NEWS AND VIEWS

SENIOR CENTER AND ADULT PROGRAMS

MAY 2022

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

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
2 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	3 Cardio Salsa 12:15-1:15pm Mat Yoga 1-2pm Bridge 2:15-4pm	4 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	5 Ballet 9-10am Tap 10-11am Build Your Own Mother's Day Flower Bouquet 10:30am-12:30pm Pilates 11am-12pm Cardio Salsa 12:15-1:15pm	6 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
9 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	10 Tech Help 10-11am Cardio Salsa 12:15-1:15pm Mat Yoga 1-2pm Bridge 2:15-4pm	11 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	12 Legacy Walk 9-10am Ballet 9-10am Tap 10-11am Pilates 11am-12pm Cardio Salsa 12:15-1:15pm	13 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
16 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	17 Cardio Salsa 12:15-1:15pm Mat Yoga 1-2pm Bridge 2:15-4pm	18 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	19 Ballet 9-10am Tap 10-11am Pilates 11am-12pm Cardio Salsa 12:15-1:15pm	20 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
23 Knitting 9-10:30am @ Bluffs Chair Yoga 11am-12pm @ Bluffs Stretch & Strength 1-2pm @ Bluffs	24 Cardio Salsa 12:15-1:15pm Mat Yoga 1-2pm @Bluffs	25 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @Bluffs Bridge 2:15-4pm @ Bluffs	26 Ballet 9-10am Tap 10-11am Pilates 11am-12pm Cardio Salsa 12:15-1:15pm Art Trek 1-3pm @ Bluffs	27 Knitting 9-10:30am @ Bluffs Stretch & Strength 11am-12pm @ Bluffs Market Beat 1-2pm @ Bluffs
30 **NO programs-Memorial Day** **Senior Center Closed**	31 Cardio Salsa 12:15-1:15pm Mat Yoga 1-2pm @ Bluffs			

TECH HELP

Tuesday, May 10
10 - 11am, Free, RSVP Required
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, May 12
9 - 10am, Free, RSVP Required
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 corner of Webb Way and Civic Center Way.

COMPUTER LAB

Monday - Friday, 9am - 4pm
May 2 - 31
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.

STRETCH & STRENGTH

Mondays, 1 - 2pm
Wednesdays and Fridays, 11am - 12pm
May 2 - 27
Malibu Bluffs Park
Monthly pre-registration recommended,
$5 per class.

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.

CHAIR YOGA

Mondays, 11am - 12pm
May 2 - 23
Malibu Senior Center
Monthly pre-registration recommended,
$5 per class

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
May 3 - 31
Malibu Senior Center
Monthly pre-registration is recommended,
$5 per class

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

BALLET

Thursdays, 9 - 10am
May 5 - 26
Malibu City Hall - Backstage Room
Monthly pre-registration is recommended,
$5 per class

Develop better posture and improve balance, flexibility, and circulation during this one-hour class. The instructor will also focus on body awareness, coordination, and stretching techniques. Please wear workout clothes and ballet shoes. No experience is necessary. Instructed by Ann Monahan.

TAP DANCE

Thursdays, 10 - 11am
May 5 - 26
Malibu City Hall - Backstage Room
Monthly pre-registration is recommended,
$5 per class

Explore the beginning steps and nuances of tap dancing. Build strength and experience great aerobic exercise. Tap shoes are required and beginner students are welcome. No experience is necessary. Instructed by Ann Monahan.

PILATES

Thursdays, 11am - 12pm
May 5 - 26
Malibu City Hall - Backstage Room
Monthly pre-registration is recommended,
$5 per class

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

CARDIO SALSA

Tuesdays and Thursdays, 12:15 - 1:15pm
May 3 - 31
Malibu City Hall - Backstage Room
Monthly pre-registration is recommended, $5 per class

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
May 4 - 25
Malibu Senior Center
Free, No pre-registration is required

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.

ART TREK

Thursday, May 26, 1 - 3pm
Malibu Senior Center
Pre-registration recommended $5 per class and $10 material fee due at the start of class. Maximum 10 participants.

Create unique works of art using a variety of materials inspired by a new theme each month. The May theme is "Shade and Shadow Floral". This is a one-time, monthly program. Instructed by Lorelle Paterson.

KNITTING

Mondays and Fridays, 9 - 10:30am
May 2 - 27
Malibu Senior Center
Free, No pre-registration is required

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

BRIDGE

Tuesdays and Wednesdays, 2:15 - 4pm
May 3 - 31
Malibu Senior Center
Free, No pre-registration is required

This is a relaxed bridge group that is open to all levels. Join fun and friendly games on Tuesday and Wednesday afternoons.

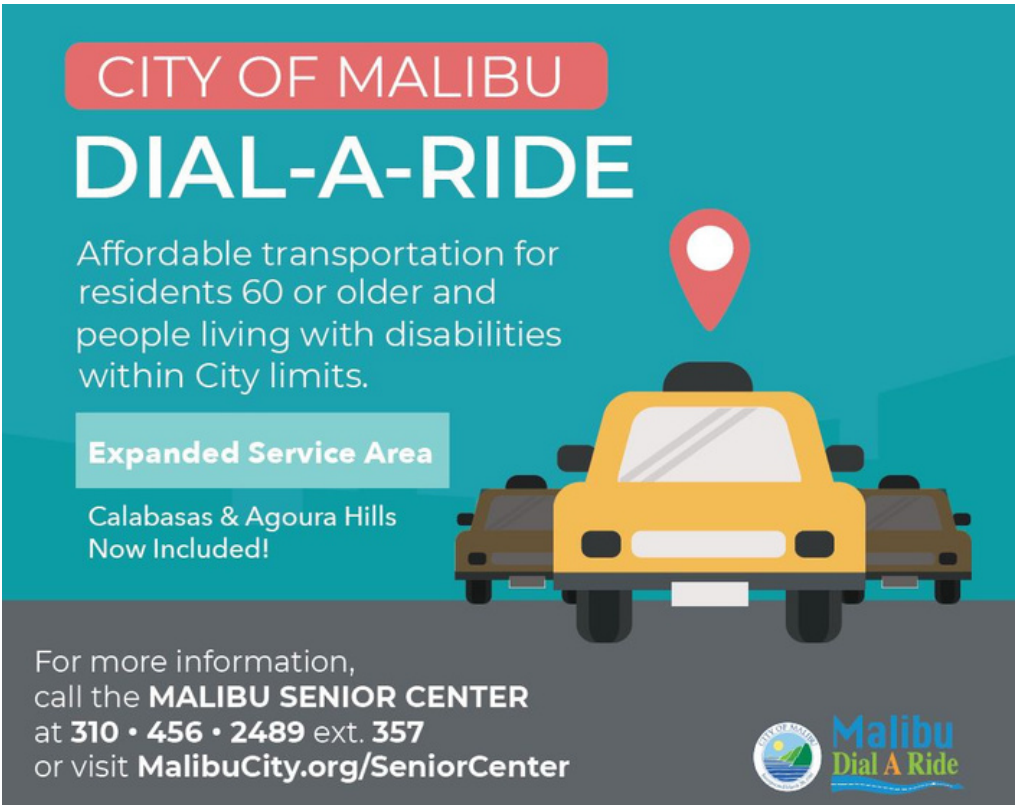
SENIOR CENTER SCHEDULE UPDATE

The Senior Center will be utilized as a Los Angeles County Vote Center from May 23 - June 10, 2022. During this time, some classes and programs will be moved to the Michael Landon Center at Malibu Bluffs Park. Please be sure to review the monthly schedule, on page 2 of the newsletter, to see which classes will be held in the Michael Landon Center. The Computer Lab will still be open at its regular scheduled time during these dates. If you have any questions please call the Malibu Senior Center at (310) 456-2489 ext. 357 or email MalibuSeniorCenter@MalibuCity.org

Thursday, May 5, 10:30am - 12:30pm
Malibu Senior Center - Patio
Free for Malibu Senior Center Members

Celebrate Mother's Day by building a flower bouquet. Gift the bouquet to a special person in your life, or keep the bouquet for yourself. Join Senior Center staff on the patio for this fun activity.

RSVP by Wednesday, May 4
Maximum: 25 participants *RSVP Required
RSVP by contacting MalibuSeniorCenter@MalibuCity.org
or 310.456.2489 ext. 357



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.