<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>2:00-3:00 PM</td>
<td>9:30-10:30 AM</td>
<td>8:15-9:30 AM</td>
<td>8:15-9:30 AM</td>
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<tr>
<td>TENNIS: CT #2 &amp; #5</td>
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<td>YOGA [ALL LEVELS] w/ Teri ($6.25)</td>
<td>TENNIS: CT #2 &amp; #5</td>
<td>CONVERSATIONAL FRENCH w/ Magalie ($)</td>
<td>RELATED ART ($)</td>
<td>RELATED ART ($)</td>
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<tr>
<td>w/ Carrie ($6.25)</td>
<td>w/ Carrie ($6.25)</td>
<td>w/ Teri ($6.25)</td>
<td>w/ Teri ($6.25)</td>
<td>w/ Joy ($)</td>
<td>w/ Joy ($)</td>
<td>w/ Bonnie ($6.25)</td>
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<tr>
<td>5:30-6:30 PM</td>
<td>8:15-9:30 AM</td>
<td>8:15-9:30 AM</td>
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<tr>
<td>COFFEE &amp; CONVERSATION</td>
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<tr>
<td>w/ Pongi (ADV)</td>
<td>w/ Carrie ($6.25)</td>
<td>w/ Teri ($6.25)</td>
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<td>w/ Joy ($)</td>
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<td>1:30-2:30 PM</td>
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<td>DUPLICATE BRIDGE</td>
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**March 2020**

**Hermosa Five-O**
**Senior Activity Center**
310.318.0280
**www.hermosasbeach.gov**
710 Pier Avenue
Hermosa Beach, CA 90254
**MONTHLY MOVIE DAY**

**Wednesday, March 25, 2020 at Noon**

*A Beautiful Day in the Neighborhood* • Rating: PG • Runtime: 1hr. 49min.  | (2019) • Biography, Drama

Based on the true story of a real-life friendship between Fred Rogers and journalist Lloyd Vogel.

Starring: Tom Hanks, Matthew Rhys, Chris Cooper

We provide coffee, candy & popcorn! Suggested donation is $1.00. Info is from IMDB.com

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**ESSENTIAL OILS: HOME CARE**

**Wednesday, March 11, 2020 from 2-3pm • Cost: $5**

Did you know most essential oils have anti-pathogenic properties, making them very effective cleaning and home care products with an added benefit of the therapeutic aroma for the mind? Come learn why and how to make home care products with essential oils. Hands on learning experience.

RSVP to pilates@coe-dynamics.com | Tracy Coe, Wellness and Nutrition Practitioner cFBCA, cQRA

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**BINGO WITH THE FRIENDSHIP FOUNDATION**

**Tuesday, March 17, 2020 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!**

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**GREAT DECISIONS—SOUTH BAY CHAPTER**

**Tuesday, March 24, 2020 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 and refreshments follow!

*The March meeting will focus on “Red Sea Region.”*

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**ADDITIONAL STRENGTHEN & LENGTHEN SECTION**

**Wednesdays at 11:45AM • Cost: $6.25**

Now you can join Bonnie on Wednesdays in addition to Saturdays for a total body workout! Walk-ins are welcomed.

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**I LOVE ART**

**Saturday, March 7, 2020 at 11:30AM from 11:30-12:30PM • Cost: $5**

Join Paula for the first session of this new, interactive art class. Classes will cover acrylic pour painting, painting on canvass, and a variety of other painting mediums/art expressions. Class will meet on the first Saturday of each month.

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**March 2020 — Announcements**

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**THE MANY DIMENSIONS OF DEMENTIA with LAUREN**

Free workshop and support group

Every Wednesday in March

March 4, 11, 18, & 25
2:45pm-4:45pm

710 Pier Avenue
Hermosa Beach, CA
Hermosa Five-O Senior Activity Center

If you are caring for someone with Alzheimer’s, Parkinson’s, or other dementias/behaviors, you should plan to join us for these free workshops.

R.S.V.P (310) 383-1877 - info: familyconnectcare.com

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**FREE TECH HELP**

with home electronics for folks age 50+ in the South Bay

PCs, printers, iPads/tablets, iPhones/smartphones, e-mail, internet, WiFi, and more!

Appointments at your home or a location near you.

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**MEET THE AUTHOR:**

**CORINNE HEYNING LAVERTY**

**Tuesday, March 31, 2020 at 2PM**

Authored by Corinne Heyning Laverty, *North America’s Galapagos: The Historic Channel Islands Biological Survey* is a narrative nonfiction book that recounts the never before told adventures and ambitions of a group of researchers, naturalists and explorers who came together in the late 1930s to embark upon a series of unprecedented expeditions. Join her at the Hermosa Five-O as she presents this story through photographs—modern and historic—and conversation. While not required to enjoy the lecture, participants may wish to read the book before attending in order to have a greater appreciation of the topic. Corinne is a research associate and fellow at the Natural History Museum, an associate of the Santa Cruz Island Foundation and a member of the All Eight Club, a geographic organization that tracks the people who have ever sent foot on all eight Channel Islands (of which there have only been 223). Her works have appeared in *Lonely Planet, Western North American Naturalist, Eco Traveler, Whale Watcher, Pacific Currents,* among others.

**FOR MORE INFORMATION:**

https://www.channelislandscalifornia.com/

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Please contact one of the Volunteers

Andre 310.962.5888
Bob 424.206.3514
David 310.691.4954
Mar 424.888.0575
Terry 310.227.2776

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