

Senior Scoop!

December 2016 News Update

Balance Assessments Being Scheduled

We are currently taking appointments to assess balance levels for upcoming workshops: "A Matter of Balance" and "Fall Proof." These new workshops aim to improve and strengthen balance to maintain activities of daily living and reduce fall risk. The workshops will begin at the end of January, so keep an eye out for more information! If you are interested in scheduling an appointment, please call the Senior and Family Services Office at (310) 318-0650.

Chair Tai Chi

Dates: Wednesdays, January 4 – March 22, 2017

Time: 9:45 a.m. – 10:45 a.m.

Cost: \$20 for a 12-week session or \$2 per class

Location: Anderson Park Senior Center, 3007 Vail Ave. Redondo Beach, CA 90278

*If paying per class, exact change is required.

Chair Yoga

Dates: Mondays and Wednesdays (ongoing)

Time: 9:30 a.m. – 10:30 a.m.

Cost: FREE

Location: Perry Park Senior Center, 2308 Rockefeller Ln. Redondo Beach, CA 90278

AARP Driver Safety Course

Dates: Tuesday, January 31 and Thursday, February 2, 2017

Time: 10:00 a.m. – 2:30 p.m.

Cost: \$15 for AARP members, \$20 for non-members

Location: Redondo Beach Main Library, 303 North Pacific Coast Highway, Redondo Beach, CA 90277

This eight –hour class covers defensive driving, rules of the road, driving skills, techniques to help compensate for age-related physical changes and more. Advanced registration required, call 310-318-0650 to register by phone. You must attend both days to complete the course. Checks only made out to AARP. Bring driver's license and payment with you to class.

Lunar New Year 2017

Date: Thursday, January 26, 2017

Time: 12:00 p.m. – 2:00 p.m.

Cost: \$10

Course # 43042

Location: Anderson Park Senior Center, 3007 Vail Ave. Redondo Beach, CA 90278

Celebrate the Year of the Rooster at the City of Redondo Beach's 2nd Annual Lunar New Year Event! Bring your family and friends to learn about the cultural significance of the holiday. A full lunch will be served, accompanied by fun games and activities! Reservations required, call (310) 318-0650 to register. Seats are limited.

Beginning Bridge I

Dates: Wednesdays, January 25 – March 1, 2017

Time: 9:15 a.m. – 11:15 a.m.

Cost: \$90 for a 6-week session

Course # 42530

Location: North Redondo Beach Library, 2000 Artesia Blvd. Redondo Beach, CA 90278

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. Enjoy the attention afforded by small class sizes with knowledgeable instruction. No experience necessary. Registration required, please call (310) 318-0650.

Brain Health Seminar: Primary Prevention Pathway

Date: Wednesday, February 15, 2017

Time: 2:00 p.m. – 3:30 p.m.

Cost: FREE

Location: North Redondo Beach Library, 2000 Artesia Blvd. Redondo Beach, CA 90278

Join Neurology Specialist John Nguyen to discuss programs and exercises to help take care of your body's most vital organ...your brain! Registration is required, please call (310) 318-0650.

Winter Excursions

Murphy Auto Museum **\$25**

Wednesday, February 8, 2017

11:00 am Departure – 4:00 pm Return

Departs from RB Performing Arts Center

Class # 42593

Planes of Fame Museum & Souplantation **\$35**

Wednesday, March 22, 2017

8:30 am Departure – 4:30 pm Return

Departs from RB Performing Arts Center

Class # 42596

L.A Opera- Abduction from the Seraglio By Wolfgang Amadeus Mozart **\$35**

Sunday, February 19, 2017

10:00 a.m. Departure – 6:00 p.m. Return

Departs from RB Community Services Offices

Class # 42594

Japanese American National Museum & Go for Broke Exhibit and Benihana **\$55**

Wednesday, April 12, 2017

9:30 a.m. Departure – 3:30 p.m. Return

Departs from RB Performing Arts Center

Class # 42597

Yakult Factory Tour & Gen Korean BBQ **\$40**

Wednesday, March 8, 2017

9:00 am Departure – 4:00 pm Return

Departs from RB Performing Arts Center

Class # 42595

**Please note! There will be no
refunds given for any excursions.**

No exceptions will be made!

REGISTRATION INFORMATION

Registration Dates

To Register

Departure Locations

Resident:
Tuesday, January 3, 2017

1. Register by phone at 310-318-0650
2. Register online at www.redondo.org

Community Services Office
1922 Artesia Blvd.
Redondo Beach, CA 90278

Non-Resident:
Monday, January 9, 2017

3. Register in person at the
Community Services Office

Performing Arts Center
1935 Manhattan Beach Blvd.
Redondo Beach, CA 90278