FEBRUARY
2018

Malibu Senior Center & Adult Activities

Senior NEWS & VIEWS

February Luncheon

Thursday, February 15, 11:30am-1pm
City Hall, Multi-Purpose Room
$2 for the first 80 people that RSVP

Join us this month for a Mardi Gras celebration! Our friends from the Malibu Country Chicken will be catering an all natural chicken lunch with Southern-style sides.

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

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

Memory Loss Lecture

Tuesday, February 6, 12-1pm
City Hall, Zuma Room

Let's Talk About It! Join a discussion about Alzheimer's disease, dementia and memory loss.The Alzheimer's Association of Greater Los Angeles will discuss symptoms,diagnosis and treatment options.

For more information or to RSVP call 310-456-2489 ext. 357.

Alzheimer's
GREATER LOS ANGELES

February

Mon	Tue	Wed	Thu	Fri
			1 **Theatre Thursday 11am-3pm** Senior Aerobics 9-10am Tap Dance Class 10-11am **Spanish 10-11am**	*2* Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Computer Workshop 10am-12pm Autobiography 12:30-2:30pm Functional Fitness 12:30-1:30pm **Art Trek** 2-4pm
5 Senior Choir 9:45-10:45am **Yin Yoga 11am-12pm** Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15pm **Caregiver Support Group 3:30-4:30pm**	***6*** Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am **Memory Loss Lecture 12-1pm** Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	*7* Stretch & Strength 10-11am Reader's Theater 1-3pm Bridge Group 3-4:30pm	*8* **Silver Fox Walk 9am** Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish 10-11am	*9* Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Finance Friday 11:30am-12:30pm** Tech Help 10am-12pm Autobiography 12:30-2:30pm Functional Fitness 12:30-1:30pm
12 Senior Choir 9:45-10:45am Yin Yoga 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	*13* Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am **Locals Lunch 11:30am** Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	*14* Stretch & Strength 10-11am Emeritus Poetry 10-11:50am **Valentine's Tea Time 12-1pm** Reader's Theater 1-3pm Bridge Group 3-4:30pm	*15* Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish 10-11am **Monthly Luncheon 11:30am-1pm** Current Events 1-2pm	*16* Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Autobiography 12:30-2:30pm Functional Fitness 12:30-1:30pm
19 ***Senior Center Closed***	*20* 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	*21* Stretch & Strength 10-11am Emeritus Poetry 10-11:50am **Isolation Lecture 11:30am-12:30pm** Reader's Theater 1-3pm Bridge Group 3-4:30pm	***22*** ***Excursion: Nethercutt Collection*** Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish 10-11am	*23* **Folding Team 9-11am** Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Market Beat 11:30am-12:30pm** Autobiography 12:30-2:30pm Functional Fitness 12:30-1:30pm
26 Senior Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15pm	*27* 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	*28* 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		

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

Functional Fitness
Fridays, 12:30-1:30pm, $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, February 8, 9am, FREE
RSVP for directions and location

Yin Yoga
Mondays, 11am-12pm, $2/class

Art & Performance

Art Trek Workshop: Modigliani & Me
Friday, February 2, 2-4pm
Class Fee: $5, Material Fee: $10
Pre-Registration is Required

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

Relax Through Coloring
Wednesday, February 28
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, February 5, 3:30-4:30pm, Free

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

Finance Friday
Friday, February 9, 11:30am-12:30pm
Free lunch to those that RSVP

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

Reader's Theater
Wednesdays, 1-3pm, $2/class

The Market Beat
Friday, February 23
11:30am-12:30pm, Free

Highlighted Classes

Caregiver Support: Guest Speaker

Monday, February 5, 3:30-4:30pm
City Hall, Zuma Room

Free
Presenter: Monica Moore, UCLA

Monica Moore from the Alzheimer's Center at UCLA will be a guest speaker at this month's meeting. She will discuss memory loss and aging including what it is, diagnosis and overall brain health. This support group will provide a safe and confidential place to express your true feelings, feel understood, and obtain helpful information from peers and professionals.

Finance Friday: Historical Investing

Friday, February 9, 11:30am-12:30pm
City Hall, Zuma Room

Call to RSVP
Presenter: Lori Day, Day Street Financial

Want to learn more about investing? Lori Day from Day Street Financial will discuss historical investing including the differences between a Broker versus a Fiduciary, how to maximize potential profits, asset allocation and basic chart reading. Lunch will be provided for those that RSVP.

Isolation Lecture

Wednesday, February 21, 11:30am-12:30pm
City Hall, Zuma Room

Call to RSVP
Presenter: LA County Mental Health Dept.

Learn how isolation can affect mental and physical health. The presenter will share ideas on managing isolation and making simple changes in order to live a healthy and productive life.

Spanish Class

Thursdays, February 1-March 8
City Hall, Senior Center

$45/ 6-week session
Instructor: Robin Rapaport

During the 6-week Spanish class, the instructor will focus on basic vocabulary and pronunciation. Students will be given tools to use in conversation and for travel interactions such as ordering food and asking for directions.

New Class: Yin Yoga

Mondays, 11am-12pm
City Hall, Senior Center

$2/ class
Instructor: Tina Sartiorius

A passive practice of various yoga poses involving props such as a foam roller, elastic bands and tennis balls that improve circulation, alleviate pain and soothe the body. Please wear comfortable clothing and bring a yoga mat. Class will not take place on February 19.

Volunteer Opportunites

Folding Team
Friday, February 23, 9-11am, Zuma Room
Help prepare the mailing of the March newsletter! Snacks and refreshments provided.

Art Show
Saturday, February 10, 10am-5pm, Malibu Village
Volunteer to help with event setup, check-in and handing out certificates.

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

What's New For You

Theatre Thursday

Thursday, February 1, 11am & 1:10pm
Free

"Victoria and Abdul" 11am
Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim. Starring: Judi Dench, Ali Fazal, Tim Pigott-Smith. (2017)

"Dunkirk" 1:10pm
Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II. Starring: Fionn Whitehead, Barry Keoghan, Mark Rylance. (2017)

Silver Fox Walks

Thursday, February 8, 9am
King Gillette Ranch
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.

Valentine's Tea Time Potluck

Wednesday, February 14, 12-1pm
Zuma Room, City Hall

Be our Valentine at this month's tea time. Socialize with others and snack on finger foods while enjoying afternoon tea. Please RSVP by calling 310-456-2489 ext. 357.

Locals Lunch

Tuesday, February 13
11:30am

Enjoy lunch and socialize with Malibu locals.

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

Ice Cream Social

Monday, February 12
12:15-12:45pm, Free

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

Legacy Walking Group

Tuesdays, 10-11am, Free

Walk around the park 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, February 2
$2/class
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 your technical device 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, February 9 & 16
$2/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 February!

Aquarius
Characteristics: truthful, affectionate and imaginative

Pisces
Characteristics: selfless, artistic, intuitive

Birthstone: Garnet

Famous Celebrities Born in February: Seth Green, Rebel Wilson, Isla Fisher, Chris Rock, Joe Pesci, Jennifer Aniston, Burt Reynolds, and John Travolta

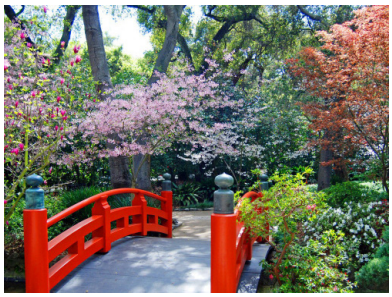
February Fun Facts:

- Groundhog Day is Friday, February 2
- More than 58 pounds of chocolate is sold during Valentine's Day week
- Facebook was founded on February 4, 2004
- The next leap year will be in February 2020

Other News from the Senior Center

- **CERT Training Course:** February 15 & 24, 6-9pm, City Hall. CERT is a highly acclaimed program of free courses administered by the City of Malibu and by public safety agencies across the country that empowers citizens to help during disasters. Volunteers are trained in basic first aid, fire suppression, and search and rescue so that they can provide emergency assistance to their neighbors. Call to register for this course at 310-456-2489 ext. 313.
- **HHW/E-Waste Collection:** Saturday, February 17, 10am-2pm, Upper Parking Lot, City Hall. Properly dispose of certain types of household hazardous waste (HHW) and electronic waste. All containers must be clearly labeled to identify the contents. For your safety, please remain in your vehicle while it is unloaded. Maximum amount of paint/motor oil accepted is 15 gallons or 125 pounds per trip.
- **Cars & Coffee:** Sunday, February 11 & 25, 7-9am, Malibu Bluffs Park. Southern California's top enthusiasts will enjoy a beautiful drive down the coast to meet at Malibu Bluffs Park. Enjoy coffee while admiring some of the world's finest automobiles at an unbeatable location.
- **The Journey is the Destination: Safari with Dan Eldon Exhibit Opening Reception:** Friday, February 2, 5:30-7:30pm, City Hall. While Dan's photos are works of journalism, his journals are works of art; a celebration of adventure and a testament of desire to live life to its fullest. Now through his art, sense of adventure and creative activism, his journey continues. Art will be on display at Malibu City Hall February 5 through May 31.
- **West Winds Woodwind Quintet Concert:** Wednesday, February 28, 6pm, Malibu Library, Free. Join us for a relaxing, all-ages evening concert with the West Winds Woodwind Quintet. West Winds is a collaboration of musicians who specialize in classical, contemporary and jazz. Sponsored by the Friends of the Malibu Library.

March Excursion



Descanso Gardens

Thursday, March 22, 9am - 3pm
$15 (does not include lunch)
Registration opens: February 1 at 9am
Deadline to register: March 1 or until full

Experience the gardens during a one hour guided tour. Learn about the magic and history of the flowers with an eye to seasonal suprises. After the tour, explore other gardens at your leisure and enjoy lunch at the Cafe. This is an outdoor walking tour, comfortable attire is suggested.

April Excursion

Griffith Observatory

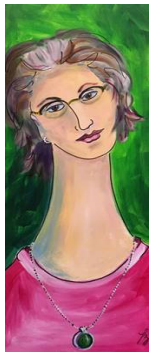
Thursday, April 12, 10am-4:30pm
$35 (lunch is included)
Registration opens: March 1 at 9am
Deadline to register: April 1 or until full

Sitting on the mountains of Hollywood, the Griffith Observatory has been a Los Angeles landmark since 1935. Participants will have an opportunity to experience a show in the state-of-the-art planetarium theater, explore the Observatory and eat lunch at the Cafe at the End of the Universe overlooking spectacular views of Los Angeles. Following lunch, participants will recieve a special tour of the building led by Malibu resident Kara Knack, a 27-year Board Member of Friends of the Observatory.

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: Modigliani & Me

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

Create an elongated self-portrait like the iconic Italian painter Amedeo Modigliani using acrylic on canvas paper. Participants must register in advance to secure a space. To register call 310-456-2489 ext.357.

Memories in the Making: Crunch & Create!

Monday, February 12, 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, February 28, 11:15am-12:15pm
Senior Center
Free
Facilitator: Judy Merrick

The act of coloring activates different areas of the brain using logic, forming colors and creativity. Join us for this fun, free drop-in class.

MALIBU SENIOR CENTER
23825 Stuart Ranch Road
Malibu, CA 90265

Bird Walk

Saturday, February 24, 9am
Legacy Park

Free
RSVP: 310-317-1364

Join the City's naturalist on a bird watching walk that begins in Legacy Park and continues to the Malibu Lagoon. Learn and compare species of birds at each location.

Senior Center **HOURS & STAFF MEMBERS**

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

Senior Center will be closed
February 19

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

310-456-2489 ext. 357 malibucity.org