

August 2024

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



PENINSULA SENIORS Connections

make life fun!

Celebrating Our Super Seniors!

Some ideas are brilliant, including our launch of a special Peninsula Seniors “club” for our 90-year-old superstar members.

Our 90+ Club, which began in January with a modest number of participants, has blossomed into a vibrant community of 8–12 regular attendees. With a dedicated discussion leader, the club meets twice a month on Mondays from 3–4pm. (Consult “Connections” for dates). They gather to enjoy coffee, treats, and, most importantly, to share their life stories and experiences.

Conversations begin with each relating memories of their childhood, birthplace, grandparents, schooling, hometowns, siblings, spouses, and more. One member even recalled a grandparent having memories of the Civil War.

Recently, there was a heartwarming exchange among members about their pride in their grandchildren, the schools they attend or will graduate from this year, and their future career paths. Their joy and pride are truly infectious, bringing a sense of connection and inspiration to all who hear their stories.

These discussions among our 90-year-olds are not just heartwarming but also invaluable. They bring back memories of their life journeys and remind us of the richness of their experiences.

This new 90+ Club reflects what Peninsula Seniors’ is all about—creating a space for members to meet new friends, share experiences, and *make life fun*.

We are deeply appreciative of these seniors for their contributions to our organization.

90+ Club members pictured above are, from the left, Doris Granata, Gudrun Liehr, and Frances Boothe.

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	Greg Sparkman
Laurie Glover	Jackie Suiter
Julia Parton	Andrew Werts

HONORARY LIFE MEMBERS

Anil & Madhvi Aggarwal
John⁺ & Dorothy⁺ Bohannon
Mike⁺ & Virginia Cicoria
Russ Harrington⁺
Gene Hollander⁺
Elaine Jerome
Marylyn & Chuck Klaus
Allen & Dottie Lay
Richard & Melanie Lundquist
Edith Mayerson⁺
Ralph⁺ & Loraine Scriba
Ann Shaw
Elly⁺ & Robert⁺ Visser

⁺ = deceased member

EXECUTIVE DIRECTOR

Margie Beierschmitt




OFFICE STAFF AND VOLUNTEERS

Programs/Contributing Connections Author:
Renée Raymond
Travel: Jo Anne Weber
Webmaster: Tim Farmer
Hot Deals: Susan Raymond

CONNECTIONS NEWSLETTER

Editor: Christine Barnicki
Published monthly by Peninsula Seniors, a
501(c)(3) Tax-Exempt, Non-Profit Corporation.
Tax ID: 95-3723540
Monthly circulation: 1,400
602 Deep Valley Drive, Suite 310
Rolling Hills Estates CA 90274
P: (310) 377-3003
W: pvseniors.org E: seniors@pvseniors.org

STAY CONNECTED

 facebook.com/pvseniors
 X.com/PenSeniors (formerly Twitter)
 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

Minute With Margie

Current Membership: 1,040

This month we celebrate our super seniors.

I've heard that longevity is 30% genetics and 70% life choices.

Besides the obvious general long-term good health needed to live to 90 and beyond, I believe there are several common characteristics of successful aging. In addition to our 90-year-olds, I often see these in our members and volunteers. In no particular order, these common characteristics are:

- maintaining a good sense of humor and a sense of hope;
- staying interested in something (I've observed that our folks are committed to lifelong learning); and importantly,
- the ability to cope with loss.

And guess what else: ***They are staying connected to make life fun!***

So, here's to you, our super seniors. Bravo!

I'm also giving a huge shout out to the volunteers at our Ice Cream Social. Thanks so much for all your hard work making our third annual the best ever! From the adorable decorations to the great live music, from the set-up crew in the morning to the afternoon cleanup, from the check-in desk to the greeters to the ice cream runners and everyone supporting the ice cream-loving crowd—it was magical! Beautiful, seamless teamwork. Well done, thank you! Making it all possible were our generous event sponsors: Terry McGovern at A Peaceful Way Home Care, Joe Graziano at CBE Office Solutions, and our friends at Peninsula Pointe by Cogir.

As usual, I hope you'll consider upgrading your membership level. We need your support, and together, we can continue to ***make life fun!***

With Gratitude,

Margie Beierschmitt
Executive Director

Membership News

for Peninsula Seniors

New and Returning Members

WE WELCOME THESE NEW MEMBERS who joined us in June.

Sandra Allbee	Salim Fadil	William Moore
Sedigheh Asgari & Farah Asgari	Jacob & Gwen Friend	John Scarpulla & Allyson Yarbrough
Kathleen Barndt	Ann Garten	Steve & C.B. Schultz
Lorraine Benner	Helmut & Frances Harder	Steve Thacker
Judy Carter	Dan & Christina Hom	Amy Wasserzieher
Leslie Criswell	Cindy Keitel	Nary Wong
Donald Crowell	Leah Marinkovich	

THANK YOU to those who renewed their membership in June.

Theresa Birch	Audrey Kraake Suer	Mimi Swift
Linda Cavette	Gail Lauchner	Beryl Tilley
Jan Chai	Kathy McCarthy	Marylou Tom
Ibtissam Chang	Jim & Melody	Nadine Van Volkom
Allan & Robin Colman	McKenna	Elena Vicente-Luttio
Abi & Janet Fattahi	Ellen Moses	Abby Waddell
Margie Hait	Steve Nash & Pat	Ernest Wade
Maureen Hill	Padelford	Cal & Jo-Anne Waller
Bernard & Carol Hindman	Everett & Sandra Ruddick	Shenandoah & Agnes Wang
Kay Ho	Marilyn Schwartz	Bruce & Dolly Weiner
Beverly Iwasaka	Peter & Jacquie	Carol Wharton
Joey Komada	Starodub	

Membership Honor Roll

GOLD (\$400/yr)

Roger & Carol Schamp
Brooks Vogt

SILVER (\$250/yr)

Marilyn Litvak
Burckhard Mohr
Benjamin & Shelley Pogorelsky
Laura Warren

Above & Beyond

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

Anonymous (x 2)	Beverly Iwasaka	Alberta Samuelson
Edward Hancock	Bob & Linda Ralls	Jack & Cathy Tiano

Honorary Lifetime Members

GIFT OF \$100,000+ or EXEMPLARY SERVICE

Anil & Madhvi Aggarwal
Virginia Cicoria
Elaine Jerome
Chuck & Marylyn Klaus
Allen & Dottie Lay
Richard & Melanie Lundquist
Loraine Scriba
Ann Shaw

Diamond Lifetime Members

ONE-TIME GIFT OF \$5,000

Anonymous
Amy Ba
Sandy Barnett
Sandy Behrens
Ralph Black
Clifford & Janice D'Autremont
Edward Hancock
Karl & Sandy Jackson
Joe & Marian Locascio
Audrey Lowman
Anne-Merelie Murrell
Marion Ruth
Alberta Samuelson
Pinfun Tsai
Jo Anne Weber

HOT DEALS

for Peninsula Seniors

Show your personalized Peninsula Seniors membership card to receive a Hot Deal. For current and complete information about these merchants and their offers, come to the Scriba Family Center to pick up a detailed flyer, visit our website at pvseniors.org, or call the merchants.

Alltech of Lomita, Inc.

(310) 539-2260 10% off notebook and computer repair.

Belle Epoque NEW! (424) 480-7038
265 Avenida Del Norte, RB. Cup of French onion soup or plantain chips and dip w/ lunch or dinner.

Big Island Eats & Shave Ice

(310) 265-8194 Free tea w/\$10 purchase or more.

Café Bonaparte, Redondo Beach

(424) 247-9456 10% discount.

CMS Design Portraiture

(310) 373 5450 Free sitting (\$150 value).
10% off orders.

Contessa Home Care

(323) 247-6065 Discounts on packages.
12 hrs/day min.

Courtesy Cleaners

(310) 541-7081 10% off dry cleaning orders over \$10.

Crème de la Crêpe

(310) 541-0001 One dessert crepe with purchase.

Dragonfly Thai

(310) 265-8424 10% off all purchases.

The DropOut Cyclery

(424) 488-2099 10% off first bicycle purchase. 15% off repairs: parts + labor

The Game Chest (310) 377-1193

15% off. Not valid w/other discounts, coupons, specials, or clearance items.

El Pollo Inka (310) 377-3477

15% discount. Free birthday meal with purchase of another entree. Dine in only.

Elegance Automotive

Restoration (626) 420-4442

Discount on detailing cars, SUVs, trucks.

Floral 101 (424) 251-2330

15% off floral arrangements; delivery.

Fred Astaire Dance Studios

(310) 316-5800 15% off Beginners Pkg.

Fuego Cravings

(310) 377-0672 20% off any dine-in or carry-out order. Ground floor, Promenade.

gingi.com 15% off select items w/code PVSENIORS on gingi.com and at Gingi events.

Giorgio's (316) 553-5065. One

tiramisu dessert per table at lunchtime.

Golden Cove Pharmacy

(310) 750-6082 10%–15% off.

*Restrictions may apply

The Grand Emporium

(310) 514-842 20% off any purchase.

Hillside Auto Repair (310) 373-7676

10% off parts and labor on service up to \$250. Free car wash with any service.

Kelly's Korner (310) 541-2234 Free

cookie or chips with sandwich purchase.

Kim's BBQ (310) 750-6161

10% off Monday through Thursday.

Joey Komada, Licensed

Acupuncturist & Herbalist

(310) 617-6354 15% off first treatment;
10% off subsequent treatments.

Lunada Market & Deli

(424) 206-2880 10% off on Tuesdays.

Massage Smith LLC

(562) 528-0558 20% off products and services.

Mayer's Bakery (310) 377-7846

15% off purchases over \$10.

New Kabab Curry of India

(310) 539-0171 Free drink or 20% off lunch buffet. \$5 corkage waived on wine.

Oil Stop (310) 373-6399 Drive-through

oil change: \$15 off. Coupon code PS602.

Oui Beach NEW! (310) 540-1200

1769 S. Elena Ave, RB. Beach-chic gifts and home decor. 15% off purchases.

Outdoor Dog Photography

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

Peninsula Physical Therapy

(310) 544-6264 \$75/hr. (\$50 discount).
\$100/mo. (\$25 discount). Wellness prog.

Power Rooter & Plumbing Inc.

prpcustomerservice@gmail.com

15% off labor.

Ruby's Diner PV (310) 544-7829

10% off entire bill! Exceptions apply.

SAGA Made in Italy (562) 336-0216

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

HOT DEALS HOT TIP:

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

Salon Vivace (310) 370-7007

20% off consultation, cut, shampoo, and style with select stylists.

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

Acupuncture & Herbal Holistic

Care (310) 265-9588 15% off first treatment; 10% off subsequent treatments.

South Bay Hearing (310) 375-6161

Clean and check hearing aids: FREE. \$250 off new pair of AGX 5, 7, or 9 devices.

Still Got It Fitness (310) 293-1104

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

Terranea Resort

(310) 494-7891 25% at Catalina Kitchen (excludes alcohol), plus FREE parking.

Truelement Massage

(424) 235-8785. 20% off every visit.

Truxton's (310) 373-8790

15% off 3–5 pm; 10% off other times.

Vee Wesson Design Visions

(310) 213-4055 Free 2 hr initial home design consult. 5% off one room design.

Village Shoe Repair

NEW ADDRESS: 893 Silver Spur, RHE.

(310) 541-9410 10% off repairs.

What's Cookin' Cookware

& Gifts (310) 704-6667 15% off purchases.

As of 7/26/24. Offers subject to change without notice. More Hot Deals coming soon!



Our services include but are not limited to:

- Laundry
- Meal Planning and Preparation
- Medication Reminders
- Shopping & Errands
- Transportation Services
- Companionship
- Alzheimer's Care
- Routine Personal Care
- Hospice Care
- Respite Care
- Personalized Care Plans
 - Live-in Services
 - Facility Care
 - Available 24/7
- Free Assessment
- Free Home Safety Inspection

A Reliable & Trustworthy Companionship Agency



CALL NOW!
310.801.7370

caringangels-hhc.com | 609 Deep Valley Dr #200 Rolling Hills Estate, CA 90274

Thank You to Our “Connections” Sponsors



Tania Peterson



Vista

Sotheby's
INTERNATIONAL REALTY

DRE #01879653

Please patronize and thank our recent “Connections” sponsors:

- Merrill Gardens Senior Living
- Tania Peterson, certified senior real estate specialist

We welcome additional sponsors. If you or someone you know is a potential sponsor, please contact Executive Director Margie Beierschmitt for details at (310) 377-3003.



Hearst Castle at Christmastime

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

TCHAIKOVSKY SPECTACULAR

Fri, August 2

Members \$55

Non-Members \$65

Pyrotechnics and all, the “1812 Overture” brings the *spectacular* to a booming finish with the help of the Trojan Marching Band.



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

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

MULTI-DAY TRIPS

MUIR WOODS, MONTEREY, AND SAN LOUIS OBISPO

Tues Sept 24–Fri Sept 27

\$899pp double / \$1,499 single

\$200 deposit. Final payment Aug 1.

Explore coastal California from L.A. to Marin County. Visit Solvang, Cannery Row, Fisherman’s Wharf, Sausalito, and Muir Woods.

PANAMA CANAL CRUISE

Fri Jan 10–Thurs Jan 23, 2025

\$5,000–\$6,000pp based on cabin selected. \$400pp deposit. Final payment Oct 2, 2024. No refunds after Oct 1, 2024. Passport required.

Round trip from Ft Lauderdale aboard the *Emerald Princess*. 13 days visiting Columbia, Costa Rica, Aruba, Bonaire, and Grand Cayman. Partial transit of Panama Canal’s new locks. Includes airfare and overnight in Florida.

HEARST CASTLE AT CHRISTMASTIME

Sun Dec 15–Tues Dec 17

\$799pp double / \$999 single

\$200pp deposit. Final payment due Oct 14.

Holiday twilight tour of Hearst Castle followed by a visit to the Cambria German-themed Christmas Market. Visit Solvang, Santa Barbara, and San Luis Obispo.



Peninsula Seniors

Calendar For August 2024

MON	TUE	WED	THUR	FRI
Activities are in the Scriba Family Center (SFC) unless otherwise noted.			1 Ping-Pong, 9–11, SFC Fitness Fun w/Beverly (\$) 11 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30	2 Ping-Pong, 9–12 American Mahjong, 10–noon Bingo, 1–2:30 Bridge, 1:30–3:30
ABBREVIATIONS \$=cost to attend HP=Hesse Park PP=Promenade on the Peninsula PVL=Palos Verdes Library, Pen Center RHE=Rolling Hills Estates SFC=Scriba Family Center				
5 Tai Chi & Chi Gong (\$) 9–10 Mahjong, 10–12 Meet & Greet, 10–12 French Conversation, 12:30 Rummikub, 1:30–3:30 Spanish Conversation, 1:45 Intermediate Modern Line Dance, 3:30 90+ Club, 3–4	6 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30–3 Writers' Group, 1:30–3	7 PV Walkers, 9, PP Bohannon Lecture, 10:15 coffee, 10:30 lecture Pen Vets, 11:45, HP Mahjong, 1, HP Music Appreciation, 3–4	8 Ping-Pong, 9–11, SFC Fitness Fun w/Beverly (\$) 11 Thursday Book Club 11:30–1:15, PVL Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30	9 Ping-Pong, 9–12 American Mahjong, 10–noon Movie: "Poms" at 12:30 Bridge, 1:30–3:30
12 Tai Chi & Chi Gong (\$) 9–10 Mahjong, 10–12 French Conversation, 12:30 Rummikub, 1:30–3:30 Spanish Conversation, 1:45 Intermediate Modern Line Dance, 3:30	13 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30–3 Writers' Group, 1:30–3	14 PV Walkers, 9, PP Bohannon Lecture, 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4	15 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$) 11 Craft & Chat, 1–3:30, SFC Intermediate Modern Line Dance, 3:30	16 Ping-Pong 9–12 American Mahjong 10–noon Let's Do Lunch (\$) 11:30, Crème de la Crêpe, RHE Bridge, 1:30–3:30 Trivia, 1–2:30
19 Tai Chi & Chi Gong (\$) 9–10 Mahjong, 10–12 Meet & Greet, 10–12 French Conversation, 12:30 Rummikub, 1:30–3:30 Spanish Conversation, 1:45 Intermediate Modern Line Dance, 3:30 90+ Club, 3–4	20 Ping-Pong, 9–11, SFC Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30–3 Writers' Group, 1:30–3	21 PV Walkers, 9, PP Bohannon Lecture, 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4	22 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$) 11 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30	23 Ping-Pong, 9–12 American Mahjong 10–noon Bridge, 1:30–3:30
26 Tai Chi & Chi Gong (\$) 9–10 Mahjong, 10–12 Meet & Greet, 10–12 French Conversation, 12:30 Rummikub, 1:30–3:30 Spanish Conversation, 1:45 Intermediate Modern Line Dance, 3:30	27 Ping-Pong, 9–11, SFC Tuesday Book Club 10:30, PVL Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30–3 Writers' Group, 1:30–3	28 PV Walkers, 9, PP Bohannon Lecture 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4	29 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$) 11 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30	30 Ping-Pong, 9–12 American Mahjong 10–noon Bridge, 1:30–3:30



Activities for Peninsula Seniors

Peninsula Seniors Leave a Lasting Legacy

BEQUESTS ARE FOR EVERYONE

When making a donation or bequest to Peninsula Seniors' Endowment Fund, you make a gift to future generations of seniors to be able to remain active, healthy, and educated.

BENEFITS OF BEQUESTS

- You can change your mind if your circumstances change.
- Bequests require no donation during your lifetime.
- 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 TEXT

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 California 90274 for its general use and purposes.

FOR MORE INFORMATION

Call Executive Director Margie Beierschmitt at (310) 377-3003.

(\$) 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.

August 7: "The Last Voyage of the Whaling Ship Essex."

Local historian Jim Shneer recounts this survival story, which was a significant inspiration for "Moby Dick." Learn about the voyage and the evidence of its influence on Melville.

August 14: "Winging It with Bob Shanman." The former owner of Wild Birds Unlimited in Redondo Beach, Bob Shanman, presents an interactive talk on the glorious world of birds and the best places to go birding in the South Bay.

August 21 & 28: "Art Appreciation: Impressionism."

Members Ann and Lee Strong present a two-lecture program about the Impressionist art movement of the late 19th and early 20th centuries. The talks will examine the origin of the movement, its most prominent artists, and Impressionist works on display at local museums.

August 28: "Impressionism" continues.

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, and finish with coffee at the
Peninsula Seniors' Scriba Family Center. Sponsored
by Peninsula Seniors, Promenade on the Peninsula,
and Providence Little Company of Mary. For more
information, call Peninsula Seniors at (310) 377-3003.

PEN VETS LUNCH WITH PROGRAM (\$)

Wednesday, Aug 7, SFC

Doors open at 11:45; lunch w/program at noon
Deputy Derek Clotworthy, community relations officer
at the Lomita Sheriff Station, will speak on local law
enforcement and how to enhance your security.

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.

LET'S DO LUNCH (\$)

Friday, August 16, 11:30 am

Crème de la Crêpe,

Promenade on the Peninsula, RHE

\$31 cash per person, includes tax and tip. Special
menu. RSVP today by calling (310) 377-3003.

FOR MEMBERS ONLY

TAI CHI and CHI GONG (\$)

Mondays, 9–10 am, SFC

Joey Komada, licensed acupuncturist and
Tai Chi instructor, will lead 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. For all
skill levels. Exercises may be performed in a
chair in comfortable clothing. \$60 for four weeks.

MAHJONG

Mondays, 10 am, SFC

Wednesdays, 1 pm, Hesse Park

FRENCH CONVERSATION (NOT French lessons.)

Mondays, 12:30–1:30 pm, SFC

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

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.

CONVERSATIONAL SPANISH (NOT lessons)

Mondays, 1:45 pm, SFC

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

THE 90+ CLUB

Monday, Aug 5 and Aug 19, 3–4 pm SFC

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

PING-PONG

Tuesdays & Thursdays, 9–11 am, SFC

Fridays, 9–noon, SFC

Come play with us! All skill levels are welcome.

TUESDAY BOOK CLUB

Tuesday, Aug 27, 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.

CONVERSATIONAL JAPANESE

Tuesdays, 1:30–3 pm, SFC

Practice basic conversation skills in a social setting,
with occasional discussions about Japanese culture
and traditions. RSVP to (310) 377-3003.

WRITERS' GROUP

Tuesdays, 1:30–3 pm, SFC

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

MUSIC APPRECIATION

Wednesdays, 3–4 pm, SFC or Zoom

We'll complete the study of traditional American
music, then begin the final series on the history of

—Activities continue on the following page

Eat to Support



Peninsula Seniors



Lucille's

21540 Hawthorne Blvd., Torrance



**Tuesday, September 24
11 am – 10 pm**

**Present this flyer to your server
on September 24, and 20%
generated* from your order
will be donated back
to Peninsula Seniors!**

** Excludes alcohol and gift card purchases.
Valid for dine-in and call-in take-out purchases.*

@LUCILLES_BBQ

LUCILLESBBQ.COM

FOR MEMBERS ONLY, *continues*

rock 'n' roll from the last years of the Beatles through the pop festivals at Monterey and Woodstock. Ann and Lee Strong, instructors.

THURSDAY BOOK CLUB

Thursday, Aug 8, 11:30–1:15 pm, PVL

CRAFT AND CHAT

Thursdays, 1–3:30 pm, SFC

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

AMERICAN MAHJONG!

Fridays, 10–noon, SFC

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

BINGO! (\$) Friday, Aug 2, 1–2:30 pm, SFC

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

MOVIE TIME

Friday, Aug 9, 12:30 pm, SFC

“Poms.” After moving to a retirement community, Martha, a loner, befriends a fun-loving neighbor and forms a cheerleading club for the young-at-heart. Stars Diane Keaton. 2019 (1hr 30min) PG13

BRIDGE Fridays, 1:30–3:30 pm, SFC

Must RSVP: (310) 377-3003.

TRIVIA! Friday, Aug 16, 1–2:30 pm, SFC

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

Behind the Scenes at the Scriba Family Center!

Our Craft and Chat group creates art every Thursday afternoon, thanks to volunteers like **Nancy Borland**. Nancy helps manage the Crafters, and weekly brings something she's baked to share with members. Nancy is a talented artist who creates personalized bookmarks with uplifting sayings to give to friends “just because.” “Life may not be the party we wanted, but while we're here, we should dance,” is a quote she often cites.



1



2



3

Our Olde-Fashioned Ice Cream Social *made life fun!*



4



5



6



7

Peninsula Seniors attending the Old-Fashioned Ice Cream Social included:

1. Grace Malolepszy;
2. Board of Directors member Tom Hyatt, left, and Ben Pogorelsky;
3. Gloria Mangano, left, and Marie Chura;
4. Diane Schott, left, and Pauline Beecroft;
5. Vijay Kamdar, and his grandson;
6. Dave Chura with his guitar; and
7. Amy and Andy Wu.



This issue of "Connections" is sponsored by



**DATED MATERIAL.
PLEASE DELIVER BEFORE AUGUST 1**

ADDRESS LABEL MUST BE LEVEL INSIDE THIS BOX

We Help Make Life Fun for Our Most Senior Members



Debra Bein

The most senior of Peninsula Seniors' members are celebrated in this issue of "Connections." They're in our

90+ Club, meeting on alternate Monday afternoons. The facilitator is volunteer Debra Bein, inspired by her grandmother, who lived to the age of 107 years. Discover in this interview the essence of this 90+ year-old group and of Debra, too.

How did you become involved with our 90+ Club? I began working with an Alzheimer's daycare, a hospice, and a senior living facility in 2015. Today, I'm enrolled at CSU Long Beach and entering my second year of grad school with a master's degree in gerontology. I work for

A Peaceful Way Home Care, a local provider of in-home care and a frequent sponsor of Peninsula Seniors' events and activities.

Last spring, I was invited to be the facilitator of the new 90+ Club. I was very happy to become further involved in the senior community.

Tell us about the 90+ Club programming. It's not a support group, but these seniors definitely support one another. Most who attend also participate in other Peninsula Seniors' activities.

We always begin sessions with each senior sharing something positive that's happened since we last met. It starts us off feeling good about ourselves and each other. Discussion topics grow from there; whatever comes up is discussed. For instance, someone was having

a problem with a hearing aid. We spent 15 minutes exchanging similar experiences, sharing advice, and offering professional referrals. Other times, life's memories are shared.

Horace is our most senior member. At 101 years old, he's an inspiration for other 90+-year-olds: He drives, is in good cognitive condition, and doesn't use a walker or a cane. He demonstrates that those who are 90+ can have a meaningful life.

Why do the seniors keep coming back to the 90+ Club? Seniors often have no family in the area, are living alone, and lack companionship. They want to be in touch with others of the same age; they need people to talk to about daily life; they like to hear what others are up to; they exchange ideas. This club helps *make life fun* for these seniors."