

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



PENINSULA SENIORS

Connections

make life fun!

Summertime Fun at Peninsula Seniors

Olde-Fashioned Ice Cream Social

Sunday, July 23 2–4 pm Scriba Family Center

FEATURING
HANDELS
HOMEMADE IT CREAM SINCE 1945

\$5/scoop at the door

Space is limited.

Make reservations now by calling
(310) 377-3003

Back by popular demand and more fun than ever,

Peninsula Seniors invites all members, future members, families, and friends to our signature Olde-Fashioned Ice Cream Social on Sunday, July 23 from 2–4 pm at the Scriba Family Center. We're so excited that our local Handel's, listed as one of the world's top-10 ice creams, will be scooping four flavors into ice cream cups on our plaza this year with indoor and outdoor seating.

Take time to enjoy a Sunday summer outing. Call your family and neighbors and invite them to see what Peninsula Seniors is all about (#SocialClub). We're all here to engage, make friends, laugh, move, learn, and reach out, and summer is just the time to enjoy the peaceful, inviting atmosphere of the Scriba Family Center. Whether you come in for a cup of coffee, play bingo, hear a lecture, exercise, or just say "hi," we welcome you to come join us to make life fun.

At last year's ice cream social we welcomed 150 members and guests to the Scriba Family Center, and we're expecting a crowd on July 23 again this year. So *make your reservations early.*

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.

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CONNECTIONS NEWSLETTER

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photo by Meredith Whitney

A Minute With Margie

As we continue to develop our programming, I am reminded that we always have unfilled volunteer needs. For example:

- We have a beautiful digital kiosk in our lobby that needs to be updated periodically, and
- we could use help with data entry in our business software, QuickBooks Online.

I hope we have your birthday on record, because we have volunteers who will call you to wish you a happy birthday! How sweet is that!

And speaking of sweet, please join us for our next signature event, an Olde Fashioned Ice Cream Social on Sunday, July 23, from 2 to 4 pm, here at the beautiful Scriba Family Center. Be sure to call in your RSVP by Thursday, July 20.

We're here for you, so let us know if you have ideas for new summer activities, events, and classes to *make life fun!*

With Gratitude,

Margie Beierschmitt

Executive Director

Membership News

for Peninsula Seniors

Peninsula Seniors Leave a Lasting Legacy

New and Returning Members

WE WELCOME THESE NEW MEMBERS who joined us in May.

Aya Dinning Shirrell Edey Vic Krause Elyse Kukonu Moonchi Liang Joseph Lipanovich Jackie Madoni Maria Martinez David & Nancy Mateyka

Kenneth McKivett Nobuko Okada Sue Pavlovski Thelma Standart

THANK YOU to those who renewed their membership in May.

David Behr Geraldean Belleville Lesley Boullianne **David Camp** Christine Campisi Ibtissam Chang Chiang

Jenny Chen Amy Chen Min-Wen & Vivian Annette Cincotta Camile Cozier Mira Cvitanovich Julie Disney Ghamar Doorandish Bob & Kathryn Ettinger Melinda Gann Mary Harris & Mr. Doug Kendle

Zaffar & Teresa Hassanally Sue Haushalter Pat Headon Jan Hearn Rick & Eve Higgins Maureen Hill Bernard & Carol Hindman Neville & Karen Howarth Beverly Iwasaka Sandra Jacobsen June Kagdis Julie Lee Yvonne Levaillant Kwang Tien & Hong Wei Liao Joyce Liu

Marilyn Long

Hilary Lord Bernadette Maynard Sachi Mayzel Suzanne Miller Valerie Mobbs Randi Newbill Walter Ordway Robert & Amerina Ortiz Sydelle Rennick William & Catharine Roberts Eric Samuelson Lee & Ann Strong Barbara Trakas Shenandoah & Agnes Wang **Bobbie White** Amy Wu

Bequests Are For Everyone

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 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

Above & Beyond

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

Ralph Black Keiko Griswold Pat Headon Camile Cozier Randi Newbill Julie Disney

Membership Honor Roll

PLATINUM (\$600/yr): Keiko Griswold GOLD (\$400/yr) Andrew & Jonna Werts

SILVER (\$250/yr): Anil & Madhvi Aggarwal, John L. Exline, Robert Lee,

Kimiko Miwa, James & Diane Staes

PAGE 3 July 2023



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.

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

CMS Design Portraiture

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

Cheebo Café NEW!

700 Deep Valley Dr., RHE

DeepValley@BytetoBite.com

(424) 408-0262 10% off full check

Courtesy Cleaners 10% off dry cleaning orders over \$10.

Crème de la Crêpe One dessert crepe with purchase.

Dragonfly Thai 10% off purchases.

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

Elegance Automotive Restoration

(626) 420-4442. Automotive detailing: \$65 2-door sports car; \$75 4-door car; \$85 SUV/truck.

Floral 101 (424) 251-2330. 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 Package of 4 private and 2 group lessons, 2 social parties.

gingi.com 15% off Gingi jewelry, paintings, note-cards, beauty, and lifestyle products w/ code PVSENIORS on gingi.com and at all Gingi art events.

Giorgio's One tiramisu dessert/table at lunchtime.

Golden Cove Pharmacy

NEW! (310) 750-6082. 10% off medical supplies, over-the counter, and professional-grade supplements. 15% off professional-grade supplements on last day of the month. *Some 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 NEW!

871 Silver Spur Rd., RHE (310) 701-4138. 10% off Monday through Thursday.

Joey Komada, Licensed Acupuncturist & Herbalist

15% off first treatment; 10% off subsequent treatments.

Lunada Market & Deli

10% off on Tuesdays.

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

Mayer's Bakery 15% off purchases over \$10.

Peninsula Physical

Therapy. (310) 544-6264. \$75/hr. (\$50 discount). \$100/mo. (\$25 discount) wellness program.

Power Rooter & Plumbing

Inc. (310) 618-9107, 15% off labor. prpcustomerservice@gmail.com.

Ruby's Diner PV 10% off entire bill! Not valid with other discounts, coupons, specials, fundraisers.

SAGA Made in Italy

(562) 336-0216. 15% discount on SAGA Made in Italy clothing line; 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 hair cut, includes hair consultation, shampoo, cut, and style.

Sepi Lackpour, Ph.D., L.Ac. Acupuncture & Herbal Holistic Care 15% off first treatment; 10% off subsequent treatments.

Still Got It Fitness

(310) 294-1104. 25% off first month any membership; 10% off all succeeding months.

Truelement Massage 20% off \$100 60-minute session, or 20% off a \$145 90-minute session.

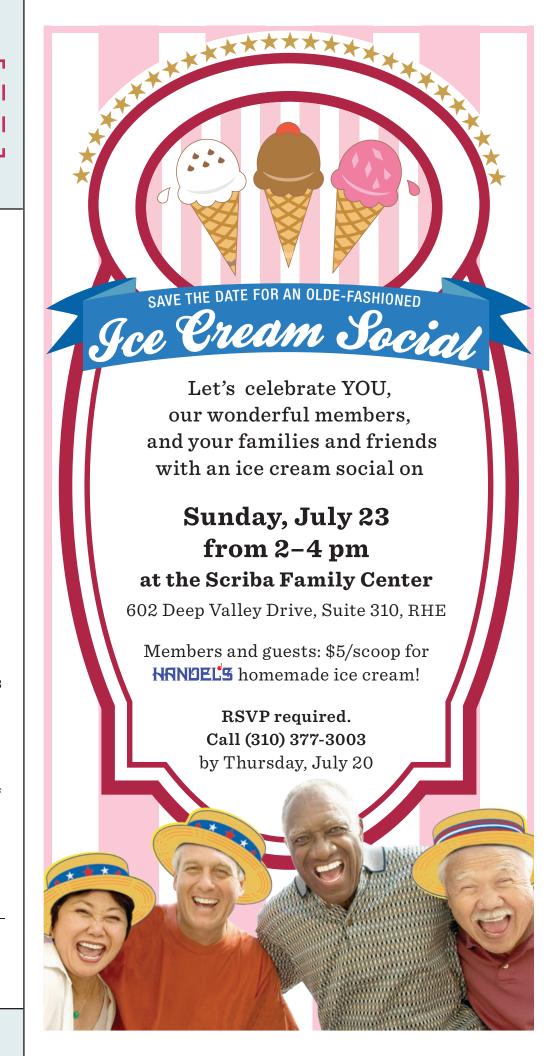
Truxton's 15% off 3-5 pm; 10% off other times.

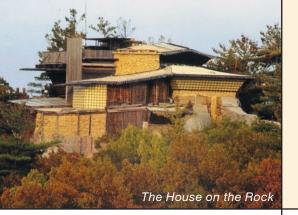
Vee Wesson Design Visions (310) 213-4055. Free 1-2 hour preliminary design consultation. 5% off computer-generated design for one room or subject.

Village Shoe Repair 10% off repairs.

What's Cookin' Cookware & Gifts Del Amo Mall, #328-A, Torrance. 15% off purchases.

As of June 12, 2023. Offers subject to change without notice. Watch for more Hot Deals coming soon!





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.

DAY TRIPS

HOLLYWOOD BOWL

MEMBERS ONLY: \$58/concert 5 pm bus check-in at Wilson Park on Crenshaw. Return about 11 pm.

Thu Aug 17: Dvorák's passionate Cello Concerto and Shostakovich's thunderous Fifth Symphony.

MULTI-DAY TRIPS

HEARST CASTLE AT CHRISTMAS

Sun Dec 17–Tues Dec 19 \$799pp dbl / \$999 single

\$200/pp deposit payable to Friendly Excursions

Hearst Castle tour showcases its extraordinary holiday decorations with thousands of lights. Also, visit the marvelous Germanthemed market in Cambria, and Solvang, America' Danish Capital.

WONDERS OF WISCONSIN

Thu Sept 7-Wed Sept 13

\$2,999pp dbl / \$3,499 single Airfare \$495pp.

Full payment at time of booking.

Featuring Door County, Lambeau Field, Frank Lloyd Wright Trail, The House on the Rock, Racine, and Sheboygan. Includes a dinner cruise on Lake Mendota and a tour of Taliesin Preservation, Frank Lloyd Wright's home, studio, school, and Monona Terrace, the community and convention center designed for his hometown.

ST. LOUIS, BRANSON, MEMPHIS, & NASHVILLE Sun Oct 1–Sun Oct 8

\$3,699pp dbl / \$4,499 single Airfare included.

Visit Graceland, the Johnny
Cash Museum, Country Music
Hall of Fame, and the Clinton
Presidential Library. Enjoy three
shows in Branson and the Grand
Ole Opry in Nashville.

GREEK ISLES, ITALY, FRANCE, AND TURKEY

Wed Oct 16-Thu Oct 31, 2024 \$300/pp double holds your cabin until June 3, 2024.

\$6,000-\$6,200pp double. Airfare and cabin gratuities included.

Two nights in Athens and Rome with tours, plus a 10-day cruise aboard Viva, the new Norwegian Cruise Liner.

Valid passport required.

Jo Anne Weber at (310) 377-3003 will answer your questions and arrange your reservation.

Peninsula Seniors

Calendar For July 2023

MON	TUE	WED	THUR	FRI
3 CLOSED. Enjoy a fun and safe	4 CLOSED. 4th of July weekend	5 PV Walkers 9, SFC Bohannon Lecture, SFC 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation 3-4, SFC, Zoom	6 Muscle Strengthening 11:15, SFC Craft & Chat 1:30–3:30, SFC Line Dancing 3:30–4:30, SFC Hollywood Bowl 5–11 pm	7 Ping-Pong 10-noon, SFC American Mahjong 10-noon, SFC Bingo, 1-3, SFC Bridge, 1:30-3:30, SFC
10 Meet & Greet 10-Noon, SFC Mahjong, 10, SFC Conversational Spanish 1:45, SFC Line Dancing 3:30-4:30, SFC	11 Ping-Pong 10-noon, SFC Muscle Strengthening 11:15, Zoom Writers' Group 1:30-3, SFC or Zoom	PV Walkers 9, SFC Bohannon Lecture, SFC 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation 3-4, SFC, Zoom	Muscle Strengthening 11:15, SFC Book Club 11:30–1:15, SFC Craft & Chat 1:30–3:30, SFC Line Dancing 3:30–4:30, SFC	14 Ping-Pong 10-noon, SFC American Mahjong 10-noon, SFC Movie: "All Quiet on the Western Front" 12:30, SFC or Zoom Bridge, 1:30-3:30, SFC
17 Meet & Greet 10-Noon, SFC Mahjong, 10, SFC Conversational Spanish 1:45, SFC Line Dancing 3:30-4:30, SFC	18 Ping-Pong 10-noon, SFC Muscle Strengthening 11:15, Zoom Writers' Group 1:30-3, SFC or Zoom	PV Walkers 9, SFC Bohannon Lecture, SFC 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation 3-4, SFC, Zoom	20 Muscle Strengthening 11:15, SFC Craft & Chat 1:30–3:30, SFC Line Dancing 3:30–4:30, SFC	21 Ping-Pong 10-noon, SFC American Mahjong 10-noon, SFC Let's Do Lunch 11:30-1:30, El Pollo Inka Bridge, 1:30-3:30, SFC
24 Meet & Greet 10-Noon, SFC Mahjong, 10, SFC Conversational Spanish 1:45, SFC Line Dancing 3:30-4:30, SFC	25 Ping-Pong 10-noon, SFC Muscle Strengthening 11:15, Zoom Writers' Group 1:30-3, SFC or Zoom	26 PV Walkers 9, SFC Bohannon Lecture, SFC 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation 3-4, SFC, Zoom	27 Muscle Strengthening 11:15, SFC Craft & Chat 1:30–3:30, SFC Line Dancing 3:30–4:30, SFC	28 Ping-Pong 10-noon, SFC American Mahjong 10-noon, SFC Trivia, 1-3, SFC Bridge, 1:30-3:30, SFC
31 Meet & Greet 10-Noon, SFC Mahjong, 10, SFC Conversational Spanish 1:45, SFC Line Dancing 3:30-4:30, SFC	Jee &	ream Sunday, July 2-4 pm	ocial	ABBREVIATIONS: HP=Hesse Park PVE= Palos Verdes Ests. SFC= Scriba Family Center

July 2023 PAGE 7 💝









Activitiesfor Peninsula Seniors

AVAILABLE AT NO COST TO THE COMMUNITY

BOHANNON LECTURE SERIES at Scriba Family Center Wednesdays, 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.

July 5: Special Presentation! Cooking demonstration by Executive Chef Shirrell Edey, owner of Chefs for Seniors, South Bay.

July 12: "Rolling Hills Estates Update." Get the latest information about RHE community issues and concerns from Mayor Britt Huff.

July 19: "Dominguez Rancho Adobe Museum." Don't miss this fascinating program about the history of Rancho San Pedro, the site of the first Spanish land grant in California. Presentation by Erin Rath, the museum's assistant director.

July 26: "Wish I'd Thought of That!" Discover the amazing stories behind some of those simple, immensely successful products like Silly Putty, Post It Notes, and Frisbees, products we all wish we'd designed and brought to market. Presentation by inventor and product developer Derek Gable.

For more information, contact Renée Reymond at Peninsula Seniors, (310) 377-3003.

On the left: Photos from Peninsula Seniors spring actiities.

MEET & GREET Mondays, 10 am-noon, SFC Have coffee, make new friends, chat, exchange ideas, and *make life fun!*

PV WALKERS Wednesdays, 9 am, SFC

Meet at our Scriba Family Center for guided stretching, led by physical therapists from Providence Little Co. of Mary, San Pedro, followed by walking at your own pace at the Promenade on the Peninsula. 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

DARK in July. We'll see you next on August 2.

LET'S DO LUNCH!

Friday, July 21, 11:30 am–1:30 pm El Pollo Inka, Promenade on the Peninsula 550 Deep Valley Drive, #201, RHE \$25/person. Order from pre-selected menu options. Limited space. RSVP today by calling (310) 377-3003.

FOR MEMBERS ONLY

MAHJONG

Mondays, 10 am, SFC Wednesdays, 1 pm, Hesse Park.

CONVERSATIONAL SPANISH CAFÉ Y CONVERSACIÓN

Mondays, 1:45 pm, SFC

Improve your conversational Spanish skills. Practice basic speaking and listening skills in a friendly and social atmosphere. RSVP to (310) 377-3003.

PING-PONG

Tuesdays & Fridays, 10 am-noon, SFC Come play with us! All skill levels are welcome.

MUSCLE STRENGTHENING with Beverly

11:15 am

Tuesdays, Zoom only

Thursdays, in person only, Scriba Family Center Improve muscle tone and build body strength. Mail check or call Peninsula Seniors at (310) 377-3003 to pay with a credit card.

Note: Beginning in July, Thursday Muscle Strengthening sessions will be in-person only at the beautiful Scriba Family Center. Tuesday sessions will remain via Zoom.

The cost is \$90 for 3 months, due at the beginning of the quarter.

WRITERS' GROUP

Tuesdays, 1:30–3 pm, SFC or via Zoom

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

Attending via Zoom? Go online to https://us02web. zoom.us/j/86897892013?pwd=cU1qck9yYThmN0gwO DcwWCtqTVhBdz09

Meeting ID: 868 9789 2013 Passcode: 030634

MUSIC APPRECIATION

Wednesdays, 3-4 pm, SFC or via Zoom

Join us as we survey quintessential California music for the first two weeks this month. We'll hear songs about the state, its cities, and its locales. Many are tributes to the state, some are about local lifestyles, and others are just famous pieces that mention California.

For the last two weeks of the month, we'll explore the 1967 sociological phenomenon called "The Summer of Love," when about 100,000 people, mostly young people sporting hippie fashions of dress and behavior, converged in San Francisco's Haight-Ashbury neighborhood. Their music reflected and probably influenced the anti-establishment movement of the time. We'll study and sample the music of that year.

Join us every Wednesday from 3–4 pm in person at the Peninsula Seniors Scriba Family Center or simultaneously on Zoom.

In-person attendees: Call (310) 377-3003 to RSVP. If you're attending via Zoom, please go online to

-Activities continues on the following page

July 2023 PAGE 9 V



Come play ping-pong with us!

FOR MEMBERS ONLY, continues

https://us02web.zoom.us/j/88685741344?pwd=ZDZi S3U5STZFRGUwSGhmNTIBREk1UT09

Meeting ID: 886 8574 1344 / Passcode: 827607

BOOK CLUB

Thursday, July 13, 11:30–1:15 pm, SFC This book club is full! If you'd like to start another book club, call us at (310) 377-3003.

CRAFT AND CHAT

Thursdays, 1:30-3:30 pm, SFC

Bring your craft to work on while you socialize with friends. Call (310) 377-3003 to register for Craft & Chat, and tell us what your craft is.

AMERICAN MAHJONG!

Fridays, 10-noon, SFC

Must have your own "Official Standard Hands and Rules." To purchase, go to nationalmahjonggleague. org/store.aspx

BRIDGE Fridays, 1:30-3:30 pm, SFC

Must RSVP: (310) 377-3003.

BINGO! Friday, July 7, 1-3 pm, SFC

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

MOVIE TIME

Friday, Jul 14, 12:30 pm SFC or via Zoom

"All Quiet on the Western Front" (R) 2022

This Oscar-nominated movie based on the renowned bestseller is a captivating, intense story of a young German soldier and his comrades on the Western Front at the end of World War I. These soldiers fight for their lives and each other in the trenches in this intense, gritty story of war and human loss.

In-person attendees must RSVP: (310) 377-3003.

Attending via Zoom? If so, go to https://us02web.zoom.us/j/89226086306?pwd=TkpDZ21sMVdBbW IOdGJNY1RqTmZ1UT09

Meeting ID: 892 2608 6306

Passcode: 838807

TRIVIA!

Friday, July 28, 1 pm, SFC

General knowledge, fun, entertaining, and challenging questions. Bring your own team (max of four) or play independently. Must RSVP by calling (310) 377-3003.





Peninsula Seniors Participates in PVP Chamber Street Fair









JULY 2023 NEWSLETTER



602 Deep Valley Drive, Suite #310 Rolling Hills Estates CA 90274

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Peninsula Seniors Kicks Off Summer Fun at the PVP Chamber Street Fair, June 10-11

Norris Center Drive and adjacent areas in Peninsula Shopping Center and the Promenade on the Peninsula were alive with fun for all as locals kicked off summer at the PVP Chamber's Street Fair and Music Festival!

There were rides for children and youth, games for all who wanted to play, music, entertainment, and lots of food choices. Countless pop-ups "housed" staffers who provided information about local cities, service and interest groups, businesses of every kind, utilities, fire and police, and much more.

Peninsula Seniors directors and volunteers staffed our pop-up in

two-hour shifts. Director Greg Sparkman designed a colorful backdrop for our tent that featured photos of our events and members. Display tables showcased our Connections newsletters, crafts made by members, flyers about our Hot Deals program, and more. Two delicious-looking but faux ice cream sundaes, created by Sheila Lawton, promoted our upcoming ice cream social.

Little Bijou, a Yorkie belonging to Peninsula Seniors volunteer Susan Reymond, was a big attraction on Sunday as visitors to our booth petted her and offered small puppy treats, which were quickly and happily consumed. On Saturday, pens and small succulents were offered as takeaways to visitors.

Many visitors to our pop-up entered to win a drawing for a complimentary Peninsula Seniors membership.

Julia Parton, a member of our Board of Directors who helped staff our pop-up at the fair, summed up the benefits of our presence at the event, "The Palos Verdes Street Fair," she said," is a great way to introduce and remind the community of the fabulous Peninsula Seniors programs and events!"

(Photos on page 11.)