

A CITY OF REDONDO BEACH SENIOR & FAMILY SERVICES PUBLICATION



## NEW PROGRAMS!

### CHAIR TAI CHI

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 Chi is open to all. Enjoy the discovery of a life-long exercise system and experience the benefits first hand.

**Anderson Park Senior Center, 3007 Vail Ave., Redondo Beach**  
5 weeks, Wednesdays, Nov. 9 – Dec. 7 from 9:45 – 10:45 a.m.  
\$10 fee for five weeks, or \$2 per class

### BRIDGE BASIC II

Experience the joy of bridge! An exciting and stimulating game for all ages. Help your mind stay active and make new friends at the same time. 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. \$110 for session due in advance.

**North Branch Library, 2000 Artesia Blvd., Redondo Beach**  
6 weeks, Wednesdays, starts Nov. 30, from 9:15 – 11:15 a.m.

### WATER COLOR & MIXED MEDIA ART FOR BEGINNERS

Explore Water Color and Mixed-Media Painting in this hands on art experience. Create one art piece from 3 different categories: Abstract, Still Life, and Landscape. This supportive class environment will encourage students to find their own voice, unique style and artistry.  
(Participants will be given a supplies list and responsible for purchasing own equipment).

**Veterans Park Senior Center, 301 Esplanade, Redondo Beach**  
\$57 for 7 weeks, Saturdays, starts Oct 8 from 1:00 – 3:00 p.m.

City of Redondo Beach Senior & Family Services  
1922 Artesia Blvd. Redondo Beach, CA 90278  
Phone: 310-318-0650 • Web page: [www.redondo.org/senior](http://www.redondo.org/senior)

## ★ VETERANS DAY TRIBUTE ★

The City of Redondo Beach, the Redondo Beach Elks Lodge #1387, and the Redondo Veterans Memorial Task Force, invites South Bay veterans and residents to attend its Annual Veterans Day Tribute on Veterans Day Friday, November 11 starting at 1:00 p.m.

The ceremony takes place at the Veterans Park Memorial, located adjacent to the Redondo Beach Pier in Veterans Park. This solemn ceremony will honor the men and women of the United States Armed Forces who have selflessly served our country. Local elected officials and military dignitaries will participate.

The service will be followed by a BBQ picnic open to the public sponsored by the Redondo Beach Elks. The BBQ is free for Veterans, members of the military services, South Bay Firefighters and South Bay Police Officers. A \$5 donation for the BBQ is requested for all others.

**Friday, November 11 at 1:00 p.m.**  
**Veterans Park**

**309 Esplanade, Redondo Beach**  
(corner of Torrance Blvd. & Catalina Ave.)

Reservations requested for BBQ attendance:  
please call 208-473-6626

## DATES TO REMEMBER

11/08 **General Election** • Anderson and Perry Clubs closed  
11/11 **Veterans Day** • All Clubs and City offices closed  
11/17 **YMCA Thanksgiving Day Luncheon** • Veterans Park  
11/18 **YMCA Thanksgiving Day Luncheon** • Perry Park  
12/17 **Holiday Luncheon** • Veterans Park  
12/18 **Holiday Luncheon** • Perry Park

Office hours: M-F 7:30 a.m. – 5:30 p.m.  
City Offices closed alternate Fridays:  
11/11, 11/25, 12/9, 12/23



## Clubs Closed for the Holidays?

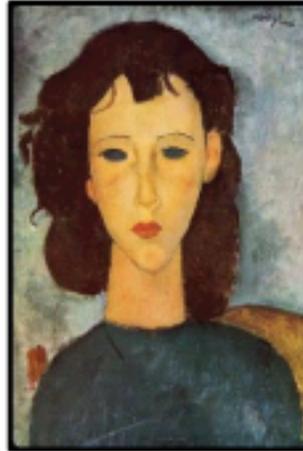
All three Senior Clubs will be closed for senior activities and classes on Friday, 11/11, Thursday 11/24, Friday 11/25, Thursday 12/22, Friday 12/23, Monday 12/26, Friday 12/30 and Monday 1/2. Check signs posted at each club for information on activities that take a break during these holiday periods. All clubs and City offices will reopen on Tuesday 1/3/2017 as normal.

Note that during these holiday periods, YMCA will still offer lunch at Perry on Wednesday 11/23, Wednesday 12/23 and Wednesday 12/30. There will not be a YMCA lunch at Veterans on Thursday 12/31 or at Perry on Friday 1/1. Please check the YMCA menus posted at the clubs for this information.

**HAPPY.**  
**HOLIDAYS**

# HANDS ON ART

Free Art Project



**Modigliani Portraits**  
by Marianne Coble

**Date:**  
Thursday, Dec. 15, 2016

**Time:**  
1:30 p.m. – 3:30 p.m.

**Where:**  
Anderson Park Senior Center  
3007 Vail Ave.,  
Redondo Beach

**History:** Amedeo Modigliani (1884-1920) was born in Livorno, Italy. He began studying art at 14 and in 1906, at age 22, he moved to Paris to expand and find his personal artistic style. He took what he wanted from the works of Toulouse-Lautrec, Cezanne, the Fauves, Cubism and experimental work of Picasso and Braque to forge this style. Apart from a series of nudes (scandalous), a few landscapes and five years of stone sculpting, he devoted himself to the portrait – friends and ordinary people (children, peasants and housemaids). Modigliani was known for his wild, bohemian life style –drugs, alcohol, fights with police, etc. and died at the young age of 35.

**Project:** First use a pencil to lightly draw the portrait step by step. Oil pastels are then used to color in and blend the figure and background to create a portrait in the style of Modigliani with elongated neck, almond shape eyes and serene facial expressions, all painted in monochromatic colors.

**Take Home:** You will have a personally designed Modigliani-inspired portrait to display at home or give as a gift! (Reservations no longer required)



## SCHEDULE OF ACTIVITIES:

<b>Mondays</b>	7:30 a.m. - 5:30 p.m. 1:00 p.m. - 3:00 p.m. 6:00 p.m. - 9:00 p.m.	Easter Seals Senior Program Adaptive Mobility Post Stroke Class <i>Line Dance Class (Rec program)</i>
<b>Tuesday</b>	7:30 a.m. - 5:30 p.m. 9:30 a.m. - Noon	Easter Seals Senior Program Bridge-Duplicate* (not ACBL, non-sanctioned)
<b>Wednesday</b>	7:30 a.m. - 5:30 p.m. 9:45 a.m. - 10:45 a.m. 1:00 p.m. - 3:30 p.m.	Easter Seals Senior Program Chair Tai Chi (ends 12/14). No Class 11/23. Bingo
<b>Thursday</b> (1st Thurs.) (2nd Thurs.)	7:30 a.m. - 5:30 p.m. 11:45 a.m. - 1:30 p.m. Lunch	Easter Seals Senior Program Business Meeting with lunch Potluck (11/10, 12/8)
<b>Friday</b>	7:30 a.m. - 5:30 p.m. 9:30 a.m. - 10:30 a.m. 12:30 p.m. - 4:00 p.m. 6:30 p.m. - 10:00 p.m.	Easter Seals Senior Program Tai Chi Bridge-Duplicate ACBL, sanctioned Bridge-Duplicate ACBL, sanctioned

Note: Activities in italics are managed by the Recreation Dept. Call 310-318-0610 to sign up or for more information

## MEMBERSHIP NEWS

New members who join Nov 15, 2016 or after will be covered for the balance of 2016 and all of 2017. \$5.00 renewals for 2017 can be made now. The deadline for renewals is January 31, 2017; after this date renewal dues will be \$10. If you are 80 and have been a member for at least one year, then the fee is just \$1.00.

Please remember to fill in your emergency contact information on the reverse side of your green membership card. Also, carry your card with you at all times when using the club.

### Membership Cards Reminder:

Remember to pick up your Membership cards! You will find them in the index box. Once you pick up your card, fill in your emergency contact information on the reverse side of your membership card. Please carry it with you at all times when at the club.

### Welcome new Members!

Eileen Salmon, Andrea Stout, Carol White,

# ★ GENERAL ELECTION ★

· CLUB CLOSED ·

Anderson Senior Club will be used as a voting facility location for the General Election on Tuesday, November 8th.

All activities and classes will be cancelled for the day. Thank you for your cooperation and remember to vote.

## YOUR VOICE COUNTS!

### Holiday Parties at Anderson

🍂 Celebrate with Friends 🍂

Thursday November 10th Potluck  
Celebrate Thanksgiving!

The Club will provide a delicious roast Turkey, you won't want to miss this feast! Bring a dish to share in the spirit of Thanksgiving.

Potluck starts at 12:00 p.m., followed by the music and magic of the "Cecile and Mighty" show, enthralling audiences with their modern and unique variety show.



### POTLUCK HOLIDAY PARTY!

THURSDAY DECEMBER 8TH

On the menu will be a savory ham provided the City of Redondo Beach. Bring a dish to share that complements the ham, and come ready to have fun.

The Potluck will start at 12:00 p.m., and the entertainment will have you kicking up your heels as the Line Dancers from Hawthorne's Community Center perform!

GENERAL MEETING

**Join us at the next business meetings on Thursday November 3rd and Thursday December 1st.**

**Meetings start at 11:45 a.m. with lunch, and are open to all members.**

**Please attend, your ideas are welcome & valuable!**

# PERRY PARK SENIOR CENTER

**NORTH PARK SENIOR CLUB**  
2308 ROCKEFELLER LN., REDONDO BEACH, CA 90278  
PHONE 310-374-9421

## SCHEDULE OF ACTIVITIES:

<b>Monday</b>	9:30 a.m. - 10:30 a.m.	Exercise
	Noon - 1:00 p.m.	Lunch by Reservation
	1:30 p.m. - 5:00 p.m.	Bingo
<b>Tuesday</b>	9:00 a.m. - 12:00 p.m.	Art and Hobbies
	1:00 p.m. - 2:00 p.m.	Functional Senior Fitness
	2:00 p.m. - 3:00 p.m.	Balance & Mobility*
<b>Wednesday</b>	9:30 a.m. - 10:30 a.m.	Exercise
	10:30 a.m. - 2:00 p.m.	Games and Cards
	10:30 a.m. - Noon	Needle Arts Group
	Noon - 1:00 p.m.	Lunch by Reservation
	1:00 p.m. - 4:00 p.m.	Movies at Perry
<b>Thursday</b> (2nd Thursday of the month)	11:35 a.m. - 12:55 p.m.	Business Meeting (11/10 & 12/8)
	1:00 p.m. - 2:00 p.m.	Functional Senior Fitness
	2:00 p.m. - 3:00 p.m.	Balance & Mobility*
<b>Friday</b>	Noon - 1:00 p.m.	Lunch by Reservation
	1:30 p.m. - 5:00 p.m.	Bingo
<b>Saturday</b> (2nd Sat. of month)	9:00 a.m. - 11:00 a.m.	District 4 Meeting (11/12 & 12/10)
<b>Saturday</b> (4th Sat. of month)	12:00 p.m. - 4:00 p.m.	Potluck Lunch & Movie (no event in Nov & Dec)

\*Balance & Mobility – Starts in January, 2017. Course requires medical clearance and pre-registration.

Call Senior and Family Services for more information.

Children Day Care Program is at Morris Scout House Monday – Fridays 9a.m. to 3p.m.

## PROGRAMS UPDATE

Closed Election Day 11/8: Perry Senior Club will be used as a voting facility location for the General Election on Tuesday, November 8th. All activities and classes will be cancelled for the day.

## SENIOR EXCURSIONS • WINTER 2017

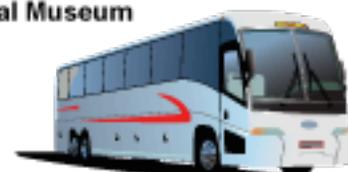
**Planes of Fame Museum**  
March 22, 2017

**Chen Art Gallery**  
March 8, 2017

**Japanese American National Museum**  
April 12, 2017

**Murphy Auto Museum**  
February 8, 2017

**LA Opera "Seraglio"**  
February 19, 2017



\*\*WATCH FOR MORE INFORMATION\*\*

# Membership News



If you do not have a 2016 membership card with you, please check the member card box on the activity sign-in table. If it is not in there, your membership is not current.

Pursuant to the By-Laws of Perry Park Senior Citizens Club renewals after Jan 31, 2016 are \$10. New members are asked to pay \$ 7.

We welcome these new members to Perry Senior Club: Beverlee Pojas, Susan Boyer, and Melvin Steagall.

Happy Birthday to all members, active and former, who celebrate Birthdays in September and October!

## November

3 Mary Pizel  
4 Esther Richard  
7 Darlene Stewart  
11 Betty J. Cooke  
14 Sandra Holliday  
18 Claire Aukerman  
25 Lynn Simmons  
28 Beatrice C. Yuh

## December

1 Dorothy Reddington  
8 Betty DeHaven  
17 Monica Perez  
23 Jessie Kaur  
26 Karen Kontner  
26 Dawn R. Gonzalez  
31 Barbie Salyers

*Sincerely, Paul Weavers - Membership Chair, Interim*

## -- AMONG OUR OWN --

Joe Wallick has led the Perry Park Club's Weight Loss and Healthy Living group for many years. The weekly Thursday meeting was enjoyed by the small group of loyal attendees.

Joe and his dear wife Millie recently sold their Redondo Beach home and moved to an independent-living facility in Orange County.

Joe's humor and calming leadership made the group an productive and inspiring learning experience. Millie's smile and kindness were shown to everyone and added to the enjoyment.

They both will be missed at the Senior Center. Our Senior Citizens Club wishes them the best of living in their new home.

-P.I. Weavers, for the Club Exec Board

## Save these dates...

### YMCA SPECIAL EVENTS AT PERRY PARK!

#### Thanksgiving Day Luncheon

Friday, November 18 at 12:00p.m.

Enjoy a delicious traditional Thanksgiving meal with Roast Turkey & Gravy, Mashed Potatoes, Stuffing, Salad, Dinner Roll and Dessert!



#### Christmas Holiday Luncheon

Friday, December 16 at 12:00p.m.

Celebrate the season in a festive atmosphere that promises to get you into the holiday spirit!

Tickets must be purchased from Roberta in advance for these events. Call or see Roberta at Perry Park on Monday, Wednesday or Friday before 2pm: (310) 374-9421.



## CLUB HOLIDAY PARTY

Please join us for our club holiday party on Saturday, Dec 17 at 11:30. We will have a catered lunch, entertainment, raffle prizes and good company of friends.

Please see any board member or Mary Pizel, our event chairperson, for details.

Also watch for notices coming soon!

**THANK YOU!**



## SCHEDULE OF ACTIVITIES:

<b>Mondays</b>  (1st Monday)	9:00 a.m. - 10:00 a.m.	Exercise Class*
	10:00 a.m. - 11:00 a.m.	TOPS – Take Off Pounds Sensibly
	1:30 p.m. - 4:00 p.m.	Square Dance
	11:00 a.m. - 12:30 p.m.	Theater Goers Group
	5:45 p.m. - 9:00 p.m.	Bridge-Duplicate (ACBL, Sanctioned)
<b>Tuesdays</b>  (1st Tues., Bi-monthly) (3rd Tuesday)	9:30 a.m. - 10:45 a.m.	Line Dance Lessons
	9:30 a.m. - 11:30 a.m.	Knitting and Crocheting
	Noon	Lunch by Reservation
	1:30 p.m. - 3:30 p.m.	M.E.L.T – Hand & Foot Treatment
	3:30 p.m. - 5:00 p.m.	Yoga - Therapeutic Living Class
<b>Wednesdays</b>	2:00 p.m. - 3:00 p.m.	Business Meeting (11/1, 1/3)
	1:00 p.m. - 3:00 p.m.	Book Club
	9:00 a.m. - 10:00 a.m.	Exercise Class*
	10:00 a.m. - 11:00 a.m.	Life Stresses Workshop
	12:00 p.m. - 4:00 p.m.	Bridge-Duplicate (ACBL, Sanctioned)
<b>Thursdays</b>	1:00 p.m. - 3:00 p.m.	Computer Class (reservations required)**
	9:00 a.m. - 10:00 a.m.	Mindfulness Meditation and Aging
	10:00 a.m. - 11:00 a.m.	Tai Chi
	11:00 a.m. - 11:45 a.m.	Chair Exercise
	Noon	Lunch by Reservation
	12:00 p.m. - 2:00 p.m.	Writing Workshop
	1:15 p.m.	Movies by the Sea
	2:00 p.m. - 4:00 p.m.	Computer Class (reservations required)**
<b>Fridays</b>	8:30 a.m. - 9:30 a.m.	Exercise Class*
	10:00 a.m. - 11:30 a.m.	Yoga - Therapeutic Living Class
	1:30 p.m. - 3:00 p.m.	Lifelong Learning***
<b>Saturday</b>	1:00 p.m. - 3:00 p.m.	Water Color and Mixed Media Art (ends 11/19)****

\*Exercise – Mondays and Wednesdays instructed by Beach Cities Health District. Friday classes are City of Redondo Beach instruction. No cost for any of these classes.

\*\*Computer Tutoring Class - Call the SFS office for full schedule, cost, and to make required reservations.

\*\*\*Life Long Learning - Topic: Masterworks of American Art. For more information pick up a flyer at the clubs or at the Senior and Family Services office for complete details.

## PRESIDENT'S NOTES

I would like to begin by thanking everyone who volunteered their time, and talent during this past year to make our Veterans Park Senior Club the success it is. In addition to having a place to exercise, have lunch, and watch a movie I hope you also found a place to share ideas, make new friends, and learn about new places and people. Along with these activities, if you were able to enjoy the social events this past year, thank you for supporting us.

With money paid in dues and raffles this year, the Club was able to purchase a new speaker system, and an ice maker for the center. We also have a new sofa donated by The Sofa Company on Artesia Blvd. This sofa, a floor sample, was acquired free through the efforts of our Club Secretary, Beth Anderson. The Club Officers, Committee Chairpersons, and the City staff, are to be congratulated for doing a great job.

As we end the year there are still two more events during the month of December. Our annual Christmas Party on Saturday, December 3rd, and our New Year's Eve party, December 31st. Our annual Christmas party will once again feature a luncheon prepared by Chef Darryl Kim and the city staff. Tickets this year will be \$7.00 for members and \$14.00 for non members. Tickets go on sale November 1st.

Help us welcome in the New Year at Veterans Park New Year's Eve party. Mark your calendar and make plans to join us. There will be food, drinks, music, hats and noisemakers for all, as we enjoy this time together, and toast in 2017 with good health and happiness, in our newly remodeled Senior Center.

On a personal note: I will be stepping away from the board in December, but would like everyone to know what a pleasure it has been to meet and work with so many of you during the past three years. First as membership chairperson, and as club President here at Veterans Park. I feel a wonderful sense of community here, but my greatest joy has been getting to know so many of you, and sharing your personal stories.

Thank you all for your friendship! As I write this, we still have vacancies on the Executive Board of the Veterans Park Senior Club for the year ahead. It is my hope that one, or two, of you will volunteer to keep the club going, and participate in decisions about the future of the club.

Wishing you all the best this Holiday Season. . .  
Martha Hoegler,  
President 2016

## Club Member Information:

Lynn Simmons, Membership Chairperson

2017 Membership fees will be due in January.

The annual membership dues will remain the same for the coming year at \$6.00. **If you renew your membership after January 31, the renewal fee is \$10.00.**

The dues for new members are \$6.00 no matter what time of the year you join. You can pick up your Veterans Senior Club membership card at the desk in the hallway once your annual membership fee is processed. Please fill out the information requested on the card, and carry it with you at all times when visiting the club.

**Thank you!**

## Christmas Holiday Party

Saturday December 3rd

## New Year's Eve Party

Saturday December 31st

\*\*\*Watch for more information\*\*\*

## YMCA Special Events - Veterans Park!

The Holidays are just around the corner.  
Save these dates so you don't miss out on  
all the fun!

### • THANKSGIVING DAY PARTY •

Thursday, November 17 at 12 p.m.

Thanksgiving with all the trimmings!  
Roast Turkey & Gravy, Mashed Potatoes  
Stuffing, Salad, Dinner Roll and Dessert!

### • CHRISTMAS HOLIDAY PARTY •

Thursday, December 15 at 12 p.m.

Celebrate the Holidays in style – with good friends  
and delicious food. Don't miss out on all the fun!

Tickets for these events must be purchased from  
Roberta in advance. Watch for more information,  
or see or call Roberta at Vets Park Senior Club on  
Tuesdays & Thursdays before 2pm: 310-374-9168.

**All articles for the January-February  
Club Hub are due December 12th.**