

**SENIOR
NEWS AND VIEWS**

NOVEMBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Choir 10-11am @ City Hall Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm @ Bluffs</p>	<p>2</p> <p>Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @ Bluffs</p>	<p>3</p> <p>Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs</p>	<p>4</p> <p>Knitting 9-10:30am @ Bluffs Stretch & Strength 11am-12pm @ Bluffs</p>
<p>7</p> <p>Knitting 9-10:30am @ Bluffs Chair Yoga 11am-12pm @ Bluffs Stretch & Strength 1-2pm @ Bluffs</p>	<p>8</p> <p>Tech Help 9am @ City Hall Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm @ Bluffs</p>	<p>9</p> <p>Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm @ Bluffs</p>	<p>10</p> <p>Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Art Trek 1-3pm @ Bluffs</p>	<p>11</p> <p>Senior Center Closed</p> 
<p>14</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>15</p> <p>Silver Fox Walk 9am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm</p>	<p>16</p> <p>Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>17</p> <p>Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Luncheon 12-1:30pm *Pre-Registration Required *Maximum 60 Participants</p>	<p>18</p> <p>Knitting 9-10:30am Stretch & Strength 11am-12pm</p>
<p>21</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>22</p> <p>Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm</p>	<p>23</p> <p>Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>24</p> <p>Senior Center Closed</p> 	<p>25</p> <p>Senior Center Closed</p>
<p>28</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>29</p> <p>Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm</p>	<p>30</p> <p>Huntington Library Excursion 9am-4pm Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>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 or the Michael Landon Center. The Computer Lab at City Hall will be open Monday through Friday, 9 AM – 4 PM.</p>	

FITNESS CLASSES

CHAIR YOGA

Mondays, 11am - 12pm

November 7 - 28, *Class location listed in calendar*

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

November 3 - 17

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

November 1 - 29, *Class location listed in calendar*

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

November 2 - 30, No class 11/11 & 11/25

Class will be moving to the Senior Center on November 14

**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, November 10, 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 November theme is "Colorful Leaves". Let's paint a vibrant leaf composition allowing our watercolors to blend and dance on the paper! Maybe some splatter to finish! Instructed by Lorelle Paterson.



BALLET

Thursdays, 9 - 10am
November 3 - 17
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 & STRETCH

Tuesdays, 11:30am - 12:30pm
November 1 - 29
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
November 1 - 22
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
November 3 - 17
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, November 15
9 - 10am, Free, RSVP Required
Zuma Canyon Ocean View 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
November 4 - 28, No Class 11/11 & 11/25
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
November 2 - 30, Class location listed in calendar
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, November 8
9 - 10am, Free, RSVP Required
Malibu Senior Center, Computer Lab



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.



LUNCHEONS

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.



DECEMBER LUNCHEON- NOON YEAR'S EVE

Thursday, December 15, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
\$5 per person

Celebrate the new year at the Malibu Senior Center! Lunch will be catered by Maggiano's and entertainment will be provided by the Malibu Senior Center Choir class. Pre-registration is required. Maximum 60 participants.



MALIBU ARTS PROGRAMS

CAFFEINATED VERSE - OPEN MIC POETRY

Saturday, November 19
11am - 12:30pm, Free
Malibu Library

Malibu Poet Laureate Ann Buxie will use prompts and examples to explore different forms of poetry, inspire poetry approaches, and encourage new works. Caffeinated Verse will feature Cecilia Martinez - Gil, followed by an open mic format for poets to share their work with the Malibu Community.

THE WRITE TIME - POETRY WRITING WORKSHOP

Saturday, December 17
11am - 12:30pm, Free
Malibu Library

Join Malibu Poet Laureate Ann Buxie to explore various forms of poetry and writing approaches, which will inspire new works. Participants should bring writing materials, ideas, and creativity to the workshop.

EXCURSIONS

HUNTINGTON LIBRARY ESTATE TOUR

Wednesday, November 30, 9am - 4pm

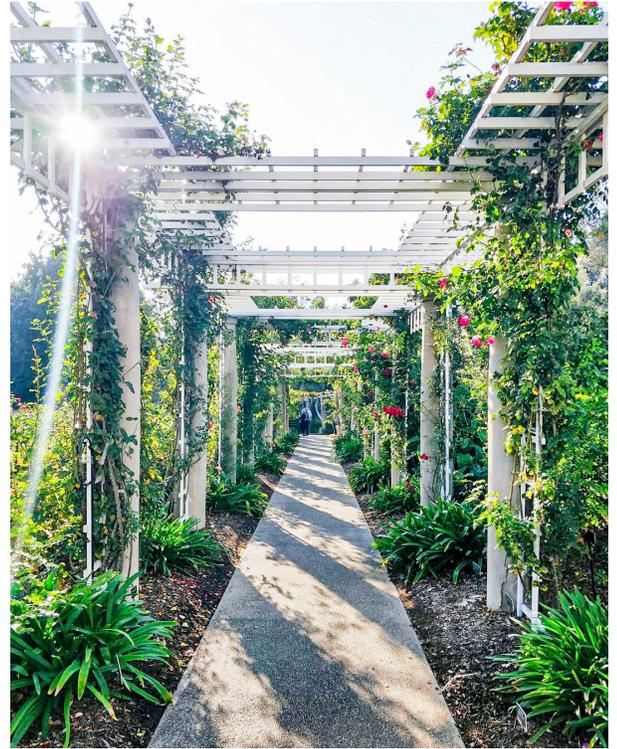
\$50 (Lunch NOT Included)

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.



CITADEL OUTLETS HOLIDAY SHOPPING

Wednesday, December 21, 9:30am - 3pm

\$35 (Lunch NOT Included)

Registration is open now!!

Deadline to register is December 14 (or until full)

Maximum Participants: 15

Citadel Outlets is Los Angeles' premier outlet shopping center, housing more than 130 global brands and restaurants. Spend the day holiday shopping for yourself or your loved ones and enjoy the Citadel Outlets decorated for the holidays. Participants may enjoy lunch on their own in one of the food court restaurants.



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



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MalibuCity.org/SeniorCenter