NOVMBER
2019

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Transit Lecture

Friday, November 8
11:30am-12:30pm
Malibu City Hall, Senior Center
Free

Ready to explore L.A.? Need to get around? Learn about the metro system during this one hour educational lecture. Representatives from the Los Angeles County Metropolitan Transportation Agency will go over how to easily use the metro and where it can take you. Please call in advance to RSVP.

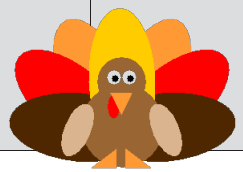
Monthly Luncheon

Thursday, November 21
11:30am-1:30pm
Malibu City Hall, Senior Center
$2 with RSVP, $3 at the door

Its all about that baste. Come gather and give thanks as we kick off the holiday season with a delicious meal and entertainment from comedian Michael Sherman. Call in advance to reserve a seat 310.456.2489 ext. 357. Please pay at the door; exact change is appreciated.

If November is your birthday month, lunch is on us!

Monday	Tuesday	Wednesday	Thursday	Friday
***Classes are offered through Emeritus College– Santa Monica College. Autobiography, Creative Writing, Poetry and Drawing.**				1 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am (in theater) **Tech Help 10-11am** Knitting 11:15am-12:30pm *Autobiography 12:30-2:45pm **Functional Fitness 2:30-3:30pm**
4 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm **Ice Cream Social 12:15-12:45pm** *Drawing at Bluffs12:30-2:45pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	5 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am **Locals Lunch 11:30am** Mat Yoga 3:30-4:30pm	6 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am Reader's Theater 1-3pm Bridge Group 2:15-4:30pm **Local Author Series, 7pm Malibu High School**	7 **Theater Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Conversational French 11am-12pm**	8 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am (in theater) **Tech Help 10-11am** **Transit Lecture 11:30am-12:30pm** Knitting 11:15am-12:30pm *Autobiography 12:30-2:45pm Functional Fitness 2:30-3:30pm **Art to Wellness, Saturday, November 9 Bluffs Park, 10am-12pm**
11 **Senior Center Closed** **Veteran's Day**	12 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	13 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am **Medicare 101 11:30am-12:30pm** Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	14 ***Excursion-Proud Bird 10am-5pm*** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	15 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Knitting 11:15am-12:30pm *Autobiography 12:30-2:45pm **Art Trek 2-4pm** Functional Fitness 2:30-3:30pm
18 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm *Drawing at Bluffs12:30-2:45pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	19 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	20 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am Reader's Theater 1-3pm Bridge Group 2:15-4:30pm **Library Speaker Series, 7pm, Winona LaDuke, Malibu City Hall**	21 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Monthly Luncheon 11:30am**	22 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Knitting 11:15am-12:30pm *Autobiography 12:30-2:45pm Functional Fitness 2:30-3:30pm
25 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm *Drawing at Bluffs12:30-2:45pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	26 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am **Tea Time Potluck 12:15-12:45pm** Mat Yoga 3:30-4:30pm	27 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am **Relax Through Coloring 11:15am-12:15pm** Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	28 **Senior Center Closed** **Happy Thanksgiving!**	29 **Senior Center Closed**



NOVEMBER 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
Mondays
12:30-2:45pm
Bluffs Park
*No class 11/11

Creative Writing
Tuesdays
9:30-11:45am
City Hall

Poetry & Fiction
Wednesdays
10-11:50am
Bluffs Park

Autobiography
Fridays
12:30-2:45pm
City Hall

Art and Performance

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

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

Art to Wellness
Saturday, November 9
10am-12pm
Malibu Bluffs Park, Michael Landon Center

Art Trek Workshop
Friday, November 15
2-4pm

Relax Through Coloring
Wednesday,
November 27
11:15am-12:15pm

Fitness and Dance

Water Aerobics
Saturdays
11am-12pm
Malibu High School

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 - Choreographed
Thursdays
10-11am

Beginning Tap Dance
Thursdays
11am-12pm

Functional Fitness
Fridays
2:30-3:30pm

Enrichment Groups & Lectures

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

Reader's Theater
Wednesdays, Ongoing
1-3pm

Conversational French
Thursday, November 7
11am-12pm

Tech Help
Fridays,
November 1 & 8
10-11am

Locals Lunch
Tuesday,
November 5
11:30am

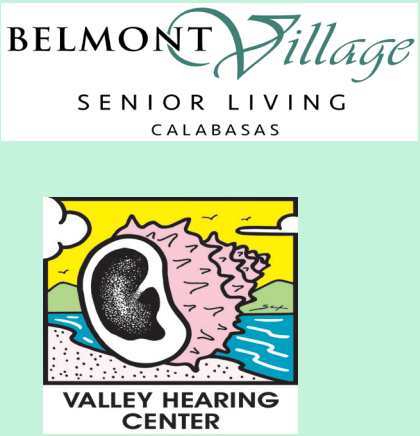
Local Author Series
Wednesday,
November 6
Malibu High School
7pm

Transit Lecture
Friday, November 8
1:30am-12:30pm

Medicare 101
Wednesday,
November 13
11:30am-12:30pm

Library Speaker Series
Wednesday,
November 20
Malibu City Hall
7-9pm

THANK YOU



TO OUR WELLNESS EXPO SPONSORS!

NOVEMBER HAPPENINGS

Theater Thursday

Thursday, November 7
11am and 1:15pm | Free

"Yesterday" 11am
A struggling musician realizes he's the only person on Earth who can remember "The Beatles" after waking up in an alternate timeline where the group never existed. Starring: Himesh Patel, Lily James and Sophia Di Martino. (2019). PG-13.

"Once Upon a Time in Hollywood" 1:15pm
A faded television actor and his stunt double strive to achieve fame and success in the film industry during the final years of Hollywood's Golden Age in 1969 Los Angeles.

Medicare 101

Wednesday, November 13
11:30am-12:30pm | Free
Malibu City Hall, Senior Center

This educational talk will cover the four parts of Medicare, who is eligible, and when one can enroll. Bring any and all questions! Presented by Samuel Schwartz a representative from Applied General Agency. Please RSVP to reserve a stop. For more information call the Senior Center at 310.456.2489 x357.

Tea Time Potluck

Tuesday, November 26
12:15-12:45pm | Free
Malibu City Hall, Senior Center

Join us for a harvest style potluck Tea Time! Celebrate the season, bring a dish to share, and enjoy an afternoon tea. Please RSVP with your shareable plate!

Locals Lunch at Broad Street Oyster Company

Tuesday, November 5
11:30am-12:30pm
Experience a delicious meal with other local Malibu residents at this new trendy spot!
Please call to RSVP.

Conversational French
Thursday, November 7
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.

Have you received your Senior Center coffee cup?

Come in and update your emergency contact info to receive a snazzy Senior Center cup! These cups are specifically made for the Senior Center. Show off to your friends and represent your favorite hangout spot. These cups are a statement piece!

HAPPY BIRTHDAY

Ice Cream Social
Monday, November 4
12:15-12:45pm
Free

Celebrate November birthdays while enjoying fruit bars, ice cream sandwiches and frozen treats!

Tech Help
November 1 & 8
Fridays, 10-11am
Mulitpurpose 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.

Adult Beginner & Intermediate Tennis
Saturdays, 11am-12pm
Malibu High School Tennis Courts
$35 per class
November 2-November 23

This is a great class for adults wanting to learn or improve their skills in tennis. Instructors will work on participatns' development with drills and moderate physcial conditioning during weekly trainings.

Scorpio
Characteristics: passionate, independent and unafraid.

Sagistarius
Characteristics: brave, confident, optimistic and straight foward.

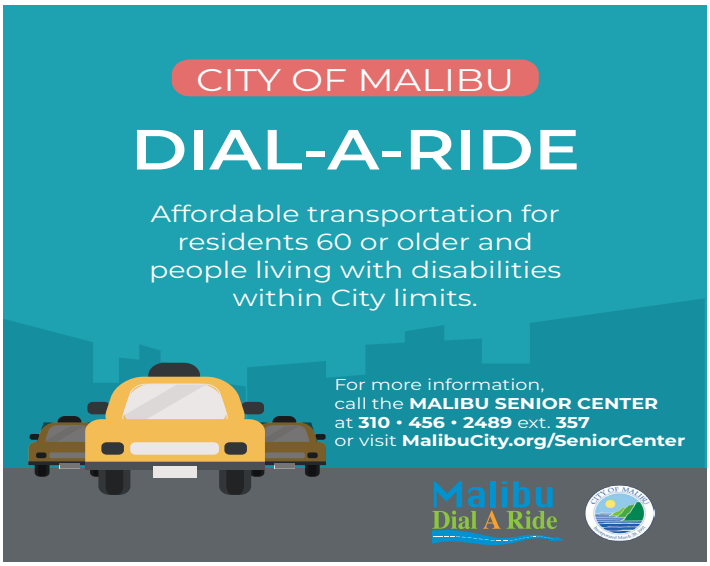
Birthstone: Topaz
Famous Celebrities Born in November: Mark Twain, Demi Moore, Leanardo DiCaprio, Matthew McConaughey, Emma Stone.

November Fun Facts:

- November 1, 1512 - Michelangelo's paintings on the ceiling of the Sistine Chapel in The Vatican, Italy were first exhibited.
- November 2, 1983 - President Reagan signed the bill establishing the Dr. Martin Luther King Jr. Holiday.
- November 12, 1971 - Mariner 9 was the first spacecraft to orbit another planet; Mars.

Other News from the City of Malibu

- For more information about rebuilding after the Woolsey Fire please visit 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.
- Malibu Dial-A-Ride: Transportation for those 60 and older.



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.

December Excursion-Queen Mary Christmas

Thursday, December 19, 9am-5:30pm
$80 (lunch included)
Deadline to register is December 1 or until full

All aboard! Explore the Queen Mary and view "The Cunard Story" a new exhibition about the most celebrated Cunard® ocean liners. This exhibit explores the rich history of the extraordinary company that designed and built more than 150 ships over the past 175 years. Discover how amazing ships like the Queen Mary and today's Cunard fleet of flagship Queen Mary 2®, Queen Victoria®, and Queen Elizabeth® are dreamed of, designed, and built. Enjoy a meal at Yard House before the tour.

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, November 27
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: Blue Dog in Disguise
Friday, November 15 | 2-4pm
$5 plus $10 material fee
Malibu City Hall, Senior Center
Instructor: Lorelle Patterson

Using the Blue Dog painting by George Rodrigue as inspiration, partcipants will create their own blue dog using acrylic on canvas.

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

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

Art to Wellness
Saturday, November 9
10am-12pm | Free
Michael Landon Center, Malibu Bluffs Park
Instructor: Carla Bates

Explore the fun and creative side of art! This class will use various mediums and is open to the entire family. All marterials will be provided. RSVP required.

Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265

Local Author Series

Wednesday, November 6
7pm | Free
Malibu High School Auditorium

Local Author Series, is an extension of the Malibu Library Speaker Series, a free program of the LA County Library and the City of Malibu. The program features published authors who live and write in Malibu. Enjoy a night with Jo Giese and Louis Spirito as they discuss their books in an intimate setting.

Community Resiliency Plan Listening Sessions

Saturday, Novemeber 23
9:30am-12pm | Free
Malibu City Hall

The Malibu community is encouraged to participate in one of two facilitated, small group discussions. Give your input on the development of a Community Resiliency Plan. For more information and to sign up, malibucity.org/resiliencyprograms.

Senior Center **Hours & Staff Members**

Monday-Thursday: 9am-4:30pm
Friday: 9am-4pm
Saturday & Sunday: Closed
Senior Center will be closed:
November 11, 28, & 29.

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