



City of Torrance

5-0 and on the go!

Promoting fitness, fun, and friendships

JANUARY/FEBRUARY 2020



Bartlett Center Flooring Project!

Bartlett Center has an interior flooring installation scheduled in January 2020.

The center will be closed from January 13, and re-open on Monday, February 3, 2020.

(The Tillim Center, Walteria Park, and Friday Recreation Seniors programs will continue to operate their regular hours.)



It's time to renew your membership!

5-0 and on the go! membership dues are \$5.00 per person.

Persons who live outside of Torrance are welcome to join. Your membership includes: The bi-monthly **5-0 and on the go!** newsletter, announcing special events, tours, exercise classes, Senior Centers schedules, activities, lunch menus, and much more!

PLEASE RENEW YOUR MEMBERSHIP BY FEBRUARY!

TO RENEW YOUR MEMBERSHIP:

-  Complete the enclosed registration card (If the card is missing, they are available at all of our centers) Couples may use one card by including both names on the same card. Be sure to include apartment or space number and zip code. **Please print legibly!**
-  Mail the registration card, a self-addressed stamped envelope and a check payable to the City of Torrance **TO: Bartlett Senior Center, 1318 Cravens Ave. Torrance, CA 90501**
-  For in person registration, bring your registration card with cash or check to the Bartlett, Tillim, Walteria Park, or Friday Recreation Center Seniors programs.



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"



ELEGANT L.A.



Wednesday, January 22, 2020

Torrance resident fee: \$99.00

LEAVES FROM WILSON PARK at 8:30 a.m.

Non-resident fee: \$109.00

Estimated RETURN to WILSON PARK: 4:30 p.m.

Over the past 40 years, *Heritage Square Museum* has acquired and restored eight historically significant buildings from different Los Angeles neighborhoods. Located on acres of period appropriate landscaped grounds, the museum is the place where history comes alive! On our guided tour, we'll be transported to the end of the 19th century when California was a fledgling state. From the simplicity of the *Longfellow-Hastings Octagon House* to the opulence of the *William Perry Mansion*, the museum provides a unique look at the lifestyles of the people who contributed so much to the development of modern Los Angeles. For lunch we'll go over to the *Taix French Country Restaurant* where we'll each have our choice of Chicken Diable (grilled, with lemon, butter, white wine, grainy mustard, garlic, shallots, and capers); or Filet of Sole Normandie (sautéed, with Chablis, mushrooms, and a cream sauce), both served with Rice or Potato, Fresh Vegetables, Garden Salad, Sherbet, and Beverage. Serving the Los Angeles area since 1927, the Taix has long been known for its generous portions and friendly service! Our tour also features a visit to *the Grier-Musser Museum*. The museum, an elegant showcase of the *Victorian Period*, is situated in an historic *Queen Anne Victorian* house that dates back to 1898. The array of period antiques and collectibles demonstrate how life looked more than a hundred years ago and for antique enthusiasts, the museum is a must-visit attraction! For those interested in historic architecture, the museum will not disappoint with its extraordinary architectural details such as its amazing chandeliers, stained glass, and gleaming woodwork!

TULE ELK STATE RESERVE



Thursday, February 20, 2020

Torrance resident fee: \$102.00

LEAVES FROM WILSON PARK at 7:00 a.m.

Non-resident fee: \$117.00

Estimated RETURN to WILSON PARK: 6:30 p.m.

Tule Elk State Natural Reserve protects a small herd of *Tule Elk*, once in danger of extinction. We'll be joined by a Park Ranger as we set out to view these amazing animals in this natural habitat. Elk from the reserve have been successfully transplanted to other areas of California, and today nearly 4,000 Tule Elk are again free roaming the foothills and grasslands of California! Visitors are encouraged to bring binoculars for better viewing and don't forget your cameras! For lunch we'll head over to *Wool Growers Restaurant* in **Bakersfield**, where we'll be treated to a traditional *Basque* meal of Roast Tri-Tip, Fried Chicken, Soup, Beans, Green Salad, French Fries, Pyrenees French Bread, and Ice Cream, all served family style! Our final stop will be at the *Five and Dime Antique Mall*, an old-fashioned treasure trove of antiques in Bakersfield. Housed in a former *Woolworth's*, we'll discover the last operating *Woolworth's lunch counter* in the United States!

JEOPARDY!

Wednesday, March 11, 2020

Torrance resident fee: \$95.00

LEAVES FROM WILSON PARK at 10:30 a.m.

Non-resident fee: \$105.00

Estimated RETURN to WILSON PARK: 5:30 p.m.



Take a seat in the studio audience for an afternoon taping at Sony Studios! *Jeopardy!*, starring **Alex Trebek**, averages 9 million daily viewers and claims trademark status as “**America's Favorite Quiz Show**” from the U.S. Patent and Trademark Office. Since its debut, *Jeopardy!* has been honored with **28 daytime Emmy Awards**, more than any other syndicated game show. For lunch we'll visit *Fogo de Chão Brazilian Steakhouse*, a fine dining, full-service Brazilian steakhouse or *churrascaria*, serving *rodízio* style, featuring roving waiters serving barbecued meats from large skewers directly onto the seated diners' plates. We'll be treated to an all-you-can-eat Market Table luncheon featuring cheeses, veggies, cured meats, a variety of carved meats, dessert, beverage, salad, and more!

FREE

AARP Tax-Aide provides FREE tax assistance to all in the community with special attention to those 60+.

IRS trained and certified Volunteers will prepare Federal and CA returns

AARP Tax-Aide

This program is a cooperative effort of the AARP Foundation/IRS and the City of Torrance Community Services Department

Walk-ins ONLY
Appointments are unavailable
AARP membership not required

WHAT TO BRING:

A COPY OF YOUR LAST YEAR TAX RETURN
Your ID, Soc Sec card, all tax forms you have received

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1339 Post Avenue
310/618-2724 for recorded information

MONDAY – SATURDAY
February 1 – April 15
9:00 a.m. – 2:30 p.m.

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No tax returns with rental income, or married filing separate.
TIP: Shorter wait times after 12 noon.

All South Bay Tax-Aide sites at www.TaxAide-SouthBay.org



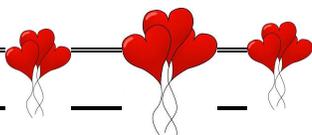
City of Torrance • Community Services Department
RECREATION DIVISION

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“Creating and Enriching Community through People, Programs and Partnerships”



BARTLETT CENTER



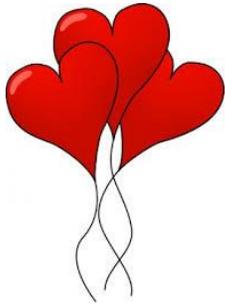
1318 Cravens Avenue 310/320-5918

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” Contact Torrance Adult School for class location & information Co-Sponsored by Torrance Adult School - (310/533-4689)
	9:30 a.m.-12:30 p.m.	Lapidary Workshop - Fee: \$2.00
	12:45 - 2:15 p.m.	Line Dancing Suggested donation: TBD (winter term 02/03/20 - 03/30/20) Co-Sponsored by OLEF 310/344-1296 (www.OLEFclasses.com)
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard
	10:00-11:15 a.m.	Brain, Balance, and Fall Prevention Suggested donation: TBD winter term 02/11/20 - 03/31/20 Co-Sponsored by OLEF 310/344-1296 (www.OLEFclasses.com)
	9:30-11:30 a.m.	Memoir Writing - Suggested donation: TBD (winter term 02/04/20 - 03/31/20) Co-Sponsored by OLEF 310/344-1296 (www.OLEFclasses.com)
	12:30-3:30 p.m.	Bridge Card Game
	1:00-2:30 p.m.	Computer Assistance Free! By appointment only – Call 310/320-5918
WEDNESDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Contact Torrance Adult School for class location & information Co-Sponsored by Torrance Adult School - (310/533-4689)
	9:00 a.m.-3:00 p.m.	Beadwork Workshop
	9:30 a.m.-12:30 p.m.	Lapidary Workshop - Fee: \$2.00
	9:45 - 11:00 a.m.	Chair Fusion (winter term 02/05/20 - 04/01/20) Co-Sponsored by OLEF 310/344-1296 (www.OLEFclasses.com)
	9:00 a.m.	Ceramics Workshop - Fee: \$2.00
	9:30 a.m.-12:30 p.m.	Lapidary Workshop - Fee: \$2.00
	12:30 p.m.	Thursday Afternoon at the Movies
FRIDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Contact Torrance Adult School for class location & information Co-Sponsored by Torrance Adult School - (310/533-4689)
	9:30-11:30 a.m.	Open Crafts Workshop
SATURDAY	12:30-2:30 p.m.	Seniors Open Discussion Group
	9:00 a.m.	Cards and assorted table games are played
	9:30 a.m.-12:30 p.m.	Lapidary Workshop - Fee: \$2.00 By appointment only. Call Rick Sharp at 310/546-1223 to make an appointment.
	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. 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 assistance is available by appointment on Tuesday afternoons.

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

Need help with your tablet or iPhone? Bring it with you!

February

WALTERIA PARK CENTER

3855 W. 242nd Street – 310/378-3862

MONDAYS and THURSDAYS – 11:00 a.m. to 3:00 p.m.

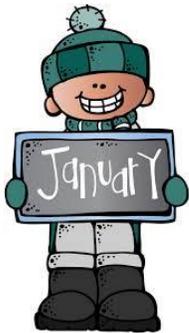
Come join in the fun!



Pinochle lessons are offered on Mondays! We will be happy to teach you to play. If you are interested in learning to play the game, please call 310/378-3862 on any Monday.

Let's get started! You'll enjoy it!

MONDAY	11:00 a.m.-3:00 p.m.	Pinochle
	12noon – 3:00 p.m.	Rummikub
THURSDAY	11:00 a.m.-3:00 p.m.	Hand and Foot
	12:30 p.m.	Ping Pong Lessons
	1:00 p.m.	Ping Pong Open Play



FRIDAY RECREATION SENIORS

Ken Miller Recreation Center * 3341 Torrance Blvd. * 310/618-6396

Fridays only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Intermediate Cardio Salsa * 9:30 - 11:00 a.m.

Fee: \$59.00/Semester (winter term 01/10/20 - 03/13/20)

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 * 11:10 a.m. - 12:10 p.m.

Fee: \$49.00/Semester (winter term 01/10/20 - 03/13/20)

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

Classes are offered in cooperation with Torrance Adult School (310/533-4689)

and the City of Torrance Community Services Department.

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

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



January 8, 2020: *Being There*

Rated PG

Featuring: Peter Sellers, Shirley MacLaine, and Melvyn Douglas



February 5, 2020: *Airplane!*

Rated PG

Featuring: Leslie Nielsen, Robert Hays, and Julie Hagerty

Movie for March: *Victoria & Abdul*





HERMA TILLIM 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. Cards and Table Games
- 9:30 - 11:30 a.m. Torrance Loving Care "TLC" Greeting cards workshop
1st Tuesday of the month
- 11:45 a.m. - 2:45 p.m. *SEW IT'S TUESDAY!* - Fee: \$2.00
Bring your projects and sit and sew!

WEDNESDAY

- 9:30 a.m. Gentle Fitness - Free!
- 9:30 a.m. Watercolor Workshop - Fee: \$2.00
- 12:00 - 2:45 p.m. Hand and Foot - card game
- 12:30 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

UPCOMING EVENTS

February 1 – April 15 Monday thru Saturday 9:30a.m. – 2:30 p.m.	<i>AARP Tax-Aide</i> Free Tax Assistance – Call 310 618-2724 for recorded information	Russ Nolte Annex 1339 Post Avenue in Torrance
February 3	<i>Bartlett Center Re-Opens!</i>	Bartlett Center 1318 Cravens Avenue in Torrance
March 6 9:00 – 11:00 a.m.	<i>Torrance Travelers</i> <i>Tour Registration</i>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
April 10 12:00 – 2:00 p.m.	<i>10th Annual Senior Prom</i>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance
May 2 9:30a.m. – 2:30 p.m.	<i>2nd Annual Senior Faire</i>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance



BINGO!



EVERY THURSDAY AT 12:30 P.M.

BRING a NEW, UNUSED ITEM WORTH \$1.00 AND PLAY BINGO WITH US!



TILLIM CENTER
3612 W ARTESIA BLVD. IN TORRANCE
310/329-1889



THURSDAY and SATURDAY MATINEES!

Free Movies and Popcorn

Bartlett Center conference room at 12:30 p.m.



February 6 and 8

Last Vegas
Rated PG-13

Morgan Freeman
Robert De Niro
Michael Douglas

February 13 and 15

Paris Can Wait
Rated PG

Diane Lane
Renaud Viard
Alec Baldwin

February 20 and 22

Pitch Perfect 2
Rated PG-13

Anna Kendrick
Rebel Wilson
Brittany Snow

February 27 and 29

Woodlawn
Rated PG

Sean Astin
Nicholas Bishop
Caleb Castille

March 5 and 7

Love the Coopers
Rated PG-13

Marisa Tomei
Alan Arkin
June Squibb

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!

SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive - 310/618-2930 - 9 holes

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

Upcoming general meetings are January 3 and February 7, 2020

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!



SEA-AIRE WOMEN'S GOLF CLUB

Sea-Aire Golf Course - 22730 Lupine Drive - 310/618-2930 - 9 holes

Meets Every THURSDAY morning at 8:15 a.m.

join the club and play a relaxing game of golf with us. Make new friends, get some d have FUN!!! All levels and beginners welcome. 18 holes of golf for only \$7.00 - \$8.00.

January



SENIOR GOLF CLUB

22730 Lupine Drive
Torrance, CA 90505
(310) 618-2930

Visit Our Website:

<http://www.torranceca.gov/our-city/recreation/sea-aire-golf-course>

Welcoming New Members!

Come join the club and play a relaxing game of golf with us.
Make new friends, get some exercise and have **FUN!!!**

Every Friday Morning at 8:00 a.m.
9 Hole, Par three pitch and putt

All Experience Levels and Beginners Welcome

Tournament Play, Special Events and
Luncheons throughout the year!

All you need is a pitching wedge,
a putter, and a golf ball to play
this course!

Golf clubs are available for rent.



City of Torrance
Community Services Department
RECREATION SERVICES DIVISION

"Creating & Enriching Community through, People, Programs, & Partnerships"



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SENIORS

Computer Help

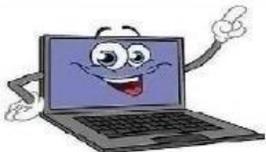
Free



Instructions for the beginning and intermediate level. One on one assistance, where you learn at your own pace. Choose your own topic of interest.

Bartlett Senior Center 1318 Cravens Ave. Torrance
Tuesday afternoons 1pm - 2:30pm
Call for an appointment: 310-320-5918

- * How to use a computer and cell phone .
- * Read and Send email and text messages.
- * Search subjects on the internet via: Google, Yahoo, YouTube, Reddit, LinkedIn, etc.
- * Send and share pictures (digitally).
- * Learn how to use Facebook.
- * Apple products: iPhones, laptops and tablets.



City of Torrance Community Services Department, Recreation Division
www.recreation.torranceca.gov 310-320-5918

"Creating and Enriching Community through People, Programs and Partnerships"





Bartlett Café

Bartlett Center Lunch Program
December 30, 2019 - January 10, 2020

1318 Cravens Avenue, Torrance

11:30 a.m. \$2.50 per lunch Coffee 50¢ (free refills all day)

FOR RESERVATIONS, PLEASE CALL: 310/320-5918



Monday, December 30	Tuesday, December 31	Wednesday, January 1	Thursday, January 2	Friday, January 3
Chicken Tacos Refried Beans Spanish Rice Chips & Salsa Dessert	 Happy New Year! Bartlett Center is Closed!		Pork Chop Mashed potatoes Peas Dessert	Chili-Mac Casserole Vegetable Dessert
Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
Herbed Baked Fish Rice Pilaf Vegetable Dessert	 Beef Ravioli Green Salad Garlic Bread Dessert	Smothered Pork Chop Mashed Potatoes Vegetable Dinner Roll Birthday Cake	Patty Melt on Rye Coleslaw Dessert	Minestrone Soup Pizza Green Salad Dessert



Bartlett Center has an interior flooring installation scheduled in January 2020.



The center will be closed from January 13, and re-open on Monday, February 3, 2020.





Bartlett Café



Bartlett Center Lunch Program ~ February 3 - 28, 2020

1318 Cravens Avenue, Torrance

11:30 a.m. \$2.50 per lunch Coffee 50¢ (free refills all day)

FOR RESERVATIONS, PLEASE CALL: 310/320-5918

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
Cheese Ravioli w/ Meat Sauce Green Salad Garlic- Cheese Bread Dessert 	Baked Chicken Potatoes au Gratin Vegetable Dessert	Swiss Steak Mashed Potatoes Peas & Carrots Dinner Roll Birthday Cake 	Oven Fried Fish Rice Pilaf Vegetable Dessert	Grilled Cheese Sandwich Tomato Soup Green Salad Chips Dessert
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Beef Stew Cole Slaw Biscuit Dessert	Spinach, Mushroom, Cheese Quiche Breakfast Sausage Potatoes O'Brien English Muffin w/ Jam Dessert	 Lincoln's Birthday Bartlett Center is Closed	Chicken Club Sandwich Pasta Salad Dessert 	Salmon Dijon Scalloped Potatoes Green Salad Garlic-Cheese Bread Sweetheart Dessert
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
Presidents' Day  Bartlett Center is Closed	Fish Tacos Spanish Rice Refried Beans Chocolate Pudding 	Chicken Parmesan w/ Pasta Vegetable Garlic Bread Dessert	Spaghetti Marinara w/ Italian Sausage Green Salad Garlic Bread Dessert	Little Meatballs in Mushroom Gravy Noodles Vegetable Dessert
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
Split Pea Soup ½ Sandwich Cheez-It® Crackers Dessert 	Cheeseburger Deluxe 3-Bean Salad Potato Chips Dessert	Pork Chop Mashed Potatoes Broccoli Applesauce Dessert	Meatloaf Mashed Potatoes Vegetable Dessert 	Pizza Green Salad Garlic- Cheese Toast Ice Cream



**CITY OF
TORRANCE**

Community Services Department
3031 Torrance Boulevard
Torrance, CA 90509-2970

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