

MAY

2018



Malibu Senior Center & Adult Programs



Senior NEWS & VIEWS

May Luncheon

Thursday, May 17, 11:30am-1pm
Malibu City Hall, Multi-Purpose Room
\$2 for the first 80 people that RSVP

Happy Cinco de Mayo! Enjoy an afternoon of lunch and entertainment with your friends at the Senior Center.

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

Braille Lecture Series

Friday, May 4, 11, 18, 12-1:30pm
Malibu City Hall, Multi-Purpose Room

The Braille Institute will host 3 educational lectures at the Senior Center this month. Each lecture will cover topics on how to live your best life at home, enjoying every day leisure activities and understanding various vision symptoms, signs and the possible treatments available.

Please RSVP for this lecture event.



*Empowering visually impaired
people to live fulfilling lives* 1

Monday	Tuesday	Wednesday	Thursday	Friday
	1 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	2 Stretch & Strength 10-11am *Poetry 10-11:50am Reader's Theater 1-3pm Storytelling Workshop 1:30-3:30pm Bridge Group 3-4:30pm	3 Theatre Thursday 11am-3:30pm Ballet Slim & Trim 9-10am Tap Dance 10-11am	4 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10-11am Braille Lecture 12-1:30pm *Autobiography 12:30-2:30pm
7 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	8 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am Mother's Day Tea Time 12-1pm *Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	9 Stretch & Strength 10-11am *Poetry 10-11:50am Travel Lecture 12-1:15pm Reader's Theater 1-3pm Storytelling Workshop 1:30-3:30pm Bridge Group 3-4:30pm	10 Excursion– Santa Anita Ballet Slim & Trim 9-10am Tap Dance 10-11am	11 Stretch & Strength 10-11am Tech Help 10-11am Braille Lecture 12-1:30pm Art Trek 2-4pm
14 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	15 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am Health Lecture 12:30-2pm *Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	16 Stretch & Strength 10-11am *Poetry 10-11:50am Reader's Theater 1-3pm Storytelling Performance 3-5pm Bridge Group 3-4:30pm	17 Ballet Slim & Trim 9-10am Tap Dance 10-11am Luncheon 11:30am-1pm	18 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Braille Lecture 12-1:30pm *Autobiography 12:30-2:30pm
21 Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm	22 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	23 Stretch & Strength 10-11am *Poetry 10-11:50am Reader's Theater 1-3pm Bridge Group 3-4:30pm	24 Silver Fox Walk 9-10am Ballet Slim & Trim 9-10am Tap Dance 10-11am	25 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
28 Senior Center Closed	29 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	30 Stretch & Strength 10-11am *Poetry 10-11:50am Relax Through Coloring 11:15am-12:15pm Reader's Theater 1-3pm Bridge Group 3-4:30pm	31 Ballet Slim & Trim 9-10am Tap Dance 10-11am	*Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Drawing, Poetry and Autobiography.

May Programs

Emeritus College

Emeritus Classes are offered through Santa Monica College. Classes are free, registration required. For more information, please call 310.434.4306.

Creative Writing Tuesdays 9:30-11:45am	Poetry Wednesdays 10-11:50am
Drawing at Bluffs Tuesdays 12:30-2:45pm	Autobiography Fridays 12:30-2:30pm

Art and Performance

Senior Choir Mondays, Ongoing, 9:45-10:45am
Memories in the Making: Crunch & Create Monday, May 14 11am-12:15pm
Relax Through Coloring Wednesday, May 30 11:15am-12:15pm
Storytelling Workshops Wednesdays, March 21-May 9, 2-3pm
Storytelling Performance Wednesday, May 16 3-5pm
Art Trek Workshop: The Value of Birds Friday, May 11, 2-4pm Pre-registration required.

Enrichment Groups and Lectures

Bridge Group Mondays, 2:15pm Wednesdays, 3pm
Braille Lectures Fridays, May 4, 11, 18, 12-1:30pm
Caregiver Support Group Monday, May 7, 3:30-4:30pm
Health Lecture Tuesday, May 15, 12:30-2pm
Reader's Theater Wednesdays, Ongoing, 1-3pm
Market Beat Friday, May 25, 11:30am-12:30pm
Tech Help Fridays, May 4 & 11, 10am-11am

Fitness and Dance

Stretch & Strength Mondays 1:30-2:30pm Wednesdays & Fridays 10-11am	Mat Yoga Tuesdays 3:30-4:30pm
Yin Yoga Mondays 11am-12pm	Tai Chi at Malibu Bluffs Park Tuesdays & Fridays 8:30-9:30am
Chair Yoga Mondays 1-2pm	Ballet Slim & Trim Thursdays 9-10am
Legacy Park Walking Group Tuesdays 10-11am Meet at Civic Center & Webb Way	Tap Dance Thursdays 10-11am
	Silver Fox Walk Thursday May 24, 9am

Travel Lecture

Wednesday, May 9, 12-1:15pm
Malibu City Hall, Zuma Room

Call to RSVP
Presenter: Mary Barnett,
SITA World Tours

Learn about various packages on Women's Travel to India and Sri Lanka and multi-generational travel to Yunnan, China. Mary's life-long love of travel began as a Pan Am stewardess. She became one of the first guides to escort Americans to China when it opened up to U.S. tourism in 1979.

Health Lecture

Tuesday, May 15, 12:30-2pm
Malibu City Hall, Senior Center

Call to RSVP
Presenter: Dr. Nimira &
Daniela Paolone, LMFT

Learn about various tools, tips and resources on how to cope with persistent pain. Participants will explore posture exercises, visualization activities, food, mood and pain connection, and how emotional stress plays a role in pain.

Leisure & Entertainment

Wednesday, May 16, 3-5pm
Malibu City Hall, Zuma Room

Call to RSVP
Storytelling Students

Enjoy an afternoon listening to personal stories from the students of Ann Buxie's Storytelling Workshop.

Volunteer Opportunitites

Park Tales

Tuesday, May 1, 10-10:45am, Malibu Bluffs Park
Assist with an art activity, story time and snack distribution.

Folding Team

Friday, May 25, 9-11am
Help prepare the mailing of the newsletter!
Snacks and refreshments will be provided.



May Happenings

Theatre Thursday

Thursday, May 3, 11am & 1:15pm

Free

“Shape of Water” 11am

At a top secret research facility in the 1960’s, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity. Starring: Sally Hawkins, Michael Shannon, Richard Jenkins and Octavia Spencer (2017).

“I, Tonya” 1:15pm

Competitive ice skater Tonya Harding rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes. Starring: Margo Robbie, Sebastian Stan and Allison Janney (2017).

Silver Fox Walk
Sara Wan Trailhead at
Corral Canyon
Thursday, May 24, 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.

Mother’s Day Tea Time
Tuesday, May 8, 12-1pm
Multi-Purpose Room
Free-RSVP Required



Celebrate Mothers, Grandmothers, and other special women while enjoying a cup of tea and socializing with others. Please call to RSVP at 310-456-2489 ext. 357.

Locals Lunch

Tuesday, May 22

11:30am-1pm

Duke’s Malibu



Enjoy lunch and socialize.

Please RSVP to
310.456.2489 ext. 357.

Ice Cream Social

Monday, May 14

12:15-12:45pm, Free

Celebrate May 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.

Tech Help

Friday, May 4 & 11

10-11am

Zuma Room

\$2/class

Seeking assistance with your cell phone, tablet, or laptop? Get your questions answered during this one-on-one class. Make sure to bring your technology device to further gain knowledge along with a notebook and pen to take notes. Tech help will now be available the first two Fridays of the month by appointment only. This event requires an RSVP; no walk-ins.

Call to schedule an appointment.



Market Beat

Friday, May 25

11:30am-12:30pm

Zuma Room

There will be an overview of the status of our economy, the stock and fixed income markets. Gain a better understanding of where the economy and the stock market are headed. Bring your questions and comments.

Facilitator: Kal Klatter

May Birthdays

Taurus

Characteristics: reliable, practical, ambitious.

Gemini

Characteristics: expressive and quick-witted.

Birthstone: Emerald

Famous Celebrities Born in May: Dwayne "The Rock" Johnson, David Beckham, George Clooney and Billy Joel.

May Fun Facts:

- Founded in 1875, The Kentucky Derby has been known in the United States as "The Most Exciting Two Minutes In Sports" for its approximate duration, and is also called "The Run for the Roses" for the blanket of roses draped over the winner.
- May 2, 1982 - The Weather Channel began broadcasting in the United States.
- May 16, 1964 - Motown Records got its first #1 hit with 'My Guy' by Mary Wells.



Other News from the Malibu Senior Center

- Bring your own coffee cup to help reduce waste at the Senior Center. Show your cup to a Senior Center employee to be entered into a raffle! Raffle winners will be announced during monthly luncheons.
- Cars & Coffee: Sunday, May 13 & 27, 7-9am, Malibu Bluffs Park. Enjoy coffee while admiring some of the world's finest automobiles at an unbeatable location.
- Poet Laureate Summit *Call to the Wall*: Saturday, May 19, 4-6pm, Malibu City Hall. *Call to the Wall* will take the audience on a journey of poetry presented by Southern California Poet Laureates and emerging artists. Combining poetry and visual art, children's artwork will be the backdrop as poets share their work on stage at the Malibu Civic Theater. A reception will follow. The event is sponsored by the LA County Library and City of Malibu and co-hosted by the Malibu Cultural Arts Commission and the Malibu Poet Laureate Committee.
- Creative Workshop: Paper Flower Wreaths. Friday, May 11, 3-4:30pm, Malibu Bluffs Park, Michael Landon Center \$10. Create a unique paper flower wreath that can be used as a hanging wreath to grace a front door, a crown for an upcoming festival or a picture frame. Floral templates and tools will be available to make flowers come to life. This is the perfect opportunity to create and share a unique gift for Mother's Day.

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.

July Excursion - California Surf-Hits from The Beach Boys

Wednesday, July 11, 9:30am-4:30pm

\$70 (lunch included)

Registration opens June 1 at 9am

Deadline to register is July 2 (or until full)



The Colorful Songs Revue presents a Beach Boys Tribute Concert and luncheon. Enjoy a live musical show featuring singers who will act and perform Beach Boy classics including, California Girls, Good Vibrations, Surfin' USA, Fun Fun Fun, and I Get Around. Don't miss this Good Vibration spectacle of singers and musicians!

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

Art Trek: The Value of Birds

Friday, May 11, 2-4pm

Malibu City Hall, Multi-Purpose Room

\$5 plus \$10 materials fee

Instructor: Lorelle Patterson

Based on the bird illustrations of artist Geninne D. Zlatkis. Paint a monochromatic watercolor while exploring the importance of value and color temperature. Participants must register in advance to secure a space to 310.456.2489 ext.357.

Memories in the Making: Crunch & Create!

Monday, May 14, 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.

Relax Through Coloring

Wednesday, May 30, 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.



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

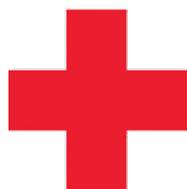
MalibuSeniorCenter@MalibuCity.org

MalibuCity.org/SeniorCenter

SAVE THE DATE!
CITY OF MALIBU COMMUNITY BLOOD DRIVE

Thursday, June 7, 10am-4pm
Malibu City Hall, Multi-Purpose Room

You're just our type! Please join us for our annual blood drive and help save up to 3 lives! To make your life-saving appointment, please visit www.redcrossblood.org and enter sponsor code: CityofMalibu, or contact Malibu Senior Center at 310-456-2489 ext. 357.



**American
Red Cross**