MARCH

**2018**

Malibu Senior Center & Adult Activities

## March Luncheon

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

Celebrate St. Patrick's Day with us and enjoy entertainment by the O'Connor School of Irish Dancing.

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

## Dog Therapy Lecture

**Friday, March 16, 11:30am-12:30pm**
**Malibu City Hall, Multi-Purpose Room**

VIP Dog Teams' mission is to train dogs to become therapy dogs for people of all ages and backgrounds. Learn the difference between service, therapy and emotional support dogs and which one you may be eligible for. The VIP Dog Team will also bring some of their furry friends for you to meet.

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

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| | | | *1*<br>**Theatre Thursday 11am-3:30pm**<br>Senior Aerobics 9-10am<br>Tap Dance Class 10-11am<br>Spanish 10-11am | *2*<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Stretch & Strength 10-11am<br>Computer Workshop 10am-12pm<br>Autobiography 12:30-2:30pm<br>**Art Trek 2-4pm** |
| *5*<br>Senior Choir 9:45-10:45am<br>Yin Yoga 11am-12pm<br>Chair Yoga 1-2pm<br>Stretch & Strength 1:30-2:30pm<br>Bridge Group 2:15pm<br>**Caregiver Support Group 3:30-4:30pm** | ***6***<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Emeritus Creative Writing 9:30-11:45am<br>Legacy Walk 10-11am<br>Emeritus Drawing at Bluffs 12:30-2:45pm<br>Mat Yoga 3:30-4:30pm | *7*<br>Stretch & Strength 10-11am<br>Emeritus Poetry 10-11:50am<br>Reader's Theater 1-3pm<br>Bridge Group 3-4:30pm | *8*<br>**Silver Fox Walk 9am**<br>Senior Aerobics 9-10am<br>Tap Dance Class 10-11am<br>Spanish 10-11am | *9*<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Stretch & Strength 10-11am<br>**Finance Friday 11:30am-1pm**<br>Tech Help 10am-12pm<br>Autobiography 12:30-2:30pm<br>Functional Fitness 12:30-1:30pm |
| *12*<br>Senior Choir 9:45-10:45am<br>Yin Yoga 11am-12pm<br>**Memories in the Making 11am-12:15pm**<br>**Ice Cream Social 12:15-12:45pm**<br>Chair Yoga 1-2pm<br>Stretch & Strength 1:30-2:30pm<br>Bridge Group 2:15pm | *13*<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Emeritus Creative Writing 9:30-11:45am<br>Legacy Walk 10-11am<br>**St. Patrick's Tea Time 12-1pm**<br>Emeritus Drawing at Bluffs 12:30-2:45pm<br>Mat Yoga 3:30-4:30pm | *14*<br>Stretch & Strength 10-11am<br>Emeritus Poetry 10-11:50am<br>**Late-Life Transition Lecture 11:30am-12:30pm**<br>Reader's Theater 1-3pm<br>Bridge Group 3-4:30pm<br>**Pi Day!** | *15*<br>Senior Aerobics 9-10am<br>Tap Dance Class 10-11am<br>**Spanish 9-10am**<br>**Misplaced Memory 10-11am**<br>**Monthly Luncheon 11:30am-1pm**<br>Current Events 1-2pm | *16*<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Stretch & Strength 10-11am<br>Tech Help 10am-12pm<br>**Dog Therapy Lecture 11:30am-12:30pm**<br>Autobiography 12:30-2:30pm<br>Functional Fitness 12:30-1:30pm |
| *19*<br>Senior Choir 9:45-10:45am<br>Yin Yoga 11am-12pm<br>Chair Yoga 1-2pm<br>Stretch & Strength 1:30-2:30pm<br>Bridge Group 2:15pm | *20*<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Emeritus Creative Writing 9:30-11:45am<br>Legacy Walk 10-11am<br>**Locals Lunch 11:30am**<br>Emeritus Drawing at Bluffs 12:30-2:45pm<br>Mat Yoga 3:30-4:30pm | *21*<br>Stretch & Strength 10-11am<br>Emeritus Poetry 10-11:50am<br>Reader's Theater 1-3pm<br>**Storytelling Workshop 2-4pm**<br>Bridge Group 3-4:30pm | ***22***<br>***Excursion: Descanso Gardens***<br>Senior Aerobics 9-10am<br>Tap Dance Class 10-11am<br>Spanish 9-10am<br>Misplaced Memory 10-11am | *23*<br>**Folding Team 9-11am**<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Stretch & Strength 10-11am<br>Autobiography 12:30-2:30pm<br>Functional Fitness 12:30-1:30pm |
| *26*<br>Senior Choir 9:45-10:45am<br>Yin Yoga 11am-12pm<br>Chair Yoga 1-2pm<br>Stretch & Strength 1:30-2:30pm<br>Bridge Group 2:15pm | *27*<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Emeritus Creative Writing 9:30-11:45am<br>**Ballet Trial Class 9:30-10:30am**<br>Legacy Walk 10-11am<br>Emeritus Drawing at Bluffs 12:30-2:45pm<br>Mat Yoga 3:30-4:30pm | *28*<br>Stretch & Strength 10-11am<br>**Aging Peacefully Lecture 11:30am-1:30pm**<br>Emeritus Poetry 10-11:50am<br>**Relax Through Coloring 11:15am-12:15pm**<br>Reader's Theater 1-3pm<br>Storytelling Workshop 2-4pm<br>Bridge Group 3-4:30pm | 29<br>Senior Aerobics 9-10am<br>Tap Dance Class 10-11am | ***30***<br>Tai Chi at Bluffs Park 8:30-9:30am<br>Stretch & Strength 10-11am<br>Tech Help 10am-12pm<br>**Market Beat 11:30am-12:30pm**<br>Autobiography 12:30-2:30pm<br>Functional Fitness 12:30-1:30pm |

# 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
No class 3/2

**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

**Ballet Trial Class**
Tuesday, March 27, FREE
9:30-10:30am

**Silver Fox Walk**
Thursday, March 8, 9am, FREE
Rocky Oaks Trail

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

## Art & Performance

**Art Trek Workshop:**
**Ink & Watercolor Garden**
Friday, March 2, 2-4pm
Class Fee: $5, Material Fee: $10
Pre-Registration is Required

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

**Relax Through Coloring**
Wednesday, March 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, March 5, 3:30-4:30pm, Free

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

**Finance Friday**
Friday, March 9, 11:30am-1pm
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

**Market Beat**
Friday, March 30
11:30am-12:30pm, Free

**Misplaced Memory**
Thursdays, March 15-April 26, 10-11am
$45 for 6 weeks
No class 3/29

**Highlighted Classes**

## Finance Friday: American Senior

Friday, March 9, 11:30am-1pm
Malibu City Hall, Multi-Purpose Room

Call to RSVP
Presenter: Shawn Miskinis,American Senior

Enjoy lunch while learning about reverse mortgages. Gain a better understanding of how reverse mortgages work, who qualifies and how they apply to your situation. Lunch will be provided for those that RSVP.

## Late-Life Transitions Lecture

Wednesday, March 14, 11:30am-12:30pm
Malibu City Hall, Multi-Purpose Room

Call to RSVP
Presenter: LA County Mental Health Dept.

As people age they face social, physical and psychological changes that effect the way they live. Learn exercises and ways to maintain a positive persona, feel good about past decisions and make the most out of current experiences and life challenges.

## Aging Peacefully Lecture

Wednesday, March 28, 11:30am-1:30pm
Malibu City Hall, Multi-Purpose Room

Call to RSVP
Presenter: One P&R Justice Center

Avoid conflicts by addressing important issues that arise as part of the life cycle. Learn about using alternative resolutions to writing a will and if you should hire a mediator to prevent family conflict.

## Misplaced Memory Class

Thursdays, March 15-April 26, 10am-11am
Malibu City Hall, Senior Center

$45 for a 6 week class
Instructor: Robin Rapaport

Create a “memory toolbox” to help retain words, lists and numbers in your short term memory in a fun, creative and innovative memory class. Learn ways to recall names, dates and locations of various items that were placed around the house like keys or a cell phone. No class March 29.

## Ballet Slim and Trim Trial Class

Tuesday, March 27, 9:30am-10:30am
Malibu City Hall, Backstage Room

FREE trial class
Instructor: Ann Monahan

Looking for a way to gain perfect posture, improve your balance and become more graceful? The instructor will incorporate ballet basics and dance techniques during this free one hour class. No experience necessary.

## Volunteer Opportunites

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

**Gold Hunt**
Friday, March 16, 9:30am-12pm, Malibu Bluffs Park
Volunteer to help with event set up, an art activity, or storytime.

**Easter Hoppening**
Friday, March 23, 2:30-6pm, Malibu Bluffs Park
Volunteer to help with event set up, passing out giveaways, or an art activity.

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

# What's New For You

## Theatre Thursday

**Thursday, March 1, 11am & 1:15pm**
**Free**

**"Only The Brave" 11am**
Based on the true story of the Ganite Mountain Hotshots, a group of elite firefighters risk everything to protect a town from a historic wildfire. Starring: Josh Brolin, Miles Teller, Jeff Bridges, Jennifer Connely. (2017)

**"Roman J. Israel, Esq." 1:15pm**
Roman J. Isreal, Esq., a driven, idealistic defense attorney finds himself in a tumultous series of events that lead to a crisis and the necessity for extreme action. Starring: Denzel Washington, Collin Farrel, Camen Ejogo. (2017)

## Silver Fox Walks

**Rocky Oaks Trail**
**Thursday, March 8, 9am**
**Free**

Join other walkers and explore Malibu's rich, natural habitats while exercising outdoors. This months walk will be meeting in the parking lot located near the trail head of Rocky Oak off Mulholland Highway. Bring water, sun protection, wear comfortable clothing and appropriate shoes. RSVP is required.

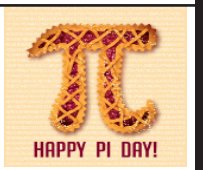
## St. Patrick's Day Tea Time

**Tuesday, March 13, 12-1pm**
**Malibu City Hall, Multi-purpose Room**

Celebrate St. Patty's Day with a special potluck tea time. Bring a dish to share and socialize with others while enjoying a cup of tea. Please RSVP to 310-456-2489 ext. 357

## Pi Day Celebration

**Wednesday, March 14, All Day**
**Malibu City Hall, Senior Center**




Join us for the celebration of Pi Day at the Senior Center! Celebrate the number 3.14 as well as a special birthday, Albert Einstein. Guest are encouraged to bring and share their favorite pie.

## Locals Lunch

**Tuesday, March 20**
**11:30am**

Enjoy lunch and socialize with Malibu locals.

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

## Ice Cream Social

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

Celebrate March 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, March 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, March 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 March!

**Pisces**
Characteristics: selfless, artistic, intuitive

**Aries**
Characteristics: enterprising, incisive, daring

**Birthstone:** Aquamarine

**Famous Celebrities Born in March:** Jon Bon Jovi, Chuck Norris, Albert Einstein, William Shatner, Reese Witherspoon, Celine Dion, and Bryanna Edwards!

**March Fun Facts:**

- Daylight saving time begins Sunday, Mach 11, 2018.
- The sun shines on the equator for the Vernal Equinox, giving us a near 50/50 split of day and night.
- March Madness is a time for sports fans to obsess over their college basketball brackets! Games begin March 11 and continue through April 2.

## Other News from the Senior Center

- **Bring Your Own Cup:** To help reduce waste at the Senior Center we are encouraging participants to start bringing in their own cup! Show your cup to a Senior Center employee to be entered into a raffle! Raffle winners will be announced during monthly luncheons.
- **Malas, Mantras & Meditation Workshop:** Saturday, March 10, 10-11:30am, Malibu City Hall, $20 for class. Registration is open as well as participants may walk in day of class. This workshop is designed for students who are ready to practice daily meditation at home. The instructor will teach students two ancient sanskrit mantras, how to properly use mala beads and how to integrate meditation into a daily routine. Explore the life changing and relaxing world of meditation.
- **Cars & Coffee:** Sunday, March 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.
- **Learn About Native Plants and Hummingbirds:** Tuesday, March 20, 6pm, Malibu Library, Free. Lili Singer of the Theodore Payne Foundation for Wild Flowers and Native Plants will discuss how to attract and support hummingbirds in your garden. Learn which native plants these tiny and beautiful creatures favor and how to keep the birds healthy and happy all year!
- **Pepperdine Guitar Concert:** Friday, March 16, 3pm, Malibu Library, Free. The Pepperdine Guitar Department presents a concert featuring musicians studying with world-renowned classical guitar virtuoso Christopher Parkening. A variety of works are presented in both solo and ensemble settings.

## April Excursion

# Griffith Observatory

Thursday, April 12, 10am-4:30pm
$35 (lunch is included)
Registration opens: March 1 at 9am
Deadline to register: April 2 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.

## May Excursion

# Santa Anita Park

Thursday, May 10, 8am-5pm
$30 (lunch included)
Registration opens: April 2 at 9am
Deadline to register: May 1 or until full

Enjoy the day at the Santa Anita Race Track, one of the most prominent race tracks in the United States. Take a behind the scenes tour and eat a quaint lunch at the track's club house. Cheer on your favorite jockey and appreciate the beautiful backdrop of the San Gabriel Mountains.

## 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: Ink & Watercolor Garden

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

Create a stylish garden using watercolor and black sharpie pens! Participants must register in advance to secure a space. To register call 310-456-2489 ext.357.

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

Monday, March 12, 11-12:15pm
Malibu City Hall, 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, March 28, 11:15am-12:15pm
Malibu City Hall, 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*

## Library Speaker Series: Gabriel Thompson

**Wednesday, March 21, 7pm**
**Malibu Public Library**
**Complimentary Admission**

Gabriel Thompson is an independent journalist and has written for publications including the New York Times, Slate, The Nation, Mother Jones, and Harper's. A Steinbeck Fellow in Creative Writing at San Jose State University, he is the author of five books. He will be discussing his most recent book, *Chasing the Harvest,* an oral history collection from California's fields. The book focuses on the migrant farm workers of the United States. RSVP is required by calling 310-456-6438.

## Senior Center **HOURS & STAFF MEMBERS**

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

310-456-2489 ext. 357
malibuseniorcenter@malibucity.org
malibucity.org

Recreation Assistants
Mariah Delgado
Bryanna Edwards
Donna Galvin
Eileen Youngling
Jhenzier Gordon