

SEPTEMBER  
2019



Malibu Senior Center & Adult Programs



# Senior NEWS & VIEWS

## SPOTLIGHT OF THE MONTH

### Living Trust Workshop

**Tuesday, September 17**  
**1-3pm**  
**Malibu City Hall, Senior Center**  
**Free**

A living trust is a great way to protect and distribute your estate assets. Learn about different types of wills and trusts and speak to knowledgeable professionals. Participants will also have the opportunity to create a living trust at a discounted rate.



### Monthly Luncheon

**Thursday, September 19**  
**11:30am-1:30pm**  
**Malibu City Hall, Senior Center**  
**\$2 with RSVP, \$3 at the door**

Enjoy an English tea themed afternoon luncheon! Raffle prizes, entertainment and catered food.

Call in advance to reserve a seat 310.456.2489 ext. 357. Please pay at the door; exact change is appreciated.

**If September is your birthday month, lunch is on us!**

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Senior Center Closed</b>	3 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	4 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am Storytelling at Bluffs 1-3pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	5 <b>Theater Thursday 11am-3:30pm</b> Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm <b>Conversational French</b>	6 Tai Chi at Bluffs Park 8:15-9:15am Stretch & Strength 10-11am (in theater) <b>Tech Help 10-11am</b> Complex Fibers 11:15am-12:30pm *Autobiography 12:30-2:45pm
9 Choir 9:45-10:45am Yin Yoga 11am-12pm <b>Ice Cream Social 12:15-12:45pm</b> Knitting 11:15am-12:30pm *Drawing at Bluffs 12:30-2:45pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	10 Tai Chi at Bluffs 8:30-9:30am <b>Cardio Salsa 9:30-10:30am</b> *Creative Writing 9:30-11:45am <b>Locals Lunch 11:30am</b> Mat Yoga 3:30-4:30pm	11 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am Storytelling at Bluffs 1-3pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	12 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	13 Tai Chi at Bluffs Park 8:15-9:15am Stretch & Strength 10-11am (in theater) <b>Tech Help 10-11am</b> Complex Fibers 11:15am-12:30pm *Autobiography 12:30-2:45pm
16 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm *Drawing at Bluffs 12:30-2:45pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	17 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am <b>Living Trust Workshop 1-3pm</b> Mat Yoga 3:30-4:30pm	18 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am Storytelling at Bluffs 1-3pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm  <b>Library Speaker Series, Scott Freiman 7pm, City Hall</b>	19 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm  <b>Monthly Luncheon 11:30am</b>	20 Tai Chi at Bluffs Park 8:15-9:15am Stretch & Strength 10-11am Complex Fibers 11:15am-12:30pm <b>Mental Health Seminar 11:30am-12:30pm</b> *Autobiography 12:30-2:45pm <b>Art Trek 2-4pm</b>
23 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm *Drawing at Bluffs 12:30-2:45pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	24 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	25 Stretch & Strength 10-11am (in Theater) *Poetry at Bluffs 10-11:50am Storytelling at Bluffs 1-3pm <b>Relax Through Coloring 11:15am-12:15pm</b> Reader's Theater 1-3pm Bridge Group 2:15-4:30pm  <b>Local Author Series, 7pm, Malibu Library</b>	26 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	27 Tai Chi at Bluffs Park 8:15-9:15am Stretch & Strength 10-11am Complex Fibers 11:15am-12:30pm <b>Market Beat and Financial Roundtable 11:30am-1pm</b> *Autobiography 12:30-2:45pm
30 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm *Drawing at Bluffs 12:30-2:45pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	<b>SATURDAY SEPTEMBER 15 Senior Excursion Mamma Mia! MEET AT BLUFFS PARK</b>		<b>SATURDAY SEPTEMBER 28 Art to Wellness BLUFFS PARK</b>	<b>*Classes are offered through Emeritus College– Santa Monica College. Autobiography, Creative Writing, Poetry and Drawing.</b>

# SEPTEMBER PROGRAMS

## Emeritus College

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Emeritus classes are offered through Santa Monica College. Classes are free, registration required. For more info, call 310.434.4306

### **Drawing & Painting**   **Poetry & Fiction**

Mondays  
12:30-2:45pm  
Bluffs Park

Wednesdays  
10-11:50am  
Bluffs Park

### **Creative Writing**

Tuesdays  
9:30-11:45am  
City Hall

### **Autobiography**

Fridays  
12:30-2:45pm  
City Hall

## Fitness and Dance

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### **Stretch & Strength**

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

### **Yin Yoga**

Mondays  
11am-12pm

### **Chair Yoga**

Mondays  
1-2pm



### **Cardio Salsa**

Tuesday,  
September 10  
9:30-10:30am

### **Mat Yoga**

Tuesdays  
3:30-4:30pm

### **Ballet Slim & Trim**

Thursdays  
9-10am

### **Tap Dance - Choreographed**

Thursdays  
10-11am

### **Beginning Tap Dance**

Thursdays  
11am-12pm

## Art and Performance

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### **Choir**

Mondays, Ongoing  
9:45-10:45am

### **Knitting**

Mondays, Ongoing  
11:15am-12:30pm

### **Relax Through Coloring**

Wednesday,  
September 25  
11:15am-12:15pm

### **Art to Wellness at Bluffs Park**

Saturday, September 28, 10am-12pm

### **Storytelling**

Wednesdays  
Bluffs Park  
1-3pm

### **Complex Fibers**

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

### **Art Trek Workshop**

Friday,  
September 20  
2-4pm

## Enrichment Groups & Lectures

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### **Bridge Group**

Mondays, 2:15pm  
Wednesdays, 2:15pm

### **Reader's Theater**

Wednesdays, Ongoing  
1-3pm

### **Conversational French**

Thursday, September 5  
11am-12pm

### **Tech Help**

Fridays,  
September 6 & 13  
10-11am

### **Locals Lunch**

Tuesday,  
September 10  
11:30am

### **Living Trust Workshop**

Tuesday,  
September 17  
1-3pm

### **Library Speaker Series: Scott Freiman**

Wednesday,  
September 18  
7pm, City Hall

### **Mental Health Seminar**

Friday,  
September 20  
11:30am

### **Local Author Series**

Wednesday,  
September 25  
7pm, Malibu Library

## **Mental Health Seminar**

Friday | September 20

11:30am-12:30pm

Free



Learn about common mental health topics from the Westside Family Health Center. In this seminar, instructors will cover treatment and helpful coping mechanisms.

## **Computer Lab**

Monday-Thursday | 9am-4:30pm

Fridays | 9am-4pm

Free



Print documents on recycled paper, check emails and browse the internet without the commitment of purchasing a computer. The Senior Center computer lab is open to all registered members five days a week. For all members to enjoy the space, please limit use to 1 hour per day and abide by the Senior Center Code of Conduct.

## **Upcoming Malibu Library Events**

### **Caffeinated Verse: Poetry Open Mic**

Saturday, September 7 | 11am - 1pm

Published, aspiring, or otherwise can bring a poem to share. Garner encouragement from peers and drive energy from performing before an audience.

### **Writing Workshop for Adults**

Saturday, September 14 | 11am

Author and educator Sandra Hunter will lead writers in a "Writing a Character" workshop. This three-part workshop includes an ice-breaker, group exercise and guided meditation. Sponsored by the Friends of the Malibu Library.

### **Library Speaker Series: Scott Freiman**

Wednesday, September 18 | 7pm

Beatles expert Scott Freiman presents a multimedia event at Malibu City Hall in honor of the 50th anniversary of Abbey Road. RSVPs are required by calling 310.456.6438.

### **Poetry Workshop with Malibu Poet Laureate**

Saturday, September 21 | 11am

Join Malibu Poet Laureate Ellen Reich for a poetry workshop. Bring a work-in-progress for constructive feedback from peers and the instructor.

**Library events located at the Malibu Library, 23519 West Civic Center Way**

# SEPTEMBER HAPPENINGS

## Theatre Thursday

Thursday, September 5  
11am and 1:15pm | Free



### “Rocketman” 11am

A musical fantasy about the fantastical human story of Elton John’s breakthrough years. Starring: Taron Egerton, Jamie Bell and Richard Madden (2019). R.

### “The Professor and the Madman” 1:15pm

Professor James Murray begins work compiling words for the first edition of the Oxford English Dictionary in the mid-19th century, and receives over 10,000 entries from a patient at Broadmor Criminal Lunatic Asylum, Dr. William Minor. Starring: Mel Gibson, Sean Penn and Natalie Dormer (2019). NR.

## Beginning Tap Class is BACK!

Starting Thursday, September 5  
11am-12pm  
\$2



Tap dancing is a great aerobic and strength building exercise. Join beginning tap for an introduction to tap dance basics and simple routines. Tap shoes are required. No experience necessary.

## Cardio Salsa

Tuesday, September 10  
9:30-10:30am  
\$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. No experience necessary.

## Locals Lunch at Roadhouse at Zuma

Tuesday, September 10  
11:30am-12:30pm

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

## Knitting

Mondays, Ongoing  
11:15am-12:30pm  
Senior Center  
Free

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.

## Conversational French

Thursday, September 5  
11am - 12pm  
Multi-Purpose Room  
Free

Open to intermediate and conversational French speakers. Fine-tune your understanding of the French language while developing a higher level of linguistic and cultural proficiency.

# HAPPY BIRTHDAY

## Ice Cream Social

Monday, September 9  
12:15-12:45pm  
Free

Celebrate September birthdays and make your own sundae!

## Tech Help

Fridays, 10-11am  
September 6 & 13  
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. During the September 6 class, meet with a Malibu Library representative and sign up for a free digital library card!

## Volunteer Opportunity

CineMalibu  
Saturday, September 14  
5:30-7:30pm

Join Recreation staff at Malibu Bluffs Park for a special screening of "Frozen". Help with event set up and clean up. To volunteer call 310.456.2489 ext. 357.

## Virgo

Characteristics: observant, cheerful and independent.

## Libra

Characteristics: balanced, sociable and diplomatic.

Birthstone: Sapphire

Famous Celebrities Born in September: Charlie Sheen, Jason Statham, Sophia Loren and Shaun Cassidy.

September Fun Facts:

- September 3, 1995 - eBay was founded.
- September 19, 1928 - Mickey Mouse's first screen appearance "Steamboat Willie" at the Colony Theater NYC.
- September 28, 1955 - First MLB World Series color TV was broadcast on NBC, Brooklyn Dodgers beat the New York Yankees in Game 7.

## Other News from the City of Malibu

- For more information about rebuilding after the Woolsey Fire please visit [MalibuRebuilds.org](http://MalibuRebuilds.org).
- Cars and Coffee: Second and Fourth Sunday of the month at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.
- Disaster Preparedness for Seniors and Older Adults: September 14, 11am-12pm and September 26, 3-4pm.
- Malibu Dial-A-Ride: Transportation for those 60 and older.

CITY OF MALIBU

## DIAL-A-RIDE

Affordable transportation for residents 60 or older and people living with disabilities within City limits.

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

Malibu Dial A Ride

## September Excursion - Mamma Mia!

Sunday, September 15, 10am-5:30pm

\$60 (brunch included)

Registration opens August 1 at 9am

Deadline to register is September 9 or until full



Participants will enjoy a lobster brunch buffet at Viva La Pasta before watching the Simi Valley Cultural Arts Center production of Mamma Mia! Mamma Mia, the worldwide hit that spawned two movies and a Cher album, tells the story of a mother, a daughter, three possible dads and one unforgettable trip down the aisle. This excursion will pick up and drop off at Malibu Bluffs Park.

## October Excursion - Underwood Family Farm

Saturday, October 5, 9am-5pm

\$25 (lunch not included)

Deadline to register is September 23 or until full



Explore Underwood Family Farms during the Fall Harvest Festival! Take a tractor-drawn wagon ride, walk in a corn stalk labyrinth and listen to live music during this intergenerational excursion. Enjoy lunch on your own at one of the many food booths before heading back to Malibu. Bus will pick up and drop off at Malibu City Hall.

### 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, September 25

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: Caribbean Women

Friday, September 20 | 2-4pm

\$5 plus \$10 materials fee

Malibu City Hall, Multi-Purpose Room

Instructor: Lorelle Patterson

Participants will paint silhouette images of Caribbean women in watercolor 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 skein of yarn.



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## Resiliency Program

Art to Wellness  
Saturday, September 28  
10am-12pm  
Free  
Michael Landon Center at Malibu Bluffs Park



Explore the fun and creative side of art! This class is open to the entire family and will use various art mediums. All materials will be provided by BlueSea Care Services. Participants of all ages are welcomed. RSVP required.

## Senior Center Hours & Staff Members

Monday-Thursday: 9am-4:30pm  
Friday: 9am-4pm  
Saturday & Sunday: Closed  
*Senior Center Closed:  
Friday, August 30 & Monday, September 2*

P: 310.456.2489 ext. 357  
E: [MalibuSeniorCenter@MalibuCity.org](mailto:MalibuSeniorCenter@MalibuCity.org)  
**[MalibuCity.org/SeniorCenter](http://MalibuCity.org/SeniorCenter)**

### Senior Center Staff:

Lisa Arcidiacono Crespo, CPRP  
Recreation Coordinator

Bryanna Edwards, Kayla Rubio and  
Rachel Medina