

Sun

Monday

Tuesday

Wednesday

Thursday

Friday

Sat



NOVEMBER 2024

Heramosa Five-O Senior Activity Center | 310.318.0280 | hbconnect@hermosabeach.gov | www.hermosabeach.gov/seniors

<p>3</p> <p>1-5pm PING PONG!</p>	<p>4</p> <p>8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL (in gym) 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>5</p> <p>9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10-11am FRENCH CONVERSATION 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! 5:30-6:30pm STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>	<p>6</p> <p>8:30-10am TENNIS: CT #2 & #4 9-10:15am YOGA FOR STRENGTH & BALANCE (Senior Hatha Yoga) w/ Teri (\$7) 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 11:30am-2pm SHAKESPEARE STUDY GROUP: <i>Cymbeline</i> 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>7</p> <p>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</p>	<p>8</p> <p>8:15-9am 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)</p>	<p>9</p> <p>10am-5pm PING PONG!</p>
<p>10</p> <p>1-5pm PING PONG!</p>	<p>11</p> <p>8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL (in gym) 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>12</p> <p>9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10-11am FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5) 10:30am-12pm BUNCO 10:30am-12pm & 12pm-1:30pm I LOVE ART! (\$5) 1-4pm AMERICAN MAJONG (Bring 2024 card to play) 1:30pm GREAT DECISIONS: Pandemic Preparedness 2-5pm PING PONG! 5:30-6:30pm STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7) 7pm BRUINS OF THE SOUTH BAY BOOK CLUB: ZOOM ONLINE (email for link): <i>Poetry Month</i></p>	<p>13</p> <p>8:30-10am TENNIS: CT #2 & #4 9-10:15am YOGA FOR STRENGTH & BALANCE (Senior Hatha Yoga) w/ Teri (\$7) 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>14</p> <p>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!</p>	<p>15</p> <p>8:15-9am YOGA! FLOW w/Sue(\$7) 8:30-10am TENNIS: CT #2 & #4 9-10am CARDIO (AEROBICS) 10-11am ABC (AGILITY, BALANCE, CONTROL) 12-5pm PING PONG! 1-2:15pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>16</p> <p>10am-5pm PING PONG!</p>
<p>17</p> <p>1-5pm PING PONG!</p>	<p>18</p> <p>8:30-10am TENNIS: CT #2 & #4 10-11:30am BASKETBALL (in gym) 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>19</p> <p>9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10-11am FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5) 10:30am HERMOSA FIVE-O BOOK CLUB READING: <i>Tomorrow, and Tomorrow, and Tomorrow</i> by Gabrielle Zevin 10:30am-12pm & 12pm-1:30pm I LOVE ART! (\$5) 1-4pm AMERICAN MAJONG (Bring 2024 card to play) 2-5pm PING PONG! 5:30-6:30pm STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>	<p>20</p> <p>8:30-10am TENNIS: CT #2 & #4 9-10:15am YOGA FOR STRENGTH & BALANCE (Senior Hatha Yoga) w/ Teri (\$7) 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 11:30am-2pm CLASSICS READ ALOUD: <i>Around the World in 80 Days</i> by Verne 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>21</p> <p>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!</p>	<p>22</p> <p>8:15-9am YOGA! FLOW w/Sue(\$7) 8:30-10am TENNIS: CT #2 & #4 9-10am CARDIO (AEROBICS) 10-11am ABC (AGILITY, BALANCE, CONTROL) 12-5pm PING PONG! 1-2:15pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>23</p> <p>10am-5pm PING PONG!</p>
<p>24</p> <p>1-5pm PING PONG!</p>	<p>25</p> <p>8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL (in gym) 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>26</p> <p>9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10-11am FRENCH CONVERSATION 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! 5:30-6:30pm STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>	<p>27</p> <p>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)</p>	<p>28</p> <p>THANKSGIVING DAY HERMOSA FIVE-O & ALL CITY FACILITIES ARE CLOSED</p>	<p>29</p> <p>8:15-9am YOGA! FLOW w/Sue(\$7) 8:30-10am TENNIS: CT #2 & #4 9:30-10:30am MIND&MUSCLE; WEIGHTS with Joy! 12-5pm PING PONG! 1-2:15pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>30</p> <p>10am-5pm PING PONG!</p>