APRIL
2019

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Financial Estate Planning

Friday, April 5
11:30am-12:30pm
Malibu City Hall, Multi Purpose Room
Free

Pepperdine University staff member Aaron White will be hosting a financial estate and gift giving lecture. Participants will learn about various gift giving options and ways to support local programs for years to come. This lecture requires an RSVP. Please call the Malibu Senior Center for more information or to RSVP at 310.456.2489 ext. 357

Senior Center Anniversary Party

Thursday, April 18
10:30am-1:30pm
Malibu City Hall, Senior Center
Free

The Senior Center is turning 16! Enjoy live music, appetizers, a dance performance at 11am and raffle prizes from local businesses. Get groovy with us!

For more information or to RSVP call the Malibu Senior Center at 310.456.2489 ext. 357

Monday	Tuesday	Wednesday	Thursday	Friday
1 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-12:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	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 Mat Yoga 3:30-4:30pm	3 Stretch & Strength 10-11am *Poetry & Fiction 10-11:50am Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	4 **Theatre Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Conversational French 11am-12pm**	5 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 **Art Trek 2-4pm**
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-12:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	9 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am **Locals Lunch 11:30am** *No Drawing* Mat Yoga 3:30-4:30pm	10 Stretch & Strength 10-11am Reader's Theater 1-3pm Bridge Group 2:15-4:30pm **Library Speaker Series at Pepperdine University, Dr. Steve Davis, 7pm**	11 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	12 Stretch & Strength 10-11am **Tech Help 10-11am** Functional Fitness 11:30am-12:30pm
15 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-12:30pm Mindful Meditation at Bluffs Park 12:30-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	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 Mat Yoga 3:30-4:30pm	17 Stretch & Strength 10-11am *Poetry & Fiction 10-11:50am Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	18 **ANNIVERSARY PARTY** **10:30AM DOORS OPEN** **11AM DANCE PERFORMANCE** **11:30AM LIVE MUSIC AND APPETIZERS**	19 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Functional Fitness 11:30am-12:30pm *Autobiography 12:30-2:30pm
22 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-12:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	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 Mat Yoga 3:30-4:30pm **Library Speaker Series at Malibu City Hall, Susan Orlean, 7pm**	24 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	25 **Excursion– Bunny Museum** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	26 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Functional Fitness 11:30am-12:30pm **Market Beat and Financial Roundtable 11:30am-1pm** *Autobiography 12:30-2:30pm
29 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-12:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	30 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 **Chronicles Reading 12-3pm** Mat Yoga 3:30-4:30pm			***Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Poetry and Autobiography.** **<u>No Class/Spring Break: April 8-12</u>**

APRIL 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

Spring Break, No Class - April 8-12

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

Art and Performance

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

Knitting
Mondays, Ongoing
11:30am-12:30pm

Drawing & Painting
Tuesdays, Ongoing
12:30-2:45pm

Art Trek Workshop
Friday, April 5
2-4pm

Memories in the Making: Crunch & Create
Monday, April 8
11am-12:15pm

Relax Through Coloring
Wednesday, April 24
11:15am-12:15pm

Chronicles Reading
Tuesday, April 30
12-3pm

Enrichment Groups & Lectures

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

Reader's Theater
Wednesdays, Ongoing
1-3pm

Conversational French
Thursday, April 4
11am-12pm

Lecture: Financial Estate Planning
Friday, April 5
11:30am-12:30pm

Tech Help
Fridays, April 5 & 12
10-11am

Locals Lunch at V's
Tuesday, April 9
11:30am

Market Beat and Financial Roundtable
Friday, April 26
11:30am-1pm

CITY OF MALIBU

SENIOR ANNIVERSARY PARTY

THURSDAY | APRIL 18, 2019
10:30 AM - 1:30 PM
MALIBU SENIOR CENTER

Celebrate the Malibu Senior Center's 16th Anniversary with an afternoon of dance performaces, live music, appetizers and raffle prizes!

For more information,
call the **MALIBU SENIOR CENTER**
at **310 • 456 • 2489** ext. **357**
or visit **MalibuCity.org/SeniorCenter**

CITY OF MALIBU
Incorporated March 28, 1991

APRIL HAPPENINGS

Theatre Thursday

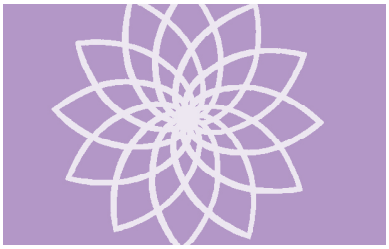
Thursday, April 4
11am and 1:15pm | Free

"A Star is Born" 11am
A musician helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral. Starring: Bradley Cooper, Lady Gaga and Sam Elliott. (2018). R.

"The Old Man and the Gun" 1:15pm
Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70. Starring: Robert Redford, Casey Affleck and Sissy Spacek. (2018). PG-13.

Mindful Meditation

Monday, April 22
12:30-1:30pm | Free
Malibu Bluffs Park
Tina Sartorius



Join a free afternoon of outdoor meditation, recovery and relaxation. This event is part of the City of Malibu resiliency program series, aimed to help the community heal. To register please visit Malibucity.org/ResiliencyPrograms.

Chronicles Reading

Tuesday, April 30
12-3pm | Free
Malibu Senior Center

Members of the Emeritus writing classes will read from their recently published work in the Emeritus Chronicles Volume 28, No. 1. The public is invited to attend and listen to unique stories and poems.

Conversational French
Thursday, April 4
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 V's Restaurant
Tuesday, April 9
11:30am-12:30pm

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

HAPPY BIRTHDAY

Ice Cream Social
Monday, April 8
12:15-12:45pm
Free

Celebrate April birthdays and make your own sundae!

Tech Help
Fridays, 10-11am
April 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.

Volunteer Opportunity
Spring Hoppening
Friday, April 5
1-7pm

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

Aries
Characteristics: spontaneous, daring and energetic.
Leo
Characteristics: creative, passionate and warm-hearted

Birthstone: Diamond

Famous Celebrities Born in April: Alec Baldwin, Saoirse Ronan, Barbara Streisand and Michelle Pfeiffer.

April Fun Facts:
- April 15, 1955 - McDonald's opened its first franchised restaurant by Ray Kroc, in Des Plaines, Illinois.
- April 20, 2008 - Danica Patrick became the first woman to win an Indy Car race.
- April 29, 1996 - TV Land network made its debut.

Other News from the City of Malibu

- For more information about rebuilding after the Woolsey Fire please visit MalibuRebuilds.org.

- Spring Hoppening: April 5 at Malibu Bluffs Park. Bring the family and enjoy crafts, an egg hunt, facepainting and more!

- Chumash Day: April 13 - 14, 10am-6pm, Malibu Bluffs Park. The 21st annual Chumash Day Powwow will celebrate Native Americans from all over the country. Free off site parking, free shuttles, food vendors and more will be available to all who attend.

- Cars and Coffee: Sunday, April 28 at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.

- Library Speaker Series: Tuesday, April 23 at Malibu City Hall. Accomplished Journalist and Author Susan Orlean will speak during this free event!

April Excursion - 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. Travel to neighborhoods most people never explore 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, April 24
11:15am-12:15pm | Free
Malibu City Hall, Senior Center
Facilitator: Judy Merrick

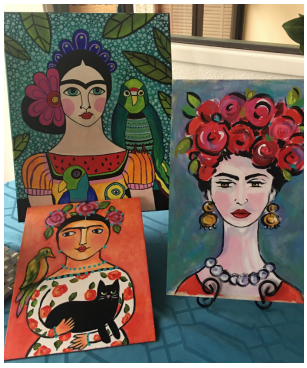
The act of coloring activates different areas of the brain using logic, forming colors and creativity.

Art Trek: Frida Faces
Friday, April 5 | 2-4pm
$5 plus $10 materials fee
Malibu City Hall, Multi-Purpose Room
Instructor: Lorelle Patterson

Choosing from a selection of paintings depicting Frida Khalo, participants will create their own Frida Portrait. This class will utilize acrylic paint on canvas.

Memories in the Making: Crunch & Create!
Monday, April 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.



Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265

SAVE THE DATE: Antiques Lecture and Appraisals

Friday, May 3, 11:30am-1pm | Free

Attendees can bring any object of art or antique to be appraised by renowned appraiser Elizabeth Stewart. Appraisals will be conducted and a group discussion of all objects will take place. Please no books, coins, jewelry or weapons.

Maximum 30 pieces to be appraised.

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