

September 2026

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



PENINSULA SENIORS Connections

make life fun!

Celebrating Our Super Seniors

You're never too old to have fun at Peninsula Seniors!

Our members prove it every day. Our most senior member, who will soon celebrate his 104th birthday, still drives, plays Ping-Pong here at the Scriba Family Center twice a week, attends Bohannon Lectures, and rarely misses our signature events, such as the recent Old-Fashioned Ice Cream Social.

Our 90+ Club, which meets every Monday at 3 pm, has grown from a handful of participants to as many as 25. They gather to share stories, talk about their week,

exchange information, reminisce, ask questions, and laugh a lot.

**Don't just stay home.
Join us and get the
"Peninsula Seniors
attitude."**

They volunteer, travel, have lunch, play Ping-Pong, attend lectures, play the ukulele, sing, and lift not only their spirits but also the spirits of those around them.

Our Super Seniors remind us that life is meant to be lived, enjoyed,

and shared. As one of our "junior-seniors" recently remarked, "When you come through the door, you are treated like family. We are a family. There is good energy here."

Come join the fun. Learn, laugh, contribute, and mingle as a super senior or at any age.

Pictured above are members and guests at our annual Olde-Fashioned Ice Cream Social. From the left are Dawn Watkins, Alberta Samuelson, Sally Block, and Louis Smolensky.

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: John MacAllister

Members

Emily Colville

Laurie Glover

Greg Sparkman

Paul "Rocky" Weber,

MD, PhD

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

OFFICE HOURS:

M-F, 10-4

BASIC MEMBERSHIP DUES:

Individual: \$100 Couple: \$150

CONNECTIONS NEWSLETTER

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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

 instagram.com/peninsulaseniors/

DISCLAIMER

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Minute With Margie

This month, we celebrate our Super Seniors, those remarkable members who have reached 90 and beyond!

I've heard that longevity is 30% genetics and 70% life choices. I'm not sure about the exact formula, but after watching our 90+ members, volunteers, and friends, I'm convinced there's some truth to it.

What do our Super Seniors have in common? **Resilience, humor, hope, curiosity, and connection.**

They keep learning, laughing, showing up, and perhaps most importantly, nurturing relationships. They understand that friendships are among life's greatest treasures and that staying connected helps make life not only longer but also **happier and more fun.**

Of course, life brings loss and change to all of us. But our Super Seniors show us that successful aging isn't about avoiding life's challenges. It's about finding the strength, grace, and good humor to keep moving forward.

So here's to our Super Seniors! **You inspire us, teach us, and remind us that every year is worth celebrating.**

Bravo! And thank you for showing us how it's done!

With Gratitude,

Margie Beierschmitt, Executive Director

Membership News

for Peninsula Seniors



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

Current Membership: 1,217

New and Returning Members

WE WELCOME THESE NEW MEMBERS who joined us in July.

Young Ahn
Kabana Charla
Chien-Pang &
Lee Sue Grace Chen
Eugene & Jane Chu
Denise Donegan
Noeline Elexis
Brian Gates
James Glass
Jennifer Haw

Stephen & Amy Haw
Denise Jacobs
Ema Kishita &
Masae Yanaga
James Krause
Della Marshall
Angela Matthews
Laverne Oller
Anita Olson
Ellen Reddingius

Donald & Patricia Rogers
Sherry Schneider
Robert Tommaso &
Jacquelyn Clayborn
Tina Tsai
Mary Alice Uniack
Donald & Lynkie Variano
Glen & Rosemary Waki
Kenneth & Josephine
Zamora

THANK YOU to those who renewed their membership in July.

Robert & Rosalie
Abelson
Bob Albert
Bonniegay Bacon
Jeanne Baker
Maureen Ballard
Kathleen Barndt
Linda Bhatia
Merrily Boardman
Pat Brewster
James Campbell
Elizabeth Carfrae
Amy Chen
Thelma Chin
Bonny Cook
Gayle Darby
Sukanta Datta
Richard & Judith Dezelan
Lou & Meredith Grenier
Keith & Nancy Hauge
David & Yvonne Heath
Deanna Hockett
Loren Kalin

Richard Kamm &
Leslie Low
Kathleen Keller
Gene Knell
Deborah Kummer
Barbara Lange
Larry & Sheila Lawton
Kwang Tien &
Hong Wei Liao
Sharon Logan
Evelyn Lynch
Bernadette Maynard
Nahid Mazhin
Kathy McCarthy
Eunice McConaughy
Jim & Melody McKenna
Irene Mills
Steve & Gabriella Morel
Jim & Deborah Paul
Ann Pieper
Bud Piper
Bob Ralls
Anke Raue
Barbara Rock

Verena Roosli
Gerlinde Ryan
Rosmarie Salvatore
Roderic & Susan
Sanborn
Diana Sarma
Stella Schiewe
Faye Schwartz
Gene & Faye Steiger
Reiko Takeshita
Kathryn Tamer
Herb & Fumiko Tasaka
Patricia Tierney
Colombia Viteri
Millie Vong
Ernest Wade
Joyce Wallace
Cal & Jo-Anne Waller
Andrew Werts
Mike & Lovey West
Carol Wharton
Lois Whitener
Wei & Leesa Yen
Jimmy Yu

Membership Honor Roll

PLATINUM (\$600/yr)
John & Carol MacAllister
Edna Steel

SILVER (\$250/yr)
Juanita Davis
Brian Gates
Leann Roque
Lee & Ann Strong
Michael & Marianne Ziegler

Above & Beyond

**Thanks to those who made gifts
to our operations in July.**

\$2,500–\$49,999
Arlo & Marci Sorensen

\$500–\$999
Anonymous

\$100–\$249
Anonymous (x3)
James Campbell
Barbara Lange
Stella Schiewe

HOT DEALS

for Peninsula Seniors



Call (310) 377-3003 to request your Peninsula Seniors' membership card. 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 7/23/2026. 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.

Digital Smiles Dentistry

(213) 786-5823 Free basic cleaning, exam, x-rays for new patients. 10% off any treatment.

Dragonfly Thai (310) 265-8424

10% off all purchases.

Dr. Bianca, Root Canal Specialist

NEW! 827 Deep Valley Drive, RHE
(310) 810-2911 First consult: \$290.
Complimentary CBCT scan.

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 M–Th.

Joey Komada, Licensed

Acupuncturist & Herbalist

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

Level Up Bowl + Bistro **NEW!** (310)

377-7700. 550 Deep Valley Dr., #127, RHE.
20% off food and drinks, excl. alcohol.
15% off games (incl. shoes and balls).

Lunada Market & Deli

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

Massage Smith LLC (562) 528-0558

20% off products and services.

MC Plumbing Services **NEW!**

(310) 953-0558. 20% off products and services.

Melissa's Jewelry & Repair

(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.

Outdoor Dog Photography

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

Peace Training With Michael

Peace (310) 294-4679. First session free. 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.

Terra Mia Woodfire Pizza **NEW!**

(310) 377-3381 550 Deep Valley Dr. #141A, RHE. 20% off noon to 2pm daily.

Terranea Resort, Catalina Kitchen

(844) 242-0967 Buy one, get one free, or free entrée on your b'day. Excl. alcohol; free valet parking. Valid M–Th., excl. holidays.

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% product discounts.



Peninsula Seniors at the Hollywood Bowl, Friday, July 31.

Thank You, Connections Advertisers!

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COGir
SOUTH BAY
SENIOR LIVING



Warm up in Cozumel this winter.

Day Coach Trips and Multi-Day Tours

make life fun!

HOLLYWOOD BOWL (\$)

*** Hollywood Bowl trips leave from and return to the Torrance Transit Center.

JOHN WILLIAMS: MAESTRO OF THE MOVIES Sun, Sept. 6

Members \$74 /

Non-Members \$94

**WAITLIST
ONLY**

Selections from Williams' iconic scores "Star Wars," "Indiana Jones," "Jurassic Park," and more, accompanied by scenes from his best-loved films.

MULTI-DAY TOURS (\$)

HISTORIC SAVANNAH AND CHARLESTON

Fri, Oct 23–Thurs, Oct 29

\$4,076/pp double, \$5,100 single

Full payment when signing

Enjoy the genteel charm of America's South while touring these amazing cities and exploring the area's beautiful preserved treasures. Visit St. Simons Island and have a farewell dinner in the Jekyll Island Club's Grand Dining Room.

NEW ORLEANS AND WESTERN CARIBBEAN CRUISE

Thurs, Dec 3–Sun, Dec 13

Inside cabin \$3,699

Outside window cabin \$3,999

Outside Balcony cabin \$4,299

\$300/pp deposit

In New Orleans, spend three nights at the Wyndham in the French Quarter, and enjoy a city tour and an airboat tour of the bayous.

Cruise includes seven nights on the Norwegian Breakaway to visit the tropical destinations of Cozumel, the Roatan Bay Islands, and Harvest Caye, Belize. Also, free drink package, cabin gratuities, meals, and specialty dining.

NEW YORK CHRISTMAS

Mon, Dec 7–Fri, Dec 11

\$3,999 pp double, \$4,899 single

\$200 pp deposit

Includes round-trip airfare

Four nights at a Times Square hotel. See the Rockettes Christmas Show. Visit the Metropolitan Museum of Art, Rockefeller Center, and stroll along Times Square with its lavish holiday decorations.

HEARST CASTLE AT CHRISTMAS

Sun, Dec 13–Tues Dec 15

\$799 pp double, \$999 single

\$200 pp deposit

Immerse yourself in the holidays with the enchanting Holiday Twilight Tour at Hearst Castle and the German-themed Cambria Christmas Market. Visit Santa Barbara and Solvang. Two nights at the Embassy Suites in San Luis Obispo.

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.



Peninsula Seniors

Calendar For September 2026

MON	TUE	WED	THUR	FRI
Unless otherwise noted, activities and events are in the Scriba Family Center (SFC)	1 Ping-Pong, 9–11 Fitness Fun (\$), 11 Fitness Fun (\$), 12 Conversational Italian, 1:15–2:45 Conversational Japanese, 1:15–2:45 Ukulele, 3–4	2 PS: Flex & Stretch, 8:45, PVLDP Bohannon Lecture: “Is Your Plate Heart-Healthy?” 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4	3 Ping-Pong, 9–11 Fitness Fun (\$), 11 Fitness Fun (\$), 12 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30	4 Ping-Pong, 9–12 American Mahjong, 10–12 BINGO! (\$) 1–2:30 (12:45 check-in) Social Bridge, 1–3:30 5 PS: Walkers, 8–9:30, (Sat) PVIC NEW!
7  OFFICE CLOSED	8 Ping-Pong, 9–11 Fitness Fun (\$), 11 Fitness Fun (\$), 12 Conversational Italian, 1:15–2:45 Conversational Japanese, 1:15–2:45 Chess Club, 2–3 NEW! Ukulele, 3–4	9 PS: Flex & Stretch, 8:45, PVLDP Bohannon Lecture: “Experiences in Southeast Asia” 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4	10 Ping-Pong, 9–11 Fitness Fun (\$), 11 Fitness Fun (\$), 12 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30	11 Ping-Pong, 9–12 American Mahjong, 10–12 Movie: “Enola Holmes 3,” 12:30 Trivia, 1–2:30 Social Bridge, 1–3:30 12 PS: Walkers, 8–9:30, (Sat) PVIC NEW!
14 Mahjong, 10–12 Meet & Greet, 10–12 Conversational French, 12:30–1:30 Rummikub, 1–3 Conversational Spanish, 2–3 90+ Club, 3–4 Bowling (\$), 3–5, LUB+B Inter. Mod. Line Dance, 3:30	15 Ping-Pong, 9–11 Fitness Fun (\$), 11 Fitness Fun (\$), 12 Conversational Italian, 1:15–2:45 Conversational Japanese, 1:15–2:45 Ukulele, 3–4	16 PS: Flex & Stretch, 8:45, PVLDP Bohannon Lecture: “Gardening for Wildlife: How Native Plants Support Our Local Ecosystem” 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4	17 Ping-Pong, 9–11 Fitness Fun (\$), 11 Fitness Fun (\$), 12 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30	18 Ping-Pong, 9–12 American Mahjong, 10–12 Let’s Do Lunch (\$): 11:30 Rosas La Cabana, Torrance BINGO! (\$) 1–2:30 (12:45 check-in) Social Bridge, 1–3:30 19 PS: Walkers, 8–9:30, (Sat) PVIC NEW!
21 Mahjong, 10–12 Meet & Greet, 10–12 Conversational French, 12:30–1:30 Rummikub, 1–3 Conversational Spanish, 2–3 90+ Club, 3–4 Bowling (\$), 3–5, LUB+B Inter. Mod. Line Dance, 3:30	22 Ping-Pong, 9–11 Tues. Book Club, 10:30, PVL Fitness Fun (\$), 11 Fitness Fun (\$), 12 Conversational Italian, 1:15–2:45 Conversational Japanese, 1:15–2:45 Ukulele, 3–4	23 PS: Flex & Stretch, 8:45, PVLDP Bohannon Lecture: “Malaga Bank’s Financial Crimes & Education Workshop” 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4	24 Ping-Pong, 9–11 Fitness Fun (\$), 11 Fitness Fun (\$), 12 Craft & Chat, 1–3:30 Intermediate Modern Line Dance, 3:30	25 Ping-Pong, 9–12 American Mahjong, 10–12 Social Bridge, 1–3:30 New Member Orientation, 2–3 26 PS: Walkers, 8–9:30, (Sat) PVIC NEW! 27 Let’s Do Brunch (\$), (Sun) 11:30 Think Prime, Rancho Palos Verdes
28 Mahjong, 10–12 Meet & Greet, 10–12 Conversational French, 12:30–1:30 Rummikub, 1–3 Conversational Spanish, 2–3 90+ Club, 3–4 Bowling (\$), 3–5, LUB+B Inter. Mod. Line Dance, 3:30	29 Ping-Pong, 9–11 Fitness Fun (\$), 11 Fitness Fun (\$), 12 Conversational Italian, 1:15–2:45 Conversational Japanese, 1:15–2:45 Ukulele, 3–4	30 PS: Flex & Stretch, 8:45, PVLDP Bohannon Lecture: “Point Fermin Through the Years” 10:15 coffee, 10:30 lecture Mahjong, 1, HP Music Appreciation, 3–4	ABBREVIATIONS \$=Cost to attend activity HP=Hesse Park LUB+B=Level Up Bowl + Bistro, Promenade #127 PVIC=Pt. Vicente Interpretive Cntr PVL=Pen Center Library PVLDP=Pen Center Library top parking deck	

Peninsula Seniors
**Leave a
Lasting Legacy**

Activities for Peninsula Seniors

(\$) indicates an additional cost to participate

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

AVAILABLE TO THE COMMUNITY

BOHANNON LECTURES

Wednesdays at Scriba Family Center

10:15 coffee / 10:30–11:30 lectures

Sept 2: Is Your Plate Heart-Healthy? Ransford Mollison is a Medicare professional who educates seniors about Medicare, healthy living, and healthcare choices. He will discuss heart-healthy eating to help reduce the risk of heart disease.

Sept 9: Experiences in Southeast Asia. Sandy Swafford shares his background growing up in the Philippines, his military service in Southeast Asia with the Navy, and some missions of the Battleship Iowa during World War II.

Sept 16: Gardening for Wildlife: How Native Plants Support Our Local Ecosystem. Sachy Huerta, Communications and Outreach coordinator for the Palos Verdes Peninsula Land Conservancy, will discuss how California native plants can transform your yard into a water-wise garden that supports wildlife and pollinators.

Sept 23: Malaga Bank's Financial Crimes & Education Workshop. Kryzla Serrano, AVP of Security at Malaga Bank, returns with updates on protecting the public against rising financial crimes, identity theft, scams, and cybersecurity threats.

Sept 30: Point Fermin Through the Years. George Higgins, docent and historian for Point Fermin, presents the history of Rancho San Pedro, the U.S. territorial expansion, the development of the Point Fermin area, and the subsequent construction of the Port of San Pedro from Pearl Harbor to the present.

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.

PS: FLEX & STRETCH, 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.



Play Mahjong

with Peninsula Seniors

Chinese style:

Mondays at 10 & Wednesdays at 1 at Hesse Park

American style: Fridays at 10 at SFC

*Today's hottest tables aren't at restaurants.
They're wherever Mahjong is played.*

LET'S DO LUNCH (\$), Fri, Sept 18, 11:30am,
Rosas La Cabana, 24403 Hawthorne Blvd, Torrance.
Separate checks. MUST RSVP to (310) 377-3003.

LET'S DO SUNDAY BRUNCH (\$)
Sun, Sept 27, 11:30, Think Prime
29601 Western Ave., Rancho Palos Verdes.
Separate checks. Call (310) 377-3003 for a reservation.

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.

BOWLING (\$)

Mon, 3–5 pm, Level Up Bowl + Bistro
\$7.50 per person; includes shoes. Sign up at (310) 377-3003.

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, Sept 22, 10:30 am, PVL
New members are welcome. Call (310) 377-3003.

FITNESS FUN WITH RACHEL (\$)

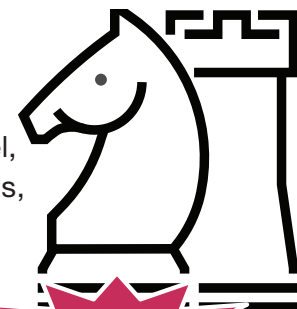
Tu & Th, 11 am, SFC / Tu & Th, Noon, SFC
Gently sculpt and strengthen your body. All fitness levels. \$105 for 3 months.

CHESS CLUB

Tu, Sept 8, 2–3 pm

Whether you're a beginner or at any level, we'll have chess boards, a little instruction, and learn together.

Call (310) 377-3003 to RSVP.



NEW!!

UKULELE STRUM & SING, Tu, SFC, 3–4 pm

Just bring your ukulele, and we'll strum and sing together. All levels welcome. For info: (310) 377-3003.

MUSIC APPRECIATION

Wed, 3–4 pm, SFC or Zoom

This month we'll begin our series on classical operas, discussing operas by Mozart, Rossini, Verdi, and others.

CRAFT AND CHAT, Th, 1–3:30 pm, SFC

Work on your craft while socializing with friends.
New members welcome!

AMERICAN MAHJONG, Fri, 10–12, SFC

Must have the "Official Standard Hands and Rules."

BINGO! (\$) First and 3rd Fridays, SFC

Fri, Sept 4 and Fri, Sept 18

1–2:30 pm (12:45 check-in)

\$2/card. Cash prizes!

—Activities continues

—Activities continue

MOVIE TIME, Fri, Sept 11, 12:30 pm, SFC
“Enola Holmes 3.” Bride-to-be Enola plunges into danger when Sherlock vanishes in Malta. It’s a mystery that only a Holmes can solve.
2026 (1hr 48min) PG-13

TRIVIA! Fri, Sept 11, 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.



PS: WALKERS
Sat, 8–9:30 am
Pt. Vicente
Interpretive Center
(museum entry)
31501 PV Dr W,
Rancho Palos
Verdes

Join us for

Saturday morning walks! Enjoy a relaxed, 4-mile walk along the ocean trails, led by one of our members. Leashed, friendly dogs are welcome. Call (310) 377-3003 to sign up.

CONVERSATIONAL FOREIGN LANGUAGES

Practice speaking a foreign language in a friendly, social setting.

CONVERSATIONAL FRENCH (BASIC)
Mon, 12:30–1:30 pm, SFC

CONVERSATIONAL SPANISH
Mon, 2–3 pm, SFC

CONVERSATIONAL ITALIAN
Tu, 1:15–2:45, SFC
Talk about Italian food, music, movies, and more.

CONVERSATIONAL JAPANESE
Tu, 1:15–2:45 pm, SFC
Occasional discussions about Japanese culture.

Socials

Exercise

Lectures

Games

Travel & Tours

& lots more!

NEW MEMBER ORIENTATION

Fri, Sept 25, 2–3 pm, SFC

Join Margie to learn about Peninsula Seniors, our activities, programs, and travel adventures, and get connected to stay connected!

RSVP to (310) 377-3003.

Behind the Scenes at the Scriba Family Center!



Horace Higgins

When you see our senior-most member, **Horace Higgins**, be sure to wish him a HAPPY BIRTHDAY! We’ll celebrate his 104th trip around the sun on Friday, October 9.

Horace is a member of our 90+ Club and comes every Monday to chat with the group. He also plays Ping-Pong twice a week, attends the Bohannon lectures, and always supports our signature events.

Horace is friendly and well-known at the Scriba Family Center and still enjoys the challenge of a wicked game of Ping-Pong.

Health and Happiness, Horace, on your incredible milestone birthday!



Our Ice Cream Social Was a Delicious Event



1. Patricia Jafet, Alice Lin, and Tita Schemerhorn.
2. The Coastliner 5 Barbershop Quartet were the event's entertainers.
3. Sheila Lawton crafted a giant strawberry ice cream cone for the event's decor.
4. Juanita Davis, in red apron, brought her daughter, Rhonda Apor, far right, and grandchildren, Davis, far left, and Maila Apor.
5. Serving up delicious ice cream treats were, from the left Haley Back, Daniel McMahon, Holland Enright, Carina Matautia, and Board of Directors Secretary Tom Hyatt.



Peninsula Seniors

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

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Monday Magic at Peninsula Seniors



Eunice McConaughy

Eunice McConaughy is a huge fan of Peninsula Seniors' 90+ Club, and if you ask her, Monday afternoons have never been more magical! "It's wonderful being with people my age and at my stage in life," she beams.

Asked about the 90+ programming, she says meetings kick off with a round of sharing, with family tales to recent adventures and some stories like a beloved TV series: You just can't wait for the next episode! Eunice loves these moments: "It's such a treat to catch up and hear what everyone's been up to."

Then comes the ever-popular "question of the day," sparking spirited conversations. Whether it's advice on the best repair shops or tips for hearing aids, the group dives deep to help one another. Plus, with a few retired doctors in the mix, medical topics often pop up, sometimes accompanied by shared articles to keep everyone informed and feeling their best.

Special treats make meetings even sweeter. Ukulele serenades have brightened the room on occasion,

and who could forget the day a former professional puppeteer wowed the seniors with her magical puppet show? Eunice savors every moment.

Eunice is also our Wednesday Mahjong teacher and leader at Hesse Park. An instructor of the Chinese version of the game for more than 20 years, she treasures the company around the table and the friendly competition. If you want to learn or to play this increasingly popular game, join them.

A Minnesota native, Eunice has called the Peninsula home since 1972. Once a stewardess (yes, from the days of glamorous skies!) and travel agent, her travels include two decades of annual trips with her husband to Paris, a place close to their hearts.

Though she's 90+, Eunice's voice is clear, strong, and brimming with life. Her zest for living shines through all her activities. From our ice cream socials and Bohannon Lectures to the magical Tchaikovsky and Fireworks concert at the Hollywood Bowl, she embodies joyful aging. Want to see what vibrant, fun-filled senior living looks like? Just drop by the 90+ Club any Monday afternoon from 3 to 4 pm and *join the fun!*