

HERMOSA FIVE-0

SENIOR ACTIVITY CENTER

RECREATION & ENRICHMENT PROGRAMMING



MAY 2026

City of Hermosa Beach Parks & Recreation Department

(310) 318-0280 • WWW.HERMOSABEACH.GOV • HBCONNECT@HERMOSABEACH.GOV

HERMOSA FIVE-O SENIOR ACTIVITY CENTER



The Hermosa Five-O Senior Activity Center opened in May of 2010 and is open to all South Bay Residents who are over the age of 50. Hermosa Five-O Members are a group of fun, active and motivated people, who continually strive to improve their lives and their community. We believe it is important to stay healthy, continue to learn, and have fun each day so we do our best to program a variety of activities to help us to live a balanced life; physically, emotionally and mentally.

MEMBERSHIP

MEMBERSHIPS ARE REQUIRED TO PARTICIPATE IN THE HERMOSA FIVE-O SENIOR ACTIVITY CENTER ACTIVITIES AND PROGRAMS.

Memberships can be obtained by:

- Filling out and returning the Membership Form to hbconnect@hermosabeach.gov
- Mailing the Membership Form and payment to the City of Hermosa Beach at 710 Pier Avenue, Hermosa Beach, CA 90254
- Coming into the office, located at the Hermosa Beach Community Center at 710 Pier Avenue, Hermosa Beach

QUESTIONS OR NEED MORE INFO?

CALL 310.318.0280 | EMAIL: HBCONNECT@HERMOSABEACH.GOV

HERMOSA FIVE-O CODE OF CONDUCT



By adhering to this code of conduct, we can ensure a positive, respectful, and enjoyable atmosphere for all members of the Hermosa Five-O Senior Activity Center.

RESPECT AND DIGNITY: All members and staff should treat each other with respect, kindness, and dignity. Discrimination or harassment of any kind will not be tolerated.

INCLUSIVITY: We aim to create a welcoming environment for everyone. All members are encouraged to embrace diversity and support one another, regardless of background or ability.

SAFETY FIRST: Safety is paramount. Members should adhere to all safety protocols and report any unsafe conditions to staff immediately. Respect all posted rules and regulations.

COMMUNICATION: Open and honest communication is encouraged. Members should voice concerns and suggestions respectfully, working together to resolve conflicts.

RESPONSIBILITY: Each member is responsible for their actions. We encourage accountability and discourage disruptive behavior that negatively impacts others.



FREE CLASSES & PROGRAMS



ABC (AGILITY, BALANCE & CONTROL)

BY NAHID MOHAMMADIFAR WITH BEACH CITIES HEALTH DISTRICT

FRIDAYS FROM 10-11AM | FIVE-O MULTI-PURPOSE ROOM

QUESTIONS? 310.374.3426, OPTION 3

Our ABC class focuses on improving balance, coordination, stability, and flexibility. Through a variety of exercises, participants enhance their overall physical well-being. For added safety and support, we utilize chairs.



BASKETBALL

MONDAYS FROM 10-11:30AM | GYMNASIUM

Boomers and Gen-Xers, Women and Men! If you're over 50, join us for friendly half-court hoops. Meet new friends, work on your shot, get some great and very fun exercise. It's pick-up basketball. Everyone who shows up gets to play. Come any Monday that works with your own travel plans and schedule. Hey, I'm the organizer, I'll be 80 this year, and I'll be playing too.



BRIDGE

THURSDAYS FROM 10AM-12:30PM | FIVE-O LIVING ROOM

Join us for a fun and engaging experience where you can socialize, challenge your mind, and make new friends. Our group provides a welcoming environment for players of all skill levels, whether you're a seasoned pro or just starting out. With regular meetups and friendly competitions, you'll have plenty of opportunities to improve your bridge skills and enjoy the company of like-minded individuals.



BUNCO NO BUNCO IN MAY

4TH TUESDAY OF THE MONTH FROM 11AM-12PM | FIVE-O LIVING ROOM

Bunco is a fun-filled activity for older adults looking to socialize and have a great time! This engaging game brings together seniors from all walks of life, providing a platform for laughter, camaraderie, and friendly competition.

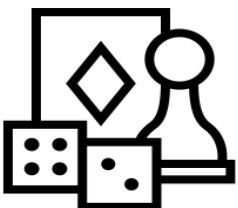
CARDIO (AEROBICS)

BY NAHID MOHAMMADIFAR WITH BEACH CITIES HEALTH DISTRICT

FRIDAYS FROM 9-10AM | FIVE-O MULTI-PURPOSE ROOM

QUESTIONS? 310.374.3426, OPTION 3

In our aerobics class, we combine rhythmic movements set to music to elevate heart rates and promote joint mobility. Additionally, we incorporate weights to enhance muscle strength and tone, all within a welcoming and enjoyable environment. For added safety and support, we utilize chairs.



CARDS, ETC. NEW ACTIVITY!

MONDAYS FROM 1PM-3PM | FIVE-O LIVING ROOM

Looking to pick up a game of Canasta, Hearts, Cribbage, Gin Rummy, Chess, Backgammon, Dominos, Scrabble, Rummikub, etc? Join us on Monday afternoons for fun, drop-in, game-playing, conversation and companionship!

FREE CLASSES & PROGRAMS

CLASSICS READ ALOUD



3RD WEDNESDAY OF THE MONTH FROM 11:30AM-2PM | FIVE-O LIVING ROOM

Join our reading group and embark on a nostalgic journey through classic novels. Rediscover timeless tales like "Charlotte's Web" and "Alice's Adventures in Wonderland" in a welcoming and engaging environment. Connect with fellow book lovers and share your thoughts on these beloved stories while enjoying the company of like-minded individuals. Don't miss out on this opportunity to revisit cherished books and create new memories with our friendly group of readers.

COFFEE & CONVERSATION



TUESDAYS FROM 9-10:30AM | FIVE-O LIVING ROOM

Join our senior group for a lively chat session where you can discuss any topic on your mind. This is a great opportunity to socialize, share stories, and connect with others in a relaxed and friendly environment. Don't forget to bring your own coffee to enjoy during our meetings.

COMEDY IMPROV **MAY DATES ARE: 5/7, 5/13, 5/20 AND 5/27**

BY APRIL'S FOOLS COMEDY IMPROV TROUPE

FROM 7:30-9:30PM | FIVE-O LIVING ROOM



Learn comedy improv in a supportive and fun environment. Improv is the art of acting without preparation, involving creativity and imagination. This class will enhance communication skills useful for business, performance, and social settings. No experience necessary, all are welcome. On the 2nd Saturday of each month at 7:30pm, the April's Fools Comedy Improv Troupe performs in the 2nd Story Theatre of the Hermosa Beach Community Center. Performance tickets are \$6 for Hermosa Five-O Members at the door.

GREAT DECISIONS

2ND TUESDAY OF THE MONTH AT 1:30PM | FIVE-O LIVING ROOM



Great Decisions brought to you by the Foreign Policy Association is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the video series and meeting in a Discussion Group to discuss the most critical global issues facing America today. Each year, eight topics are chosen by a panel of experts. The grassroots, face-to-face model adopted by Great Decisions more than 60 years ago continues today, with tens of thousands of participants taking part in discussions nationwide.

HERMOSA FIVE-O BOOK CLUB

3RD TUESDAY OF THE MONTH AT 10:30AM | FIVE-O LIVING ROOM



Join us for lively discussions, engaging reads, and a sense of community among fellow book lovers. Our club is perfect for seniors looking to connect with others and explore new literary adventures together. With a diverse selection of books and a welcoming atmosphere, the Hermosa Five-O Senior Book Club provides a wonderful opportunity to socialize, share insights, and foster a love of reading. Whether you're a seasoned reader or just starting to delve into books, our club offers something for everyone. Join us and let's embark on a literary journey together!

FREE CLASSES & PROGRAMS

LET'S MOVE / LET'S LIFT! *WITH JOY*

FRIDAYS FROM 9:30-10:40AM | COMMUNITY CENTER ROOM 5

Join us as we move, lift, push, pull, carry, and hold for strength. This benefits the health of your muscles, ligaments, tendons, and bones. Using bands and weights, we will activate our muscles giving you the resistance needed to get stronger as you become more aware of how you are moving. If you are new to weightlifting, you can start the class without weights so Joy can gauge each student's capacity to then lift in a safe manner. She guides the class with cues for proper posture, form, and technique...all while you apply it in live application. Equipment is available through the Center. **Athletic shoes are best for this fitness class. Come join us...and let's move, let's lift!**



LET'S MOVE / LET'S STRETCH! *WITH JOY*

MONDAYS FROM 9:30-10:40AM | COMMUNITY CENTER ROOM 5

Let's Move / Let's Stretch! is a full body, mind (and spirit) experience for that "ahhhh" feeling. Joy will lead you through class [barefoot on a mat] incorporating movement which helps prepare the body so you may safely stretch. We do both dynamic and static stretching along with core work, balance work, functional movement, and some strengthening exercises...all set to music. We conclude class with a few purifying breaths. Joy's hope is that you not only feel better during class but also afterwards, reaping the rewards in your day-to-day by moving better. All you need is you and **sticky socks** (if your feet get cold). **JOIN US! ...and Let's Move / Let's Stretch!**



LINE DANCING *WITH GLENN QUAN*

WEDNESDAYS | COMMUNITY CENTER ROOM 5

BEGINNER: 8:30-9:45AM

IMPROVER: 9:50-11:10AM

INTERMEDIATE: 11:15AM-12:30PM

QUESTIONS? DANCINGWITHGLENN@GMAIL.COM

Come out to learn and enjoy this fun and energetic dance style. We offer classes at different levels, so whether you're a beginner or have experience, there's a class for you. Come meet new friends, stay active, and have a great time dancing to your favorite country tunes.



MAY EXCURSION!



ANGELS VS. DODGERS BASEBALL GAME 1PM GAME

SUNDAY, MAY 17 / 11AM-6PM

\$100/\$95 HERMOSA BEACH RESIDENT DISCOUNT

FREE CLASSES & PROGRAMS



INTERMEDIATE MAHJONG (AMERICAN)

TUESDAYS FROM 1-4PM | FIVE-O LIVING ROOM

American Mahjong for experienced players. Must have 2026 card.

INTERMEDIATE MAHJONG (TAIWANESE)

THURSDAYS FROM 1-4PM | FIVE-O LIVING ROOM

Taiwanese Mahjong for experienced players.

PING PONG

SUNDAYS FROM 1-6:30PM, TUESDAYS FROM 2-5PM, THURSDAYS FROM 3:30-9:30PM

FRIDAYS FROM 12-5PM, AND SATURDAYS FROM 10AM-5PM

FIVE-O MULTI-PURPOSE ROOM

Ping Pong provides a fun and social environment where players can enjoy friendly competition and improve their skills. Whether you're a seasoned player or new to the game, our group welcomes players of all levels.



SHAKESPEARE STUDY GROUP

1ST WEDNESDAY OF THE MONTH FROM 11:30AM-2PM | FIVE-O LIVING ROOM

Embark on a literary journey like no other! This engaging program is designed specifically for older adults who have a passion for Shakespeare and enjoy reading aloud. Dive into the works of the legendary playwright, explore timeless themes, and enhance your understanding through lively discussions with fellow enthusiasts. Whether you're a seasoned Shakespearean or new to his works, this study group offers a welcoming and inclusive environment for all.



TENNIS

MONDAY, WEDNESDAY, FRIDAY FROM 8:30-10AM

COMMUNITY CENTER TENNIS COURTS #2 & #4

Play tennis with fun-filled session of friendly matches, where you can improve your game, meet new friends, and stay active. With open play Mondays, Wednesdays and Fridays, you have the flexibility to participate whenever it suits your schedule.



MAY MAHJONG FOR ALL LEVELS!

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.



PAID ENRICHMENT CLASSES & PROGRAMS

ART

WITH ROBERT MACKIE

MONDAYS & WEDNESDAYS FROM 1-2:30PM & 2:30-4PM | FIVE-O MULTI-PURPOSE ROOM

COST: \$5 PER CLASS | QUESTIONS? EMAIL BOB AT: REMACKIE@VERIZON.NET

This art class offers a wonderful opportunity for older adults to explore creativity through painting. With the guidance of a professional instructor, participants can learn various painting techniques and develop their artistic skills.



I LOVE ART!

WITH PAULA WRIGHT

TUESDAYS FROM 10:30AM-12PM & 12-1:30PM | FIVE-O MULTI-PURPOSE ROOM

COST: \$5 PER CLASS

Discover your inner artist with art and painting sessions suitable for all levels of experience. Our classes offer a welcoming and supportive environment to explore your creativity with easy projects which are designed to be completed during the class.



BINGO

THURSDAYS FROM 1-2:30PM | FIVE-O MULTI-PURPOSE ROOM

COST: \$1.50 PER CARD

Get ready for a fun-filled afternoon with our exciting BINGO game! BINGO is the perfect way to socialize and have a great time. With the chance to win amazing prizes, the excitement will keep you on the edge of your seat. BINGO helps to improve cognitive skills and memory.



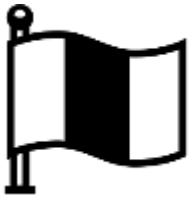
FRENCH FOR BEGINNERS & INTERMEDIATE

WITH HÉLÈNE GODEC

TUESDAYS FROM 10-11AM | COMMUNITY CENTER ROOM 9

COST: \$10 PER CLASS | QUESTIONS? PLEASE RSVP HÉLÈNE AT: HELENE.GODEC@GMAIL.COM

Already know the basics of French and want to go further? This class is designed to help practice real-life conversations, expand vocabulary and grammar, and explore French culture. With the support of a textbook tailored to your level, you'll continue building skills in a friendly, relaxed atmosphere. Perfect for those who have some prior knowledge and want to feel more confident when speaking.



FRENCH CONVERSATION (ADVANCED)

WITH HÉLÈNE GODEC

TUESDAYS FROM 11:30-12:30AM | COMMUNITY CENTER ROOM 9

COST: \$10 PER CLASS | QUESTIONS? PLEASE RSVP TO HÉLÈNE AT: HELENE.GODEC@GMAIL.COM

Keep your mind sharp and your French flowing in this relaxed and friendly conversation class. Together, we'll read texts, articles, and dialogues to spark discussion, enrich vocabulary, and enjoy meaningful conversations about everyday life and French culture. With a focus on practical grammar, and creative expression, this course is the perfect way to stay engaged, keep learning, and have fun with fellow Francophiles enthusiasts.



PAID ENRICHMENT CLASSES & PROGRAMS

FRENCH GRAMMAR & CONVERSATION (INTERMEDIATE)



WITH HÉLÈNE GODEC

WEDNESDAYS FROM 10-11AM | FIVE-O LIVING ROOM

COST: \$10 PER CLASS | QUESTIONS? PLEASE RSVP TO HÉLÈNE AT : HELENE.GODEC@GMAIL.COM

Looking to strengthen your French and build more confidence using the language? This course is ideal for intermediate students who have some experience and are ready to grow their skills in a friendly, supportive setting. We'll work with a textbook designed for your level, using it as a foundation for speaking, reading, listening, grammar practice, and cultural exploration. Lessons will be interactive, engaging, and paced to support steady progress.

FRENCH FOR BEGINNERS & INTERMEDIATE



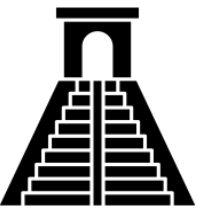
WITH HÉLÈNE GODEC

WEDNESDAYS FROM 11:30AM-12:30PM | COMMUNITY CENTER ROOM 9

COST: \$10 PER CLASS | QUESTIONS? PLEASE RSVP TO HÉLÈNE AT HELENE.GODEC@GMAIL.COM

Have you always wanted to learn French—or brush up on the basics in a fun, supportive setting? This course is perfect for true beginners and those with just a little experience. Together, we'll build a solid foundation in speaking, reading, listening, and grammar, all at a gentle pace tailored to your level. We'll also explore the rich cultures of the French-speaking world, using a textbook suited to your needs and interests, and enjoy the learning process in good company.

BEGINNING SPANISH NEW CLASS!



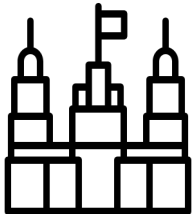
WITH EDITH SLOSS

WEDNESDAYS FROM 9:00-10:00AM | COMMUNITY CENTER ROOM 9

COST: \$5 PER CLASS | QUESTIONS? EMAIL EDITH AT: EDITH@EDITHSLOSS.COM

This class will introduce you to the Spanish language in a warm and encouraging environment. You will learn everyday vocabulary, simple phrases, and practical conversational skills while focusing on listening and pronunciation. No previous experience is needed; just curiosity and a desire to learn something new!

INTERMEDIATE SPANISH



WITH PATRICIA CECCHI

WEDNESDAYS FROM 10:00-11:15AM | COMMUNITY CENTER ROOM 9

COST: \$5 PER CLASS | QUESTIONS? EMAIL PATRICIA AT: TRICIACECCHI311@GMAIL.COM

This intermediate class continues the study of Spanish language and grammar. Students will expand their vocabulary and conversational skills useful for effective communication, travel, and meeting new people, all while having fun and keeping the mind active. Lessons include fun activities, cultural insights, and practice speaking and listening.

PAID FITNESS CLASSES & PROGRAMS



GOOD MORNING YOGA FLOW

WITH SUE SLATER, FOR LIFE YOGA, 200 HR. CERTIFIED & REGISTERED WITH YOGA ALLIANCE

WEDNESDAYS FROM 9-10:00AM | COMMUNITY CENTER ROOM 7

FRIDAYS FROM 8:30-9:30AM | COMMUNITY CENTER ROOM 10

COST: \$10 PER CLASS

QUESTIONS? EMAIL SUE AT: SUESLATERFORLIFEYOGA@GMAIL.COM

A great way to start your morning! We will practice a low-to-moderate intensity yoga flow followed by strategic stretches, breath work, and a short, simple guided meditation to bring movement, energy, and balance to your day. All levels welcome! Modifications offered.

LATIN DANCE FITNESS: DANCE, CONNECT & THRIVE!



WITH PATRICIA CECCHI

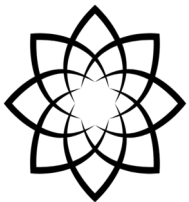
TUESDAYS, THURSDAYS & FRIDAYS FROM 10:30-11:30AM |

COMMUNITY CENTER ROOM 5 & 10

COST: \$5 PER CLASS | QUESTIONS? EMAIL PATRICIA AT: TRICIACECCHI311@GMAIL.COM

Get moving and grooving with this fun and energetic Latin dance-inspired fitness class! Designed specifically for active older adults, this low-impact workout blends easy-to-follow dance moves with upbeat Latin rhythms. No dance experience needed—just a willingness to have fun, move your body, and enjoy the music! Great for improving balance, coordination, and heart health while boosting your mood and energy. *All fitness levels welcome. Wear comfortable clothing and bring water.*

TAI CHI NEW CLASS STARTING MAY 11!



WITH LEVI BEN-SHMUEL

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

COST: \$10 PER CLASS | QUESTIONS?: 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.

YOGA FOR STRENGTH USING WEIGHTS



WITH TERI THOMPSON OF TERI'S YOGA TRIBE, YOGA WELLNESS EDUCATOR 500 HR. RYT

TUESDAYS AND THURSDAYS FROM 9-10:15AM | COMMUNITY CENTER ROOM 7

COST: \$10 PER CLASS | QUESTIONS?: YOGABYTERITHOMPSON@GMAIL.COM

Build muscular strength using free weights and your own body weight in this fun class. Option to use a chair to help balance. Class begins with breath awareness and loosening moves to warm up for strength training. Class ends with stretching and a period of deep relaxation. Come as you are and leave class feeling strong and alive in your body. Bring a yoga mat and water. All equipment is provided.

HERMOSA FIVE-O SENIOR ACTIVITY CENTER

OPEN HOUSE EVENT

Join us as we celebrate
community, connection,
and fun at the
Hermosa Five-O
Senior Activity Center!

- Discover all the programs and activities we offer for older adults.
- Enjoy light refreshments.
- Meet our amazing Staff, instructors, Activity Representatives, and Members!

 Wednesday, May 27, 2026

 4:30-6:30PM

 710 Pier Avenue,
Hermosa Beach



FOR MORE INFORMATION :

 hbconnect@hermosabeach.gov

 310-318-0280



MAY 2026

Hermosa Five-O Senior Activity Center

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

SATURDAY

10am-5pm: PING PONG

SUNDAY

1-6:30pm: PING PONG

MONDAY

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) **NEW CLASS! STARTS MAY 11**

1-2:30pm & 2:30-4pm ART w/ Bob (\$5 per session)

1-3pm CARDS, ETC. **NEW ACTIVITY!**

TUESDAY

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)

2-5pm PING PONG

May 12 at 1:30pm GREAT DISCUSSIONS: *3rd Nuclear Age*

May 19 at 10:30am BOOK CLUB: *Never Let Me Go*
by Kazuo Ishiguro

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 BEGINNING SPANISH w/ Edith(\$5) **NEW CLASS!**

9:50-11:10am IMPROVER LINE DANCING w/Orit

10-11am FRENCH GRAMMAR & CONVERSATION (INTERMEDIATE)
w/Hélène (\$10)

WEDNESDAY

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)**

May 6 from 11:30am-2pm SHAKESPEARE STUDY GROUP

May 20 from 11:30am-2pm CLASSICS READ ALOUD

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

THURSDAY

3:30-9:30pm PING PONG

7:30-9:30pm COMEDY IMPROV **(5/7)**

May 14, 21 and 28 from 5-8pm **NEW ACTIVITY!**

COMMUNITY TAIWANESE & HONG KONG MAHJONG

Beginner Lessons w/Instructors & Open Play (\$10)

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

FRIDAY

NEW MAY ACTIVITY!

HERMOSA FIVE - 0 SENIOR ACTIVITY CENTER

COMMUNITY FRIENDLY TAIWANESE MAHJONG

IN PARTNERSHIP WITH:



@KOILUCKCLUB

**THURSDAYS, MAY 14, 21, & 28, 5:00 - 8:00 PM
BEGINNERS WELCOME WITH INSTRUCTORS AVAILABLE**

\$10 PARTICIPATION FEE PER SESSION

**Join us to observe Asian American and
Pacific Islander Heritage Month.**

Our group welcomes all skill levels, open play and game play.



+310-318-0280

710 Pier Ave, Hermosa Beach 90254

NEW CLASS STARTING MAY 11!



Hermosa Five-O Activity Center



TAI CHI CLASS

Increase your balance, reduce stress, build strength and improve focus through gentle and relaxing movements.

No experience is necessary!

MONDAYS
11:15am-12:15pm
beginning May 11

Hermosa Beach
Community Center, Room 5
710 Pier Avenue
Hermosa Beach, CA 90254
(310) 318-0280



Join Levi Ben-Shmuel, a teacher with over 30 years of experience to learn this wonderful mind, body and spirit exercise.
\$10 per session.

www.hermosabeach.gov

HERMOSA FIVE-O SENIOR ACTIVITY CENTER

CARDS ETC.

MONDAYS FROM 1PM – 3PM

CARD GAMES

CHESS

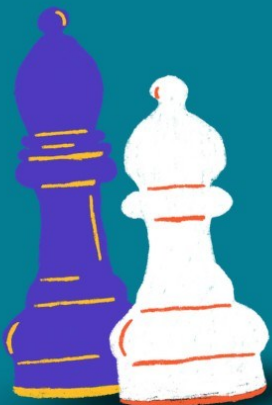
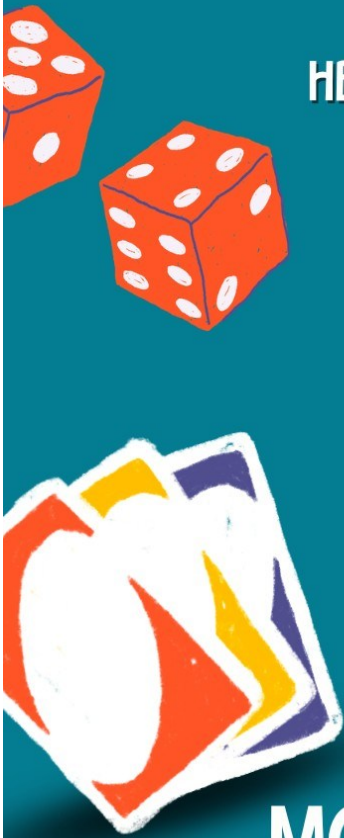
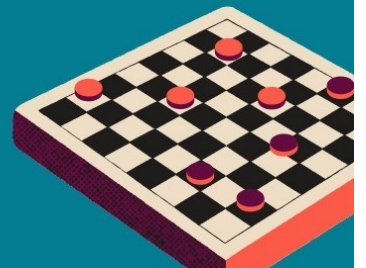
SCRABBLE

AND MORE!

JOIN US ON MONDAY AFTERNOONS FOR FUN, DROP-IN,
GAME-PLAYING, CONVERSATION AND COMPANIONSHIP



710 PIER AVE HERMOSA BEACH



FREE EVENT!



SCI-FI SYMPOSIUM

Fact, Fiction and the Future of Humanity

Clark Building | 861 Valley Dr, Hermosa Beach, CA 90254

Thursday, May 7, 2026 | 6PM



**Register for
FREE EVENT**



Erin Gray
Sci-Fi Icon, Legendary
Buck Rogers Lead



Andrew Givler (Sigils)
Author of *Debt Collection*, 1.5+
Million YouTube Subscribers



Steve Truitt
Moderator, Author of
The Mindset Chronicles, Discovery
Channel host and NASA historian



Scott Baron
Genre Bender, Prolific
Charlieverse Author

HERMOSA BEACH

..... SENIOR RESOURCES

TRANSPORTATION PROGRAMS & DISCOUNTS FOR SENIORS



[Bus Passes and Dial-A-Taxi Program](#) - visit the City's Finance Cashier webpage for information on discounted bus passes and Dial-A-Taxi vouchers (\$1 each, sold in books of 10) for Hermosa Beach residents ages 62+ who have a TAP Identification Card or Access Paratransit Card. Please see the Finance Cashier page for details and service area / purchase limitations.

For seniors with Dial-A-Taxi vouchers, rides may be scheduled by calling:
(800) 829-4378 or (800) 900-0033

[Access](#) - offers low cost shared ride bus service for ages 55+ and disabled individuals to destinations outside the City in Los Angeles County.

Contact:
Customer Service - (800) 827-0829
Reservations - (800) 883-1295



[The WAVE](#) - offers low cost Dial-A-Ride curb-to-curb service for seniors 62+ and disabled individuals for trips within the combined city limits of Hermosa Beach and Redondo Beach. Operated by Beach Cities Transit, The WAVE offers convenient, inexpensive transportation and is a great alternative to driving. To obtain an application for a WAVE Identification Card and for more information, [click here](#).

Contact:
Schedule a ride - (310) 802-7684
To apply for a Wave Identification Card - (310) 376-3990.

CITY PROPERTY TAX REBATES & UTILITY USER'S TAX EXEMPTION



Visit the City's [Finance Department's webpage](#) or contact (310) 318-0225 for details on applying for property tax rebates (annual City sewer service charge and street lighting and landscape assessment) and a utility bill exemption from paying the City's Utility User's Tax, available to eligible seniors and disabled individuals residing in Hermosa Beach (income limits may apply).

POLICE DEPARTMENT - HOUSE CHECK PROGRAMS



Visit the Hermosa Beach [Police Department's webpage](#) for information on available programs to have police officers and/or police volunteers (VIPs) perform weekly check-ins with seniors at their residence (You Are Not Alone Program) or to enroll seniors with Alzheimer's disease in the Homeward Bound Program.

BEACH CITIES HEALTH DISTRICT

..... SENIOR RESOURCES

CARE MANAGEMENT

HELPING OLDER ADULTS AGE IN PLACE & IMPROVE THEIR QUALITY OF LIFE



Beach Cities Health District (BCHD) provides services to improve the quality of life and maintain the independence of older adult residents and residents with disabilities within the Beach Cities.

Care Management is available at no cost for residents of Hermosa Beach, Manhattan Beach and Redondo Beach age 60 or older and adults with disabilities (ages 18-59). Some services have costs depending on income qualifications.

BCHD SERVICES & SUPPORTS



Health Care Access & Resource Connection - Care Managers connect clients with local services and resources, including home-delivered meals, transportation, in-home care and mental health support. Our staff can assist in applying for medical insurance and public benefits, including Medi-Cal and In-Home Supportive Services. Clients who are income-eligible may qualify for subsidized caregiving and other services that enhance their safety and independence in the home.



Health Wellness & Education - Cognitive health lectures are offered multiple times a year. Center for Health and Fitness instructors lead free exercise classes in the local senior centers every week. Social Workers facilitate Mental Health and Happiness workshops for older adults.

Help with Errands - Volunteers assist in shopping for essentials on a weekly basis, including groceries and prescriptions.



Dementia Support - Care Managers offer specialized support to clients living with dementia and their loved ones, including help with accessing care and respite options. "Brain Buddy" volunteers receive specialized training to engage in stimulating activities with clients living with dementia in their homes.

Connect with Others - Care Managers and "Conversation Companion" volunteers make regular calls and visits to clients in need of social support. In addition, we connect you with community support to help you engage with others.



If you or a loved one could benefit from Care Management or if you have questions about local resources for older adults, please call our Information & Referral Line at 310-374-3426, and press option 1.

