy will guide you to proper posture, form and technique... while you apply it all in live application. Mats, weights and bands are available through the Center, or bring your own (band inventory is limited). **Athletic shoes are a must for Friday's class - as well as masks.** In all Joy's classes we wear masks to keep each other safe and healthy (so don't forget to bring one). **Please check the calendar each month for class specifics as the title will indicate that month's focus. Come join us...and get your workout on! Weights experience required; as this is not a beginner's class.**



## PING PONG

**SUNDAYS FROM 1-5PM, TUESDAYS FROM 2-5PM, THURSDAYS FROM 3:30-9:30PM, FRIDAYS FROM 12-5PM, AND SATURDAYS FROM 10AM-5PM | FIVE-O MULTI-PURPOSE ROOM**

Ping Pong provides a fun and social environment where players can enjoy friendly competition and improve their skills. Whether you're a seasoned player or new to the game, our group welcomes players of all levels.



## SHAKESPEARE STUDY GROUP

**1ST WEDNESDAY OF THE MONTH FROM 11:30AM-2PM | FIVE-O LIVING ROOM**

Embark on a literary journey like no other! This engaging program is designed specifically for older adults who have a passion for Shakespeare and enjoy reading aloud. Dive into the works of the legendary playwright, explore his timeless themes, and enhance your understanding through lively discussions with fellow enthusiasts. Whether you're a seasoned Shakespearean or new to his works, this study group offers a welcoming and inclusive environment for all.



## TENNIS

**MONDAY, WEDNESDAY, FRIDAY FROM 8:30-10AM | COMMUNITY CENTER TENNIS COURTS #2 & #4**

Play tennis with fun-filled session of friendly matches, where you can improve your game, meet new friends, and stay active. With open play Mondays, Wednesdays and Fridays, you have the flexibility to participate whenever it suits your schedule.



# PAID ENRICHMENT CLASSES & PROGRAMS

## ART



BY ROBERT MACKIE

**MONDAYS & WEDNESDAYS FROM 1-2:30PM & 2:30-4PM | FIVE-O MULTI-PURPOSE ROOM**

**COST: \$5 PER CLASS | QUESTIONS?: REMACKIE@VERIZON.NET**

This senior center art class offers a wonderful opportunity for older adults to explore their creativity through painting. With the guidance of a professional instructor, participants can learn various painting techniques and develop their artistic skills.

## BINGO



**THURSDAYS FROM 1-2:30PM | FIVE-O MULTI-PURPOSE ROOM**

**COST: \$1.50 PER CARD**

Get ready for a fun-filled afternoon at the senior center with our exciting BINGO game! Designed specifically for seniors, this BINGO game is the perfect way to socialize and have a great time. With the chance to win amazing prizes, the anticipation and excitement will keep you on the edge of your seat. Our senior center BINGO game helps to improve cognitive skills and memory.

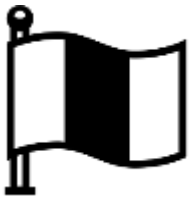
## CONVERSATIONAL FRENCH FOR BEGINNERS

BY HELENE GODEC

**TUESDAYS FROM 10-11AM | COMMUNITY CENTER ROOM 9**

**COST: \$5 PER CLASS | QUESTIONS?: PLEASE RSVP TO HELENE AT HELENE.GODEC@GMAIL.COM**

These sessions for beginners prioritize practical communication skills alongside grammar, vocabulary, pronunciation and cultural nuances, preparing students to navigate real-life situations in French-speaking environments. In these classes, you might expect interactive activities like role-playing, group discussions to enhance practical language skills.



## FRENCH CONVERSATION & COMPOSITION

BY HELENE GODEC

**MONDAYS FROM 10:30-11:30AM | FIVE-O LIVING ROOM**

**COST: \$5 PER CLASS | QUESTIONS?: PLEASE RSVP TO HELENE AT HELENE.GODEC@GMAIL.COM**

This course will help you learn and develop speaking, reading, writing, and listening skills through a wide range of creative oral and writing activities: role-playing, discussions on topics addressing daily life as well as aspects of Francophone cultures and societies. You will work on grammar, and vocabulary to express yourself in French. The overall emphasis of this course will be placed on developing your ability to speak, across situations & genres, from class discussions, interviews to everyday conversation, debate and creative performance.



## FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS

BY HELENE GODEC

**WEDNESDAYS FROM 10-11AM | FIVE-O LIVING ROOM**

**COST: \$5 PER CLASS | QUESTIONS?: PLEASE RSVP TO HELENE AT HELENE.GODEC@GMAIL.COM**

This Elementary French course is designed to give those with no previous experience in French, or very little experience the chance to acquire the fundamentals of the French language. This class is also a good opportunity for more advanced speakers to improve their grammar. We will use a textbook according to each student's level to explore this language and the numerous cultures for which it is the vehicle.



## I LOVE ART

BY PAULA WRIGHT

**TUESDAYS FROM 10:30AM-12PM & 12-1:30PM | FIVE-O MULTI-PURPOSE ROOM**

**COST: \$5 PER CLASS**

Discover your inner artist with our art classes and painting sessions suitable for all levels of experience. Our classes offer a welcoming and supportive environment to explore your creativity with easy projects are designed to be completed during the class.



# PAID FITNESS CLASSES & PROGRAMS

## GOOD MORNING YOGA! FLOW

BY SUE SLATER OF FOR LIFE YOGA, 200 HR. CERTIFIED & REGISTERED WITH YOGA ALLIANCE

**FRIDAYS FROM 8:15-9AM | COMMUNITY CENTER ROOM 7**

**COST: \$7 PER CLASS | QUESTIONS?: SUESLATERFORLIFEYOGA@GMAIL.COM**

A great way to start your morning! We will practice a low-to-moderate intensity yoga flow followed by strategic stretches, breath work, and a short, simple guided meditation to bring movement, energy, and balance to your day. All levels welcome! Modifications offered.



## PICKLEBALL CONDITIONING FOR SENIORS

BY SUE SLATER, 200-HOUR RYT YOGA INSTRUCTOR IN COORDINATION WITH ERIC PARK DPT

**FRIDAYS FROM 1-2:15PM | COMMUNITY CENTER ROOM 7**

**COST: \$10 PER CLASS | QUESTIONS?: SUESLATERFORLIFEYOGA@GMAIL.COM**

Using warm-up, mobility and resistance exercises, hand/eye coordination work, and foot movement patterns all specific to the sport of pickleball, this class will benefit the older player by helping minimize injury, aid recovery, and for the overall improvement and continued enjoyment of pickleball. We will end class with a cool down and some simple yoga stretches. Please wear/bring court shoes and a paddle to class. Water and a hand towel optional.



## STRETCH-RELAX-RESTORE: GENTLE YOGA

BY SUE SLATER OF FOR LIFE YOGA, 200 HR. CERTIFIED & REGISTERED WITH YOGA ALLIANCE

**TUESDAYS FROM 5:30-6:30PM | COMMUNITY CENTER ROOM 7**

**COST: \$7 PER CLASS | QUESTIONS?: SUESLATERFORLIFEYOGA@GMAIL.COM**

Using breath work, simple mindfulness, and supported yoga poses, this class will help reset the nervous system to bring a greater sense of calm and balance to both the body and mind. We will do a gentle warm-up flow, followed by seated stretches, then move into a series of restorative poses so that you will leave class feeling rested and refreshed.



## YOGA FOR STRENGTH, POSTURE & BALANCE (SENIOR HATHA YOGA)

BY TERI THOMPSON OF TERI'S YOGA TRIBE, YOGA WELLNESS EDUCATOR 500 HR. RYT

**WEDNESDAYS FROM 9-10:15AM | COMMUNITY CENTER ROOM 7**

**COST: \$7 PER CLASS | QUESTIONS?: YOGABYTERITHOMPSON@GMAIL.COM**

As we age, muscles become weak, the head drifts forward, the spine rounds, and we are prone to falling. When muscles are strong and flexible, balance and posture improves. We move better, breathe better, and feel more confident. Come as you are and leave class feeling strong and alive in your body. Bring a yoga mat and water. All other props are provided.



## YOGA FOR STRENGTH USING WEIGHTS & A CHAIR

BY TERI THOMPSON OF TERI'S YOGA TRIBE, YOGA WELLNESS EDUCATOR 500 HR. RYT

**TUESDAYS AND THURSDAYS FROM 9-10:15AM | COMMUNITY CENTER ROOM 7**

**COST: \$7 PER CLASS | QUESTIONS?: YOGABYTERITHOMPSON@GMAIL.COM**

Build muscular strength using free weights and your own body weight in this fun class. Option to use the chair to help balance. Class begins with breath awareness and loosening moves to warm up for strength training. Class ends with stretching and a period of deep relaxation. Come as you are and leave class feeling strong and alive in your body. Bring a yoga mat and water. All equipment is provided.



SUN

MONDAY

TUESDAY



# NOVEMBER 2024

|                                              |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3</p> <p><b>1-5pm</b><br/>PING PONG!</p>  | <p>4</p> <p><b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9:30-10:30am</b> LET'S MOVE/LET'S STRETCH! w/Joy<br/> <b>10-11:30am</b> BASKETBALL (in gym)<br/> <b>10:30-11:30am</b> FRENCH CONVERSATION &amp; COMPOSITION w/Helene (\$5)<br/> <b>1-2:30pm &amp; 2:30-4pm</b> ART (\$5)</p>  | <p>5</p> <p><b>9-10:30am</b> COFFEE (bring your own) &amp; CONVERSATION<br/> <b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE (w/chair + weights) w/ Teri (\$7)<br/> <b>10-11am</b> FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5)<br/> <b>10:30am-12pm &amp; 12pm-1:30pm</b> I LOVE ART! (\$5)<br/> <b>1-4pm</b> AMERICAN MAJONG (Bring 2024 card to play)<br/> <b>2-5pm</b> PING PONG!<br/> <b>5:30-6:30pm</b> STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>                                                                                                                                                                                                              |
| <p>10</p> <p><b>1-5pm</b><br/>PING PONG!</p> | <p>11</p> <p><b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9:30-10:30am</b> LET'S MOVE/LET'S STRETCH! w/Joy<br/> <b>10-11:30am</b> BASKETBALL (in gym)<br/> <b>10:30-11:30am</b> FRENCH CONVERSATION &amp; COMPOSITION w/Helene (\$5)<br/> <b>1-2:30pm &amp; 2:30-4pm</b> ART (\$5)</p> | <p>12</p> <p><b>9-10:30am</b> COFFEE (bring your own) &amp; CONVERSATION<br/> <b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE (w/chair + weights) w/ Teri (\$7)<br/> <b>10-11am</b> FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5)<br/> <b>10:30am—12pm</b> <b>BUNCO</b><br/> <b>10:30am-12pm &amp; 12pm-1:30pm</b> I LOVE ART! (\$5)<br/> <b>1-4pm</b> AMERICAN MAJONG (Bring 2024 card to play)<br/> <b>1:30pm</b> <b>GREAT DECISIONS: Pandemic Preparedness</b><br/> <b>2-5pm</b> PING PONG!<br/> <b>5:30-6:30pm</b> STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)<br/> <b>7pm</b> <b>BRUINS OF THE SOUTH BAY BOOK CLUB: ZOOM ONLINE (email for link): Poetry Month</b></p> |
| <p>17</p> <p><b>1-5pm</b><br/>PING PONG!</p> | <p>18</p> <p><b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>10-11:30am</b> BASKETBALL (in gym)<br/> <b>10:30-11:30am</b> FRENCH CONVERSATION &amp; COMPOSITION w/Helene (\$5)<br/> <b>1-2:30pm &amp; 2:30-4pm</b> ART (\$5)</p>                                                          | <p>19</p> <p><b>9-10:30am</b> COFFEE (bring your own) &amp; CONVERSATION<br/> <b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE (w/chair + weights) w/ Teri (\$7)<br/> <b>10-11am</b> FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5)<br/> <b>10:30am</b> <b>HERMOSA FIVE-O BOOK CLUB READING: Tomorrow, and Tomorrow, and Tomorrow by Gabrielle Zevin</b><br/> <b>10:30am-12pm &amp; 12pm-1:30pm</b> I LOVE ART! (\$5)<br/> <b>1-4pm</b> AMERICAN MAJONG (Bring 2024 card to play)<br/> <b>2-5pm</b> PING PONG!<br/> <b>5:30-6:30pm</b> STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>                                                                                        |
| <p>24</p> <p><b>1-5pm</b><br/>PING PONG!</p> | <p>25</p> <p><b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9:30-10:30am</b> LET'S MOVE/LET'S STRETCH! w/Joy<br/> <b>10-11:30am</b> BASKETBALL (in gym)<br/> <b>10:30-11:30am</b> FRENCH CONVERSATION &amp; COMPOSITION w/Helene (\$5)<br/> <b>1-2:30pm &amp; 2:30-4pm</b> ART (\$5)</p> | <p>26</p> <p><b>9-10:30am</b> COFFEE (bring your own) &amp; CONVERSATION<br/> <b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE (w/chair + weights) w/ Teri (\$7)<br/> <b>10-11am</b> FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5)<br/> <b>10:30am-12pm &amp; 12pm-1:30pm</b> I LOVE ART! (\$5)<br/> <b>1-4pm</b> AMERICAN MAJONG (Bring 2024 card to play)<br/> <b>2-5pm</b> PING PONG!<br/> <b>5:30-6:30pm</b> STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>                                                                                                                                                                                                             |



**WEDNESDAY****THURSDAY****FRIDAY****SAT****Hermosa Five-O Senior Activity Center****310.318.0280 • hbconnect@hermosabeach.gov**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                      |                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| <p>6</p> <p><b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE (Senior Hatha Yoga) w/ Teri (\$7)<br/> <b>10-11am</b> FRENCH LANGUAGE &amp; GRAMMAR FOR BEGINNERS w/Helene(\$5)<br/> <b>11:30am-2pm</b> <b>SHAKESPEARE STUDY GROUP: Cymbeline</b><br/> <b>1-2:30pm &amp; 2:30-4pm</b> ART (\$5)</p>                                                                                                          | <p>7</p> <p><b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE ( w/ chair + weights) w/ Teri (\$7)<br/> <b>10am-12:30pm</b> BRIDGE<br/> <b>1-2:30pm</b> BINGO (\$1.50/card)<br/> <b>1-4pm</b> TAIWANESE MAH JONG<br/> <b>3:30-9:30pm</b> PING PONG!<br/> <b>7:30-9:30pm</b> COMEDY IMPROV</p> | <p>8</p> <p><b>8:15-9am</b> YOGA! FLOW w/Sue(\$7)<br/> <b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9-10am</b> CARDIO (AEROBICS)<br/> <b>9:30-10:30am</b> MIND&amp;MUSCLE; WEIGHTS with Joy!<br/> <b>10-11am</b> ABC (AGILITY, BALANCE, CONTROL)<br/> <b>12-5pm</b> PING PONG!<br/> <b>1-2:15pm</b> PICKLEBALL<br/> CONDITIONING w/ Sue(\$10)</p> | <p>9</p> <p><b>10am-5pm</b> PING PONG!</p>  |
| <p>13</p> <p><b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE (Senior Hatha Yoga) w/ Teri (\$7)<br/> <b>10-11am</b> FRENCH LANGUAGE &amp; GRAMMAR FOR BEGINNERS w/Helene(\$5)<br/> <b>1-2:30pm &amp; 2:30-4pm</b> ART (\$5)</p>                                                                                                                                                                           | <p>14</p> <p><b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE ( w/ chair + weights) w/ Teri (\$7)<br/> <b>10am-12:30pm</b> BRIDGE<br/> <b>1-2:30pm</b> BINGO (\$1.50/card)<br/> <b>1-4pm</b> TAIWANESE MAH JONG<br/> <b>3:30-9:30pm</b> PING PONG!</p>                                      | <p>15</p> <p><b>8:15-9am</b> YOGA! FLOW w/Sue(\$7)<br/> <b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9-10am</b> CARDIO (AEROBICS)<br/> <b>10-11am</b> ABC (AGILITY, BALANCE, CONTROL)<br/> <b>12-5pm</b> PING PONG!<br/> <b>1-2:15pm</b> PICKLEBALL<br/> CONDITIONING w/ Sue(\$10)</p>                                                            | <p>16</p> <p><b>10am-5pm</b> PING PONG!</p> |
| <p>20</p> <p><b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE (Senior Hatha Yoga) w/ Teri (\$7)<br/> <b>10-11am</b> FRENCH LANGUAGE &amp; GRAMMAR FOR BEGINNERS w/Helene(\$5)<br/> <b>11:30am-2pm</b> <b>CLASSICS READ ALOUD: Around the World in 80 Days by Verne</b><br/> <b>1-2:30pm &amp; 2:30-4pm</b> ART (\$5)</p>                                                                                  | <p>21</p> <p><b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE ( w/ chair + weights) w/ Teri (\$7)<br/> <b>10am-12:30pm</b> BRIDGE<br/> <b>1-2:30pm</b> BINGO (\$1.50/card)<br/> <b>1-4pm</b> TAIWANESE MAH JONG<br/> <b>3:30-9:30pm</b> PING PONG!</p>                                      | <p>22</p> <p><b>8:15-9am</b> YOGA! FLOW w/Sue(\$7)<br/> <b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9-10am</b> CARDIO (AEROBICS)<br/> <b>10-11am</b> ABC (AGILITY, BALANCE, CONTROL)<br/> <b>12-5pm</b> PING PONG!<br/> <b>1-2:15pm</b> PICKLEBALL<br/> CONDITIONING w/ Sue(\$10)</p>                                                            | <p>23</p> <p><b>10am-5pm</b> PING PONG!</p> |
| <p>27</p> <p><b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9-10:15am</b> YOGA FOR STRENGTH &amp; BALANCE (Senior Hatha Yoga) w/ Teri (\$7)<br/> <b>9-10am</b> INTERMEDIATE LINE DANCING w/ Glenn<br/> <b>10-11am</b> FRENCH LANGUAGE &amp; GRAMMAR FOR BEGINNERS w/Helene(\$5)<br/> <b>10:15-11:30am</b> BEGINNER LINE DANCING w/ Glenn<br/> <b>11:30am-12:45pm</b> IMPROVER LINE DANCING w/ Glenn<br/> <b>1-2:30pm &amp; 2:30-4pm</b> ART (\$5)</p> | <p>28</p> <p style="text-align: center;"><b>THANKSGIVING DAY</b><br/> <b>HERMOSA FIVE-O &amp;</b><br/> <b>ALL CITY FACILITIES ARE CLOSED</b></p>                                                                                                                                            | <p>29</p> <p><b>8:15-9am</b> YOGA! FLOW w/Sue(\$7)<br/> <b>8:30-10am</b> TENNIS: CT #2 &amp; #4<br/> <b>9:30-10:30am</b> MIND&amp;MUSCLE; WEIGHTS with Joy!<br/> <b>12-5pm</b> PING PONG!<br/> <b>1-2:15pm</b> PICKLEBALL<br/> CONDITIONING w/ Sue(\$10)</p>                                                                                         | <p>30</p> <p><b>10am-5pm</b> PING PONG!</p> |

# ..... EXCURSIONS .....

## HERITAGE SQUARE MUSEUM & GRAND CENTRAL MARKET

FRIDAY, NOVEMBER 15 / 9:30AM—4PM • \$20/\$25 HERMOSA BEACH RESIDENT DISCOUNT

Explore the rich history of Los Angeles with a visit and guided tour of the Heritage Square Museum, where you can step back in time and experience life in the late 19th century through beautifully restored Victorian-era homes. Then, head over to Grand Central Market for time on your own for lunch. The Market is a bustling food hall filled with a diverse array of vendors offering delicious eats from around the world.

## CRUISE OF LIGHTS AT THE HUNTINGTON BEACH HARBOR

WEDNESDAY, DECEMBER 18 / 4:30PM—7:30PM • \$30/\$35 HERMOSA BEACH RESIDENT DISCOUNT

Experience the magic of the holiday season aboard the Cruise of Lights holiday boat ride through the Huntington Beach Harbor! Enjoy a festive evening on the water as you cruise past beautifully decorated boats, decks, docks and waterfront homes on a 50-minute narrated boat tour.

## WICKED AT THE PANTAGES

SUNDAY, JANUARY 26 / 4:30PM—10PM • \$90/\$85 HERMOSA BEACH RESIDENT DISCOUNT

**Wicked**, the Broadway sensation, looks at what happened in the Land of Oz... but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships... until the world decides to call one “good,” and the other one “wicked.”

## MISSION SAN JUAN CAPISTRANO & DOWNTOWN SAN JUAN CAPISTRANO

FRIDAY, FEBRUARY 21 / 11AM-5PM • \$35/\$30 HERMOSA BEACH RESIDENT DISCOUNT

Travel with us to Downtown San Juan Capistrano for some time on your own to enjoy lunch or do a little shopping in the boutiques.

Then we will travel to Mission San Juan Capistrano for a guided tour of the Mission and the grounds. The Mission is a historic landmark and museum is the Birthplace of Orange County. It was founded more than two hundred years ago as the 7th of 21 missions statewide and features a chapel still standing where Saint Serra once celebrated Mass. Today, it is a monument to California's multi-cultural history, embracing its Native American, Spanish, Mexican and European heritage. Originally built as a self sufficient community by Spanish Padres and Native Americans, the Mission was a center for agriculture, industry, education and religion.

---

*Anyone under 18 years of age must be accompanied by an adult. Participants with physical limitations must sign up with a friend or family member. No refunds on Excursions.*

# ..... COMMUNITY EVENTS .....

*Save the date*

HERMOSA BEACH

*Veterans Day  
Wreath Laying Ceremony*

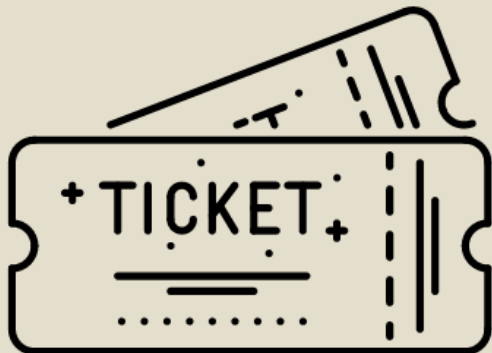
MONDAY | NOVEMBER 11

## *Sand Snowman Contest*

Saturday, December 7 at 9am

THE WEATHERMAN SAYS IT'S NOTHING BUT SAND!  
BRING YOUR SHOVELS, SCARVES AND MITTENS BECAUSE  
IN HERMOSA BEACH, WE MAKE SAND SNOWMEN!

*Hermosa Beach at 15th Street*



HOLIDAY MOVIE NIGHT

FRIDAY | DECEMBER 13TH

*Crafts. Games. Photos with Santa. Concessions.*

# HERMOSA BEACH ..... ..... SENIOR RESOURCES

## TRANSPORTATION PROGRAMS & DISCOUNTS FOR SENIORS



**[Bus Passes and Dial-A-Taxi Program](#)** - visit the City's Finance Cashier webpage for information on discounted bus passes and Dial-A-Taxi vouchers (\$1 each, sold in books of 10) for Hermosa Beach residents ages 62+ who have a TAP Identification Card or Access Paratransit Card. Please see the Finance Cashier page for details and service area / purchase limitations.

For seniors with Dial-A-Taxi vouchers, rides may be scheduled by calling:  
(800) 829-4378 or (800) 900-0033

**[Access](#)** - offers low cost shared ride bus service for ages 55+ and disabled individuals to destinations outside the City in Los Angeles County.

Contact:  
Customer Service - (800) 827-0829  
Reservations - (800) 883-1295



**[The WAVE](#)** - offers low cost Dial-A-Ride curb-to-curb service for seniors 62+ and disabled individuals for trips within the combined city limits of Hermosa Beach and Redondo Beach. Operated by Beach Cities Transit, The WAVE offers convenient, inexpensive transportation and is a great alternative to driving. To obtain an application for a WAVE Identification Card and for more information, [click here](#).

Contact:  
Schedule a ride - (310) 802-7684  
To apply for a Wave Identification Card - (310) 376-3990.

## CITY PROPERTY TAX REBATES & UTILITY USER'S TAX EXEMPTION



Visit the City's [Finance Department's webpage](#) or contact (310) 318-0225 for details on applying for property tax rebates (annual City sewer service charge and street lighting and landscape assessment) and a utility bill exemption from paying the City's Utility User's Tax, available to eligible seniors and disabled individuals residing in Hermosa Beach (income limits may apply).

## POLICE DEPARTMENT - HOUSE CHECK PROGRAMS



Visit the Hermosa Beach [Police Department's webpage](#) for information on available programs to have police officers and/or police volunteers (VIPs) perform weekly check-ins with seniors at their residence (You Are Not Alone Program) or to enroll seniors with Alzheimer's disease in the Homeward Bound Program.

# Beach Cities Health District .....

# ..... SENIOR RESOURCES

## CARE MANAGEMENT

### HELPING OLDER ADULTS AGE IN PLACE & IMPROVE THEIR QUALITY OF LIFE



Beach Cities Health District (BCHD) provides services to improve the quality of life and maintain the independence of older adult residents and residents with disabilities within the Beach Cities.

**Care Management is available at no cost for residents of Hermosa Beach, Manhattan Beach and Redondo Beach age 60 or older and adults with disabilities (ages 18-59). Some services have costs depending on income qualifications.**

## BCHD SERVICES & SUPPORTS



**Health Care Access & Resource Connection** - Care Managers connect clients with local services and resources, including home-delivered meals, transportation, in-home care and mental health support. Our staff can assist in applying for medical insurance and public benefits, including Medi-Cal and In-Home Supportive Services. Clients who are income-eligible may qualify for subsidized caregiving and other services that enhance their safety and independence in the home.



**Health Wellness & Education** - Cognitive health lectures are offered multiple times a year. Center for Health and Fitness instructors lead free exercise classes in the local senior centers every week. Social Workers facilitate Mental Health and Happiness workshops for older adults.

**Help with Errands** - Volunteers assist in shopping for essentials on a weekly basis, including groceries and prescriptions.



**Dementia Support** - Care Managers offer specialized support to clients living with dementia and their loved ones, including help with accessing care and respite options. "Brain Buddy" volunteers receive specialized training to engage in stimulating activities with clients living with dementia in their homes.

**Connect with Others** - Care Managers and "Conversation Companion" volunteers make regular calls and visits to clients in need of social support. In addition, we connect you with community support to help you engage with others.



**If you or a loved one could benefit from Care Management or if you have questions about local resources for older adults, please call our Information & Referral Line at 310-374-3426, and press option 1.**

