

On-Going Activities

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 pm.

Must be a member of Peninsula Seniors, and except for Yoga, a Doctor's O.K. is required. Cost is \$150 per class for 6 months (Jan. through June.) Call for information:(310) 377-3003.

DISCOUNTS ON YOUR AUTO INSURANCE

Join the sponsored program to receive a state mandated discount on your auto insurance. The program meets next on **Feb. 28 & March 1** 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, February 17th "Contagion"

Steven Soderbergh steers big stars through this big-screen disaster-thriller about a global team of doctors tasked with tamping down a deadly outbreak of infectious disease before it annihilates mankind. Stars Matt Damon, Gwyneth Paltrow. Rated PG-13.

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 Advisor	See calendar

"COFFEE & CARS" EVENTS

On the 1st Saturday of each month, members and guests are invited to bring their Hot Rods, Customs, Muscle Cars, Sports Cars, Antiques, Classics, Exotics, or other Special Interest Cars or Trucks, or just themselves to the Peninsula Shopping Center at Hawthorne and Silver Spur. Time: 7:30 am to 9:00 am.

WHY TRAVEL TO LAS VEGAS ?

BINGO: Friday, February 3rd

Please join us for Bingo at the Center. Ken Dyda is our caller.

Doors open at 12:30 p.m. and games start at 1:00 p.m. Cost is \$1.00 per card and \$0.50 for each paper game. **CASH PRIZES! CALL FOR RESERVATIONS. 310 377-3003**

BRIDGE ANYONE? Members Only.

PARTY BRIDGE: Mondays 10:00 a.m. until noon
Cost is \$2 per person.

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.

PenVets February Meeting

PenVets meeting will be on the fourth Wednesday of the month, February 22nd at 12:30 p.m. at Fu Yuan Low restaurant. Please call Jack Newman at (310) 896-6572 for reservations.

❁ OPPORTUNITIES ❁

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! Call us at (310) 377-3003.

NEWSLETTER FOLDERS: Meets Feb. 22nd this month, but usually on each 3rd Wednesday at 10:00 am. Join us! Call 310-377-3003.