

## 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

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 **Aug. 10 & 12** 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, August 20

#### "The Queen"

After Princess Diana's shocking death, Queen Elizabeth II (Helen Mirren, in an Oscar-winning role) and Tony Blair (Michael Sheen) engage in intimate talks as Britain demands the princess be memorialized in a manner beyond standard protocol. This Best Picture nominee goes behind the scenes as the queen and Prime Minister try to manage Diana's death on a personal level and deal with the public's call for the beloved princess's royal treatment. 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 ?

#### BINGO: Friday, August 6

Game starts at 1:00 p.m. Cost is \$1.00 per card and \$0.50 for each paper card game. **CASH PRIZES!..CALL FOR RESERVATIONS. 310 377-3003**

### 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:** Are you a people person? Do you enjoy handling various situations? Do you like helping people? An experienced volunteer will show you the ropes. Just three hours a week; morning or afternoon. Your choice!

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

**CALL THE OFFICE FOR INFORMATION**