FEBRUARY
2019

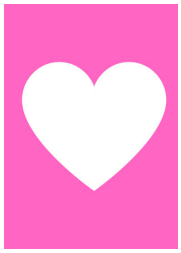
Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Tea Time

Tuesday, February 12
12:15-12:45pm
Malibu City Hall, Zuma Room
Free

Love is in the air! Celebrate Valentine's day with friends at the Malibu Senior Center. Join staff for a cup of tea, special prizes and finger foods.



Monthly Luncheon

Thursday, February 21
11:30am-1:30pm
Malibu City Hall, Senior Center
$2 with RSVP, $3 at the door

Enjoy lunch and the juggling talents of David Cousin during the February luncheon! Participate in raffle drawings and talk with other community members. Call in advance to reserve a seat 310.456.2489 ext. 357. Please pay at the door; exact change is appreciated.

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

Monday	Tuesday	Wednesday	Thursday	Friday
***Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Autobiography and Poetry.**				1 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength (in Theatre) 10-11am **Tech Help 10-11am** **Finance Lecture 11:30am-12:30pm** **Functional Fitness 11:30am-12:30pm** *Autobiography (student led) 12:30-2:30pm
4 *No Choir* Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	5 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 Mat Yoga 3:30-4:30pm	6 Stretch & Strength 10-11am **Tech Savvy Workshop 11:15am-12:15pm** Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 2:15-4:30pm	7 **Theatre Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Conversational French 11am-12pm**	8 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Tech Help 10-11am** Functional Fitness 11:30am-12:30pm *Autobiography (student led) 12:30-2:30pm
11 Choir 9:45-10:45am **Memories in the Making 11am-12:15pm** **Healing Energy Treatment 10:30am-12:30pm** 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	12 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am **Tea Time 12:15-12:45pm** Mat Yoga 3:30-4:30pm	13 Stretch & Strength 10-11am *Poetry & Fiction 10-11:50am Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 2:15-4:30pm	14 Spanish 9-:30-11am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	15 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Medicare Lecture 11:30am-12:30pm** Functional Fitness 11:30am-12:30pm **Art Trek 2-4pm** *Autobiography 12:30-2:30pm
18 **Senior Center Closed**	19 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	20 Stretch & Strength 10-11am *Poetry & Fiction 10-11:50am Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 2:15-4:30pm	21 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Luncheon 11:30am-1pm**	22 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Market Beat and Financial Roundtable 11:30am-1pm** Functional Fitness 11:30am-12:30pm *Autobiography 12:30-2:30pm
25 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	26 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm **Library Speaker Series, 7pm City Hall**	27 *No Stretch & Strength* *Poetry & Fiction 10-11:50am **Relax Through Coloring 11:15am-12:15pm** Reader's Theater 1-3pm Yours Truly 1:30-3:30pm Bridge Group 2:15-4:30pm	28 **Excursion-Whale Watching** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	

FEBRUARY 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

Poetry & Fiction
Wednesdays
10-11:50am
City Hall

Autobiography
Fridays
12:30-2:30pm
City Hall

Art and Performance

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

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

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

Relax Through Coloring
Wednesday, February 27
11:15am-12:15pm

Art Trek Workshop
Friday, February 15
2-4pm

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

Functional Fitness
Fridays
11:30am-12:20pm

Enrichment Groups & Lectures

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

Reader's Theater
Wednesdays, Ongoing
1-3pm

Lecture: Finance
Friday, February 1
11:30am-12:30pm

Locals Lunch
Tuesday, February 5
11:30am

Technology Workshop
Wednesday, February 6
11:15am-12:15pm

Conversational French
Thursday, February 7
11am-12pm

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

Healing Treatments
Monday, February 11
10:30am-12:30pm

Lecture: Medicare
Friday, February 15
11:30am-12:30pm

Market Beat and Financial Roundtable
Friday, February 22
11:30am-1pm

Lecture: Finance

Friday, February 1, 11:30am-12:30pm
Malibu City Hall, Zuma Room

Free, Call to RSVP
Presenter: Mainstreet Loans

Mainstreet Loans representatives will be speaking about how to keep your finances in order at any age! Learn about ways to save and track your finances.

Tech Savvy Workshop

Wednesday, February 6, 11:15am-12:15pm
Malibu City Hall, Senior Center

Free, Call to RSVP
Led by: Pepperdine Students

Delta Sigma Pi of Pepperdine University will be hosting a one hour technology workshop. This class will involve teaching participants how to use apps such as Uber, Lyft, listen to podcasts and sending emojis and GIFs.

Lecture: Medicare

Friday, February 15, 11:30am-12:30pm
Malibu City Hall, Zuma Room

Free, Call to RSVP
Presenter: Bart Baker

Join Bart Baker, insurance agent for B.W. Baker Insurance Agency and learn about Medicare.

Upcoming Malibu Library Events

Caffeinated Verse: Poetry Open Mic

Saturday, February 2 | 11 am - 1 pm

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. Garner encouragement from peers and derive energy from performing before an audience! Also, there will be caffeine! For adults. Sponsored by the Friends of the Malibu Library.

Classical Guitar Concert with Pepperdine University

Friday, February 15 | 3 - 4 pm

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 settings. All ages welcome.

Library events located at the Malibu Library: 23519 West Civic Center Way

FEBRUARY HAPPENINGS

Theatre Thursday

Thursday, February 7
11am and 1:15pm | Free

"A Simple Favor" 11am
Stephanie is a single mother with a parenting vlog who befriends Emily, a secretive upper-class woman who has a child at the same elementary school. When Emily goes missing, Stephanie takes it upon herself to investigate. Starring: Anna Kendrick, Blake Lively and Henry Golding. (2018). R.

"Christopher Robin" 1:15pm
A working-class family man, Christopher Robin, encounters his childhood friend, Winnie-the-Pooh, who helps him rediscover the joys of life. Starring: Ewan McGregor, Hayley Atwell and Bronte Carmichael. (2018). PG.

Bridge Group

Mondays and
Wednesdays, 2:15pm
Free
Senior Center

Do you know how to play bridge? The Senior Center bridge group is always accepting new members. Learning opportunities available on Mondays.

Functional Fitness

Fridays, Ongoing
11:30am-12:30pm | $2
Backstage Room
Pepperdine University Students

Reach, bend and flex your way to a more lively and vigorous you. Functional Fitness puts the body through exercises that will help improve participant's ability to perform daily activities. Please wear comfortable clothing.

Conversational French

Thursday, February 7
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 Taverna Tony

Tuesday, February 5
11:30am-12:30pm

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

HAPPY BIRTHDAY

Ice Cream Social
Monday, February 11
12:15-12:45pm
Free

Celebrate February birthdays and make your own sundae!

Tech Help
Fridays, 10-11am
February 1 & 8
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
Saturday, February 23
10:30am-2:30pm

Join Recreation staff at Malibu Bluffs Park for Bark in the Park! Help with event set up and clean up. To volunteer call 310.456.2489 ext. 357.

Aquarius
Characteristics: progressive, original and independent.
Pisces
Characteristics: empathetic, generous and intuitive

Birthstone: Amethyst
Famous Celebrities Born in February: Rebel Wilson, Emma Roberts, John Travolta and Emily Blunt.

February Fun Facts:
- February 7, 1964 - The Beatles first arrive in the United States.
- February 15, 1903 - The first Teddy Bear was introduced in Brooklyn, NY.
- February 21, 1948 - The National Association for Stock Car Racing - NASCAR - was founded.

Other News from the City of Malibu

- 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: February 10 and 24 at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.
- Document Shredding Day: February 16, 10am-2pm (or until truck fills) at Malibu City Hall.
- Bark in the Park: Saturday, February 23, 11am-2pm, Malibu Bluffs Park. Bring your furry friend and enjoy a day of activities for animals, meeting local pet vendors and tail wagging.
- Library Speaker Series: Tuesday, February 26, 7pm at Malibu City Hall. Author Joyce Carol Oates will be speaking about her new book *Hazards of Time Travel*.

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 Dodger 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

Relax Through Coloring
Wednesday, February 27
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.

Memories in the Making: Crunch & Create!
Monday, February 11 | 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.

Art Trek: Floral Animals
Friday, February 15 | 2-4pm
$5 plus $10 materials fee
Malibu City Hall, Multi-Purpose Room
Instructor: Lorelle Patterson

Based on the art of Spring Whitaker, participants will paint their own version of a floral crowned animal using acrylic paint on canvas or wood. Participants must register in advance.

Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265

Healing Energy Treaments

Monday, February 11 | 10:30am-12:30pm
Malibu City Hall, Senior Center
Partner: Jung Shim

The Jung Shim non-profit is offering a day of free healing acupressure based treatments to help those affected by the Woolsey Fire. Please call to RSVP.

Senior Center **Hours & Staff Members**

Monday-Thursday: 9am-4:30pm
Friday: 9am-4pm
Saturday & Sunday: Closed
Center will be closed: 2/18

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, Paige Henson, Rachel Medina and Amariah Taylor