

January 2026

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



PENINSULA SENIORS Connections

make life fun!

Fun Facts About New Year's Resolutions

In the beginning, more than 4,000 years ago, the Babylonians annually resolved to improve themselves at the beginning of the year.

Continuing the Babylonian tradition, the Romans celebrated the New Year by making promises to the god Janus, the god of beginnings and endings.

A recent Google study showed that in the US health-related goals are the most common; in Australia, Japan, and Korea, love and relationships; and in India, career advancement.

A New Year of Opportunity Begins

As we turn the page to 2026, a new year of opportunity begins at Peninsula Seniors.

We welcome a new year filled with fresh beginnings, opportunities, and a chance to restart life with fresh energy. January encourages us to refresh our routines, set new resolutions, embrace new challenges, and foster a restored sense of giving, whether through volunteering, participating, donating, or simply showing up for others.

This year looks to be better than ever for our Peninsula Seniors community as we gather at the

Scriba Family Center. We have new members, and we're growing every month with more friends to meet.

Our monthly calendar offers something for everyone, packed with activities, engaging lectures and classes, unique day and multi-day trips, and special events.

Here's wishing you a Happy New Year filled with enjoyable educational and social activities that *make life fun*, fill your calendar, and give you renewed energy in 2026.

Pictured above decorating for the holidays are Elena Bates, Margaret Benson, and Ann Strong.

PENINSULA SENIORS MISSION AND VISION

Our mission is to provide a wide range of activities and services to seniors of all ages living on the Palos Verdes Peninsula and surrounding areas. Peninsula Seniors fosters a sense of community and belonging and encourages continuing engagements that promote physical and mental well-being while combating loneliness and isolation.

Our vision is to sustainably expand opportunities for Peninsula Seniors to enhance its ability to improve the overall quality of life and sense of purpose for local seniors while promoting independence and social connection to a growing member base.

BOARD OF DIRECTORS

Officers

President: Becky Clark
Vice President: Julia Parton
Secretary: Tom Hyatt
Treasurer: Anil Aggarwal

Members

Laurie Glover
John MacAllister
Greg Sparkman
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*
Linda Ralls*
Ralph* & Loraine* Scriba
Ann Shaw
Elly* & Robert* Visser
* = deceased member

EXECUTIVE DIRECTOR

Margie Beierschmitt




OFFICE STAFF AND VOLUNTEERS

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

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.



Minute With Margie

Happy New Year!

At our heart, Peninsula Seniors is a volunteer organization.

Our volunteers are beyond amazing. The beautiful Scriba Family Center was recently magically transformed from merely beautiful to fantastically festive for our Holiday Open House. That's a LOT of work! And we hosted a record number of guests this year, which made everything even more lively and fun! Our many guests were welcomed and served delicious treats, some of which were donated by our friends at Silverado Memory Care Communities and our neighbor Merrill Gardens. Thank you, wonderful volunteers. Again, we could not have done it without you!

Thank you also to our Open House sponsors, The Key Home Care, Angel Connection Nursing Services, Caring Angels Home Care, COGIR South Bay Senior Living, and Digital Smiles for another successful Peninsula Seniors Signature Event.

Because it's important to try new things, we have a few changes lined up for you this year on Friday afternoons.

Since BINGO! has been increasing in popularity, we'll be adding an extra day of fun each month. In addition to the usual first Friday play, we'll be adding play on the third Fridays.

I'll be hosting New Member Orientations on the fourth Friday of each month. RSVP to join us to learn more about what makes Peninsula Seniors special and how to become involved.

I look forward to seeing each of you at the beautiful Scriba Family Center, making life fun in 2026!

With Gratitude,

Margie Beierschmitt, Executive Director

Membership News for Peninsula Seniors

Peninsula Seniors Leave a Lasting Legacy



Scan the QR code to discover
six compelling reasons to join or renew
your Peninsula Seniors' membership.

Current Membership: 1,137

New and Returning Members

WE WELCOME THESE NEW MEMBERS who joined us in November.

| | | |
|-----------------------------|--------------------|----------------|
| Zahir Ali | Walt & Carol Goede | Murray Smith |
| Don & Sharon Crawford | Suzanne Kunich | Richard Waller |
| Lily Fryman | Mia McGlynn | Su Weng |
| Charles & Cristina Gallegos | John Millington | |

THANK YOU to those who renewed their membership in November.

| | | |
|-------------------------------|-------------------------|-----------------------------|
| Beverly Beatty | John Kolin | Thomas Smith & Jill Bonart |
| John Bennett & Gillian Hunter | H. Florence Kubota | Susan Spellacy |
| Francine Bernard | Ginger Lai | Margaret Stampfl |
| Robert & Jennifer Boudreau | Donna Lee | Stewart Steckel |
| Kathy Brannon | Mary Leedy | Michael Stull |
| Bill Cohn | Nancy Mahr | Sandra Tuchscher |
| Cindy Cuddie | Caroline Maize-Schwartz | Charles & Karen Tucker |
| John & Ikue Duncan | Marcia Mills | John & Leila Williams |
| Traude Gitter | Shirley Nagai | Peggy Woiwod |
| Sieglinde Hale | Barbara Pavliscak | Mary Wysocki |
| Ronald & Mary Keyes | Gloria Smith | Lawrence & Terri Zinkiewicz |

Above & Beyond

Thanks to those who made gifts to
Peninsula Seniors' operations in
November.

\$100-\$499

| | |
|----------------|-------------------|
| Anonymous (x2) | South Bay Sunrise |
| Becky Clark | Rotary Club |
| John L. Exline | Foundation |
| Donna Lee | Laura Warren |
| Gary Moir | |

Membership Honor Roll

PLATINUM (\$600/yr)

Hal & Elena Bates
Frank Sternat

GOLD (\$400/yr)

Gary Moir

SILVER (\$250/yr)

David & Stephanie Barker
John & Sandra O'Neal

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

HOT DEALS

for Peninsula Seniors



Show your personalized Peninsula Seniors membership card to receive a Hot Deal. For offer details, pick up a flyer at the Scriba Family Center, visit pvseniors.org/hot-deals/, scan the adjacent QR code that will take you to our Hot Deals web page, or call the merchants. (As of 11/11/25. Offers subject to change without notice. More Hot Deals coming soon!)

Alltech of Lomita, Inc.

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

Caring Angels Home Care

609 Deep Valley Dr., RHE (310) 801-7370
First 4-hour shift free; 15% off services.

Chado Tea Room (424) 757-5222

1303 El Prado Ave., Torrance 15% off.

CMS Design Portraiture

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

Courtesy Cleaners (310) 541-7081

10% off dry cleaning over \$10.

Crème de la Crêpe (310) 541-0001

10% discount.

Daisy Buchanan's Pizza Bar (310)

750-6225 \$10 Pizza, \$5 Beer, \$10 Wine.

Digital Smiles Dentistry NEW!

(213) 786-5823. 550 Deep Valley Dr. #347, RHE. Free basic cleaning, exam, and x-rays for new patients. 10% off on any treatment.

Dragonfly Thai (310) 265-8424

10% off all purchases.

DropOut Cyclery (424) 488-2099

10% off first bicycle purchase. 15% off repairs, parts, labor.

Duran Reed Realtors®

(310) 519-7670 ClaraDuranReed.com
Zero \$ escrow fee for buyers or sellers.

El Pollo Inka (310) 377-3477

15% discount off any item. Free b'day meal w/purchase of another. Dine-in only.

Elegance Automotive Restoration

(626) 420-4442. Discount on detailing cars, SUVs, trucks.

Floral 101 in Lomita. (424) 251-2330

15% off arrangements; free delivery within 6-miles of shop on purchases of \$70+.

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.

Game Chest (310) 377-1193

15% off. Not valid w/other discounts.

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

Giorgio's (310) 541-2600. One tiramisu dessert per table at lunchtime.

Golden Cove Pharmacy

(310) 750-6082. 10%–15% off.

*Restrictions may apply.

Golden Scoop Gelato (424) 327-2888.

10% off gelato (except quarts) on Tues.

The Grand Emporium

(310) 514-8429 25% off any purchase.

Hillside Auto Repair (310) 373-7676

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

Kabab Curry of India

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

Kelly's Korner (310) 541-2234 Free cookie or chips with sandwich purchase.

Kim's BBQ (310) 750-6161

10% off Mon–Thurs.

Joey Komada, Licensed

Acupuncturist & Herbalist

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

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.

Melissa's Jewelry & Repair NEW!

(424) 263-5874. 1958 PCH, Lomita. 15% off repairs & purchases Weds. and Thurs.

Nantucket Crossing (310) 377-7201

10% off selected items on Tuesdays.

Oil Stop (310) 373-6399 Drive-through oil change: \$15 off. Coupon code PS602.

Oui Beach (310) 540-1200

Beach-chic gifts and home decor. 15% off.

Outdoor Dog Photography

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

Peace Training With Michael

Peace, Medical Exercise Specialist

NEW! 3525 Lomita Blvd., #101

Torrance. (310) 294-4679. First session complimentary. 25% discount on any 4-pack of sessions (30–45 minutes).

Peninsula Physical Therapy

(310) 544-6264 \$75/hr for physical assessment. \$100/mo wellness pgm.

Power Rooter & Plumbing Inc.

prpcustomerservice@gmail.com

(310) 618-9107 15% off labor.

PV Coin Exchange (310) 750-6951

Turn coins into cash/ No transaction fee.

Rosas La Cabana Mexican

Restaurant 24403 Hawthorne Blvd., Torrance. (310) 375-9133. 15% off.

SAGA Made in Italy (562) 336-0216

15% discount on SAGA Made in Italy; 10% discount on others.

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) 294-1104

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

Terranea Resort, Catalina Kitchen

(844) 242-0967 Offer #1: Buy one, get one free. Offer #2: Complimentary entrée on your birthday. Excludes alcohol; includes free valet parking. Valid M–Th., excl. holidays. Offer subject to change.

The Little Oliva (310) 833-1313

10% off Mon, Wed, and Thurs.

The Sports Complex

(310) 377-3226. Golf Simulator: 50% off the first visit; 25% off thereafter.

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

898 Silver Spur, RHE 10% off repairs.

What's Cookin' Cookware

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

Woof Gang Bakery & Grooming

(310) 873-3120 1886½ S. PCH., RB. \$20 off 1st dog groom; 15% discount on products.



CALL TODAY FOR OUR NEW MOVE-IN PROMOTION!

PENINSULA POINTE by cogir

PENINSULA POINTE BY COGIR
27520 Hawthorne Blvd,
Rolling Hills Estates CA 90274
License Number: 198320398

PeninsulaPointeSL.com
Assisted Living, Memory Care
(424) 496-5137

cogir | **SOUTH BAY**
SENIOR LIVING

COGIR OF SOUTH BAY
21507 Hawthorne Blvd,
Torrance, California 90503
License Number: 198320454

CogirofSouthBay.com
Independent & Assisted Living
(424) 360-2644

**Thank You,
“Connections” Advertisers!**





Day Coach Trips and Multi-Day Tours

make life fun!

DAY TRIPS (\$)

ST. PATRICK'S CELEBRATION

Mon, March 16

(That's right! Monday, not Tuesday!)

Members-only Early Bird \$174

through Fri Jan 30

Members \$194

Non-Members \$199

Tamora School of Irish Dance brings everything from beautiful Celtic music to contemporary sing-alongs. The Irish singers, dancers, and instrumentalists are sure to delight. Waiter-served three-course meal with wine. Entrée choices: corned beef and cabbage, chicken, vegetarian pasta, or vegan tartare.

FOR TRIP DETAILS, call (310) 377-3003. Leave your name, phone, and the trip that interests you.

CANCELLATION

POLICY. If you cancel, we offer your space to those on our waiting list. When your space is sold, your cost will be refunded less a \$15 processing fee. Otherwise, no refund can be made.

MULTI-DAY TRIPS (\$)

SPRING TRAINING GAMES IN PHOENIX, ARIZONA

Mon March 16–Fri March 20

\$2,999/pp double

\$3,999/pp single

Four nights at the Hampton Inn next to the Tanger Outlets and Westgate Entertainment District.

Attend three spring training baseball games. View Native American art at the Heard Museum and musical instruments from around the world at the Musical Instrument Museum. Visit the spectacular town of Sedona, known for its amazing red rock formations.

LAS VEGAS & DEATH VALLEY

Mon March 23–Th March 26

\$899/pp double

\$1,199/pp single

\$200/pp deposit

Final payment due Fri, Feb 6

Three nights at the Flamingo in Las Vegas. Easy walking to shows, restaurants, and gaming. Day tour to Death Valley. Visit the Hoover Dam, and enjoy a sightseeing cruise on Lake Mead.

MACKINAC ISLAND & NIAGARA FALLS

Wed June 3–Wed June 10

\$4,199pp double, \$5,199 single

\$400pp deposit

Final payment due Fri., Feb 27


Valid U.S. passport required.

Three nights at the Grand Hotel on Mackinac Island. Enjoy an elegant dinner at the hotel and a carriage ride tour of the island. Tour the Bavarian-style town of Frankenmuth. Your day at Niagara Falls includes a tour behind the Falls, a visit to Niagara-on-the-Lake, the legendary boat tour, and a whitewater walk. Also visit the Ford Factory and Village, plus the Henry Ford Museum.



Peninsula Seniors

Calendar For January 2026

| MON | TUE | WED | THUR | FRI |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Activities and events are in the Scriba Family Center (SFC) unless otherwise noted. | ABBREVIATIONS \$=Cost to attend an activity HP=Hesse Park PVL=Pen Center Library PVLPD=Pen Center Library top parking deck SFC=Scriba Family Center | | 1  OFFICE IS CLOSED | 2 |
| 5 Mahjong, 10–12 Meet & Greet, 10–12 Conversational French, 12:30–1:30 Rummikub, 1–3 Conversational Spanish, 2–3 90+ Club, 3–4 Intermediate Modern Line Dance, 3:30 | 6 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$), 11 Fitness Fun w/Beverly (\$), 12 Conversational Italian, 1 Conversational Japanese, 1:30–2:45 Writers' Group, 1:30–3 Ukulele, 3–4 | 7 PV Walkers, 8:45, PVLPD Bohannon Lecture: "The Baroque Art Period, Pt. 2" 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4 Widowers' Chat Group, 3–4 | 8 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$), 11 Fitness Fun w/Beverly (\$), 12 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30 | 9 Ping-Pong, 9–12 American Mahjong, 10–noon Movie: "Castaway," 12:30 Trivia, 1–2:30 Bridge, 1–3:30 |
| 12 Mahjong, 10–12 Meet & Greet, 10–12 Conversational French, 12:30–1:30 Rummikub, 1–3 Conversational Spanish, 2–3 90+ Club, 3–4 Intermediate Modern Line Dance, 3:30 | 13 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$), 11 Fitness Fun w/Beverly (\$), 12 Conversational Italian, 1 Conversational Japanese, 1:30–2:45 Writers' Group, 1:30–3 Ukulele, 3–4 Tech Talks, 4–5 | 14 PV Walkers, 8:45, PVLPD Bohannon Lecture: "A Guide to Successful Parenting & Grandparenting" 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4 Widowers' Chat Group, 3–4 | 15 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$), 11 Fitness Fun w/Beverly (\$), 12 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30 | 16 Ping-Pong, 9–12 American Mahjong, 10–noon Let's Do Lunch (\$): 11:30 Stonefire Grill, Torrance BINGO! (\$) 1–2:30 Bridge, 1–3:30 |
| 19 Mahjong, 10–12 Meet & Greet, 10–12 Conversational French, 12:30–1:30 Rummikub, 1–3 Conversational Spanish, 2–3 90+ Club, 3–4 Intermediate Modern Line Dance, 3:30 | 20 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$), 11 Fitness Fun w/Beverly (\$), 12 Conversational Italian, 1 Conversational Japanese, 1:30–2:45 Writers' Group, 1:30–3 Ukulele, 3–4 | 21 PV Walkers, 8:45, PVLPD Bohannon Lecture: "The Growing Power of Artificial Intelligence" 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4 Widowers' Chat Group, 3–4 | 22 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$), 11 Fitness Fun w/Beverly (\$), 12 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30 | 23 Ping-Pong, 9–12 American Mahjong, 10–noon New Member Orientation, 2–3 Bridge, 1–3:30 25 Let's Do Brunch (\$), 11:30, Calif. Pizza Kitchen, Torrance |
| 26 Mahjong, 10–12 Meet & Greet, 10–12 Conversational French, 12:30–1:30 Rummikub, 1–3 Conversational Spanish, 2–3 90+ Club, 3–4 Intermediate Modern Line Dance, 3:30 | 27 Ping-Pong, 9–11 Tuesday Book Club, 10:30, PVL Fitness Fun w/Beverly (\$), 11 Fitness Fun w/Beverly (\$), 12 Conversational Italian, 1 Conversational Japanese, 1:30–2:45 Writers' Group, 1:30–3 Ukulele, 3–4 | 28 PV Walkers, 8:45, PVLPD Bohannon Lecture: "Primed for Paddy Hirsch" 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4 Widowers' Chat Group, 3–4 | 29 Ping-Pong, 9–11 Fitness Fun w/Beverly (\$), 11 Fitness Fun w/Beverly (\$), 12 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30 | 30 Ping-Pong, 9–12 American Mahjong, 10–noon Bridge, 1–3:30 |



Activities for Peninsula Seniors

(\$) indicates an additional cost to participate

Behind the Scenes at the Scriba Family Center!

Introducing Caroline Maize-Schwartz, the enthusiastic and longtime leader of Monday morning's Meet & Greet gathering.

Caroline warmly welcomes all new participants and makes sure they are introduced to the group. She arrives early with sweet treats for everyone and plans special events like birthday celebrations and periodic potluck parties.

Under Caroline's leadership, Meet & Greet has grown from a small meet-up for new members to a full-fledged weekly social event.

AVAILABLE TO THE COMMUNITY

BOHANNON LECTURES

Wednesdays at Scriba Family Center

10:15 coffee / 10:30–11:30 lectures

January 7: "The Baroque Art Period (Part Two)." Members Ann and Lee Strong present the second part of an art appreciation lecture on the Baroque art period (1600–1750). In this lecture we'll explore the art that emerged after the Renaissance in Europe, including pieces by Vermeer, Gainsborough, and others.

January 14: "A Guide to Successful Parenting and Grandparenting."

Local psychotherapist Jan Simon reviews the developmental theories of Erikson, Freud, Mahler, Kolberg, and Winnicott, demonstrating how humans ultimately adult.

January 21: "The Growing Power of Artificial Intelligence."

Local Realtor® and AI advisor Tony Self returns to discuss the rapidly growing influence of AI on the world stage and its practical applications in everyday life.

January 28: "Primed for Paddy Hirsch." Author and journalist Paddy Hirsch returns to preview his new contemporary thriller, *Primed*, about a trans-Atlantic hunt for revenge.

For details, call Program Coordinator Renée Reymond, at (310) 377-3003.

MEET & GREET, Mon, 10 am–noon, SFC

Have coffee, make friends, chat, exchange ideas.

PV WALKERS, Wed, 8:45 am

688 Deep Valley Drive, RHE, Top parking deck at the main library.

In collaboration with Providence Little Company of Mary Medical Center and the Palos Verdes Library District.

LET'S DO LUNCH (\$), Fri, Jan 16, 11:30am

Stonefire Grill, 25352 Crenshaw Blvd., Torrance. Separate checks. Must RSVP by calling (310) 377-3003.

LET'S DO SUNDAY Brunch

Sunday, January 25, 11:30 am
California Pizza Kitchen (\$),
25306 Crenshaw Blvd., Torrance
Order from the menu. *Bring cash in small bills.* Must RSVP by calling (310) 377-3003.

FOR MEMBERS ONLY

MAHJONG,
Mon, 10 am, SFC / Wed, 1 pm, Hesse Park

RUMMIKUB, Mon, 1–3 pm, SFC
A tile-based game for two to four players with simple rules and free-flowing fun for everyone.

THE 90+ CLUB, Mon, 3–4 pm, SFC
Members 90 years old + are welcome.

PING-PONG
Tu & Th, 9–11 am, SFC / Fri, 9–noon, SFC
Come play with us! All skill levels are welcome.

TUESDAY BOOK CLUB
Tues, Jan 27, 10:30 am, PVL
New members are welcome. Call (310) 377-3003.

FITNESS FUN WITH BEVERLY (\$)
Tu & Th, 11 am, SFC / Tu & Th, Noon, SFC
Gently sculpt and strengthen your body. All fitness levels. Taught by Beverly Beatty, certified Advanced Health and Fitness Instructor. \$90 for 3 months.

WRITERS' GROUP, Tu, 1:30–3 pm, SFC
Endless opportunities for self-expression. Join us, and *let's write together!* RSVP to (310) 377-3003.

TECH TALKS, Tu, Jan 13, 4–5 pm, SFC
Two sessions: 4–4:30 and 4:30–5
Go one-on-one with high school students to get all your phone and computer tech questions answered. Bring your devices. RSVP to (310) 377-3003.

UKULELE STRUM & SING

Tues, SFC, 3–4 pm
Just bring your ukulele, and we'll strum and sing together. All levels welcome. For information, call (310) 377-3003.

MUSIC APPRECIATION

Wed, 3–4 pm, SFC or Zoom
Join Ann and Lee Strong this month as they present two lectures on the movie music of John Williams. Sample and discuss several of his more than 100 film scores and TV themes, and view video and hear music clips from Valley of the Dolls, Jaws, Jurassic Park, Star Wars, and several others. After exploring film music, a series on the origins and development of Rock and Roll in the mid-1950s will begin.

WIDOWERS' CHAT GROUP, Wed, 3 pm, SFC
Join us for uplifting chats and experiences.

CRAFT AND CHAT, Th, 1–3:30 pm, SFC
Work on your craft while socializing with friends.

NEW IN 2026!

NEW MEMBER ORIENTATION
Friday, Jan 23, 2 pm

Join Margie for an informative session to help you learn about Peninsula Seniors, our programs, activities, travel opportunities, and *get connected to stay connected!*

—Activities continues

—Activities continue

AMERICAN MAHJONG, Fri, 10–12, SFC

Must have the “Official Standard Hands and Rules.”

BINGO! (\$)

First and 3rd Fridays, SFC

Fri, Jan 16, 1–2:30 pm

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

MOVIE TIME

Fri, Jan 9, 12:30 pm, SFC

“Castaway.” After a plane crash leaves a man stranded on a desert island, he fights to stay alive for years in hopes of returning home. Stars Tom Hanks. 2000 (2hr 23min) PG-13

TRIVIA! Fri, Jan 9, 1–2:30 pm, SFC

Do you like interesting discussions in a fun, friendly atmosphere, while testing your general knowledge at the same time? Then join our trivia group!

SOCIAL BRIDGE, Fri, 1–3:30 pm, SFC

All skill levels are welcome.

**CONVERSATIONAL
FOREIGN LANGUAGES**

Ramp up your foreign-language skills!

CONVERSATIONAL FRENCH

Mon, 12:30–1:30 pm, SFC

Practice basic French speaking skills in a friendly, social atmosphere.

CONVERSATIONAL SPANISH

Mon, 2–3pm, SFC

Practice speaking Spanish in a friendly, social setting.

CONVERSATIONAL ITALIAN

Tu, 1–2 pm, SFC

Speak Italian in a fun, social setting. Talk about Italian food, music, movies, sightseeing, and more.

CONVERSATIONAL JAPANESE

Tu, 1:30–2:45 pm, SFC

Practice basic conversation in a social setting. Occasional discussions about Japanese culture.

Save the date!

**Pre-Super Bowl LX
HOT DOG
TAILGATE
PARTY!**

**Friday, February 6
12–2 pm, SFC**

It's our third annual Pre-Super Bowl Hot Dog Tailgate Party! We'll be grillin' hot dogs on the plaza with chips, beer, sodas, and desserts and eating indoors, watching a famous football movie at 1pm. Celebrate the Super Bowl early before the Big Game. \$25/pp.

**Reservations are a must.
Call (310) 377-3003.**

See you there!





Our Holiday Open House *made life fun!*



Peninsula Seniors got into the seasonal spirit at our annual Holiday Open House. Some of those attending were:

- 1. Treva Forister and Joani Thompson;**
- 2. hungry and friendly partiers;**
- 3. Derek and Pam Gable;**
- 4. the entertaining quartet, Pacific Coast Highwaymen, that added musical joy to the occasion;**
- 5. Kay Meng and Del McCulloch; and**
- 6. Jack and Joyce Crump.**



Peninsula Seniors

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

CHANGE SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE PAID
Torrance CA
PERMIT NO. 302

This issue of "Connections"
is brought to you by



DATED MATERIAL.
PLEASE DELIVER BEFORE JANUARY 1

ADDRESS LABEL MUST BE LEVEL INSIDE THIS BOX

Make Life Fun With Peninsula Seniors' Travel and Tour Adventures



Barbara Rock

Meet Barbara Rock, a lively 40-year resident of San Pedro and a nine-year member of Peninsula Seniors. With a passion for

adventure and new experiences, this now semi-retired marriage counselor has traveled to some interesting and exciting locations with Peninsula Seniors, creating countless memories that highlight how much these activities enrich her life.

One of her favorite adventures? The breathtaking Yosemite National Park! Barbara has visited twice, immersing herself in the natural beauty and exclaiming, "It's lovely being outside in that

atmosphere!" For anyone who shares her love of nature, it's definitely an experience not to be missed.

An annual highlight for Barbara is the Peninsula Seniors' New Year's Eve day trip to enjoy a delightful three-course lunch with wine, excellent musical entertainment, and a champagne toast synchronized with London's clock. "The service, entertainment, food, and champagne are excellent," she says happily. "Plus, with a prompt return home before dark, what's not to love?"

A big fan of movies, Barbara also enjoyed Peninsula Seniors' day trip to the Academy Museum of Motion Pictures. "So much about that tour resonated with me!" she shares. And she recalls her

exciting visit to the then-new SoFi Stadium, noting, "I never would have toured that fabulous venue without Peninsula Seniors!"

Why does Barbara rave about traveling with us? "It's all about the well-organized trips, super comfortable buses, and stunning venues," she says. "The opportunities and fun make these travels very special," she emphasizes.

Join Barbara and discover the fun, adventures, and incredible opportunities waiting for you with Peninsula Seniors.

Don't miss out! Make life fun with your next adventure that's right around the corner!