September 2017

Malibu Senior Center & Adult Activities

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Senior Center Staff

Paige Gomez
Senior Recreation Coordinator

Recreation Assistants
Bryanna Edwards
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senior news & VIEWS

September Luncheon

Thursday, September 21, 11:30am-1pm
$2 for the first 80 people that RSVP

Join us for September's beach themed luncheon. Enjoy an assortment of fresh salads and entertainment by Tatjana.

Dress in beach attire which may include sunglasses, hats and flip flops.

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 September is your birthday month, lunch is on us!

Holistic Veterinary Health

Thursday, September 7, 12-1pm
Zuma Room, Free

Dr. Marc Bittan is an expert in not only acupuncture for animals, as well as holistic treatments including Chinese herbs, chiropractic, laser therapy, homeopath, whole food nutraceuticals and gemmotherapy. With a 30 year practice, Dr. Bittan will discuss different holistic methods for you and your fury loved ones.

Call to RSVP at 310-456-2489 ext. 357

Mon	Tue	Wed	Thu	Fri
				1 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Computer Workshop 10am-12pm Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm
4 ***Senior Center CLOSED***	*5* 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	*6* Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm Bridge Group 3-4:30pm	*7* **Theater Thursday 11am-3pm** Senior Aerobics 9-10am Tap Dance Class 10-11am **Holistic Vet Health Lecture 12-1pm**	*8* Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm **Art Trek 2-4pm**
11 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 1:30-2:30pm Bridge Group 2:15pm **Caregiver Support Group 3:30-4:30pm**	*12* Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am **Locals Lunch @ Spruzzo's 11:30am** Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	*13* Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm Bridge Group 3-4:30pm Jazz Band 6:30-9pm	*14* **Silver Fox Walk: 9am** Senior Aerobics 9-10am Tap Dance Class 10-11am	*15* Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm
18 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15pm	*19* 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	*20* Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm Bridge Group 3-4:30pm	21 Senior Aerobics 9-10am Tap Dance Class 10-11am **Monthly Luncheon 11:30am-1pm**	*22* Tai Chi at Bluffs Park 8:30-9:30am **Folding Team 9-11am** Stretch & Strength 10-11am **Finance Friday 12-1:30pm** Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm **Market Beat 1-2pm**
25 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15pm	26 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am **AARP Refresher Course 9am-1pm** Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	27 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am **Relax Through Coloring 11:15am-12:15pm** Reader's Theater 1-3pm Bridge Group 3-4:30pm Jazz Band 6:30-9pm	**28** ***Excursion: The Colorful Songs of Broadway*** Senior Aerobics 9-10am Tap Dance Class 10-11am **Spanish to Improve Memory 10-11am** **AARP Driver Class 11am-3pm**	29 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **AARP Driver Class 11am-3pm** Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm

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

Poetry
Wed, 10-11:50am

Autobiography
Fri, 12:30-2:30pm

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, 1:30-2:30pm, $2/class
Wednesdays & Fridays, 10-11am, $2/class

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

Silver Fox Walk
Thursday, September 14, 9am, FREE
RSVP for directions and location

Art & Performance

Art Trek Workshop: Clay Food Sculpture
Friday, September 8, 2-4pm
Class Fee: $5, Material Fee: $10
Pre-Registration is Required

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

Relax Through Coloring
Wednesday, September 27
11:15am-12:15pm, Free

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

Enrichment / Groups

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

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

Finance Friday
Friday, September 22, 12-1:30pm
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, September 22, 1-2pm, Free

Spanish to Improve Memory
Thursdays, Sep 28-Nov 2, $45
10-11am

Caregiver Support Group
Monday, September 11, 3:30-4:30pm, FREE

Highlighted Classes

Finance Fridays: "Bad Advisors"

Friday, September 22, 12-1:30pm
City Hall, Zuma Room

Call to RSVP: Free Lunch
Presenter: Lori Day

Lori Day, Investment Advisor Representative, will help you identify if your financial planner, insurance agent, attorney and/or CPA are competent, honest and ethical. Lunch provided for those that RSVP.

Malibu Jazz Band

2nd and 4th Wednesdays, August 30-November 29, 6:30-9pm
City Hall, Civic Theatre

$100
Conductor-Instructor: JB Dyas

Join the Malibu community jazz band! All ages are welcome; participants must be able to read music and experience in jazz music is a plus. Instruments highly desired are brass and woodwind players. This program offers instruction from Conductor-Instructor JB Dyas, Vice President of Education at the Thelonious Monk Institute of Jazz at UCLA.

Spanish to Improve Memory

Thursdays, September 28-November 2, 10-11am
City Hall, Senior Center

$45
Instructor: Robin Rapaport

Learning a new language is a wonderful way to exercise memory retention and develop new communication skills relevant to daily life. Class includes beginning grammar, vocabulary, conversation and activities that engage participants and provide situational dialog.

Caregiver Support Group

Monday, September 11, 3:30-4:30pm
City Hall, Zuma Room

Free
Faciliator: Susan Quillan

Taking care of a loved one can be one of the toughest jobs there is. Cargivers may feel isolated, overwhelmed, or called to do things they are not trained to do. This support group will be a safe and confidential place to express your true feelings, feel understood and obtain helpful information from peers and professionals. Hosted by The Listneing Post.

Volunteer Opportunites

Folding Team
Friday, September 22, 9-11am
Join us as we prep for the October newsletter to be sent out! Snacks and refreshments provided.

Tiny Tot Olympics
Sunday, September 24,11am - 2pm
The Community Services Department needs the enthusiasm of interested seniors to assist with the craft station and hand out snacks and ribbons to children ages 2-6.

Halloween Carnival
Friday, October 27, 2:30-6pm
The Community Services Department needs the enthusiasm of interested seniors to assist with costume parade check-in and Jackpot prize booth.

To volunteer, please call 310-456-2489 ext. 357

What's New For You

Theatre Thursday

Thursday, September 7, 11am & 1pm,
Free

"The Last Word" **11am**
Harriet is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship.
Starring: Shirley MacLaine, Amanda Seyfried, AnnJewel Lee Dixon. (2017)

"Lady Sings the Blues" **1pm**
The story of the troubled life and career of the legendary Jazz singer, Billie Holiday. Starring: Diana Ross, Billy Dee Williams, Richard Pryor. (1972)

Silver Fox Walks

Thursday, September 14, 9am
Zuma Beach
Free

Join other walkers and explore Malibu's rich, natural habitats while exercising outdoors. This month, the group will walk 2-3 miles at Zuma Beach. Going north on PCH, turn left on Westward Beach Road. Park near the restrooms and public bus stop 534. Handicap parking is available. Guests of any age are welcome. Bring water, sun protection, and wear comfortable clothing and appropriate shoes.

AARP Smart Driver Program

Thursday, September 28 & Friday, September 29
$15 AARP members; $20 non AARP members
11am-3pm, City Hall, Zuma Room

Tune up your driving skills and learn about current rules of the road, how to safely operate your vehicle in today's driving environment and some adjustments to common age-related changes in vision, hearing and reaction time. Auto insurance discount may apply for AARP graduates. RSVP is required for this class.

AARP Smart Driver Refresher Course

Tuesday, September 26
$15 AARP members; $20 non AARP members
9am-1pm, City Hall, Zuma Room

This course is offered to participants who have taken the 8-hour Smart Driver Program within the last 3 years. RSVP is required for this course.

Locals Lunch

Tuesday, September 12
11:30am

Enjoy lunch at Spruzzo and socialize with Malibu Locals. Free drink with purchase.

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

SPRUZZO
Restaurant & Bar

Ice Cream Social

Monday, September 11
12:15-12:45pm, Free

Celebrate September birthdays at the Center's Ice Cream Social. Make your own sundae and enjoy socializing with others.

Legacy Walking Group

Tuesdays, 10-11am, Free

Join us for a walk and socialize with Malibu locals. Wear comfortable shoes, dress for the weather and bring water. The group meets at the corner of Civic Center Way and Webb Way.

Happy Birthday to everyone born in September!

Zodiac Sign: Virgo
Characteristics: Modest, reliable, meticulous, harsh
Libra:
Characteristics: Charming, romantic, indecisive, laid-back

Birthstone: Sapphire

Famous Celebrities Born in September: Ben Carson, Bernie Sanders, Tom Hardy, Keanu Reeves, Freddie Mercury, Will Smith, Stephen King, Bill Murray, Jeremy Irons, Roald Dahl, Michael Douglas, Raquel Welch, Rebecca Ramos, Mickey Rooney, Andrea Bocelli, Serena Williams, F. Scott Fitzgerald, Hank Williams, Buddy Holly, Colonel Sanders, Tommy Lee Jones

September Fun Facts:

- Known as the "Harvest Month", September marks the beginning of autumn in the Northern hemisphere and the start of spring in the Southern hemisphere
- September starts on the same day of the week as December each year
- Grandparent's Day is celebrated in the United States on the first Sunday after Labor Day
- The US Supreme Court was established on September 24, 1789.

Other News from the Senior Center

- **Senior Center Health Challenge:** Find a friend to exercise with. There are many ways to do this: Go to a local senior center, find a class at a local park, or if you have a gym membership, use it! Plenty of places offer group exercise classes, and exercising is always easier when you have someone to do it with. Find a friend and turn them into a workout buddy!
- **September Vegetable of the Month:** Jalapeño Peppers! If you like spice, then this will be nice. Jalapeños are low in fat, and free of saturated fat, cholesterol, and sodium. They add a nice and spicy flavor when added to a dish cooked or a spicy crunch when raw. They are also a good source of vitamin A, and a powerful antioxidant and folate which can contribute to cognitive enhancement.
- **Cars & Coffee:** Sunday, September 10 and September 24 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.
- **Bulky Item Pickup:** Saturday, September 23. This free service is provided by Waste Management. Schedule your pickup by noon on Friday, September 22. Maximum of seven (7) items accepted. For more information contact City Hall at 310-456-2489.
- **Adopt a Park:** On Saturday, September 9 from 9am - 12pm, join the City's naturalist staff at Legacy Park and learn how to identify and remove non-native seedlings before they become established. All volunteers must have a registration card on file, register on the city's website or call (310) 456-2489 ext.363 for more information.

Computer Workshop

Friday, September 1

$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

Friday, September 8 & September 15
$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!

October Excursion

The Broad Museum

Tuesday, October 10, 10am - 5pm
$35 (includes lunch and museum entry)
Registration Begins: September 1 at 9am
Deadline to Register: October 1 or until full

The Broad is a contemporary art museum founded by philanthropists Eli and Edythe Broad on Grand Avenue in Downtown Los Angeles. The museum is home to the 2,000 works of art in the Broad collection. The excursion will begin with a buffet lunch at Lakeside Bistro located in the historic Bonaventure Hotel then will continue to the Broad Museum.

November Excursion

The Ronald Reagan Library

Tuesday, November 14, 10:30am-4pm
$35 (lunch not included)
Registration Opens: October 2 at 9am
Deadline to Register: November 1 or until full

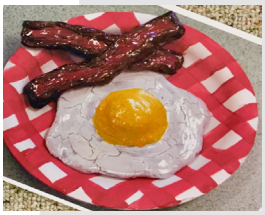
Get into the holiday spirit at the Ronald Reagan Presidential Library and Museum. Not only will you get a peek inside former President Reagan's life and have the opportunity to view the special exhibit of the Titanic but you will also be able to view Christmas trees decorated to represent landmarks across America. Before the tour, enjoy lunch at the Library's Country Café.

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: Clay Food Sculpture



Friday, September 8, 2-4pm
Multi-Purpose Room
$5 for the class plus $10 materials fee
Instructor: Lorelle Patterson
Sixties pop art food that looks good enough to eat, but don't! Sculpt food items out of clay and painted with acrylic. Participants must register in advance to secure a spot. To register call, 310-456-2489 ext.357

Memories in the Making: Crunch & Create!

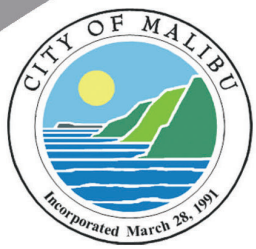
Alzheimer's GREATER LOS ANGELES

Monday, September 11, 11-12:15pm
Art class open to all ages
Free lunch for those who RSVP
Facilitator: Denise Gieser
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, September 27, 11:15am-12:15pm
Senior Center
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



Special Salon Series: An Evening with William Finnegan

Tuesday, September 19, 7pm - 9pm
Free, No RSVP required. Open seating for the first 240 people

Hosted by the City of Malibu Cultural Arts Commission and presented by DEPART Foundation, this special Salon Series will host William Finnegan, Pulitzer-Prize winning author of Barbarian Days. Finnegan will be joined by artist Barry McGee and moderator Jon Christensen, professor at the Institute of the Environment and Sustainability at UCLA. For more information, contact the DEPART Foundation at 424.302.0968.

Save the Date

Health and Wellness Expo

Wednesday, October 11
11am-2pm, Multi-Purpose Room

Meet local service providers and learn about healthy aging. Information booths will include medical doctors, health and wellness businesses, senior care providers and more.

Senior Center Hours

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

Senior Center CLOSED
Monday, September 4

Senior Center Phone Number:

310-456-2489 ext. 357