

Did you know there were 216 people experiencing homelessness in Redondo last year, for a rise of 31% since 2013?



**Greater
Los Angeles
Homeless
Count**

JOIN THE REDONDO BEACH HOMELESS COUNT

Wednesday, January 25, 2017

Frequently Asked Questions

Why do we do the Count?

To generate official statistics of what homelessness looks like in our community. This information is then used to bring needed services and housing to the South Bay.

Why is it conducted every year?

To observe trends and understand the progress we are making in ending homelessness.

How will I know what to do that night?

Volunteers will be fully trained and provided with the necessary materials.

How old do I have to be?

All volunteers need to be at least 18 years old.

How long will it take?

Approximately 3 hours or less.

Anderson Park Senior Center
3007 Vail Avenue
Redondo Beach, 90278

How It Works:

- Arrive at Anderson Park Senior Center no later than 8:00 p.m. for a brief training overview.
- While working in teams of 2-3, you will be assigned a census tract which your team will drive through, looking for persons experiencing homelessness.
- While keeping a respectful distance - your team will tally the number of individuals observed.
- When your team has finished, you will return to Anderson Park Senior Center to submit your results.

Questions?

For registration information or general questions, refer to the City of Redondo Beach Community Services Department at 310-318-0650.



For more information on the Greater Los Angeles Homeless Count, please visit the lahsa.org/homeless-count. For a closer look at the persons found homeless in the South Bay during the last 2016 Count, please visit sbceh.org.

Brain Health: Primary Prevention Pathway



With growing awareness of Alzheimer’s disease and dementia related disorders, there is a greater concern for maintaining brain function and avoiding disease. Join

Neurology Specialist John Nguyen to discuss what programs and exercises can help you take care of one of your body’s most vital organs, your brain.

Wednesday, February 15, 2017

2:00-3:30 p.m.

North Branch Redondo Beach Library

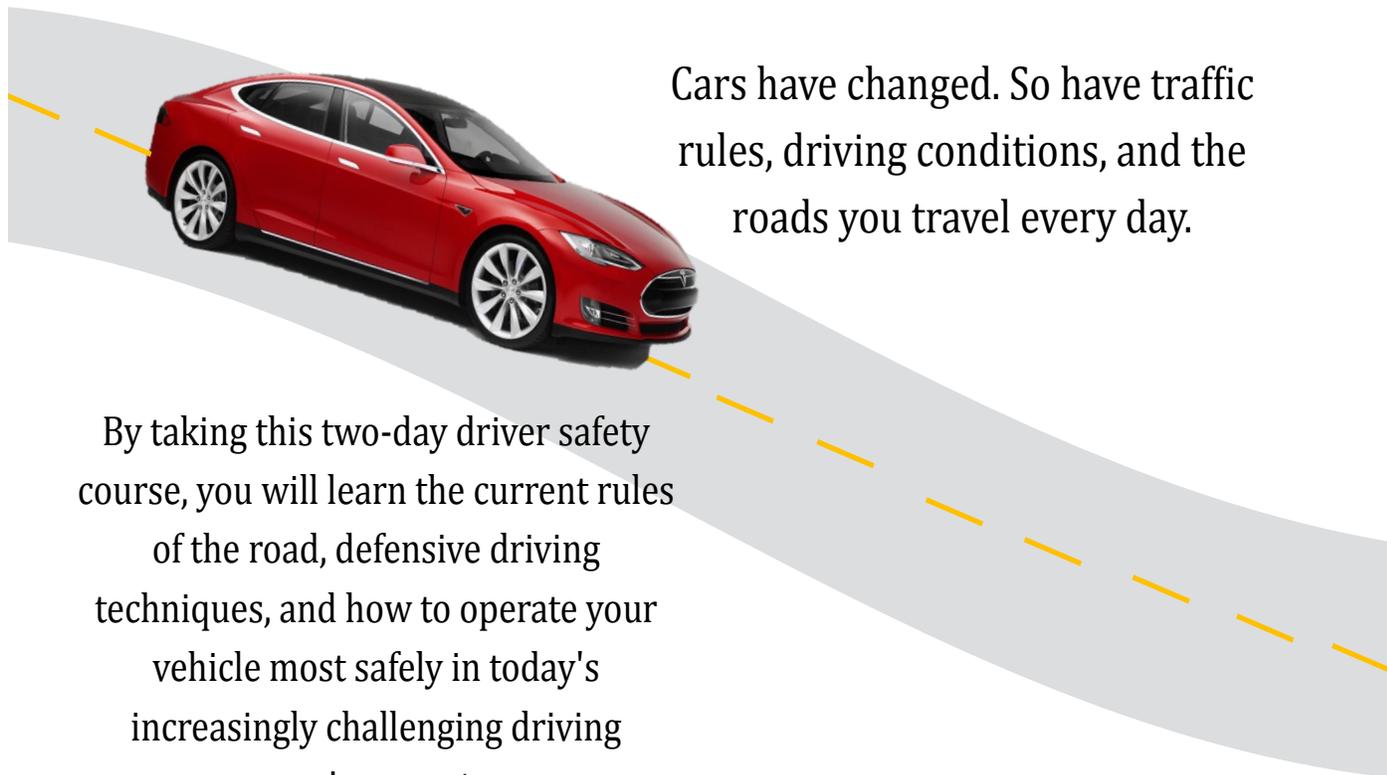
2000 Artesia Blvd. 90278

FREE

To register please call Senior and Family Services at 310-318-0650 or register in the Community Services Office at 1922 Artesia Blvd.



AARP Driver Safety Course



Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day.

By taking this two-day driver safety course, you will learn the current rules of the road, defensive driving techniques, and how to operate your vehicle most safely in today's increasingly challenging driving environment.

JANUARY 31 & FEBRUARY 2, 2017

10:00 A.M. -2:30 P.M.

Redondo Beach Main Library

303 N. Pacific Coast Highway

\$15 for AARP Members, \$20 for non-members

To register call the Community Services Office at 310-318-0650.



Put **LIFE**
Back in Your Life



I was **tired**. I **hurt** all the time. It felt like my health problems were telling me what I could and couldn't do. Healthier Living workshops put me **back in charge**.

Now I have the energy to do the things that matter. I've put **LIFE** back in my life.

Time: Mondays at 10am

Dates: Feb. 27; March 6, 13, 20, 27; April 3, 10,

Location: Redondo Beach Main Library

For more information, call Tara Guden at 310-374-3426, ext. 120 or visit bchd.org/classes-workshops



SENIOR AND FAMILY SERVICES

Administrative Office

Community Services Department
1922 Artesia Blvd., Redondo Beach 90278
310-318-0650

How do I register for an older adult program?

Older adult classes are typically taught by volunteers or staff. Most activities have a nominal fee or may require a "senior club" membership unless otherwise noted. Please visit any senior center for more information, or call (310) 318-0650.

Arts and Crafts

KNITTING AND CROCHETING

Instructor: Group Meeting

Location: Veterans Park Senior Center, 301 Esplanade

Bring your yarn, needles and hooks to work on unfinished projects or start new projects in the company of others.

Tuesdays 9:30-11:30 a.m.

Finance

WHAT HAPPENS AFTER THE PAY-CHECKS STOP? **NEW!**

FEE: \$25/1 MEETING

Instructor: Jeanie Alessandrini, Edward Jones
Location: 2615 PCH, Suite 223, Hermosa Beach

This workshop is tailored to investors who are thinking about retiring or who have recently retired. Topics include: What does retirement look like for you? Where will your retirement income come from? What are some of the potential risks? How can you address those risks?

The session will include a segment titled, **Social Security: Your Questions Answered**. How does Social Security fit into your retirement income plan? When you should start taking benefits? What tax options do you need to consider? Cost covers class materials, workbooks and a light breakfast.

42615 Sa Mar 11 10:00-11:30 a.m.

Fun and Games

BINGO

B-9. BINGO! Come out and bring friends to play Bingo for prizes. Great exercise for the brain!

Instructors: Liz Stacy & Virginia Abate

Location: Anderson Park Senior Center, 3007 Vail Ave

Wednesdays 1:00-3:30 p.m.

Instructor: TBD

Location: Perry Park Senior Center, 2308 Rockefeller Ln.

Mondays/Fridays 1:30-5:00 p.m.

BEGINNING BRIDGE I

FEE: \$90/6 weeks

Class #: 42530

Instructor: Linda Mackenzie

Location: North Branch Library, 2000 Artesia Blvd

Experience the joy of learning bridge! An exciting and stimulating game for all ages. Help your mind stay active and make new friends at the same time. Bridge has captivated players for many years, but the fascination of the game and its appeal to all ages are still strong. No previous experience necessary.

Wednesdays Starts Jan 25 9:15-11:15 a.m.

BRIDGE BASICS II

FEE: \$90/6 weeks

Class #: 42531

Instructor: Linda Mackenzie

Location: North Branch Library, 2000 Artesia Blvd

Solidify your basics which are 95% of all bids! Topics will be: Mastering your Jacoby Transfer & Staymen, Rebids -- Paint a picture of your hand, pre-emptive bids, Godzilla hands! Kill that no trump contract, to the backwoods with blackwood & gerber.

Wednesdays Starts Mar 8 9:15-11:15 a.m.

BRIDGE-DUPLICATE

Fan those cards and score to victory! Grab a partner and make a bid or set the opposing team's bid to gain points. The side with the most points wins, and the difference in points between the two partnerships is the margin of victory.

Instructor: Freddie Spradlin (**ACBL, SANCTIONED**)

Location: Veterans Park Senior Center, 301 Esplanade

Mondays 5:45-9:00 p.m.

Wednesdays 12:00-4:00 p.m.

Instructors: Paula Hall & Chick Thorsell (**ACBL, SANCTIONED**)

Location: Anderson Park Senior Center, 3007 Vail Ave

Fridays 12:30-4:00 p.m.

Fridays 6:30-10:00 p.m.

Instructor: Valerie Takahashi (**NON-ACBL, NON-SANCTIONED**)

Location: Anderson Park Senior Center, 3007 Vail Ave

Tuesdays 9:30 a.m.-12:00 p.m.

GAMES AND CARDS

Instructor: Joann Roebuck

Location: Perry Park Senior Center, 2308 Rockefeller Ln.

Looking for something to do? Come out and play cards and board games with new and old friends.

Wednesdays 10:30 a.m.-2:00 p.m.

Health and Wellness

ADAPTIVE MOBILITY POST STROKE CLASS

Instructor: BCHD staff

Location: Anderson Park Senior Center, 3007 Vail Ave.

A program for people who have had a stroke or a related disorder and wish to meet with others for social and recreational activities. Activities include Brain Fitness games, Group Discussions, Re-Education Motor Skills, Sport Activities and Information and Referral. Nutritional Snacks provided.

Mondays 1:00-3:00 p.m.

ARTHRITIS EXERCISE

Instructor: City staff

Location: Perry Park Senior Center, 2308 Rockefeller Ln.

Take this class if you would like to relieve stiffness, restore or maintain joint range of motion, increase flexibility of the structures surrounding the joints, restore or maintain muscle strength, improve posture, increase endurance, improve balance and coordination, improve body awareness, learn stretching and relaxation techniques and meet new friends.

Mondays/Thursdays 10:30-11:30 a.m.

ARTHRITIS EXERCISE

Instructor: Alix Benson

Location: Veterans Park Senior Center, 301 Esplanade

This class aims to increase endurance and flexibility, restore or maintain muscle strength, improve balance and coordination, relieve stiffness and help joint range of motion. Arthritis Foundation Certified. Come join the fun!

Fridays 8:30-9:30 a.m.

ADAPTIVE STRENGTH & MOBILITY

Instructor: BCHD and City staff

Location: Veterans Park Senior Center, 301 Esplanade

A group-led exercise program focusing on muscle strength, balance and agility, and learning about fitness.

Mondays/Wednesdays 9:00-10:15 a.m.

VETERANS PARK SENIOR CLUB of REDONDO BEACH

301 Esplanade, Redondo Beach 90277
310-374-9148

NORTH REDONDO SENIOR CLUB/PERRY PARK

2308 Rockefeller Lane, Redondo Beach 90278
310-374-9421

NORTH PARK SENIOR CLUB/ANDERSON PARK

3007 Vail, Redondo Beach 90278
310-371-9036

FALL PREVENTION

Instructor: Becky Jackson

Location: Perry Park Senior Center, 2308 Rockefeller Ln.

Reduce the risk of falling with this progressive program designed to improve balance and flexibility. Fall prevention programs have been proven to reduce the risk of falling in participants who have completed one or more rotations of the program. Candidates for this program must be able to safely walk a distance of 200 feet without the use of any assistive device (walker or cane). Students must receive medical clearance prior to the beginning of class.

Tuesdays/Thursdays 2:00-3:00 p.m.

CHAIR EXERCISE

Instructor: BCHD staff

Location:

Veterans Park Senior Center,
301 Esplanade



Participants gain the strength and flexibility they need to perform in everyday activities. Exercises consist of light resistance and low impact workouts. This program focuses on cardiovascular health, muscle strength, balance, conditioning and coordination.

Thursdays 11:00-11:45 a.m.

CHAIR TAI CHI

FEE: \$20/10 weeks OR \$2/class

Class #: 42558

Instructor: Irene Oon

Location: Veterans Park Senior Center, 301 Esplanade

Enjoy the therapeutic and empowering practices of Tai Chi from the comfort of a seated position. This low-impact form of Tai Chi is adapted from and based on traditional Tai Chi movements. Regardless of age, fitness level, or level of experience, Chair Tai is open to all.

Wednesdays Starts Jan 25 9:45-10:45 a.m.

WEIGHTS, ENDURANCE & STRETCHING GROUP

Instructor: City staff

Location: Anderson Park Senior Center, 3007 Vail Ave

A class offering a variety of different exercises for overall fitness. Exercises begin with a warm up to elevate the heart rate, transition into moderate to vigorous activity, and will instantly make you feel better. Exercise provides health benefits to the heart, lungs and circulation.

Mon/Wed/Fri 8:30-9:30 a.m.

FUNCTIONAL FITNESS

Instructor: Becky Jackson

Location: Perry Park Senior Center, 2308 Rockefeller Ln.

Designed to help maintain the ability to successfully perform activities of daily living and to improve or enhance functional capacity in terms of strength, flexibility and posture. FREE!

Tuesdays/Thursdays 1:00-2:00 p.m.

Heath and Wellness (CONT.)

How do I register for an older adult program?

Older adult classes are typically taught by volunteers or staff. Most activities have a nominal fee or may require a "senior club" membership unless otherwise noted. Please visit any senior center for more information, or call (310) 318-0650.

MELT METHOD

Instructor: Nancy Starr

Location: Veterans Park Senior Center, 301 Esplanade

Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment technique can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. In this 55 minute class you learn the four R's of MELT: reconnect, re-balance, re-hydrate, and release so you can develop a home practice and your own 10 minute MELT map to alleviate chronic pain brought about by aging and active living. Please bring a mat and a bottle of water.

Hand	Tuesdays	1:30-2:25 p.m.
Foot	Tuesdays	2:30-3:25 p.m.

MINDFULNESS MEDITATION & AGING

Instructor: Shiori Lange

Location: Veterans Park Senior Center, 301 Esplanade

Feeling stressed, overwhelmed? Would you like to have greater focus, a feeling of relaxed awareness, relief from the experience of fight or flight? Scientific evidence shows Mindfulness can help with these life challenges. Mindfulness is a training of our attention to remain in the present moment. The present moment is where all the joy, richness and experience of your life exists.

Thursdays 9:00-10:00 a.m.

TOPS

Instructor: Joanne Newman

Location: Veterans Park Senior Center, 301 Esplanade

A weight-loss support group that offers weekly meetings providing a supportive, educational environment where people are encouraged and not judged. Open discussions are conducted about healthy choices, fitness goals and positive encouragement.

Mondays 9:30-10:30 a.m.

TAI CHI

Instructor: Irene Oon

Location: Anderson Park Senior Center, 3007 Vail Ave

A calming form of exercise used for stress reduction, Tai Chi is considered meditation in motion and promotes tranquility through gentle, flowing movements.

Fridays 9:30-10:30 a.m.

TAI CHI BEGINNER/INTERMEDIATE

FEE: \$12/8 weeks

Instructor: Beverly Cohen

Location: Veterans Park Senior Center, 301 Esplanade

An intermediate class providing calming exercise for stress reduction. Tai Chi is considered meditation in motion and promotes tranquility through gentle, flowing movements.

Thursdays Starts Jan 5 9:00-10:00 a.m. **Beginner**

Thursdays Starts Jan 5 10:00-11:00 a.m. **Intermediate**

CHAIR YOGA

Instructor: Efrat Pomeranitz

Location: Perry Park Senior Center, 2308 Rockefeller Ln.

Improve strength, balance and flexibility from the security of a seated position. Yoga is documented to increase mobility and oxygen intake, improve mental health and positive feelings, reduce stress and help control weight. This class is designed for all levels and will be beneficial to all, regardless of fitness level or experience.

Mondays/Wednesdays 9:30-10:30 a.m.

**TLC YOGA**

FEE: \$20/8 weeks
or \$5/class

Instructor: Lisa Tovar; C.T.R.S., B.A.

Location: Veterans Park Senior Center, 301 Esplanade

Discover your peaceful mind, ease of body and useful life. Designed for older adults (age 50+) who want to enhance the quality of their lives. Class includes gentle stretching and yoga exercises to increase flexibility, balance and healing ability. Learn breathing and meditation techniques to reduce stress and increase awareness.

Tuesdays **Starts** Jan 3 3:30-5:00 p.m.
Fridays **Starts** Jan 6 10:00-11:30 a.m.

Healthy Minds

BOOK CLUB

Instructor: Joyce Barham

Location: Veterans Park Senior Center, 301 Esplanade

Come and expand your horizons by spending an afternoon each month reading and discussing fiction and non-fiction books.

3rd Tuesday 1:00-3:00 p.m.

COMPUTER CLASS

FEE: \$5/30 minutes or \$10/hour

Instructor: Mary Shammass

Location: Veterans Park Senior Center, 301 Esplanade

One-on-one tutoring lessons on computers, cell phones, cameras, mp3 devices and more. By Appointment only.

Wednesdays 1:00-3:00 p.m.

Thursdays 2:00-4:00 p.m.

WRITING WORKSHOP

Instructor: Nina Murphy

Location: Veterans Park Senior Center, 301 Esplanade

Get together with other writers to read and present your work, have open discussions about improvements and strengths, and receive helpful advice on writing.

Thursdays 12:00-2:00 p.m.

Safety

AARP DRIVER SAFETY COURSE

FEE: \$15 AARP members/\$20 non-members
Checks only~made payable to AARP

Instructor: Vic Krause

Location: Main Library, 303 North PCH

This eight-hour class covers defensive driving strategies, new traffic laws, rules of the road, car control, driving skills, techniques to help compensate for age-related physical changes that affect driving ability, how to tell if you should give up driving and even how to get around when you no longer drive. You will receive a California DMV certificate which may qualify you for an appropriate discount on your automobile insurance.

- ADVANCED REGISTRATION REQUIRED. Please call (310)318-0650 to register by phone.
- You must attend class both TUESDAY & THURSDAY To complete the course.
- Please bring your driver's license and PAYMENT with you to class.

Tues/Thurs Starts Jan 31 & Feb 2 10:00 a.m.-2:30 p.m.

Social Dance

LINE DANCE CLASS

FEE: \$48/6 weeks

Class #: 42676 (Basic)

Class #: 42677 (Int)

Instructor: Tom Hickey

Location: Anderson Park Senior Center, 3007 Vail Ave

No partner needed! Line Dancing is lots of fun and great exercise. You will learn the classic beginner line dances like the Electric Slide, Boot Scootin' Boogie and Watermelon Crawl as you build your skills in learning new patterns and moves. The intermediate class builds on the basic patterns with more advanced moves, spins and turns. I teach the classics to the most current dances being enjoyed in Country Western Clubs around the Southland. Come join the fun. Bring a friend. Leather sole shoes or boots recommended.

Basic - Monday, starts Jan 23 6:30-7:30 p.m.

Intermediate - Monday, starts Jan 23 7:40-8:40 p.m.

LINE DANCE LESSONS

FEE: \$2/class

Instructor: Jackie Leon

Location: Veterans Park Senior Center, 301 Esplanade

Country Western music plus line dancing. A choreographed dance with a group of people in one or more rows executing a sequence of steps. Sometimes combined with waltz and polka, the dancing is set to modern Country and pop music.

Tuesdays 9:30-11:00 a.m.

SQUARE DANCE

FEE: \$5/class

Instructor: Dave Donaldson

Location: Veterans Park Senior Center, 301 Esplanade

Enjoy this drop-in square dancing class for great fun and exercise in an upbeat social setting among friends.

Mondays 1:30-4:00 p.m.

VETERANS PARK SENIOR CLUB of REDONDO BEACH

301 Esplanade, Redondo Beach 90277

310-374-9168

NORTH REDONDO SENIOR CLUB/PERRY PARK

2308 Rockefeller Lane, Redondo Beach 90278

310-374-9421

NORTH PARK SENIOR CLUB/ANDERSON PARK

3007 Vail, Redondo Beach 90278

310-371-9036

Special Interest

How do I register for an older adult program?

Older adult classes are typically taught by volunteers or staff. Most activities have a nominal fee or may require a "senior club" membership unless otherwise noted. Please visit any senior center for more information, or call (310) 318-0650.

LUNCH BY RESERVATION

FEE: Suggested donation **\$2.75/meal** for 60 years old and above & their spouse/caregiver. **\$3.75** for those 59 & younger. Site Manager: Roberta Painter

Location: Perry Park Senior Center, 2308 Rockefeller Ln.
Mon/Wed/Fri 12:00-1:00 p.m.

Location: Veterans Park Senior Center, 301 Esplanade
Tues/Thur 12:00-1:00 p.m.

MOVIES BY THE SEA

Location: Veterans Park Senior Center, 301 Esplanade

Spend the afternoon watching a FREE movie on our theater size movie screen with a friend or come to make a new friend. A complete movie schedule can be found online or at the Senior Centers.

Thursdays 1:15-3:15 p.m.

Transportation

ON THE MOVE RIDERS CLUB

Instructor: Cindy Schaben (Metro Travel Buddy)
Program time, date and location vary. Call 310-318-0650.

Learn the ropes of riding the METRO rail and how to get to local points of interest around Southern California. Please bring your TAP card or if you do not have a TAP card, come early and we can help you complete the application.

TRANSPORTATION SERVICES

The City of Redondo Beach provides reduced rate METRO and BCT monthly passes for Redondo Beach residents 62 years and older. In order to qualify to receive the reduced rate, you must provide current proof-of-residency by providing a utility (gas, electric, water, cable) bill. You may bring current proof-of-residency each time you purchase a bus pass or give us a copy of the required documents for our files. Our files are updated annually. For more information, please contact Senior & Family Services at 310-318-0650.

Excursions

A Charter Bus is used to transport participants to excursion sites from the Redondo Beach Performing Arts Center or Community Services office. To register or for more information, please visit the Senior and Family Services office or call (310) 318-0650.

Note, no refunds will be given for any excursions.

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MURPHY AUTO MUSEUM

FEE: \$25/person

Wednesday, February 8, 2017

11:00 a.m. Departure - 4:00 p.m. Return

Class #42593

Classic cars on display dazzle visitors at the Murphy Auto Museum! Located in Oxnard, California, view a collection of over 90 beautiful vintage automobiles and Americana housed inside a 30,000 square foot facility. The unique collection spans from 1903 to present day. The museum is also home to a huge model railroad display, the largest H/O scale train layout between San Diego and San Francisco, with many scale miles of track. Enjoy watching passenger and freight trains as they wind their way through cities, towns and the countryside.

Lunch on your own at the Oaks Mall in Thousand Oaks – offering a wide variety of restaurants and eateries in an open-air and enclosed, casual yet elegant shopping and dining destination. Includes admission, tour and transportation.