

**February
2017**

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Malibu Senior Center & Adult Activities

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Senior Center Staff

Recreation Assistants

- Bryanna Edwards
- Jhenzier Gordon
- Rebecca Ramos
- Eileen Youngling



senior news & VIEWS

February Luncheon

Thursday, February 16, 11:30am-1pm

\$2 for the first 80 people that RSVP



Enjoy delicious food and exciting entertainment. Gypsy performers will be entertaining us with their traditional music and enchanting dances that will make you want to move to the music! 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 an Aquarius? Happy Birthday!
Get in for FREE at the Monthly Luncheon!*

10 Habits to Add Vitality to Your Life

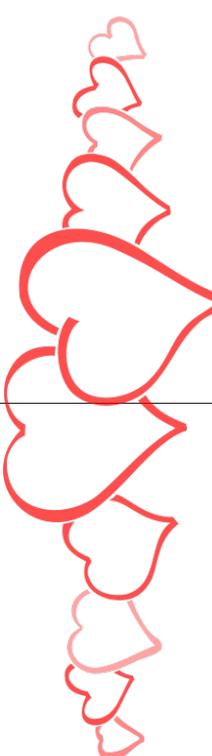
Monday February 6th, 12-1pm, Free

Ishara Bailis, UCLA Gerontologist, leads this free workshop exploring simple tips for developing healthy habits that will help you feel your best at any age. Learn techniques and practices to make your own life better, and improve the lives of those around you!



Calendar

February 2017

Mon	Tue	Wed	Thu	Fri
				
6 Senior Choir 9:45-10:45am Foam & Tone 11am-12pm How to Add Vitality to your Life Presented by UCLA Health 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 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm Local's Lunch—BurgerFi 11:30am	1 Stretch & Strength 10-11am Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm End of Life Discussion Group 3:30-4:30pm	2 Senior Aerobics 8:30-9:30am Tap Dance Class 9:30-10:30am Spanish for Memory 10-11am Voice on the Page 2:30-4:30 Theater Thursday 11am & 1pm	3 Stretch & Strength 10-11am Functional Fitness 1-2pm Computer Workshop 10am-12pm Sweets for your Sweet workshop 3-4:30pm
13 Senior Choir 9:45-10:45am Foam & Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm Ice Cream Social 12:15-12:45pm	14 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 Valentines Day Tea Time 2-3pm Mat Yoga 3:30-4:30pm	15 Stretch & Strength 10-11am Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm	16 Senior Aerobics 8:30-9:30am Tap Dance Class 9:30-10:30am Spanish for Memory 10-11am Monthly Luncheon 11:30am-1pm Current Events 1-2:30pm Voice on the Page 2:30-4:30	17 Stretch & Strength 10-11am Functional Fitness 1-2pm Computer Workshop 10am-12pm Art Trek: Fabulous Felt Faces 2-4pm
20 Senior Center Closed	21 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Memories in the Making 12-1:30pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	22 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	23 Senior Aerobics 8:30am-9:30am Tap Dance Class 9:30-10:30am Spanish for Memory 10-11am Voice on the Page 2:30-4:30pm 12-2:00pm Needlework	24 Stretch & Strength 10-11am The Market Beat with Kai 12-1pm Computer Workshop 10am-12pm Functional Fitness 1-2pm
27 Senior Choir 9:45-10:45am Foam & Tone 11am-12pm Hemostatic Bandages Presentation 12-1pm Chair Yoga 1-2pm Stretch & Strength 2-3pm 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 Photo Portrait Painting 12-3pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm			

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 ends first week of Feb.*

Creative Writing **Drawing at Bluffs**
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, \$2/class
Wednesdays & Fridays, 10-11am

Tai Chi at Bluffs Park
Tuesdays & Fridays, 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

Silver Fox Walks
Thursday, February 9, 9am, Free
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

Foam & Tone
Mondays, 11-12pm, \$5/class

Art & Performance

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

**Memories in the Making:
Crunch & Create**
Tuesday, February 21
12-1:30pm Free

Relax Through Coloring
Wednesday, February 22
11:15am-12:15pm, Free

Art Trek Workshop:
Friday, February 17, 2-4pm
Class Fee: \$5, Material Fee: \$10
Pre-registration required

Enrichment / Groups

Bridge Group
Mondays & Wednesdays, 2:15pm, Free

Caregiver Support Group
Monday, February 6
3:30-4:30pm, Free

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

End of Life Discussion Group
Wednesday, February 1
3:30-4:30pm, Free

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

The Market Beat
Friday, February 24 11:30am, Free

Computer and Cell Phone Workshop
Friday,
10am-12pm, \$2/class

Voice on the Page
Starts February 2
Thursdays, 2:30-4:30pm
\$60 for the 4-week class

**Highlighted
Classes**



NEW CLASS TIMES: Senior Aerobics and Senior Tap

Thursdays 8:30 - 9:30 then 9:30 - 10:30

\$5 per class, each class

Instructor: Ann Monahan

Malibu City Hall, Backstage Theater room

It's never too late to shape up! This low impact aerobics class will be done to show tunes and 1950's music, and is designed to help older adults maintain their cardiovascular health, strength and flexibility. It's never too late to learn to tap dance! This class is an introduction to tap dance basics and simple routines. Tap is a great activity for people of any age, and is both fun and a great workout.

ADDITIONAL DAY ADDED: Tai Chi at Bluffs Park

Fridays, Ongoing 8:30-9:30am

\$2 per class

Instructor: Mindy Panunzio

Malibu Bluffs Park Michael Landon Center

Tai Chi enhances balance, posture, and improves well-being and strength. Classes focus on different forms and incorporates slow and graceful body movements for an easy but effective workout.

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.

Medical Mysteries: Vaccinations

Friday, February 3, 12-1pm
Facilitator, Vin Joshi, M.D.

Free
Malibu City Hall, Zuma Room

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.

Caregiver Support Group: Special Speaker

February 6th
Instructors: Lisa Cypers Kamen & Susan Quillan

Free
Zuma Room

On February 6th, our special guest Marianne Knight will be here to discuss resources that are available to you in your community concerning the service costs, the right care for your loved ones, and how to choose between the myriad of options of care available to you and the one you care for. Call to RSVP at 310-456-2489 ext. 357.

The Market Beat

Friday, February 24, 11:30am-12:30 pm
Malibu City Hall, Zuma Room

Free
Facilitator: Kal Klatte

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

Finance Fridays

February 10, 12-1:30pm
City Hall, Multi-Purpose Room

Presented by Lin Hammer.
Call to RSVP: Free lunch

Bad Advisors: A Place for Mom offers a free service that will provide tools and resources to seniors and their family seeking senior living care. We provide a customized listing of options available based on income level and desired location, personalized support and follow up with all family members to ensure the senior is in the right setting and the family has peace of mind. LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.



What's New For You

FREE Theater Thursday, February 2

"Sully" 11:00am

On Thursday, January 15th, 2009, the world witnessed the "Miracle on the Hudson" when Captain Chesley Sullenberger, nicknamed "Sully", glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. Starring: Tom Hanks, Aaron Eckhart, Laura Linney (2016)

"Hell or High Water" 1:00pm

A divorced father and his ex-con older brother resort to a desperate scheme in order to save their family's ranch in West Texas. Starring: Chris Pine, Jeff Bridges, Ben Foster (2016)



Road to Safety with Malibu Towing

Friday February 3rd 4:30-5:30pm
Instructor: Malibu Towing

Free
City Hall, Lower Parking Lot

Learn basic automotive skills that will inspire confidence. Do you know how to change a tire, change the car battery, and maintain oil levels? More topics include safe driving techniques during the winter season and collision avoidance. Learn the techniques that every driver should know! Call to RSVP 310-456-2489 ext. 239.



NEW CLASS: Voice on the Page

Thursdays, February 2-23, 2:30-4:30pm
Instructor: Kelly Ann Ford

\$60
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! 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.

Silver Fox Walks

Thursday, February 9, 10am, Free

Zuma Beach



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 Zuma Beach on the corner of Westward Road. Bring water, a snack, and wear comfortable clothing, and be ready for bird watching! RSVP required for exact meeting location: 310-456-2489 ext. 357.

Locals Lunch Tuesday, February 7, 11:30 am

Let's do lunch at the newest burger joint in Malibu! Boasting meat with no hormones, no preservatives, and 100% beef patties, along with hot dogs, craft beer and a variety of desserts, the next location is Burger Fi. **FREE** 3oz Sundae with Purchase.

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



Healthy Eating Workshop

Friday, February 24
3-4:30pm, \$22



Participants will learn what to eat in order to help control stress, hormones and chronic pain. The lecture will include a tasting of antioxidant rich foods designed to reduce inflammation and boost immunity. For more information or to RSVP, please call 310-456-2489 ext. 239.



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, February 13
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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Aquarius Birthdays: Jan 20 - Feb 18

Friendly, unpredictable, honest, loyal, detached, original, intellectual



Ida D. Acton, Karen Ahmanson, Katherine Amber, Veda Anderson, Alan Armstrong, Yim Ashley, Heriberto Ayala, Han Azar-Mehr, Risa Barbakow, Dianne Bates, Park Biglow, David Brotman, Peter Bruno, Gary Campbell, Donna Campbell, Cinda Carr, Carolyn Cline, Shelley Cohen, Ron Coleman, Marilyn Cook, Mary Corey, Robert Curtis, Zohra Daoud, Armin Dolin, Thomas Domio, Marlies Ebenstein, Fran Ezer, Joyce Feinman, Doris Felts, Brenda First, Mary Fitzgerald, Saralei Flashner, Porter Fowler, Patricia Fox, RoseMarie Frankle, Lionel Freeman, Rebecca Friedman, Carla Galias, Don Galias, Edward Gonzales, Marta Graham, Sidney Greathouse, Melinda Gwyn, Laveren Haines, Eugene Hall, John Hall, Eugene Hall, James Harley, Edward Hedeman, Ryan Hill, Nancy Ianniello, Kathryn James, Uta Jeron, Joseph Juliano, Maria Justina, Sherry Kahn, Masako Kasloff, Ingrid Kelsey, Bernard Kirschner, Hans Knur, Rosemary Kofsky, Virginia Korshack, William Kostman, Donald Kramer, David Krebs, Leandra Lack, Joe Lambert, Mejda A. Lawrence, Spencer Lehman, Julie Leipzig, D. Lemmer, Ellen Levand, Barbara Lewitt, Ron Lichtenstein, John Lucadam, Carolyn Magee, Charles Marowitz, Marsha Maus, Ray Mendez, Freya Miller, Jay Miller, Vanessa Mitchell -Clyde, Virginia Moore, Lynn Osborn, Oshara, Julie Paar, William Phipps, Marcia Pian, Ralph Potkin, Mary Purucker, Ariel Rodriguez, William Rosenstein, Marilyn Royden, Robert Ryan, Marina Salceda, Michael Schmit, Bonnie Schulze, Earl Schwab, Lisa Shafer, Lael Shannon, Joanne Shea, Talmadge Silk, Eleanor Smith, Eva Snisky, Louise Stange, Joyce Stein, Jean Stephenson, Irene Stott, Helen Telanoff, Marjorie Trebaol, Vonnie Van-Note Street, Eugene Veenhuis, Rita Voge, Charlotte Ward, Lillian Wheeler, Riva Wilkens, Angela Wilson, Barbara Witham, Vivian Woodworth, Miriam Wyan, Ronald Zamarin, Sally Zamarin

Other News from the Senior Center

Health Tip: New year, new vegetable.....Belgian Endive! Belgian endive can be used in place of many leafy vegetables, such as lettuce and cabbage. Stir fry, sautee, grill, bake, and more! Belgian Endive is a versatile vegetable that is tasty, as well as fat, sodium and cholesterol free.

Malibu Library Book Group: February 7, 5pm at the Malibu Library
The Malibu Library Book Group meets on the second Wednesday of every month at 5:00 PM at the Malibu Library. Read a title selected by book club members. Copies are available for checkout at the Library. New members are always welcome!
Current Book: The Japanese Lover by Isabel Allende

Malibu Library: February 6, 6pm at the Malibu Library
Actress and writer Kres Mersky will perform a collection of one-act plays and monologues entitled, BIP 3 TIMES. Fourteen funny, offbeat female characters will appear in these wonderfully absurd and idiosyncratic sketches of life.

Malibu High School Musical: Shrek! February 9th - 12th

E-Waste Collection- Saturday February 18th, 10am -2pm, Upper Parking lot at City Hall

March Excursion



Gardens of the World

Wednesday, March 8, 9am-4pm, \$26 (Lunch Included)

-FULL-call to be on waiting list

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.

April Excursion



Natural History Museum

Tuesday, April 11, \$25 (Lunch Included)

Deadline to Register: March 30 or until full

Explore the wonder of the past and present, step foot into some of History's hidden gems. Participants will take a guided tour through the Natural History Museum and encounter Dinosaurs as well as see one of the world's greatest gems and mineral collection. Afterwards, enjoy a delicious lunch at a relaxed cafe serving Mediterranean & Italian entrees at Panini Cafe.

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: Fabulous Felt Faces

Friday, February 17, 2-4pm
\$5 for the class plus \$10 materials fee

Instructed by: Lorelle Patterson
Multi-Purpose Room

By cutting and layering pieces of felt, we will make a fabulous portrait. Participants must register in advance: call 310-456-2489 ext. 357 There will be a maximum of 15 participants. RSVP while there's still time.

Relax Through Coloring

Wednesday, February 22, 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.

Memories in the Making

Tuesday, February 21, 12-1:30pm FREE
Free Lunch provided to those that RSVP!

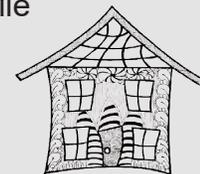
Facilitated by Denise Gieser
Art Class Open to All Ages

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.

Photo Portrait Painting

Tuesday, February 28-April 4, 12-3pm
\$150 for 6 classes; \$30 daily rate

Multi-Purpose Room
Art Class Open to All



Instructor Inger Hodgson will guide you through the mysteries of classical portrait painting and will teach limited palette, shadow pattern and sight-size technique. Participants also have an option of creating a self-portrait. Bring a photo, an easel (if you have one) and materials for oil painting or water based painting. To register call 310-456-2489 ext. 357

MALIBU SENIOR CENTER
23825 STUART RANCH ROAD
MALIBU, CA 90265

PRESORTED STANDARD
POSTAGE PAID
MALIBU, CA 90265
PERMIT #174



Special Valentine's Day Tea Time Potluck

Tuesday, February 14, 2-3pm

All you need is LOVE and TEA! Join us for a special potluck style tea time! Dress in your best Valentine's Day outfit and socialize with others. Please RSVP at 310-456-2489 ext. 357



Malibu Library Speaker Series

The 2017 Speaker Series has scheduled another amazing year of speakers. All events are free but you must RSVP for each date by calling (310) 456-6438.

Gloria Allred –Women's & Victim Rights Lawyer
Weds, Feb 15 @ 7-9 pm – Malibu Civic Theater

Julie Platner –Photographer & Documentarian
Tues, March 14 @ 7-9pm
Malibu Library community room

Senior Center Hours

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

***The Senior Center will be closed on
February 20th for President's Day***

Senior Center Phone Number:

310-456-2489 ext. 357