DECEMBER
2019

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Holiday Tips for Caregivers

Tuesday, December 17
1-2pm
Malibu City Hall, Senior Center
Free

The holidays can be a stressful time for caregivers. Learn 10 tips to help make the holidays a more pleasant time for all and prepare for a more enjoyable holiday season with your loved one. Presented by Kimiko Kelly from Alzheimer's Los Angeles.

Please call in advance to RSVP.

Winter Luncheon

Thursday, December 12
11am-1:30pm
Malibu City Hall, Senior Center
$2 with RSVP, $3 at the door

'Tis the Season for a Holiday celebration featuring the Malibu Senior Center's very own Ballet and Tap classes with a special performance by the Choir. Enjoy a delicious holiday meal and a whimsical performance. Oh what fun it will be! Dance performances begin at 11am in the Civic Theater.

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 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	3 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am **Locals Lunch 11:30am** Mat Yoga 3:30-4:30pm	4 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	5 **Theater Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Conversational French 11am-12pm**	6 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am (in theater) **Tech Help 10-11am** Knitting 11:15am-12:30pm **Holiday Gift Tags 11:30am-12:30pm** *Autobiography 12:30-2:45pm Functional Fitness 2:30-3:30pm **Art to Wellness, Saturday December 7 Bluffs Park, 10am-12pm**
9 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	10 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	11 Stretch & Strength 10-11am (in theater) *Poetry at Bluffs 10-11:50am Reader's Theater 1-3pm Bridge Group 2:15-4:30pm **Dance Practice 12pm**	12 **Monthly Luncheon 11am**	13 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am (in theater) Knitting 11:15am-12:30pm *Autobiography 12:30-2:45pm Functional Fitness 2:30-3:30pm
16 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm **Ice Cream Social 12:15-12:45pm** Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	17 Tai Chi at Bluffs 8:30-9:30am **Holiday Tips for Caregiver Lecture 1-2pm** Mat Yoga 3:30-4:30pm	18 Stretch & Strength 10-11am (in theater) Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	19 **Excursion: Queen Mary 9am-5:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	20 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Knitting 11:15am-12:30pm
23 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	24 **Senior Center Closed**	25 **Senior Center Closed**	26 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	27 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Knitting 11:15am-12:30pm
30 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:15am-12:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	31 **Senior Center Closed**			***Classes are offered through Emeritus College– Santa Monica College. Autobiography, Creative Writing, Poetry and Drawing. Emeritus Fall session ends Dec 13**

DECEMBER 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

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

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

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

Fall Session ends December 13

Art and Performance

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

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

Holiday Gift Tags
Friday, December 6
11:30am-12:30pm

Art to Wellness
Saturday, December 7
10am-12pm

Fitness and Dance

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

Yin Yoga
Mondays
11am-12pm

Chair Yoga
Mondays
1-2pm

Functional Fitness
Fridays
2:30-3:30pm
No class 12/20 and 12/27

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

Enrichment Groups & Lectures

Bridge Group
Mondays and Wednesdays,
2:15-4:30pm

Reader's Theater
Wednesdays, Ongoing
1-3pm

Locals Lunch
Tuesday,
December 3
11:30am

Conversational French
Thursday, December 5
11am-12pm

Tech Help
Friday,
December 6
10-11am

Holiday Tips for Caregivers Lecture
Tuesday,
December 17
1-2pm

Celebrate the holiday season and enjoy performances by local artists at the City of Malibu's Senior Center Winter Luncheon. The program will feature performances by Choir, Tap and Ballet classes.

Winter Luncheon

Thursday, December 12
11 AM - 1 PM | $2
Malibu City Hall

For more information contact
the Malibu Senior Center 310.456.2489 ext. 357

DECEMBER HAPPENINGS

Theater Thursday

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

"The Art of Racing in the Rain" 11am
Through his bond with his owner, aspiring Formula One race car driver, Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life. Starring: Milo Ventimiglia, Kevin Costner and Amanda Seyfried (2019). PG.

"The Peanut Butter Falcon" 1:15pm
Zak runs away from his care home to make his dream of becoming a wrestler come true. Starring: Shia LaBeouf, Dakota Johnson and Zack Gottsagen (2019). PG-13.

Bridge Group

Mondays & Wednesdays
2:15-4:30pm, Free
Malibu City Hall, Senior Center

This is a relaxed bridge group that is open to all levels, beginner to advance. Join fun and friendly play.
For more information call the Senior Center at 310.456.2489 ext.357.

Holiday Gift Tags

Friday, December 6
11:30am-12:30pm, Free
Malibu City Hall, Senior Center

Create a personalized work of art to place on top of gifts during the holidays or any occasion. All materials will be provided. Please RSVP to join this fun art activity using upcycled materials. Sponsored by the Friends of the Malibu Library.

Locals Lunch at Duke's

Tuesday, December 3
11:30am

Experience a delicious meal with other local Malibu residents as we close out the year with a view! Please call to RSVP.

Ballet

Thursdays
9-10am
Backstage Room
$2

Develop better posture, improve balance and become more graceful during this one-hour class. Learn ballet basics and dance techniques. No experience necessary.

Conversational French

Thursday, December 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, December 16
12:15-12:45pm
Free

Celebrate December birthdays with fruit bars, ice cream sandwiches, and friends!

Tech Help
Friday, 10-11am
December 6
Multi-Purpose Room
Free

A one-on-one program for those who need assistance with their technological device. This program requires an RSVP. Please call the Senior Center to schedule a 10 minute appointment.

Volunteer Opportunity
Breakfast with Santa
Saturday, December 14
8am-1pm
Multi-Purpose Room

Join Recreation staff at Malibu City Hall to help with event set up and clean up.
To volunteer call 310.456.2489 ext. 357.

Sagittarius
Characteristics: brave, confident, optimistic, and straight-forward.

Capricorn
Characteristics: ambitious, realistic, sensitive, and practical.

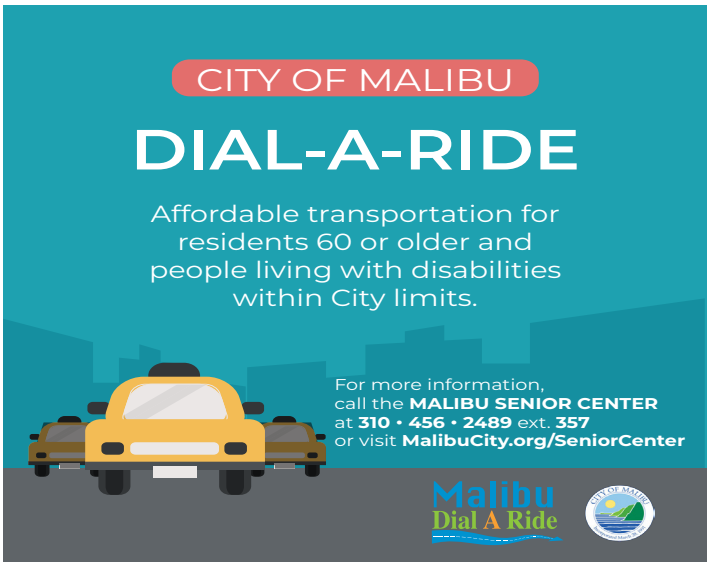
Birthstone: Topaz
Famous Celebrities Born in December: Woody Allen, Jeff Bridges, Jamie Foxx, Brad Pitt, and Jane Fonda.

December Fun Facts:

- December 1, 1994 - Home & Garden Television (HGTV) made its debut.
- December 4, 1881 - The "Los Angeles Times" began publication.
- December 20, 1946 - "It's a Wonderful Life", starring Jimmy Stewart, premiered in New York City.

Other News from the City of Malibu

- Cars and Coffee: Second Sunday of the month at Malibu Bluffs Park. View unique cars and enjoy ocean views from 7-9am.
- Breakfast with Santa: Saturday, December 14, 9-11am.
- Malibu Dial-A-Ride: Transportation for those 60 and older.
- Christmas Tree Recycling: December 26-January 12. Drop off at 23575 Civic Center Way (Chilli Cook-off Lot).



DECEMBER HAPPENINGS

December Excursion - Queen Mary

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 depicting the most celebrated Cunard ocean liners. This exhibit explores the rich history of the extraordianry company that desinged and built more than 150 ships over the past 175 years. Today, Cunard offers the most luxurious and unique cruise experiences available. Discover how amazing ships like the Queen Mary and today's Cunard fleet of flagship, Queen Mary 2, Queen Victoria, and Queen Elizabeth are dreamt of, designed, and built. Enjoy a meal at Yard House before the tour.

January Excursion-Indian Food and Culture Tour

Thursday, January 30, 9am-5pm
$80 (lunch included)
Deadline to register is January 2 or until full

Explore Artesia! The Los Angeles neighborhood that has gained the nickname: "Little India". Artesia has become the center of Indian and Pakistani businesses; showcasing exciting food, fashion, and traditions. Cookbook Author, Chef, and teacher, Farhana Sahibzada, will lead this fun filled tour. Farhana will share her behind-the-scenes knowledge, as well as cultural context and traditions in order to help participants fully appreciate this emerging neighborhood treasure. Tour includes food sampling and a restaurant visit for a complete buffet meal. Come and join this "No Passport Required" mini adventure and let's explore the evolving cultural district of Artesia!

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

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 a skein of yarn.

Art to Wellness
Saturday, December 7
10am-12pm | Free
Malibu Bluffs Park
Facilitator: Carla Bates

Explore the fun and creative side of art! All materials will be provided. Please call to RSVP. Sponsored by BlueSea Care Services.

Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265

Have you received your reusable Senior Center coffee cup?

Update your registration form and upon submission, receive a snazzy Senior Center cup! These cups are specifically made for the Senior Center so that you can show off to your friends your favorite hangout spot. These cups are a statement piece and we want you to have one!

The City is striving to become a zero-waste facility. The Senior Center will no longer be providing singe use cups. Please update your registration form to receive a Senior Centrer mug!

Senior Center **Hours & Staff Members**

Monday-Thursday: 9am-4:30pm
Friday: 9am-4pm
Saturday & Sunday: Closed
Senior Center will be closed:
December 24, 25 & 31

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

Senior Center Staff:

Lisa Arcidiacono Crespo, CPRP
Recreation Coordinator

Bryanna Edwards