

AUGUST  
2018



Malibu Senior Center & Adult Programs



# Senior NEWS & VIEWS

## SPOTLIGHT OF THE MONTH

### August Luncheon

Thursday, August 16, 11:30am-1pm  
Malibu City Hall, Multi-Purpose Room  
\$2 with RSVP, \$3 without RSVP

Join us this month for an "Under The Sea" themed luncheon. Enjoy a pasta lunch and special performance by Danny Jacobson.

Call in advance to reserve a seat  
310.456.2489 ext. 357. Please pay at the door; exact change is appreciated.

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

### Reader's Theater-New Day

Starting August 21 class will be moved to  
Tuesdays!

Tuesdays, 1-3pm  
Malibu City Hall, Senior Center  
\$2 per class  
Instructor: Emeri 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Drawing, Poetry, and Autobiography</b></p>		<p>1 Stretch &amp; Strength 10-11am Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 3-4:30pm</p>	<p>2 <b>Theatre Thursday 11am-3:30pm</b> Spanish 9-10am Misplaced Memory 10-11am Ballet Slim &amp; Trim 9-10am Tap Dance 10-11am</p>	<p>3 Tai Chi at Bluffs Park 8:30-9:30am Stretch &amp; Strength (in Theatre) 10-11am Tech Help 10-11am <b>Real Estate Lecture 11:30am-12:30pm</b> *Student Led Autobiography 12:30-2:30pm <b>Art Trek 2-4pm</b></p>
<p>6 <i>No Senior Choir</i> Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch &amp; Strength 1:30-2:30pm Bridge Group 2:15-4pm</p>	<p>7 <b>Excursion: V.C. Fair</b> Tai Chi at Bluffs 8:30-9:30am Legacy Walk 10-11am Mat Yoga 3:30-4:30pm</p>	<p>8 Stretch &amp; Strength 10-11am Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 3-4:30pm</p>	<p>9 Ballet Slim &amp; Trim 9-10am Tap Dance 10-11am</p>	<p>10 Tai Chi at Bluffs Park 8:30-9:30am Stretch &amp; Strength 10-11am Tech Help 10-11am *Student Led Autobiography 12:30-2:30pm</p>
<p>13 Choir 9:45-10:45am Yin Yoga 11am-12pm <b>Memories in the Making 11am-12:15pm</b> <b>Ice Cream Social 12:15-12:45pm</b> Chair Yoga 1-2pm Stretch &amp; Strength 1:30-2:30pm Bridge Group 2:15-4pm</p>	<p>14 Tai Chi at Bluffs 8:30-9:30am Legacy Walk 10-11am <b>Locals Lunch 11:30am</b> Mat Yoga 3:30-4:30pm  <b>Library Speaker Series Dr. Garrett Reisman 7pm, City Hall</b></p>	<p>15 Stretch &amp; Strength 10-11am Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 3-4:30pm</p>	<p>16 Ballet Slim &amp; Trim 9-10am Tap Dance 10-11am <b>Luncheon 11:30am-1pm</b> Knitting &amp; Pearling 1:15-3:15pm</p>	<p>17 Tai Chi at Bluffs Park 8:30-9:30am Stretch &amp; Strength 10-11am <b>Financial Discussion 11:30am-12:30pm</b> *Student Led Autobiography 12:30-2:30pm</p>
<p>20 Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch &amp; Strength 1:30-2:30pm Bridge Group 2:15-4pm</p>	<p>21 Tai Chi at Bluffs 8:30-9:30am Legacy Walk 10-11am Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>22 Stretch &amp; Strength (in Theatre) 10-11am Yours Truly 1:30-3:30pm Bridge Group 3-4:30pm</p>	<p>23 Ballet Slim &amp; Trim 9-10am Tap Dance 10-11am Knitting &amp; Pearling 1:15-3:15pm</p>	<p>24 <b>Folding Team 9-11am</b> Tai Chi at Bluffs Park 8:30-9:30am Stretch &amp; Strength 10-11am <b>Goal Setting Workshop 11:30am-12:30pm</b> *Student Led Autobiography 12:30-2:30pm</p>
<p>27 Choir 9:45-10:45am Yin Yoga 11am-12pm Chair Yoga 1-2pm Stretch &amp; Strength 1:30-2:30pm Bridge Group 2:15-4pm</p>	<p>28 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 Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>29 Stretch &amp; Strength 10-11am *Poetry 10-11:50am <b>Relax Through Coloring 11:15am-12:15pm</b> <b>Yours Truly Performance 2:30-5:30pm</b> Bridge Group 3-4:30pm</p>	<p>30 Ballet Slim &amp; Trim 9-10am Tap Dance 10-11am Knitting &amp; Pearling 1:15-3:15pm</p>	<p>31 Tai Chi at Bluffs Park 8:30-9:30am Stretch &amp; Strength 10-11am <b>Market Beat 11:30am-12:30pm</b> *Autobiography 12:30-2:30pm</p>

# August 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  
City Hall

### Drawing & Painting

Tuesdays  
12:30-2:45pm  
Bluffs Park

### Poetry

Wednesdays  
10-11:50am  
City Hall

### Autobiography

Fridays  
12:30-2:45pm  
City Hall

## 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

### Functional Fitness

Fridays, 3-4pm  
*\*Classes begin  
September 7*

## Art and Performance

### Senior Choir

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

### Art Trek Workshop:

### Folk Brush Painting

Friday, August 3, 2-4pm  
Pre-registration required.

### Memories in the Making:

### Crunch & Create

Monday, August 13  
11am-12:15pm

### Relax Through Coloring

Wednesday, August 29  
11:15am-12:15pm

## Enrichment Groups and Lectures

### Bridge Group

Mondays, 2:15-4:30pm  
Wednesdays, 3-4:30pm

### Reader's Theater

Wednesdays, Ongoing, 1-3pm, \$2  
*\*Tuesdays starting August 21*

### Tech Help

Fridays, August 3 & 10, 10-11am, Free

### Real Estate Market Lecture

Friday, August 3, 11:30am-12:30pm

### Goal Setting Workshop Lecture

Friday, August 24, 11:30am-12:30pm

### Market Beat

Friday, August 31, 11:30am-12:30pm

## **Real Estate Market Lecture**

Friday, August 3, 11:30am-12:30pm  
Malibu City Hall, Zuma Room

Free, Call to RSVP  
Presenter: Pritchett-Rapf

How do the new tax laws affect you? Learn about the history of Malibu Real Estate and receive a current market update. Jack Pritchett will also share the history of Pritchett-Rapf in Malibu Real Estate.

## **Goal Setting Workshop**

Friday, August 24, 11:30am-12:30pm  
Malibu City Hall, Zuma Room

Free, Call to RSVP  
Facilitator: Gina Eckstein

Join Life Coach, Gina Eckstein, as you set your very own personal goals. Gina helps people achieve their goals ranging from maintaining a healthy diet to planning their dream vacation.

## **Aqua Aerobics**

June 18 - August 15  
Mondays & Wednesdays, 9-10am

\$5 per person or \$3 ages 55+  
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. Instructed by Tina Sartorius

## **Volunteer Opportunities**

### **Folding Team**

Friday, August 24, 9-11am  
Help prepare the mailing of the newsletter!  
Snacks and refreshments will be provided.

**To volunteer call 310.456.2489 ext. 357**



# August Happenings

Theatre Thursday

*Dustin Hoffman Day!*

Thursday, August 2, 11am and 1:15pm

Free

**“The Graduate” 11am**

A disillusioned college graduate finds himself torn between an older lover and her daughter. Starring: Dustin Hoffman, Anne Bancroft and Katharine Ross (1967).

**“Meet the Fockers” 1:15pm**

All hell breaks loose when the Byrnes family meets the Focker family for the first time. Starring: Ben Stiller, Robert De Niro, Dustin Hoffman and Barbara Streisand (2004).

**Financial Discussion**

Friday, August 17, 11:30am-12:30pm

Facilitator: Vin Joshi



Curious how others are planning, saving and investing? Attend this informal exchange of ideas, financial strategies and future planning. All are welcome.

**Knitting and Pearling Meet Up**

Thursday, August 16 and Ongoing

1:15-3:15pm

Facilitator: Sheila Rosenthal

Malibu City Hall, Zuma Room



Join this new meet up to make your own scarf, hat, blanket, or handmade gift. Enjoy others company and learn new patterns. No experience necessary. Please bring you own size 7 needles and 1 skein of regular yarn. Limited supplies available to borrow on first meeting day.

**Locals Lunch at Kaishin**

Tuesday, August 14  
11:30am-12:30pm

Experience a delicious Chinese meal with other local Malibu residents! Located at the Malibu Colony Plaza on the corner of Webb Way and PCH.

**Tech Help**

Friday, August 3 & 10  
10-11am

Zuma Room  
Free

A one-on-one program for those who need assistance with their technology device. This program requires an RSVP. Please call the Senior Center to schedule a 10 minute appointment; no walk-ins accepted.

**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.

## Ice Cream Social Monday, August 13

12:15-12:45pm

Free



Celebrate August birthdays and make your own sundae!

# August Birthdays

Leo

Characteristics: humorous, passionate, and creative.

Virgo

Characteristics: detail oriented, loyal, and hardworking.

Birthstone: Peridot



Famous Celebrities Born in August: Jason Momoa, Charlize Theron, Dustin Hoffman, Antonio Banderas and Chris Hemsworth.

### August Fun Facts:

- August 10, 1873 - The Louvre Museum opened in France.
- August 15, 1914 - The Panama Canal opened with the transit of the cargo ship SS Ancon.
- August 21, 1961 - The Marvelettes released what would become Motown's first #1 hit, "Please Mr. Postman".
- August 29, 1966 - The Beatles performed their last concert at Candlestick Park in San Francisco.

## Functional Fitness

Fridays, 3-4pm, \$2/class

Starting September 7

Reach, bend and flex your way to a more lively and vigorous you. Learn exercises that will help improve participant's ability to perform daily activities.

## Market Beat

Friday, August 31

11:30am-12:30pm

Zuma Room

Facilitator: Kal Klatter

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.

## Other News from the City of Malibu

- 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, August 12 and August 26, 7-9am, Malibu Bluffs Park. Enjoy coffee while admiring some of the world's finest automobiles at an unbeatable location.
- Malibu Library Speaker Series: Dr. Garrett Reisman, Tuesday, August 14, 7pm, City Hall, Free. Dr. Reisman will give an insider's view and describe what it was like to launch into space, see the Earth from orbit, do a spacewalk, live and work in space and re-enter the Earth's atmosphere. RSVPs required at [MalibuCity.org/Speakers](http://MalibuCity.org/Speakers) or call 310.456.6438.
- CineMalibu: "Jumanji". Saturday, August 18, 7-10pm, Malibu Bluffs Park, Free. Enjoy various food vendors, activities, games and a movie! Movie will begin at sunset. Bring a chair, blankets etc.

# 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.

# October Excursion - Descanso Gardens



Thursday, October 25, 9am-3pm  
\$15 (does not include lunch)  
Registration opens September 4 at 9am  
Deadline to register is October 19 (or until full)

Experience the gardens during a one hour guided tour. Learn about the magic and history of the flowers with an eye to seasonal surprises. After the tour, explore other gardens at your leisure and enjoy lunch at the Cafe. This is an outdoor walking tour, comfortable attire is suggested.

## 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: Folk Brush Painting

Friday, August 3, 2-4pm  
Malibu City Hall, Multi-Purpose Room

\$5 plus \$10 materials fee  
Instructor: Lorelle Patterson

In the style of Chinese brush painting participants will paint lovely gems using Chinese watercolor rice paper. Participants must register in advance to secure a space to 310.456.2489 ext. 357.

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

Monday, August 13, 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, August 29, 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



## DIAL-A-RIDE PROGRAM UPDATE!

The City of Malibu has temporarily suspended the Dial-A-Ride program effective June 29, 2018. Malibu Yellow Cab is no longer in operation. City staff are working diligently to find a temporary service provider while the City goes out to bid for a new contract.

Please contact 310.456.2489 ext. 357 with any questions.

## 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](mailto:MalibuSeniorCenter@MalibuCity.org)  
[MalibuCity.org/SeniorCenter](http://MalibuCity.org/SeniorCenter)

### Senior Center Staff:

Lisa Arcidiacono Crespo, CPRP  
Recreation Coordinator

Mariah Delgado, Bryanna Edwards,  
Donna Galvin and Amariah Taylor