

# August 2016

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Senior Center Staff

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*Recreation Coordinator*  
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# senior news & VIEWS

## Monthly Luncheon

### LA Virtuosi Special Concert

Thursday, August 18

11:30am-12:20pm, \$2 Lunch (with RSVP)

12:30pm - 1:30pm, Concert in Theater

Enjoy a special concert after lunch presented by LA Virtuosi! A variety of music will be presented by ten different musicians and performers, such as Klemzer, old radio show music from the 20's and 30's, classical pieces and opera pieces. Call in advance to reserve a seat for lunch and/or concert: 310-456-2489 ext. 357. All are welcome for the concert in the Civic Theater, but lunch is limited to the first 80 participants.



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

## Virtual Dementia Tour


Monday, August 22, By Appointment

### City Hall, Downstairs Parking Lot

Homewatch CareGivers of Thousand Oaks is partnering with the Malibu Senior Center to provide the Virtual Dementia Tour, a FREE 20-minute educational experience that allows participants to walk in the shoes of a person with Alzheimer's Disease or a related form of dementia. This tour is recommended for any adult who is interested in understanding the challenges of dementia: caregivers, family members, friends, students, and elder-care professionals. The goal is to promote a heightened awareness of dementia, improve the quality of care for those living with dementia and aid in maintaining the dignity and independence of seniors. Appointments are required: (310) 456-2489 ext. 357.

## Calendar

## August 2016

	Mon	Tue	Wed	Thu	Fri
1	Aqua Aerobics 8:45-9:45am 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	2 Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am The "BU" for Seniors 12pm Mat Yoga 3:30-4:30pm	3 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Reader's Theater 1-3pm <b>End of Life Discussion Group 3:30-4:30pm</b>	4 Senior Aerobics 9-10am Theater Thursday 11am & 1pm	5 Aqua Aerobics 8:45-9:45am <i>No Computer Workshop</i> Stretch & Strength 10-11am Movie Screening: <i>Army</i> . 12:30-2:45pm
8	Aqua Aerobics 8:45-9:45am <i>No Senior Choir</i> Stretch & Strength 11am-12pm <b>Ice Cream Social 12:15-12:45pm</b> Chair Yoga 1-2pm Bridge Group 2:15pm	9 Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am The "BU" for Seniors 12pm Movie Screening: <i>The Heart of the Sea</i> : 1-3:15pm Mat Yoga 3:30-4:30pm <b>Excursion to Ventura County Fair</b>	10 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Reader's Theater 1-3pm	11 Senior Aerobics 9-10am <b>Silver Fox Walk 10am at Sara Wan Trail</b> <b>Locals Lunch at Malibu Seafood 11:30am</b> <b>Memories in the Making 2:30-3:30pm</b>	12 Aqua Aerobics 8:45-9:45am Stretch & Strength 10-11am Computer Workshop 10am-12pm <b>Finance Friday 12-1:30pm</b>
15	<i>No Senior Choir</i> Stretch & Strength 11am-12pm Chair Yoga 1-2pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm	16 Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am The "BU" for Seniors 12pm Movie Screening: <i>Dark Passage</i> : 1-3pm Mat Yoga 3:30-4:30pm	17 Stretch & Strength 10-11am Reader's Theater 1-3pm	18 Senior Aerobics 9-10am <b>Monthly Luncheon 11:30am-1:30pm</b> Current Events 1:30-2:30pm	19 <i>No Computer Workshop</i> AARP Safe Driver Refresher Course 9am-1pm Stretch & Strength 10-11am <b>Finance Friday 12pm</b>
22	<b>Virtual Dementia Tour: 9am-4pm: Appointment required</b> Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Chair Yoga 1-2pm Bridge Group 2:15pm	23 Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am The "BU" for Seniors 12pm Movie Screening: <i>It Happened One Night</i> : 1-2:45pm Mat Yoga 3:30-4:30pm <b>Excursion to JPL</b>	24 Stretch & Strength 10-11am Reader's Theater 1-3pm <b>Malibu Jazz Ensemble Rehearsal 6:30-8:30pm</b>	25 Senior Aerobics 9-10am AARP Safe Driver Course 9am-1pm <b>Karaoke Potluck 12-2pm</b>	26 AARP Safe Driver Course 9am-1pm Computer Workshop 10am-12pm Stretch & Strength 10-11am <b>The Market Beat 11:30am-12:30pm</b>
29	Senior Choir 9:45-10:45am Stretch & Strength 11am-12pm Chair Yoga 1-2pm Bridge Group 2:15pm	30 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 Pastel Drawing 12:30-2:45pm Mat Yoga 3:30-4:30pm	31 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am <b>Relax Through Coloring 11:15am-12:15pm</b> Reader's Theater 1-3pm		Happy Summer 

# Classes

## Emeritus College

Emeritus Classes are offered through Santa Monica College. Classes are free, but participants must register. Fall Session begins August 29. For more information, please call 310-434-4306.

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

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

## Fitness/Dance/Sports

**Aqua Aerobics at Malibu Pool**  
M, W & F, 8:45-9:45am  
\$3 or free ages 55 and older  
*Ends August 12*

**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**  
*Will resume in September*

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

**Silver Fox Walks**  
Thursday, August 11, 10am  
Sara Wan Trail: RSVP required

**The "BU" for Seniors**  
Tuesdays 12-1pm, Free

## Art & Performance

**Senior Choir**  
Mondays, 9:45-10:45am, Free  
*No Class August 8 & 15*

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

**Relax Through Coloring**  
Wednesday, August 31,  
11:15am-12:15pm, Free

*Art Trek Workshops*  
*Will Resume in September*

## Computers

**Computer and Cell Phone Workshop**  
Friday, August 12 & 26  
10am-12pm, \$2/class

## Enrichment / Groups

**Bridge Group**  
Mondays, 2:15pm, Free

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

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

**The Market Beat**  
Friday, August 26, 11:30am, Free

**Caregiver Support Group**  
Monday, August 1 & 15, 3:30-4:30pm, Free

**Potluck Karaoke**  
Thursday, August 25, 12-2pm, \$1 Donation  
Participants Must RSVP, Potluck lunch

**End of Life Discussion Group**  
Wednesday, August 3, 3:30-4:30pm, Free

**Finance Friday**  
Friday, August 12, 12-1:30, Free

Highlighted  
Classes



### Finance Fridays

August 12, 12-1:30pm  
City Hall, Multi-Purpose Room

Rotating Facilitator  
Call to RSVP: Free lunch

#### **“Navigating the Financial and Legal Maze of Senior Funding and Long Term Care”**

Presented by Senior Living Advisor Lin Hammer and Elder Law Attorney Gerald L. Kane.  
LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.

### The Market Beat:

The Economy and Employment, and Equity & Fixed Income Markets

Friday, August 26, 11:30am-12:30pm  
City Hall, Multi-Purpose Room

Free  
Informal Discussion Group

Enjoy this new discussion group of like minded people to learn about investments and the stock market. Draw on the combined talent of decades of investment successes and mistakes that have been made by others and share what works with others.

### End of Life Discussion Group

First Wednesday of Each Month  
City Hall, Multi-Purpose Room

3:30-4:30pm (New Time)  
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.

### Emeritus College Classes

Classes are offered at the Malibu Senior Center through a partnership with Emeritus College, Santa Monica Community College. The Fall Semester will be from August 29 through December 16. For more information on the free Emeritus College Courses please call (310) 434-4306.

**Creative Writing**  
Tues, 9:30-11:45am  
Instructor Reich

**Drawing in Pastel**  
Tues, 12:30-2:45pm  
Instructor Trentham

**Poetry and Fiction**  
Wed, 10-11:50am  
Instructor Davis

**Autobiography**  
Fri, 12:30-2:45pm  
Instructor Reich

### Malibu Dial-a-Ride

This City sponsored transportation program is for residents 60 years of age and older or individuals who are disabled from operating a motor vehicle as defined by the California Vehicle Code. The low cost transportation takes residents to various location such as: doctor appointments, medical facilities, community events, and more. To sign up for service, an individual must reside within City limits, current identification must state their Malibu address, and they must meet the age qualification; registration is free and can only be processed in person at the Malibu Senior Center.

### Dial-A-Ride Updates!

Malibu Dial-A-Ride will be adding services starting on September 1. Changes include:

- Mondays, Tuesdays and Wednesday: service will be extended until 5:30pm (in Malibu only).
- Riders will be allowed three (3) one-way trips per day (in Malibu only). For example, a participant may go from their home to their doctor’s office, to the pharmacy, then home.
- Riders will be permitted to go to locations in the current service area in Santa Monica for non-medical related appointments.

For any questions about these added services or about the Dial-a-Ride Program,  
call the Malibu Senior Center at: 310-456-2489 ext. 357.

# What's New For You



FREE Theater Thursday, August 4

## **"My Big Fat Greek Wedding 2" 11am**

A Portokalos family secret brings the beloved characters back together for an even bigger and Greeker wedding. Starring: Nia Vardalos, John Corbett, and Michael Constantine (2016).

## **"Hail, Caesar!" 1pm**

A Hollywood fixer in the 1950s works to keep the studio's stars in line. Starring: George Clooney, Josh Brolin, Scarlett Johansson, Alden Ehrenreich (2016).

## AARP Smart Driver Program



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

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 graduated (check with your provider).

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

**Basic Smart Driver Program:** August 25 & 26, 9am-1pm

**Refresher Course** (taken Basic within 3 years): August 19, 9am-1pm

## Silver Fox Walks

Thursday, August 11, 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 a 2-3 mile walk. This month meet at the Sara Wan Trailhead by Malibu Seafood, and join us afterward for Local's Lunch!. 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, August 25, 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  
Thursday,  
August 11,  
11:30 am

Enjoy lunch at a local restaurant and socialize with Malibu locals. Malibu Seafood was founded in 1972 and is owned and operated by commercial fishermen desiring to bring you the finest seafood from around the world.

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



## August is Movie Month!

**Friday, August 5**  
**12:30-2:45pm**

*Amy*

Documentary featuring  
Amy Winehouse (2015)

**Tuesday, August 9**  
**1-3:15pm**

*The Heart of the Sea*  
Real-life disaster that  
inspired Moby Dick (2015)

**Tuesday, August 16**  
**1-3pm**

*Dark Passage*

Starring Humphrey Bogart  
and Lauren Bacall (1947)

**Tuesday, August 23**  
**1-2:45pm**

*It Happened One Night*  
Starring Clark Gable and  
Claudette Colbert (1934)

## 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, August 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.

## Superfoods for Super Health

Summertime is the best time to enjoy these seasonal fruits and vegetables:

Apricots, Asian Pears, Beets, Bell Peppers, Blackberries, Blueberries, Boysenberry, Butter Lettuce, Cantaloupe, Cherries, Corn, Squash, Melon, Endive, Eggplant, Figs, Tomatoes, Grapefruit, Green Beans, Limes, Lychee, Radishes, Shallots, Raspberries, Watermelon, Zucchini

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## Leo Birthdays: July 23 - August 22

Confident, Ambitious, Pretentious, Loyal, Melodramatic, Generous, Stubborn



Michele Acker, Teresa Andersen, Rebeca Appelbaum, Gunjan Bagla, Elaine Baker, John Barnes, Marjorie Baron, Gerald Benecke, MarJene Bennet, Joan Berler, Margaret Bernstein, Sandra Lee Bernstein, Maria Bleyberg, Danielle Boisson-Schmit, Patricia Boone, Helen Bovasso, Jean Bozarth, Carol Bretonne, Sara Bronson, Virgil Brooks, Alice Brown, Robert Bunes, Claudia Calero, Pamela Campbell, Giovanna Ceroha, Gloria Christian, Beverly Coffey, Juergen Cords, Erika Cowell, Robert Curtis, Janet Davis, Winifred Davis, Klarke De Koff, Warren DeBear, Angela Edwards, Frederique Eisenbach, Scott Erickson, Deborah Ferguson, Kathleen Fikaris, Leilani Formica, Joan Frank, William Freije, Jane Friedenthal, Nancy Friedman, Diane Gaynor, Kristina Gelazis, Chantal Gillberg, Sonia Gilliam, Natalie Goch, Bruce Goldstein, Irene Gowhari, Judie Graham-Bell, Barabra Joan Grubman, Eleanor Guldimmann, Catherine Hanton, Walter Harrison, Elizabeth Heart, Barry Allen Herzog, Maureen Hinton, Peggy Idema, Evelyn Isaacs, Susan Jennings, Doris Jerman, Edward Johnson, Mary Juliano, Daniel Jung, Dorthea Katz, Sandra Kemp, Helene Kril, Cheri Larson, Marilyn LaSalandra, Charlotte Laubach, Annia Leffingwen, Pete Lippman, Angela Edwards-Lloyd, Harold Marshall, Narcie Matiasovic, Thomas McGowan, Patrona McAmis, Matsuko McKellar, Denny Melle, Sheryl Menes, Sandy Mitchell, Beth Mohuiddin, Terence Moore, Geoffrey Nathanson, Esther Nelson, Frederic Niles, Niki Notghi, Barbara Okun, Karen Payne, Denise Peak, Morgan Radford, James Richard, Janet Riley, Elenanor May Roberts, Shirley Roderick, Sallie Rogers, Lori Roma-Wagner, Patricia Roy, Ruth Rubinstein, Mike Sanson, Danille Schmit, Dutch Schulze, Sally Seago, Roxane Seidner, Joe Sharpio, Donna Sheridan, Gary Shirley, Melinda Singer, Gilbert Sommerfield, Ronald Stacker, Forrest Stewart, Dona Strode, Janet Sudar, Leslee Todman, Tom Tremmel, George Vazelakis, Semo Waldo, Ruth Walter, Ruth Weinberg, Gail Weingart, Gerry Weiss, Linda Weiss, Seemah Wilder, Sally Womack, D Wyan, Rose Yeoh, Janet Zarem

## Other News from the Senior Center

- **Health Tip:** Nothing beats beets! They purify your blood, are a good source of energy, contain powerful nutrients, are considered a strong anti-oxidant and are helpful in reducing inflammation!
- **Malibu Playhouse:** Auguts 13, 8pm, Creative Visions Summer Documentary Screening of *Salam Neighbor*. For more information call 310-589-1998 or go to [www.malibuplayhouse.org](http://www.malibuplayhouse.org).
- **Malibu Library Events:** August 30, 7pm, Malibu Library Speaker Series, Malibu Climate Change: Hopes & Fears, presenting a panel of climate change experts. RSVPs required: 310-456-6438.
- **HHW / E-Waste Collection:** August 20, 10am-2pm, City Hall upper parking lot. Properly dispose of household hazardous waste (HHW) and electronic waste. Please remain in vehicle while it is unloaded. Accepted items include water based paint, used motor oil, automotive and household batteries, unbroken compact fluorescent light bulbs, and electronics. For more information call 310-456-2489.
- **Cars and Coffee:** August 14 & 28, 7-9am, Malibu Bluffs Park, 24250 Pacific Coast Highway. Enjoy a coffee while admiring some of the world's finest automobiles at an unbeatable location. For more information call 310-317-1364.
- **CineMalibu: Movies in the Park: Finding Nemo:** August 27, 5:30-10pm. Free admission, open seating, bring blankets and chairs, movie begins at dusk. For more information call 310-317-1364.



# Tour of JPL (Jet Propulsion Laboratory)

Tuesday, August 23, 10:15am-5pm

## This Trip is Full

### August Excursion

### Ventura County Fair Shuttle

Tuesday, August 9, 10am-5pm, \$15 for adults & children, \$5 for those over 64  
Shuttle picks up at Malibu Bluffs Park, 24250 PCH



The Ventura County Fair began in 1875, and the tradition continues with the opening of the 141st Ventura County Fair, themed "A Country Fair with Ocean Air." Explore the livestock barns, shop, see a show, and enjoy Fair favorite snacks like spiral fries and cotton candy. Open to all ages; participants are welcome to enjoy the Fair independently. Participants under 16 must be accompanied by an adult.

### September Excursion

### Petersen Automotive Museum

Tuesday, September 20, 10am-4:15pm, \$ (Lunch Included)  
Deadline to Register: September 14 or until full



The Petersen Automotive Museum is owned and operated by the Petersen Automotive Museum Foundation and seeks to explore and present the history of the automobile. Located at the end of "Miracle Mile" and the third-most travelled intersection in Los Angeles, the museum appropriately uses the city as a prime example of the impact of the automobile on American life and culture. As a result of the recent \$90 million renovation, the interior now features 25 rotating exhibitions with more than 150 vehicles on view. Before the tour we will enjoy lunch at The Cheesecake Factory, which has something for everyone!

## 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

### Memories in the Making

Thursday, August 11, 2:30-3:30pm, FREE

Facilitated by Denise Gieser

Memories in the Making is a unique arts program offering a creative and non-verbal way of communicating and capturing precious movements 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.

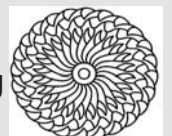


### Relax Through Coloring

Wednesday, August 31, 11:15am-12:15pm, FREE

Facilitated by Judy Merrick

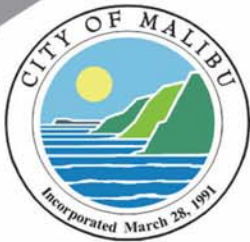
Did you know that coloring helps relieve stress? By focusing on coloring, one is not thinking about the worries of daily life. Join us for this free unstructured drop-in program.



# MALIBU SENIOR CENTER

23825 STUART RANCH ROAD

MALIBU, CA 90265



## Malibu Jazz Ensemble First Rehearsal on Wednesday, August 24, 6:30-8:30pm Malibu City Hall, Civic Theater

The Parks and Recreation Department is looking for people who would be interested in participating in a community Jazz Band. All ages are welcome. If you are interested please call 310-456-2489 ext. 357 to add your name to the interest list: when calling please indicate the instrument you play. Musicians are encouraged to come to the first rehearsal on August 24 to read charts and determine the instrument balance for the group.



## DVD Check-Out Program

The Malibu Senior Center has a movie rental program! The program is free of charge: all it takes is signing the checkout sheet and it's done! Borrowers can keep the movies of their choice for a two week time period, then return them and check out more. For more information, call the Malibu Senior Center.



## Senior Center Hours

Monday - Thursday: 9am - 4:30pm

Friday: 9am - 4pm

Saturday and Sunday: Closed

Senior Center Phone Number:

310-456-2489 ext. 357