MARCH
2019

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Monthly Luncheon

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

Enjoy lunch and a performance by Tatjana during the March 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 March is your birthday month, lunch is on us!

Tax Help

Wednesday, March 27
4-6pm
Malibu City Hall, Zuma Room
Free

The Malibu Senior Center is partnering with the Pepperdine University Accounting Department to help seniors with their tax questions. Students and teachers will be available to provide one-on-one help to those who attend. Please call in advance to RSVP.

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** **Lecture 11:30am-12:30pm** Functional Fitness 11:30am-12:30pm *Autobiography 12:30-2:30pm
4 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	5 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am *Drawing at Bluffs (student led) 12:30-2:45pm Mat Yoga 3:30-4:30pm	6 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	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 12:30-2:30pm
11 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	12 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 (student led) 12:30-2:45pm 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 **Excursion– Dodger Tour** 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 **Brain Health Testing 11:15am-12:15pm & 12:15-1:15pm** Functional Fitness 11:30am-12:30pm *Autobiography 12:30-2:30pm **Art Trek 2-4pm**
18 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	19 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am *Drawing at Bluffs (student led) 12:30-2:45pm Mat Yoga 3:30-4:30pm	20 Stretch & Strength 10-11am *Poetry & Fiction 10-11:50am Reader's Theater 1-3pm **Yours Truly Storytelling Performance 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 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 *No Cardio Salsa* *Creative Writing 9:30-11:45am *Drawing at Bluffs (student led) 12:30-2:45pm Mat Yoga 3:30-4:30pm	27 Stretch & Strength 10-11am *Poetry & Fiction 10-11:50am **Relax Through Coloring 11:15am-12:15pm** Reader's Theater 1-3pm Bridge Group 2:15-4:30pm **Tax Help 4-6pm**	28 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	29 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

MARCH 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 and Painting (student led)
Tuesdays
12:30-2:45pm
Bluffs Park

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, March 11
11am-12:15pm

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

Art Trek Workshop
Friday, March 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-12:30pm

Enrichment Groups & Lectures

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

Reader's Theater
Wednesdays, Ongoing
1-3pm

Lecture: Captioned Telephone Services
Friday, March 1
11:30am-12:30pm

Locals Lunch: Casa Escobar
Tuesday, March 12
11:30am

Conversational French
Thursday, March 7
11am-12pm

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

Brain Health Workshops
Friday, March 15
11:15am-12:15pm
12:15pm-1:15pm

Tax Help
Friday, March 27
4pm-6pm

Market Beat and Financial Roundtable
Friday, March 29
11:30am-1pm

Lecture: Captel, Captioned Telephones

Friday, March 1, 11:30am-12:30pm — Free, Call to RSVP
Malibu City Hall, Zuma Room — Presenter: Captel

Learn about Captel, the free federal program that provides captioned telephones to anyone suffering from hearing loss.

Brain Health Workshops

Friday, March 15, 11:15am-12:15pm & 12:15-1:15pm — Free, Call to RSVP
Malibu City Hall, Senior Center — Led by: Cogniciti

Take a memory assessment that gauges where you are compared to other people of similar age and education level. Then meet with a Cogniciti representative to talk about your score and gather tips for keeping your brain healthy.

Storytelling Performance

Wednesday, March 20, 3:30pm — Free, Call to RSVP
Malibu City Hall, Multi-Purpose Room — Storytelling Collective

Join the students of Ann Buxie's Yours Truly Storytelling Collective and hear personal stories crafted from unique life experiences. Light snacks will be provided.

Upcoming Malibu Library Events

Friends of the Malibu Library Book Sale

Saturday, March 16, 9am-4pm | Sunday, March 17, 1-pm

The annual Friends of the Malibu Library Book Sale features hardbacks, paperbacks, music CDs, DVDs, children's books, and audio books. Most books are just $1.00. All sales go to the Friends of the Malibu Library, who support children's programs, adult programs, teen programs, and new books at Malibu Library throughout the year!

Herb and Vegetable Container Gardening

Saturday, March 30 | 11 am - 12 pm

In this workshop, participants will plant a pot of seasonal vegetable and herb plants and seeds. Gardener Joan Borgman will discuss plant care and the benefits of growing your own produce. Limited to 20 people. Please RSVP in advance by calling Malibu Library at 310.456.6438.

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

MARCH HAPPENINGS

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

"Night School" 11am
A group of High School dropouts are forced to attend night school in hope that they'll pass the GED exam to finish high school.
Starring: Kevin Hart, Tiffany Haddish and Rob Riggle. (2018). PG-13.

"Mile 22" 1:15pm
An elite American intelligence officer, aided by top-secret tactical command unit, tries to smuggle a mysterious police officer with sensitive information out of Indonesia. Starring: Mark Wahlberg, Lauren Cohan and Iko Uwais. (2018). R.

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.

Beginning Tap Dance
Thursdays, Ongoing
11am-12pm | $2
Backstage Room
Ann Monahan

An introduction to tap dance basics and simple routines. Learn classic steps, meet new people and explore the world of tap dance. Tap shoes are required. No experience necessary.

Locals Lunch at Casa Escobar
Tuesday, March 12
11:30am-12:30pm

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

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.

Conversational French
Thursday, March 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.

HAPPY BIRTHDAY

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

Celebrate March birthdays and make your own sundae!

Tech Help
Fridays, 10-11am
March 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
Gold Hunt
Friday, March 15
9:30am-12:30pm

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

Pisces
Characteristics: empathetic, generous and intuitive

Aries
Characteristics: spontaneous, daring and energetic
Birthstone: Aquamarine
Famous Celebrities Born in March: Jessica Biel, Shaquile O'Neal, William H. Macy, Bruce Willis and Elton John.

March Fun Facts:

- March 7, 1933 The board game Monopoly was created and trademarked by Charles Darrow in Atlantic City.
- March 19, 1979 - C-Span was launched.
- March 23, 1998 - James Cameron's "Titanic" won 11 Academy Awards.

Other News from the City of Malibu

- For more information about rebuilding after the Woolsey Fire please visit maliburebuilds.org.
- Art Exhibit: Did you know that local student artists' have 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.
- Kaleidoscope Orchestra: Sunday, March 3, 5pm, Malibu City Hall. Enjoy an evening of healing and uplifting classical music, complimentary admission. Please visit Malibucity.org/resiliencyprograms for more information.
- Vegan Food Prep: Monday, March 4, 3-4:30pm, Malibu City Hall, $10. Prep healthy options for any meal. Visit malibucity.org/communityclasses for more information.
- Italian for Travelers: Saturday, March 9, 11:30am-2pm, Malibu City Hall, $65. This one day workshop will equip students to be preapred in any situation a traveler is likely to encounter. All levels are welcome. Visit malibucity.org/communityclasses for more information.
- Cars and Coffee: March 10 and 24 at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.
- Gold Hunt: Friday, March 15, 10am-12pm, Malibu Bluffs Park. Join the Community Services Department and the Malibu Library to help find Lucky's pot of gold!

April - Bunny Museum

Thursday, April 25, 10:30am-4pm
$40 (lunch included)
Registration opens March 1 at 9am
Deadline to register is April 15 (or until full)

Tour the world record holding Bunny Museum of Altadena. Discover how bunnies are a part of our everyday lives from literature to film to advertising. Afterwards enjoy lunch at Yard House Restaurant in Pasadena.

May Excursion - Melting Pot Food Tour

Thursday, May 30, 8:30am-3:30pm
$70 (lunch included)
Registration opens April 1 at 9am
Deadline to register is May 16 (or until full)

Travel off the beaten path on this East LA Latin Food and Culture Tour. Explore new neighborhoods and experience the Latin core of Los Angeles by visiting 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 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, March 27
11:15am-12:15pm | Free
Malibu City Hall, Senior Center
Facilitator: Judy Merrick

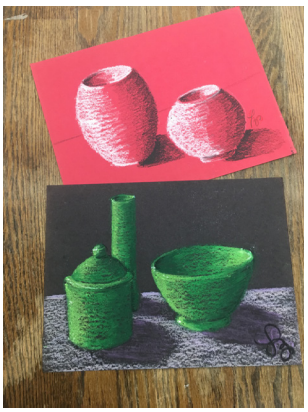
The act of coloring activates different areas of the brain using logic, forming colors and creativity.

Memories in the Making: Crunch & Create!
Monday, March 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: Shade and Shadow
Friday, March 15 | 2-4pm
$5 plus $10 materials fee
Malibu City Hall, Multi-Purpose Room
Instructor: Lorelle Patterson

Participants will explore how depicting light and shadow helps to create a 3 dimensional effect which can be applied to any subject! Oil pastel on paper.



Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265

Notice: Service Animals at the Senior Center

Please note that only service animals trained to aid a person living with a disability, that remain in control of their owner, are allowed at the Senior Center. Other animals will be asked to wait on the patio.

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, Paige Henson, Rachel Medina and Amariah Taylor