APRIL
2018

Malibu Senior Center & Adult Programs

Senior Center 15th Anniversary Party

Thursday, April 19, 11:30am-1:30pm
Malibu City Hall, Multi-Purpose Room
Complimentary Admission

Celebrate the Malibu Senior Center's 15th Anniversary! Live music by Revelry Country, dancing, appetizers and raffles prizes from Malibu businesses including: CVS, Subway and Starbucks. Dance Instructor, MC Callaghan will offer a free country western two-step dancing workshop from 12:00 pm - 12:30 pm. The City will also honor volunteers who have graciously donated their time to benefit the Malibu Senior Center. Participants are encouraged to dress up in western themed wear.

Please RSVP by calling the Malibu Senior Center at 310.456.2489 ext. 357.

For more information visit MalibuCity.org/SeniorCenter

Monday	Tuesday	Wednesday	Thursday	Friday
2 Senior Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm **Caregiver Support 3:30-4:30pm**	3 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am *Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	4 Stretch & Strength 10-11am *Poetry 10-11:50am Reader's Theater 1-3pm Storytelling Workshop 3-4pm Bridge Group 3-4:30pm	5 **Theatre Thursday 11am-3:30pm** Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish 9-10am Misplaced Memory 10-11am	6 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Health Lecture 11:30am-1pm** Computer Workshop 10am-12pm *Autobiography 12:30-2:30pm
9 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 2:15-4pm	10 Tai Chi at Bluffs 8:30-9:30am Legacy Walk 10-11am **AARP Refresher Driving Class 11am-3pm** Mat Yoga 3:30-4:30pm	11 Stretch & Strength 10-11am **AARP Smart Driver Program 8:30am-4:30pm** Reader's Theater 1-3pm Storytelling Workshop 3-4pm Bridge Group 3-4:30pm	12 **Excursion- Griffith Observatory** Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish 9-10am Misplaced Memory 10-11am	13 Stretch & Strength 10-11am Tech Help 10am-12pm Functional Fitness 12:30-1:30pm **Art Trek 2-4pm**
16 Senior Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm	17 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am *Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	18 Stretch & Strength 10-11am *Poetry 10-11:50am **Healthy Eating Lecture 11:30am** Reader's Theater 1-3pm Storytelling Workshop 3-4pm Bridge Group 3-4:30pm	19 Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish 9-10am Misplaced Memory 10-11am **Anniversary Party 11:30am-1:30pm**	20 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm **Finance Friday 11:30am-1pm** *Autobiography 12:30-2:30pm Functional Fitness 12:30-1:30pm
23 Senior Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm	24 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am **Locals Lunch 11:30am** *Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	25 **Folding Team 9-11am** Stretch & Strength 10-11am *Poetry 10-11:50am **Relax Through Coloring 11:15am-12:15pm** Reader's Theater 1-3pm Storytelling Workshop 3-4pm Bridge Group 3-4:30pm	26 **Silver Fox Walk 9-10am** **Lifeline Screening 8am-5pm** Senior Aerobics 9-10am Tap Dance Class 10-11am Spanish 9-10am Misplaced Memory 10-11am	27 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
30 Senior Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm			*Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Drawing, Poetry and Autobiography.	April

Health & Wellness Lecture: Hormones and Vitamins

Friday, April 6, 11:30am-1pm
Malibu City Hall, Zuma Room

Call to RSVP
Presenter: Steve Pomerance
Health and Wellness Consultant

Learn about the essential hormones that run the body and slow aging plus important vitamins that keep you healthy and assist with the prevention of age-related diseases.

AARP Refresher Driving Class

Tuesday, April 10, 11am-3pm
Malibu City Hall, Zuma Room

RSVP Required
$15 AARP Members / $20 Non-AARP

This course is offered for participants who have taken the 8-hour Smart Driver Program in the last 3 years. Tune up your driving skills and learn about current rules of the road and how to safely operate your vehicle in today's driving environment. Auto insurance discount may apply for graduates.

Healthy Eating Lecture

Wednesday, April 18, 11:30am-12:30pm
Malibu City Hall, Senior Center

Call to RSVP
Presenter: Dr. Aimee Ostick, MD, UCLA

Dr. Ostick will discuss ways to manage a healthy diet through balance and consitency.

Finance Friday: Reverse Mortgage & Identity Theft Prevention

Friday, April 20, 11:30am-1pm
Malibu City Hall, Multi-Purpose Room

Call to RSVP- 10 Minimum
Presenter: Shawn Miskinis

American Senior will host a seminar on the types of reverse mortgages including a question and answer session from a licensed loan officer. A discusion about identity theft prevention will also be included in the seminar. Lunch will be provided for those that RSVP.

Volunteer Opportunites

Park Tales
Tuesday, April 10, 10-10:45am, Malibu Bluffs Park
Assist with an art activity, story time, and snack distribution.

Chumash Day
Saturday & Sunday, April 14-15, Malibu Bluffs Park
Assist with monitoring the Michael Landon Center and shuttle lines.
Hours vary based on volunteer's availability.

Folding Team
Wednesday, April 25, 9-11am, Zuma Room
Help prepare the mailing of the May newsletter!
Snacks and refreshments will be provided.

To volunteer call 310.456-2489 ext. 357

April Happenings

Theatre Thursday

Thursday, April 5, 11am & 1:15pm

Free

"Three Billboards Outside of Ebbing, Missouri" 11am
A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit. Starring: Frances McDormand, Sam Rockwell and Woody Harrelson (2017).

"Lady Bird" 1:15pm
A teenager navigates a loving but turbulent relationship with her strong-willed mother over the course of an eventful and poignant senior year of high school. Starring: Saoirse Ronan, Lucas Hedges and Timothee Chalamet (2017).

Silver Fox Walk

Zuma Beach
Thursday, April 26, 9am
Free- RSVP Required

Join other walkers and explore Malibu's rich, natural habitats while exercising outdoors. Every month, the group will explore 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.

AARP Smart Driver Program

Wednesday, April 11, 8:30am-4:30pm
Malibu City Hall, Zuma Room
$15 AARP members/$20 non-AARP members

Tune up your driving skills and learn about current rules of the road, how to safely operate your vehicle in today's driving environment and adjustments to common age-related changes in vision, hearing and reaction time. Auto insurance discount may apply for graduates (check with your provider). RSVP is required for this program.

Locals Lunch

Tuesday, April 24
11:30am-1pm

Enjoy lunch and socialize.

Please RSVP to 310.456.2489 ext. 357.

Ice Cream Social

Monday, April 9
12:15-12:45pm, Free

Celebrate April birthdays at the Ice Cream Social. Make your own sundae and enjoy socializing with others.

Reader's Theater

Wednesdays, 1-3pm
$2/class

Learn about and practice improv, monologues, dialogues, scenes from plays and more.

Enjoy an afternoon of connecting with people of similar interests.

All levels of experience are welcome.
No memorization required.

Computer Workshop
Friday, April 6
$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

April Birthdays

Aries
Characteristics: enterprising, incisive, daring.

Taurus
Characteristics: reliable, practical, ambitious.

Birthstone: Diamond

Famous Celebrities Born in April: Jennifer Garner, Alec Baldwin, Robert Downey Jr., Russel Crowe, Pharrel Williams and Paul Rudd.

April Fun Facts:

- April 4, 1850 - Los Angeles, California was incorporated as a city.
- National High Five Day is a private initiative to give out high fives and is typically held on the third Thursday in April. According to the National High Five Project, the event began in 2002 at the University of Virginia after a group of students set up a booth and gave out high-fives and lemonade. In the last few years the National High Five Project began holding events where participants take part in a "high-five-a-thon" to raise funds for charity.
- April 15, 1912 - the Titanic sank in the North Atlantic Ocean, near Newfoundland and Nova Scotia, Canada, after hitting an iceberg.

Personalized Tech Help
Fridays
April 13 & 20
$2/class
10am-12pm

Bring your technology questions for one-on-one instruction including: laptops, tablets, cell phones and smart phones. Be sure to bring a notebook and pen to take notes.

Other News from the Malibu 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.
- Caffeinated Verse, Poetry Open Mic: Saturday, April 7, 11am-12:30pm, Free. Join local poets for a morning open mic. April's feature reader is Florence Weinberger and hosted by Malibu Poet Laureate Ricardo Means Ybarra. Poets-published, aspiring, or otherwise-can bring a poem to share!
- Household Hazard Waste/E-Waste Collection: Saturday, April 21, 10am-2pm, Upper Parking Lot, Malibu 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. Maximum amount of paint/ motor oil accepted is 15 gallons or 125 pounds per trip.
- Cars & Coffee: Sunday, April 8 & 22, 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.
- Malibu Library Speaker Series: Paul Hawken Wednesday, April 11, 7pm, Pepperdine University, Elkins Auditorium, free. Paul Hawken is an environmentalist, entrepreneur, author and activist who has changed the way the world relates business to the environment. RSVP required by calling 310.456.6438.

May Excursion - Santa Anita

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

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

June Excursion - King Tut Exhibit

Thursday, June 7, 8am-5pm
$45 (lunch included)
Registration opens May 1 at 9am
Deadline to register is June 1 (or until full)

Celebrating the 100-year anniversary of King Tut, the California Science Center is hosting the King Tut Exhibit and the Mysteries of Egypt. Enjoy a tour of one of the largest collections of artifacts and finish with a front row view at Mission 26: The Endeavour. Before visiting the exhibit, participants will enjoy a delicious meal at McKay's.

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 service charge per participant, per program, for all refunds. Special accommodations for those with specific needs can be arranged.

Art Classes

Memories in the Making: Crunch & Create!

Monday, April 9, 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 art program offering a creative and non-verbal way of communicating and capturing precious movements through art.

Art Trek: Pop Art Food Sculptures

Friday, April 13, 2-4pm
Malibu City Hall, Multi-Purpose Room

$5 plus $10 materials fee
Instructor: Lorelle Patterson

Something fun and different - clay food sculpture will be sealed and then painted with acrylic paint along with the plate it rests on! Although not fired, these sculptures can last a long time. Participants must register in advance to secure a space to 310.456.2489 ext.357.

Relax Through Coloring

Wednesday, April 25, 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 this fun, free program.

15TH ANNUAL

Malibu Senior Center Anniversary Party

LIVE MUSIC • DANCING
APPETIZERS • RAFFLES

4.19.18
11:30am-1:30pm

Please RSVP by calling
310.456.2489 EXT 357

COUNTRY TWO STEP LESSON
WITH MC CALLAGHAN
12–12:30PM

CITY OF MALIBU
Incorporated March 24, 1991

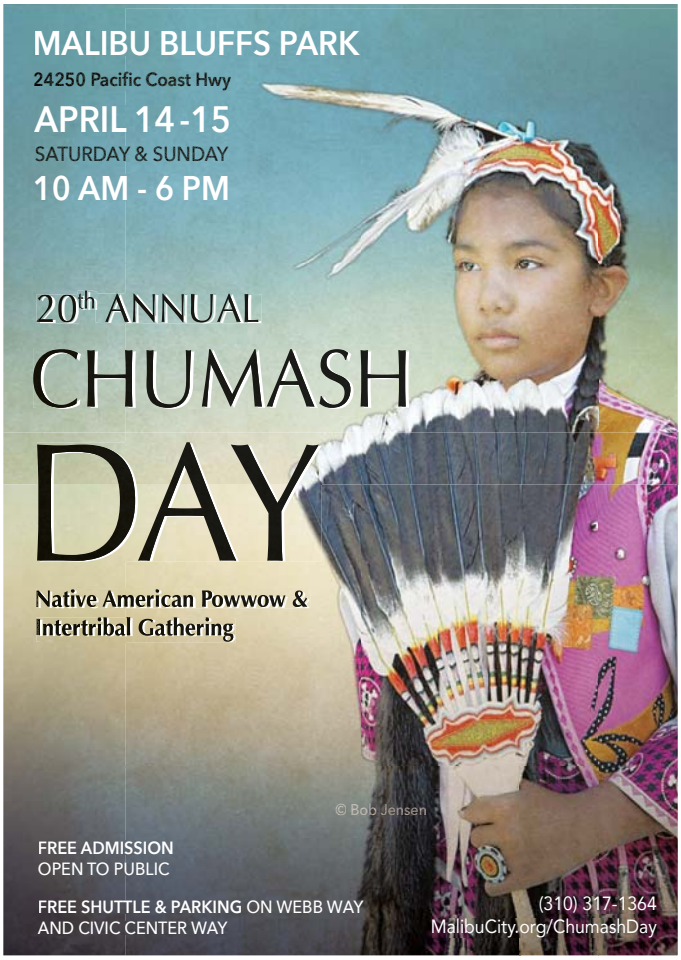
MalibuCity.org/SeniorCenter

Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265

Senior Center Hours and Contact Information

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

310.456.2489 ext. 357

MalibuSeniorCenter@MalibuCity.org

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