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Games (CONT.)

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.

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 Spradin (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 (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: Paula Hall (NON-ACBL, NON-SANCTIONED)
Location: Anderson Park Senior Center, 3007 Vail Ave
Tuesdays 9:30 a.m.-12:00 p.m.

Heath 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.
Heath and Wellness (CONT.)

**ARTHRTIS EXERCISE**
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.
Instructor: Valerie Hallauer/Mary Shammas/Mayra G.
Location: Perry Park Senior Center, 2308 Rockefeller Ln
Mondays/Thursdays/Fridays 10:30-11:30 a.m.
Instructor: Valerie Hallauer/Mary Shammas/Mayra G.
Location: Veterans Park Senior Center, 301 Esplanade
Fridays 9:00-10:00 a.m.

**HEALTHIER LIVING: MANAGING ON-GOING HEALTH CONDITIONS**
Instructor: TBD
Location: North Branch Library, 2000 Artesia Blvd
This 6-week course will help anyone with an ongoing health condition (arthritis, heart disease, diabetes, high blood pressure, lung disease, cancer, asthma, etc.) learn to better manage their health to live their best life. Focus on ways to control pain, stress and anxiety, learn to communicate better with doctors, friends, and family, set goals, problem solve, and learn tips for healthy eating and staying active!
Spring 2019

**STRETCHOLOGY**
Instructor: Mayra Gomez
Location: Perry Park Senior Center, 2308 Rockefeller Ln
This one hour class strives to promote functional independence for as long as possible through maintaining or improving mobility. The program’s multiple components help increase range of motion, flexibility, balance and strength. Come enjoy a relaxed environment. No class 2nd Thursday of every month.
Tuesdays/Thursdays 1:00-2:00 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.
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MATTER OF BALANCE
Instructor: City Staff
Location: North Branch Library, 2000 Artesia Blvd
This 8-week structured group class helps teach strategies to reduce the fear of falling and increase one’s activity levels. Participants will learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Registration is required. Please call 310-318-0650.
Spring 2019

MELT METHOD
Instructor: Nancy Starr
Location: Veterans Park Senior Center, 301 Esplanade
Ease pain and tension in your hands, feet, neck, and lower 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 lower 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 towel and a bottle of water.

Hand  Tuesdays  1:30-2:15 p.m.
Foot  Tuesdays  2:15-3:00 p.m.

TLC YOGA
FEE: $40/12 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  3:30-5:00 p.m.
Fridays  10:30-12:00 a.m.

MINDFULNESS MEDITATION & AGING
Instructor: TBD
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.
TBD

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.
Heath and Wellness (CONT.)

CHAIR TAI CHI
FEE: $2 per class
Instructor: Irene Oon
Location: Anderson Park Senior Center, 3007 Vail Ave
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.
Wednesdays 9:45-10:45 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. FREE.
Fridays 9:30-10:30 a.m.

TAI CHI BEGINNER
FEE: $2 per class
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 9:30-10:30 a.m.  Beginner

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 10:00-11:00 a.m.

WEIGHTS, ENDURANCE & STRETCHING GROUP
Volunteer Instructor: Toni Rogers
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.
Healthy Minds

BOOK CLUB
Instructor: Martha Hoeglar
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.

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.

COMPUTER CLASS
FEE: $5/30 minutes or $10/hour
Instructor: Mary Shammas
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.

Safety

AARP DRIVER SAFETY COURSE
FEE: $15 AARP members/$20 non-members
Checks only—made payable to AARP
Instructor: Staff
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 TBD 10:00 a.m.-2:30 p.m.

Social Dance

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 9:30-10:45 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.
Special Interest

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LUNCH BY RESERVATION
FEE: Suggested donation $3.00/meal for 60 years old and above & their spouse/caregiver.
$4.00 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 AT PERRY PARK
Location: Perry Park Senior Center, 2308 Rockefeller Ln
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 at www.redondo.org or at the Senior Centers.
Wednesdays 1:30-4:00 p.m.

MOVIES AT PERRY PARK
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 at www.redondo.org or at the Senior Centers.
Thursdays 1:15-3:15 p.m.

Transportation

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 for 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.