NEWS AND VIEWS

SENIOR CENTER AND ADULT PROGRAMS

MARCH 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

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cardio Salsa 11:30am-12:30pm Mat Yoga 1-2pm	2 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	3 Pilates 11am-12pm	4 Knitting 9-10:30am Stretch & Strength 11am-12pm Portrait Painting 12:30-3:30pm
7 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	8 Tech Help 10-11am Cardio Salsa 11:30am-12:30pm Mat Yoga 1-2pm	9 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	10 Legacy Walk 9-10am Pilates 11am-12pm	11 Knitting 9-10:30am Stretch & Strength 11am-12pm Portrait Painting 12:30-3:30pm
14 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	15 Cardio Salsa 11:30am-12:30pm Mat Yoga 1-2pm	16 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	17 Pilates 11am-12pm	18 Knitting 9-10:30am St. Patrick's Day Drive-By Breakfast 10:30am-12:30pm Stretch & Strength 11am-12pm Portrait Painting 12:30-3:30pm
21 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	22 Senior Game Day 9:30-11am Cardio Salsa 11:30am-12:30pm Mat Yoga 1-2pm	23 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	24 Pilates 11am-12pm Art Trek 1-3pm	25 Knitting 9-10:30am Stretch & Strength 11am-12pm Portrait Painting 12:30-3:30pm
28 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	29 Cardio Salsa 11:30am-12:30pm Mat Yoga 1-2pm	30 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	31 Pilates 11am-12pm	

TECH HELP

Tuesday, March 8
10 - 11am, Free, RSVP Required
Malibu Bluffs Park, Michael Landon Center

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.

LEGACY WALK

Thursday, March 10
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.

STRETCH & STRENGTH

March 2 - 30, Malibu Bluffs Park
Mondays, 1 - 2pm
Wednesdays and Fridays, 11am - 12pm
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. Instructed by Marsha Cooper.

GENTLE MAT PILATES

Thursdays, 11am - 12pm
March 3 - 31
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. Instructed by Ann Monahan.

CHAIR YOGA

Mondays, 11am - 12pm
March 7 - 28
Malibu Bluffs Park, Michael Landon Center
Monthly pre-registration recommended, $5 per class
Maximum 10 participants

Yoga is a wonderful way to stretch the body and calm the mind. Get fit while you sit! Join this peaceful hour of exercise.

MAT YOGA

Tuesdays, 1 - 2pm
March 1 - 29
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. Bring your own yoga mat.

KNITTING GROUP

Mondays and Fridays, 9 - 10:30am
March 4 - 28
Malibu Bluffs Park, Michael Landon Center
FREE-No pre-registration is required. Maximum 10 participants.

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.

ART TREK

Thursday, March 24, 1 - 3pm
Malibu Bluffs Park, Michael Landon Center
Pre-registration recommended, $5 per class & $10 material fee due at the start of class. Maximum 10 participants

Let's celebrate the Chinese New Year of the Tiger! This watercolor project will focus on value. This is a one time, monthly program. Instructed by Lorelle Paterson.

CARDIO SALSA

Tuesdays, 11:30am - 12:30pm
March 1 - 29
Malibu Bluffs Park, Michael Landon Center
Monthly pre-registration recommended, $5 per class.
Maximum 10 participants

An energetic Latin dance workout that incorporates salsa, cha-cha, and merengue in an easy-to-follow format. Rhumba and Argentine Tango steps are incorporated in the cool down. No dance experience necessary. Instructed by Jackline Daneshrad.

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
March 2 - 30
Malibu Bluffs Park, Michael Landon Center
Monthly pre-registration recommended, free class. Maximum 10 participants

Did you know that coloring helps relieve stress? The act of coloring activates different areas of the brain, using logic, forming colors, and creativity. Join this free, unstructured program. Instructed by Judy Merrick.

PORTRAIT PAINTING

Fridays, 12:30 - 3:30pm
March 4 - 25
Malibu Bluffs Park, Michael Landon Center
Monthly pre-registration recommended, $5 per class
Maximum 10 participants

Learn the mysteries of classical portrait painting, limited palette, shadow patterns, and sight-size technique. Participants also have the option of creating a self-portrait. Bring a photo, easel, materials for oil painting or water based painting, and a drop cloth for the table. Instructed by Inger Hodgson.

SENIOR GAME DAY

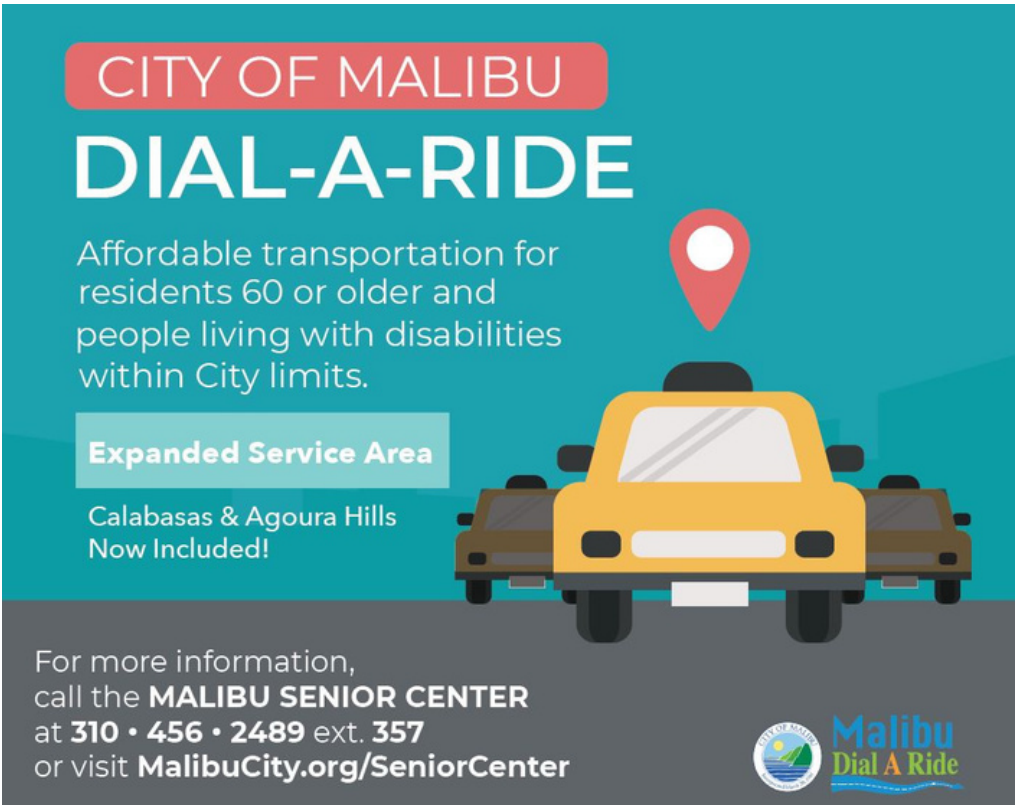
Tuesday, March 22, 9:30 - 11am
Free, RSVP Required, Maximum 10 participants
Malibu Bluffs Park, Michael Landon Center

Are you looking for a new way to socialize with fellow seniors? Join Recreation Coordinator, Amanda Rigali for a fun morning of games and puzzles! This is the perfect opportunity to mingle with fellow Senior Center members and meet new friends.

Friday, March 18, 10:30am - 12:30pm
Malibu Bluffs Park, Parking Lot
24250 Pacific Coast Highway
Free for Malibu Senior Center Members

Happy St. Patrick's Day from the Malibu Senior Center! Follow the rainbow to Malibu Bluffs Park to receive a themed breakfast treat, goodie bag, and to say hello to staff.

RSVP by Friday, March 11
Maximum: 50 participants *RSVP Required
RSVP by contacting, Amanda Rigali at
MalibuSeniorCenter@MalibuCity.org or 310.456.2489 ext. 357



To register for any program visit online at MalibuCity.org/Register or in-person at Malibu Bluffs Park.

For more information or to RSVP for a program, contact MalibuSeniorCenter@MalibuCity.org or 310.456.2489 ext. 357.