

**April
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

Malibu Senior Center's 13th Anniversary Celebration

Thursday, April 21, 3:00-5:00pm

Free: RSVP by April 19

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Enjoy a nostalgic afternoon complete with a live band, dancing, appetizers, hot dogs, root beer floats, raffle prizes, and more! Sock Hop is this year's theme, so participants are encouraged to dress the part! Don't miss this special event.



Call 310-456-2489 ext. 357 to RSVP.

Your Body Speaks

Monday, April 18, 12-1pm

Free Presentation



Your body knows more about you than any family member or long time friend. But do you listen to it or do you judge it for what it's capable of doing and not doing? In this presentation, Art Zweig, Patti Berry and Sophie Mihalko will give you easy and practical ways to listen to what your body says about everything in your life: relationships, finance, and even what you should be doing today. Learn to be your own body whisperer. To RSVP, please call (310) 456-2489 ext. 357.

Mon	Tue	Wed	Thu	Fri
<p>Other City Events This Month: April 9-10: Chumash Day at Malibu Bluffs Park April 16: Waste to Waves: Polystyrene block foam collection drop-off bin at City Hall upper parking lot April 16: Earth Day: 10am-2pm at City Hall: Document shredding, polystyrene & E-waste collection, oil/paint round up April 30: World Tai Chi/Qigong Day: 10am-1pm: Pt. Dume Marine Elementary School: Free Celebration and Potluck</p>				
<p>4 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Travel Presentation 12-1pm Chair Yoga 1-2pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>5 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>6 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am WISE & Healthy Aging 12-1pm Reader's Theater 1-3pm</p>	<p>7 Senior Aerobics 9-10am Theater Thursday 11am & 1:15pm</p>	<p>1 Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 11am-12pm Medical Mysteries 12-1pm Emeritus Autobiography 12:30-2:45pm Art Trek Workshop 2-4pm</p>
<p>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</p>	<p>12 Tai Chi at Bluffs Park 8:30-9:30am No Emeritus Classes Legacy Walk 10-11am Special Movie Screening 12:30-2:30pm Mat Yoga 3:30-4:30pm</p>	<p>13 Stretch & Strength 10-11am No Emeritus Poetry Functional Fitness Fun Day 11am-12:30pm Reader's Theater 1-3pm</p>	<p>14 Senior Aerobics 9-10am Silver Fox Walk 9am Locals Lunch at Paradise Cove 11:30am Memories in the Making 2:30-3:30pm</p>	<p>15 Computer Workshop 10am-12pm Stretch & Strength 10-11am Functional Fitness 11am-12pm No Emeritus Autobiography Special Movie Screening 1-3pm</p>
<p>18 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Your Body Speaks 12-1pm Chair Yoga 1-2pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>19 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>20 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm</p>	<p>21 Senior Aerobics 9-10am Current Events 1:30-3pm Malibu Senior Center's Anniversary Celebration 3-5pm Sock Hop!</p>	<p>22 No Computer Workshop Stretch & Strength 10-11am Functional Fitness 11am-12pm Emeritus Autobiography 12:30-2:45pm Excursion: Culver City Museums</p>
<p>25 Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Chair Yoga 1-2pm Bridge Group 2:15pm Tea Time Potluck 3-4pm</p>	<p>26 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 Pepperdine Lecture Series 1-2pm Mat Yoga 3:30-4:30pm</p>	<p>27 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Relax through Coloring 11:15am-12:15pm Reader's Theater 1-3pm</p>	<p>28 Senior Aerobics 9-10am Karaoke Potluck 12-2pm</p>	<p>29 Computer Workshop 10am-12pm Stretch & Strength 10-11am No Functional Fitness The Market Beat 11:30am-12:30pm Emeritus Autobiography 12:30-2:45pm</p>

Classes

Computers

Computer and Cell Phone Workshop

Friday, April 1, 15, & 29
10am-12pm, \$2/class

Emeritus College

Emeritus Classes are offered through Santa Monica College. Classes are free, but participants must register.

Spring Session: February 16—June 10: No classes April 11-15 due to Spring Break. For more information, please call 310-434-4306.

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

Enrichment / Groups

Bridge Group

Mondays, 2:15pm, Free

Current Events

Thursday, April 15, 1:30-3pm, Free

Reader's Theater

Wednesdays, 1-3pm, Free

The Market Beat

Friday, April 29, 11:30am-12:30pm, Free

Caregiver Support Group

Monday, April 4 & 18, 3:30-4:30pm, Free
April 4 & 18

Potluck Karaoke

Thursday, April 28, 12-2pm, \$1 Donation
Participants Must RSVP
Potluck lunch

Finance Friday

Friday, April 8, 12-1pm, Free
Participants must RSVP for lunch

Medical Mystery Friday

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

Art & Performance

Senior Choir

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

Memories in the Making

Thursday, April 14, 2:30-3:30pm, Free

Relax Through Coloring

Wednesday, April 27,
11:15am-12:15pm, Free

Art Trek Workshops

Workshop \$2, plus \$10 materials fee

Spring Pastel Flowers

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

Paul Klee Landscapes

Friday, May 20, 2-4pm

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, April 14, 10am
RSVP required

Highlighted
Classes

Art Trek Workshops

\$2 plus \$10 material fee
Instructor: Lorelle Patterson, Art Trek
Participants need to RSVP: maximum of 12 participants.
Open to participants 13 and older.

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

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

May 20, 2-4pm, Paul Klee Landscapes

Inspired by modern artist Paul Klee, participants will paint a colorful landscape in watercolor.

Functional Fitness Fun Day

Wednesday, April 13, 11am-12:30pm
Backstage Theater Room

FREE

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!

The Market Beat

Friday, April 29, 11:30am-12:30pm
Zuma Room

FREE

Informal discussion group

Exchange ideas on investing, such as talking about the stock market, real estate, investments, and more. This will be a round table discussion format.

Friday Medical Mystery: Managing Your Aches and Pains Part II

Friday, April 1, 12-1pm
Zuma Room

Call to RSVP: Free lunch

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 Part II, Physical Therapy."

Medical Mysteries
- REVEALED -



Finance Fridays

April 8, 12-1:30pm
Multi-Purpose Room

Rotating Facilitator

Call to RSVP: Free lunch

"Why Buy an Annuity: Pros and Cons"

Presented by Charles Zama, an Investment Advisor Representative of CD Financial
Learn about the various types of annuities and how to avoid taking unnecessary risks.
LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.



Chumash Day

Saturday, April 9, 11am-7pm
Sunday, April 10, 10am-5pm
Malibu Bluffs Park, 24250 PCH
Free Shuttle and Parking on Webb Way
& Civic Center Way
Free Admission

Enjoy Native American Dancers, Drums,
Art & Crafts, Story Telling, Children's
Activities, Food, and more.



World Tai Chi / Qigong Day

Saturday, April 25, 10am - 1pm
Pt. Dume Marine Science School
6955 Fernhill Drive
Free Celebration & Potluck

All are welcome to this free celebration
with classes, demonstrations and
performances by renown tai chi / qigong
masters and instructors. Bring a potluck
dish to share.

What's New For You

FREE Theater Thursday, Apr. 7



"The Intern" 11:00am

70-year old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site. Starring: Robert De Niro, Anne Hathaway, Renee Russo. (2015)

"Room" 1:15pm

A kidnapped mother and son make a daring escape, and experience a dramatic homecoming provoking a look into the power of imagination and the unstoppable force of a mother's love. Starring: Brie Larson, Jacob Tremblay, Sean Bridgers. (2015)

Travel Presentation: River Cruising

Monday, April 4, 12-1pm, Free

River cruising is the fastest growing sector in travel and a very relaxed way to see the world. Come learn about the great European cities you can explore when you sail on a river cruise and the amenities included, such as gratuities and all beverages on-board. A free light lunch will be served to those who reserve a spot. RSVP: 310-456-2489 ext. 357.



Karaoke Potluck Lunch

Thursday, April 28 , 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, April 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 3-4 mile walks. This month be at the Winding Way Trailhead for a hike to Escondido Falls. Parking is limited but there will be a shuttle from Malibu Senior Center leaving at 9am, with a cost of \$1 each way. Bring water, a snack, and wear comfortable clothing. RSVP required: 310-456-2489 ext. 357.



Locals Lunch

Thurs., April 14

11:30 am

Paradise Cove

Beach Cafe



Enjoy lunch at a local restaurant and socialize with Malibu locals. Paradise Cove Beach Cafe is the only restaurant in Malibu right on the sand with its own private beach & cove. Please RSVP 310-456-2489 ext. 357.

Special Movie Screenings

The Kid

Tuesday, April 12,
12:30pm

An unhappy and disliked image consultant gets a second shot at life when an eight year old version of himself mysteriously appears (starring Bruce Willis). (2000)

The Rat Pack

Friday, April 15, 1pm

The Rat Pack has "the world on a string" and set the style and pace for 1950's America as the nation roller-coasted its way towards the swinging '60s. (1998)

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, April 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, April 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.



Aries Birthdays: Mar. 21 - Apr. 20

Adventurous, Energetic, Impatient, Foolhardy, Dynamic



Vicky Arnold, John Audette, Hedy Bandy, Jim Bandy, Michael Baum, Sandy Bell, Hope Berk, Sandra Bernstein, Nancy Bill, Iona Blackwell, Joe Blaine, Gita Braude, Morrie Bronson, Wendy Brotman, David Buteyn, Gayle Byock, Ida Capriole, Adam Carrejo, Joanie Cate, Antoinette Clayton, Irina Cordos, Nell Daffin, Ken Dimin, Marilyn Dove, Andrea Ehrgott, Howard Ferguson, Diane Frost, Rod Gahan, Maxwell Gail, Lisa Garcia, Joanne Gary, Fred George, Lillian Gill, Linda Goldenberg, John Guldimmann, James Heng, Stephanie Heng, Feiga Herzog, Mary Higgins, Jim Hull, Tonya Hull, Gerhard Ihde, Fong Jarre, Michael Jordan, Helen Karagozian, Katharine Keitel, Susan Kelly, Gordon Kennedy, Doris Kirschner, Janice Kora, Tony Kwan, Daniel Lambert, Ron Lawrence, Jean Linthicum, Juan Llibre, Karin Lloy, Carol Logan Feikls, Deborah Deberry Long, Liz Loster, Hubert Luckerath, Donald Maclay, Janet MacPherson, Jessica Maguire, Pammy McCarthy, Grazia McEwen, Jack Melmed, Anne Monk, Barbara Moss, Austin Murray, William Nix, Sandra Orloff, Cynthia O'Shea, Beverly Palef, Dorian Parker, Nelly Piaggio, William Poole, Cristal Quezada, Carole Reed, Eleanor Reich, Joan Rickabaugh, Nancy Ritter, Christina Robinson, Gabriel Rodriguez, Ann Ryan, Judy Schotz, Jack Scott, Fanchon Chain, Jean Sheehy, Lee, Sorenson, Jonie St. Henri, Ed Stalcup, Sarah Sutalo, Robert Sutton, Vernetta Tatum, Manuel Tenorio, Jack Teufel, Olivia Thornton, Sakasegawa Tomi, Marie Torelli, Faith Valentine, Carolyn Van Horn, Claudie Viguerie, Doris Vokes, Carl Volante, Peter Wanbugh, David Weil, Phyllis Wilstein, Marilyn Wolk, Paul Ziegler

Other News from the Senior Center

- **Health Tip:** Here's a list of the top 10 Super Nutritious Foods! Avocados, apples, barley, berries, leafy greens, Omega-3 rich fish, beans, mushrooms, nuts and seeds, and pomegranates.
- **Volunteers Needed:** Tech-Savvy volunteers are needed to assist with our Computer & Cell Phone Workshop on Fridays from 10am-12pm. We would like to schedule two volunteers per week to help with this program. For more information, call 310-456-2489 ext. 357.
- **Malibu Library Events:** April 6, 7pm, Library Speaker Series: Bill McKibben, a climate activist in the United States. April 18, 5pm, What is Bitcoin? Film and Q&A. April 20, 6pm, Terrarium Workshop. For more information or to RSVP call 310-456-6438.
- **Malibu Garden Club:** April 6, 7pm, Point Dume Club House, Andy Lopez will present "The Invisible Gardener." For more information call 310-456-3860.
- **Malibu Jazz Ensemble:** 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. First rehearsal will be August 24.
- **Malibu Earth Month:** April 1-16, "Waste to Waves," Polystyrene block foam collection drop-off bin at City Hall upper parking lot. April 16, 10am-12pm, "Find & Fix a Leak" DIY Workshop at City Hall. April 16, 10am-2pm, Earth Day: Document shredding, E-waste collection, oil/paint round up. April 24, 10am-3pm, Farmers Market Earth Day Celebration at 23555 Civic Center Way.
- **Stargazing at Malibu Bluffs Park:** April 23, 8-10pm, with an Astronomy Talk at 8:45pm. Professional grade telescopes will be available for viewing the stars at Malibu Bluffs Park. For information call 310-456-2489 ext. 358.

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, April 14, 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.



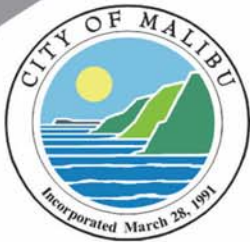
Relax Through Coloring

Wednesday, April 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.



MALIBU SENIOR CENTER
23825 STUART RANCH ROAD
MALIBU, CA 90265



Pepperdine Lecture Series

Seeking Security in an Insecure World
Tuesday, April 26, 1:00pm

By Professor Dan Caldwell, Professor of Political Science

Dan Caldwell is a distinguished Professor of Political Science at Pepperdine University. He earned his BA, MA and PhD degrees at Stanford University and a Master's degree from the Fletcher School of Law and Diplomacy. Prof. Caldwell served on active duty as an officer in the U.S. Naval Reserve and during that time held positions at the Naval Postgraduate School and in the Executive Office of the President.



Eyeglasses Donation

Drop off old glasses at the Malibu Senior Center! The glasses will be given to Malibu Eye Center Optometry that is located in the Cross Creek shopping center, and will be distributed to those who are unable to afford glasses.

For more information call the Malibu Senior Center.



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