

OCTOBER  
2019



Malibu Senior Center & Adult Programs

# Senior NEWS & VIEWS

## SPOTLIGHT OF THE MONTH

### Monthly Luncheon

**Thursday, October 17**  
**11:30am-1:30pm**  
**Malibu City Hall, Senior Center**  
**\$2 with RSVP, \$3 at the door**

Watch performer Tatjana Geary light up the room as she sings and dances during the October luncheon!

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

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

### Storytelling Performance

**Wednesday, October 23**  
**3:30pm**  
**Malibu City Hall, Senior Center**  
**Free**

Participants of Ann Buxie's eight-week writing workshop will tell personal stories that elaborate imagery and generate a sense of connected community. There is no cost to attend and light refreshments will be served.

This fun and inspiring event is open to adults only.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9:30-10:30am <i>*Creative Writing 9:30-11:45am (in theater)</i> Mat Yoga 3:30-4:30pm	2 Stretch & Strength 10-11am <i>*Poetry at Bluffs 10-11:50am</i> Storytelling at Bluffs 1-3pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	3 <b>Theater Thursday 11am-3:30pm</b> Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm <b>Conversational French 11am-12pm</b>	4 Tai Chi at Bluffs Park 8:15-9:15am Stretch & Strength 10-11am (in theater) <b>Tech Help 10-11am</b> Knitting 11:15am-12:30pm <i>*Autobiography 12:30-2:45pm</i>
7 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm <i>*Drawing at Bluffs 12:30-2:45pm</i> <i>No Chair Yoga</i> Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	8 Tai Chi at Bluffs 8:30-9:30am <i>*Creative Writing 9:30-11:45am</i> Cardio Salsa 9:30-10:30am <b>Locals Lunch 11:30am</b> Mat Yoga (in theater) 3:30-4:30pm	9 Stretch & Strength 10-11am <i>*No Poetry</i> <i>No Storytelling Class</i> Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	10 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm  	11 Tai Chi at Bluffs Park 8:15-9:15am Stretch & Strength 10-11am (in theater) <b>Tech Help 10-11am</b> Knitting 11:15am-12:30pm <i>*Autobiography 12:30-2:45pm</i>  <b>Art to Wellness Saturday, October 12 10am-12pm, Bluffs Park</b>
14 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm <b>Ice Cream Social 12:15-12:45pm</b> <i>*Drawing at Bluffs 12:30-2:45pm</i> Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	15 Tai Chi at Bluffs 8:30-9:30am <i>*Creative Writing 9:30-11:45am</i> Cardio Salsa 9:30-10:30am Mat Yoga 3:30-4:30pm	16 Stretch & Strength 10-11am <i>*Poetry at Bluffs 10-11:50am</i> Storytelling at Bluffs 1-3pm Reader's Theater 1-3pm Bridge Group 2:15-4:30pm  <b>Library Speaker Series, Ed Veisturs 7pm, City Hall</b>	17 Ballet Slim & Trim 9-10am Tap Dance 10-11am <b>Monthly Luncheon 11:30am</b> Beginning Tap 11am-12pm	18 Tai Chi at Bluffs Park 8:15-9:15am Stretch & Strength 10-11am Knitting 11:15am-12:30pm <i>*Autobiography 12:30-2:45pm</i> <b>Art Trek 2-4pm</b>
21 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm <i>*Drawing at Bluffs 12:30-2:45pm</i> Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	22 Tai Chi at Bluffs 8:30-9:30am <i>*Creative Writing 9:30-11:45am</i> Cardio Salsa 9:30-10:30am Mat Yoga 3:30-4:30pm <b>Brain Health Workshop 9-10am and 10:30-11:30am</b>	23 Stretch & Strength 10-11am <i>*Poetry at Bluffs 10-11:50am</i> Reader's Theater 1-3pm Bridge Group 2:15-4:30pm <b>Storytelling Performance at City Hall 3:30pm</b>	24 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	25 Tai Chi at CITY HALL 8:15-9:15am Stretch & Strength 10-11am Knitting 11:15am-12:30pm <b>Financial Workshop 11:30am-12:30pm</b> <i>*Autobiography 12:30-2:45pm</i>
28 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm <i>*Drawing at Bluffs 12:30-2:45pm</i> Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	29 Tai Chi at Bluffs 8:30-9:30am <i>*Creative Writing 9:30-11:45am</i> Cardio Salsa 9:30-10:30am <b>Tea Time Potluck 12:15-12:45pm</b> Mat Yoga 3:30-4:30pm	30 Stretch & Strength 10-11am <i>*Poetry at Bluffs 10-11:50am</i> <b>Relax Through Coloring 11:15am-12:15pm</b> Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	31 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm  	<b>*Classes are offered through Emeritus College– Santa Monica College. Autobiography, Creative Writing, Poetry and Drawing.</b>

# OCTOBER PROGRAMS

## Emeritus College

---

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  
\*No Class 10/9

### Creative Writing

Tuesdays  
9:30-11:45am  
City Hall  
\*In theater 10/1

### Autobiography

Fridays  
12:30-2:45pm  
City Hall

## Fitness and Dance

---

### Stretch & Strength

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

### Cardio Salsa

Tuesdays  
9:30-10:30am

### Mat Yoga

Tuesdays  
3:30-4:30pm

### Yin Yoga

Mondays  
11am-12pm

### Ballet Slim & Trim

Thursdays  
9-10am

### Chair Yoga

Mondays  
1-2pm

### Tap Dance - Choreographed

Thursdays  
10-11am

### Water Aerobics

Saturdays  
11am-12pm  
Malibu High School

### Beginning Tap Dance

Thursdays  
11am-12pm

## Art and Performance

---

### Choir

Mondays, Ongoing  
9:45-10:45am

### Storytelling

Wednesdays  
Bluffs Park  
1-3pm  
October 3 & 16

### Knitting

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

### Art Trek Workshop

Friday,  
October 18  
2-4pm

### Relax Through Coloring

Wednesday,  
October 30  
11:15am-12:15pm

### Art to Wellness

Saturday, October 12  
10am-12pm  
Michael Landon Center  
Malibu Bluffs Park

## Enrichment Groups & Lectures

---

### Bridge Group

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

### Locals Lunch

Tuesday,  
October 8  
11:30am

### Reader's Theater

Wednesdays, Ongoing  
1-3pm

### Brain Health Workshop

Tuesday,  
October 22  
9-10am  
10:30-11:30am

### Conversational French

Thursday, October 3  
11am-12pm

### Tech Help

Fridays,  
October 4 & 11  
10-11am

### Financial Workshop

Friday,  
October 25  
11:30am-12:30pm



# SENIOR WELLNESS EXPO



**OCT 10**

**THURSDAY  
11 AM - 1 PM  
MALIBU CITY HALL**

Meet local service providers and learn about healthy aging! Information booths will include: medical doctors, health and wellness businesses and senior care providers.

**FIRST 50 PEOPLE TO RSVP WILL RECEIVE FREE LUNCH!**

All participants will receive a free raffle ticket. Raffle items include discounts from vendors, gift cards and more. Drawings will be held at 11:45 AM and 12:45 PM. Must be present to win.

For more information or to RSVP, Call **310.456.2489 EXT. 357**

# OCTOBER HAPPENINGS

## Theater Thursday

Thursday, October 3  
11am and 1:15pm | Free



### “Amazing Grace” 11am

A documentary presenting Aretha Franklin with choir at the New Bethel Baptist Church in Watts, Los Angeles in January 1972.

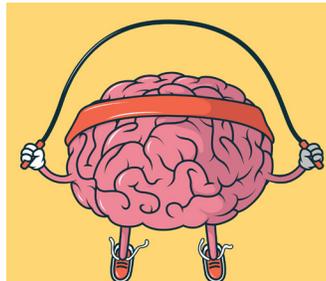
Starring: Aretha Franklin, Mick Jagger and Clara Ward (2018). G.

### “A Dog’s Journey” 1:15pm

A dog finds the meaning of his own existence through the lives of the humans he meets. Starring: Josh Gad, Dennis Quaid and Kathryn Prescott (2019). PG.

## Brain Health Workshop

Tuesday, October 22  
Session 1: 9-10am or  
Session 2: 10:30-11:30am  
Free



Get a brain health score along with tips on maintaining a healthy brain. Provided by Cogniciti. Basic computer skills are required. Please RSVP to select your session.

## Financial Workshop by Aaron White

Friday, October 25  
11:30am-12:30pm  
Free



Aaron White, is the Planned Giving Offer, a Legal Counsel at Pepperdine University. During this workshop Aaron will cover how to improve retirement by converting assests into income streams. Please call in advance to RSVP.

## Locals Lunch at Nicolas Eatery

Tuesday, October 8  
11:30am-12:30pm

Experience a delicious meal with other local Malibu residents at this New trendy spot! Please call to RSVP. Nicolas Eatery is located at 2333 PCH, Suite #150, Malibu, CA.

## Bridge Group

Mondays & Wednesdays  
2:15-4:30pm  
Mondays: Senior Center  
Wednesdays: Backstage  
Free

This is a relaxed bridge group that is open to all levels, beginner to novice. Join fun and friendly play on Monday and Wednesday afternoons.

## Conversational French

Thursday, October 3  
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, October 14  
12:15-12:45pm  
Free

Celebrate October birthdays and make your own sundae!

## Tech Help

Fridays, 10-11am  
October 4 & 11  
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

Halloween Carnival  
Friday, October 25  
2-6pm

Join Recreation staff at Malibu Bluffs Park for a Halloween trunk-or-treat celebration! Help with event set up and clean up. To volunteer call 310.456.2489 ext. 357.

## Libra

Characteristics: balanced, sociable and diplomatic.

## Scorpio

Characteristics: resourceful, brave and passionate.

Birthstone: Opal

Famous Celebrities Born in October: Zach Galifianakis, Matt Damon, Angela Lansbury and Julia Roberts.

## October Fun Facts:

- October 3, 1961 - The Dick Van Dyke Show premiered on CBS.
- October 17, 1979 - Mother Teresa won the Nobel Peace Prize.
- October 31, 1969 - Walmart incorporated in Arkansas.

## 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.
- CineMalibu: Saturday, October 19 at Malibu Bluffs Park. Featuring "Hocus Pocus" (1993). PG.
- Malibu Dial-A-Ride: Transportation for those 60 and older.

## 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



# OCTOBER PROGRAMS

## November Excursion - Proud Bird: Aviation Museum and Food Bazaar

Thursday, November 14, 10am-5pm  
\$20 (lunch not included)  
Deadline to register is November 1 or until full



The Proud Bird was named LA's Hottest Food Hall by Food Network. It unveils a brand-new look and feel as a reimagined Food Bazaar with six culinary kitchens inspired by Asian, Italian and American cuisines and will feature the famous Bludso's BBQ. Upon entering the food hall, guests are greeted by a suspended P-40 Flying Tiger replica and aircraft memorabilia. Tour the Proud Bird aviation exhibits and enjoy lunch on your own during this unique experience.

### 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

### Art to Wellness

Saturday, October 12 | 10am-12pm  
Michael Landon Center, Malibu Bluffs Park  
Free  
Instructor: Carla Bates

As part of the Resiliency Program, explore the fun and creative side of art! This class will use various mediums and is open to the entire family. All materials will be provided. RSVP required.

### Art Trek: Japonisme

Friday, October 18 | 2-4pm  
Malibu City Hall, Multi-Purpose Room  
\$5 plus \$10 materials fee  
Instructor: Lorelle Patterson



Using a selection of Japanese prints as reference, students will create their own image on paper using ink pen and colored pencil.

### Knitting

Mondays and Fridays, Ongoing  
11:15am-12:30pm  
Malibu City Hall, Senior Center  
Free  
Instructor: Sheila Rosenthal

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

### Relax Through Coloring

Wednesday, October 30  
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.



Malibu Senior Center  
23825 Stuart Ranch Road  
Malibu, CA 90265

Halloween Tea Time!  
Tuesday, October 29  
12:15-12:45pm  
Free



Celebrate Halloween with a themed tea time at the Senior Center! Light snacks and tea will be provided. Please bring a dish to share and dress in your favorite Halloween outfit.

Get ready for a SPOOKtacular time!

### Registration Form Renewals!

During the Wellness Expo on Thursday, October 10, participants will have the opportunity to renew their Senior Center Registration Form and receive a free reusable mug upon submittal. For more information contact the Senior Center.



## Senior Center Hours & Staff Members

Monday-Thursday: 9am-4:30pm  
Friday: 9am-4pm  
Saturday & Sunday: Closed  
No Classes at Malibu Bluffs Park, 10/9

P: 310.456.2489 ext. 357  
E: MalibuSeniorCenter@MalibuCity.org  
**MalibuCity.org/SeniorCenter**

### Senior Center Staff:

Lisa Arcidiacono Crespo, CPRP  
Recreation Coordinator

Bryanna Edwards and Rachel Medina