June 2016

Malibu Senior Center & Adult Activities

WHAT'S INSIDE:

	PAGE
Calendar	2
Classes	3-4
What's New	5
Birthdays & News	6
Excursions	7
FYI	8

Senior Center Staff

Theresa Odello
Recreation Coordinator
Recreation Assistants
Bryanna Edwards
Jhenzier Gordon
Rebecca Ramos
Eileen Youngling

senior news & VIEWS

Monthly Luncheon

Thursday, June 16, 11:30-1:30pm

$2 for the first 80 people that RSVP

Support our local young musicians! Aaron Bond, first chair of the Malibu High School Band's trombone section and member of the local Jazzmaster Funkadelic Band, will be playing a variety of funky and smooth jazz arrangements. Call in advance to reserve a seat 310-456-2489 ext. 357. Please pay at the door: exact change is preferred.

Are you a Gemini? Happy Birthday!
Get in for FREE at the Monthly Luncheon!

Blood Drive

Thursday, June 9, 9:00am-3:00pm

City Hall, Multi-Purpose Room

The American Red Cross and the City of Malibu are hosting a Blood Drive. Only 3% of Southern Californians donate blood, yet there is a 1 in 3 chance of needing a blood transfusion in your life. A blood donation is truly a "gift of life." To make your life-saving appointment, please visit www.redcrossblood.org and enter sponsor code **CityofMalibu**, or call the Malibu Senior Center at (310) 456-2489 ext. 357.

Calendar

June 2016

Mon	Tue	Wed	Thu	Fri
		1 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm **End of Life Support Group 1:30-2:30pm**	*2* Senior Aerobics 9-10am Misplaced Memory Class 10-11am **Theater Thursday 11:30am & 1:30pm**	*3* Computer Workshop 10am-12pm Stretch & Strength 10-11am **The Market Beat 11:30am-12:30pm** Functional Fitness 12-1pm Emeritus Autobiography 12:30-2:45pm
6 Senior Choir 9:45-10:45am **Senior Living Options 12-1pm** Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm	*7* Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11am Legacy Walk 10-11am **Poetry & Prose Reading & Potluck 11am** Emeritus Art at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	*8* Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm	9 **Blood Drive 9am-3pm** Senior Aerobics 9-10am Misplaced Memory Class 10-11am **Silver Fox Walks at Zuma Beach 9am** **Memories in the Making 2:30-3:30pm**	*10* *No Computer Workshop* Stretch & Strength 10-11am Functional Fitness 12-1pm Emeritus Autobiography 12:30-2:45pm
13 Aqua Aerobics 8:45-9:45am Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm **Guided Tours: Travel Made Easy 12-1pm** Chair Yoga 1-2pm Bridge Group 2:15pm	*14* Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am **The "BU" for Seniors 12pm** Mat Yoga 3:30-4:30pm	*15* Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am **Healthy Living for Your Brain & Body 12-1pm** Reader's Theater 1-3pm	*16* Senior Aerobics 9-10am Misplaced Memory Class 10-11am **Monthly Luncheon 11:30am-1pm** Current Events 1-2:30pm	*17* Aqua Aerobics 8:45-9:45am Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 12-1pm **Art Trek Workshop: Reverse Painted Birds 2-4pm**
20 Aqua Aerobics 8:45-9:45am Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm **Ice Cream Social 12:15-12:45pm** Chair Yoga 1-2pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm	*21* Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing (Pastel) 12:30-2:45pm Mat Yoga 3:30-4:30pm	*22* Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am **Locals Lunch at Café Habana 11:30am** Emeritus Drawing Mixed Media 12:30-2:45pm Reader's Theater 1-3pm	*23* Senior Aerobics 9-10am Misplaced Memory Class 10-11am **Karaoke Potluck 12-2pm** **Excursion:** **Aquarium of the Pacific**	*24* Aqua Aerobics 8:45-9:45am Computer Workshop 10am-12pm Stretch & Strength 10-11am **Finance Friday 12-1:30pm** Functional Fitness 12-1pm Emeritus Survey of Art 12:30-2:20pm
27 Aqua Aerobics 8:45-9:45am Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Chair Yoga 1-2pm Bridge Group 2:15pm	*28* Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing (Pastel) 12:30-2:45pm Mat Yoga 3:30-4:30pm	*29* Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am **Relax Through Coloring 11:15am-12:15pm** Emeritus Drawing Mixed Media 12:30-2:45pm Reader's Theater 1-3pm	*30* Senior Aerobics 9-10am Misplaced Memory Class 10-11am **Comedy Movie Screening 12-2pm**	**Comedy Movie Screening** June 30, 12pm Enjoy *"Taxi"* Starring Queen Latifah and Jimmy Fallon (2004)

Classes

Emeritus College

Emeritus Classes are offered through Santa Monica College. Classes are free, but participants must register.
Summer Session: June 21 to July 29. For more information, please call 310-434-4306.

Creative Writing
Tues, 9:30-11:45am

Drawing in Pastel
Tues, 12:30-2:45pm

Drawing Mixed Media
Wed, 12:30-2:45pm

Survey of Art
Fri, 12:30-2:20pm

Fitness/Dance/Sports

Aqua Aerobics at Malibu Pool
M, W & F, 8:45-9:45am, Starting June 13
$3 or free ages 55 and older

Senior Aerobics and Toning
Thursdays, 9-10am, $5/class

Chair Yoga
Mondays, 1-2pm, $2/class

Legacy Walking Group
Tuesdays, 10-11am
Free, Legacy Park
Meet at Civic Center & Webb Way

Therapeutic Stretch & Strength
Mondays, 11am-12pm
Wednesdays & Fridays, 10-11am
$2/class

Mat Yoga
Tuesdays, 3:30-4:30pm, $2/class

Functional Fitness
Fridays, 12-1pm, $2/class

Tai Chi at Bluffs Park
Tuesdays, 8:30-9:30am, $2/class

Silver Fox Walks
Thursday, June 9, 9am
RSVP required

The "BU" for Seniors
Tuesday, June 14, 12-1pm, Free

Art & Performance

Senior Choir
Mondays, 9:45-10:45am, Free

Memories in the Making
Thursday, June 9, 2:30-3:30pm, Free

Relax Through Coloring
Wednesday, June 29,
11:15am-12:15pm, Free

Art Trek Workshops
Reverse Painted Birds
Friday, June 17, 2-4pm
Workshop $2, plus $10 materials fee

Computers

Computer and Cell Phone Workshop
Friday, June 3 & 17
10am-12pm, $2/class

Enrichment / Groups

Bridge Group
Mondays, 2:15pm, Free

Current Events
Thursday, June 16, 1-2:30pm, Free

Reader's Theater
Wednesdays, 1-3pm, Free

The Market Beat
Friday, June 3, 11:30am, Free

Caregiver Support Group
Monday, June 6 & 20, 3:30-4:30pm, Free

Potluck Karaoke
Thursday, June 23, 12-2pm, $1 Donation
Participants Must RSVP
Potluck lunch

End of Life Discussion Group
Wednesday, June 1, 1:30-2:30pm, Free

Finance Friday
Friday, June 24, 12-1:30, Free

Misplaced Memory
May 26-June 30, Thurs, 10-11am, $45

Highlighted Classes

Finance Fridays

June 24, 12-1:30pm
City Hall, Multi-Purpose Room

Rotating Facilitator
Call to RSVP: Free lunch

"How to Turn Your Assets into Real Estate"

John W Mallett, President and owner of Mainstreet Mortgage, will show you how to qualify home buyers through the little known Fannie and Freddie options.
LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.

End of Life Discussion Group

First Wednesday of Each Month
City Hall, Multi-Purpose Room

Starting June 1, 1:30-2:30pm
Hosted by The Listening Post

Despite the fact that we will all die one day, our culture often makes the discussion of the last part of our life difficult if not impossible. Embracing this last phase of our lives and the lives of our loved ones can bring greater peace and clarity to all the days we live. This group will discuss the many issues related to end of life. Facilitated by Lisa Cypers Kamen and Susan Quillan.

Caregiver Support Group

First and Third Monday of Each Month
City Hall, Multi-Purpose Room

June 6 & 20, 3:30-4:30pm
Free

Taking care of a loved one can be one of the toughest jobs there is. This support group will provide a safe and confidential place to express your feelings, feel understood, and obtain helpful information from peers and professionals. Sponsored by the Malibu Listening Post.

The "BU" for Seniors

Tuesday, June 14, 12-1pm, FREE
City Hall, Backstage Theater Room

Call to RSVP: 310-456-2489 ext. 357
Instructors: Luly Mitchell & Jorge del Busto

The "BU" formula is a fun and effective low-intensity workout combination of dance & fitness with a Latin dance flair. Instructors Luly and Jorge will lead you through this effective workout program that will make a difference in your body and soul, leaving you happy and energized.

The Market Beat: Economics and the Market

Friday, June 3, 11:30am-12:30pm
City Hall, Multi-Purpose Room

Free
Informal Discussion Group

Enjoy this new discussion group like no other of like minded people to learn, educate, have fun and invest better. Draw on the combined talent of decades of investment successes and mistakes that have been made by others and share what works with others.

Emeritus College Classes

Classes are offered at the Malibu Senior Center through a partnership with Emeritus College, Santa Monica Community College. The Spring Session ends June 10 and the Summer Semester begins June 20. Summer Courses are listed below: register now through Emeritus College! For more information on Emeritus College please call (310) 434-4306.

Creative Writing
Tues, 9:30-11:45am
Instructor Reich

Drawing in Pastel
Tues, 12:30-2:45pm
Instructor Trentham

Drawing Mixed Media
Wed, 12:30-2:45pm
Instructor Bromberg

Survey of Art
Fri, 12:30-2:20pm
Instructor Schrader

What's New For You

FREE Theater Thursday, June 2

***"The Lady in the Van"* 11:30am**
A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway. Starring: Maggie Smith, Alex Jennings, Jim Broadbent. (2015)

***"Suffragette"* 1:30pm**
The foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. Starring: Carey Mulligan, Anne-Marie Duff, Helena Bonham Carter. (2015)

Senior Living Options:

What is the Best Choice for You?

Monday, June 6, 12-1pm, Free

Kelila and Tami will present factors which influence the life-changing decision of where a senior should live. This interactive program identifies the issues, features and costs when a senior wants to move to a more social environment or needs more care than family members or friends can provide. A small snack will be provided to those that RSVP: 310-456-2489 ext. 357.

Silver Fox Walks

Thursday, June 9, 9am

Experience the benefits of being active, social and outdoors while enjoying the many scenic regions of Malibu. Each month the group will meet in a new location for 2-3 mile walks. This month meet at Zuma Beach. Bring water, a snack, and wear comfortable clothing. RSVP required: 310-456-2489 ext. 357.

Travel Presentation: Guided Tours:

Make Travel Easy

Monday, June 13, 12-1pm, Free

Learn how guided tour companies can make senior travel easy and fun. A complimentary lunch and raffle drawing will be provided to those that RSVP. Presented by Tyler Reardon with Collette Travel and hosted by Cindy Vohland from Leisure TRAVEL Plus.
RSVP: 310-456-2489 ext. 357.

Karaoke Potluck Lunch

Thursday, June 23, 12-2pm, $1 Donation

Join in or listen to Karaoke singers at the Malibu Senior Center! The event is free, but participants are encouraged to bring food to share with others at this potluck event. Please RSVP by calling 310-456-2489 ext. 357.

Locals Lunch

Tuesday, June 22
11:30 am

Enjoy lunch at a local restaurant and socialize with Malibu locals. Cafe Habana, located at the Malibu Lumber Yard, brings a mix of Cuban and Mexican fare to Malibu. A free regular coffee or soft drink will be provided. Please RSVP 310-456-2489 ext. 357.

Healthy Living for Your Brain & Body

Wednesday
June 15, 12pm
Free

For centuries, we have known the health of the brain and body are connected. Science is now able to provide insights on how to make lifestyle choices to help keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by the Alzheimer's Association of California, Central Chapter.

Legacy Park Walking Group

Tuesdays, 10-11am

Join us for easy walking and fun socializing around Legacy Park. Wear comfortable shoes, dress for the weather, and bring water. Meet at the corner of Civic Center Way and Webb Way.

Ice Cream Social

Free

Monday, June 20
12:15-12:45pm

Celebrate birthdays this month at the Center's ice cream social. Make your own sundae and enjoy socializing with others.

Poetry & Prose Reading & Potluck

Tuesday, June 7, 11am

Multi-Purpose Room

Members of the Emeritus Creative Writing Class will read original work of poetry and prose. There will be a potluck following the reading. All are welcome to attend this educational event.

Gemini Birthdays: May 22 - June 20

Energetic, Charismatic, Nervous, Restless, Witty, Adaptable, Imaginative

Adrianne Cross Albino, Michele Albury, Marjorie Anderson, Mildred Andrzejewski, Bruce Asai, Sandra Banducci, Marie Bathum, Edward Bedrosian, Henry Berler, Barbara Bick, David Blackman, Melanie Bouer, Sandra Bowers, Brent Bunker, Marguerite Campbell, June Carson, Albert Chang, Sandra Connelly-Cook, Diana Coryell, Tess Cowell, Berl Dahlstrom, Claire Davis, Pamela Davison, Millie Decker, Marye Deo, Janie Dickson, Doug Dufay, Jesta Erichsen, Dave Farbman, Lucas Fikaris, Geraldine Fiske, Teresa Franklin, Jane Franz, Ray Fredman, Stella Fu, Christopher Galate, Phyllis Garfield, Marcia Georgas, Vidya Ghosh, Susan Glanzman, Sherna Berger Gluck, Marcia Grey, Sandra Hollins, Anne Hughes, Charolette Jacobs, Cheryl Jacobson, Gloria Jaguden, Robert Janis, Chester Janisz, Judith Kass, Barbara Kearsley, Diana Klein, Phyllis Klein, Laurie Klorman, Milton Klorman, Mary Kramer, Nan Landa, Stephanie Landa, Barbara Lebow, Elinor Leipzig, Aelina Longo, Betty Lucas, Maggie Luckerath, Elizabeth Macready, Inga Markmiller, Linda Mc Donald, Judy Miller, Connie Mow, James Nicholls, Elspeth Nickerson, Betty Odello, Jane Otto, Kay Owen, June Payne, Gerald Perman, Ethel Phipps, Adele Pollard, Deede Rich, Eric Ritter, William Robertson, John Rough, Morna Rowland, Fred Schulte, Donna Schwarm, Elisa Sheedy, Elizabeth Smith, Rita Spitz, Lee Steele, Rock Stewart, Larry Stokesberry, Carol Sweasy, Brenda Symons, Susan Tellem, Blanche Teufel, Cathy Thomas, Virginia Turner, Anna Turturro, Darcey Wark, Skye Webber, Anna Wei, James Weiss, Martine Work, Alfred Zamm, Curtis Ziman, Art Zoloth

Other News from the Senior Center

- **Health Tip:** Avocodos are not just for guacamole. They contain valuable nutrients such as folate, fiber, and potassium, and they support healthy eyesight and a healthy immune system. Avacados have the unsaturated fats which are vital for continuing good health. Enjoy one today!
- **Volunteers Needed:** Tech-Savvy volunteers are needed to assist with our Computer & Cell Phone Workshop on occasional Fridays from 10am-12pm. We would like to schedule two volunteers per week to help with this program. For more information, call 310-456-2489 ext. 357.
- **Malibu Library Events:** June 20, 4:30pm, Sports Film Series will be showing *Hoop Dreams*. June 22, 5:30pm, Scrabble Skills. June 27, 6pm, Sports Film Series will be showing *Jesse Owens.* For more information or to RSVP call 310-456-6438.
- **Malibu Garden Club:** June 1, 7pm, Jorge Ochoa will present "A Passion for Passion Flowers" at the Point Dume Club House, 29500 Heathercliff Drive. For more information call 310-456-3860.
- **Malibu Jazz Ensemble:** Are you interested in joining a community jazz band in Malibu? Dust off your old horn and sign up! We are creating an interest list for a future program, so call 310-456-2489 ext. 357 to put your name and instrument on the list. First meeting will be August 24.
- **Household Hazardous Waste (HHW) and E-Waste Collection:** June 18, 10am-2pm, Malibu City Hall upper parking lot. Properly dispose of water-based paint, motor oil, anti-freeze, automotive and household batteries, compact flurescent unbroken light bulbs, and electronics. For more information call 310-456-2489.
- **Aqua Aerobics at Malibu Community Pool:** Mondays, Wednesdays and Fridays at 8:45am from June 13 through August 12. $3 or free ages 55 and older.

June Excursion

Aquarium of the Pacific

Thursday, June 23, 9am-6:30pm, $60 (Lunch Included)
Deadline to Register: June 9 or until full

Home to more than 11,000 ocean animals, representing nearly 500 species, the Aquarium celebrates the planet's largest and most diverse body of water: the Pacific Ocean. The Aquarium of the Pacific is a world-class aquarium, exploring the waters of Southern California and Baja, the Northern Pacific, and the Tropical Pacific. In addition to the three main galleries highlighting the major regions of the Pacific, the Aquarium features exhibits outdoors, including Shark Lagoon and the Lorikeet Forest aviary. Beforehand, enjoy a fun and interactive lunch at Bubba Gump Shrimp Co., a Forrest Gump themed restaurant located near the Aquarium.

July Excursion

Hello Rio Comedy Show

Thursday, July 28, 10:30am-5:15pm, $52 (Lunch Included)
Deadline to Register: July 14 or until full

Celebrate Rio, the site of the Summer Olympics, with a Brazilian beat and lots of laughs at this Senior Comedy Afternoon in Hermosa Beach. Start with a Brazilian flavored conga concert, then an Olympian Opening Ceremony followed by rhythmic Samba dancers. Magi Avila, star of The Carmen Miranda Show will take the stage with her tutti-frutti hat to bring ole Carmen back to life! Then enjoy comedian Gilbert Esquivel, who has won the first Latino Comedy Search, and Monique Marvez, who is a radio and television personality and comedian. Come dressed patriotic or Brazilian Carnival! Before the show, enjoy lunch at The Kettle, a famous restaurant in Manhattan Beach.

Trip Cancellation/Refund Policy

Trips may be canceled if minimum enrollment is not met by the registration deadline. Refunds will not be given to participants who cancel after the registration deadline. Special accommodations for those with specific needs can be arranged. Checks should be made payable to "City of Malibu."

Art Classes

Art Trek Workshops

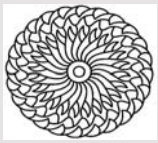
$2 plus $10 material fee — Instructor: Lorelle Patterson, Art Trek
Participants need to RSVP: minimum of 5 and maximum of 12 participants.

June 17, 2-4pm, Reverse Painted Birds on Acetate
A truly unique art form takes you to painting in reverse with acrylics on acetate, approaching painting in a new and unique way.

July 8, 2-4pm, Summer Sun
Watercolor painting: create your own fun and fanciful hot summer sun.

Memories in the Making

Tuesday, June 9, 2:30-3:30pm, FREE — Facilitated by Denise Gieser
Memories in the Making is a unique arts program that offers a creative and non-verbal way of communicating and capturing precious movements through art. This program stimulates the brain, enhances connections with families, professional caregivers, preserves distant memories or captures the "Spirit of the Moment," and focuses on what remains rather than what's lost.



Relax Through Coloring

Wednesday, June 29, 11:15am-12:15pm, FREE — Facilitated by Judy Merrick
Did you know that coloring helps relieve stress? By focusing on coloring, one is not thinking about the worries of daily life. Join us for this free unstructured drop-in program.

MALIBU SENIOR CENTER
23825 STUART RANCH ROAD
MALIBU, CA 90265

Senior Center Hours

Monday - Thursday: 9am - 4:30pm, Friday: 9am - 4pm
Saturday and Sunday: Closed
Senior Center Phone Number: 310-456-2489 ext. 357