

# Silver Lining

## Spotlight on Seniors

### “Tis The Season”

By Karen King Russo

‘Tis the season. Thanksgiving is behind us and now it is Ho Ho Ho. Part of making the holiday season a joyous time is to fill your soul with Christmas music, pageantry and festivity, not to just slog through the malls in bleary-eyed confusion in search of the perfect present for yet another person.

Among the many church services, concerts, plays and parties are some programs offered to seniors, or at a special rate for seniors. *Can't Wait For Christmas* is a concert performed by the Outreach Community Choir of Redondo Beach, offered by the Manhattan Beach Parks and Recreation Department's Older Adults Program. Departure is on Sunday, December 13, from the Joslyn Center is at 2:00 p.m., returning at 6:00 p.m. Eight dollars covers admission and transportation. To reserve space, call (310) 802-5477.

*Victorian Holiday* is a full day of fantasy in Riverside, the site of California's original citrus industry and the first desert vacationing spot before Palm Springs drew the Hollywood crowd. The whole community goes out to share this special season. A local guide will escort the group to several prominent historic areas and charming, fully decorated Victorian estates. A special holiday dinner at the Citrus Grill will be followed by a narrated walking tour of the beautiful historic Mission Inn. If you have not seen the Mission Inn at Christmastime, you have missed one of the highlights in Southern California. It boasts over three million lights and more than 350 animated figures. Coffee and holiday cookies will be served before departing. Price for this memorable day is \$76.50 for residents and \$85.00 for non-residents. To reserve, call (310) 802-5448.

December 17, Parks and Recreation invites older adults to ‘Tis the Season’ at Joslyn

Community Center, from 11:00 a.m. to 2:30 p.m., for an annual holiday luncheon with entertainment, music, door prizes and holiday hoopla. Tickets are \$5.00. To reserve, call (310) 802-5447. Please bring a canned good to be donated to a needy family.

Before Manhattan Beach's annual Holiday Fireworks, our Fire Department will host their annual spaghetti dinner for local families. For a mere \$5 each, you, your kids or grandkids will feast on spaghetti, salad, bread and drinks, all made and served by the firemen themselves.

To live in Southern California and not attend the Tournament of Roses on New Year's Day is beyond me. I go every year that I am in town. The most beautiful pageant in the whole country at any time, I believe, is a thrilling, uplifting way to start out the new year. To see the floats up close and to hear the bands in person is the only way.

Transportation from the Joslyn Center, in two buses, will take 90 passengers to the parade. Tickets will be provided in the grandstand seats right where the TV cameras will be focusing on the bands. Even cushions will be passed out, all for \$88. Departure from Joslyn on January 1 will be at 6:00 a.m., returning at 1:00 p.m., in time for sports fans to watch the Rose Bowl game. It might be a good idea to bring along a thermos of coffee and a roll. Also, depending upon the weather, a warm jacket and gloves. Most often it is one of those spectacular January mornings that makes all the easterners and mid-westerners watching it on television want to move to California. For reservations, call (310) 802-5447. Mira Costa High School's Christmas Chorale Program will take place on December 14 at 7 p.m. Seniors are free.

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## A Senior Citizen's Guide to Social Networking

By Joe Tacoma

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Seniors who may live alone, or may live far away from loved ones and close friends can benefit immensely from using social networking sites. These social networking sites may offer a welcome connection to the outside world for seniors who may not be able to get out as much as they would like. Social websites may be intimidating at first, but once you get the hang of it, you'll be surfing the web in no time, with the proficiency of any teenager on your block. The first thing you must do is to get over your fear of computers and social networking sites and dive right in.

Social networking sites can be great places to meet people, keep in contact with friends and family, share pictures and videos, even to make new friends all over the world. The first thing you'll want to do is to spend some time on your computer, perhaps looking up interesting things in Google, to get a feel for your computer. Many senior citizens after a few weeks become more proficient at using the computer than any teenager or young adult, because of their extensive life experience and high knowledge levels.

Many senior citizens may feel certain apprehensions about using social networking sites due to a multitude of reasons. The truth is that the senior citizen age group is one of the fastest growing demographics on

social networking sites, as more networking sites are starting to cater to an older, more sophisticated generation. Popular sites like Facebook and Myspace have gone to great lengths to make their sites more accessible to senior citizens, as well as giving them more features specifically designed to an older demographic.

Social networking is not for kids anymore, just ask the Agewell Foundation who has recently announced plans to launch InteractWell, a social networking site specifically designed for senior citizens. Not only is it a place for seniors to come together and interact, but a place for them to share their views regarding life experiences, all across the globe. Sites like these offer senior citizens a way to interact with other seniors who may feel as apprehensive about social networking as they do. It is a great place to meet other seniors who have similar interests, not to mention contact lost friends and family that may have grown out of touch. With the support of other seniors learning to use social networking sites for the first time, it will help ease your mind about using these sites and open you up to a whole new world of interaction and communication.

Most social networks are free and only require an email address and password. Once you go to the site and set up your free account you're ready to upload pictures and start making friends as soon as possible. You can set up your profile to express yourself in any way you see fit, and interact with people from all over the world, with the same passion and zest for life as you have. All you have to do is sign up and sign on, and you'll be an expert in social networking in no time. •


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