

NOVEMBER
2018



Malibu Senior Center & Adult Programs



Senior NEWS & VIEWS

SPOTLIGHT OF THE MONTH

Monthly Luncheon

Thursday, November 15
11:30am-1pm
Malibu City Hall, Senior Center
\$2 with RSVP, \$3 at the door



Gobble up delicious food at this month's "Fall Harvest" themed luncheon. Enjoy lunch, entertainment and raffle prizes. Lunch provided by Meadowbrook Senior Living. Call in advance to reserve a seat 310.456.2489 ext. 357. Please pay at the door; exact change is appreciated.

If November is your birthday month, lunch is on us!

Medicare 101 Lecture

Wednesday, November 14
11:30am-12:30pm
Malibu City Hall, Multi-Purpose Room
Free

Confused about Medicare? Learn about the various options from a local Medicare professional. Samuel Schwartz will answer your questions in order for you to make an educated decision about Medicare. Open enrollment is October 15 - December 7. Space is limited, please call to RSVP.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Classes are offered through Emeritus College– Santa Monica College. Creative Writing, Drawing, Poetry, and Autobiography</p>			<p>1 Theatre Thursday 11am-3:30pm Spanish 9-10am Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Conversational French 11am-12pm</p>	<p>2 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength (in Theatre) 10-11am Tech Help 10-11am Land Lecture 11:30am-12:30pm *Autobiography 12:30-2:30pm Functional Fitness 2:30-3:30pm</p>
<p>5 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Bridge Group 2:15-4:30pm Caregiver Support Group 3:30-4:30pm</p>	<p>6 Election Day! Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am Locals Lunch 11:30am *Drawing at City Hall 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>7 Stretch & Strength 10-11am *Poetry 10-11:50am Yours Truly 1:30-3:30pm Bridge Group 2:30-4:30pm Library Speaker Series Annie Leonard 7pm, City Hall</p>	<p>8 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Veteran Appreciation Social 12-1pm</p>	<p>9 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Tech Help 10-11am Financial Roundtable 11:30am-12:30pm *Autobiography 12:30-2:30pm Art Trek 2-4pm Functional Fitness 2:30-3:30pm</p>
<p>12 Senior Center Closed Veterans Day</p>	<p>13 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>14 Stretch & Strength 10-11am *Poetry 10-11:50am Medicare Lecture 11:30am-12:30pm Yours Truly 1:30-3:30pm Bridge Group 2:30-4:30pm</p>	<p>15 Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm Luncheon 11:30am-1pm</p>	<p>16 Tai Chi at Bluffs Park 8:30-9:30am Stretch & Strength 10-11am Antiques Lecture 11:30am-1:00pm *Autobiography 12:30-2:30pm Functional Fitness 2:30-3:30pm</p>
<p>19 Choir 9:45-10:45am Memories in the Making 11am-12:15pm Yin Yoga 11am-12pm Ice Cream Social 12:15-12:45pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Caregiver Workshop 1:45-3:45pm Bridge Group 2:15-4:30pm</p>	<p>20 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am Tea Time 12-1pm *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>21 Stretch & Strength 10-11am *Poetry 10-11:50am No Class—Yours Truly Bridge Group 2:30-4:30pm</p>	<p>22 Senior Center Closed Happy Thanksgiving!</p> 	<p>23 Senior Center Closed</p>
<p>26 Choir 9:45-10:45am Yin Yoga 11am-12pm Knitting 11:30am-1:30pm Chair Yoga 1-2pm Stretch & Strength 1-2pm Caregiver Workshop 1:45-3:45pm Bridge Group 2:15-4:30pm</p>	<p>27 Tai Chi at Bluffs 8:30-9:30am Cardio Salsa 9-10am *Creative Writing 9:30-11:45am *Drawing at Bluffs 12:30-2:45pm Reader's Theater 1-3pm Mat Yoga 3:30-4:30pm</p>	<p>28 Stretch & Strength 10-11am *Poetry 10-11:50am Relax Through Coloring 11:15am-12:15pm Yours Truly 1:30-3:30pm Game Day 12:30-2pm Bridge Group 2:30-4:30pm</p>	<p>29 Excursion-Melting Pot Tour Ballet Slim & Trim 9-10am Tap Dance 10-11am Beginning Tap 11am-12pm</p>	<p>30 Tai Chi at Bluffs Park 8:30-9:30am Folding Team 9-11am Stretch & Strength 10-11am Market Beat 11:30am-12:30pm *Autobiography 12:30-2:30pm Functional Fitness 2:30-3:30pm Ukulele Refresher 3-4pm</p>

NOVEMBER PROGRAMS

Emeritus College

Emeritus classes are offered through Santa Monica College. Classes are free, registration required. For more info, call 310.434.4306

Creative Writing

Tuesdays
9:30-11:45am
City Hall

Drawing & Painting

Tuesdays
12:30-2:45pm
Bluffs Park

Poetry

Wednesdays
10-11:50am
City Hall

Autobiography

Fridays
12:30-2:45pm
City Hall

Fitness and Dance

Stretch & Strength

Mondays
1-2pm
Wednesdays &
Fridays
10-11am

Ballet Slim & Trim

Thursdays
9-10am

Yin Yoga

Mondays
11am-12pm

Tap Dance

Thursdays
10-11am

Chair Yoga

Mondays
1-2pm

Beginning Tap Dance

Thursdays
11am-12pm

Cardio Salsa

Tuesdays
9-10am

Functional Fitness

Fridays
3-4pm

Mat Yoga

Tuesdays
3:30-4:30pm

Art and Performance

Senior Choir

Mondays, Ongoing
9:45-10:45am

Relax Through Coloring

Wednesday,
November 28
11:15am-12:15pm

Knitting

Mondays, Ongoing
11:30am-1:30pm

Art Trek WorkShop: Fun & Fabulous Faces

Friday, November 9
2-4pm
Pre-registration
required

Memories in the Making: Crunch & Create

Monday, November 19
11am-12:15pm

Enrichment Groups & Lectures

Bridge Group

Mondays, 2:15pm
Wednesdays, 2:30pm

Locals Lunch

Tuesday, November 6
11:30am

Savvy Caregiver Workshop

Mondays,
November 19, 26 and
December 3
1:45-3:45pm

Tech Help

Fridays, November 2 & 9
10-11am

Reader's Theater

Tuesdays, Ongoing
1-3pm

Financial Roundtable

Friday, November 9
11:30am-12:30pm

Conversational French

Thursday, November 1
11am-12pm

Medicare Lecture

Wednesday,
November 14
11:30am-1:00pm

Landslides Lecture

Friday, November 2
11:30am-12:30pm

Antiques Lecture

Friday, November 16
11:30am-1:00pm

Market Beat

Friday, November 30
11:30am-12:30pm

Lecture: Malibu Landslides

Friday, November 2, 11:30am-12:30pm
Malibu City Hall, Zuma Room

Free, Call to RSVP
Presenter: Donald Kowalewsky

Join Donald Kowalewsky, an Engineering Geologist, as he discusses what causes slopes to be unstable, the various types of landslides and an overview of landslides in Malibu.

Veteran Appreciation Social

Thursday, November 8, 12pm-1pm
Malibu City Hall, Senior Center

Free, Call to RSVP

Honoring those who have served. Light refreshments will be provided. Each veteran will receive a flag pin as a token of appreciation for their service.

Lecture: Malibu Antiques

Friday, November 16, 11:30am-1pm
Malibu City Hall, Multi-Purpose Room

Free, Call to RSVP
Presenter: Elizabeth Stewart

Attendees can bring any object of art or antique to be appraised by renowned appraiser Elizabeth Stewart. Appraisals will be conducted and a group discussion of all objects will take place. Please no books, coins, jewelry or weapons.

THANK YOU!

We would like to thank the following Wellness Expo food and drink sponsors for their gracious donations!

1Heart Caregivers

KIND bars

Coffee Bean & Tea Leaf

NOVEMBER HAPPENINGS

Theatre Thursday

Thursday, November 1
11am and 1:15pm | Free



Before the movies, come and enjoy a Special Screening of “Zuma Fred” featuring the Senior Center’s very own, Fred Wilkens. (2018). PG.

“Ocean’s 8” 11am

Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City’s yearly Met Gala. Starring: Sandra Bullock, Cate Blanchett and Anne Hathaway (2018). PG-13.

“Adrift” 1:15pm

A true story of survival, as a young couple’s chance encounter leads them first to love, and then on the adventure of a lifetime as they face one of the most catastrophic hurricanes in recorded history. Starring: Shailene Woodley, Sam Claflin and Jeffrey Thomas (2018). PG-13.

Game Day

Wednesday, November 28
12-2pm | Free
Multi-Purpose Room



Join an afternoon of games and fun! Bring your favorite board game or just come to socialize. Refreshments will be provided.

Thanksgiving Tea Time

Tuesday, November 20
12-1pm | Free
Multi-Purpose Room



A Potluck style tea time to celebrate the Thanksgiving Holiday! Please bring a dish to share. Tea and light snacks will be provided. Call 310.456.2489 ext. 357 to RSVP.

Locals Lunch at

Sparrow Cafe

Tuesday, November 6
11:30am-12:30pm

Experience a delicious meal with other local Malibu residents! Please call to RSVP.

Conversational French

Thursday, November 1
11am - 12pm
Senior Center
Free

Join other French speakers for informal conversation and coffee talk. Brush up on the French language, practice phrases and discuss everyday topics.

Savvy Caregiver Workshop

Monday, Nov. 19 - Dec. 3
1:45-3:45pm
Zuma Room
Free

Led by Alzheimer’s Greater LA, participants will be able to meet other caregivers, express feelings and obtain helpful information from peers.

HAPPY BIRTHDAY

Ice Cream Social

Monday, November 19
12:15-12:45pm
Free

Celebrate November birthdays and make your own sundae!

Tech Help

Fridays, 10-11am
November 2 & 9
Free

A one-on-one program for those who need assistance with their technology device. This program requires an RSVP. Please call the Senior Center to schedule a 10 minute appointment.

Volunteer Opportunity

Folding Team
Friday, November 30
9-11am

Help prepare the mailing of the monthly newsletter! Light snacks will be provided. To volunteer call 310.456.2489 ext. 357.

Scorpio

Characteristics: passionate, ambitious and brave.

Sagittarius

Characteristics: energetic, optimistic and enthusiastic.

Birthstone: Topaz

Famous Celebrities Born in November: Jenny McCarthy, David Schwimmer, Mathew McConaughey and Emma Stone.

November Fun Facts:

- November 6, 1429 - Henry IV was crowned King of England at the age of eight.
- November 29, 1890 - American explorers Richard Byrd and Bernt Balchen completed the first airplane flight to the South Pole.
- November 4, 1922 - King Tut's tomb was discovered at Luxor, Egypt by British archaeologist Howard Carter.

Other News from the City of Malibu

- Bring your own coffee cup to help reduce waste at the Senior Center. Show your cup to a Senior Center employee to be entered into a raffle! Raffle winners will be announced during monthly luncheons.
- Malibu Library Speaker Series: Annie Leonard, Wednesday, November 7, 7pm Malibu City Hall. Annie, Executive Director of Greenpeace USA, will discuss her book and film "The Story of Stuff". RSVP required at MalibuCity.org/Speakers or call 310.456.6438.
- Cars & Coffee: Sunday, November 11, 7-9am, Malibu Bluffs Park. Enjoy coffee while admiring some of the world's finest automobiles at an unbeatable location.
- Join the Malibu Library Book Group! New members are always welcome, next meeting will be Wednesday, November 14 from 5-6pm at the Malibu Library.
- Malibu Library Class: Intro to 3D Printing, Saturday, November 17, 11am-1pm. Try 3D printing for yourself! Design a creation using simple web-based software then watch the printer at work! Staff from the LA County Library MākMō vehicle will visit Malibu for this special STEM program.

December Excursion - Guys and Dolls

Sunday, December 9, 10:30am-5pm

\$45 (lunch included)

Registration opens November 1 at 9am

Deadline to register is November 26 (or until full)



Considered to be the perfect musical comedy, Guys and Dolls ran on Broadway for 1,200 performances when it first opened in 1950. Enjoy this special weekend matinee performance by the Actors' Repertory Theatre of Simi at the Simi Valley Cultural Arts Center. Before the show, enjoy buffet lunch at Viva La Pasta.

January Excursion - Rose Parade Floats

Wednesday, January 2, 8am-4pm

\$40 (lunch included)

Registration opens December 3 at 9am

Deadline to register is December 21 (or until full)



Take a closer look at the design and workmanship of the 2019 Rose Parade floats. Learn more about the float making process and enjoy a sit down lunch in Pasadena. This trip will include walking, please wear comfortable shoes.

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 refund request deadline, 7 business days. There will be a \$10 service charge per participant, per program, for all refunds. Special accommodations for those with specific needs can be arranged.

Art Classes

Art Trek: Fun & Fabulous Faces

Friday, November 9, 2-4pm

\$5 plus \$10 materials fee

Malibu City Hall, Multi-Purpose Room

Instructor: Lorelle Patterson

Design a personal face composition and paint it using watercolor and ink pen embellishment. Participants must register in advance to secure a space to 310.456.2489 ext. 357.

Memories in the Making: Crunch & Create!

Monday, November 19, 11am-12:15pm

Free lunch for those who RSVP

Malibu City Hall, Multi-Purpose Room

Facilitator: Denise Gieser

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

Relax Through Coloring

Wednesday, November 28, 11:15am-12:15pm | Free

Malibu City Hall, Senior Center | Facilitator: Judy Merrick

The act of coloring activates different areas of the brain using logic, forming colors and creativity.

Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265



Winter Showcase
Friday, December 7
6pm

Celebrate the holiday season and enjoy performances by local artists including the Malibu Senior Choir, Senior Tap Dance, Ukulele Class, Senior Ballet Class and Storytelling "Tellers".

Admission is complimentary, doors open at 5:30pm, Malibu City Hall, Civic Theater. Some performances may not be suitable for younger audiences. For more information call 310.456.2489 ext. 357.

Senior Center Hours & Staff Members

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

P: 310.456.2489 ext. 357
E: MalibuSeniorCenter@MalibuCity.org
MalibuCity.org/SeniorCenter

Senior Center Staff:

Lisa Arcidiacono Crespo, CPRP
Recreation Coordinator

Bryanna Edwards, Donna Galvin,
Christine Karaghossian, Rachel Medina
and Amariah Taylor