



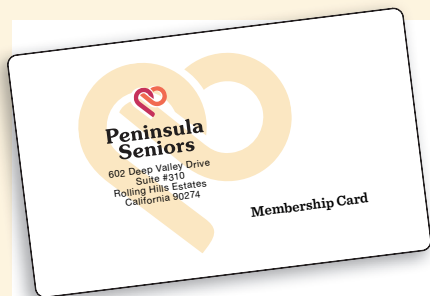
A newsletter of activities, travel and tours, events, and valuable information for Peninsula Seniors



PENINSULA SENIORS

Connections

make life fun!



Hot Deals is a fantastic benefit of belonging to Peninsula Seniors.

And your Peninsula Seniors membership card is your passport to savings.

Hot Deals is Hot, Hot, Hot!

Did you hear our Peninsula Seniors Hot Deals program obtained a special discount from Terranea Resort? You can now visit their Catalina Kitchen Restaurant and receive 25% off your food bill plus free parking.

Or visit other local eateries like Truxton's, Crème de la Crepe, El Pollo Inka, Café Bonaparte, Kim's BBQ, Lunada Market, Ruby's Diner, and more. Forty-three merchants so far! And we're shooting for even more exclusive offers for Peninsula Seniors, hoping to reach 50 this year.

We value your input! If you have a favorite local business, let

us know and provide a contact person. We'll be delighted to invite them to join our program. Your suggestions help us grow and save you more through Hot Deals. Together, let's expand our program and make it even better.

Remember, your personalized membership card is your key to Hot Deals. Keep it in your car for easy access. You can pick up a detailed flyer at the Scriba Family Center or visit our website: pvseniors.org. This is a fantastic benefit of being a Peninsula Seniors member. Share the news with others and start enjoying the perks at our local merchants. *Let's make life fun together!*

PENINSULA SENIORS MISSION AND VISION

Our mission is to offer activities and services that enhance and enrich the lives of senior adults on the Palos Verdes Peninsula and in the surrounding community.

Our vision is to provide opportunities for Peninsula Seniors to be the most active, educated, and healthy in California.

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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.



photo by Meredith Whitney

Hot Deals: A Benefit of Membership

Our Hot Deals program, launched just two short years ago, has blossomed with more than 40 partners today. By using your benefit wisely, your Peninsula Seniors membership can quickly pay for itself! One member recently shared how she saved \$50 on her food bill at Terranea. Now that's a HOT DEAL!

And in other hot news, we've reached a major milestone! Together, we've crossed the thousand-member mark, a testament to the strength and growth of our Peninsula Seniors community.

Additionally, we were recently contacted by our local See's candy store. They invited us to participate in what I call a "Candy Goodwill to Good Neighbors" program, whereby they donate candy to us. Our first donation consisted mostly of licorice and lollipops.

Our volunteers make the magic happen. Getting this group of terrific folks together to celebrate and thank them was really special. We had a professional magician entertain us, and the next day, we were still trying to figure out his tricks. This great party was sponsored by Arlo and Marci Sorensen.

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 March.

Debra Bein	Ernestine Henderson & Veann Bracken	Louise Polsky
Margaret Burbano	Mieko Kadowaki	Debbie Rosenkranz
Shannon Cavanagh	Paul Klose	Donna Russell
Alice Chapin	Esther Lew	Marlene Savodnik
Frank & Priscilla Clark	Florence Loo	Chris Segawa
Walter and Lai Colgan	Audrey Lowman	Lisa Shellberg
Joanne Del Dotto	Fred McGurk	Roger Shoemaker
Delal Espinosa	Douglas & Nancy Mew	Jack & Cathy Tiano
Robert & Agnes Fong	Pamela Miike	Toby & Mardi Tobias
Mae Fuchino	David & Teruko Miyoshi	Rachel Waters
Amy Gao	Sara Neuman	Ken & Lorraine Wiener
		Ronnie Willemse

THANK YOU to those who renewed their membership in March.

Marilyn Barker	A. Roberto & Hedy Frisancho	Guri McKinnell
Craig & Marie Beausoleil	Ramona Gifford	Carol Midford
Marian Beiler	Joanne Gladfelter	John & Amanda Nordin
Klaus & Erika Biber	Suzanne Gulcher	Carlin Papp
Janice Campion	Ann Harrington	Laural Purinton
Noreen Catalogne	James & Pat Hartman	Sheila Raymond
Philo Chhabria	Stella Horton	Marty Russell
Alan & Bonny Cook	Thomas Hyatt	Judy Sannes
Martin Dodell	Lyla Knudson	Maria Sigstad
Deborah Downie	Joe & Janet Lauro	Gerry Spooner
Warren & Cheri Eads	Angela Linnberg	Phyllis Sussman
Abby Field	Hilary Lord	Ronald Thomas
Dale Freeberg	Stacey McGurk	Jane Yates
Inez Foye		

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

DIAMOND LIFETIME (\$5K)

Audrey Lowman

PLATINUM (\$600/yr)

Michael & Brenda McNamara

GOLD (\$400/yr)

Jeannine Edmundson
Rosemarie Grablewski

Andrew & Jonna Werts

Agnes Widding & Audrey Goode

SILVER (\$250/yr)

Dennis & Catherine Gardner
Lynne Jones
Don & Pat Tambini

Above & Beyond

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

Anonymous (x 2)

Becky Clark

Dale Freeberg

Dennis & Catherine Gardner

Rosemarie Grablewski

Guri McKinnell

Bob & Linda Ralls

Maria Sigstad

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.

Big Island Eats & Shave Ice

(310) 265-8194 Free tea w/\$10 purchase or more.

Café Bonaparte, Redondo Beach

NEW! (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 **NEW!**

(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 (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

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 4/19/24. Offers subject to change without notice. More Hot Deals coming soon!

Here, you're 100% in charge.
Please let it go to your head.



Take Charge at Merrill Gardens Senior Living

When to dine? It's up to you. When to exercise? Up to you. Who to see? Your call. There are a million choices to make every day and they're truly all yours.



Visit and Enjoy A Meal On Us!

(310) 254-1687

merrillgardensrollinghillsestates.com

627 Silver Spur Road, Rolling Hills Estates, CA 90274

Lic #198320089



Peninsula Seniors



Visit Peninsula Seniors at the Street Fair, Peninsula Center, June 8–9.

Future members can enter a daily drawing for a free one-year membership. Discover how we can help *make life more fun.*



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.
Final payment May 6.

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 May 2024

MON	TUE	WED	THUR	FRI		
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		1 PV Walkers, 9, PP Bohannon Lecture , SFC 10:15 coffee, 10:30 lecture Pen Vets (\$) , Noon, SFC Mahjong , 1, HP Music Appreciation 3-4, SFC	2 TACO PARTY TODAY No classes or activities. Just a delicious and fun party!	3 Ping-Pong 9-12, SFC American Mahjong 10-noon, SFC Bingo (\$) , 1-2:30, SFC Bridge , 1:30-3:30, SFC
6 Mahjong , 10, SFC Meet & Greet , 10-12, SFC Conversational French , 12:30-1:30, SFC Rummikub. 1:30-3:30, SFC Conversational Spanish 1:45, SFC Inter. Modern Line Dance 3:30-4:30, SFC	7 Ping-Pong , 9-11, SFC Fitness Fun With Beverly (\$) 11, SFC Conversational Japanese 1:30-3, SFC Writers' Group , 1:30-3, SFC	8 PV Walkers, 9, PP Bohannon Lecture , SFC 10:15 coffee, 10:30 lecture Mahjong , 1, HP Music Appreciation 3-4, SFC	9 Ping-Pong , 9-11, SFC Fitness Fun With Beverly (\$) 11, SFC Thursday Book Club 11:30-1:15, PVL Craft & Chat , 1-3:30, SFC Inter. Modern Line Dance 3:30-4:30, SFC Virtual Tech Clinic 5-6, Zoom only	10 Ping-Pong 9-12, SFC American Mahjong 10-noon, SFC Movie: "The Miracle Club" 12:30, SFC Bridge , 1:30-3:30, SFC		
13 Mahjong , 10, SFC Meet & Greet , 10-12, SFC Conversational French , 12:30-1:30, SFC Rummikub. 1:30-3:30, SFC Conversational Spanish 1:45, SFC 90 & More Club , 3-4, SFC Inter. Modern Line Dance 3:30-4:30, SFC	14 Ping-Pong , 9-11, SFC Fitness Fun With Beverly (\$) 11, SFC Conversational Japanese 1:30-3, SFC Writers' Group , 1:30-3, SFC	15 PV Walkers, 9, PP Bohannon Lecture , SFC 10:15 coffee, 10:30 lecture Mahjong , 1, HP Music Appreciation 3-4, SFC	16 Ping-Pong , 9-11, SFC Fitness Fun With Beverly (\$) 11, SFC Craft & Chat , 1-3:30, SFC Inter. Modern Line Dance 3:30-4:30, SFC Virtual Tech Clinic , 5-6, Zoom	17 Ping-Pong 9-12, SFC American Mahjong 10-noon, SFC Let's Do Lunch (\$) 11:30, Fuego Cravings, RHE Bridge , 1:30-3:30, SFC Trivia , 1-2:30, SFC		
20 Mahjong , 10, SFC Meet & Greet , 10-12, SFC Conversational French , 12:30-1:30, SFC Rummikub. 1:30-3:30, SFC Conversational Spanish 1:45, SFC Inter. Modern Line Dance 3:30-4:30, SFC	21 Ping-Pong , 9-11, SFC Tuesday Book Club 10:30, PVL Fitness Fun With Beverly (\$) 11, SFC Conversational Japanese 1:30-3, SFC Writers' Group , 1:30-3, SFC	22 PV Walkers, 9, PP Bohannon Lecture , SFC 10:15 coffee, 10:30 lecture Mahjong , 1, HP Music Appreciation 3-4, SFC	23 Ping-Pong , 9-11, SFC Fitness Fun With Beverly (\$) 11, SFC Craft & Chat , 1-3:30, SFC Inter. Modern Line Dance 3:30-4:30, SFC Virtual Tech Clinic 5-6, Zoom only	24 Ping-Pong 9-12, SFC American Mahjong 10-noon, SFC <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> SFC closes at noon in recognition of Memorial Day weekend. </div>		
27 <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> MEMORIAL DAY OFFICE IS CLOSED </div>	28 Ping-Pong , 9-11, SFC Fitness Fun With Beverly (\$) 11, SFC Conversational Japanese 1:30-3, SFC Writers' Group , 1:30-3, SFC	29 PV Walkers, 9, PP Bohannon Lecture , SFC 10:15 coffee, 10:30 lecture Mahjong , 1, HP Music Appreciation 3-4, SFC	30 Ping-Pong , 9-11, SFC Fitness Fun With Beverly (\$) 11, SFC Craft & Chat , 1-3:30, SFC Inter. Modern Line Dance 3:30-4:30, SFC Virtual Tech Clinic 5-6, Zoom only	31 Ping-Pong 9-12, SFC American Mahjong 10-noon, SFC Bridge , 1:30-3:30, SFC		

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.

May 1: “The Spies Next Door” Peninsula Seniors member Dr. Peter Barrett recalls thrilling stories of submarines and espionage as a boy growing up in Boca Raton, Florida, during WWII.

May 8: “Saving Michaelangelo’s Dome” Local author Wayne Kalayjian discusses his new book about three mathematicians and a Pope who sparked an architectural revolution.

May 15: “Pat Pattison’s Best of California” The famous host of this nationally syndicated television lifestyle show discusses his travels around California, telling stories of the people, places, history, and mysteries of the Golden State.

May 22: “Northrop Grumman Aircraft Development” Local author Michael Ciminera, president of the Western Museum of Flight and retired Northrop Grumman vice president, discusses his new book, “The Aircraft Designers: A Northrop Grumman Historical Perspective.”

May 29: “Meet the Los Angeles County Assessor” County Assessor Jeff Prang discusses rising property values and property taxes in LA County.

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



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.



The Miracle Club



MOVIE TIME

Friday, May 10

12:30 pm at SFC

“The Miracle Club,” starring Laura Linney, Kathy Bates, and Maggie Smith, with Agnes O’Casey.

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, May 1, SFC

Doors open at 11:45; lunch w/program at noon
Presentation by Capt. Rich Abele, USN (ret.), a global traveler, having visited some 200(!) countries. He’ll share his experiences from a recent trip that will resonate with the personal experiences of many of our members. His topic is “A Vietnam veteran returns to Southeast Asia.”

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, May 17, 11:30 am

Fuego Cravings

550 Deep Valley Drive, Suite 155, RHE

Separate checks. Limited space. RSVP today by calling (310) 377-3003.

FOR MEMBERS ONLY

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.



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, May 13

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

TUESDAY BOOK CLUB

Tuesday, May 28, 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

Learn basic conversation skills in a social setting with instructor Ryoji. 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 finish our study of American classical composers, discussing and sampling music from George Gershwin, Aaron Copland, Leonard Bernstein, John Williams, and others.

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

THURSDAY BOOK CLUB

Thursday, May 9, 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.

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

Twelve-year member **Marlene Washko** is the personification of a leader. Every week she guides our 30+ member Craft and Chat group that creates beautiful craft items for charity or just for fun. She keeps members informed of activities by email, celebrates monthly group birthdays, holds a monthly swap session, and ensures everyone is having a great time. Marlene cares, she leads, she's loved.

AMERICAN MAHJONG!

Fridays, 10–noon, SFC

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

BINGO! (\$) Friday, May 3, 1–2:30 pm, SFC

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

MOVIE TIME

Friday, May 10, 12:30 pm, SFC

"The Miracle Club." This new Maggie Smith movie tells the story of three generations of spirited friends from Dublin who chase miracles while on a pilgrimage to Lourdes in 1967 and navigate unexpected revelations along the way. Starring Laura Linney, Kathy Bates, and Maggie Smith. 2023 (1hr 30 min) PG 13

BRIDGE Fridays, 1:30–3:30 pm, SFC

Must RSVP: (310) 377-3003.

TRIVIA! Friday, May 17, 1–2:30 pm, SFC

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



Our Thank You Party for Volunteers *Made Life Fun!*



Guests attending included:

1. Marcia and Harold Avent,
2. Music instructors Ann and Lee Strong,
3. Safy Jacob and Shelley Pogorelsky,
4. Dennis McLaughlin and Charlie Abbott, and
5. Cindy Miller and Linda Cavette.
6. Entertaining our guests was magician Calvin Yoshitake, center, who involved Don and Margie Beierschmitt in one of his tricks.



Peninsula Seniors

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

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**DATED MATERIAL.
PLEASE DELIVER BEFORE MAY 1**

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Joey Komada: Member, Partner, Instructor, Friend



Your editor caught up recently with Joey Komada, pictured left, a 27-year

member of Peninsula Seniors, a Hot Deals partner, and a class instructor. From Joey, who is a licensed acupuncturist and herbalist, I learned much about the versatile Eastern arts she's passionate about, which can address digestive, sinus, menopause, infertility, and detox issues, and more. Here are the highlights of my chat with Joey.

When did you become a member of Peninsula Seniors? It was about 1997 when I moved to the Peninsula. Early on, I taught some classes, too. That's when Peninsula

Seniors was on Silver Spur Road and later at the city hall site.

What activities did you enjoy the most? Mahjong!!! I love it.

As an acupuncturist and herbalist, you were one of the first of our Hot Deal business partners. What made you decide to do this? It was a perfect opportunity to promote my business, improve lives, and make new friends.

What's your background in Eastern medical arts? I became interested while living in Japan. When I returned to Southern California, I enrolled in Emperor's College, a Chinese medical school in Santa Monica, where for more than four years, I studied herbs (I know the names better in Chinese than in English!),

biology, acupuncture, physics, chemistry, acupressure, Tai Chi, and more. When studying for a test, I used my young daughter as a model to practice finding the critical anatomical points. After licensure, I studied in Beijing for three months with the professor who wrote my textbooks.

You recently offered a class in Tai Chi and Chi Gong to our members. What are the benefits of these classes for seniors? Participants feel relaxed and rejuvenated. This summer, I'll teach those classes again. Both are simple forms with all the benefits of more intricate movements.

Thanks, Joey, for the many years and ways you've contributed to Peninsula Seniors.