

January 2016

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Malibu Senior Center & Adult Activities

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Senior Center Staff

Theresa Odello
Recreation Coordinator
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 Bryanna Edwards
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senior news & VIEWS

January Luncheon

Thursday, Jan. 21, 11:30am-1:00pm

\$2 if RSVP by Tuesday 1/19,
 or \$3 at the door if space is available

Enjoy a healthy lunch and meet new and old friends at this monthly event. Special entertainment by Beverly Craveiro, a local musician with a lengthy musical history. Composer, pianist, music hall entertainer, teacher of young geniuses, Craveiro will entertain us with her piano playing and singing. Call in advance to reserve a seat (310) 456-2489 ext. 357; after 80 RSVPs a wait list will be created. Please pay at the door: exact change is preferred.



Are you a Capricorn? Happy Birthday!
Get in for FREE at the Monthly Luncheon!

Friday Medical Mystery:

Deciphering Your Latest Results

Friday, January 8, 12-1pm

Free Presentation

Medical Mysteries

- REVEALED -



Join us for this new Friday Series: Medical Mysteries. Learn about medical topics that YOU need to know.

Vin Joshi, M.D., will host a presentation entitled "Deciphering Your Medical Lab Test Results." Please call (310) 456-2489 ext. 357 to RSVP.

Calendar

January 2016

Mon	Tue	Wed	Thu	Fri
4 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Chair Yoga 1-2pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm	5 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Mat Yoga 3:30-4:30pm	6 Stretch & Strength 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm	7 Senior Aerobics 9-10am Theater Thursday 11am & 1:30pm	1 <i>City Holiday</i> Senior Center Closed
11 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Ice Cream Social 12:15-12:45pm Chair Yoga 1-2pm Bridge Group 2:15pm	12 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Photo Portrait Painting 12-3pm Mat Yoga 3:30-4:30pm Excursion: Mummies	13 Stretch & Strength 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm	14 Silver Fox Walk 9am Senior Aerobics 9-10am Spanish to Improve Memory 10-11am Memories in the Making 2:30-3:45pm	15 Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 1-2pm
18 <i>City Holiday</i> Senior Center Closed	19 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Photo Portrait Painting 12-3pm Mat Yoga 3:30-4:30pm	20 Stretch & Strength 10-11am Functional Fitness Fun Day 11am-12:30pm Emeritus Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm CPR Class 2-4:30pm or 6-8:30pm	21 Senior Aerobics 9-10am Spanish to Improve Memory 10-11am Monthly Luncheon 11:30am-1pm Current Events 1-2:30pm	22 Computer Workshop 10am-12pm Stretch & Strength 10-11am Finance Friday 12-1pm Functional Fitness 1-2pm
25 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Travel Presentation: Focus, Israel 12-1pm Chair Yoga 1-2pm Bridge Group 2:15pm Tea Time Potluck 3-4pm Caregiver Support Group 3:30-4:30pm	26 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Photo Portrait Painting 12-3pm Mat Yoga 3:30-4:30pm	27 Stretch & Strength 10-11am Relax Through Coloring 11:15am-12:15pm Emeritus Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm	28 Senior Aerobics 9-10am Spanish to Improve Memory 10-11am Pepperdine Lecture Series 1-2pm Karaoke 3-5pm	29 Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 1-2pm Art Workshop: Watercolor Trees with Yupo 2-4pm

Classes will not be held
on January 1 or 18

Classes

Computers

Computer and Cell Phone Workshop
Fridays, 10am-12pm, \$2/class

Art & Performance

Senior Choir
Mondays, 9:45-10:45am, Free

Art Trek Workshops
Workshop \$2, plus \$10 materials fee
Watercolor Trees with Yupo
Friday, January 29, 2-4pm
Jawlensky Portraits
Friday, February 26, 2-4pm

Enrichment / Groups

Spanish to Improve Memory
Thursdays, 10-11am
January 14-February 18
\$45 for the 6-week class

Bridge Group
Mondays, 2:15pm, Free

Current Events
Thursday, January 21, 1-2:30pm, Free

Reader's Theater
Wednesdays, 1-3pm, \$2

Caregiver Support Group
Monday, 3:30-4:30pm, Free
January 4 & 25

Karaoke
Thursday, January 28, 3-5pm, Free
Participants Must RSVP

Tea Time Potluck
Monday, January 25, 3-4pm

Finance Friday
Friday, January 22, 12-1pm, Free
Participants must RSVP for lunch

Emeritus College

Emeritus Classes are offered through Santa Monica College. Classes are free, but participants must register. Winter session: January 5 through February 10.

For more information,
please call (310) 434-4306.

Creative Writing **Drawing at Bluffs**
Tues, 9:30-11:45am Wed, 12:30-2:45pm

Fitness/Dance/Sports

New Time: Senior Aerobics and Toning
Thursdays, 9-10am
January 7-February 25
\$5 per class or \$30 for 8 classes

Chair Yoga
Mondays, 1-2pm, \$2/class

Legacy Walking Group
Tuesdays, 10-11am
Free, Legacy Park
Meet at Civic Center & Webb Way

Therapeutic Stretch & Strength
Mondays, 11am-12pm
Wednesdays & Fridays, 10-11am
\$2/class

Mat Yoga
Tuesdays, 3:30-4:30pm, \$2/class

Functional Fitness
Fridays, 1-2pm, \$2/class

Tai Chi at Bluffs Park
Tuesdays, 8:30-9:30am, \$2/class

Silver Fox Walks
Thursday, January 14, 9am, Free
Rocky Oaks: RSVP required

Highlighted
Classes

Art Trek Workshops

\$2 plus \$10 material fee

Instructor: Lorelle Patterson, Art Trek

Participants need to RSVP: minimum of 5 participants for the class to occur.

Open to participants 13 and older.

January 29, 2-4pm, Watercolor Trees with Yupo

Paint behaves very differently on Yupo - a synthetic, non-absorbent surface. Paint beautiful winter trees!

February 26, 2-4pm, Jawlensky Portraits

In this class you will re-create an expressive Alexi Jawlensky portrait in acrylic on canvas.



Senior Aerobics and Toning

Thursdays, January 7 - February 25, **9-10am (New Time)**

\$5 per class, or \$30 for 8 classes

Backstage Theater Room

Instructor: Ann Monahan

It's never too late to shape up! This low impact aerobics class will be done to show tunes and 1950's music, and is designed to help older adults maintain their cardiovascular health, strength and flexibility. The first section is filled with simple jazz steps followed by sculpting on a mat and stretching. Participants are asked to wear comfortable clothing, bring water and a yoga mat.

New: Spanish to Improve Memory

Thursdays, January 14 - February 18, 10-11am

\$45 for 6 classes

Zuma Room

Instructor: Robin Rapaport

Learning a new language is a wonderful way to exercise memory retention and develop new communication skills relevant to your daily life. Join the learning fiesta in this fun filled hour of basic Spanish! Class includes beginning grammar, vocabulary, conversation and activities to engage participants and provide real life situational dialog.

Photo Portrait Painting

Tuesdays, January 12 - February 16, 12 - 3pm

\$150 for 6 classes

Malibu Senior Center

Instructor: Inger Hodgson

The instructor will guide you through the mysteries of classical portrait painting and will teach limited palette, shadow pattern and sight-size technique. Participants also have the option of creating a self-portrait. Bring a photo, an easel (if you have one) and materials for oil or water based painting. If you do not have a photo, Inger will explain how to take one on the first day.

Finance Fridays

January 22

12-1pm

Zuma Room

Call to RSVP: Free lunch

Learn about a variety of financial topics in a casual setting.

“Strategies to Avoid Outliving your Retirement Savings”

Presented by Narayan Pallavur, Financial Advisor with Merrill Lynch, Pierce, Fenner & Smith Inc.

LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.

NEW: Functional Fitness Fun Day

Wednesday, January 20

FREE

Backstage Theater Room

Instructor: Melissa Hernandez

This is a free special Functional Fitness event to help promote wellness and fitness among adults. Focus on improving the muscles and joints used to do regular things around the house or daily errands. Wear comfortable shoes and clothing, bring a bottle of water, and have fun with a wide variety of exercises that will leave you with extra pep in your step!

What's New For You

FREE Theater Thursday, Jan. 7



"Trainwreck" 11:00am

Having thought that monogamy was never possible, a commitment-phobic career woman may have to face her fears when she meets a good guy. Starring: Amy Schumer, Bill Hader, Brie Larson. (2015)

"Time Out of Mind" 1:30pm

George seeks refuge at Bellvue Hospital, a Manhattan intake center for homeless men, where his friendship with a fellow client helps him try to repair his relationship with his estranged daughter. Starring: Richard Gere, Ben Vereen, Jena Malone. (2014)

CPR Class

Wednesday, January 20, 2pm-4:30pm OR

6pm - 8:30pm, \$40



If a family member, friend, or child in your care had a cardiac emergency, would you recognize the signs and respond quickly and appropriately? Empower yourself with the knowledge to save a life. Registration required: call (310) 456-2489 ext. 357.

Karaoke Happy Hour

Thursday, January 28, 3-5pm, Free

Join in or just come to listen to Karaoke at the Malibu Senior Center! The event is free, but participants are encouraged to bring snacks to share with others. Please RSVP by calling 310-456-2489 ext. 357.



Silver Fox Walks

Thursday, January 14, 9am

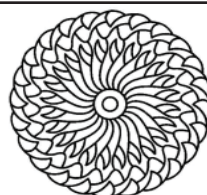
Experience the benefits of being active, social and outdoors while enjoying the many scenic regions of Malibu. Each month the group will meet in a new location for 2-3 mile walks. This month meet at Rocky Oaks: free parking. A docent will be present on this walk. Bring water, a snack, and wear comfortable clothing. RSVP required: 310-456-2489 ext 357.



Relax Through Coloring

Wednesday, January 27, 11:15am-12:15pm

Did you know that coloring helps relieve stress? By focusing on coloring, one is not thinking about the worries of daily life. Join us for this free unstructured drop-in program facilitated by Judy Merrick.



Travel Presentation Focus: Israel

Monday

January 25, 12-1pm

Free Presentation

Interested in traveling to Israel? Come to this free presentation and learn about Israel as a travel destination, its services and today's realities.

The speaker for the presentation will be S.

"Scott" Feinerman,

a Professor of Tourism & Travel and Director of Clergy & Travel Industry

Relations for the Israel

Ministry of Tourism, Western Region USA.

Sponsored by Cindy Vohland from Leisure TRAVEL Plus.

Christmas Tree Recycling

Through January 16

Free

Drop off your tree at Bluffs Park (eastside cul-de-sac) or 29136 Pacific Coast Hwy near Heathercliff Road. You may also cut your tree to fit in your green waste bin: no metal allowed. Be sure to remove water containers, metal stands, ornaments, tinsel, and lights.

For more info call 310-456-2489 ext. 286.

Legacy Park Walking Group

Tuesdays, 10-11am

Join us for easy walking and fun socializing around Legacy Park. Wear comfortable shoes, dress for the weather, and bring water. Meet at the corner of Civic Center Way and Webb Way.



Ice Cream Social *Free*

**Monday, Jan. 11
12:15-12:45pm**

Celebrate birthdays this month at the Center's ice cream social. Make your own sundae and enjoy socializing with others.

Tea Time Potluck

**Monday, January 25
3-4pm**

Grab your hat and enjoy a variety of teas, small sandwiches, cookies and fun! Please bring something to share with others. RSVP so participants know how much to bring:
310-456-2489 ext. 357.



Capricorn Birthdays: Dec. 22 - Jan. 19



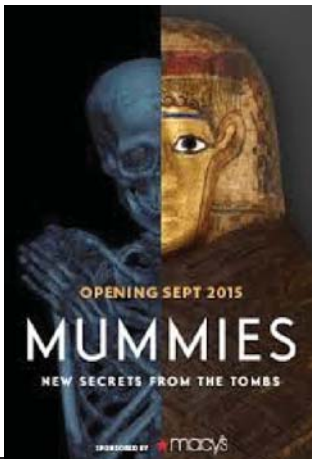
Practical, pessimistic, ambitious, disciplined, grudging, humorous

Ingrid Anderson, Lola Babalon, Barabra Bacon, Mike Bailey, Jane Baird, Steve Bank, Carole Baskerville, Shelby Basso, Freny Berkenbile, Jack Blackwood, Dorothy Blair, Annemarie Boegli, Sharleen Bright, Marilyn Brooks, Mike Brown, Roger Buteyn, Linda Castellucci, Suzanne Clarke, Tom Clements, Toni Cordier, Ike Coron, Mary Corse, Jacqueline Craven, Maxcy Dancy, Charlene Dankanyin, Olivia Davidson, John Diener, Cathy Doyle, Marlies Ebenstein, Kim Farrell, Judy Finch, Shula Finkelstein, James Fitzgerald, Mary Jo Fortin, Lionel Freeman, Gail Fuhrman, Kay Furgurson, Valerie Gable - Starrett, Tim Gallwey, Janice Gentry, Beryl Gilruth, Angelina Giodes, Beverly Gleason, Armella Grebb, George Greenberg, Molouk Haghanazari, Shirley Hague, Jimmy Hall, Richard Hall, Kevin Hatch, Tommy Hawkins, Carol Hernandez, Ralph Herzig, Adelyn Hickman, Marjie Hollinrake, George Hurd, Connor Ishimatsu, Leonardo Israeli, Arlene Jones, Jerome Jones, Dick Joy, Jack Kemp, Kal Klatte, Phyllis Laffin, Joe Lambert, Darlene Lancur, Kris Larronde, Valerie Lauerman, George Laux, Rosalie Lazarus, Sara Lemlich, Marilyn Limond, Wilfred Link, Cindy Linke, Libby Lippman, Barbara Magad, Merasta Magata, Nowell Main, Nita Martin, Norma Mason, Helga Matern, Julie May, Elaine Meitus, Milt Meler, Ephram Nehme, Kaye Niles, Barbara Nixon, Marie Oik, Judi Pace, Tom Pallack, Alred Pasternick, Jake Perlmutter, Vic Peterson, Marcia Pian, Henry Pollard, Richard Pollay, Susan Quillan, Herb Rand, Carol Randall, Herbert Reich, Rheta Reswick, Mary Jane Roberts, Joanne Robinson, Sherron Robinson, Allison Rockwell, Mimi Rose, Florence Rosenberg, Lorna Ross, Patricia Rudisill, Feri Ruva, Steve Ryan, Macaria Saludo, Tina Sartoris, Gloria Schleimer, Ellen Scott, Amal Selim, Ibrahim Selim, Robin Senter, Earl Siegel, Renee Siegel, John Siller, Constance Slade, Mariaan Smith, Rose Spina, Cindy Stuffman, Ghuzi Taki, Wayne Trelloggen, Nancy Valentine, Hennie Vander Meyden, Rosalina Vilorio, Cindy Vohland, Claire Vopatek, Mike Walker, Sharon Wallin, Florence Weinberger, Norma Wenderoth, Bert Whalley, Bob Whitman, Jack Willis, Janet Willis, Joyce Wood, Karen Worden, Peter Worsley, Douglas Wright, David Youmans, Lori Young, Gary Zethraeus

Other News from the Senior Center

- **Health Tip:** Be sure to include cinnamon in your baking! This spice is good in both sweet and savory dishes, but is also good for your blood, heart, and brain.
- **Malibu Library Events:** January 12, 7pm, Library Speaker Series: Dr. Paul Cummins, the founder, president, and CEO of Coalition for Engaged Education. January 13, 5pm, Library Book Group, *China Dolls* by Lisa See. January 15, 3pm, Classical Guitar Concerts with Pepperdine University. January 20, 1:30pm, Healing Art of Qi Gong. For more information or to RSVP call 310-456-6438.
- **Malibu Garden Club:** January 6, 7pm, Point Dume Club House, Designing your Garden with California Native Plants, presented by Carol Bornstein.
- **Malibu Jazz Band:** Are you interested in joining a community jazz band in Malibu? Dust off your old horn and sign up! We are creating an interest list for a future program, so call 310-456-2489 to put your name and instrument on the list.
- **Bank of Books Events:** January 9, 12pm, Mary Lunn Martin reads and signs *The Ghost Writer*, and at 2pm Marie Ange Faugerolas reads and signs *Angles: The Definitive Guide to Angles from Around the World*. January 16, 2pm, Azel Griswold reads and signs *Swim a Crooked Line*, and at 6-8pm enjoy a Coffeehouse atmosphere with local musicians. January 30, 2pm, Ivor Davis discusses and signs *The Beatles and Me*. For more information call 310-457-5699.
- **Volunteers Needed:** It's a New Year! Did you make a resolution to help others? Volunteers are needed at Juan Cabrillo School to read with the students: no special training required. If interested, contact Patti Mehring, Kindergarten teacher, at 310-457-9099.

January Excursion



Mummies: New Secrets from the Tombs at the Natural History Museum

Tuesday, January 12, 10:15am-4:30pm, \$52 (Lunch Included)
Deadline to Register: Monday, January 4 or until full

Start off the day with a wonderful lunch in downtown Los Angeles at the Food Haus Café. Located in Historic South Central, is home to Los Angeles' first industrial meets luxury gourmet eatery, and is a hidden gem that takes pride in its uniquely exciting menu and atmosphere. Following lunch, see the world premiere of Mummies: New Secrets from the Tombs. Get a rare, up-close look at a selection of 20 mummies originating from ancient Egypt and Peru. This exhibition reveals these people's burial secrets, new details about their lives, and the societies they lived in. Using the modern technology of CT scanning, scientists have revealed a detailed look into long-vanished cultures of Peru and Egypt.

February Excursion



Ventura Harbor and Whale Watching

Wednesday, February 24, 9:30am-6:30pm, \$40 (Lunch NOT Included)
Deadline to Register: Monday, February 10 or until full

Spend a quintessential Southern California day at a quaint harbor town and whale watching! Start the day at Channel Islands National Park Visitor Center and learn about the five remarkable islands and their ocean environment, preserving and protecting a wealth of natural and cultural resources. Then we're off to the Ventura Harbor to enjoy a light lunch on your own and perhaps squeeze in a bit of time for window-shopping. Don't eat too much, though, because after lunch we board an Island Packers boat to search for Grey Whales. Trip will be cancelled during inclement weather.

Trip Cancellation/Refund Policy

Trips may be canceled if minimum enrollment is not met by the registration deadline. Refunds will not be given to participants who cancel after the registration deadline. Special accommodations for those with specific needs can be arranged. Checks should be made payable to "City of Malibu."

New Program: Memories in the Making

Thursday, January 14, 2:30-3:45pm, Free



Memories in the Making®
alzheimer's association®

Memories in the Making is one of the Alzheimer's Association, California Southland Chapter's signature programs. It is a unique fine arts program for people with Alzheimer's disease or other dementias that offers a creative and non-verbal way of communicating and capturing precious moments through art.

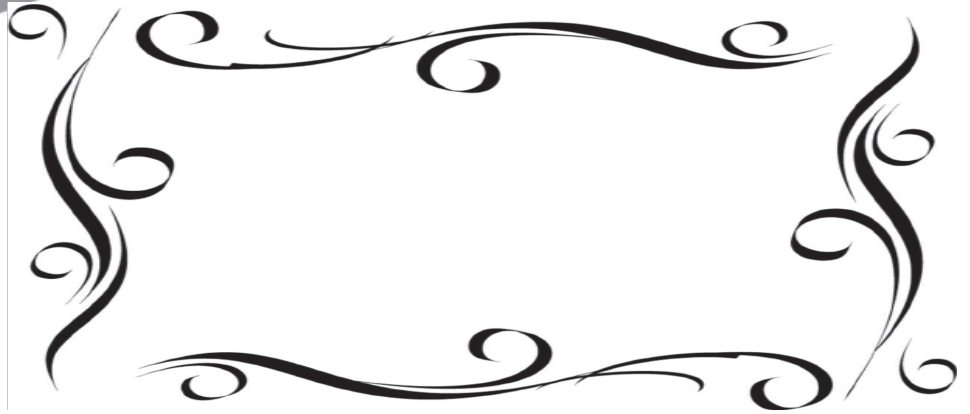
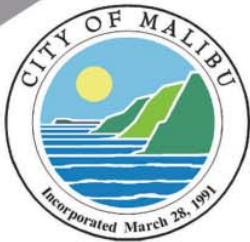
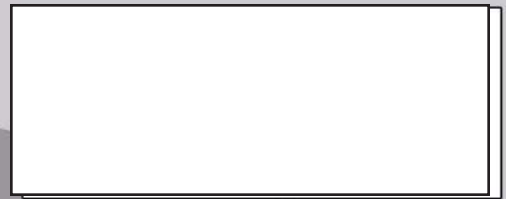
More than a traditional arts and crafts class or hobby activity, Memories in the Making stimulates the brain, enhances connections with families, professional caregivers, as well as others, preserves distant memories or captures the "spirit of the moment," opens up communication about self-perceptions and the world and validates and focuses on what remains rather what's lost.

This program will be facilitated by Denise Gieser.

MALIBU SENIOR CENTER

23825 STUART RANCH ROAD

MALIBU, CA 90265



Pepperdine Lecture Series

Factors that Can Enhance or Impair Memory

Thursday, January 28, 1:00-2:00pm

By Professor Janet P. Trammell, Ph.D., Assistant Professor of Psychology

Janet Trammell is an assistant professor of cognitive psychology at Pepperdine University, where her research involves the relationship between stress and memory, and the relationship between age, physical activity, and cognition. She received her Ph.D. from the University of Virginia in 2011, and her B.S. from Birmingham-Southern College in 2004. In her free time, she enjoys hiking, biking, traveling, and finding any excuse to be outside with her husband George and son Noah.



Save a tree!

If you are interested in receiving the Senior News & Views via email instead of snail mail, please contact Theresa Odello at todello@malibucity.org

Senior Center Hours

Monday - Thursday: 9 am - 4:30 pm

Friday: 9 am - 4 pm

Saturday and Sunday: Closed

Closed on January 1 and 18

Senior Center Phone Number:

310-456-2489 ext. 357