



**June, 2014**

**Older Adults  
Program**  
CITY OF MANHATTAN BEACH (310) 802-5447

For more information call (310) 802-5447. To see more events, classes or trips, go to [www.citymb.info](http://www.citymb.info) and in the search box, type in, Older Adults Program.

**DEL MAR THOROUGHBRED HORSE RACES  
BUS EXCURSION**

Come to where the "surf meets the turf" at exciting Del Mar Race Track! Dating back to 1937, Del Mar created a relaxed environment where "nobody's in a hurry but the horses." We will enjoy the races from the comfort of our reserved seats which are conveniently located near wagering windows, drinks, and food. Lunch on your own at the Clubhouse or any one of the many other dining establishments. Join us for a fun, relaxed afternoon at Del Mar this summer!



**When:** Thursday, July 24, 2014  
**Where:** Bus departs from Joslyn Community Center and Manhattan Heights Park  
**Time:** 9:45am-8:30pm  
**Cost:** Res.\$42.00  
Non Res.\$46.20

For reservations call City Hall (310) 802-5448.  
For more information call (310) 802-5447.

**JULY MINI BUS TRIP TO RANCHO LOS ALAMITOS HISTORIC RANCH AND GARDENS**

**Rancho Los Alamitos has been listed twice on the National Register of Historic Places. Rancho Los Alamitos is a nationally recognized 7.5 acre site with a history that spans from 500 A.D. to contemporary times and exquisitely reflects the history of the people and culture of the Southern California region. Come join us for an exclusive tour and catered luncheon in The Rancho garden.**

**The Spring Garden Luncheon**

Spring Baby Greens with Apples, Walnuts, Sun Dried Cranberries, Grape Tomatoes and Feta Cheese. Served with Grilled Filet Breast of Chicken and Aged Balsamic Vinaigrette. Whole Wheat Mini Rolls and Creamery Butter. Caramel Cheesecake.



**When:** Sunday, July 13, 2014

**Where:** Bus departs from Joslyn Community Center  
1601 Valley Drive, Manhattan Beach CA.

**Time:** 10:00am-3:30pm

**Cost:** \$25.00

**Reservations available by calling (310) 802-5447.**

**HAWAIIAN EXPRESSIONS**

Hula is a unique Hawaiian dance accompanied by a chant or song that preserves the stories, traditions, and culture of Hawaii. Come join us for this great exercise experience with music, slow movements and expressions of Hawaiian culture.



**When:** Every Saturday for the month of June.

**Time:** 11:00am—Noon

**Where:** Surf Dance Room/ Joslyn Community Center  
1601 Valley Drive, Manhattan Beach CA.

**Cost:** Free

**Note:** Wear something comfortable. To sign up and for more information please call (310) 802-5447.

**PATHWAY TO THE SEA/MINI BUS TRIP**

Come see the "Pathway To The Sea", a new concrete pathway which provides easier ocean access for Older Adults and the disabled. Our mini bus trip will introduce you the way to enjoy the ocean again.



**WHEN:** Monday, June 16, 2014

**WHERE:** Bus departs from Joslyn Community Center

**TIME:** 10:00AM

**For more information please call (310) 802-5447.**

**Need a ride? Call Dial-A-Ride (310) 545-3500.**

Location of Older Adult Program (OAP) activities noted in this newsletter are as planned. Programs are subject to change. Where reservations are required, unless otherwise noted, please call (310) 802-5447.  
**NEED A RIDE? Call Dial-a-Ride at (310) 545-3500.**

# MONDAY

## “ACTING OUT AGAIN”

Acting Out Again begins with a half hour of acting instruction followed by 90 minutes of reading 10-minute plays aloud. Time permitting, all get an opportunity to read. Hope you can join us in June at the Joslyn. Whether you want to spectate or participate, come join us. (Free)  
 Second and fourth Monday of the month (6/9 & 6/23).  
 Time: 1:30pm-3:30pm



## WALKING GROUP

**Summer Hours**  
**8:30AM**  
**SOCCER FIELDS**  
**OFF VILLAGE DRIVE**



(Also, Wednesdays and Thursdays 8:30AM ) (Free)

## OASIS DISCUSSION CLUB

Everything's on the table...almost!  
 Everyone's welcome!



9:30 AM to 12:00 Noon  
 Every Monday (Free)  
 Joslyn Community Center

**WRITING GROUP AT MANHATTAN SR. VILLAS**  
**10:00 AM, 2nd & 4th Monday (6/9 and 6/23) (Free)**  
*Manhattan Village Senior Villas*



## JOSLYN CLUB

- ◆ **Every Monday** 8:00am-11:00am— “Drop In Hours”
- ◆ **Every Monday** 9:00am-11:00am—White Elephant Sale
- ◆ **1st Wednesday** 10:30am-12:30pm—Bingo and Snacks
- ◆ **2nd Monday** 9:00am-11:00am—Continental Breakfast—Cost: \$1 (NEW)
- ◆ **3rd Wednesday** 11:30am-12:30pm—Potluck (Must Bring Food) (NEW)
- ◆ **4th Monday** 11:30am-1:00pm—Catered Lunch—Cost: \$5

\*Club President: Marcella David (310) 658-0953



**Where:** Field off Village Dr.  
**When:** Monday, June 16, 2014  
**Time:** 9:00am-10:00am  
**Cost:** FREE

SNAG Golf is a recreational game for all ages that offers all the elements of golf but with modified equipment. It's been described as a game between miniature golf and regulation golf. SNAG is all about having fun while learning basics of golf. Join us the 3rd Monday of each month.

## Medicare

There is a HICAP Volunteer Counselor here in Manhattan Beach to help you with your questions about Medicare. The state-registered Health Insurance Counseling and Advocacy Program (HICAP) volunteer Counselors provide unbiased information, counseling, and assistance on Medicare and related health care coverage, including: Original Medicare (Parts A & B), Medicare Prevention Services, Long-Term Care and Much More.

**1st and 3rd Monday (6/2) & (6/16) (Free)**

**Time: 10:00am-1:00pm**

**By appointment only please call (310) 802-5447.**



## MANHATTAN HEIGHTS SENIOR CLUB

- ◆ **2nd Monday** 11:30 AM —Heights Senior Club Business Meeting & Luncheon Cards & Games Following Meeting.
- ◆ **Every Friday** 11:30am—Bingo With Card Games at 2:00pm.

## SHORT STORY DISCUSSION GROUP

**STIMULATE YOUR MIND! 10:30 AM 3RD MONDAY (6/16)**  
**JOSLYN COMMUNITY CENTER (FREE)**



Also on Mondays...

- Ping Pong at the Scout House 10:00 AM (FREE)

# TUESDAY

## LUNCH BUNCH with Natalie's Kitchen. You'll love the food!



TUESDAYS AT 11:30AM

Joslyn Community Center

RESERVATIONS REQUIRED 24 hours in advance

310-802-5447

\$3 Residents and \$5 Non-residents

6/3—Noodle Soup, Green Mix Salad, Brown Rice, Chicken Kebab, Fruits, and Steamed Vegetables.

6/10—Barley Soup, Green Mix Salad, Mashed Potatoes, Salmon, Fruits, and Steamed Vegetables.

6/17—Lentil Soup, Green Mix Salad, Spanish Rice, Fajitas, Fruits, and Steamed Vegetables.

6/24— Noodle Soup, Green Mix Salad, Mashed Potatoes, Chicken Cutlet, Fruits, and Steamed Vegetables.

## SENIOR ADVISORY COMMITTEE MEETING

Time: 1:00pm to 2:30pm

Where: Joslyn Community Center

Public is welcome

3rd Tuesday

June 17, 2014

Cost: FREE



## PING PONG

Every Tuesday

Time: 10:00am

Where: Scout House

1601 Valley Drive,

Manhattan Beach CA.

Cost: Free



## PLAY READING

JUNE 3, 2014

1st Tuesday

1:30pm—3:30pm

Joslyn Community

Center

Cost: Free



## FREE LOW VISION REHABILITATION CONSULTATIONS BRAILLE INSTITUTE'S MOBILE SOLUTIONS UNIT

When: Tuesday, June 3, 2014

Where: Joslyn Community Center

1601 Valley Drive, Manhattan Beach CA.

Time: 10:00am-3:00pm

By appointment only. Please call Braille Institute at  
(323) 663-1111 ext. 1242



## Computer Training

Dayle Eisenhower has had years of teaching and training on computers. She is volunteering her time to help explain technology to those who have questions. Bring your phone, tablet, or laptop to OASIS the 1st and 3rd

Tuesday of each month (6/3 and 6/17)

from 10am-noon. Free



## Pickle Ball

When: Every Tuesday

Time: 10:00am

Where: Manhattan Heights Park

1600 Manhattan Beach Blvd. Manhattan Beach CA.

Cost: Free



## COME & PLAY HORSESHOES

Join the fun at Joslyn Community Center

Every Tuesday at 10:00 AM

Cost: FREE



Also on Tuesdays...

♦ Arthritis Foundation Exercise Class at Joslyn Community Center at 9:00 AM\* Class is also held on Thursday at 9 am at Joslyn Community Center for a nominal fee and requires pre-registration Call (310) 802-5448.

# WEDNESDAY



## Let's Talk Woman to Woman

*Issues covered will stem  
from A (aging) to Z (zippers).*

A discussion group for women ages 55  
and older, meeting every

**Wednesday**

**10 AM to 11:30 AM**

**Joslyn Community Center.**

**Free**

*Discussion topics regarding women's issues.*

## JOSLYN SENIOR CLUB

◆ **FIRST WEDNESDAY**—JUNE 4, 2014  
10:30am-12:30pm Bingo and Snacks  
Joslyn Community Center

◆ **THIRD WEDNESDAY**—JUNE 18, 2014  
11:30am-12:30pm Potluck  
Joslyn Community Center



### **Movies to Enlighten**

D. Cardona & L. Colbert

*Margarita*

**Wednesday, June 18, 2014**

**1:30 to 3:30 PM**

**OASIS/Free**

A warm, heartfelt romantic movie about a yuppie family facing financial challenges. Solution? The nanny of six years must go! This creates a chain of events that unfolds as each character copes with a change. Some movies are just a complete and welcome surprise. This happens to be one of them.



## CRAFT CLUB

**WEDNESDAYS AT NOON**  
**Joslyn Community Center**  
**Free of Cost**

## **Let's Play On Wednesdays:**

**Chess**—10:00AM—Joslyn Community Center

**Ping Pong**—10:00AM—Scout House

**Mah Jong**—1:00PM—Joslyn Community Center

**Shuffleboard**—1:30pm—Joslyn Community Center

**All Games are Free**



## Older Adults Night Out On The Town (5PM)

- ◆ 6/4: India's Tandoori
- ◆ 6/11: Kincaid's Restaurant (New)
- ◆ 6/18: Ocean View Cafe
- ◆ 6/25: Olive Garden

Call our Dial-A-Ride Office  
to make Reservations  
(310) 545-3500.



## WOMAN OF 1001 VOICES & FACES AT OLD WORLD VILLAGE

Las Vegas headliner Bethany Owen stars in "One Voice", a one-woman show of music, comedy and singing voice impressions. Dolly Parton, Liza Minelli, Patsy Cline, Barbara Streisand-she does them all. Enjoy a three course sit-down luncheon while listening to this twice voted "BEST Female Voice Impressionist on the Las Vegas Strip".

**When: Wednesday, June 11, 2014**

**Time: 10:00am-3:30pm**

**Where: Bus leaves from Joslyn Community Center and  
Manhattan Heights Park**

**Cost: Res: \$44**

**Nonres: \$48.40**

**Register at City Hall, Parks and Recreation Department**

## Also on Wednesdays...

- Walking Group, 8:30AM Soccer Fields off Village Drive (Free)

# THURSDAY



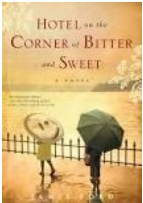
## YOUR BOOK CLUB

**When: 4TH THURSDAY (6/26)**

**Time: 5:30PM—7:30 PM**

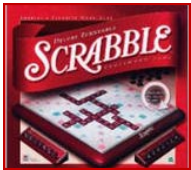
**Where: Joslyn Community Center (OASIS)  
1601 Valley Drive, Manhattan Beach CA.  
Ages 55 and Older (Free)**

The goal of Your Book Club is to promote stimulating talk, great books to read, friendships, and to have fun. Everyone will have an opportunity to participate. We have rotating facilitators to select the books and lead discussions. Come and enjoy books with us:



*June 2014—The Hotel on the Corner of Bitter and Sweet by Jamie Ford*

## TRAIN YOUR BRAIN WITH SCRABBLE!



Every Thursday at the  
Joslyn Community Center  
1:30 PM  
Cost: Free

## Line Dancing



Every Thursday at the  
Joslyn Community Center  
(\$3 per class)  
3:00 PM

## *Dine 'N Discover*

### CALIFORNIA HIGH-SPEED RAIL AUTHORITY

The proposed building of a high-speed rail system in California has created a lot of discussion. The California High-Speed Rail Authority is responsible for the planning, designing, building and operation of this proposed high-speed rail system in the nation. Join Public Information Officer Rachel Keating to:

- ◆ Learn the history of high-speed rail and the California High-Speed Rail Authority
- ◆ Get an overview and update on the progress of the high-speed rail project
- ◆ Learn the projected impact on Southern California
- ◆ Enjoy a complimentary lunch



**When: Thursday, June 19, 2014**

**Time: 11:30am-1:00pm**

**Joslyn Community Center**

**1601 Valley Drive, Manhattan Beach, CA 90266**

**For reservations please call (310) 802-5430.**

**Reservations Required by Monday, June 16, 2014.**

**Free Event**

## RENEWAL THROUGH ART

Instructor: Mary Jane Casey  
**May 1, 2014—July 31, 2014**  
10:30am-12:30pm

Manhattan Beach Scout House  
Class is Free. Students supply  
their own materials.

Registration 310-802-5447.



## MOVING & GROOVING FOR FUN & HEALTH!

- ◇ **Arthritis Foundation Exercise Class at Joslyn Community Center at 9:00 AM\***

Class is also held on Tuesday at 9 am at Joslyn Community Center for a nominal fee and requires pre-registration Call (310) 802-5448.

- **Petanque at JCC on Thursdays at 1:00 PM (Free)**
- **Walking Group at Soccer Field / Village Drive 8:30am (Free)**

**Morning additional hours were added for Mondays and Thursdays.**

## Dial-A-Ride

Open Until 9pm on 2nd and 4th Thursdays of the Month (6/12 and 6/26).  
Make your reservation (310) 545-3500.



# FRIDAY



## OASIS MOVIE CLUB

1:30 TO 3:30 PM JOSLYN COMMUNITY CENTER  
(FREE)



**June 6: Philomena** (Rated PG-13 for some strong language, thematic elements and sexual references)  
A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.  
Starring: Judi Dench, Steve Coogan, and Sophie Kennedy. (98 Minutes Long)



**June 13: Closed Circuit** (Rated R for language and brief violence)  
A high-profile terrorism case unexpectedly binds together two ex-lovers on the defense team-testing the limits of their loyalties and placing their lives in jeopardy.  
Starring: Eric Bana, Rebecca Hall, and Jim Broadbent. (96 Minutes Long)



**June 20: Saving Mr. Banks** (Rated PG-13 for thematic elements including some unsettling images)  
Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.  
Starring: Emma Thompson, Tom Hanks, and Annie Rose Buckley. (125 Minutes Long)



**June 27: The Monuments Men** (Rated PG-13 for some images of war violence and historical smoking)  
An unlikely World War II platoon is taken to rescue art masterpieces from Nazi thieves and return them to their owners.  
Starring: George Clooney, Matt Damon, and Bill Murray. (118 Minutes Long)

### SENIOR RESOURCE COMMITTEE MEETING

First Friday  
June 6, 2014  
10:00 am to 11:30 am  
Manhattan Heights  
Community Center  
Public is welcome

### Let's Play For Free:

- ◆ Bridge – 10am—Joslyn Center
- ◆ Ping Pong – 10am—Scout House
- ◆ Bingo - 11:30 am—Manhattan Heights
- ◆ Card Games - 2pm—Manhattan Heights

### TAI CHI

Tai Chi is a type of martial art known for its defense techniques and healthy benefits. Tai Chi has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of mediation in motion which promotes serenity and inner peace. Supported by Beach Cities Health District.

Free Every Friday

Where: Ocean Banquet Hall/  
Joslyn Community Center  
1601 Valley Drive,  
Manhattan Beach CA.

Time: 9am-10am

For more information please  
call (310) 802-5447



### Swing 'N Sway Dance

When: 2nd Friday of each month, June 13, 2014.

Time: 8pm-11pm

Where: Joslyn Community Center/ 1601 Valley Drive, Manhattan Beach.

Cost: \$10.00



# SATURDAY & SUNDAY

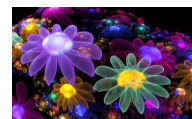
## Oasis Open Saturdays from 10am-4pm

Come in, hang out, play board games, card games, do puzzles, socialize, meet new people, your choice.



## Oasis Open Sundays from 10am-4pm

The 1st Sunday of each month OASIS will have Song Jam! Sing-A-Long. The 2nd Sunday of each month Prime Time Classics. The 4th Sunday of each month Culture Sunday unless we have a special event. The 3rd Sunday of the month will be your choice. Bring your ideas to staff. Share your talents, skills, knowledge, etc.



## SONG JAM!/ SING-A-LONG



Like to sing? Enjoy all the types of music? The first Sunday of each month we are having a Song Jam!/Sing-a-Long in Oasis. Join Janet Cornwell, a longtime folk singer to sing cowboy songs, silly songs, ballads, rounds, long, short, old, new....all your favorites.

**When: Sunday, June 1, 2014**

**Time: 12:30pm—3:30pm**

**Where: Joslyn Community Center in OASIS  
1601 Valley Drive, Manhattan Beach CA.**

**Cost: Free**

## ENCORE MOVIE PRESENTATION DALLAS BUYERS CLUB

Come and join us in OASIS for an encore movie presentation. We will show **Dallas Buyers Club** again **Sunday, June 15, 2014.**

**Where: Joslyn Community Center  
in OASIS/ 1601 Valley Drive,  
Manhattan Beach CA.  
Time: 1:30pm-3:30pm  
Cost: Free**



## Prime Time Classics

### *North by Northwest (1959)*



*A hapless New York advertising executive is mistaken for a government agent by a group of foreign spies, and is pursued across the country while he looks for a way to survive.*

*Starring: Cary Grant, Eva Marie Saint, and James Mason.  
(136 Minutes Long)*

*When: Sunday, June 8, 2014*

*Where: OASIS/Joslyn Community Center  
1601 Valley Drive, Manhattan Beach CA.*

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

*Free Event/ Popcorn will be available.*

*For more information call (310) 802-5447.*

*Need a ride? Call Dial-A-Ride at (310) 545-3500.*

## CULTURE SUNDAY

## **ACTING OUT AGAIN**



*OUR FIRST SHOWCASE OF SHORT  
PLAYS READER'S THEATER STYLE*



**When: Sunday, June 22, 2014**

**Time: 2:00pm-3:30PM**

**Where: Joslyn Community Center  
1601 Valley Drive, Manhattan Beach CA.  
Light Refreshments will be served.**

**Free Event**

*For more information call (310) 802-5447.*

*Need a ride? Call Dial-A-Ride at (310) 545-3500.*

# OTHER OAP NEWS

## On the Move Riders Club

Send your email, questions and suggestions to [MBONTHEMOVE@VERIZON.NET](mailto:MBONTHEMOVE@VERIZON.NET). Those without email contact Jan Buike for up to date information (310) 802-5447. TAP card applications are available in Older Adult Office.



## MEN'S SENIOR (60+) SLO-PITCH LEAGUE

**On-Going**

**Dorsey Field-March through November**



- ◆ Pick up games played Tuesdays 9:00am to 12:00pm.
- ◆ Skill drills conducted Mondays and Fridays 9:00am to 12:00pm.
- ◆ League games played Thursdays 9:00am to 1:00pm.

For more information go to the Manhattan Beach Senior Softball Association website, [mbssa.webs.com](http://mbssa.webs.com) or call Steven Nicholson (Commissioner) at (310) 529-1248.

## Residents invited to apply for Senior Advisory Committee (SAC)

Established by the City of Manhattan Beach Parks and Recreation Department in 2007 the nine-member committee works in conjunction with the Parks and Recreation Department's Older Adults Program to provide input to the City on the provision and delivery of various senior programs, activities and policies. The committee serves as a channel of communication between the staff and the older adult community and has representatives from the Joslyn Senior Club, Manhattan Heights Senior Club, the Senior Resources Committee, and 6 Members-at-large. If you are interested in applying for SAC please contact the Older Adults program at (310) 802-5447.



## MINI BUS TRIP THE LAST ROMANCE

Written by Joe Dipietro  
Directed by Perry Shields  
Musical Direction by Jim Hornel

From the author of 1316's debut production of Over the River and Through the Woods comes this charming and poignant story about love at any age. Ralph Bellini is an 80-year-old widower, who had youthful dreams of becoming an opera star, and who instead got married and helped support his family. Now Ralph gets an unexpected, second chance at love when he happens to take a different path on his daily walk and meets Carol. Ralph's new crush lights a spark in him, and gives him a new hope for happiness in his remaining years. Yet, complications arise, including Carol's reticence to indulge his advances, and Ralph's lonely and overbearing sister, who wants nothing more than to break the couple up. This heartfelt comedy about the transformative power of love is sure to be an audience favorite.

**Where:** Torrance Theatre Company/Bus departs from Joslyn Community Center 1601 Valley Dr. Manhattan Beach CA.  
**When:** Saturday, June 14, 2014  
**Time:** 7:00pm-10:00pm  
**Cost:** \$20.00

## FRIENDS OF THE MANHATAN BEACH LIBRARY DONATIONS

Bring your donations to the Friends book drop next to the shed located at the West end of the Joslyn Center/ Post Office parking lot.

### CONTACT INFORMATION

Email: [Friendsmbchlibrary@gmail.com](mailto:Friendsmbchlibrary@gmail.com)  
Phone #: (424) 241-0532  
Website: [FriendsofMBL.com](http://FriendsofMBL.com)



## LIBRARY OPTIONS

Dial-A-Ride will provide rides to Older Adults to the Hermosa and Redondo Beach main libraries Monday-Friday. Call the dispatch office for more Information (310) 545-3500.



**For more information about anything in this newsletter or to be added to the mailing list, call the Older Adult Program Office 310-802-5447. Program locations include:  
Joslyn Community Center (JCC) 1601 North Valley Drive;  
Manhattan Heights Community Center, 1600 Manhattan Beach Blvd.**