NEWS AND VIEWS

SENIOR CENTER AND ADULT PROGRAMS

JULY 2022

City of Malibu

Community Services Department

Senior Center Hours: Monday - Friday, 9AM - 4PM

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Knitting 9-10:30am Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Stretch & Strength 11am-12pm @Bluffs
4 ***Senior Center Closed*** ***Happy 4th of July!***	5 Choir 10-11am Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm	6 Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	7 Aqua Aerobics 12-12:45pm @ Pool	8 Knitting 9-10:30am Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Stretch & Strength 11am-12pm @Bluffs Autobiography 1-2pm
11 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	12 Tech Help 9-10am Choir 10-11am Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm	13 Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	14 Ice Cream Social 11:30am-1pm Aqua Aerobics 12-12:45pm @ Pool	15 Knitting 9-10:30am Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Stretch & Strength 11am-12pm @Bluffs Autobiography 1-2pm
18 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	19 Silver Fox Walk 9-10am @ Las Flores Creek Park Choir 10-11am Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm	20 ***Excursion 9am-4pm @ Bluffs*** Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	21 Aqua Aerobics 12-12:45pm @ Pool Theater Thursday 1-3pm	22 Knitting 9-10:30am Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Stretch & Strength 11am-12pm @Bluffs Autobiography 1-2pm
25 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	26 Choir 10-11am Hearing Heal Screening 11:30am-12:30pm Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm	27 Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	28 Healthy Brain Habits Presentation 9:30-10:30am Aqua Aerobics 12-12:45pm @ Pool Art Trek 1-3pm	29 Knitting 9-10:30am Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Stretch & Strength 11am-12pm @Bluffs Autobiography 1-2pm

TECH HELP

Tuesday, July 12
9 - 10am, 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, July 19
9 - 10am, Free, RSVP Required
Las Flores Creek 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

COMPUTER LAB

Monday - Friday, 9am - 4pm
July 1 - 29
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
July 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
July 11 - 25
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
July 5 - 26
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

Fridays, 9 - 10am
July 1 - 29
Malibu Bluffs Park, Michael Landon Center
$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

Fridays, 10 - 11am
July 1 - 29
Malibu Bluffs Park, Michael Landon Center
$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

Fridays, 11am - 12pm
July 1 - 29
Malibu Bluffs Park, Michael Landon Center
$5 per class

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

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
July 6 - 27
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.

KNITTING

Mondays and Fridays, 9 - 10:30am
July 1 - 29
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.

ART TREK

Thursday, July 28, 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 July theme is "Amate Paper Folk Art Painting". Participants will create their own folk art painting on real amate paper. This is a one-time, monthly program. Instructed by Lorelle Paterson.

BRIDGE

Wednesdays, 2:15 - 4pm
July 6 - 27
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 Wednesday afternoons.

AQUA AEROBICS

Tuesdays and Thursdays, 12 - 12:45pm
July 5 - 28
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, July 21, 1 - 3pm
Malibu Senior Center
Free, No pre-registration is required

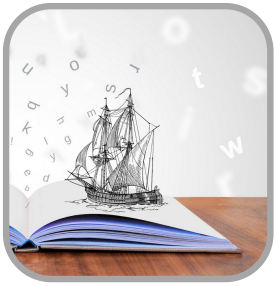
Lights, camera, action! Enjoy a complimentary movie and popcorn.

This month's movie is: *Marry Me, (PG-13)*
A betrayed pop star (Jennifer Lopez), slated to marry her pop star fiance (Maluma) on stage, instead marries a stranger from the audience - a high school math teacher (Owen Wilson). Against the odds, their sham relationship develops into something real but can their love survive the limelight?

NEW PROGRAMS

AUTOBIOGRAPHY

Fridays, 1 - 2pm, July 8 - 29
Malibu Senior Center
$5 per class



This class helps older adults review and integrate the experiences that have shaped their lives, share memories with peers, and create a record of events for themselves and their families. Older adults will achieve a sense of pride in their accomplishments, improve their writing abilities, and express themselves in writing that can be shared with friends and family. Instructed by Tracy Weirick.

CHOIR

Tuesdays, 10 - 11am, July 5 - 26
Malibu Senior Center
$10 per month for sheet music

Join an upbeat choir group and learn the fundamentals of singing and performing different styles of music. This is a great opportunity for socialization, self-expression, and learning through music. All levels are welcome. Instructed by Laura DeMieri Fercano

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TAI CHI

Wednesdays, 9:30 - 10:30am
July 6 - 27
Malibu Senior Center
$5 per class

The class will provide participants with instruction in a series of sequential tai chi yang style movements designed to enhance balance, strength, and flexibility while relieving stress and muscle tension. Emphasis is on easy to learn, gentle, continuous movements that are safe and effective for beginners. Instructed by Martine Jozan Work.

EDUCATIONAL LECTURES

HEARING HEALS

Tuesday, July 26, 11:30am - 12:30pm
Malibu Senior Center
Free, Pre-registration is required

Join Wanda Eurasquin, Licensed Hearing Aid Specialist, for a lecture on everything you need to know about hearing loss and treatment. Wanda will speak about when you should consider getting a hearing test, the consequences that come with not treating hearing loss, assisted listening devices/hearing aids, and so much more! A sandwich lunch will be provided. RSVP required.

HEALTHY BRAIN HABITS

Thursday, July 28, 9:30 - 10:30am
Malibu Senior Center
Free, Pre-registration is required

Interested in tips for keeping your brain healthy? Join Alzheimer's Los Angeles to learn about age-related changes in memory and thinking, risk factors for dementia, and ways to keep your brain healthy. The class focuses on six pillars of brain health and offers practical tips for developing healthy brain habits. Instructed by Alzheimer's Los Angeles Community Education Director, Roxy Kirakosyan. Breakfast snacks will be provided. RSVP required.

40 YEAR ANNIVERSARY
Alzheimer's LOS ANGELES

AUGUST EXCURSION

Los Angeles Public Library
Art & Architecture Tour
Wednesday, August 24, 9:30am - 3pm
$35 (lunch not included)
Registration opens July 11 at 9am
Deadline to register is August 12 (or until full)
Maximum Participants: 15

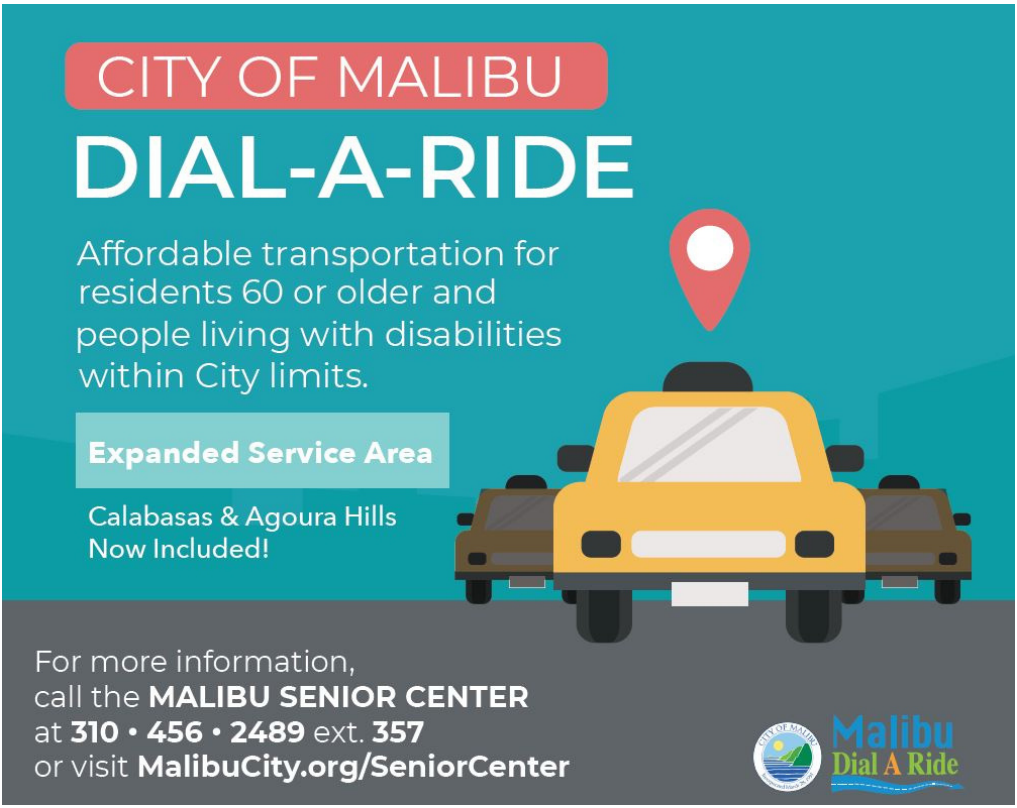
Experience a docent-led one-hour tour of the LA Public Library. The tour includes the art and architecture of both the historic 1926 Bertram Goodhue Building and the 1993 Tom Bradley Wing. Afterwards, enjoy lunch and explore the Los Angeles Grand Central Market.

Ice Cream Social

THURSDAY, JULY 14
11:30 AM - 1 PM
MALIBU CITY HALL, SENIOR CENTER PATIO

COOL OFF ON A HOT SUMMER DAY WITH ICE CREAM ON THE MALIBU SENIOR CENTER PATIO. PARTICIPANTS CAN MAKE THEIR OWN ICE CREAM SUNDAE AND SOCIALIZE WITH FELLOW SENIOR CENTER MEMBERS.

For more information or to RSVP contact the Malibu Senior Center at 310.456.2489 ext. 357 or malibuseniorcenter@malibucity.org



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.