

**December
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
 Jhenzier Gordon
 Rebecca Ramos
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senior news & VIEWS

December Luncheon

Thursday, December 15, 11:30am-1pm

\$2 for the first 80 people that RSVP

It's the Holiday Season!

Enjoy lunch, meet new and old friends and celebrate the holiday season! Special entertainment will be provided by the Malibu Senior Choir, directed by Laura Fercano DeMieri. Be prepared for another great turkey lunch with all the fixings. Call in advance to reserve a seat: 310-456-2489 ext. 357; after 80 RSVPs a wait list will be created.

Please pay at the door; exact change is preferred.



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



Malibu Winter Showcase

December 2 • 6pm • Complimentary Admission
 • 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 the Malibu Senior Choir, Twilight Tappers, and the Malibu Jazz Ensemble.



Mon	Tue	Wed	Thu	Fri
Other Events This Month: Household Hazardous & E-Waste Collection: December 3, 9am-3pm in the parking lot behind the library (see page 6) Breakfast with Santa: December 10, Volunteers Needed (see page 8) Christmas Tree Recycling Program: December 26-January 14 (see page 6)				
5 Senior Choir 9:45-10:45am Covered California 12-1pm Chair Yoga 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm Caregiver Support Group 3:30-4:30pm	6 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	7 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm End of Life Discussion Group 3:30-4:30pm Holiday Sing with Point Dume Students 3:45pm Excursion: Santa Monica Farmer's Market	1 Senior Aerobics 9-10am Tap Dance Class 10-11am Theater Thursday 11am & 1pm	2 Stretch & Strength 10-11am Computer Workshop 10am-12pm Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm Winter Showcase 6pm
12 Senior Choir 9:45-10:45am Memories in the Making 11am-12:30pm Ice Cream Social 12:15pm-12:45pm 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 Reader's Theater 1-3pm	15 Senior Aerobics 9-10am Tap Dance Class 10-11am Monthly Luncheon 11:30am-1pm Current Events 1-2:30pm	16 Stretch & Strength 10-11am The Market Beat 11:30am-12:30pm Emeritus Chronicles Reading and Potluck 12:30-3:00pm No Functional Fitness
19 Senior Choir 9:45-10:45am Chair Yoga with Tina 1-2pm Stretch & Strength 2-3pm Bridge Group 2:15pm	20 Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am No "BU" for Seniors Mat Yoga with Tina 3:30-4:30pm	21 Stretch & Strength 10-11am No Reader's Theater Relax Through Coloring 11:15am-12:15pm	22 Senior Aerobics 9-10am Tap Dance Class 10-11am Special Movie Screening 1-3pm	23 Senior Center Closed
26 Senior Center Closed	27 Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am No "BU" for Seniors Mat Yoga 3:30-4:30pm	28 No Stretch & Strength No Reader's Theater Special Movie Screening 1-3pm	29 Senior Aerobics 9-10am Tap Dance Class 10-11am Special Movie Screening 1-3pm	30 Senior Center Closed

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. Fall Semester ends December 16.

Creative Writing **Drawing at Bluffs**
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, \$2/class
Wednesdays & Fridays, 10-11am
No class on December 28

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
No class December 20 & 27

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

Silver Fox Walks
Thursday, December 8, 9am, Free
Point Dume: 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
No class December 9, 16, 23, and 30

Art & Performance

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

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

Relax Through Coloring
Wednesday, December 21
11:15am-12:15pm, Free

Art Trek Workshop: Aboriginal Animals
Friday, January 20, 2-4pm
Class Fee: \$5, Material Fee: \$10
Pre-Registration Required: max 12

Enrichment / Groups

Bridge Group
Mondays, 2:15pm, Free

Caregiver Support Group
Monday, December 5
3:30-4:30pm, Free

Reader's Theater
Wednesdays, 1-3pm, Free
No class December 21 & 28

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

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

The Market Beat
Friday, December 16, 11:30am, Free

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

Spanish for Memory
January 12—February 16
Thursdays, 10-11am
\$45 for the 6-week class

Highlighted
Classes

Senior Aerobics and Toning

Thursdays, Ongoing, 9-10am
Backstage Theater Room

\$5 per class
Instructor: Ann Monahan

It's never too late to shape up! This low impact aerobics class will be done to show tunes and 1950's music and is designed to help older adults maintain their cardiovascular health, strength and flexibility. The first section is filled with simple jazz steps followed by sculpting on a mat and stretching. Participants are asked to wear comfortable clothing, bring water and a yoga mat.

Tap Dance

Thursdays, 10-11am
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.

The Market Beat

December 16th, 11:30am-12:30 pm
Zuma Room

Free
Facilitator: Kal Klatte

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

Spanish to Improve Memory

Thursdays, January 12 - February 16, 10-11am
Zuma Room

\$45 for 6 classes
Instructor: Robin Rapaport

Learning a new language is a wonderful way to exercise memory retention and develop new communication skills relevant to your daily life. Join the learning fiesta in this fun filled hour of basic Spanish! Class includes beginning grammar, vocabulary, conversation and activities to engage participants and provide real life situational dialog.

Special Holiday Events!

Holiday Sing with Point Dume Students

Wednesday, December 7, 3:45pm

Don't miss this special performance by Point Dume Marine Science Elementary School Students. They will come to entertain us with their singing and bringing us cheer for the holiday season.

Malibu City Hall Holiday Open House

Thursday, December 8, 4-7pm

Enjoy delicious holiday treats, live music and an art exhibition by Malibu Middle and High School Students. Bring a donation for the Spark of Love toy drive benefiting at-risk youth and receive a raffle ticket: prizes donated by local businesses

What's New For You

FREE Theater Thursday, December 1



"Nine Lives" 11am

A stuffy businessman (Spacey) finds himself trapped inside the body of his family's cat. Starring: Kevin Spacey, Jennifer Garner, and Christopher Walken (2016)

"Florence Foster Jenkins" 1pm

The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Starring: Meryl Streep, Hugh Grant, and Simon Helberg. (2016)

Covered California

Monday, December 5, 12-1pm, Free

Attend this presentation to learn about Covered California, the plans available for enrollment in 2017, and a brief explanation of everything this plan has to offer. Certified Covered California Agents Kerry Bartholomew and Danielle Franenberg will be available to assist in answering questions regarding enrollment, and will be able to assist you in the enrollment process at no charge. Call for information or to RSVP 310-456-2489 ext. 357.



Emeritus Chronicles Reading

Friday, December 16, 12:30pm - 3pm, Free

Malibu City Hall, Multi Purpose Room

All are invited to attend this potluck educational event facilitated by Ellen Reich. Emeritus class participants and those who have published works in the Emeritus Chronicles will read original works of poetry and prose at this special event. There will be a potluck following the reading. Please call to RSVP: 310-456-2489 ext. 357.



Silver Fox Walk

Thursday, December 8, 10am, Free

Point Dume History and Nature Walk

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 Point Dume, where a guide will enlighten us about the history and the natural habitat of the area. Bring water, a snack, and wear comfortable clothing. RSVP required for exact meeting location: 310-456-2489 ext. 357.



Dial A Ride

Dial-a-Ride is expanding its services! Changes include:

- Extended hours of service until 5:30pm (Mondays, Tuesdays, and Wednesdays, ONLY around Malibu)
- Three (3) one-way trips per day (ONLY within the Malibu area)
- Ability to go to the current service area in Santa Monica for non-medical related appointments.

Must be a current registered Dial-a-Ride member to utilize services.

Special Movie Screenings

Thursday, December 8, 10am-12pm
Monster-In-Law

Starring Jennifer Lopez & Jane Fonda (2005).

Thursday, December 22, 1-3pm
Fred Claus

Starring Vince Vaughan & Paul Giamatti (2007).

Wednesday, December 28, 1-3pm
Free State of Jones
Starring Matthew McConaughey: based on a true story (2016).

Thursday, December 29, 1-3pm
Kinky Boots
Starring Chiwetel Ejiofor, Joel Edgerton, Sara-Jane Potts (2005).



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.

Sagittarius Birthdays: Nov 22- Dec 21

Intellectual, Philosophical, Impatient, Adventurous, Inconsistent, Big-hearted



Mary Abel, Diane Altagen, Myrna Anderson, Vivian Baer, Christian Benjamin, Vyvyan Benllock, Faith Blizzard, Roberta Bogie, Linda Bolhuis, George Brenner, Peter Bruno, Hilda Bujic, Adelle Carlson, Cassandra Christenson, Marsha Cooper, Martin Copenhafer, Paula Cordova, Helma Cords, Dick Corman, Marissa Coughlan, Walter Crandall, Carol Cullen, Gary Curr, Leigh Curran, Doisy De Villargennes, Claire Douglas, Karen Dumas, Lawrence Dumas, Kamala Eichler, Al Endemano, Ruth Erb, Stan Feinman, Judith Fine-Sarchielli, Jane Fishman, Helen Forbes, Maxine Fortune, Randi Garrett, Susan Giboney, Ed Gillespie, Stan Goldenberg, Pamela Goldsmith, Barbara Ann Goldstein, Sherry Gordon, Jill Greenberg, Zee Greenwood, Nimrod Hajdu, Anita Hasselquist, Frances Hilton, Thomas Hirsch, Grace Holmes, Marianne Hurd, Rosmarie Ihde, Jackie Ingerson, Joe Jeron, Kenneth Johansson, Wilbur Johnson, Ginger Kershner, Ruth King, Sandra Cannaday Knapp, Amy Kupinkas, Jackie Lapin, Larry Lazaruz, San-Wa Leong, Nancy Lewis, Norma Lloyd, Mona Loo, Gail Lowe, Tom Lubisch, Judith Mathison, James Maush, Tania Mayer, Donald McCrea, Jo Ann McCrea, Sharon McCully, Carol Meckler, Julianne Merriman, Carol Moss, Tracy Moss, Debbie Nadon, Diane Neale, Marcia O'Dea, Thomas Omeara, Hope O'Neill, Catherine Pacos, Robert Palmer, Eileen Pearlman, Elizabeth Perrin, Agnes Peterson, Richard Pollock, Phiroz Poonawalla, Reiko Posner, Joseph Pundyk, Madeleine Radoff, Marie-Claude Ranes, Ken Ravitz, Mona Raza, Judy Reinhar, Coliene Rentmeester, Don Richstone, Sherri Ruzicka, Marilyn Santman, La Vonne Saquilan, Rosa Segal, Anne Seid, Blanca Sibert, Marion Siebenthal, Lana Singer, Annette Smith, Kathleen Smith, Lisa Smith, Irvin Spielberg, Sandra Stackler, Sara Stann, Nancy Stokesberry, Kaye Strid, Joan Stuart, Seymour Sudar, Dorothy K. Talovic, Lilith Teitelbaum, Virginia Terrasini, Judi Trevor, Frances Tucker, Swanny Vanos, Ingrid Vinge, Thomas Waljeski, Thomas, Waljeski, Maureen Ward, Edon Waycott, Charles Weedman, Ronald Weiner, Margaret Westland, Richard Whitney, Gary Wilcox, Fred Wilkens

Ice Cream Social *Free*

Monday, December 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.

Other News from the Senior Center

- **Health Tip:** Cranberries have been used for years for various medicinal purposes, such as healing with bladder problems as well as gum disease. They are naturally low in sugar, sodium, and fat and are high in Vitamins C, K, and E. Enjoy those Thanksgiving cranberry leftovers!
- **Household Hazardous & E-Waste Collection:** December 3, 9am-3pm, behind the library at 23519 W. Civic Center Way. This event is free and open to all residents of LA County for household and electronic waste.
- **Beach Parking:** The County of Los Angeles offers a discounted beach parking pass for seniors. To obtain a parking pass, you must be at least 62 years of age and a resident of California. The Annual Senior Parking Pass costs \$25 per pass. For more information call (310) 305-9503.
- **Pacific Palisades Women's Club Events:** Free Senior Exercise Class, Fridays 11:30am-12:30pm, call Danny Vasquez for information and location at 818-984-1380 ext. 108.
- **Christmas Tree Recycling:** December 26 through January 15 at Bluffs Park or 29136 Pacific Coast Highway near Heathercliff Road. You may also cut your tree to fit in your green waste bin; no metal allowed. Before recycling please remove water containers, metal stands, ornaments, tinsel, and lights.
- **Malibu Library Events:** December 2, 3-4pm, Pepperdine Guitar Concert. December 5, 6-7:30pm, Upcycled Holiday Decor & Wrapping Paper Exchange. December 12, 6-7:30pm, Learn to Cross Stitch. For more information or to RSVP call the Malibu Library at 310-456-6438.

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.

February Excursion

Griffith Observatory

Wednesday, February 8, 10:00am-4:45pm, \$33 (Lunch included)

Deadline to Register: February 1 or until full



Participants will have an opportunity to experience a new state-of-the-art planetarium theater, see a show and eat lunch at the Café at the End of the Universe. Following lunch, participants will have the rare opportunity to tour the building and see a state-of-the-art planetarium show. Malibu resident Kara Knack, a 27-year Board Member of Friends of The Observatory, will lead the tour.

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, December 21, 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, December 12, 11am-12:30pm, FREE

Facilitated by Denise Gieser

Free Lunch provided to those that RSVP!

Art Class Open to All

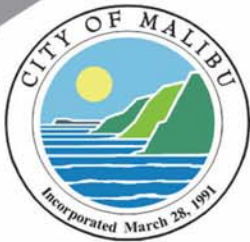
Memories in the Making is a unique arts program offering a creative and non-verbal way of communicating and capturing precious moments through art. This month, enjoy lunch as you "Crunch and Create" art! Be sure to RSVP so there will be enough food for everyone.



MALIBU SENIOR CENTER

23825 STUART RANCH ROAD

MALIBU, CA 90265



Volunteers Needed for Breakfast with Santa!

Volunteers are needed to help coordinate children waiting to meet Santa.

Saturday, December 10

Point Dume Marine Science School

6955 Fernhill Drive, Malibu

8:15am-10:15am or 10:15am-12:15pm



Malibu Poet Laureate

The City of Malibu is pleased to announce the search for its inaugural Poet Laureate candidate. The selected candidate will focus on elevating the literary arts, both in Malibu and outside communities while representing the City of Malibu for a two-year term. The application submission period will begin November 30, 2016 and will close on January 11, 2017.

The responsibilities of the Poet Laureate candidate will include, but are not limited to: Working with local schools and the Malibu Library to promote poetry, Acting as the official Consultant in Poetry to the City of Malibu and the Malibu Library, Participating in and/or creating one Invitational each year, and Representing Malibu at literary and poetry events.

Applications and submittal information are available online at malibuartsandculture.org/poet or in the Senior Center office.

Senior Center Hours

Monday - Thursday: 9am - 4:30pm

Friday: 9am - 4pm

Saturday and Sunday: Closed

The Senior Center will be Closed
December 23, 26, 30, and January 2

Senior Center Phone Number:

310-456-2489 ext. 357