JULY
2018

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

July Luncheon

Thursday, July 19, 11:30am-1pm
Malibu City Hall, Multi-Purpose Room
$2 for the first 80 people that RSVP

Enjoy a backyard barbeque themed luncheon with entertainment by singer Thea Gill.
Call in advance to reserve a seat 310.456.2489 ext. 357. After 80 RSVP's a wait list will be created. Please pay at the door; exact change is appreciated.

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

Home Safety Lecture

Thursday, July 26, 11:30am-12:30pm
Malibu City Hall, Multi-Purpose Room
Presented by Deputy Mark Wynn

Join this informative free lecture on "How to Avoid Becoming a Target of Theft". With summer tourist season in full bloom one can easily become a victim of home invasion or stolen property. Get informed on various tips and tricks to keep in mind while at home or out and about.

Call 310.456.2489 ext. 357 to RSVP

Monday	Tuesday	Wednesday	Thursday	Friday
2 *No Senior Choir* *No Yin Yoga* **Patriotic Tea Time 12-1pm** Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm	3 *Senior Center Closed*	4 *Senior Center Closed* 	5 *Senior Center Closed*	6 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength (in Theatre) 10-11am Tech Help 10-11am **Travel Lecture 11:30-12:30pm** *Student Led Autobiography 12:30-2:30pm
9 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 *Creative Writing 9:30-11:45am Legacy Walk 10-11am *Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm	11 **Excursion—Beach Boys** Stretch & Strength 10-11am Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 3-4:30pm	12 *No Spanish* *No Misplaced Memory* **Theatre Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am	13 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10-11am *Student Led Autobiography 12:30-2:30pm **Art Trek 2-4pm**
16 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 **Locals Lunch 11:30am** *Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm	18 Stretch & Strength 10-11am Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 3-4:30pm	19 Spanish 9-10am Misplaced Memory 10-11am Ballet Slim & Trim 9-10am Tap Dance 10-11am **Luncheon 11:30am-1pm**	20 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am *Student Led Autobiography 12:30-2:30pm
23 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 *Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm	25 Stretch & Strength (in Theatre) 10-11am **Relax Through Coloring 11:15am-12:15pm** *Student Led Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 3-4:30pm	26 Spanish 9-10am Misplaced Memory 10-11am Ballet Slim & Trim 9-10am Tap Dance 10-11am **Home Safety Lecture 11:30-12:30pm**	27 **Folding Team 9-10am** Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Market Beat 11:30am-12:30pm** *Student Led Autobiography 12:30-2:30pm
30 Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm	31 Tai Chi at Bluffs 8:30-9:30am Legacy Walk 10-11am Mat Yoga 3:30-4:30pm	***Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Drawing and Autobiography**		

July Programs

Emeritus College

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

Summer session: June 19-July 24

Creative Writing
Tuesdays
9:30-11:45am
City Hall

Drawing & Painting
Tuesdays
12:30-2:45pm
City Hall

Enrichment Groups and Lectures

Bridge Group
Mondays, 2:15pm
Wednesdays, 3pm

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

Tech Help
Fridays, July 6 & 13, 10am-11am, $2

Travel Lecture
Friday, July 6, 11:30-12:30pm

Yours Truly Storytelling Workshop
Wednesdays, July 11-August 29, 1:30-3:30pm
$16 for 8-week session

Spanish Class
Thursday, June 14-August 2, 9-10am
No Class July 12
$45/6-week session

Misplaced Memory
Thursday, June 14-August 2, 10-11am
No Class July 12
$45/6-week session

Home Safety Lecture
Thursday, July 26, 11:30-12:30pm

Market Beat
Friday, July 27, 11:30am-12:30pm

Art and Performance

Senior Choir
Mondays, Ongoing, 9:45-10:45am
No Class July 2

Memories in the Making: Crunch & Create
Monday, July 9
11am-12:15pm

Art Trek Workshop: Picasso Portraits
Friday, July 13, 2-4pm
Pre-registration required.

Relax Through Coloring
Wednesday, July 25
11:15am-12:15pm

Fitness and Dance

Stretch & Strength
Mondays
1:30-2:30pm
Wednesdays & Fridays
10-11am

Yin Yoga
Mondays
11am-12pm

Chair Yoga
Mondays
1-2pm

Legacy Park Walking Group
Tuesdays
10-11am
Meet at Civic Center & Webb Way

Mat Yoga
Tuesdays
3:30-4:30pm

Tai Chi at Malibu Bluffs Park
Tuesdays & Fridays
8:30-9:30am

Ballet Slim & Trim
Thursdays
9-10am

Tap Dance
Thursdays
10-11am

Aqua Aerobics
June 18 - August 15 (no class 7/2 &7/4) $5 per participant/$3 ages 55+
Mondays & Wednesdays, 9am-10am Malibu Community Pool

Jump into aqua aerobics to build cardiovascular fitness and strength. Aqua Aerobics is a blend of cardio and resistance training that incorporates equipment such as buoyant water weights. Due to the low-impact format, aqua aerobics classes are suitable for every age and fitness level from beginners to conditioned athletes.

Travel Lecture
Friday, July 6, 11:30am-12:30pm Call to RSVP
Malibu City Hall, Senior Center Presenter: Vida Travels

Isabella from Vida Travels will introduce you to her company and places you can travel around the world. Vida Travels offers options to travel near by or out of the country with one of the most popular destinations being the wineries in Baja California.

Yours Truly Storytelling Collective
Wednesday, July 11-August 29 1:30-3:30pm
$16 for 8-week session Facilitator: Ann Buxie
Malibu City Hall, Zuma Room

Personal stories create and enrich our culture. Explore and develop a personal story to tell and perform during this 8-week class. A public performance will take place on August 29.

Volunteer Opportunities

Folding Team

Friday, July 27, 9-11am
Help prepare the mailing of the newsletter!
Snacks and refreshments will be provided.

To volunteer call 310.456.2489 ext. 357

July Happenings

Theatre Thursday

Thursday, July 12, 11am & 1:15pm

Free

"Phantom Thread" 11am
Set in 1950's London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover. Starring: Vicky Krieps, Daniel Day Lewis, Lesley Manville (2017).

"The Greatest Showman" 1:15pm
Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Starring: Hugh Jackman, Michelle Williams, Zac Efron (2017).

Patriotic Tea Time

Monday, July 2, 12-1pm

FREE

Happy Birthday America! Join an afternoon tea time while celebrating our country's birthday! Please RSVP to this event at 310.456.2489 ext. 357.

Locals Lunch-Paradise Cove Beach C

Tuesday, July 17, 11:30am-1pm

Experience surfside tropical drinks & American fare while enjoying the company of other Malibu residents and the beach air.

Paradise Cove
BEACH CAFE
Malibu

Ice Cream Social

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

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

Tech Help

Friday, July 6 & 13
10-11am
Zuma Room
$2/class

A one-on-one class for those who need assistance with their technology device. Tech help is available the first two Fridays of the month. This program requires an RSVP please call the Senior Center to schedule an appointment; walk-ins will not be accepted.

Reader's Theater

Wednesdays, 1-3pm
$2/class
Malibu City Hall, Senior Center
Instructor: Emery Hamami

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. Memorization is not required.

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.

Ballet Slim & Trim

Thursdays, 9-10am, $2/class
Backstage Room

Improve balance and posture while working key muscle groups. The instructor will incorporate ballet basics and dance techniques during this one hour class.
No experience necessary.

July Birthdays

Cancer
Characteristics: tenacious, loyal and persuasive

Leo
Characteristics: tenacious, loyal and persuasive

Birthstone: Ruby

Famous Celebrities Born in July: Liv Tyler, Tom Cruise, Neil Simon, Tom Hanks, Harrison Ford and Sandra Bullock.

July Fun Facts:

- July 4, 1776 - Th United States Declaration of Independence is adopted by the Second Continental Congress.
- July 8, 1889 -The first issue of The Wall Street Journal" was published.
- July 17, 1955 - Disneyland was dedicated and opened by Walt Disney in Anaheim, California.
- July 20, 1940 - CA opened its first freeway, the Arroyo Seco Parkway

Market Beat

Friday, July 27
11:30am-12:30pm
Zuma Room

There will be an overview of the status of the economy, 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 Klatte

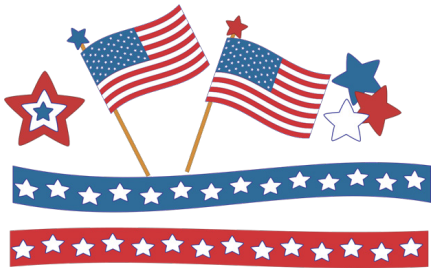
Other News from the Malibu Senior Center

- 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, July 8 and July 22, 7-9am, Malibu Bluffs Park. Enjoy coffee while admiring some of the world's finest automobiles at an unbeatable location.

- Dive-in Movie at Malibu High School Pool featuring "Moana": Saturday, July 21, at the Malibu High School Pool. FREE. Enjoy sweet treats, interactive demonstrations, swimming and a movie! Movie will begin at sunset!

- Shape the future of Public Transportation in Malibu by taking the Metro Bus Study survey. To take the survery, visit http://Nextgen-survey.com



August Excursion - Ventura County Fair

Tuesday, August 7, 10am-5pm
$5 for those 65 yrs old or older; $15 for those under 65 yrs old
Registration opens July 2 at 9am
Deadline to register is August 1 (or until full)

The tradition continues with the opening of the 143rd Ventura County Fair, themed "A Country Fair with Ocean Air". Participants will be on their own to explore the livestock barns, shop, see a show and enjoy your favorite snacks like spiral fries and cotton candy. All are welcome: bring your children or grandchildren! This excursion includes a lot of walking; please wear comfortable walking shoes, a hat and sunscreen. Lunch is not included.

September Excursion - Murphy Auto Museum

Thursday, September 13, 9am-3pm
$30 (includes lunch)
Registration opens August 1 at 9am
Deadline to register is September 4 (or until full)

Take a guided tour of this unique collection of over 90 beautiful vintage automobiles located up the road in beautiful Oxnard. After the museum, enjoy the breath taking views of the Oxnard harbor while enjoying lunch at Yolanda's Mexican Grill.

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 refund request deadline, 7 business days. 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: Picasso Potraits

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

$5 plus $10 materials fee
Instructor: Lorelle Patterson

Picasso painted so many portraits in so many styles during his lifetime! One portrait will be selected to create a version of a Picasso masterpiece! Acrylic on canvas. Participants must register in advance to secure a space to 310.456.2489 ext. 357.

Memories in the Making: Crunch & Create!

Monday, July 9, 11am-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, July 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.

MALIBU SENIOR CENTER
23825 Stuart Ranch Road
Malibu, CA 90265

Welcome the New Senior Center Recreation Coordinator!

Lisa joins the City of Malibu as the new Recreation Coordinator for the Senior Center. She is orginally for the San Francisco area and obtained her Recreation degree from San Francisco State University. Lisa loves working in recreation, going on nature walks, running half marathons and watching movies. If you have not met her yet please stop by the office and say "Hello".

Senior Center Hours & Staff Members

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

P: 310.456.2489 ext. 357
E: MalibuSeniorCenter@MalibuCity.org
MalibuCity.org/SeniorCenter

Senior Center Staff:

Lisa Arcidiacono Crespo, CPRP
Recreation Coordinator

Mariah Delgado, Bryanna Edwards, Donna Galvin and Amariah Taylor