SENIOR NEWS AND VIEWS

AUGUST 2022

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

AUGUST SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
1 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	2 Choir 10-11am Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm	3 Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	4 Aqua Aerobics 12-12:45pm @ Pool	5 Knitting 9-10:30am Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Stretch & Strength 11am-12pm @Bluffs
8 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	9 Tech Help 9-10am Choir 10-11am Aqua Aerobics 12-12:45pm @ Pool Mat Yoga 1-2pm	10 Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	11 Aqua Aerobics 12-12:45pm @ Pool Hawaiian Luau 11:30am-1pm	12 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
15 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	16 Silver Fox Walk 9-10am @ Malibu Bluffs Park Choir 10-11am Mat Yoga 1-2pm	17 Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	18 Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Theater Thursday 1-3pm	19 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs Autobiography 1-2pm
22 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	23 Choir 10-11am Mat Yoga 1-2pm	24 ***Excursion 9:30am-3pm*** Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	25 Ballet 9-10am @ Bluffs Real Estate Lecture 9:30-10:30am Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Art Trek 1-3pm	26 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs Autobiography 1-2pm
29 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	30 Choir 10-11am Mat Yoga 1-2pm	31 Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm		

FITNESS CLASSES

CHAIR YOGA

Mondays, 11am - 12pm
August 1 - 29
Malibu Senior Center
Monthly pre-registration recommended,
$5 per class

Yoga is a wonderful way to stretch the body and calm the mind. This class helps you develop a strong and flexible spine, feel ease in your joints, and be steady in your balance. Get fit while you sit! Join this peaceful hour of exercise. Instructed by Daya Chrans.

GENTLE MAT PILATES

Fridays, August 5 & 12
Thursdays, August 18 & 25
11am - 12pm
Malibu Bluffs Park, Michael Landon Center
Monthly pre-registration recommended,
$5 per class

Relax, refresh, and build core strength during this one-hour Pilates class. Participants will focus on building and maintaining strength. Please bring a yoga mat. Instructed by Ann Monahan.

MAT YOGA

Tuesdays, 1 - 2pm
August 2 - 30
Malibu Senior Center
Monthly pre-registration 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.

STRETCH & STRENGTH

Mondays, 1 - 2pm
Wednesdays and Fridays, 11am - 12pm
August 1 - 31
Malibu Bluffs Park, Multipurpose Field
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. This class is held outdoors. Instructed by Marsha Cooper.

TAI CHI

Wednesdays, 9:30 - 10:30am
August 3 - 31
Malibu Senior Center
Monthly pre-registration recommended,
$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.

ART, DANCE, AND MORE!

ART TREK

Thursday, August 25, 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. The August theme is "Malibu Tiles". When in Malibu, make Malibu Tiles! Participants will create their own Malibu-style tile design on bisque tiles. Instructed by Lorelle Paterson.

AUTOBIOGRAPHY

Fridays, 1 - 2pm
August 5 - 26
Malibu Senior Center
Monthly pre-registration recommended,
$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. Through this class older adults improve their writing abilities and express themselves in writing that can be shared with friends and family. Instructed by Tracy Weirick.

BALLET

Fridays, August 5 & 12
Thursdays, August 18 & 25
9am - 10am
Malibu Bluffs Park, Michael Landon Center
Monthly pre-registration 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. Instructed by Ann Monahan.

CHOIR

Tuesdays, 10 - 11am
August 2 - 30
Malibu Senior Center
Monthly pre-registration recommended,
$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.

TAP DANCE

Fridays, August 5 & 12
Thursdays, August 18 & 25
9am - 10am
Malibu Bluffs Park, Michael Landon Center
Monthly pre-registration 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. Instructed by Ann Monahan.

FREE MONTHLY PROGRAMS

BRIDGE

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

Bridge is a card game of luck, skill, and diverse strategies. This is a relaxed bridge group that is open to all levels. Join fun and friendly games on Wednesday afternoons. This is an ongoing, drop-in program.

KNITTING

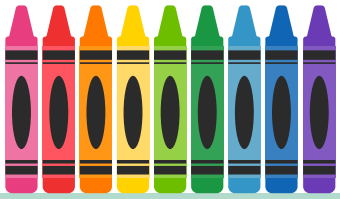
Mondays and Fridays, 9 - 10:30am
August 1 - 29
Malibu Senior Center
Free, No pre-registration is required

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.

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
August 3 - 31
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.



SILVER FOX WALK

Tuesday, August 16
9 - 10am, Free, RSVP Required
Malibu Bluffs Park

Each month, staff will guide participants on a walk through one of Malibu's parks or hiking trails. This will be a beginner's level walk. RSVP required. Led by Community Services Department Staff.

TECH HELP

Tuesday, August 9
9 - 10am, Free, RSVP Required
Malibu Senior Center

Receive one-on-one tech help with your laptop, tablet, or cell phone. Bring your device and questions to the Senior Center for this monthly program. RSVP required. Instructed by Community Services Department Staff.

THEATER THURSDAY

Thursday, August 18, 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 : Knives Out (PG-13)
A detective investigates the death of the patriarch of an eccentric, combative family. When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate.

LUNCHEONS & EDUCATIONAL LECTURES

AUGUST LUNCHEON - HAWAIIAN LUAU

Thursday, August 11, 11:30am - 1pm
Malibu Bluffs Park, Picnic Tables
Pre-registration is required
$5 per person

Celebrate the end of Summer with a Hawaiian Luau! Participants will enjoy a Hawaiian-themed performance, boxed lunch, and receive a themed goodie bag. The event will take place at the picnic tables at Malibu Bluffs Park. Pre-registration is required. Maximum 35 participants.

SEPTEMBER LUNCHEON - CELEBRATE EVERYTHING WE MISSED

Thursday, September 22, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

Let's celebrate everything we missed now that we are back together at the Senior Center! This luncheon will feature a small part of each holiday that we weren't able to celebrate over the past 2 years. Lunch and entertainment will be provided. You do not want to miss out on all the fun! Pre-registration is required. Maximum 60 participants.

Better Together

REAL ESTATE SHIFTING MARKET, WHAT TO LOOK FOR AND WHAT TO EXPECT

Thursday, August 25, 9:30 - 10:30am
Malibu Senior Center
Free, Pre-registration is required

Bianca Torrence, Senior Real Estate Specialist at Sotheby's in Malibu will be sharing tips on the shifting real estate market, what to look for, and what to expect. She will also share tips on how to protect yourself against cyber security and scams, Refreshments will be provided.

EXCURSIONS

LOS ANGELES PUBLIC LIBRARY ART & ARCHITECTURE TOUR

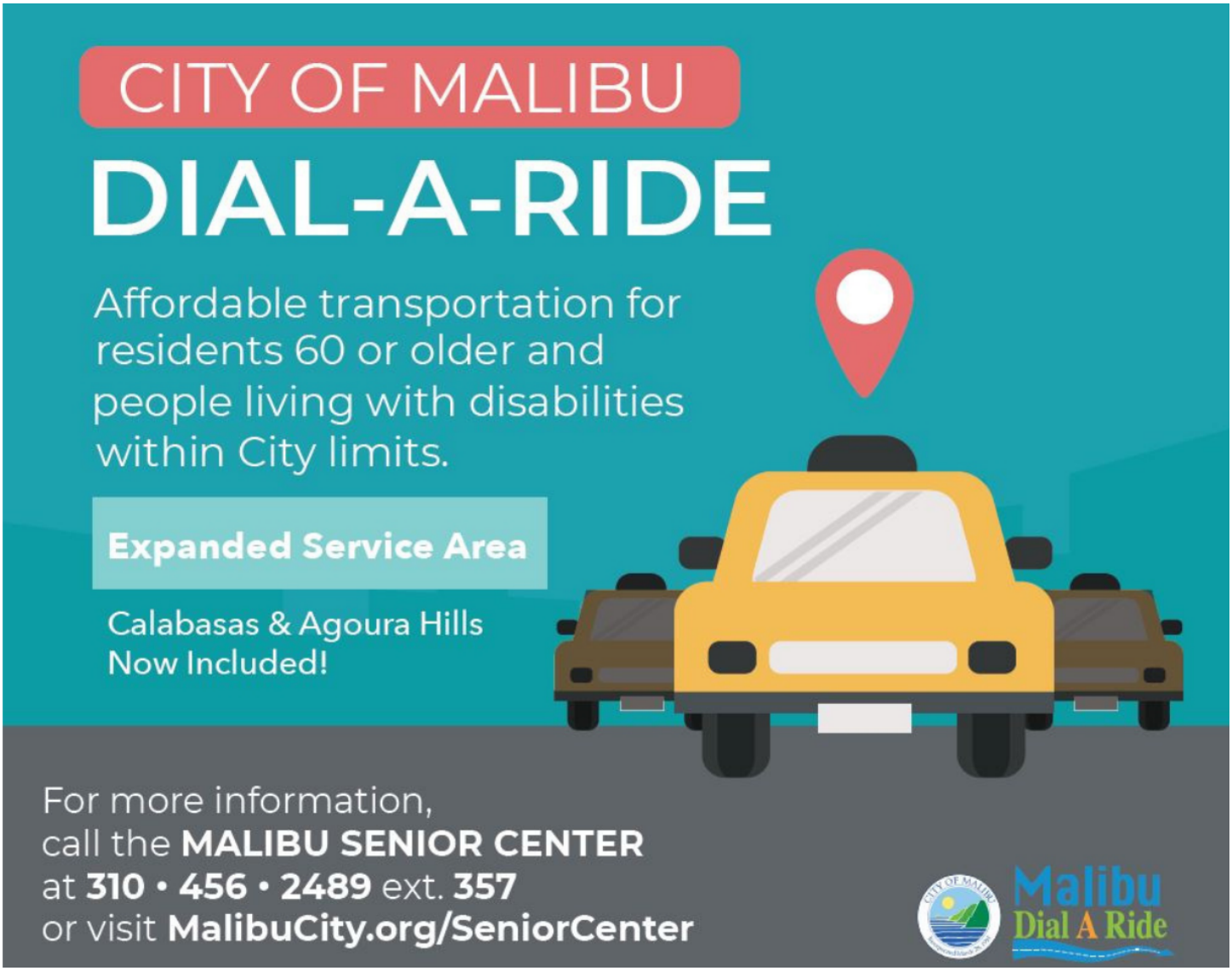
Wednesday, August 24, 9:30am - 3pm
$35 (lunch not included)
Registration is currently open
Deadline to register is August 12 (or until full)
Maximum Participants: 15

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.

1950'S MURDER MYSTERY MUSICAL

Thursday, September 15, 9:30am - 5pm
$75 (Lunch & Refreshments Included)
Registration opens August 8 at 9am
Deadline to register is September 8 (or until full)
Maximum Participants: 15

The 1950's Murder Mystery Luncheon & Musical Revue includes songs, dances, comedy, costumes, dialogue, and so much more! Lunch includes roasted chicken or veggie pasta, rice pilaf, warm rolls, garden salad, fresh vegetables, and an ice cream sundae! Fresh coffee and tea will also be provided. Please inform Senior Center staff which lunch option you would like when registering for the excursion.



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