NEWS AND VIEWS

SENIOR CENTER AND ADULT PROGRAMS

JUNE 2022

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

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
The Senior Center will be closed June 1 - 10. Some classes have been moved to Bluffs Park. Please review the monthly schedule to see which classes will be held at the Michael Landon Center. The Computer Lab will still be open at the Senior Center from 9am - 4pm.		1 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @ Bluffs Bridge 2:15-4pm @ Bluffs	2 Ballet 9-10am Tap 10-11am Pilates 11am-12pm Cardio Salsa 12:15-1:15pm	3 Knitting 9-10:30am @ Bluffs Stretch & Strength 11am-12pm @ Bluffs
6 Knitting 9-10:30am @ Bluffs Chair Yoga 11am-12pm @ Bluffs Stretch & Strength 1-2pm @ Bluffs	7 Cardio Salsa 12:15-1:15pm Mat Yoga 1-2pm @ Bluffs	8 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @ Bluffs Bridge 2:15-4pm @ Bluffs	9 Ballet 9-10am Tap 10-11am Pilates 11am-12pm Cardio Salsa 12:15-1:15pm	10 Knitting 9-10:30am @ Bluffs Stretch & Strength 11am-12pm @ Bluffs
13 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	14 Tech Help 10-11am Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm Bridge 2:15-4pm	15 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	16 Pilates 11am-12pm Kick Off to Summer Lunch 11:30 @ Bluffs Aqua Aerobics 12-12:45pm @ Pool Theater Thursday 1-3:30pm	17 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
20 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	21 Silver Fox Walk 9:30-11am @ Legacy Park Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm Bridge 2:15-4pm	22 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	23 Pilates 11am-12pm Aqua Aerobics 12-12:45pm @ Pool Art Trek 1-3pm	24 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
27 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	28 Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm Bridge 2:15-4pm	29 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	30 West Basin Water District Presentation 10-11am Pilates 11am-12pm Aqua Aerobics 12-12:45pm @ Pool	

TECH HELP

Tuesday, June 14
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 at the Senior Center for help with everyday technology questions.

SILVER FOX WALK

Tuesday, June 21
9:30 - 11am, Free, RSVP Required
Legacy Park

Staff will guide participants through a Malibu park while discussing local plants and animals. These beginner walks are 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
June 1 - 30
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
June 1 - 29
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
June 6 - 27*
Malibu Senior Center
June 6 class held at Malibu Bluffs Park
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
June 7 - 28*
Malibu Senior Center
June 7 class held at Malibu Bluffs Park
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
June 2 & 9
Malibu City Hall - Backstage Room
$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. *The time and location of class will change after June 9. Please call the Malibu Senior Center for updated information.*

TAP DANCE

Thursdays, 10 - 11am
June 2 & 9
Malibu City Hall - Backstage Room
$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. *Time and location of class will change after June 9. Please call the Malibu Senior Center for updated information*.

PILATES

Thursdays, 11am - 12pm
June 2 - 30
Malibu Senior Center
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
June 2, 7, & 9
Malibu City Hall - Backstage Room
$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. *Time and location of class will change after June 9. Please call the Malibu Senior Center for updated information.*

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
June 1 - 29*
Malibu Senior Center
***June 1 & 8 class held at Malibu Bluffs Park**
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, June 23, 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 June theme is "Peculiar Portraits". This is a one-time, monthly program. Instructed by Lorelle Paterson.

KNITTING

Mondays and Fridays, 9 - 10:30am
June 3 - 27*
Malibu Senior Center
June 3, 6, & 10 class held at Malibu Bluffs Park
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
June 1 - 29*
Malibu Senior Center
June 1 & 8 class held at Malibu Bluffs Park
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.

AQUA AEROBICS

Tuesdays and Thursdays, 12 - 12:45pm
June 14 - 30
Malibu Community Pool
$5 per class

Jump into aqua aerobics to build cardiovascular fitness and strength. Aqua aerobics is a blend of cardio and resistance training in a low-impact format to increase flexibility, range of motion, and overall strength while keeping your joints safe. This program is suitable for all fitness levels from beginners to conditioned athletes. Instructed by Community Services Department staff.

THEATER THURSDAY

Thursday, June 16, 1 - 3:30pm
Malibu Senior Center
Free, No pre-registration is required

Lights, camera, action! Enjoy a complimentary movie and popcorn.

This month's movie is: *King Richard, (PG-13)*
A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father, Richard Williams.

Thursday, June 30, 10 - 11am
Malibu Senior Center
Free, Pre-registration is required

WEST BASIN WATER DISTRICT

The State of California once again finds itself in the midst of a severe drought, with historically dry conditions expected to continue indefinitely. West Basin Municipal Water District and its retail agencies continue to be prepared to manage multi-year droughts. However, present conditions are dire and highlights the need for everyone to use water wisely. West Basin will share updates on current drought conditions, what the District is doing to address the drought, and information about the variety of water conservation incentive programs available to local residents and businesses.

JULY EXCURSION

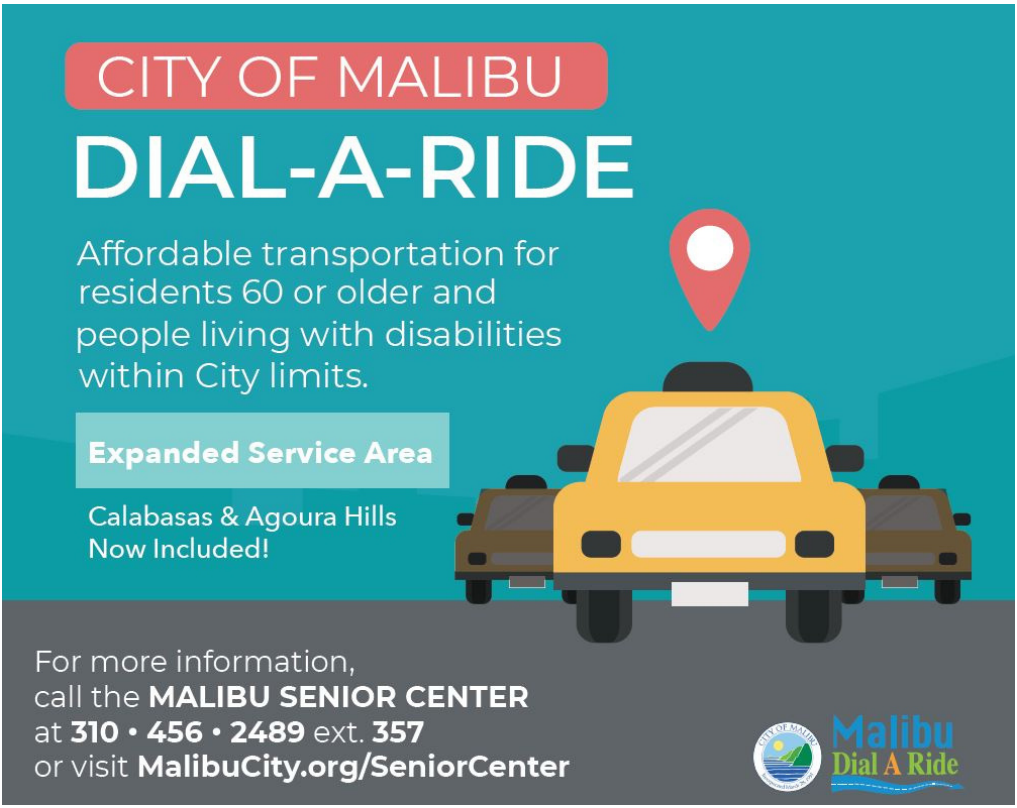
Academy Museum of Motion Pictures
Wednesday, July 20, 9am
$50 (lunch not included)
Registration opens June 15 at 9am
Deadline to register is July 15 (or until full)
Maximum Participants: 15

Experience a three-floor exhibition presenting the diverse, international, and complex stories of moviemakers and the works they create. Afterwards enjoy lunch at Fanny's Restaurant, the museum's restaurant and cafe.

Thursday, June 16, 11:30am
Malibu Bluffs Park
Free for Malibu Senior Center Members

Kick off Summer with Senior Center Staff at Malibu Bluffs Park. Learn about upcoming programs, lectures, and events. Participants will receive a free boxed lunch that they can eat in the park, or take to go.

RSVP by Friday, June 10
Maximum: 50 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.