

**SENIOR  
NEWS AND VIEWS**

OCTOBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength 1-2pm @ Bluffs</p>	<p>4</p> <p>Choir 10-11am Cardio Salsa 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm</p>	<p>5</p> <p>Stretch &amp; Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm</p>	<p>6</p> <p>Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs</p>	<p>7</p> <p>Knitting 9-10:30am Stretch &amp; Strength 11am-12pm @Bluffs</p>
<p>10</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength 1-2pm @ Bluffs</p>	<p>11</p> <p>Tech Help 9-10am Choir 10-11am Cardio Salsa 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm</p>	<p>12</p> <p>Mainstreet Mortgage Lecture 10-11am Stretch &amp; Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm</p>	<p>13</p> <p><b>Luncheon 12-1:30pm</b> <b>*Pre-Registration Required.</b> <b>*Maximum 60 Participants</b></p> 	<p>14</p> <p>Knitting 9-10:30am Stretch &amp; Strength 11am-12pm @Bluffs</p>
<p>17</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength 1-2pm @ Bluffs</p>	<p>18</p> <p>Choir 10-11am Cardio Salsa 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm</p>	<p>19</p> <p>Stretch &amp; Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm</p>	<p>20</p> <p>Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Theater Thursday 1-3pm</p>	<p>21</p> <p>Knitting 9-10:30am Stretch &amp; Strength 11am-12pm @Bluffs</p>
<p>24</p> <p>Knitting 9-10:30am @ Bluffs Chair Yoga 11am-12pm @ Bluffs Stretch &amp; Strength 1-2pm @ Bluffs</p>	<p>25</p> <p>Silver Fox Walk 9-10am at Point Dume Trail Choir 10-11am @ City Hall Cardio Salsa 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm @ Bluffs</p>	<p>26</p> <p><b>Farmer's Market Excursion 9:30am-3pm</b> Stretch &amp; Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm @ Bluffs</p>	<p>27</p> <p>Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Art Trek 1-3pm @ Bluffs</p>	<p>28</p> <p>Knitting 9-10:30am @ Bluffs Stretch &amp; Strength 11am-12pm @Bluffs</p>
<p>31</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm @ Bluffs Stretch &amp; Strength 1-2pm @ Bluffs</p>				<p><i>The Senior Center will be closed October 24-November 11. Many classes have been moved to Malibu Bluffs Park. Please review the monthly schedule to see which classes will be held at the Michael Landon Center. Classes that will be staying at City Hall will move to the Theater. The Computer Lab will still be open at the Senior Center from 9am - 4pm.</i></p>

# FITNESS CLASSES

## CHAIR YOGA

**Mondays, 11am - 12pm**

**October 3 - 31**

**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**

**October 6 - 27**

**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**

**October 4 - 25**

**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**

**October 3 - 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.



# ART, DANCE, AND MORE!

## ART TREK

**Thursday, October 27, 1 - 3pm**  
**Malibu Bluffs Park, Michael Landon 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 October theme is "Seascape". We will paint a watercolor seascape exploring washes, clouds, water and mountains. Instructed by Lorelle Paterson.



## BALLET

**Thursdays, 9 - 10am**  
**October 6 - 27**  
**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.

## CARDIO SALSA

**Tuesdays, 11:30 am - 12:30 pm**  
**October 4 - 25**  
**Malibu Bluffs Park, Michael Landon Center**  
**\$5 per class**

An energetic Latin dance workout that incorporates salsa, cha-cha, and merengue in an easy-to-follow format. The cooldown will include stretching to relax the body. No dance experience necessary. Instructed by Jackline Daneshrad.

## CHOIR

**Tuesdays, 10 - 11am**  
**October 4 - 25**  
**Malibu City Hall**  
**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

**Thursdays, 10 - 11am**  
**October 6 - 27**  
**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. All participants must use the marley dance floor during the class. Instructed by Ann Monahan.

# FREE MONTHLY PROGRAMS



## SILVER FOX WALK

**Tuesday, October 25**  
**9 - 10am, Free, RSVP Required**  
**Point Dume Trail**

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.

## KNITTING

**Mondays and Fridays, 9 - 10:30am**  
**October 3 - 31**  
**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

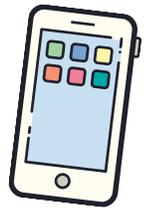
**Wednesdays, 1 - 2pm**  
**October 5 - 26**  
**Malibu Senior Center**  
**Free, No pre-registration is required**

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.



## TECH HELP

**Tuesday, October 11**  
**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, October 20, 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 : Elvis (PG-13)

From his childhood in Tupelo, Mississippi to his rise to stardom starting in Memphis, Tennessee and his conquering of Las Vegas, Nevada, Elvis Presley becomes the first rock 'n roll star and changes the world with his music.

# EDUCATIONAL LECTURES

## MAINSTREET MORTGAGE

Wednesday, October 12, 10-11am

Malibu Senior Center

Free, RSVP Required

You are invited to meet with John Mallett from Mainstreet Mortgage. John will teach you the tools and strategies for homeownership success! Refreshments will be provided.



# LUNCHEONS

## 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 by a magician. Pre-registration is required. Maximum 60 participants.

## NOVEMBER LUNCHEON- FRIENDSGIVING

Thursday, November 17, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person

Celebrate Thanksgiving with your friends at the Malibu Senior Center! Lunch will be catered by Malibu Kitchen and entertainment will be provided by Tatjana. Pre-registration is required. Maximum 60 participants.



# EXCURSIONS

## 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.



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## HUNTINGTON LIBRARY ESTATE TOUR

**Wednesday, November 30, 9am-4pm**

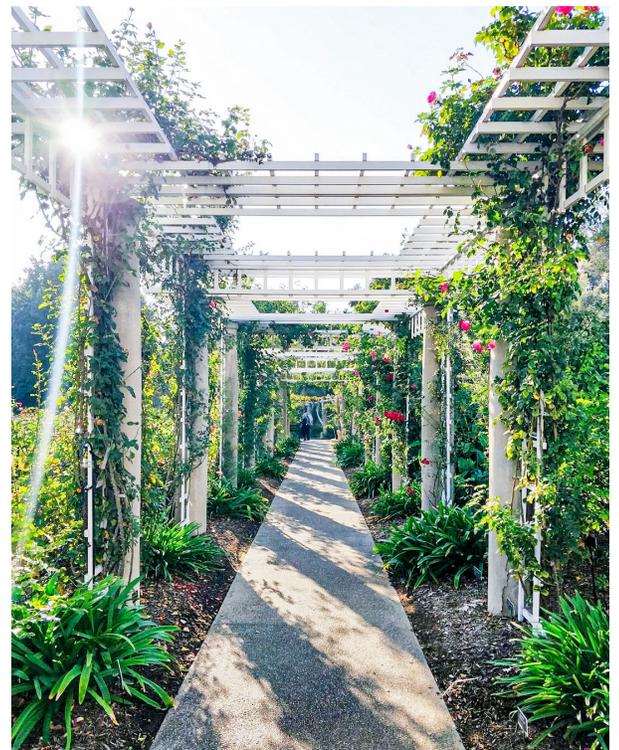
**\$50 (Lunch NOT Included)**

**Registration is open now!!**

**Deadline to register is November 16 (or until full)**

**Maximum Participants: 15**

On this outdoor walking tour, participants will have the opportunity to explore some of the 130 acres of the magnificent gardens and learn how Henry and Arabella Huntington's San Marino Ranch was transformed into the world-famous cultural landmark that we know today. Participants will be guided by expert docents through the amazing elements of The Huntington including 16 themed gardens, three art galleries, the library, and current special exhibitions. Participants may enjoy lunch at the 1919 Cafe for an additional fee.



City of Malibu

# Dial-A-Ride

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



For more information, call the Malibu Senior Center at 310.456.2489 ext. 357 or visit [MalibuCity.org/SeniorCenter](http://MalibuCity.org/SeniorCenter)



**The Senior Center will be used as a Los Angeles County Vote Center from October 24 through November 11. Most senior programs have been relocated to Malibu Bluffs Park, Michael Landon Center, or the Theater at City Hall. The Computer**

**Lab at City Hall will be open Monday through Friday, 9 AM - 4 PM.**

**[MalibuCity.org/SeniorCenter](http://MalibuCity.org/SeniorCenter)**