

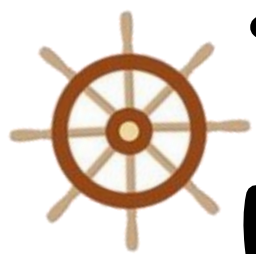


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<h1>JUNE 2019</h1>			HERMOSA FIVE-O SENIOR ACTIVITY CENTER 310.318.0280 • WWW.HERMOSABCH.ORG 710 PIER AVENUE, HERMOSA BEACH, CA 90254		
2 1-5pm PING PONG! (ADVANCED)	3 8:30-10am TENNIS: CT#2 9:30-10:30am COFFEE & CONVERSATION 8:45-10am STRETCH & STRENGTH YOGA w/Carrie(\$6.25) 10:30-12:30pm PING PONG! 1-2:30pm & 2:30-4pm ART (\$5) 4:30-5:30pm SUN & YANG TAI CHI w/ Marc 6-9:30pm DUPLICATE BRIDGE	4 8:15-9:30am YOGA (ALL LEVELS) w/Teri (\$6.25) NO FRENCH TODAY—STUDENT FIELD TRIP 10am ADVISORY MEETING 10-11am BAREFOOT CARDIO/FLEXIBILITY YOGA! w/Joy (\$5) 12-2pm JUST RUMMIKUB 2-3pm AGILITY, BALANCE & COORD. w/Debbie 3:30-5pm PING PONG!	5 8:30-10am TENNIS: CT #2 10-11am FRIENDS OF FRENCH 10-11:15am CARDIO, CORE & MORE! w/Joy (\$6.25) 11:30-2:30pm SHAKESPEARE STUDY CLUB Henry V 3:30-5:30pm PING PONG	6 8:15-9:30am YOGA (ALL LEVELS) w/Teri (\$6.25) 10-11:15am SPANISH (\$6) 10-11am WEIGHTS, BANDS & MORE! w/Joy (\$5) 11:15-12:15pm CARDIO FIT/STATIC STRETCH w/Joy (\$5) 1-3pm BINGO (\$1/card) 1-4pm CHINESE MAH JONG 3:30-4:30pm AGILITY, BALANCE & COORD. w/Debbie 6:30-9:30pm PING PONG! 7:30-9:30pm COMEDY IMPROV	7 8:30-10am TENNIS: CT#2 10-11:15am YOGA (ALL LEVELS) w/Teri (\$6.25) 10-11:30am ITALIAN (\$7.50) 1-3pm BRIDGE 2:30-3:30pm PING PONG! (BEGINNER) 3:30-5:30pm PING PONG!	8 1-5pm PING PONG! 7:30pm APRIL'S FOOLS COMEDY <i>IMPROV SHOW 2nd</i> <i>Story Theater \$5 for</i> <i>5-O</i>
9 1-5pm PING PONG! (ADVANCED)	10 8:30-10am TENNIS: CT#2 8:45-10am STRETCH & STRENGTH YOGA w/Carrie(\$6.25) 10:30-12:30pm PING PONG! 1-2:30pm & 2:30-4pm ART (\$5) 4:30-5:30pm SUN & YANG TAI CHI w/ Marc 6-9:30pm DUPLICATE BRIDGE	11 8:15-9:30am YOGA (ALL LEVELS) w/Teri (\$6.25) 9-10am INTERMEDIATE FRENCH w/ Caroline (\$5) 10-11am BEGINNER FRENCH w/ Caroline (\$5) 10-11am BAREFOOT CARDIO/FLEXIBILITY YOGA! w/Joy (\$5) 12-2pm JUST RUMMIKUB 2-3pm AGILITY, BALANCE & COORD. w/Debbie 3:30-4:30pm PING PONG! 5-6:30pm BINGO with Friendship Foundation	12 8:30-10am TENNIS: CT #2 10-11am FRIENDS OF FRENCH 10-11:15am CARDIO, CORE & MORE! w/Joy (\$6.25) 3:30-5:30pm PING PONG	13 8:15-9:30am YOGA (ALL LEVELS) w/Teri (\$6.25) 10-11:15am SPANISH (\$6) 10-11am WEIGHTS, BANDS & MORE! w/Joy (\$5) 11:15-12:15pm CARDIO FIT/STATIC STRETCH w/Joy (\$5) 1-3pm BINGO (\$1/card) 1-4pm CHINESE MAH JONG 3:30-4:30pm AGILITY, BALANCE & COORD. w/Debbie 6:30-9:30pm PING PONG!	14 8:30-10am TENNIS: CT#2 10-11:15am YOGA (ALL LEVELS) w/Teri (\$6.25) 10-11:30am ITALIAN (\$7.50) 1-3pm BRIDGE 2:30-3:30pm PING PONG! (BEGINNER) 3:30-5:30pm PING PONG!	15 1-5pm PING PONG!
16 1-5pm PING PONG! (ADVANCED)	17 8:30-10am TENNIS: CT#2 9:30-10:30am COFFEE & CONVERSATION 8:45-10am STRETCH & STRENGTH YOGA w/Carrie(\$6.25) 10:30-12:30pm PING PONG! 1-2:30pm & 2:30-4pm ART (\$5) 4:30-5:30pm SUN & YANG TAI CHI w/ Marc 6-9:30pm DUPLICATE BRIDGE	18 8:15-9:30am YOGA (ALL LEVELS) w/Teri (\$6.25) 9-10am FRENCH w/ Caroline (\$5) 10-11am BAREFOOT CARDIO/FLEXIBILITY YOGA! w/Joy (\$5) 10:30am BOOK CLUB: <i>The Book Thief</i> by Markus Zusak 12-2pm JUST RUMMIKUB 2-3pm AGILITY, BALANCE & COORD. w/Debbie 3:30-5pm PING PONG!	19 8:30-10am TENNIS: CT #2 10-11am FRIENDS OF FRENCH 10-11:15am CARDIO, CORE & MORE! w/Joy (\$6.25) 11:30am-2:30pm CLASSICS READ ALoud: <i>The Secret Garden</i> by Frances Hodgson Burnett 3:30-5:30pm PING PONG	20 8:15-9:30am YOGA (ALL LEVELS) w/Teri (\$6.25) 10-11:15am SPANISH (\$6) 10-11am WEIGHTS, BANDS & MORE! w/Joy (\$5) 11:15-12:15pm CARDIO FIT/STATIC STRETCH w/Joy (\$5) 1-3pm BINGO (\$1/card) 1-4pm CHINESE MAH JONG 3:30-4:30pm AGILITY, BALANCE & COORD. w/Debbie 6:30-9:30pm PING PONG! 7:30-9:30pm COMEDY IMPROV	21 8:30-10am TENNIS: CT#2 10-11:15am YOGA (ALL LEVELS) w/Teri (\$6.25) 10-11:30am ITALIAN (\$7.50) 1-3pm BRIDGE 2:30-3:30pm PING PONG! (BEGINNER) 3:30-5:30pm PING PONG!	22 1-5pm PING PONG!
23/30 1-5pm PING PONG! (ADVANCED)	24 8:30-10am TENNIS: CT#2 8:45-10am STRETCH & STRENGTH YOGA w/Carrie(\$6.25) 10:30-12:30pm PING PONG! 1-2:30pm & 2:30-4pm ART (\$5) 4:30-5:30pm SUN & YANG TAI CHI w/ Marc 6-9:30pm DUPLICATE BRIDGE	25 8:15-9:30am YOGA (ALL LEVELS) w/Teri (\$6.25) 9-10am INTERMEDIATE FRENCH w/ Caroline (\$5) 10-11am BEGINNER FRENCH w/ Caroline (\$5) 10-11am BAREFOOT CARDIO/FLEXIBILITY YOGA! w/Joy (\$5) 12-2pm JUST RUMMIKUB 2:30pm GREAT DECISIONS—Cyber Conflict & Geopolitics 2-3pm AGILITY, BALANCE & COORD. w/Debbie 3:30-5pm PING PONG!	26 8:30-10am TENNIS: CT #2 10-11am FRIENDS OF FRENCH 10-11:15am CARDIO, CORE & MORE! w/Joy (\$6.25) 12pm MOVIE: <i>The Mustang</i> (\$1) 3:30-5:30pm PING PONG	27 8:15-9:30am YOGA (ALL LEVELS) w/Teri (\$6.25) 10-11:15am SPANISH (\$6) 10-11am WEIGHTS, BANDS & MORE! w/Joy (\$5) 11:15-12:15pm CARDIO FIT/STATIC STRETCH w/Joy (\$5) 1-3pm BINGO (\$1/card) 1-4pm CHINESE MAH JONG 3:30-4:30pm AGILITY, BALANCE & COORD. w/Debbie 6:30-9:30pm PING PONG! 7:30-9:30pm COMEDY IMPROV	28 8:30-10am TENNIS: CT#2 10-11:15am YOGA (ALL LEVELS) w/Teri (\$6.25) 10-11:30am ITALIAN (\$7.50) 1-3pm BRIDGE 2:30-3:30pm PING PONG! (BEGINNER) 3:30-5:30pm PING PONG!	29 1-5pm PING PONG!



JUNE 2019



ANNOUNCEMENTS



BINGO

WITH THE FRIENDSHIP FOUNDATION

TUESDAY, JUNE 11 FROM 5-6:30PM

Join us for a night of FREE BINGO with the special needs young adults of the Friendship Foundation!
Make new friends and lasting bonds while playing BINGO & enjoying dinner!

VOLUNTEERING IS GOOD FOR YOU!

TECH HELP TEAM

The Hermosa Five-O Tech Team offers **free** tech help with home electronics for folks age 50+ in the South Bay. Get help with your PCs, printers, iPads/tablets, iPhones/smartphones, e-mail, internet, WiFi, and more!
Appointments at your home or at the Hermosa Five-O Activity Center.

Please contact one of the Volunteers:

Bob: 424.206.3514 • David: 310.691.4954 • Terry: 310.376.9357 • Andre: 310.962.5888

LAPTOP ELF PROJECT

David Lombard is a personal technology enthusiast who is leveraging his tech interest into giving back to the education community. Founder of The Laptop Elf Project, David's first personal computer was a 1983 Osborne 1 64kB unit and his most recent acquisition is a Q4OS Linux laptop. Following his retirement from the aerospace industry in 2013, David began to help fellow retirees in his community with their tech questions and problems. An offshoot of that volunteer work is collecting working, but unwanted, computers from the folks he helped. He then refurbishes those computers and gives them to teachers and others who support low income and special needs students. This became The Laptop Elf Project, so-named by **The Daily Breeze** in a December 2014 article (<http://goo.gl/2iopbd>). As of March 2019 David has received nearly 300 computers and has placed over 200 of them. The remainder have been properly recycled.

Since the project's inception in late 2014:

- \$0 revenues
- \$250 expenses for tools and parts
- Over 300 computers donated to the project
- Over 200 computers given to those who support low income and special needs families

The Laptop Elf Project

See the December 12, 2014 The Beach Reporter - <http://goo.gl/Bk8rKo>

- **Please give me your old computers!**
- **I collect working, but not needed, Windows and Mac laptops and desktop computers from folks like YOU**
- **All personal data and programs are securely erased; an operating system and internet browser software are installed**
- **Computers are donated to non-profits, teachers, and others who support special needs and/or low income students**
- **I properly recycle equipment that I can't fix**

GREAT DECISIONS—SOUTH BAY CHAPTER

TUESDAY, JUNE 25 AT 2:30PM

The South Bay Chapter of Great Decisions is a non-partisan discussion group that meets 8-9 times a year to discuss American involvement in world affairs. As a guide, they refer to expert written essays from the journal provided by the Foreign Policy Association. Each meeting begins by our viewing a short video. Lively discussion follows!

The June meeting will focus on Cyber Conflict & Geopolitics.

MONTHLY MOVIE DAY



WEDNESDAY, JUNE 24, 2019 AT NOON

The Mustang • Rating: R • Runtime: 1hr. 36 min. | (2019) • Drama

The story of Roman Coleman, a violent convict, who is given the chance to participate in a rehabilitation therapy program involving the training of wild mustangs.

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



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