

**October  
2016**

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# Malibu Senior Center & Adult Activities

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Senior Center Staff

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



# senior news & VIEWS

## Monthly Luncheon

**Thursday, October 20, 11:30am-1pm**

**\$2 for the first 80 people that RSVP**

**Featuring James Swing**

Learn about the history of the ukulele and guitar in the Hawaiian Islands and enjoy demonstrations of the wide variety of music that can be played with these instruments; from the Beatles to Queen Liliuokalani. James Swing was inspired early on by "The King", then had a guitar love affair with "The Beach Boys." He currently teaches guitar, ukulele and mandolin in Malibu. Call in advance to reserve a seat for lunch: 310-456-2489 ext. 357.



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

## Wellness Expo

**Friday, October 14, 11am-2pm**

**FREE**

Meet local service providers and learn about healthy aging! Informational booths include: medical doctors, health and wellness businesses and senior care providers. Informational lectures will also be administered by professionals in the health and wellness field. The first 50 people to RSVP will receive a free lunch! There will also be a free raffle with prizes awarded throughout the day. **See page 4 for more information.**



	Sun	Mon	Tue	Wed	Thu	Fri					
2	Senior Tennis at Malibu High School 10-10:55am	3	Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm	4	Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am The "BU" for Seniors 12pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	5	Emeritus Poetry 10-11:50am Stretch & Strength 10-11am Reader's Theater 1-3pm End of Life Discussion Group 3:30-4:30pm	6	Senior Aerobics 9-10am Misplaced Memory 10-11am Tap Dance Class 10:15-11:15am <i>No Theater Thursday: moved to next week</i>	7	Stretch & Strength 10-11am Computer Workshop 10am-12pm Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm
9	Senior Tennis at Malibu High School 10-10:55am	10	Senior Choir 9:45-10:45am Ice Cream Social 12:15pm-12:45pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm	11	Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am The "BU" for Seniors 12pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	12	Stretch & Strength 10-11am Emeritus Poetry 10-11:50am <b>Evacuation Planning for Savvy Seniors 12-1pm</b> Reader's Theater 1-3pm	13	Senior Aerobics 9-10am <b>Silver Fox Walk at Bluffs Park 9am</b> Misplaced Memory 10-11am Tap Dance Class 10:15-11:15am <b>Theater Thursday 11:30am &amp; 1:30pm</b>	14	Stretch & Strength 10-11am Emeritus Autobiography at Bluffs 12:30-2:45pm Functional Fitness 1-2pm <b>Wellness Expo! 11am-2pm</b> Be Sure to Stop By!
16	Senior Tennis at Malibu High School 10-10:55am	17	Senior Choir 9:45-10:45am <b>Memories in the Making 11:30am-12:30pm</b> Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm	18	Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am The "BU" for Seniors 12pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	19	Stretch & Strength 10-11am Emeritus Poetry 10-11:50am <b>Locals Lunch at Casa Escobar 11:30am</b> Reader's Theater 1-3pm <b>Update from Sudan 5:30pm</b>	20	Senior Aerobics 9-10am Misplaced Memory 10-11am Tap Dance Class 10:15-11:15am <b>Monthly Luncheon 11:30am-1pm</b> Current Events 1-2:30pm	21	<b>AARP Smart Driver Refresher Class 8am-1pm</b> Computer Workshop 10am-12pm Stretch & Strength 10-11am <b>Finance Friday 12- 1:30pm</b> Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm
23	Senior Tennis at Malibu High School 10-10:55am	24	Senior Choir 9:45-10:45am <b>Music for the Mind 11:45am-12:45pm</b> Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm	25	Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am The "BU" for Seniors 12pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	26	Stretch & Strength 10-11am Emeritus Poetry 10-11:50am <b>Relax Through Coloring 11:15am-12:15pm</b> Reader's Theater 1-3pm	27	<b>AARP Smart Driver Class 8am-1pm</b> Senior Aerobics 9-10am Misplaced Memory 10-11am Tap Dance Class 10:15-11:15am Special Movie Screening 1-3pm <b>Excursion: Food Tour</b>	28	<b>AARP Smart Driver Class 8am-1pm</b> Stretch & Strength 10-11am <b>The Market Beat 11:30am-12:30pm</b> Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm <b>Art Trek Workshop: Watercolor Flowers 2-4pm</b>
30		31	Senior Choir 9:45-10:45am Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm			Volunteers needed at Halloween Carnival! Fri, October 28, 2:30-5:30pm at Bluffs Park					

# Classes

## Emeritus College

Emeritus Classes are offered through Santa Monica College. Classes are free, but participants must register. For more information, please call 310-434-4306.

**Creative Writing**                      **Drawing in Pastel**  
Tues, 9:30-11:45am      Tues, 12:30-2:45pm

**Poetry and Fiction**                      **Autobiography**  
Wed, 10-11:50am                      Fri, 12:30-2:45pm

## Fitness/Dance/Sports

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

**Therapeutic Stretch & Strength**  
Mondays, 2-3pm  
Wednesdays & Fridays, 10-11am  
\$2/class

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

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

**The "BU" for Seniors**  
Tuesdays 12-1pm, Free  
*RSVP Required: min. 4 people*

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

**Silver Fox Walks**  
Thursday, October 13, 9am, Free  
Bluffs Park: RSVP required

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

**Tap Dance Class**  
Thursdays, 10:15-11:15am, \$5/class

**Functional Fitness**  
Fridays, 1-2pm, \$2/class

**Senior Tennis**  
Sundays, 10-10:55am, October 2-23  
\$60 for session or \$23/class  
Malibu High School Tennis Courts

## Art & Performance

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

**Memories in the Making:  
Crunch & Create**  
Monday, October 17  
11:30-12:30pm, Free

**Relax Through Coloring**  
Wednesday, October 26  
11:15am-12:15pm, Free

**Art Trek Workshop: Watercolor Flowers**  
Friday, October 28, 2-4pm  
Workshop is \$2 plus \$10 materials fee

## Enrichment / Groups

**Bridge Group**  
Mondays, 2:15pm, Free

**Caregiver Support Group**  
Monday, October 3 & 17, 3:30-4:30pm, Free

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

**End of Life Discussion Group**  
Wednesday, October 5  
3:30-4:30pm, Free

**Misplaced Memory**  
Thursdays, September 29-November 10  
10-11am, \$45 for the 6-week session

**Current Events**  
Thursday, October 20, 1-2:30pm, Free

**Finance Friday**  
Friday, October 21, 12-1:30, Free  
Participants Must RSVP to receive lunch

**The Market Beat**  
Friday, October 28, 11:30am, Free

**Computer and Cell Phone Workshop**  
Friday, October 7 & 21  
10am-12pm, \$2/class

Highlighted  
Classes



## Finance Fridays

October 21, 12-1:30pm  
City Hall, Multi-Purpose Room

Rotating Facilitator  
Call to RSVP: Free lunch

### “Investing in Real Estate for Cash Flow and Benefits of a 1031 Exchange”

Presented by Rusty Tweed with Tweed Financial Services, and Brian Nelson with Nelson Brothers Professional Real Estate. Learn about management-free real estate options, types of income property without tenant or maintenance problems, and benefits and rules of a 1031 Exchange.

LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.

## Misplaced Memory: How to Remember What We Forget

Thursdays, September 29-November 10, 10-11am \$45 for the 6-week session

Malibu Senior Center Instructor: Robin Rappaport

Create a “memory toolbox” to help retain words, lists, and numbers in your short term memory in our fun, creative, and innovative Memory Class. Please call about registration information.

## The Market Beat

October 28, 11:30am-12:30 pm  
Zuma Room

Free  
Facilitator: Kal Klatt

Enjoy this new discussion group to learn about investments and the stock market.

## AARP Smart Driver Course

Tune up your driving skills and learn current rules of the road, how to safely operate your vehicle in today’s driving environment and adjustments to common age-related changes in vision, hearing and reaction time. Auto insurance discount may apply for AARP graduates (check with your provider)! Please RSVP 310-456-2489 ext. 357. The refresher course is offered to participants who have taken the 8-hour Smart Driver Program within the last 3 years.

\$15 AARP members, \$20 non-AARP members  
Basic Course: October 27 & 28, 9am-1pm

Malibu City Hall, Zuma Room  
Refresher Course: October 21, 9am-1pm

## Wellness Expo

Friday, October 14, 11am-2pm

Meet local service providers and learn about healthy aging! Informational booths include health and wellness businesses and senior care providers. All participants will receive a free raffle ticket. Raffle items include discounts from vendors, gift cards and more. Drawings will be held at 11:55am, 12:55pm, and 2pm. Must be present to win.

### Informational Lectures in the Zuma Room:

#### **11am: What to Look For in a Caregiver**

Presented by Ruthie Rosenberg, LivHome, Inc.

#### **12pm: Self-Care is the New Healthcare**

Presented by Kathryn Ford, Excellence Institute

#### **1pm: Medicare 2017**

Presented by Elka Soussana & Shmuel Schwartz, Simpler Horizons



# What's New For You

FREE Theater Thursday, October 13



## **"Money Monster" 11:30am**

Financial TV host Lee Gates and his producer Patty are put in an extreme situation when an irate investor takes over their studio. Starring: George Clooney, Julia Roberts, Jack O'Connell (2016).

## **"Now You See Me 2" 1:30pm**

After outwitting the FBI and winning the public's adulation with their Robin Hood-style magic spectacles, the Four Horsemen resurface and are forcibly recruited by a tech genius to pull off their most impossible heist yet. Starring: Mark Ruffalo, Woody Harrelson, Jesse Eisenberg (2016).

## Evacuation Planning for Savvy Seniors

Wednesday, October 12, 12-1pm, Free

Come learn about being ready and able to safely evacuate your home, no matter what challenges or complications you may face. Learn what to place in an emergency preparedness kit and how to set up communications before an emergency occurs. Presented by Brad Davis, Emergency Services Coordinator for Malibu.

## Update from Sudan

Wednesday, October 19, 5:30pm, Free

Professor Jok Jok & Dr. Andrea Shaw will provide updates on the political situation in South Sudan, a review of challenges facing the newly independent country, and the work they are both involved in to support the people of South Sudan. Don't miss this special early evening presentation!



## Music for the Mind

Monday, October 24, 11:45am-12:45pm, Free

Connecting mind, body and spirit through healthy eating. Come learn how music can increase relaxation to improve optimal health, aid in moving the body to better utilize nutrients for overall health, and uplift the spirit, lower stress, and achieve ultimate health. Facilitated by Tay'me Yo'to, a musician and licensed nutritionist.



## Silver Fox Walk

Thursday, October 13, 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 a 2-3 mile walk. This month meet at Bluffs Park and take the chance to hike a park that you drive by all the time. Bring water, a snack, and wear comfortable clothing. Please RSVP for more information and meeting location: 310-456-2489 ext. 357.



## Locals Lunch

Thursday,  
October 19,  
11:30 am

Enjoy lunch at a local restaurant and socialize with Malibu locals. Casa Escobar has been serving authentic Mexican food in the Los Angeles area since 1946. Please RSVP to 310-456-2489 ext. 357.



## Special Movie Screening

Thursday, October 27  
1-3pm

*The Huntsman:  
Winter's War*

The story before Snow White: Eric and fellow warrior Sara, who were raised as members of Ice Queen Freya's army, fight to survive the wicked intentions of both Freya and her sister Ravenna. Starring Chris Hemsworth and Jessica Chastain (2016).

## Ice Cream Social

Free

Monday, October 10  
12:15-12:45pm



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

## 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.

## HHW / E-Waste Collection

**October 15, 10am-2pm**

Properly dispose of household hazardous waste (HHW) and electronic waste at Malibu City Hall, Upper Parking lot.

For more information call 310-456-2489 ext. 286.

## Hit a Triple: Water Conservation Events October 1

### Rain Barrel Pickup

8:30am-1:30pm

Free rain barrel for those that RSVP.

### Smart Gardening Workshop

9:30am-11am

Learn about smart gardening with an option to purchase compost bins.

### Smart Sprinkler Exchange

11:30am-12:30pm

Exchange your old sprinkler for a new smart sprinkler controller and weather sensor.

Participants must RSVP by calling 310-371-4633 or online at [www.sbesc.com](http://www.sbesc.com)

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## Libra Birthdays: September 23 - October 22

Cooperative, Diplomatic, Indecisive, Self-pity, Social, Gracious



Judy Abel, Thomas Adams, Renee Agarwal, Karen Anderson, Dori Anderson, William Androlia, Lynn Anfanher, Yalile Arroyo, Janet Baily, Sharla Barrett, John Bayless, Kay Beeman, Freny Berkenbile, Dave Brady, Marilyn Brath, Dale Buell, Audrey Burrigh, Ann Buxie, John Cairns, Joyce Caldwell, Diane Carpenter, Mary Charitan, Richard Cianfagione, Albert Cohen, Sandra Cole, Kay Corrodi, Sylvia Cosentino, BJ Cotton-Jeffords, Ellen Crandall, Patricia Dahlstrom, Maria Del Barrio, Tulan Do, Jeanette Dudley, Patti Dufay, Mary Edie, Clark Emerson, Beverly Estill, Sanford Evans, Patricia Falcon, Shoreh Farahmand, Candace Ferguson, Howard Flagg, Terry Fox, Claude Goodrich, Courtney Grossman, David Hall, Cynthia Hamilton, Dorinne Hannam, Lena Hansen, Larry Hariton, Mary Hartley, Gregory Haugen, Shelly Hock, Maria Hodgson, Joyce Hoover, Bill Hoppe, Julie Hsieh, Beth Hudspeth, Jennifer Ingle, Norman Jarrett, Gordon Jenkins, Shirley Johnson, Mary Jorgenson, Melissa Kelly, Florence Kettering, Diane Kieffer, Dan Kirby, Linda Klapper, Pamela Kruzic, Norene Kurnik, Mary Ann La Vasseur, Enid Lambert, Eleanor Lawrence, Patricia Le Dell, Bruce Leonard, Lois Lessler, Jeffrey Light, Caroline Maclay, Tomoe Maichino, Robert Maki, Evi Marandi, Charmaine McCowan, LisaJo Mcgee, Tom Milhaupt, Anna Milliken, Luz Mills, Larry Mishlove, Peggy Nadeau, Richard Nagel, Binh Nguyen, Victoria Nichols, Gloria Norland, Elsie O'Herlihy, Betty O'Meara, Parvin-Jeinchi, Eliza Perronne, Anita Poirier, Jim Porter, Lavonia Quiros, Mary Raab, Ann Radow, Scott Randle, Frank Rich, Margott Rifembark, Linda Rivera, Barbara Rosenblum, Mahnaz Roshanger, Marge Rucker, Mary Rudolph, Elaine Sarfati, Howard Schechter, Marcia Sgrna, Kathleen Shores, Edward Soloman, Connie Solomon, Marie Stapel, Mary Lou Steffen, Jan Sterling, Del Taylor, Peter Tompkins, Charlene Wagner, Carolyn Weinrieb, Chaz Wenderoth, Nurit Whitney, Shirley Whittingham, Lillian Winnikoff, Susan Woods, Margaret Wright, Lisa Zarowin

## Other News from the Senior Center

- **Health Tip:** Pumpkin puree contains a rich source of minerals like copper, calcium, potassium and phosphorus and is an excellent source of Vitamins A, C, E and the B complex. Stir pumpkin puree into soup, stew or chili, or add to oatmeal, yogurt, pasta sauce or hummus.
- **Malibu Library Events:** October 3, 6pm: Learn Meditation and Mindfulness. October 5, 6:30pm: Medicare 101. October 12, 5-6:30pm: Malibu Book Club will discuss *Everything I Never Told You* by Celeste Ng. October 14, 3-4pm, Pepperdine Guitar Concert. October 21, 3:30pm: City of Angles Saxophone Quartet. For more information call 310-456-6438.
- **Volunteer Weeding Day:** October 15, 9am-1pm, at Legacy Park. Volunteers will receive expert training and education about native and non-native plant species. Water and snacks provided. For more information call 310-456-2489 ext. 337.
- **First Aid Class:** October 20, 6-9pm, \$40, at Malibu City Hall. Become certified to administer First Aid in this informative class. For more information or to RSVP call 310-456-2489 ext. 260.
- **Los Angeles Virtuosi Concert:** East Meets West, October 9, 4pm, Malibu Civic Theater. \$20 for senior tickets includes shuttle. For more information call 310-999-3626 or online at [www.lavirtuosi.com](http://www.lavirtuosi.com).
- **Pacific Palisades Women's Club Events:** Free Senior Exercise Class, Fridays 11:30am-12:30pm, call Danny Vasquez for informatoin and location at 818-984-1380 ext. 108.

## October Excursion



## Arcadia Delicious Dumpling Food Tour

Thursday, October 27, 9am-5pm, \$70 (Food Included)

Deadline to Register: October 13 or until full

Enjoy over 10 unique tastings that may include dumplings, popcorn chicken and Taiwanese sausages at Sinbala, savory breads at JJ Bakery, specialty boba and brick toast at Tea Bar Starry, and Vietnamese tropical fruit dessert drinks at Bambu. A knowledgeable local guide from Six Taste Tours will explain how the local cuisine is shaped by the area's rich cultural history. Participants will be led on a route of about 4-5 eateries on roughly two walking blocks. This excursion may not be suited for vegans, vegetarians, pescatarians, and gluten-free diets.

## November Excursion



## The Getty Center

Wednesday, November 9, 9:30am-4pm, \$20 (Lunch Included)

Deadline to Register: November 1 or until full

The Getty Center excursion will begin with a tram ride to the summit, taking in unexpected views of the historic Sepulveda Pass. Arriving at the central plaza, enjoy the gardens, terraces and dramatic architecture. The trip will include a tour of the architecture and gardens of the Getty Center. Enjoy a boxed lunch from the center, then experience all the Getty has to offer at your own pace. View paintings by many of the most familiar masters – Rembrandt, Goya, Monet, Cezanne, and more.

## 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: Fun & Funky Watercolor Flowers

Friday, October 28, 2-4pm

City Hall, Multi-Purpose Room

\$2 for the class plus \$10 materials fee

Conducted by Lorelle Patterson

Using prints of Henri Matisse's paintings for inspiration, we will paint our own masterpieces using acrylic paint on canvas. RSVP required: maximum 12 students.



#### Memories in the Making: Crunch & Create!

Monday, October 17, 11:30am-12:30pm, FREE

Free Lunch provided to those that RSVP!

Facilitated by Denise Gieser

Art Class Open to All

Memories in the Making is a unique arts program offering a creative and non-verbal way of communicating and capturing precious movements through art. This month, enjoy lunch as you "Crunch and Create" art! Be sure to RSVP so there will be enough food for everyone.



#### Relax Through Coloring

Wednesday, October 26, 11:15am-12:15pm, FREE

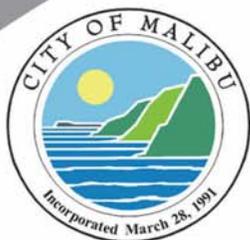
Did you know that coloring helps relieve stress? By focusing on coloring, one is not thinking about the worries of daily life. Join us for this free unstructured drop-in program.

Facilitated by Judy Merrick



**Return Service Requested.**

**MALIBU SENIOR CENTER**  
23825 STUART RANCH ROAD  
MALIBU, CA 90265



## Volunteers Needed for a Halloween Carnival!

Volunteers are needed to help with the Halloween Carnival costume parade, arts and crafts booth, and handing out candy to participants.

This will be a fun event for all and a great opportunity to show off your Halloween Spirit!

Friday, October 28, 2:30-5:30pm  
Malibu Bluffs Park  
Event starts at 3pm  
310-456-2489 ext. 357 to RSVP



### Save a tree!

If you are interested in receiving the Senior News & Views via email instead of snail mail, please contact Theresa Odello at [todello@malibucity.org](mailto:todello@malibucity.org)

### Senior Center Hours

Monday - Thursday: 9am - 4:30pm  
Friday: 9am - 4pm  
Saturday and Sunday: Closed

### Senior Center Phone Number:

310-456-2489 ext. 357