



CITY of CALABASAS
Savvy Seniors
50+

FALL 2016

REGISTRATION PROCESS FOR FALL 2016

We hope you enjoy looking through the pages of this Calabasas Recreation Brochure and discovering more than 80 classes and lectures that are being offered as part of the continuing Savvy Seniors programming. You will also find more than a dozen excursions to a variety of interesting sites and venues in Southern California. Savvy Senior classes, lectures, seminars and field trips are available to men and women, 50 years and over, who would like to enjoy a variety of activities, new experiences, and enrichment.

Registration for classes will utilize the Active Network that was introduced last year. Therefore, it is possible to register for classes and field trips in the comfort of your home, using your computer or other electronic device. Should you need personal assistance to register for classes, you will be able to register at the Senior Center as well.

Dates For Class Registration

Registration will take place in stages, depending on whether or not you are a Calabasas resident and also whether or not you have become a member of the Senior Center.

- On **Monday, August 15th at 9:00 a.m., paid members of the Calabasas Senior Center** will be able to register for classes and excursions. *If registering online, member discount applies after check-out.
- On **Thursday, August 18th at 9:00 a.m.**, standard registration for **Calabasas residents** (who are not members of the Senior Center) will be able to register for classes and excursions. *If registering online, resident discount will apply after check-out.
- On **Wednesday, August 24th at 9:00 a.m., non-residents of Calabasas** will be able to register for classes and excursions.

How To Register Online

It is necessary to create an account, prior to registering for classes.

To create an account for registration: Go to the City of Calabasas website, www.cityofcalabasas.com, click on the Fall 2016 Recreation Brochure on the right hand column, and follow the instructions for "Creating an Account" by clicking on "Online Class Registration" and then "Create an Account". If you already have an account, click on "Sign In". It is recommended that you create an account if you are a new user and get familiar with the site before registration. We suggest this if you already have an account as well.

Now that our beautiful new Calabasas Senior Center is open, there will be additional events, clubs and recreation opportunities that will be added throughout the year. The Calabasas Senior Center includes state-of-the-art classrooms, lounges, art room, demonstration kitchen, sports room and a game room, providing a meeting place for men and women to socialize with other seniors in the community.

Please call (818) 224-1777 for information about registration for Savvy Senior programming or to become a member of the Calabasas Senior Center.



For registration information please see page 24.

FOR FURTHER INFORMATION YOU MAY CALL 818-224-1777.

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SINGLE SESSION LECTURES/DEMONSTRATIONS

THE HUBBLE AND SPACE TELESCOPES

All these spectacular images from space of stars, galaxies, planets, rings, etc. Where do they come from? What do they tell us? How do/could they change our lives?

Presenter: Burton Sigel

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7001.401	1:30–3:30pm	M	9/26	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Senior Center

ESCAPE TO FREEDOM

Dina Klayman was 12 years old when Hitler sent his troops into Belgium following the onset of World War II. Klayman’s father, a Belgium GM executive, would take families nightly to the French border and he became one the most wanted men on Belgium’s SS list. The invasion on May 10, 1940 started her family on a seven-month journey across France, Spain and Portugal, on the way to the relative safety of England. Klayman did not return to Belgium until August 1945. Come hear her amazing story!

Presenter: Dina Klayman

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7002.401	1:30–3:30pm	W	9/28	\$5.00	\$6.00

Location: Founders Hall located behind the Calabasas Library

PROTECTING YOURSELF AND YOUR DATA ON THE COMPUTER

The Internet offers so many opportunities to explore, create, and collaborate. To derive the most benefit from the web, it’s important to keep yourself safe and secure at all times. Whether you’re a new Internet user or an expert, this presentation will offer you advice and tools that will help you navigate the web safely and securely. Among other things, you will learn how to strengthen your passwords, sign in and out to different online accounts, check your email settings, use secure networks, lock your device, recognize and avoid online scams, and keep your device free of harmful malware.

Presenter: Stacie Cayne

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7004.401	9:30–11:00am	Sat	10/1	FREE	\$2.00

Location: Calabasas Senior Center Multipurpose Room

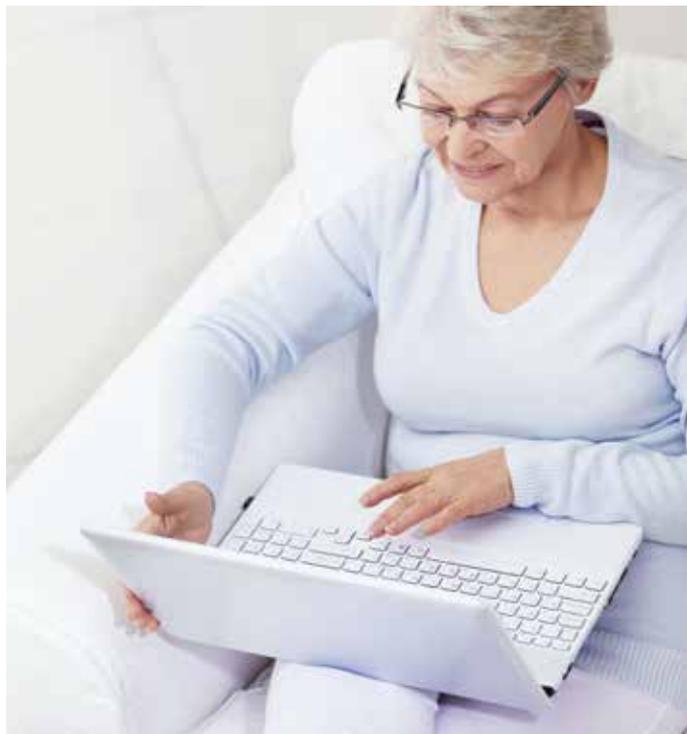
MY YEAR IN VIETNAM IN ‘69

Drafted at the age of 32 and having served one year as the Chief of Orthopedics at the 12th Evacuation Hospital in Cu Chi, Vietnam, Dr. Hirsch will discuss living and working in a war zone. The presentation will include a slide show and time for a lively discussion and questions.

Presenter: Howard Hirsch, MD

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7005.401	1:30–3:00pm	W	10/5	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library





SINGLE SESSION LECTURES/DEMONSTRATIONS (CONT.)

REDISCOVER YOUR FABULOUS HUE (YOU)!

This class is an upbeat and interactive presentation of delightful revelations! A guided watercolor technique plus personal color readings guarantees to reveal a more fabulous you! Learn how to apply this contemporary color information to your interior design and your life.

Instructor: Andrew Graham, practicing Interior Designer since 1988, renowned Color Intuitive and Founder of Affirmative color, specializes in the intertwining psychology of pattern, shape, form and color (!) to positively influence the consciousness of his clients.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7006.401	1:30–3:30pm	Th	10/6	\$20.00	\$24.00
7006.402	1:30–3:30pm	Th	11/3	\$20.00	\$24.00

Location: Calabasas Senior Center Conference Room

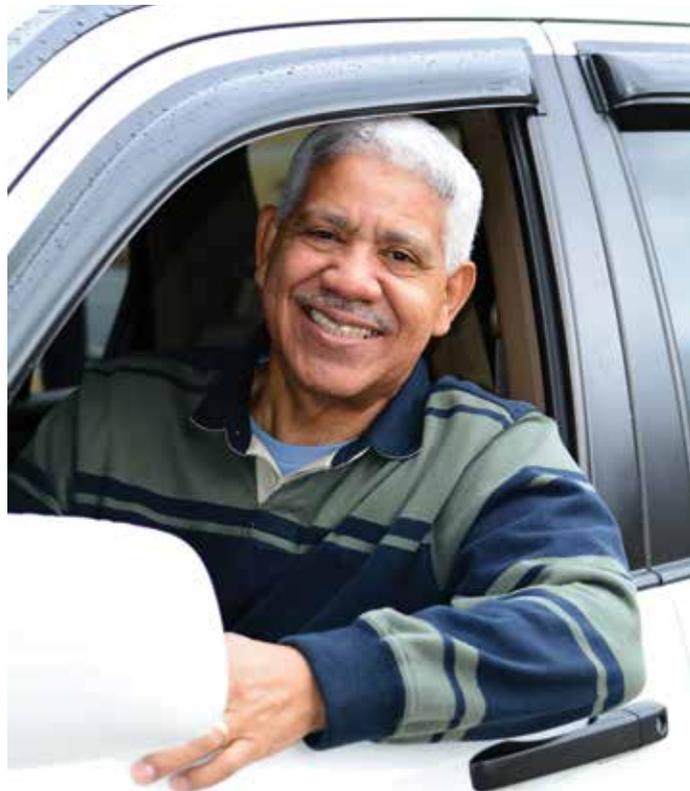
STAY SHARP: PRESERVE YOUR MEMORY!

The risk of contracting a neurological disorder increases with age. Frequently, seniors are afflicted by memory loss which poses a significant threat to their quality of life. As with the rest of the body, the brain needs to be regularly exercised in order to stay sharp and focused. For this session, an accomplished UCLA neurologist will discuss how to preserve your memory and reveal various techniques for staying sharp as you age.

Presenter: Dr. Lorne Label, MD

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7007.401	1:30–3:00pm	F	10/7	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library



THE MANY FACES OF ARTIFICIAL INTELLIGENCE

The news has been full of stories about “AI” and its wonderful promises. But what exactly is AI? What has happened so far and we didn’t realize that it was AI that provided it for us?

Presenter: Burton Sigal

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7008.401	1:30–3:30pm	M	10/10	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library

AGE WELL, DRIVE SMART

The California Highway Patrol’s “Age Well, Drive Smart” program is designed to provide senior drivers the tools for driving safer and driving longer. Seniors are taught how to improve their driving skills, and review the rules of the road, as well as learning about age related physical changes and how these changes can affect driving ability. The “Age Well, Drive Smart” program is a cooperative effort by the CHP and the DMV.

Presenter: Qualified CHP Senior Volunteers

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7009.401	2:30–4:00pm	Th	10/13	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library

THE GREAT DIET DELUSION

A discussion on why most diets fail and what foods are actually killing us. Also learn how we should eat to improve health and extend life.

Presenter: Steve Pomerance, Health & Wellness Consultant / Integrative Pharmacist

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7010.401	1:30–3:00pm	F	10/14	FREE	\$2.00

Location: Calabasas Senior Center Art Room

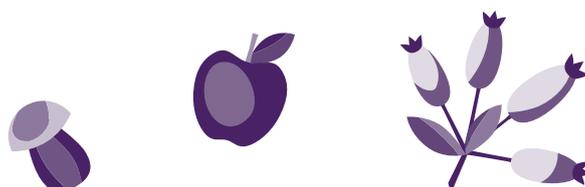
UBER, UNLOCKED

Discover how this company, founded in 2009, has become one of the fastest growing companies in the world and has changed the transportation model worldwide. Familiarize yourself with services it offers, how much it costs, how it works and how to download the app to your smart phone. Be sure to bring your smart phone to the lecture if you want to install the app.

Presenter: Carol Davis

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7011.401	9:30–11:00am	W	10/26	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library





SINGLE SESSION LECTURES/DEMONSTRATIONS (CONT.)

ASTEROIDS

Did Asteroids create life on Earth...and will they also destroy it? There are approximately one thousand asteroids that cross Earth's path every year as they travel around the sun, and each one presents significant danger to life on our planet – like the six-mile diameter one that wiped out the dinosaurs sixty-six million years ago. Asteroids are not simply potential planet killers; it's thought that they brought water and organic molecules to early Earth. These were the building blocks that allowed life to develop on the planet. We will learn where they come from and explore the various strategies that scientists have devised to deflect or destroy them.

Presenter: Alan Rubin, Ph.D., Research Geochemist and Professor of Planetary Physics at UCLA.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7012.401	10:00–11:00am	Th	10/27	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library

GO WITH YOUR GUT!

Get the latest “poop”! With age, many bodily functions slow down, including your digestive tract. Understanding the effects of aging on our digestive tract is vital. UCLA Gastroenterologist, Dr. Rimma Shaposhnikov, discusses symptoms to look for, what are the danger signs and when to call your physician, how to address common issues such as constipation, diarrhea and abdominal pain to keep your gut healthy and YOUNG!

Presenter: Rimma Shaposhnikov, MD

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7013.401	1:30–3:00pm	F	10/28	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library

POLITICS IN OPERA

Just in time for our political season, we will review some of the great operatic pieces with political themes and plots. There are many and the subject matter is as varied as the political sides that are represented.

Presenter: Steve Kohn

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7014.401	1:30–3:30pm	W	11/2	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library



THE END OF ILLNESS

We have confused illness with the process of aging, and so in this class we will take a look at a whole new way of looking at illness and health, plus a dramatic new way of thinking about our own health.

Presenter: Steve Pomerance, Health & Wellness Consultant / Integrative Pharmacist

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7015.401	1:30–3:00pm	F	11/4	FREE	\$2.00

Location: Calabasas Senior Center Art Room

AUTUMN NIGHT SKY

What is there to see in the autumn night sky? The Night Trek Team will be discussing great things to see this time of year: What nights are best to see a meteor shower, how to see the planets with the naked eye, and how to spot the international space station? We will review new discoveries in astronomy. What is NASA doing now? Who's going to get to Mars first? Bring your questions and your sense of wonder and find out what's really going on “out there.”

Presenter: Neill Simmons

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7016.401	7:00–9:00pm	Th	11/17	\$5.00	\$6.00

Location: Founders Hall located behind the Calabasas Library

ANTIQUE JEWELRY: A JOURNEY THROUGH TIME

This class will be a lecture and slide presentation using antique jewelry for an overview of fashion, culture, and history from the late 18th century through the mid-20th century. Participants are encouraged to bring a few pieces of antique jewelry to be identified and appraised. No costume jewelry and watches. Pastera.com

Presenter: Marion Globber

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7017.401	1:30–2:30pm	F	11/18	\$10.00	\$12.00

Location: Founders Hall located behind the Calabasas Library





ENTERTAINMENT

MAGIC FOR SAVVY SENIORS

Magic is a great way to thrill not only your grandchildren but your friends as well. This class will be devoted to close-up magic. You will learn the basics of card and coin magic. By the end of this class you will be able to do several cards and coin tricks. The only material you will have to bring is: 1) 2 quarters 2) deck of cards and 3) paper to take notes on. (1 class).

Presenter: Bill Frankenstein has been a member of the Magic Castle for over 30 years

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7101.401	3:00–5:00pm	M	9/19	FREE	\$2.00

Location: Calabasas Senior Center Multipurpose Room

OUR 1960'S: A DECADE OF MUSIC FOR EVERYONE

Lecturer Saul H. Jacobs & audio-visual DJ Don Digirolamo return with music, stories, and sing-alongs of another fabulous decade—the 1960s. R&B from Diana Ross & The Supremes, & Motown; folk from Dylan & Baez; pop from Burt Bacharach, Carol King & other Brill Building songwriters; country from Patsy Cline; The Beatles & the British Invasion; Janis Joplin & other Woodstock rockers; plus chubby “Twist” Checker, the Beach Boys & Tiny Tim. (1 class).

Presenters: Saul H. Jacobs & Don Digirolamo

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7102.401	1:00–2:30pm	M	9/19	\$10.00	\$12.00

Location: Founders Hall located behind the Calabasas Library

VIOLIN ARTISTRY & ENTERTAINMENT

This class features the sensational artistry and entertainment of Bob Ryman – known far and wide as “America’s Fiddle Virtuoso.” Bob is unique among entertainers. Not only is he a master of the violin, but he explodes onto the stage with singing and comedy in an act that can best be described as pure excitement. Bob takes his audience on a musical journey with a repertoire that includes Jewish, Italian, Irish and Gypsy tunes, as well as Doo-Wop hits from the ‘50s and ‘60s.

Instructor: Bob Ryman

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7103.401	2:00–3:00pm	Th	9/29	\$5.00	\$6.00

Location: Founders Hall located behind the Calabasas Library



FITNESS

YOGALATES FOR SENIORS

Yogalates combines the core and back strengthening exercises with the relaxation of yoga stretches. This class is done on a mat and will be designed for the needs and abilities of each individual. **Bring a mat, wear loose clothing and watch your strength and alignment improve!** (10 classes). **No class 10/12 & 11/23.**

Instructor: Ann Monahan

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7200.401	9:00–10:00am	W	9/21–12/7	\$60.00	\$72.00

Location: Calabasas Senior Center Multipurpose Room

GENTLE YOGA FOR SENIORS

A class designed especially for you and your own personal abilities. Yoga will decrease your stress, align your body and bring relaxation and rejuvenation into your life. **A yoga mat is required.** (10 classes). **No class 10/3, 10/12 & 11/23.**

Instructor: Ann Monahan

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7201.401	10:00–11:00am	M	9/19–11/28	\$60.00	\$72.00
7201.402	10:00–11:00am	W	9/21–12/7	\$60.00	\$72.00

Location: Calabasas Senior Center Multipurpose Room





FITNESS (CONT.)

SAVVY SENIOR FITNESS

This is a fun and challenging workout to "oldies"-style music. It is a strength conditioning class using weights and bands. You will increase your strength and endurance as you burn calories. It will also improve your posture, bone density and balance. *Please bring 1-4 lb. hand weights and a mat. The bands will be provided by the instructor. (9 classes). **No class 10/3 & 10/12.**

Instructor: Trissa Nicholson

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7202.401	11:15am-12:15pm	M	9/19-11/21	\$54.00	\$65.00
7202.402	11:15am-12:15pm	W	9/21-11/23	\$54.00	\$65.00

Location: Calabasas Senior Center Multipurpose Room

GENTLE EXERCISES FOR STRESS RELIEF

Learn gentle, free flowing exercises from Qigong and Tai Chi. Often called moving meditation, these arts practiced by millions of seniors in China, are an excellent way to reduce stress and develop balance, strength and flexibility. (8 classes). **No class 10/13.**

Instructor: Jim Belsley

CODE	TIME	DAY	DATE	FEE
7203.401	5:30-6:30pm	Th	9/22-11/17	\$48.00

Location: Juan Bautista DeAnza Park

COUNTRY LINE DANCING

Come learn easy Country Line Dances while having great fun and meeting new friends! Perfect exercises and good for all ages. Mike is an award-winning dancer and instructor with over 35 years experience. (8 classes). **No class 10/12, 10/26, & 11/2.**

Instructor: Mike Bendavid

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7204.401	3:00-4:00pm	W	9/21-11/30	\$80.00	\$96.00

Location: Calabasas Senior Center Multipurpose Room



GTONNICK GOLD

gTonnick Gold is a Zen-impact class designed to help improve balance, flexibility, and posture with slow, simple and precise movements for stretching, strengthening, and toning your entire body using mainly body weight and gravity for resistance and a Body Balance Bar. (4 classes).

Instructor: Garba

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7205.401	11:00am-12:00pm	Th	9/22-10/13	\$40.00	\$48.00

Location: Calabasas Senior Center Multipurpose Room

SAFE & FIT SENIORS

This class is designed to teach seniors their basics of self-defense, balance and general well-being. By moving and striking, a detail level of fitness will be achieved. We will also cover a basic gun and knife defense. **No class 11/11 & 11/25.**

Instructor: Dennis Ichikawa

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7206.401	1:00-2:00pm	F	9/23-10/28	\$48.00	\$58.00 (6 classes)
7206.402	1:00-2:00pm	F	11/4-12/9	\$40.00	\$48.00 (4 classes)

Location: Calabasas Senior Center Multipurpose Room

DANCING CHAIR YOGA THERAPY

Do you want better balance, strength, and range of motion? Are you afraid of falling or do you have mobility issues keeping you from trying yoga? Don't be afraid! Try low impact Dancing Chair Yoga! It combines the abundant benefits of stretching and dancing in a safe, seated practice. Rather than push your tight muscles too far, we'll move within your comfort level. This class is for seniors and anyone who wants to bring joy and fun back into exercise. (8 classes).

Presenter: Jenny Suzdaltsev

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7208.401	2:15-3:15pm	W	10/26-12/14	\$56.00	\$67.00

Location: Calabasas Senior Center Art Room





COOKING

A SALMON DINNER MENU

The menu to be demonstrated will be “Corny Mango Salmon,” couscous, flavored with citrus and scallions and roasted asparagus. This is a very easy, yet elegant, dinner for the family or for entertaining.

Instructor: Robin Robins, chef, pastry chef and certified chocolatier and culinary teacher

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7301.401	6:00–9:00pm	Th	9/22	\$65.00	\$78.00

Location: Calabasas Senior Center Multipurpose Room

HOW TO GRILL A REALLY GOOD TRI TIP

Learn the preparation and cooking of a really good tri tip feast. The menu will all be prepared on the Senior Center patio barbeque and will include: Teriyaki marinated Tri Tip, grilled fresh sweet corn with compound butter, tomato, cucumber, and onion salad (Italian bread for dipping), grilled pineapple with grilled pound cake and ice cream for dessert. Topics to be discussed: how meat is graded, how to select better cuts of beef, suggestions on where to buy them, learn how to cook perfect rare, medium rare, medium, and well done meat, and how proper carving of a tri tip can dramatically enhance the quality of the final product. Bring your own beverage of choice. We will then dine al fresco on the Senior Center patio. (1 class).

Instructor: Bill Davis

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7302.401	4:00–6:30pm	Th	10/20	\$18.00	\$22.00

Location: Calabasas Senior Center-Patio

CHOCOLATE CORNUCOPIA

Learn how to create a show-stopping edible chocolate centerpiece for your Thanksgiving dinner. Students will participate in making a chocolate cornucopia that will be filled with holiday treats. This class will enable you to make anything chocolate.

Instructor: Robin Robins, chef, pastry chef and certified chocolatier and culinary teacher

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7303.401	12:30–3:30pm	Th	11/3	\$55.00	\$66.00

Location: Calabasas Senior Center Multipurpose Room

DESIGNING HOLIDAY PIES

Learn how to make the most delicious and beautiful designer apple pie. This demonstration will include how to make the perfect all buttery pie crust, filling and crimping techniques, decorating the crust, freezing and baking techniques. You won't believe how fabulous your pies will turn out!

Instructor: Robin Robins, chef, pastry chef and certified chocolatier and culinary teacher

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7304.401	12:30–3:30pm	Th	11/17	\$55.00	\$66.00

Location: Calabasas Senior Center Multipurpose Room

TECHNOLOGY

IPHONE BASICS

Whether you're new to the iPhone or needing a refresher, this course is a great way to learn new features and to pick up helpful tips and tricks, including web browser, email, texting, photos, camera, Siri, iCloud, and more! Bring your iPhone. Requirement: ios10 (operating system). (3 classes).

Instructor: Tracie Karasik

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7400.401	1:00–2:30pm	W	9/21–10/5	\$39.00	\$47.00

Location: Calabasas Senior Center Multipurpose Room

HOW TO TRAIN YOUR TECH

Does your technology ever misbehave? Show it who's boss with this top-notch obedience training course! You will marvel at its newfound ability to serve, guide, and protect you. Then, you can show off your impressive tech knowledge to your friends! Simply follow 6 easy steps and success is guaranteed. (8 classes).

No class 10/12.

Presenter: Adam Simon, Ph.D.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7401.401	11:15am–12:15pm	W	9/28–11/23	\$10.00	\$12.00

Location: Calabasas Library Computer Lab

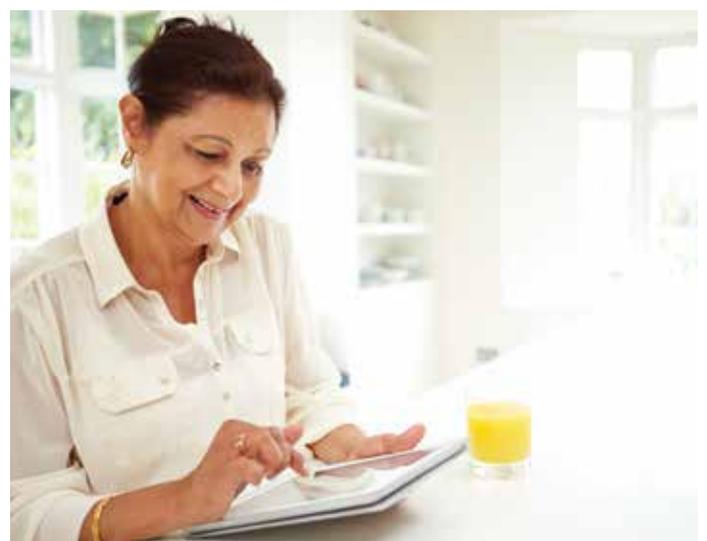
INTRO TO PINTEREST

You've been hearing about it everywhere -- Pinterest -- but what is this crazy new website that has everyone buzzing? The simple answer is that Pinterest is a virtual inspiration board and people who are already "pinning" know that it's far more than that. Let me walk you through the ins and outs of jumping on the Pinterest bandwagon. **Please bring your smartphone and/or tablet to this class.** (1 class).

Presenter: Stacie Cayne

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7402.401	1:30–3:00pm	F	9/30	\$20.00	\$24.00

Location: Calabasas Senior Center Conference Room





TECHNOLOGY (CONT.)

IPAD BASICS

Learn the basics of how to use your iPad and discover useful and fun features to enhance your everyday life! Gain new skills and knowledge about how to download apps, browse the web, and take pictures, FaceTime video chat, use Siri and more! Bring your iPad or iPad mini. Requirement: ios10 (operating system). (3 classes).

Instructor: Tracie Karasik

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7403.401	1:00–2:30pm	W	10/26–11/9	\$39.00	\$47.00

Location: Calabasas Senior Center Art Room

ONLINE DATING FOR 50+

Are you single and ready to start dating? In this class we will discuss how to safely meet someone online and how to create an online profile that will stand out from all the rest. You will learn how to filter through your prospects to find someone of interest to you. (3 classes).

Presenter: Stacie Cayne

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7404.401	1:30–3:30pm	F	12/2–12/16	\$50.00	\$60.00

Location: Calabasas Senior Center Conference Room

MUSIC

THE “BIG BAND SWING” ERA

James Domine, Music Director of the San Fernando Valley symphony, lectures on significant trends in the development of jazz and the emergence of the Big Band Swing: era. This includes listening to examples and discussing the repertoire, as well as the artists and performers who made jazz the quintessential American art form. (9 classes). **No class 10/4.**

Presenter: James Domine

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7500.401	1:00–2:30pm	T	9/20–11/22	\$50.00	\$60.00

Location: Founders Hall located behind the Calabasas Library

INTRODUCTION TO UKELELE

In this class, non-musicians and musicians will get going on a fun little instrument that has regained popularity with the young and old. By the course end participants will be able to strum a few simple chords and play a melody or two. No previous experience is necessary, but your own instrument is required. Please contact the instructor for suggestions on purchasing an inexpensive Uke at jimswingguitar@gmail.com. (5 classes). **No class 10/4.**

Instructor: James Swing

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7501.401	4:00–5:00pm	T	9/20–10/25	\$68.00	\$54.00

Location: Calabasas Senior Center Conference Room

MUSIC (CONT.)

EXPLORING THE KEYBOARD

This class is designed for adults who wish to learn the keyboard or refresh and improve their skills. Each student will be working on the project based on their level and experience. Materials include classical, popular and familiar favorites. Students also can bring the music they'd like to play. Mini performance will be recorded at the last class and sent to the students. (4 classes).

Instructor: Valentina Dontsov

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7502.401	11:00am–12:00pm	T	10/11–11/1	\$45.00	\$54.00

Location: Calabasas Senior Center Conference Room

SAVVY SINGERS – LET’S ALL SING!

Sing your heart out while learning proper vocal techniques – anyone can experience the joy of singing. Exercises, team work, stage fright, etc. will be addressed along with the secrets of what makes for great group singing. (5 classes).

Presenter: Mary Crescenzo

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7503.401	3:30–5:00pm	T	10/11–11/8	\$54.00	\$65.00

Location: Calabasas Senior Center Art Room

CROONERS & CROONERETTES

During the Big Band days of the 1930s and 1940s, many bands had male and female singers performing with them. Please join with Shelly Cohen as he reintroduces you to some of the most talented singers of that era: Frank Sinatra, Bing Crosby, Dinah Shore and Peggy Lee are just a few of these “Crooners & Croonerettes.” (2 classes).

Presenter: Shelly Cohen

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7504.401	1:30–3:00pm	Th	10/20–10/27	\$16.00	\$19.00

Location: Founders Hall located behind the Calabasas Library

THE GREAT ENTERTAINERS

Lecturer Saul H. Jacobs & pianist Bob Lipson return with another multimedia sing-along program – this time with songs and stories of great entertainers: The Rat Pack, Crosby, Garland, Streisand, Jolson, Ella, Cole, Day, Dinah Shore and other 1950s TV entertainers. Fred Astaire and his dancing ladies. (4 classes). **No class 11/28.**

Presenters: Saul H. Jacobs & Bob Lipson

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7505.401	1:00–2:30pm	M	11/7–12/5	\$30.00	\$36.00

Location: Founders Hall located behind the Calabasas Library





FINE ARTS

MASTERS OF DUTCH ART

Van Gogh, Rembrandt, Vermeer and Hals take our breath away with their handling of paint and color! Like a virtual trip to Holland, we will explore the canals of Amsterdam, the windmills and tulips of the lowlands to understand how the light, culture and history of the lowlands led to the most intimate, luminous art in the world. With glorious images and stories, John Paul Thornton brings the Dutch masters to life. (5 classes).

No class 10/3.

Presenter: John Paul Thornton

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7455.401	5:30–7:00pm	M	9/19–10/24	\$30.00	\$36.00

Location: Founders Hall located behind the Calabasas Library

AMERICAN ART IN THE GILDED AGE

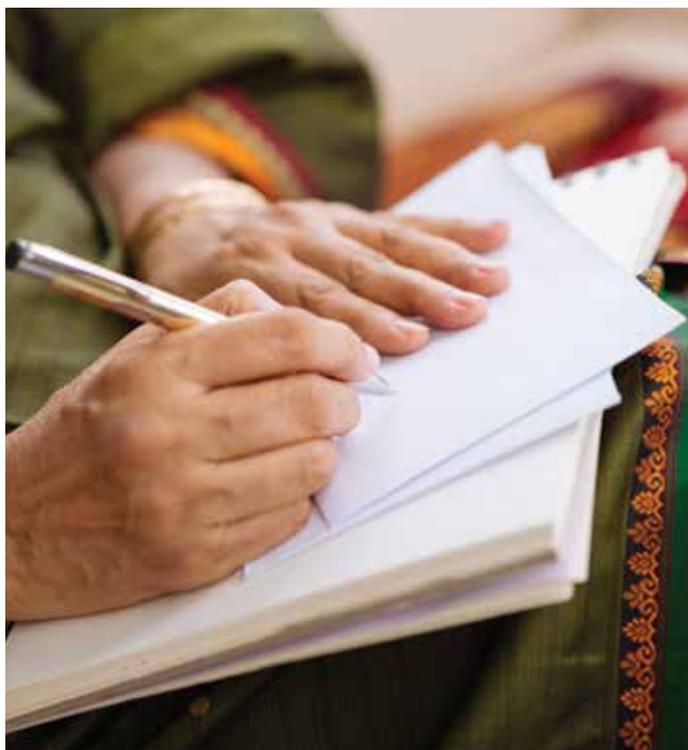
Painting and sculpture created after America’s Civil War and before World War I was filled with decorative Impressionist color and exotic delight. Wealthy patrons forged an elegant aesthetic of refined beauty. Yet beneath the “gilded surface” loomed the realities of women’s suffrage, and a yearning for spiritual substance. We examine the art of Cecilia Beaux, Mary Cassatt, Thomas Eakins, Childe Hassam, Winslow Homer, John Singer Sargent, Louis Comfort Tiffany. (8 classes).

No class 11/11 & 11/25.

Presenter: John Paul Thornton

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7450.401	10:00am–12:00pm	F	9/30–12/2	\$38.00	\$46.00

Location: Founders Hall located behind the Calabasas Library



PERSONAL DEVELOPMENT

CONVERSATIONAL SPANISH

Learn basic grammar concepts, vocabulary and practice speaking the Spanish language. (8 classes). **No class 10/3.**

Instructor: Angel Lerma

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7600.401	5:30–8:00pm	M	9/19–11/14	\$98.00	\$118.00

Location: Calabasas Senior Center Conference Room

WORKING WITH YOUR WORLD – MEDITATION, MINDFULNESS, AND AGING WELL

This class provides meditation instruction as well as sessions on meeting the world as it shows-up with confidence, fearlessness, and gentleness, unlocking creativity, emotional well-being, accommodating relationships, and how we bring all of this back into the world around us. Taught by Ron Schultz, certified meditation instructor and author of *Unconventional Wisdom* (Harper Collins), *The Mindful Corporation* (Leadership Press) and over 20 other books. This has proven to be an incredibly valuable program for folks who are aging well. (4 classes).

No class 10/4.

Presenter: Ron Schultz

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7601.401	9:30–11:30am	T	9/20–10/18	\$50.00	\$60.00

Location: Calabasas Senior Center Multipurpose Room

TAI CHI FOR BETTER BALANCE

The class will introduce Tai Chi developed in ancient China as a means of strengthening and improving the health of students while refining their self-defense skills. The 3 instructional goals for this class are to learn the 24 movements of the Yang Style Tai Chi routine, integrate the basic abdominal breathing cycle with each movement, and experience the flow of Chi energy through the body’s many channels. You will learn how this energy is applied for healing and martial arts purposes. (8 classes).

No class 10/4.

Presenter: Bruce McDonald

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7602.401	2:30–3:30pm	T	9/20–11/15	\$40.00	\$48.00

Location: Calabasas Senior Center Multipurpose Room

UCLA MEMORY TRAINING PROGRAM

Can’t remember where you parked? Forget why you walked into the room? These classes will include four brain-stimulating, fun-filled weeks of developing good memory habits and techniques to improve your memory. These methods are based on research, and proven to be beneficial long-term. **Space is limited, register early!** (4 classes).

No class 10/12.

Instructor: Bonnie Shoemaker

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7603.401	1:00–3:00pm	W	9/21–10/19	\$55.00	\$66.00
7603.402	1:00–3:00pm	W	10/26–11/16	\$55.00	\$66.00

Location: Calabasas Senior Center Conference Room



PERSONAL LEVEL. (CONT.)

GET HIP TO HYPNOSIS AND GUIDED IMAGERY

This is a very unique workshop. In the first class, you will discover what hypnosis and guided imagery are and how they can help you when confronted with big changes...including the transition to your senior years. You will learn about the subconscious mind and how it controls your conscious decisions when trying to adjust to retirement and other unfamiliar experiences at this stage of life. The following classes deal with subjects such as relationships, loss of identity, sleep, pain, stress, care-giving and more. Each class will end with a 15-minute relaxing guided imagery journey. This is a workshop so interesting and useful that you definitely won't want to miss it! (4 classes)

Presenter: Cher Bodner C.Ht. Certified Hypnotherapist

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7604.401	3:30–5:00pm	Th	9/22–10/13	\$56.00	\$67.00
7604.402	3:30–5:00pm	W	10/26–11/16	\$56.00	\$67.00

Location: Calabasas Senior Center

THE ALEXANDER TECHNIQUE

The Alexander Technique helps you solve daily movement situations causing discomfort by transforming stress and tension into ease and lightness. Class activities include explanations, demonstrations and personal guidance to enhance walking, bending, sitting, driving and playing a musical instrument. **Bring a mat to lie down on for constructive rest.** (7 classes). **No class 10/3.**

Instructor: Shula Sendowski

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7605.401	10:00–11:30am	M	9/26–11/14	\$30.00	\$36.00

Location: Founders Hall Multipurpose Room located behind the Calabasas Library

BREATHE WITH EASE WITH SHULA

Learn a new breathing pattern to remove interfering tension and to help your breath flow. We'll practice breathing when sitting, standing, walking, or lying down. Demonstrations, explanations, self-observations, and individual guidance included, based on the Alexander Technique. Bring a Yoga Mat. (5 classes). **No class 10/3.**

Instructor: Shula Sendowski

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7207.401	12:00–1:15pm	M	9/26–11/7	\$40.00	\$48.00

Location: Founders Hall Multipurpose Room located behind the Calabasas Library

EXPLORING THE WORLD OF CREATIVE WRITING

Learn the skills and techniques for poetry, fiction, and writing essay through individual and group exercises. You'll find opportunities to let your creative writing spirit fly. Explore constructive criticism, editing tips, and sharing your work. (5 classes).

Instructor: Mary Crescenzo

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7606.401	1:00–2:30pm	T	10/11–11/8	\$54.00	\$65.00

Location: Calabasas Senior Center Conference Room

MEDITATION FOR EVERYONE

Come learn, enjoy and experience the benefits of different meditation and mindfulness techniques with Linda. Science has proven that meditation and mindfulness evoke a state of physiological relaxation, benefiting and insuring your good health or your return to good health. Your brain learns to give your body different messages to change your thoughts, emotions, and behavior. You will begin to take charge of your emotions, actions and health. Please bring your own mat. (6 classes).

Instructor: Linda Feder

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7607.401	1:30–3:00pm	Th	10/13–11/17	\$75.00	\$84.00

Location: Calabasas Senior Center Art Room

THE FACE OF GRIEF

When grief takes over our lives, we feel anything but normal. Learning about grief and loss can help us feel less out of control during difficult times. Helping to normalize the grieving process is the purpose of this informative, interactive workshop. This class will provide participants with valuable information and understandings about their own grief response. (2 classes).

Presenter: Ilene Blok

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7608.401	1:30–3:30pm	W	10/19–10/26	\$25.00	\$30.00

Location: Calabasas Senior Center Conference Room

HEARING: INFORMATION, TECHNOLOGY & TROUBLESHOOTING

This informative three-part series is intended to ease the burdens of the hearing impaired. The first class is dedicated to medical treatment: you will learn what conditions are covered by insurance, which practitioners are best suited to your unique needs, and how to interpret and understand your test results. The second class will address the various options available once a hearing or communication deficit is identified: we will cover technologies ranging from hearing aids to Bluetooth devices to telephones, focusing on how to properly identify the most sensible and cost-effective solution. Finally, the third class (designed for students who have already been fitted with hearing devices) will help you get the maximum benefit from the products you are currently using. How can you collaborate with audiologists and technology manufacturers to make sure that your devices are working up to specifications? By the end of the session, you will know more than you ever thought possible. (3 classes).

Presenter: Iris Stone, Audiologist

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7609.401	10:00–11:00am	Th	10/20–11/2	\$6.00	\$7.00

Location: Calabasas Senior Center Multipurpose Room



PERSONAL LEVEL. (CONT.)

LIVING TO 100 WITH QUALITY

How often have you heard "at your age you should not do that"? Your age should not control your activity; your physical and mental conditions should control that. During this program you will see 80, 90 and 100 year olds winning marathons, bicycling races, and gymnastic events. The time has come to realize that thinking about aging, as you would about going to a dentist for a root canal procedure, has long since passed. During the series of four talks, Dr. Jerry will share with you the latest scientific information about what you can do to increase your health and lifespan. (4 classes).

Instructor: Dr. Jerry Kornfeld

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7610.401	11:00am-12:30pm	T	10/25-11/15	\$20.00	\$24.00

Location: Founders Hall located behind the Calabasas Library

HOBBIES & INTERESTS

CANASTA (CONTINUING)

Members of the last sessions of canasta lessons are being offered a two-week continuation course to strengthen then their skills. (2 classes).

Instructor: Hansel Pollack

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7700.401	2:00-4:00pm	T	9/20-9/27	\$18.00	\$22.00
7700.401	2:00-4:00pm	T	11/8-11/15	\$18.00	\$22.00

Location: Calabasas Senior Center Game Room

CANASTA (BEGINNERS)

Canasta will be taught as a partner's game with four at a table. We will follow an American set of rules using decks of cards. After each set of hands, the partners will switch to other partners. This is a low-switch, fun, socializing game that easily develops into a regularly gathering group. Join us, make new friends, and exercise your card talents. *A sheet of rules, card point counts, and strategies will be sent to each registered person prior to the beginning class. *Please familiarize yourselves with the rules before the first class. (4 classes).

Instructor: Hansel Pollack

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7707.401	2:00-4:00pm	T	10/11-11/1	\$35.00	\$42.00

Location: Calabasas Senior Center

HOT TOPICS / CURRENT EVENTS

DISCUSSION GROUP

An open discussion of current and generally important domestic and international issues selected by the participants. A lively open interactive discussion is encouraged and diversity of opinion is respected. (10 classes.) **No class 10/4 & 10/11.**

Moderator: Howard Somberg

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7701.401	3:30-5:00pm	T	9/20-12/6	\$10.00	\$12.00

Location: Founders Hall located behind the Calabasas Library

CONTAINER GARDENING

This class will focus on making creative container gardens. Each class includes supplies for one planting project which include: birdhouse, rooftop garden, hypertufa containers, topiary designs, wood creations, the list can go on! Types of plants used: succulents, annuals, perennials and herbs. Materials included in fee.

Instructor: Shar Lugo

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7702.401	3:00-5:00pm	T	9/20	\$10.00	\$12.00
7702.402	3:00-5:00pm	T	10/18	\$10.00	\$12.00
7702.403	3:00-5:00pm	T	11/15	\$10.00	\$12.00
7702.404	3:00-5:00pm	T	12/20	\$10.00	\$12.00

Location: Calabasas Senior Center

INTRODUCTION TO MAH JONGG

Come learn the fun and popular game of Mah Jongg. Helaine has successfully taught over 300 men and women this sociable and challenging game. **Class is limited to 7 students.** (4 classes).

Instructor: Helaine Gesas

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7703.401	10:00am-12:00pm	Th	9/22-10/13	\$80.00	\$96.00

Location: Calabasas Senior Center Game Room

ADVANCED MAH JONGG STRATEGY

Improve your Mah Jongg skills and learn to play more defensively in two - 2 hour sessions in a friendly atmosphere Class is limited to 7 students. Register early! (2 classes).

Instructor: Helaine Gesas

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7704.401	1:00-3:00pm	Th	9/22-9/29	\$40.00	\$48.00

Location: Calabasas Senior Center Game Room

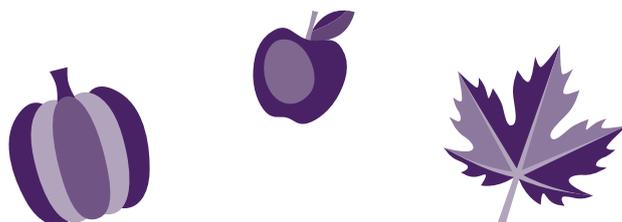
BALLROOM DANCING

Anyone can learn to dance. Come join Irit, an enthusiastic and popular instructor, as she teaches various forms of dance including cha cha, swing, and tango, to mention just a few. Couples and singles are welcome to enjoy this fun, easy opportunity to exercise. And who knows? Maybe someday you'll appear on Calabasas' Dancing with the Stars!! (8 classes)

Presenter: Irit Barak

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7705.401	1:00-2:00pm	Th	9/22-11/17	\$10.00	\$12.00

Location: Calabasas Senior Center Multipurpose Room





HOBBIES & INTERESTS (CONT.)

BRIDGE PLAY

Do you play bridge? Would you like to improve your game by learning new conventions and playing strategies? This class is for you! You can sharpen your bridge skills, exercise your mind and enjoy making new friends while playing this fascinating and exciting game. (8 classes). **No class 11/11.**

Instructor: Jean Jolin

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7706.401	1:00-3:00pm	F	9/23-11/18	\$80.00	\$96.00

Location: Calabasas Senior Center Game Room

FINANCIAL STRATEGIES FOR RETIREMENT SUCCESS

Investing a few hours of your time at this retirement course could pay off immediately. You should gain confidence on your financial decision-making ability to access your potential, manage your financial risk, and help preserve your estate for your heirs. (2 classes).

Presenter: Edward Albrecht

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7708.401	1:00-2:30pm	T	11/15-11/22	\$5.00	\$6.00

Location: Calabasas Senior Center Conference Room

ARTS & CRAFTS

BEGINNING AND INTERMEDIATE WATERCOLORS

Through this course you will learn the fundamentals and enhanced techniques of painting with watercolors. Each student will work from their own subject material: personal photos or printed copies of other paintings or photographs. Instruction will be both at group level and individually through a critique of students' work. A list of materials needed will be distributed to each student at the first class. For the first class bring a pencil and sketch pad. (6 classes). **No class 10/3, 10/17 & 11/24.**

Instructor: Mel Wolf

CODE	TIME	DAY	DATE	FEE
5403.401	9:00-11:30am	M	9/19-10/31	\$53.00
5403.402	9:00-11:30am	M	11/7-12/12	\$53.00

Location: DeAnza Park

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7800.401	9:30am-12:00pm	Th	9/22-10/27	\$53.00	\$64.00
7800.402	9:30am-12:00pm	Th	11/3-12/15	\$53.00	\$64.00

Location: Calabasas Senior Center

ARTS & CRAFTS (CONT.)

PORTRAITS I

This is an oil and acrylic class for students who have had beginning painting classes. Each week the emphasis will be on a different technique and theory of portrait painting. Supply list will be provided by instructor prior to first class. (6 classes).

PORTRAITS II

This class is for students with painting experience and have taken PORTRAITS I. We will be looking at different painting styles and techniques needed in portrait painting. The instructor will furnish reference copies of the first projects and students will select a photo of their own for the final project. Supply list will be provided by instructor prior to first class. (6 classes). **No class 10/3.**

Instructor: Linda Cantrell

Portraits I

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7801.401	12:00-4:00pm	M	9/19-10/31	\$55.00	\$66.00

Portraits II

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7801.402	12:00-4:00pm	M	11/7-12/12	\$55.00	\$66.00

Location: Calabasas Senior Center Art Room

COLORED PENCIL FOR CONTINUING STUDENTS

Continue to experiment with colored pencil and mixed media. Individual instruction guides you through projects of your own choosing as you explore the techniques and subject matter that interest you on your way to your artistic goals. (6 classes).

No class 10/4.

Instructor: Arlene Weinstock

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7802.401	9:00-11:00am	T	9/20-11/1	\$55.00	\$66.00

Location: Calabasas Senior Center Art Room

EXPERIMENTING WITH COLORED PENCILS

Learn to get rich color on paper with a perfectly transportable medium. Experienced artists and beginners learn to handle this versatile tool for making art. Expand your imagination, learn how color works, and have fun. Materials and supply list will be distributed at first class. (6 classes). **No class 10/4.**

Instructor: Arlene Weinstock

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7803.401	10:00am-12:00pm	T	9/20-11/1	\$55.00	\$66.00

Location: Calabasas Senior Center Art Room





ARTS & CRAFTS (CONT.)

BASIC DRAWING

Stop-Look-See-Draw. Drawing is a skill as much about seeing as drawing and you can have fun learning the basics: line, shape, form, value, and shading. Through demonstration exercises students will explore contour line, modeling, perspective, and scale and positive/negative space while using traditional drawing materials. Bring a pencil and sketch or drawing paper pad to the first class. (6 classes). **No class 11/4.**

Instructor: Arlene Weinstock

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7805.401	1:00–2:30pm	T	9/20–11/1	\$50.00	\$60.00

Location: Calabasas Senior Center Art Room

THE ART OF PORCELAIN PAINTING

Come and experience the beauty and magic of porcelain painting. Lissi Kaplan will teach the fundamental techniques of painting on porcelain in a fun and artistic style. At the end of the session, you will have your own finished hand painted porcelain treasure. Lissi painted for heads of states, dignitaries and the Reagan Library. (3 classes).

Instructor: Lissi Kaplan

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7806.401	1:00–3:00pm	Th	9/22–10/6	\$78.00	\$94.00

Location: Calabasas Senior Center Art Room

GREETING CARDS

Don't buy greeting cards...let's create them! Bring your scissors and a ruler for 2 ½ hours of fun. All other materials are provided by the instructor. Each of the 3 cards that you will create will be truly one of a kind. You will amaze the friends who receive your cards. (1 class).

Instructor: Kathie Pettit

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7807.401	1:00–4:00pm	F	9/30	\$20.00	\$24.00

Location: Calabasas Senior Center Art Room

MIXED WATER-MEDIA

Bring out your creative self and join Otis Art Institute's "Teacher of the Year" in this water-media class that will nurture your creativity. Students will combine watercolor paints with other paints and materials. You will learn many techniques including making textures, collaging with rice paper and pouring paint. Materials list will be given at the first class. Please bring a pencil, sketchpad and any watercolor supplies you have to the first class. (8 classes).

Instructor: Deborah Swan-McDonald

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7808.401	9:30am–12:00pm	T	10/25–12/13	\$78.00	\$94.00

Location: Calabasas Senior Center Multipurpose Room

BEGINNING MIXED WATER MEDIA

Introduction to various water media will include using transparent watercolor, gouache, acrylic, ink and more. Subject matter will range from the realistic to the abstract. Students will discover a variety of techniques to create exciting special effects. Please bring a pencil, sketchpad and any watercolor supplies you have to the first class. (8 classes).

Instructor: Deborah Swan-McDonald

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7809.401	12:30–3:00pm	T	10/25–12/13	\$78.00	\$94.00

Location: Calabasas Senior Center Multipurpose Room

BASIC BEADING

Create unique pieces of jewelry while learning to string, wire wrap, and attach a clasp to make bracelets, anklets and necklaces. You can make one of a kind "art to wear" pieces to go with every outfit. All materials are included. If you have any jewelry making tools please bring them so you don't have to share. (2 classes)

Instructor: Linda Kavalsky

CODE	TIME	DAY	DATE	FEE
7810.401	1:00–3:00pm	T	11/1 & 11/8	\$45.00

Location: De Anza Park

OIL PAINTING WITH JOHN PAUL

Learning how to paint can impact one's life. In this course, students will first learn how to handle oils, and discover how to see light and shadows. Then, students will be guided on how to mix color. An emphasis will be placed upon the blending and textural effects that are only possible with this expressive artistic medium. All levels of experience will be welcome to this course. (6 classes).

Instructor: John Paul Thornton

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7811.401	10:00am–12:00pm	W	11/2–12/7	\$55.00	\$66.00

Location: Calabasas Senior Center Art Room





No refunds for excursions unless your spot can be filled from a waitlist.

EXCURSIONS

PEACE AWARENESS LABYRINTH & GARDENS

Built in 1910 by an Italian winery owner, later occupied by Busby Berkeley, the Guasti Villa is a grand Italian Renaissance mansion filled with beautiful art and architecture. The winery owner was a patron of the arts and brought in art and artisans from Europe to complete the mansion. Outside, the gardens, water features and labyrinth have been described as a hidden gem in Los Angeles, a zen oasis, meditative, relaxing and spiritual. We will have lunch with the staff and residents on the property, included in the fee. Lunch consists of salad bar, organic chicken, rice, vegetable, iced tea and dessert.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8001.401	10:30am-5:00pm	W	9/7	\$40.00	\$48.00

Shuttle Departs: Juan Bautista De Anza Park

WW II AVIATION MUSEUM

Join us for this fully narrated tour of the WWII aviation museum. Here is a complete collection of combat aircraft, restored and preserved in flying condition. This historic fleet is known as the Ghost Squadron. Their preservation is a way to honor and remember our American Military. These are the rarest flying aircraft in the world and we will hear the history of each type of plane. After we will stop at the Safire Grill (on your own tab) and enjoy a delicious lunch.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8002.401	9:00am-3:00pm	Th	9/15	\$27.00	\$32.00

Shuttle Departs: Juan Bautista De Anza Park

CHEN ART GALLERY

Our tour guide will show us one of the most important private art collections in the United States, encompassing 1,000 artifacts spanning 5,000 years of Chinese history. We will see Qing dynasty and Ming dynasty rooms, imperial porcelains, jade carvings, ancient bronzes, Buddhist statues, ancient pottery, snuff bottles, brush painting and silk textiles. The tour is followed by lunch at a charming local café, lunch is on your own tab and please bring cash to split the check at each table.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8003.401	8:30am-3:30pm	Th	9/22	\$20.00	\$24.00

Shuttle Departs: Juan Bautista De Anza Park

ALDIK HOME - ANTICIPATING THE HOLIDAYS WITH JOY

Come enjoy a holiday decorating demonstration and shopping experience at Aldik Home. Aldik Home has helped make the city of Los Angeles a more elegant place for more than 60 years. Aldik Home's showroom is simply exploding with holiday spirit: its talented team of designers has created hundreds of Christmas trees decorated to the hilt in more themes than you can imagine. Despite it being the season of glitter, of sparkles, sequins, and Santas, there's always room for natural beauty as well. Following the wonderful demonstration and amazing shopping at Aldik Home, we will enjoy a delicious lunch (on your own tab) at Claudine's restaurant in Encino.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8004.401	10:45am-3:30pm	Th	10/6	\$15.00	\$20.00

Shuttle Departs: Juan Bautista De Anza Park

GLENDALE CENTER THEATRE FEATURING "ANYTHING GOES." DINNER AT MIDDLE EASTERN RESTAURANT, CAROUSEL

Join us for a wonderful late afternoon performance of "Anything Goes" at the Glendale Center Theatre in the round. "Anything Goes" is a musical with music and lyrics by Cole Porter. The story concerns madcap antics aboard an ocean liner travelling from New York to London. Billy Crocker is a stowaway in love with heiress Hope Harcourt, who is engaged to Lord Evelyn Oakleigh. Nightclub singer Reno Sweeney and Public Enemy #13 Moonface Martin aid Billy in his quest to win Hope. The musical introduced such hits as "Anything Goes," "You're the Top," and "I Get a Kick Out of You." Immediately after we will venture off for a delicious Middle Eastern dinner at the Carousel Restaurant (on your own tab). This should be a spectacular day. Please bring CASH for dinner.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8005.401	12:30-9:00pm	Sat	10/8	\$44.00	\$53.00

Shuttle Departs: Calabasas Civic Center, 100 Civic Center Way

MYSTERY AND SCANDAL TOUR WITH LUNCH AT THE BILTMORE HOTEL

On this fascinating guided L.A. tour, the old ghosts and memories that cling to the streets and structures of Los Angeles will come to life. From the founding of the city through the 1940s, Downtown L.A. was a lively and sometimes dangerous place, a so-called urban "wild west." We'll explore almost 100 years of murder, mystery and scandal and the influence that organized crime had on this city. We'll visit fascinating neighborhoods and learn about the grim memories they hold, including Hollywood, Olvera Street, Chinatown, Beverly Hills and Boyle Heights. You'll be entertained by sordid tales of intrigue and tragedy that include: The Los Angeles Times Bombing, the Chinese Massacre, the rise of Police Chief Parker, sing Al Capone out of town, the assassination of Bugsy Siegel, Sal Mineo, and the Black Dahlia. Also featured will be sites that figured into L.A. Noir, the genre of films and books that were spawned by these infamous events. Enjoy lunch at L.A.'s famous Biltmore Hotel Suggested: walking shoes. All visits subject to change.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8006.401	8:30am-5:00 pm	Th	10/13	\$85.00	\$100.00

Shuttle Departs: Calabasas Civic Center, 100 Civic Center Way

BOWERS MUSEUM

We will have a docent-led tour of the current exhibition "California Bounty: Image and Identity, 1850-1930." This is the first curatorial interpretation of the museum's distinguished painting collection since 1994. California art from the Mexican and Anglo traditions, and from the Mission and Rancho periods, plein air paintings, portraits and still-life paintings will be exhibited. The tour is followed by lunch at a charming local café, lunch on your own tab and please bring cash to split the check at each table.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8007.401	8:30am-4:30pm	T	10/18	\$30.00	\$36.00

Shuttle Departs: Juan Bautista De Anza Park



No refunds for excursions unless your spot can be filled from a waitlist.

EXCURSIONS (CONT.)

LOTUSLAND

This 37-acre property in a residential neighborhood of Santa Barbara matches the eccentricity and whimsy of its founder, Polish-born opera singer and socialite, Madame Ganna Walska. Married and divorced six times in her 96 years, Walska's steadiest love affair was with this botanical garden. She spent more than four decades cultivating an exotic collection that includes more than 170 types of aloe, hundreds of weeping euphorbias, a plot devoted exclusively to silver and blue toned plants, and an extensive compilation of cycads. She funded the cycad garden in the 1970's by auctioning off her million-dollar jewelry trove. There have been many changes to the gardens since we last visited in 2013—a vision to behold! Lunch, on your own, will be at Stella Mares in Montecito.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8008.401	8:30am–3:30pm	Th	11/3	\$56.00	\$66.00

Shuttle Departs: Juan Bautista De Anza Park

NORTON SIMON MUSEUM

This internationally famous museum has specific in-depth collections of Asian art, European art from the 14th through 19th centuries, as well as modern and contemporary art, and sculptures located in the new sculpture garden. We will have a 90 minute tour of "European Highlights." At the conclusion of the tour, at noon, the garden café opens for lunch on your own and one may tour other galleries in the museum.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8009.401	9:00am–4:00pm	Th	11/10	\$40.00	\$48.00

Shuttle Departs: Juan Bautista De Anza Park

DOCTOR'S HOUSE MUSEUM AND BRAND LIBRARY

As we tour the Doctor's House, led by the curator, we will be taken back in the time. Built around 1888, the period-furnished home is one of Glendale's two remaining Queen Ann style Victorian homes. We will also visit the Brand Library and Art Center in "Miradero," the beautiful home of Glendale's pioneer, Leslie C. Brand, with its outstanding music section. The tour is followed by lunch at a charming local café. Lunch is on your tab, so please bring cash to be able to split the check at each table.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8010.401	9:00am–3:30pm	T	11/22	\$25.00	\$30.00

Shuttle Departs: Juan Bautista De Anza Park

THE HOMESTEAD MUSEUM, PART OF RANCHO LA PUENTE

Join us on a guided tour through the Homestead House in City of Industry, once part of the 49,000 acre Ranch La Puente. We will see a Victorian-era home constructed in the 1840s and a Spanish Colonial Revival Mansion from the 1920s. They will have their Christmas display up giving us an added treat. After, by popular demand, we will be lunching at El Pescador. The same restaurant featuring Mexican seafood we all so loved last year, but this is another branch run by the same extended family. Lunch on your own tab, please bring CASH.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8011.401	9:00am–4:30pm	W	11/30	\$25.00	\$30.00

Shuttle Departs: Juan Bautista De Anza Park

HOLIDAY TREASURES OF THE INLAND EMPIRE – A TUCKER TOUR

Join us for a fun day of holiday cheer with our guide, Curt Tucker. Our first stop will be residence, workshop, and gardens of the removed Arts and Crafts movement, Sam Maloof, woodworker extraordinaire. Here, at the foot of the San Gabriel Mountains, Maloof honed his craft. His rocking chairs, tables, and cradles are in some of the most important collections in the nation, including the Smithsonian Museum. Included lunch will be in Rancho Cucamonga at Barbara's Victorian Tea House elaborately decorated for the holidays. This is no ordinary tea but a lavish, gourmet, many course meal—quiche, soup, sandwiches, and homemade desserts.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8012.401	8:30am–5:30pm	Th	12/8	\$105.00	\$125.00

Shuttle Departs: Juan Bautista De Anza Park

SWEET TASTE OF ITALY, AN AMERICAN SUCCESS STORY

Are you crazy about Italian food and want to learn from a master chef? Join us for an informative and fun-filled Italian cooking demonstration at Carrara's Restaurant in Moorpark. The three course lunch will be prepared by Damiano Carrera, the personable and knowledgeable chef/owner of the restaurant who is now appearing as a Food Network Star competitor! Growing up in Tuscan town of Lucca, Italy, Damiano's food is authentic. Included on the menu will be gnocchi, the light and delicious, tasty and hearty soup and a beautiful and fabulous dessert, a Tiramisu-style Yulelog, just in time for time holiday season! Join other "fellow foodies," awaken your taste buds and enjoy an enticing culinary experience filled with unforgettable aromas – a "trip" to Italy without jet lag! Lunch included!

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8013.401	9:45am–3:00pm	M	12/12	\$82.00	\$100.00

Shuttle Departs: Juan Bautista De Anza Park



