FEBRUARY
2020

Malibu Senior Center & Adult Programs

Senior NEWS & VIEWS

SPOTLIGHT OF THE MONTH

Smart Senior Forum

Wednesday, February 19
2:30-4pm
Malibu City Hall,
Multi-Purpose Room
Free

Participants will learn about property tax saving programs, facts about the Property Assessed Clean Energy Program (PACE), and how to hire the right contractor. Please call in advance to RSVP.

Presented by: Los Angeles County Department of Consumer and Business Affairs

February Luncheon

Thursday, February 20
11:30am-1pm
Malibu City Hall, Senior Center
$2 with RSVP, $3 at the door

"Love doesn't make the world go round. Love is what makes the ride worthwhile."- Franklin P. Jones

Celebrate Valentine's Day with a delicious meal and lively entertainment by Vocalist Aparna.

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

February

Monday	Tuesday	Wednesday	Thursday	Friday
***Classes are offered through Emeritus College– Santa Monica College. Autobiography, Creative Writing, Drawing, and Poetry.**				
3 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11am-12:30pm *Drawing at Bluffs12:30-3:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	4 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	5 Stretch & Strength 10-11am Spanish 11:30am-1pm Reader's Theater 1-3pm (student led) Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm	6 **Theater Thursday 11am-3:30pm** Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Conversational French 11am-12pm**	7 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am **Tech Help 10-11am** Knitting 11am-12:30pm Autobiography (student led) 12:30-2:45pm
10 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11am-12:30pm **Ice Cream Social 12:15-12:45pm** *Drawing at Bluffs12:30-3:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	11 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am **Locals Lunch 11:30am** Mat Yoga 3:30-4:30pm	12 Stretch & Strength 10-11am Spanish 11:30am-1pm Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm	13 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm	14 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am ***No Tech Help*** Knitting 11am-12:30pm Autobiography (student led) 12:30-2:45pm **Art Trek 2-4pm**
17 ***Senior Center Closed***	18 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	19 Stretch & Strength 10-11am (in theater) *Poetry & Fiction at Bluffs 10-11:50am Spanish 11:30am-1pm Reader's Theater 1-3pm Storytelling at Bluffs 1-3pm Bridge Group 2:15-4:30pm **Smart Senior Forum 2:30-4pm**	20 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Monthly Luncheon 11:30am**	21 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Knitting 11am-12:30pm *Autobiography 12:30-2:45pm **Art to Wellness, Saturday, February 22 Bluffs Park, 10am-12pm**
24 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11am-12:30pm *Drawing at Bluffs12:30-3:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	25 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am **Pre-Diabetes Lecture 1-2pm** Mat Yoga 3:30-4:30pm	26 Stretch & Strength 10-11am *Poetry & Fiction at Bluffs 10-11:50am **Relax Through Coloring 11:15am-12:15pm** Spanish 11:30am-1pm *No Storytelling Class* Reader's Theater 1-3pm Bridge Group 2:15-4:30pm **Library Speaker Series, 7pm Malibu Library**	27 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm **Excursion: Skirball 10am-5pm**	28 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am (in theater) Knitting 11am-12:30pm **Financial Roundtable 11:30am-12:30pm** *Autobiography 12:30-2:45pm

FEBRUARY 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
12:30-3:30pm
Bluffs Park

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

Poetry & Fiction
Wednesdays
10-11:50am
Bluffs Park
*First day of class
February 19

Autobiography
Fridays
12:30-2:45pm
City Hall
*First day of class
February 21

Art and Performance

Choir
Mondays,
9:45-10:45am

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

Storytelling
Wednesdays,
January 8-February 19
1-3pm
Performance on March 4

Art Trek
Friday, February 14
2-4pm

Art to Wellness
Saturday, February 22
10am-12pm

Relax Through Coloring
Wednesday,
February 26
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

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

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

Conversational French
Thursday, February 6
11am-12pm

Tech Help
Friday, February 7
No Tech Help 2/14
10-11am

Local's Lunch
Tuesday,
February 11
11:30am

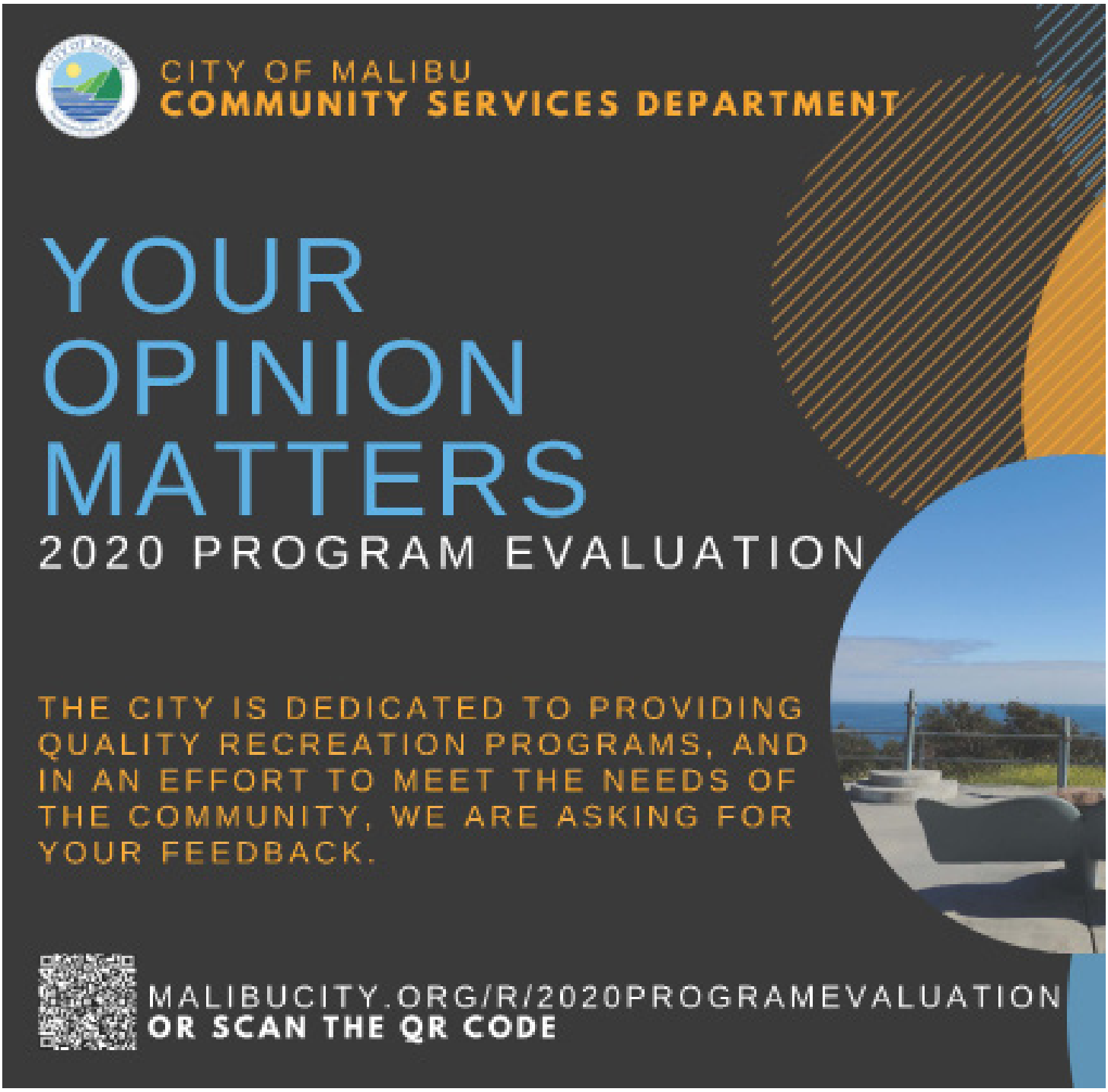
Smarter Senior Forum
Wednesday,
February 19
2:30-4pm

Financial Roundtable
Friday, February 28
11:30am-12:30pm

Library Speaker Series:
Mohammed Al Samawai
Wednesday, February 26
7pm, Malibu Library

Thank you for participating in the City of Malibu Community Services Department programs. The City is dedicated to providing quality recreation programs, and in an effort to improve and meet the needs of the Malibu community, we are asking for your feedback.

Your opinion matters, so please take a moment to complete the 2020 Program Evaluation.



FEBRUARY HAPPENINGS

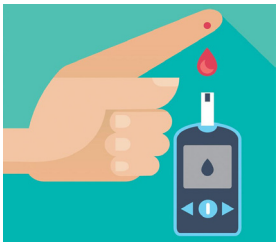
Theater Thursday
Thursday, February 6
11am and 1:15pm | Free

"Judy" 11am
Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts. Starring: Renee Zellweger, Rufus Sewell and Jessie Buckley (2019). PG-13.

"Where'd You Go Bernadette?" 1:15pm
A loving mom becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery. Starring: Cate Blanchet, Billy Crudup and Kristen Wiig (2019). PG-13.

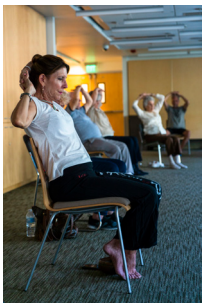
To help prepare you for the following Theater Thursday, the City has partnered with the Malibu Library to provide books based on the monthly movie picks. Outreach Librarian, Amy Turlock will stop by with books to lend out between movies.

Pre-Diabetes Lecture
Tuesday, February 25
1-2pm, Free
Malibu City Hall, Senior Center



During this educational lecture, you will learn what it means to be pre-diabetic and gain knowledge on how dieting and exercising can help decrease the risk of diabetes.

Chair Yoga
Mondays, 1-2pm
Ongoing, $2
Malibu City Hall, Senior Center



Yoga is a wonderful way to stretch the body and calm the mind. Get fit while you sit! Join this peaceful hour of exercise. No experience or pre-registration required.

Local's Lunch at Sunset Beach Cafe
Tuesday, February 11
11:30am

Join other local Malibu residents while experiencing a delicious meal!
Please call to RSVP.

Bridge
Monday & Wednesdays
Ongoing
2:15-4:30pm
Mondays-Senior Center
Wednesdays-Backstage Room

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

Conversational French
Thursday, February 6
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, February 10
12:15-12:45pm
Free

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

Tech Help
Fridays, 10-11am
February 7
(no tech help 2/14)
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
Malibu Community Pool

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.

Aquarius
Characteristics: progressive, original, and independent.

Pisces
Characteristics: compassionate, gentle, and wise.

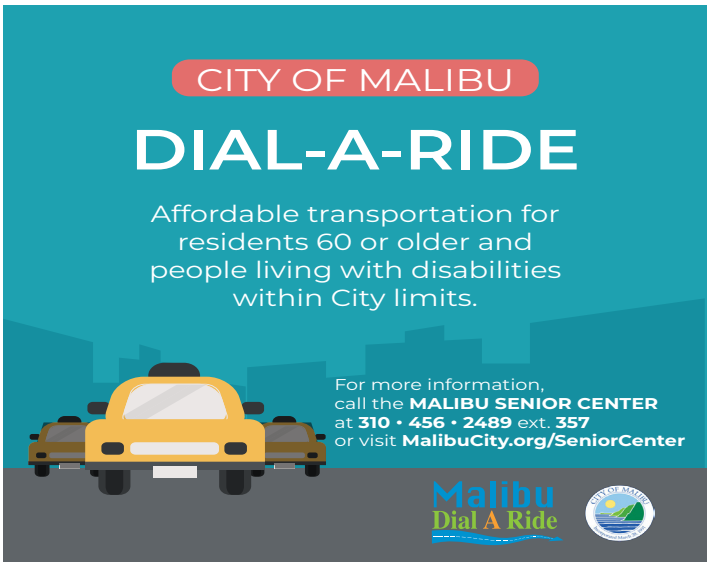
February Birthstone: Amethyst

Famous Celebrities Born in February: Rebel Wilson, Jennifer Aniston, Joseph Gordon-Levitt, and John Travolta.

February Fun Facts:
- February 4, 2004 - Facebook launched as "TheFacebook.com".
- February 7, 1964 - The Beatles first arrived in the United States.
- February 18, 1929 - The first Academy Awards were announced for films released in1928.

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.
- Malibu Dial-A-Ride: Transportation for those 60 and older. Sign up today!



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.

March Excursion- L.A. Arboretum Tour

Thursday, March 26, 9am-5:30pm
$40 (lunch included)
Deadline to register is March 13

Spend the day walking the grounds of the Los Angeles County Arboretum! The Arboretum is home to plant collections from all over the world, including many rare and endangered species. Participants will experience a docent-led tour and lunch at the Peacock Café. This trip will involve a large amount of walking and standing so be sure to wear comfortable shoes!

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 may be arranged.

Art Classes

Knitting
Mondays and Fridays, Ongoing
11am-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: Leaf Silhouettes
Friday, February 14
2-4pm | $5 class; $10 material fee
Malibu City Hall, Senior Center
Instructor: Lorelle Paterson

Explore the unique characteristics of hot pressed watercolor paper while creating leaf silhouettes.

Art to Wellness
Saturday, February 22
10am-12pm | Free
Malibu Bluffs Park
Facilitator: Carla Bates

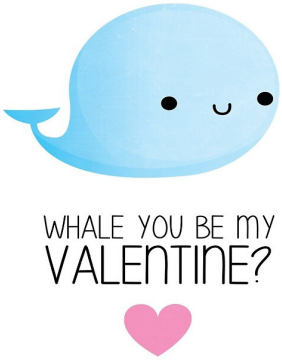
Explore the fun and creative side of art! All materials will be provided. Please call to RSVP. Sponsored by BlueSea Care Services.

Relax Through Coloring
Wednesday, February 26
11:15am-12:15pm| Free
Malibu City Hall, 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.

Have you received your reusable Senior Center coffee cup?

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!



Senior Center **Hours & Staff Members**

Monday-Thursday: 9am-4:30pm
Friday: 9am-4pm
Senior Center will be closed:
February 17

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

Senior Center Staff:

Lisa Arcidiacono Crespo, CPRP
Recreation Coordinator

Bryanna Edwards, Katie Early and Isaac Herrera