

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2016

Hermosa Five-O Senior Activity Center
710 Pier Avenue, Hermosa Beach, CA 90254
310.318.0280 • www.hermosabch.org

1
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
10-11am SPANISH (\$5)
10-11am STRENGTH w/ Bonnie (\$5)
1-2:30pm BINGO (\$1/card)
1-4pm CHINESE MAH JONG
6:30-9:30pm PING PONG!
7:30-9:30pm COMEDY IMPROV

2
8:30-10am TENNIS: CT#2
8:15-9:30am RESTORATIVE YOGA w/ Teri (\$6.25)
10-11:15am YOGA ALL LEVELS w/ Teri (\$6.25)
2:30-5:30pm PING PONG!

3
9:15-10:30am
YOGA w/ Teri (\$6.25)

4
10-11am
STRENGTH w/
Bonnie (\$5)
11:05-12:05pm
STRETCH w/
Bonnie (\$5)
1-5pm
PING PONG!

5
8:30-10am TENNIS: CT#2
8:45-10am BREATH CENTERED YOGA w/Lou (\$6.25)
10-11am FRENCH (\$5)
10:30-12:30pm PING PONG!
1-3pm BRIDGE
1-2:30pm ART (\$5) 2:30-4pm ART (\$5)
5-6pm TAI CHI
6:30-9:30pm DUPLICATE BRIDGE

6
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
10am ADVISORY BOARD MEETING
11am EMERGENCY PREPAREDNESS INFORMATION AND UPDATES w/ Commissioner Alan Benson
10-11am STRENGTH w/ Bonnie (\$5)
12-2pm BRAIN FITNESS
12-1:30pm JOYFUL CROCHETERS GROUP
2:30-4pm WRITER'S GROUP

7
8:30-10am TENNIS: CT #2
8:45-9:45am YOGA IN CHAIRS w/DL (\$5)
10-11am FRENCH FOR BEGINNERS (\$5)
10:45-11:45am OPTIMAL MOVEMENT w/Joy (\$5)
11:30am-2:30pm SOUTHBAY SHAKESPEARE STUDY CLUB
12:30-3pm WOMAN'S CLUB LITERARY SALON
3:30-5:30pm PING PONG!

8
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
10-11am SPANISH (\$5)
10-11am STRENGTH w/ Bonnie (\$5)
1-2:30pm BINGO (\$1/card)
1-4pm CHINESE MAH JONG
6:30-9:30pm PING PONG!
7:30-9:30pm COMEDY IMPROV

9
8:30-10am TENNIS: CT#2
8:15-9:30am RESTORATIVE YOGA w/ Teri (\$6.25)
10-11:15am YOGA ALL LEVELS w/ Teri (\$6.25)
2:30-5:30pm PING PONG!

10
9am-12pm
FRENCH HISTORY LECTURE with Arlette
9:15-10:30am
YOGA w/ Teri (\$6.25)

11
10-11am
STRENGTH w/
Bonnie (\$5)
11:05-12:05pm
STRETCH w/
Bonnie (\$5)
1-5pm
PING PONG!

12
8:30-10am TENNIS: CT#2
8:45-10am BREATH CENTERED YOGA w/Lou (\$6.25)
10-11am FRENCH (\$5)
10:30-12:30pm PING PONG!
1-3pm BRIDGE
1-2:30pm ART (\$5) 2:30-4pm ART (\$5)
5-6pm TAI CHI
6:30-9:30pm DUPLICATE BRIDGE

13
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
10-11am STRENGTH w/ Bonnie (\$5)
12-2pm BRAIN FITNESS
2:30-4pm WRITER'S GROUP
4-6pm HOLIDAY PARTY PLEASE RSVP TO 310.318.0280 (\$3 for members/\$5 for nonmembers)

14
8:30-10am TENNIS: CT #2
8:45-9:45am YOGA IN CHAIRS w/DL (\$5)
10-11am FRENCH FOR BEGINNERS (\$5)
10:45-11:45am OPTIMAL MOVEMENT w/Joy (\$5)
1pm HERMOSA BEACH LIBRARY FOCUS GROUP
3:30-5:30pm PING PONG

15
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
10-11am SPANISH (\$5)
10-11am STRENGTH w/ Bonnie (\$5)
1-2:30pm BINGO (\$1/card)
1-4pm CHINESE MAH JONG
6:30-9:30pm PING PONG!
7:30-9:30pm COMEDY IMPROV

16
8:30-10am TENNIS: CT#2
8:15-9:30am RESTORATIVE YOGA w/ Teri (\$6.25)
10-11:15am YOGA ALL LEVELS w/ Teri (\$6.25)
2:30-5:30pm PING PONG!

17
9:15-10:30am
YOGA w/ Teri (\$6.25)
7:30pm
APRIL'S FOOLS
COMEDY IMPROV
SHOW 2nd Story Theater
\$5 for 5-O members

18
10-11am
STRENGTH w/
Bonnie (\$5)
11:05-12:05pm
STRETCH w/
Bonnie (\$5)
1-5pm
PING PONG!

19
8:30-10am TENNIS: CT#2
8:45-10am BREATH CENTERED YOGA w/Lou (\$6.25)
10-11am FRENCH (\$5)
10:30-12:30pm PING PONG!
1-3pm BRIDGE
1-2:30pm ART (\$5) 2:30-4pm ART (\$5)
5-6pm TAI CHI
6:30-9:30pm DUPLICATE BRIDGE

20
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
10-11am STRENGTH w/ Bonnie (\$5)
10:30am BOOK CLUB: Everything I Never Told You by Celeste Ng
12-2pm BRAIN FITNESS
2:30-4pm WRITER'S GROUP

21
8:30-10am TENNIS: CT #2
8:45-9:45am YOGA IN CHAIRS w/DL (\$5)
10-11am FRENCH FOR BEGINNERS (\$5)
10:45-11:45am OPTIMAL MOVEMENT w/Joy (\$5)
12pm MOVIE: HELL OR HIGH WATER (\$1)
3:30-5:30pm PING PONG

22
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
10-11am STRENGTH w/ Bonnie (\$5)
1-2:30pm BINGO (\$1/card)
1-4pm CHINESE MAH JONG
6:30-9:30pm PING PONG!

23
8:30-10am TENNIS: CT#2
8:15-9:30am RESTORATIVE YOGA w/ Teri (\$6.25)
10-11:15am YOGA ALL LEVELS w/ Teri (\$6.25)
2:30-5:30pm PING PONG!

24
9:15-10:30am
YOGA w/ Teri (\$6.25)


25
Happy
Holidays


26
8:30-10am TENNIS: CT#2
10-11am FRENCH (\$5)
10:30-12:30pm PING PONG!
1-3pm BRIDGE
1-2:30pm ART (\$5) 2:30-4pm ART (\$5)
5-6pm TAI CHI
6:30-9:30pm DUPLICATE BRIDGE

27
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
12-2pm BRAIN FITNESS
2:30-4pm WRITER'S GROUP

28
8:30-10am TENNIS: CT #2
8:45-9:45am YOGA IN CHAIRS w/DL (\$5)
10-11am FRENCH FOR BEGINNERS (\$5)
10:45-11:45am OPTIMAL MOVEMENT w/Joy (\$5)
12pm MOVIE: MR. CHURCH (\$1)
3:30-5:30pm PING PONG

29
8:15-9:30am YOGA ALL LEVELS w/ Teri (\$6.25)
1-2:30pm BINGO (\$1/card)
1-4pm CHINESE MAH JONG
6:30-9:30pm PING PONG!

30
8:30-10am TENNIS: CT#2
8:15-9:30am RESTORATIVE YOGA w/ Teri (\$6.25)
10-11:15am YOGA ALL LEVELS w/ Teri (\$6.25)
2:30-5:30pm PING PONG!

31
9:15-10:30am
YOGA w/ Teri (\$6.25)

December 2016

Announcements & Activities

The History of Paris Lecture Series

Saturday, December 10th from 9:00am to Noon

If Paris has a heart, then this is it. The cathedral of Notre Dame (Cathédrale de Notre Dame de Paris) is not only a masterpiece of French Gothic architecture, but has also been ceremonial focus for over seven centuries. The cathedral's immense interior, a marvel of medieval engineering, holds over 6,000 people and has spectacular rose windows. Construction began in 1163 and continued until 1345. Now, how did they get the stones there? Where did they come from? Have you seen the stones of Notre-Dame? They are massive!!! Remember they did not have powered equipment to haul them. The bridges were flimsy, made of wood, who barely let people go one side of the island to the left bank without caving.

So come on December 10 and we'll learn together about the majesty, dramas, of one of the world most visited monument.

Questions? Madame Arlette (213)326.8897

Monthly Movie Days

Wednesday December 21st, 2016

Hell or High Water • Rating: R • Runtime: 1hr. 42min.

A divorced father and his ex-con older brother resort to a desperate scheme in order to save their family's ranch in West Texas. Starring: Dale Dickey, Ben Foster, Chris Pine

Wednesday December 28th, 2016

Mr. Church • Rating: PG-13 • Runtime: 1hr. 44min.

"Mr. Church" tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook - Henry Joseph Church. What begins as a six month arrangement instead spans into fifteen years and creates a family bond that lasts forever.

Starring: Eddie Murphy, Britt Robertson, Natascha McElhone

WE PROVIDE COFFEE, CANDY & POPCORN!
SUGGESTED DONATION IS \$1.00. INFO. IS FROM IMDB.COM

You're Invited...

The Hermosa Five-O's Annual Holiday Party

When: Tuesday, December 13th from 4-6pm

Where: The Hermosa Five-O Senior Activity Center,
710 Pier Avenue, Hermosa Beach, CA 90254

Cost: \$3 per member, \$5 per non-member

All attendees are required to register & make payment IN PERSON by
Monday, December 12th during office hours: Monday—Thursday 7am to 6pm

Dinner • Holiday Games • Prizes

Please bring:

- A beach themed ornament to contribute to the holiday tree on display decorated with ornaments contributed previous years by Hermosa Five-O's
- A wrapped \$5 gift to participate in the Present Passing Game

QUESTIONS? 310.318.0280 OR EMAIL HBCONNECT@HERMOSABCH.ORG

Hermosa Beach Library Needs Assessment Focus Group Discussion

Wednesday December 14th at 1:00pm in the Senior Center

Community members are encouraged to participate in a focus group discussion to learn about the needs assessment process and share ideas, desires and thoughts about future Library programs and features. Your input will help guide the future direction of the Hermosa Beach Library and ensure it continues to meet community needs.

QUESTIONS? CALL 310.318.0280