WITH A LITTLE HELP FROM OUR FRIENDS

Good friends keep the brain healthy! That phenomenon has been tested and proven with research the world over. The definitive studies show that cognitive health (which includes concentration, memory, decision-making and thinking) is actually fostered by older men and women who partake of social interaction within their community.

Now there is evidence that people with a solid group of friendships are 22% more likely to live longer lives than those individuals with fewer friends. And, leading an intellectually stimulating life may foster cognitive vitality and better longevity as well.

What perfect timing! By summertime our beautiful, newly constructed Calabasas Senior Center will be in full swing with classes, lectures, excursions, hobbies and personal development opportunities – to enhance our lives – stimulate our brains – and to gain new friends along the way. Enrollment is open; join now.

– Janey M. Rifkin
Registration for Savvy Senior Programs will begin on Monday, March 21st at 9:00am. Register online, at www.cityofcalabasas.com or in person.

FOR FURTHER INFORMATION YOU MAY CALL 818-880-6461

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EXPLORE LEGENDS TOLD ABOUT THE WILD, WILD WEST IN CALABASAS

Was it from the Chumash Indians or an overturned wagon filled with pumpkins that Calabasas got its name? The early years of Calabasas offer a colorful history full of buried treasure, cattle and sheep ranches, stagecoaching, ghost sightings, and some of Southern California's roughest and toughest residents. Between the 1920s and 1970s, a time when Westerns ruled the scene, the studios bought up huge tracts of underdeveloped acreage in the hills around Calabasas to serve as movie ranches. Today, Calabasas is primarily a city of master-planned communities that are home to over 23,000 residents, including many of Hollywood's rich and famous. Meet the Author Cimberly Castellon and the Mayor of Calabasas James Bozajian (who wrote the Foreword) as they present the City’s past in the newly released book, Images in America: Calabasas. A book-signing will follow the presentation.

Presenter: Cimberly Castellon

CODE TIME DAY DATE FEE
7000.201 4:30–6:00pm M 4/4 $2.00
Location: Founders Hall located behind the Calabasas Library

AN INTRODUCTION TO GENEALOGY

Travel back to the days of yore and discover your family's history. Many of us don't know our family origins and history beyond a generation or two. In this lecture we will examine many different ways to trace your family's heritage.

Presenter: Siobhan Moser

CODE TIME DAY DATE FEE
7001.201 1:30–2:30pm W 4/13 $5.00
Location: Founders Hall located behind the Calabasas Library

REDISCOVER YOUR FABULOUS HUE (YOU)!

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

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

CODE TIME DAY DATE FEE
7002.201 1:30–3:30pm T 4/12 $20.00
Location: De Anza Park

7002.301 1:30–3:30pm Th 6/30 $20.00
Location: Founders Hall located behind the Calabasas Library

BRAIN HEALTH

Would you want to know if you’re going to get Alzheimer’s? Alzheimer’s begins to develop 10 to 20 years before a person is diagnosed. Do you want to know your odds? When your physician evaluates your eyes, ears, lungs and heart, is your brain also evaluated – even a little? Dr. Charles Wilcox will be the guest speaker for an enlightening and interactive presentation pertaining to the latest research about “BRAIN HEALTH,” as it relates to Normal Aging, Mild Cognitive Impairment [sometimes called MCI or Prodromal Alzheimer’s] and Alzheimer’s disease. Don’t miss this unique opportunity – it may help you, your loved ones and future generations as well!

Presenter: Dr. Charles Wilcox

CODE TIME DAY DATE FEE
7003.201 1:30–3:00pm W 4/13 $2.00
Location: Agoura Hills / Calabasas Community Center

HEADACHES: WHEN TO WORRY

Headaches are common. What is a migraine headache and how do we prevent it? When is a headache an emergency or life threatening? When is a CT/MRI needed? Treatment and prevention of headaches will be discussed.

Presenter: Kannen Paramesh, MD.

CODE TIME DAY DATE FEE
7004.201 1:00–2:30pm Th 4/14 $2.00
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, interactive workshop. This class will provide participants with valuable information and an understanding about their own grief response.

Presenter: Ilene Blok

CODE TIME DAY DATE FEE
7005.201 1:00–3:00pm W 4/20 $10.00
Location: Founders Hall located behind the Calabasas Library

THE TRUTH ABOUT CANCER

Let’s look at why the war on cancer is failing and why conventional cancer treatments are not working. Learn how to prevent and even cure cancer without drugs or surgery.

Presenter: Steve Pomerance

CODE TIME DAY DATE FEE
7006.201 1:00–2:30pm Th 4/21 $2.00
Location: Founders Hall located behind the Calabasas Library
## SAVVY TRAVELER
Meet others with a passion for travel by sharing photos, souvenirs, and experiences. Learn about foreign lands both near and far!

**Presenter:** Lisa Sinoway, a savvy travel consultant, has traveled the world and loves to share her passion with others.

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**Location:** Founders Hall located behind the Calabasas Library

## WHAT IS GOOGLE ALL ABOUT?
A modern phenomenon is Google. Everyone knows the name but what exactly is Google and what is it about? We will overview Google’s many products, businesses, and personnel practices that make it one of the most sought after companies to buy, buy from and work for.

**Presenter:** Burt Sigal

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**Location:** Founders Hall located behind the Calabasas Library

## 7 ESSENTIALS TO RESTORING BALANCE & IMPROVING YOUR QUALITY OF LIFE
Explore the 7 essentials and how they affect your health and quality of life. Find the missing link and set up short- and long-term goals. You will leave with tips you can implement immediately to start feeling changes in your health.

**Presenter:** Dr. Nimira Alibhoy

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**Location:** Founders Hall located behind the Calabasas Library

## FACIAL FITNESS
Stop the aging process! Learn natural facelift exercises, how to prevent wrinkles, and what products are most effective.

**Presenter:** Lisa Sinoway, Licensed Esthetician

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**Location:** Founders Hall located behind the Calabasas Library

## THE GREAT CHOLESTEROL DECEPTION
A look at why lowering your cholesterol won’t prevent heart disease plus why the standard prescription of low-fat diets and statin drugs are contributing to a health crisis of monumental proportions.

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

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**Location:** Founders Hall located behind the Calabasas Library

## AUTONOMOUS CARS
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 benefits and possible dangers and find out when we can place an order or make the call.

**Presenter:** Burt Sigal

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**Location:** Founders Hall located behind the Calabasas Library

## “HERE’S JOHNNY”
The Tonight Show starring Johnny Carson was America’s longest running TV late night variety show for thirty years. Shelly Cohen was the show’s Assistant Musical Director. Please join with Shelly as he takes you back in time to once again experience some of the show’s most memorable moments ever.

**Presenter:** Shelly Cohen

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**Location:** Agoura Hills / Calabasas Community Center

## DOWNSIZING SEMINAR
Feeling overwhelmed? Learn how to create a plan, decide what to keep and what to get rid of. How to reflect, regroup, re-organize & assess your actual needs. Come get started today! Bring your appetite, lunch is on us!

**Presenter:** Tracy Smith

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**Location:** Founders Hall located behind the Calabasas Library

## OVERDOSED AMERICA
A look at the broken promise of American medicine plus how pharmaceutical companies are corrupting science, misleading doctors and threatening your health.

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

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**Location:** Founders Hall located behind the Calabasas Library

## SENIOR PUZZLES
Senior puzzles with 50’s and 60’s themes including Name That Tune, trivia contests and word puzzles. Also, solving tips for other kinds of puzzles will be offered.

**Presenter:** Alan Stillson

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**Location:** Founders Hall located behind the Calabasas Library
OUR 1950’S: FROM AMERICAN SONGBOOK TO AMERICAN BANDSTAND
Commentator/Performer Saul H. Jacobs and award-winning sound man Don Digirolamo present a lively interactive multimedia program with stories, videos, and photos of the musical revolution that occurred in the 1950s – featuring Elvis Presley, Jerry Lee Lewis, Little Richard, Chuck Berry, Buddy Holly, Ricky Nelson, Pat Boone, Bobby Darin, Johnny Ray, and other iconic performers of the era.

**ENTERTAINMENT**

**THE MET – MADAME BUTTERFLY**
A young geisha gives up her culture, her religion and her family, because she loves an American sailor. He turns out to be one of the first "Ugly Americans" as he abandons her in a tragic ending. This discussion will be followed by a viewing of the Opera at the AMC theater in Woodland Hills at 6:00pm. (Bring your own dinner to class). *Tickets are subject to availability.

**Register ASAP! No Refunds!**

**Presenter:** Steve Kohn with the non-profit LA Opera

**THE MET – ROBERTO DEVEREAUX**
A love triangle, adultery, treason and a beheading! All accompanied by beautiful music. What could be a better formula for an Opera. This discussion will be followed by a viewing of the Opera at the AMC theater in Woodland Hills at 6:00pm. (Bring your own dinner to class). *Tickets are subject to availability.

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**DAVE WINSTONE – SINGER/GUITARIST/ENTERTAINER**
Dave Winstone is a musical chameleon. He has traveled across the USA and around the world performing on stage in front of thousands, playing jazz standards and classical guitar in intimate settings, and working in recording studios and pit orchestras. His extensive repertoire ranges into the thousands, with styles including rock, jazz, country, folk and a diverse selection of international and ethnic music. Come and enjoy his unique tributes to some of the greats – Frank Sinatra, Elvis Presley, The Beatles, and other amazing hits from the 20s, 30s, 40s, 50s and more.

**Location:** Founders Hall located behind the Calabasas Library

**THE BLUE ZONES SOLUTION**
Based on the world’s healthiest people from various cultures who often eat and live better and longer lives, this class will provide information for you to maximize your health and live with greater meaning and love.

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

**Location:** Founders Hall located behind the Calabasas Library

**NASA’S DECADAL CYCLE**
How does NASA decide what to do? What areas are of interest and are "on the table" for NASA? Do they "just get up and go"? We will explore how NASA chooses its areas of focus - space science, earth science, aeronautics, etc. and how they design a long term program with multiple cooperative projects to achieve their scientific goals. We will also address how budget changes, project delays and over-runs impact those goals.

**Presenter:** Burt Sigal

**Location:** Founders Hall located behind the Calabasas Library

**BALANCE / FALLS / BREAKS**
Why do we lose our balance, have the tendency to fall and sustain broken bones as we age? Come learn how we can improve and maintain balance and prevent falls.

**Presenter:** Dr. Kannen Paramesh

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

**Location:** Founders Hall located behind the Calabasas Library
## FITNESS

### YOGALATES FOR SENIORS
Yogalates combines the core and back strengthening exercises with the relaxation of yoga stretches. This class is done on a mat and will be designed for the needs and abilities of each individual. Bring a mat, wear loose clothing and watch your strength & alignment improve! (10 classes).

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**Instructor:** Ann Monahan

### 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 perfect for seniors or anyone who wants to bring joy and fun back into exercise. (8 classes). **No class 5/25.**

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**Instructor:** Jenny Suzdaltsev

### 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).

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**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 light hand weights and a mat. The bands will be provided by the instructor. (9 classes). **No class 5/30 & 7/4.**

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<td>$54.00</td>
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**Location:** Founders Hall located behind the Calabasas Library

### STRETCH & BALANCE
Flexibility and balance seem to diminish in our senior years, but is it due to age or lack of practice? Come find out and have fun while working on a comprehensive skill set that can enhance your daily living. Please bring a yoga mat to each class. (8 classes).

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**Instructor:** Don Newman

### CARDIO-TONE
Cardio-Tone blends dance aerobics, strengthening exercises, and flexibility to build bone health, improve balance, and maintain a healthy body. Music from the 50’s, 60’s, and 70’s creates a fun atmosphere that will get you moving and keep you motivated. (8 classes). **No class 7/12.**

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**Instructor:** Kristel Shvetsov

### SENIOR STRENGTH
Athletes have to jump, do pull-ups, and lift loads greater than their body weight. But what amount of strength do we need as seniors and how do we maintain it? Some surprisingly simple exercises can get and keep you strong enough for your daily activities. (8 classes).

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**Location:** De Anza Park
BEGINNING TAI CHI SHORT FORM

Improve your health by learning a beginning Tai Chi short form along with supplemental Chinese Qigong exercises. Practicing these gentle flowing arts is an excellent way to reduce stress and develop strength, balance and flexibility. (8 classes).

**Instructor:** Jim Belsley

**CODE** **TIME** **DAY** **DATE** **FEE**
7207.201 5:30–6:30pm Th 4/14–6/2 $48.00

**Location:** De Anza Park

COUNTRY LINE DANCING

Come learn easy country line dances while having great fun and meeting new friends! These are perfect exercises and good for all ages. Mike is an award-winning dancer and instructor with over 35 years experience. (8 classes).

**Instructor:** Mike Bendavid

**CODE** **TIME** **DAY** **DATE** **FEE**
7208.201 3:00–4:00pm W 4/20–6/8 $70.00

**Location:** Agoura Hills / Calabasas Community Center

CHAIR FITNESS WITH BETTY

Seniors, come join Betty for a fun Saturday afternoon workout. Start with a slow to medium pace warm-up to get the blood flowing, followed by chair dancing to the great tunes of the 50’s to get your heart pumping. Let’s pick up our 1lb, 2lb or 3lb weights for full body toning including your waist for a strong core, your back which helps with equilibrium and a great arm routine for nice looking arms. Cool down-Tai Chi/Qi Gong- a full range of motion/stretching movement meditation which helps you tap into your inner peace and self-healing. Let’s make it a date because it’s going to be great! Bring your friends…don’t miss out on all the fun!

**Instructor:** Betty Yee-Opp, Certified and License-AFAA Group Fitness, Silver Sneakers, Zumba Gold & Arthritis Instructor

**CODE** **TIME** **DAY** **DATE** **FEE**
1402.201 2:00–3:00pm Sat 4/9–5/7 $48.00
1402.202 2:00–3:00pm Sat 5/21–6/18 $48.00
1402.301 2:00–3:00pm Sat 7/2–7/30 $48.00

**Location:** Tennis & Swim Center

IPHONE BASICS

Whether you’re new to the iPhone or needing a refresher, this course is a great way to learn new features, pick up helpful tips and tricks, including web browsing, emailing, texting, working with photos, the camera feature, Siri, iCloud and more. Bring your iPhone. Requirement: iOS9 (operating system). (4 classes)

**Instructor:** Tracie Karasik

**CODE** **TIME** **DAY** **DATE** **FEE**
7300.201 10:00–11:30am Th 4/7–4/28 $49.00
7300.301 10:00–11:30am M 6/6–6/27 $49.00

**Location:** Agoura Hills / Calabasas Community Center

IPAD BASICS

Learn the basics of how to use your iPad and discover useful and fun features to enhance your every day life! Gain new skills and knowledge about how to download Apps, browse the web, take pictures, FaceTime video chat, use Siri and more! Bring your iPad or iPad mini. Requirement: iOS9 (operating system). (4 classes).

**Instructor:** Tracie Karasik

**CODE** **TIME** **DAY** **DATE** **FEE**
7301.201 12:30–2:00pm M 4/7–4/28 $49.00
7301.301 12:30–2:00pm M 6/6–6/27 $49.00

**Location:** Founders Hall behind the Calabasas Library

INTRODUCTION TO ANDROID PHONES AND TABLETS

So your kids or friends finally talked you into getting rid of that old flip-phone and get a smartphone or even a tablet. Now what? We will at least get you comfortable with the basics so you can make a call, manage your contacts, use the internet, take and share pictures and more. Don’t let your phone or tablet intimidate you. Gain confidence and knowledge! Please bring your smartphone and/or tablet to class.

**Presenter:** Stacie Cayne

**CODE** **TIME** **DAY** **DATE** **FEE**
7302.201 1:30–3:00pm F 5/13 $20.00

**Location:** Founders Hall located behind the Calabasas Library
TECHNOLOGY (CONT.)

TRANSFERRING DIGITAL PICTURES ON APPLE DEVICES

So you took some great pictures on your iPhone/iPad or digital camera. In this class you will learn the different ways you can transfer them onto your Mac computer. We will also go over the many ways you can organize, edit and share them. We will talk about some of the websites that offer commercial items that are custom-made from your photographs, as well as the other free services they offer. Please bring your smartphone/tablet and Laptop to this class.

Presenter: Stacie Cayne

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Location: Founders Hall located behind the Calabasas Library

HOW TO INSTALL AND USE APPS ON YOUR SMARTPHONE AND TABLET

In this class you will learn how to install apps on your smartphone and/or tablet. We will also learn about what I consider the best and most useful apps that everyone should use... And the best part is most of them are free. Everyone will receive an email with a copy of what we learned in the class. Please bring your smartphone and/or tablet to this class.

Presenter: Stacie Cayne

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Location: Founders Hall located behind the Calabasas Library

MUSIC

HERITAGE OF THE AMERICAN SONGBOOK

Lecturer and Performer Saul H. Jacobs and master pianist Bob Lipson return with more songs & stories, live piano music, videos, photos, and sing-alongs to relive the heritage of our American Songbook – its birthplace in Tin Pan Alley, and its inheritance from folk music, European songs, Latin melodies, classical pieces, and blues & jazz. (6 classes).

Presenters: Saul H. Jacobs & Bob Lipson

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Location: Agoura Hills / Calabasas Community Center

AMERICAN FOLK MUSIC

This course will provide a wide-angled and narrowly focused examination of American Folk Music in both its musical and cultural dimensions. American Folk Music is a genre where cultures collide and is the musical style that best describes the American mythical and real past. It is a rich, migratory culture made up of different regional styles and dialects that has been been able to revive itself throughout the 20th and 21st centuries. Apart from its seminal influence in the development of rock music and contemporary styles, it is one of the most durable traditions in music history. Maestro Domine, Conductor of the San Fernando Valley Symphony Orchestra, will speak on significant trends and the development of American Folk Music that include listening examples and discussion of the repertoire, artists, and performers who have made it the quintessential American art form. (9 classes)

Instructor: James Domine

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Location: Agoura Hills / Calabasas Community Center

INTRODUCTION TO UKULELE

This class will get non-musicians and musicians going on a fun little instrument that has regained popularity again with the young and old. By the end of the course, 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. Instruction book and CD included. (4 classes).

Instructor: James Swing

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Location: De Anza Park

EXPLORING THE KEYBOARD

This class is designed for beginners who wish to learn the keyboard by playing chords quickly. The choice of song material with some popular and familiar favorites will add fun and enjoyment to making music. Materials are included. (4 classes)

Instructor: Valentina Dontsov

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Location: De Anza Park
MUSIC (CONT.)

RICHARD WAGNER, THE RING OF THE NIBELUNGEN
7/14: The Men in Richard's Wagner's Life 7/21: Das Rheingold: We are introduced to the gods and dwarves who rule their domains. 8/4: Die Walkure: In this world, dominated by these titans, a new group begins to form. 8/11: Siegfried: The battle for domination continues and a new hero, Siegfried, emerges. 8/18: The Twilight of the Gods: In the ultimate battle for control, the world will change, but not before there is a great confrontation between the old and the new. 8/25: Wagner's Followers: Many composers after Richard Wagner were highly influenced by his musical style. We explore some of the most famous works that came after Wagner. (6 classes). No class 7/28.

Instructor: Steve Kohn with the non-profit LA Opera

THE BEST OF BROADWAY MUSICALS
Lecturer and Performer Saul H. Jacobs and master pianist Bob Lipson return with more songs & stories, live piano music, videos, photos, and sing-alongs to re-create memorable moments from great Broadway musicals including: Lerner & Loewe's My Fair Lady, Jule Styne's Funny Girl, Frank Loesser's Guys & Dolls, Lane & Harburg's Finian's Rainbow, Ziegfeld Follies & other Broadway revues, Hello Dolly! and other shows of Broadway's Second Golden Age. (6 classes).

Presenters: Saul H. Jacobs & Bob Lipson

PERSONAL DEVELOPMENT

CONVERSATIONAL SPANISH
Learn basic grammar concepts, vocabulary and practice speaking the Spanish language. (8 classes).
Instructor: Angel Lerma

DAILY SPANISH USAGE
Daily usage of basic Spanish to be learned to enable interactions with Spanish-speaking people. Interactive class. (6 classes).
Instructor: Linda Minster, B.A., M.A., Ed.

FINE ARTS (CONT.)

ART OF SPAIN
Spain captivates us with her art and passion! We explore her Moorish, Christian and Jewish history, savor the paintings and lives of El Greco, Goya, Miro, and Dali. Special spotlights will be given to the magical architecture of Gaudi and the colorful history of gypsy flamenco. (5 classes). No class 7/4.

Presenter: John Paul Thornton

FINE ARTS

ART OF THE MUSEE D’ORSAY
Like a virtual trip to Paris! Explore the incredible art collections of the Musee d’Orsay. Considered the most beautiful museum in the world, the Orsay is filled with paintings by Monet, Van Gogh, Degas, and much more. Transport through time to this former train station, and discover the true stories of the great artists who represent the aesthetic struggles and triumphs of the nineteenth century. (5 classes).

Presenter: John Paul Thornton

THE ALEXANDER TECHNIQUE
The Alexander Technique helps you solve daily movement situations causing discomfort by transforming stress and tension into ease and lightness. Class activities include explanations, demonstrations and personal guidance to enhance walking, bending, sitting, driving and playing a musical instrument. Bring a mat to lie down on for constructive rest. (7 classes).

Instructor: Shula Sendowski
PERSONAL DEVEL. (CONT.)

TAI CHI FOR BETTER BALANCE
Tai Chi for better balance is designed to improve older adults' balance, reduce their chance of falling and help improve and maintain their mobility, functional independence and quality of life well into their later years. This is combined with Qi Gong exercises to increase energy levels. (8 classes).

Instructor: Bruce McDonald

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Location: De Anza Park

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. This class is NOT for people with a diagnosis of memory loss of any sort. Space is limited, register early! (4 classes).

Instructor: Bonnie Shoemaker

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Location: De Anza Park

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

Presenter: Ron Schultz

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Location: De Anza Park

PERSONAL DEVEL. (CONT.)

SWEET SCIENCE: THE ART OF BEHAVIOR CHANGE
Succeed at making healthy behavior changes! Whether you desire to make changes in your diet or exercise, reduce stress, begin a meditation practice, or achieve your doctor’s recommendations for new lifestyle choices, any concern that is getting in the way of you living your best life is a perfect reason to join this life-enhancing workshop. You will emerge with an action plan that takes your individual physical, emotional and lifestyle factors into account and fits with the way you live – and ultimately leads you to permanent, positive change. (4 classes).

Instructor: Erica Sweet, Certified Integrative Health Coach and Founder of Sweet Science Living

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Location: Founders Hall located behind the Calabasas Library

HOBBIES & INTERESTS

HOT TOPICS / CURRENT EVENTS DISCUSSION GROUP
An open discussion of current and general important domestic and international issues selected by the participants. A lively open interactive discussion is encouraged and diversity of opinion is respected. (10 classes).

Moderator: Howard Somberg

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Location: Founders Hall located behind the Calabasas Library

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

Instructor: Helaine Gesas

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Location: De Anza Park

ADVANCED MAH JONGG STRATEGY
Improve your Mahj skills and learn to play more defensively in two – 2 hour sessions in a friendly atmosphere. Class is limited to 7 students. Register early! (2 classes).

Instructor: Helaine Gesas

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Location: De Anza Park
HOBBIES & INTERESTS (CONT.)

KNITTING
Learn more advanced techniques of knitting and the joy of creation. Expand your skills by learning cables, knitting in the round, chart reading and finishing. (5 classes). **No class 4/21.**

**Instructor:** Anita Weiss

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**Location:** Founders Hall located behind the Calabasas Library

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

**Instructor:** Hansel Pollack

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**Location:** De Anza Park

INDIAN COOKING FOR FUN
Curious about fixing those restaurant-style Indian veggies or grilled food? In these two sessions Chef Farhana will present some fun ways to cook vegetables and Indian-styled grilled food in the comfort of your home. Come and see first-hand the secrets to making the best 'Indian take-out' right at home-and at a fraction of the cost!! Don't miss these classes packed with great tips and simplified techniques the Farhana way!!

**Presenter:** Chef Farhana

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**Location:** De Anza Park

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

**Instructor:** Hansel Pollack

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**Location:** De Anza Park

FINANCIAL STRATEGIES FOR RETIREMENT SUCCESS
This class will help you better understand the following topics: traditional retirement v. new retirement, accessing your retirement income needs, protecting yourself and your family from economic catastrophe, building a portfolio for any weather, potentially increasing your investment returns, reducing or eliminating taxes, expenses, delays and legal challenges with estate planning. (2 classes).

**Presenter:** Edward Albrecht

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**Location:** Founders Hall located behind the Calabasas Library

ARTS & CRAFTS

CREATIVE MIXED MEDIA
Acrylics and oil media for intermediate and advanced students. This class will offer projects that will be demonstrated by the instructor in an easy-to-follow, step-by-step method. Students can also work on their own art work. We will be looking at new and creative ways of using the painting media. (7 classes).

**Instructor:** Linda Cantrell

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**Location:** De Anza Park

INTRODUCTION TO SCRAPBOOKING
This class will cover the basics of how to scrapbook. You will learn different techniques including how to do basic layouts, layering, stamping, using texture, and more. Materials and a supply list will be provided to students on the first day of class.

**Instructor:** Siobhan Moser

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**Location:** De Anza Park

FREE TRI-CITIES SENIOR EXPO

**WEDNESDAY, MAY 4, 2016**
10:00am–2:00pm
Agoura Hills Calabasas Community Center
27040 Malibu Hills Rd.
The first 200 people to R.S.V.P. receive a free lunch.

- Over 25 vendors featuring:
  - Booths & Displays
  - Medical Screenings
  - Service Demonstrations
  - Local Agencies & Professionals
  - Free Raffle Prizes
  - Free Handouts & Goodies

For more information or to RSVP, please call 818-597-7361
**ARTS & CRAFTS (CONT.)**

**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 water-media paints and materials. You will learn many techniques including making textures, collaging with rice paper and pouring paint. Materials list will be given at first class. Please bring a pencil, sketchpad and any watercolor supplies you have to the first class. (8 classes).

**Instructor:** Deborah Swan-McDonald

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**Location:** De Anza Park

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

**Instructor:** Linda Kavalsky

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**Location:** Agoura Hills / Calabasas Community Center

**ARTS & CRAFTS (CONT.)**

**COLORED PENCIL FOR CONTINUING STUDENTS**
Continue to experiment with colored pencil and mixed media. Individual instruction guides you through projects of your own choosing as you explore the techniques and subject matter that interest you on your way to your artistic goals. (6 classes). **No class 7/26.**

**Instructor:** Arlene Weinstock

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**Location:** Founders Hall located behind the Calabasas Library

**EXPERIMENTING WITH COLORED PENCILS**
Learn to get rich color on paper with a perfectly transportable medium. Experienced artists and beginners learn to handle this versatile tool for making art. Expand your imagination, learn how color works, and have fun. Materials and supply list will be distributed at first class. (6 classes). **No class 7/26.**

**Instructor:** Arlene Weinstock

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**Location:** Founders Hall located behind the Calabasas Library

**BEGINNING & INTERMEDIATE OIL PAINTING: LANDSCAPE & STILL LIFE**
You will learn the fundamentals of oil painting using photos provided or bring your own. Instruction/demonstrations will be provided individually and in groups. Critique of students’ work will be offered. For the first class, bring pencil, drawing paper and kneaded eraser. A list of materials will be distributed at that time. (5 classes).

**Instructor:** Lynn Gertenbach

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**Location:** De Anza Park

**FAMILY TREE SCRAPBOOKING**
We will combine your family tree with the fun of scrapbooking. Come learn how to bring that vintage touch to your family scrapbook. Materials and supply list will be provided to participants before the first day of class. (6 classes).

**Instructor:** Siobhan Moser

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**Location:** Senior Center

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**GARDEN GROUP MEETINGS**
Do you love to garden or just look at other people’s gardens? Would you like to go visit spectacular gardens in other neighborhoods? If these questions pique your interest then come join the Calabasas Savvy Seniors Garden Group. This group meets at various locations from 3:30–5:00pm every second Thursday of the month.

Please email Annie Wong at loquatz123@gmail.com to be added to the e-mail list.
SENIORS – 50+ (CONTINUED)

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

EXCURSIONS

ORIGINAL FARMERS MARKET – FOOD & HISTORY TOUR
Explore LA’s Original Farmers Market, a landmark unlike any other in Southern California, on an entertaining, informative and delicious “Melting Pot Food Tour”. Artisan butchers, bakers, and candy-makers, a gourmet grocery emporium with one of LA’s finest cheese counters, an international spice merchant, and more. So much to discover and more importantly, to TASTE, at this famed Los Angeles location.*Bring your water bottle along*

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Shuttle Departs: De Anza Park

WILDLIFE LEARNING CENTER
The Wildlife Learning Center cares for exotic pets that can no longer be handled by their owners. What a treat to be guided through this assortment of animals: Siberian lynx, squirrel monkeys, and even a giraffe to name a few. After our docent led discussion and tour we will have lunch (on your own tab) at The Crunchy Crab, a super yummy seafood delight. Please wear close-toed shoes.

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Shuttle Departs: De Anza Park

PETERSEN AUTOMOTIVE MUSEUM
One of the world’s largest automotive museums, the Petersen Automotive Museum is a nonprofit organization specializing in automobile history and related educational programs. In 2015, the museum underwent an extensive $90 million renovation. The exterior features a stainless-steel ribbon assembly, made of 100 tons of 14-gauge type 304 steel in 308 sections, 25 supports and 140,000 custom stainless-steel screws. The remodeled museum opened to the public on December 7, 2015. The museum has over one-hundred vehicles on display in its twenty-five galleries, including automotive artistry, industrial engineering and history of the automobile with emphasis on Southern California car culture.

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Shuttle Departs: De Anza Park

ST. SOFIA GREEK ORTHODOX CATHEDRAL TOUR
Enjoy a tour of St. Sofia Greek Orthodox Cathedral which is patterned after Saint Sofia of Constantinople (now Istanbul), the ancient church of Eastern Christendom. The exterior structure expresses the art and architecture of Byzantine tradition. The interior is a great symphony of incomparable light and beauty. The intent is to captivate the heart and mind of the worshipper. Following the tour, enjoy lunch on your own at The Great Greek in Sherman Oaks.

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Shuttle Departs: De Anza Park

TASTE OF SANTA BARBARA TOUR
Recommended by a dedicated foodie on our Savvy Excursion Committee, we are again joining Allison Costa who led our Ventura tasting tour in 2014. This culinary walking food tour will include tastings at six different shops and restaurants. Santa Barbara Public Market, El Paseo, and La Arcada are some possible stops. Throughout the day, we will also become acquainted with historical places like Arlington Theatre, the Granada Theatre, the Santa Barbara Courthouse, and the Presidio. *NOTE: Considerable walking (comfortable shoes) wine tasting (bring ID). This adventure is not suitable for vegans, lactose-intolerant, (house-made organic ice cream), or gluten-free diets.

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Shuttle Departs: De Anza Park
EXCURSIONS (CONT.)

CASA DEL HERRERO, HOUSE OF THE BLACKSMITH
Third time's the charm! After cancelling our trip two years in a row, the mold has been eliminated, construction is completed, and at long last we will tour this incredible home and workshop which is included on the National Register of Historic Places and has recently been designated a National Historic Landmark. The Casa contains many tapestries. It's unusual gardens, which lead to the Pacific Ocean, are a sight to behold. Afterward, Lunch is on your own at the local favorite, Montecito Café, built by Charlie Chaplin in the 1920s. Maybe there will be time to stroll down Old Coast Road to explore some of Montecito's very unique shops.

HOLLYWOOD BOWL CELEBRATING JULY 4TH WITH CHICAGO, FIREWORKS & FUN
It has become an annual Savvy celebration! Super seats, patriotic music, the Los Angeles Philharmonic, and the fabulous music of "Chicago", plus a magnificent fireworks display – it’s all good! Pack a picnic dinner or purchase it at the Bowl – sit back, relax and have a wonderful time.

MISSION TOUR OF SAN FERNANDO REY DE ESPANA MISSION
In our own backyard we have one of the oldest missions in California, built in 1797. Please join us for a guided tour through the convent, wine cellar, ranch home, Old Mission Church, workshops of pottery and blacksmith displays, and the Bob Hope Memorial Garden (the resting place for the Hope Family). After we will have lunch (on your own tab) at the Buon Gusto Ristorante, a local family owned Italian Restaurant.

TOUR OF SELF-REALIZATION FELLOWSHIP LAKE SHRINE
The Self-Realization Fellowship Lake Shrine was dedicated by Paramahansa Yogananda in 1950. We will enjoy the scenic beauty and serenity of the spiritual sanctuary. The 10-acre site, with its gardens and natural spring-fed lake, is home to a variety of flora and fauna, including swans, ducks, koi fish, trees and flowers from around the world. The tour may include a guided 5-minute period of silent meditation. Following the tour we will have lunch (on your own tab) at Beech Street Café in Pacific Palisades.

GRAMMY MUSEUM
This exciting event includes a discussion on The Highway Men, the all-time greats of Country Music, and a guided tour through the Museum. After, you will have time to wander on your own visiting sites of your favorite musicians. We will continue on to The Nickel Diner where you will enjoy lunch on your own with comfort food and amazing desserts.

*No refunds for excursions unless your spot can be filled from a waitlist.
Get ready to be astonished by the extraordinary artists and legendary composers whose works have withstood the test of time as the 83rd annual Pageant of the Masters presents its unique theatrical celebration of art in tableaux vivants—"living pictures"—with real people creating incredible illusions on stage by posing to look exactly like their counterparts in the original pieces. This year’s theme, "Partner" pays homage to memorable historic partnerships that influenced and contributed to the world of art. Our adventure begins with our guide, as we drive along the California Coast on our way to the Dana Point Marina Inn & Harbor. You’ll enjoy this delightful place which you will call home for the next 24 hours. Feast on a fantastic lunch at one of the many restaurants or snack shops at the Dana Point Harbor. You will have time to relax at the hotel before we set off for our magical evening. To compliment your experience at the Pageant of the Masters, you can dine at one of the two restaurants located on the Festival grounds. Choose from full-service dining in a lovely garden setting at Tivoli Terrace, where reservations are recommended (949) 494-9650, or convenient contemporary fare at Gina’s Alfresco. You may also choose among the many restaurants in Laguna Beach. After the show, we will return to our hotel. The following morning, there will be a Complimentary Breakfast available at the hotel before departing for San Juan Capistrano Mission, the seventh of twenty-one missions to be founded in Alta, California. When we arrive, you can enjoy a walk around this jewel of all missions! On our journey back, we will stop at Rogers Gardens, Corona del Mar, a destination home and garden store like no other. It has been called the Beverly Hills of Gardens—Bring a jacket as it can get chilly at night.

Tour includes roundtrip deluxe motorcoach transportation with water on board, one night accommodations at the Dana Point Marina Inn, Bellman Service, Main Tier ticket to Pageant of the Masters, admission to Mission San Juan Capistrano, a Tucker Tours guide and special treats.

**Tuesday, August 23 - Wednesday, August 24, 2016**
(Departure Time: 8:30 AM)
(Return Time: 7:00 PM)

**Limited Number of Seats**
The City of Calabasas Savvy Seniors will NOT be taking registrations for this trip.

- Registration Begins April 4, 2016 •
- No Cancellations

$316.00 PP Double/$375.00 PP Single
To reserve your space, contact Carin at Tucker Tours by phone at 877-991-9474 or email to tuckwish@comcast.net. Payment will be due in full when signing up.