

**March
2016**

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Malibu Senior Center & Adult Activities

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Senior Center Staff

Theresa Odello
Recreation Coordinator
Recreation Assistants
 Bryanna Edwards
 Jhenzier Gordon
 Melissa Hernandez
 Rebecca Ramos



senior news & VIEWS

March Luncheon

Thursday, Mar. 17, 11:30am-1:00pm

\$2 for the first 80 people that RSVP

Suzanne Guldimmann has played the Celtic harp for many years, and has always been fascinated by early and traditional music. She is the author of nine music books for the harp, ranging from Medieval and Renaissance songs to English country dances, sea chanteys, folk songs, ballads and traditional Christmas carols. She will perform a selection of traditional Irish music on the harp. Call in advance to reserve a seat 310-456-2489 ext. 357. Please pay at the door: exact change is preferred.



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

Real Life Advice on Organizing & Downsizing

Monday, Mar. 7, 12-1pm, Free Presentation

Learn how to organize and de-clutter from an expert in the field, Teine Kenney, founder of *organizethis*. Teine is one of the nation's first Certified Professional Organizers and holds five Certificates from the National Study Group on Chronic Disorganization. The presentation will include tips from the international bestseller "The Life Changing Magic of Tidying Up." Call 310- 456-2489 ext. 357 to RSVP.



Calendar

March 2016

Mon	Tue	Wed	Thu	Fri
<p>7 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Real Life Advice on Organizing & Downsizing 12-1pm Chair Yoga 1-2pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>1 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>2 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Learn about Cremation 12-1pm Reader's Theater 1-3pm</p>	<p>3 Senior Aerobics 9-10am Spanish to Improve Memory 10-11am Theater Thursday 11am & 1:30pm</p>	<p>4 Computer Workshop 10am-12pm Stretch & Strength 10-11am <i>No Functional Fitness</i> Medical Mysteries: Managing your Aches & Pains 12-1pm <i>No Emeritus Classes Today</i></p>
<p>14 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>15 Tai Chi at Bluffs Park 8:30-9:30am <i>No Emeritus Classes Today</i> Legacy Walk 10-11am Special Movie Screening 12pm Mat Yoga 3:30-4:30pm</p>	<p>16 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Pepperdine Journalism: You in the News 12-1pm Reader's Theater 1-3pm Excursion: The Broad</p>	<p>17 Senior Aerobics 9-10am Monthly Luncheon 11:30am-1pm Current Events 1-2:30pm Happy St. Patrick's Day!</p>	<p>18 Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 11am-12pm Emeritus Autobiography 12:30-2:45pm Easter Hopping Volunteers 2:45-5pm</p>
<p>21 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Understanding Prostate Cancer and Bladder Function 12-1pm Chair Yoga 1-2pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>22 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Local's Lunch at Sunset 12pm Emeritus Art at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>23 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Functional Fitness Fun Day 11am-12:30pm Reader's Theater 1-3pm</p>	<p>24 Senior Aerobics 9-10am Karaoke Potluck 12-2pm</p>	<p>25 Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 11am-12pm Emeritus Autobiography 12:30-2:45pm</p>
<p>28 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Travel Presentation 12-1pm Chair Yoga 1-2pm Bridge Group 2:15pm</p>	<p>29 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>30 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Relax through Coloring 11:15am-12:15pm Reader's Theater 1-3pm Pepperdine Lecture Series 1-2pm</p>	<p>31 Senior Aerobics 9-10am Special Movie Screening 10am-12pm Pepperdine Journalism: You in the News 12-1pm</p>	

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

Flights of Fantasy

Friday, March 11, 2-4pm

Spring Pastel Flowers

Friday, April 1 (workshop \$5 plus \$10 mat.)

Enrichment / Groups

Bridge Group

Mondays, 2:15pm, Free

Current Events

Thursday, March 17, 1-2:30pm, Free

Reader's Theater

Wednesdays, 1-3pm, Free

Caregiver Support Group

Monday, 3:30-4:30pm, Free
March 7 & 21

Potluck Karaoke

Thursday, March 24, 12-2pm, \$1 Donation
Participants Must RSVP
Potluck lunch

Finance Friday

Friday, March 11, 12-1pm, Free
Participants must RSVP for lunch

Medical Mystery Friday

Friday, March 4, 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.

Emeritus classes will not be held on March 4 and March 15.

Creative Writing

Tues, 9:30-11:45am

Art at Bluffs

Tues, 12:30-2:45pm

Modern Poetry

Wed, 10-11:50am

Autobiography

Fri, 12:30-2:45pm

Fitness/Dance/Sports

Senior Aerobics and Toning

Thursdays, 9-10am
\$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, \$2/class

Tai Chi at Bluffs Park

Tuesdays, 8:30-9:30am, \$2/class

Silver Fox Walks

Thursday, March 10, 10am
Malibu Creek State Park: 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.

March 11, 2-4pm, Flights of Fantasy

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

April 1, 2-4pm, Spring Pastel Flowers*

Flowers come to life with the vibrant colors of chalk pastel. *Special Class, Price is \$15



Senior Aerobics and Toning

Thursdays, Ongoing, 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, March 23, 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 Aches and Pains

Friday, March 4, 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 Aches and Pains." Please call 310-456-2489 ext. 357 to RSVP.

Medical Mysteries

- REVEALED -



Finance Fridays

March 11

12-1:30pm

Zuma Room

Call to RSVP: Free lunch

"Estate Planning: The Do's and Don'ts"

Presented by Pallavur McNutt Group from Merrill Lynch

With Special Guest Jeffrey L. Condon

LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.



Understanding Prostate Cancer Screening and Bladder Function

Monday, March 21, 12-1pm

Call 310-456-2489 ext. 357 to RSVP

Zuma Room

Free Presentation by Jennifer Linehan, M.D.

Prostate cancer screening is a hot topic. Should you get screened? What if it indicates you might have prostate cancer? Jennifer Linehan, M.D., urologic oncology expert, will talk about the controversy surrounding prostate cancer screening, debunk myths and help you understand prostate cancer risk factors. Learn more about this topic, urinary tract infections, bladder cancer, and other common bladder concerns with Dr. Linehan, who practices at Providence Saint John's Health Center.

What's New For You

FREE Theater Thursday, Mar. 3



"Bridge of Spies" 11:00am

During the Cold War, the Soviet Union captures U.S. pilot Francis Gary Powers after shooting down his U-2 spy plane. Sentenced to 10 years in prison, Powers' only hope is New York lawyer James Donovan, recruited by a CIA operative to negotiate his release. Starring: Tom Hanks, Mary Rylance, Amy Ryan, Alan Alda. (2015)

"Spectre, 007" 1:30pm

A cryptic message from Bond's past sends him on a trail to uncover a sinister organization. While "M" battles political forces to keep the secret service alive, Bond peels back the layers of deceit to reveal the terrible truth behind SPECTRE. Starring: Daniel Craig, Christoph Waltz. (2015)

Learn About Cremation

Wednesday, March 2, 12-1pm, Free

This important presentation covers cremation and how smart planning and pre-planning can save money. Learn about social security and veteran's benefits and how to make your arrangements good anywhere in the country. Enjoy free desserts, giveaways, and a raffle. RSVP: 310-456-2489 ext. 357.

Karaoke Potluck Lunch

Thursday, March 24, 12-2pm, \$1 Donation

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



Silver Fox Walks

Thursday, March 10, 10am

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 Malibu Creek State Park; \$12 to park so carpooling is recommended. Bring water, a snack, and wear comfortable clothing. RSVP required: 310-456-2489 ext. 357.



Locals Lunch

Tue., March 22

12pm

The Sunset
Restaurant



Enjoy lunch at a local restaurant and socialize with Malibu locals. The Sunset Restaurant is an upscale family friendly restaurant with great food, excellent service, and is known for their amazing ocean views. Please RSVP 310-456-2489 ext. 357.

Special Movie Screenings

Everest

Tuesday, March 15, 12pm
A climbing expedition on Mt. Everest is devastated by a severe snow storm. (2015)

How to Commit Marriage

Thursday, March 31, 10am
Bob Hope and Jane Wyman star as the perfect married couple with one minor exception: They are about to announce their divorce. (1969)

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, March 14
12:15-12:45pm**

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

YOU in the News!

Everyone has an interesting story: Come tell YOUR story. Pepperdine University advanced broadcast journalism students will be here to meet you and hear your life story, interesting Malibu facts, or whatever you want to talk about.

Wed., March 16, 12-1pm,
Multi-Purpose Room
And/Or

Thurs., March 31,
12-1pm, Senior Center
With Pepperdine
Journalism Students

Pisces Birthdays: Feb.19 - Mar. 20

Compassionate, Oversensitive, Adaptive, Escapist, Romantic, Indecisive



Kamilla Albrecht, Bea Ammidown, Marlene Anderson, Wes Andrews, Jerome Ashford, Han Azar-Mehr, Mark Baron, Polly Barrett, Beverly Beal, Bernie Beldnew, Ann Berger, Antoinette Berget, Dona Bigelow, Jeanne Blessing, Lynn Bossetti, Sally Brady, Milon Bujic, Carol Bush, Nadine Cain, Pina Cianfaglione, Dorothy Clarke, James Clifford, Linda Coben, William Coben, Ellen Cohen, Patricia Cortazzo, Pat Cottrell, Garth Craven, Dorothy Dohm, Joyce Ellis, Luna Fitzpatrick, Virginia Fritz, Mehri Frost, Jorge Garcia, Steve Garfield, Sheila Gibbons-Fly, Ron Gold, Mary Gonzalez, John Grams, William Gregge, Sylvia Griffiths, Alma Haessig, Sue Hall, Sally Hammill, Ross Hashemi, Jackie Hassett, Jeannine Hayes, Jeanne Heneghan, Ruth Hillman, Gifford Hitz, John Honigsfeld, Eloise Hoopes, Patricia Horton, Floyd (Bud) Hower, Boruch Isreal, Brenda Jarmakani, De Anne Joy, Barry Katz, Caroline Kim, Judith Kott, Tony Koury, Christene Ladesich, Barbara Leonard, Julie Levine, Valarie Lippman, Gary Lockwood, Marianne Lowe, Rob Lowis, Joyita Mancilla, Marlene Matlow, Mary Lou McKenna, Beth McKenty, Carol Meyers, Mary Miller, Regina Mocey, James Moore, Vincent Moreth, Roberta Morowitz, Barbara Moss. Esmat (amy) Musavi-Kani, Jane Nova, Eva Ostergard, Risa Parness, Marie Pascoualle, Richard (Dick) Patrick, David Pepper, Michele Perelman, Alberto Perusset, Tally Philbrick, Barbara Polashuk, Susan Rappaport, Madeline Renee, Dian Roberts, Al Roostaeian, Shelia Rosenthal, Eileen Salmon, Linda Schwarm, Gail Seelig, Don Shores, Valerie Sklarevsky, Lucile Smith, Bernice Solomon, William Spaeter, Robert Stratman, Linda Tatum, Scott Udell, Fay Waldman, Beverly Weinger, Neil Werb, Madeline Wrights, Dora Yaneva, David Zoellner

Other News from the Senior Center

- **Health Tip:** With great spring vegetables coming into season, make sure you include many green veggies in your daily diet. Spinach, kale, parsley, romaine, cucumbers: they all contain powerful health benefits that will keep you well.
- **Malibu Library Events:** March 1, 6pm, Retirement Workshop. March 9, 5pm, Book Club will review *A Spool of Blue Thread*, by Anne Tyler. March 11, 3pm, Classical Guitar Concerts with Pepperdine University. March 16, 7pm, Library Speaker Series: Dara Torres, five-time Olympian and Winner of 12 Olympic swimming medals. For more information or to RSVP call 310-456-6438.
- **Malibu Garden Club:** March 2, 7pm, Point Dume Club House, Tomato Essentials presented by Laura Taylor. 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:** March 5, 2pm, Adam Skolnick discusses and signs *One Breath: Freediving, Death, and the Quest to Shatter Human Limits*. March 5, 4pm, Poetry Afternoon featuring Sherman Pearl, with open-mic following. March 19, 2pm, Lance Simmens discusses and signs *Fractured*. March 26, 2pm, Stuart Tower reads and signs *Branko*. Discounts: 20% off new books, 35% off used books, 50% off toys, 70% off bargain books. For more information call 310-457-5699.

March Excursion

The Broad Museum
Wednesday, March 16, THIS TRIP IS FULL

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.

May Excursion

L.A. Farmers Market Food & History Tour

Thursday, May 26, 9:00am-3:15pm, \$65 (Food Included)
Deadline to Register: May 12 or until full



Explore LA’s Original Farmers Market, a landmark unlike any other in Southern California, on an entertaining, informative and delicious Melting Pot Food Tour. Artisan butchers, bakers and candy makers, a gourmet grocery emporium with one of L.A.’s finest cheese counters, an international spice merchant endorsed by Oprah Winfrey, local celebrity chefs, and more....so much to discover and, more importantly, to taste at this famed Los Angeles location. Guests will be introduced to the Market’s fascinating history, hear stories of the legacy families who have been part of this landmark location since its beginnings in 1934, and taste signature items from a variety of Farmers Market stalls which may include L.A.’s highest rated doughnuts to pizza from L.A.’s finest pizzeria, authentic Brazilian barbecue to Spanish gazpacho, Cajun jambalaya and more.

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, March 10, 2:30-3:30pm

Memories in the Making 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. This program stimulates the brain, enhances connections with families, professional caregivers, as well as others, preserves distant memories or captures the “Spirit of the Moment,”

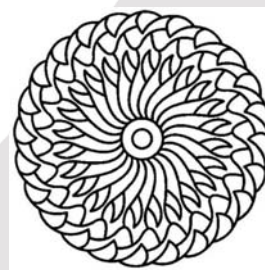


opens up communication about self-perceptions and the world and validates and focuses on what remains rather than what’s lost. This program will be facilitated by Denise Gieser.

Relax Through Coloring

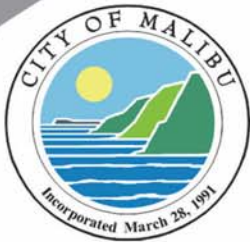
Wednesday, March 30, 11:15am-12:15pm

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.



Return Service Requested.

MALIBU SENIOR CENTER
23825 STUART RANCH ROAD
MALIBU, CA 90265



Pepperdine Lecture Series

What Seniors Need to Know about Taxes
Wednesday, March 30, 1:00pm

By Professor Carolyn Galantine, Ph.D., CPA

Carolyn Galantine is an Associate Professor of Accounting at Pepperdine University, where she teaches Financial Accounting, Federal Taxation and Ethics for Accountants. She holds a Ph.D. in Accounting from the University of Southern California, and a Bachelors in Accounting and Masters in Taxation from the University of California in Fullerton. She received the Alexander Grant & Co. Award for Academic Excellence, a Doctoral Teaching Award, and has published several refereed publications, including a paper on compensation that received the James Comer Award for Best Contribution.



Volunteers Needed for Easter Hopping Event!

Volunteers are needed to help with handing out prizes at this annual event.



Friday, March 18
Malibu Bluffs Park
24250 PCH, Malibu
2:45 - 5pm

Please call the Senior Center to RSVP

Senior Center Hours

Monday - Thursday: 9 am - 4:30 pm
Friday: 9 am - 4 pm
Saturday and Sunday: Closed

Senior Center Phone Number:

310-456-2489 ext. 357