NEWS AND VIEWS

SENIOR CENTER AND ADULT PROGRAMS

APRIL 2022

SENIOR CENTER REOPENING FRIDAY, APRIL 1

City of Malibu
Community Services Department
Senior Center Hours: Monday - Friday, 9AM - 4PM

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Knitting 9-10:30am @ SC Stretch & Strength 11am-12pm @ Bluffs
4 Knitting 9-10:30am @ SC Chair Yoga 11am-12pm @ SC Stretch & Strength 1-2pm @ Bluffs	5 Cardio Salsa 11:30am-12:30pm @ SC Mat Yoga 1-2pm @ SC	6 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @ SC	7 Pilates 11am-12pm @ SC	8 Knitting 9-10:30am @ SC Stretch & Strength 11am-12pm @ Bluffs
11 Knitting 9-10:30am @ SC Chair Yoga 11am-12pm @ SC Stretch & Strength 1-2pm @ Bluffs	12 Tech Help 10-11am @ SC Cardio Salsa 11:30am-12:30pm @ SC Mat Yoga 1-2pm @ SC	13 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @ SC	14 Legacy Walk 9-10am Pilates 11am-12pm @ SC	15 Knitting 9-10:30am @ SC Stretch & Strength 11am-12pm @ Bluffs
18 Knitting 9-10:30am @ SC Chair Yoga 11am-12pm @ SC Stretch & Strength 1-2pm @ Bluffs	19 Point Dume Hike 9:30-11am Cardio Salsa 11:30am-12:30pm @ SC Mat Yoga 1-2pm @ SC	20 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @ SC	21 Pilates 11am-12pm @ SC Cardio Salsa 12:30-1:30pm @ SC	22 Knitting 9-10:30am @ SC Stretch & Strength 11am-12pm @ Bluffs
25 Knitting 9-10:30am @ SC Chair Yoga 11am-12pm @ SC Stretch & Strength 1-2pm @ Bluffs	26 Cardio Salsa 11:30am-12:30pm @ SC Mat Yoga 1-2pm @ SC	27 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @ SC	28 Pilates 11am-12pm @ SC Cardio Salsa 12:30-1:30pm @ SC Art Trek 1-3pm @ SC	29 Knitting 9-10:30am @ SC Spring/Earth Day Giveaway 10:30am-12:30pm @ SC Stretch & Strength 11am-12pm @ Bluffs

TECH HELP

Tuesday, April 12
10 - 11am, Free, RSVP Required
Located at Malibu Senior 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, April 14
9 - 10am, Free, RSVP Required
Located at Legacy Park

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

Mondays, 1 - 2pm
Wednesdays and Fridays, 11am - 12pm
April 1 - 29
Monthly pre-registration recommended, $5 per class.
Located at Malibu Bluffs Park

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
April 7 - 28
Monthly pre-registration recommended, $5 per class
Located at Malibu Senior Center

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

CHAIR YOGA

Mondays, 11am - 12pm
April 4 - 25
Monthly pre-registration recommended, $5 per class
Located at Malibu Senior Center

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

MAT YOGA

Tuesdays, 1 - 2pm
April 5 - 26
Monthly pre-registration recommended, $5 per class
Located at Malibu Senior Center

Learn new poses, increase flexibility, and practice stretching techniques in a calm and relaxing environment. Bring your own yoga mat. Instructed by Daya Chrans.

KNITTING GROUP

Mondays and Fridays, 9 - 10:30am
April 1 - 29
Free, No pre-registration is required.
Located at Malibu Senior Center

Make a scarf, hat, blanket, or homemade gift. No experience is necessary. This is an ongoing, drop-in program. Instructed by Sheila Rosenthal.

ART TREK

Thursday, April 28, 1 - 3pm
Pre-registration recommended, $5 per class & $10 material fee due at the start of class. Maximum 10 participants.
Located at Malibu Senior Center

Participants will use foil to emulate carved tin and create Mexican Milagro Hearts. This is a one time, monthly program. Instructed by Lorelle Paterson.

CARDIO SALSA

Tuesdays, April 5 - 26, 11:30am - 12:30pm
Thursdays, April 21 & 28, 12:30-1:30pm
Monthly pre-registration recommended, $5 per class.
Located at Malibu Senior Center, Backstage Room

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
April 6 - 27
Free, No pre-registration is required.
Located at Malibu Senior Center

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.

COMPUTER LAB

Monday - Friday, 9am - 4pm
April 1 - 29
Located at Malibu Senior Center

The Senior Center Computer Lab is open Monday - Friday from 9am - 4pm. The lab has three computers and one printer for public use. The computers can be used to surf the web, do research, check your email, social media, or create Word documents. Please provide your own paper for printing.

POINT DUME HIKE

Tuesday, April 19, 9:30 - 11am
Free, RSVP Required

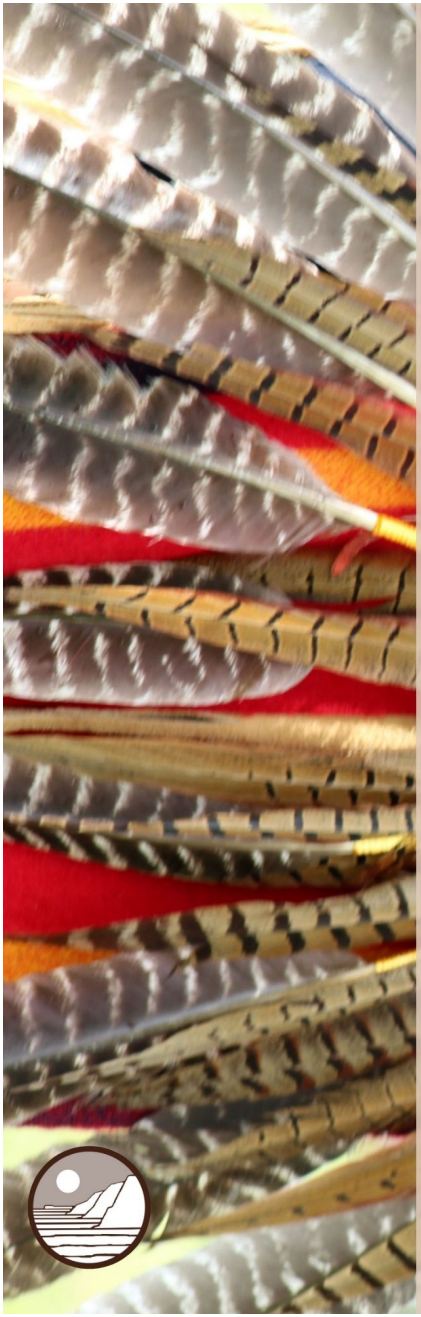
Join Recreation Coordinator, Amanda Rigali for a hike on the Point Dume Cove Trail. This oceanfront trail leads hikers to spectacular views of the Southern California coastline. At 1.5-miles round-trip, the trail makes for a lovely adventure at the beach! Wear walking shoes, dress in layers, and bring water. Participants will meet Amanda at the trailhead. Call 310.456.2489 ext. 357 for more details.

Friday, April 29, 10:30am - 12:30pm
Malibu Senior Center Patio
Free for Malibu Senior Center Members

Celebrate Spring and Earth Day with the Malibu Senior Center! Stop by the outdoor patio next to the Senior Center to receive a goodie bag and to say hello to staff.

RSVP by Friday, April 22
Maximum: 50 participants *RSVP Required
RSVP by contacting, Amanda Rigali at MalibuSeniorCenter@MalibuCity.org or 310.456.2489 ext. 357

CHUMASH DAY



22nd Annual Chumash Day

NATIVE AMERICAN POWWOW & INTERTRIBAL GATHERING

Saturday, April 9
10am - 6pm

Malibu Bluffs Park
24250 Pacific Coast Highway

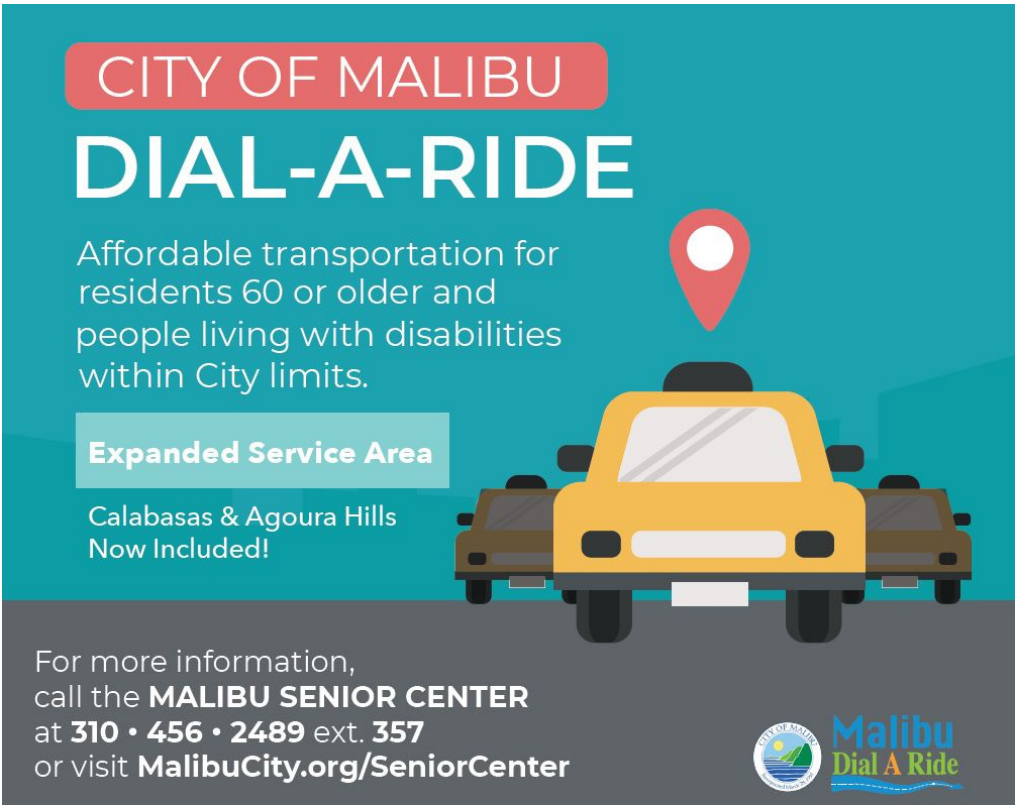
Free admission

Open to the public

All dancers, drums, and singers welcome

Free shuttle, parking, and rideshare options available at:
23575 Civic Center Way

310.317.1364
MalibuCity.org/ChumashDay



Fresh coffee will be served at the Senior Center from 9am to 3pm.

To register for any program visit MalibuCity.org/Register or see staff in-person at Malibu Bluffs Park or the Senior Center.

For more information contact MalibuSeniorCenter@MalibuCity.org or 310.456.2489 ext. 357.