Stop by the Calabasas Senior Center for a slice of birthday cake on Tuesday, June 25th and join us for the celebration of our 3rd year serving the senior population in the community.
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SINGLE SESSION LECTURES/DEMONSTRATIONS

MEET THE NEW NEIGHBORS
Walk through your new neighborhood Trader Joe’s with an expert! You will have the chance to see the ins and outs of Trader Joe’s. You can ask questions about our company and our amazing products, and you will even get to taste a few!

Presenter: Trader Joe’s Staff

CODE   TIME   DAY   DATE   MEMBER OR RESIDENT   NON RESIDENT
7001.201  9:00–10:00am  Th  4/18   $5.00   $6.00
7001.202  9:00–10:00am  Th  5/16   $5.00   $6.00
7001.301  9:00–10:00am  Th  6/20   $5.00   $6.00
7001.302  9:00–10:00am  Th  7/18   $5.00   $6.00
7001.303  9:00–10:00am  Th  8/15   $5.00   $6.00

Location: Calabasas Trader Joe’s – 23741 Calabasas Road
Calabasas, CA 91302

PREVENTING AND REVERSING DISEASE
This health talk will be on all of the cardiovascular diseases: heart disease, high blood pressure, obesity, diabetes, stroke, angina, congestive heart failure, coronary heart disease and circulation issues. We will also discuss medical options for these cardiovascular diseases, how food and lifestyle influence disease, and how to maximize the body’s own ability to heal itself. There are things we can do every day to help with risk factors such as taking accountability for our lifestyle in order to change and prevent diseases or disasters in our health. Each class will go into depth into the featured disease for that month. April: Reversing High Blood Pressure. May: How Food can cause and cure diseases. June: Anti-Aging Stem Cells for longevity.

Presenter: Mark Rivera

CODE   TIME   DAY   DATE   MEMBER OR RESIDENT   NON RESIDENT
7002.201  10:00–11:30am  T  4/23   $2.00   $3.00
7002.202  10:00–11:30am  T  5/28   $2.00   $3.00
7002.301  10:00–11:30am  T  6/25   $2.00   $3.00

Location: Founders Hall located behind the Calabasas Library

MIND MAPPING: THE NEXT GENERATION OF BRAINSTORMING TOOLS
Given the complexity of our lives, we need a better way to tap into the creative reserves of our brain. We call this approach to optimizing brain input “mind mapping.” In this hands-on workshop, you will learn how to create a mind map for problems, tasks or a project.

Presenter: Janet Solie, Physician Assistant and Life Coach

CODE   TIME   DAY   DATE   MEMBER OR RESIDENT   NON RESIDENT
7003.201  2:00–4:00pm  Th  4/25   $11.00   $13.00

Location: Calabasas Senior Center Conference Room

ARE GENETICALLY MODIFIED CROPS A HEALTH DANGER?
Can GMO foods pummel your health, especially your gut, and cause chronic disease and even death. The World Health Organization labeled GMO foods a probable class 2A carcinogen; but the media will tell you it is safe. You will learn the myths and the facts about GMO’s, its safety and seeking solutions.

Presenters: Steve Pomerance and Judy Bruce

CODE   TIME   DAY   DATE   MEMBER OR RESIDENT   NON RESIDENT
7004.201  2:30–4:00pm  Th  4/25   $2.00   $3.00

Location: Founders Hall located behind the Calabasas Library

THE BIG BANG
A little over 13.8 Billion years ago, scientists suggest there was nothing anywhere. Then, in less than an instant, there was a “happening”, during which the basis for everything that exists today came into being. Was this a unique event? Has it happened before? Could it happen again? When? We will discuss this event, lay out what proof exists, what it means for us today, and what we think it means for tomorrow and the distant future, in a way that doesn’t require math or physics, just imagination.

Presenter: Burt Sigal

CODE   TIME   DAY   DATE   MEMBER OR RESIDENT   NON RESIDENT
7005.201  1:30–3:00pm  F  4/26   $2.00   $3.00

Location: Founders Hall located behind the Calabasas Library

THE SPRING NIGHT SKY
Famous spring constellations will be reviewed in this section. Discover how to see the planets with your naked eye. Learn about upcoming star parties and public astronomy events. We will review what the international space station is doing. After the presentation, enjoy an opportunity to go outside to view the night sky through binoculars.

Presenter: Neill Simmons

CODE   TIME   DAY   DATE   MEMBER OR RESIDENT   NON RESIDENT
7006.201  6:30–8:00pm  W  5/8   $6.00   $7.00

Location: Founders Hall located behind the Calabasas Library
MIND MAPPING: FROM MEDICAL QUAGMIRE TO OPTIMAL HEALTH
Serious health issues call for serious mobilization of your brain’s creative reserves. In this hands-on workshop, you will learn how to create mind maps for health issues that offer “big picture” insights of the moving parts for optimal management.

**Presenter:** Janet Solie, Physician Assistant and Cancer Survivor

**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**
--- | --- | --- | --- | --- | ---
7007.201 | 2:00–4:00pm | Th | 5/9 | $11.00 | $13.00

**Location:** Calabasas Senior Center Conference Room

BRAIN HEALTH
The brain is the most complex organ in the body and unfortunately, it deteriorates as we age. Brain health is one of the most important things we can practice to ensure that our brain is fully functioning in our later years. Join us to find out how you can practice brain health and constantly stimulate your brain.

**Presenter:** An Assisted Home Health & Hospice Expert

**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**
--- | --- | --- | --- | --- | ---
7008.201 | 10:00–11:30am | Th | 5/16 | $2.00 | $3.00

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

IS IT TIME FOR A LIFT? PRESENTED BY UCLA HEALTH
UCLA Health plastic surgeon Dr. Jaco Festekjian discusses neck lifts, face-lifts, eyelid lifts and more.

**Presenter:** Dr. Jaco Festekjian

**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**
--- | --- | --- | --- | --- | ---
7009.201 | 11:00am–12:30pm | Th | 5/23 | FREE | $2.00

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

SCIENCE OF PAST LIVES, DREAMS AND SOUL TRAVEL
In this workshop, explore the studies done by universities, the military, and research centers over the last 50 years. Come hear the amazing results of their findings that may help you understand your own experiences. We will share personal stories. Imaginative technique exercises will be reviewed.

**Presenter:** Neill Simmons

**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**
--- | --- | --- | --- | --- | ---
7010.201 | 2:00–3:30pm | Th | 5/23 | $6.00 | $7.00

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

ADVENTURES TRAVEL – GORILLAS IN THE MIST
Elena and Igor are back with another exciting Adventure Travel series. This time we will take you to the misty mountains of Uganda, where you will experience a hike through the jungle, while searching for a family of Mountain Gorillas and standing a few feet from these majestic creatures in Bwindi Impenetrable Forest. Then, you will follow the Kibale forest chimps as they move from one nesting area to another. This class includes the original photo exposition, and Q&A session.

**Presenters:** Igor & Elena Yasno

**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**
--- | --- | --- | --- | --- | ---
7011.201 | 10:00–11:30am | Th | 5/30 | $2.00 | $3.00

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

SLEEPLESS IN CALABASAS PRESENTED BY UCLA HEALTH
What every senior needs to know about sleep in your silver years. UCLA Health Sleep Medicine physician Dr. Susie Fong provides insights into tools so we all can get a good night’s sleep.

**Presenter:** Dr. Susie Fong

**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**
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7012.201 | 10:00–11:30am | F | 5/31 | FREE | $2.00

**Location:** Calabasas Senior Center Multipurpose Room

ALLERGIES IN SENIORS – STOP SUFFERING, START BREATHING PRESENTED BY UCLA HEALTH
UCLA Health Clinical Allergy & Immunology expert Dr. Samantha Swain presents the latest allergy advice for seniors. Topics include indoor and outdoor allergens, food allergies, allergic reactions, allergy testing and more.

**Presenter:** Dr. Samantha Swain

**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**
--- | --- | --- | --- | --- | ---
7013.301 | 3:00–4:30pm | W | 6/5 | FREE | $2.00

**Location:** Founders Hall located behind the Calabasas Library
FROM RAGTIME TO ROCK – THE STORY OF POPULAR MUSIC
Starting in 1911 with Irving Berlin’s “Alexander’s Ragtime Band”, popular music changed forever. “From Ragtime to Rock” will be a look at the evolution of popular songs. The great songwriters of Tin Pan Alley, and later the songwriters of New York’s Brill Building, supplied the popular singers, with the songs we all know and love. In the ’60 and ’70s, The Beatles and singers-songwriters like Carole King and Elton John proved that artists could also write great songs. Through rare videos and personal stories, we’ll take a trip down memory lane to see and hear through the decades popular music evolved and became the soundtrack of our lives. TAKE THIS JOURNEY WITH US FROM RAGTIME TO ROCK.
Presenter: Steve Barri

CODE  TIME  DAY  DATE  MEMBER OR RESIDENT NON RESIDENT
7014.301  1:00–3:00pm  Th  6/6 $20.00  $24.00
Location: Founders Hall located behind the Calabasas Library

WEIGHT MANAGEMENT
An understanding of the healthy, safe and sustainable ways to weight management strategies. Learn tips to reach and maintain a healthy weight through exercise and nutrition. Come with a friend and have fun while learning. Join Chef Sam and a guest instructor to create a meal together.
Presenter: Chef Sam

CODE  TIME  DAY  DATE  MEMBER OR RESIDENT NON RESIDENT
7015.301  10:00–11:30am  W  6/12  $2.00  $3.00
Location: Founders Hall located behind the Calabasas Library

UNDERSTANDING & RESPONDING TO DEMENTIA RELATED BEHAVIOR
Behavior is a powerful form of communication and is one primary way for people with dementia to communicate their needs and feelings, as the ability to use language is lost. Some behaviors can present challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some common behavioral challenges of Alzheimer’s disease.
Presenter: Michelle Quiroga-Diaz

CODE  TIME  DAY  DATE  MEMBER OR RESIDENT NON RESIDENT
7016.301  10:00–11:30am  Th  7/11  $2.00  $3.00
Location: Founders Hall located behind the Calabasas Library

AUTONOMOUS VEHICLES
Tired of fighting traffic by yourself? No longer a dream or topic for a doctoral thesis. Today, world-wide companies are investing billions in developing and testing cars, trucks, airplanes, boats, medical equipment, help desks, diagnostic systems, etc. that will do the all work for you. You can sit back and rest from pickup to destination. How comfortable would you be with that? We will discuss the benefits and possible dangers of “autonomy”, and find out when we can place our order or make the pickup robotic call.
Presenter: Burt Sigal

CODE  TIME  DAY  DATE  MEMBER OR RESIDENT NON RESIDENT
7017.301  1:30–3:00pm  F  6/28 $2.00  $3.00
Location: Founders Hall located behind the Calabasas Library

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH
For centuries, we have known that health of the brain and body are connected. Now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet, nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.
Presenter: Michelle Quiroga-Diaz

CODE  TIME  DAY  DATE  MEMBER OR RESIDENT NON RESIDENT
7017.301  10:00–11:30am  Th  7/11 $2.00  $3.00
Location: Founders Hall located behind the Calabasas Library

JOINT HEALTH
Dr. Harpreet Bawa is one of the newest surgeons at the Southern California Orthopedic Institute. He specializes in knee and hip surgeries with a focus on arthritis. He is passionate about educating our community on the importance of joint health and the latest surgical treatments for joint issues.
Presenter: Dr. Harpreet Bawa

CODE  TIME  DAY  DATE  MEMBER OR RESIDENT NON RESIDENT
7018.301  10:00–11:30am  Th  7/18 $2.00  $3.00
Location: Founders Hall located behind the Calabasas Library

THE GREAT SUMMER NIGHT SKY
Where is the best place to see the beautiful Milky Way this summer? Many free star parties occur at this time of year and we will suggest the best places to go. We will review the best summer constellations to see. When are the best times to see the space station as it comes over us? We will discuss these questions and much more! Afterwards we will go outside and look through binoculars to see the moon, the planets and star clusters.
Presenter: Neill Simmons

CODE  TIME  DAY  DATE  MEMBER OR RESIDENT NON RESIDENT
7019.301  7:00–8:30pm  M  8/5 $6.00  $7.00
Location: Founders Hall located behind the Calabasas Library
GRANDPARENT & GRANDCHILD CLASSES

GRANDPARENTS & GRANDKIDS CREATE TOGETHER
Two retired LVUSD teachers believe that everyone is an artist! All young and young at heart can be successful and enjoy art. Together, in this class, we will explore art through the directed draw method and using watercolors. We will all be successful and create masterpieces worthy of framing! Let’s have fun together! Picasso watch out! Grandchildren: 5 years or older, please. Grandparents: no age limit. Price is per adult and per child.

Instructors: Ede Kotal & Judy Berke

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Location: Calabasas Senior Center Art Room

SCIENCE TELLERS – "WILD WEST: THE LEGEND OF THE GOLDEN PIANO"
Grab your spurs and journey with us to the Wild West, where a legendary outlaw is back in town, about to strike again! After the Sheriff mysteriously vanishes, two young kids must saddle up to foil the great heist — but not before stopping a runaway train, escaping an abandoned mine shaft and discovering how a mysterious piano can play an ‘instrumental’ part in putting a rotten cowboy back behind bars. Price is per adult and per child.

Instructor: Science Tellers

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Location: Calabasas Senior Center Multipurpose Room

ENTERTAINMENT

OUR 1970’S – MORE MUSIC FOR EVERYONE

Entertainers: Saul H. Jacobs & Don Digirolamo

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Location: Founders Hall located behind the Calabasas Library

MUSIC OF THE GOLDEN ‘40S
Pianist Bob Lipson & entertainer/commentator Saul H. Jacobs return with live music, stories, sing-alongs, videos & photos of music that still lives on from a decade of memories.

SONGS THAT WON THE WAR — Songs of patriotism, love, separation, hope, joy & escapism.
OLD TIME RADIO THEMES & STARS — Situation comedies, Daytime Serials, Quiz Shows, Comic Book Heroes, Westerns.

Entertainers: Saul H. Jacobs & Bob Lipson

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Location: Founders Hall located behind the Calabasas Library

HOOTENANNY
Come on down for a live music Hootenanny with THE MAMA BEARS! Our songs will include old favorites like Frank Sinatra and Elvis Presley and fun classics like Linda Ronstadt and Fleetwood Mac. We will also share some of our own songs off our CDs. The audience is invited to sing along from the lyrics provided on the screen.

Entertainers: Kelly Macleod & The Mama Bears

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Location: Founders Hall located behind the Calabasas Library

2 FOR THE SHOW!
Featuring Tricia and Tracy Henry, southern California’s premiere song and dance duo! With their high-octane style of variety performance, 2 For the Show! Sings and dances to the best of popular music from past to present. Come join us for this fun-filled variety hour! New songs for every performance.

Entertainers: 2 for the Show: Tricia and Tracy Henry

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

VIEWPOINT JAZZ LAB
The Viewpoint Middle School Jazz Lab will delight your ears with some swinging tunes and stomping beats! They are a group of enthusiastic 7th and 8th graders who are very excited to perform for us!

Entertainers: Viewpoint Jazz Lab

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Location: Founders Hall located behind the Calabasas Library

“A GOLDDIGGER”
An opportunity to hear from one of the original Dean Martin Goldiggers, a veteran TV and Broadway Show performer. Suzy dazzles with her stories and video clips about the “Golden Age of Variety TV”, the Celebrities she worked alongside, and The Bob Hope Xmas USO Show to entertain our troops around the world and at The White House with Neil Armstrong.

Entertainer: Suzy Cadham

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Location: Founders Hall located behind the Calabasas Library

BONNIE BOWDEN SINGS BLOCKBUSTER MOVIE THEMES
Renowned songstress Bonnie Bowden is among those rare artists equally at ease in a jazz, pop, Broadway or classical setting. From a Disneyland pop vocalist to lead soloist with Sergio Mendes, she has toured the world multiple times and recorded more than 30 albums. She has performed with a wide variety of entertainers from Antonio Carlos Jobim to Stevie Wonder. She will perform her acclaimed one-woman show featuring blockbuster movie themes.

Entertainer: Bonnie Bowden

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Location: Founders Hall located behind the Calabasas Library

THE VIOLIN AND ENTERTAINMENT ARTISTRY OF BOB RYMAN
From Bach to the Beatles, from Fiddler on the Roof to Fascination, from Debussy to Doo-Wop, get ready for Bob Ryman! Amazing violin artistry and red-hot fiddling are Bob’s trademarks. Enjoy an afternoon of fun and music with Bob as he takes his audience on a musical journey with a repertoire that includes Jewish, Italian, Irish and Gypsy tunes, as well as hits from the 50’s and 60’s. Each show is different.

Entertainer: Bob Ryman

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Location: Founders Hall located behind the Calabasas Library

TIMELESS TONY: THE MUSIC OF TONY BENNETT
Dylan F. Thomas becomes Tony Bennett singing Tony’s greatest hits, while tracing the immortal crooner’s travel through musical America. Thomas’ love of Tony Bennett is reflected in his uncanny vocal similarity and goes all the way back to his youth. “Tony’s been my favorite singer for as long as I remember,” says Thomas. He will bring his Tony to Calabasas for an unforgettable afternoon of timeless music.

Entertainers: Center Stage Opera

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Location: Founders Hall located behind the Calabasas Library

THE GREAT MOVIE MUSICALS
This time with songs, stories, & sing-alongs of The Great Movie Musicals: “Magical Musical Movie Moments” featuring Judy Garland, Gene Kelly, Astaire & Rogers, MacDonald and Eddy, Rita Hayworth & others; “Movie Themes Are Many Splendored Things” including themes from Gone With The Wind, Laura, Casablanca, Dr Zhivago, Breakfast at Tiffany’s, The Godfather, 3 Coins In a Fountain & other classics; “Hooray For The Early Hollywood Songwriters” featuring Lullaby Of Broadway, Jeepers Creepers, I Only Have Eyes For You, Chattanooga Choo Choo, You Must Have Been A Beautiful Baby, and others; “The Musical Kingdom of Walt Disney” including songs from Snow White, Cinderella, Pinocchio, Dumbo, & Mary Poppins plus TV’s Davy Crockett & Disneyland’s Small World plus more. (4 classes).

Entertainers: Saul Jacobs & Bob Lipson

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Location: Founders Hall located behind the Calabasas Library

BONNIE BOWDEN REMEMBERS THE GREATEST VOICES OF OUR TIME
Renowned songstress Bonnie Bowden is among those rare artists equally at ease in a jazz, pop, Broadway or classical setting. From a Disneyland pop vocalist to lead soloist with Sergio Mendes, she has toured the world multiple times and recorded more than 30 albums. She has performed with a wide variety of entertainers from Antonio Carlos Jobim to Stevie Wonder. She will perform her acclaimed one-woman show featuring the greatest voices of our time.

Entertainer: Bonnie Bowden

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Location: Founders Hall located behind the Calabasas Library
FITNESS

FALL PREVENTION PROGRAM – A MATTER OF BALANCE
Participants learn to manage their concerns about falling by understanding how to avoid falls. They also set goals for being more active. 99% of workshop graduates would recommend this class to other older adults with fears about falling. (8 classes). No class 5/27.
Instructor: Partners in Care

GENTLE YOGA FOR SENIORS
This class is 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. (8 classes). No class 5/27.
Instructor: Ann Monahan

SAVVY SENIOR FITNESS
This is a fun and challenging workout to “oldies” style music. It is a strength conditioning class using weights and bands, which will increase your strength and endurance as you, burn calories. It will also improve your posture, bone density and balance. *Please bring 1-4 lb. hand weights and a mat. The instructor will provide the bands. (8 classes). No class 5/27 & 7/4.
Instructor: Trissa Nicholson

COUNTRY LINE DANCING
Come learn easy Country Line Dancing while having great fun and meeting new friends! This is a perfect exercise and it is good for all ages. Mike is an award-winning dancer and instructor with over 35 years of experience. (8 classes).
Instructor: Mike Bendavid
FITNESS (CONT.)

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

Instructor: Jenny Suzdaltsev

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Location: Calabasas Senior Center Multipurpose Room

COOKING

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

SPRING APPETIZERS
Back by popular demand! Patty will be making new appetizer recipes to help you with entertaining. All recipes are created for the spring season and all recipes are new. You will leave with 5 new recipes to prepare at home.

Instructor: Patty Limatola-Tanenbaum

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Location: Calabasas Senior Center Kitchen

SIMPLE QUICK MEALS
Trader Joe’s presents a hands-on, easy, step-by-step cooking class. A chance to make a couple dishes and get your hands dirty. The class will be led by your neighborhood Calabasas Trader Joe’s. Each class will offer something different.

Instructor: Trader Joe’s Staff

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Location: Calabasas Senior Center Kitchen

MEDITERRANEAN DIET TOUR AT GELSON’S
Join Jessica Siegel, MPH, RD, and Registered Dietitian for Gelson’s for a fun and informative tour at Gelson’s in Calabasas. Learn about the heart-healthy Mediterranean diet as we move through the store tasting and discussing all of the wonderfully delicious foods that are included in this lively lifestyle and eating plan. Tour includes tastings, a Healthy Living Guide booklet, and a Gelson’s goodie bag for each attendee. If you like, enjoy lunch afterwards on your own at Gelson’s deli counter.

Instructor: Jessica Siegel, MPH, RD

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Location: Calabasas Gelson’s – 22277 Mulholland Highway at the Wolfgang Puck service area

DANCE EXPRESS
Have fun rocking to easy-to-follow dance fitness routines: Latin, Old School Hip Hop, Bollywood, African, Country Line Dancing and more! These classes will rev-up your metabolism; keep your heart healthy, increase bone density and foster flexibility! Kick up your heels, pick up a few hot dance moves, groove to the music and feel great! I will share my playlist. (8 classes). No class 7/4.

Instructor: Shannon Vergun

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Location: Founders Hall located behind the Calabasas Library

THE ELEMENTS OF YOGA
Learn the elements of yoga. Earth postures for building a strong foundation. Wind for dynamic flow. Fire for forging strong heat. Water to channel your thoughts. Each week contains a new theme. Themes include: standing postures, forward bends and twists, backbends, inversions, breath work, and restoratives. (8 classes). No class 7/4.

Instructor: Rick Feldman

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Location: Calabasas Senior Center Multipurpose Room
COOKING (CONT.)

6 INGREDIENTS OR LESS
Everyone loves this class. Patty will be making all new recipes containing 6 ingredients or less, not including salt, pepper and oil, be prepared to come to class ready to eat. You will leave with 5 new recipes to prepare at home.

Instructor: Patty Limatola-Tanenbaum

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Location: Calabasas Senior Center Kitchen

BBQ SIDES
A brand new class! Come experience the fun of BBQ’ing sides. As always, Patty will be making new recipes to include the BBQ or side dishes. You will leave with 5 new recipes to prepare at home.

Instructor: Patty Limatola-Tanenbaum

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Location: Calabasas Senior Center Kitchen

TECHNOLOGY (CONT.)

HOW TO GET THE MOST FROM YOUR VIRTUAL ASSISTANT
Siri, “Hello Google”, Alexa, Cortana, Home Hubs and more… Whether on your mobile phone, computer, or on a home portal, this newer technology is amazing and more helpful than you could even imagine. Get directions, ask for a recipe, listen to your favorite song, turn on a light and warm up your house before you get home, order a pizza, set a reminder, make a shopping list. These are just a few things we will cover in this class.

Instructor: Stacie Cayne

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Location: Calabasas Senior Center Multipurpose Room

PERSONAL CYBER SECURITY
It’s dangerous in cyberspace and some people feel helpless in the face of computer viruses, email scams, hacking and the like. Dr. Steve Krantz, IBM Distinguished Engineer, will share his knowledge of computer systems, networks, and data for the non-technical user. He will provide clear guidance in how you can protect yourself, including your PC, Mac, and smartphone.

Instructor: Steve Krantz, PhD

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Location: Calabasas Senior Center Conference Room

SURFING THE INTERNET FOR BEGINNERS
There is so much we can learn and do from the internet. The sky is the limit! We’ll learn the terminology used with the internet, tricks to conduct the best search, how to open multiple tabs, the best way to navigate different websites, keyboard shortcuts and how to get the most out of your mouse and more. (2 classes).

Instructor: Stacie Cayne

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Location: Calabasas Senior Center Multipurpose Room
THE MUSICAL HISTORY AND DEVELOPMENT OF OPERETTAS: PRECURSOR
TO BROADWAY MUSICALS
Maestro James Domine brings his experience and perspective to a curated, cyclical chronological compendium of the history and development of the Operetta as precursor to Broadway Musicals. The class will include listening examples, lectures, and discussions of selected representative works from the Romantic and Modern period repertoire. (9 classes).

Instructor: James Domine

CODE | TIME | DAY | DATE | MEMBER OR RESIDENT | NON RESIDENT
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7502.201 | 1:00–2:30pm | T | 4/16–6/11 | $50.00 | $60.00

Location: Founders Hall located behind the Calabasas Library

THE LEGACY OF GIACOMO PUCCINI
His work and compositions may be the most well known in the operatic genre. We explore his most famous works each week. La Boheme (4/15) – Tosca (4/22) – Madame Butterfly (4/29) – La Fanciulla del West (5/6) – La Rondine (5/13) – Il Tritto (5/20) – Turandot (6/3). (7 classes). No class 5/27.

Instructor: Steve Kohn

CODE | TIME | DAY | DATE | MEMBER OR RESIDENT | NON RESIDENT
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7501.201 | 10:30am–12:00pm | M | 4/15–6/3 | $15.00 | $18.00

Location: Calabasas Senior Center Conference Room

OPERA: THE REAL AND THE UNREAL
Composers are inspired in many ways. In this brief course, we will discover how four composers were inspired by either a fictional or a real-life event, to create their work. The Death of Klinghoffer, John Adams (8/5) – Dead Man Walking, Jake Heggie (8/12) – Faust, Charles Gounod (8/19) (4 classes).

Instructor: Steve Kohn

CODE | TIME | DAY | DATE | MEMBER OR RESIDENT | NON RESIDENT
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7504.301 | 10:30am–12:00pm | M | 7/29–8/19 | $15.00 | $18.00

Location: Calabasas Senior Center Conference Room

ART HISTORY
ART AND TRANSFORMATION, PART ONE
Discover the true stories of the world’s greatest artists and learn how they found their passions. How did Jazz change the art of Matisse? How did opera impact the art of Chagall? These masters trusted their instincts to adapt to the joys and challenges of life. Each week John Paul Thornton delves deeper into the history of art as a force for transformation. (6 classes).

Presenter: John Paul Thornton

CODE | TIME | DAY | DATE | MEMBER OR RESIDENT | NON RESIDENT
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7550.201 | 5:30–7:00pm | M | 4/15–5/20 | $30.00 | $36.00

Location: Founders Hall located behind the Calabasas Library

ART AND TRANSFORMATION, PART TWO
We continue to explore the true stories of the world’s greatest artists as they find their passions. How did Jazz impact the art of Chagall? These masters trusted their instincts to adapt to the joys and challenges of life. Each week John Paul Thornton delves deeper into the history of art as a force for transformation. (5 classes).

Presenter: John Paul Thornton

CODE | TIME | DAY | DATE | MEMBER OR RESIDENT | NON RESIDENT
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7560.201 | 6:00–7:30pm | Th | 5/9 | $12.00 | $14.00

Location: Founders Hall located behind the Calabasas Library

ART HISTORY
ART INSPIRED BY ANIMALS, PART ONE
The Animal has served as inspiration through the history of art, from cave paintings, Egyptian sculptures, medieval tapestries, Chinese carvings, impressionism and modernism. Delight in images of your favorite animal: tigers, horses, cats, elephants and all the creatures in the animal kingdom as we travel the world, examining design and expression through this special series of visual presentations. (7 classes). No class 5/3 & 5/31.

Presenter: John Paul Thornton

CODE | TIME | DAY | DATE | MEMBER OR RESIDENT | NON RESIDENT
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7555.201 | 1:00–2:30pm | T | 6/24–6/28 | $36.00 | $43.00

Location: Founders Hall located behind the Calabasas Library

ITALIAN HILL TOWNS: ART TREASURES
Like a virtual trip to Italy, this enticing presentation takes us on an adventure exploring the charming, historic Italian Hill Towns of Siena, Orvieto, Assisi, Montepulciano, Pienza and more. Fresco paintings, palazzos, sculptures and Renaissance legends all spring to life in this special one-evening event.

Presenter: John Paul Thornton

CODE | TIME | DAY | DATE | MEMBER OR RESIDENT | NON RESIDENT
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7560.201 | 6:00–7:30pm | Th | 5/9 | $12.00 | $14.00

Location: Founders Hall located behind the Calabasas Library
ART HISTORY (CONT.)

ART INSPIRED BY ANIMALS, PART TWO
The Animal has served as inspiration throughout the history of art, from cave paintings, Egyptian sculptures, medieval tapestries, Chinese carvings, impressionism and modernism. Delight in images of your favorite animals: tigers, horses, cats, elephants and all the creatures in the animal kingdom as we travel the world, examining design and expression through this special series of visual presentations. (6 classes). No class 7/26, 8/2 & 8/9.

Presenter: John Paul Thornton

MIND & BODY (CONT.)

BEGINNING TAI CHI – DEEPEN YOUR PRACTICE
Tai Chi is form of exercise to develop balance, strength and flexibility. This class builds upon previous Tai Chi sessions and deepens your experience of this graceful art. It is recommended that you have already taken a Beginning Tai Chi Short Form class with the instructor. (7 classes). No class 5/8.

Instructor: Jim Belsley

MEDITATION AND MINDFULNESS
Find your own ideal meditation style. Open yourself to simple and effective techniques to reduce stress and anxiety, improve concentration and focus, foster creativity, benefit cardiovascular and immune health, and learn pain management techniques. Discussion and learning evolves into guided imagery segments and silent meditation practice occasionally supported by sound bath implements. (6 classes). No class 7/4.

Instructor: Barbara Teller

ART HISTORY (CONT.)

ART INSPIRED BY ANIMALS, PART TWO
The Animal has served as inspiration throughout the history of art, from cave paintings, Egyptian sculptures, medieval tapestries, Chinese carvings, impressionism and modernism. Delight in images of your favorite animals: tigers, horses, cats, elephants and all the creatures in the animal kingdom as we travel the world, examining design and expression through this special series of visual presentations. (6 classes). No class 7/26, 8/2 & 8/9.

Presenter: John Paul Thornton

MIND & BODY

THE ALEXANDER TECHNIQUE
The Alexander Technique helps you solve daily movement situations that cause discomfort by transforming stress and tension into ease and lightness. Class activities include explanations, demonstrations and personal guidance to enhance walking, bending, sitting, driving and playing a musical instrument. Bring a mat to lie down on for constructive rest. (7 classes). No class 5/27.

Instructor: Shula Sendowski

MEDITATION AND MINDFULNESS
Find your own ideal meditation style. Open yourself to simple and effective techniques to reduce stress and anxiety, improve concentration and focus, foster creativity, benefit cardiovascular and immune health, and learn pain management techniques. Discussion and learning evolves into guided imagery segments and silent meditation practice occasionally supported by sound bath implements. (6 classes). No class 7/4.

Instructor: Barbara Teller

QI GONG (“CHI KUNG”)
Qi Gong is an ancient Chinese ‘internal’ martial art used to cultivate health, longevity and self-awareness. Using a combination of slow movements, breathing and focused intention, this class will focus on the fundamentals of the practice. Qi Gong is appropriate for all ages and fitness levels and no previous experience, mats, or props required. (8 classes). No class 5/27.

Instructor: John Slicker
MIND & BODY (CONT.)

TAI CHI
Tai Chi is an ancient Chinese martial art consisting of meditative movements that are slow and graceful involving the whole body. Coordinating breath, movement and intention, Tai Chi is a kind of moving meditation that is practiced mostly for health and wellness - enhancing relaxation, grace, balance and internal strength. Please wear comfortable clothing and footwear. (8 classes). No class 7/4.

Instructor: John Slicker

BREATHING WORKSHOP
This is a 2 ½-hour workshop to enhance your breathing, acquire a new breathing pattern, and remove interfering tension, promoting ease and flow. Demonstrations, explanations, self-observation, and individual guidance included and applied to sitting, standing, walking, or lying down. Based on the Alexander Technique, this class is for both former and new participants alike: Bring a mat.

Instructor: Shula Sendowski

GENTLE EXERCISES FOR STRESS RELIEF
Learn gentle, free-flowing exercises from Qi Gong and Tai Chi. Often called moving meditation, these arts practiced by millions of seniors in China are an excellent way to reduce stress and develop balance, strength and flexibility. (6 classes). No class 5/27.

Instructor: Jim Belsley

PERSONAL DEVELOPMENT

CONVERSATIONAL SPANISH
Have fun taking conversational Spanish while also finding out about cultural aspects of Latin America. Learn about the culture through music, literature, poetry and history. In addition, we will learn basic grammar concepts, vocabulary and practice speaking the Spanish language. (8 classes). No class 5/27.

Instructor: Angel Lerma

ALEXANDER TECHNIQUE WORKSHOP
This is a 2 ½-hour workshop for previous and new participants alike. We’ll focus on the Alexander Technique concepts as we apply them to daily movement like sitting, walking, bending, and typing. Class will include explanations, demonstrations, self-observations, and individual guidance, helping the participants to let go of muscular tension, and transform stress and strain into ease and balance. Bring a mat.

Instructor: Shula Sendowski

TAI CHI & QIGONG
STRESS RELIEF EXERCISES
An estimated 75-90% of all doctor visits are for stress-related issues. Tai Chi and Qigong exercises are an excellent way to reduce stress and to develop balance, flexibility and strength. Learn gentle flowing movements, breathing techniques and mindful practices that empower you in taking better care of your health. (6 classes).

Instructor: Jim Belsley
PERSONAL DEVELOPMENT (CONT.)

BRING OUT YOUR INNER WRITER
In this free-form class, you will learn to use writing as a tool for personal expression, creativity and healing. We will explore creative writing techniques, fun prompts, timing writing exercises and thoughtful listening to encourage you to let your words flow and see what evolves. No experience necessary. Bring fast pens, a notebook and an open mind. (6 classes).

Instructor: Tracy Katz

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Location: Calabasas Senior Center Conference Room

AGING MASTERY TRAINING PROGRAM
Are you an independent, older adult 60+ years of age, looking to improve your health, finances, and life? If so, the Aging Mastery Program (AMP) is for you! This 10-session course will teach you how to improve your health, finances, and overall well-being. The “professional experts” from the Foundation for Senior Services/Senior Specialists Group will be teaching the individual program modules & providing you with the most current/up-to-date knowledge about each topic area. This “AMP” program is sure to educate you to live a longer, happier, healthier, safer & well cared for life! (10 classes).

Instructor: Foundation for Senior Services

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Location: Calabasas Senior Center Multipurpose Room

LONG TERM CARE PLANNING
How to pay for home health care needs and nursing home.

Instructor: William Frankenstein, Certified Financial Planner for over 35 years

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Location: Calabasas Senior Center Multipurpose Room

TAKE YOUR BRAIN TO THE GYM
Newer research supports that we can change our brains. Here’s an opportunity to learn more about creativity and the brain. What is creativity? How can we enhance it, how we use our brains for better focus, clarity, and memory will be discussed. Learn about the Harvard Snowflake model of creativity. Dopamine levels rise in the pleasure centers of the brain both when we are dreaming and when we are being creative. The human brain doesn’t just take in experience like a recorder; instead, it constantly works over the sensory data. This class will include exercises for increasing creativity. We can be creative at any age. (3 classes). No class 7/4.

Instructor: Marilyn Stolzman Ph.D.

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Location: Calabasas Senior Center Conference Room

END OF LIFE OPTIONS: YOUR LIFE, YOUR CHOICE
An oncology and hospice RN will discuss how to advocate for yourself and be prepared to understand all "End of Life" options in California including the new California Medical Aid in Dying Law Explanations of Advance Directives and Health Care proxy, how do you name a proxy and how to communicate your wishes. POLST (Physician Orders for Life Sustaining Treatment), who should have one. Using Hospice and palliative care and understanding the options as well as how to advocate for the right to die, when and where we would like. Candid conversation is crucial to ensure we get the best care we want at end of life. Preferences vary from person to person so it is important to discuss priorities with loved ones and healthcare providers and others close to you. Discussing these issues with family brings comfort. The focus is on comfort, dignity and quality of life and knowing that options exist to bring comfort. Lecture offers additional resources on options and how to discuss them. Topics will be divided over two lectures over two weeks. (2 classes).

Instructor: Karen Morin Green, RN

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Location: Founders Hall located behind the Calabasas Library

THE MAGIC OF FINANCIAL PLANNING
This class will cover wealth management, estate planning, long-term care insurance and life insurance.

Instructor: William Frankenstein, Certified Financial Planner for over 35 years

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Location: Calabasas Senior Center Multipurpose Room
LATEST DEVELOPMENTS IN THE LAW

Federal, State, County and City legislators are constantly enacting new laws and amending old ones. Meanwhile, attorneys regularly litigate cases involving these statutes and judges apply /interpret them. These issues will be addressed in this interactive course. We will discuss how these laws and judicial decisions affect our lives. (7 classes). No class 5/14.

Moderator: Mark Joseph

SAVVY SINGERS AND THE BEST OF BROADWAY!

Calling all singers! Every experience level welcome-singers from the stage to screen to shower singers! This 8 week vocal and performance technique class will meet once a week and is instructed by Mezzo-Soprano Kyla Page Williams. She is a classically trained singer who lends her voice to all genres. Kyla is looking forward to prepping singers for an exciting final recital to which family and friends are encouraged to attend. (8 classes).

Instructor: Kyla Page Williams

ACTING FOR FUN

Let’s do skits, improvisations, pantomimes, and acting games. Feel confident expressing and creating while in a supportive and exciting environment. Prerequisite for this class is having taken “Acting For Fun” previously. (8 classes).

Instructor: Anita Jackman

HOT TOPICS / CURRENT EVENTS DISCUSSION GROUP

An open discussion of current and generally important domestic and international issues selected by the participants. A lively open interactive discussion is encouraged and diversity of opinion is respected. (8 classes). No class 7/4.

Moderator: Steve Westley

FLICKER: CALABASAS FILM DISCUSSION CLASS

Come watch six unique movies, from romantic comedies and dramas to mysteries and thrillers, and be part of the discussion afterwards. Led by moderator Nicholas Fedak II who has a MFA from Otis Art Institute/Parsons School of Design. Besides having fun and eating popcorn, you will better understand and enjoy all the mystery and splendor of why everyone loves to watch flickering images in the dark! Bring your own dinner to eat while watching the film. (6 classes). No class 4/24, 5/29 & 7/3.

Instructor: Nicholas Fedak II

SPORTS FANS’ FORUM: DEBATING THE HOT TOPICS OF THE DAY

Whether it’s playing the games or playing the National Anthem, building a football stadium, or rebuilding the Laker dynasty, ticket prices, player salaries, NCAA sanctions, Rams/Raiders, Lakers/Clippers, UCLA/USC, and anything else you have in mind, we will be here to discuss. (6 weeks). No class 7/4.

Moderator: Steve Springer & Barry Kaz
HOBBIES & INTERESTS (CONT.)

FLOWERS OF THE SEASON
Which flowers are in season. How to make an impactful flower arrangement. Orchids are your friends (how to take care of them). Which flowers are most durable. Basic care of your floral friends.

Instructor: Trader Joe’s Staff

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Location: Calabasas Senior Center Multipurpose Room

DID YOU KNOW THAT TRADER JOE’S HAS A HEALTH & BEAUTY AID SECTION (HABA)?
You are not alone… I believe it is the most underrated section in the store! Let’s dive in and see everything they have to offer with great value! We will be sampling products and giving you product knowledge. We will also be giving a sneak preview on what will be coming in new for the Season!

Instructor: Trader Joe’s Staff

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Location: Calabasas Trader Joe’s - 23741 Calabasas Road
Calabasas, CA 91302

CARDS & GAMES

MAH JONGG INTERMEDIATE CONTINUING
Following Introduction continue learning the basic skills. Practice the hands on the 2019 card. Recognize other player’s hands. Become comfortable with this popular game. (5 classes).

Instructor: Helaine Gesas

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Location: Calabasas Senior Center Card Room

MAH JONGG INTRODUCTION
Come learn the fun and popular game of Mah Jongg. Helaine has successfully taught over 400 people this sociable and challenging game. Class is limited to 7 students. (5 classes) No class 7/4.

Instructor: Helaine Gesas

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Location: Calabasas Senior Center Card Room

MAH JONGG FOR BEGINNERS
Mah Jongg is played with 152 tiles. It is a fun and brain stimulating game. In this basic class, you will learn the 3 suits and the combinations to form hands, building walls, the passing for the tiles-Charleston, and finally the strategies to call for tiles to win - “Mah Jongg”. The class is limited to 8 players. (5 classes). No class 5/8, 5/15 & 7/3.

Instructor: Kala Paramesh

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Location: Calabasas Senior Center Conference Room

PLAYING BRIDGE
This class will help you improve playing skills. The basic conventions will be practiced and strengthened. Bidding and playing more complex distributions will be a challenge for the intermediate level players who will enjoy the game even more. (5 classes).

Instructor: Diana Varol

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Location: Calabasas Senior Center Conference Room

MAH JONGG ADVANCED
Advanced strategy and defense. Register early! (5 classes). No class 7/4.

Instructor: Helaine Gesas

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Location: Calabasas Senior Center Card Room
CARDS & GAMES (CONT.)

CANASTA (BEGINNERS)
Canasta is a card game of luck, skill, and diverse strategies. The game is played with 4 players, 2 teams of 2. It is challenging and social. Modern American Canasta is played with 2 decks of cards, teams forming melds and canasta earning necessary points to win. Learn canasta in a relaxed and fun atmosphere. (5 classes).
Instructor: Wendy Koblick

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7856.201 | 10:00am–12:00pm | T | 4/23–5/21 | $100.00 | $120.00

Location: Calabasas Senior Center Conference Room

CANASTA CONTINUING
After learning the basics of Canasta, continue in a class to better understand the game's strategies, splashes and specialty hands that make the game challenging and fun. Bring your group and learn together, or sign up individually. (4 classes).
Instructor: Wendy Koblick

CODE | TIME | DAY | DATE | MEMBER OR RESIDENT | NON RESIDENT
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7857.301 | 10:00am–1:00pm | T | 6/25–7/16 | $100.00 | $120.00

Location: Calabasas Senior Center Conference Room

BRIDGE: SOPHISTICATED CONVENTIONS
If you already know the most popular bidding conventions, this class will introduce more sophisticated stuff, which will strengthen bidding skills. Any good bridge player should know them. (5 classes).
Instructor: Diana Varol

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7858.301 | 10:00am–12:00pm | W | 7/10–8/7 | $90.00 | $108.00

Location: Calabasas Senior Center Conference Room

CREATIVE ARTS (CONT.)

BEGINNING DRAWING 1 – LINE DRAWING
Stop-Look-See-Draw. Drawing is a skill as much about seeing as drawing and you can have fun learning the basics: line, shape, and form. Through demonstrations and exercises, students explore contour line, perspective, scale and positive/negative space while using traditional drawing materials. Bring a pencil to the first day. (8 classes).
Instructor: Arlene Weinstock

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7902.301 | 1:00–2:30pm | T | 6/25–8/13 | $65.00 | $78.00

Location: Calabasas Senior Center Multipurpose Room

COLORED PENCILS FOR BEGINNERS
Learn to get rich color on paper with a perfectly transportable medium. People who like to draw will learn to handle this versatile tool for making art. Expand your imagination, learn how color works, and have fun. Materials and supply list will be distributed on the first day of class. (8 classes).
Instructor: Arlene Weinstock

COLORED PENCILS FOR CONTINUING STUDENTS
Continue to experiment with colored pencil and mixed media. Individual instruction will guide 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. (8 classes).
Instructor: Arlene Weinstock

OIL PAINTING
You will have fun in this class learning fundamentals of painting in oils. Still life and landscape will be explored. This is a beginning approach, yet all levels are welcome. Non-toxic studio practices will be stressed. Alternative media is ok, but instruction will be in oil painting technique. A materials list will be provided. (8 classes).
No class 5/27.
Instructor: Liz Blum

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7901.301 | 1:00–3:30pm | M | 7/1–8/19 | $90.00 | $108.00

Location: Calabasas Senior Center Art Room
**CREATIVE ARTS (CONT.)**

### MIXED WATER-MEDIA ADVANCED

Bring out your creative self and join Otis Art Institute’s “Teacher of the Year” in this water media class that will nurture your creativity. Students will combine watercolor paints with other paints and materials. You will learn many techniques including making textures, collaging with rice paper and pouring paint. Materials list will be given at the first class. **Please bring a pencil, sketchpad and any watercolor supplies you have to the first class.** (8 classes). No class 5/14.

**Instructor:** Deborah Swan-McDonald

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**Location:** Calabasas Senior Center Art Room

### MIXED WATER-MEDIA – BEGINNING

This introduction to various water media will include using transparent watercolor, gouache, acrylic, ink and more. Subject matter will range from the realistic to the abstract. Students will discover a variety of techniques to create exciting special effects. Please bring a pencil, sketchpad and any watercolor supplies you have to the first class. (8 classes). No class 5/14.

**Instructor:** Deborah Swan-McDonald

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**Location:** Calabasas Senior Center Art Room

### ABSOLUTE BEGINNER WATERCOLOR PAINTING

Learn the art of watercolor painting step-by-step. The instruction starts with exploring the types of materials used to paint with watercolor. Next, the students will learn basic painting techniques, which include painting washes and practicing brushstrokes. Texture in watercolor is amazing and the students will be introduced to using everything from saran wrap to salt to create gorgeous textures. Subject matter will range from still life and landscape to abstraction and much more. *You must be a beginner.* (8 classes). No class 5/15.

**Instructor:** Deborah Swan-McDonald

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**Location:** Calabasas Senior Center Art Room

### BEGINNING ART PORTRAIT IN OIL PAINT

Come and learn the basics of painting the human head. Learn about the supplies, and then focus on getting your image from a photograph onto your canvas or canvas pad, study structure, values and color! Practice making skin and hair tones! We’ll also look at portrait styles of great masters. It’s extremely fulfilling to paint your family and friends. (8 classes).

**Instructor:** Marilyn Weiner

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**Location:** Calabasas Senior Center Art Room

### INTERMEDIATE & ADVANCED WATERCOLORS

Through this course, you will learn the fundamentals and enhanced techniques of painting with watercolors. Each student will work from their own subject material: personal photos or printed copies of other paintings or photographs. Instruction will be both at group level and individually through a critique of your work. A list of materials needed will be distributed to each student at the first class. For the first class, bring a pencil and sketchpad. (8 classes). No class 7/4.

**Instructor:** Mel Wolf

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**Location:** Calabasas Senior Center Art Room

### ACRYLIC PAINTING

Acrylics are a great choice for beginners because it is very a forgiving medium. Acrylics are water-based, which means, unlike oil paints, they can be thinned and cleaned with water. This art class will instruct in the use and techniques of painting with acrylic paints. Students choose their subject using photos or printed materials. Work your own subject at your own pace with individual instruction. Students will receive a list of needed supplies prior to the start of class. (8 classes).

**Instructor:** Wendy Koblick

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**Location:** Calabasas Senior Center Art Room
CREATIVE ARTS (CONT.)

FLUID ART PAINT POURING
Ready, set, pour! Come learn the hottest art craze right now: Acrylic Paint Pouring! This is a fun and easy art form for beginners and experienced artists! Acrylic paints are layered and poured onto canvas making one-of-a-kind creations. The possibilities are endless! Bring out your inner artist, let your creativity, and paint flow! Supply list will be provided before first class. (3 classes)

Instructor: Melanie Bickelman

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Location: Calabasas Senior Center Art Room

CREATIVE COLLAGE FOR BEGINNERS
Let’s have some fun, no experience needed. You will learn how to arrange a collage into a professional looking and ready to display piece. Either bring your own memorabilia and photos, or use the found materials that I will supply. Each student will receive individual instructions. (8 classes).

Instructor: Toby Salkin

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Location: Calabasas Senior Center Art Room

POTTERY PAINT WORKSHOP:
DONUT COFFEE MUG
Coffee and donuts are meant to go together, so how could you go wrong with a Donut-shaped coffee mug? This is such a fun project that you will get lots of compliments on! We will take you through each step by step and you will have an awesome donut shaped mug in time for your future festivities!

Instructor: Color Me Mine

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Location: Calabasas Senior Center Art Room

PUTTING THE PIECES TOGETHER!
Barbara, a forever, experimental artist is passionate about finding new ways of using creative energy to captivate others! The exciting projects will be built around using Puzzle Pieces by constructing bowls, candleholders, and perhaps inventing the most amazing images that will be considered fine art. Embrace the world of recycling shapes and peek into your artist within. (4 classes).

Instructor: Barbara Mathis

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Location: Calabasas Senior Center Multipurpose Room

POTTERY PAINT WORKSHOP:
WATERMELON BOWL
Fill your summer days with yummy food and creativity! Combine your love of both with this watermelon bowl that looks good enough to eat. This is such a fun project that you will get lots of compliments on! We will take you through each step by step and you will have a great bowl in time for your future festivities!

Instructor: Color Me Mine

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Location: Calabasas Senior Center Art Room

INTRODUCTION TO ART FOR BEGINNERS
Learn the basic elements and practices that are the foundation for success. A fun, hands-on approach to the principles and experiences that will build confidence. Learn about color, drawing, value, composition, etc. Bring a pencil and sketchpad to first class. (6 classes).

Instructor: Liz Blum

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Location: Calabasas Senior Center Art Room
EXCURSIONS

FIDM / FASHION INSTITUTE OF DESIGN AND MERCHANDISING MUSEUM
FIDM Museum’s annual costume design exhibition has become a tradition for LA locals and movie lovers. This year’s exhibition will feature a variety of film genres that represent outstanding achievement in costume design. Fan favorites as well as Academy Award nominees will be on display in celebration of the dedication and creativity of costume designers and their teams. We will have the benefit of interacting directly with a Museum Educator as well as being able to visit behind the scenes. Lunch will be on your own tab at El Cholo, a family owned Mexican Restaurant established in 1923.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8001.201 8:15am–3:30pm W 4/10 $40.00 $48.00

Location: Juan Bautista De Anza Park

CALTECH HISTORICAL ARCHITECTURAL TOUR
Caltech is a world-renowned science and engineering Institute that marshals some of the world’s brightest minds and most innovative tools to address fundamental scientific questions and pressing societal challenges. Participants will be surprised to discover how the original academic buildings and high-tech laboratories of the California Institute of Technology, one of the world’s foremost institutions of science and engineering, created an architectural footprint that relates to the surrounding community. After a brief visit to the Athenaeum, Gordon Kaufmann’s Mediterranean eclectic faculty club completed in 1931, the historic tour will explore Caltech’s original campus. Participants will see how Bertram Goodhue using “shaded portals, sheltering walls, and Persian pools” set the tone for a campus of great beauty so that scientists and engineers would become more aware of the aesthetic values of life. After we will have lunch at a local restaurant on your own tab.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8002.201 9:00am–4:00pm T 4/16 $20.00 $24.00

Location: Juan Bautista De Anza Park

CALABASAS RED TROLLEY TOUR
City representatives will be guiding this tour highlighting historical Calabasas landmarks. The Calabasas History Tour will be offered on April 20th and May 11th. The City’s red trolley will bring tour participants past landmarks related to the Old West, early moviemaking, the Roaring 1920s, the Suburban 1960’s and more. The tour visits several significant landmarks representing the Calabasas area’s rich historical diversity. Knowledgeable docents will share local facts, legend and lore at such points of interest as, Old Town Calabasas, Park Moderne, King Gillette Ranch, Calabasas Pet Cemetery and more. Seating is limited, so register early. Wear comfortable walking shoes. Join us for a group lunch after the tour. Please call the Senior Center a week before the event to get further lunch details.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8003.201 9:00am–12:00pm Sat 4/20 $10.00 $12.00
8003.202 9:00am–12:00pm Sat 5/11 $10.00 $12.00

Location: Calabasas Senior Center

LAPD EDWARD DAVIS TRAINING FACILITY
Join us for this very exciting day at the LAPD Training Facility. They have three firing ranges and a mock city where officers train for robbery and hostage situations. You might see snipers secured to helicopters, bomb squads, gun fights in action and counter terrorism measures. This training makes our “Men in Blue” better able to protect us. WEAR CLOSED TOED SHOES. After we will lunch at Joe’s Cafe’ on your own tab.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8004.201 9:30am–3:00pm W 4/24 $40.00 $48.00

Location: Juan Bautista De Anza Park

FILLMORE & WESTERN RAILWAY SCENIC JOURNEY
All aboard! Step back into a bygone era on a vintage passenger train as we travel through century-old citrus and avocado groves in the beautiful Heritage Valley. The Fillmore & Western is comprised of several restored 1930’s cars as well as an outdoor car from which we can choose. This train has been known as the Hollywood Movie Train ever since it was owned by three major studios. It has been featured in over 300 television shows and movies including Criminal Minds, CSI, and Seabiscuit. There will be two stops along the way. 1. Santa Paula business district where we can visit the California Oil Museum, Jeanette Cole Art Center, or the Agriculture Museum. 2. Loose Caboose Garden & Gift Center where we can browse the fresh produce stands, upside down garden, and koi ponds. But come hungry because we will begin our adventure with a fabulous New Orleans style breakfast at Rabalais Bistro in Santa Paula, a charming destination in itself. Enjoy their homemade recipes as well as hot, powder sugar-coated beignets with a variety of coffees or café au lait. Out of this world! On your own tab.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8005.201 8:00am–5:00pm Sat 5/11 $44.00 $53.00

Location: Calabasas Senior Center
EXCURSIONS (CONT.)

**MAMMOTHS, MASTODONS, AND TAR PITS, OH MY!!**
First, view the 3D movie, “Titans of the Ice Age,” where our Journey to a world lost in time begins. How these prehistoric creatures became trapped in tar, and are still being unearthed today, will be explained. The Excavator Tour will follow. This tour gives us the best overview of what is being done at this location as well as telling the story of LaBrea Tar Pits. Luckily, our visit will include a new traveling exhibition called Mammoths and Mastodons created by Chicago’s Field Museum of Natural History. It features life-size models and interactive displays interspersed among ice age fossils already in the museum gallery. Touching is encouraged! After we will have lunch at The Counter, Miracle Mile on your own tab.

**THE EGYPTIAN THEATRE TOUR WITH LUNCH AT MUSSO AND FRANK**
Experience the total “Old Hollywood” tour at the legendary Egyptian Theatre built in 1922. See what it would have been like to be in a Grauman stage show with a visit to the dressing rooms and singers’ boxes. Check out the state-of-the-art projection booth and more! Discover the painstaking restoration work and the marriage of modern technology with a landmark of Hollywood history. Then, continue the Old Hollywood experience, with lunch at Musso and Frank, the oldest restaurant in Hollywood.

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**Location**: Juan Bautista De Anza Park

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**NORTON SIMON MUSEUM TOUR**
The Norton Simon Museum is known around the world as one of the most remarkable private art collections ever assembled. Approximately 1,000 works from the permanent collection of 12,000 objects are on view in the Norton Simon Museum galleries and sculpture garden throughout the year. We will have a private tour led by a Museum Educator, before the museum is open to the public, of The Modern World, which covers European and some American artwork from the 19th and 20th centuries. Lunch will be on your own tab at the Garden Café’ at the museum.

**SIMI VALLEY CULTURAL CENTER PRESENTS THE DROWSY CHAPERONE**
Join us for this hysterical musical comedy. Written by Bob Martin and Don McKellar with music and lyrics by Lisa Lambert and Greg Morrison, it is a parody of American musical comedy of the 1920s. It is a winner of 5 Tony awards. After the play, we will have dinner on your own tab at The Junk Yard, always yummy and fun.

**RAGTIME AT GLENDALE CENTER THEATRE**
Ragtime, the musical, describes America at the turn of the 20th century. It confronts the contradictions of wealth and poverty, freedom and prejudice, hope and despair. It captures the beats of the American experience: the marches, the cakewalks and the ragtime. Join us for this exciting production. After we will have dinner at a local restaurant on your own tab.

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**Location**: Calabasas Senior Center

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**Location**: Calabasas Senior Center

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No refunds for excursions unless your spot can be filled from a waitlist.
### ONE FAMILY PER REGISTRATION FORM

**LAST NAME**  
**FIRST NAME**  
**EMAIL (ALL RECEIPTS WILL BE EMAILED)**

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**Method of Payment:**  
- [ ] Check  
- [ ] VISA

**CARD #**  
**EXP. DATE**  
**CVV CODE**  

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**REFUND POLICY**

1. Refund requests must be made before the beginning of the 2nd class. Processing Fee is non-refundable.
2. A full refund will be made in the event an activity is canceled by the City prior to the starting date.
3. A partial refund will be made on a pro-rated basis if a refund is requested prior to the beginning of the 2nd class.
4. Refund checks will be mailed within four to five weeks of notice.
5. Please note to the nature of excursions and cooking classes: Refunds may only be available if the reservation can be filled from a wait list.
6. Refunds will not be issued after the completion of an activity, excursion or event.

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**ONLINE REGISTRATION**

Click on the Active Network Class Registration logo.  
Member & Resident discount applied after check-out.

**MAIL-IN**

Fill in registration form and mail with full payment. Make checks payable to City of Calabasas. Mail to:  
**Calabasas Senior Center**  
Attn: Spring/Summer 2019 Registration  
300 Civic Center Way  
Calabasas, CA 91302

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**SENSITIVE RIGHTS OF REGISTRATION**

The undersigned hereby agrees to defend, indemnify, and hold harmless the City of Calabasas and its officers, employees and agents from and against any and all loss, liability charges and expenses (including attorney's fees) and costs which may arise by reason of participation in any program. (The City does not provide accident, medical, liability, workers' compensation insurance or any other insurance for program participants). As parent/guardian, I hereby consent to emergency treatment of my minor child as a result of accident or injury. I further agree to pay any and all costs incurred as a result of said treatment. I agree to carefully inspect and satisfy for myself that the facilities provided are reasonably safe for their intended use. Once having conducted the inspection, I agree to expressly assume the risk of participating at the premises. I understand the City retains the right to use photos taken during activities for publicity purposes.

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**ADULT/PARENT SIGNATURE**  
**DATE**

- [ ] I have read and understand the general release, waiver, and indemnity agreement.