

**November  
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

**Theresa Odello**  
*Recreation Coordinator*  
**Recreation Assistants**  
 Bryanna Edwards  
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 Rebecca Ramos  
 Eileen Youngling



# senior news & VIEWS

## Monthly Luncheon

**Thursday, November 17, 11:30am-1pm**

**\$2 for the first 80 people that RSVP**



Listen to the beautiful voice of Francesca Sola, an international singer with an extensive resume in both opera and musical theater. Her soaring voice has been featured on FOX, CBS, and the History Channel, along with a recent live performance at the 2015 World Expo in Milan, Italy. Entertainment and desert will be graciously provided by Atria Park of Pacific Palisades. Call in advance to reserve a seat: 310-456-2489 ext. 357.




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

## Introduction to Storytelling

**Monday, November 21, 12-1pm, FREE**

Ann Buxie, host of Malibu's Tales By The Sea (storytelling for grown-ups), offers a one-hour introduction to Storytelling. Discuss the value of telling your story publicly, learn how to find your stories, and tips to enliven the telling and keep the listener's attention. Participants will gather experience by responding to a prompt and sharing those responses. Please RSVP for this free event by calling 310-456-2489 ext. 357.



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>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 Photo Portrait Painting 12-3pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>2</p> <p>Emeritus Poetry 10-11:50am Stretch &amp; Strength 10-11am Reader's Theater 1-3pm <b>End of Life Discussion</b> <b>Group 3:30-4:30pm</b></p>	<p>3</p> <p>Senior Aerobics 9-10am NO Misplaced Memory Tap Dance Class 10-11am <b>Theater Thursday</b> <b>11am &amp; 1:15pm</b></p>	<p>4</p> <p>Stretch &amp; Strength 10-11am Computer Workshop 10am-12pm <b>Finance Friday 12-1:30pm</b> Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm</p>	
<p>7</p> <p>Senior Choir 9:45-10:45am Chair Yoga 1-2pm Stretch &amp; Strength 2-3pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>8</p> <p><i>Election Day: Don't forget to VOTE!</i> 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 Photo Portrait Painting 12-3pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>9</p> <p>Stretch &amp; Strength 10-11am Emeritus Poetry 10-11:50am <b>Medicare 101 and Beyond</b> <b>12-1pm</b> Reader's Theater 1-3pm <b>Excursion:</b> <b>Getty Museum</b></p>	<p>10</p> <p>Senior Aerobics 9-10am <b>Silver Fox Walk at King Gillette 10am</b> Misplaced Memory 10-11am Tap Dance Class 10-11am <b>Special Movie Screening</b> <b>1-3pm</b></p>	<p>11</p> <p><b>Senior Center Closed</b> <b>Veteran's Day</b></p>
<p>14</p> <p>Senior Choir 9:45-10:45am <b>Memories in the Making</b> <b>11am-12:30pm</b> <b>Ice Cream Social</b> <b>12:15pm-12:45pm</b> Chair Yoga 1-2pm Stretch &amp; Strength 2-3pm Bridge Group 2:15pm</p>	<p>15</p> <p>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 Photo Portrait Painting 12-3pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>16</p> <p>Stretch &amp; Strength 10-11am Emeritus Poetry 10-11:50am <b>Locals Lunch at Ollo's</b> <b>11:30am</b> Reader's Theater 1-3pm</p>	<p>17</p> <p>Senior Aerobics 9-10am Misplaced Memory 10-11am Tap Dance Class 10-11am <b>Monthly Luncheon</b> <b>11:30am-1pm</b> Current Events 1-2:30pm</p>	<p>18</p> <p>Computer Workshop 10am-12pm Stretch &amp; Strength 10-11am The Market Beat 11:30am-12:30pm Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm Art Trek Workshop: Zentangle Leaves 2-4pm</p>
<p>21</p> <p>Senior Choir 9:45-10:45am <b>Intro to Storytelling 12-1pm</b> Chair Yoga 1-2pm Stretch &amp; Strength 2-3pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm</p>	<p>22</p> <p>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 Photo Portrait Painting 12-3pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>23</p> <p>Stretch &amp; Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm</p>	<p>24</p> <p><b>Senior Center Closed</b> <b>Thanksgiving Holiday</b></p>	<p>25</p> <p><b>Senior Center Closed</b> <b>Holiday</b></p>
<p>28</p> <p>Senior Choir 9:45-10:45am Chair Yoga 1-2pm Stretch &amp; Strength 2-3pm Bridge Group 2:15pm</p>	<p>29</p> <p>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 Photo Portrait Painting 12-3pm Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>30</p> <p>Stretch &amp; Strength 10-11am Emeritus Poetry 10-11:50am <b>Relax Through Coloring</b> <b>11:15am-12:15pm</b> Reader's Theater 1-3pm</p>		

# 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**  
Tues, 9:30-11:45am

**Drawing at Bluffs**  
Tues, 12:30-2:45pm

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

**Autobiography**  
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, November 10, 9am, Free  
King Gillette Ranch: RSVP required

### Senior Aerobics and Toning

Thursdays, 9-10am, \$5/class

### Tap Dance Class

Thursdays, 10-11am, \$5/class

### Functional Fitness

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

## Art & Performance

### Senior Choir

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

### Memories in the Making: Crunch & Create

Monday, November 14  
11:30-12:30pm, Free

### Photo Portrait Painting

Tuesdays, 12-3pm, \$150 for 6 classes  
November 1 - December 6

### Relax Through Coloring

Wednesday, November 30  
11:15am-12:15pm, Free

### Art Trek Workshop: Zentangle Leaves

Friday, November 18, 2-4pm  
Class Full: Call to get on the Waitlist

## Enrichment / Groups

### Bridge Group

Mondays, 2:15pm, Free

### Caregiver Support Group

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

### Reader's Theater

Wednesdays, 1-3pm, Free

### End of Life Discussion Group

Wednesday, November 2  
3:30-4:30pm, Free

### Current Events

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

### Finance Friday

Friday, November 4, 12-1:30, Free  
*Life Insurance Protection*  
Participants Must RSVP to receive lunch

### The Market Beat

Friday, November 18, 11:30am, Free

### Computer and Cell Phone Workshop

Friday, November 4 & 18  
10am-12pm, \$2/class

Highlighted  
Classes



## Finance Fridays

November 4, 12-1:30pm  
City Hall, Multi-Purpose Room

Rotating Facilitator  
Call to RSVP: Free lunch

### **Life Insurance Protection: The Whole Story on the Living Benefits of Life Insurance**

Presented by Arica Ohanisian of New York Life Insurance Company

Come to this free presentation to learn how to guarantee income for yourself today and make it last for the lives of your grandchildren. LUNCH WILL BE PROVIDED FOR THOSE THAT RSVP.

## Photo Portrait Painting

Tuesdays, November 1 - December 6, 12-3pm  
Malibu Senior Center

\$150 for the 6-week session  
Instructor: Inger Hodgson

Instructor Inger Hodgson will guide you through the mysteries of classical portrait painting and will teach limited palette, shadow pattern and sight-size technique. Participants also have an option of creating a self-portrait. Bring a photo, an easel (if you have one), materials for oil painting or water based painting and a drop cloth for the table. Create a unique holiday gift for a loved one!

## The Market Beat

November 18, 11:30am-12:30 pm  
Zuma Room

Free  
Facilitator: Kal Klatte

Enjoy this new discussion group to learn about investments and the stock market.

## End of Life Discussion Group

First Wednesday of Each Month, November 2  
City Hall, Multi-Purpose Room

3:30-4:30pm  
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. This group will discuss the many issues related to end of life.

## Caregiver Support Group

Monday, November 7 & 21  
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.



*Malibu Winter Showcase*

**December 2 • 6pm • Free • Malibu Civic Theater**

Welcome the holiday season and enjoy performances by local artists at the City of Malibu's Winter Showcase. The holiday program will include performances by Adult Tap, Zuma Youth Ensemble, Malibu Jazz Ensemble and the Malibu Senior Choir.

# What's New For You

FREE Theater Thursday, November 3



## **"Ghostbusters" 11am**

With paranormal activity on the rise, a Columbia University academic, her ghost-chasing friend, the friend's business partner, and an MTA employee join forces to bust ghosts and save New York. Starring: Melissa McCarthy, Kristen Wiig, Leslie Jones, Kate McKinnon (2016).

## **"Love & Friendship" 1:15pm**

Lady Susan Vernon takes up temporary residence at her in-laws' estate and, while there, is determined to be a matchmaker for her daughter Frederica - - and herself, too, naturally. A Jane Austen movie. Starring: Kate Beckinsale, Chloe Sevigny, Xavier Amuel (2016).

## Medicare 101 and Beyond

Wednesday, November 9, 12-1pm, Free

Presented by Shmuel Schwarts with Simpler Horizons

Are you aware of the new Medicare policy changes in 2016? Do you know what option is right for you? Attend our complimentary Medicare program where you will get the answers to make a confident decision. Bring your current Medicare Plan and see if there might be a better option for your Medicare based on your needs.



## Document Shred Day

Saturday, November 12, 10am - 2pm, Free

Malibu City Hall Parking Lot

The City of Malibu is hosting a Document Shred Day! Celebrate America Recycles Day by recycling old papers into new materials. Protect yourself against identity theft with free and secure shredding of your confidential data. This event ends when the truck fills up, so get here early! Up to 5 standard boxes (or 5 13-gallon bags) of records accepted.



## Silver Fox Walk

Thursday, November 10, 10am, Free

King Gillette Ranch, 26800 Mulholland Highway

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 King Gillette Ranch and hike Inspiration Point. Bring water, a snack, and wear comfortable clothing. Please RSVP for more information and exact meeting location: 310-456-2489 ext. 357.



## Locals Lunch

Thursday,  
November 16,  
11:30 am

Enjoy lunch at a local restaurant and socialize with Malibu locals. Ollo restaurant specializes in farm to table cuisine with locally sourced ingredients.

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



## Special Movie Screening

Thursday, November 10  
1-3pm

### **The First Wives Club**

Starring Bette Midler, Goldie Hawn and Diane Keaton. After years of helping their huddies climb the ladder of success, each has been dumped for a newer, curvier model.

This trio is determined to turn pain into gain by hitting their exes where it really hurts: their wallets!

## Ice Cream Social

*Free*

Monday, November 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.



**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.

**The Perfect Pie  
Friday, November 4  
3-4:30pm**

Instructor Annestasia Rivard will teach the methods of creating the perfect holiday pie. \$5 class fee, \$15 materials fee.

To RSVP or for more information call 310-456-2489 ext. 239



**Scorpio Birthdays:** October 23-November 21

Resourceful, Brave, Distrusting, Jealous, Passionate, A True Friend



Karen Anchia, Larry Arcinage, David Artz, Sue Ashi, Michelle Barruel, Sally Jo Benjamin, Lynn Benjamin, Orpha Biglow, Hirsh Bilow-Rose, Walter Bollinger, Gisela Brownell, Albert Chen, Karen Chernof, Bob Cheslow, Elizabeth Cochrane, Schifra Cohen, Rose Collins, Jean Colonomos, Barbara Coughlin, Genevieve Cruikshank, Jill Demarest, Linda DeMartinez, Candace Dwan, Joni Efros, Margaret Ensign, Shirley Feron, Doreen Field, Angelica Flagg, Jay Flashner, Hayden Gallagher, Donna Galvin, Mary Glavin, Leslie Goldstein, Brodie Greer, Don Harmon, Pam Hashemi, Gus Hasselquist, Paul Hassett, Marion Hastings, Dick Haverick, Dave Hayward, Lisa Hollingshead, Gerald Hollinrake, Florence Horstman, Robert Hutchinson, Chickie Jensen, Noba Jones, Satyavati Kandala, Dorothy Kelley, George Kieffer, Hertha Klotz, Ron Kohonen, Laura Kuper, Christina LaChimia, Ann Lagasse, Bessita Ledernan, Susan Lee, Charles Leight, Leslie Goldstein, Wendy Levenson, Fred Lieberman, Suzanne Lloyd, Vicki Lovenson, Esther Lucarelli, Gary Mamian, Myrtle Martin, John Mazza, Tony Meripol, Ronald Merriman, Gil Muramatsu, Judy Newman, Diana Nielsen, Singleton Niki, Beate Nilsen, Deborah Palmer, Harry Palmer, Bill Pegler, Nessa Perman, Deborah Pierson, Jackie Pisternick, Quentin Quien, Pat Raby, Ken Ravitz, Robert Reed, Joseph Reich, Sharon Richstone, Blanche Rosloff, Dan Ross, Carlye Rudlcia, Richard Ryan, Nancy Scerbo, Blaine Shanks, Jerry Sherman, Michael Shockro, Melba Simms, Suzanne Sinclair, Donald Smith, Richard Sterling, Michele Ann Swain, Jan Thompson, Clifton L. Vaughan, Birute Ann Vileisis, Dorothy Waldman, Pam Whitman, Joanne Winkenhower, Joan Zirbes

**Other News from the Senior Center**

- **Health Tip:** Laughter is the best medicine! It has been proven that humor mitigates stress. Did you know that five minutes of stress can lower your immune system for up to six hours? Perhaps you can start looking at the glass as being half full and laugh at life's smaller problems rather than taking them to heart.
- **Malibu Library Events:** November 2, 7pm: Malibu Library Speaker Series with Susan Casey, author of the bestseller *Voices in the Ocean: A Journey Into the Wild and Haunting World of Dolphins and The Wave*. November 9, 5-6:30pm: Malibu Book Club will discuss *Delicious* by Ruth Reichl. November 16, 6-7:15pm: Okonomiyki Demonstration. For more information call 310-456-6438.
- **Volunteer Weeding Day:** November 12, 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.
- **Pacific Palisades Women's Club Events:** Free Senior Exercise Class, Fridays 11:30am-12:30pm, call Danny Vasquez for informatoin and location at 818-984-1380 ext. 108.
- **Malibu Cars and Coffee:** November 13, 7-9am, Malibu Bluffs Park, 24250 Pacific Coast Highway. Meet at the park to enjoy a coffee while admiring some of the world's finest automobiles at an unbeatable location. For more information call 310-317-1364.

## November Excursion



### The Getty Center

Wednesday, November 9, 9:30am-4pm, \$20 (Lunch included)  
Deadline to Register: November 1 or until full

The Getty Center excursion will begin with a tram ride to the summit, taking in unexpected views of the historic Sepulveda Pass. Arriving at the central plaza, enjoy the gardens, terraces and dramatic architecture. The trip will include a tour of the architecture and gardens of the Getty Center. Enjoy a boxed lunch from the center, then experience all the Getty has to offer at your own pace. View paintings by many of the most familiar masters – Rembrandt, Goya, Monet, Cezanne, and more.

## December Excursion



### Santa Monica Museum & Farmer's Market

Wednesday, December 7, 10am-4pm, \$14 (Lunch not included)  
Deadline to Register: November 25 or until full

Visit the 40 year old Santa Monica History Museum and explore over 1 million items in their historical collections along with the exhibit of Shirley Temple's memorabilia. After the tour, wander and shop around the Santa Monica's Farmer's Market and Third Street Promenade to purchase items for the holidays.

## January Excursion



### Rose Parade Float Showcase

Tuesday, January 3, 8am-2:30pm, \$42 (Lunch included)  
Deadline to Register: December 21 or until full

Take a closer look at the design and workmanship that went into each Rose Parade float and learn about the float process from "white suiters", or Tournament volunteers. This is a great opportunity to see these one of a kind floats up close. Afterwards the group will enjoy lunch at the Yard House. Walking is involved, comfortable walking shoes are suggested.

## 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

### Relax Through Coloring



Wednesday, November 30, 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.

### Memories in the Making: Crunch & Create!

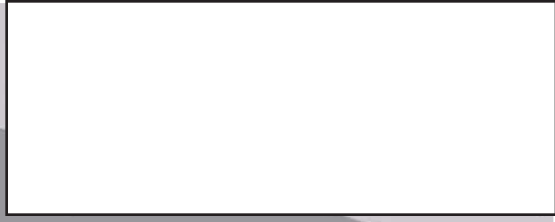
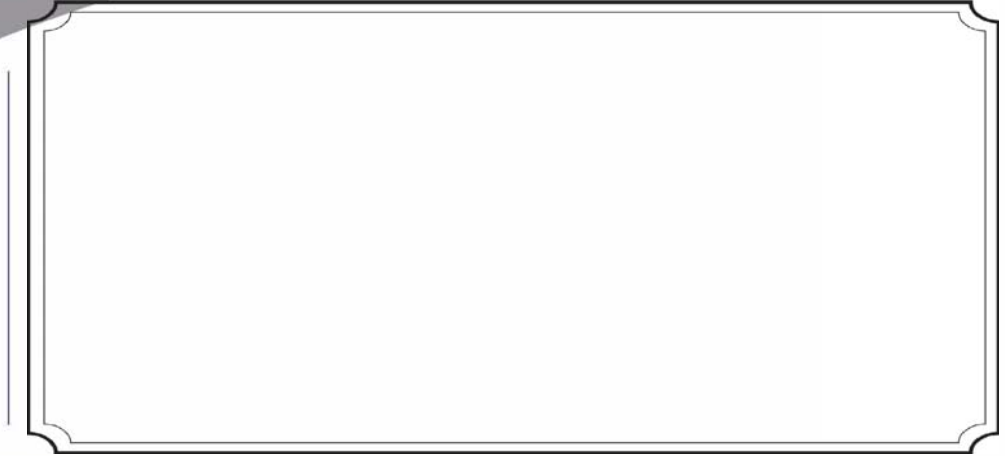
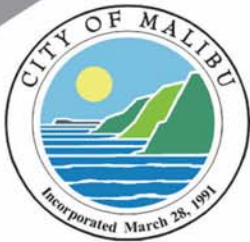
Monday, November 14, 11am-12:30pm, FREE  
Free Lunch provided to those that RSVP!

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 moments through art. This month, enjoy lunch as you "Crunch and Create" art! Be sure to RSVP so there will be enough food for everyone.



**MALIBU SENIOR CENTER**  
23825 STUART RANCH ROAD  
MALIBU, CA 90265



# TRANCAS FIELD Community Outreach

Participate in one of the City's  
Community Workshops to give us  
insight about what you would  
like to see at Trancas Field.



### Community Workshops

November 2, 6:30 PM  
Malibu West Beach Club  
30756 Pacific Coast Highway

November 30, 6:30 PM  
Malibu City Hall  
23825 Stuart Ranch Road



### Questionnaire

[www.MalibuCity.org/TrancasField](http://www.MalibuCity.org/TrancasField)  
October 12 to December 12

For more information on the project, visit  
[MalibuCity.org/TrancasField](http://MalibuCity.org/TrancasField) or call 310-456-2489 ext. 350

## Senior Center Hours

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

Closed November 11 for Veterans Day  
Closed November 24-25 for  
Thanksgiving

## Senior Center Phone Number:

310-456-2489 ext. 357