

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

	<p>1  <b>8:30-10am</b> TENNIS: CT#2  <b>8:45-10am</b> BREATH CENTERED YOGA w/Lou (\$6.25)  <b>10-11am</b> FRENCH (\$5)  <b>10:30-12:30pm</b> PING PONG!  <b>1-3pm</b> BRIDGE  <b>1-2:30pm</b> ART (\$5) <b>2:30-4pm</b> ART (\$5)  <b>6:30-9:30pm</b> DUPLICATE BRIDGE</p>	<p>2  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>10am</b> <u>ADVISORY MEETING</u>  <b>10-11am</b> STRENGTH w/ Bonnie (\$5)  <b>12-2pm</b> BRAIN FITNESS  <b>12:05-1:05pm</b> JOYFUL CROCHETERS GROUP  <b>1:30-2:30pm</b> AGILITY, BALANCE &amp; COORDINATION w/ Marc  <b>2:30-4pm</b> WRITER'S GROUP</p>	<p>3  <b>8:30-10am</b> TENNIS: CT #2  <b>8:45-9:45am</b> YOGA IN CHAIRS w/DL (\$5)  <b>10-11am</b> FRENCH FOR BEGINNERS (\$5)  <b>10:45-11:45am</b> OPTIMAL MOVEMENT w/Joy (\$5)  <b>11:30am-2:30pm</b> <u>SOUTHBAY SHAKESPEARE STUDY CLUB</u>  <b>3:30-5:30pm</b> PING PONG!</p>	<p>4  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>10-11am</b> SPANISH (\$5)  <b>10-11am</b> STRENGTH w/ Bonnie (\$5)  <b>11am-12pm</b> <u>BONE HEALTH MADE EASY by FirstLight</u>  <b>11:45-12:30pm</b> ABC* w/Marc  <b>1-2:30pm</b> BINGO (\$1/card)  <b>1-4pm</b> CHINESE MAH JONG  <b>4-5pm</b> BALLROOM DANCING (\$5)  <b>5:15-6:15pm</b> HAWAIIAN HULA—BEGINNERS (\$5)</p>	<p>5  <b>8:30-10am</b> TENNIS: CT#2  <b>8:15-9:30am</b> RESTORATIVE YOGA w/ Teri (\$6.25)  <b>10-11:15am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>12-12:45pm</b> MINDFULNESS w/ Marc  <b>2:30-5:30pm</b> PING PONG!</p>	<p>6  <b>9am-12pm</b> <u>PARIS THROUGH THE CENTURIES SERIES (\$15)</u>  <b>9:15-10:30am</b> YOGA w/ Teri (\$6.25)</p>
<p>7  <b>10-11am</b> STRENGTH w/ Bonnie (\$5)  <b>11:05-12:05pm</b> STRETCH w/ Bonnie (\$5)  <b>1-5pm</b> PING PONG!</p>	<p>8  <b>8:30-10am</b> TENNIS: CT#2  <b>8:45-10am</b> BREATH CENTERED YOGA w/Lou (\$6.25)  <b>10-11am</b> FRENCH (\$5)  <b>10:30-12:30pm</b> PING PONG!  <b>1-3pm</b> BRIDGE  <b>1-2:30pm</b> ART (\$5) <b>2:30-4pm</b> ART (\$5)  <b>6:30-9:30pm</b> DUPLICATE BRIDGE</p>	<p>9  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  NO STRENGTH  <b>12-2pm</b> BRAIN FITNESS  <b>1:30-2:30pm</b> ABC* w/ Marc  <b>2:30-4pm</b> WRITER'S GROUP</p>	<p>10  <b>8:30-10am</b> TENNIS: CT #2  <b>8:45-9:45am</b> YOGA IN CHAIRS w/DL (\$5)  <b>10-11am</b> FRENCH FOR BEGINNERS (\$5)  <b>10:45-11:45am</b> OPTIMAL MOVEMENT w/Joy (\$5)  <b>12pm</b> <u>MOVIE: DEMOLITION S1</u>  <b>3:30-5:30pm</b> PING PONG</p>	<p>11  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>10-11am</b> SPANISH (\$5)  NO STRENGTH  <b>11:45-12:30pm</b> ABC* w/Marc  <b>1-2:30pm</b> BINGO (\$1/card)  <b>1-4pm</b> CHINESE MAH JONG  <b>4-5pm</b> BALLROOM DANCING (\$5)  <b>5:15-6:15pm</b> HAWAIIAN HULA—BEGINNERS (\$5)  <b>6:30-9:30pm</b> PING PONG!  <b>7:30-9:30pm</b> COMEDY IMPROV</p>	<p>12  <b>8:30-10am</b> TENNIS: CT#2  <b>8:15-9:30am</b> RESTORATIVE YOGA w/ Teri (\$6.25)  <b>10-11:15am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>12-12:45pm</b> MINDFULNESS w/ Marc  <b>2:30-5:30pm</b> PING PONG!</p>	<p>13  <b>9am-12pm</b> <u>PARIS THROUGH THE CENTURIES SERIES (\$15)</u>  <b>9:15-10:30am</b> YOGA w/ Teri (\$6.25)  <b>7:30pm</b> APRIL'S FOOLS COMEDY IMPROV SHOW 2nd Story Theater</p>
<p>14  NO STRENGTH Or STRETCH  <b>1-5pm</b> PING PONG!</p>	<p>15  <b>8:30-10am</b> TENNIS: CT#2  <b>8:45-10am</b> BREATH CENTERED YOGA w/Lou (\$6.25)  <b>10-11am</b> FRENCH (\$5)  <b>11:15-12:45pm</b> <u>ADIA PRESENTS: Overwhelmed with Life? How to deal with stress</u>  <b>10:30-12:30pm</b> PING PONG!  <b>1-3pm</b> BRIDGE  <b>1-2:30pm</b> ART (\$5) <b>2:30-4pm</b> ART (\$5)  <b>6:30-9:30pm</b> DUPLICATE BRIDGE</p>	<p>16  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  NO STRENGTH  <b>10:30am</b> <u>BOOK CLUB: The Paris Architect by Charles Belfoure</u>  <b>12-2pm</b> BRAIN FITNESS  <b>1:30-2:30pm</b> ABC* w/ Marc  <b>2:30-4pm</b> WRITER'S GROUP  <b>7:30-9:30pm</b> COMEDY IMPROV</p>	<p>17  <b>8:30-10am</b> TENNIS: CT #2  <b>8:45-9:45am</b> YOGA IN CHAIRS w/DL(\$5)  <b>10-11am</b> FRENCH FOR BEGINNERS (\$5)  <b>10:45-11:45am</b> OPTIMAL MOVEMENT w/Joy (\$5)  <b>3:30-5:30pm</b> PING PONG</p>	<p>18  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>10-11am</b> SPANISH (\$5)  NO STRENGTH  <b>11:45-12:30pm</b> ABC* w/Marc  <b>1-2:30pm</b> BINGO (\$1/card)  <b>1-4pm</b> CHINESE MAH JONG  <b>4-5pm</b> BALLROOM DANCING (\$5)  <b>5:15-6:15pm</b> HAWAIIAN HULA—BEGINNERS (\$5)  <b>6:30-9:30pm</b> PING PONG!</p>	<p>19  <b>8:30-10am</b> TENNIS: CT#2  <b>8:15-9:30am</b> RESTORATIVE YOGA w/ Teri (\$6.25)  <b>10-11:15am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>12-12:45pm</b> MINDFULNESS w/ Marc  <b>2:30-5:30pm</b> PING PONG!</p>	<p>20  <b>9:15-10:30am</b> YOGA w/ Teri (\$6.25)</p>
<p>21  NO STRENGTH Or STRETCH  <b>1-5pm</b> PING PONG!</p>	<p>22  <b>8:30-10am</b> TENNIS: CT#2  <b>8:45-10am</b> BREATH CENTERED YOGA w/Lou (\$6.25)  <b>10-11am</b> FRENCH (\$5)  <b>10:30-12:30pm</b> PING PONG!  <b>1-3pm</b> BRIDGE  <b>1-2:30pm</b> ART (\$5) <b>2:30-4pm</b> ART (\$5)  <b>6:30-9:30pm</b> DUPLICATE BRIDGE</p>	<p>23  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  NO STRENGTH  <b>10:30-11:30am</b> <u>FALL PREVENTION presented by First Light</u>, contact Chanel Garcia at (424)704-5337 with questions  <b>12-2pm</b> BRAIN FITNESS  <b>1:30-2:30pm</b> ABC* w/ Marc  <b>2:30-4pm</b> WRITER'S GROUP</p>	<p>24  <b>8:30-10am</b> TENNIS: CT #2  <b>8:45-9:45am</b> YOGA IN CHAIRS w/DL(\$5)  <b>10-11am</b> FRENCH FOR BEGINNERS (\$5)  <b>10:45-11:45am</b> OPTIMAL MOVEMENT w/Joy (\$5)  <b>12pm</b> <u>MOVIE: HE NAMED ME MALALA\$1</u>  <b>3:30-5:30pm</b> PING PONG</p>	<p>25  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>10-11am</b> SPANISH (\$5)  <b>10-11am</b> STRENGTH w/ Bonnie (\$5)  <b>11:45-12:30pm</b> ABC* w/Marc  <b>1-2:30pm</b> BINGO (\$1/card)  <b>1-4pm</b> CHINESE MAH JONG  <b>4-5pm</b> BALLROOM DANCING (\$5)  <b>5:15-6:15pm</b> HAWAIIAN HULA—BEGINNERS (\$5)  <b>6:30-9:30pm</b> PING PONG!  <b>7:30-9:30pm</b> COMEDY IMPROV</p>	<p>26  <b>8:30-10am</b> TENNIS: CT#2  <b>8:15-9:30am</b> RESTORATIVE YOGA w/ Teri (\$6.25)  <b>10-11:15am</b> YOGA All Levels w/ Teri (\$6.25)  <b>11:30am</b> <u>TECH CLUB: TOPIC TO BE DETERMINED</u>  <b>12-12:45pm</b> MINDFULNESS w/ Marc  <b>2:30-5:30pm</b> PING PONG!</p>	<p>27  <b>9:15-10:30am</b> YOGA w/ Teri (\$6.25)</p>
<p>28  <b>10-11am</b> STRENGTH w/ Bonnie (\$5)  <b>11:05-12:05pm</b> STRETCH w/ Bonnie (\$5)  <b>1-5pm</b> PING PONG!</p>	<p>29  <b>8:30-10am</b> TENNIS: CT#2  <b>8:45-10am</b> BREATH CENTERED YOGA w/Lou (\$6.25)  <b>10-11am</b> FRENCH (\$5)  <b>10:30-12:30pm</b> PING PONG!  <b>1-3pm</b> BRIDGE  <b>1-2:30pm</b> ART (\$5) <b>2:30-4pm</b> ART (\$5)  <b>6:30-9:30pm</b> DUPLICATE BRIDGE</p>	<p>30  <b>8:15-9:30am</b> YOGA ALL LEVELS w/ Teri (\$6.25)  <b>10-11am</b> STRENGTH w/ Bonnie (\$5)  <b>12-2pm</b> BRAIN FITNESS  <b>1:30-2:30pm</b> ABC* w/ Marc  <b>2:30-4pm</b> WRITER'S GROUP</p>	<p>31  <b>8:30-10am</b> TENNIS: CT #2  <b>8:45-9:45am</b> YOGA IN CHAIRS w/DL (\$5)  <b>10-11am</b> FRENCH FOR BEGINNERS (\$5)  <b>10:45-11:45am</b> OPTIMAL MOVEMENT w/Joy (\$5)  <b>12pm</b> <u>WHAT IS WRONG WITH YOUR ESTATE PLANNING? An overview of changes in the Law and how they could affect your plan</u>  <b>3:30-5:30pm</b> PING PONG</p>	<h1>AUGUST 2016</h1> <p>Hermosa Five-O Senior Activity Center  710 Pier Avenue, Hermosa Beach, CA 90254  310.318.0280 www.hermosabch.org</p>		

# MONTHLY MOVIE DAYS

Wednesday August 10th, 2016

**Demolition • Rating: R • Runtime: 101 min.**

A successful investment banker struggles after losing his wife in a tragic car crash. With the help of a customer service rep and her young son, he starts to rebuild, beginning with the demolition of the life he once knew.

Starring: Jake Gyllenhaal, Naomi Watts & Chris Cooper

Wednesday August 24th, 2016

**He Named Me Malala • Rating: PG-13 • Runtime: 88 min.**

A look at the events leading up to the Taliban's attack on Pakistani schoolgirl, Malala Yousafzai, for speaking out on girls' education followed by the aftermath, including her speech to the United Nations.

Starring: Malala Yousafzai, Ziauddin Yousafzai, & Toor Pekai Yousafzai

**WE PROVIDE COFFEE, CANDY & POPCORN!**

**SUGGESTED DONATION IS \$1.00. INFO. IS FROM IMDB.COM**

# PARIS THROUGH THE CENTURIES

**JOIN US ON SATURDAY MORNINGS : AUGUST 6<sup>TH</sup> AND 13<sup>TH</sup> FROM 9AM TO 12PM. EACH 3 HOUR CLASS IS \$15.00 AND INCLUDES ALL THE PRINTED MATERIALS.**

You want me to do what? Going Back to school on Saturday morning to learn what ?The history of Paris! Yes! Paris! This class is in English.

Have you ever wondered: What lies behind all the lights?

Join us for an in-depth and fascinating study of the most visited and beloved city in the world. From its birth as " Lucretia" in the Gallo Romaine area populating l'Isle de la Cité, to its re-birth under Napoleon III and George Eugene Haussmann. Fall in love with the city incredible will and strength for survival thru the Middle Ages, the multiple One Hundred Year War, the Kings, the Pests, the Murders, the Revolution and finally Napoleon III and Haussmann who cleaned up the mess left by centuries of abuse and neglect. Paris was traditionally known as a dirty, congested and dangerous city. But then, was transformed in an extraordinary period to become the shining and beloved city we know today.

Learn the history behind the construction of the magnificent monuments or establishment, like La Sorbonne et le Quartier Latin, Notre-Dame de Paris, l'Isle Saint-Louis et Le Marais, the first bridges, La Seine who was a life source as well as a death bed for massacres: 2,000 killed in 1 night alone, and dumped in the river.

From texts, photographs and videos, we will study together the origins and consequences of the great events and meaningful period of the city. Find the true origins sometimes hidden in the events of history. 1800 years of history at your fingertips!

Join us in a very relaxed atmosphere. Bring your own snacks!

## NEWSLETTER CONTRIBUTIONS

We are always looking for more contributions to our seasonal newsletter! Please send any submissions for the Hermosa Five-O Fall Newsletter to Kambria at kdiers@hermosabch.org. You can also drop off submissions at the Community Resources offices located at 710 Pier Ave., Hermosa Beach.

## FIESTA HERMOSA BOOTH

**WHEN: SATURDAY SEPTEMBER 3RD—MONDAY SEPTEMBER 5TH**

Come visit the Hermosa Five-O Booth at this year's Fiesta Hermosa Event in downtown Hermosa on Labor Day weekend! If you would like to volunteer at the booth, please call the Community Resources Department at (310)318.0280 or use the sign-up sheet on the Hermosa Five-O Bulletin Board!

# AUGUST ANNOUNCEMENTS



## ADIA PRESENTS: OVERWHELMED WITH LIFE? HOW TO DEAL WITH STRESS

**WHEN: MONDAY, AUGUST 15TH FROM 11:15 TO 12:45PM**

Stress is a fact of life. It can be negative or positive, but in this busy modern life, it is often a negative experience. This presentation will look at common causes of stress, signs and symptoms – areas of the body affected by stress and strategies to deal with stress.

Please call Khryste at (310)370.0555 with any questions.

## BONE HEALTH MADE EASY

**THURSDAY, AUGUST 4TH FROM 11:00-12:00PM**

Dr. Ken Howayeck will present an informative discussion on osteoporosis and how to keep yourself in optimum bone health. Attendees will learn how to eat right and make good lifestyle choices to keep their bones strong. The presentation will conclude with free bone density screenings. Class is facilitated by FirstLight HomeCare in an effort to support the community and keep our seniors safe.

contact Chanel Garcia at (424)704-5337 with questions.

## HERMOSA FIVE-O NO COST TECH HELP

If you would like no-cost home electronic help, our Hermosa Five-O Tech Team is more than happy to schedule an appointment to assist you. Please contact:

David Lombard: (310)691.4954

DL90277@gmail.com

Terry Struven: (310)376.9357

terry.struven@gmail.com

Bob Powell: (424)206.3514

rpowell932@gmail.com