JUNE
2019

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Dial-A-Ride Question & Answer

Friday, June 7
11:30am-12:30pm
Malibu City Hall, Zuma Room
Free

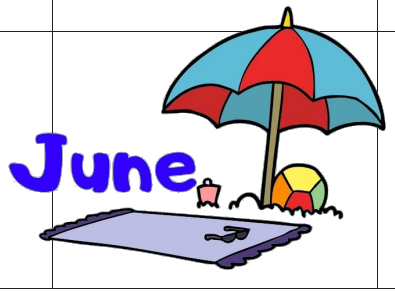
Wondering if Dial-A-Ride is right for you? Join this Question & Answer session to have all your concerns addressed. Please call in advance to RSVP.

Monthly Luncheon

Thursday, June 20
11:30am-1:30pm
Malibu City Hall, Senior Center
$2 with RSVP, $3 at the door

Enjoy lunch and a performance by bubble magician Megan McIver during the June 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 June is your birthday month, lunch is on us!

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Drawing 11:30am-1:45pm Mat Yoga (in Theater) 3:30-4:30pm	5 Stretch & Strength 10-11am *Poetry & Fiction 10-11:50am Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm	6 Ballet Slim & Trim 9-10am Tap Dance 10-11am **BLOOD DRIVE 10am-4pm**	7 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength (in Theater) 10-11am **Tech Help 10-11am** Complex Fibers 11:15am-12:30pm **Lecture 11:30am-12:30pm** *Autobiography 12:30-2:30pm **Art Trek 2-4pm**
10 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	11 Tai Chi at Bluffs 8:30-9:30am **Locals Lunch 11:30am** Mat Yoga 3:30-4:30pm	12 Stretch & Strength 10-11am Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm	13 **Theatre Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am **Conversational French 11am-12pm**	14 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Tech Help 10-11am** Complex Fibers 11:15am-12:30pm Autobiography (student led) 12:30-2:30pm
17 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	18 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	19 Stretch & Strength 10-11am *Poetry & Fiction 10-11:50am **Drawing at City Hall 11:30am-1:45pm** Reader's Theater 1-3pm Bridge Group 2:15-4:30pm **Storytelling Performance 3:30-4:30pm**	20 Ballet Slim & Trim 9-10am Tap Dance 10-11am **Monthly Luncheon 11:30am**	21 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Complex Fibers 11:15am-12:30pm Autobiography (student led) 12:30-2:30pm
24 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	25 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	26 Stretch & Strength (in Theater) 10-11am *Poetry & Fiction 10-11:50am **Relax Through Coloring 11:15am-12:15pm** Drawing at City Hall 11:30am-1:45pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	27 Ballet Slim & Trim 9-10am Tap Dance 10-11am	28 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 (student led) 12:30-2:30pm
SATURDAY, JUNE 29 Senior Excursion Ojai Lavender Festival **MEET AT BLUFFS PARK**				***Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Autobiography, Poetry and Drawing.**

JUNE 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
Malibu Library

Drawing & Painting
Wednesdays
11:30am-1:45pm
City Hall

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

Art and Performance

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

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

Complex Fibers
Fridays, Ongoing
11:15am-12:30pm

Art Trek Workshop
Friday, June 7
2-4pm

Relax Through Coloring
Wednesday, June 26
11:15am-12:15pm

Fitness and Dance

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

Yin Yoga
Mondays
11am-12pm

Chair Yoga
Mondays
1-2pm

Mat Yoga
Tuesdays
3:30-4:30pm

Ballet Slim & Trim
Thursdays
9-10am

Tap Dance
Thursdays
10-11am

Enrichment Groups & Lectures

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

Reader's Theater
Wednesdays, Ongoing
1-3pm

Conversational French
Thursday, June 13
11am-12pm

Dial-A-Ride Q & A
Friday, June 7
11:30am-12:30pm

Tech Help
Fridays, June 7 & 14
10-11am

Locals Lunch
Tuesday, June 11
11:30am

Market Beat and Financial Roundtable
Friday, June 28
11:30am-1pm

THURSDAY, **JUNE 6**

10 AM - **4** PM

MALIBU CITY HALL

COMMUNITY BLOOD DRIVE

Save up to 3 lives by giving blood at the City's annual blood drive. Make a life-saving appointment by visiting **REDCROSSBLOOD.ORG** and enter **CITYOFMALIBU** or contact 310-456-2489 ext.357.

JUNE HAPPENINGS

Theatre Thursday
Thursday, June 13
11am and 1:15pm | Free

"Mary Queen of Scots" 11am
Mary Stuart's attempt to overthrow her cousin Elizabeth 1, Queen of England, finds her condemned to years of imprisonment before facing execution. Starring: Saoirse Ronan, Margot Robbie and Joe Alwyn (2018). R.

"Bohemian Rhapsody" 1:15pm
The story of the legendary rock band Queen and lead singer Freddie Mercury, leading up to their famous performance at Live Aid. Starring: Rami Malek, Ben Hardy and Mike Myers (2018). PG-13.

Knitting and Pearling
Mondays, Ongoing
11:30am-12:30pm | Free
Senior Center
Instructor: Sheila Rosenthal

Make your own scarf, hat, blanket or homemade gift. Socialize with others and learn new patterns. No experience necessary. Please bring your own size 8 needles and one skein of regular yarn. Limited supplies available to borrow.

Reader's Theater
Wednesdays, Ongoing
1-3pm | $2
Senior Center
Instructor: Jerel Taylor

Practice improv, monologues, dialogues, scenes from plays and more. Enjoy an afternoon of connecting with people of similar interests. Enhance your skills and confidence! All levels of experience are welcome. No memorization required.

Locals Lunch at Moonshadows
Tuesday, June 11
11:30am-12:30pm

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

Chair Yoga
Mondays, Ongoing
1-2pm
Senior Center
$2

Yoga is a wonderful way to stretch the body and calm the mind. Get fit while you sit! Join this peaceful hour of exercise.

Yin Yoga
Mondays, Ongoing
11am - 12pm
Backstage Room
$2

A passive practice of various yoga poses involving props such as foam rollers, elastic bands and tennis balls. Improve circulation, alleviate pain and soothe the body.

HAPPY BIRTHDAY

Ice Cream Social
Monday, June 10
12:15-12:45pm
Free

Celebrate June birthdays and make your own sundae!

Tech Help
Fridays, 10-11am
June 7 & 14
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
Cars and Coffee
Sunday, June 9 & 23
6:30-9:30am

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

Gemini
Characteristics: expressive, clever and versatile.

Cancer
Characteristics: protective, sympathetic and loving.
Birthstone: Pearl
Famous Celebrities Born in June: Marilyn Monroe, Neil Patrick Harris, Tupac Shakur and Paul McCartney.

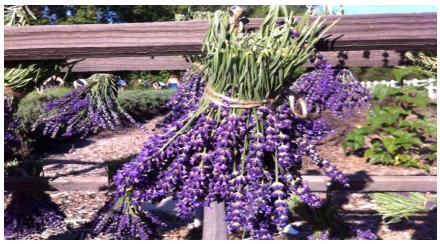
June Fun Facts:

- June 1, 1996 - Major League Baseball debuted for the first time on FOX.
- June 6, 1971 - The Ed Sullivan Show aired for the last time on CBS.
- June 26, 1977 - Elvis Presley performed the final concert of his life in Indianapolis, Indiana.

Other News from the City of Malibu and Malibu Library

- For more information about rebuilding after the Woolsey Fire please visit maliburebuilds.org.
- Cars and Coffee: June 9 and June 23 at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.
- Aqua Aerobics is back! Mondays and Wednesdays, June 17 - August 14, 9-10am at the Malibu Community Pool. Instructed by Tina Sartorius, $3 ages 55+.
- Big Miracles with Joanna Garzilli: June 4, 6-7:30pm, free, Malibu Library. Attendees will create a simple and specific action plan to manifest personal everyday miracles while making heartfelt connections.
- Introduction to Machine Sewing for Adults: June 8, 11am-1pm, free, Malibu Library. Learn the basics of using a sewing machine and go home with a mini heart-shapes pillow!
- Malibu Book Club: June 12, 5-6:30pm, free, Malibu Library. Join the Malibu Library Book Club for a discussion of *Florida* by Lauren Groff!
- Art Therapy for Fire-Affected Families: June 13, 3:30-5:30pm, free, Malibu Library. Families will make shadow or treasure boxes as a way to memorialize the past and celebrate survival.

June Excursion - Ojai Lavender Festival



Saturday, June 29, 9:30am-5pm
$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 more! Enjoy lunch on your own during the festival. This excursion will pick up and drop off at Malibu Bluffs Park.

July Excursion - Long Beach Dragon Boat Races

Saturday, July 27, 8:30am-5pm
$20 (lunch not included)
Registration opens June 3 at 9am
Deadline to register is July 12 (or until full)

Enjoy one of the largest dragon boat competitions in California! Experience traditional Chinese art demonstrations, Chinese Acrobats, traditional dance, hip hop, music and martial arts performances. 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, June 26
11:15am-12:30pm | 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.

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 skein of yarn.

Art Trek: Lotus Flower
Friday, June 7 | 2-4pm
Complimentary
Malibu City Hall, Multi-Purpose Room
Instructor: Lorelle Patterson

Participants will paint a lotus flower, the symbol of rebirth, utilizing acrylic paint on wood canvas. Free to those that RSVP. For more information visit MalibuCity.org/ResiliencyPrograms.

Storytelling Performance

Wednesday, June 19
3:30-4:30pm
Malibu City Hall, Multi-Purpose Room

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.

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,
Rachel Medina and Amariah Taylor