JANUARY
2020

Malibu Senior Center & Adult Programs

SPOTLIGHT OF THE MONTH

Hearing Lecture

Friday, January 17
11:30am-12:30pm
Malibu City Hall, Senior Center
Free

Learn how healthy aging and healthy hearing go hand-in-hand. Valley Hearing Center representatives will discuss the correlation between hearing loss, dementia, and Alzheimer's and what can be done about it. Don't miss this presentation!

Please call in advance to RSVP.

January Luncheon

Thursday, January 16
11:30am-1pm
Malibu City Hall, Senior Center
$2 with RSVP, $3 at the door

Happy New Year!

Start 2020 off on the right foot with a delicious meal and lively entertainment by performer Kat Kennedy. Lunch sponsored by Oakmont of Camarillo!

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

Monday	Tuesday	Wednesday	Thursday	Friday
***Classes are offered through Emeritus College– Santa Monica College. Creative Writing and Drawing.**		1 ***Senior Center Closed*** ***Happy New Year!***	2 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Conversational French 11am-12pm** **NEW! Mahjong Group 3-4:30pm**	3 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 (student led) 12:30-2:45pm
6 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	7 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	8 Stretch & Strength 10-11am **Spanish 11:30am-1pm** Reader's Theater 1-3pm **Storytelling at Bluffs 1-3pm** Bridge Group 2:15-4:30pm	9 **Theater Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Mahjong Group 3-4:30pm	10 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Tech Help 10-11am** Knitting 11:15am-12:30pm Autobiography (student led) 12:30-2:45pm Functional Fitness 2:30-3:30pm
13 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	14 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am **Locals Lunch 11:30am** Mat Yoga 3:30-4:30pm	15 Stretch & Strength 10-11am Spanish 11:30am-1pm Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm	16 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Mahjong Group 3-4:30pm **Monthly Luncheon 11:30am**	17 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Knitting 11:15am-12:30pm **Hearing Lecture 11:30am-12:30pm** Autobiography (student led) 12:30-2:45pm Functional Fitness 2:30-3:30pm **Art Trek 2-4pm**
20 ***Senior Center Closed***	21 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	22 Stretch & Strength 10-11am (in theater) Spanish 11:30am-1pm Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm	23 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Mahjong Group 3-4:30pm	24 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Knitting 11:15am-12:30pm **Cholesterol Lecture 11:30am-12:30pm** Autobiography (student led) 12:30-2:45pm Functional Fitness 2:30-3:30pm **Art to Wellness, Saturday, January 25 Bluffs Park, 10am-12pm**
27 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	28 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	29 Stretch & Strength 10-11am **Relax Through Coloring 11:15am-12:15pm** Spanish 11:30am-1pm Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm	30 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Mahjong Group 3-4:30pm **Excursion: Indian Food Tour 9am-5pm**	31 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am (in theater) Knitting 11:15am-12:30pm **Financial Roundtable 11:30am-12:30pm** Autobiography (student led) 12:30-2:45pm Functional Fitness 2:30-3:30pm

JANUARY 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

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

Autobiography (student led)
Fridays
12:30-2:45pm
City Hall

Art and Performance

Choir
Mondays,
9:45-10:45am

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

Storytelling
Wednesdays,
January 8-February 26
1-3pm

Art Trek
Friday, January 17
2-4pm

Art to Wellness
Saturday, January 25
10am-12pm

Relax Through Coloring
Wednesday,
January 29
11:15am-12:15pm

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 1/3

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,
1-3pm

Mahjong Group
Thursdays,
3-4:30pm

Spanish
Wednesdays,
January 8-February 26
11:30am-1pm

Cholesterol Lecture
Friday, January 24
11:30am-12:30pm

Tech Help
Friday, January 3 & 10
10-11am

Conversational French
Thursday, January 2
11am-12pm

Locals Lunch at Ollo
Tuesday,
January 14
11:30am

Hearing Lecture
Friday, January 17
11:30am-12:30pm

Financial Roundtable
Friday, January 31
11:30am-12:30pm

2020 Showcase:

Local Author Series

CALL FOR AUTHORS

SUBMISSION DEADLINE

JANUARY 17

5 PM

Showcase: Local Author Series, an extension of the Malibu Library Speaker Series is accepting applications from Authors for the 2020 series. Ideal Authors will live and write in Malibu and have recently published work. To be considered please fill out an application at ***MalibuCity.org/Speakers***

For more information call 310-456-6438

MALIBU LIBRARY SPEAKER SERIES

JANUARY HAPPENINGS

Theater Thursday
Thursday, January 9
11am and 1:15pm | Free

"Once Upon a Time in Hollywood" 11am
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. Starring: Leonardo DiCaprio, Brad Pitt and Margot Robbie (2019). R.

"Ad Astra" 1:15pm
Astronaut Roy McBride undertakes a mission across an unforgiving solar system to uncover the truth about his missing father, and his doomed expedition that now, 30 years later, threatens the universe. Starring: Brad Pitt, Tommy Lee Jones and Ruth Negga (2019). PG-13.

To help prepare you for the following Theater Thursday, we have partnered with our friends at the Malibu Library to provide books based on the monthly movie picks. Amy Trulock, Librarian, will stop by and distribute books to lend out.

Cholesterol Lecture
Friday, January 24
11:30am-12:30pm, Free
Malibu City Hall, Senior Center

This lecture will cover the five most common myths about cholesterol and help you understand why high cholesterol later in life may be beneficial. For more information call the Senior Center at 310.456.2489 ext.357. Minimum of ten RSVP's required for the lecture to be held.

Mahjong Group
Thursdsays, starting January 2
3-4:30pm, Free, Ongoing
Malibu City Hall, Senior Center

This is a relaxed Mahjong group that is open to all levels, including beginner to advanced. Join the fun and friendly atmosphere on Thursdays afternoons. For more information call the Senior Center at 310.456.2489 ext. 357.

Locals Lunch at Ollo
Tuesday, January 14
11:30am

Ring in the New Year with other local Malibu residents while experiencing a delicious meal!
Please call to RSVP.

Mat Yoga
Tuesdays
3:30-4:30pm
Malibu Senior Center
$2

Learn new yoga poses, increase flexibility, and practice stretching techniques in a calm and relaxing setting. Yoga mats may be borrowed or bring your own.

Conversational French
Thursday, January 2
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, January 13
12:15-12:45pm
Free

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

Tech Help
Fridays, 10-11am
January 3 & 10
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.

Malibu Masters Swim Club
Tuesdays and Thursdays,
6:30-7:30pm
Saturdays, 11am-12pm
$100 per month or
$10 per swim

Join the Masters Swim Club! A community of watermen and women who are focused on living healthier lives and are part of the non-profit organization, Malibu Aquatics Foundation.

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

Aquarius
Characteristics: progressive, original, and independent.

January Birthstone: Garnet

Famous Celebrities Born in January: Mel Gibson, Bradley Cooper, Kate Middleton, Betty White and Neil Diamond.

January Fun Facts:

- January 1, 1954 - NBC's first time broadcasting the Pasadena Rose Bowl parade in color.
- January 16, 1964 - "Hello, Dolly!", starring Carol Channing, opened on Broadway.
- January 22, 1947 - KTLA began operation in Hollywood.

Other News from the City of Malibu

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

January Excursion - Indian Food and Culture Tour

Thursday, January 30, 9am-5pm
$80 (lunch included)
Deadline to register is January 13 or until full

Explore Artesia! The Los Angeles neighborhood that has gained the nickname: "Little India". Artesia has become the center for 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. Tour includes food sampling and a restaurant visit for a complete buffet meal. Come and join this "No Passport Required" mini adventure.

February Excursion-Skirball Cultural Center

Thursday, February 27, 10am-5pm
$40 (lunch included)
Deadline to register is February 3 or until full

View images from filmmaker Stanley Kubrick's early career as a photojournalist at the Skirball Cultural Center. Explore this formative phase of one of the twentieth century's most influential figures in cinematic history. *Through a Different Lens: Stanley Kubrick Photographs* is organized by the Museum of the City of New York and drawn from its "*Look*" magazine archive. The exhibition follows Kubrick's talent for storytelling and visual style in, offering a kaleidoscopic view of city life, from the gritty to the glamorous. In these images of celebrities and everyday people alike, Kubrick reveals hundreds of human dramas.

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 Trek: Mona Lisa Makeover
Friday, January 17
2-4pm | $5 class; $10 material fee
Malibu Senior Center
Instructor: Lorelle Paterson

Participants will give the Mona Lisa a make over, including long, flowing entangled hair! Sharpie and colored pencil will be used on paper.

Art to Wellness
Saturday, January 25
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.

Relax Through Coloring
Wednesday, January 29
11:15am-12:15pm| Free
Malibu Senior Center
Facilitator: Judy Merrick

Did you know that coloring helps relieve stress? The act of coloring activates different areas of the brain using logic, forming colors, and creativity. Join this free unstructured drop-in program.

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!

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

Spanish Class

Wednesdays, January 8-February 26
11:30am-1pm, $45
Instructor: Robin Rappaport
Malibu City Hall, Multi-Purpose Room

This 8-week session of Spanish prepares students to become confident in conversational situations. Class topics include beginning grammar, vocabulary, and engaging activities.
Minimum: 8 participants

Senior Center **Hours & Staff Members**

Monday-Thursday: 9am-4:30pm
Friday: 9am-4pm
Senior Center will be closed:
January 1 & 20

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 Katie Early