

On-Going Activities

2010 EXERCISE CLASSES

Tuesdays and Thursdays:

Beginning Muscle Strength– 10:00 am.

Muscle Strength #1- 11:00 am.

Muscle Strength #2- 12:00 noon

Monday & Thursdays:

Yoga & Balance-1:30 & 2:30

Must be a member of Peninsula Seniors and except for Yoga a Doctor's O.K. required for listed classes. 6 month cost is \$130. Call for information.

DISCOUNTS ON YOUR AUTO INSURANCE

Join the sponsored program to receive a state mandated discount on your auto insurance. The program meets on **March 9 & 11** at Hesse Park at 8:45 am. You **MUST** call 377-3003 for a reservation. You **MUST** bring your California driver's license and attend both sessions to obtain the certificate for your insurance company discount. The cost will be \$12 for active AARP members, \$14 if you are not. AARP members **MUST** present a valid AARP card. Please bring a check made out to AARP. Cash is not accepted.

MOVIE Friday, March 19, 2010

"Amelia"

Hilary Swank stars as famed aviator Amelia Earhart in this dramatic biopic that follows the daring pilot's rise from obscurity in Kansas to her troubled marriage to businessman George Putnam (Richard Gere), who recruited her for her first transatlantic flight. Mira Nair (The Namesake, Vanity Fair) directs; Ewan McGregor, Joe Anderson, Christopher Eccleston, Joe Anderson and Mia Wasikowska co-star.

Rated PG by the MPAA.

Doors open at 12:30. Movie starts at 1:00 p.m. Soda, coffee, popcorn and dessert are served.

COST: \$2 for Members, \$5 Non-Members.

RESERVATIONS ARE A MUST. CALL EARLY. WE HAVE ROOM FOR ONLY 45.

CONSULTATION SERVICES AVAILABLE

Call Office for Confidential Appointments

<u>SERVICE</u>	<u>DATE(S)</u>
Attorney	See calendar
Podiatrist	See calendar
Social Worker	310-376-3205
Notary Public *	310-377-3003

* (\$5 Donation to Peninsula Seniors per signature)

BRIDGE ANYONE?

Members Only.

PARTY BRIDGE: Mondays 10:00 a.m. until noon

Cost is \$2 per person.

WHY TRAVEL TO LAS VEGAS ?

MONTHLY BINGO: Friday, March 5, 2010

Doors open at 12:30, game starts at 1:00 PM. Cost is \$1.00 per card and \$0.50 for each paper card game.

CASH PRIZES! CALL FOR RESERVATIONS

BUDDING AUTHORS

Join the Writers Group each Tues. from 1:30 PM to 3:30 PM at the Senior Center. Members interested in writing and hearing the endeavors of others are invited to attend. Coffee and cookies are provided to keep up your energy. Cost is \$2 per person. Selected articles are published from time to time. Who knows where that can lead.

ARE YOU PROVIDING SPECIAL CARE FOR A LOVED ONE WITH ALZHEIMERS ?

Peninsula Seniors is offering a caregivers support group the 1st and 3rd Fridays of the month at 10:00 am. The group is facilitated by Krista Emery, a Certified Care Manager trained by the Alzheimer's Association, offering resources and support to caregivers. You must first call Krista at 310-376-3205 for a consultation before joining the group.

GERIATRIC CARE CONSULTATIONS

Geriatric care consultation is offered to members of the Peninsula Seniors by Krista Emery, a licensed nurse and certified geriatric care manager. She is trained to assist frail seniors and their families and specializes in dementia illness.

Call Krista at 310-376-3205 for appointment.

❁ OPPORTUNITIES ❁

OFFICE VOLUNTEERS:

RECEPTIONISTS: The effort is divided into three hour sessions. Training will be provided.

DAY TRIP ESCORTS: For those with good people skills: duties include pre-trip calling, check in, escorting and announcements. The trip is complimentary. Training is required.

TREASURER: Duties include banking, government reporting, payroll, audit support and monthly reports. Good knowledge of "QUICKBOOKS" beneficial.

CALL THE OFFICE FOR INFORMATION