



# CSC Newsletter

## JANUARY 2024



CITY of CALABASAS



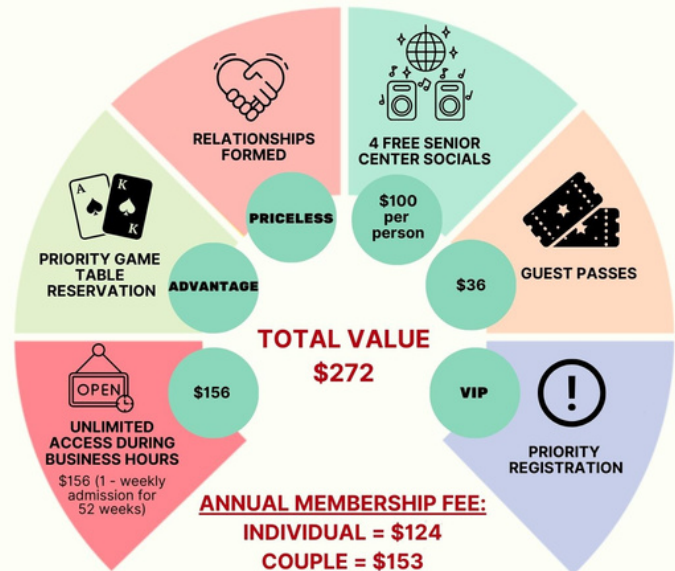
# FEATURE NEWS

## HOLIDAY TOY DRIVE - FINAL COLLECTION DAY NEWS

With Rick Young and Dotty Corcoran at the helm, our Special Events Committee reaped in a sleigh full of **2,000+ toys** for the Volunteer League of the San Fernando Valley, benefitting our less fortunate children. Thank you to our participating partners: The Calabasas Senior Center, The Wella Corp. Offices in Calabasas, The Rotary Club of Calabasas, a chapter of Brandeis, and The Commons at Calabasas - Caruso.

Also, thank you to all of our wonderful Savvy Senior families and friends who participated in this worthy event!

## SENIOR CENTER MEMBERSHIP BENEFITS



\*Individual memberships include 6 guest passes; Couple memberships include 9 guest passes



## JOIN OUR VOLUNTEER TEAM



### Everything Starts Here:

Steering Committee meets the 1st Wednesday of each month, from 3:00-5:00pm, at the Senior Center. We would love to see you!

### For more information, please contact:

Cathie Mattson - petermttsn@yahoo.com  
Laura Weissnar - lgweiss1@yahoo.com

# FEATURE NEWS

## A Sweet Affair

Join us for an afternoon of sweet treats, refreshments and live music performed by Singer/Songwriters, Wendy and Rik! Wendy and Rik have performed with Barbara Streisand, Josh Groban, and Michael Jackson. Enjoy songs from Broadway to Billy Joel, to the Beatles, and music in between.

WEDNESDAY, FEBRUARY 14  
2:00-4:00PM



MEMBERS: FREE | RESIDENTS: \$5  
NON-RESIDENTS: \$6

FOUNDERS HALL  
LOCATED BEHIND THE CALABASAS LIBRARY



 **FAIRWINDS**  
WEST HILLS



CITY of CALABASAS



Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register), under "A Sweet Affair"



# FEATURE NEWS



**BIRD WATCHING AT KING GILLETTE RANCH**

Bring binoculars, a bird guide, and/or camera and join in for a leisurely stroll around the grounds of King Gillette Ranch. \*The group leaves promptly at 8:30am from the flagpole at King Gillette Ranch.

**Instructor: Kerry Perkins**

**Wednesday, 1/3**  
**8:30-10:00am**  
**Residents: \$5 | Non-Residents: \$6**

Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)



**QUICK AND EASY MEALS**

Trader Joe's presents a hands-on, easy, step-by-step cooking class using seasonal and specialty Trader Joe's products. Each class offers new meals and recipes!

**Instructor: Trader Joe's Staff**

**Tuesday, 1/9**  
**2:00 - 3:30pm**  
**Residents: \$10**  
**Non-Residents: \$12**

Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)

**LOWER BACK DYNAMIC STRETCH**




*This class uses therapy bands (provided by instructor) to enhance range of motion while strengthening lower back muscles. Taught by a certified personal trainer with over 30 years of experience. Please bring a mat to class.*

**Instructor: Victoria De Anda**

**Thursdays, 1/11 - 2/29**  
**10:00 - 11:00am**

**Resident: \$80 | Non-Resident: \$96**

**EAST COAST SWING**



Learn some smooth moves in the popular & upbeat East Coast Swing! This All-American dance is fun and has you up and dancing in no time!

**Instructor: Janet Snyder, Dance Ten**

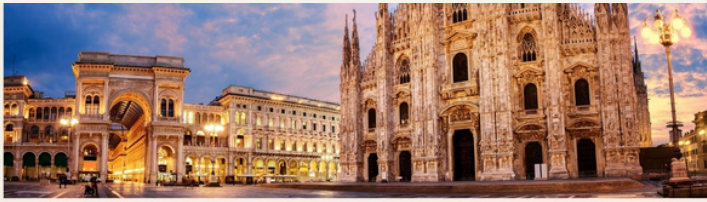
**Fridays, 1/12-2/16**  
**4:00-5:00pm**  
**Residents: \$80 | Non-Resident: \$96**

Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)




Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)

# FEATURE NEWS



## BEGINNING ITALIAN (FOR) TRAVELERS

Learn functional Italian grammar, sentences and words to ask for information and directions, order in restaurants, shop and much more!

Instructor: Manuela Terenzi



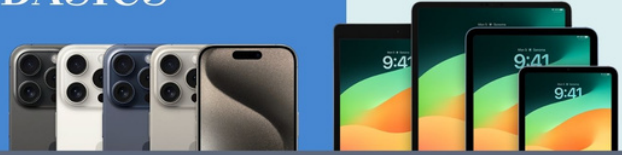
TUESDAY, 1/23-2/27 | 10:30 - 11:30AM | RESIDENTS: \$90  
NON-RESIDENTS: \$108



Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)



## IPHONE/IPAD BASICS



Learn the basics to cool new features and awesome tips and tricks! Includes:

- iCloud
- Photos
- Web browsing
- Apps
- Organization
- Camera
- Settings
- Siri
- And much more!

Instructor: Tracie Karasik, Professional Apple Consultant

Tuesday, 1/23

10:00-11:30am

Residents: \$20

Non-Residents: \$24

Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)



Tuesday, 1/23

2:00 - 3:30pm

## THE UPCOMING SOLAR ECLIPSE AND THE WINTER NIGHT SKY

Learn how to best see the upcoming Solar Eclipse on April 8th. Discover how to spot the famous winter constellations and how to see the naked-eye planets.  
Presenter: Neill Simmons

Residents: \$8  
Non-Residents: \$9.60



Register in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)



## SENIOR TRAVEL A COMPREHENSIVE GUIDE



Wednesday, 1/24  
2:00 - 3:30pm  
Residents: \$3  
Non-Residents: \$3.60

Presentation includes: benefits to your physical and mental health, senior-friendly travel options, and much more!



REGISTRATION CAN BE DONE IN-PERSON OR ONLINE AT [WWW.CITYOFCALABASAS.COM/REGISTER](http://WWW.CITYOFCALABASAS.COM/REGISTER)

# FEATURE NEWS

## FROM POVERTY TO PROSPERITY

This course discusses the ways in which technology has transformed the world for the better, raising the quality of life for billions across the planet.

**INSTRUCTOR: ZACHARY DAVIS**



**MONDAY, 1/29 | 10:30AM-12:00PM | RESIDENT: \$3 | NON-RESIDENT: \$3.60**

REGISTRATION CAN BE DONE IN-PERSON AT THE SENIOR CENTER OR ONLINE AT [WWW.CITYOFCALABASAS.COM/REGISTER](http://WWW.CITYOFCALABASAS.COM/REGISTER)



## Taste of Asia

Learn how to make Asian cuisine with simple recipes. Impress family and friends with classic and popular dishes like Spring rolls, chicken satay, noodles and different types of curries.

**Wednesday, 1/31  
10:30am-12:30pm  
Residents: \$55 | Non-Residents: \$66**

Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)

## EXPLORING DREAMS



Join the lecture to discover the meaning of dreams and how they influence life, health, and engage in different techniques for dream exploration.

Presenter: Bruce Fishbach, MFT, MAT

**Wednesday, 1/31 | 10:00 - 11:30am | Residents: \$10 | Non-Residents: \$12**

Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)



## ARCHITECT TO THE STARS: PAUL WILLIAMS



Often described as "Architect to the Stars", Paul Williams left an indelible mark on architecture during a prolific career that spanned almost 60 years. His vast body of work stretches from Beverly Hills and New York to Paris and Colombia, with luminary clients such as Lucille Ball and Desi Arnaz, Frank Sinatra, and Lon Chaney.

**Wednesday, 1/31 | 1:00-3:00PM | Residents: \$20 | Non-Residents: \$24**

Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)

# HAPPENING THIS MONTH

## CLASSES

- Bird Walk at King Gillette Ranch
- Acrylic Painting
- Grief & Loss Discussion Group
- Gentle Yoga
- "Fun"ctional Fitness
- Beginning Canasta
- Broadway Dance
- Hot Topics
- Senior Stretch, Strength, & Sculpt
- Savvy Senior Fitness
- American Civics
- Acting for Fun
- Conversational Spanish
- Italian for Travelers
- Conversational Modern Hebrew
- Colored Pencils
- Mixed Water Media
- Country Line Dancing
- Conversational Spanish
- Zumba
- Savvy Senior Singers
- Sports Fans' Forum
- Tai Chi
- Beginning Canasta
- Intermediate & Advanced Watercolor
- Flicker
- Ukulele
- Laws, Litigation & The Judicial Process
- Ancient History of Jerusalem
- Abstract Collage
- Oil Painting
- Watercolor
- Fluid Paint Pouring
- Current Developments in the Law
- Great American Songbook - Volume II
- The Legacy of Richard Wagner
- iPhone/iPad Basics
- From Poverty to Prosperity
- Savvy Senior Canasta
- Intro to Mah Jongg
- Continuing Mah Jongg
- Mah Jongg Level I
- Mah Jongg Level II
- Meditation & Mindfulness
- Trader Joe's Meals
- Taste of Asia
- Art on the Blue Danube
- Treasures of Tutankhamun
- Architect to the Stars

- Solar Eclipse and the Winter Night Sky
- Senior Travel - A Comprehensive Guide
- Exploring Dreams
- 1/24 - Gibbons, Cows, and Pigs...Oh My!
- **CSC Will be CLOSED on Monday, January 15th in observance of MLK**



## LECTURES & EXCURSIONS

# WRITER'S CORNER

ARTICLES WRITTEN BY INNER WRITER PARTICIPANTS

## *Huichol Suenos by: Brett Mask*

After two years wearing a mask, the one hanging on my living room wall reminds me of a week in the mountains outside Guadalajara. Twenty miles west of the city, I visited a small health spa nestled in the Bosque Primavera, a volcanic region with pine and oak woodlands, nature-trails and thermal hot springs at 7,000 feet. On the recommendation of a friend, away from the microwaves, traffic and drama of my life, the 'espíritu,' (spirit) of the environment, washed over me; I felt calm and relaxed.

The days ebbed and flowed into one another. Cozy and understated with a main club house for meals, adobe cottages with fireplaces, treatment rooms and a pool, I enjoyed the mud wraps, and a horse ride through the woods. Was it the mountains or the desert? There was a serenity to the land.

The mask, reminds me of the evening after I arrived. I went for a dip in the pool and a slight drizzle began. Looking up at the twinkling stars like diamonds against the midnight blue sky, the sliver of the moon reminded me of the nursery rhyme, "when the cow jumped over the moon." The night, the water and rain washed over me. After my swim, I went back to my room and built a fire in the kiva fireplace to warm up.

Good food, fresh air and dips in the hot springs filled the days. Another day I rode around the park on horseback, where bulls were corralled. The high desert looked so barren and is where the Huichol escaped the Spanish troops to retain their culture and spiritual beliefs. They were the last tribe to be conquered by the Spanish.

One day, mid-morning a Huichol Indian wearing a white cotton tunic, baggy white pants, hat, and a bag slung across his body, sat on the ground at the pool holding a 12" x 7" wood shaped mask with slits for the eyes and mouth. A direct descendant of the Aztecs, with one finger he was placing brightly colored glass beads into the beeswax on the wood creating geometric patterns.

I asked him what he was making. (In Spanish I can ask questions, but don't always understand all of the answers.) He said the symbols are from dreams. I later learned the bead art is the Huichol (Wee choe) form of writing that records their ancient wisdom, mythology and traditions. The people learn from the symbols, through their rituals, visions and dreams. In my mind's eye I can still see him add beads to the large yellow, orange and red peyote cactus on the forehead, the essence of life, health, accomplishment and good fortune. A green snake zig zagged down the nose. His spirit peaceful and gentle, I asked if I could buy it when he finished.

He returned two days later, the mask completed with four yellow and orange deer, a turtle on the chin and seven peyote symbols interspersed. The ceremonial mask protects the wearer to enter into a mythical state to communicate with the supernatural. Is this a form of praying and listening to the great spirit from an ancient civilization?

The mask, a symbol of a pre-Hispanic culture, the beaded art represents how "Life is a constant object of prayer for the Huichol." The mask reminds me of the places and experiences I have visited over the years, unexpected adventures and suenos (dreams).



# SAVVY SENIOR SNIPPETS

BY: BILL DAVIS

Happy New Year to all of my Savvy Senior Friends,

While we all celebrate the New Year and the middle of winter, it is the middle of summer in Antarctica. These two videos provide insight into what it takes to conduct critical environmental and astronomy research in the world's most pristine and deadly environment.

## **The Logistics of Living in Antarctica - 12 Minutes**

<https://www.youtube.com/watch?v=-s3j-ptJD10>

Just one of the many research stations in Antarctica is the American funded Amundsen-Scott South Pole Station.

## **How Living at the South Pole Works - 15 Minutes**

<https://www.youtube.com/watch?v=ZAEydOjNWyQ>

Enjoy!

*Bill Davis is a longtime resident of Calabasas and wannabee BBQ Pitmaster*



## *FREE TECH HELP*

Drop in - No appointment needed

Wednesdays, 4:00-7:45pm

Calabasas Senior Center  
300 Civic Center Way

Tech Help is one-on-one instruction provided by local high school students who are earning community service hours.

Improve your skills for:

Laptops  
Cell Phones  
iPads/Tablets  
Manage Apps  
Manage Photos

Facebook  
Internet  
Uber  
Twitter  
& so much more!

TECH HELP



# JANUARY RECIPE

## CREAMY MUSHROOM PASTA

### INGREDIENTS

It's the start of a new year and the holiday season has wrapped up. Many look for a break from all of the cooking and baking, after a busy season of family and friend gatherings. This is an easy and quick meal that takes less than half hour and is a nice warm meal on a cold day.

- 4 tbsp. olive oil
- 1 lb. mixed mushrooms torn into bite-size pieces
- 2 medium shallots, finely chopped
- 1 lb. spaghetti or bucatini
- 1/2 cup heavy cream
- 1/3 cup finely chopped parsley
- Zest and juice of 1/2 lemon
- 2 tbsp. unsalted butter, cut into pieces
- 1/2 oz. Parmesan, finely grated (about 1/2 cup), plus more for serving
- Freshly ground black pepper

### DIRECTIONS

1. Heat 2 tbsp. oil in a Dutch oven or other large pot over medium-high. Cook half of mushrooms in a single layer, undisturbed, until edges are brown and starting to crisp, about 3 minutes.
2. Give mushrooms a toss and continue to cook, tossing occasionally, until all sides are brown and crisp, about 5 minutes more. Using a slotted spoon, transfer mushrooms to a plate; season with salt.
3. Repeat with remaining 2 tbsp. oil and mushrooms and more salt.
4. Reduce heat to medium-low and return all of the mushrooms to the pot. Add shallots and cook, stirring often, until shallots are translucent and softened, about 2 minutes.
5. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente, about 2 minutes less than package directions.
6. Using tongs, transfer pasta to pot with mushrooms and add cream and 1 cup pasta cooking liquid. Increase heat to medium, bring to a simmer and cook, tossing constantly until pasta is al dente and liquid is slightly thickened, about 3 minutes.
7. Remove pot from heat. Add lemon zest and juice, parsley, butter, 1/2 oz. Parmesan, and lots of pepper and toss to combine. Taste and season with more salt if needed.



# EXCURSIONS

BY: JACKIE HOFFMAN

A Savvy Senior Excellent Adventure!

By Maralyn Rosenblatt

On Saturday, December 2nd 2023, a group of Savvy Seniors had an opportunity to visit one of the largest sports and concert venues in the NFL ... SoFi Stadium in Inglewood. Located on the former grounds of the Hollywood Park Racetrack, this venue is humongous! That fact was evident from the very beginning of our guided tour, while we were all standing at the very top of the stadium, gazing out over the entire venue. Our guide next shared that the stadium has a total of 100,000 seats. Then he pointed to a large oval ring, which was suspended high above the entire stadium. Called the Samsung Infinity Screen, this state-of-the-art, video board is used to project activities on the field, scores, videos, performers' images, etc. It was so much more impressive than an ordinary Jumbotron!

Our tour also included a stop at SoFi's VIP seats section. We got to try out the section's comfortable seats, as we looked out over the 50-yard line! Next, we checked out one of the Luxury Suites. The suite was the size of a mansion; it had its own restaurant, huge lounge, champagne tasting room, and game viewing room! Our guide mentioned that this wasn't just any Luxury Suite. Turns out it belonged to Stan Kroenke, the real estate developer and owner of the RAMS, who provided the funding to build SoFi Stadium. (He's also involved in building a new RAMS Training Center in Warner Center.) Our tour ended in the stadium's large locker room.

During our tour, we learned about SoFi's many unique architectural elements, such as: its roof canopy, called The Oculus (with translucent properties which allow natural sunlight to illuminate the field, while providing shelter to the fans) and an open-air plaza which makes it easy for fans to navigate the stadium while enjoying a panoramic view of Los Angeles).

We also learned some fun facts about the stadium, including:

- SoFi - This is an acronym for the company that bought the naming rights to the stadium. That company, Social Financing, made its money financing student loans.
- 100,000 - The total number of seats in the stadium. 70,000 of those seats are permanent, while 30,000 are SRO (Standing-Room-Only) seats. (There are also 260 Luxury Suites in the complex.)
- 2 Teams - The stadium is home to two teams: the RAMS and the CHARGERS. Systems are in place to change the stadium's signage to reflect which team is currently in residence.
- 20%/80% - Because SoFi is located in LAX's flight path, only 20% of the building could be built above ground, with the remaining 80% had to be built underground.
- 248,000 LEDs - The number of LEDs on the Samsung Infinity Screen.
- \$5B - The amount of money Stan Kroenke provided from his personal wealth to build the stadium.
- A Falconer - SoFi employs a falconer to execute its unique strategy for keeping the stadium pristine and free from bird droppings. Each morning, the falconer releases its three hawks to "survey the premises!"

After our SoFi tour, we had lunch at The Pointe in El Segundo. The Pointe was a wonderful combination of a community park with a mini-lake, and a variety of eateries which surrounded the greenspaces.

All in all, it was a great day exploring a local landmark. Thanks to my Excursion Committee colleague, Dotty Corcoran, for planning this excellent adventure!

# CLUB NEWS

## Club Co-Chairs:

**Cathie Mattson (818) 389-8420**

**Bobbie Miller (818) 634-0364**

Club	Leader	Email	Meeting Dates
Advanced Table Tennis	Steve Beilinson	ssbanker48@yahoo.com	Wed & Fri, 10:30am-12:30pm
Book Club A	Marcia Broderick	mm16227@aol.com	2nd Mon, 1:30-3pm
Book Club B	Pat Saranow	patas91302@gmail.com	2nd Fri, 9-11am
Bridge	Bruce Ross	sirbruce@gmail.com	Thu, 10am-12pm
Canasta	Harriet Zimring	hlzimring@gmail.com	Mon, 1-4pm
Caring Calabasas	Carol Davis	ctdavis1@aol.com	3rd Tue, 3:30-5pm
Chess Club	Bob Eisenhart	bobeisen@att.net	Wed, 4-5:30pm
Duplicate Bridge	Steve Cooper	stevecooper417@gmail.com	Fri, 11am-3pm
Hiking Club	Sasan Sheibani	ssheibani@msn.com	2nd & 4th Tue, 7:30am
Lunch Club	Linda Meyrowitz	meyrowitzlinda21@gmail.com	1st Wed, 11:30am
Mexican Train	Walter Kaufmann	parawally@yahoo.com	Every Thu, 1-3:30pm
Photography Club	David Hurwitz	davidhurwitz@gmail.com	2nd Mon, 3-5pm
Ping Pong	Walter Kaufmann	parawally@yahoo.com	Wed, 2:00-4:30pm
Poker Club	Bob Gordon	mauilite@gmail.com	Tue, 1-4pm
RummiKub	Pat Saranow	patas91302@gmail.com	Thu, 3-5pm
Scrabble Club	Mary Lou Smith	mls57@att.net	Fri, 12:30-3:30pm

## Club Highlight: Scrabble Club

Scrabble Club meets every Friday from 12:30-3:30pm. Scrabble is a great way to work the memory and strengthen your vocabulary.

Contact the club leader, Mary Lou Smith, to join the Scrabble Club!



# CLUB NEWS

CARING CALABASAS CLUB NEWS

BY: CAROL DAVIS



## *Wishing you a Happy and Healthy New Year filled with fun and good works!*

One of our partners from Caruso Cares, who participated in the Bear Making Day, went home and told his wife what a fun and fulfilling day he spent making sixty-five bears for the children of deployed military.

She in turn was inspired to take the idea to her place of work and is mobilizing their over 250 employees to host an event with their group. The birthday cards made for foster children are so impressive, a group from the west side is coming to the card making in February to learn how the cards are created, so they can replicate the system on the west side. It is a positive ripple effect, and it is being fueled by all involved in Caring Calabasas.





# CLUB NEWS

CARING CALABASAS CLUB NEWS  
BY: CAROL DAVIS



The main activities we are planning are in the newsletter each month. To check when an event is happening, look on the Calabasas Senior Center website, under Senior Center Newsletters.

January is a quiet month with the main activity being our brainstorming session on Thursday, January 11th, from 3:30-5:00pm in-person at the Senior Center. Please let us know if you can participate and RSVP to Ctdavis1@aol.com. Following is the schedule for the rest of the quarter in date order:

## 2024 SCHEDULE

### January

Thursday, January 11th

Brainstorming Meeting, 3:30-5:00pm

Tuesday, January 16th

Knitting, 9:30am - 11:30pm

### February

Thursday, February 15th

Card Making, 2:00 - 4:30pm

Wednesday, February 28th

Knitting, 1:00 - 3:00pm

### March

Monday, March 18th

Knitting, 10:00am - 12:00pm

### April

Thursday, April 4th

Knitting, 10:00am - 12:00pm

Tuesday, April 16th

Card Making, 2:00 - 4:30pm

Blanket making days to be determined.

New members are welcome! Bring a friend to card making to introduce them to the group and participate in the fun!

As a famous cartoon character said... "That's All Folks!"

# COMMUNITY EVENTS

BY: CAROL WASHBURN

## *Savvy Seniors Steering Committee Meeting*

Wednesday, January 3, 3:00-5:00pm

Held at the Calabasas Senior Center

Everyone is welcome! Hear about the exciting programs, excursions and activities coming in the new year!

RSVP to Cathie Mattson at petermtsn@yahoo.com



## ***CALABASAS CITY COUNCIL REORGANIZATION***

The Calabasas City Council Reorganization meeting was held on December 13, 2023. Shown left-right: Council Member Ed Albrecht, Mayor Pro Tem Peter Kraut, Mayor Alicia Weintraub, Council Member David Shapiro, and Council Member James Bozajian.

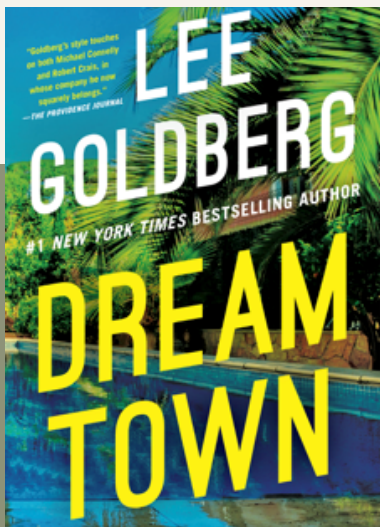
## ***COFFEE WITH THE MAYOR***

Please join the first Coffee with the Mayor on Friday, January 19th!

Grab a drink at La La Land or just go for a visit. The Mayor will be there from 8:00am-10:00am and looks forward to meeting everyone!



## ***SPECIAL EVENT WITH AUTHOR LEE GOLDBERG IN CONVERSATION WITH GREGG HURWITZ***



#1 New York Times bestselling author, Lee Goldberg, will be at Founders Hall at the Calabasas Library for the release of his new book, Dream Town. The book is set in Calabasas and Hidden Hills. Mr. Goldberg will be interviewed by the New York Times #1 internationally bestselling author of the Orphan X series, Gregg Hurwitz. Books will be available for sale from Mystery Ink at the event. The authors will be available to sign books. Please RSVP so the Library can plan accordingly.

Tuesday, January 16th  
6:00pm

# THANK YOU!

*Treats are back at the Senior Center!  
Treats donated by the following local businesses:  
(Be sure to thank them!)*



*If your business would  
like to donate pastries,  
please contact the  
Senior Center at  
(818) 224-1777*



*\*A friendly reminder - please enjoy goodies in non-carpeted  
areas and always clean up when done!  
Staff appreciates your cooperation!*