

**May
2017**

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Malibu Senior Center & Adult Activities

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Senior Center Staff

Senior Recreation Coordinator
Paige Gomez
Recreation Assistants
Bryanna Edwards
Jhenzier Gordon
Rebecca Ramos
Eileen Youngling



senior news & VIEWS

May Luncheon

Thursday, May 18, 11:30am-1pm
\$2 for the first 80 people that RSVP



Enjoy delicious food and entertainment at this month's luncheon fiesta! A live Mariachi band will entertain you with their traditional latin 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 a Taurus? Happy Birthday!
Get a free lunch this month.*

Community Blood Drive

Thursday, June 8, 10am-4pm
City Hall, Multi-Purpose Room



The City of Malibu is hosting a community blood drive and we need your help! Donating blood is a simple thing to do, but can make a big difference in the lives of others.

Set-up an appointment by calling 310-456-2489 ext. 357 or visit www.redcrossblood.org and enter sponsor code CityofMalibu.

Mon	Tue	Wed	Thu	Fri
<p>1 Senior Choir 9:45-10:45am Foam & Tone 11am-12pm AARP Refresher Course 11am-3pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>2 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am <i>NO Drawing at Bluffs</i> Mat Yoga 3:30-4:30pm</p>	<p>3 Stretch & Strength 10-11am Emeritus Poetry 10-11:50 am Reader's Theater 1-3pm Bridge Group 3-4:30pm <i>End of Life Discussion Group 3:30-4:30pm</i></p>	<p>4 Senior Aerobics 8:30-9:30am Brain Fitness Class 9:30-10:30am Tap Dance Class 9:30-10:30am Theater Thursday 10:30 am & 1pm</p>	<p>5 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Computer Workshop 10am-12pm Finance Friday 12-1:30 pm Emeritus Autobiography 12:30-2:45 pm <i>NO Functional Fitness</i></p>
<p>8 Senior Choir 9:45-10:45am Foam & Tone 11am-12pm Mother's Day Tea Time 12pm-1pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>9 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Locals Lunch: Spruzzo's 12:30-2:45pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>10 Stretch & Strength 10-11am Emeritus Poetry 10-11:50 am Reader's Theater 1-3pm Bridge Group 3-4:30pm</p>	<p>11 <i>Excursion: Santa Anita Race Track</i> Silver Fox Walk: Newton Canyon 9am Senior Aerobics 8:30-9:30am Brain Fitness Class 9:30-10:30 Tap Dance Class 9:30-10:30am</p>	<p>12 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Emeritus Autobiography 12:30-2:45 pm Functional Fitness 1-2 pm Art Trek: Mandalas 2-4pm</p>
<p>15 Senior Choir 9:45-10:45am Foam & Tone 11am-12pm Memories in the Making 11am-12:15pm Ice Cream Social 12:15-12:45pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>16 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>17 Stretch & Strength 10-11am Emeritus Poetry 10-11:50 am Reader's Theater 1-3pm Bridge Group 3-4:30pm</p>	<p>18 Senior Aerobics 8:30-9:30am Brain Fitness Class 9:30-10:30am Tap Dance Class 9:30-10:30am Monthly Luncheon 11:30am-1:30 pm Current Events 1:30-2:30pm</p>	<p>19 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm</p>
<p>22 Senior Choir 9:45-10:45am Foam & Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>23 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>24 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm Bridge Group 3-4:30pm</p>	<p>25 Senior Aerobics 8:30-9:30am Brain Fitness Class 9:30-10:30am Tap Dance Class 9:30-10:30am</p>	<p>26 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Emeritus Autobiography 12:30-2:45pm The Market Beat 11:30am Functional Fitness 1-2 pm</p>
<p>29 Senior Center Closed City Holiday</p>	<p>30 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>31 Stretch & Strength 10-11am Emeritus Poetry 10-11:50 am Relax Through Coloring 11:15am-12:15pm Reader's Theater 1-3pm Bridge Group 3-4:30pm</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.

Creative Writing

Tues, 9:30-11:45am

Drawing at Bluffs

Tues, 12:30-2:45pm
No class May 2

Poetry and Fiction

Wed, 10-11:50am

Autobiography

Fri, 12:30-2:45pm

Fitness/Dance/Sports

Chair Yoga

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

Therapeutic Stretch & Strength

Mondays, 1:45-2:45pm, \$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, May 11, 9am, Free
RSVP required for Location Directions

Senior Aerobics and Toning

Thursdays, 8:30-9:30am, \$5/class

Tap Dance Class

Thursdays, 9:30-10:30am, \$5/class

Functional Fitness

Fridays, 1-2pm, \$2/class
No class May 5

Foam & Tone

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

Art & Performance

Senior Choir

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

Memories in the Making:

Crunch & Create

Monday, May 15
11am-12:15pm Free

Relax Through Coloring

Wednesday, May 31
11:15am-12:15pm, Free

Art Trek Workshop: Mini Mandalas

Friday, May 12 2-4pm

Class Fee: \$5, Material Fee: \$10
Pre-Registration is Required

Enrichment / Groups

Bridge Group

Mondays, 2:15pm &
Wednesdays, 3pm, Free

Caregiver Support Group

Monday, May 1
3:30-4:30pm, Free

Reader's Theater

Wednesdays, 1-3pm, Free

End of Life Discussion Group

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

The Market Beat

Friday, May 26, 11:30am, Free

Finance Friday

Friday, May 5, 12-1:30pm
Free lunch to those that RSVP

Brain Fitness

Thursdays, 9:30-10:30am, \$45 for 8 classes
March 30- May 25

AARP Refresher Course

Monday, May 1, 11am-3pm
AARP members \$15;
Non AARP members \$20

Highlighted Programs

AARP Refresher Course



Monday, May 1, 11am-3pm
Malibu City Hall, Zuma Room

\$15 AARP members/\$20 Non-members
Instructor: Rick Orenthal

Refresher course participants must have taken and graduated from the 8 hour driver safety program within the last 3 years. Please RSVP to attend.

Finance Fridays

May 5, 12-1:30pm
City Hall, Multi-Purpose Room

Free
Call to RSVP: Free lunch

Shaun Konstant will present information about Long Term Care, Retirement and Estate planning. He has developed his own practice through New York Life, a Fortune 61 Company. Mr. Konstant strives to provide customized financial plans that will put your mind at ease and assure that every aspect of your life and legacy is taken care of. Let's live life and live it to the fullest. LUNCH IS PROVIDED TO THOSE THAT RSVP.

The Market Beat

Friday, May 26, 11:30am-12:30pm
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.

Back by popular demand-Telling Your Tales: A Storytelling Workshop
Wednesdays, June 7-July 12, 2-3pm
Instructor: Ann Buxie

Contact staff for more information
Malibu City Hall, Zuma Room

Personal stories create and enrich our culture. Explore and develop a personal story to tell and perform during this six-week class. A public performance will be a part of this experience!

The Malibu Senior Center Welcomes Paige Gomez

The Malibu City Council has hired Paige Gomez as the new Senior Recreation Coordinator at the Malibu Senior Center, where she oversees the Center's programs, events and staff.

Gomez joins the City of Malibu after serving the past seven years in various community related roles. Gomez has spent the past four years working with the Los Angeles Lakers as their Broadcast Partnerships Manager. During that time, Gomez supervised fan outreach through a variety of special events and fostered several community and corporate partnerships.

Prior to her time with the Lakers, Gomez spent two years working for the YMCA - West San Gabriel where she led programming and special events for adults and youth participants.

Born and raised in Southern California, Gomez graduated from California State University, Northridge with a Bachelor of Science degree in Kinesiology. She brings a wealth of experience working with people of all ages and backgrounds.



What's New For You

Theater Thursday

Thursday, May 4 - Free



"A Walk in the Woods" 10:30am

A celebrated travel writer and his long lost philandering friend challenge themselves to hike the Appalachian trail-2190 miles of America's most spectacular and unspoiled countryside. Starring: Robert Redford and Nick Nolte (2015)

"Hidden Figures" 1pm

The story of three African American women who served as the brains behind the launch into orbit of astronaut John Glenn. Starring: Octavia Spencer, Taraji P. Henson & Janelle Monae (2016)

NEW Computer Workshop

Friday, May 5, 10am-12pm
\$2/class

In a classroom setting, an instructor will cover computer basics such as e-mail, website browsing, creating and editing Word documents, creating Excel spreadsheets and more. Bring your own laptop or tablet along with a notebook. Students may use the free wireless access available at the Senior Center.



For more information call 310-456-2489 ext. 357

Mother's Day Potluck Tea Time

Monday, May 8, 12pm-1pm
Free, RSVP Requested

A special potluck style tea time will be held to celebrate Mother's Day! Celebrate and socialize with friends. Please RSVP by calling 310-456-2489 ext. 357. Participants are asked to bring a plate to share!



Silver Fox Walks

Thursday, May 11, 9am
Free, RSVP Requested

Newton Canyon



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. Bring water, a snack, and wear comfortable clothing. To RSVP and receive the meeting location, please call 310-456-2489 ext. 357.

Locals Lunch Spruzzo's Tuesday, May 9 11:30am

Join us for the last Locals Lunch at Spruzzo's. Although there are great places in Malibu to eat, Spruzzo's is the only Italian place that offers a breathtaking panoramic Ocean View. This inviting Italian restaurant offers specialty and traditional pizzas made fresh with the use of a wood-fired brick oven and a variety of pastas! Free drink with purchase just for locals lunch attendees!



Ice Cream Social Free

Monday, May 15
12:15-12:45pm

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



Taurus Birthdays: Apr 21 - May 20

Reliable, Practical, Stubborn, Devoted, Possessive and Stable

Larry Albers, William B. Anderson, Elizabeth Aro, Bette Bailey, Thomas Bates, Elena Boulter, ary Brammall, Richard Brammall, James Brow, Majorie Buell, Desha Burgos, Duane Burrignt, Emily Cable, Teresa Campeau, Ida Capriole, Elizabeth Chao, Sima Conrad, Eddie Daffin Jr, Peter Davies, Susan Davis Mantee, Sara Jean Davis, Anne Marie De Brouwer, Linda Delvy, Toni Doyle, June Eaton, Kathy A. Echerd, Helen Eisenberg, John Elman, Victoria Epstein, Roy Field, Emmet Finch, Sebastian Formica, Marsha Fullmer, Sharon Gee, Bill Geller, Carl Gillberg, Ronald Goldman, Murray Goldstein, Lonnie Gordon, Jacqueline Gould, Katherine Grace, Lolli Grebb, Lynne Greditzer, Francine Greene, Nani Grenell, Susanna Hahn, Terpsie Haithas, Carole Hannon, Terposo Harithas, Sandie Haverick, Peter Heiman, Anna Belle Heiss, Jack Hendricks, Alexandra Hoover, David Hopkins, Patricia Hopkins, Kenneth House, Tom Hudspeth, Walter Hunker, Suzette Hyams, Carmen Johnson-Liston, Mona Lee Kelly, Sue Kramer, Jerry La Barbera, Mel Lawrence, Doris Lemay, Debbie Levin, Wendy Lindal, Elinor MacLeod, Ellie Maginnis, Richard Mark, Nidra Maus, Joanna Maxwell, Jane McEwan, Ruth Mei Chan, Susie Mesches, Taro Meyer, Lynne Miller, Phyllis Minor, Richard Mitchell, Joan Murray, Mark Nessary, Norman Oberman, Cecilia Oliver, Gregory H. Orloff, Singh Paramjit, Paicy Phillips, Ruth Piyaman, Irvin Polashuk, Margaret Prabhu, Bernard Puzik, Naih Rahman, Mildred Riley, Roberta Ritter, Nita Rodriguez, Susan Rondell, Tanya Rotstein, Sharon Sawaya, Tina Scarpellino, Domenica Schiro, Richard Seinfeld, Lorelei Shark, Daniel Sheehy, Robert Sheets, Thomas Shepherd, Richard Sherman, Marina Shterenberg, Margaret Schultz, John Sibert, Eleanor Sommerfield, Virginia Spangle, Gaetan St-Cyr, Nancy Steele, Bob Stern, William Stevenson, Sally Sylvester, Mary Tatro, Carrie Thie, John Tindall, Nancy Tindall, Trish Waldman Criuse, Dan Wechsler, William Weeger, Karen Witthoft, Bonnie Wolf, John Wright, Susan Yanoff



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.

Personalized Tech Help Friday May 12 & 19 \$2 per class

Bring your technology questions and get some one-on-one instruction. Get help with laptops, tablets, cell phones, smart phones, and other electronic devices. Be sure to bring an old fashioned notebook to take notes!



Other News from the Senior Center

- **Senior Center Health Challenge:** Strengthen the lower body to improve your balance. Better balance means reduced risk of falls. Sit to stands, side leg raises, and hip extensions are exercises that don't require equipment and can strengthen leg muscles that will contribute to better balance. Grab a friend and work on it today!
- **May Vegetable of the Month:** Broccoli...Did you know broccoli can contribute to nervous system maintenance, bone health, and bolster the immune system? Broccoli does all of these things and more, so enjoy your broccoli and the good health that comes with it.
- **Newsletter Folding Team:** All help is welcome to prep the monthly Newsletters that will be mailed to 1,000 Senior Center members! Volunteer, socialize and help the Senior Center. Folding team will meet on Thursday, May 25 at 9am!
- **Senior Center DVD Collection:** Did you know that the Senior Center has a DVD library? Over 500 DVDs are available for check out in all genres: Action, adventure, Sci-Fi, Drama, Romance and anything else you can think of. Come on in and check out a movie today!
- **Annual Senior Parking Pass:** Issued by LA County Department of Beaches & Harbors, this annual parking pass allows CA residents who are at least 62 years of age to park at selective beach lots operated by the County on non-holiday weekdays and on non-holiday weekend mornings. To register visit <http://beaches.lacounty.gov/annual-senior-parking-pass/>.

June Excursion

Tour the City of Angels



Trip is FULL: call 310-456-2489 ext. 357 to be placed on the waitlist.

July Excursion

Funk Zone Tasting Tour

Thursday, July 13, 9am - 5pm \$85 (Lunch included)



Join us for a walking and tasting tour around Santa Barbara's off the beaten path eateries and shops. This three hour tour starts just off of State Street, and ends in Santa Barbara's Funk Zone, a funky industrial area that is home to art galleries, around 20 local wineries, gourmet restaurants, breweries, and a local distillery. Please dress accordingly and wear comfortable shoes, there will be lots of standing and walking.

Registration will begin June 1 at 9am.

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

Relax Through Coloring

Wednesday, May 31, 11:15am-12:15pm
FREE

Facilitated by Judy Merrick
Senior Center

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: Crunch & Create!

Monday, May 15, 11am-12:15pm, 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.



Art Trek: Mini Mandalas

Friday, May 12, 2-4pm
\$5 for the class plus \$10 materials fee

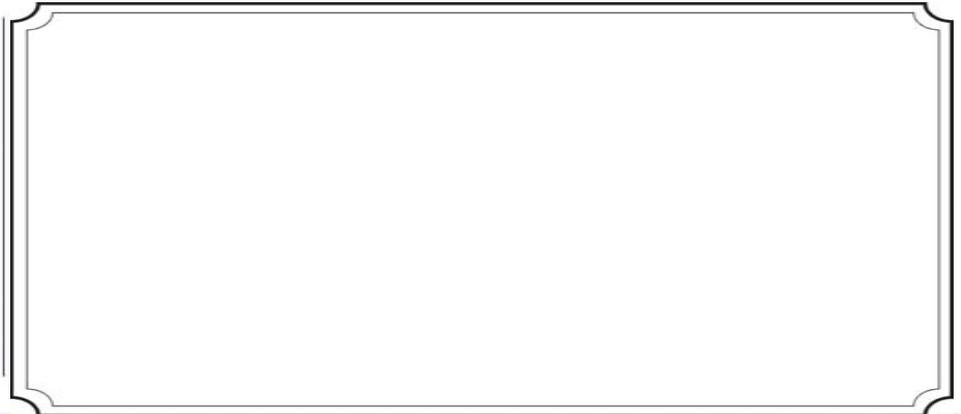
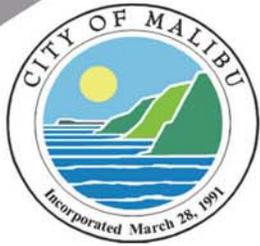
Instructed by Lorelle Patterson
Multi-Purpose Room

Beautiful and unique designs emerge as you create a mini mandalas. A mandala is a complex abstract design that is usually circular in form Call 310-456-2489 ext. 357. There will be a maximum of 15 participants; class will sell out.



MALIBU SENIOR CENTER

23825 STUART RANCH ROAD
MALIBU, CA 90265



Malibu Library Speaker Series
Wednesday, May 17, 7pm

Jonathan White, Author
Tides: The Science & Spirit of the Ocean

White is an expert mariner and marine conservationist who grew up in Malibu diving, sailing, and fishing. He has logged more than 100,000 miles sailing on the Pacific and Atlantic and has surfed all over the world.

All events are free but you must RSVP for each date by calling 310-456-6438.



Sunset Yoga

Thursday, May 25, 6:15-7:15pm, \$15

Join yoga instructor Natalie Backman as she guides you through a unique one day Sunset Yoga workshop at Bluffs Park. The flow will be simple enough for a yoga novice allowing the more advanced yogis the opportunity to really connect to their breath and the beauty of our surroundings.

Senior Center Hours

Monday - Thursday: 9am - 4:30pm

Friday: 9am - 4pm

Saturday and Sunday: Closed

Senior Center will be CLOSED on

Monday, May 29

Senior Center Phone Number:

310-456-2489 ext. 357