

**November
2017**

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Malibu Senior Center & Adult Activities

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Senior Center Staff

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



senior news & VIEWS

Face of Malibu Art Exhibit

Thursday, November 9, 12pm
City Hall, Zuma Room

The *Face of Malibu* art exhibit opened on October 6 with the help of the City of Malibu's CulturalArts Commission and the Malibu Times. Malibu artist, Johanna Spinks, completed over 60 portraits of Malibu community members and will discuss her labor of love at the Malibu Senior Center. The presentation will include details about the portraits, her painting methods and outlook as an artist. The *Face of Malibu* exhibit is located on the second floor of City Hall and is open Monday through Friday during City Hall hours.

To RSVP or for more information, please call 310-456-2489 ext. 357.

November Luncheon

Thursday, November 16, 11:30am-1pm
\$2 for the first 80 people that RSVP

Enjoy an early Thanksgiving celebration at the November Luncheon. A Thanksgiving feast will be served followed by dessert and entertainment provided by 1Heart Caregiver.

Call in advance to reserve a seat 310-456-2489 ext. 357. After 80 RSVPs a waitlist will be created. Please pay at the door; exact change is preferred.

***If November is your birthday
month, lunch is on us!***

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, November 9, 9am, FREE
RSVP for directions and location

Art & Performance

Art Trek Workshop:
Friday, November 3, 2-4pm
Class Fee: \$5, Material Fee: \$10
Pre-Registration is Required

**Memories in the Making:
Crunch & Create**
Monday, November 13
11am-12:15pm, Free

Relax Through Coloring
Wednesday, November 29
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, November 3, 12-1pm
Free lunch to those that RSVP

Personalized Tech Help
Third Friday of the month
10am-12pm, \$2

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

The Market Beat
Friday, November 17, 11:30-12:30pm, Free

Caregiver Support Group
Monday, November 6, 3:30-4:30pm, FREE

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

**Highlighted
Classes**



Finance Friday: Real Estate Planning

Friday, November 3, 12-1pm
City Hall, Zuma Room

Call to RSVP
Presenter: Jennifer Yeoh, Attorney
Katherine Southard, Attorney

Jennifer and Katherine, Partners of Joe, Southard & Yeoh LLP specialize in Estate Planning. They will present ways to craft an estate plan tailored to meet your individual goals and values. Lunch will be provided for those that RSVP.

Holiday Blues Lecture

Wednesday, November 1, 11:30am-12:30pm
City Hall, Zuma Room

Call to RSVP
Presenter: Los Angeles County of Mental Health

Holidays can be a challenging time. Learn strategies to combat sad feelings during the holidays and the difference between the “blues” and more serious problems.

Ann Stalcup Lecture

Wednesday, November 15, 12-1pm
City Hall, Zuma Room

Call to RSVP
Presenter: Ann Stalcup, Author

Senior Center member, Ann Stalcup was only four years old when England declared war on Germany in 1939 and in 2002 she wrote a book about her experiences. Her presentation will include details about her book and her life on the home front – the everyday life of people at war.

RESCHEDULED LECTURE: What Makes People Happy

Tuesday, November 28, 12-1pm
City Hall, Zuma Room

Call to RSVP
Presenter: Pamela Nye, Clinical Nurse

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.

Volunteer Opportunitites

Folding Team

Wednesday, November 22, 9-11am, Zuma Room
Help prep the mailing of the December newsletter! Snacks and refreshments provided.

Winter Showcase

Friday, December 1, 5pm, Malibu Civic Theater
Before enjoying the show, assist with decorating and check-in.

Breakfast with Santa

Saturday, December 9, 7:30am, Point Dume Marine Science Elementary School
The Community Services Department is looking for interested seniors to assist with decorating, check-in and serving food.

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

What's New For You

Theatre Thursday

Thursday, November 2, 11am & 1pm

Free

“Megan Leavey” 11am

Marine corporal Megan Leavey bonds with a bomb-sniffing military dog named Rex and vows to cut through the military's red tape to adopt him. Starring: Kate Mara and Edie Falco. (2017)

“Going in Style” 1pm

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. Starring: Michael Caine, Richie Moriarty, Morgan Freeman. (2017)



Silver Fox Walks

Thursday, November 9, 9am

Zuma Beach

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. Guests of any age are welcome. Bring water, sun protection, wear comfortable clothing and appropriate shoes. RSVP is required for meeting location and address.

Thanksgiving Potluck Tea Time

Monday, November 20

12-1pm

Zuma Room

Join us for a special potluck Tea Time! Celebrate the season and bring a dish to share. Socialize with others while enjoying an afternoon tea. Please call to RSVP at 310-456-2489 ext. 357.



Locals Lunch

Tuesday, November 7

11:30am



Enjoy lunch at Tra di Noi and socialize with Malibu locals. A free soft drink will be given with purchase.

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

Ice Cream Social

Monday, November 13

12:15-12:45pm, Free

Celebrate November 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.

Computer Workshop
Friday, November 3
\$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, November 17
\$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 November!

Scorpio

Characteristics: strong, commanding, intense

Sagittarius

Characteristics: Generous, idealistic, great sense of humor

Birthstone: Topaz

Famous Celebrities Born in November: Larry King, Bill Nye, Dolph Lundgren, Dennis Miller, Art Garfunkel, Sallie Field, Sinbad and Lou Ferrigno

November Fun Facts:

- In the US, November is national adoption, Alzheimer's Awareness, sweet potato and peanut butter lover's month.
- The Erie Canal was formally opened in New York on November 4, 1825.
- Lincoln's Gettysburg address was given in November 1863.
- The Parker Brothers introduced the world to Monopoly on November 5, 1935.
- On November 18, 1963, Bell Telephone Company went public with the push button telephone.



Other News from the Senior Center

- **Senior Center Health Challenge:** Cook at home with friends and family! Find recipes on the internet or checkout a cookbook from the local library.
- **Poetry Workshop with Malibu Poet Laureate:** Saturday, November 18, 1-3pm, Malibu Library. Join Malibu's Poet Laureate Ricardo Means Ybarra for a poetry workshop at the library. Poets, aspiring or otherwise, can bring a work-in-progress for instruction and discussion. Critical feedback from peers and the instructor will give you the opportunity to learn and grow as a wordsmith. Sponsored by the Friends of the Malibu Library.
- **Go Green with the Senior Center:** Join us in helping the environment by bringing your own cup or mug for drinks at the senior center. Let's all make an effort to reduce waste and our carbon footprint.
- **Document Shredding Day:** Saturday, November 18, 10am-2pm. Protect yourself against identity theft and fraud by disposing of old records properly. All shredded material will be recycled.
- **Malibu Speaker Series:** Wednesday, November 29, 7pm, Malibu Library. The Malibu Library Speaker Series presents Marcus Eriksen. Eriksen will present information on marine conservation, the impact of plastics on the world's oceans, breaking down the complexity of stakeholder objectives and identifying common ground and actionable solutions.
- **Veteran's Day Ceremony:** Saturday, November 11, 11am-1pm, Malibu City Hall, free admission. Commemorate Veterans Day by attending a ceremony honoring those who have served and are serving in the United States military. The ceremony will include guest speakers, dancers, music and a reception. For more information contact the Malibu Chamber of Commerce at 310-456-9025.

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.

January Excursion



Rose Parade

Tuesday, January 2, 8am-3pm

\$45 (lunch included)

Registration Opens: December 1 at 9am

Deadline to Register: January 2 or until full

Take a closer look at the design and workmanship that went into each Rose Parade float. This is a great opportunity to see these one of a kind floats up close. Afterwards the group will enjoy lunch at the Cheesecake Factory in Old Town Pasadena. Walking is involved, comfortable walking shoes are suggested.

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: Linoleum Card Painting

Friday, November 3, 2-4pm

Multi-Purpose Room

Create your own design, to ink and print onto a linoleum block card. Perfect for your holiday cards! 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, November 13, 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, November 29, 11:15am-12:15pm

Senior Center

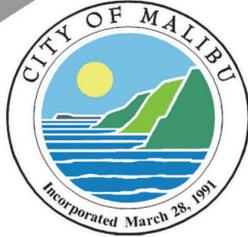
Did you know that coloring helps relieve stress? By focusing on coloring, one is not thinking about the worries of daily life. Join us for this free unstructured drop-in program.

Free

Facilitator: Judy Merrick



MALIBU SENIOR CENTER
23825 STUART RANCH ROAD
MALIBU, CA 90265



Winter Showcase

Friday • December 1 • 6 PM
Malibu Civic Theatre, City Hall

Celebrate the holiday season and enjoy performances by local artists at the City of Malibu's Winter Showcase. The program will feature performances by the Senior Center Choir, Senior Tap Dance and the Malibu Jazz Band.

Complimentary Admission

For more information

contact the **Malibu Senior Center** 310-456-2489 ext. 357

Senior Center Hours

Monday-Thursday: 9am-4:30pm

Friday: 9am-4pm

Saturday & Sunday: Closed

Phone number:

310-456-2489 ext. 357

Malibucity.org

Senior Center will be closed: November 10 and November 23-24