SEPTEMBER
2018

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Monthly Luncheon

Thursday, September 20
11:30am-1pm
Malibu City Hall, Senior Center
$2 with RSVP, $3 at the door

Join us this month for an "All that Glitters is Gold" themed luncheon. Enjoy lunch, entertainment and raffle prizes.

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

If September is your birtday month, lunch is on us!

Intro to Ukulele and Guitar

September 14 - October 26
Fridays, 3-4pm
Malibu City Hall, Zuma Room
$45 for 7 weeks
Instructor: James Swing

This class will introduce students to the ukulele or open tuned guitar through graded exercises and songs. A slow, easy to follow pace along with a method book will be used during the duration of the class. Discussions about the role of these instruments in Hawaiian culture will also take place.
Pre-registration is required.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Senior Center Closed	4 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am **Conversational French 10-11am** *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm	5 Stretch & Strength 10-11am *Poetry 10-11:50am Knitting & Pearling 11:30am-1:30pm Bridge Group 2:30-4:30pm **Library Speaker Series** **Eric Schlosser** **7pm, City Hall**	6 **Theatre Thursday** **11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am	7 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength (in Theatre) 10-11am Tech Help 10-11am **DMV Lecture 11:30am-12:30pm** *Autobiography 12:30-2:30pm Functional Fitness 3-4pm
10 No Senior Center Programming	11 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Legacy Walk 10-11am **Locals Lunch 11:30am-Kristy's** Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm	12 Stretch & Strength 10-11am *Poetry 10-11:50am Knitting & Pearling 11:30am-1:30pm Bridge Group 2:30-4:30pm **Grandparents Day Event:** **Park Tales** **10-10:45am, Malibu Library**	13 **Excursion—Murphy Auto Museum 9am** Ballet Slim & Trim 9-10am Tap Dance 10-11am	14 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10-11am **Financial Roundtable** **11:30am-12:30pm** *Autobiography 12:30-2:30pm **Art Trek 2-4pm** Functional Fitness 3-4pm Intro to Ukulele 3-4pm
17 Choir 9:45-10:45am Yin Yoga 11am-12pm **Memories in the Making** **11am-12:15pm** Knitting & Pearling 11:30am-1:30pm **Ice Cream Social 12:15-12:45pm** Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4:30pm	18 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	19 No Senior Center Programming	20 Ballet Slim & Trim 9-10am Tap Dance 10-11am **Luncheon 11:30am-1pm**	21 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Alzheimer's Lecture** **11:30am-12:30pm** *Autobiography 12:30-2:30pm Functional Fitness 3-4pm Intro to Ukulele 3-4pm
24 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting & Pearling 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1:30-2:30pm Bridge Group 2:15-4:30pm	25 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	26 Stretch & Strength (in Theatre) 10-11am *Poetry 10-11:50am **Relax Through Coloring** **11:15am-12:15pm** Bridge Group 2:30-4:30pm	27 **Silver Fox Walk (Zuma) 9am** Spanish 9-10am Misplaced Memory 10-11am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	28 **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 Functional Fitness 3-4pm Intro to Ukulele 3-4pm
***Special Sunrise Walk at Bluffs-Sunday, September 23 6:30-7am**		***Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Drawing, Poetry, and Autobiography**		

SEPTEMBER PROGRAMS

Emeritus College

Emeritus classes are offered through Santa Monica college. Classes are free, registration required. For more info, call 310.434.4306

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

Drawing & Painting
Tuesdays
12:30-2:45 PM
Bluffs Park

Autobiography
Fridays
12:30-2:45 PM
City Hall

Poetry Wednesdays
10-11:50 AM
City Hall

Fitness and Dance

Stretch & Strength
Mondays
1:30-2:30 PM
Wednesdays & Fridays
10-11 AM

Yin Yoga
Mondays
11 AM-12 PM

Chair Yoga
Mondays
1-2 PM

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

Mat Yoga
Tuesdays
3:30-4:30 PM

Ballet Slim & Trim
Thursdays
9-10 AM

Tap Dance
Thursdays
10-11 AM

Beginning Tap Dance
Thursdays
11 AM-12 PM

Functional Fitness
Fridays
3-4 PM

Silver Fox Walk
Thursday, Sept. 27
9 AM

Sunrise Walk
Sunday, Sept. 23
6:30 AM
Bluffs Park

Art and Performance

Senior Choir
Ongoing
9:45-10:45 AM

Art Trek WorkShop: Painted Peacocks
Friday, September 14
2-4 PM
Pre-registration required

Memories in the Making: Crunch & Create
Monday, September 17
11 AM-12:15 PM

Relax Through Coloring
Wednesday, September 26
11:15 AM-12:15 PM

Knitting and Pearling
Wednesdays, Sept. 5 & 12
11:30 AM-1:30 PM
Mondays, Sept. 17 & 24
11:30 AM-1:30 PM

Intro to Ukulele and Hawaiian Guitar
Fridays
3-4 PM

Enrichment Groups & Lectures

Bridge Group
Mondays, 2:15 PM
Wednesdays, 2:30 PM

Reader's Theater
Tuesdays, Ongoing
1-3 PM

Conversational French
Tuesday, September 4
10-11 AM

Locals Lunch
Tuesday, September 11
11:30 AM

Tech Help
Fridays, September 7 & 14
10-11 AM

DMV Lecture
Friday, September 7
11:30 AM-12:30 PM

Alzheimer's Lecture
Friday, September 21
11:30 AM-12:30 PM

Financial Roundtable
Friday, September 14
11:30 AM-12:30 PM

Market Beat
Friday, September 28
11:30 AM-12:30 PM

DMV Lecture

Friday, September 7, 11:30am-12:30pm
Malibu City Hall, Zuma Room

Free, Call to RSVP
Presenter: Tressa Thompson, DMV

What is the Real ID Act? Talk with Tressa Thompson, DMV employee, about the Real ID Act and driving related topics that could affect you. Light refreshments will be provided. Please call to RSVP.

Alzheimer's Lecture

Friday, September 21, 11:30am-12:30pm
Malibu City Hall, Zuma Room

Free, Call to RSVP
Presenter: Alzheimer's Greater LA

Short movie screening and discussion. Follow a family as they confront the challenges of Alzheimer's when their Grandmother starts showing signs of memory loss. There will be a discussion about the warning signs, getting a diagnosis and the challenges that families face before they come together.

Aqua Aerobics

Starting September 22
Saturdays, 11am-12pm

$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, September 28, 9-11am
Help prepare the mailing of the newsletter!
Snacks and refreshments will be provided.

To volunteer call 310.456.2489 ext. 357

SEPTEMBER HAPPENINGS

Theatre Thursday
Thursday, September 6
11am and 1:15pm | Free

"Book Club" 11am
Four friends lives are forever changed after reading 50 Shades of Grey in their monthly book club. Starring: Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen (2018). PG-13.

"Overboard" 1:15pm
A spoiled yacht owner is thrown overboard and becomes the target of revenge from his mistreated employee. Starring: Eugenio Derbez, Anna Faris and Eva Longoria (2018). PG-13.

Conversational French
Tuesday, September 4
10-11am | Free
Facilitator: Vyvyan Benlloch

Join other French speakers for informal conversation and coffee talk. Brush up on French skills, practice phrases and discuss everyday topics. Beginning French speakers welcome.

Sunrise Walk
Sunday, September 23
6:30-7:30am
Volunteer Led
Malibu Bluffs Park

Calling all early birds! Enjoy a special Sunday sunrise walk along the Malibu Bluffs Park trail system. The walk will finish in time to enjoy the Cars and Coffee event at the park. Dress for the weather and bring water. Participants will meet in the parking lot. Volunteer led, call to RSVP.

Locals Lunch at Kristy's
Tuesday, September 11
11:30am-12:30pm

Experience a delicious meal with other local Malibu residents! Please call to RSVP.

Beginning Tap Dance
Thursdays, 11am-12pm
Backstage Room
$2 per class
September 27-November 1

This class is an introduction to tap dance basics and simple routines. Tap is a great activity for people of all ages and is both fun and a great workout. Tap shoes are required. Previous experience not required.

Functional Fitness
Fridays, 3-4pm
Backstage Room
$2 per class

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.

HAPPY BIRTHDAY

Ice Cream Social
Monday, September 17
12:15-12:45pm
Free

Celebrate September birthdays and make your own sundae!

Tech Help
Fridays, 10-11am
September 7 & 14
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.

Financial Roundtable
Friday, September 14
11:30am-12:30pm
Zuma Room
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.

Virgo
Characteristics: detail oriented, loyal, and hardworking.
Libra
Characteristics: kind, gentle and peaceful.

Birthstone: Sapphire
Famous Celebrities Born in September: Salma Hayek, Keanu Reeves, Beyonce Knowles, Nick Jonas and Will Smith.

September Fun Facts:
- September 9, 1850 - California became the 31st state.
- September 15, 1949 - The Lone Ranger premiered on ABC-TV, starring Clayton Moore.
- September 24, 1789 - The United State's Post Office was formed.
- September 28, 1955 - First MLB World Series color TV was broadcast on NBC. Yankees beat the Dodgers.

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.

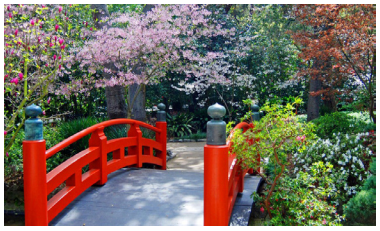
- Malibu Library Speaker Series: Nuclear Delusions: An Evening with Eric Schlosser, Wednesday, September 5, 7pm Malibu City Hall. We're in collective denial about the massive risk that nuclear weapons will go wrong. Eric Schlosser tells us why we should worry. Movie screening at 6pm. RSVPs required at MalibuCity.org/Speakers or call 310.456.6438.

- Malibu Library Book Group: Join the Malibu Library on Wednesday, September 12 from 5-6:30pm for a discussion of The King and Queen of Malibu, by David Randall.

- Cars & Coffee: Sunday, September 23, 7-9am, Malibu Bluffs Park. Enjoy coffee while admiring some of the world's finest automobiles at an unbeatable location.

- Safety Expo: Saturday, September 29, 10am-3pm, Malibu City Hall, Free. Take a class, experience a simulated earthquake, stock up on emergency supplies and chat with local first responders.

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 suprises. 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.

November Excursion - Melting Pot Food Tour

Thursday, November 29, 8:30am-3pm
$70 (lunch included)
Registration opens October 1 at 9am
Deadline to register is November 19 (or until full)

Travel off the beaten path on this East LA Latin Food and Culture Tour. Visit a tortilla factory, an authentic 3-story mercado and the original birrieria in the city. This trip includes .75 miles of walking (with slight inclines). Be prepared to walk in comfortable shoes. The metro system will be utilized during the tour, tickets for the metro are included in the price.

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: Painted Peacocks
Friday, September 14, 2-4pm
$5 plus $10 materials fee
Malibu City Hall, Multi-Purpose Room
Instructor: Lorelle Patterson

Choosing from a selection of images, participants will paint a peacock on canvas using acrylic paint. Participants must register in advance to secure a space to 310.456.2489 ext. 357.

Memories in the Making: Crunch & Create!
Monday, September 17, 11am-12:15pm
Free lunch for those who RSVP
Malibu City Hall, Multi-Purpose Room
Facilitator: Denise Gieser

Memories in the Making is a unique art program offering a creative and non-verbal way of communicating and capturing precious moments through art.

Relax Through Coloring
Wednesday, September 26, 11:15am-12:15pm | Free
Malibu City Hall, Senior Center | Facilitator: Judy Merrick
The act of coloring activates different areas of the brain using logic, forming colors and creativity.

Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265

Save the Date!

The annual Wellness Expo is back! Thursday, October 11 from 11am-1pm. Vendors will include health and wellness experts, medical professionals and more. The first 50 people to RSVP receive a free lunch sponsored by 1Heart Caregivers. For more information or to RSVP contact the Senior Center at 310.456.2489 ext. 357.

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