JANUARY
2019

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Storytelling Performance

Wednesday, January 9
3:30pm
Malibu City Hall, Senior Center
Free

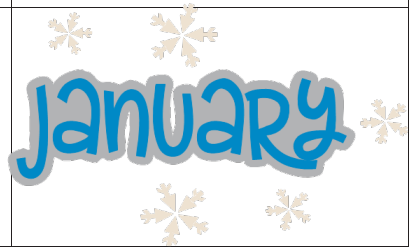
Participants of Ann Buxie's eight-week writing workshop will tell personal stories that elaborate imagery and generate a sense of enriched culture. This fun and inspiring event is open to adults only. Light refreshments will be served. Doors open at 3:30pm, performances start at 4pm.

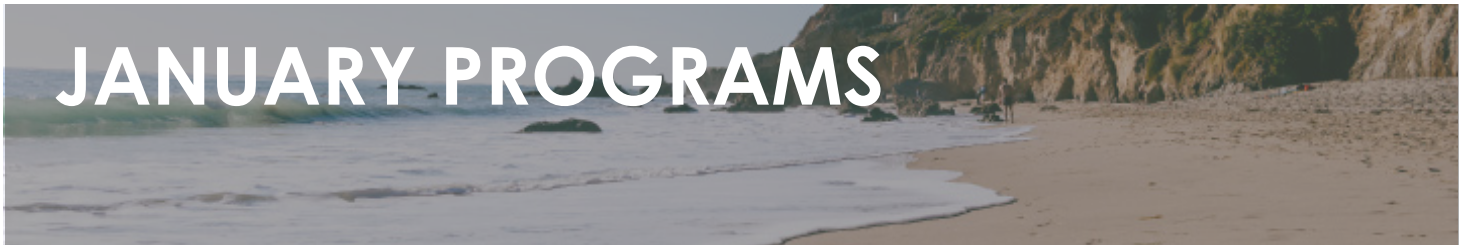
Monthly Luncheon

Thursday, January 17
11:30am-1:30pm
Malibu City Hall, Senior Center
$2 with RSVP, $3 at the door

Meet Suzy Cadham, an accomplished singer and member of Bob Hope's USO Tour in 1969. Enjoy lunch, listen to Suzy perform and participate in raffle prizes. Call in advance to reserve a seat 310.456.2489 ext. 357. Please pay at the door; exact change is appreciated.

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

Monday	Tuesday	Wednesday	Thursday	Friday
***Classes are offered through Emeritus College– Santa Monica College. Creative Writing and Drawing.**	1 **Senior Center Closed**	2 **Excursion-Rose Parade Floats** Stretch & Strength 10-11am Bridge Group 2:30-4:30pm	3 **Theatre Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Conversational French 11am-12pm**	4 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength (in Theatre) 10-11am **Tech Help 10-11am** *Autobiography (student led) 12:30-2:30pm
7 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Portrait Painting at Bluffs 12-3pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm **Caregiver Support Group 3:30-4:30pm**	8 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am **Locals Lunch 11:30am** *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm	9 Stretch & Strength 10-11am **Yours Truly Performance Doors open at 3:30**	10 **Spanish 9-10:30am** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	11 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Tech Help 10-11am** **Cholesterol Lecture 11:30am-12:30pm** *Autobiography (student led) 12:30-2:30pm Ukulele 3-4pm
14 Choir 9:45-10:45am **Memories in the Making 11am-12:15pm** Yin Yoga 11am-12pm Portrait Painting at Bluffs 12-3pm **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	15 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	16 Stretch & Strength 10-11am Bridge Group 2:30-4:30pm	17 Spanish 9-10:30am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Luncheon 11:30am-1pm**	18 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Art Trek 2-4pm** *Autobiography (student led) 12:30-2:30pm Ukulele 3-4pm
21 **Senior Center Closed**	22 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	23 Stretch & Strength 10-11am Bridge Group 2:30-4:30pm	24 Spanish 9-10:30am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	25 Tai Chi at Bluffs Park 8:30-9:30am **Folding Team 9-11am** Stretch & Strength 10-11am **Market Beat/Financial Roundtable 11:30am-1pm** *Autobiography (student led) 12:30-2:30pm Ukulele 3-4pm
28 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Portrait Painting at Bluffs 12-3pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	29 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	30 Stretch & Strength 10-11am **Relax Through Coloring 11:15am-12:15pm** Yours Truly 1:30-3:30pm Bridge Group 2:30-4:30pm	31 Spanish 9-10:30am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	



JANUARY 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

Fitness and Dance

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

Yin Yoga
Mondays
11am-12pm

Chair Yoga
Mondays
1-2pm

Cardio Salsa
Tuesdays
9-10am

Mat Yoga
Tuesdays
3:30-4:30pm

Ballet Slim & Trim
Thursdays
9-10am

Tap Dance
Thursdays
10-11am

Beginning Tap Dance
Thursdays
11am-12pm

Art and Performance

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

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

Portrait Painting at Bluffs
Mondays,
January 7, 14 & 28
12-3pm

Intro to Ukulele
Fridays,
January 11-February 22
3-4pm

Memories in the Making: Crunch & Create
Monday, January 14
11am-12:15pm

Relax Through Coloring
Wednesday,
January 30
11:15am-12:15pm

Art Trek Workshop: Watercolor Calla Lilies
Friday, January 18
2-4pm

Enrichment Groups & Lectures

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

Reader's Theater
Tuesdays, Ongoing
1-3pm

Conversational French
Thursday, January 3
11am-12pm

Locals Lunch
Tuesday, January 8
11:30am

Spanish
Thursdays,
January 10-February 28
9-10:30am
$45-8 weeks

Lecture: Cholesterol
Friday, January 11
11:30am-12:30pm

Tech Help
Fridays, January 4 & 11
10-11am

Market Beat and Financial Roundtable
Friday, January 25
11:30am-1pm

Yours Truly Storytelling
Wednesdays,
1:30-3:30pm
January 30-March 13
$16-8 weeks

Lecture: The Great Cholesterol Deception

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

Free, Call to RSVP
Presenter: Steve Pomerance

A look at the most common myths about cholesterol, what you need to know about cholesterol and the best ways to optimize your levels without drugs.

News from the Malibu Library

Malibu Library, 23519 West Civic Center Way

Caffeinated Verse: Poetry Open Mic
Saturday, January 5, 11am-1pm

Join local poets for a morning open mic hosted by Malibu Poet Laureate Ricardo Means Ybarra. Poets published, aspiring or otherwise can bring a poem to share. Sponsored by the Friends of the Malibu Library.

Malibu Library Book Club
Wednesday, January 9, 5-6:30pm

The Malibu Library Book Group meets to discuss *Confessions of a Jane Austen Addict* by Laurie Rigler. New members are always welcome!

Classical Guitar Concert with Pepperdine University
Friday, January 11, 3-4pm

The Pepperdine Guitar Department presents a concert featuring musicians studying with world-renowned classical guitar virtuoso Christopher Parkening. A variety of works are presented in both solo and ensemble setting. All ages welcome.

Organize Your Papers and Files
Wednesday, January 23, 6-7pm

Do you feel besieged by mountains of paper and hampered by a cluttered desk? Don't be overwhelmed! Learn tools to prepare for tax season and how to get your paper under control in the New Year from organizing expert Laura Ellis, past president of the National Association of Productivity and Organizing Professionals of Los Angeles. Sponsored by Friends of the Malibu Library.

JANUARY HAPPENINGS

Theatre Thursday
Thursday, January 3
11am and 1:15pm | Free

"All the Money in the World" 11am
The story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather to pay the ransom. Starring: Michelle Williams, Christopher Plummer and Mark Wahlberg. (2017). R.

"Crazy Rich Asians" 1:15pm
This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. Starring: Constance Wu, Henry Golding, Ken Jeong and Michelle Yeoh. (2018). PG-13.

Intro to Ukulele
Fridays, January 11-February 22
3-4pm | $45
Zuma Room
Instructor: James Swing

Students will be introduced to the Ukulele through exercises and songs. A slow, easy to follow pace and method book will be used during the class. Studens will learn about the role of these instruments in Hawaiian culture. Pre-registration is required.

Spanish to Improve Memory
Thursdays, January 10-February 28
9-10:30am | $45
Multi-Purpose Room
Instructor: Robin Rappaport

During this 8-week session the instructor will teach beginning grammar and vocabulary, through activities that engage participants with written exercises and conversation.

Conversational French
Thursday, January 3
11am - 12pm
Multi-Purpose Room
Free

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

Cardio Salsa
Tuesdays, Ongoing
9-10am
Backstage Room
$2

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.

Locals Lunch at Spruzzo's
Tuesday, January 8
11:30am-12:30pm

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

HAPPY BIRTHDAY

Ice Cream Social
Monday, January 14
12:15-12:45pm
Free

Celebrate January birthdays and make your own sundae!

Tech Help
Fridays, 10-11am
January 4 & 11
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.

Volunteer Opportunity
Folding Team
Friday, January 25
9-11am

Help prepare the mailing of the monthly newsletter! Light snacks will be provided. To volunteer call 310.456.2489 ext. 357.

Capricorn
Characteristics: ambitious, conservative and determined.
Aquarius
Characteristics: progressive, original and independent.

Birthstone: Garnet
Famous Celebrities Born in January: Mel Gibson, Bradley Cooper, Stephen Hawking, Kevin Costner, Geena Davis and Diane Lane.

January Fun Facts:

- January 1, 1886-1st Tournament of Roses took place in Pasadena, California.
- January 9, 1947 - Elizabeth "Betty" Short, AKA the Black Dahlia, was last seen alive.
- January 22, 1947 - KTLA begins operation in Hollywood.

Other News from the City of Malibu

- The Disaster Recovery Center at the Malibu Courthouse remains open. Operating hours are Monday-Saturday 10am-8pm.
- For more information about rebuilding or debris removal please visit malibucity.org/woolsey.
- Art Exhibit: Did you know that local artist Doug Rucker has multiple works of art on display at Malibu City Hall? Art can be viewed Monday-Thursday 7:30am-5:30pm, Friday 7:30am-4:30pm.
- Cars and Coffee: January 13 and 27 at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.
- Touch-A-Truck: Saturday, January 26, 10am-12pm, Malibu City Hall. Children can see, touch, explore, and honk the horns of their favorite trucks and emergency vehicles that serve the Malibu community.
- Christmas tree recycling December 26 - January 13. Two drop off locations are available to recycle your Christmas tree for free, Malibu Bluffs Park (end of cul-de-sac) and 29136 Pacific Coast Hwy. You may also cut your tree to fit in your green waste bin, no metal allowed.

February Excursion - Whale Watching

Thursday, February 28, 8am-4pm
$40 (lunch included)
Registration opens January 2 at 9am
Deadline to register is February 15 (or until full)

Experience the wonders of the ocean on this 2.5 hour whale watching tour. Get up close and personal with whales off the coast of Redondo Beach. Walk around the pier and enjoy lunch at El Torito before heading back to Malibu.

March Excursion - Dodger Stadium Tour

Thursday, March 14, 8:30am-3:30pm
$40 (lunch included)
Registration opens February 1 at 9am
Deadline to register is March 1 (or until full)

Visit Dodgers Stadium during this behind-the-scenes tour. Explore areas only accessible through guided tours and view the stadium from a whole new perspective! As baseball's third-oldest stadium, Dodger Stadium remains one of the game's most beautiful and historic venues. Afterwards enjoy lunch in downtown Los Angeles at World Famous, The Original Philippe.

Trip Cancellation / Refund Policy
Trips may be cancelled 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: Watercolor Calla Lilies
Friday, January 18 | 2-4pm
$5 plus $10 materials fee
Malibu City Hall, Multi-Purpose Room
Instructor: Lorelle Patterson

A colorful background highlights the subtle tones of this "stained glass" style Calla Lilies painting. Participants must register in advance to secure a space to 310.456.2489 ext. 357.

Memories in the Making: Crunch & Create!
Monday, January 14 | 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.

Photo Portriat Painting
Mondays, January 7, 14 and 28
12-3pm | $90
Malibu Bluffs Park
Instructor: Inger Hodgson

Learn the mysteries of classical portrait painting, limited palette, shadow patterns and sight-size technique. Participants also have the option of creating a self-portrait. Bring a photo, an easel, materials for oil painting or water based painting and a drop cloth for the table.

Relax Through Coloring
Wednesday, January 30
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

Senior Center **Hours & Staff Members**

Monday-Thursday: 9am-4:30pm
Friday: 9am-4pm
Saturday & Sunday: Closed
Center will be closed: 1/1 & 1/21

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,
Rachel Medina and Amariah Taylor