A Look Back at 2019

Our Dreams Came True Because of You

LOOK WHAT YOUR SUPPORT of and membership in Peninsula Seniors helped accomplish this year: a permanent home, at last! And it’s a generous size, beautifully appointed, warm, inviting, relaxing space right in the heart of The Hill. Indeed, this accomplishment is the fulfillment of a decade’s-long dream and is the most significant event in the organization’s 38-year history.

We started 2019 in two leased trailers at the far reaches of the Rancho Palos Verdes City Hall grounds. As we approach the end of the year, we’re in a prime location near the main branch of the Palos Verdes Library District and adjacent to prime shopping, entertainment, and a growing residential area. There is now adequate space in which to work, participate in activities, socialize, and grow our programs to benefit seniors in our community.

THE ORGANIZATION’S SIGNIFICANT CHANGES in 2019 are due to countless supporters just like you. Many thanks for giving to Peninsula Seniors in whatever manner, where this holiday season we’re making spirits brighter than ever!

It’s a Holiday Open House

We hope you will join us to share in the joy of the holiday season with food, fun, music, and door prizes.

Saturday, December 7
2–4 p.m., Scriba Family Center

Bring a friend!
Looking Ahead for Increased Support and Programming

In November we will have been open in our new Scriba Family Center for six months. That doesn’t seem possible, and every time I walk in I am struck as to how beautiful it is and how proud I am of all our team members and donors who rallied together to bring this about.

We now have almost 1,200 members, many attracted to Peninsula Seniors for the first time. We also have a new Program Committee that is dedicated to expanding our program offerings. I sincerely hope all our members find something they love to do, make lots of new friends, and take advantage of our many volunteer opportunities.

It will be important to make sure that our sparkling new Center remains that way. It costs us more to maintain the Center, but we are dedicated to ensuring this is done. We will be counting on our Endowment Fund to generate additional income yearly that will be used for this purpose. As this year comes to a close, please consider a donation to Peninsula Seniors’ Endowment Fund or Operations Fund.

We recently received a generous pledge of $100,000 from Richard and Melanie Lundquist, to be paid in four equal installments over the next four years. The first installment of this donation will be due at the close of escrow on our property. Our attorney is still reviewing documents from Continental Development, but we are hopeful that things will move more quickly now. Both Richard Lundquist, the building’s owner, and our Board are anxious to consummate this purchase.

Ann Shaw
Volunteer President
Peninsula Seniors Lecture Series

Wednesdays, 10:30 am, free Hesse Park, 29301 Hawthorne Blvd., RPV

November 6: Wire Your Brain for Happiness. Lauren Spiglanin of Family Connect Care will demonstrate how happiness is directly linked to health and how to stimulate your brain to create positive experiences and emotions. Each attendee will be given a complimentary “Gratitude Journal.” Lauren is a dementia practitioner and care manager who provides empathetic care management and placement services for those with cognitive impairments and their loved ones.

November 13: Stop Senior Scams. Adrienne Omansky and her Stop Senior Scams Acting Program will dramatize the various seniors scams making the rounds and how to avoid falling for them. A series of short plays will allow audience members to visualize the scams rather than just reading and hearing about them. Adrienne and her troupe of actors will arrive by bus from out of town, so let’s give them a warm welcome.

November 20: The Geography of Mystery and Detective Fiction Around the World. Ellen Mintz will introduce you to a selection of mystery novels and their authors as a unique way to learn about interesting places, cultures, and people. A retired librarian, Ellen believes that reading and travel go hand-in-hand and that reading fiction can bring depth to travel. Please note, this lecture will take place in the smaller ‘Activity Room’ at Hesse Park and there will be room for the first 42 people only.

November 27. No program today. Happy Thanksgiving!

LINEUP SUBJECT TO CHANGE.

You Can Make a Difference . . . when you make a gift to Peninsula Seniors’ Endowment Fund

When making a donation or bequest to Peninsula Seniors’ Endowment Fund, you make a gift to future generations of seniors to be able to remain active, healthy and educated.

SAMPLE LANGUAGE
I give/bequeath the sum of ($__________) to Peninsula Seniors, 501(c)(3) Tax-Exempt, Non-Profit Corp. Tax ID: 95-3723540, residing at 602 Deep Valley Drive, Suite 310 Rolling Hills Estates California 90274 for its general use and purposes.

For MORE INFORMATION CALL: Margie Beierschmitt Executive Director (310) 377-3003
WHAT TO KNOW
WHEN YOU TOUR
AND TRAVEL WITH
PENINSULA SENIORS

• Sign up early for cruises and multi-day tours and trips. Group events are finalized 45 to 60 days before the trip.

• Gratuities (tips) are not included in the cost for one-day trips or multi-day tours. $3 to $5 a day is the average amount for bus driver and tour director.

• Trip brochures and fliers are in the Peninsula Seniors office.

• Call (310) 377-3003 for trip details. Leave your name and phone number and the trip that interests you.

CANCELLATION POLICY
If you need to cancel, Peninsula Seniors will attempt to fill the space from the waiting list but cannot guarantee your ticket will be sold. If your space is filled, the trip cost will be refunded to you, less a $5 processing fee. In the event the space cannot be filled no refund can be made, regardless of the reason for cancellation, including medical-related excuses and emergencies. Thank you for your understanding.

DAY COACH TRIPS

Day Coach Trips, Multi-Day Tours, and Cruises
make life fun!

Day Coach reservation form is on page 13.

New Year’s Eve (Matinee Show)
Tuesday, Dec 31
$145/members $135
$5 member discount until Nov 22
Check in 10:15 am / Leave 10:45 / Return approx 5:30 pm
Welcome 2020 with Colorful Songs Review singers and dancers. Lunch (chicken or vegetarian pasta) w/wine. Ring in the New Year with London at 4 pm.

Spring 2020 day coach trips will be announced in the December issue of Connections.

MULTI-DAY TOURS

Coastal Safari by Rail
Wed Feb 5–Fri Feb 7
$599 pp double / $799 single
$100 pp deposit. Make checks payable to Good Times Travel.
Two nights at Pismo Beach while touring Morro Bay, Cambria, San Luis Obispo and Solvang. Explore the wonders of the Central Coast and Monarch butterfly sanctuary, the Elephant Seal Rookery, and more.

Alaska Iditarod and Northern Lights
Sun Mar 1–Fri Mar 6
$1,799 pp double / $2,249 single
$250 pp deposit. Make checks payable to Good Times Travel.
Two nights in Fairbanks for Northern Lights viewing. Visit Denali State Park and Earthquake Park. Join in the excitement at the Iditarod, including the Mushers Banquet.

Call (310) 377-3003 for brochures about these tours.

pvseniors.org
Arizona Spring Baseball Training
Sun Mar 8–Fri Mar 12
$1,399 pp double / $1,799 single
$200 pp deposit. Make checks payable to Friendly Excursions.
Last date for refunds: Jan 7, 2020
Cheer for your favorite major league team. Included are two spring training games, city tour of Phoenix, Frank Lloyd Wright’s home and School of Architecture, plus a cowboy dinner.

Desert Bloom
Sun Mar 22–Tues Mar 24
$229 pp double / $389 single
$75 pp deposit. Make checks payable to Good Times Travel.

Viva Las Vegas!
Sun Apr 5–Tues Apr 7
$359 pp double / $469 single
$75 pp deposit. Make checks payable to Good Times Travel.
Two nights at Treasure Island Hotel and Casino (TI), located in the heart of the Las Vegas “Strip.” See a show, enjoy great dining, and perhaps win at the slots.

Sweet, Savory, and SLO
Wed Apr 22–Fri Apr 24
$649 pp double / $799 single
$100 pp deposit. Make checks payable to Good Times Travel.
Edible sightseeing along the Central Coast includes cookies, chocolates, lunch, wine tasting, plus the festive San Luis Obispo fair, barbecue, and farmers market. Ride the Coast Starlight and stay at the Apple Farm.

Alaska Inside Passage
Sat May 16–Mon May 25
Round trip from San Pedro aboard the Star Princess.
From $1,899 pp double plus $255 pp taxes, port charges, and fees.
Marvel at the fantastic sights of nature: glaciers, soaring cliffs, and amazing waterfalls. Sail to Ketchikan, Juneau, Skagway and Victoria B.C. Cruise Glacier Bay National Park and the Pacific Ocean.

CRUISES
For details and to register call Bridget Ambrose, Good Times Travel, (714) 756-0386.
Call (310) 377-3003 for brochures.

Pacific Northwest Coast
Sun Oct 4–Sat Oct 10
Round trip from San Francisco aboard the Star Princess.
From $999 pp double, plus $210 pp taxes, port charges and fees.
Group airfare available.
Sail to Astoria, Seattle, Vancouver and Victoria, plus two days at sea.
Picture This! Our 2019 Fashion Show!

Photos by Meredith Whitney, Graphic Design
Thank You, Fashion Show Supporters
Sincere appreciation to these sponsors of and donors to our 2019 Fashion Show.

COMMUNITY SPONSORS:
Providence Little Company of Mary Medical Centers
Torrance Memorial Foundation

FRIEND SPONSORS:
A Peace of Mind Home Care Solutions
Belmont Village
Berkshire Hathaway Home Services California Properties
Malaga Bank
Merrill Gardens

DONORS:
22nd Street Landing
Castle Rock Winery
Doubletree by Hilton, Torrance

The fashions provided by our vendors, Saga (Rancho Palos Verdes) and Stein Mart (Torrance) were a big hit, as was the entire event.

We Need Receptionists
Are you committed and dedicated to three hours of volunteering every week to manage our reception desk? We are looking for organized and friendly people to welcome guests and answer phones in our lovely new facility. Contact Juanita Davis at (310) 377-3003 if you are interested.

Your Input, Please
We are considering expansion of the Party Bridge group to include other games such as Canasta, Scrabble, etc. The hours and location will be the same as for Party Bridge: every Monday at Hesse Park from 1 to 3 pm. Please call us at (310) 377-3003 and let us know what games(s) you would like to play!

November 2019
**Calendar For November 2019**

**Join us, and make life fun!**

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**ABBREVIATION KEY:**
- SFC = Scriba Family Center
- CAR = Cicoria Activity Room
- HP = Hesse Park
- FYL = Fu Yuan Low
- PSC = Peninsula Shopping Center
- PVS = Peninsula Seniors

* = Peninsula Seniors is closed. No activities today.
Monthly, Weekly, Periodic Activities
make life fun!

SPECIAL OCCASION
THANKSGIVING LUNCH
Fri, Nov 22, 11:30 at Mimi’s Cafe, 25343 Crenshaw Blvd., Torrance
Enjoy slow-roasted turkey breast, stuffing, mashed potatoes, gravy, fresh vegetables, cranberry sauce, and dessert! $30, includes tax and tip. For more information, RSVP, and payment, call (310) 377-3003 by Tues, Nov 19.

MONTHLY
PEN VETS LUNCH
1st Wed, noon. Next lunch: Nov 6
All are welcome!
Fu Yuan Low in the Peninsula Shopping Center

BINGO!
1st Fri, SFC / Next games Nov 1
Arrive 12:30 pm / Games 1 pm
$5/Members $2
$1/card and 50¢/paper game
New games! Cash prizes!
Caller: Ken Dyda. Bring friends!

MOVIE
3rd Fri, SFC, 1 pm
Next movie: Fri Nov 15
THE MULE (R)
$5 / Members $2 Earl, a broke man in his 80s, is offered a job that simply requires him to drive.

Unbeknownst to Earl, he’s just signed on as a drug courier for a Mexican cartel. Clint Eastwood and Bradley Cooper star.
Reservations: (310) 377-3003

SEMISEMI-MONTHLY
SCRABBLE!
2nd and 4th Fri, SFC, 1 pm
$5/Members $2
All levels of play are welcome.

WEEKLY
MAHJONG II
Mon, SFC, 10–noon
$5/Members $2

MEET and GREET
Mon, SFC, 10 am
Coffee, cookies, and conversation.

PARTY BRIDGE
Mon, Hesse Park, 1–3 pm
Members only
To join call (310) 377-3003

TECH CLINIC
Tues, SFC, 10 am, Members only
Bring your devices and questions. Brian Lee is here every Tuesday at 10 am to help you.

WRITERS’ GROUP
Tues, SFC, 1:30–3 pm
Members Only / $2
Write poetry, document travels, or write chapters for your books.

LECTURES (See page 3)
Wed, Hesse Park, 10:30 am

MAHJONG I
Wed, Hesse Park, 1–3 pm
Members only

SPANISH CLASS
On hiatus.

SEMISEMI-WEEKLY
EXERCISE CLASSES
Members Only, SFC
Each class costs just $150 for 6 months (July through Dec)

• Chair Yoga
Mon, 1:30 pm and Thurs at noon

• Muscle Strengthening
Tues and Thurs, 11 am
Doctor’s okay required.

PING-PONG
Wed & Fri, CAR, 1:30–3:30 pm
$5/Members $2
Two tables. Singles and doubles.
Private Car Service

- Doctor Appointments
- Medical Procedures
- Shopping
- Cruise pickup/drop off

Up to 12 passengers. | Call for quote.

Al Thomas
310-993-4701

If you like the way we bank
Tell a friend
Don’t keep South Bay’s
Best Bank a secret!

MALAGA BANK
310.375.9000
For location information, visit our website at www.malagabank.com.

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Free Consultation

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California State Bar License # 183059

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Trustworthy
Reliable
Family-Owned And Operated
Licensed/Bonded/Insured

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Rolling Hills Estates, CA 90274
www.apeaceofmindhomecare.com

310-377-3776

Peninsula Physical Therapy
Orthopedic and Sports Physical Therapy

Mark V. Argento, MPT
Director
Tel: 310-544-6264
Fax: 310-544-6265
peninsulaphysicaltherapy.net

Promenade on the Peninsula Mall
550 Deep Valley Drive Suite 297, Rolling Hills Estates, CA 90274

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310.375.9000
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peninsulaphysicaltherapy.net

Promenade on the Peninsula Mall
550 Deep Valley Drive Suite 297, Rolling Hills Estates, CA 90274
A Minute With Margie

Accomplishments and Changes This Year

What a year this has been. We left our two doublewides in spring, and just look at us now. (If you haven’t seen our beautiful new Scriba Family Center, this is a great time for a visit!) Since our move we have enjoyed a steady increase in membership as well as an increase in participation, and are looking forward to increasing our use of our new space.

Our new home is a dream that has been decades in the making. Since at least 1993, Peninsula Seniors has been dreaming of a permanent home. At our Fashion Show last month, President Ann Shaw was presented with an award that will be proudly displayed in our lobby: Ann Shaw, With gratitude for Her Dedication to the Dream. Thank you, Ann!

Margie Beierschmitt, Executive Director

FREE Community Events
make life more fun!

Peninsula Symphony
Sun, Nov 3, 7 pm, Redondo Union High School, 222 N. Pacific Coast Hwy., Redondo Beach, (Corner of PCH and Diamond). “Scared to Death,” featuring the music of Daugherty, Saint-Saens, Sibelius, Mussorgsky, Ravel, and Rachmaninoff.

Torrance Antique Street Fair
Monthly fourth Sun, 8–3. Next event Nov 2 at 1317 Sartori Ave. Torrance. torranceantiquefaire.com

Vote on Tues., November 5
8 am–7 pm at your designated location. To find your polling place call (800) 815-2666 or go to lavote.net/locatorbyaddress.

First Fridays in Riviera Village
Next event Nov 8, 5–8. Food, art, music. redondopier.com/events/

Yoga on the Redondo Pier

Palos Verdes Peninsula Land Conservancy
Sun, Nov 17, 4 pm in the Olguin Auditorium in San Pedro at 3720 Stephen M. White Dr. Enjoy the Beauty of Nature Film Series: “National Parks Adventure.” pvplc.org

South Coast Botanic Garden: FREE Admission Day!
Monthly, third Tues. Next event Nov 19, 10–5, all ages welcome. southcoastbotanicgarden.org

Fiction Addiction Book Club
Monthly, first Tues, 11–noon. Next event: Nov 5. Peninsula Center Library Conference Room. For info: Deb at dripley@pvld.org or 310.377.9584 ext. 217.

FUN! (But not free)

Senior Comedy Afternoon presents “Happy Jolly Holidays,” Sunday, December 1
Proud Bird Restaurant and Event Center at 11022 Aviation Blvd., Los Angeles (near LAX). Doors open at noon / lunch 12:30 / show 1:30 / Air Park guided tour follows. $40/pp for show-only seats / $75/pp for show and three-course lunch, inc. tax and tip. Tickets and details at seniorcomedyafternoons.com or (714) 914-2565.
Silverado Beach Cities serves the memory care needs of the South Bay with an innovative style designed to enrich the lives of our residents as well as their families. World-class care is delivered in an environment that feels like home because it is home, and families gain the peace of mind that comes from having their loved one in a safe, secure, caring environment with features like:

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Day Coach Trip Registration / Please print / Fill out form COMPLETELY

TRIP NAME ___________________________ TRIP DATE(S) ___________________________ TODAY’S DATE ___________________________

Member? YES ☐ Member # ______________________ NO ☐ / Is your companion a member? YES ☐ Member # ______________________ NO ☐

YOUR NAME

Last First

COMPANION’S NAME

Last First

ADDRESS

__________________________________________________________________________________________________________________________________________

CITY ______________________________________ ZIP __________________

YOUR PHONE __________________________________________ COMPANION’S PHONE __________________________________________

Your Emergency Contact __________________________________ RELATION __________________ PHONE __________________

Companion’s Contact __________________________________ RELATION __________________ PHONE __________________

FOOD CHOICE

Yours ___________________________________ Companion’s ___________________________________

MEMBER COST $ ____ X No. _____ = Total $ ____________

NON-MEMBER COST $ ____ X No. _____ = Total $ ____________

TOTAL AMOUNT DUE $ _______ CHECK # ________

Reservations are not transferable to people NOT in the reservation record.
All changes MUST be processed by the Peninsula Seniors Travel Desk, (310) 377-3003.

YOUR SIGNATURE __________________________ COMPANION’S SIGNATURE __________________________

Make checks payable to PENINSULA SENIORS.
Hand deliver or mail to: Peninsula Seniors,
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pvseniors.org
PLEASE PRINT ALL ANSWERS

Application Date ___________________________ Referred by _______________________________________________________

Month                    Day                    Year

Name ______________________________________________ _ _ Additional Name ______________________________________

Last First Last First

Address _____________________________________________ City ___________________ State _____ ZIP ___________

Phone ______________________________________ _________ _  Email ___________________________________________ __ ___ __ 

Would you like our monthly Connections newsletter via email or regular mail?   Email __________ Regular Mail __________

Your birthday _____________________________________ Additional person’s birthday _________________________ 

Month   Day      Month   Day

May we contact you about Peninsula Seniors’ volunteer opportunities?   Yes ________   No ________

Emergency contact __________________________________________________________________________________________ 

Name    Relationship    Phone

What are your interests and hobbies? ___________________________________________________________________________ 

How did you hear about Peninsula Seniors? _____________________________________________________________________ 

PLEASE SELECT A MEMBERSHIP CATEGORY

☐ $60 BASIC individual  or  ☐ $500 PLATINUM / Basic Member Benefits, recognition in Connections / 3 sets of Vouchers (Movie, BINGO!) / $15 Travel Voucher (per person) / Attend Anniversary Party and Private Reception as our guest

☐ $100 BASIC couple / Newsletter / Email notices / Educational programs and classes / Discounted tickets to cultural events, day trips

☐ $200 SILVER / Basic Member Benefits, recognition in Connections / 1 set of Vouchers (Movie, BINGO!) / $5 Travel Voucher (per person)

☐ $300 GOLD / Basic Member Benefits, recognition in Connections / 2 sets of Vouchers (Movie, BINGO!) / $10 Travel Voucher (per person)

☐ $5,000 DIAMOND lifetime / One-time donation. Benefits: recognition in Connections / 4 sets of Vouchers (Movie, BINGO!) / $20 Travel Voucher (per person) / Attend Anniversary Party and Private Reception as our guest / Participate in all regularly scheduled on-site activities at no cost

$__________ Total amount due

Make checks payable to PENINSULA SENIORS.

Mail or hand deliver completed form and check to:
Peninsula Seniors, c/o Susan Barber, 602 Deep Valley Drive, Suite 310, Rolling Hills Estates CA 90274

Questions: (310) 377-3003 or email seniors@pvseniors.org

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November 2019
Program Advisory Committee

By Margie Beierschmitt, Executive Director

WE RECENTLY ESTABLISHED a Program Advisory Committee to solicit, review, evaluate, and develop current and future program offerings with the goal of increasing both membership and participation. This committee will be meeting each month, eventually meeting quarterly. Among other things, we will solicit and evaluate ideas for potential new activities and services and lead or support implementation of new programs.

Our committee members are Marcia Avent, Khryste Griswold, Marilyn Schwartz, and Don Tambini. They come from a variety of backgrounds and bring a variety of skills to us. When you see them, be sure to thank them for helping us grow.

THIS COMMITTEE has reviewed our existing programs and the results from our August Survey for program and activity development. The results of our August Survey show interest in all our program areas: Health/Wellness, Cultural/Travel, Education, and Socialization.

Respondents indicated an interest in having more theater trips, ukulele groups, and additional language and exercise classes. Every activity needs a liaison or two to facilitate; this need not be a difficult or complicated task. All Peninsula Seniors activities are run by group participants.

Please call the office (310) 377-3003 to let us know if you are interested in spearheading or participating in these new proposed activities:

- Book Club
- Intermediate Spanish
- Ukulele Group
- Gold Zoomba (for seniors!)

*Let’s have some fun!*