

A newsletter  
of activities,  
travel and  
tours, events,  
and valuable  
information  
for Peninsula  
Seniors



PENINSULA SENIORS  
**Connections**  
*make life fun!*

## Stay Connected in the Community By Continuing Your Support

*By Linda Ralls, President,  
Peninsula Seniors Board of  
Directors*

**Thank you! We are so grateful** for your past support that has made it possible for Peninsula Seniors to achieve its dream of a permanent home, where we provide opportunities for seniors to be active, stay healthy, learn, and connect with old and new friends.

What you may not know, however, is how much your support really means to Peninsula Seniors and to its mission of enhancing and

enriching the lives of seniors and the community.

Individuals, families, and businesses of all sizes are now facing challenges unlike any we have seen or could imagine. Many are feeling concern for our health and economic well-being. But we have faced difficult times before, and we know that together we will overcome these challenges.

**Peninsula Seniors is no different** than many other organizations feeling the effects of this pandemic. Our income is down dramatically, and so

we are asking you, if you are able, to continue to support Peninsula Seniors so that when we are through this difficult time our community will continue to have programs and activities for seniors in our centrally located Scriba Family Center.

**Watch for** our end-of-the-year appeal campaign, coming soon. Please give if you can. If you are not able to support us at this time, please know we are still here for you and will continue to provide virtual activities for the entire community as we continue to stay connected.

**PENINSULA SENIORS  
MISSION AND VISION**

Our mission is to offer activities and services that enhance and enrich the lives of senior adults on the Palos Verdes Peninsula and in the surrounding community.

Our vision is to provide opportunities for Peninsula Seniors to be the most active, educated, and healthy in California.

**BOARD OF DIRECTORS**

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**CONNECTIONS NEWSLETTER**

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photo by Meredith Whitney

## A Minute With Margie

No matter what our circumstances or our skills in adjusting, there is so much to be thankful for.

Our four Peninsula cities—Rancho Palos Verdes, Rolling Hills Estates, Palos Verdes Estates, and Rolling Hills—work well together to serve our community and our seniors.

Our community, while understandably exhausted, remains resilient.

I am grateful for the very history of Peninsula Seniors, for all of the events in our past that put us in this very place at this very time. Our Scriba Family Center is extraordinarily beautiful, and I am looking forward to when we can have in-person activities again.

Our future is bright. I am very much looking forward to coming out on the other side. In the meantime, we will continue to increase our program offerings and member connections.

We will remain a resource for the community, now and into the future for people to learn, stay active, and *make life fun!*

Margie Beierschmitt,  
Executive Director



**Thanks to Your Support,  
Peninsula Seniors Helps *Make Life Fun!***



**News items and  
Peninsula Seniors  
information to help  
make life fun!**

# News Bites for Peninsula Seniors

## The New CARES Act **Charitable-Gift Tax Deductions Enhanced**

**Take advantage of a new  
way to save on your taxes!**

Designed to help stimulate philanthropy in the U.S and help offset the financial impact of COVID-19, the CARES Act allows a charitable tax deduction of up to \$300 for individual taxpayers who do not itemize deductions. This adjustment is made “above the line” and directly reduces your taxable income. Taxpayers who are itemizing deductions in 2020 can now elect to deduct cash donations of up to 100 percent (increased from 60 percent) of their adjusted gross income.

This new deduction is a great incentive to give in 2020. *Please consider making a gift to Peninsula Seniors now to take advantage of this deduction.*

*The tax information provided is general and educational in nature and should not be construed as legal or tax advice. Always consult an attorney or tax professional regarding your specific legal or tax situation.*

## **Join the Movement! The Giving Tuesday Movement!**

**On December 1 this year**

Giving Tuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. It was created in 2012 as a simple idea: a day that encourages people to do good. It has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

It's a simple idea: whether it's making someone smile, helping a neighbor or stranger, showing up for an issue or people we care about, or giving some of what we have to those who need our help. Every act of generosity counts and everyone has something to give.

Join the movement and give, whether it's some of your time, a donation, or the power of your voice in our community.

### **How to Celebrate Giving Tuesday**

- Share kindness with your neighbors
- Volunteer virtually
- Share your talents in person
- Give to your favorite cause
- Donate blood
- Donate to your local food pantry

### **How to Give to Peninsula Seniors**

- Make a financial donation
- Upgrade your membership category
- Give a gift membership

Visit: [pvseniors.org](https://pvseniors.org)

Call: (310) 377-3003

Send: 602 Deep Valley Drive, Suite #310, Rolling Hills Estates CA 90274



## Seniors Stay Connected

# Peninsula Seniors Launches Program to Keep Members in Touch

Do you enjoy talking to people?  
Do you want to make new friends?  
Are you a good listener?

Then this new group is perfect for you!

Peninsula Seniors is excited to announce the launch of a new volunteer group, Seniors Stay Connected. These volunteers will call other Peninsula Seniors members once a month just to say “hello.” Orientation and training will be provided. The initial commitment to the group is three months and should require 2 to 4 hours per week.

Members who love to chat and want to be part of this exciting group, please email your interest to [seniors@pvseniors.org](mailto:seniors@pvseniors.org) by Thursday, December 10.

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## Membership Honor Roll

Thanks to these Peninsula Seniors for upgrading their membership.

### Gold

Shirley Sylvester

### Silver

Robert Freeman

Barbara Hertler

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## Above & Beyond

Thanks for gifts of \$100 or more to Peninsula Seniors operations.

Barbara Trakas

Jill Smith

Helene Vaughn

**amazon**smile

## How to Support Peninsula Seniors When You Shop

AmazonSmile is a simple way for you to support Peninsula Seniors every time you shop online.

Just visit [smile.amazon.com/ch/95-3723540](https://smile.amazon.com/ch/95-3723540). You'll find the same prices, vast selection, and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to Peninsula Seniors!

As we enter the traditional gift-giving winter holidays, please consider clicking on the link above *before* you begin your online holiday shopping. Then make it a habit you continue throughout 2021 and into the future.

# Activities for Peninsula Seniors

Lectures, lunches,  
movies, games,  
music, and exercise  
classes make life fun!

Join us remotely to enjoy these live presentations. Click on the red ZOOM links associated with each activity or event. If asked after the Zoom application launches, type in the meeting ID and passcode.

## AVAILABLE TO THE COMMUNITY AT NO COST

### BOHANNON LECTURE SERIES

Wednesdays, 10:30 am

Nov 4. National Pork Board (Marilyn Lynch)

Nov 11. Rolling Hills Country Club (Bruce Steckel)

Nov 18. "Welcome to Space" (Lt. Col. Mark Steves)

Nov 25. No lecture today. Happy Thanksgiving!

<https://us02web.zoom.us/j/83759485830?pwd=cjkxUE40ejZ0RFpZWlltVm92T2Zydz09>

Meeting ID: 837 5948 5830 / Passcode: 031033

LINE UP SUBJECT TO CHANGE.

### PEN VETS LUNCH

Wednesday, November 4, noon

Zoom room opens at 11:30

Program by Glenn Acosta, senior engineer for Los Angeles County Sanitation Districts, who will speak on the "Clearwater Project," a massive, multi-year, tunnel-boring project to move treated waste water seven miles from the Carson treatment plant to Royal Palms, where it enters the Pacific.

<https://us02web.zoom.us/j/87066014936?pwd=QWh3aUdoUXR6eGhxR0xrdkINVWxNdz09>

Meeting ID: 870 6601 4936 / Passcode: 234566

## FOR MEMBERS WITH NO ADDITIONAL FEES

### WRITERS' GROUP

Tuesday, 1:30–3 pm

<https://us02web.zoom.us/j/86897892013?pwd=cU1qck9yYThmN0gwODcwWCtqTVhBdz09>

Meeting ID: 868 9789 2013 / Passcode: 030634

### MUSIC APPRECIATION: The History of Jazz

Wed, 3–4 pm

<https://us02web.zoom.us/j/88685741344?pwd=ZDZiS3U5STZFRGUwSGhmNTIBREk1UT09>

Meeting ID: 886 8574 1344 / Passcode: 827607

### MONTHLY MOVIE: "Casablanca"

Show time: Friday, October 16, 1:30 pm

In this Oscar-winning classic, American expat Rick Blaine hosts gamblers, thieves, and refugees at his Moroccan nightclub during World War II. But he never expected Ilsa, who broke his heart, would walk through the door asking Rick to help her and her fugitive husband escape to America. Humphrey Bogart, Ingrid Bergman, and Paul Henreid star.

<https://us02web.zoom.us/j/3426744050?pwd=bU94dkkwZXZGbeE9qUGRzZUtZVHBtUT09>

Meeting ID: 342 674 4050 / Passcode: 717592



## FOR MEMBERS WITH ADDITIONAL FEES

### ZUMBA GOLD® FITNESS

(\$160 THROUGH 2020)

**Tuesdays and Thursdays, 10 am**

<https://us02web.zoom.us/j/89468451236?pwd=K1BOT3IQUeW5Q1NnSVJKkxVUklUUT09>

**Meeting ID:** 894 6845 1236 / **Passcode:** 856210

### MUSCLE STRENGTHENING

(\$100 THROUGH 2020)

**Tuesdays and Thursdays, 11 am**

<https://us02web.zoom.us/j/84907635699?pwd=a0xNQkNNNC85ZkVsR3Jla2VFNzFoUT09>

**Meeting ID:** 849 0763 5699 / **Passcode:** 017496



## *Available to the community at no cost* **Balance and Memory Class**

**Mondays and Thursdays, 2–3 pm**

**BALANCE and MEMORY** is a unique and innovative wellness class that focuses on improving key aspects of healthy aging. This low-impact exercise program combines physical, mental, and emotional components to improve overall fitness, help prevent falls, increase cognitive activity, maintain independence, continue doing the activities you enjoy, and promote a greater sense of well-being.

Each week we will work on improving a different aspect of maintaining good balance (posture,

strength, agility, flexibility, coordination) and do simple brain games to stimulate and exercise the mind and memory. Each class will also include a seated warm-up, balance drills, and stretching, and we will end with a mindful relaxation to promote stress relief and sustained relaxation, so you feel refreshed and rejuvenated.

Please have approximately 4' X 6' of open space, a stable and sturdy chair, a pen and paper, athletic shoes, and comfortable attire.

<https://us02web.zoom.us/j/85964268030?pwd=b3k5VmdqRGw0bEdPL1Zla0lZVHIMdz09>

**Meeting ID:** 859 6426 8030 / **Passcode:** 454749

**BELMONT** *Village*

SENIOR LIVING  
RANCHO PALOS VERDES

Belmont Village Rancho Palos Verdes is excited to partner with Peninsula Seniors to offer this new class, Balance and Memory, to the community. We pride ourselves on being a good neighbor to Palos Verdes seniors and are proud to support Peninsula Seniors. For more information about Belmont Village, call

310.377.9977 or visit [belmontvillage.com](http://belmontvillage.com).

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# High School Students Spread Kindness, Write Letters to Peninsula Seniors

By Liz Campbell,  
 PVHS student

**Yellow Ribbon Week** takes place annually in September and is based on kindness. It's a big deal for Palos Verdes High School's leadership class, Be the Change, as it's their opportunity to highlight this important week with fun activities and tools to not only treat others with kindness but even one's self.

One of the week's activities is a letter-writing campaign for the seniors of the Peninsula, with the purpose of demonstrating how students can be kind to others outside of the Palos Verdes High School campus,

especially during these hard times.

"I thought writing letters to seniors was important, because we got to put a smile on someone's face," freshman Kylie Mone said. "Quarantine has been hard for everyone, so it felt nice to know that maybe I could make someone happy."

**This idea of spreading kindness was imagined,** then created, by the students of Be the Change.

"I am always so proud of their genuine care for the students of their school and the surrounding community members," advisor Karen Kostrencich said. "Their

compassion and concern gives me a lot of hope for our future."

With myriad letters sent out, Be the Change accomplished its goal of spreading kindness beyond the classrooms of Palos Verdes High.

*" . . . we got to put a smile on someone's face."*  
 —Kylie Mone, freshman

"I think it is important to connect with the elderly, especially during this time," senior Cameron Collier said. "I'm glad I got to participate and I would be happy to do it again."