



EXERCISE: MEDICINE FOR THE MIND

Fit seniors are the healthiest and happiest members of their age cohort. The reasons are hardly surprising. Physical activity not only reduces one's sedentary behavior and increases physical strength and endurance, but it has a psychological effect as well.

Working out maintains psychological equilibrium in many ways-by reducing stress and anxiety, improving sleep, providing a sense of self-efficacy, and enhancing social support. A study reported in the Mayo Clinic Proceedings presents some interesting evidence for the "social support" factor. Adults 60 and older who engage in 150 minutes of moderate aerobic activity weekly – have a synergistic effect on both mental and physical health, thereby "mood overtakes ageism and unlocks resistance to social interaction and endeavors."

If the benefits of exercise could be distilled into one medication and bottled, it likely would be the best selling and most prescribed medication in history.

– Janey M. Rifkin

REGISTRATION PROCESS FOR WINTER 2017

We hope you enjoy looking through the pages of this Calabasas Recreation Brochure and discovering more than 100 classes and lectures that are being offered as part of the continuing Savvy Seniors programming. You will also find several 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. 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, December 12th 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 **Wednesday, December 14th 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 **Monday, December 19th 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 Winter 2017 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 has been open for several months, there will be additional events, clubs and recreation opportunities 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.

Calabasas

3rd annual Special Speaker Series



CITY of CALABASAS

Proudly Presented By: **Savvy Seniors**



Bayan Sami Abdul Rahman - Friday, January 13, 2017, 7:30 pm
"Kurdistan: Island of Stability"

We are honored to welcome the Kurdistan Regional Government Representative to the United States to speak on the history and culture of the Kurds as well as the current situation in the Kurdistan Region of Iraq, an area that remains one of the last sanctuaries for ethnic and religious minorities. The Region also hosts more than 1.8 million Syrian refugees and internally displaced Iraqis who have fled violence and genocide. It is interesting to note that the Kurds have a relatively high female participation in government as well as in the combat units of their Peshmerga forces. Kurdistan remains an important partner of the United States and Global Coalition in the war against ISIS. **CODE: 8500.101**

**Three Insightful
Speakers
Plus Coffee,
Dessert, &
Conversation**



Dr. Elliot Engel - Friday, February 10, 2017, 7:30 pm
"A Light History of the English Language"

Back by popular demand, Professor Engel will tell us how our English language developed, tracing its origins from the Celts and Anglo Saxons. Why does English have more words than any other language? What are its many oddities? Using anecdotes, analysis and large doses of humor, author and scholar Dr. Engel will inform us about this topic that is as near as the tip of our tongues. **CODE: 8500.102**



Michael McDaniel - Friday, March 3, 2017, 7:30 pm
"Pirates and Other Perils of the Sea: It's Dangerous Out There!"

Certified maritime law specialist Michael McDaniel takes us inside the adventures, dangers and casualties of international air and ocean transportation. We will no longer take for granted the bounty of products we receive daily from around the world after we hear the exciting and often humorous behind-the-scenes stories of pirates, explosions, fires, smuggling, hurricanes and other perils to our products where the criminal activities alone cost us \$50 billion yearly. We will see dramatic photos never seen on TV. **CODE: 8500.103**

Location: Founders Hall, behind the Calabasas Library
All Speeches Begin at 7:30 pm, Doors Open at 7:00 pm

Tickets: \$25.00 per individual speaking engagement.

Tickets will be available both online & in-person beginning December 5, 2016.

Tickets can be purchased online through ACTIVE.NET
or in-person at the Calabasas Senior Center during regular business hours.

For more information, please visit www.cityofcalabasas.com or call (818) 224-1777



For registration information please see page 42.

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

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SINGLE SESSION LECTURES/DEMONSTRATIONS

THE ORIGIN OF THE SOLAR SYSTEM

The Solar System consists of more than the Sun and planets. There are asteroids, comets, natural satellites, dust and their complex interactions. The class will address such questions as: Why is the Sun a single star? Why do the planets all revolve around the Sun in the same direction? Why do most planets rotate in the same direction? Why do Venus and Uranus rotate in the opposite direction? Where did the Moon come from? Why do nearly all moons show the same face toward their parent planet? Why is Jupiter so big? Why is Mars so much smaller than the Earth? Where did the asteroids come from?

Presenter: Alan Rubin, UCLA Geochemist Professor in the Dept. of Earth, Planetary and Space Sciences

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7001.101	10:00–11:00am	T	1/17	Free	\$2.00

Location: Founders Hall located behind the Calabasas Library

THE INTERNET OF THINGS

The latest 'hot topic' in the news media is 'The Internet of Things'. The Internet of Things (IoT) is the internetworking of physical devices, vehicles, buildings and other items. These are items that are embedded with electronics, software, sensors, actuators, and network connectivity that enable these objects to *collect* and *exchange* data. We will explore what the IoT is, what it means to us and how it has and may further transform the way we work, communicate and what kinds of security implications it raises.

Presenter: Burt Sigal

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7002.101	2:00–3:30pm	W	1/18	Free	\$2.00

Location: Founders Hall located behind the Calabasas Library

WINTER NIGHT SKY

What is there to see in the Winter night sky? The Night Trek Team will be discussing great sights to see this time of year. What nights are the best to see meteors? How to see the planets with the naked eye, and how to spot the International Space Station! We will review new discoveries in astronomy. We will look at what new plans NASA has. We will help you plan where to see the "Great Total Eclipse" of 2017. Real Meteorites will be on display.

Presenter: Neill Simmons, has taught astronomy for 10 years

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7003.101	5:00–7:00pm	Th	1/26	\$6.00	\$7.00

Location: Founders Hall located behind the Calabasas Library

EAT TO LIVE: NUTRITION FOR OPTIMAL HEALTH

Take the Eat to Live Challenge !!! Shift your diet to better support your health and maximize longevity! Despite continued advancements in medicine, the number of preventable chronic illnesses continues to rise. UCLA Internal Medicine physicians, Dr. Neema Heivand and Dr. Marjon Lyons are passionate about preventing chronic diseases through lifestyle modifications. Join them as they give the latest information on how to change your diet to optimize your health.

Presenter: Dr. Neema Heivand, Physiologist & Neuroscientist & Dr. Marjon Lyons

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7004.101	2:00–3:30pm	F	1/27	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library





SINGLE SESSION LECTURES/DEMONSTRATIONS (CONT.)

OFF THE BEATEN PATH: SAN FERNANDO VALLEY

Explore our local treasures! Join us on a visual tour of historical places in the San Fernando Valley! Hear about how you can be a tourist in your own backyard. Our own Calabasas to Tujunga, the San Fernando Valley has 70 historical landmarks. I will be highlighting over 40 hidden gems that you can explore either on your own, with family and friends, or with out-of-town guests. This class will be your guide to the cultural monuments and other points of interest in the San Fernando Valley.

Presenter: Brownwyn Ralph, Published Author

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7005.101	2:00–3:30pm	Th	2/2	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library

HEART HEALTH

A look at the 17 daggers of arterial disease leading to the greatest risk of heart attacks, plus why cholesterol isn't one of them and ways to make your heart work at its best.

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

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7006.101	3:00–4:30pm	F	2/3	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library

SENIOR MOMENTS

This class will explore aging and memory loss. We will discuss the causes and how to prevent memory loss. As well as how to cope or improve memory.

Presenter: Dr. Kannan Paramesh, Board Certified Neurologist

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7007.101	11:00am–1:00pm	T	2/7	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library



HOW TO PREPARE FOR OLD AGE WITHOUT TAKING THE FUN OUT OF IT

In the touching, humorous and personal presentation, Bernie will share his 86 years of life, love, loss and laughter as an inspirational guide to what it means to age without growing old.

Presenter: Bernard Otis, Writer, Speaker & Author

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7008.101	1:30–3:30pm	W	2/8	FREE	\$2.00

Location: Senior Center Multipurpose Room

CARRIE SHUBERT: RENOWNED CLAIRVOYANT, PSYCHIC AND MEDIUM

Carrie Shubert is a world renowned Clairvoyant, Psychic and Medium. She will explain her techniques and share her unusual experiences which will delight and captivate you! She does personal sessions with her clients which are worldwide. She has appeared on radio and television, hosted a psychic series on cable and on Voice America, and has authored two books, 'Living In The Third Dimensional Soap Opera', and 'In The Wake Of Lies.' Carrie has volunteered her abilities with police and bereavement groups such as P.O.M.C. - Parents of Murdered Children and M.I.S.S. - Mothers In Sympathy and Support. Carrie teaches her course, 'Develop and Control Your Psychic Abilities' at a college level. To find out more information about how you too can develop your abilities regardless of whether you think you have any, come join this fun presentation with Carrie.

Presenter: Carrie Shubert, Renowned Clairvoyant, Psychic, Medium, Author and Teacher

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7009.101	1:30–2:30pm	F	2/24	Free	\$2.00

Location: Founders Hall located behind the Calabasas Library

SCIENCE OF PAST LIVES AND DREAMS

In this workshop, explore the studies done by the University of Virginia. They have been investigating claims of past lives for over 50 years. Come hear the amazing results of their findings. We will also look at studies done on dreaming, even one done by the US Navy. This information may help interpret your dreams better.

Presenter: Neill Simmons, has taught astronomy for 10 years

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7010.101	2:00–4:00pm	W	3/1	\$6.00	\$7.00

Location: Founders Hall located behind the Calabasas Library





SINGLE SESSION LECTURES/DEMONSTRATIONS (CONT.)

BRAIN HEARING: HOW COGNITION, ATTENTION, MEMORY AND HEARING INTERACT

Recent studies point to the relationship between hearing and cognitive decline. This presentation will shed more light on the link between the brain and hearing health.

Presenter: Lisa Goldstein is a State Licensed Audiologist with a M.A. in Speech Pathology and Audiology with 30 years of experience

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7011.101	1:30-3:00pm	W	3/8	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library

HUMPTY DUMPTY HAD A GREAT FALL

This class aims to educate seniors of the risks and consequences of falls as well as how to prevent them.

Presenter: Dr. Kannen Paramesh, Board Certified Neurologist

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7012.101	11:00am-12:30pm	Th	3/9	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library

AUTONOMOUS CARS - THE WAVE OF THE FUTURE

Tired of fighting traffic? Today, world-wide companies are investing millions in developing and testing cars, trucks, etc. that will do all the work for you. You can sit back and rest from pickup to destination. How comfortable would you be with that? We will talk about the benefit, possible dangers, and how soon we can place an order or make the call.

Presenter: Burt Sigal

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7013.101	2:30-4:00pm	Th	3/9	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library



DIABESITY

A look at the exploding epidemic of Type II Diabetes and obesity which are the leading causes of heart disease, dementia, cancer, and preventative death. Plus rules for eating safely and reversing diabetes by rebalancing insulin and blood sugar levels.

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

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7014.101	1:30-3:00pm	F	3/10	FREE	\$2.00

Location: Calabasas Senior Center Art Room

IN PAIN? STOP HURTING - START LIVING

Seniors are more likely to experience pain than the general population. Many older adults feel that pain is a normal process of growing old and they don't tell their doctors about their problems. However there is good pain and there is bad pain. Seniors often neglect the signs of serious signals. Pain treatments are not "one size fits all"! UCLA Pain Management expert, Dr. Najmeh Sadoughi, will discuss when to worry about pain, varying levels and durations of pain, and present some of the most current effective pain treatment/therapy options.

Presenter: Dr. Najmeh Sadoughi, Board Certified in Anesthesiology and trained in Pain Management

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7015.101	2:00-3:30pm	T	3/14	FREE	\$2.00

Location: Founders Hall located behind the Calabasas Library





ENTERTAINMENT

THE STU AND LAURIE VARIETY SHOW

Enjoy a Vegas style show with husband and wife duo Stu and Laurie entertaining us with songs, comedy and loveable antics! The fabulous couple mixes music and dancing with impressions of Elvis, Dean Martin and other baby boomer favorites. This is a wonderful and engaging experience you won't want to miss.

Presenters: Stu & Laurie

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7101.101	3:00–4:00pm	M	1/9	\$7.00	\$9.00

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 be best 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.

Presenter: Bob Ryman

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7102.101	2:00–3:30pm	M	1/30	\$6.00	\$7.00

Location: Founders Hall located behind the Calabasas Library

STORY TELLING: A LOST ART

Join Shelly Cohen as he explores the lost art of story-telling. You'll experience the spoken word as you never have before. In addition, you'll participate personally in this stimulating mind opening adventure. There'll be laughs and tears for us to share.

Presenter: Sheldon Cohen, Published Author

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7103.101	2:00–4:00pm	F	2/3	\$13.00	\$16.00

Location: Founders Hall located behind the Calabasas Library

THE GREAT MOVIE MUSICALS

Lecturer Saul H. Jacobs & pianist Bob Lipson return with another multimedia program – this time with songs, stories, and sing-alongs of The Great Movie Musicals: “Magical Musical Movie Moments” featuring Judy Garland, Gene Kelly, Astaire & Rogers, MacDonald and Eddy, Rita Hayworth & others; “Movie Theme Are Many Splendored Things” including themes from *Gone With the Wind*, *Laura*, *Casablanca*, *Dr. Zhivago*, *Breakfast at Tiffany's*, *The Godfather*, *Three Coins In a Fountain* & other classics; “Hooray for the Early Hollywood Songwriters” featuring *Lullaby of Broadway*, *Jeevers Creepers*, *I Only Have Eyes for You*, *Chattanooga Choo Choo*, *You Must Have Been a Beautiful Baby* & others; “The Musical Kingdom of Walt Disney” including songs from *Snow White*, *Cinderella*, *Pinocchio*, *Dumbo*, & *Mary Poppins* plus TV's *Davy Crockett* & Disneyland's *Small World*, plus more. (4 classes).

No class 2/20.

Presenters: Saul H. Jacobs & Bob Lipson

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7104.101	2:00–3:30pm	M	2/6–3/6	\$30.00	\$36.00

Location: Founders Hall located behind the Calabasas Library

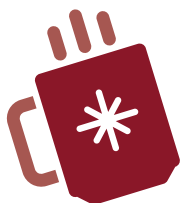
MORE OF OUR 1960'S

Lecturer Saul H. Jacobs & audio-visual DJ Don Digirolamo return with another multimedia program on artists and songs of the 1960s, a decade of music for everyone! This time with songs, stories, & sing-alongs of more great folk, country, blues, R&B & rock entertainers of the era including: Sonny and Cher, Simon & Garfunkel, Johnny Cash, Frankie Valli and the Four Seasons. And more Brill Building songwriters like Burt Bacharach & Hal David; the infamous Phil Spector, his Ronnetts and his Wall of Sound, Herb Alpert & his Tijuana Brass Band and blues songs of Ray Charles, with more Motown with Marvin Gaye, more Beatles plus the arrival of Yoko Ono, more British Invasion, with The Rolling Stones; and the American rock band The Doors with Jim Morrison.

Presenters: Saul H. Jacobs & Don Digirolamo

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7105.101	2:00–3:30pm	M	3/20	\$10.00	\$12.00

Location: Founders Hall located behind the Calabasas Library





FITNESS

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 respectively). **No class 1/16 & 2/20.**

Instructor: Ann Monahan

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7201.101	10:00–11:00am	M	1/9–3/27	\$60.00	\$72.00
7201.102	10:00–11:00am	W	1/11–3/15	\$60.00	\$72.00

Location: Founders Hall located behind the Calabasas Library

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 1/16 & 2/20.**

Instructor: Trissa Nicholson

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7202.101	11:15am–12:15pm	M	1/9–3/20	\$54.00	\$65.00
7202.102	11:15am–12:15pm	W	1/11–3/8	\$54.00	\$65.00

Location: Calabasas Senior Center Multipurpose Room

ZUMBA® GOLD

Not sure if Zumba® is good for you? Gold is the low impact “flavor” of Zumba®! Same great Latin and international music and rhythms but less stress on your joints. Gold is for all ages and perfect for people just getting into fitness or for those who have strayed away from working out. You don’t have to jump, but you can still get a fun, sweaty workout! (5 classes). **No class 1/16 & 2/20.**

Instructor: Del Herrera, Licensed Zumba Instructor

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7203.101	6:30–7:30pm	M	1/9–2/13	\$48.00	\$58.00
7203.102	12:00–1:00pm	F	1/13–2/10	\$48.00	\$58.00
7203.103	6:30–7:30pm	M	2/27–3/27	\$48.00	\$58.00
7203.104	12:00–1:00pm	F	2/17–3/17	\$48.00	\$58.00

Location: Calabasas Senior Center Multipurpose Room

IT’S ALL ABOUT ALIGNMENT

Be alive with complete alignment. It’s all within you. Physical, mental, emotional and spiritual alignment enabling you to live your life fully. This class will provide answers through pressure point massage, reflexology, self-massage of ears, feet, hands, and head. It will also demonstrate your own ability to heal yourself through stretching and relaxation. It’s the time of your life...Live!

Wear loose clothing. (8 classes). **No class 1/16 & 2/20.**

Instructor: Ann Monahan

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7204.101	11:00am–12:00pm	M	1/9–3/13	\$60.00	\$72.00

Location: Founders Hall located behind the Calabasas Library

PICKLEBALL PROGRAM

Pickleball Lessons- Beginning Class: Learn the game of pickleball with others that are just getting to know the basics. Holding the paddle properly, contact with the ball, scoring the game, positioning and basic strategies are just some of the skills you will learn. (8 classes).

***For class schedule please see page 44.**

Instructor: Anne Strauss

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).

Instructor: Jenny Suzdaltsev

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7205.101	2:15–3:15pm	W	1/11–3/15	\$56.00	\$67.00

Location: Calabasas Senior Center Art Room

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).

Instructor: Ann Monahan

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7206.101	9:00–10:00am	W	1/11–3/1	\$60.00	\$72.00

Location: Founders Hall located behind the Calabasas Library

DANCE EXPRESS

Rev-up your metabolism, keep your heart healthy, increase bone density and foster flexibility! I’m offering a fun way to stay vivacious and feel great! Kick up your heels with me, pick up a few hot dance moves and feel great! (8 classes). **No class 3/2.**

Instructor: Shannon Vergun, Licensed Fitness Instructor

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7207.101	10:15–11:15am	Th	1/12–3/9	\$75.00	\$90.00

Location: Calabasas Senior Center Multipurpose Room





FITNESS (CONT.)

SAFE & FIT SENIORS

This class is designed to teach seniors the 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. (6 classes).

Instructor: Dennis Ichikawa

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7208.101	1:00-2:00pm	F	1/13-2/17	\$48.00	\$58.00

Location: Calabasas Senior Center Art Room

SENIOR CONDITIONING

Stretching and conditioning are practiced in this class through core and strengthening movements. In a comfortable setting, we will enjoy cool music while we move and exercise for our entire bodies and overall health. **Please bring a yoga or pilates mat to class each week.** (8 classes).

Instructor: Deanne Wenger

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7209.101	9:30-10:30am	W	1/18-3/8	\$55.00	\$66.00

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 are practiced by millions of seniors in China, and are an excellent way to reduce stress, as well as develop balance, strength and flexibility. (8 classes).

Instructor: Jim Belsley

CODE	TIME	DAY	DATE	FEE
7210.101	5:30-6:30pm	Th	1/19-3/9	\$48.00

Location: Juan Bautista De Anza Park

BREATHE WITH EASE WITH SHULA

Learn a new breathing pattern to remove interfering tension and to help your breath flow. We'll practice breathing while sitting, standing, walking, or lying down. Demonstrations, explanations, self-observations, and individual guidance included, based on the Alexander Technique. **Bring a yoga mat.** (6 classes). **No class 2/20.**

Instructor: Shula Sendowski

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7211.101	12:00-1:15pm	M	1/23-3/6	\$40.00	\$48.00

Location: Founders Hall located behind the Calabasas Library

FITNESS (CONT.)

gTONNICKS GOLD

gTonnicks Gold is a class focused on fall prevention, balance practice, posture improvement, muscle toning and gentle stretching. All the while having fun doing it! This class provides a full body workout for strength and balance with precise, focused, simple moves to follow. Everybody can do it and everybody is welcome. This class is comprised of mostly standing and walking exercises. Chair exercise modification will be offered if needed. Come on out and give it a try. (4 classes).

Instructor: Deborah Heumann, Licensed Fitness Instructor

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7212.101	9:00-10:00am	Th	1/26-2/16	\$40.00	\$48.00

Location: Calabasas Senior Center Multipurpose Room

COOKING

COOKING WITH SANDI KAGAN

Sandi is back teaching the Savvy Seniors. These classes are not your usual dinner party fare. We are going to make small meals for our everyday comfort food needs using very EASY quick and nutritious recipes. Men and women are invited to join Sandi in our very own Senior Center Kitchen.

Comfort Food (January 11th)

Easy and quick basic soup recipe that can be altered to your choice of butternut squash, broccoli, asparagus or mushroom soup. Moroccan fish that takes only 10 minutes from stovetop to table. Lastly, learn to make a healthy dessert of baked apples stuffed with raisins, honey, and cinnamon in only 10 minutes.

Dinner Ideas (February 3rd)

With the help of this class, you will learn to make a delicious, healthy, and awe-worthy dinner of pea soup in 20 minutes lemon infused pan seared chicken breast, quinoa and vegetable salad, and a pear tart to top it all off!

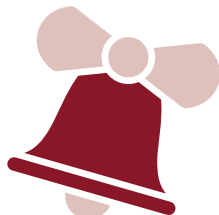
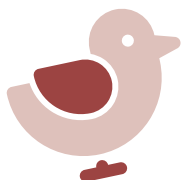
Mediterranean Cuisine (March 1st)

Keep it light and simple and join me on a trip to the Mediterranean! You will learn to make; Mediterranean vegetable stack, healthy zucchini pasta with baked chicken and turkey meatballs, a fresh fruit salad for dessert.

Instructor: Sandi Kagan

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7301.101	2:00-3:30pm	W	1/11	\$35.00	\$42.00
7301.102	2:00-3:30pm	F	2/3	\$35.00	\$42.00
7301.103	2:00-3:30pm	W	3/1	\$35.00	\$42.00

Location: Calabasas Senior Center Multipurpose Room





COOKING (CONT.)

GRILLING AND BBQ DISCUSSION

This will be a general discussion of the array of BBQ and grilling foods, seasonings, tools, and techniques. Types of food frequently grilled or BBQ'd will be discussed. Different grilling techniques will be discussed. No food will be prepared or served. There will be plenty of time for questions.

Instructor: Bill Davis

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7302.101	3:00-4:30pm	F	1/13	\$4.00	\$5.00

Location: Calabasas Senior Center Multipurpose Room

COOKING WITH TRADER JOES

Easy recipes with all ingredients from Trader Joes! Trader Joes is such an amazing grocery store with fresh produce and pre-made items which can make your life a little easier! We will share our favorites, teach you short cuts and help you to create the best night for entertaining.

Instructor: Patty Limatola-Tanenbaum, graduate from the Westlake Culinary Institute & Susan Bernstein, an amazing cook who specializes in easy and delicious recipes.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7303.101	2:00-4:00pm	W	1/18	\$55.00	\$66.00

Location: Calabasas Senior Center Multipurpose Room

GRILLING CHICKEN COOKING CLASS

Learn how to grill really good chicken. A complete dinner will be prepped and cooked on the Senior Center BBQ. A dinner consisting of chicken, potatoes, vegetables, and fruit for dessert will be prepared on the grill and served. There will be time for discussion on types of grills, grilling techniques, and different seasonings for chicken. (1 class).

Instructor: Bill Davis

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7304.101	2:00-4:30pm	F	1/27	\$20.00	\$24.00
7304.102	2:00-4:30pm	F	3/3	\$20.00	\$24.00

Location: Calabasas Senior Center Multipurpose Room

COOKING (CONT.)

TIME FOR APPETIZERS!

Come learn easy and delicious appetizers. Come to class ready to eat and learn recipes to prepare for your next gathering. Patty and Susan will be making some of their all-time favorite appetizers to help take the burden off of you. They will also show you how to prepare for a gathering and how to do small touches to make your gathering memorable!

Instructor: Patty Limatola-Tanenbaum, graduate from the Westlake Culinary Institute & Susan Bernstein, an amazing cook who specializes in easy and delicious recipes.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7305.101	2:00-4:00pm	W	2/1	\$55.00	\$66.00

Location: Calabasas Senior Center Multipurpose Room

COOKING AND BAKING AT CHEZ ANNICK

Parisian cook, Annick Harrison, will share her skills and techniques in preparing healthy, easy, and simple recipes, with a French-Mediterranean twist. Recipes include salade de choux frise and epinard, veloute d'asperges, un roti du poulet et cigars aux amandes pour dessert. Students will have the opportunity for hands on experience. (6 classes).

Instructor: Annick Harrison

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7306.101	3:00-4:30pm	Th	2/2-3/9	\$100.00	\$120.00

Location: Calabasas Senior Center Multipurpose Room

FLAVORFUL INDIAN VEGETARIAN COOKING

Come and discover the secrets in using spices for flavorful Indian/Pakistani curries simplified by Chef Farhana. In addition to adding zest and aroma to your daily meals, these age old ingredients allow you to prepare in advance for later entertaining. Take away the secrets, skills and flairs of making the best Indian "take-out" in the comfort of your own kitchen and at a fraction of the CO\$T!

Instructor: Farhana Sahibzada

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7307.101	11:30am-1:30pm	T	2/28	\$50.00	\$60.00

Location: Calabasas Senior Center Multipurpose Room





TECHNOLOGY

IPHONE BASICS

Whether you're new to the iPhone or need a refresher, this course is a great way to learn new features and 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
7401.101	1:00–2:30pm	W	1/11–1/25	\$39.00	\$47.00

Location: Calabasas Senior Center Conference Room

MUSIC ON YOUR IPAD, COMPUTER, OR PHONE

There are so many different ways to listen to your favorite music other than that old stereo. You will learn how to use iTunes, Apple Music, Pandora, and Spotify on your computer, tablet, and mobile phone. We will go over how to manage your music, create playlists, choose favorites and more.

Instructor: Stacie Cayne

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7402.101	9:30–11:00am	Sat	1/21	\$20.00	\$24.00

Location: Calabasas Senior Center Multipurpose Room

SAVVY TECH TIPS AND HACKS FOR USING COMPUTER

In this class you'll learn technology tips and tricks to use on your computer. We will cover tips like taking screenshots, finding your downloads, working with zip files, and attaching documents. (1 class).

Instructor: Stacie Cayne

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
MAC USERS					
7403.101	1:30–3:00pm	F	2/3	\$20.00	\$24.00
PC USERS					
7403.102	1:30–3:00pm	F	2/10	\$20.00	\$24.00

Location: Calabasas Senior Center Conference Room

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, using 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
7404.101	1:00–2:30pm	W	2/8–2/22	\$39.00	\$47.00

Location: Calabasas Senior Center Art Room

MUSIC

LOVE AT FIRST SIGHT

Do you think that Romeo and Juliette is the only story of first sight love? Nope! This course will show you many other operas with the same theme. **1/12:** Werther (Massenet) A young poet falls in love with a woman, but she is married to another. Not a happy ending. **1/19:** La Boheme (Puccini) Next to Romeo and Juliette, the most well-known opera about first sight love. The Bohemian artists and writers struggle to survive in 19th century Paris, but they also fall in love. **1/26:** Les Miserables (Schonberg) The story of revolution, redemption and love. Probably the most successful and enduring piece in the last 50 years. **2/2:** Eugene Onegin (Tchaikovsky) When her handsome neighbor comes to introduce himself, a young woman is smitten with him, and he rejects her. Later, the tables will be turned on him. **2/9:** The Magic Flute (Mozart) A young prince falls in love with the picture of a girl. He will be challenged to go on a quest, overcoming adversity and the search for the truth and he will win her heart. **2/16:** Die Walkure (Wagner) A strange connection between these young people leads them to fall in love. But there are more sinister elements behind their relationship and a much larger story in the background. **2/23:** The Barber of Seville (Rossini) One of Opera's most famous characters, Figaro, helps a young couple to find each other in a great, comic explosion of music. **3/2:** Die Rosenkavalier (Strauss) Vienna is the backdrop for this story of waltzes and the coming of age of a young man and a middle aged woman. Love cannot be stopped, even by an old fool. (8 classes).

Presenter: Steve Kohn

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7501.101	9:30–11:00am	Th	1/12–3/2	\$10.00	\$12.00

Location: Founders Hall located behind the Calabasas Library

FREE TECH HELP 4U DROP-IN

Learn UBER, FACEBOOK, E-Mail...and more

EVERY SUNDAY in the Calabasas Library (Senior Corner)

From 12 noon to 2:00 p.m.



No appointment needed



MUSIC (CONT.)

GREAT COMPOSERS OF THE BAROQUE, CLASSICAL, AND ROMANTIC PERIODS

James Domine, Music Director and Conductor of the San Fernando Valley Symphony Orchestra, brings his vast knowledge and repertoire to his class. He will focus the discussion on such greats as Vivaldi, Bach, Handel, Haydn, Mozart, Beethoven, Paganini, Schubert, Mendelssohn, Chopin, Schumann, Liszt, Verdi, Borodin and Brahms. (8 classes).

Presenter: James Domine

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7502.101	1:00-2:30pm	T	1/17-3/7	\$50.00	\$60.00

Location: Founder Hall located behind the Calabasas Library

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 and stage fright will be addressed along with the secrets of what makes for great group singing. (8 classes). **No class 2/21.**

Presenter: Mary Crescenzo

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7503.101	3:00-5:00pm	T	1/24-3/21	\$109.00	\$131.00

Location: Calabasas Senior Center Multipurpose Room

INTRODUCTION TO UKULELE

This class will get non-musicians and musicians playing this fun little instrument that has regained popularity. By the end of the course the 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 Ukulele at jimswingguitar@gmail.com. (8 classes).

Instructor: James Swing

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7504.101	4:00-5:00pm	T	1/24-3/14	\$98.00	\$118.00

Location: Calabasas Senior Center Conference Room

INTERMEDIATE UKULELE

Take it to the next level and enhance your ukulele skills. Learn to finger-pick, and play some Island strums. **Must have taken Introduction to Ukulele class first.** (8 classes).

Instructor: James Swing

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7505.101	3:00-4:00pm	T	1/24-3/14	\$88.00	\$106.00

Location: Calabasas Senior Center Conference Room



MUSIC (CONT.)

ROMEO AND JULIETTE AT THE MET

One of the great love stories of all time, told through the prism of Shakespeare's play, interpreted with Charles Gounod's glorious music. Two feuding families are often fighting to the death. But one young man from one family falls in love with a beautiful young woman from the other family. As much as we hope that their love could conquer this terrible argument, the story ends tragically. This lecture will be followed by a viewing of the Opera at the AMC theater in Woodland Hills at 6:30pm. (Bring Your Own Dinner) to class. *Tickets are subject to availability, **REGISTER ASAP! NO REFUNDS!**

Presenter: Steve Kohn

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7506.101	4:00-9:30pm	W	1/25	\$24.00	\$29.00

Location: Founders Hall located behind the Calabasas Library

LA TRAVIATA AT THE MET

Giuseppe Verdi's opera, written at the height of his powers, brings us into the world of the beautiful courtesan, Violetta. She will give up her luxurious lifestyle for the great love of a man she meets. But her love will not be enough to conquer a family struggle and then her incurable disease. The music is beautiful, the story is eternal and the finale is inevitable. This lecture will be followed by a viewing of the Opera at the AMC theater in Woodland Hills at 6:30pm. (Bring Your Own Dinner) to class. *Tickets are subject to availability, **REGISTER ASAP! NO REFUNDS!**

Presenter: Steve Kohn

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7507.101	4:00-9:30pm	W	3/15	\$24.00	\$29.00

Location: Founders Hall located behind the Calabasas Library

FINE ARTS

AMERICAN ART BETWEEN THE WARS

American Art flourished in the twentieth century as brilliant Alfred Steiglitz, Georgia O'Keefe and Frank Lloyd Wright created new models for success. The Roaring Twenties ushered in the Jazz Age and during the Great Depression, artists went to work with the government for the good of society. John Paul Thornton brings this inspiring time to life with vibrant images and true stories of the lives that defined America before WWII. (9 classes).

Presenter: John Paul Thornton

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7450.101	10:00am-12:00pm	F	1/20-3/17	\$40.00	\$48.00

Location: Founders Hall located behind the Calabasas Library



FINE ARTS (CONT.)

ART MUSEUMS OF LONDON

Like a virtual trip to the U.K., this new series explores the outstanding art collections of the British Museum, the London National Galleries, the Tate, and other revered institutions. Spectacular ancient art, striking portraits, glowing landscapes and Modern masterpieces are highlighted along with the true stories behind their creation. (6 classes). **No class 2/20.**

Presenter: John Paul Thornton

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7455.101	5:30–7:00pm	M	1/23–3/6	\$30.00	\$36.00

Location: Founders Hall located behind the Calabasas Library

PERSONAL DEVELOPMENT

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 and understand how this energy is applied for healing and martial arts purposes. (8 classes). **No class 1/16 & 2/20.**

Presenter: Bruce McDonald

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
BEGINNER					
7601.101	3:30–4:30pm	M	1/9–3/13	\$40.00	\$48.00
INTERMEDIATE					
7601.102	2:30–3:30pm	M	1/9–3/13	\$40.00	\$48.00

Location: Calabasas Senior Center Multipurpose Room



PERSONAL LEVEL. (CONT.)

CONVERSATIONAL SPANISH

Learn basic grammar concepts, vocabulary and practice speaking the Spanish language. (9 classes). **No class 1/16 & 2/20.**

Instructor: Angel Lerma

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7602.101	5:30–8:00pm	M	1/9–3/20	\$98.00	\$118.00

Location: Calabasas Senior Center Conference Room

THE FASCINATING SECRETS IN THE DESIGN OF PAINTINGS AND PHOTOS

Do you stare at exhibitions in museums and galleries wondering what went through the mind of the artist or the photographer? Have you ever thought about what goes into planning and executing paintings and commercial advertising? Are you puzzled by what you think you're supposed to be seeing? If so, this series of 4 independent lectures is for YOU! Why? Because there are many, many persuasive design techniques, styles and devices artists and photographers utilize in fine art as well as commercial art in order to express their ideas, feelings and intent. Knowing these, you will be able to gain a better understanding and appreciation for the visual arts and the profound impact they have on you. Each presentation will be different. Be sure to register to attend all of them.

Presenter: Peter Kraus, Instructor, Author, Artist, Speaker

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7603.101	10:30am–12:00pm	T	1/10–1/31	\$40.00	\$48.00

Location: Founders Hall located behind the Calabasas Library

CREATIVE VISUALIZATION

Minimize stress, improve relaxation, and achieve higher performance. Enhance your health by using the senses and learn the difference between right and left brain functions. This interactive class will encourage serenity, peacefulness and emotional well-being, using a mind-body approach for maximum relaxation. (4 classes).

Instructor: Marilyn Stolzman, PhD, co-author of "The Healing Power of Grief" and "The Healing Power of Love" and taught at CSUN

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7604.101	2:30–4:00pm	Th	1/12–2/2	\$55.00	\$66.00

Location: Calabasas Senior Center Conference Room





PERSONAL DEVEL. (CONT.)

WORKING WITH YOUR WORLD PART 2: MEDITATION, MINDFULNESS, AND AGING WELL

For those who have completed the first class, Working with Your World Part Two, takes the meditation and mindfulness techniques and teachings offered in that class to the next level. Focused on deepening the process and the practice, Working with Your World Part Two provides insights into well-being and aging well. (4 classes).

Instructor: Ron Schultz

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7605.101	10:00-11:30am	Th	1/12-2/2	\$50.00	\$60.00

Location: Calabasas Senior Center Conference Room

REIKI ENERGY HEALING

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. Energy flows within the physical body through pathways called the chakras, also known as aligned meridians. This class promotes Natural Holistic Healing and will help you mentally & physically rejuvenate. ***Bring your own yoga mat to class.** (5 classes).

Instructor: Donna Schechter, Master Level Practitioner & Reiki Healer

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7606.101	10:00-11:30am	Sat	1/21-2/18	\$60.00	\$72.00

Location: Calabasas Senior Center Conference Room

THE ALEXANDER TECHNIQUE

The Alexander Technique helps you solve daily movement situations that cause 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 2/20.**

Instructor: Shula Sendowski

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7607.101	10:00-11:30am	M	1/23-3/13	\$30.00	\$36.00

Location: Founders Hall located behind the Calabasas library

UCLA MEMORY TRAINING BOOSTER SESSIONS

Three newly-developed 90-minute booster sessions designed to review memory techniques taught in the four-week course. Additional new techniques included. Open only to those who have previously completed the four-week course. Boosters can be taken in any order. (1 class).

Instructor: Bonnie Shoemaker

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7608.101	1:30-3:00pm	W	1/25	\$10.00	\$12.00
7608.102	1:30-3:00pm	F	2/24	\$10.00	\$12.00
7608.103	1:30-3:00pm	F	3/24	\$10.00	\$12.00

Location: Calabasas Senior Center Conference Room

PERSONAL DEVEL. (CONT.)

UCLA MEMORY TRAINING PROGRAM

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

Instructor: Bonnie Shoemaker

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7609.101	1:00-3:00pm	W	2/1-2/22	\$55.00	\$66.00
7609.102	1:00-3:00pm	W	3/1-3/22	\$55.00	\$66.00

Location: Calabasas Senior Center Conference Room

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).

Instructor: Cher Bodner, C.Ht. Certified Hypnotherapist

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7610.101	1:00-3:30pm	Th	2/9-3/2	\$61.00	\$73.00

Location: Calabasas Senior Center Conference Room

DE-BUNKING THE MYTHS OF AGING AND 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 participate in 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 this four part series, 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, M.D., FAAFP, and Author of "Your 100 Year Heart"

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7611.101	11:00am-12:30pm	T	2/28-3/21	\$20.00	\$24.00

Location: Founders Hall located behind the Calabasas Library





PERSONAL DEVEL. (CONT.)

DETOXIFICATION FOR WEIGHT LOSS, INCREASED ENERGY AND IMPROVED HEALTH

What's all this hype about detoxification? I thought that was for alcoholics and drug addicts. Come find out what's the new definition of detoxification and why it is important to you, your weight management and your lifelong vitality. (4 classes). **No class 3/9.**

Instructor: Dr. Laara Van Bryce

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7612.101	2:00–3:00pm	Th	3/2–3/30	\$45.00	\$54.00

Location: Founders Hall located behind the Calabasas Library

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 and interactive workshop. This class will provide participants with valuable information and understanding about their own grief response. (2 classes).

Presenter: Ilene Blok

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7613.101	1:30–3:30pm	W	3/15–3/22	\$25.00	\$30.00

Location: Calabasas Senior Center Conference Room

FACIAL FITNESS – STOP THE AGING PROCESS!

Do wrinkle creams work or is it all hype? Stop the aging process with these simple at home techniques to plump your lips, firm your “turkey” neck, and restore muscle tone. **Please bring a mirror to this lecture.**

Presenter: Lisa Sinoway, Licensed Esthetician for over 35 years

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7614.101	10:00–11:30am	Th	3/16	\$5.00	\$6.00

Location: Founders Hall located behind the Calabasas Library

HOBBIES & INTERESTS

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. (9 classes). **No class 3/16.**

Moderator: Howard Somberg

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7701.101	3:30–5:00pm	T	1/10–3/7	\$10.00	\$12.00

Location: Calabasas Senior Center Art Room

Moderator: Scott Miller

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7701.102	3:30–5:00pm	Th	1/12–3/9	\$10.00	\$12.00

Location: Calabasas Senior Center Art Room

HOBBIES & INTERESTS (CONT.)

COUNTRY LINE DANCING

Come learn easy Country Line Dancing while having great fun and meeting new friends! Perfect exercise and good for all ages. Mike is an award-winning dancer and instructor with over 35 years of experience. (10 classes).

Instructor: Mike Bendavid

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7702.101	3:00–4:00pm	W	1/11–3/15	\$80.00	\$96.00

Location: Calabasas Senior Center Multipurpose 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, just to mention 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! (10 classes).

Instructor: Irit Barak

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7703.101	1:00–2:00pm	Th	1/12–3/16	\$40.00	\$48.00

Location: Calabasas Senior Center Multipurpose Room

CONTAINER GARDENING

This class will focus on making creative container gardens. Each class includes supplies for one planting project. They include: Purse Topiary, Mason Jar Planter, Wood Box Planter and the list can go on! Types of plants used are succulents, annuals, perennials and herbs. (1 class).

Instructor: Shar Lugo

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7704.101	3:00–5:00pm	T	1/17	\$10.00	\$12.00
7704.102	3:00–5:00pm	T	2/21	\$10.00	\$12.00
7704.103	3:00–5:00pm	T	3/21	\$10.00	\$12.00

Location: Calabasas Senior Center Multipurpose Room

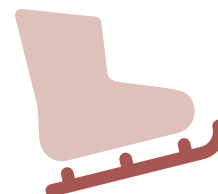
INTRODUCTION TO MAH JONGG

Come learn the fun and popular game of Mah Jongg. Helaine has successfully taught over 300 people 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
7705.101	10:00am–12:00pm	Th	1/19–2/9	\$80.00	\$96.00

Location: Calabasas Senior Center Card Room





HOBBIES & INTERESTS (CONT.)

ADVANCED MAH JONGG STRATEGY

Improve your Mah Jongg skills and learn to play more defensively in two - 2 hour sessions taught 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
7706.101	1:00-3:00pm	Th	1/19-1/26	\$40.00	\$48.00

Location: Calabasas Senior Center Card Room

MODERN AMERICAN CANASTA

Canasta is a card game of luck, skill, and diverse strategies. The game is played with 4 players, 2 teams of 2. It is challenging and social. Modern American Canasta is played with 2 decks of cards, teams forming melts and canasta earning necessary point to win. Learn Canasta in a relaxed and fun atmosphere. (6 classes).

No class 2/13 & 2/20.

Instructor: Wendy Koblick

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7707.101	10:00am-12:00pm	M	1/23-3/13	\$60.00	\$72.00

Location: Calabasas Senior Center Card Room

CANASTA (CONTINUING)

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

Instructor: Hansel Pollack

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7708.101	2:00-4:00pm	T	1/31-2/7	\$30.00	\$36.00
7708.102	2:00-4:00pm	T	3/14-3/21	\$30.00	\$36.00

Location: Calabasas Senior Center Card Room

SAVVY SCRIBES: FICTION, POETRY, BLOGS, ESSAYS, NON-FICTION, REVIEWS

Learn the skills and techniques for writing and editing poetry, fiction, essay, etc. through individual and group exercises. Explore constructive criticism, editing tips, sharing your work, reading along and learn how to get published. (5 classes).

Presenter: Mary Crescenzo

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7709.101	1:00-2:30pm	T	2/14-3/14	\$54.00	\$60.00

Location: Calabasas Senior Center Conference 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 4 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 regular gathering group. Join us, make new friends, and exercise our 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
7710.101	2:00-4:00pm	T	2/14-3/7	\$50.00	\$60.00

Location: Calabasas Senior Center Card Room

PASSPORT TO RETIREMENT

This class identifies 5 roadblocks that keep most people from having the kind of successful retirement they want. Your ability to pursue the retirement lifestyle you desire will depend, to a great extent, on how well you are able to overcome these roadblocks. (2 classes).

Instructor: Edward Albrecht

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7711.101	10:00am-12:00pm	Th	2/23-3/2	\$5.00	\$6.00

Location: Calabasas Senior Center Conference Room

ARTS & CRAFTS

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).

Instructor: Arlene Weinstock

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7801.101	9:00-11:00am	T	1/10-2/14	\$55.00	\$66.00

Location: Calabasas Senior Center Multipurpose Room

EXPERIMENTING WITH COLORED PENCILS

Learn to get rich color on paper with a perfectly transportable medium. People who like to draw will 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 on the day of class. (6 classes).

Instructor: Arlene Weinstock

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7802.101	10:00am-12:00pm	T	1/10-2/14	\$55.00	\$66.00

Location: Calabasas Senior Center Multipurpose Room



ARTS & CRAFTS (CONT.)

BEGINNING DRAWING 2

Continue building the skills learned in Beginning Drawing 1. Learn about value and drawing 3-dimensional forms, seeing light and shadow, and experiment with different methods for drawing gradations. Class exercises will include drawing objects in various arrangements. **Bring to class: pencils (2H, HB, 2B, 4B, and 6B or 8B), drawing paper (70 lb or heavier), pencil sharpener, kneaded eraser, and white block eraser.** (6 classes).

Instructor: Arlene Weinstock

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7803.101	1:00-2:30pm	T	1/10-2/14	\$50.00	\$60.00

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). **No class 1/24.**

Instructor: Deborah Swan-McDonald

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7804.101	12:30-3:00pm	T	1/10-3/7	\$78.00	\$94.00

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). **No class 1/24.**

Instructor: Deborah Swan-McDonald

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7805.101	9:30am-12:00pm	T	1/10-3/7	\$78.00	\$94.00

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. (6 classes).

Instructor: Lissi Kaplan: Lissi has painted for Heads of States, Dignitaries and the Reagan Library

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7806.101	1:00-3:00pm	Th	1/12-2/16	\$110.00	\$132.00

Location: Calabasas Senior Center Art Room

BEGINNING AND INTERMEDIATE LEVEL 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.** (8 classes).

Instructor: Mel Wolf

***For Monday class schedule please see page 22.**

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
7807.101	9:30am-12:00pm	Th	1/12-3/2	\$66.00	\$79.00

Location: Calabasas Senior Center Art Room





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

EXCURSIONS

A SHOWCASE OF ROSE PARADE FLOATS

This unique opportunity allows you to step up close and see the floats for yourself and admire the detail, design and workmanship that goes into the beautiful Rose Parade floats the day after the Parade. You will be in arm's reach of these floral masterpieces to see how they are created with a multitude of flower petals and other natural materials. Stroll at your leisure, smell the roses, and enjoy the floats one by one. Senior hours will ensure that we arrive before the crowds. After, we will travel to La Cañada Flintridge for late breakfast on your own at a truly unique Dish Restaurant before boarding our bus for home. Breakfast is on your own tab and please bring cash to split check at each table.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8001.101	6:00am-1:00pm	T	1/3	\$33.00	\$40.00

Shuttle Departs: Juan Bautista De Anza Park

MUD MAKE-UP DESIGNORY

Mud Schools, one in NY and one right here in LA, teach unique skills in the fascinating world of make-up artistry. They train their students in a variety of make-up specialties from the intricacies of prosthetics to beauty make-up. They will be conducting, just for us, a demonstration workshop and tour of their campus. We will learn better methods for our own make-up application, allowing us to look even more beautiful than we already are. The tour is followed by lunch at a charming local café, lunch is on your own tab and please bring cash to split check at each table.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8002.101	10:15am-4:00pm	Th	1/12	\$20.00	\$24.00

Shuttle Departs: Juan Bautista De Anza Park

JUNIOR BLIND OF AMERICA

Established as the Foundation for the Junior Blind in 1953, its mission is helping children and adults who are blind, visually impaired, or multi-disabled achieve independence. Based in Los Angeles, they offer specialized services for thousands of infants, children, teens, and adults, at no cost to families. Through programs that offer early intervention, education, recreation, and rehabilitation, their students learn essential skills to help them maximize their potential to achieve their goals. Lunch will be provided by the Junior Blind students.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8003.101	9:00am-3:30pm	W	1/25	\$50.00	\$60.00

Shuttle Departs: Juan Bautista De Anza Park

THE ULTIMATE SRIRACHA TOUR

Come take a 30-45 minute tour of the 650,000 square foot, state of the art facility and experience firsthand the making of the famous Sriracha Hot Chili Sauce. The tour is truly an extraordinary, fun, mind-blowing, personable experience that will leave you amazed and humbled to understand the hard work and dedication behind the production of the rooster sauce, awesome sauce, SRIRACHA SAUCE! The tour is followed by lunch at Picasso's Café, lunch is on your own tab and please bring cash to split check at each table.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8004.101	8:30am-3:30pm	W	2/8	\$20.00	\$24.00

Shuttle Departs: Juan Bautista De Anza Park

HAUSER WIRTH & SCHIMMEL

Hauser Wirth & Schimmel is the Los Angeles location of Hauser & Wirth, the international gallery devoted to contemporary art and modern masters. A new destination in the heart of the burgeoning Downtown Arts District of Los Angeles, the gallery occupies the restored Globe Mills complex, a collection of interconnected late 19th and early 20th century buildings and internal outdoor spaces. Here visitors will discover museum-caliber exhibitions on an educator-led tour. The tour is followed by lunch at a charming local café, lunch is on your own tab and please bring cash to split check at each table.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8005.101	9:30am-6:30pm	W	2/22	\$20.00	\$24.00

Shuttle Departs: Juan Bautista De Anza Park





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

EXCURSIONS (CONT.)

ANGELINO HEIGHTS WALKING TOUR

Angelino Heights is located within Echo Park and was developed in the 19th century. It sits on a hill a few miles west of the city center. One hundred year old homes, presenting glimpses into a bygone age, have been used in films and some are still in excellent condition. One can't help but notice the detail of design in this historic site. We will walk through the area, viewing building exteriors as well as the interiors of one or two homes. Lots of walking for two hours includes some stairs and one hill. There are no chairs to sit upon, along the way. Lunch, on your own tab, will be at the Eastside Market, an Italian deli favored by visitors and locals.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8006.101	8:45am-4:00pm	Sat	3/4	\$35.00	\$42.00

Shuttle Departs: Juan Bautista De Anza Park

METRO ART TOUR

Tour is led by a trained Metro Art Docent Council volunteer and provides insights into the artworks, artists and art-making processes of selected stations' artwork. It heightens the passenger experience in novel and engaging ways through the perspective, experience and knowledge of artists and cultural experts. The tour is approximately 90% walking; there are elevators and escalators in all the stations. We will start and end at the North Hollywood Red Line Metro Rail Station. Our docent will carry a voice amplifier and wear a bright yellow safety vest for easy identification. Docent will provide tour attendees with free TAP cards that are pre-loaded with day passes. Lunch will be on your own tab at a restaurant near the North Hollywood Red Line Station.

CODE	TIME	DAY	DATE	MEMBER OR RESIDENT	NON RESIDENT
8007.101	9:00am-3:00pm	Th	3/9	\$20.00	\$24.00

Shuttle Departs: Juan Bautista De Anza Park

Calabasas Senior Center *presents...*

Islands of New England

September 28 - October 5, 2017 • 8 Days, 11 Meals

Highlights: Providence, Newport, Boston, Cranberry Bog, Plymouth Rock, Plimoth Plantation, Cape Cod, Hyannis, Nantucket, Martha's Vineyard, Provincetown, Whale Watch or Sand Dunes, Lobster Dinner

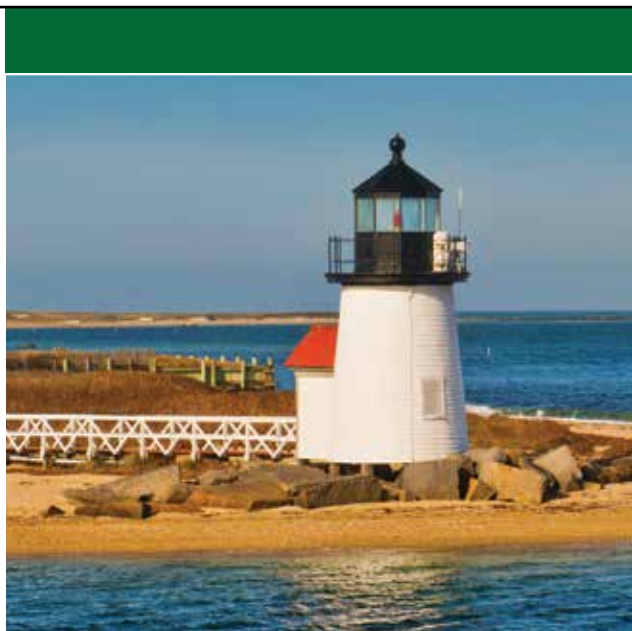
- Tour the extravagant Marble House mansion, a National Historic Landmark.
- Step back in time in the town of Plymouth where the Pilgrims landed in 1620.
- Get to know the people at a working New England cranberry bog, a thriving crop of Cape Cod.

To RSVP or for more information, contact Kim at 818.224.1771 or kpost@cityofcalabasas.com



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to a special travel presentation!**

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