

**June
2017**

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Malibu Senior Center & Adult Activities

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Senior Center Staff

Paige Gomez
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Bryanna Edwards
Eileen Youngling
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senior news & VIEWS

June Luncheon

Thursday, June 15, 11:30am-1pm
\$2 for the first 80 people that RSVP



Kick off the summer by joining us at this month's picnic luncheon. 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 Gemini? Happy Birthday!
Get a free lunch this month

Community Blood Drive

Thursday, June 8, 10am-4pm
City Hall, Multi-Purpose Room



The City of Malibu is hosting a community blood drive and we need your help! Donating blood is a simple thing to do and can make a big difference in the lives of others.

Set-up an appointment by calling 310-456-2489 ext. 357 or visit redcrossblood.org and enter sponsor code CityofMalibu.

Mon**Tue****Wed****Thu****Fri**

			<p>1 Senior Aerobics 8:30-9:30am Tap Dance Class 9:30-10:30am Theater Thursday 10:30 am & 1pm</p>	<p>2 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Computer Workshop 10am-12pm Finance Friday 12-1:30 pm Emeritus Autobiography 12:30-2:45pm Functional Fitness 1-2pm</p>
<p>5 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm AARP Refresher Course (rescheduled) 11am-3pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>6 Excursion: Tour of LA Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at Bluffs 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>7 Stretch & Strength 10-11am Emeritus Poetry 10-11:50am Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm</p>	<p>8 Senior Aerobics 9-10am Community Blood Drive 10am-4pm Tap Dance Class 10-11am Local's Lunch @ V's 11:30am</p>	<p>9 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Emeritus Autobiography 12:30-2:45pm Art Trek: Caribbean Vacation 2-4pm Functional Fitness 1-2pm</p>
<p>12 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Memories in the Making 11am-12:15pm Ice Cream Social 12:15-12:45pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>13 Tai Chi at Bluffs Park 8:30-9:30am Legacy Walk 10-11am Mat Yoga 3:30-4:30pm</p>	<p>14 Stretch & Strength 10-11am Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm</p>	<p>15 Senior Aerobics 9-10am Tap Dance Class 10-11am Monthly Luncheon 11:30am-1:00 pm Current Events 1:30-2:30pm</p>	<p>16 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10am-12pm Functional Fitness 1-2pm</p>
<p>19 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>20 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>21 Stretch & Strength 10-11am Dads and Doughnuts 11:15-11:45am Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm</p>	<p>22 Senior Aerobics 9-10am Tap Dance Class 10-11am</p>	<p>23 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am The Market Beat 11:30am Emeritus Survey of Art 12:30-2:20pm Functional Fitness 1-2pm</p>
<p>26 Senior Choir 9:45-10:45am Foam and Tone 11am-12pm Chair Yoga 1-2pm Stretch & Strength 1:45-2:45pm Bridge Group 2:15pm</p>	<p>27 Tai Chi at Bluffs Park 8:30-9:30am Emeritus Creative Writing 9:30-11:45am Legacy Walk 10-11am Emeritus Drawing at City Hall 12:30-2:45pm Mat Yoga 3:30-4:30pm</p>	<p>28 Stretch & Strength 10-11am Relax Through Coloring 11:15am-12:15pm Reader's Theater 1-3pm Storytelling Workshop 2-3pm Bridge Group 3-4:30pm</p>	<p>29 Senior Aerobics 9-10am Tap Dance Class 10-11am West Basin Presentation 12-1pm</p>	<p>30 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Emeritus Survey of Art 12:30-2:20pm Functional Fitness 1-2pm</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. All classes are held at the Malibu Senior Center.

Creative Writing **Survey of Art**
Tues, 9:30-11:45am Fri, 12:30-2:20pm

Drawing
Tues, 12:30-2:45pm

Art & Performance

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

**Memories in the Making:
Crunch & Create**
Monday, June 12
11am-12:15pm Free

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

Art Trek Workshop: Caribbean Vacation
Friday, June 9, 2-4pm
Class Fee: \$5, Material Fee: \$10
Pre-Registration is Required

Fitness/Dance/Sports

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

Therapeutic Stretch & Strength
Mondays, 1:45-2:45pm, \$2/class
Wednesdays & Fridays, 10-11am, \$2/class

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

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

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

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

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

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

Foam & Tone
Mondays, 11am-12pm, \$5/class

Enrichment / Groups

Bridge Group
Mondays, 2:15pm
Wednesdays, 3pm, Free

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

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

Finance Friday
Friday, June 2, 12-1:30pm
Free lunch to those that RSVP

Computer Workshop
First Friday of the month, 10am-12pm, \$2

Personalized Tech Help
Second and Third Friday of the Month
10am-12pm. \$2

Yours Truly Storytelling Workshop
Wednesday, June 7-July 12
2-3pm, \$12

**Highlighted
Classes**



Finance Fridays

June 2, 12-1pm
City Hall, Zuma Room

Call to RSVP: Free Lunch
Presenter: Kathryn Shafer

Kathryn Shafer will be giving an informative and educational presentation on "Safeguarding Our Seniors." Kathryn participates regularly as part of District Attorney Jackie Lacey's public education campaign in partnership with the Rotary Club of Los Angeles. Kathryn is a Rotary Club Volunteer trained by the District Attorney's Office to educate seniors on how to protect themselves against fraud.

RESCHEDULED-AARP Refresher Course

Monday, June 5, 11am-3pm
City Hall, Zuma Room

\$15 AARP members/\$20 Non-Members
Instructor: Rick Orenthal

Refresher course participants must have taken and graduated from the 8 hour driver safety program within the last 3 years. Please RSVP to attend.

Senior Aerobics and Toning

Thursdays, Ongoing, 9-10am
City Hall, 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, Ongoing, 10-11am
City Hall, Backstage Theater Room

\$5 per class
Instructor: Ann Monahan

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

The Market Beat

Friday, June 23, 11:30am-12:30 pm
City Hall, Zuma Room

Free
Facilitator: Kal Klatte

Join this discussion group to learn about investments and the stock market in a relaxed setting.

Back by Popular Demand- Yours Truly: A Storytelling Workshop

Wednesdays, June 7-July 12
City Hall, Zuma Room

\$12 for 6 weeks
Instructor: Anne Buxie

Instructor Ann Buxie has been hosting Tales By The Sea, a storytelling concert series for grown-ups in Malibu, since 1995. This six-week session teaches how to craft a personal story. Learn how to respond to prompts and discuss the elements of story. Stage one is choosing and writing your story, then sharing it in class, the private sifting of details and the mulling over, and the elaborating of the story. Stage two is preparing your story to be told. The final stage is *Yours Truly*, a public concert.



What's New For You

FREE Theater Thursday, June 1



“The Founder” 11:00am

This biopic of businessman Ray Kroc chronicles his work transforming McDonald’s from a small burger chain in 1950’s California to a global franchise. Starring: Michael Keaton, Nick Offerman and John Carroll Lynch. (2016)

“La La Land” 1:00pm

Struggling actress Mia and aspiring jazz pianist Sebastian begin a whirlwind romance as they both pursue their dreams in Los Angeles. Starring: Emma Stone, Ryan Gosling and John Legend. (2016)

Locals Lunch

Thursday,
June 8,
11:30 am

Enjoy lunch at V’s and socialize with Malibu locals. Free soft drink and dessert with purchase. Please RSVP to 310-456-2489 ext. 357.



New Refund or Credit Request Policy

- A refund request must be submitted one week prior to the program start date to be eligible for a refund
- A program may be cancelled due to low enrollment
- A full refund will be issued only in the event that a program is cancelled by the Community Services Department
- In the event of illness or unforeseeable event, a credit or transfer may be issued with the approval of the Recreation Manager
- There will be a \$10.00 service charge per participant, per program, for all refunds
- All refund request must submit a completed request form to the Senior Center office



Legacy 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.

Tai Chi Classes

Bluffs Park, Michael Landon Center

The art of Tai Chi is ideal for those seeking gentle rehabilitative exercises and stress reduction. It incorporates slow graceful body movements for overall well-being.

Health Exercises

Tuesdays, Ongoing (No Class 7/4), 8:30-9:30am, \$2/class
Instructors: Mindy Panunzio & Lotte Cherin

Tai Chi with Master Yun

Fridays, Ongoing (No class on 7/7), \$20/class
8:15-9:15am-Beginning
9:15-10:15am-Intermediate
Instructor: Master Yun



Ice Cream Social

Free

Monday, June 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.



Gemini Birthdays: May 21-June 20



Gentle, affectionate, inconsistent, curious, adaptable, nervous, talkative

Adrienne Cross Albino, Michele Albury, Marjorie Anderson, Mildred Andrzejewski, Bruce Asai, Sandra Banducci, Marie Bathum, Edward Bedrosian, Henry Berler, Barbara Bick, Randee Bieler, David Blackman, Melanie Bouer, Sandra Bowers, Brent Bunker, Marguerite Campbell, June Carson, Albert Chang, Sandra Connelly-Cook, Ronald Copenhafer, Diana Coryell, Tess Cowell, Berl Dahlstrom, Claire Davis, Pamela Davison, Millie Decker, Marye Deo, Janie Dickson, Doug Dufay, Jesta Erichsen, Dave Farbman, Lucas Fikaris, Geraldine Fiske, Teresa Franklin, Jane Franz, Ray Fredman, Stella Fu, Christopher Galate, Phyllis Garfield, Marcia Georgas, Vidya Ghosh, Susan Glanzman, Sherna Berger Gluck, Marcia Grey, Sandra Hollins, Joan House, Anne Hughes, Brenda Iredale, Charolette Jacobs, Cheryl Jacobson, Gloria Jaguden, Robert Janis, Chester Janisz, Julieann Johnson, Judith Kass, Barbara Kearsley, Margaret Kelly, Julie Kim, Diana Klein, Phyllis Klein, Laurie Klorman, Milton Klorman, Mary Kramer, Nan Landa, Stephanie Landa, Elinor Leipzig, Aelina Longo, Betty Lucas, Maggie Luckerath, Elizabeth Macready, Inga Markmiller, Linda Mc Donald, Christina Medina Acosta, Ann Merideth, Judy Miller, Connie Mow, James Nicholls Elspeth Nickerson, Betty Odello, Jane Otto, Kay Owen, Bhakt Parvat, June Payne, Gerald Perman, Ethel Phipps, Adele Pollard, Deede Rich, Eric Ritter, William Robertson, John Rough, Morna Rowland, Fred Schulte, Donna Schwarm, Elisa Sheedy, Elizabeth Smith, Rita Spitz, Lee Steele, Rock Stewart, Larry Stokesberry, Carol Sweasy, Brenda Symons, Susan Telle, Blanche Teufel, Cathy Thomas, Virginia Turner, Anna Turturro, Darcey Wark, Skye Webber, Anna Wei, James Weiss, Kurt Willis, Martine Work, Alfred Zamm, Curtis Ziman, Art Zoloth

Personalized Tech Help

Fridays, June 9 & 16

\$2 per class

10am-12pm



Bring your technology questions for one-on-one instruction. Bring a laptop, tablet, cell phone, smart phone, or other technical devices. Be sure to bring a notebook and pen to take notes!

Computer Workshop

Friday, June 2

\$2

10am-12pm

In a classroom setting, an instructor will cover computer basics such as email, website browsing, creating and editing Word documents, Excel spreadsheets and more. Bring a laptop or tablet along with a notebook. Students may use the free wireless access available at the Senior Center.

For more information call 310-456-2489 ext.357

Other News from the Senior Center

- **Senior Center Health Challenge:** Get loose! Let June be the month you work on your flexibility. A well-stretched muscle more easily achieves its full range of motion. This improves functional abilities, such as reaching, bending, or stooping during daily tasks, making your life easier!
- **June Vegetable of the Month:** Bell Peppers. They contain vitamins C, B6, and A which are all known to be good for your health. They also have lutein, which protects the eyes from cataracts and macular degeneration. Whatever color you see, grab a bell pepper and enjoy!
- **Household Hazardous Waste Collection:** Saturday, June 17 City Hall, Upper Parking Lot from 10am-12pm. HHW includes paints, stains, varnishes, solvents, pesticides, antifreeze, transmission fluids, oil filters, cleaning supplies, drain openers, nail polish remover, batteries, pool chemicals, smoke detectors, medications, and other materials or products containing volatile chemicals that can catch fire, react or explode, or that are corrosive or toxic. Bring them to us to dispose of safely. Call 310-456-2489 or visit www.888CleanLA.com for more information.
- **Cars & Coffee:** Sunday, June 11 and June 25 at Malibu Bluffs Park from 7-9am. Southern California's top enthusiasts will enjoy a beautiful drive down the coast to enjoy a coffee while admiring some of the world's finest automobiles at an unbeatable location. Call 310-317-1364 for more information.

July Excursion

Santa Barbara Funk and Food Tour



Thursday, July 13, 9am-4pm
\$85 (includes food and wine tasting)
Registration Begins: June 1 at 9am
Deadline to Register: July 1 or until full

On this guided walking tour, participants will learn about Santa Barbara's gourmet restaurants including a tasting of a wonderful cuisine. Please wear comfortable walking shoes, a hat and sunscreen.

August Excursion

Ventura County Fair



Tuesday, August 8, 9am-4pm
\$5 for Seniors; \$15 for participants under the age of 65
Registration Begins: July 3 at 9am
Deadline to Register: August 1 or until full

Enjoy a day at the fair, eat a variety of food, see live animals, explore the exhibit halls, ride a Ferris wheel and play carnival games. This excursion includes a lot of walking; please wear comfortable walking shoes, a hat and sunscreen.

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. There will be a \$10.00 service charge per participant, per program, for all refunds. Special accommodations for those with specific needs can be arranged. Checks should be made payable to "City of Malibu."

Art Classes

Art Trek: Caribbean Vacation

Friday, June 9, 2-4pm
\$5 for the class plus \$10 materials fee
Referencing painting of the Caribbean, create a small tropically colored acrylic work of art on wood. Participants are must register in advance to secure a spot: Call 310-456-2489 ext. 357. There will be a maximum of 12 participants. RSVP while there's still time.

Instructor: Lorelle Patterson
Multi-Purpose Room



Memories in the Making: Crunch & Create!

Monday, June 12, 11-12:15pm
Free lunch provided to those that RSVP!
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 there will be enough food for everyone.

Facilitator: Denise Gieser
Art class open to all ages



Relax Through Coloring

Wednesday, June 28, 11:15am-12:15pm
Free

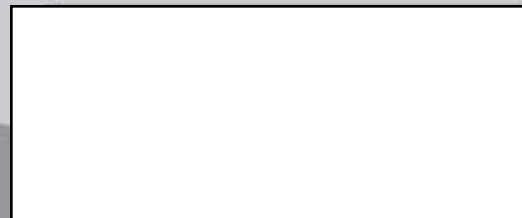
Facilitator: Judy Merrick

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



CineMalibu: "Willy Wonka & the Chocolate Factory"

Saturday, June 17, 7pm-10pm, Free Admission
Malibu Bluffs Park

Join us for a free outdoor movie! Activities include face painting, giveaways, children's arts and crafts, food trucks, and a special guest appearance! Event starts at 7pm and the movie begins at sunset.

Call 310-317-1364 for more information.



Dads and Doughnuts

Wednesday, June 21, 11:15-11:45am
Zuma Room

Come enjoy doughnuts in honor of Father's Day! Celebrate and socialize with friends while enjoying a breakfast sweet.

Please RSVP by calling 310-456-2489 ext. 357

Senior Center Hours

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

Senior Center Phone Number:

310-456-2489 ext. 357