

## 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 & 2:45

Must be a member of Peninsula Seniors and except for Yoga a Doctor's O.K. is required for listed classes. July-Dec. cost has been raised to \$150. 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 **July 13 & 15** 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, July 16

#### **"The Proposal"**

When she learns she's in danger of losing her visa status and being deported, overbearing book editor Margaret Tate (Sandra Bullock, in a Golden Globe-nominated role) forces her put-upon assistant, Andrew Paxton (Ryan Reynolds), to marry her. Directed by Anne Fletcher (27 Dresses), this romantic comedy also stars Craig T. Nelson and Mary Steenburgen as Andrew's parents, Joe and Grace, and Betty White as the outspoken Grandma Annie. Rated PG.

**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
Financial Consultant	See calendar
Geriatric Care Specialist	310-376-3205
Notary Public *	310-377-3003

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

### "COFFEE & CARS" EVENTS

From 7:30-9:00 am on the 1st Saturday of each month "Coffee and Cars" for "Car People" takes place at the Peninsula Center. See separate flyer on the back of the calendar for more information.

### BRIDGE ANYONE?

#### Members Only.

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

Cost is \$2 per person.

### WHY TRAVEL TO LAS VEGAS ?

#### SPECIAL BINGO: Friday, July 9

Sack lunch with Karen at 12:15 (bring your own lunch.) 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.

### DIAL-A-RIDE

Call PV Transit 310-544-7108 11 a.m. to 4 p.m.

Monday through Friday for information.

## ❁ OPPORTUNITIES ❁

### OFFICE VOLUNTEERS:

**RECEPTIONISTS:** Training will be provided. Call 310-377-3003.

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

**CALL THE OFFICE FOR INFORMATION**