

OTHER OAP NEWS



On the Move Riders Club

Introduced at Dine and Discover, it has arrived. Now we're ready to move! Send your email, questions, and suggestions to 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 or call Steven Nicholson (Commissioner) at (310) 529-1248.

HEALTHIER LIVING: Managing Ongoing Health Conditions

New workshop series starting January 13 at the Joslyn Community Center in Manhattan Beach Call (310) 374-3426, x132 to register.

During six 2 1/2-hour interactive workshops you will learn to:

- Better manage your chronic health condition and lessen its impact on your life.
- Reduce fatigue, anxiety, sleep loss and pain.
- Communicate better with your doctors, friends, and family.
- Set goals and problem solve to make positive changes.



JAZZ BAND ENTERTAINMENT Tea and Dance

Please join us for an enjoyable afternoon of dancing and listening to your favorite tunes performed by The Harbor Jazz Ensemble. Those of you that came to the Holiday Party know how wonderful this band is.

When: Thursday, February 13, 2014
Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach.
Time: 1:00pm-3:30pm
Cost: \$5.00



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



When: Thursday, January 9, 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

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, 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.



January, 2014

Older Adults Program

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

HOLIDAY GLOW PICTURES



OSHER LECTURE SERIES/ FRIDAYS 10AM-12PM AT THE JOSLYN COMMUNITY CENTER

- ◆ Friday, February 7, 2014
Mad Men: Sex, Gender and the Art of Advertising in the Age of Camelot
Edd Whetmore, Ph.D., Emeritus Professor, Communications, CSUDH
- ◆ Friday, February 21, 2014
Obama, America and The Myth of Post-Racial Imagination
Salim Faraji, Ph.D., Associate Professor, African Studies, CSUDH
- ◆ Friday, March 7, 2014
The Philosophy of Fear and Politics
Sheela Pawar, Ph.D., Associate Dean, College of Arts & Humanities, CSUDH

- ◆ Friday, March 21, 2014
Understanding the Court System in the United States
Theodore Byrne, Ph.D., Assistant Professor, Public Administration, CSUDH
- ◆ Friday, April 11, 2014
A Futurist's View of Changes Transforming Our World
Linda Groff, Ph.D., Emeritus Faculty, Political Science, CSUDH

For current OLLI members, there is no charge, but registration is required. OLLI members are welcome to Bring a Friend to the Feb. 7 presentation.



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 January at the Joslyn. Whether you want to spectate or participate, come join us. (Free)

Second Monday of the month, 1/13/14.

Time: 1:30pm-3:30pm



WALKING GROUP

8:30AM and at 1:15PM

SOCCER FIELDS OFF VILLAGE DRIVE

(Also, Wednesdays at 8:30AM and Thursdays 8:30AM and at 1:15PM) (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 (1/13 and 1/27) (Free)
Manhattan Village Senior Villas



SENIOR CLUBS

at Joslyn Center or Manhattan Heights

2nd Monday 11:30 AM—Heights Senior Club Business Meeting & Luncheon
Cards & Games following meeting
Mondays 8:00-11:00 AM—Joslyn Senior “Drop In” Hours and White Elephant Sale
4th Monday 11:30 am—Joslyn Senior Club Sandwich Luncheon.



Where: Field off Village Dr.
When: January 20, 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.

Assistance will be available the 1st and 3rd Monday of the month.

Time: 10:00am-1:00pm by appointment only.

Please call (310) 802-5447.



SHORT STORY DISCUSSION GROUP
STIMULATE YOUR MIND! 10:30 AM 3RD MONDAY (1/20)
JOSLYN COMMUNITY CENTER (FREE)



Also on Mondays...

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

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. 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, January 5, 2013

Time: 12:30pm—3:30pm

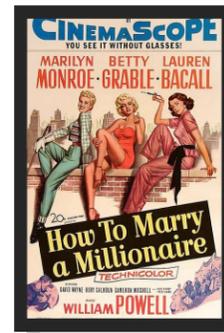
Where: OASIS/ 1601 Valley Drive, Manhattan Beach CA.

Cost: Free



Prime Time Classics

How to Marry a Millionaire



Three women set out to find eligible millionaires to marry, but find true love in the process.

Starring: Marilyn Monroe, Betty Grable, Lauren Bacall. (95 Minutes Long)

When: Sunday, January 12, 2014
Where: OASIS/Joslyn Community Center
1601 Valley Drive, Manhattan Beach.

Time: 1:30PM-3:00pm

Free Event/ Popcorn will be available.

For more information call (310) 802-5447.

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

Manhattan Beach First Tuesday Play Reading Group Celebrates Its Sixth Year

Brighten Your Winter Day with Scenes and Monologues Performed by First Tuesday Play Reading, Acting Out Again, Movers & Shakers Groups



When: Sunday, January 26, 2014
Where: 1601 Valley Drive, Manhattan Beach.
Time: 2:00pm

Free Event, All Are Welcome
Complimentary Light Refreshments.

For more information call (310) 802-5447.
Need a ride? Call Dial-A-Ride at (310) 545-3500.

MINI BUS TRIP/FUNNY MONEY PLAY

Written by Ray Cooney/ Directed by Margaret Schugt

Mild-mannered C.P.A. Henry Perkins' life is about to turn upside down! Henry is arriving home late for his birthday dinner party, but with good reason—he has accidentally picked up a briefcase containing loads and loads of money, and now his main aim in life is to emigrate, and fast! His poor wife is completely dumbfounded by the turn of events and is quickly dragged into the plot. The police soon appear on the scene, as do best friends Vic and Betty, who were invited to Henry's birthday gathering. Soon, the house is full, resulting in a frantic game of cat and mouse, hilarious innuendo, and cruelly funny turns of fate in the battle to hold onto the money.

When: Sunday, January 19, 2014

Where: Torrance Theatre Company/ Bus leaving from Joslyn Community Center/ 1601 Valley Drive, Manhattan Beach.

Time: 1:15pm-4:00pm

Cost: \$20.00

FRIDAY

OASIS MOVIE CLUB

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



January 3: Man of Steel (Rated PG-13 for intense sequences of sci-fi violence, action, destruction, and for some language)
A young itinerant worker is forced to confront his secret extraterrestrial heritage when Earth is invaded by members of his race. Starring: Henry Cavill, Amy Adams, and Michael Shannon. (143 Minutes Long)



January 10: Red 2 (Rated PG-13 for pervasive action, violence including gunplay, some language and drug material)
Retired C.I.A. agent Frank Moses reunites his unlikely team of elite operatives for a global quest to track down a missing portable nuclear device. Starring: Bruce Willis, Helen Mirren, and John Malkovich. (113 Minutes Long)



January 17: The Iceman (Rated R for strong violence, pervasive language and some sexual content)
The true story of Richard Kuklinski, the notorious contract killer and family man. When finally arrested in 1986, neither his wife nor daughters have any clue about his real profession. Starring: Michael Shannon, Chris Evans, and James Franco. (105 Minutes Long)



January 24: The Way Way Back (Rated PG-13 for thematic elements, language, some sexual content and brief drug material)
A shy 14-year-old Duncan goes on summer vacation with his mother, her overbearing boyfriend, and her boyfriend's daughter. Having a rough time fitting in, Duncan finds an unexpected friend in Owen, manager of the Water Wizz water park. Starring: Steve Carell, Toni Collette, and Allison Janney. (103 Minutes Long)



January 31: The Wolverine (Rated PG-13 for sequences of intense sci-fi action violence, some sexuality and language)
When Wolverine is summoned to Japan by an old acquaintance, he is embroiled in a conflict that forces him to confront his own demons. Starring: Hugh Jackman, Will Yun Lee, and Tao Okamoto. (126 Minutes Long)

SENIOR RESOURCE COMMITTEE MEETING

First Friday
January 3, 2014
10:00 am to 11:30 am
Manhattan Heights Community Center
Public is welcome

Let's Play For Free:

Bridge – 10am
Joslyn Center

Bingo - 11:30 am
Manhattan Heights

Ping Pong – 10am
Scout House

Card Games - 2pm
Manhattan Heights

Swing 'N Sway Dance

When: 2nd Friday of each month
January 10, 2014.
Time: 8pm-11pm

Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach.
Cost: \$7.00



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

1/7—Split Pea Soup, Green Mix Salad, Lasagna, Fruits, Steamed Vegetables.

1/14—Lentil Soup, Green Mix Salad, Brown Rice, Tilapia, Fruits, Steamed Vegetables.

1/21—Noodle Soup, Green Mix Salad, Brown Rice, Kebab, Fruits, Steamed Vegetables.

1/28— Barley Soup, Green Mix Salad, Mashed Potatoes, Meatloaf, Fruits, Steamed Vegetables.

SENIOR ADVISORY COMMITTEE MEETING

Time: 1:30pm to 3pm
Where: Joslyn Community Center
Public is welcome
3rd Tuesday
January 21, 2014
Cost: FREE



PING PONG



Every Tuesday
Time: 10:00am
Where: Scout House
1601 Valley Drive,
Manhattan Beach CA.
Cost: Free

PLAY READING

JANUARY 7, 2014

1st Tuesday

1:30pm—3:30pm

Joslyn Community

Center

Cost: Free



POETRY CIRCLE



2nd and 4th Tuesday of the month (1/14 and 1/28).
Time: 1:00pm-3:00pm
Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach CA.
Free Event

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 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
BINGO AND SNACKS**
FIRST WEDNESDAY
CANCELLED DUE TO HOLIDAY
10AM Club Business Meeting
10:30am-12:30pm Bingo and Snacks
Joslyn Community Center



Movies to Enlighten
W. Craven's
Music of the Heart
Wednesday, January 15, 2014
1:30 to 3:30 PM
OASIS/Free

A dramatic film about a determined music teacher who after 10 successful years of teaching children, faced budget cuts. She mounts a grand fundraising "Fiddlefest" but lost the venue. A friend enlists support of well known musicians, including Isaac Stern & Itzhak Perلمان. Result? A concert at Carnegie Hall! Believe this—a true story of the Opus 118 Harlem School of Music.

CRAFT CLUB
WEDNESDAYS AT NOON
Joslyn Community Center
Free of Cost



Let's Play:

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)

- 1/1: HAPPY NEW YEAR
- 1/8: W's China Bistro
- 1/15: Brickworks Roasthouse & Grill
- 1/22: Pancho's
- 1/29: Scotty's on the Strand

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



REMINDER: FREE INCOME TAX ASSISTANCE



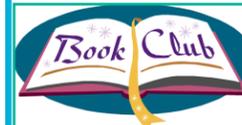
When: February 5, 2014—April 9
Where: Joslyn Community Center
1601 Valley Drive, Manhattan Beach.
SIGN IN BETWEEN 9:00AM AND 1:00PM
FIRST COME FIRST SERVE.

IRS trained and certified AARP Foundation Tax-Aide volunteers are again providing FREE tax assistance, tax return preparation, and e-filing for taxpayers with low and moderate incomes. Special attention is provided for those 60 and older. Taxpayers should bring their W2s and 1099 forms received in the mail, last years' tax return, 2012/2013 property taxes, and other pertinent records. All South Bay Tax-Aide sites can be found at www.Taxaide-SouthBay.org. AARP membership not required.

THURSDAY

YOUR BOOK CLUB

4th Thursday of each month
5:30PM—7:30 PM
OASIS at Joslyn Community Center
(Thursday, January 23, 2014)
Cost: Free



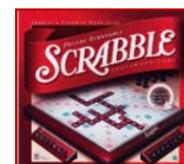
A new group for adults age 55 and up

The goal is to have a Book Club that promotes:

- Stimulating Talk
- Great Books to Read
- Friendships



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)

Dine 'N Discover

LET'S GET ORGANIZED IN 2014

Sometimes it seems that we want to get organized but are not quite sure how to do it. Begin the New Year with a fresh start join Penny Lambright, President of Clutter Cleaners, Inc. to:

- Learn what to save and what to get rid of.
- Learn how long to keep receipts, records, etc.
- Discover how to organize "From Your Front Door to Your Back Door and Everything In-Between"
- Discover how to optimize home storage space.
- Enjoy a complimentary lunch

Thursday, January 16, 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, January 13, 2014.
Free Event



RENEWAL THROUGH ART

Instructor: Mary Jane Casey
New Session Starting
January 9, 2013
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 and requires pre-registration Call (310) 802-5448.
 - Petanque at Live Oak Field on Thursdays at 1:00 PM (Free)
 - Walking Group at Soccer Field / Village Drive 8:30am and at 1:15 PM (Free)
- Morning additional hours were added for Mondays and Thursdays.



Dial-A-Ride

Open Until 9pm on 2nd and 4th Thursdays of the Month (1/9 and 1/23).
Make your reservation (310) 545-3500.

Also on Wednesdays...

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