

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



PENINSULA SENIORS
Connections
make life fun!

Programs Are Peninsula Seniors' Core

Back in January 2020, the Scriba Family Center was buzzing with a diverse range of programs. From the lively Zumba Gold to the soothing ukulele classes, from the cultural LA Opera outings to the cozy knitting sessions, there was something for everyone. And this was just the beginning of a year to be filled with exciting activities.

Two months later, Peninsula Seniors had to close, and everyone had to stay home except for absolute essentials.

Despite the challenges, Peninsula Seniors remained resilient. In 2021, the doors of the beautiful

Scriba Family Center reopened, and our loyal members, like a ray of hope, started trickling back. As the path forward became clearer, we were ready to engage with friends and continue our journey.

Membership grew, and programs were added to the calendar. There were trips, Bohannon lectures, craft 'n' chats, and music appreciation, all in person.

Today, our membership is steadily increasing, with more than 1,000 members. Peninsula Seniors is thriving and proud to offer over 90 programs monthly to combat loneliness and isolation, bring

friends together, and learn new things. We offer bridge, language conversations, fitness, mahjong, ping-pong, bingo, a 90+ club, a writer's group, book clubs, meet and greet, hot deals, and signature parties. The list goes on and is growing.

Programs are the core of our organization, and if you don't participate in at least a few of these activities a week, you're not getting the full benefit of membership. Join in activities now and *make life more fun than ever*.

Pictured above: Dolly Cincotta during the Peninsula Seniors' outing to the Hollywood Bowl on July 2.

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

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Treasurer: Anil Aggarwal

Members

Becky Clark

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Laurie Glover

Jackie Suiter

Julia Parton

Andrew Werts

HONORARY LIFE MEMBERS

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Mike⁺ & Virginia Cicoria

Russ Harrington⁺

Gene Hollander⁺

Elaine Jerome

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Allen⁺ & Dottie Lay

Richard & Melanie Lundquist

Edith Mayerson⁺

Ralph⁺ & Loraine Scriba

Ann Shaw

Elly⁺ & Robert⁺ Visser

⁺ = deceased member

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Margie Beierschmitt

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STAY CONNECTED

 facebook.com/pvseniors

 [X.com/PenSeniors](https://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

Current Membership: 1,043

Your gifts matter

Because of you and your generosity, seniors of all ages are living better lives.

You have made it possible for seniors in our community to enjoy their daily lives filled with friends and activities. Even the 90+ year-olds have a special group that comes out every Monday, trading life stories and hot tips with others in their age group.

I can't thank you enough for making a difference. These have been challenging times for Peninsula Seniors, and we're not done yet.

Thank you for your contributions to *making life fun!*

With Gratitude,

Margie Beierschmitt
Executive Director

Challenges make
life *interesting*.

Overcoming
them makes
life *meaningful*.

Membership News

for Peninsula Seniors

Peninsula Seniors
**Leave a
 Lasting Legacy**

New and Returning Members

WE WELCOME THESE NEW MEMBERS who joined us in August.

| | | |
|-----------------|--------------------|-----------------|
| Randall Arnwine | Curtis Goetze | Eddie Monroy |
| Thomas Baker | Stan & Dana Gorman | Jim & Sue Reese |
| Rita Berkin | Brian Haig | Rebecca Reinis |
| Jesse Cordova | Mary Ann Herko | Renee Tucker |
| Cindy Dahl | Lorraine Jolin | Amy Wang |
| Lori Daniels | William Koelsch | |

THANK YOU to those who renewed their membership in August.

| | | |
|----------------------------------|-----------------------|------------------------------|
| Robert & Rosalie Abelson | Bill & Kaye Furlong | Alison Menninger |
| Merrily Adams | Kirindi Goldman | Brenda Moore |
| Barbara Addleman | Pat Grey | Vernon & Mary Olson |
| Bob Albert | Najwa Hanel | Karin Petersen |
| Eunice Anderson | Judith Herdman | Jackson Pharris |
| Bonniegay Bacon | Aiko Imagawa | Jack Potts |
| Maureen Ballard | Vijay Kamdar | Verena Roosli |
| Susan Barber | Kathleen Keller | Leann Roque |
| Christine Barnicki | Joanne Kim | Patrick & Carolyn Stamper |
| Virginia Butler & Les Fishman | Joyce Kochanowski | Marie Stofila |
| Marky Byrne | Priscilla Koehler | Dotti Towle |
| Walter Christmas | Larry & Sheila Lawton | Linda Tully |
| Anne Ellis | Eric Lieber | Helene Vaughn |
| Joan Ericson | Bill & Kathryn Lowrey | Joyce Wallace |
| Joan Ernster | Rita Lui | CC Yu |
| | Cathy McClernan | |
| | Carol Mead | |

Membership Honor Roll

| | | |
|----------------------------|---------------------------|-------------------------------|
| PLATINUM (\$600/yr) | SILVER (\$250/yr) | Irene Rosenberg |
| Del McCulloch | Sigrid Coulbourn | Ann Steiner & Mary Steiner |
| Robert and Helene Reid | Arthur & Cheri McAllister | |

Above & Beyond

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

| | | | |
|-----------------|------------------|-------------------|---------------|
| Anonymous (x 2) | Michael & Brenda | South Bay Sunrise | Helene Vaughn |
| City of Rancho | McNamara | Rotary Club | CC Yu |
| Palos Verdes | Jack Potts | Foundation | |

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 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! (310) 316-4302
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 NEW!

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.

DropOut Cyclery

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

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 off any item. Not valid with other specials. 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 (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 (310) 541-2600. One tiramisu dessert per table at lunchtime.

Golden Cove Pharmacy

(310) 750-6082 10%–15% off.

*Restrictions may apply

The Grand Emporium

(310) 514-8429 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.

Kabab Curry of India

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

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

Kim's BBQ (310) 701-4138

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.

Nantucket Crossing NEW!

(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 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
(310) 618-9107 15% off labor.

**HOT DEALS
HOT TIP:**

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

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.

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 NEW!
(310) 844-242-0967 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 9/24/24. Offers subject to change without notice. More Hot Deals coming soon!



**Peninsula Seniors at the
Hollywood Bowl Fireworks Spectacular
July 2, 2024**



**Thank You to Our
"Connections" Sponsors**

Please patronize and thank our recent "Connections" sponsors:

- Merrill Gardens Senior Living
- Tania Peterson, certified senior real estate specialist
- Caring Angels, home care
- PV Coin Exchange

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.





Celebrate 2025!

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 TRIP

CELEBRATE THE 2025 NEW YEAR!

Tues Dec 31 (New Year's Eve)

Don't miss our annual trip to Almansor Court in Alhambra. We'll be guests at their luncheon theater. The event concludes as they bring out the champagne to ring in the New Year with London at 4pm our time! Watch for details in future issues of "Connections."

MULTI-DAY TRIPS

HEARST CASTLE AT CHRISTMASTIME 2024

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.

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.

FALL FOLIAGE 2025

We're working on a trip to view next year's beautiful fall foliage. We'll also visit a Halloween festival featuring giant pumpkins with people inside, floating on water. Details soon!



Peninsula Seniors

Calendar For October 2024

| MON | TUE | WED | THUR | FRI |
|--|---|--|--|--|
| | 1 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30-3 Writers' Group, 1:30-3 | 2 PV Walkers, 9, PP Bohannon Lecture, 10:15 coffee, 10:30 lecture Pen Vets, 11:45 Mahjong, 1, HP Music Appreciation, 3-4 | 3 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Craft & Chat, 1-3:30 Intermediate Modern Line Dance, 3:30 | 4 Ping-Pong, 9-12 American Mahjong, 10-noon Bingo, 1-2:30 Bridge, 1-3:30 |
| 7 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 | 8 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30-3 Writers' Group, 1:30-3 Fall Flower Arranging (\$), 3-4:30 | 9 PV Walkers, 9, PP Bohannon Lecture, 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3-4 | 10 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Thursday Book Club 11:30-1:15, PVL Craft & Chat, 1-3:30 Intermediate Modern Line Dance, 3:30 | 11 Ping-Pong, 9-12 American Mahjong, 10-noon Movie: "Jaws" at 12:30 Bridge, 1-3:30 |
| 14 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 | 15 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30-3 Writers' Group, 1:30-3 | 16 PV Walkers, 9, PP Bohannon Lecture, 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3-4 | 17 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Craft & Chat, 1-3:30 Intermediate Modern Line Dance, 3:30 | 18 Ping-Pong, 9-12 American Mahjong, 10-noon Let's Do Lunch (\$) 11:30, Stonefire Grill, RH Plaza Bridge, 1-3:30 Trivia, 1-2:30 |
| 21 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 | 22 Ping-Pong, 9-11 Tuesday Book Club 10:30, PVL Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30-3 Writers' Group, 1:30-3 Paint & Sip Party (\$), 3-5 | 23 PV Walkers, 9, PP Bohannon Lecture, 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3-4 | 24 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Craft & Chat, 1-3:30 Intermediate Modern Line Dance, 3:30 | 25 Ping-Pong, 9-12 American Mahjong 10-noon Bridge, 1-3:30 |
| 28 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 | 29 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Conversational Japanese 1:30-3 Writers' Group, 1:30-3 | 30 PV Walkers, 9, PP Bohannon Lecture, 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3-4 | 31 Ping-Pong, 9-11 Fitness Fun w/Beverly (\$) 11 Craft & Chat, 1-3:30 Intermediate Modern Line Dance, 3:30 | |
| Activities are in the Scriba Family Center (SFC) unless otherwise noted. | | 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 | | |

Activities for Peninsula Seniors

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

AVAILABLE TO THE COMMUNITY

BOHANNON LECTURE SERIES

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

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

October 2: “Road Trip Across Mongolia”

Cal State University Long Beach Professor Emeritus Dr. Tom Kelty, Department of Geological Science, discusses the geography and geology of this land-locked country bordering Russia and China and its gracious people.

October 9: “Port of LA: Gateway for International Commerce”

Augie Bezmalinovich, community affairs advocate at the Port of LA, presents an update on the busiest port in the Western Hemisphere, its origins with Phineas Banning in the 1850s, and the status of the new waterfront project.

October 16: “Artificial Intelligence (AI) in Action”

Tech expert, local realtor, and business owner Tony Self, an early adopter of AI integrated into his business, discusses the real-world impact of this newer technology on business operating efficiency and profit.

October 23: “Rancho Palos Verdes City Update”

City Manager Ara Mihranian reviews the city’s key issues, including the Portuguese Bend landslide, proposed housing development projects, business development, conservation efforts, crime, and more.

October 30: “All Hallow’s Eve”

Ann and Lee Strong, our music appreciation instructors, present a special holiday lecture celebrating evil. This Halloween talk about creepy music from the 17th to 20th centuries will put us in the Halloween “spirit.”

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, October 2, SFC

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

Our October speaker is LCDR Scott McCann, U.S. Coast Guard, who will update us on the Coast Guard and its 11 missions. He is a graduate of the Coast Guard Academy and has served on both sea tours and shore assignments over the past 20 years. Today, with the title of Emergency Management and Force Readiness chief, he supervises a team of 10 that is

responsible for plans, exercises, training, and reserve force readiness.

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, October 18, 11:30 am
Stonefire Grill, Rolling Hills Plaza
25352 Crenshaw Blvd., Torrance
Order individually; pay individually with separate checks. RSVP today by calling (310) 377-3003.

FOR MEMBERS ONLY

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.

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.

CONVERSATIONAL SPANISH *(NOT lessons)*

Mondays, 1:45 pm, SFC
Practice Spanish speaking skills in a friendly, social atmosphere.

THE 90+ CLUB

Every Monday, 3–4 pm SFC
Members 90 years old + are welcome.

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, Oct 22, 10:30 am, PVL
This book club welcomes new members. Contact the front desk if you're interested in joining. (310) 377-3003.

—Activities continue on the following page

Create a Fall Floralscape

Tuesday, October 8
3–4:30pm

Join Alex from Floral 101 in this fall flower arranging class, where you'll create a holiday table centerpiece using fresh flowers, greenery, and pumpkins in a fall, wooden-box design.

\$65 members / \$70 non-members
Includes all materials.

Space is limited. RSVP today.
(310) 377-3003

RESERVE NOW!!

Paint & Sip Party

Tuesday,
October 22
3–5pm

Paint a simple Palos Verdes seascape. Appropriate for all levels, from beginners to pros.

Supplies, wine, cheese and a real good time will be provided.
\$65 members / \$75 non-members

Space is limited.
Reservations required.
Call (310) 377-3003 to RSVP.



FOR MEMBERS ONLY, *continues*

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

The classical opera series continues with operas by Verdi, Bizet, and more. Ann and Lee Strong, instructors.

THURSDAY BOOK CLUB

Thursday, Oct 10, 11:30–1:15 pm, PVL

Behind the Scenes at the Scriba Family Center!

Did you know that **Ann Strong** is not only one of our music appreciation instructors, she's a prolific baker, too. She treats the music appreciation group to yummy and clever confections each Wednesday. You might see red, white, and blue stars for patriotic holidays, bears in a pool and ice cream-cone cookies for summer, black cats and witches hats, turkey and football cookies, reindeer pretzels, and cookies called "Husband Keepers!" Join music appreciation with Ann and Lee Strong on Wednesdays at 3 pm and sample some of these marvelous creations from Ann, with love.



*Mark your calendars now
and plan to attend these
Peninsula Seniors' holiday events*

THANKSGIVING LUNCH (\$)

Thursday, November 21

Hof's Hut, 11:30–1:30

HOLIDAY OPEN HOUSE

Tuesday, December 10

Scriba Family Center, 2–4 pm

CHRISTMAS LUNCH (\$)

Tuesday, December 17, 11:30–1:30

The Original Red Onion Restaurant

*Watch for details and pricing
in upcoming issues of "Connections."*

CRAFT AND CHAT

Thursdays, 1–3:30 pm, SFC

Work on your craft while socializing with friends.

AMERICAN MAHJONG!

Fridays, 10–noon, SFC

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

BINGO! (\$) Friday, Oct 4, 1–2:30 pm, SFC

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

MOVIE TIME

Friday, Oct 11, 12:30 pm, SFC

"Jaws." In this classic horror movie, a police chief, oceanographer, and shark hunter seek to destroy the ocean beast that's terrorizing Amity Island and fishing boats. 1975 (2hr 4min) PG. RSVP to: (310) 377-3003.

BRIDGE Fridays, 1–3:30 pm, SFC

All skill levels.

TRIVIA! Friday, Oct 18, 1–2:30 pm, SFC

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



1



2

Peninsula Seniors' Programs help *make life fun*



3



4



5

Programming focuses on health, fun, and education:

1. *PV Walkers* know the fun way to get fit.
2. The *Let's Do Lunch* bunch dines at a variety of local restaurants.
3. *Bohannon lectures* draw a full house of eager listeners.
4. If you like board games, *Peninsula Seniors* is the place to be.
5. *Intermediate Modern Line Dance* keeps participants smiling and moving.



Peninsula Seniors

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

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ADDRESS LABEL MUST BE LEVEL INSIDE THIS BOX

Centenarian Shares Secrets of a Long Life and the Benefits of Peninsula Seniors



Horace Higgins

is part of an active family of two daughters, five grandchildren, and soon-to-be five great-grandchildren, and has a busy social life. This Cal Tech grad, WW II Navy veteran, and former Hughes Aircraft aerospace engineer, has visited 80 countries since retiring in 1989.

Your editor asked Horace the secret to his long and active life and his participation in Peninsula Seniors. Here are his replies.

Meet Horace Higgins, who celebrates his 102nd birthday this month. Idaho born and SoCal bred, he still drives,

“What’s my secret to a long, healthy life? First, good genes. My family has a history of long lives. Going back 10 generations to 1634 in Massachusetts on my mother’s side, the average lifespan was 86.

“Second, having a fun hobby that requires physical effort. Competitive sports were my hobbies: gymnastics, badminton, bowling, racquetball, and sailing. I especially liked tennis, which I played regularly from age 10 to 101. I earned a ride on the Good Year blimp as the winner of a tennis competition, and better yet, I met my late wife, Elizabeth, on a tennis court. Recently, I replaced tennis with table tennis (aka ping-pong), which I play at Peninsula Seniors.

“Elizabeth and I moved to the Peninsula in 1985 and joined the Peninsula Seniors shortly after that. The organization offers a wide variety of healthy, fun, and educational programs. With the Seniors, we took many exciting tours and trips. Now, I’m partial to ping-pong, the Bohannon lectures, the Pen Vets luncheons, and the ice cream socials. Most recently, I joined the new 90+ Club, where I like trading life stories and hot tips with others in my age group.

“I heartily recommend membership in Peninsula Seniors. I’ve brought in several members: neighbors and friends. It’s a bargain, a great way to meet and get to know people, and *make life fun.*”