

April 2024

A newsletter  
of activities,  
travel and  
tours, events,  
and valuable  
information  
for Peninsula  
Seniors



# PENINSULA SENIORS Connections

*make life fun!*

## Celebrating Our Outstanding Volunteers

***"Volunteers don't  
get paid, not  
because they're  
worthless, but  
because they're  
priceless."***

***— Sherry Anderson***

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*Pictured above:  
Priceless Peninsula  
Seniors volunteers  
Ann Shaw and Vidya  
Kaushik.*

### **Peninsula Seniors**

**volunteers** are the heart of our organization, as you make the magic happen every day here at the Scriba Family Center.

Our volunteers pitch in wherever needed for tasks large and small. And we appreciate it all. On any given day, you'll see volunteers setting up tables and chairs, greeting guests at the front desk, making calls, leading activities, making coffee, handling tech issues, cleaning up the conference room, being a host or hostess for an event, serving food, answering phones, suggesting new activities,

organizing the storage room, leading trips, making cookies and more. And they do it all with a great big welcoming smile for everyone.

**Volunteering doesn't have to take a lot of time** or a huge daily/weekly commitment. We welcome your help however large or small. Community service says we care about Peninsula Seniors organization and its members, and we support its mission. Volunteerism is engaging, helping, socializing, friendship, and making life fun.

***Cheers to our volunteers!***

## PENINSULA SENIORS MISSION AND VISION

Our mission is to offer activities and services that enhance and enrich the lives of senior adults on the Palos Verdes Peninsula and in the surrounding community.

Our vision is to provide opportunities for Peninsula Seniors to be the most active, educated, and healthy in California.

## BOARD OF DIRECTORS

### Officers

President: Linda Ralls

Vice President: Vidya Kaushik

Secretary: Tom Hyatt

Treasurer: Anil Aggarwal

### Members

Becky Clark

Jackie Suiter

Julia Parton

Andrew Werts

Greg Sparkman

## HONORARY LIFE MEMBERS

Anil & Madhvi Aggarwal

John<sup>+</sup> & Dorothy<sup>+</sup> Bohannon

Mike<sup>+</sup> & Virginia Cicoria

Russ Harrington<sup>+</sup>

Gene Hollander<sup>+</sup>

Elaine Jerome

Marylyn & Chuck Klaus

Allen & Dottie Lay

Richard & Melanie Lundquist

Edith Mayerson<sup>+</sup>

Ralph<sup>+</sup> & Loraine Scriba

Ann Shaw

Elly<sup>+</sup> & Robert<sup>+</sup> Visser

<sup>+</sup> = deceased member

## EXECUTIVE DIRECTOR

Margie Beierschmitt

## OFFICE STAFF AND VOLUNTEERS

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## CONNECTIONS NEWSLETTER

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Rolling Hills Estates CA 90274

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W: [pvseniors.org](http://pvseniors.org) E: [seniors@pvseniors.org](mailto:seniors@pvseniors.org)

## STAY CONNECTED

 [facebook.com/pvseniors](https://facebook.com/pvseniors)

 [X.com/PenSeniors](https://x.com/PenSeniors) (formerly Twitter)

 [instagram.com/peninsulaseniors/](https://instagram.com/peninsulaseniors/)

## DISCLAIMER

The "Peninsula Seniors Corporation" does not assume responsibility for errors, omissions, or misinformation nor do we recommend, endorse, or guarantee products, professional services, or personal opinions expressed. Activities and services may be added, deleted, or rescheduled.



photo by Meredith Whitney

## Celebrating Our Volunteers

# Volunteer Appreciation Month

## CURRENT MEMBERSHIP: 990

Since we have such a small staff, we really depend on our volunteers! Our volunteers are truly the backbone of every activity, event, club, and class, and we love all 100 of them!

Each volunteer brings different skills and gifts; our volunteers bring their vision, passion, commitment, and energy. They work individually, and in teams, on committees, in planning, and in execution.

I am so grateful to all of you who have given of your time, wisdom, and talents to serve Peninsula Seniors. In doing so, you grace our organization, our members, and our community by honoring the dignity of work and the value of volunteering. After all, we are just people helping each other.

*You make our magic happen!*

With Gratitude,

Margie Beierschmitt  
Executive Director

*"No act of kindness, no matter how small, is ever wasted."*

— Aesop

# Membership News

## for Peninsula Seniors

## Peninsula Seniors Leave a Lasting Legacy

## New and Returning Members

**WE WELCOME THESE NEW MEMBERS** who joined us in February.

David & Pat Goodman	Judith Maizlish &	Masako Onishi
Ron & Linda Guilbert	Larry Maizlish	Anne Pepys
Caryl Horvath	Peggy Mercer	Donna Schwindt
Anne-Marie Hudani	Ellen Mintz	Peter Starodub
Christine Jorgensen	Barbara Murphy	Jackie Suiter
Patti Kitching	Noriko Noda	Elaine Willette

**THANK YOU** to those who renewed their membership in February.

Manuel & Myrna Baculi	Abe Hepner	Julia Parton
Ruth Baumann	Karen Hill	Kathy Petroczy
Thomas & Bernadette	Mary Horeczko	Rayne & Pamela
Brown	Catherine Hutchinson	Sherman
Richard & Elizabeth	Safy Jacob	Ruth Shigekuni
Cantine	Judy Jorgensen	Nancie Silver
Roanne Chandraratna	Susan Kaats	Louis Smolensky &
Jack & Joyce Crump	Christine Lynch	Gertrude Carter-
Gail Davis	Evelyn Lynch	Smolensky
Kathy Ebenhack	Margaret Maddox	Shu Jen Su
Ilse Getman	Terry McGovern	Mary Watson
William & Mary Lou	Nell Mirels	Ann Woodhouse
Hayden	Kermit & Elisabeth	
Josephine Heffernan	Olson	

## Membership Honor Roll

**PLATINUM** (\$600/yr)

Pam Barrett Hill

**SILVER** (\$250/yr)

Jack & Norma Burns  
Ray & Anne Curry Destabelle  
Vijay Kamdar

## Above & Beyond

Thanks to those who made gifts of \$100 or more to Peninsula Seniors' operations in February.

Anonymous (x 3)  
Pam Barrett Hill  
Ruth Baumann  
Don & Margie Beierschmitt  
Sigrid Coulbourn  
John Exline  
Alberta Samuelson

## Bequests Are For Everyone

### BENEFITS OF BEQUESTS:

- Bequests require no donation during your lifetime.
- You can change your mind if your circumstances change.
- Bequests are welcome in any amount.
- You can leave money to your loved ones and Peninsula Seniors by specifying percentages to go to each.

### SAMPLE LANGUAGE

I give/bequeath the sum of (\$ \_\_\_\_\_) to Peninsula Seniors, 501(c)(3) Tax-Exempt Non-Profit Corp., Tax ID: 95-3723540, residing at 602 Deep Valley Drive, Suite 310 Rolling Hills Estates CA 90274 for its general use and purposes.

**FOR MORE INFORMATION CALL**  
Margie Beierschmitt  
Executive Director, (310) 377-3003

## Legacy Endowment

*Thanks to those who have left a lasting legacy with their gifts to our endowment fund.*

Anil & Madhvi Aggarwal  
Guido Frassinelli



# HOT DEALS

## for Peninsula Seniors

**Show your personalized Peninsula Seniors membership card to receive a Hot Deal.** For current information about these merchants, including phone numbers and addresses, come in to the Scriba Family Center to pick up a detailed flyer, or visit our website: [pvseniors.org](http://pvseniors.org).

### **Alltech of Lomita, Inc.**

2018 W. Lomita Blvd #1, Lomita  
(310) 539-2260 10% off notebook and computer repair in your home.

**Big Island Eats & Shave Ice** Free tea w/\$10 purchase or more.

### **Café Bonaparte NEW!**

219 Avenue I, Red. Bch, (424) 247-9456  
10% off all. Redondo Bch location only.

### **CMS Design Portraiture**

Free session fee (\$150 value);  
10% off orders, plus 10% off orders placed at first preview viewing.

**Contessa Home Care** Discounts on Basic-, Deluxe-, and Premium-packages. 12 hours/day minimum. (323) 247-6065.  
[noraferguson@contessahc.com](mailto:noraferguson@contessahc.com)

### **Courtesy Cleaners**

10% off dry cleaning orders over \$10.

### **Crème de la Crêpe**

One dessert crepe with purchase.

### **Dragonfly Thai**

10% off all purchases.

**El Pollo Inka** With any purchase, 15% off lunch or dinner, complimentary lunch or dinner on your birthday.

### **Elegance Automotive**

**Restoration** Auto detailing: \$65 2-dr sports car; \$75 4-dr car; \$85 SUV/truck.

**Floral 101** 5% off floral arrangement; free delivery up to 6 miles from shop on purchases of \$70 or more.

**Fred Astaire Dance Studios** 10% off Beginners Pkg of 4 private and 2 group lessons, 2 parties.

### **Fuego Cravings NEW!**

20% off any dine-in or carry-out order. Ground floor, Promenade. (310) 377-0672 or [fuegocravings.com/rolling-hills-estates](http://fuegocravings.com/rolling-hills-estates)

**gingi.com** 15% off Gingi jewelry, paintings, note-cards, beauty, and lifestyle products w/code PVSENIORS on [gingi.com](http://gingi.com) and at all Gingi art events.

### **Giorgio's**

One tiramisu dessert/table at lunchtime.

**Golden Cove Pharmacy** 10% off medical supplies, over-the counter, and pro-grade supplements. 15% off pro-grade supplements on last day of the month. \*Restrictions may apply.

### **The Grand Emporium**

20% off any purchase.

### **Hillside Auto Repair**

10% off parts and labor on any service up to \$250. Free 30-point vehicle inspection and free car wash with any service.

### **Kelly's Korner**

Free cookie or chips with sandwich purchase.

### **Kim's BBQ**

10% off Monday through Thursday.

### **Joey Komada, Licensed**

**Acupuncturist & Herbalist** 15% off first treatment; 10% off subsequent treatments.

### **Lunada Market & Deli**

10% off Tuesdays.

### **Massage Smith LLC**

20% off products and services.

### **Mayer's Bakery**

15% off purchases over \$10.

### **New Kabab Curry of India**

25332 Crenshaw Blvd., Torrance. Free drink or 20% off lunch buffet. \$5 corkage waived on wine.

**Oil Stop** Drive-through oil change: \$15 off. Coupon code PS602. 4100 Sepulveda Blvd (at Ocean), Torrance.

### **Outdoor Dog Photography**

10% discount on the Mini-Package, a \$265 value. (310) 818-1764

### **Peninsula Physical Therapy.**

\$75/hr. (\$50 discount). \$100/mo. (\$25 discount) wellness program.

### **Power Rooter & Plumbing Inc.**

15% off labor. [prpcustomerservice@gmail.com](mailto:prpcustomerservice@gmail.com).

### **Ruby's Diner PV** 10% off entire bill!

Not valid with other discounts, coupons, specials, fundraisers.

### **SAGA Made in Italy**

15% discount on SAGA Made in Italy clothing; 10% discount on everything else.

**Salon Vivace** 20% off hair cut, includes hair consultation, shampoo, cut, and style with select stylists.

### **Sepi Lackpour, Ph.D., L.Ac.**

**Acupuncture & Herbal Holistic Care** 15% off first treatment; 10% off subsequent treatments.

### **South Bay Hearing**

3734 Sepulveda Blvd., Torrance  
(310) 803-9468 FREE clean and check

**HOT DEALS  
HOT TIP:**

Keep your membership card  
and Hot Deals list in your car.

of your hearing aids; \$250 off new pair  
of AGX 9,7, or five hearing devices. Comp  
hearing aid consultations available.

**Still Got It Fitness**

25% off first month any membership; 10%  
off all succeeding months.

**The DropOut Cyclery**

1272 Sartori Ave., Torrance. 10% off first  
bicycle purchase. 15% off repairs: parts +  
labor.

**The Game Chest**

550 Deep Valley Drive #137, RHE  
15% off purchases. Not valid w/other  
discounts, coupons, specials, or clearance  
items.

**Terranea Resort **NEW!****

100 Terranea Way, RPV. 25% off your  
food bill when dining at Catalina Kitchen,  
plus FREE parking.

**Truelement Massage **UPDATED!****

23706 Crenshaw Blvd., #101B, Torrance,  
1truelement.com, (424) 235-8785.  
Offer: 20% off every visit.

**Truxton's**

15% off 3–5 pm; 10% off other times.

**Vee Wesson Design Visions (310)**

213-4055 Remodeling? Free 1–2 hours  
initial home design consultation. 5% off  
computer-generated design for one room  
or subject.

**Village Shoe Repair**

10% off repairs.

**What's Cookin' Cookware**

**& Gifts** Del Amo Mall, #328-A, Torrance.  
15% off purchases.

As of 3/20/24. Offers subject to change  
without notice. More Hot Deals coming soon!



**IT'S TACO TIME AGAIN!**

You are cordially invited  
to Peninsula Seniors

**DOS DE  
MAYO**

*Taco Party Luncheon*

Tacos, enchiladas, fixings,  
guacamole, chips, drinks, dessert

**May 2, 2024, noon–2 pm**

**Scriba Family Center**  
602 Deep Valley Drive, Suite 310  
Rolling Hills Estates

\$30 members / \$40 non-members  
Payment in advance. No cancellations or refunds.

Space is limited.  
**RSVP by 5 pm Thursday, April 25**  
by calling (310) 377-3003

Catering by  
The Original Red Onion Restaurant

Sponsored by  
  
A Peaceful Way  
HOME CARE



# Day Coach Trips and Multi-Day Tours

*make life fun!*

## WHEN YOU TRAVEL WITH PENINSULA SENIORS

- Sign up early for cruises and multi-day tours and trips. Group events are finalized 45 to 60 days before the trip.
- Tips are not included. \$3–\$5/day is the average tip for bus driver and tour director.
- Trip brochures and flyers are in the Peninsula Seniors office.
- Call (310) 377-3003 for trip details. Leave your name, phone, and the trip that interests you.

## CANCELLATION POLICY

If you must cancel, Peninsula Seniors will try, but cannot guarantee, your space will be sold. If your space is filled, the trip cost will be refunded to you, less a \$5 processing fee. If the space cannot be filled no refund can be made, regardless of the reason for cancellation, including medical-related excuses and emergencies. Thank you for your understanding.

## HOLLYWOOD BOWL SUMMER CONCERTS UNDER THE STARS

### FIREWORKS SPECTACULAR

**WAITLISTED**

**With Harry Connick Jr.**

**Tues, July 2**

Members \$79

Non-Members \$94

### BIG BAND NIGHT Maria Schneider & Count Basie Orchestras

**Wed, July 17**

Members \$69

Non-Members \$84

### LATIN & SPANISH Dance- Inspired Music Symphonic Tango & Flamenco

**Thu, August 8**

Members \$69

Non-Members \$84

### CARMEN AND CARNIVAL with Dudamel

**Thu, September 5**

Members \$69

Non-Members \$84

### SPACE IS LIMITED.

Cost includes an express bus ticket from Wilson Park. Bring a picnic or purchase food at the Bowl. No refunds or cancellations. For more information and to buy tickets, call Peninsula Seniors at (310) 377-3003.

## MULTI-DAY TRIPS

### YOSEMITE ADVENTURE

**Mon May 6–Fri May 10**

\$899pp dbl / \$1,199 single

\$200 deposit.

Final payment due March 22.

Tour Yosemite Valley to view amazing granite cliffs and waterfalls. Two nights at Chukchansi Hotel and Casino. Amtrack train ride.

### BEST OF FLORIDA

**Tues May 14–Tues May 21**

\$3,999pp double / \$4,599 single

\$200 deposit.

Final payment due March 15.

Visit the Sunshine State and tour Key West, Miami, and Orlando. Airboat in the Everglades, Brightline High-Speed Train, plus Disney World or Universal Park.

### YELLOWSTONE, GRAND TETONS, MT. RUSHMORE

**Mon July 15–Tues, July 23**

\$3,999pp dbl / \$4,999 single

Includes roundtrip airfare.

\$200pp deposit.

Extensive tours include Custer State Park, Crazy Horse Memorial, Little Bighorn National Monument, Buffalo Bill Center; plus a Float Trip on the Snake River.





# Peninsula Seniors

## Calendar For April 2024

MON	TUE	WED	THUR	FRI
<b>1</b> Tai Chi & Chi Gong, 9–10, SFC <b>Mahjong</b> , 10, SFC <b>Meet &amp; Greet</b> , 10–12, SFC <b>Canasta</b> , 1:30–3:30, SFC <b>Rummikub</b> , 1:30–3:30, SFC <b>Conversational Spanish</b> 1:45, SFC <b>90 &amp; More Club</b> , 3–4, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC	<b>2</b> Ping-Pong, 9–11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Conversational Japanese</b> 1:30–3, SFC <b>Writers' Group</b> , 1:30–3, SFC	<b>3</b> PV Walkers, 9, PP <b>Bohannon Lecture</b> , SFC 10:15 coffee, 10:30 lecture <b>Pen Vets (\$)</b> , Noon, SFC <b>Mahjong</b> , 1, HP <b>Music Appreciation</b> 3–4, SFC	<b>4</b> Ping-Pong, 9–11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Craft &amp; Chat</b> , 1–3:30, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC <b>Virtual Tech Clinic</b> 5–6, Zoom only	<b>5</b> Ping-Pong 9–12, SFC <b>American Mahjong</b> 10–noon, SFC <b>Bingo (\$)</b> , 1–2:30, SFC <b>Bridge</b> , 1:30–3:30, SFC
<b>8</b> Tai Chi & Chi Gong, 9–10, SFC <b>Mahjong</b> , 10, SFC <b>Meet &amp; Greet</b> , 10–12, SFC <b>Canasta</b> , 1:30–3:30, SFC <b>Rummikub</b> , 1:30–3:30, SFC <b>Conversational Spanish</b> 1:45, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC	<b>9</b> Ping-Pong, 9–11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Conversational Japanese</b> 1:30–3, SFC <b>Writers' Group</b> , 1:30–3, SFC	<b>10</b> PV Walkers, 9, PP <b>Bohannon Lecture</b> , SFC 10:15 coffee, 10:30 lecture <b>Mahjong</b> , 1, HP <b>Music Appreciation</b> 3–4, SFC	<b>11</b> Ping-Pong, 9–11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Thursday Book Club</b> 11:30–1:15, PVL <b>Craft &amp; Chat</b> , 1–3:30, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC <b>Virtual Tech Clinic</b> 5–6, Zoom only	<b>12</b> Ping-Pong 9–12, SFC <b>American Mahjong</b> 10–noon, SFC <b>Movie</b> : "Operation Mincemeat" 12:30, SFC <b>Bridge</b> , 1:30–3:30, SFC
<b>15</b> Mahjong, 10, SFC <b>Meet &amp; Greet</b> , 10–12, SFC <b>Canasta</b> , 1:30–3:30, SFC <b>Rummikub</b> , 1:30–3:30, SFC <b>Conversational Spanish</b> 1:45, SFC <b>90 &amp; More Club</b> , 3–4, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC	<b>16</b> Ping-Pong, 9–11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Conversational Japanese</b> 1:30–3, SFC <b>Writers' Group</b> , 1:30–3, SFC	<b>17</b> PV Walkers, 9, PP <b>Bohannon Lecture</b> , SFC 10:15 coffee, 10:30 lecture <b>Mahjong</b> , 1, HP <b>Music Appreciation</b> 3–4, SFC	<b>18</b> Ping-Pong, 9–11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Craft &amp; Chat</b> , 1–3:30, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC <b>Virtual Tech Clinic</b> , 5–6, Zoom	<b>19</b> Ping-Pong 9–12, SFC <b>American Mahjong</b> 10–noon, SFC <b>Let's Do Lunch (\$)</b> 11:30, New Kabab Curry of India, Torrance <b>Bridge</b> , 1:30–3:30, SFC
<b>22</b> Mahjong, 10, SFC <b>Meet &amp; Greet</b> , 10–12, SFC <b>Canasta</b> , 1:30–3:30, SFC <b>Rummikub</b> , 1:30–3:30, SFC <b>Conversational Spanish</b> 1:45, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC	<b>23</b> Ping-Pong, 9–11, SFC <b>Tuesday Book Club</b> 10:30, PVL <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Conversational Japanese</b> 1:30–3, SFC <b>Writers' Group</b> , 1:30–3, SFC	<b>24</b> PV Walkers, 9, PP <b>Bohannon Lecture</b> , SFC 10:15 coffee, 10:30 lecture <b>Mahjong</b> , 1, HP <b>Music Appreciation</b> 3–4, SFC	<b>25</b> Ping-Pong, 9–11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Craft &amp; Chat</b> , 1–3:30, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC <b>Virtual Tech Clinic</b> 5–6, Zoom only	<b>26</b> Ping-Pong 9–12, SFC <b>American Mahjong</b> 10–noon, SFC <b>Bridge</b> , 1:30–3:30, SFC <b>Trivia</b> , 1–2:30, SFC
<b>29</b> Mahjong, 10, SFC <b>Meet &amp; Greet</b> , 10–12, SFC <b>Canasta</b> , 1:30–3:30, SFC <b>Rummikub</b> , 1:30–3:30, SFC <b>Conversational Spanish</b> 1:45, SFC <b>90 &amp; More Club</b> , 3–4, SFC <b>Inter. Modern Line Dance</b> 3:30–4:30, SFC	<b>30</b> Ping-Pong, 9–11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Conversational Japanese</b> 1:30–3, SFC <b>Writers' Group</b> , 1:30–3, SFC	<div> <b>ABBREVIATIONS:</b>  <div> <div>\$=cost to attend</div> <div>HP=Hesse Park</div> <div>PP=Promenade on the Peninsula</div> </div> <div> <div>PVL=Palos Verdes Library, Pen Center Branch</div> <div>SFC=Scriba Family Center</div> </div> </div>		

# Activities

## for Peninsula Seniors

(\$ ) indicates there is an additional cost to participate in the program or event.

### AVAILABLE TO THE COMMUNITY

#### BOHANNON LECTURE SERIES

Wednesdays at Scriba Family Center  
10:15 coffee / 10:30–11:30 am lectures

*Bring your friends to enjoy a cup of coffee and thought-provoking lectures on a variety of topics, all presented by local personalities.*

**April 3: “Multi-Faceted”**  
**PV Art Center**  
**10:30 am**

**SPECIAL**

In collaboration with the Palos Verdes Art Center (PVAC), local artist Anne Olsen Daub will discuss her sculpture and jewelry exhibit, which is now on display at the PVAC. After the lecture, you can meet the artist, learn about her art forms and techniques, and visit the exhibit.

**April 10: “Unification of Japan in the 16th Century”** Member Lew Holzman relates how three Samurai leaders expanded their territory until Japan (except Hokkaido) was under one government. Lew became interested in Japanese history when stationed there during the Vietnam War.

**April 17: “U.S. Space Force Initiatives”** A prominent figure in the aerospace industry, Dr. Claire Leon is the director of Space Systems Integration for the Space System Command, U.S. Space Force. She'll discuss the program, its mission, and future challenges to advance our nation's space-based capabilities and strengthen national security interests.

#### **April 24: “Why It's Important to Learn CPR”**

Dr. Marianne Gausche-Hill, CEO and clinical researcher at the Lundquist Institute for Biomedical Innovation at Harbor-UCLA Medical Center, discusses how easy CPR methods performed by bystanders can increase the chance of surviving the arrest.

For details, call Renée Reymond, program coordinator, at (310) 377-3003.

#### **MEET & GREET**

**Mondays, 10 am–noon, SFC**

Have coffee, make new friends, chat, exchange ideas, and *make life fun!*

**PV WALKERS Wednesdays, 9 am**

**Promenade on the Peninsula, south end, level one, across from the nail salon.**

Stretch, walk the mall at your own pace, and finish with coffee at the Peninsula Seniors Scriba Family Center. Details at Peninsula Seniors: (310) 377-3003.

#### **PEN VETS LUNCH (\$)**

**Wednesday, April 3, SFC**

**Doors open at 11:45; lunch w/program at noon**

Presentation by space historian Lt. Col. D'Ann Chester, who is training for a trip into space with Virgin Galactica.

*Everyone, not just vets, is welcome.* The \$20 admission includes a sandwich lunch. Pay on arrival. No walk-ins. Must RSVP to [audrey.goode@gmail.com](mailto:audrey.goode@gmail.com).

#### **LET'S DO LUNCH (\$)**

**Friday, April 19, 11:30 am**

**New Kabab Curry of India**

**25332 Crenshaw Blvd., Torrance**

Buffet. Separate checks. Limited space. RSVP today by calling (310) 377-3003.





## FOR MEMBERS ONLY

### TAI CHI and CHI GONG

Mondays, April 1 & 8, 9–10 am, SFC

Joey Komada, licensed acupuncturist and instructor in various forms of Tai Chi, leads a class consisting of a series of gentle movements of stretching the arms and legs that offers a moderate workout to release stress and improve energy, balance, and immunity. All skill levels are welcome, and exercises may be performed in a chair in comfortable clothing.

### MAHJONG

Mondays, 10 am, SFC

Wednesdays, 1 pm, Hesse Park

### RUMMIKUB

Mondays, 1:30–3:30 pm, SFC

A tile-based game for two to four players with simple rules and free-flowing fun for everyone. RSVP to (310) 377-3003.

### CANASTA

Mondays, 1:30–3:30, SFC

Come try your hand at this card game of chance and skill. If you're interested, call (310) 377-3003.



### CONVERSATIONAL SPANISH CAFÉ Y CONVERSACIÓN

Mondays, 1:45 pm, SFC

Practice basic Spanish speaking skills in a friendly, social atmosphere. RSVP to (310) 377-3003.

*Peninsula Seniors acknowledged at the Membership Upgrade Reception included, from the left, Marilyn Klaus, Bob Ralls, Virginia Cicoria, and Del McCulloch.*

### PING-PONG

Tuesdays & Thursdays, 9–11 am, SFC

Fridays, 9–noon, SFC

Come play with us! All skill levels are welcome.

### THE “90 & MORE” CLUB

Alternate Mondays, April 1, 15, 29

3–4 pm SFC

Members 90 years old + are welcome. For more information and to RSVP, call (310) 377-3003.

### CONVERSATIONAL JAPANESE

Tuesdays, 1:30–3 pm, SFC

Learn basic conversation skills in a social setting with instructor Ryoji. RSVP to (310) 377-3003.

### TUESDAY BOOK CLUB

Tuesday, April 23, 10:30 am, PVL

This book club is full. If you're interested in launching a new book club, let us know by calling (310) 377-3003.

### FITNESS FUN WITH BEVERLY (\$)

Tuesdays & Thursdays, 11 am, SFC

Gently sculpt and strengthen your body. For all fitness levels. Taught by Beverly Beatty, certified Advanced Health and Fitness Instructor. \$90 for 3 months.

### WRITERS' GROUP

Tuesdays, 1:30–3 pm, SFC

Budding and seasoned authors write poetry, document travels, or write chapters for their books.

*—Activities continue on the following page*

## FOR MEMBERS ONLY, *continues*

### MUSIC APPRECIATION

Wednesdays, 3–4 pm, SFC

This month we'll finish our study of the 1950s origin of rock-and-roll, examining music by The Ventures, the Beach Boys, Jan and Dean, and more.

Then we'll switch gears to begin a series about American classical composers, discussing and sampling the music of Arnold Schoenberg, Ferde Grofe, George Gershwin, and others.

Join instructors Ann and Lee Strong in person at the Scriba Family Center and simultaneously on Zoom.

### THURSDAY BOOK CLUB

Thursday, April 11, 11:30–1:15 pm, PVL



Monthly, our Craft and Chat group celebrates participants birthdays. Honored in March were, from the left, Linda Robbins, Nadine Roisman, and Susan Reymond.

### CRAFT AND CHAT

Thursdays, 1–3:30 pm, SFC

Work on your craft while socializing with friends. Call (310) 377-3003 to register.

## ***Behind the Scenes*** ***at the Scriba Family Center!***

New member Charlie Abbott stepped up to volunteer almost as soon as the ink was dry on his membership enrollment form. Be sure to meet and get to know this unassuming fellow who helps with our movie presentations and other activities. “He’s right in the spirit of volunteering,” says Executive Director Margie Beierschmitt.

### VIRTUAL TECH CLINIC

Thursdays, 5–6 pm, Zoom only

Need help with your digital device? Then this is the clinic for you! Call (310) 377-3003 to register, or email [seniors@pvseniors.org](mailto:seniors@pvseniors.org).

### AMERICAN MAHJONG!

Fridays, 10–noon, SFC

Must have your own “Official Standard Hands and Rules.”

**BINGO! (\$)** Friday, April 5, 1–2:30 pm, SFC

\$2/card. Cash prizes! Must RSVP: (310) 377-3003.

### MOVIE TIME

Friday, April 12, 12:30 pm, SFC

“Operation Mincemeat.” Based on a true story, two British intelligence officers hatch an outlandish scheme to trick the Nazis and alter the course of WWII. Starring Colin Firth and Matthew Macfadyen. 2022 (1hr 7m) PG13

**BRIDGE** Fridays, 1:30–3:30 pm, SFC

Must RSVP: (310) 377-3003.

**TRIVIA!** Friday, April 26, 1–2:30 pm, SFC

Tease your brain with fun and interesting questions. BYOT: If you have a great question, bring it!





## Our Farewell/Thank You Reception for Volunteer Ann Shaw *Made Life Fun!*



### Guests attending included:

1. Ann Shaw and former RPV Mayor Jackie Bacharach.
2. Steve Jordan and Board member Tom Hyatt.
3. Don Beierschmitt and Melinda Gann.
4. Board President Linda Ralls.
5. Board member Greg Sparkman is flanked by Board member Becky Clark, left, and Liz Sparkman.
6. From the left, Cindy Miller, Gerry Stark, Jo Heffernan, Ann Shaw, and Fran Wielin.





# Peninsula Seniors

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## Shelley's Book Club and Pen Seniors: A Perfect Match!



*UCLA grad and former school teacher Shelley Pogorelsky, pictured left, and Ben, her spouse of 56 years, have lived locally*

*since 1978. Pen Seniors' music appreciation, ping-pong, and Bohannon Lectures are favorite activities. A few years ago, Shelley brought her book club under the Peninsula Seniors' umbrella. Your editor asked her about those circumstances.*

**How did your book club land under the Peninsula Seniors umbrella?** We've been together since 2009, meeting first in our homes in the evenings, but many did not want to go out at night.

Then we tried restaurants, but they were too noisy. Finally, I approached Peninsula Seniors. Problem solved! We meet monthly on second Thursdays, 11:30–1:15, at the library next door.

We're maxed out at 19 members, with 8–10 generally attending discussions. I'm the volunteer lead/manager of the book club, sending e-reminders about meetings and what we're reading.

**How are books selected?** In alphabetical order by first name members select books on a rotating basis. It's fiction, mostly, sometimes a best seller, and always 400 pages or fewer.

**Do you volunteer elsewhere in the community?** I've been with Las Candelistas for over 40 years and was board chairman

twice. It's a wonderful way to support the children and the environment in the South Bay. More recently, as part of a group effort I helped bring a young Ukrainian family to the United States. After a lot of paperwork and research, they arrived in early March, and now we continue to assist by helping them get settled in a home with jobs and more. They are beyond grateful.

**How do you personally benefit from volunteering?** I like to bring people together who share similar interests. Being connected to one another is especially important when we're retired. We need to do something constructive and make friends.

*Thanks, Shelley, for helping Peninsula Seniors connect!*