NEWS AND VIEWS
SENIOR CENTER AND ADULT PROGRAMS

JANUARY AND FEBRUARY 2022

The Malibu Senior Center office and computer lab are currently closed. Programs will continue to take place at Malibu Bluffs Park.

All Los Angeles County Department of Public Health Guidelines will be followed.

City of Malibu
Community Services Department

Monday	Tuesday	Wednesday	Thursday	Friday
3 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	4 Mat Yoga 1-2pm	5 Stretch & Strength 11am-12pm	6 Pilates 11am-12pm	7 Knitting 9-10:30am Stretch & Strength 11am-12pm
10 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	11 Tech Help 10-11am Mat Yoga 1-2pm	12 Stretch & Strength 11am-12pm	13 Pilates 11am-12pm	14 Knitting 9-10:30am Stretch & Strength 11am-12pm
17 **No Programs** **Martin Luther King Jr.**	18 Mat Yoga 1-2pm	19 Stretch & Strength 11am-12pm	20 Senior Legacy Walk 9-10am Pilates 11am-12pm	21 Knitting 9-10:30am Stretch & Strength 11am-12pm
24 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	25 Mat Yoga 1-2pm	26 Stretch & Strength 11am-12pm	27 Pilates 11am-12pm	28 Knitting 9-10:30am Stretch & Strength 11am-12pm
31 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm		JANUARY		

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mat Yoga 1-2pm	2 Stretch & Strength 11am-12pm	3 Pilates 11am-12pm	4 Knitting 9-10:30am Stretch & Strength 11am-12pm
7 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	8 Tech Help 10-11am Mat Yoga 1-2pm	9 Stretch & Strength 11am-12pm	10 Pilates 11am-12pm	11 Knitting 9-10:30am Stretch & Strength 11am-12pm
14 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	15 Mat Yoga 1-2pm	16 Stretch & Strength 11am-12pm	17 Senior Legacy Walk 9-10am Pilates 11am-12pm	18 Knitting 9-10:30am Stretch & Strength 11am-12pm
21 **No Programs** **President's Day**	22 Mat yoga 1-2pm	23 Stretch & Strength 11am-12pm	24 Pilates 11am-12pm	25 Knitting 9-10:30am Stretch & Strength 11am-12pm
28 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm		FEBRUARY		

TECH HELP

Tuesdays, January 11 and February 8
10 - 11am
Malibu Bluffs Park, Michael Landon Center
Free, RSVP Required

Need help using Zoom, your phone, or desktop computer? Do you have questions about setting up virtual meetings, downloading apps, or online shopping? Senior Center staff are here to help. Meet one-on-one outdoors at Malibu Bluffs Park for help with everyday technology questions.

RSVP by Friday, January 7 for January 11 and
Friday, February 4 for February 8.
Contact MalibuSeniorCenter@MalibuCity.org or
310.456.2489 ext. 357 for assistance.

SENIOR WALK AT LEGACY PARK



Thursdays, January 20 and February 17
9 - 10am
Legacy Park
Free, RSVP Required

Staff will guide participants through Legacy Park while discussing local plants and animals. This beginner walk is a distance of 1.5 miles with primarily gravel terrain. Wear walking shoes, dress in layers, and bring water. Meet at the entrance to Legacy Park at the corner of Webb Way and Civic Center Way.

RSVP by Friday, January 14 for January 20 and
Friday, February 11 for February 17
Contact MalibuSeniorCenter@MalibuCity.org or
310.456.2489 ext. 357 for assistance.

STRETCH & STRENGTH



January 3 - 31, No class 1/17
February 2 - 28, No class 2/21
Mondays, 1 - 2pm
Wednesdays and Fridays, 11am - 12pm
Malibu Bluffs Park

Monthly pre-registration recommended, $5 per class
Maximum 10 participants

Participants will focus on increasing flexibility, balance, circulation, and muscle tone while learning to relax through breathing techniques. Bring a yoga block and mat.

Register online at MalibuCity.org/Register or
in-person at Malibu Bluffs Park.
Contact MalibuSeniorCenter@MalibuCity.org or
310.456.2489 ext. 357 for assistance.

CHAIR YOGA



Mondays, 11am - 12pm
January 3 - 31, No class 1/17
February 7 - 28, No class 2/21
Malibu Bluffs Park, Michael Landon Center

Monthly pre-registration recommended, $5 per class
Maximum 10 participants

Learn new poses, increase flexibility, and practice stretching techniques in a calm and relaxing environment.

Register online at MalibuCity.org/Register or
in-person at Malibu Bluffs Park.
Contact MalibuSeniorCenter@MalibuCity.org or
310.456.2489 ext. 357 for assistance.

MAT YOGA



Tuesdays, 1 - 2pm
January 4 - 25
February 1 - 22
Malibu Bluffs Park, Michael Landon Center

Monthly pre-registration recommended, $5 per class
Maximum 10 participants

Learn new poses, increase flexibility, and practice stretching techniques in a calm and relaxing environment. Please bring your own mat.

Register online at MalibuCity.org/Register or
in-person at Malibu Bluffs Park.
Contact MalibuSeniorCenter@MalibuCity.org or
310.456.2489 ext. 357 for assistance.

KNITTING GROUP

Mondays and Fridays, 9 - 10:30am
January 3 - 31, No class 1/17
February 4 - 28, No class 2/21
Malibu Bluffs Park, Michael Landon Center
Free

Make a scarf, hat, blanket, or homemade gift. No experience is necessary. Please bring your own size eight needles and one skein of yarn. This is an ongoing, drop-in program. Instructed by Sheila Rosenthal.

No pre-registration is required. Maximum 10 participants.

Contact MalibuSeniorCenter@MalibuCity.org or 310.456.2489 ext. 357 for additional information.

PILATES

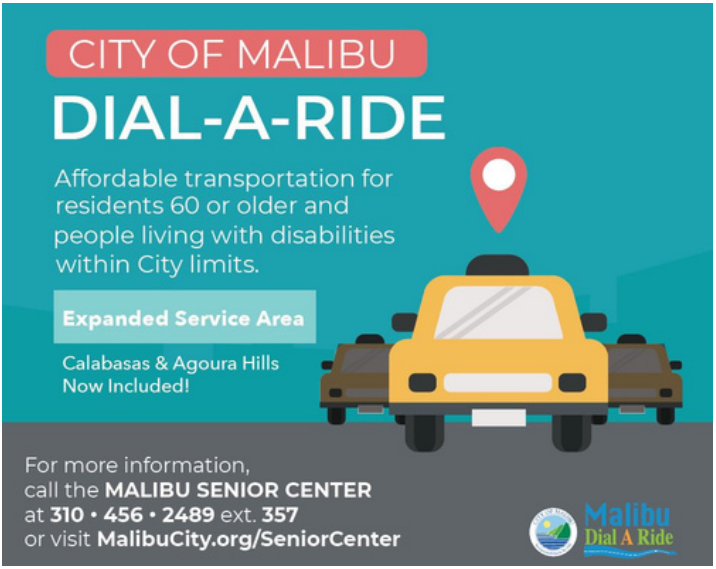
Thursdays, 11am - 12pm
January 6 - 27
February 3 - 24
Malibu Bluffs Park, Michael Landon Center

Monthly pre-registration recommended, $5 per class
Maximum 10 participants

Relax, refresh, and build core strength. Please bring a yoga mat and wear comfortable clothes.

Register online at MalibuCity.org/Register or
in-person at Malibu Bluffs Park.
Contact MalibuSeniorCenter@MalibuCity.org or
310.456.2489 ext. 357 for assistance.

DIAL - A - RIDE



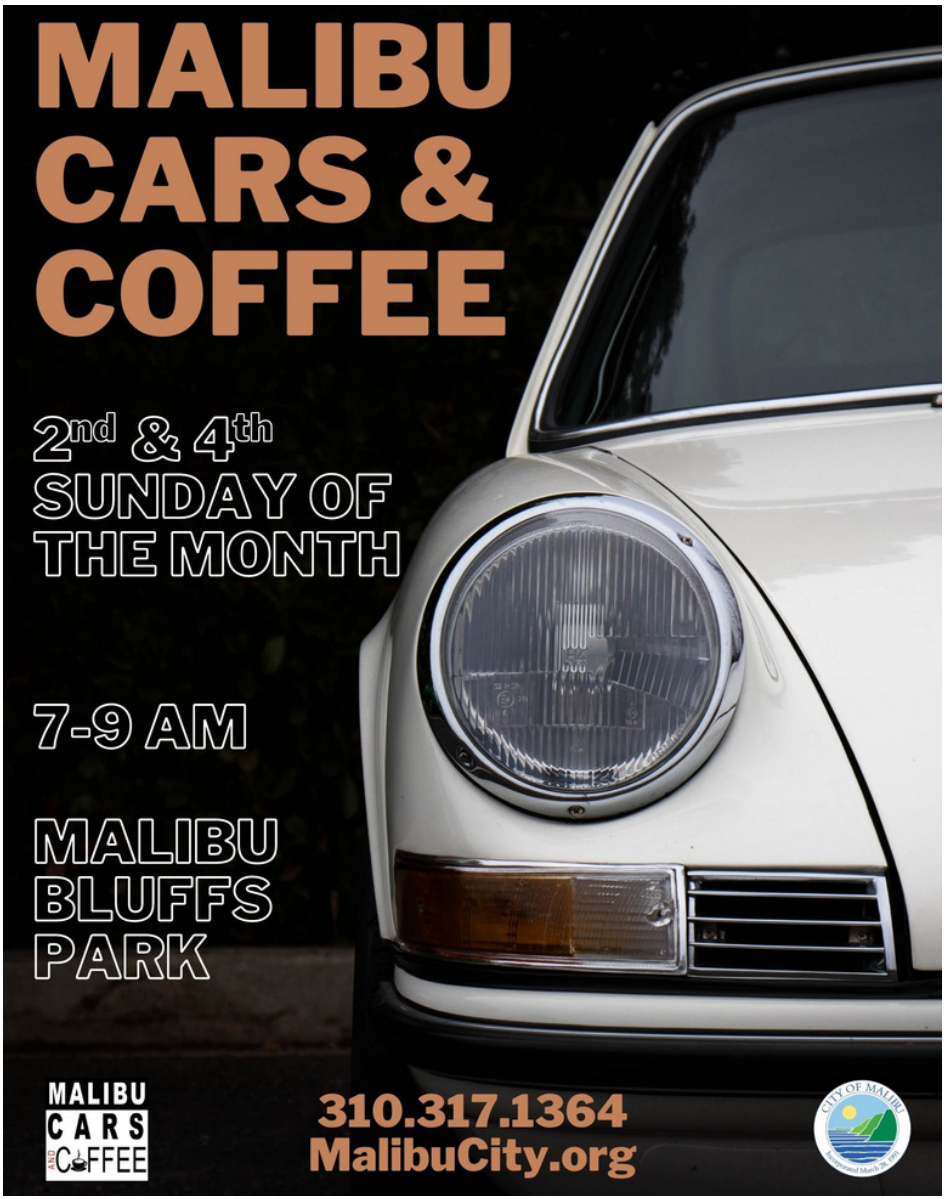
The City has expanded the boundaries and program hours for Dial-A-Ride Services, effective January 2022.

Services now include the City of Agoura Hills and the City of Calabasas (North of Las Virgenes Canyon Road).

Program hours are from Monday through Thursday, 8:00 AM – 5:00 PM, and Friday 8:00 AM to 4:00 PM.

For more information, visit MalibuCity.org/SeniorCenter or contact 310.456.2489 ext. 357.

CARS AND COFFEE



LAP SWIM



Lap swim is available seven days a week at the Malibu Community Pool, located at Malibu High School. Shallow end and deep end lanes are available on a first-come, first-served basis. MalibuCity.org/Aquatics.

Ages 18 - 54, $3 per adult
Ages 55+, Free

Mondays, 6 - 8pm
Tuesdays, 6 - 8:30pm
Wednesdays, 6 - 8pm
Thursdays, 7 - 8pm
Fridays, 4:30 - 8pm
Saturdays and Sundays, 9am - 3pm

HAZARDOUS & E-WASTE COLLECTION

Saturday, February 19
10am - 2pm
Malibu City Hall, Parking Lot

Properly dispose of certain types of household hazardous waste (HHW) and electronic waste. All containers must be clearly labeled to identify the contents. Maximum amount of paint/motor oil accepted is 15 gallons or 125 pounds per trip. All attendees must wear a face covering and remain in their vehicles with windows closed, if possible. Event staff will only remove household hazardous and electronic waste from your trunk/pick-up bed.

Contact 310.456.2489 for more information.