

MAY
2019



Malibu Senior Center & Adult Programs

Senior NEWS & VIEWS

SPOTLIGHT OF THE MONTH

Storytelling Collective

Wednesdays, May 1-June 19
1-3pm
Malibu Bluffs Park
\$16

Join facilitator Ann Buxie for the next installment of the Yours Truly Storytelling Collective. Participants will work together to craft their own unique story to be reviewed and performed during a public reading on June 19. This class will meet at Malibu Bluffs Park, 24250 Pacific Coast Highway. Please register in advance.

Monthly Luncheon

Thursday, May 16
11:30am-1:30pm
Malibu City Hall, Senior Center
\$2 with RSVP, \$3 at the door

Come spend your midday with a performance by a Judy Garland impersonator while enjoying a delicious lunch! 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 May is your birthday
month, lunch is on us!**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Autobiography and Poetry.</p>		<p>1 Stretch & Strength 10-11am *Poetry & Fiction at Library 10-11:50am Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm</p>	<p>2 Theatre Thursday 11am-3:30pm Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Conversational French 11am-12pm</p>	<p>3 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength (in Theatre) 10-11am Tech Help 10-11am Complex Fibers 11:15am-12:30pm Lecture 11:30am-1pm *Autobiography 12:30-2:30pm</p>
<p>6 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-12:30pm Photo Painting at Bluffs 12-3pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm</p>	<p>7 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9:30-10:30am *Creative Writing 9:30-11:45am Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>8 Stretch & Strength 10-11am *Poetry & Fiction at Library 10-11:50am Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm</p>	<p>9 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm</p>	<p>10 Senior Center Closed "State of the City"</p> <p>SATURDAY, MAY 11 Mother's Day Event: Music and Poetry Free, Malibu City Hall, 5pm</p>
<p>13 Choir 9:45-10:45am 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</p>	<p>14 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9:30-10:30am *Creative Writing 9:30-11:45am Locals Lunch 11:30am Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>15 Stretch & Strength 10-11am *Poetry & Fiction at Library 10-11:50am Lecture 11am-12pm Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm Library Speaker Series: Michael Scott Moore, Free, Malibu Library, 7pm</p>	<p>16 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Monthly Luncheon 11:30am</p>	<p>17 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Complex Fibers 11:15am-12:30pm *Autobiography 12:30-2:30pm Art Trek 2-4pm</p>
<p>20 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-12:30pm Photo Painting at Bluffs 12-3pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm</p>	<p>21 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9:30-10:30am *Creative Writing 9:30-11:45am Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>22 Stretch & Strength 10-11am *Poetry & Fiction at Library 10-11:50am Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm</p>	<p>23 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm</p>	<p>24 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Complex Fibers 11:15am-12:30pm *Autobiography 12:30-2:30pm</p>
<p>27 Senior Center Closed</p>	<p>28 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9:30-10:30am *Creative Writing 9:30-11:45am Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>29 Stretch & Strength 10-11am *Poetry & Fiction at Library 10-11:50am Relax Through Coloring 11:15am-12:15pm Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm</p>	<p>30 Excursion– Melting Pot Food Tour Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm</p>	<p>31 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Complex Fibers 11:15am-12:30pm Market Beat and Financial Roundtable 11:30am-1pm *Autobiography 12:30-2:30pm</p>

MAY 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

Poetry & Fiction

Wednesdays
10-11:50am
Malibu Library

Autobiography

Fridays
12:30-2:30pm
City Hall

Fitness and Dance

Stretch & Strength

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

Mat Yoga

Tuesdays
3:30-4:30pm

Ballet Slim & Trim

Thursdays
9am-10am

Yin Yoga

Mondays
11am-12pm

Tap Dance

Thursdays
10am-11am

Chair Yoga

Mondays
1pm-2pm

Beginning Tap Dance

Thursdays
11am-12pm

Cardio Salsa

Tuesdays
9:30am-10:30am

Art and Performance

Choir

Mondays, Ongoing
9:45-10:45am

Mother's Day Event:

Poetry and Music
Saturday, May 11
5pm

Knitting

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

Memories in the Making:

Crunch & Create
Monday, May 13
11am-12:15pm

Photo Portrait Painting

Monday, May 6 & 20
12-3pm

Art Trek Workshop

Friday, May 17
2-4pm

Drawing and Painting

Tuesdays, Ongoing
12:30-2:45pm

Relax Through Coloring

Wednesday,
May 29
11:15am-12:15pm

Complex Fibers

Fridays
11:15am-12:30pm

Enrichment Groups & Lectures

Bridge Group

Mondays and
Wednesdays, 2:15pm

Tech Help

Fridays, May 3
10-11am

Reader's Theater

Wednesdays, Ongoing
1-3pm

Locals Lunch

Tuesday, May 14
11:30am

Storytelling Workshop

Wednesdays,
May 1 - June 19
1-3pm

Lecture: Smart Driving

Wednesday, May 15
11am-12pm

Conversational French

Thursday, May 2
11am-12pm

Market Beat and Financial Roundtable

Friday, May 31
11:30am-1pm

Lecture: Antiques

Friday, May 3
11:30am-1pm

Upcoming Educational Lectures

Antiques Lecture

Speaker: Elizabeth Stewart, PhD
Friday, May 3 | 11:30am - 1pm
Multi-Purpose Room
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. Please call in advance to RSVP.

Age Well-Drive Smart

Speaker: CHP Senior Volunteers
Wednesday, May 15 | 11am - 12pm
Malibu Senior Center
Free



Join members of the California Highway Patrol (CHP) Senior Volunteer Force as they present Age Well - Drive Smart, an educational program to help drivers stay on the road longer. Participants will refresh their knowledge of the rules of the road, learn about normal age-related physical changes and how to adjust to those changes to remain on the road. Please RSVP with the Senior Center staff. All attendees will receive a take-home workbook to keep and review!

THANK YOU TO OUR SPONSORS

Thank you to our local community partners for donating to the 16th Annual Senior Center Anniversary Party.



MAY HAPPENINGS

Theater Thursday

Thursday, May 2

11am and 1:15pm | Free



“Greenbook” 11am

A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960's American South. Starring: Viggo Mortensen, Mahershala Ali and Linda Cardellini. (2018). R.

“The Mule” 1:15pm

A 90-year-old horticulturist and Korean War veteran is caught transporting \$3 million worth of cocaine through Illinois for a Mexican drug cartel. Starring: Clint Eastwood, Bradley Cooper and Alison Eastwood (2018). R.

Locals Lunch at

Casa Escobar

Tuesday, May 14

11:30am-12:30pm

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

Photo Portrait Painting

Monday, May 6 & 20

12-3pm | \$30

Malibu Bluffs Park

Instructor: Inger Hodgson



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

Market Beat & Financial Roundtable

Friday, May 31

11:30am-1pm | Free

Multi-Purpose Room



Attend this informal exchange of ideas on financial strategies, future planning and the state of the economy. All are welcome.

Cardio Salsa

Tuesdays, Ongoing

9:30-10:30am

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, May 2

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, May 13
12:15-12:45pm
Multi-Purpose Room

Celebrate May birthdays
and make your
own sundae!
Free

Tech Help

Friday, May 3
10-11am
Malibu City Hall
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

"Star Wars" Park Tales
Saturday, May 4
8:30-11am
Malibu Library

Join Recreation staff
at the Malibu Library
for Star Wars Day! Help
with event set up and
clean up. To volunteer
call 310.456.2489 ext.
357.

Taurus

Characteristics: reliable, practical and ambitious.

Gemini

Characteristics: expressive, clever and versatile.

Birthstone: Emerald

Famous Celebrities Born in May: George Clooney, Emilio Estevez, Annette Benning and Clint Eastwood.

May Fun Facts:

- May 17, 1792- The New York Stock Exchange was formed.
- May 1, 1982 - The Weather Channel began broadcasting in the United States.
- May 25, 1992 - Jay Leno made his debut as the new host of "The Tonight Show".

Other News from the City of Malibu

- For more information about rebuilding after the Woolsey Fire please visit: MalibuRebuilds.org.
- Cars and Coffee: May 12th and 26th at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.
- May the 4th (Star Wars Park Tales Celebration): Saturday, May 4, 9-10:30am, Malibu Library. Join the Community Services Department and celebrate May the 4th. Use the force to create fun crafts and enjoy a special Storytime inside the Library.

Mother's Day Event: Music and Poetry

- Join the City of Malibu for an evening of celebration. Music by Kaleidoscope Chamber Orchestra and live poetry readings by students of Malibu Poet Laureate Ellen Reich to honor Mother's Day. Free, Saturday, May 11, 5pm, Malibu City Hall. Please RSVP on Eventbrite.

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.

June Excursion - Ojai Lavender Festival

Saturday, June 29, 9:30am-3:30pm

\$20 (lunch not included)

Registration opens May 1 at 9am

Deadline to register is June 13 (or until full)



Pick a bouquet of fresh lavender flowers while listening to music in the beautiful City of Ojai. Explore lavender gardens, food trucks, art exhibits and much more! Enjoy lunch on your own during the festival. This excursion will pick up and drop off at Malibu Bluffs Park.

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, May 29

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: Contour Still Life

Friday, May 17 | 2-4pm

\$5 plus \$10 materials fee

Malibu City Hall, Multi-Purpose Room

Instructor: Lorelle Patterson

Looking closely, participants will use a contour line technique to create their own abstracted still life. Colorful watercolor will then be used to heighten the effect. This class will utilize watercolor and ink on paper.

Complex Fibers

Fridays, Ongoing | 11:15am-12:30pm

Free

Malibu City Hall, Senior Center

Facilitator: Sheila Rosenthal

Learn to knit, embroider, cross stitch and more! Participants are encouraged to bring size 7 needles and one skein of yarn.



Program Notice: Poetry and Fiction

Please note that the Emeritus Poetry and Fiction class will now be held at the Malibu Library. 23519 West Civic Center Way, Malibu.

Account Notice: Merchandise, Class or Registration Credits

Account credits are valid for two years from the issued date. If you have an account credit from a refund request or cancelled program and are unsure of the expiration please call the Senior Center.

Senior Center Hours & Staff Members

Monday-Thursday: 9am-4:30pm
Friday: 9am-4pm
Saturday & Sunday: Closed
Center will be closed: 5/10 & 5/27

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