

# SENIOR NEWS AND VIEWS

SEPTEMBER 2022



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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs	2 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs Cookies & Conversation 1-2pm
5 <b>Senior Center Closed Happy Labor Day!</b>	6 Choir 10-11am Mat Yoga 1-2pm	7 Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	8 Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Financial Planning Lecture 11am-12pm Understanding Fire Weather 3-4pm	9 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs Cookies & Conversation 1-2pm
12 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	13 Weather Radio Distribution 9am-12pm Tech Help 9-10am Choir 10-11am Mat Yoga 1-2pm	14 Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm	15 <i>Excursion 9:30am-5pm</i> Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs West Basin Water District Presentation 10:30-11:30am Pilates 11am-12pm @ Bluffs Theater Thursday 1-3pm	16 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs Cookies & Conversation 1-2pm
19 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs Earthquake Preparedness 3:30-4:30pm	20 Silver Fox Walk 9-10am @ Legacy Park Choir 10-11am Mat Yoga 1-2pm	21 Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm Bridge 2:15-4pm Home Hardening 4-5pm	22 Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs <b>Luncheon 12-1:30pm</b>	23 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs Cookies & Conversation 1-2pm
26 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	27 Choir 10-11am Mat Yoga 1-2pm	<b>28</b> Tai Chi 9:30-10:30am Stretch & Strength 11am-12pm @Bluffs Elderly Emergency Preparedness Event 11am-12:30pm Relax Through Coloring 1-2pm Bridge 2:15-4pm	29 Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Art Trek 1-3pm	30 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs Cookies & Conversation 1-2pm

# FITNESS CLASSES

## CHAIR YOGA

**Mondays, 11am - 12pm**

**September 12 - 26**

**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

**Thursdays, 11am - 12pm**

**September 1 - 29**

**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**

**September 6 - 27**

**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**

**September 2 - 30**

**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**

**September 7 & 28**

**(No class on 9/14 & 9/21)**

**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, September 29, 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 September theme is "Frida de Fabulous". Using a black and white photo of Frida Kahlo's face to begin, we will design her hair, flowers, earrings and shirt and then add embellishments using sharpie. Colored pencils will complete the project. Instructed by Lorelle Paterson.



## BALLET

**Thursdays, 9 - 10am**

**September 1 - 29**

**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**

**September 6 - 27**

**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.

## COOKIES & CONVERSATION - A SOCIAL CLUB

**Fridays, 1 - 2pm**

**September 2 - 30**

**Malibu Senior Center**

**Monthly pre-registration recommended, \$5 per class**

Open the door to celebration and connection. Learn how to inspire others as we share our life stories and build friendships. We provide a comfortable environment with opportunities. You bring the stories, knowledge, and wisdom. Instructed by Tracy Weirick.

## TAP DANCE

**Thursdays, 10 - 11am**

**September 1 - 29**

**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**

**September 7 - 28**

**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**

**September 2 - 30**

**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**

**September 7 - 28**

**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, September 20**

**9 - 10am, Free, RSVP Required**

**Legacy Park**

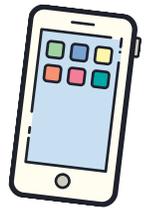
Each month, staff will guide participants on a walk through one of Malibu's parks or hiking trails. This will be a beginner's level walk. RSVP required. Led by Community Services Department Staff.

## TECH HELP

**Tuesday, September 13**

**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, September 15, 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 : Dog (PG-13)

Two former Army Rangers are paired against their will on the road trip of a lifetime. Briggs (Channing Tatum) and Lulu (a Belgian Malinois) race down the Pacific Coast to get to a fellow soldier's funeral on time.

# EDUCATIONAL LECTURES

## FINANCIAL PLANNING

**Thursday, September 8, 11am - 12pm**

**Malibu Senior Center**

**Free, RSVP Required**

You are invited to join William Frankenstein, a Financial Advisor at Greater Pacific Solutions with over 20 years of experience, to explore different financial planning techniques to safeguard you and your family's lifestyle for multiple generations.



## WEST BASIN MUNICIPAL WATER DISTRICT

**Thursday, September 15, 10:30 - 11:30am**

**Malibu Senior Center**

**Free, RSVP Required**

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. During this presentation, 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 residents and businesses.

## MALIBU FOUNDATION - EMERGENCY PREPAREDNESS EVENT

**Wednesday, September 28, 11am - 12:30pm**

**Malibu Senior Center**

**Free, RSVP Required**

With September being the Emergency Preparedness Month, the Malibu Foundation is hosting an emergency preparedness event for seniors in the Malibu community. At this event, the foundation will provide emergency training for attendees including, how to prepare for emergencies and what to do in the event of one. There will also be giveaways including FEMA-approved emergency go-bags for those who attend. This event is free of charge and lunch will be included! The Malibu Foundation looks forward to meeting everyone and helping our community become better prepared for emergency events.

**SUPER-CALI-FRUGALISTIC**

Save Water. Save California.



# CITY OF MALIBU EMERGENCY PREPAREDNESS MONTH

## UNDERSTANDING FIRE WEATHER

**Thursday, September 8, 3 - 4pm**  
**Malibu Senior Center**  
**Free, RSVP Required**

Understanding fire weather is critically important to maintaining situational awareness as Southern California heads into peak fire season. Gabriel Etcheverry, Fire Safety Liaison is teaching a free informational class on how to interpret and understand new forecasts, where to get credible information, and what actions you should take.



## WEATHER RADIO DISTRIBUTION

**Tuesday, September 13, 9am - 12pm**  
**Malibu Senior Center**  
**Free, RSVP Required**



Los Angeles County has acquired a limited number of NOAA Weather Radios for distribution to residents, especially those living in high fire hazard areas. The radios will alert residents during weather related emergencies, including Wildfires or other incidents requiring evacuations. The NOAA radios are able to function without power and where cellphone coverage is limited. Adaptive devices for residents who are hard of hearing are available by request.



## EARTHQUAKE PREPAREDNESS

**Monday, September 19, 3:30 - 4:30pm**  
**Malibu Senior Center**  
**Free, RSVP Required**

Malibu is uniquely situated to be impacted by both local and distant earthquakes, so preparing now could lessen the impacts of earthquakes when they strike. The Earthquake Preparedness and Home Hazards Course will help ensure that every home is as safe as possible in an earthquake. Instructed by Fire Safety Liaison, Gregory Hisel.

## HOME HARDENING MEETS CURB APPEAL

**Wednesday, September 21, 4 - 5pm**  
**Multipurpose Room**  
**Free, RSVP Required**

During a wildfire, thousands of embers can rain down on your home and property like hail during a storm. If these embers land in receptive fuels or become lodged in something easily ignited on or near your house, the home may be in jeopardy of burning. Fire Safety Liaison Bradley Yocum is teaching a free informational class about how to harden the exterior while choosing plants and materials that are visually appealing.

# LUNCHEONS

## 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 few years. Entertainment provided by Michael Sherman and lunch catered by Wood Ranch. You do not want to miss out on all the fun! Pre-registration is required. Maximum 60 participants.

## OCTOBER LUNCHEON - BOOGIE IN THE BU HALLOWEEN BASH

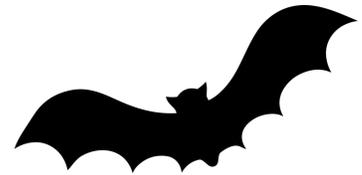
Thursday, October 13, 12 - 1:30pm

Malibu Senior Center

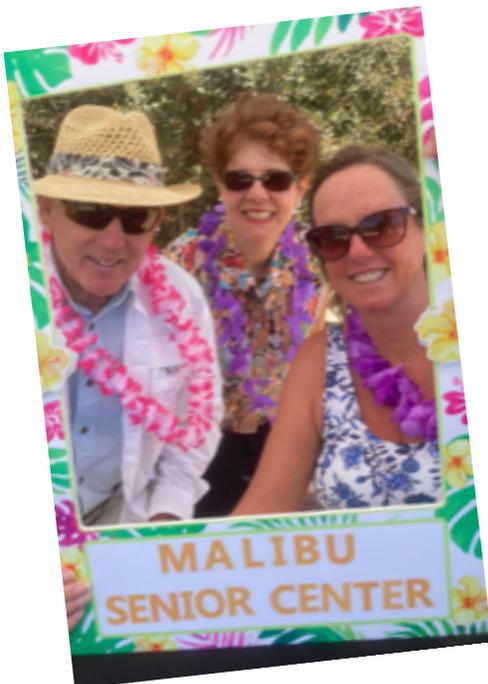
Pre-registration is required

\$5 per person

Get ready to boogie in the Bu at the Malibu Senior Center Halloween Bash! Appropriate costumes are encouraged. Lunch catered by El Pollo Loco and entertainment will be provided. Pre-registration is required. Maximum 60 participants.



**Thank You to Everyone Who Came to the  
August Hawaiian Luau!!**



# EXCURSIONS

## 1950'S MURDER MYSTERY MUSICAL

**Thursday, September 15, 9:30am - 5pm**

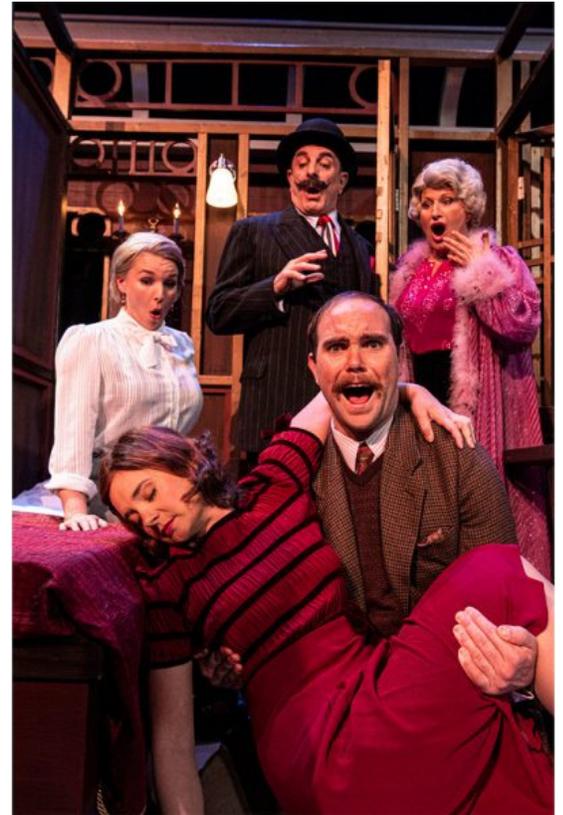
**\$75 (Lunch & Refreshments Included)**

**Registration is open now!!**

**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. The event will take place at the Almansor Court Lakeview Room in Alhambra. Please inform Senior Center staff which lunch option you would like when registering for the excursion.



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## ORIGINAL FARMERS MARKET FOOD AND HISTORY TOUR

**Wednesday, October 26, 9:30am - 3pm**

**\$55 (Four Food Tastings Included)**

**Registration is open now!!**

**Deadline to register is October 19 (or until full)**

**Maximum Participants: 15**

Participants will enjoy a tour covering the complete history of the Farmers Market and that of its longtime Market merchants and family legacies. Four food tastings will be provided throughout the tour. Vegetarian options are available, please inform Senior Center staff when registering for the excursion if you would like the vegetarian options. Participants will then have free time to shop, eat lunch, and explore The Grove.



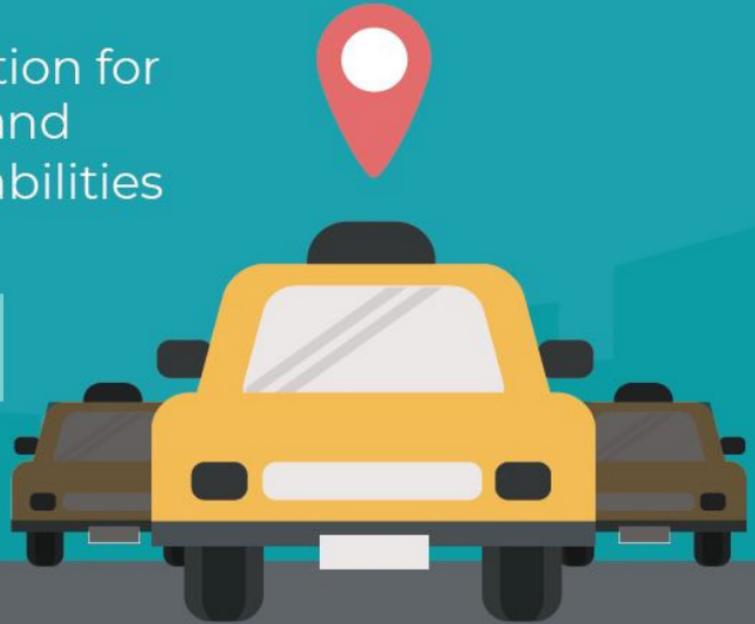
CITY OF MALIBU

# DIAL-A-RIDE

Affordable transportation for residents 60 or older and people living with disabilities within City limits.

## Expanded Service Area

Calabasas & Agoura Hills  
Now Included!



For more information,  
call the **MALIBU SENIOR CENTER**  
at **310 • 456 • 2489** ext. 357  
or visit [MalibuCity.org/SeniorCenter](http://MalibuCity.org/SeniorCenter)



**Malibu**  
Dial A Ride

To register for any program, visit  
[MalibuCity.org/Register](http://MalibuCity.org/Register) or see staff in-person at  
Malibu Bluffs Park or the Senior Center.

For more information contact  
[MalibuSeniorCenter@MalibuCity.org](mailto:MalibuSeniorCenter@MalibuCity.org) or  
310.456.2489 ext. 357