

# CALABASAS SENIOR CENTER NEWSLETTER



## MARCH 2024



(818) 224 - 1777  
300 Civic Center Way



CITY of CALABASAS

# FEATURE NEWS

A Sweet Affair event sold out! It was a lovely afternoon of listening to Wendy and Rik, while enjoying sweet treats provided by the Fairwinds, West Hills. Thanks to all who participated and we look forward to the next event, the Sock Hop!



## A Sweet Affair

### 6 INGREDIENTS OR LESS

Get ready to learn some fantastic new recipes for easy meals that won't break the bank. 4-5 delicious dishes are cooked together, that are both easy to make and full of flavor.

Instructor: Patty Tanenbaum

Wednesday, 3/6

5:00 - 7:00pm

Resident: \$55 | Non-Resident: \$66



### THE GREAT CHOLESTEROL DECEPTION

This lecture shows how cholesterol and saturated fats don't cause heart disease, and with heart disease being the #1 killer, traditional heart disease protocols have gotten it all wrong. What helps prevent heart disease? Lowering your cholesterol or using the statin-free plan?

Thursday, 3/7  
2:00-3:30pm  
Resident: \$3  
Non-Resident: \$3.60

Presenter: Steve Pomerance,  
Health Coach, Integrative  
Pharmacist

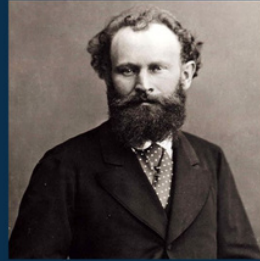
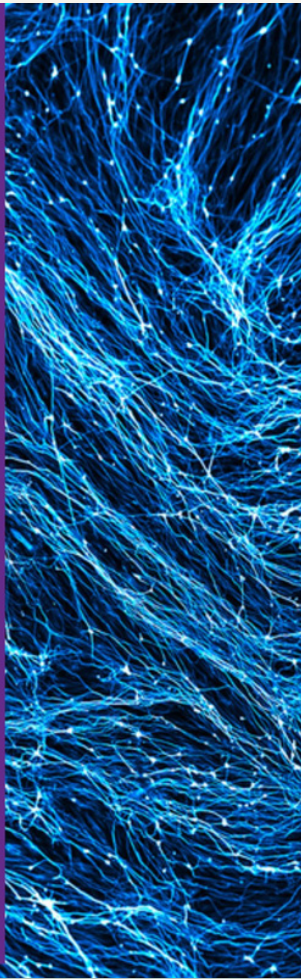
Registration can be done in-person at the Senior Center or online at [www.cityofcalabasas.com/register](http://www.cityofcalabasas.com/register)

# UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Learn about detection, causes, risk factors, stages and treatment of Alzheimer's disease.

Presenter: Sivana Lavine, MPH, CHES, Program & Education Manger, Alzheimer's Association California Southland Chapter

**Monday, 3/11**  
**10:30 - 11:30am**  
**Resident: \$3**  
**Non-Resident: \$3.60**



## FROM MANET TO MONET: THE INFLUENCES AND RELATIONSHIPS BETWEEN REALISM AND IMPRESSIONISM

Presenter: Katherine Zoraster

Manet is a pivotal and influential transition figure between French Realism and Impressionism. His work, focusing on capturing the immediacy of the modern world, was seen as a challenge to the constraints of the French Academy of Fine Arts and became an inspiration for a young generation of rebellious artists who would become known as the Impressionists.

Wednesday, 3/13  
2:00-4:00pm  
Resident: \$25 | Non-Resident: \$30



## CRUDITES

Just in time for Spring. Learn how to create a fresh and colorful vegetable platter with homemade dip!

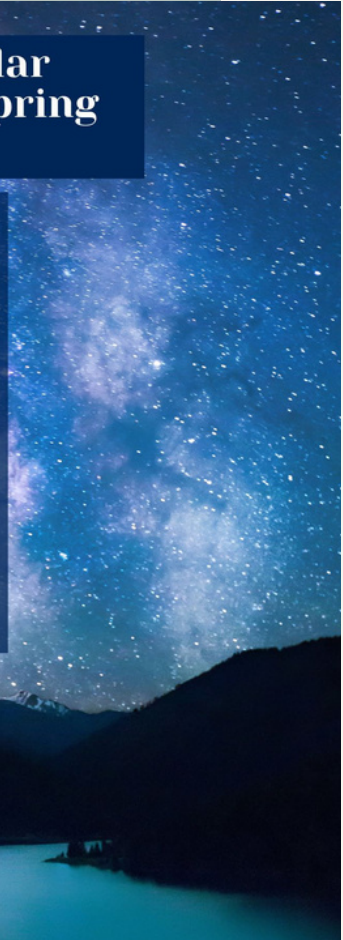
Instructor: Pia Ramachandran  
Wednesday, 3/13  
10:30am - 12:30pm  
Resident: \$25  
Non-Resident: \$30

## The Upcoming Solar Eclipse and the Spring Night Sky

Learn how to best see the upcoming Solar Eclipse on April 8th. Discover how to spot the famous Spring constellations and how to see the naked-eye planets. Learn what NASA, JPL, and Vandenberg Space Force Base are working on now and in the future.

Presenter: Neill Simmons

Thursday, 3/14  
3:00-4:30pm  
Resident: \$8  
Non-Resident: \$9.60



# FEATURE NEWS

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



## LIFE ENRICHMENT & LIVING YOUR BEST LIFE

This two-session workshop includes panel discussions and activities from foundation-certified specialists and inspirational seniors on key topics to live an enjoyable, rewarding and meaningful quality of life. Topics include: Social Connections and Engagement, Preserving Your Cognitive Functions, Maintaining an Active Lifestyle, The Importance of Pets in Your Life, and much more!

Presenter: Foundation for Senior Services/Senior Specialist Group

Wednesday, 3/20 & 3/27  
2:00 - 4:00pm  
Resident: \$3 | Non-Resident: \$3.60



## URBAN ZEN

If experiencing pain, anxiety, insomnia, stress, or exhaustion, Urban Zen makes the body feel more at ease, rested, mentally clear, and emotionally balanced in no time. Experience gentle and restorative yoga, breathing practices, essential oil therapy, healing touch, and guided meditation.

Instructor: Jenny Klossner

Monday, 3/18 | 1:00-2:30pm  
Resident: \$33 | Non-Resident: \$39.60

# ART TERRORISM ON EXHIBITION



FRIDAY  
3.22.24

10:00AM - 12:00PM | RESIDENT: \$25 | NON-RESIDENT: \$30

Tomato soup, mashed potatoes...wall papering over masterpieces...glued protestors...Museum mayhem. Has warfare come to the corridors of art exhibitions? Why is art the target and is this form of action acceptable? This lecture highlights the history of art vandalism and examines the recent surge in incidents.

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

## THE ART OF *Fashion*

Art and Fashion have  
forever been entwined.

No more staring at the  
closet trying to figure out  
what to wear. Explore the  
power of accessories to  
transform simple outfits  
into fun, stylish and playful  
ones, bringing style and  
chic into play.

Presenter: Sara Shai

Thursday, 3/28

2:00-3:30pm

Resident: \$3

Non-Resident: \$ 3.60



# CLASSES THIS MONTH

- Acrylic Painting
- Grief & Loss Discussion Group
- "Fun"ctional Fitness
- Hot Topics
- Savvy Senior Fitness
- Acting for Fun
- Conversational Spanish
- Conversational Hebrew
- Italian for Travelers
- Colored Pencils
- Mixed Water Media
- Oil Painting
- Watercolor
- Senior Stretch, Strength & Sculpt
- 6 Ingredients or Less
- Country Line Dancing
- Zumba
- Savvy Senior Singers
- Sports Fans' Forum
- Tai Chi
- Intermediate & Advanced Watercolor
- Flicker
- Ukulele
- Laws, Litigation & The Judicial Process
- Ancient History of Jerusalem
- Abstract Collage
- Canasta Strategy
- Reiki & Guided Meditation
- Therapeutic Yoga
- The Legacy of Richard Wagner
- Mah Jongg Level II
- Trader Joe's Meals
- UCLA Memory Training Program
- Lower Back Dynamic Stretch
- Gentle Yoga
- Jazzercise
- Urban Zen
- Crudites

## LECTURES

- 3/6** - Cooking with 6 Ingredients or Less
- 3/7** - The Great Cholesterol Deception
- 3/11** - Understanding Alzheimer's and Dementia
- 3/13** - Crudités
- 3/13** - From Manet to Monet: The Influences & Relationships Between Realism & Impressionism
- 3/14** - Upcoming Solar Eclipse and the Spring Night Sky
- 3/20 & 3/27** - Life Enrichment & Living Your Best Life
- 3/22** - Art Terrorism on Exhibition
- 3/28** - The Art of Fashion

# WRITER'S CORNER

ARTICLES WRITTEN BY INNER WRITER PARTICIPANTS

## *Flower Head by Danee Shaheen*

Jesse stood in front of Picasso's picture for quite a while. It was a woman with flowers for a head. Finally, her daughter gave her a nudge. Jesse was startled, "Oh, sorry, got lost."

Jennifer gave her mom a pat, "You sure did. What's up?"

"Just got lost. Reminded me of women before the movement, all flowered up, no thoughts, unless vapid."

"That's a bit extreme, mom. Calm down. You weren't that way. Ever. Nor were most of your friends so calm down."

"Let's have brunch. This Museum has a beautiful brunch, a view of the City in all its busyness and a fierce sun guarding the ocean. We will strategize. I want an update on your plans,"

The sixteen-year-old sported a grin. She knew it was coming, welcomed the topic. Picasso should have been a tipoff. "I brought pen and paper. Here's yours, mom."

They spent an intense time plotting a young woman's life. It mattered not if any of it transpired, or if just pieces fit. Doors were opened. It was a treasure map of a woman's fulfillment and the possibility of one day sharing it with someone. Perhaps some day a child, children. It was a search to attain identification of self, to be a contributor to mankind on her terms.

They stayed there most of the day until exhaustion seeped in; it was time to fold tents to continue another time. The table was littered with remnants of their latest order, seemingly proof of their diligence. They had been troopers, committed to a guarantee this young woman was going to carve out a sensible trail for herself.

They hugged, bid adieu. Jesse thought what her ex-husband used to say, "Life's a crap shoot." Jesse prayed she rolled winning dice.



# SAVVY SENIOR SNIPPETS

BY: BILL DAVIS

Greetings to all of my Savvy Senior Friends,

March 8th is International Women's Day and I think it is a very important day and an opportunity to celebrate the strong Women who have made our Lives and our World a better place. It is an opportunity to remind us of the importance of working to develop strong women by developing strong girls from day one.

**Every Woman Needs to See This | Priyanka Chopra | Winner Girls - 5 Minutes**

<https://www.youtube.com/watch?v=5DtDJABXklo>

**Secrets of the World's Most Powerful Women - 5 Minutes**

<https://www.youtube.com/watch?v=PI7WCtC8RLg>

In my opinion, the movie "Barbie" is the most insightful film of 2023. In this next video, watch for an incredibly interesting discussion of the film.

**The World's Most Powerful Women 2023 (Forbes) - 17 Minutes**

<https://www.youtube.com/watch?v=UqRLKdf62nY>

Closer to home, let me ask each person to remember and thank the strong group of (mostly) women who led the charge, made and continue to make, our beloved Senior Center become a reality and still do a terrific job of maintaining its gold standard of excellence. Well done ladies.



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

## TECH HELP

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

Drop in - No appointment needed

Wednesdays, 4:00-7:45pm

Improve your skills for:

Laptops	Facebook
Cell Phones	Internet
iPads/Tablets	Uber
Manage Apps	Twitter
Manage Photos	& so much more!





# SPINACH PUFFS

Enjoy a spin on baked spinach dip!

These spinach pastry puffs are a fun appetizer, or snack, for St. Patrick's Day!

## INGREDIENTS

- 1 tbsp. vegetable oil
- 1/3 cup onion, finely chopped
- Kosher salt
- 2 cloves garlic, minced
- 4 oz. cream cheese, softened
- 2 eggs, divided
- 1 (10oz) package spinach
- 3/4 cups crumbled feta
- 2 tbsp. fresh dill, chopped
- 2 tsp. lemon zest
- Freshly ground black pepper
- Cooking spray
- All-purpose flour, for rolling puff pastry
- 1 sheet from 1 package (17.3 oz) puff pastry, thawed in the refrigerator



## DIRECTIONS

1. In a medium skillet, heat oil over medium heat. Add onions and season with salt. Cook, stirring occasionally, until softened (4-5 minutes). Add garlic and cook until fragrant, about 30 seconds more. Remove from heat
2. In a large bowl, stir together cream cheese and 1 egg. Stir in garlic-onion mixture, spinach, feta, dill, and lemon zest and season with salt and pepper.
3. Grease 9 cups of a muffin tin with cooking spray. On a lightly floured surface, roll out puff pastry sheet to a 12" square. Cut into 9 smaller squares, each about 4" wide. Ease each puff pastry square into a greased muffin cup, letting the corners hang over the sides.
4. Add about 2 1/2 tablespoons of filling and pinch together. Refrigerate for 30 minutes (or freeze for 15 minutes).
5. Meanwhile, adjust an oven rack to center position and preheat the oven to 400 degrees.
6. Beat remaining egg in a small bowl with 1 teaspoon water and brush on top of the chilled pastry.
7. Bake until puffed and golden brown on the bottom, about 25 minutes. Let cool slightly before lifting out of the muffin tin. Serve warm or at room temperature.

# EXCURSIONS

BY: JACKIE HOFFMAN

*42 Lessons Life Taught Me - Regina Brett*

*Here are some words of wisdom, some rather amusing, to explore*

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short—enjoy it...
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first pay check.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won't screw up the present.
11. It's OK to let your children see you cry.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. If a relationship has to be a secret, you shouldn't be in it...
14. Take a deep breath. It calms the mind.
15. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
16. Whatever doesn't kill you really does make you stronger.
17. It's never too late to be happy. But it's all up to you and no one else.
18. When it comes to going after what you love in life, don't take no for an answer.
19. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
20. Over prepare, then go with the flow.
21. Be eccentric now. Don't wait for old age to wear purple.
22. The most important sex organ is the brain.
23. No one is in charge of your happiness but you.
24. Frame every so-called disaster with these words 'In five years, will this matter?'
25. Always choose life.
26. Forgive but don't forget.
27. What other people think of you is none of your business.
28. Time heals almost everything. Give time time.
29. However good or bad a situation is, it will change.
30. Don't take yourself so seriously. No one else does.
31. Believe in miracles.
32. Don't audit life. Show up and make the most of it now.
33. Growing old beats the alternative—dying young.
34. Your children get only one childhood.
35. All that truly matters in the end is that you loved.
36. Get outside every day. Miracles are waiting everywhere.
37. If we all threw our problems in a pile and saw everyone else's we'd grab ours back.
38. Envy is a waste of time. Accept what you already have not what you need.
39. The best is yet to come...
40. No matter how you feel, get up, dress up and show up.
41. Yield.
42. Life isn't tied with a bow, but it's still a gift.

\*\*\*Regina Brett for the Plain Dealer, Cleveland, Ohio. "To celebrate growing older, I once wrote the 42 lessons life taught me. It is the most requested column I've ever written."

# CLUB NEWS

## Club Co-Chairs:

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

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

### Advanced Table Tennis

Wed & Fri  
10:30am-12:30pm

Steve Beilinson  
ssbanker48@yahoo.com

### Book Club A

2nd Monday  
1:30-3:00pm

Marcia Broderick  
mm16227@aol.com

### Book Club B

2nd Friday  
9:00-11:00am

Pat Saranow  
patas91302@gmail.com

### Bridge

Thursdays  
10:00am-12:00pm

Bruce Ross  
sirbruce@gmail.com

### Canasta

Mondays  
1:00-4:00pm

Harriet Zimring  
hlzimring@gmail.com

### Caring Calabasas

3rd Tuesday  
3:30-5:00pm

Carol Davis  
ctdavis1@aol.com

### Chess

Wednesdays  
4:00-5:30pm

Bob Eisenhart  
bobeisen@att.net

### Duplicate Bridge

Fridays  
11:00am-3:00pm

Steve Cooper  
stevecooper417@gmail.com

### Hiking

2nd & 4th Tuesday  
7:30am

Sasan Sheibani  
ssheibani@msn.com

### Lunch Club

1st Wednesday  
11:30am

Linda Meyrowitz  
meyrowitzlinda21@gmail.com

### Mexican Train

Every Thursday  
1:00-3:30pm

Walter Kaufmann  
parawally@yahoo.com

### Photography

2nd Monday  
3:00-5:00pm

David Hurwitz  
davidhurwitz@gmail.com

### Ping Pong

Wednesdays  
2:00-4:30pm

Walter Kaufmann  
parawally@yahoo.com

### Poker Club

Tuesdays  
1:00-4:00pm

Bob Gordon  
mauilite@gmail.com

### RummiKub

Thursdays  
3:00-5:00pm

Pat Saranow  
patas91302@gmail.com

### Scrabble Club

Fridays  
12:30-3:30pm

Mary Lou Smith  
mls57@att.net



## Club Highlight: Mexican Train

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from their hand onto one or more chains, or trains, starting from a central hub.

Contact Walter Kaufmann and join the Mexican Train Club!  
The club meets every Thursday, from 1:00-3:30pm.

# CLUB NEWS

CARING CALABASAS CLUB NEWS  
BY: CAROL DAVIS



## *Wow the Card Making was Festive!*

Guests from one of the charities supported, Happy Trails for Kids, came to thank the club (and brought beautiful fruit trays) for the cards that have been provided for the foster children's birthdays for the last year. Thirty-four of club members participated and created 123 Happy Birthday cards. Members were happy to make them, the Charities were happy we made them, and the kids will be happy to receive them. The city media department made a video of the event which will be posted on the Senior Center website soon. Keep your eyes out for it and join next time.

It was a really feel good afternoon!



## *Netflix has Competition for Knitters*

Click the following link (or check out the Senior Center Website) to see the video which features the Caring Calabasas Knitting Group. Participants gave spontaneous testimonials on how much the gatherings mean to them. The club now has instructors that will teach knitting or crochet, should one wish to learn or just need a refresher course. Join our sessions, which are noted on page 14, on the schedule of activities.

Bringing friends is always welcome. Yarn and needles are always provided, and great stories are always told.



## *Note the New Activity on the Schedule*

On the months that we do not have card making, there is now a preparation day where participants assemble, cut and use tools for the following month's card making. As with other Caring Calabasas events, entrance to the Senior Center is free and all the materials are provided. It is the perfect opportunity to introduce new people to the Senior Center and get those creative juices flowing. Join us...it is fun and a great way to meet new people! Thanks to those that came last time, despite the fact that it was a last minute activity. It really helped make card making a success.

## *Here's Looking at You*

At our last meeting, it was decided that in August we will repeat the eyeglass collection for the Lions Club. Karen Nebel will be the point person again. So, start saving old eyeglasses and collect them from friends and relatives. The goal is to beat the last number in this second round of collections.

## *Upcoming Ideas - Still in the Development Phase Stay Tuned*

New ideas are being explored for activities that might help Hope the Mission, the new homeless shelter in Woodland Hills on Winnetka and Ventura. Sam Wildman is checking what the shelter needs that might especially be of help to the children housed there.

A meeting has been scheduled with the Foundation for the Junior Blind to explore an upcoming project they have which entails pasting braille words over current storybook pages.

The Club will be contacting The Magic Yarn Project which supplies crochet hats/wigs for children that have undergone chemotherapy. Know how to crochet and would like to help? Contact Carol and let her know.

Eastwood Ranch will be opening in late April or early May. It is a humane animal rescue facility. There will be a need for seniors who want to play with and care for pets at their facility, as well as the need for short-term fostering till a full-time adoption can be arranged. The club will plan a trip to the facility to tour it and hear how we can help.

# CLUB NEWS

CARING CALABASAS CLUB NEWS  
BY: CAROL DAVIS



## *Schedule of Activities for the Rest of this Semester - Mark your Calendars*

### **March**

Tuesday, March 5th                      Card Prep, 2:00 - 4:30pm  
Monday, March 18th                      Knitting, 10:00am - 12:00pm

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### **April**

Thursday, April 4th                      Knitting, 10:00am - 12:00pm  
Tuesday, April 9th                      Card Making, 2:00 - 4:00pm \*Note changed date  
Tuesday, April 30th                      Fleece Blanket Tying, 10:00am - 12:30pm

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### **Mark your calendars:**

The organized meeting for our club will be held on the third Tuesday of the month unless otherwise noted as will be the case in April (see below). Please mark your calendars so you can attend.

Planning meetings via Zoom 3:30 - 4:30pm on Tuesday, March 19th.  
Planning meeting for April will not be on Tuesday, April 23, because of Passover.  
Instead it will be on Wednesday, April 24, from 3:30-4:30pm via Zoom.

If you have any questions or suggestions or want to RSVP for any of the activities listed, please email [CTDavis1@aol.com](mailto:CTDavis1@aol.com)

**Keep caring for each other.**

# COMMUNITY EVENTS

BY: CAROL WASHBURN

## *Savvy Seniors Steering Committee Meeting*

Wednesday, March 6, 3:00-5:00pm  
Held at the Calabasas Senior Center

March Special Guest Speaker:  
Mayor Alicia Weintraub

RSVP to Cathie Mattson at:  
[petermttsn@yahoo.com](mailto:petermttsn@yahoo.com)



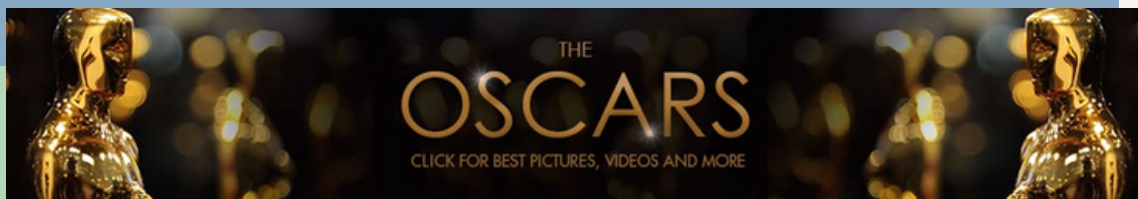
## *King Gillette Ranch Visitor Center: Harmony in Nature: A Collective Expression*

In the realm where the lens captures the essence of the natural world and the hands mold the very clay that embodies it, three distinct artists gather to create a collection of creativity, celebrating the beauty and inter-connectedness of the environment.

A portion of funds from art sales will be used to support art programs.

**March 8 - April 28**  
Wednesday - Sunday  
9:00am - 4:00pm

**Meet the Artists**  
Saturday, March 9  
1:00 - 3:00pm



## *The 96th Academy Awards*

The Oscars are on Sunday, March 10th, from 7:00-10:30pm  
Hosted by Jimmy Kimmel  
Dolby Theatre in Hollywood - Live on ABC  
(Pre-show festivities start at 6:30pm)

# COMMUNITY EVENTS

BY: CAROL WASHBURN

## *Daylight Savings Time! Sunday, March 10th - Clocks go forward one hour at 2:00am*

Change the clock, change the battery!  
This is a great time to check the smoke alarms and replace the batteries! Fire experts recommend to replace the smoke alarm battery twice a year. Be sure to mark the date of the changed battery on the inside of the alarm and set a calendar reminder for the next scheduled battery change.



## *Live Longer, Stronger & Better*

Conejo/Las Virgenes Future Foundation  
Presents:  
Live Longer, Stronger & Better

Wednesday, March 13th  
8:45am - 2:30pm

St. Maximilian Kolbe Catholic Church  
\$10/person (lunch provided)  
RESERVATION REQUIRED: [www.clvff.org](http://www.clvff.org)

Listen to a variety of lectures such as Challenging Dementia, Stretching Boundaries, Getting Closer to Contentment, Connecting your Hearing to Brain Health and more!

**CONEJO/LAS VIRGENES FUTURE FOUNDATION PRESENTS**

**SENIOR CONGRESS XX** **LIVE LONGER STRONGER & BETTER**

**Wednesday, March 13, 2024**  
**St. Maximilian Kolbe Catholic Church**  
5801 Kanan Road, Westlake Village  
NW Corner of Kanan Rd and Lindero Canyon Rd  
8:45 a.m. - 2:30 p.m.

**\$10 Per Person-Limited Seating-Lunch Provided**  
**RESERVATION REQUIRED - First Come, First Served**  
**REGISTER at [www.clvff.org](http://www.clvff.org)**  
Questions: email [info@clvff.org](mailto:info@clvff.org)

**Challenging Dementia**  
Linda Ercoff, PhD, Interim Director, UCLA Longevity Center, UCLA Semel Institute for Neuroscience & Human Behavior

**Stretching Boundaries**  
Andrea Gallagher, Certified Senior Advisor & President, Senior Concerns

**Getting Closer to Contentment**  
Dr. Judith Leone-Friedman, MEd, PsyD, Neuropsychologist, Clinical Director, Reflect Neuropsychology

**Connecting Your Hearing to Brain Health**  
Christine Wilson, MS, CCC-A, Audiologist & Owner, Conejo Hearing Center

**Improving Your Balance to Stay Vertical**  
Lori Michiel, In Home Senior Fitness

**Achieving Dreams: It's Never Too Late**  
Patti Smith, Certified Life Mastery Consultant, Speaker, Author, and Educator

**Thwarting Loneliness: Staying Connected**  
Martha Shapiro, Director of Programs, Senior Concerns

**TITLE SPONSOR** **MAJOR SPONSORS**

**PIERCE BROTHERS VALLEY OAKS MORTUARY** **UCLA HEALTH**  
University Village Thousand Oaks • Homelife Senior Living  
Belmont Village Thousand Oaks • Comfort Keepers • Conejo Hearing Center • Continuity Care Home Nurses • Fifty and Better - CLU • Medicare Planning of California • Senior Helpers • Silver Circle Club • The Complete Real Estate Group





# GRAND REOPENING

SATURDAY, MARCH 16, 2024

8:00AM - 6:00PM

27040 Malibu Hills Rd. Calabasas

- Facility Tours ● Food Trucks ● Live DJ
- Raffles & Prizes ● Science & Reptile Shows ● Free Pickleball Open Play
- Free Art, Fitness, & Dance Classes ● Exhibition Basketball Game
- Ribbon Cutting Ceremony at Noon
- PRIZES FOR FIRST 50 GUESTS AT THE RIBBON CUTTING!**

Work out and exercise regularly? Love to play pickleball or shoot hoops more than once a week?



## JOIN A GYM 2 GYM MEMBERSHIP

- Priority Class Registration
- Unlimited Weight Room Access
- Access to Open Play Sports (Pickleball, Basketball, and more!)

PRIZES FOR FIRST 50 GUESTS TO REGISTER ON SITE OPENING DAY!



CITY of CALABASAS  
COMMUNITY SERVICES  
DEPARTMENT

[www.cityofcalabasas.com/cc](http://www.cityofcalabasas.com/cc)

REOPENING THE DOOR IN 2024!

## Happy St. Patrick's Day!

Sunday, March 17th is St. Patrick's Day!  
Don't forget to wear something green!



# COMMUNITY EVENTS

BY: CAROL WASHBURN

## *Descanso Gardens*

March at Descanso Gardens is absolutely stunning! Don't miss a dazzling display of 30,000 tulips. Dreamy cherry blossoms, fragrant lilacs, and other surprises throughout the gardens.

Descanso Gardens  
1418 Descanso Drive  
La Canada Flintridge, CA  
Open 9:00am - 5:00pm

For more information, visit:  
[descansogardens.org](http://descansogardens.org)



## *Calabasas High School Presents...*

Only a few seats left at this price for Savvy Seniors, so hurry to get one!

Thursday, March 21

7:00pm | Calabasas High School

The acclaimed Calabasas High School Theater Department is presenting this year's Spring Musical "Something Rotten". Come watch and laugh your heart out as the cunning and clueless Bottom Brothers attempt to produce the next big hit.

A block of the best seats in the house, Orchestra right, Rows D, E, F, and G are reserved for Savvy Seniors. Tickets can be purchased for \$18 online by using the website: [www.thePAECS.org](http://www.thePAECS.org) and the

**Promo Code is: SAVVY.**

Filled with show-stopping numbers, outrageous characters, and enough puns to make a language aficionado blush, "Something Rotten!" is a hilarious celebration of theatrical absurdity that will leave you rolling in the aisles and humming tunes you never knew you needed.



# *Crime Prevention Symposium Rebroadcasted on City Website*

Thank you to everyone who came out to the Crime Prevention Symposium last month. There was a wonderful standing-room-only turnout and discussed many important items relating to public safety in Calabasas; including how to keep your own home safe, security cameras, open spaces burglaries, and other issues.



This important meeting was recorded and the link to watch it can be found on the website, [www.cityofcalabasas.com](http://www.cityofcalabasas.com), and it will be shown periodically on CTV Channel 3. Everyone is encouraged to watch the recording.

## *Calabasas Regency Theatre March Shows & Starting Dates*

- March 7 - Kung Fu Panda (PG-13)
- March 7 - Imaginary (PG-13)
- March 14 - Arthur the King (PG-13)
- March 21 - Ghostbusters (PG-13)
- March 28 - Godzilla X Kong: The New Empire (PG-13)

### Admission:

- Senior Matinee - \$12 (61 and better starting before 5pm)
- Senior Evening - \$14 (61 and better starting at/after 5pm)
- Military - \$13 (With valid ID)

**\$8 TUESDAYS, ALL SEATS, ALL DAY**

**Visit: [regencymovies.com](http://regencymovies.com) or call: (818) 225 - 8020**



# THANK YOU!

*Treats donated by these local businesses.  
Be sure to thank them!*



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

*Thank you to event partner, Fairwinds,  
West Hills for the Sweet Affair on  
Valentine's Day!*

*They provided the treats and  
refreshments for the wonderful event!*



**FAIRWINDS**  
WEST HILLS