



# MAY 2026

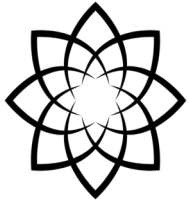
Hermosa Five-O Senior Activity Center

310.318.0280 · hbconnect@hermosabeach.gov · www.hermosabeach.gov/seniors

<b>SUNDAY</b>	1-6:30pm: PING PONG
<b>MONDAY</b>	8:30-10am TENNIS: CT #2 & #4 9:30-10:40am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL 11:15am-12:15pm TAI-CHI w/Levi (\$10) <b>NEW CLASS! STARTS MAY 11</b> 1-2:30pm & 2:30-4pm ART w/ Bob (\$5 per session) 1-3pm CARDS, ETC. <b>NEW ACTIVITY!</b>
<b>TUESDAY</b>	9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH w/weights w/Teri (\$10) 10am-11am FRENCH FOR BEGINNERS & INTERMEDIATE w/Hélène(\$10) 10:30-11:30am LATIN DANCE FITNESS w/Patricia (\$5) 10:30am-12pm & 12-1:30pm I LOVE ART! w/Paula (\$5 per session) 11:30am-12:30pm FRENCH CONVERSATION (ADVANCED) w/Hélène (\$10) 1-4pm INTERMEDIATE AMERICAN MAHJONG (Bring 2026 card to play) 2-5pm PING PONG <hr/> May 12 at 1:30pm GREAT DISCUSSIONS: <i>3rd Nuclear Age</i> May 19 at 10:30am BOOK CLUB: <i>Never Let Me Go</i> by Kazuo Ishiguro
<b>WEDNESDAY</b>	8:30-10am TENNIS: CT #2 & #4 8:30-9:45am BEGINNER LINE DANCING w/Crystal 9-10am GOOD MORNING YOGA FLOW w/Sue (\$10) 9-10am BASIC SPANISH w/Edith (\$5) <b>NEW CLASS!</b> 9:50-11:10am IMPROVER LINE DANCING w/Orit 10-11am FRENCH GRAMMAR & CONVERSATION (INTERMEDIATE) w/Hélène (\$10) 10-11:15am INTERMEDIATE SPANISH w/Patricia (\$5) 11:15am-12:30pm INTERMEDIATE LINE DANCING w/Orit 11:30am-12:30pm FRENCH FOR BEGINNERS w/Hélène (\$10) 1-2:30pm & 2:30-4pm ART w/Bob(\$5 per session) 7:30-9:30pm COMEDY IMPROV (5/13/ 5/20 & 5/27) <hr/> May 6, 11:30am-2pm SHAKESPEARE STUDY GROUP May 20, 11:30am-2pm CLASSICS READ ALOUD May 27, 4:30-6:30pm HERMOSA FIVE-O OPEN HOUSE - ALL ARE WELCOME!
<b>THURSDAY</b>	9-10:15am YOGA FOR STRENGTH w/ weights w/Teri (\$10) 10am-12:30pm BRIDGE 10:30-11:30am LATIN DANCE FITNESS w/Patricia (\$5) 1-2:30pm BINGO (\$1.50/card) 1-4pm INTERMEDIATE TAIWANESE MAHJONG 3:30-9:30pm PING PONG 7:30-9:30pm COMEDY IMPROV (5/7) <hr/> May 14, 21 and 28 from 5-8pm COMMUNITY TAIWANESE MAHJONG Beginner Lessons w/Instructors & Open Play for All Levels (\$10) <b>NEW ACTIVITY!</b>
<b>FRIDAY</b>	8:30-10:00am TENNIS: CT #2 & #4 8:30-9:30am GOOD MORNING YOGA FLOW w/Sue (\$10) 9-10am CARDIO (AEROBICS) w/Nahid 9:30-10:40am LET'S MOVE/LET'S LIFT! w/Joy 10-11am ABC (AGILITY, BALANCE, CONTROL) w/Nahid 10:30-11:30am LATIN DANCE FITNESS w/Patricia (\$5) 12-5pm PING PONG
<b>SATURDAY</b>	10AM-5PM: PING PONG

## NEW MAY ACTIVITIES!

### TAI CHI NEW CLASS STARTING MAY 11!



WITH LEVI BEN-SHMOEL

**MONDAYS FROM 11:15AM-12:15PM | COMMUNITY CENTER ROOM 5**

**COST: \$10 PER CLASS | QUESTIONS? [INFO@LIVINGWELLWITHLEVI.COM](mailto:INFO@LIVINGWELLWITHLEVI.COM)**

Do you want to increase your balance, reduce stress, improve focus, and build strength? Join Levi Ben-Shmuel, an instructor with over 30 years of teaching experience, to learn and practice Tai Chi. Tai Chi is known throughout the world for its gentle, relaxing movements. No experience is necessary to learn this wonderful mind/body/spirit exercise.

### COMMUNITY FRIENDLY TAIWANESE MAHJONG

**THURSDAYS MAY 14, 21, AND 28 FROM 5-8PM | FIVE-O LIVING ROOM**

**BEGINNERS WELCOME WITH INSTRUCTORS AVAILABLE**

**\$10 PER SESSION NEW ACTIVITY!**

Mahjong is a fun and engaging experience! Whether you're a seasoned player or new to the game, our group welcomes all skill levels. Join us for 3 special evenings in celebration of Asian American and Pacific Islander Month. Enjoy socializing with fellow members while playing this traditional and strategic game. Open Play and Game Play.



## EXCURSIONS

### ANGELS VS. DODGERS BASEBALL GAME

**1PM GAME**

**SUNDAY, MAY 17 / 11AM-6PM**

**\$100/\$95 HERMOSA BEACH RESIDENT DISCOUNT**

Batter Up! Get ready for an exciting game at Angel's Stadium. Angels vs. Dodgers should prove to be a thrilling match for Angelinos. Seats are in the shade, located on the 3rd base line in Section 205, rows G, H, J, and K.

### DESCANSO GARDENS

**WEDNESDAY, JUNE 17 / 9AM-3PM**

**\$30/\$25 HERMOSA BEACH RESIDENT DISCOUNT**

Join us for a trip to the beautiful, and blooming, Descanso Gardens, a 150-acre botanical oasis located in La Canada Flintridge. Explore the verdant woodlands, lush gardens, and colorful native flowers. Take a pause for lunch at the Farmhouse, Restaurant or visit the Market Grab and Go Café and enjoy a picnic outdoors.

**\*Please note: Lunch is not included in the excursion price.**