December 2017

Malibu Senior Center & Adult Activities

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Senior Center Staff

Paige Gomez
Senior Recreation Coordinator

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Bryanna Edwards
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senior news & VIEWS

December Luncheon

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

Enjoy an afternoon of good food, great entertainment and holiday cheer! Lunch and dessert will be served followed by a performance of holiday songs sang by the Senior Center Choir.

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 December is your birthday month, lunch is on us!

Winter Showcase

Friday, December 1, 6-7:30pm
Malibu Civic Theatre, City Hall
Complimentary Admission

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

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

December

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 **Art Trek** 2-4pm **Winter Showcase 6-7:30pm**
4 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 **Caregiver Support Group 3:30-4:30pm**	***5*** Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am **Holiday Card Making 11:30am-1pm** 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* **Lifeline Screening 9am-5pm** Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish to Improve Memory 10-11am **Healthy Eating Lecture 12pm**	*8* Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm **Finance Friday 11:30am-12:30pm** Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm
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	*12* ***Excursion: Heritage Square*** 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	*13* Stretch & Strength 10-11am Emeritus Poetry 10-11:50am **Good Sleep Lecture 11:30am-12:30pm** Reader's Theater 1-3pm Bridge Group 3-4:30pm	*14* **Silver Fox Walk 9am** Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish to Improve Memory 10-11am **Theatre Thursday 11am-3pm**	*15* Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm **Market Beat 11:30am-12:30pm** Emeritus Autobiography 12:30-2:30pm Functional Fitness 1-2pm
18 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm **Holiday Tea Time 12-1pm** Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15pm	*19* Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am **Locals Lunch 11:30am** Mat Yoga 3:30-4:30pm	*20* **Folding Team 9am** Stretch & Strength 10-11am 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* ***CLOSED***
25 ***CLOSED***	26 Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am Mat Yoga 3:30-4:30pm	27 Stretch & Strength 10-11am **Relax Through Coloring 11:15-12:15pm** Reader's Theater 1-3pm Bridge Group 3-4:30pm	28 Senior Aerobics 9-10am Tap Dance Class 10-11am	29 ***CLOSED***

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, December 14, 9am, FREE
RSVP for directions and location

Art & Performance

Art Trek Workshop:
Partridge in a Pear Tree
Friday, December 1, 2-4pm
Class Fee: $5, Material Fee: $10
Pre-Registration is Required

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

Relax Through Coloring
Wednesday, December 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

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

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

Finance Friday
Friday, December 8, 11:30am-12:30pm
Free lunch to those that RSVP

Personalized Tech Help
Second & third Friday of the month
10am-12pm, $2

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

The Market Beat
Friday, December 15, 11:30am-12:30pm
Free

Highlighted Classes

Finance Friday: Health Care Services

Friday, December 8, 11:30am-12:30pm
City Hall, Zuma Room

Call to RSVP
Presenter: BrightStar Care & Mainstreet Mortage

BrightStar Care and Mainstreet Mortgage will present on BrightStar services and how to get the most out of your equity loans. Lunch will be provided for those that RSVP.

Healthy Eating Lecture

Thursday, December 7, 12-1pm
City Hall, Zuma Room

Call to RSVP
Presenter: Aimee Ostick, MD

Maintaining balance and consistency is key to achieving a successful healthy diet. UCLA family medicine physician, Aimee Ostick, MD will explore ways you can enjoy what you eat while taking care of yourself at the same time.

Good Sleep Lecture

Wednesday, December 13, 11:30am-12:30pm
City Hall, Zuma Room

Call to RSVP
Presenter: LACDMH

Learn the importance of good sleep, how it is linked to emotional well-being and helpful tips for a healthy sleeping habit.

Holiday Card Making

Tuesday, December 5, 11:30am-1pm
City Hall, Multi-Purpose Room

Call to RSVP
Facilitator: Kisha Kalahiki, Dun&Bradstreet

Send your sentiments from the heart with a handcrafted card. Cardstock, stamps, embossing tools and other supplies to make the perfect personalized holiday cards will be provided. Space is limited. Please call to RSVP for this free class.

Volunteer Opportunites

Folding Team
Wednesday, December 20, 9-11am, Zuma Room
Help prep the mailing of the January newsletter! Snacks and refreshments provided.

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

Touch a Truck
Saturday, January 20, 10am-12pm, Malibu Library Parking Lot
A special event where children can see, touch, explore, and honk their favorite truck and emergency vehicle. Volunteers will be needed to aid and supervise trucks. Please call 310-456-2489 ext. 363 to volunteer.

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

What's New For You

Theatre Thursday

Thursday, December 14, 11am & 1pm
Free

"Dark Tower" 11am
The last Gunslinger, Roland Deschain, has been locked in an eternal battle with Walter O'Dim, determined to prevent him from toppling the Dark Tower, which holds the universe together.
Starring: Idris Elba, Matthew McConaughey, and Tom Taylor (2017)

"It's a Wonderful Life" 1pm
An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.
Starring: James Stewart, Donna Reed, and Lionel Barrymore (1946)

Silver Fox Walks

Thursday, December 14, 9am
Charmlee Wilderness Park
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 all age are welcome. Bring water, sun protection, wear comfortable clothing and appropriate shoes. RSVP is required for meeting location and address.

Holiday Potluck Tea Time

Monday, December 18, 12-1pm
Zuma Room

Tis' the season for a potluck Tea Time! Celebrate the Holidays 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, December 19
11:30am

Marmalade CAFE®
Breakfast • Lunch • Dinner

Enjoy lunch at Marmalade Cafe and socialize with Malibu locals.

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

Ice Cream Social

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

Celebrate December 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, December 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, December 8 & 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!

Happy Birthday to everyone born in December!

Sagittarius
Characteristics: Generous, idealistic, great sense of humor

Capricorn
Characteristics: ambitious, conservative, determined, practical and helpful

Birthstone: Tanzanite

Famous Celebrities Born in December: Samuel L. Jackson, Jimmy Buffet, Denzel Washington, Anthony Hopkins, Bob Barker, Frank Sinatra, Eugene Levy, William Lloyd Garrison, Dionne Warwick, Tracy Austin

December Fun Facts:
- December is national bingo, egg nog, fruit cake and write to a friend month.
- America's official national Christmas tree is located in King's Canyon National Park in California. The tree, a giant sequoia called the "General Grant Tree", is over 300 ft high, and was made the official Christmas tree in 1925.
- The poinsettia, a traditional Christmas flower, originally grew in Mexico, where it is also known as the 'Flower of the Holy Night'. Joel Poinsett first brought it to American in 1829.

Other News from the Senior Center

- **Senior Center Health Challenge:** This month, push yourself to do a little more. Do one more rep, take one more lap, or take one more step. A little bit goes a long way in reaching your fitness goals!
- **Christmas Tree Recycling:** December 26-January 14, 24 hour drop off service. Two drop off sites: Bluffs Park (eastside cul-de-sac) and 29136 Pacific Coast Highway near Heathercliff Road. You may also cut your tree to fit in your green waste bin; no metal allowed.
- **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.
- **Paint a Pot for Plants:** Saturday, December 2, 1-3pm. Bring creativity to your container gardneing! Paint terracotta pots while learning succulent tips and tricks. All materials will be provided. For teens 12+ and adults. Limited to 12 participants. Call the Malibu Library at 310-456-6438 to sign-up.
- **Friends of the Malibu Library Holiday Book Sale:** Saturday, December 9, 9am-4pm. The Friends of the Malibu Library will hold a special one-day holiday book sale including hardbound books in all categories, CDs, audio books, and unique collectibles.
- Do you know someone interested in working part-time at the Senior Center? We are looking for a responsible and dependable person to join the Senior Center team. For more information visit the City's career website at www.malibucity.com\jobs or speak with a Senior Center staff member.

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.

February Excursion

The Nethercutt Collection

Thursday, February 22, 8am-3pm
$10 (does not include lunch)
Resistration opens: January 2 at 9am
Deadline to register: February 1 or until full

On this guided tour you will explore an assortment of beautifully restored antique and classic automobiles. An amazing collection of automobile mascots, antique furniture, clocks and watches, and one of the world's finest collections of Mechanical Musical Instruments are displayed in their music room. After the tour, enjoy lunch at Casa Torres.

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: Partridge in a Pear Tree

Friday, December 1, 2-4pm
Multi-Purpose Room
$5 for the class plus $10 materials fee
Instructor: Lorelle Patterson

It is the holiday season, but any time is a good time for a partridge in a pear tree! Participants will paint using watercolors with metallic accents. Participants must register in advance to secure a spot. To register call 310-456-2489 ext.357.

Memories in the Making: Crunch & Create!

Monday, December 11, 11-12:15pm
Multi-Purpose Room
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, December 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

Life Line Screening

Thursday, December 7, 9am-5pm
City Hall, Multi-Purpose Room
Life Line Screening & Beverly Hills Health Center

Take a step towards staying healthy and active. Life Line screens the carotid artery, abdominal aortic and for heart rhythm, osteoporosis and peripheral arterial disease. Pre-registration is required. To register call 1-888-653-6450.

Senior Center Hours

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

Senior Center will be closed
December 22, December 25
and December 29

310-456-2489 ext. 357
malibucity.org