

City of Torrance

5-0 and on the go!
Promoting fitness, fun, and friendships
SEPTEMBER/OCTOBER 2016



Join us for the following AUTUMN 2016 excursions designed for those 50 years of age and over:



October 27, 2016

Jet Propulsion Laboratory

Guided tour of the Jet Propulsion Laboratory * Lunch at the Green Street Tavern

November 6, 2016

America Salutes Our Veterans



Featuring the “Senior Starquest” talent competition finals at the Wadsworth Theater at the L. A. Veterans Administration * Lunch at Mel’s Drive-In

December 3, 2016

Vienna Boys Choir



The Vienna Boys Choir in a special program featuring classical masterpieces and holiday favorites

Register for Autumn 2016 excursions on:

Friday, September 9, 2016

Torrance resident registration begins at 9:00 a.m.

Non-resident registration begins at 10:00 a.m.

Ken Miller Recreation Center

3341 Torrance Boulevard in Torrance

(Near Madrona and Torrance Blvd. behind the Torrance Plunge)

For more information call: 310/618-2468



City of Torrance Community Services Department • RECREATION DIVISION
3031 Torrance Blvd., Torrance, CA 90503 • 310/320-5918 • www.Recreation.TorranceCA.Gov
“Creating and Enriching Community through People, Programs and Partnerships”



HOW THE WEST WAS FUN AT THE SAG-A-LOT SALOON

presented by the
YOUNG AT HEART THEATER GROUP

Friday, September 30th at 11:30 a.m.
(Doors open at 11:15 a.m.)

\$10 per person

Ken Miller Recreation Center
3341 Torrance Blvd., Torrance



Join us for a delightful Western stage show portraying an unforgettable era in American history! We'll relive the Wild, Wild West with the amazing *Young at Heart Theatre Troupe*, featuring senior citizens aged 65 to 82 years!

Lunch Menu:

Meat Loaf

Mashed Potatoes and Gravy

Peas and Carrots

Dinner Roll

Cowboy Dessert



**BUY YOUR TICKETS EARLY AT BARTLETT CENTER!
TICKETS ARE GOING FAST! DON'T BE LEFT OUT!**

It's that time of year again...



FLU SHOT CLINIC

Monday, October 24, 2016

10 a.m. to 12 noon

Ken Miller Recreation Center
3341 Torrance Blvd., Torrance



For more information, please call 310/320-5918.

Please see your physician if you have a serious illness or are hypersensitive to eggs. 



Holiday Arts and Crafts Sale

Saturday, November 12, 2016 - 9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center - 3341 Torrance Blvd.

Come find that special one-of-a-kind gift,
hand-crafted by Senior Citizens!

(Crafts Vendors: please call the Bartlett Center at 310-320-5918
for more information and registration forms!)



SAVORY SANTA BARBARA

Wednesday, September 21, 2016

Torrance resident fee: \$76.00

LEAVES FROM WILSON PARK at 9:00 a.m.

Non-resident fee: \$86.00

RETURNS at approximately 7:00 p.m.



Let's go to *Santa Barbara City College's* nationally recognized *Culinary School* for a taste of their extraordinary training program! This world renowned school of cooking teaches the culinary arts and prepares students for careers in the restaurant and catering industry. We'll take a seat in the *Gourmet Dining Room* as these future chefs show off their newfound skills by preparing a splendid gourmet luncheon for our group. We'll each have our choice of Poached Salmon; Beef Tenderloin; Chicken Marsala; or a Vegetarian Entrée, all served with Salad, Chef's Choice of Sides, Dessert, and Beverage. Next we'll head over to visit the Old World charm of the *Solvang Danish Village!* Just like a page from a Hans Christian Anderson fairy tale, this picture-perfect village features dozens of import shops and boutiques, Danish bakeries, and some factory outlets. It's a great place to spend the afternoon!

JET PROPULSION LABORATORY

Thursday, October 27, 2016

Torrance resident fee: \$81.00

LEAVES FROM WILSON PARK at 10:00 a.m.

Non-resident fee: \$91.00

RETURNS at approximately 5:00 p.m.



Please note: This tour involves considerable walking and stair climbing and may not be suitable for those with mobility challenges.

Jet Propulsion Laboratory requires all U.S. Citizens to present government issued, valid photo identification (passport, Driver's license, or CA ID).

All non-U. S. citizens must present a valid passport or Resident Visa (green card).

Individuals without proper ID will not be admitted to JPL.

Trailblazing has been the business of the **Jet Propulsion Laboratory** since it was established by the **California Institute of Technology** in the 1930s. Our 2-1/2 hour guided walking tour begins with a media presentation entitled "**Welcome to Outer Space**," providing an overview of the Lab's activities and accomplishments. From there, we'll embark on a walking tour that takes us to the **Von Karman Visitor Center**, the **Space Flight Operations Facility**, and the **Spacecraft Assembly Facility**. We'll have lunch at the **Green Street Tavern** in Pasadena. We'll each have our choice of Short Rib Philly Sandwich; Black Bean Burger; or the GST Burger, all served with house salad, dessert, and beverage. This is sure to be a fun and interesting tour!

Don't forget to bring your government issued photo ID and wear your walking shoes!

AMERICA SALUTES OUR VETERANS

Sunday, November 6, 2016

LEAVES FROM WILSON PARK at 10:00 a.m.

RETURNS at approximately 5:00 p.m.

Join us for the "Senior Starquest" Talent Competition Finals at the **Historic Wadsworth Theater** on the grounds of the **Los Angeles Veterans Administration!** The competition features singers, dancers, comedians, and musicians all aged 60 and over! Only ten finalists remain and each is saving their very best performance to impress you and the panel of judges from the entertainment world. Cheer them on as three are selected as the winners of cash prizes at the "Senior Starquest" 2016 Finals talent competition. Veterans will be honored throughout the afternoon during this patriotic salute to those who have served. For lunch we'll visit **Mel's Drive-In** where we'll each have our choice of Famous Mel's Burger; Mel's Cheeseburger; Turkey Sandwich; or Chicken Caesar Salad, all served with dessert and beverage.

Torrance resident fee: \$108.00

Non-resident fee: \$123.00



VIENNA BOYS CHOIR

Saturday, December 3, 2016

LEAVES FROM WILSON PARK at 11:00 p.m.

RETURNS at approximately 7:00 p.m.

Boys have been singing at Vienna's Imperial Chapel since 1296. In 1498, Maximilian I moved his court to Vienna and instructed there were to be six singing boys among his musicians. This marked the foundation of what is known today as the Vienna Boys Choir. Over the centuries, the Viennese Court attracted musicians like Mozart, Salieri, and Bruckner; Joseph Haydn, Michael Haydn, and Franz Schubert were themselves choristers. We'll be treated to the angelic voices of the Vienna Boys Choir in a special program featuring classical masterpieces and holiday favorites. One of the world's oldest and most revered choral groups, this illustrious group of child musicians has delighted music lovers around the world for more than five centuries with the exquisite purity of their voices and phenomenal sound. We'll have lunch at the historic **Anaheim White House Restaurant!**

Torrance resident fee: \$102.00

Non-resident fee: \$117.00



WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

MONDAY 12:00 noon to 4:00 p.m. * Table Games and Pinochle *

THURSDAY 12:00 noon to 4:00 p.m. * Table Games and Hand & Foot *

Coffee and cookies always just 30¢!

Experience Monday Pinochle! Drop in any time and get in the game! We're working on forming a Bridge group, so if you're into Bridge, give us a call any Monday from 12 noon to 4:00 p.m. and let's get started! Hand and Foot is our game on Thursdays! We'll teach you how to play, so come join us!



Torrance Loving Care "TLC" Tuesdays

First Tuesdays ~ 9:30 - 11:30 a.m.

Tillim Senior Center 3612 W. Artesia Blvd., Torrance 310/329-1889

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.

CALENDAR OF EVENTS

	September 7 10:00 a.m. – 1:00 p.m.	<i>L.A. Metro Mobile</i> Free Metro ID Cards	Bartlett Center 1318 Cravens Ave., Torrance
	September 9 9:00 – 11:00 a.m.	<i>Torrance Travelers</i> <i>Tours Registration</i>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance
	September 30 11:30 a.m.	<i>How the West was Fun</i> with the <i>Young at Heart Theatre</i>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance
	October 24 10:00 a.m. – 12:00 p.m.	<i>Community Flu Clinic</i>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance
	November 12 9:30 a.m. – 2:30 p.m.	<i>Holiday Arts & Crafts Sale</i>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance

FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.
Fridays only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Intermediate Cardio Salsa * 9:25 - 10:55 a.m.

Fee: \$45.00/Semester (fall term 9/16/16 - 12/9/16)

Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance.

This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

Beginning Cardio Salsa * 11:05 a.m. - 12:35 p.m.

Fee: \$45.00/Semester (fall term 9/16/16 - 12/9/16)

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

*Classes are offered in cooperation with Torrance Adult School Older Adult Program (310/533-4689)
and the City of Torrance Community Services Department.*



HERMA TILLIM CITIZENS CENTER

3612 W. Artesia Blvd. 310/329-1889

Tuesday, Wednesday, and Thursday ☺ 9:00 a.m. to 3:00 p.m.

TUESDAY	9:00 a.m. - 3:00 p.m.	Bridge and Table Games
	9:30 a.m.	Jewelry Workshop w/ Diana 2nd Tuesday of the month
	9:30 - 11:30 a.m.	Torrance Loving Care "TLC" Greeting cards workshop 1 st Tuesdays of the month
WEDNESDAY	9:30 a.m.	Gentle Fitness and Chair Dancing
	12:30 - 3:00 p.m.	Movie Matinee 1st Wednesday of the month
THURSDAY	9:00 a.m. - 3:00 p.m.	Center is Open
	12:30 - 3:00 p.m.	Bingo – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00



BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310/320-5918

HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 to 4:00 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:

MONDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Fee: \$69.00/Term (9/12/16 - 12/9/16) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard
WEDNESDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Fee: \$69.00/Term (9/12/16 - 12/9/16) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:00 a.m.-3:00 p.m.	Beadwork Workshop
THURSDAY	9:00 a.m.	Ceramics Workshop
	9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!
	12:30 p.m.	Thursday Afternoon at the Movies
FRIDAY	9:30-11:30 a.m.	Open Crafts Workshop
	12:30-2:30 p.m.	Seniors Open Discussion Group
SATURDAY	9:00 a.m.	Cards and assorted table games are played
	9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME!
	9:30-11:00 a.m.	South Bay Strummers Ukulele Group
	12:30 p.m.	Saturday Afternoon at the Movies
SUNDAY	12:30-4:00 p.m.	Bartlett Center is Open! Drop on in!

Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month.

Please call 310/320-5918 to make an appointment.

Free computer training is available by appointment on Monday afternoons.

Please call 310/320-5918 for more information or to make an appointment.

Tillim Movie Matinee! Join us for movies at Tillim Center!

First Wednesday of Each Month at 12:30 p.m.

September 7, 2016: *Blended*

Rated PG-13 for crude and sexual content, and language.

Featuring: Drew Barrymore, Adam Sandler, and Joel McHale

October 5, 2016: *White Lightning*

Rated PG

Featuring: Bert Reynolds, Ned Beatty, and Jennifer Billingsley

Movie for November: *Dr. Strangelove*



THURSDAY AND SATURDAY MATINEES!

FREE MOVIES AND POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



September 1 and 3	 Blended Rated PG-13 for crude and sexual content, and language.	Drew Barrymore Adam Sandler Joel McHale
September 8 and 10	The Fault in Our Stars Rated PG-13 for thematic elements, some sexuality, and brief strong language.	Shailene Woodley Ansel Elgort Nat Wolff
September 15 and 17	Draft Day Rated PG-13 for brief strong language and sexual references.	Kevin Costner Jennifer Garner Denis Leary
September 22 and 24	Citizen Kane Rated PG	 Orson Wells Joseph Cotton Agnes Morehead
September 29 October 1	 White Lightning Rated PG	Bert Reynolds Ned Beatty Jennifer Billingsley
October 6 and 8	Double Indemnity Not Rated	Fred MacMurray Barbara Stanwyck Edward G. Robinson
October 13 and 15	The Day the Earth Stood Still Rated G	Michael Rennie Patricia Neal Hugh Marlowe
October 20 and 22	Ways to Live Forever Rated PG-13 for thematic elements.	Ben Chaplin Emilia Fox Greta Scacchi
October 27 and 29	 Dr. Strangelove Rated PG	Peter Sellers George C. Scott Slim Pickens

**SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!**



Free Computer Training at the Bartlett Center

Discover that using a computer is easy!

Monday Afternoons by Appointment

For more information, contact the Bartlett Center at 310/320-5918



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

Meets Every **FRIDAY** from 8:30 to 11:00 a.m.

Upcoming general meetings are September 2 and October 7, 2016

If you are a senior and would enjoy getting out for a morning of “pitch and putt” competition and good fellowship, come on out and see what we have to offer!

Let's Play Shuffleboard!

Floor shuffleboard is a fun game that challenges the mind and reduces stress. Shuffleboard is relatively easy and gentle, needing only a light touch to send the discs gliding down the court with speed and ease! Some of the **Health Benefits** include: it increases cardiovascular health; helps release stress; provides mental stimulation and healthy cognitive functions; and it works muscles! Shuffleboard is a game anyone can play! Beginners are always welcome and we'll show you how!

Tuesdays from 9:00 a.m. to 12 noon

Bartlett Senior Center

1318 Cravens Avenue in Torrance



☞ FOCAL POINT PROGRAM ☞

The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

Focal Point is open Monday through Friday from 9:00 a.m. to 3:00 p.m.

For more information, call 310/320-1300 or 310/320-5918



Calling all Rockhounds!

Lapidary Workshop at Bartlett Center

1318 Cravens Avenue in Torrance – 310/320-5918

Monday and Thursday - 9:30 a.m. to 12:30 p.m.

Fee: \$2.00



Lapidary is the art of cutting, grinding, and polishing of stone.

It's a Hobby enjoyed by people of all ages and with a little practice you can become proficient at creating your own beautiful works of art!

The lapidary center at Bartlett is a fully equipped rock shop and offers everything you need to get started in this exciting hobby! No experience is necessary and we have terrific lapidary experts to get you started!



Ceramics Workshop

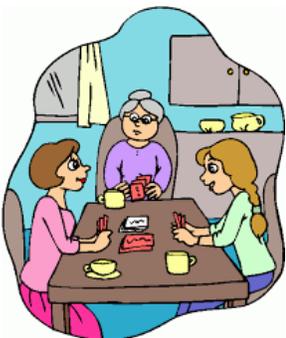
Join us on Thursday mornings and make beautiful ceramic items: dishes, vases, home decor, and so much more! You'll be amazed at how beautiful your work will be when it's painted and fired!

Every Thursday 9:00 a.m. – 12:00 noon

Bartlett Senior Citizens Center

1318 Cravens Avenue in Torrance – 310/320-5918

Fee: \$2.00



NEW AT WALTERIA CENTER

HAND AND FOOT!

3855 W. 242nd Street - 310/378-3862

THURSDAY 12:00 noon to 4:00 p.m.

Hand and Foot is a lively, fun card game that's easy to learn! We'll even teach you how to play! Please join us any Thursday and bring a friend!