

February 2016

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Malibu Senior Center & Adult Activities

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Senior Center Staff

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senior news & VIEWS

February Luncheon

Thursday, Feb. 18, 11:30am-1:00pm

**\$2 if RSVP by Friday, 2/12
 or \$3 at the door if space is available**

Enjoy a healthy lunch and meet new and old friends at this monthly event. Enjoy an energetic performance by Tatjana, a Yugoslavian beauty who has performed throughout Europe and the United States. Delight in music from Broadway musicals, rock and roll and exciting impersonations. Tatjana's vocal and dance abilities combined with her glamorous costumes will make this afternoon a unique experience.

Call in advance to reserve a seat 310-456-2489 ext. 357. Luncheons will fill up: after 80 RSVPs a wait list will be created. Please pay at the door: exact change is preferred.



***Are you an Aquarius? Happy Birthday!
 Get in for FREE at the Monthly Luncheon!***

Moving in the Right Direction: About Senior Living Options

Monday, February 1, 12-1pm

Free Presentation

Learn about the various senior living options, from staying in your current home to senior apartments to assisted living. Find out prices of the different options and what to look for. Cynthia Rabinovitch, a Certified Senior Advisor and a leader in the healthcare industry, is dedicated to advocating for older adults by providing quality, ethical, and pleasant transition with dignity. Call 310-456-2489 ext. 357 to RSVP.

Calendar

February 2016

Mon	Tue	Wed	Thu	Fri
<p>1 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Moving in the Right Direction: Senior Living Options 12-1pm Chair Yoga 1-2pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>2 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</p>	<p>3 Stretch & Strength 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm</p>	<p>4 Senior Aerobics 9-10am Spanish to Improve Memory 10-11am Theater Thursday 11am & 1pm</p>	<p>5 Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 11am-12pm Medical Mysteries: Managing your Physical Balance 12-1pm Special Movie Screening 1:30pm</p>
<p>8 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</p>	<p>9 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</p>	<p>10 Stretch & Strength 10-11am Alzheimer's Association: Know the 10 Signs: 12-1pm Emeritus Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm</p>	<p>11 Senior Aerobics 9-10am Silver Fox Walk 9am Spanish to Improve Memory 10-11am Memories in the Making 2:30-3:30pm</p>	<p>12 Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 11am-12pm Karaoke Potluck 1-3pm</p>
<p>15 <i>City Holiday</i> <i>Senior Center Closed</i></p>	<p>16 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 Emeritus Art at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>17 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Functional Fitness Fun Day 11am-12:30pm Reader's Theater 1-3pm</p>	<p>18 Senior Aerobics 9-10am Spanish to Improve Memory 10-11am Monthly Luncheon 11:30am-1pm Current Events 1-2:30pm</p>	<p>19 AARP Smart Driver Refresher 9am-1pm Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 11am-12pm Senior Choir 11am-12pm Finance Friday 12-1pm Emeritus Autobiography 12:30-2:45pm</p>
<p>22 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</p>	<p>23 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Art at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>24 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Relax through Coloring 11:15am-12:15pm Reader's Theater 1-3pm Excursion: Whale Watching</p>	<p>25 AARP Smart Driver 9am-1pm Senior Aerobics 9-10am Spanish to Improve Memory 10-11am Local's Lunch at Spruzzo 11:30am Pepperdine Lecture Series 3-4pm</p>	<p>26 AARP Smart Driver 9am-1pm Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 11am-12pm Emeritus Autobiography 12:30-2:45pm Art Trek Jawlensky Portraits 2-4pm</p>
<p>29 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Chair Yoga 1-2pm Bridge Group 2:15pm Tea Time Potluck 3-4pm</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Special Movie Screening on Friday, February 5, at 1:30pm, "Chloe & Theo" Theo, an Inuit from the Arctic, travels to New York City with an important message for world leaders about the catastrophic impact climate change is having on his home. Upon arrival, he meets a fiery and fearless homeless girl, Chloe, and together they embark on an odyssey to save the world. 2015.</p> </div>			

Classes

Classes will not be held
on February 15

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
Jawlensky Portraits
Friday, February 26, 2-4pm
Flights of Fantasy
Friday, March 11, 2-4pm

Enrichment / Groups

Bridge Group
Mondays, 2:15pm, Free

Current Events
Thursday, February 18, 1-2:30pm, Free

Reader's Theater
Wednesdays, 1-3pm, Free

Caregiver Support Group
Monday, 3:30-4:30pm, Free
February 1 & 22

Karaoke
Friday, February 12, 1-3pm, Free
Participants Must RSVP
Potluck lunch

Tea Time Potluck
Monday, February 29, 3-4pm

Finance Friday
Friday, February 19, 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.
Spring Session: February 16—June 10.
For more information, please call 310-434-4306.

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

Modern Poetry **Autobiography**
Wed, 10-11:50am Fri, 12:30-2:45pm

Fitness/Dance/Sports

Senior Aerobics and Toning
Thursdays, 9-10am
Through February 25
\$5 per class

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, 11am-12pm (New Time), \$2/class

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

Silver Fox Walks
Thursday, February 11, 9am, Free
Peter Strauss Ranch: 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.

February 26, 2-4pm, Jawlensky Portraits

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

March 11, 2-4pm, Flights of Fantasy

Using simple shapes and lots of imagination, we will make a fun and playful composition!



Senior Aerobics and Toning

Thursdays, Through February 25, **9-10am**

\$5 per class

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.

Functional Fitness Fun Day

Wednesday, February 17, 11am-12:30pm

FREE

Backstage Theater Room

Instructor: Pepperdine Volunteers

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!

Friday Medical Mystery: Managing Your Physical Balance

Friday, February 5, 12-1pm

Call to RSVP: Free lunch

Zuma Room

Facilitated by Vin Joshi, M.D.

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 "Managing Your Physical Balance." Please call 310-456-2489 ext. 357 to RSVP.



Finance Fridays

February 19

12-1pm

Zuma Room

Call to RSVP: Free lunch

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

"Are Exchange-Traded Funds (ETF's) Good for your Portfolio at This Time?"

Presented by Dennis Shu of Perennial Financial Services

LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.



AARP SMART DRIVER PROGRAM

Tune up your driving skills and learn about current rules of the road, how to safely operate your vehicle in today's driving environment and some adjustments to common age-related changes in vision, hearing and reaction time. Auto insurance discount may apply for AARP graduates (check with your provider)! Please RSVP 310-456-2489 ext. 357. The refresher course is offered to participants who have taken the 8-hour Smart Driver Program within the last 3 years.

\$15 AARP members, \$20 non-AARP members

Malibu City Hall, Zuma Room

Basic Course: February 25 & 26, 9am-1pm

Refresher Course: February 19, 9am-1pm

What's New For You

FREE Theater Thursday, Feb. 4



"He Named Me Malala" 11:00am

A look at the events leading up to the Taliban's attack on Pakistani schoolgirl, Malala Yousafzai, for speaking out on girls' education followed by the aftermath, including her speech to the United Nations. Starring: Malala Yousafzai, Ziauddin Yousafzai, Toor Pekai Yousafzai. (2015)

"The Martian" 1:00pm

During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Starring: Matt Damon, Jessica Chastain. (2015)

Alzheimer's: Know the 10 Signs

Wednesday, February 10, 12-1pm, Free



Learn the 10 Warning Signs of Alzheimer's disease and the benefits of early detection and early diagnosis. Presented by Ross Hashimi, a former member of the Alzheimer's Association Board of Directors, Central Coast Chapter.

Karaoke Potluck

Friday, February 12, 1-3pm, Free

Join in or listen to Karaoke singers 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, February 11, 9am

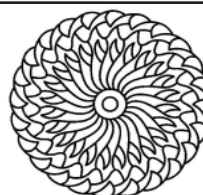
Experience the benefits of being active, social and the outdoors while enjoying the many scenic regions of Malibu. Each month the group will meet in a new location for 2-3 mile walks. This month meet at Peter Strauss Ranch. Bring water, a snack, and wear comfortable clothing. RSVP required: 310-456-2489 ext. 357.



Relax Through Coloring

Wednesday, February 24, 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.



Locals Lunch

Thurs., February 25

11:30am

Spruzzo

29575 PCH



Enjoy lunch at a local restaurant and socialize with Malibu locals. Spruzzo is an upscale family friendly restaurant with generous portions, great prices, excellent service, and is known for their amazing pizza. Please RSVP 310-456-2489 ext. 357.

Ski Club



Interested in joining other like-minded skiers on occasional trips up the mountain? This new informal ski club plans on carpooling up to ski areas and enjoying the snow while it lasts. Call 310-456-2489 ext. 357 to add your name to the list and you will be contacted by a volunteer.

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, Feb. 8
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, February 29
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.



Aquarius Birthdays: Jan. 20 - Feb. 18

Friendly, Detached, Loyal, Unpredictable, Honest, Unemotional



Ida D. Acton, Karen Ahmanson, Katherine Amber, Veda Anderson, Ian Armstrong, Yim Ashley, Heriberto Ayala, Han Azar-Mehr, Risa Barbakow, Dianne Bates, Park Biglow, David Brotman, Peter Bruno, Gary Campbell, Cinda Carr, Carolyn Cline, Shelley Cohen, Ron Coleman, Marilyn Cook, Mary Corey, Robert Curtis, Zohra Daoud, Armin Dolin, Thomas Domino, Marlies Ebenstein, Fran Ezer, Joyce Feinman, Doris Felts, Brenda First, Mary Fitzgerald, Saralei Flashner, Porter Fowler, Patricia Fox, Lionel Freeman, Rebecca Friedman, Carla Galias, Don Galias, Edward Gonzales, Marta Graham, Sidney Greathouse, Melinda Gwyn, Laveren Haines, Eugene Hall, John Hall, Eugene Hall, James Harley, Ryan Hill, Nancy Ianniello, Kathryn James, Uta Jeron, Joseph Juliano, Maria Justina, Masako Kasloff, Ingrid Kelsey, Bernard Kirschner, Hans Knur, Rosemary Kofsky, Virginia Korshack, William Kostman, Donald Kramer, Leandra Lack, Joe Lambert, Spencer Lehman, Julie Leipzig, D. Lemmer, Solange Lemonnier, Ellen Levand, Barbara Lewitt, Ron Lichtenstein, John Lucadam, Carolyn Magee, Charles Marowitz, Marsha Maus, RayMendez, Freya Miller, Jay Miller, Vanessa Mitchell-Clyde, Virginia Moore, Lynn Osborn, Oshara, Julie Paar, William Phipps, Marcia Pian, Ralph Potkin, Mary Purucker, Ariel Rodriguez, Marilyn Royden, Robert Ryan, Marina Salceda, Michael Schmit, Earl Schwab, Lisa Shafer, Lael Shannon, Joanne Shea, Talmadge Silk, Eleanor Smith, Eva Snisky, Louise Stange, Joyce Stein, Jean Stephenson, Irene Stott, Helen Telanoff, Marjorie Trebaol, Eugene Veenhuis, Rita Voge, Lillian Wheeler, Riva Wilkens, Angela Wilson, Barbara Witham, Vivian Woodworth, Miriam Wyan, Ronald Zamarin, Sally Zamarin

Other News from the Senior Center

- **Health Tip:** Onions are rich in Vitamin C, sulphuric compounds, flavonoids, and other photochemicals. An onion a day may help keep the doctor away, or at least from talking to you up close.
- **Malibu Library Events:** February 12, 3pm, Classical Guitar Concerts with Pepperdine University. February 17, 7pm, Library Speaker Series: Elizabeth Smart, who was one of the most followed child abduction cases of our time. February 27, 11am, Friends of the Malibu Library Book Fair. For more information or to RSVP call 310-456-6438.
- **Malibu Garden Club:** February 3, 7pm, Point Dume Club House, A Life With Roses, presented by Danielle Hahn, owner of Rose Story Farm. For more information call 310-456-3860.
- **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 ext. 357 to put your name and instrument on the list.
- **Bank of Books Events:** February 6, 2pm, Donnie Eichar discusses and signs *Dead Mountain: The Untold True Story of the Dyatlov Pass Incident*, and at 4pm is Poetry Afternoon featuring Cassandra Christenson with open-mic following. February 13, 2pm, KNX Radio's Bob Brill reads and signs *Lancer: Hero of the West*. February 20, 2pm, Susan Dopart discusses and signs *A Recipe for Life by the Doctor's Dietitian*. February 27, 2pm, Marc Weingarten discusses and signs *Thirsty: William Mulholland, California Water, and the Real Chinatown*. For more information call 310-457-5699.

February Excursion



Ventura Harbor and Whale Watching

Wednesday, February 24, 9:30am-6:30pm, \$40 (Lunch NOT Included)

Deadline to Register: 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.

March Excursion



The Broad Museum

Wednesday, March 16, 10:15am-4:30pm, \$38 (Lunch Included)

Deadline to Register: March 2 or until full

Begin with lunch at the Lakeside Bistro, located in the Westin Bonaventure. Next, visit the new Broad Museum. Nearly forty years in the making, The Broad is home to a prominent collection of postwar and contemporary art assembled by Eli and Edythe Broad. The museum also houses a lending library and art collections of more than 200 artists, including Andy Warhol and Jean-Michel Basquiat. Note: Extensive walking and limited seating at the museum.

April Excursion



Culver City Museums

Friday, April 22, 10:15am-4:45pm, \$40 (Lunch Included)

Deadline to Register: April 12 or until full

Start the day at the Wende Museum, an art museum, historical archive and educational institution of the Cold War time period. Founded in 2002 by Justinian Jampol, it has a collection of more than 1000,000 unique objects of visual and material culture from the Soviet Union and the former Eastern Bloc. After the museum, enjoy lunch at Café Brazil, a casual restaurant that reflects the culinary diversity of Brazil. Then explore the Museum of Jurassic Technology. This museum calls itself "an educational institution dedicated to the advancement of knowledge and the public appreciation of the Lower Jurassic," referring to things that are left uncertain and unexplained. The final stop will be the Center for Land Use Interpretation, which is dedicated to increase and diffusion of knowledge about how the nation's lands are apportioned, utilized, and perceived.

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."

Memories in the Making Thursday, February 11, 2:30-3:30pm, Free

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.



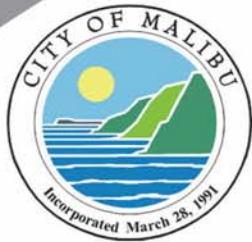
More than a traditional arts and crafts class or hobby activity, Memories in the Making stimulates the brain, enhances connections with families, professional caregivers, as well as others, preserves distant memories or captures the "spirit of the moment," opens up communication about self-perceptions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

This program will be facilitated by Denise Gieser.

MALIBU SENIOR CENTER

23825 STUART RANCH ROAD

MALIBU, CA 90265



Pepperdine Lecture Series

Old Texts and New Technology: Deciphering a Third Century Greek Manuscript Thursday, February 25, 3:00-4:00pm

By Professor Randy Chesnutt, Ph.D.

Randy Chesnutt is the William S. Banowsky Chair in Religion at Pepperdine University, where he has served on the faculty since 1984.

He holds a Ph.D. from Duke University in history and literature of ancient Judaism and early Christianity. Dr. Chesnutt will demonstrate the newest imaging technology that reads a previously illegible manuscript from the third century C.E., the Dead Sea Scrolls.



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 February 15

Senior Center Phone Number:

310-456-2489 ext. 357