

**September
2016**

WHAT'S INSIDE:

Malibu Senior Center & Adult Activities

	PAGE
Calendar.....	2
Classes.....	3-4
What's New.....	5

	PAGE
Birthdays & News.....	6
Excursions.....	7
FYI	8

Senior Center Staff

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senior news & VIEWS

Monthly Luncheon

Thursday, September 15

11:30am-1pm

\$2 for the first 80 people that RSVP

Listen to the soothing vocals of Niikkos de la Poulignac at this exciting luncheon. Enjoy classical, Broadway, pop, and the art song, with particular emphasis on the German Lieder of Brahms, Schubert and Wolf. This mix of music is sure to entertain all music lovers. Call in advance to reserve a seat for lunch: 310-456-2489 ext. 357. Please pay at the door.



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

Functional Fitness

Fridays, 1-2pm, \$2

Backstage Theater Room

Reach, bend and flex your way to a more lively and vigorous you! Functional fitness puts your body through exercises that help improve your ability to perform your activities of daily living. The instructor, Troy Marxen, is currently a Sports Medicine Major at Pepperdine University and incorporates research on senior fitness exercises into every class. Participants work at their own pace and everyone has fun! Wear comfortable clothing and a smile on your face.



Calendar

September 2016

Sun	Mon	Tue	Wed	Thu	Fri
4	5 <i>City Holiday</i> <i>Senior Center Closed</i>	6 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am No "BU" for Seniors Class Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	7 Emeritus Poetry 10-11:50am Stretch & Strength 10-11am Reader's Theater 1-3pm End of Life Discussion Group 3:30-4:30pm	8 Senior Aerobics 9-10am Tap Dance Class 10:15-11:15am Silver Fox Walk at Solstice Canyon 9am Special Comedy Movie Screening 1-3pm	9 Stretch & Strength 10-11am Computer Workshop 10am-12pm Finance Friday 12-1:30pm Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm
11 Senior Tennis at Malibu High School 10-10:55am	12 <i>No morning Choir</i> Ice Cream Social 12:15-12:45pm Senior Choir Performance at Malibu Library 1pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm	13 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 at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	14 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Locals Lunch at Marmalade 11:30am Reader's Theater 1-3pm	15 Senior Aerobics 9-10am Tap Dance Class 10:15-11:15am Monthly Luncheon 11:30am-1pm Current Events 1-2:30pm	16 <i>No Computer Workshop</i> Stretch & Strength 10-11am Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm
18 Senior Tennis at Malibu High School 10-10:55am	19 Senior Choir 9:45-10:45am Memories in the Making 11:30am-12:30pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm	20 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 at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm Excursion: Petersen Auto Museum	21 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm CPR Class 2-4:30pm	22 Senior Aerobics 9-10am Tap Dance Class 10:15-11:15am Special Musical Movie Screening 1-3:45pm	23 Computer Workshop 10am-12pm Stretch & Strength 10-11am The Market Beat 11:30am-12:30pm Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm
25 Senior Tennis at Malibu High School 10-10:55am	26 Senior Choir 9:45-10:45am Monarchs in Malibu 12-1pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm Tea Time Potluck 3-4pm	27 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 at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm	28 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Relax Through Coloring 11:15am-12:15pm Reader's Theater 1-3pm	29 Senior Aerobics 9-10am Misplaced Memory 10-11am Tap Dance Class 10:15-11:15am Special Classic Movie Screening 1-3pm	30 <i>No Computer Workshop</i> Stretch & Strength 10-11am Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm Art Trek Workshop: Master a Matisse 2-4pm

Classes

Emeritus College

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

Chair Yoga
Mondays, 1-2pm, \$2/class

Therapeutic Stretch & Strength
Mondays, 2-3pm
Wednesdays & Fridays, 10-11am
\$2/class

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

Legacy Walking Group
Tuesdays, 10-11am
Free, Legacy Park
Meet at Civic Center & Webb Way

The "BU" for Seniors
Tuesdays 12-1pm, Free
RSVP Required: min. 4 people

Mat Yoga
Tuesdays, 3:30-4:30pm, \$2/class

Silver Fox Walks
Thursday, September 8, 9am, Free
Solstice Canyon: RSVP required

Senior Aerobics and Toning
Thursdays, 9-10am, \$5/class

Tap Dance Class
Thursdays, 10:15-11:15am, \$5/class

Functional Fitness
Fridays, 1-2pm, \$2/class

Senior Tennis
Sundays, 10-10:55am, September 11-25
\$60 for session or \$23/class
Malibu High School Tennis Courts

Art & Performance

Senior Choir
Mondays, 9:45-10:45am, Free
No Class September 5

**Memories in the Making:
Crunch & Create**
Monday, September 12
11:30-12:30pm, Free

Relax Through Coloring
Wednesday, September 28,
11:15am-12:15pm, Free

Art Trek Workshop: Master a Matisse
Friday, September 23, 2-4pm
Workshop is \$2 plus \$10 materials fee

Enrichment / Groups

Bridge Group
Mondays, 2:15pm, Free

Caregiver Support Group
Monday, September 19, 3:30-4:30pm, Free

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

End of Life Discussion Group
Wednesday, September 7
3:30-4:30pm, Free

Misplaced Memory
Thursdays, September 29-November 10
10-11am, \$45 for the 6-week session

Current Events
Thursday, September 15, 1-2:30pm, Free

Finance Friday
Friday, September 9, 12-1:30, Free
Participants Must RSVP to receive lunch

The Market Beat
Friday, September 23, 11:30am, Free

Computer and Cell Phone Workshop
Friday, September 9 & 23
10am-12pm, \$2/class

Highlighted
Classes



Finance Fridays

September 9, 12-1:30pm
City Hall, Multi-Purpose Room

Rotating Facilitator
Call to RSVP: Free lunch

“The Best Investment on Earth - is EARTH!”

Presented by Bianca Torrence with ReMax, and Yuko Saito-Rodriguez with Velur Enterprises, Inc.
LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.

CPR Training

Wednesday, September 21, 2-4:30pm
City Hall, Multi-Purpose Room

RSVP Required
\$40 for the one day class

If a family member or friend had a cardiac emergency, would you recognize the signs and respond quickly and appropriately? Take this class to empower yourself with the knowledge to save a life.

End of Life Discussion Group

First Wednesday of Each Month, September 7
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. This group will discuss the many issues related to end of life.

Tap Dance

Thursdays in September, 10:15-11:15am
City Hall, Civic Theater

\$5 per class
Ann Monohan, Instructor

It's never too late to learn tap dance. This class is an introduction to tap dance basics and simple routines. Tap is a great activity for people of any age and is a fun, great workout. Tap shoes are required and no previous experience is necessary.

Caregiver Support Group

Monday, September 19
City Hall, Zuma Room

3:30-4:30pm
Hosted by The Listening Post

Taking care of a loved one can be one of the toughest jobs there is. This support group will provide a safe and confidential place to express your feelings, feel understood, and obtain helpful information from peers and professionals. All are welcome to share thoughts or just listen.

Senior Tennis Classes

Sundays, September 11-25, 10-10:55am
Malibu High School Tennis Courts

\$60 for the session or \$23 per class
Instructor: Beach City Tennis Academy

Get back into the game and brush up on your skills as you rally against other players of a similar skill level. Participants are asked to register in advance.

The “BU” for Seniors

Tuesdays, 12-1pm, FREE
City Hall, Backstage Theater Room

RSVP Required: minimum 4 participants
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!

Misplaced Memory: How to Remember What We Forget

Thursdays, September 29-November 10, 10-11am
Malibu Senior Center

\$45 for the 6-week session
Instructor: Robin Rappaport

Create a “memory toolbox” to help retain words, lists, and numbers in your short term memory in our fun, creative, and innovative Memory Class. If you ever walk into a room and then forget the purpose of entering it in the first place, or easily forget names, dates, and where you placed various items like your keys or phone, then Memory Class is for you! Register in advance at the Malibu Senior Center.



What's New For You

FREE Theater Thursday, September 1



"Eddie the Eagle" 11am

The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics. Starring: Taron Egerton, Hugh Jackman, Tom Costello (2016).

"A Hologram for the King" 1pm

A failed American sales rep looks to recoup his losses by traveling to Saudi Arabia and selling his company's product to a wealthy monarch. Starring: Tom Hanks, Alexander Black, Sarita Choudhury (2016).

Monarchs in Malibu



Monday, September 26, 12-1pm, Free

Come to learn about the plight of the Monarch butterfly in Malibu. A representative from the Malibu Monarch Project will talk about how the butterflies come down from Canada to enjoy our warm west coast winters to roost and mate, and how the population in Malibu has declined. Learn how to bring the butterflies back to Malibu. Milkweed, a plant that attracts Monarch butterflies, will also be available for sale.

The Market Beat



Friday, September 23, 11:30am-12:30pm, Free

Enjoy this new discussion group to learn about investments and the stock market. Facilitated by Kal Klatte.

Silver Fox Walk



Thursday, September 8, 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 Solstice Canyon! Bring water, a snack, and wear comfortable clothing. Please RSVP for more information and meeting location: 310-456-2489 ext. 357.

Dial-A-Ride Updates!

The proposed modifications to current Dial-a-Ride services have not been approved by City Council. Staff has been directed to work on some additional items and return to a future City Council meeting. As of now, all services in the Dial-a-Ride program will remain the same until further notice.

We will make public announcements and notify members as soon as the proposed modifications are approved.

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

Locals Lunch

Thursday,
September 14,
11:30 am

Enjoy lunch at a local restaurant and socialize with Malibu locals. Marmalade Cafe is a local cafe chain serving California cuisine in a relaxed space. Please RSVP to 310-456-2489 ext. 357.



Special Movie Screenings

Thursday, September 8
1-3pm
Comedy

Something's Gotta Give
Featuring Jack Nicholson as a perennial playboy and Diane Keaton as a divorced playwright (2003).

Thursday, September 22
1-3:45pm
Musical

Les Miserables
Starring Liam Neeson, Uma Thurman, Geoffrey Rush and Clair Danes (1998).

Thursday, September 29
1-3pm
Classic

The Misfits
Starring Clark Gable, Marilyn Monroe, and Montgomery Clift (1961).

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, Sept. 12
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, September 26
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.

Virgo Birthdays: August 23 - September 22

Meticulous, Fussy, Intelligent, Practical, Harsh, Judgemental, Reliable



Maggie Ahouraia, Joyce Ball, Tia Bentley, Irene Bettler, Ken Blizzard, Alexa Bodrero, Alexa Bordero, Dorothy Boyd, Susanne Brown, Mary Buell, Beth Burdick, Jan Burns, Will Carney, Anita Chala, Jena Chanel, Ann Chappel, Glenna Colton, Katia Corchon, Hope Corey, Ida Corman, Michael Cortese, Errol Coughlan, Robert Crammer, Christine Dallmann, Diane Dawson, Joseph De Mieri, Shirley D'Haenens, Dorothy Eccard, Alice Edgerton, Donna Fleming, Patti Fox, Hal Friedman, Carolyn Galantine, Nanci Goyjer, Karen Gray, Anne Griskey, Judith Halevy, William James Hardy, Patti Harley, Michael Harris, Ed Harvey, Randy Holland, Barbara Hubbard Spence, Anna Hutchinson, Esme Jacobson, Janice Johnson, Joann Johnson, Leon Johnson, Barbara Jolliff, Grace Jones, Lisa Kantor, Ken Kearsley, James Kiewit, Trudy King, Kara Knack, Candice Kraft, Shelley Kramer, Frank Lamonea, Mary Landroth, Carlos Lluch, Mary Lubisch, Clair Lynch, Jeannette Maginnis, Ronda Mahoney, Barbara Marinacci, MJ Meimandi, John Miller, Ada Neale, Corinne Norton, Cherie Numan, Carol O'Meara, Elissa Pacifici, Kenneth Palmer, Judith Penchansky, Denise Pepper, Dana Perkins, Diane Peterson, Robert Pian, Encarnacion Pidlaogan, Tom Puckett, Rebecca Ramos, Judy Ravitz, Marjorie Renkow, Carl Rimple, Bill Robinson, Ilana Roman, Mario Rosiello, Derek Ross, Joyce Ruskin, Rosemary Sampson, Clarence Schmitz, Maria Schoenberger, Franklin Segal, Marcella Shirk, Mary Smith, Karen Smythe, Rita Soroehinsky, Robert Staats, Randa Starr, Howard Steinman, Joan Stern, Kay Stone, Lori Stone, Lucille Storms, Hedy Stratman, Diana Surfas, Jackie Sutton, Jila Tayefhnowrooz, Sandra Thayer, Sharon Thurl, Cacilia Tolles, Andrea Tose, Jeana Ueckert, Mitch Ulansez, Mark VanderMeyden, Maureen Vandewater, Deborah Varceno, Mildred Waadt, Judy Wagner, Helen Warde, Opal Webb, Richard Westland, Dorothy White, Elizabeth Whitney, Rosemary Williams, Julia Winter, Susan Wyatt, Melvin Wyner, Pam Yerger, Helen Young, Judy Zierick

Other News from the Senior Center

- **Health Tip:** Apple season has arrived! Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. Be sure to store apples in the refrigerator separately from other fruits and vegetables to prevent spoilage.
- **Malibu Library Events:** September 12, 1pm: Malibu Senior Choir Performance. September 14, 5-6:30pm: Malibu Book Club will discuss *Empty Mansions* by Bill Dedman and Paul Newell. September 16, 3-4pm, Pepperdine Guitar Concert. September 21, 7pm: Library Speaker Series: Author Daniel James Brown, bestselling author of *The Boys in the Boat*. For more information call 310-456-6438.
- **Volunteer Weeding Day:** September 10, 9am-1pm, at Legacy Park. Volunteers will receive expert training and education about native and non-native plant species. Water and snacks provided. For more information call 310-456-2489 ext. 337.
- **Cars and Coffee:** September 25, 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.
- **Annual Bulky Item Pickup:** September 24. This free service is provided by Waste Management for its customers. Schedule your pickup appointment by noon on Friday, September 23. For more information call 800-675-1171.

September Excursion



Petersen Automotive Museum

Tuesday, September 20, 10am-4:15pm, \$54 (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 traveled 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!

October Excursion

SIX
TASTE



Arcadia Delicious Dumpling Food Tour

Thursday, October 27, 9am-5pm, \$70 (Food Included)
Deadline to Register: October 13 or until full

Enjoy over 10 unique tastings that may include dumplings, popcorn chicken and Taiwanese sausages at Sinbala, savory breads at JJ Bakery, specialty boba and brick toast at Tea Bar Starry, and Vietnamese tropical fruit dessert drinks at Bambu. A knowledgeable local guide from Six Taste Tours will explain how the local cuisine is shaped by the area's rich cultural history. Participants will be led on a route of about 4-5 eateries on roughly two walking blocks. This excursion may not be suited for vegans, vegetarians, pescatarians, and gluten-free diets.

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: Master a Matisse

Friday, September 30, 2-4pm
City Hall, Multi-Purpose Room
Using prints of Henri Matisse's paintings for inspiration, we will paint our own masterpieces using acrylic paint on canvas. RSVP required: maximum 12 students.

\$2 for the class plus \$10 materials fee

Conducted by Lorelle Patterson



Memories in the Making: Crunch & Create!

Monday, September 19, 11:30am-12:30pm, FREE
Free Lunch provided to those that RSVP!

Facilitated by Denise Gieser

Art Class Open to All

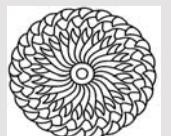
Memories in the Making is a unique arts program offering a creative and non-verbal way of communicating and capturing precious movements through art. This month, enjoy lunch as you "Crunch and Create" art! Be sure to RSVP so we can get enough for everyone.



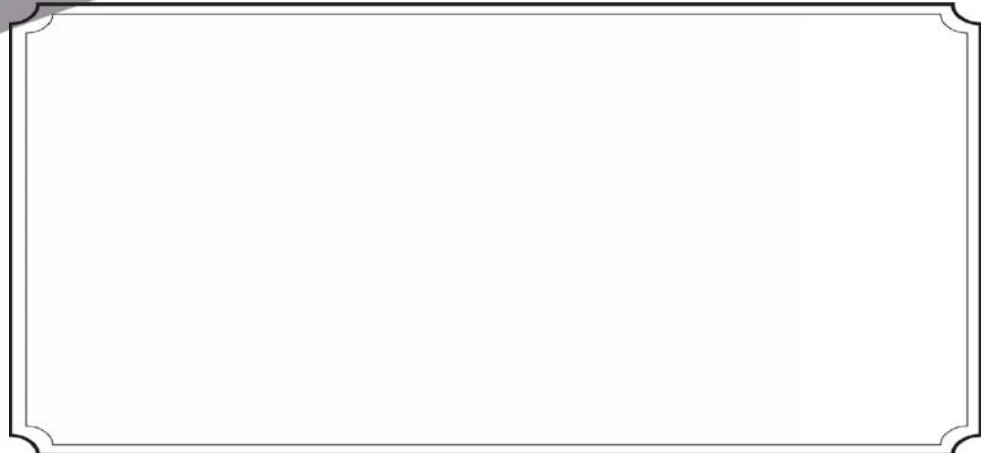
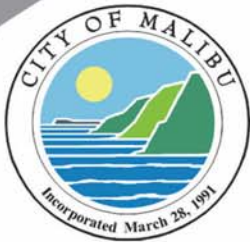
Relax Through Coloring

Wednesday, September 28, 11:15am-12:15pm, FREE
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



Wellness Expo
Friday, October 14, 11am-2pm
Malibu Senior Center

Meet local service providers and learn about healthy aging. Information booths will include medical doctors, complimentary medicine, health and wellness businesses, senior care providers, and more. All participants will receive a free raffle ticket with prizes offered every hour. First 50 people to RSVP will receive a FREE lunch! To RSVP or find more information about having a booth contact 310-456-2489 ext. 357.



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

Senior Center Phone Number:

310-456-2489 ext. 357