

**July
2017**

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Malibu Senior Center & Adult Activities

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Senior Center Staff

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senior news & VIEWS

July Luncheon

Thursday, July 20, 11:30am-1pm
\$2 for the first 80 people that RSVP

Our friendly neighborhood business, Dun & Bradstreet, will be sponsoring a special lunch full of games, activities, prizes, live entertainment and more!

dun & bradstreet

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.

If July is your birthday month, lunch is on us!

What Makes People Happy?

Thursday, July 13, 12pm
Zuma Room



Wake up happy and positive each day with a sunny outlook and internal peacefulness. Learn how mental well-being and physical well-being are related and ways the brain is involved with your mental outlook. Pamela Nye, Clinical Nurse Specialist of Neuroscience at UCLA Medical Center, will provide participants with details and exercises on maintaining happiness throughout the day, week, month and year.

Mon

Tue

Wed

Thu

Fri

<p>3 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>4 Senior Center Closed </p>	<p>5 Stretch & Strength 10-11am Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm</p>	<p>6 Senior Aerobics 9-10am Line Dancing Class 10-11am Theater Thursday 11am & 1pm</p>	<p>7 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Computer Workshop 10am-12pm Emeritus Survey of Art 12:30-2:20pm Autobiography 12:30-2:30pm Functional Fitness 1-2pm</p>
<p>10 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Patriotic Tea Time 12-1pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>11 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>12 Stretch & Strength 10-11am Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm</p>	<p>13 <i>Excursion: Santa Barbara Funk Zone</i> Silver Fox Walk: Little Dume 9am Senior Aerobics 9-10am Tap Dance Class 10-11am Misplaced Memory 10-11am What Makes People Happy Lecture 12-1pm</p>	<p>14 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Finance Friday 12-1:30pm Emeritus Survey of Art 12:30-2:20pm Autobiography 12:30-2:30pm Functional Fitness 1-2pm Art Trek 2-4pm</p>
<p>17 Senior Choir 9:45-10:45am Foam and 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>18 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Local's Lunch at Sparrow's 11:30am Emeritus Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>19 Stretch & Strength 10-11am Reader's Theater 1-3pm Bridge Group 3-4:30pm</p>	<p>20 Senior Aerobics 9-10am Tap Dance Class 10-11am Misplaced Memory 10-11am Monthly Luncheon 11:30am-1pm Current Events 1:30-2:30pm</p>	<p>21 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Emeritus Survey of Art 12:30-2:20pm Autobiography 12:30-2:30pm Functional Fitness 1-2pm</p>
<p>24 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>25 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>26 Stretch & Strength 10-11am Relax Through Coloring 11:15am-12:15pm Reader's Theater 1-3pm Bridge Group 3-4:30pm</p>	<p>27 Senior Aerobics 9-10am Tap Dance Class 10-11am Misplaced Memory 10-11am</p>	<p>28 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am The Market Beat 11:30am-12:30pm Emeritus Survey of Art 12:30-2:20pm Autobiography 12:30-2:30pm Functional Fitness 1-2pm</p>
<p>31 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</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. All classes are held at the Malibu Senior Center.

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

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

Fitness/Dance/Sports

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

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

Functional Fitness
Fridays, 1-2pm, \$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

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

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

Therapeutic Stretch & Strength
Mondays, 1:45-2:45pm, \$2/class
Wednesdays & Fridays, 10-11am, \$2/class

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

Silver Fox Walk: Little Dume
Thursday, July 13, 9am, FREE
RSVP for directions and location

Art & Performance

Art Trek Workshop: Somethin' Fishy
Friday, July 14, 2-4pm
Class Fee: \$5, Material Fee: \$10
Pre-Registration is Required

**Memories in the Making:
Crunch & Create**
Monday, July 17
11am-12:15pm, Free

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

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

Enrichment / Groups

Autobiography
Fridays, 12:30-2:30pm, Free

Bridge Group
Mondays, 2:15pm
Wednesdays, 3pm, Free

Computer Workshop
First Friday of the month, 10am-12pm, \$2

Finance Friday
Friday, July 14, 12-1pm
Free lunch to those that RSVP

Personalized Tech Help
Second and Third Friday of the Month
10am-12pm. \$2

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

The Market Beat
Friday, July 28, 11:30am, Free

Yours Truly: Storytelling Workshop
Wednesday, June 7-July 12
2-3pm, \$12

Highlighted Classes



Finance Fridays

Friday, July 14, 12-1:30pm
City Hall, Zuma Room

Call to RSVP: Free Lunch
Presenter: Joe Conrad

Skyline Home Loans Reverse Mortgage Expert, Joe Conrad, discusses the myths and facts of reverse mortgages followed by a Q&A. Lunch is provided to those that RSVP.

The Market Beat

Friday, July 28, 11:30am-12:30 pm
City Hall, Zuma Room

Free
Facilitator: Kal Klatte

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

Back by Popular Demand-Yours Truly: A Storytelling Workshop

Wednesdays, June 7-July 12, 2-3pm
City Hall, Zuma Room

\$12 for 6 weeks
Instructor: Anne Buxie

Instructor Ann Buxie has been hosting Tales By The Sea, a storytelling concert series for grown-ups in Malibu, since 1995. This six-week session teaches how to craft a personal story. Learn how to 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.

Aqua Aerobics

M, W & F June 12-August 18
Malibu Community Pool at Malibu High School

\$3 or free for ages 55+
8:45-9:45am

Aqua Aerobics is a great workout for everyone, especially for those with back or knee problems. It consists of a low impact workout in the water, no experience necessary. Free for those ages 55 and older.



Swing, Salsa & Ballroom

Mondays, Ongoing (no class 7/3), 7:15-8:15pm
Bluffs Park, Michael Landon Center

\$20 per class
Instructor: MC Callaghan

Learn the basics of swing, ballroom, and salsa including: classic fox trot, Latin rumba, salsa, cha cha and a touch of tango. Single dancers welcome. Call in advance to confirm class will be taking place (310) 317-1364.

Misplaced Memory

Thursdays, July 13-August 17
Malibu Senior Center

\$45
Instructor: Robin Rapaport

Create a "memory toolbox" to help retain words, lists and numbers in your short term memory in a fun, creative and innovative memory class. Learn ways to recall names, dates and locations of various items that were placed around the house like keys, a cell phone.



What's New For You

Theatre Thursday

Thursday, July 6, 11am & 1pm, Free



"A Dog's Purpose" 11:00am

A devoted dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan. As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self. Starring: Dennis Quaid, Britt Robertson, Josh Gad. (2017)

"The Great Wall" 1:00pm

When a mercenary warrior is imprisoned within the Great Wall, he discovers the mystery behind one of the greatest wonders of the world. As wave after wave of marauding beats besiege the massive structure, his quest for fortune turns into a journey toward heroism as he joins a huge army of elite warriors to confront the unimaginable and seemingly unstoppable forces. Starring: Matt Damon, Jing Tian, Andy Lau. (2017)

Silver Fox Walk

Thursday, July 13, 9am

Free
Little Dume



Join other walkers and explore Malibu's rich, natural habitats while exercising outdoors. Every month, the group will explore a trail in the Malibu area. Walks will be 2-3 miles, easy to moderate difficulty level and led by an experienced guide. Guests of any age are welcome. Bring water, sun protection, wear comfortable clothing and appropriate shoes. RSVP is required for meeting location and address.

Line Dancing Class

Thursday, July 6, 10-11am, \$5

Backstage Room

Enjoy an introductory line dancing class where you will learn basic moves and simple routines in just an hour. This is both a fun activity and a great workout. Previous experience is not necessary.



Line Dancing

Locals Lunch

Tuesday, July 18

11:30 am

Enjoy lunch at the Sparrow Cafe inside the Malibu Racquet Club and socialize with Malibu locals.

Free dessert with purchase.

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



Ice Cream Social

Monday, July 17

12:15-12:45pm, Free

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



Legacy

Walking Group

Tuesdays, 10-11am

Walk cancelled on July 4

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

Computer Workshop
Friday, July 7
\$2
10am-12pm

In a classroom setting, an instructor will cover computer basics such as email, website browsing, creating and editing Word documents, Excel spreadsheets and more. Bring a 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

Personalized
Tech Help
Fridays, July 14 & 21
\$2 per class
10am-12pm



Bring your technology questions for one-on-one instruction. Bring a laptop, tablet, cell phone, smart phone, or other technical devices. Be sure to bring a notebook and pen to take notes!

Happy Birthday to everyone born in July!



Zodiac Sign: Cancer: June 21-July 22
 Characteristics: Compassionate, thoughtful, steadfast
 Leo: July 23 - August 22
 Characteristics: Giving, cheerful, uplifting

Birthstone: Ruby

Famous Celebrities Born in July: Tom Cruise, Larry David, Geraldo Riviera, Huey Lewis, Sylvester Stallone, Annette Warren, The Dalai Lama, President Ford, Ringo Starr, Anjelica Huston, Toby Keith, Wolfgang Puck, Tom Hanks, Richard Simmons, Harrison Ford, Patrick Stewart, Don Murraray, Forest Whitaker, Donald Sutherland, Phyillis Diller, James Brolin, Carlos Santana, Alex Trebek

July Fun Facts:

- July was named in honor of Julius Caesar in 44bc. Previousy it had been called Quintilis, which means fifth month in Latin
- The flower for July is the Water Lily
- Thomas Jefferson was the first president to hold a Fourth of July party at the White House
- July 4 wasn't deemed a federal holiday until 1870, nearly 100 years after the nation was founded

Other News from the Senior Center

- **Senior Center Health Challenge:** Work on your mile time. See how long it takes to walk a mile, then set a goal to improve it. Not only will setting a goal get you to walk more, but the added benefits of endurance and speed will keep you motivated and excited to continue. Work with a friend and challenge each other, or by yourself, but try it, you might like it!
- **July Vegetable of the Month:** Garlic....it might stink but it sure is delicious, and also has significant health benefits! Garlic helps lower cholesterol, improves insulin sensitivity, reduces blood pressure, improves bone health and wards off mosquitoes! Incorporate this delicious vegetable into your diet and reap the rewards of this pungent bulb.
- **Cars & Coffee:** Sunday, July 9 and July 23 at Malibu Bluffs Park from 7-9am. Southern California's top enthusiasts will enjoy a beautiful drive down the coast to enjoy a coffee while admiring some of the world's finest automobiles at an unbeatable location. Call 310-317-1364 for more information.
- **Dial-A-Ride:** Beginning June 1, 2017, Dial-A-Ride memberships will expire after 10 years. If you applied for the service 10 or more years ago, please stop by the Senior Center office to reapply.

New Refund Request Policy

- A refund request must be submitted one week prior to the program start date to be eligible for a refund
- A program may be cancelled due to low enrollment
- In the event of illness or unforeseeable event, a credit or transfer may be issued with the approval of the Recreation Manager
- There will be a \$10.00 service charge per participant, per program, for all refunds
- All refund requests must have a completed request form submitted to the Senior Center office

August Excursion



Ventura County Fair

Tuesday, August 8, 9am-4pm

\$5 for Seniors; \$15 for participants under the age of 65

Registration Begins: July 3 at 9am

Deadline to Register: August 1 or until full

Enjoy a day at the fair, eat a variety of food, see live animals, explore the exhibit halls, ride a Ferris wheel and play carnival games. This excursion includes a lot of walking; please wear comfortable walking shoes, a hat and sunscreen.

September Excursion



The Colorful Songs of Broadway

Thursday, September 28, 10am-5pm

\$60

Registration begins: August 1 at 9am

Deadline to Register: September 1 or until full

Enjoy a musical show celebrating songs and stories from the Ed Sullivan show, Your Show of Shows, Nat King Cole, Dinah Shore Show, American Bandstand, Carol Burnett Show, Dean Martin and many more classics. This spectacle of singers and musicians includes a three course lunch with wine.

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. There will be a \$10.00 service charge per participant, per program, for all refunds. Special accommodations for those with specific needs can be arranged. Checks should be made payable to "City of Malibu."

Art Classes

Art Trek: Somethin' Fishy

Friday, July 14, 2-4pm

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

Instructor: Lorelle Patterson

Multi-Purpose Room

Choose from a number of fish designs and render them in watercolor. Participants are must register in advance to secure a spot: Call 310-456-2489 ext. 357. There will be a maximum of 12 participants.



Memories in the Making: Crunch & Create!

Monday, July 17, 11-12:15pm

Free lunch provided to those that RSVP

Facilitator: 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! Please RSVP so there is enough food for everyone.



Relax Through Coloring

Wednesday, July 26, 11:15am-12:15pm

Free

Facilitator: 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



Concert on the Bluffs

Sunday, August 20, 5pm at Malibu Bluffs Park

The City of Malibu and the Cultural Arts Commission presents the 2nd annual Concert on the Bluffs. General admission \$35, \$15 for students and seniors 62 years of age and older, and free for children 5 and under. Tickets may be purchased online at bit.ly/COB2017 or Malibu Bluffs Park Office or Malibu City Hall.

Building on the success of last year's SOLD OUT show, the second season features musicians from the Los Angeles Philharmonic, Hollywood Bowl Orchestra and the Malibu Coast Chamber Orchestra led by conductor Scott Hosfeld. Guests include dancers from the New York City Ballet with a spectacular performance of Gershwin's Rhapsody in Blue and Astor Piazzolla's Libertango.

Senior Center Hours

Monday - Thursday: 9am - 4:30pm

Friday: 9am - 4pm

Saturday and Sunday: Closed

Senior Center Closed on July 4th

Senior Center Phone Number:

310-456-2489 ext. 357



Photo Credit: Emily Goodman