

July 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
 Rebecca Ramos
 Eileen Youngling



senior news & VIEWS

Monthly Luncheon

Thursday, July 21, 10:45am-1pm

\$2 for the first 80 people that RSVP

Our friendly neighborhood business, Dun & Bradstreet, will be sponsoring a special lunch full of games, activities, prizes, live entertainment, and more! Come early to enjoy the games and festivities. Call in advance to reserve a seat 310-456-2489 ext. 357. Vegetarians or those with special dietary needs will need to notify staff in advance. Please pay at the door: exact change is preferred.

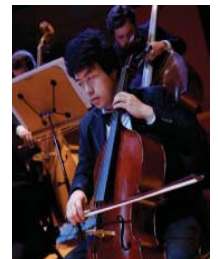
***Are you a Cancer? Happy Birthday!
 Get in for FREE at the Monthly Luncheon!***

Malibu Spectacular Recital Series: Classical Cello Concert

Thursday, June 30, 11:45am

City Hall, Multi-Purpose Room

Enjoy music by three talented Cellists; Kristin Kreiger, Zeming Lu and Kathleen Hood. Presented by the Los Angeles Virtuosi. Please RSVP (310) 456-2489 ext. 357.



Calendar

July 2016

Mon	Tue	Wed	Thu	Fri
<p>Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies. Come to one of our upcoming Comedy Events! <u>July 28:</u> Senior Comedy Show Excursion starring Jack Nicholson and Adam Sandler <u>July 14:</u> Comedy Movie Screening, showing <i>Anger Management</i>, starring Jack Nicholson and Adam Sandler <u>July 21:</u> Comedy Hour with Yakov Smirnoff on YouTube</p>	<p>30 Senior Aerobics 9-10am Misplaced Memory Class 10-11am Cello Concert 11:45pm Comedy Movie Screening 2-4pm (time change)</p>	<p>1 Aqua Aerobics 8:45-9:45am No <i>Computer Workshop</i> Stretch & Strength 10-11am Functional Fitness 12-1pm Emeritus Survey of Art 12:30-2:20pm</p>	<p>7 Senior Aerobics 9-10am Theater Thursday 11am & 1pm</p>	<p>8 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Computer Workshop 10am-12pm Functional Fitness 12-1pm Emeritus Survey of Art 12:30-2:20pm Art Trek Workshop: Summer Sun 2-4pm</p>
<p>4 Holiday Senior Center Closed</p>	<p>5 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am The "BU" for Seniors 12pm Emeritus Drawing (Pastel) 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>6 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Emeritus Drawing Mixed Media 12:30-2:45pm Reader's Theater 1-3pm End of Life Discussion Group 1:30-2:30pm</p>	<p>7 Senior Aerobics 9-10am Theater Thursday 11am & 1pm</p>	<p>8 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Computer Workshop 10am-12pm Functional Fitness 12-1pm Emeritus Survey of Art 12:30-2:20pm Art Trek Workshop: Summer Sun 2-4pm</p>
<p>11 Aqua Aerobics 8:45-9:45am 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 Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am The "BU" for Seniors 12pm Emeritus Drawing (Pastel) 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>13 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Locals Lunch at Tavern 1 Grill 11:30am Emeritus Drawing Mixed Media 12:30-2:45pm Reader's Theater 1-3pm</p>	<p>14 Senior Aerobics 9-10am Silver Fox Walk 9am at Zuma Canyon Comedy Movie Screening 11am Memories in the Making 2:30-3:30pm</p>	<p>15 Aqua Aerobics 8:45-9:45am Computer Workshop 10am-12pm Stretch & Strength 10-11am Finance Friday 12pm Functional Fitness 12-1pm Emeritus Survey of Art 12:30-2:20pm</p>
<p>18 Aqua Aerobics 8:45-9:45am Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Aramaic Language in Religious Literature 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 The "BU" for Seniors 12pm Emeritus Drawing (Pastel) 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>20 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Guitar Concert by Arya 11:30am Emeritus Drawing Mixed Media 12:30-2:45pm Reader's Theater 1-3pm</p>	<p>21 Senior Aerobics 9-10am Monthly Luncheon 11:30am-1pm Current Events 1-2:30pm Comedy Hour with Yakov Smirnoff 3-4pm</p>	<p>22 Aqua Aerobics 8:45-9:45am Computer Workshop 10am-12pm Stretch & Strength 10-11am The Market Beat 11:30am-12:30pm Functional Fitness 12-1pm Emeritus Survey of Art 12:30-2:20pm</p>
<p>25 Aqua Aerobics 8:45-9:45am 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 The "BU" for Seniors 12pm Emeritus Drawing (Pastel) 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>27 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Relax Through Coloring 11:15am-12:15pm Emeritus Drawing Mixed Media 12:30-2:45pm Reader's Theater 1-3pm</p>	<p>28 Senior Aerobics 9-10am Karaoke Potluck 12-2pm Excursion: Hello Rio Comedy Show</p>	<p>29 Aqua Aerobics 8:45-9:45am No <i>Computer Workshop</i> Lifeline Screening Day Stretch & Strength 10-11am Functional Fitness 12-1pm Emeritus Survey of Art 12:30-2:20pm</p>

Classes

Emeritus College

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

Summer Session ends July 29. For more information, please call 310-434-4306.

Creative Writing **Drawing in Pastel**
Tues, 9:30-11:45am Tues, 12:30-2:45pm

Drawing Mixed Media **Survey of Art**
Wed, 12:30-2:45pm Fri, 12:30-2:20pm

Art & Performance

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

Memories in the Making
Thursday, July 14, 2:30-3:30pm, Free

Relax Through Coloring
Wednesday, July 27,
11:15am-12:15pm, Free

Art Trek Workshops
Summer Sun
Friday, July 8, 2-4pm
Workshop \$2, plus \$10 materials fee

Fitness/Dance/Sports

Aqua Aerobics at Malibu Pool
M, W & F, 8:45-9:45am
\$3 or free ages 55 and older

Senior Aerobics and Toning
Thursdays, 9-10am, \$5/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, 12-1pm, \$2/class

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

Silver Fox Walks
Thursday, July 14, 9am
RSVP required

The "BU" for Seniors
Tuesdays, July 5-August 2, 12-1pm, Free

Computers

Computer and Cell Phone Workshop
Friday, July 8, 15, & 22
10am-12pm, \$2/class

Enrichment / Groups

Bridge Group
Mondays, 2:15pm, Free

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

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

The Market Beat
Friday, July 22, 11:30am, Free

Caregiver Support Group
Monday, July 18, 3:30-4:30pm, Free

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

End of Life Discussion Group
Wednesday, July 6, 1:30-2:30pm, Free

Finance Friday
Friday, July 15, 12-1:30, Free

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

Highlighted
Classes

Finance Fridays



July 15, 12-1:30pm

City Hall, Multi-Purpose Room

Rotating Facilitator

Call to RSVP: Free lunch

“Basics of Annuities: Planning for Income Needs”

Presented by Merrill Lynch Advisors Narayan Pallavur, Financial Advisor, and Tim McNutt, Wealth Management Advisor. Learn the basics of annuities and how you can use them to plan for future income needs. LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.

End of Life Discussion Group

First Wednesday of Each Month

City Hall, Multi-Purpose Room

Starting July 6, 1:30-2:30pm

Hosted by The Listening Post

Despite the fact that we will all die one day, our culture often makes the discussion of the last part of our life difficult if not impossible. Embracing this last phase of our lives and the lives of our loved ones can bring greater peace and clarity to all the days we live. This group will discuss the many issues related to end of life. Facilitated by Lisa Cypers Kamen and Susan Quillan.

The “BU” for Seniors

Tuesdays, 12-1pm, FREE

City Hall, Backstage Theater Room

July 5 - August 2

Instructors: Luly Mitchell & Jorge del Busto

The “BU” formula is a fun and effective low-intensity workout combination of dance & fitness with a Latin flair. Instructors Luly and Jorge will lead you through this effective workout program that will make a difference in your body and soul, leaving you happy and energized. Join this fun free workout!

The Market Beat: Economics and the Market

Friday, July 22, 11:30am-12:30pm

City Hall, Multi-Purpose Room

Free

Informal Discussion Group

Enjoy this new discussion group like no other of like minded people to learn, educate, have fun and invest better. Draw on the combined talent of decades of investment successes and mistakes that have been made by others and share what works with others.

Emeritus College Classes

Classes are offered at the Malibu Senior Center through a partnership with Emeritus College, Santa Monica Community College. The Summer Semester began June 20 and ends July 29. For more information on Emeritus College please call (310) 434-4306.

Creative Writing

Tues, 9:30-11:45am

Instructor Reich

Drawing in Pastel

Tues, 12:30-2:45pm

Instructor Trentham

Drawing Mixed Media

Wed, 12:30-2:45pm

Instructor Bromberg

Survey of Art

Fri, 12:30-2:20pm

Instructor Schrader

Lifeline Screenings on Friday, July 29

Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on July 29. Five screenings will be offered that scan for potential health problems related to: blocked arteries; abdominal aortic aneurysms; hardening of the arteries in the legs; atrial fibrillation or irregular heart beat; and a bone density screening used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.

What's New For You



FREE Theater Thursday, July 7

"Burnt" 11:00am

Adam Jones is a chef who destroyed his career with drugs and diva behavior. He cleans up and returns to London, determined to redeem himself by spearheading a top restaurant that can gain three Michelin stars. Starring: Bradley Cooper, Sienna Miller, Daniel Bruhl. (2015)

"Race" 1:00pm

Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy. Starring: Stephan James, Jason Sudeikis, Eli Goree. (2016)

Aramaic Language in Religious Literature

Monday, July 18, 12-1pm, Free

Robert Aldridge, an expert on very early Christian literature, will speak about the place of the Aramaic language in the historic writings of Judaism and Christianity. It is well-known that the Kabbalah and most of the Talmud are written in Aramaic, but little known that Ecclesiastes, Jonah, Esther, Chronicles, the Hebrew part of Daniel, the four gospels, and Revelation were all largely translated from earlier Aramaic writings.

Silver Fox Walks

Thursday, July 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 a 2-3 mile walk. This month meet at Zuma Beach. Bring water, a snack, and wear comfortable clothing. Please RSVP for more information and meeting location: 310-456-2489 ext. 357.

Karaoke Potluck Lunch

Thursday, July 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.



Locals Lunch
Wednesday, July 13
11:30 am



Enjoy lunch at a local restaurant and socialize with Malibu locals. Tavern 1 Grill & Tap House does BBQ the right way with the best smoked meat and savory sauces around.

Please RSVP
310-456-2489 ext. 357.

Guitar Concert by Arya

**Wednesday
July 20, 11:30am
Multi-Purpose Room
Free**

Come and enjoy the soothing sounds of Arya Bakshandeh on guitar at this free performance. Arya has played the guitar for 14 years and enjoys many different forms of guitar oriented music, although he usually specializes in rhythmic classic rock and pop music. This performance is free and everyone is invited to attend.



**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, July 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 TimePotluck

Monday, July 25, 3-4am



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.

Cancer Birthdays: June 21 - July 22

Tenacious. Pessimistic, Imaginative, Loyal, Moody, Insecure, Persuasive



Gary Anderson, Marlene Ahlquist, Jan Anderson, Daniel Aspell, Tom Baker, Marilyn Baumeister, Ella Beirith, Shirley Benecke, June Best, Robert Boucher, Maria Bowman, Jack Brook, Catherine Brow, Jim Cariker, Carolyn Carradine, Vivian Chan, Marcia Cohn, Donald Cooper, Dietrich Courte, Bill Davis, Ada De Santis, Baronessa DeLa Luna, Glenn Dexter, Vicki Dolnick, Margo Dunn, Toma Elis, Linda Euler, Johnny Fain, Ahna Fertik, Eileen Fiori, Norma Freeman, Michael Fuller, Jean George, Lidia Giaquinto, Amal Giris, Margaret Giuliani, Karen Goetz, Anita Gordon, Ellen Gorog, Charlotte Greenblatt, Patricia Greenwood, James Greer, Clarence Haessig, Marian Hall, Rita Hart, Patricia Ingle, Eric Jacobson, Jean Jarrett, Diane Jewell, Inga Jones, Charleen Kabrin, Sandra Kemp, Janet Kirby, Arpy Kludjian, Anneliese Knur, John Ladesich, Molly Larson, Marie Lau, Pamela Leeds, Susan Liebler, Martha Lieberman, Pam Litz, Ronie Lundgren, David Markoff, Gary Mason, Loretta McGowan, Karen Mills, Stephanie Misrach, Laurie Morgenstein, Larry Nemkov, Robert Odello, Tom O'Kane, John Olk, Maryana Palmer, Kris Penner, Christine Peratis, Harriet Pollon, Mary Prisson, Robin Radcliff, Minton Ritter, Anne Rodriguez, Beth Ruffman, Juan Saludo, James Sanborn, Lyn Sherman, Jacqueline Shriber, Anne Sinskey, Kristy Skuda, Judy Slosser, Iris Stein, Dawn Stevens, Hope Stevens, Susan Swenson, Maxine Teck, Marshall Thompson, William Toriello, CynnTimer Troup, Joseph Turcillo, Seymour Ulansey, Genia Varsha, Carlos Vega, Joanne Verbon, Laura Voydat, Tom Waldman, Ann Walker, Charles Weiser, Rachel Werb, Lew Whitaker, Ellen Young, Howard Yusim, Leonard Zahn, Helen Zoloth

Other News from the Senior Center

- **Health Tip:** Think orange when you do your grocery shopping. Orange as in carrots, squash, and pumpkins since these foods care high levels of alpha-carotene, an extremely vital phyto-nutrient.
- **Malibu Playhouse:** July 30, 8:30pm, Stand Up! Comedy Show. July 16, Creative Visions Summer Documentary Screening. For more information call 310-589-1998 or go to www.malibuplayhouse.org.
- **Malibu Library Events:** July 11, 6pm, Sports Film Series will be showing *Top Spin*. July 13, 5pm, the Book Club will review *Being Mortal*, by Atul Gawande. July 18, 6pm, Sports Film Series will be showing *Endless Abilities*. July 21, 4:30pm, will be a performance by the Malibu Ukulele Orchestra: Concert in the Courtyard. For more information or to RSVP call 310-456-6438.
- **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 meeting will be August 24.
- **Cars and Coffee:** July 10 & 24, 7-9amm, Malibu Bluffs Park, 24250 Pacific Coast Highway. Southern California's top enthusiasts will enjoy a beautiful drive down the coast to meet at Malibu Bluffs Park, and enjoy a coffee while admiring some of the world's finest automobiles at an unbeatable location. For more information call 310-317-1364.
- **Aqua Aerobics at Malibu Community Pool:** Mondays, Wednesdays and Fridays at 8:45am from June 13 through August 12. \$3 or free ages 55 and older.

July Excursion



Hello Rio Comedy Show

Thursday, July 28, 10:30am-5:15pm, \$52 (Lunch Included)
Deadline to Register: July 14 or until full

Celebrate Rio, the site of the Summer Olympics, with a Brazilian beat and lots of laughs at this Senior Comedy Afternoon in Hermosa Beach. Start with a Brazilian flavored conga concert, then an Olympian Opening Ceremony followed by rhythmic Samba dancers. Magi Avila, star of The Carmen Miranda Show will take the stage with her tutti-frutti hat to bring ole Carmen back to life! Then enjoy comedian Gilbert Esquivel, who has won the first Latino Comedy Search, and Monique Marvez, who is a radio and television personality and comedian. Come dressed patriotic or Brazilian Carnival! Before the show, enjoy lunch at The Kettle, a famous restaurant in Manhattan Beach.



Tour of JPL (Jet Propulsion Laboratory)

Tuesday, August 23, 10:15am-5pm, \$30 (Lunch Included)
Deadline to Register: August 3 or until full



Visit JPL and take a tour of the facility which will include a multimedia presentation on JPL entitled "Journey to the Planets and Beyond," which provides an overview of the laboratory's activities and accomplishments. Guests may also visit the von Karman Visitor Center, the Space Flight Operations Facility and the Spacecraft Assembly Facility. Before the tour we will enjoy lunch at Casa Córdoba, an authentic Spanish café in Montrose.

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."

Art Classes

Art Trek Workshops

\$2 plus \$10 material fee

Instructor: Lorelle Patterson, Art Trek

Participants need to RSVP: minimum of 5 and maximum of 12 participants.

July 8, 2-4pm, Summer Sun

Watercolor painting: create your own fun and fanciful hot summer sun.



Memories in the Making

Tuesday, July 14, 2:30-3:30pm, FREE

Facilitated by Denise Gieser

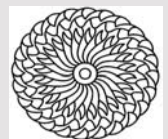
Memories in the Making is a unique arts program that offers a creative and non-verbal way of communicating and capturing precious moments through art. This program stimulates the brain, enhances connections with families, professional caregivers, preserves distant memories or captures the "Spirit of the Moment," and focuses on what remains rather than what's lost.



Relax Through Coloring

Wednesday, July 27, 11:15am-12:15pm, FREE Facilitated by Judy Merrick

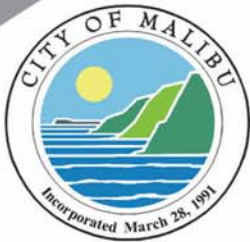
Did you know that coloring helps relieve stress? By focusing on coloring, one is not thinking about the worries of daily life. Join us for this free unstructured drop-in program.



MALIBU SENIOR CENTER

23825 STUART RANCH ROAD

MALIBU, CA 90265



Summer in a Jar Workshop! Friday, July 15, 3-4:30pm

Learn to Make Your Own Delicious Canned and Pickled Fruits and Vegetables at Malibu's Summer in a Jar Workshop. Participants will use fresh farmer's market produce to create a variety of delicious preserved, canned and pickled fruits and vegetables that can be used as garnish, in salads, or as a delicious, healthy snack. The workshop is instructed by Leslie Ward, a professional personal vegan chef. The class will be at Malibu City Hall in the Multi-Purpose Room.

\$5 plus \$15 material fee which includes all ingredients and one jar
Reservations are required by calling (310) 456-2489 ext. 239.

The next Creative Workshop, Succulent Orb Terrarium will take place on Friday, August 5 at 3pm.



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: 9am - 4:30pm

Friday: 9am - 4pm

Saturday and Sunday: Closed

Closed July 4

Senior Center Phone Number:

310-456-2489 ext. 357