

On-Going Activities



EXERCISE CLASSES-CALL FOR DETAILS

Muscle Strength #1-Monday at 12:30 pm and Thursday at 11:00 am. \$65 per quarter.

Muscle Strength #2-Monday at 1:30 pm and Thursday at 12:00 pm. \$65 per quarter.

Beginning Muscle Strength Tues. at 11:00 am and Thursday at 10:00 am. \$65 per quarter.

Doctors O.K. required for above 3 listed classes.

Chi Gong-Tuesday at 10:00. \$35 per quarter.

AARP DRIVING CLASS

Tuesday, Nov. 13 and Thursday, Nov. 15 at Hesse Park at 8:45 am. You **MUST** call 377-3003 for a reservation. Classes are limited. You **MUST** bring your California driver's license and attend both sessions to obtain the certificate for your insurance company. The cost is \$10 per student. Please bring a check made out to AARP. Cash is not accepted.

WALKING CLUB

Join the Seniors' Walking Club. 45-min. walks each Mon., Wed. and Fri. morning at 9 a.m. Call Sandy at 541-2242 for more information.

MOVIE Friday Nov. 9, 2007

The movie "THE GOOD SHEPHERD" is a partially fact-based drama examining the early history of the CIA as seen through the eyes of a dedicated agent. A sharp-minded Yale student, Edward Wilson is recruited to work for the CIA during World War II. Though loyal to his country, Wilson begins to feel the job eroding his ideals, and destroying his personal life. It stars Matt Damon and Robert De Niro.

Rated R, for some sexuality, violence, and language.

Doors open at 12:30. Movie starts at 1:00 p.m.

Fresh Pop Corn, soda and coffee are served.

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

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

CARE GIVERS SUPPORT GROUP

For group meetings and locations call Krista Emery, the social worker in charge. You **MUST** call Krista first at (310) 376-3205 for a phone consultation.

LIONS EYEGLASS RECYCLE

Please bring all your old glasses and all your drug-store reading glasses to the center. So many people are helped by your donations. Thanks, Karen.

BRIDGE

Every **Monday** 10:00 a.m. until noon. Must be members of Peninsula Seniors.

DIAL-A-RIDE INFORMATION

ONLY Karen or Louise are authorized to register you. **NEW HOURS ARE** M-F 10:30-11:30 a.m. **AND** 1:30 - 3:30 p.m. Call 377-3003 for availability.

BINGO Friday, Nov. 30, 2007

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. Call for reservations. **CASH PRIZES!**

CHRONIC PAIN SUPPORT GROUP

Meetings are held on the 1st Thursday of every month at the Beach Cities Health District in Redondo Beach, from 1:30-3:00 pm. Call Jane (539-5144) for more information.

PROJECT LINUS - OPERATION NEWBORN

During September we received 8 blankets for Project Linus and nothing for Operation Newborn. Stores like T.J. Maxx and Ross have inexpensive blankets and layettes while other stores have sales from time to time. This is another good way you can be part of this worthwhile program if you don't knit or crochet. Grace Ross, coordinator. 310-377-3678

"WRITERS GROUP"

Writers groups will meet Tuesdays 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. Selected articles are published from time to time. Here's an opportunity to be a published author.

Future plans include the possibility of a writing contest. It would be open to all comers and have two categories. One would be for original short stories while the other would be for original poetry. In addition, there would be two divisions, one for adults and one for youngsters. The winners would receive appropriate recognition at an awards luncheon. Join and help us organize this annual event recognizing writing talent. It is planned to have the event jointly sponsored by the Peninsula Seniors and the P.V. Library.