

January 2017

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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

January Luncheon

Thursday, January 19, 11:30am-1pm

\$2 for the first 80 people that RSVP

Enjoy a special Luau at this month's luncheon. Wear a Hawaiian shirt, enjoy professional Hawaiian dancers and eat wonderful food from the islands. Call in advance to reserve a seat: 310-456-2489 ext. 357; after 80 RSVPs a wait list will be created. Please pay at the door; exact change is preferred.



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

Foam & Tone with Tina

New Class on Mondays, 11am-12pm

\$5 per class

Improve circulation, alleviate pain and soothe your body during this one-hour class. Participants will use a simple foam roller built with a specific resistance so when the user is on it, the roll compresses and pushes the localized area of the body, a technique called myofascial release or self-message. Wear comfortable clothes and bring water to this unique toning class. This will be an ongoing drop-in class starting January 9.



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Senior Center Closed</p>	<p>3</p> <p>Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm No Mat Yoga Today Goodbye to Theresa! 3-4pm</p>	<p>4</p> <p>Stretch & Strength 10-11am Reader's Theater 1-3pm Bridge Group 3-4:30pm End of Life Discussion Group 3:30-4:30pm</p>	<p>5</p> <p>Senior Aerobics 9-10am Tap Dance Class 10-11am Theater Thursday 11am & 1pm</p>	<p>6</p> <p>Stretch & Strength 10-11am No <i>Functional Fitness</i> Special Movie Screening <i>Hello, Dolly!</i> 12-2pm</p>
<p>9</p> <p>Senior Choir 9:45-10:45am Foam & Tone: First Class 11am-12pm Ice Cream Social 12:15-12:45pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>10</p> <p>Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>11</p> <p>Stretch & Strength 10-11am Local's Lunch at Coral Beach Cantina 11:30am Reader's Theater 1-3pm Storytelling Workshop First Class: 2-3pm Bridge Group 3-4:30pm</p>	<p>12</p> <p>Silver Fox Walk at Castro Peak 9am Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish for Memory First Class: 10-11am Needlework Group 12-2pm</p>	<p>13</p> <p>Stretch & Strength 10-11am Computer Workshop 10am-12pm Finance Friday: Alternative Investments 12-1:30pm Functional Fitness 1-2pm</p>
<p>16</p> <p>Senior Center Closed</p>	<p>17</p> <p>Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>18</p> <p>Stretch & Strength 10-11am Advanced Directives: Are You Prepared? 12-1pm Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm</p>	<p>19</p> <p>Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish for Memory 10-11am Monthly Luncheon 11:30am-1pm Current Events 1-2:30pm</p>	<p>20</p> <p>Stretch & Strength 10-11am Medical Mysteries: Vaccinations 12-1pm Functional Fitness 1-2pm Art Trek 2-4pm</p>
<p>23</p> <p>Senior Choir 9:45-10:45am Foam & Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm</p>	<p>24</p> <p>Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>25</p> <p>Stretch & Strength 10-11am Reader's Theater 1-3pm Storytelling Workshop 2-3pm Relax Through Coloring 11:15am-12:15pm Bridge Group 3-4:30pm</p>	<p>26</p> <p>Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish for Memory 10-11am Stem Cell Medicine 3-4pm</p>	<p>27</p> <p>Computer Workshop 10am-12pm The Market Beat 11:30am-12:30pm Functional Fitness 1-2pm</p>
<p>30</p> <p>Senior Choir 9:45-10:45am Foam & Tone 11am-12pm Memories in the Making 12pm-1:30pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm</p>	<p>31</p> <p>Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>Happy New Year!</p>		

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.

Winter Semester is January 3 through February 7.

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

Drawing at Bluffs
Tues, 12:30-2:45pm

Fitness/Dance/Sports

Chair Yoga

Mondays, 1-2pm, \$2/class

Foam & Tone: *New Class*

Mondays, 11am-12pm, \$5/class

Therapeutic Stretch & Strength

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

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

Mat Yoga

Tuesdays, 3:30-4:30pm, \$2/class
No Yoga January 3

Silver Fox Walks

Thursday, January 12, 9am, Free
Castro Peak: RSVP required

Senior Aerobics and Toning

Thursdays, 9-10am, \$5/class

Tap Dance Class

Thursdays, 10-11am, \$5/class

Functional Fitness

Fridays, 1-2pm, \$2/class
No class January 6

Art & Performance

Senior Choir

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

Memories in the Making:

Crunch & Create

Monday, January 30, 12pm-1:30pm, Free

Relax Through Coloring

Wednesday, January 25
11:15am-12:15pm, Free

Art Trek Workshop: Aboriginal Animals

Friday, January 20, 2-4pm
Class is full: Waitlist only

Enrichment / Groups

Bridge Group

Free, Mondays at 2:15pm and
Wednesdays at 3pm

Caregiver Support Group

Monday, January 9
3:30-4:30pm, Free

Reader's Theater

Wednesdays, 1-3pm, Free

Finance Friday: Alternative Investments

Friday, January 13, 12-1:30pm
Free lunch for those that RSVP

End of Life Discussion Group

Wednesday, January 4
3:30-4:30pm, Free

Current Events

Thursday, January 19, 1-2:30pm, Free

The Market Beat

Friday, January 27, 11:30am, Free

Computer and Cell Phone Workshop

Friday, January 13 & 27
10am-12pm, \$2/class

Spanish for Memory

January 12—February 16
Thursdays, 10-11am
\$45 for the 6-week class

Voice on the Page

February 2-23, 2:30-4:30pm
\$60 for the 4-week workshop

Highlighted
Classes



NEW CLASS: Telling Your Tales: A Storytelling Workshop

Wednesdays, January 11 - March 1, 2-3pm

\$16 for 8 weeks

Instructor: Ann Buxie

Malibu City Hall, Zuma Room

Instructor Ann Buxie has been hosting Tales By The Sea, a storytelling concert series for grown-ups in Malibu, since 1995. This eight-week session teaches how to craft a personal story. We will respond to prompts and discuss the elements of story. Stage one is choosing and writing your story, then sharing it in class, the private sifting of details and the mulling over, and the elaborating of the story. Stage two is preparing your story to be told. The final stage is *Yours Truly*, a public concert.

NEW CLASS: Spanish to Improve Memory

Thursdays, January 12 - February 16, 10-11am

\$45 for 6 classes

Instructor: Robin Rapaport

Malibu City Hall, Zuma Room

Learning a new language is a wonderful way to exercise memory retention and develop new communication skills relevant to your daily life. Join the learning fiesta in this fun filled hour of basic Spanish! Class includes beginning grammar, vocabulary, conversation and activities to engage participants and provide real life situational dialog.

NEW UPCOMING CLASS: Voice on the Page

Thursdays, February 2-23, 2:30-4:30pm

\$60 for 4-week workshop

Instructor: Kelly Ann Ford, The 40 over 50 Project

Malibu Senior Center

This fun, intensive 4-week workshop focuses on men and women over the age of 50 to get their true voice down on the page and out into the world! To counter the media's often generalized, idealized, nostalgic, sometimes negative and often stereotypical depictions of the "golden years," this workshop will draw upon current experiences, understandings and discoveries from this chapter of life to give voice to how multi-dimensional, vital, and significant this segment of our population truly is. By the end of the workshop, students will have created a character driven monologue or story that will be preformed in front of an audience.

Medical Mysteries: Vaccinations

Friday, January 20, 12-1pm

Facilitator, Vin Joshi, M.D.

Malibu City Hall, Zuma Room

Call to RSVP: Free lunch

Learn about medical topics that YOU need to know. Vin Joshi, M.D., will host a presentation entitled "Vaccinations." Free Lunch for those that RSVP.

Bridge Group

Mondays, 2:15pm
or Wednesdays at 3pm

Ongoing, Free!
Malibu Senior Center

This is a relaxed bridge group that is open to all levels, including beginner-novice! Join us for fun and friendly play on Monday or Wednesday afternoons.

The Market Beat

Friday, January 27, 11:30am-12:30 pm

Free

Malibu City Hall, Zuma Room

Facilitator: Kal Klatt

Enjoy this new discussion group to learn about investments and the stock market in a relaxed setting.

Finance Fridays

January 13, 12-1:30pm
City Hall, Multi-Purpose Room

Rotating Facilitator
Call to RSVP: Free lunch

Alternative Investments: The advantages of investing in income producing properties for monthly income

4 Presented by Jason Lowther, Senior Investment Advisor with Western International Securities, Inc.
LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.



What's New For You

FREE Theater Thursday, January 5

"Bad Moms" 11:00am

When three overworked and under-appreciated moms are pushed beyond their limits, they ditch their conventional responsibilities for a jolt of long overdue freedom, fun, and comedic self-indulgence. Starring: Mila Kunis, Kathryn Hahn, Kristen Bell. (2016)

"Cafe Society" 1:00pm

In the 1930's, a Bronx native moves to Hollywood and falls in love with a young woman who is seeing a married man. Directed and written by Woody Allen. Starring: Jesse Eisenberg, Kristen Stewart, Steve Carell. (2016)



Locals Lunch

Wednesday,
January 11,
11:30 am

Enjoy lunch at a local restaurant and socialize with Malibu locals. Coral Beach Cantina, established in 1982, offers an impressive array of traditional Mexican dishes sure to please even the most discriminating palate.

Please RSVP to
310-456-2489 ext. 357.



Advance Directives: Are You Prepared?

Wednesday, January 18, 12-1pm, Free

Why do you need an Advance Directive? Part of being fully prepared for a surgery, medical emergencies, illness or just aging, means taking into account all possible risks involved and planning accordingly. Start planning now rather than waiting until a decline in mental status or a medical emergency when you and family members might already be rattled. Learn about Advance Directive options and help get the conversation started. Call to RSVP 310-456-2489 ext. 357.

Stem Cell Medicine

Thursday, January 26, 3-4pm, Free Lecture

Dr. Mark Berman will teach and entertain us as he describes how we are now in a new era of medicine-cell replacement therapy - using you're own stem cells to actually repair many degenerative conditions - from arthritis to Alzheimer's. Berman co-founded the Cell Surgical Network, the world's largest investigative stem cell network and is a frequent featured speaker all over the world. Even if you think you know about stem cells, this will be a profoundly worthwhile experience. Call to RSVP at 310-456-2489 ext. 357.

Silver Fox Walk

Thursday, January 12, 9am, Free

Castro Peak

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 Castro Peak, which is the trailhead up Corral Canyon, and see great views of the Santa Monica Mountains and the ocean. Bring water, a snack, and wear comfortable clothing. RSVP required for exact meeting location: 310-456-2489 ext. 357.



Needlework Group

Thursday, January 12

12-2pm, Free



Grab your supplies and join in on this informal social group. This will be the first group meeting, and if there is enough interest an bi-monthly time will be set. Bring any necessary supplies for quilting, cross-stitch, knitting, crochet, applique, or whatever you are working on! All ages and needlework abilities are welcome. This free group will meet at the Malibu Senior Center. For more information or to RSVP, please call 310-456-2489 ext. 357.



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.

Ski Club

Interested in joining other like-minded skiers on occasional trips up the mountain? This new informal ski club plans on carpooling up to ski areas and enjoying the snow while it lasts. Call 310-456-2489 ext. 357 to add your name to the list and you will be contacted by a volunteer.



Ice Cream Social

Free

**Monday, January 9
12:15-12:45pm**

Celebrate birthdays this month at the Center's ice cream social.

Make your own sundae and enjoy socializing with others.



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Capricorn Birthdays: Dec 22 - Jan 19

Responsible, Unforgiving, Disciplined, Condescending, Ambitious, Loyal



Patty Addison, Linda Alamprese, Ingrid Anderson, Lola Babalon, Barabra Bacon, Mike Bailey, Jane Baird, Steve Bank, Carole Baskerville, Shelby Basso, Freny Berkenbile, Jack Blackwood, Dorothy Blair, Annemarie Boegli, Sharleen Bright, Marilyn Brooks, Mike Brown, Roger Buteyn, Linda Castellucci, Kate Ciasca, Suzanne Clarke, Tom Clements, Toni Cordier, Ike Coron, Mary Corse, Jacqueline Craven, Maxcy Dancy, Charlene Dankanyin, Olivia Davidson, John Diener, Cathy Doyle, Marlies Ebenstein, Kim Farrell, Judy Finch, Shula Finkelstein, James Fitzgerald, Mary Jo Fortin, Lionel Freeman, Gail Fuhrman, Kay Furgurson, Valerie Gable-Starrett, Tim Gallwey, Janice Gentry, Beryl Gilruth, Angelina Girodes, Beverly Gleason, Armella Grebb, George Greenberg, Molouk Haghanazari, Shirley Hague, Jimmy Hall, Richard Hall, Kevin Hatch, Tommy Hawkins, Carol Hernandez, Joan Hersch, Ralph Herzig, Adelyn Hickman, Marjie Hollinrake, George Hurd, Connor Ishimatsu, Leonardo Israeli, Arlene Jones, Jerome Jones, Dick Joy, Jack Kemp, Kal Klatte, Hannlore Klein, Phyllis Laffin, Joe Lambert, Darlene Lancur, Kris Larronde, Valerie Lauerman, George Laux, Rosalie Lazarus, Sara Lemlich, Marilyn Limond, Wilfred Link, Cindy Linke, Libby Lippman, Barbara Magad, Merasta Magata, Nowell Main, Nita Martin, Norma Mason, Helga Matern, Julie May, Elaine Meitus, Milt Meler, Tracey Mueray, Ephram Nehme, Kaye Niles, Barbara Nixon, Marie Oik, Judi Pace, Tom Pallack, Alred Pasternick, Dinah Patton, Jake Perlmutter, Vic Peterson, Marcia Pian, Henry Pollard, Richard Pollay, Mary Prendergast, Susan Quillan, Herb Rand, Carol Randall, Herbert Reich, Rheta Reswick, Mary Jane Roberts, Joanne Robinson, Sherron Robinson, Allison Rockwell, Rene Rohlfing, Mimi Rose, Florence Rosenberg, Lorna Ross, Patricia Rudisill, Feri Ruva, Steve Ryan, Macaria Saludo, Tina Sartorius, Gloria Schleimer, Jerald Segal, Amal Selim, Ibrahim Selim, Robin Senter, Robert Short, Earl Siegel, Renee Siegel, John Siller, Constance Slade, Mariaan Smith, Rose Spina, Cindy Stuffman, Ghuzi Taki, Wayne Trelloggen, Tom Tremaine, Nancy Valentine, Hennie Vander Meyden, Rosalina, Michael F Vincent, Cindy Vohland, Claire Vopatek, Mike Walker, Sharon Wallin, Florence Weinberger, Norma Wenderoth, Bert Whalley, Bob Whitman, Jack Willis, Janet Willis, Joyce Wood, Karen Worden, Peter Worsley, Douglas Wright, David Youmans, Lori Young, Gary Zethraeus

Other News from the Senior Center

- **Health Tip:** Apples are not only a tasty treat, but they also help with cardiovascular issues, antioxidants, regulation of blood sugar and more. Grab an apple today!
- **Malibu Garden Club:** January 11, 7pm, at the Point Dume Club House, 29500 Heathercliff Drive. This month will be Scott Klittich from Otto & Sons Nursery presenting Trimming Your Roses for Bountiful Bouquets.
- **Christmas Tree Recycling:** December 26 through January 15 at Bluffs Park or 29136 Pacific Coast Highway near Heathercliff Road. You may also cut your tree to fit in your green waste bin; no metal allowed. Before recycling please remove water containers, metal stands, ornaments, tinsel, and lights.
- **Malibu Library Events:** January 11, 5-6:30pm, Malibu Library Book Group will review "The Luminaries" by Eleanor Catton. January 13, 3pm, Pepperdine Classical Guitar Concert. January 25, 5pm, "The Maltese Falcon" Book Discussion. January 28, 2-4pm, Learning about Electric Cars. For more information or to RSVP call the Malibu Library at 310-456-6438.
- **Malibu Speaker Series:** January 31, 7-9pm, in the Malibu Civic Theater. Musicologist Scott Freiman presents "Deconstructing the Beatles' Magical Mystery Tour." Come explore the music written for this show and the additional songs from the 1967 LP. To RVSP call 310-456-6438.

February Excursion

Griffith Observatory
Wednesday, February 8, 10:00am-4:45pm

This Trip Is FULL: Waitlist Only

March Excursion

Gardens of the World
Wednesday, March 8, 9am-4pm, \$26 (Lunch Included)
Deadline to Register: February 27 or until full



Take a tour of an elegant collection of gardens in French, Japanese, Italian & English styles. The Gardens of the World is privately owned and operated by the Hogan Family Foundation, Inc. The Gardens exist not only as a cultural contribution to the community, but as an educational experience tool. Afterwards, enjoy a Chinese cuisine feast at P.F. Changs.

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: Aboriginal Animals

Friday, January 20, 2-4pm
Class is currently full: Waitlist Only

\$5 for the class plus \$10 materials fee

Relax Through Coloring

Wednesday, January 25, 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



Memories in the Making: Crunch & Create!

Monday, January 20, 12-1:30pm FREE
Free Lunch provided to those that RSVP!

Facilitated by Denise Gieser
Art Class Open to All Ages

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.



Mini Floral Wreaths Workshop

Friday, January 6, 3-4:30pm
\$22 for the workshop

Multi-Purpose Room
Art Class Open to All

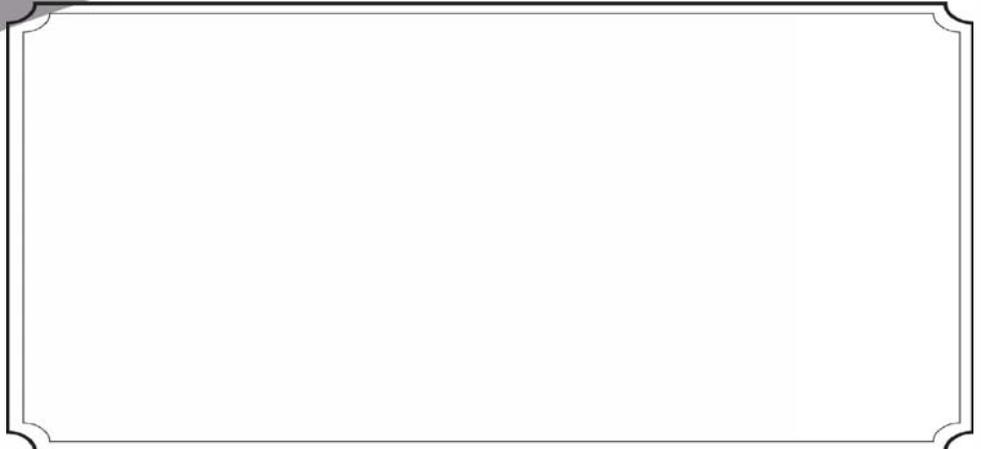
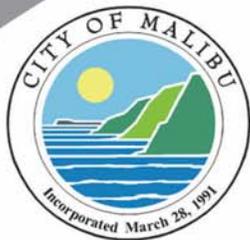
Wreaths are not just decorations for doors or walls, they can also be a centerpiece for a table in any room! Make a natural dried floral elements for a casual look or add candles and glitz for a glamorous occasion. All wreath making supplies (except candles) will be provided. Participants must register in advance: call 310-456-2489 ext. 239 or online at malibucity.org/winterworkshops.



MALIBU SENIOR CENTER

23825 STUART RANCH ROAD

MALIBU, CA 90265



Goodbye Party For Theresa



It is with a sad heart for me to let everyone know that I am leaving Malibu. Life has driven me in another direction and I am excited about my future opportunities in Colorado. Thank you all for your support throughout the years and for helping me make the Malibu Senior Center the best it can be! All are welcome to join me at a Goodbye Party, but please no gifts. If you feel the need for a gift, please donate to the Alzheimer's Association in my name.

Tuesday, January 3, 3-4pm in the Malibu Senior Center

Malibu Poet Laureate

The City of Malibu is pleased to announce the search for its inaugural Poet Laureate candidate. The selected candidate will focus on elevating the literary arts, both in Malibu and outside communities while representing the City of Malibu for a two-year term. The application submission period will begin November 30, 2016 and will close on January 11, 2017.

The responsibilities of the Poet Laureate candidate will include, but are not limited to: Working with local schools and the Malibu Library to promote poetry, Acting as the official Consultant in Poetry to the City of Malibu and the Malibu Library, Participating in and/or creating one Invitational each year, and Representing Malibu at literary and poetry events.

Applications and submittal information are available online at malibuartsandculture.org/poet or in the Senior Center office.

Senior Center Hours

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

The Senior Center will be Closed
January 2 and January 16

Senior Center Phone Number:

310-456-2489 ext. 357