



HomeTimes

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Visiting Angels of Torrance

Summer 2022

There is So Much to See & Do Here in the South Bay

We Have Some Ideas for Seniors, Their Families & Their Caregivers

We are so fortunate to live here in Southern California and of course, more specifically, in the South Bay and Beach Cities. The summer is when we throw open the doors and spend time in the backyard, the beach, in parks, and just plain outside. Our seniors often time chose their homes based on their proximity to the great weather and good times in their neighborhood. Here are some of the “good things” available locally to make the Summer of 2022 the best ever for our Elders.



The Fruits and Vegetables of the Season



Most of the cities that we service have a Farmers' Market at least once a week. What better way to fix healthy recipes and get the major dietary needs met – farm to table is all the food rage right now!

Torrance: Wilson Park on Tuesday and Saturday mornings

Redondo Beach: Riviera Village on Sunday mornings

Hermosa Beach: on Pier Plaza on Friday afternoons

Palos Verdes Peninsula: Peninsula High parking lot on Sunday mornings

Manhattan Beach: near the Shade Hotel on Friday afternoons



Sometimes You Just Want To Sit and Read a Book

Our local libraries are a wonderful source of pride for our communities. Here are a few of the library websites & local programs available for Seniors and Caregivers of all ages. (Libraries are “cool” places to be in the summertime aka air conditioning!)

The Peninsula Center branch on **Palos Verdes Peninsula** has a book sale always available whenever the library is open in the garage. Malaga Cove branch book sale is the third Friday and Saturday every month and the Miraleste branch sale is ongoing in the library during regular hours. All the branches support book clubs of varied interests for all ages. The Peninsula Center branch frequently hosts authors, book clubs, and writing groups in their main auditorium. Their website and monthly calendar are full of great literary opportunities. <https://www.pvld.org>

The **City of Torrance**'s Katy Geissert Civic Center branch always has something going on. In the same complex as the Plunge (the pool), the Senior Center, James R. Armstrong Theatre, and City Hall. Summer is the place to visit when there are young and old all around. There are book clubs, endless on-line resources, all in wonderful air conditioning <https://www.library.torranceca.gov>

The **Redondo Beach** library is also part of their ultra-modern Civic Center. Their Summer reading program for children, teens, and adults is called “Read Beyond the Beaten Path”. Sounds a little different, no? They are also inviting young and old to assist in the design of their library bookmarks. <https://www.RBPLWEB@redondo.org>

The **City of Manhattan Beach**'s library is part of the Los Angeles County library system, and it is BIG. They have all the resources available from throughout the entire County's vast library system (there are over 75 branches) and they host in-person and computer-based classes just for Seniors. Knitting, cooking, as well as book clubs are available. WOW! <https://lacountylibrary.org/manhattan-beach-library>



SUMMER IN THE BEACH CITIES IS AWESOME!

The City of **Hermosa Beach** is showing off *surfboards*. They are all individually decorated and very unique. (Think of the Painted Ponies in Texas, the Angels in Downtown LA, etc.) There was a contest to find and photograph the most in a very brief amount of time and the local papers did stories on all the entries. Maybe they will make miniatures of them and make them available for sale later on.) You can see some of them from a car so it's a great time for a drive around the beach! They are colorful and bright and worth the gas.

The third weekend of every month (May through September) Malaga Cove in **Palos Verdes Estates** hosts an *Art Show* in the Plaza. There are paintings, ceramics, jewelry, and other kinds of creative masterpieces. One may stand in the Plaza and hear windchimes in the sea breeze on a warm Saturday afternoon. Malaga Cove Plaza comes alive with good art, good neighbors, and good food and drink available from the Plaza vendors.

Redondo Beach and **Hermosa Beach** put bookends on the summer with a *music festival* and an *art faire* on both Memorial Day and Labor Day weekends. While not directly competing with one another, it does provide a little something for everyone on a long holiday weekend. Close to the piers in each city, the festivals highlight local talent and artists. *Groovin' on a Sunday afternoon . . . under the Boardwalk.*

The City of **Torrance** has some amazing statistics on its website: 400+ eateries, 12 craft breweries, 2.5 million square feet of retail space, 212+ acres of natural space, and 1.5 miles of beach. So maybe after you do some art festivals, see surfboards, and listen to some beach music you might want to hang out in Torrance *and eat, shop, and have a beer*. A walk along the entire beach might not be out of the question. Relaxation is a really good summer thing.





The South Bay is Home to Two Awesome Hospitals And They Have Programs for Everyone

Torrance Memorial Medical Center (a Cedars-Sinai affiliate) and Providence Little Company of Mary Medical Center are both located only a few miles apart here in Torrance. They are both world class facilities and both have many, many classes and opportunities to be a part of the medical communities that have evolved out of the two locations. Their senior programs are outstanding and are available whether you can go to them or they may visit with you over the internet. There are exercise classes in yoga, tai chi, and muscle strengthening. Line Dancing and Mat/Floor pilates are very popular. There are also informational classes in Medicare, volunteering, and aging in general. We encourage anyone interested to visit the websites and become aware of all of the great resources available here in the South Bay.



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Owned & Operated by [Marian and Duane Karons](#)

3510 Torrance Blvd Suite 220

Torrance, CA 90503

(424) 772-6604