All Senior Center programs and events have been canceled until further notice.

Visit MalibuCity.org/VirtualRec for online recreation programs and resources.
September is National Preparedness Month, and the Public Safety Office is hosting numerous events to encourage the public to get prepared. Due to the COVID-19 pandemic, all trainings, seminars, and briefings will be held online via video conference. All residents can RSVP for any event on MalibuSafety.Eventbrite.com.

**SEPTEMBER 1 - 5**

Social Media Theme: Malibu Disaster Survival Guide
- **Tuesday, September 1 at 6 PM** – American Red Cross Sheltering During COVID-19 with Los Angeles County Red Cross
- **Thursday, September 3 at 4 PM** – Disaster Notification System Test Message
- **Thursday, September 3 at 6 PM** – City of Malibu's New Evacuation Zone Seminar

**SEPTEMBER 6 - 12**

Social Media Theme: Disaster Planning and Preparedness
- **Thursday, September 10 at 6 PM** – Disaster Plans and Emergency Kit Class

**SEPTEMBER 13 - 19:**

Social Media Theme: Earthquakes
- **Thursday, September 17 at 6 PM** – Earthquake Preparedness and Home Hazards Class

**SEPTEMBER 20 - 26:**

Social Media Theme: Wildfires
- **Tuesday, September 22 at 6 PM** – Community Fire Season Briefing with Assistant Chief Drew Smith of Los Angeles County Fire
- **Wednesday, September 23 at 6 PM** – City of Malibu's New Evacuation Zone Seminar with Assistant Chief Drew Smith of Los Angeles County Fire, Fire Safety Liaison Jerry Vandermeulen, and Public Safety Manager Susan Dueñas
- **Thursday, September 24 at 6 PM** – Home Ignition Zone Seminar taught by Fire Safety Liaison Jerry Vandermeulen

**SEPTEMBER 27 - 30:**

Social Media Theme: Public Safety Power Shutoffs (PSPS)
- **Monday, September 28 at 6 PM** – Public Safety Power Shutoffs Training and Update with Southern California Edison
- **Wednesday, September 30 at 6 PM** – Public Safety Power Shutoffs Training and Update with Southern California Edison

For more information about any of these events or emergency preparedness, please contact the City’s Public Safety Office at 310-456-2489 ext. 368
The City of Malibu General Municipal Election will be on November 3, 2020 to fill 3 open City Council seats. Candidates will be listed on the ballot in the following order:

- Andy Lyon
- Paul Grisanti
- Doug Stewart
- Bruce Lee Silverstein
- Lance Simmens
- Rick Mullen
- Steve Uhring
- Mark Wetton

Visit LAVote.net to register to vote or to check your voter registration status. Those who are registered to vote by October 19, 2020 will received a Vote by Mail ballot for the November 3, 2020 election. For Voter, Candidate, and Measure Information visit MalibuCity.org/Elections

For additional information contact the City Clerk's Office at HGlaser@MalibuCity.org or 310-456-2489, ext. 228.
Fall Lap Swim Hours

Mondays - 4:00pm, 5:00pm and 6:00pm

Wednesdays - 6:15pm

Saturday/Sundays - 2:00pm

Lap Swim is open by reservation only and is available on a weekly basis beginning on Sunday mornings at 8:00am. Visit MalibuCity.org/Register to reserve a lane.

To keep the community safe and healthy, all swimmers must adhere to Los Angeles County Department of Public Health guidelines including physical distancing, temperature checks, and wearing face coverings when not in the water.
Tuesday, September 15, 11:30am
Health Care Maintenance As You Age
with Dr. Milica Simpson

Join UCLA Health's Dr. Simpson for a discussion on how to stay active and healthy throughout the course of your life. Topics will include screening exams, fall prevention, and recommended supplements to maintain good health.

Deadline to RSVP: Thursday, September 10
Minimum: 5 participants
RSVP by contacting 310-456-2489, ext. 357
Senior Steps: Walking Challenge

Keep active, stay motivated, and feel refreshed with the Senior Center's Walking "Senior Steps" September challenge. Follow the walking guide below and track your miles! Submit your completed log to LCrespo@MalibuCity.org or call 310-456-2489, ext. 357 by September 28 to be featured in the October Newsletter.

Week 1 - September 1-5, walk a total of 1 miles.
Week 2 - September 6-12, walk a total of 2 miles.
Week 3 - September 13-19, walk a total of 3 miles.
Week 4 - September 20-26, walk a total of 5 miles.
BRAIN GAMES: WORD SEARCH

Microwave
Cutlery
Sponge
Brush
Fridge
Mop
Bread Maker
Toaster
Blender
Coffee Maker
Plates
Dishwasher
Radio
Oven
Stove
Sink

Play this puzzle online at thewordsearch.com
MalibuCity.org/VirtualRec is your place for fun, fitness, arts, education, and enrichment. Visit this page weekly for new virtual programs, tutorials, and more!

Wellness Calls are offered monthly for Malibu Seniors. If you would like to be added to the contact list or have questions on senior resources please contact 310-456-2489 ext. 357.
RESOURCES: HELP WHEN YOU NEED IT

City, County, and State Resources
City of Malibu - 310-456-2489
City of Malibu Senior Center - 310-456-2489 ext. 357
Dial-A-Ride - 424-346-8444
LA County Public Health - #211 or PublicHealth.LACounty.Gov
County WDACS and Great Plates (Meal Delivery) - 800-510-2020
LA County Access - 800-854-7771
State Hotline (Food and Supplies) - 833-544-2374

Senior Only Grocery Store Hours
Pavilions 6-7am, Daily.
Ralphs 6-7:30am, Daily.
Vintage Grocers 6:30-8am, Tuesdays.
Whole Foods 7-8am, Fridays.

Community Organizations
Boys & Girls Club of Malibu - 310-457-2582 *Grocery Delivery
Malibu Under Dogs (MUD) *Grocery Delivery and Errands
   Text COVID to 833-407-0117 or call 310-351-1110
Meals on Wheels West - 310-394-5133 ext. 1 *Meal Delivery
Zoom Errands - 310-425-6425
The park reopened with COVID-19 guidelines in place on August 31. Enjoy spectacular views while breathing in the ocean air. Remember to wear a face covering and keep six feet distance from other patrons.

What can a whole apple do that a half apple can't do? It can look (a)round.

Why was the apple crying? Its peelings were hurt.

Why was the apple scared of the milk? The milk went bad.