

June  
2024

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



PENINSULA SENIORS  
**Connections**  
*make life fun!*

## Your Legacy is Our Future

**We appreciate your commitment** to Peninsula Seniors—our organization, its mission, and all our wonderful members who *make life fun*.

Your legacy gift will help build a solid foundation for future members who will face senior living challenges.

Thinking of doing something extra for the future of Peninsula Seniors? We suggest taking that big step to deepen your relationship with Peninsula Seniors by creating a lasting

legacy for the future of our organization.

Establishing a legacy gift donation through a will or other estate planning means will ensure that

Peninsula Seniors will be able to continue serving our senior community with programs to help us live longer and have more fulfilled lives through social interaction, combatting loneliness and isolation.

**There have been many financial challenges** and uncertainties in the past few years, and your legacy gift will help build a solid foundation for future members who will face even more challenges in senior living. We hope you will make Peninsula Seniors' future a priority and help shape our path forward.

Please contact Executive Director Margie Beierschmitt at (310) 377-3003 to discuss your private, personal legacy.

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*Pictured above enjoying themselves at the May 2 Dos de Mayo Taco Party are, from the left, Joseph Washko, Betty Rodman, Marlene Washko, and Marilyn Schwartz. Photo by Tony LaBruno.*

## 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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## 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

# Minute With Margie

## Current Membership: 1,032

Peninsula Seniors started our Endowment Fund with our Capital Campaign, so it's just a few years old. Our endowment fund is important because it's invested for the long term and provides funding for future operations.

We had a blast during our Dos de Mayo taco party. Our experienced volunteers swooped in on the Scriba Family Center, and in short order, they decorated it beautifully and created a colorful and festive atmosphere. Special thanks to Terry McGovern at A Peaceful Way Home Care for his commitment to sponsoring Peninsula Seniors activities such as this.

May was National Older Americans Month, and Peninsula Seniors proudly nominated our volunteer extraordinaire, Susan Reymond. Her recognition at the 59th Annual Awards Ceremony at the Dorothy Chandler Pavilion was a testament to the meaningful and significant contributions she has made in service to seniors in our community. We are truly inspired by you, Susan!

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 April.

George & Grace Long	Janet Earl	Hito Muneno
Carol Allison	Karl Evans	Requicha Shain
Maureen Beck	Donna La Mont	Chun Son
Nancy Bruce	Marsha Mashouf	Catherine Stevens
Bonnie Chan	John Miwa	Hwa Williams

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

John & Moli Bebout	Terri Eisemann	Marilyn Long
Pauline Beecroft	Harriet Elmajian	Fin Martin
Margaret Benson	Susie Fenton	Dorothy Mayer
Linda Bhatia	Shelley Fine	John Miller & Edith Klaus
Naomi Blenden	Penny Fooks	Lawrence Moreau
Linda Bonini	Zaffar & Teresa	Janet Nozaki
Richard Brunner	Hassanally	Ellen Orenstein
Gloria Butman	Patricia Hinz	Noel Park & Delia Crochetiere
Benita Campbell	Lew Holzman	Ann Pieper
Ed & Mary Anne Chappelear	Hermann Huettemeyer	Peggy Roland
Inga Cherman-Lurie	Ann Hugh	Karis Say-Cavecche
Yoeni Chin	Helen Johnston	Suzanne Scott
Winton Combs	Jim & Sheryl Kohlhoff	Scott & Janet Sharpe
Peggy Cox	Jeanette Kosharian	Mireille Trezare
Richard & Gail Crocker	Thomas & Patti	Connie Vassie
Drew Davis	LaGrelus	Kay Wardell
Robin DeBraal	Carlos & Maria Leon	Helen Wedemeyer
James & Patricia Dutton	Gudrun Liehr	Andy & Amy Wu
Linda Eichhorn & Susan Salit	Marilou Lieman	Laurie Younggren
	Joyce Liu	

## 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

## Membership Honor Roll

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

Guido Frassinelli

**GOLD (\$400/yr)**

Jeanette Betts

Paul & Diana Ginsburg

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

Nancy Cypert

Susan Reymond

## Above & Beyond

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

Anonymous ( x 4)

Linda Bhatia

Penny Fooks

Norm & Cindy Miller

Robert & Helene Reid

Arlo & Marci Sorensen



# 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](http://pvseniors.org), or call the merchants.

**Alltech of Lomita, Inc.**

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

**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% off. Free meal on your birthday.

**Elegance Automotive**

**Restoration** (626) 420-4442  
Detailing: cars, sports cars, SUVs, trucks.

**Floral 101** (424) 251-2330

5% off floral arrangements.

**Fred Astaire Dance Studios**

(310) 316-5800 10% 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](http://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.

**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](mailto: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.

**Salon Vivace** (310) 370-7007

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

**HOT DEALS  
HOT TIP:**

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

**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 succeeding months.

**Terranea Resort **NEW!****  
(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**  
(310) 541-9410 10% off repairs.

**What's Cookin' Cookware  
& Gifts** (310) 704-6667 15% off  
purchases.

As of 5/18/24. Offers subject to change  
without notice. More Hot Deals coming soon!

# Tania Peterson

*Certified Senior  
Real Estate Specialist*

310.600.1266

tania@taniapeterson.com  
tania.vistasir.com



Vista

**Sotheby's**  
INTERNATIONAL REALTY

DRE#01879653 | Each office is independently owned and operated.

## Thank You to Our “Connections” Sponsors

We are so appreciative of Merrill Gardens, the sponsor of our May “Connections” newsletter. Its ad and separate logo were featured in that issue, and its logo appears below. Senior real estate specialist Tania Peterson is our sponsor this month. Her ad and logo are featured in this issue, and next month, her logo will appear below, along with Merrill Gardens’ logo.

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



Please patronize our  
“Connections” sponsors. And  
when you do, thank them for  
supporting Peninsula Seniors.



*Big Band Night, Hollywood Bowl*

# 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**  
w/Harry Connick Jr.  
Tues, July 2

**WAITLIST CLOSED**

**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 Torrance. 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

### 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.

### GRAND SIERRAS

**Sun Aug 18–Thurs Aug 22**

\$1,499pp double / \$1,999 single

\$200 deposit. Final payment July 1.

Journey along Highway 395 for amazing views of the eastern Sierras. Visit Kings Canyon, Sequia National Park, Tuolumne Meadows, Mammoth and Mono Lakes. Explore the ghost town in Bodie State Historical Park.

### 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 Los Angeles to Marin County. Visit Solvang, Cannery Row, Fisherman's Wharf, Sausalito, and Muir Woods.



# Peninsula Seniors

## Calendar For June 2024

MON	TUE	WED	THUR	FRI
<b>3</b> Tai Chi & Chi Gong (\$) 9-10, SFC <b>Mahjong</b> , 10, SFC <b>Meet &amp; Greet</b> , 10-12, SFC <b>Conversational French</b> , 12:30-1:30, SFC <b>Rummikub.</b> 1:30-3:30, SFC <b>Conversational Spanish</b> 1:45, SFC	<b>4</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>5</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>6</b> Ping-Pong, 9-11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Craft &amp; Chat</b> , 1-3:30, SFC <b>Virtual Tech Clinic</b> 5-6, Zoom only	<b>7</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>10</b> Tai Chi & Chi Gong (\$) 9-10, SFC <b>Mahjong</b> , 10, SFC <b>Meet &amp; Greet</b> , 10-12, SFC <b>Conversational French</b> , 12:30-1:30, 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>11</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>12</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>13</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>Virtual Tech Clinic</b> 5-6, Zoom only	<b>14</b> Ping-Pong 9-12, SFC <b>American Mahjong</b> 10-noon, SFC <b>Movie: "The Two Popes"</b> 12:30, SFC <b>Bridge</b> , 1:30-3:30, SFC
<b>17</b> Tai Chi & Chi Gong (\$) 9-10, SFC <b>Mahjong</b> , 10, SFC <b>Meet &amp; Greet</b> , 10-12, SFC <b>Conversational French</b> , 12:30-1:30, SFC <b>Rummikub.</b> 1:30-3:30, SFC <b>Conversational Spanish</b> 1:45, SFC	<b>18</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>19</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>20</b> Ping-Pong, 9-11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Craft &amp; Chat</b> , 1-3:30, SFC <b>Virtual Tech Clinic</b> , 5-6, Zoom	<b>21</b> Ping-Pong 9-12, SFC <b>American Mahjong</b> 10-noon, SFC <b>Let's Do Lunch (\$)</b> 11:30, Truxton's, Torrance <b>Bridge</b> , 1:30-3:30, SFC <b>Trivia</b> , 1-2:30, SFC
<b>24</b> Tai Chi & Chi Gong (\$) 9-10, SFC <b>Mahjong</b> , 10, SFC <b>Meet &amp; Greet</b> , 10-12, SFC <b>Conversational French</b> , 12:30-1:30, 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>25</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>26</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>27</b> Ping-Pong, 9-11, SFC <b>Fitness Fun With Beverly (\$)</b> 11, SFC <b>Craft &amp; Chat</b> , 1-3:30, SFC <b>Virtual Tech Clinic</b> 5-6, Zoom only	<b>28</b> Ping-Pong 9-12, SFC <b>American Mahjong</b> 10-noon, SFC <b>Bridge</b> , 1:30-3:30, SFC

**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



Visit Peninsula Seniors at the street fair. Discover how we can make life more fun. Future members can enter a daily drawing for a free one-year membership.



# Activities

## for Peninsula Seniors



save the date for an Olde-Fashioned

### Ice Cream Social

Mark your calendars  
and plan to attend our

### Third Annual Olde Fashioned Ice Cream Social

**Sunday, July 21**  
**2-4 pm**  
**Scriba Family Center**

Socialize with friends  
and enjoy a favorite  
ice cream treat.

Watch for details  
coming soon.



(\$) 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.*

**June 5: “Blue Zones—Longer, Healthier, Happier Lives.”**

Tiana Rideout-Rosales, Well-Being Programs supervisor at Beach Cities Health District, will present an update on the Blue Zones Project to promote healthier communities and citizens.

**June 12: “100+ Years of Stars, Under the Stars.”**

Representatives of the LA Philharmonic Affiliates speaker bureau will present a preview of the 2024 Hollywood Bowl season, a visual history of this iconic landmark, and anecdotes from famous performances.

**June 19: “Tales from the Thrilling Life of a Laser Physicist.”**

Dr. Bradley Bobbs, PhD, UCLA, will take us on a thrilling journey through the world of physics, making complex concepts understandable and fun for any adult, regardless of science or math background (or lack thereof).

**June 26: “Meet the Mayor.”** Velveth Schmitz, mayor of Rolling Hills Estates, will discuss local issues, including business and commercial development, growth, real estate projects, safety concerns, the budget, land movement crises, and more.

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





Susan Reymond was recognized in May at LA County's award ceremony at the Dorothy Chandler Pavilion. She was honored for her inspiring volunteer work at Peninsula Seniors.

### 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, June 5, SFC**

Doors open at 11:45; lunch w/program at noon  
Historian Jim Shneer relates the little-known 1905 Battle of Tsushima Straits, one of the greatest sea battles in history with Russia opposing Japan. His presentation, "Two Steel Survivors: Mikasa and Aurora," focuses on the surviving warships and the messages from the conflict that are relevant today.

*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, June 21, 11:30 am**

Truxton's, 24530 Hawthorne Blvd., Torrance  
\$30 per person, includes tax and tip and certain beverages and meals from a select 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**

### LUNDI APRÉS MIDI

#### Français Conversationnel

**Mondays, 12:30–1:30 pm, SFC**

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

*(Note: NOT French lessons.)*

### 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 CAFÉ Y CONVERSACIÓN

**Mondays, 1:45 pm, SFC**

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

### THE "90 & MORE" CLUB

**Monday, June 10 and June 24**

**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.

*—Activities continue on the following page*

## FOR MEMBERS ONLY, *continues*

### **TUESDAY BOOK CLUB**

Tuesday, June 25, 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. 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

This month, we'll continue our series on the History of Rock and Roll, discussing and sampling the important rock music of the 1960s, including songs from Ray Charles, Aretha Franklin, The Temptations, The Supremes, The Beatles, The Rolling Stones, "The British Invasion," and the American response to it.

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

### **THURSDAY BOOK CLUB**

Thursday, June 13, 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.

### **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).

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

This month we salute long-time member **Eric Baum**, who has been treating Peninsula Seniors to his homemade baked Challah bread for our morning Bohannon lectures and Meet & Greet for several years. A member said she recently learned how to bake Challah with Eric. "Baked bread with Eric?" "Yes," she said, "I went to his house at 5:30 am and he taught me how to bake Challah." Now that's dedication! Thank you, Eric, for your early morning baking for Peninsula Seniors. Yum.

### **AMERICAN MAHJONG!**

Fridays, 10–noon, SFC

Must have your own "Official Standard Hands and Rules."

### **BINGO! (\$) Friday, June 7, 1–2:30 pm, SFC**

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

### **MOVIE TIME**

Friday, June 14, 12:30 pm, SFC

"The Two Popes." Oscar-nominated stars Anthony Hopkins and Jonathan Pryce are "heaven-sent" in this film about two popes with divergent views on theology and how it should be interpreted. Behind Vatican walls, the popes must face their pasts and find common ground to forge a new path for the Church. 2019 (2hr 5min) PG 13

### **BRIDGE Fridays, 1:30–3:30 pm, SFC**

Must RSVP: (310) 377-3003.

### **TRIVIA! Friday, June 21, 1–2:30 pm, SFC**

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





# Our Taco Party *Made Life Fun!*

Photos by Tony LaBruno



### Guests attending included:

1. Rita Lui,
2. Mic Lafferty, Kay Meng, and Sheila Lawton,
3. Board Member Jackie Suiter,
4. Alberta Samuelson,
5. clockwise from the left, Marie and David Chura, Terrye Holcomb, Jan and Clifford D'Autremont, and
6. Anne and Ray Destabelle.





# Peninsula Seniors

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## Generous Donors Ensure Our Future

*Meet Madhvi and Anil Aggarwal, pictured left, donors to our five-year-old endowment fund. Your editor spoke to Anil to discover the motivation for*

*their generous gift. Here's what she learned.*

**Anil, tell us what brought you to the Peninsula.** With my work in the area's defense industry, the location was a big factor when we moved to the Palos Verdes Peninsula in 1982. Our daughter and son grew up here.

**How did you become part of Peninsula Seniors?** Dr. Vidya Kaushik introduced me to Peninsula Seniors. He thought I might help with the finances, so I joined the organization's board as treasurer. I most enjoy the Hollywood Bowl trips, membership appreciation events, and meeting and getting to know so many fabulous members, volunteers, and supporters.

**Why is Peninsula Seniors' mission in the community important?** Loneliness, especially for seniors, is the root of many mental issues that morph into health issues. Peninsula Seniors provides a valuable and necessary venue to overcome loneliness through social gatherings, organized tours, dozens of activities, and

an inviting, comfortable meeting place: the Scriba Family Center.

**Why is it important to support the Peninsula Seniors Endowment Fund?** The fund provides a predictable income source. This is most important during economic downturns, as its diversified investments are more resilient to market fluctuations. Endowment funds also enhance an organization's credibility, thereby attracting more and larger gifts and building a lasting legacy of donors.

Madhvi and I encourage members and friends to give to this fund to help ensure the Peninsula Seniors' long-term ability to provide purposeful programs and activities in our community.