

JULY
2019



Malibu Senior Center & Adult Programs



SPOTLIGHT OF THE MONTH

Stem Cell Lecture

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

Join Dr. Sarah Murphy of Zuma Wellness for a presentation on stem cell therapy. What is stem cell therapy? How did it evolve? What does it do? What are the benefits? Please call in advance to RSVP.



Monthly Luncheon

Thursday, July 18
11:30am-1:30pm
Malibu City Hall, Senior Center
\$2 with RSVP, \$3 at the door

Enjoy a musical performance by Tony Dettore 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 July is your birthday month,
lunch is on us!**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>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</p>	<p>2</p> <p>*Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm</p>	<p>3</p> <p>Stretch & Strength 10-11am *Drawing at City Hall 11:30am-1:45pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm</p>	<p>4</p> <p>Senior Center Closed</p> 	<p>5</p> <p>Senior Center Closed</p> <p>*Classes are offered through Emeritus College–Santa Monica College. Creative Writing and Drawing.</p>
<p>8</p> <p>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>9</p> <p>Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Locals Lunch 11:30am Mat Yoga 3:30-4:30pm</p>	<p>10</p> <p>Stretch & Strength 10-11am *Drawing at City Hall 11:30am-1:45pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm</p>	<p>11</p> <p>Theater Thursday 11am-3:30pm Ballet Slim & Trim 9-10am Tap Dance 10-11am Conversational French 11am-12pm</p>	<p>12</p> <p>Stretch & Strength 10-11am (in theater) Tech Help 10-11am Walking Group-10-11am Complex Fibers 11:15am-12:30pm Autobiography (student led) 12:30-2:30pm Stem Cell Lecture 11:30am-12:30pm</p>
<p>15</p> <p>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</p>	<p>16</p> <p>Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm</p>	<p>17</p> <p>Stretch & Strength 10-11am *Drawing at City Hall 11:30am-1:45pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm</p>	<p>18</p> <p>Ballet Slim & Trim 9-10am Tap Dance 10-11am Monthly Luncheon 11:30am</p>	<p>19</p> <p>Stretch & Strength 10-11am Walking Group 10-11am Complex Fibers 11:15am-12:30pm Autobiography (student led) 12:30-2:30pm Art Trek 2-4pm</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Saturday, July 20: Poetry Workshop with Ellen Reich, Malibu Library, 11am-1pm</p> </div>
<p>22</p> <p>Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-12:30pm <i>No Chair Yoga</i> Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm</p>	<p>23</p> <p>Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm</p>	<p>24</p> <p>Stretch & Strength 10-11am *Drawing at City Hall 11:30am-1:45pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm</p>	<p>25</p> <p>Ballet Slim & Trim 9-10am Tap Dance 10-11am</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>SATURDAY, JULY 27 EXCURSION: DRAGON BOAT RACES</p> </div>	<p>26</p> <p>Stretch & Strength 10-11am Walking Group-10-11am Complex Fibers 11:15am-12:30pm Autobiography (student led) 12:30-2:30pm</p>
<p>29</p> <p>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</p>	<p>30</p> <p>Tai Chi at Bluffs 8:30-9:30am Mat Yoga 3:30-4:30pm</p>	<p>31</p> <p>Stretch & Strength 10-11am Relax Through Coloring 11:15am-12:15pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm</p>		

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

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

Walking Group
Fridays
10-11am

Art and Performance

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

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

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

Art Trek Workshop
Friday, July 19
2-4pm

Relax Through Coloring
Wednesday,
July 31
11:15am-
12:15pm

Enrichment Groups & Lectures

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

Reader's Theater
Wednesdays,
Ongoing
1-3pm

Conversational French
Thursday, July 11
11am-12pm

Lecture: Stem Cell Therapy
Friday, July 12
11:30am-12:30pm

Tech Help
Friday, July 12
10-11am

Locals Lunch
Tuesday, July 9
11:30am

Poetry Workshop
Saturday, July 20
11am-1pm
Malibu Library

Upcoming Malibu Library Events

Marine Mammals Talk

Wednesday, July 9 | 6 - 7pm | Free

Have you noticed new patterns of marine mammal behavior in 2019? Heather Henderson of the California Wildlife Center (CWC) presents on marine mammal sightings, strandings, challenges and successes. We'll take a look at Malibu's marine mammal species, highlighting seasonal trends in health and distribution. By gaining an understanding of "normal" species behavior, the CWC can identify challenges and continue to improve response efforts. For adults, teens, tweens, ages 10 and up.

Polynesian Paradise Dancers

Thursday, July 18 | 3:30 - 4:30pm | Free

The Polynesian Paradise Dancers return to Malibu Library to teach a fun and entertaining hula lesson for all ages. While dancing, everyone can learn how the movements tell the stories of Hawaii's history and tropical landscape. Sponsored by the Friends of the Malibu Library.

Malibu Ukulele Orchestra Concert

Thursday, July 18 | 4:30 - 5:30pm | Free

Community members from the Malibu Ukulele Orchestra will perform a variety of popular songs from the 1960s and 1970s. Please join us for a fun all-ages concert and Summer Discovery Program celebration! Concert will be held in the courtyard, weather permitting. Sponsored by the Friends of the Malibu Library.

Poetry Workshop for Adults

Saturday, July 20 | 11am - 1pm | Free

Join City of Malibu Poet Laureate Ellen Reich for a poetry workshop. Poets, please bring a work-in-progress for instruction, discussion and workshopping. Constructive feedback from peers and the instructor will give you the opportunity to learn and grow as a poet. Sponsored by the City of Malibu Cultural Arts Commission. For adults.

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

JULY HAPPENINGS

Theatre Thursday

Thursday, July 11

11am and 1:15pm | Free



“Vice” 11am

The story of Dick Cheney, an unassuming bureaucratic Washington insider, who quietly wielded immense power as Vice President to George W. Bush, reshaping the country and the globe in ways that we still see today. Starring: Christian Bale, Amy Adams and Steve Carrell. (2018). R.

“Can You Ever Forgive Me?” 1:15pm

When Lee Israel falls out of step with current tastes, she turns her art form to deception. Starring: Melissa McCarthy, Richard E. Grant and Dolly Wells. (2018). R.

Stretch & Strength

Mondays, 1-2pm

Wednesdays & Fridays, 10-11am

\$2, Malibu Senior Center

Instructor: Marsha Cooper



Increase flexibility, balance, circulation, breathing, muscle tone and learn to relax. Yoga mats and blocks may be borrowed or bring your own. Class location varies depending on City programs and events.

Malibu Senior Center Recipe Book

Recipe Submissions July 1-August 31

(Max 3 per person)



Share your most beloved dishes with others! Categories include beverages, appetizers, soup/salads, entrees, bread/dinner rolls, desserts, side dishes, etc. Completed books will be available for free at the October Luncheon. Informational packet and recipe template available in the Senior Center office.

Locals Lunch at

Whole Foods

Tuesday, July 9

11:30am-12:30pm

Experience a delicious meal at the new Malibu Whole Foods!

Please call to RSVP.

Ballet

Thursdays, Ongoing
9-10am

Backstage Room

\$2

Develop better posture, improve balance and become more graceful. Weekly classes will include ballet basics and dance techniques. No experience necessary.

Conversational French

Thursday, July 11

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, July 8
12:15-12:45pm
Free

Celebrate July birthdays and make your own sundae!

Tech Help

Friday, 10-11am
July 12
Multipurpose Room
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

CineMalibu
Saturday, July 20
5:30-7:30pm

Join Recreation staff at Malibu City Hall for a special screening of "Wings of Life"! Help with event set up and clean up. To volunteer call 310.456.2489 ext. 357.

Cancer

Characteristics: sweet, supportive and intuitive.

Leo

Characteristics: charismatic, caring and generous.

Birthstone: Ruby

Famous Celebrities Born in July: Margot Robbie, Tom Hanks, Harrison Ford, Benedict Cumberbatch and Sandra Bullock.

July Fun Facts:

- July 8, 1776 - The Liberty Bell rang at Pennsylvania State House (now Independence Hall) in Philadelphia, inviting citizens to the first public reading of the Declaration of Independence.
- July 20, 1903 - The Ford Motor Company shipped its first car.
- July 15, 2006 - Twitter, the social media application, was launched. 140 characters could say a lot.

Other News from the City of Malibu

- For more information about rebuilding after the Woolsey Fire please visit maliburebuilds.org.
- Adult Open Gym Basketball: Wednesdays, 6-8pm, Malibu High School, Free.
- Aqua Aerobics: Mondays and Wednesdays, 9-10am, Malibu Community Pool. Instructed by Tina Sartorius, \$3 for ages 55+.
- Dance with MC: Tuesdays, ongoing, Malibu Bluffs Park. \$20. This class will focus on an introduction to Swing, Fox Trot, Cha Cha, Salsa and Night Club 2 Step. Singles and couples welcome.
- Cars and Coffee: July 14 and 28 at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.
- CineMalibu-Wings of Life: Saturday, July 20, 5-9pm, Malibu City Hall.

July Excursion - 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.

August Excursion - LACMA Tour

Thursday, August 22, 9:30am-5pm

\$55 (lunch included)

Registration opens July 1 at 9am

Deadline to register is August 8 (or until full)



Take a guided tour of the Los Angeles County Museum of Art's Frank Stella exhibit before enjoying a picnic lunch on the grounds. Continue exploring the museum on your own before heading back to Malibu.

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, July 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: Land, Sea and Sun

Friday, July 19 | 2-4pm

\$5 plus \$10 materials fee

Malibu City Hall, Multi-Purpose Room

Instructor: Lorelle Patterson

Participants will design their own land, sea and sun composition. This class will utilize watercolor and ink pen.

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.



Dial-A-Ride Update: Summer 2019

Dial-A-Ride provides a valuable, low-cost transit service to help Malibu residents age 60 and older get to and from doctor appointments, grocery stores, the Senior Center, and certain healthcare destinations outside the City.

Due to high demand, the City has added a second vehicle for trips to Santa Monica! The additional vehicle will be available Monday-Friday through August 29, 2019. To schedule a ride please contact Ventura Transit System at 424.346.8444

Senior Center Hours & Staff Members

Monday-Thursday: 9am-4:30pm
Friday: 9am-4pm
Saturday & Sunday: Closed
Center will be closed: 7/4 & 7/5

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