

REDONDO BEACH SENIOR CENTER CLUB HUB

A City of Redondo Beach Senior & Family Services Publication • May/June 2024



DATES TO REMEMBER

- 05/02 - Perry Park General Board Meeting - 11:30 a.m.
- 05/07 - Excursion: The Getty
- 05/14 - Excursion: Tanaka Farms
- 05/14 - Tech Explores: Journey into the digital world - 4:00 p.m. at Veterans Park
- 05/20 - Resident Registration: Summer Excursions
- 05/22 - Anderson's Café - 11:30 a.m. - 12:30 p.m.
- 05/27 - All City offices & senior centers closed in observance of Memorial Day
- 05/28 - Non-Resident Registration: Summer Excursions
- 05/29 - Tech Explores: Journey into the digital world - 4:00 p.m. at Veterans Park
- 06/06 - Perry Park General Board Meeting - 11:30 a.m.
- 06/20 - Senior Dance at Veterans Park - 4:30 p.m. - 7:30 p.m.
- 06/25 - Excursion: Whale Watching & Dolphin Tour
- 06/27 - Mental Health in Older Age: The Importance of Purpose and Social Connection
11:15 a.m. at Perry Park Senior Center



CITY OF REDONDO BEACH SENIOR & FAMILY SERVICES

OPEN HOUSE

JOIN US FOR OUR ANNUAL OPEN HOUSE EVENT!
VISIT AND LEARN MORE ABOUT US!

COME VISIT ANY OF OUR THREE LOCATIONS



ANDERSON PARK SENIOR CENTER
3007 Vail Ave
OPEN HOUSE • 7/10/2024
10:00 a.m. - 12:00 p.m.



PERRY PARK SENIOR CENTER
2308 Rockefeller Ln
OPEN HOUSE • 7/17/2024
10:00 a.m. - 12:00 p.m.



VETERANS PARK SENIOR CENTER
301 Esplanade
OPEN HOUSE • 7/24/2024
9:30 a.m. - 11:30 a.m.

SAVE THE DATE!

CITY OF REDONDO BEACH

HEALTH FAIR

SEPTEMBER 5, 2024 • 10:00 A.M. - 12:00 P.M.



REDONDO BEACH PERFORMING ARTS CENTER
1935 MANHATTAN BEACH BLVD



City of Redondo Beach Senior & Family Services
Phone: 310-318-0650 • www.redondo.org/senior



How to Make
Medicare
Work for You at
CITY OF REDONDO BEACH
1922 Artesia Blvd

MEDICARE HOUR WITH OPTUM 11:00 A.M. TO 1:00 P.M. 3RD WEDNESDAY
(5/15, 7/4)
BY APPOINTMENT ONLY. PLEASE CALL (310) 318-0650 TO RSVP



City of Redondo Beach Community/Senior & Family Services

1922 Artesia Blvd.

310-318-0650 | www.redondo.org/senior

Office hours: M-F 8:00 a.m. - 5:00 p.m.

City Offices closed alternate Fridays:

5/3, 5/17, 5/27, 5/31, 6/14, 6/28



SENIOR EXCURSIONS

Registration Dates: Residents - May 20, 2024 - Non-Residents - May 28, 2024 - Call (310) 318-0650 or visit: www.redondo.org/senior to register



Whale Watching and Dolphin Tour (Long Beach) | Tuesday, 6/25

11:00 a.m. Departure from Redondo Beach Performing Arts Center*

5:00 p.m. Return - Cost: \$59.00 (Includes \$5.00 Registration fee)

Class # 1EXC0900

Take a whale watching cruise conducted by a knowledgeable and expertly trained captain providing comprehensive narration of the marine life that you see. Whale watching tours are an exciting way to view some of the largest mammals on the planet. Following your tour, enjoy lunch on your own at The Pike. **Note: Please wear proper footwear, no high heels. Bring a jacket or sweater as it does get cooler on the ocean. This excursion involves riding on a boat in open water. Those prone to motion sickness should consider whether they would like to participate.** Excursion Includes: Whale Watching and Dolphin Tour, Snacks, Water & Bus Transportation.



Sawdust Festival (Laguna Beach) | Tuesday, 7/9

10:00 a.m. Departure from Redondo Beach Performing Arts Center*

4:30 p.m. Return - Cost: \$35.00 (Includes \$5.00 Registration fee)

Class # 1EXC0901

Sawdust Art Festival features 200 Laguna Beach artists and art makers in an eclectic handcrafted outdoor village in the heart of Laguna Canyon. Visitors are invited to shop unique artwork in a wide range of media and enjoy live music on three stages, roaming entertainment, daily art demonstrations, and a variety of food and drink offerings. **Please note: The grounds at the sawdust festival are unpaved and may be challenging to navigate.** Excursion Includes: Entrance, Snacks, Water & Bus Transportation.



Natural History Museum (Los Angeles) | Tuesday, 7/30

9:30 a.m. Departure from Redondo Beach Performing Arts Center*

4:00 p.m. Return - Cost: \$38.00 (Includes \$5.00 Registration fee)

Class # 1EXC0902

The Los Angeles Natural History Museum occupies a special place in Los Angeles: It's one of L.A.'s oldest cultural institutions, and today, it's the anchor of an emerging cultural, educational, and entertainment hub in Exposition Park. You can see extraordinary specimens in exhibitions such as Age of Mammals, the Dinosaur Hall, the Gem and Mineral Hall, and dioramas. Following your visit to the museum, we will journey to the historic Grand Central Market in the heart of Los Angeles for lunch on your own. Excursion Includes: Entrance, Snacks, Water & Bus Transportation.



Hamilton at the Pantages (Hollywood) | Tuesday, 10/1

5:00 p.m. Departure from Redondo Beach Performing Arts Center*

11:30 p.m. Return - Cost: \$90.00 (Includes \$5.00 Registration fee)

Class # 1EXC0903

Hamilton is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, HAMILTON is the story of America then, as told by America now. **Must register by 7/31/24.** Excursion Includes: Entrance, Snacks, Water & Bus Transportation.





ANDERSON PARK SENIOR CENTER

3007 Vail Ave.

WEEKLY SCHEDULE OF ACTIVITIES & CLASSES

(Classes and programs are subject to change)

MONDAY	Dance with Sandie - BCHD	10:30 a.m. - 11:30 a.m.
TUESDAY	Tai Chi (ZOOM class only) Stretch with Bobbi - BCHD Aerobic with Bobbi - BCHD Drop-In Gardens Bunco (2nd & 4th of the month)	9:30 a.m. - 10:30 a.m. 9:30 a.m. - 10:30 a.m. 10:30 a.m. - 11:30 a.m. 12:00 p.m. - 2:00 p.m. 1:00 p.m. - 3:00 p.m.
WEDNESDAY	Strength Training with Toni Anderson's Café Hour (5/22) Bingo	10:00 a.m. - 11:00 a.m. 11:30 a.m. - 12:30 p.m. 1:00 p.m. - 3:30 p.m.
THURSDAY	Chair Tai Chi (ZOOM class only) Anderson Walking Group (meet at Aviation Track) Singalong Group (2nd & 4th of the month)	9:00 a.m. - 10:00 a.m. 9:30 a.m. 1:30 p.m. - 2:30 p.m.
FRIDAY	Zumba - Optum (5/3, 5/17, 6/7, 6/21) Yoga with Sharkie Crafts with Debie (3rd Friday of every month) Bridge (\$10 fee)	9:30 a.m. - 10:30 a.m. 11:00 a.m. - 12:00 p.m. 12:00 p.m. - 2:30 p.m. 6:30 p.m. - 10:00 p.m.
SATURDAY	South Bay Strummers (Ukulele)	9:30 a.m. - 11:00 a.m.

Anderson Park Senior Club Membership

Membership at Anderson Park Senior Center is open to those 50 years of age & older. 2024 memberships are being collected (\$5 for new and returning members). Please fill out a membership card, enclose it with your money in an envelope, and put it into the wooden lock box. Please make checks payable to City of Redondo Beach.



HAPPY BIRTHDAY!

The best of birthday wishes for the members that have birthdays in May and June.

May

Li Sun	5/4
Daniel Plaster	5/8
Paul Sachs	5/12
Hank Crowder	5/15
Suzanne Beaudelaire	5/18
Rama Katragadda	5/19
Marcella Omonaka	5/19
Ruby Sutachan	5/19
Claire Miller	5/21
Linda Gohata	5/22
John Pierro	5/22
Joy Harris	5/23
Nancy Petersen	5/24
Patty Santa Cruz	5/27
Lily Anderson	5/28
Elizabeth Vincent	5/28
Lisa Reitinger	5/30
Roy Rico	5/31

June

Oliva M. Advincula	6/2
Linda Kay Johnson	6/7
Kathy Miglin	6/11
Paul Ryan	6/13
Andy Paroczai	6/24
Linda Mackenzie	6/24
Sharon Winship	6/27
David Cheshire	6/29

Happy Birthday to these members!



Anderson's Café

Wednesday, May 22, 2024

11:30 a.m. - 12:30 p.m.

Enjoy social dining by bringing a lunch or snack and spending time with friends and meeting new people!

Anderson Park Senior Center
3007 Vail Ave

For more information please call (310) 318-0650



Anderson Park Senior Center
3007 Vail Ave

Friday

4/5, 4/19, 5/3, 5/17, 6/7, 6/21

9:30 - 10:30
A.M. A.M.

Veterans Park Senior Center
301 Esplanade

Tuesday

4/9, 4/23, 5/14, 5/28, 6/11, 6/25

11:00 - 12:00
A.M. P.M.

For more information please call (310) 318-0650



PERRY PARK SENIOR CENTER

2308 Rockefeller Ln. | Phone (424) 247-8142

WEEKLY SCHEDULE OF ACTIVITIES & CLASSES

(Classes and programs are subject to change)

MONDAY	No class	
TUESDAY	Workout with Carrie (ZOOM & in-person) Sing-A-Long with Dina (5/7, 5/21, 6/4, 6/18) Tech Explores: Journey into a digital world (6/11, 6/25) By appointment only. Please call 310-697-3377)	10:30 a.m. - 11:30 a.m. 11:30 a.m. - 12:30 p.m. 11:30 a.m. - 1:30 p.m.
WEDNESDAY	Optum booth (5/15, 6/19) Chair Yoga with Cheryl - (BCHD) Movie & Popcorn	11:00 a.m. - 12:00 p.m. 12:00 p.m. - 1:00 p.m. 1:30 p.m.
THURSDAY	Stretch & Flex with Carrie (ZOOM & in-person) General Board Meeting (1st Thursday of the month) Table Arts with Cindy (5/9 & 6/13)	10:30 a.m. - 11:15 a.m. 11:30 a.m. 12:00 p.m. - 3:00 p.m.
FRIDAY	Let's Hula! Bingo	10:30 a.m. - 11:30 a.m. 1:00 p.m. - 4:30 p.m.

LIMITED PARKING STREET SWEEPING SCHEDULE

Mondays - 9 a.m. to 12:00 p.m. (south side of Rockefeller Ln.)
Fridays - 9 a.m. to 12:00 p.m. (north side of Rockefeller Ln.)

Perry Park Senior Club Membership

Membership at Perry Park Senior Center is open to those 50 years of age & older. 2024 memberships are being collected. \$7 for new and returning members - \$3 for members over 85 years of age. Please fill out a membership card, enclose it with your money in an envelope, and put it into the lock box.

Membership Cards Reminder

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

News from Perry Park Seniors Club Board Members

Sing-a-Long with Dina:

A new activity at Perry Park Center had been added. This sing a-long activity is biweekly on Tuesday, 5/7, 5/21, 6/4, 6/18 at 11:30 AM. No experience is required. Printed lyrics are provided.

Table Arts with Cindy:

The monthly Table Arts activity is held on the 2nd Thursday of each month (May 9 & June 13) from 12:00 noon to 3PM. Bring your favorite project to participate or stop by to discover what's up!

Bingo every Friday afternoon (1-4 PM) :

18 games of Bingo are held. Prizes are awarded to each winner. A door-prize drawing will take place at the intermission break with snacks & bottled water. No experience is required. Ask about the Cash-Ball Bonus. Enjoy the socialization!

Your Membership Board:

Board Members for 2024 are Beth Anderson (Vice President), Mary Pizel (Treasurer), Cindy Schaben (Secretary), and Glenda Kelly (member-at-large). Paul Weavers is the Presiding Officer at monthly Board meetings.

Perry Park Senior Club monthly Members meeting:

All Perry Park members are encouraged to attend the next meetings on Thursday, May 2 & June 4 at 11:30 am in the Senior Center. There are two open positions for members-at-large on the Board. Please attend a board meeting to see your Sr. Club at work for your interests! Meeting minutes are posted on the Senior Center bulletin board.

Mental Health in Older Age: The Importance of Purpose and Social Connection - June 27th at 11:15 am - Perry Park Senior Center

Join Beach Cities Health District's (BCHD) Director of Community Services, Emily Brosius LCSW, for an interactive workshop highlighting mental health in older age. We will focus on the ways in which purpose and social connection can promote happiness and protect against depression and cognitive decline. There will be opportunities to practice helpful strategies and set goals for the future together. Emily will also review the programs and services BCHD provides older adults to support their independence in their homes. We look forward to seeing you there!

HAPPY BIRTHDAY!

The best of birthday wishes for the members that have birthdays in May and June.

May

Carole Burch	5/2
Patricia Standifer	5/2
Nicole Castillo	5/3
Joy Harris	5/3
Brenda Dehaan	5/4
Sanda Graham	5/9
Florence Wisgo	5/10
Jamilleh Ebrahim	5/12
Susan Ahlstrom	5/14
Yoling Chang	5/14
Zenaida Abon	5/18
Susan Dehen	5/18
Marilyn Cagney	5/18
Marcella Omonaka	5/19
Claire Miller	5/21
Sharon Caron	5/27
Anita Finan	5/27
Paula Mahoney	5/30

June

Anita Vance	6/1
Donna MaCkay	6/2
Olivia Advincula	6/2
Toni Nelson	6/5
Sharlene Yamaguchi	6/5
Judi Kredatus	6/7
Humberto (Cary) Cortina	6/9
Judi Wyka	6/10
Ellen Tessitore	6/11
Jim Edmundson	6/16
Koko Shimauchi	6/21
Harriet Nagata	6/26
Judi Oliveira	6/29

Happy Birthday to these members!

The Club Board apologizes for any errors in spelling or dates.



VETERANS PARK SENIOR CENTER

301 Esplanade | (424) 247-8517

WEEKLY SCHEDULE OF ACTIVITIES & CLASSES
(Classes and programs are subject to change)

MONDAY	Exercise with Debbie Teel Theater Goers Group (2nd Monday of the month)	12:00 p.m. - 1:00 p.m. 11:00 a.m. - 12:00 p.m.
TUESDAY	Drop-In Gardens Creative Space Zumba - Optum (5/14, 5/28, 6/11, 6/25) Book Club (3rd Tuesday of the month) Tech Explores: Journey into a digital world (5/14) By appointment only. Please call 310-697-3377)	10:00 a.m. - 12:00 p.m. 10:00 a.m. - 12:00 p.m. 11:00 a.m. - 12:00 p.m. 1:00 p.m. 4:00 p.m. - 5:00 p.m.
WEDNESDAY	Conversational French Bridge (\$14 fee) Lifelong Learning Tech Explores: Journey into a digital world (5/29) By appointment only. Please call 310-697-3377)	11:00 a.m. - 1:00 p.m. 12:30 p.m. - 4:00 p.m. 1:30 p.m. - 2:30 p.m. 4:00 p.m. - 5:00 p.m.
THURSDAY	Knitting & Crochet Tai Chi Scottish Line Dance Writers Group Yoga with Janet	9:30 a.m. - 11:30 a.m. 9:30 a.m. - 10:30 a.m. 11:00 a.m. - 12:00 p.m. 12:00 p.m. - 2:00 p.m. 2:00 p.m. - 3:00 p.m.
FRIDAY	No class	

Veterans Park Senior Club Membership

Membership at Veterans Park Senior Center is open to those 50 years of age & older. 2024 membership dues are being collected throughout the week (cash only). \$10 for new and returning members - \$1 for members over 85 years. Please fill out a membership card, enclose it with your money in an envelope, and put it into the lock box.

HAPPY BIRTHDAY!

The best of birthday wishes for the members that have birthdays in May and June.

May

Fred Haddad	5/1
Vanessa Hillan	5/10
Araceli Calderon	5/21
Lily Anderson	5/28
Joan Richter	5/31

June

June Elcker	6/1
Lourdes Richter	6/2
Anita Quintanar	6/7
Ellen Tessitore	6/11
Tina Berzsenyi	6/13
Richard Murphy	6/16
Jean Steinmetz	6/19
Mary Garcia	6/21
Avelino Pascua	6/22
Susan Siney	6/29

Happy Birthday to these members!

The Club Board apologizes for any errors in spelling or dates.



Technology Explorers: Journey into the Digital World

Veterans Park Senior Center

Tuesday, May 14, 4:00 p.m. - 5:00 p.m.

Wednesday, May 29, 4:00 p.m. - 5:00 p.m.

Computers/Laptops | Emails | iPhones | Tablets

Attendees should bring their devices - phones, iPads, tablets, or laptops and know all of the passwords to any accounts or devices that will be used. The students of Redondo Beach Union High School's Interact Club will share their technological brilliance by assisting our older adult population with social media, applications, and technology. Suggested donation: \$5 for 15 minutes. Reservations required a day in advance by contacting (310) 697-3377.

Redondo Beach Club Hub



SENIOR EXERCISE

with **DEBBIE TEEL**

A senior exercise class that includes cardio, stretching and strength training. An hour of fun and movement that increases mobility and functionality. No cost for this class. For more information, please call (310) 318-0650.

Mondays
12:00 p.m.

@

Veterans Park
Senior Center

(424) 247-8517



City of Redondo Beach Senior & Family Services
Phone: 310-318-0650 • www.redondo.org/senior



OR CODE FOR OUR HOMEPAGE



THEATER GOERS GROUP

2nd Monday of the month

11:00 a.m. - 12:00 p.m.

Veterans Park Senior Center

For more information, please call

(310) 318-0650