

OCTOBER
2018



Malibu Senior Center & Adult Programs

Senior NEWS & VIEWS

SPOTLIGHT OF THE MONTH

Monthly Luncheon

Thursday, October 18
11:30am-1pm
Malibu City Hall, Senior Center
\$2 with RSVP, \$3 at the door

Join us this month for a “spooktacular” good time at the Halloween 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 October is your birthday month, lunch is on us!

NEW! Cardio Salsa Class

Starting October 2
Tuesdays, 9-10am
Malibu City Hall, Backstage Room
\$2 per class
Instructor: Jackline Daneshrad

This new class is an energetic Latin dance workout that incorporates Salsa, Cha-Cha and Merengue in an easy to follow format. Rhumba and Argentine Tango steps are also incorporated in the cool down. No experience necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm Caregiver Support Group 3:30-4:30pm</p>	<p>2 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>3 Stretch & Strength 10-11am *Poetry 10-11:50am Bridge Group 2:30-4:30pm Library Speaker Series: Sy Montgomery 7pm, Malibu Library</p>	<p>4 Theatre Thursday 11am-3:30pm Spanish 9-10am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Conversational French 11am-12pm Bluffs</p>	<p>5 Tai Chi at Bluffs 8:30-9:30am Stretch & Strength (in Theater) 10-11am Tech Help 10-11am *Autobiography 12:30-2:30pm Functional Fitness 2:30-3:30pm Intro to Ukulele 3-4pm</p>
<p>8 Choir 9:45-10:45am Memories in the Making 11am-12:15pm Yin Yoga 11am-12pm Ice Cream Social 12:15-12:45pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm</p>	<p>9 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am Locals Lunch 11:30am Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>10 Sunrise Walk at Solstice Cyn 6:30-7:30am Stretch & Strength 10-11am (in Theater) *Poetry 10-11:50am Yours Truly Storytelling 1:30-3:30pm Bridge Group 2:30-4:30pm</p>	<p>11 Spanish 9-10am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Wellness Expo 11am-1pm</p>	<p>12 Tai Chi at Bluffs 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 2:30-3:30pm Intro to Ukulele 3-4pm</p>
<p>15 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm</p>	<p>16 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>17 Silver Fox Walk 9am Stretch & Strength 10-11am *Poetry 10-11:50am Yours Truly Storytelling 1:30-3:30pm Bridge Group 2:30-4:30pm</p>	<p>18 Spanish 9-10am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Luncheon 11:30am-1pm</p>	<p>19 Tai Chi at Bluffs 8:30-9:30am Stretch & Strength 10-11am Lecture 11:30am-12:30pm *Autobiography 12:30-2:30pm Functional Fitness 2:30-3:30pm Intro to Ukulele 3-4pm</p>
<p>22 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm</p>	<p>23 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>24 Stretch & Strength 10-11am *Poetry 10-11:50am Yours Truly Storytelling 1:30-3:30pm Relax Through Coloring 11:15am-12:15pm Bridge Group 2:30-4:30pm</p>	<p>25 Excursion-Descanso Gardens Spanish 9-10am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm</p>	<p>26 Folding Team 9-11am Stretch & Strength 10-11am Market Beat 11:30am-12:30pm *Autobiography 12:30-2:30pm Functional Fitness 2:30-3:30pm Intro to Ukulele 3-4pm</p>
<p>29 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm</p>	<p>30 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am Tea Time 12-1pm *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>31 Stretch & Strength 10-11am *Poetry 10-11:50am Yours Truly Storytelling 1:30-3:30pm Bridge Group 2:30-4:30pm</p>		<p>*Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Drawing, Poetry, and Autobiography</p>

OCTOBER 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
9:30-11:45am
City Hall

Drawing & Painting

Tuesdays
12:30-2:45pm
Bluffs Park

Autobiography

Fridays
12:30-2:45pm
City Hall

Poetry

Wednesdays
10-11:50am
City Hall

Fitness and Dance

Stretch & Strength

Mondays
1-2pm
Wednesdays &
Fridays
10-11am

Ballet Slim & Trim

Thursdays
9-10am

Yin Yoga

Mondays
11am-12pm

Tap Dance

Thursdays
10-11am

Chair Yoga

Mondays
1-2pm

Beginning Tap Dance

Thursdays
11am-12pm

Cardio Salsa

Tuesdays
9-10am

Functional Fitness

Fridays
3-4pm

Mat Yoga

Tuesdays
3:30-4:30pm

Sunrise Walk

Wednesday, Oct. 10
6:30am
Solstice Canyon

Silver Fox Walk - Malibu Bluffs Park

Wednesday, Oct. 17
9am

Art and Performance

Senior Choir

Mondays, Ongoing
9:45-10:45am

Relax Through Coloring

Wednesday, Oct. 24
11:15am-12:15pm

Knitting

Mondays, Ongoing
11:30am-1:30pm

Intro to Ukulele and Hawaiian Guitar

Fridays
3-4pm

Memories in the Making: Crunch & Create

Monday, October 8
11am-12:15pm

Art Trek WorkShop: Chinese Watercolor

Friday, October 12
2-4pm
Pre-registration required

Yours Truly Storytelling

Wednesdays, Oct. 10 -
Dec. 5
1:30-3:30pm

Enrichment Groups & Lectures

Bridge Group

Mondays, 2:15pm
Wednesdays, 2:30pm

Financial Roundtable

Friday, October 12
11:30am-12:30pm

Reader's Theater

Tuesdays, Ongoing
1-3pm

Real Estate Lecture

Friday, October 19
11:30am-12:30pm

Conversational French

Thursday, October 4
11am-12pm, Bluffs

Market Beat

Friday, October 26
11:30am-12:30pm

Locals Lunch

Tuesday, October 9
11:30am

Tech Help

Fridays, October 5 & 12
10-11am

SENIOR WELLNESS

EXPO



OCT 11

**THURSDAY
11 AM - 1 PM
MALIBU CITY HALL**

Meet local service providers and learn about healthy aging! Information booths will include: medical doctors, health and wellness businesses and senior care providers.

FIRST 50 PEOPLE TO RSVP WILL RECEIVE FREE LUNCH!

All participants will receive a free raffle ticket. Raffle items include discounts from vendors, gift cards and more. Drawings will be held at 11:45 AM and 12:45 PM. Must be present to win.

Volunteer Opportunities

Folding Team

Friday, October 26, 9-11am
Help prepare the mailing of the newsletter!
Snacks and refreshments will be provided.



To volunteer call 310.456.2489 ext. 357

OCTOBER HAPPENINGS

Theatre Thursday

Thursday, October 4
11am and 1:15pm | Free



“Game Night” 11am

Max and Annie’s weekly game night gets kicked up a notch when it becomes a murder mystery party - complete with fake thugs and federal agents. Starring: Jason Bateman, Rachel McAdams and Kyle Chandler (2018). R.

“Tully” 1:15pm

A mother of three hires a night nanny to help her with her newborn. Starring: Charlize Theron, Mackenzie Davis and Rob Livingston (2018). R.

Conversational French

Thursday, October 4
11am-12pm | Free | Bluffs Park
Facilitator: Vyvyan Benloch



Join other French speakers for informal conversation and coffee talk. Brush up on speaking French, practice phrases and discuss everyday topics. Meet up will be held at Malibu Bluffs Park, Michael Landon Center.

Halloween Tea Time

Tuesday, October 30
12-1pm | Free
Multi-Purpose Room



Join Senior Center staff and members for a spooky tea time! Wear a costume and bring a dish to share. Tea and light snacks will be provided. Call 310.456.2489 ext. 357 to RSVP.

Locals Lunch at OLLO

Tuesday, October 9
11:30am-12:30pm

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

Yours Truly Storytelling Collective

October 10-December 5
Wednesdays, 1:30-3:30pm
Zuma Room
\$16

Personal stories create and enrich culture. Explore and develop a personal story to tell and perform. Performance: December 5. Pre-registration required.

Caregiver Support Group

Monday, October 1
3:30-4:30pm
Zuma Room
Free

In this informal support group participants will be able to meet other caregivers, express feelings and obtain helpful information from peers.

HAPPY BIRTHDAY

Ice Cream Social

Monday, October 8
12:15-12:45pm
Free

Celebrate October birthdays and make your own sundae!

Tech Help

Fridays, 10-11am
October 5 & 12
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.

Sunrise Walk

Wednesday, October 10
6:30am
Meet at Solstice Canyon
Volunteer Led

Experience the benefits of being active with this outdoor 3 mile hike. Enjoy the many scenic regions of Malibu and get a jump start on your day! All are welcome. Please RSVP.

Libra

Characteristics: kind, gentle and peaceful.

Scorpio

Characteristics: passionate, ambitious and brave.

Birthstone: Opal

Famous Celebrities Born in October: Julie Andrews, Susan Sarandon, Zach Galifianakis, Matt Damon and Simon Cowell.

October Fun Facts:

- October 13, 1775 - The U.S. Navy was formed after the Second Continental Congress authorized the acquisition of ships.
- October 1, 1908 - Henry Ford's Model T went on sale for the first time.
- October 2, 1968 - California's Redwood National Park was established.

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: Sy Montgomery, Wednesday, October 3, 7pm Malibu Library. Sy, a naturalist and award-winning author of 20 books including *The Soul of an Octopus* will be discussing her experiences and new book. RSVPs required at MalibuCity.org/Speakers or call 310.456.6438.
- Malibu Library OverDrive: Download the LA County Library's Libby, by OverDrive app today. This app will allow you to borrow ebooks and audiobooks from your phone or tablet. Learn more during the Senior Wellness Expo on October 11.
- Other City News: The City is excited to be offering a Girls Youth Basketball League for grades K-8 to promote and encourage girls in sports programs throughout the community. Registration deadline is on October 12 and the season will begin in December.
- Cars & Coffee: Sunday, October 14 and 28, 7-9am, Malibu Bluffs Park. Enjoy coffee while admiring some of the world's finest automobiles at an unbeatable location.

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.

December Excursion - Guys and Dolls

Sunday, December 9, 10:30am-5pm

\$45 (lunch included)

Registration opens November 1 at 9am

Deadline to register is November 26 (or until full)



Considered to be the perfect musical comedy, Guys and Dolls ran on Broadway for 1,200 performances when it first opened in 1950. Enjoy this special weekend matinee performance by the Actors' Repertory Theatre of Simi at the Simi Valley Cultural Arts Center. Before the show, enjoy buffet lunch at Viva La Pasta.

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: Chinese Watercolor

Friday, October 12, 2-4pm

\$5 plus \$10 materials fee

Malibu City Hall, Multi-Purpose Room

Instructor: Lorelle Patterson

Artists will paint cacti using watercolor, alcohol and salt to create varied and interesting textures. Participants must register in advance to secure a space to 310.456.2489 ext. 357.

Memories in the Making: Crunch & Create!

Monday, October 8, 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, October 24, 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



Lecture: The Greatest Land Rush in the History of California

Friday, October 19, 11:30am-12:30pm
Malibu City Hall, Zuma Room

Free, Call to RSVP
Presenters: Joy Arcenas
and Bianca Torrence

Who is Velur? What do they do? Why land? Why California? Join Joy and Bianca to learn the answers to these questions and more. California Real Estate is a hot topic and Joy and Bianca will give you the latest information and economic updates. Light snacks will be provided.

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

Bryanna Edwards, Donna Galvin and
Amariah Taylor