

MARCH  
2020



Malibu Senior Center & Adult Programs

# Senior NEWS & VIEWS

## SPOTLIGHT OF THE MONTH

### Living Leadership Workshop

**Tuesdays, March 3-17**

**1-2pm**

**Malibu City Hall, Senior Center**

**Free**

During this three-week hands-on workshop, Instructor, Inely Censa will teach goal setting strategies, how to establish realistic expectations, and work towards lifelong dreams.

Pre-registration is required.

### March Luncheon

**Thursday, March 19**

**11:30am-1pm**

**Malibu City Hall, Senior Center**

**\$2 with RSVP, \$3 at the door**

Join us this month for a unique Luau experience! Enjoy a delicious meal while being dazzled by Polynesian dancers.

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11am-12:30pm <b>*No Drawing Class</b> Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	3 <b>Disaster Preparedness 8:30am</b> <i>No Tai Chi</i> *Creative Writing 9:30-11:45am <b>Living Leadership Workshop 1-2pm</b> Mat Yoga 3:30-4:30pm	4 Stretch & Strength 10-11am <b>*No Poetry Class</b> Reader's Theater 1-3pm Bridge Group 2:15-4:30pm  <b>Storytelling Performance, City Hall, 3:30pm</b>	5 <b>Theater Thursday 11am-3:30pm</b> Ballet Slim & Trim 9-10am Tap Dance 10-11am Jazz Dance 11am-12pm	6 <i>No Tai Chi</i> Stretch & Strength 10-11am (Theater) <b>Tech Help 10-11am</b> Knitting 11am-12:30pm *Autobiography (student led) 12:30-2:45pm
9 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11am-12:30pm <b>Ice Cream Social 12:15-12:45pm</b> *Drawing at Bluffs 12:30-3:30pm 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 (student led) 9:30-11:45am <b>Locals Lunch 11:30am</b> <b>Living Leadership Workshop 1-2pm</b> Mat Yoga 3:30-4:30pm	11 Stretch & Strength 10-11am (Theater) *Poetry at Bluffs 10-11:50am <b>Spanish Makeup Class 11:30am</b> Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	12 Ballet Slim & Trim 9-10am Tap Dance 10-11am Jazz Dance 11am-12pm <b>Conversational French 11am-12pm</b>	13 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am <b>Tech Help 10-11am</b> <b>Living Trust Lecture 11:30am-1pm</b> Knitting 11am-12:30pm *Autobiography 12:30-2:45pm <b>Art Trek 2-4pm</b>  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Calligraphy Class, Saturday, March 14 City Hall, 10:30-11:30am</b> </div>
16 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11am-12:30pm *Drawing at Bluffs 12:30-3:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	17 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am <b>Living Leadership Workshop 1-2pm</b> Mat Yoga 3:30-4:30pm	18 Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am Reader's Theater 1-3pm Bridge Group 2:15-4:30pm	19 Ballet Slim & Trim 9-10am Tap Dance 10-11am Jazz Dance 11am-12pm  <b>Monthly Luncheon 11:30am</b>	20 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Knitting 11am-12:30pm *Autobiography 12:30-2:45pm
23 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11am-12:30pm *Drawing at Bluffs 12:30-3:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	24 Tai Chi at Bluffs 8:30-9:30am *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm	25 <b>Delta Gamma St. Patrick's Day Breakfast 8:30am</b> Stretch & Strength 10-11am *Poetry at Bluffs 10-11:50am <b>Relax Through Coloring 11:15am-12:15pm</b> Reader's Theater 1-3pm Bridge Group 2:15-4:30pm <b>Local Author Series, Malibu Library, 7pm</b>	26 Ballet Slim & Trim 9-10am Tap Dance 10-11am Jazz Dance 11am-12pm  <b>Excursion: LA Arboretum 9am-5:30pm</b>	27 <i>No Tai Chi</i> Stretch & Strength 10-11am Knitting 11am-12:30pm <b>Financial Roundtable 11:30am-12:30pm</b> *Autobiography 12:30-2:45pm  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Art to Wellness, Saturday, March 28 City Hall, 10am-12pm</b> </div>
30 <i>No Choir Class</i> Yin Yoga 11am-12pm Knitting 11am-12:30pm <b>*No Drawing Class</b> Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm	31 <i>No Tai Chi</i> *Creative Writing 9:30-11:45am Mat Yoga 3:30-4:30pm		<b>*Classes are offered through Emeritus College– Santa Monica College. Autobiography, Creative Writing, Drawing and Poetry.</b>	

# MARCH PROGRAMS

## Emeritus College

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Emeritus classes are offered through Santa Monica College. Classes are free, registration required. For more info, call 310.434.4306

### **Drawing & Painting**    **Creative Writing**

Mondays  
12:30-3:30pm  
Bluffs Park

Tuesdays  
9:30-11:45am  
City Hall

### **Poetry & Fiction**

Wednesdays  
10-11:50am  
Bluffs Park

### **Autobiography**

Fridays  
12:30-2:45pm  
City Hall

## Fitness and Dance

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### **Stretch & Strength**

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

### **Mat Yoga**

Tuesdays  
3:30-4:30pm

### **Ballet Slim & Trim**

Thursdays  
9-10am

### **Yin Yoga**

Mondays  
11am-12pm

### **Tap Dance - Choreographed**

Thursdays  
10-11am

### **Chair Yoga**

Mondays  
1-2pm

### **Jazz Dance**

Thursdays  
11am-12pm

## Art and Performance

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### **Choir**

Mondays  
9:45-10:45am

### **Art to Wellness**

Saturday, March 28  
10am-12pm

### **Knitting**

Mondays & Fridays  
11am-12:30pm

### **Relax Through Coloring**

Wednesday,  
March 25  
11:15am-12:15pm

### **Art Trek**

Friday, March 13  
2-4pm

### **Calligraphy Class**

Saturday, March 14  
10:30-11:30am  
City Hall



## Enrichment Groups & Lectures

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### **Bridge Group**

Mondays &  
Wednesdays  
2:15-4:30pm

### **Local's Lunch**

Tuesday, March 10  
11:30am

### **Reader's Theater**

Wednesdays  
1-3pm

### **Conversational French**

Thursday, March 12  
11am-12pm

### **Disaster Preparedness for Seniors**

Tuesday, March 3  
8:30am

### **Living Trust Lecture**

Friday, March 13  
11:30am-1pm

### **Living Leadership Workshop**

Tuesdays, March 3-17  
1-2pm

### **Showcase: Local Author Series**

Wednesday, March 25  
7pm

### **Tech Help**

Friday, March 6 & 13  
10-11am

### **Financial Roundtable**

Friday, March 27  
11:30am-12:30pm



17<sup>TH</sup> ANNUAL  
SENIOR CENTER

ANNIVERSARY  
PARTY



THURSDAY, APRIL 16  
11 AM - 1:30 PM  
MALIBU SENIOR CENTER

For more information or to RSVP,  
call 310.456.2489 x 357

# MARCH HAPPENINGS

## Theater Thursday

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



### “A Beautiful Day in the Neighborhood” 11am

Based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. Starring: Tom Hanks, Matthew Rhys, and Chris Cooper (2019). PG.

### “The Goldfinch” 1:15pm

A boy in New York is taken in by a wealthy Upper East Side family after his mother is killed in a bombing at the Metropolitan Museum of Art. Starring: Ansel Elgort, Nicole Kidman, and Jeffrey Wright (2019). R.

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 movies. Outreach Librarian, Amy Trulock will be at the Senior Center with books to lend out between movies.

## Living Trust Lecture

Friday, March 13  
11:30am-1pm, Free  
Malibu City Hall, Multi-Purpose Room

Presented by Terri Hilliard, local Attorney and Mediator. Senior Center members and their adult children are invited to attend a Living Trust Lecture. Bring questions. Please call to RSVP.

## Jazz Dance

Thursdays, Ongoing  
11am-12pm, \$2  
Backstage Room

Beginning March 5, participants will move and groove at this new and upbeat class! The instructor will combine choreography and technique allowing dancers to explore various rhythms and music. No experience necessary.



## Local's Lunch at Marmalade Cafe

Tuesday, March 10  
11:30am

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

## Bridge

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

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

## Conversational French

Thursday, March 12  
11am-12pm  
Surfrider 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, March 9  
12:15-12:45pm  
Malibu Senior Center  
Free

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

## Tech Help

Fridays, 10-11am  
March 6 & 13  
Malibu City Hall  
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 & Thursdays  
6:30-7:30pm  
Saturdays, 11am-12pm  
\$100 per month or  
\$15 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.

## Pisces

Characteristics: compassionate, gentle, and wise.

## Aries

Characteristics: confident, honest, and passionate.

**March Birthstone:** Aquamarine

**Famous Celebrities Born in March:** Bryanna Edwards, Shaquille O'Neal, Bruce Willis, and Reese Witherspoon.

## March Fun Facts:

- March 31, 1889 - The Eiffel Tower in Paris, France, was inaugurated.
- March 3, 1931 - President Herbert Hoover declared Francis Scott Key's "The Star-Spangled Banner" the official National Anthem of the United States.
- March 23, 1998 - James Cameron's Titanic won 11 Academy Awards.

## 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.
- Disaster Preparedness for Seniors: Tuesday, March 3 at 8:30am. Participants attending this educational class will receive a free emergency preparedness kit. For more information or to RSVP contact 310.456.2489 ext. 368.
- Malibu Dial-A-Ride: Transportation for those 60 and older. Sign up today!

**CITY OF MALIBU**

## 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

## March Excursion- LA Arboretum

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 an extensive amount of walking and standing so please wear comfortable shoes!

## April Excursion- Pepperdine Baseball Game

Tuesday, April 21, 12:30-5:30pm

\$40 (lunch included)

Deadline to register is April 10



The Senior Center is going to take you out to the ball game! Cheer on the Pepperdine's Waves, baseball team as they face the University of Hawaii Warriors during a mid-day game. It will be a day full of sunshine and cheering. Don't forget your baseball hat and sunscreen! Before the game, participants will eat lunch at a local Malibu restaurant.

### 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 & Fridays, Ongoing

11am-12:30pm | Free

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: Into the Jungle

Friday, March 13

2-4pm | \$5 class; \$10 material fee

Malibu Senior Center

Instructor: Lorelle Paterson

Using various jungle designs as inspiration, participants will create a jungle composition on canvas using acrylic paint.

### Art to Wellness

Saturday, March 28

10am-12pm | Free

Malibu City Hall

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, March 25

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?**

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



**Storytelling Performance  
Wednesday, March 4  
3:30 pm, Free  
Malibu City Hall, Theater**

Join participants of Ann Buxie's writing workshop will tell personal stories that elaborate imagery and generate a sense of enriched culture. This fun and inspiring event is free and open to adults only.

**Reception will be held in the Senior Center immediately following the performance.**

## Senior Center Hours & Staff Members

Monday-Thursday: 9am-4:30pm  
Friday: 9am-4pm

310.456.2489 ext. 357  
MalibuSeniorCenter@MalibuCity.org  
**MalibuCity.org/SeniorCenter**

Senior Center Staff:

Lisa Arcidiacono Crespo, CPRP  
Recreation Coordinator

Bryanna Edwards, Isaac Herrera and  
Katie Early