JUNE
2018

Malibu Senior Center & Adult Programs

June Luncheon

Thursday, June 21, 11:30am-1pm
Malibu City Hall, Multi-Purpose Room
$2 for the first 80 people that RSVP

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 wait list will be created. Please pay at the door; exact change is appreciated.

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

Misplaced Memory

Thursday, June 14-August 2, 10-11am
Malibu City Hall, Multi-Purpose Room
$45 for a 6-week session
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 items that were placed around the house like keys or a cell phone.

Call 310-456-2489 ext. 357 to register.

Monday	Tuesday	Wednesday	Thursday	Friday
***Classes are offered through Emeritus College– Santa Monica College. Creative Writing and Drawing**				1 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10-11am *Autobiography 12:30-2:30pm
4 Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm	5 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am Mat Yoga 3:30-4:30pm	6 Stretch & Strength 10-11am *Poetry 10-11:50am Reader's Theater 1-3pm Bridge Group 3-4:30pm	7 **Blood Drive 10am-4pm** **Excursion– King Tut** Ballet Slim & Trim 9-10am Tap Dance 10-11am	8 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10-11am *Autobiography 12:30-2:30pm
11 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	12 Tai Chi at Bluffs 8:30-9:30am Legacy Walk 10-11am **Locals Lunch 11:30am** Mat Yoga 3:30-4:30pm	13 Stretch & Strength 10-11am Reader's Theater 1-3pm Bridge Group 3-4:30pm **Upcycled Paperback Postcard 11:30-1pm**	14 Spanish 9-10am Misplaced Memory 10-11am **Theatre Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am	15 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Finance Friday 11:30-12:45** **Art Trek 2-4pm**
18 Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm	19 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	20 Stretch & Strength 10-11am **Geology of Malibu Lecture 12-1pm** Reader's Theater 1-3pm Bridge Group 3-4:30pm	21 Spanish 9-10am Misplaced Memory 10-11am Ballet Slim & Trim 9-10am Tap Dance 10-11am **Luncheon 11:30am-1pm**	22 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Market Beat 11:30am-12:30pm**
25 Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4pm	26 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am **Tea Time 12-1pm** *Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm	27 **Folding Team 9-11am** Stretch & Strength 10-11am **Relax Through Coloring 11:15am-12:15pm** Reader's Theater 1-3pm Bridge Group 3-4:30pm	28 Spanish 9-10am Misplaced Memory 10-11am Ballet Slim & Trim 9-10am Tap Dance 10-11am	29 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am

June 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

Geology of Malibu Lecture
Wednesday, June 20, 12-1pm

Reader's Theater
Wednesdays, Ongoing, 1-3pm
Volunteer led class-June 13

Spanish Class
Thursday, June 14-August 2,
$45/6-week session

Misplaced Memory
Thursday, June 14-August 2,
$45/6-week session

Finance Friday
Friday, June 15, 11:30am-12:30pm

Market Beat
Friday, June 22, 11:30am-12:30pm

Tech Help
Fridays, June 1 & 8, 10am-11am

Art and Performance

Senior Choir
Mondays, Ongoing, 9:45-10:45am

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

Art Trek Workshop:
Painting Flowers with Watercolor
Friday, June 15 2-4pm
Pre-registration required.

Relax Through Coloring
Wednesday, June 27
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

Finance Friday
Friday, June, 15, 11:30am-12:45pm
Malibu City Hall, Zuma Room

Call to RSVP
Presenter: Arica Ohanisian, New York Life

Increase financial literacy in a casual and educational setting. Speakers will provide financial information on a variety of topics. A light lunch is provided to those that RSVP.

Geology of Malibu Lecture
Wednesday, June 20, 12-1pm
Malibu City Hall, Zuma Room

Call to RSVP
Presenter: Donald Kowalewsky

Learn about geological hazards such as landslides, seismic and tsunami risks in Malibu. Geologist, Donald Kowalewsky, will explain how Plate Tectonics played a big role in forming the mountains in Malibu as well as the geologic history of the area from pre-Cambrian to now.

Spanish
Thursday, June 14-August 2, 9-10am
Malibu City Hall, Multi-Purpose Room

$45 for a 6-week session
Instructor: Robin Rapaport

This 6-week session allows students to be confident in Spanish conversational situations. The instructor will discuss and teach beginning grammar, vocabulary, conversation and language activities.

Volunteer Opportunities

Folding Team

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

To volunteer call 310.456-2489 ext. 357

June Happenings

Theatre Thursday

Thursday, June 14, 11am & 1:15pm

Free

"The Post" 11am
A cover-up that spanned four United States' Presidents pushed the country's first female newspaper publisher and a hard driving editor to join an unprecedented battle between the press and the government. Starring: Meryl Streep, Tom Hanks, Sarah Paulson (2017).

"Molly's Game" 1:15pm
The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target. Starring: Jessica Chastain, Idris Elba, Kevin Costner (2017).

Readers Theater

Ongoing 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. Class will be led by volunteers on June 13.

SAVE THE DATE!

Yours Truly: Storytelling Workshop

Wednesdays, July 11-August 29

1:30-3:30pm

Malibu City Hall, Zuma Room

$16 for 8-week session

Instructor: Ann Buxie

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.

Ice Cream Social

Monday, June 11

12:15-12:45pm, Free

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

Tech Help

Friday, June 1 & 8

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.

Locals Lunch

Tuesday, June 12

11:30am

Taverna Tony

Experience the best in Greek cooking, featuring traditional family recipes.

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, 10am-11am, $2

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.

June Birthdays

Gemini
Characteristics: expressive and quick-witted.

Cancer Characteristics: tenacious, loyal and persuasive

Birthstone: Pearl

Famous Celebrities Born in June: Marilyn Monroe, Anderson Cooper, Angelina Jolie, Mark Wahlberg, Liam Neeson, Natalie Portman, Neil Patrick Harris, Paul McCartney and Barry Manilow

June Fun Facts:

- June 26, 1927 - The Cyclone roller coaster opened on Coney Island.
- June 22, 1942 - Pledge of Allegiance was formally adopted by Congress.
- June 5, 1956 - Elvis Presley introduced his new single, 'Hound Dog', on The Milton Berle Show.
- June 7, 1971 - The Ed Sullivan Show aired for the very first time on CBS.

Market Beat

Friday, June 22
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 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, June 10 and June 24, 7-9am, Malibu Bluffs Park. Enjoy coffee while admiring some of the world's finest automobiles at an unbeatable location.
- Caffeinated Verse Poetry Open Mic: Saturday, June 2, 11am-12:30pm at the Malibu Library. Join local poets for a morning open mic. The June session will feature poets Kevin Patrick Sullivan and Patti Sullivan and is hosted by Malibu Poet Laureate Ricardo Means Ybarra.
- LA County Household & E-Waste Collection: Sunday, June 10, 9am-3pm, Calabasas Landfill. Household Hazardous Waste (HHW) is any product labeled toxic, poisonous, combustible, corrosive, irritant or flammable. Some examples include paint, antifreeze, batteries, cleaning supplies, unused non-controlled pharmaceuticals, florescent light bulbs, TVs, computer and cell phones.
- The Journey is the Destination: Safari with Dan Eldon Art Exhibit Closing Reception: Friday, June 29, 6:30-8:30pm, Malibu City Hall. The City of Malibu Cultural Arts Commission and Creative Visions Foundation will host the closing reception of the rotating art exhibit at Malibu City Hall.

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!

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 1 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.

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: Direct Painting Flowers with Watercolor

Friday, June 15, 2-4pm
Malibu City Hall, Multi-Purpose Room

$5 plus $10 materials fee
Instructor: Lorelle Patterson

Let's celebrate summer flowers by painting them in a free and direct style! Participants must register in advance to secure a space to 310.456.2489 ext. 357.

Memories in the Making: Crunch & Create!

Monday, June 11, 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, June 27 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

Upcycled Paperback Postcard

Wednesday, June 13
Malibu City Hall, Multi-Purpose Room
11:30am-1pm
Free

Turn the cover of a gently worn paperback into a postcard you can send to friends and family. Give old books a new life and revive the lost art of a good letter! Join us for this fun art activity! Materials will be provided; however, if you have an old paperback that has seen better days, feel free to bring it.

Sponsored by: Friends of the Malibu Library

Aqua Aerobics

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

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.