

Holiday Excursions! Register now!

MISSION INN HOLIDAY LIGHTS TOUR

Friday, December 16, 2016 | 12-9:30pm

Fee: \$72/\$67 Hermosa Beach resident discount

Join us for a memorable evening exploring the holiday traditions of historic Riverside. You will receive a guided tour of the National Heritage Landmark known as the Mission Inn, covered in over three million lights and more than 350 animated figures and you will have free time to explore the grounds and the surrounding areas on your own. This trip includes a special holiday dinner at the Old Spaghetti Factory.

ROSE PARADE

Monday, January 2, 2017 | 6am-1pm

Fee: \$116/\$106 Hermosa Beach resident discount

This new year celebration is a festival of flowers, music, and sports that has lasted over a century. You will be seating is some of the best seats along the parade route to enjoy the entire parade.

EARLY CALIFORNIA RANCHOS

Thursday, February 9, 2017

Fee: \$85/\$80 Hermosa Beach resident discount

This trip includes a guided tour of the Santa Margarita y Las Flores Ranch House at Camp Pendleton, which is listed on the National Register of Historic Sites, a tour of the Leo Carrillo Ranch that was home of actor, Leo Carrillo and lunch of your choice at Casa De Bandini.

Register in person at the Community Resources Department, located at 710 Hermosa Avenue, Hermosa Beach. OR online at www.hermosabch.org

The Community Resources Department is kicking off a **#liveHERMOSA** campaign.

In the Spanish language, Hermosa translates to beautiful. We want you to think of how you live a "beautiful" (HERMOSA) life. A balanced life is a "beautiful" life so it's important to stay active, healthy and to keep learning each day.

Recreation helps you to do each of these things by offering activities such as sports classes, fitness classes, art classes, enrichment classes, etc. Often times the word "beautiful" makes people think of the physical aspects of a person, but let's redefine what the word "beautiful" means by sharing the things that we do to make us *feel* "beautiful"; how we stay active, stay healthy, keep learning, and how we enjoy the best little beach city - Hermosa Beach.



Come by the Hermosa Beach Community Center, 710 Pier Avenue, and fill out a sun postcard sharing how you #liveHERMOSA for us to post around the center to show all our visitors how our community lives a beautiful life!

Hermosa Five-O Fall 2016

newsletter

We are always welcoming new participants and members! All of our classes are open to anyone over 50; all classes are drop-in and do not require registration (unless noted otherwise on the calendar). A full schedule of the classes, activities and events can be found on the monthly calendar. You are not required to be a Hermosa Beach resident or Hermosa Five-O member to participate!

BEACH VOLLEYBALL HALL OF FAME

The Beach Volleyball Hall of Fame is located in the Hermosa Museum in the city community center. It was established in 2011 by the Hermosa Beach Historical Society in cooperation with the California Beach Volleyball Association (CBVA). The Hall of Fame started in 1992 when the CBVA started choosing outstanding volleyball players to honor. Every year new inductees are chosen and announced at a ceremony in the Hermosa Playhouse theatre in November.

The Hall of Fame exhibit includes many photos, awards and memorabilia. There is also an interactive display.

Check out our monthly movie days!

The 2nd and 4th Wednesday of each month at noon we show newly released movies in the living room! We provided candy, popcorn & coffee. The suggested donation is \$1.00.

Torrance Memorial Holiday Festival

Senior Days

Wednesday November 30th and Thursday December 1st from 10am to 2pm Seniors can attend the event for FREE!

Enjoy beautifully decorated holiday trees, boutique, food court and local entertainment.

Located in the white tent at Skypark Dr. and Medical Center Dr. in Torrance. Call 310.517.4606 for more information.

Complimentary

Help with YOUR home electronics or software

Eligibility: Any South Bay Resident 50+ years old
Cost: Free – there is no charge for our services

Our volunteers can help you with virtually any home electronic device or software

By Appointment Only Weekdays
Must Schedule in Advance

Our volunteers can meet with you at your home or at the Hermosa Five-O Activity Center

There is no charge for our help

Please contact one of the volunteers:

David Lombard; Tele: 310.691.4954; E-mail: DL90277@gmail.com
Bob Powell; Tele: 424.206.3514; E-mail: RPOWELL932@gmail.com
Terry Struven; Tele: 310.376.9357; E-mail: TERRY.STRUVEN@gmail.com

HERMOSA FIVE-O
SENIOR ACTIVITY CENTER
710 PIER AVE.
HERMOSA BEACH, CA
(310)318-0280
WWW.HERMOSABCH.ORG



Please contact Kambria with submissions for future newsletters!

Editors: Kambria Vint, Lisa Nichols & Hermosa Five-Oer's

BECOME A MEMBER TODAY!
GENERAL LEVEL: \$10
SILVER SPONSOR: \$25
GOLD SPONSOR: \$50
PLATINUM SPONSOR: \$100

Another Older Home Bites the Dust

If you drive down Monterey Boulevard in Hermosa Beach you will soon no longer see the home at 2045. The home goes through to Bayview Drive.

Built in 1910 by Irene Petsel, it has five bedrooms, four baths, a living room, dining room and kitchen, sunporches and a three car garage. Later it was converted to multiple units.

It is said that William Jennings Bryan, a democratic nominee for president in 1900 and 1908, often stayed there. At one point the city honored the famous visitor with a William Jennings Bryan Day. Probably inspired by his family visits to the beach, Bryan's son took up residence at 236 Tenth Street while he was setting up a law practice in Los Angeles around 1915.

The property on Monterey was purchased by a member of the Los Angeles Kings.

Health Is Your True Wealth By Joy Eliason Alden, CFT

What makes you feel wealthy? Is it money, possessions, love, good friends? How would you describe good fortune? Think about it. And now, what makes you feel healthy? Energy, strength, a good night's sleep, or simply that you have no pain?

Well, take it from a breast cancer conqueror, there is an old saying and it speaks volumes [paraphrasing]: "...if you don't have your health, you don't have anything." Believe me I know this; I have lived it. I treasure every moment of good health.

So now, keeping these thoughts in mind, what makes you happy...*truly* happy? When do you feel your best, and why do you think that is? These are all important thoughts to ponder so that you can take charge of your day-to-day and your health. The equation really is right at your fingertips; you just need to factor in truth and accountable risks.

As we age, our bodies go through inevitable changes. First off, there is the natural aging process which is degenerative. All of us experience some "wear and tear." Then there is illness (a state of poor health); and then sadly, the dreaded word itself "disease" [dis-ease] which has a broader definition. Still, a lot of times it can be or could have been prevented. Heredity and genes do have a part in this, yet there is no definitive preset end result. We just need to know our risk factors and act accordingly.

In addition, the environment has now become an issue and is more and more threatening (than ever) to our health. We need to wear combat gear, so to speak, which includes having the frame of mind to give our body what it needs - offense vs. just defense. Free radicals are the enemy; processed foods are the enemy, and both are all around us. Disease attacks us at the cellular level, so we must fight back. Research has now concluded that a lot of disease starts with inflammation; one of the immune system's first reactions to protect itself. However, inflammation can get out of control and wreak havoc. Most initial inflammation can be treated through proper lifestyle and nutrition if caught at the onset. Also, our bodies can become so acidic that we need to take the appropriate steps to alkaline it...in order to keep proper balance.

As a final point, due to the hustle and bustle that society seems to demand of us, many find it too difficult to "make the time" to fuel the body properly and to give it what it needs - quality care. Quality care combines good nutrition, exercise, sleep, and breathing time! I can't say it enough, yet many don't seem to take the responsible actions necessary for prevention and healing. And then we still wonder why we feel so frazzled, worn out, tired and sick. Think how much time and money we put into our cars...well, I know you are worth more than your car! What is even more baffling is the thought process that people use regarding the "time issue." Do the math, weigh the time value - a bit of time daily vs. weeks, months, or even years of debilitating health. Go figure.

So my friend, now that you are aware of this - what are you going to do about it? Knowledge is power; how you treat your body and mind can truly affect your well-being. The foods we eat and our activity level all play a role in our health. You *can* make a difference! Lifestyle, nutrition, and exercise are key; they really do work wonders. They are medicine indeed. In fact, they are the only sound and proven methods leading to positive end results; the rest are myths.

You can take the time to eat properly, and you can exercise smart - will you? So knowing that you have this control and power, now is the time to incorporate the appropriate regimen. Empower yourselves; act on it and **embrace well-being**.

In summary, I hope after some consideration you will conclude that:

HEALTH IS YOUR TRUE WEALTH!

Yours in Strength, Energy and Peace,

Joy Eliason Alden, CFT

Please check out the Five-0 Center for their wonderful options in fitness classes.

And you can join Joy for her fitness class, Optimal Movement; Wednesdays at 10:45 a.m.

DAS OKTOBERFESTLIED

SCHUNKELWALZER

TEXT & MOLODY BY UTE ROPKE LORENZ

DEDICATED TO: SONYA M., NORBERT E. AND ANDREA H. LORENZ

1. Let's go and see the "Oktoberfest"
Which was and is the very best
For food and fun and beer for all,
Let's join my friends, say "Cheers" once more.
Leave all your troubles far away
And have yourself a real nice day!
2. Let's go my friends and say "wonderful"
Join in the fun and sing along.
I wish this day would last and last,
Let's celebrate, it'll soon be past.
We'll say "farewell" and "see you soon"

Refrain: Yeah, let's go and celebrate at the "Oktoberfest."

This is a special day for ev'ryone in town. "Cheers to it!"

Yeah, let's go and celebrate at the "Oktoberfest."

"Cheers" have a beer with me for happiness and health! Let's go!

FOR THE MELODY THAT ACCOMPANIES THIS PIECE, PLEASE EMAIL LORENZUTE622@GMAIL.COM

Hermosa Five-O Art Contest Winners!

Congratulations to our Hermosa Five-O Art Class Students for placing in the Manhattan Beach Hometown Fair Art Contest!

Rama Katragadda won 1st prize for her painting "Milky Way Shining on the Chimney Rock".

Jeanette O'Donnell won 2nd place for her painting "It's Hot".

Nancy Wuller won 2nd place for her painting "Tiffany Sunrise".

Barbara Reilly won 3rd place for her painting "Lady of Siberia"

Instructor, Robert Mackie teaches art in the Hermosa Five-O on Monday afternoons. Are you interested in learning some new art skills? Checkout the calendar for details!



1st Prize Winner
Rama Katragadda &
Art Instructor Robert Mackie



2nd Place Winner Nancy Wuller
& Art Instructor Robert Mackie



2nd Place Winner
Jeanette O'Donnell



3rd Place Winner Barbara Reilly &
Art Instructor Robert Mackie