

**October  
2017**

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**Malibu Senior Center & Adult Activities**

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Senior Center Staff

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Bryanna Edwards  
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Rebecca Ramos



# senior news & VIEWS

## October Luncheon

Thursday, October 19, 11:30am-1pm  
\$2 for the first 80 people that RSVP

Join us for October's Halloween themed luncheon. Enjoy a catered lunch sponsored by First Light Home Care and entertainment by a frequent performing member of the Magic Castle magician, Alfonso Aceituno. Dress in a costume or fun Halloween attire.

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 October is your birthday month, lunch is on us!*

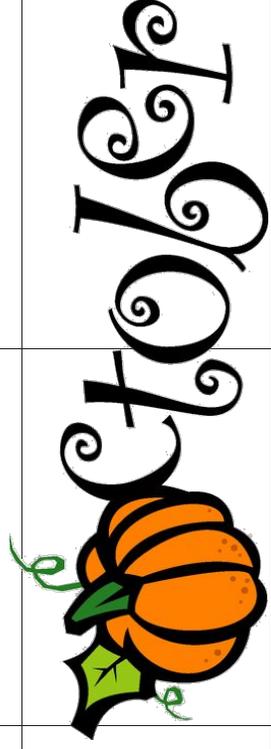
## Health, Wellness and Wholeness Lecture

Wednesday, October 25  
11:30am-12:30pm  
City Hall, Zuma Room

Dr. Liam Zaidel and Dr. Hayden Fakhrabadi will discuss how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Learn how establishing social networks and social support can benefit you, your friends, your family and the community.

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

	Mon	Tue	Wed	Thu	Fri
2	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	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	4 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am <b>Travel Presentation 12-1pm</b> Reader's Theater 1-3pm Bridge Group 3-4:30pm	5 Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish to Improve Memory 10-11am	6 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
9	Senior Choir 9:45-10:45am Foam and Tone 11am-12pm <b>Memories in the Making 11am-12:15pm</b> <b>Ice Cream Social 12:15-12:45pm</b> Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15pm	<b>10</b> <b>Excursion: The Broad</b> 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	11 <b>Wellness Expo 11am-2pm</b> Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm <b>Yours Truly Storytelling Workshop 2-3pm</b> Bridge Group 3-4:30pm Jazz Band 6:30-9pm	12 <b>Silver Fox Walk 9am</b> Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish to Improve Memory 10-11am <b>Theater Thursday 11am-3pm</b>	13 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm <b>Finance Friday 12-1pm</b> Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm
16	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 <b>Caregiver Support Group 3:30-4:30pm</b>	17 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am <b>Cooking Class 10am-12pm</b> Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	18 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm Yours Truly Storytelling Workshop 2-3pm Bridge Group 3-4:30pm	19 Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish to Improve Memory 10-11am <b>Monthly Luncheon 11:30am-1pm</b>	20 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 <b>Art Trek 2-4pm</b>
23	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	24 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	25 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am <b>Relax Through Coloring 11:15-12:15pm</b> <b>Health &amp; Wellness Lecture 11:30-12:30pm</b> Reader's Theater 1-3pm Yours Truly Storytelling Workshop 2-3pm Bridge Group 3-4:30pm Jazz Band 6:30-9pm	26 Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish to Improve Memory 10-11am	27 Tai Chi at Bluffs Park 8:30-9:30am <b>Folding Team 9-11am</b> Stretch & Strength 10-11am Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm <b>Market Beat 1-2pm</b>
30	Senior Choir 9:45-10:45am Foam and Tone 11am-12pm <b>Halloween Potluck Tea Time 12-1pm</b> Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15pm	31 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			



# 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

**Poetry**  
Wed, 10-11:50am

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

**Autobiography**  
Fri, 12:30-2:30pm

## Art & Performance

**Art Trek Workshop:  
Santa Barbara Mission**  
Friday, October 20, 2-4pm  
Class Fee: \$5, Material Fee: \$10  
Pre-Registration is Required

**Memories in the Making:  
Crunch & Create**  
Monday, October 9  
11am-12:15pm, Free

**Relax Through Coloring**  
Wednesday, October 25  
11:15am-12:15pm, Free

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

**Cooking Class**  
Tuesday, October 17  
10am-12pm, \$20

## 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, October 12, 9am, FREE  
RSVP for directions and location

## Enrichment / Groups

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

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

**Finance Friday**  
Friday, October 13, 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, October 27, 1-2pm, Free

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

**Caregiver Support Group**  
Monday, October 16, 3:30-4:30pm, FREE

**Yours Truly Storytelling Workshop**  
Wednesdays, Oct 11-Nov 29, \$12  
2-3pm

**Highlighted  
Classes**



**Finance Fridays: “Medicare 101”**

Friday, October 13, 12-1pm  
City Hall, Zuma Room

Call to RSVP  
Presenter: Samuel Schwartz

Medicare expert, Samuel Schwartz will discuss the Medicare program. Bring any and all questions. A light lunch will be provided for those that RSVP.

**Travel Presentation**

Wednesday, October 4, 12-1pm  
City Hall, Zuma Room

FREE, Light snacks provided  
Presenter: Beth Mohiuddin

Beth Mohiuddin, Malibu Board Member, world traveler, and 25 year travel veteran will be joined by Tyler Reardon, Southern California Sales Representative of Collette Vacations. They will present travel tips and packages for Portugal and Spain as well as small boat River Cruising.

**Yours Truly Storytelling Workshop**

Wednesdays, October 11-November 29, 2-3pm  
City Hall, Multi-Purpose Room

\$12  
Instructor: Ann Buxie

Instructor Ann Buxie has been hosting *Tales By The Sea*, a storytelling concert series for adults in Malibu, since 1995. This eight-week session includes instruction on how to craft a personal story, how to respond to prompts and discuss the elements of a story.

**Cooking and Conversation**

Tuesday, October 17, 10am-12pm  
City Hall, Multi-Purpose Room

\$20  
Instructor: Philippa Sklaar

Come enjoy a special cooking class with Philippa Sklaar, chef and caterer to celebrities. In this two hour class you will learn to make an appetizer, entree and dessert! Space is limited so call to RSVP today.

**Volunteer Opportunitites**

**Folding Team**

Friday, October 27, 9-11am

Help prep the mailing of the November newsletter! Snacks and refreshments provided.

**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 the Jackpot prize booth. To volunteer, please call 310-456-2489 ext. 357

**Chamber of Commerce “Visitor Center”**

Monday-Friday, 10am-7pm

3939 Cross Creek Rd Suite C-10, Malibu, CA 90265.

The Chamber of Commerce is looking for volunteers to help at Malibu’s Visitor Center to answer phones, socialize with patrons and help visiting tourists. To volunteer, please call 310-456-9025.

# What's New For You

## Theatre Thursday

**Thursday, October 12, 11am & 1pm,  
Free**

***"Woman in Gold"* 11am**

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family. Starring: Helen Mirren, Ryan Reynolds, Daniel Bruhl. (2015)

***"How to be a Latin Lover"* 1pm**

A past-his-prime Latin lover moves in with his sister and her son after his wife leaves him for a younger man. Starring: Eugenio Derbez, Salma Hayek, Raphael Alejandro & Rob Lowe (2017)



## Locals Lunch

**Tuesday, October 17  
11:30am**

Enjoy lunch at Malibu Seafood and socialize with Malibu locals.

Bring your favorite beverage!

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



## Ice Cream Social Monday, October 9

**12:15-12:45pm, Free**

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



## Silver Fox Walks

**Thursday, October 12, 9am**

***Nicholas Trail***

**Free**



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, and wear comfortable clothing and appropriate shoes. RSVP is required for meeting location and address.

## Halloween Potluck Tea Time

**Monday, October 30**

**12-1pm**

**Zuma Room**

Join us for a special potluck style Tea Time! Dress in your Halloween best and socialize with others. Please call to RSVP at 310-456-2489 ext. 357.



## 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.

**Computer Workshop**  
**Friday, October 6**  
**\$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,**  
**October 13 & 20**  
**\$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 October!

**Libra:**

Characteristics: Charming, romantic, indecisive, laid-back

**Scorpio**

Characteristics: strong, commanding, intense, jealous

**Birthstone:** Opal

**Famous Celebrities Born in October:** Sting, Susan Sarandon, Joy Behar, Matt Damon, Chevy Chase, Paul Simon, Angela Lansbury, Tim Robbins, John Lithgow, Jeff Goldblum, "Weird Al" Yankovic, John Cleese, Kevin Kline, Michael Brown

**October Fun Facts:**

- More US presidents have been born in October than in any other month.
- In the US, October is national pizza, popcorn, pork and sausage month.
- Hawaii has a special October event called "The Aloha Festival," sometimes described as the "Mardi Gras" of the Pacific.
- President Truman made the first presidential telecast address from the White House on October 5, 1947.
- Held from the end of September to early October, Oktoberfest is one of the world's largest most recognizable Volkfest celebrations held in October. Millions from around the world gather in Germany to parttake in this time honored tradition.



## Other News from the Senior Center

- **Senior Center Health Challenge:** Improve your flexibility! Tight muscles can create problems throughout your body. Improvements in flexibility can increase the body's range of motion, prevent injury, improve circulation, lessen tension and improve posture. Take a yoga class, start a stretching routine, or hold a stretch a little bit longer. Your body will thank you.
- **Malibu Book Group:** October 11, 5-6:30pm, Malibu Library  
Join Malibu Library's Book Group as they read, *Half Broke Horses*, by Jeanette Walls. A true-life novel based on Walls' no-nonsense, resourceful, hard-working, and spectacularly compelling grandmother. The book group meets once a month at the Malibu Library. For more information please call 310-456-6438.
- **Smart Gardening Workshop:** October 7, 9:30-11am, Malibu City Hall  
LA County presents an intro course to organic gardening, landscaping with native friendly and drought tolerant plants, and integrated pest management (environmental ways to control pests). Backyard compost bins and worm compost bins will be for sale at discounted rates after the class (check or cash only).
- **HHW/ E Waste Collection:** October 21, 10am-2pm, City Hall Upper Parking Lot. Properly dispose of certain types of household hazardous waste (HHW) and electronic waste.
- **Malibu Speaker Series presents Jeannette Wells:** October 24, 7pm, City Hall. Author of the critically acclaimed book, *The Glass Castle*, which details the joys and struggles of her childhood and offers a look into her life and that of her charismatic but dysfunctional family. Event is free and space is extremely limited. RSVP early at 310-456-6438.

## 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.

## December Excursion

# Heritage Square

Tuesday, December 12, 10am-4pm

\$25 (lunch included)

Registration Opens: November 1 at 9am

Deadline to Register: December 1 or until full



Enjoy a day at the Historic Heritage Square in Downtown Oxnard. On this guided tour you will experience the unique, quaint scene of Victorian homes decorated for the holidays combined with delightful gardens and fountains. After the tour, enjoy lunch at La Dolce Restaurant.

## 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: Santa Barbara Mission

Friday, October 20, 2-4pm

Multi-Purpose Room

Paint in watercolor a "Paul Klee" style interpretation of our own beautiful Santa Barbara mission. Participants must register in advance to secure a spot. To register call, 310-456-2489 ext.357

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

Instructor: Lorelle Patterson



### Memories in the Making: Crunch & Create!

Monday, October 9, 11-12:15pm

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.

Free lunch for those who RSVP

Facilitator: Denise Gieser



### Relax Through Coloring

Wednesday, October 25, 11:15am-12:15pm

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.

Free

Facilitator: Judy Merrick



**MALIBU SENIOR CENTER**  
23825 STUART RANCH ROAD  
MALIBU, CA 90265



# Health & Wellness Expo



**Wednesday, October 11**

**11am-2pm**

**City Hall, Multi-Purpose Room & Senior Center**

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

Each guest will receive a raffle ticket for a chance to win gift cards, discounts from vendors, and more! You must be present to win.

The first 50 people to RSVP will receive a free lunch.  
For more information or to RSVP call, 310-456-2489 ext. 357.

## **Aqua Aerobics**

**Saturdays, September 9-October 28**  
**11am-12pm, Malibu High School**  
**Free for ages 55 and older or \$3**

Aqua Aerobics is a great workout for everyone. Classes are easy on joints, yet challenging enough to help participants reach new levels of fitness. Water aerobics classes are suitable for every age and fitness level. No experience necessary. For more information please call 310-589-1933.

## Senior Center Hours

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

## Senior Center Phone Number:

310-456-2489 ext. 357