SENIOR CENTER AND ADULT PROGRAMS

SENIOR NEWS AND VIEWS

DECEMBER 2022

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

DECEMBER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Holidays!			1 Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs	2 Knitting 9-10:30am Stretch & Strength 11am-12pm
5 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	6 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm Board Games Social Club 2:30-4pm	7 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	8 Ballet 9-10am @ Bluffs Tap Dance 10-11am @ Bluffs Living Trust Educational Lecture 10:30-11:30am Pilates 11am-12pm @ Bluffs Art Trek 1-3pm @ Bluffs	9 Knitting 9-10:30am Stretch & Strength 11am-12pm
12 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	13 Tech Help 9-10am @ City Hall Choir 10-11am Mat Yoga 1-2pm Board Games Social Club 2:30-4pm	14 Relax Through Coloring 1-2pm	15 ***Luncheon 12-1:30pm*** ****Pre-Registration Required*** ****Maximum 60 Participants***	16 ***Senior Center Closed*** ***Computer Lab Open***
19 Knitting 9-10:30am Stretch & Strength 1-2pm	20 Silver Fox Walk 9-10am @ Bluffs Board Games Social Club 2:30-4pm	21 ***Citadel Outlets Holiday Shopping Excursion 9:30am-3pm*** Stretch & Strength 11am-12pm	22 Theater Thursday 1-3pm	23 Knitting 9-10:30am ***Senior Center Closed at 12pm***
26 ***Senior Center Closed***	27 Board Games Social Club 2:30-4pm	28 Stretch & Strength 11am-12pm	29 Theater Thursday 1-3pm	30 Knitting 9-10:30am ***Senior Center Closed at 12pm***

FITNESS CLASSES

CHAIR YOGA

Mondays, 11am - 12pm
December 5 & 12, *No class 12/19 & 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
December 1 & 8, *No class 12/15 - 12/29*
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
December 6 & 13, *No class 12/20 & 12/27*
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
December 2 - 28, *No class 12/14, 12/16, 12/23, 12/26, & 12/30*
Malibu Senior Center
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. Please bring a yoga block and mat. Instructed by Marsha Cooper.

ART, DANCE, AND MORE!

ART TREK

Thursday, December 8, 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 December theme is "Nutcrackers". Participants will design and create their own holiday Nutcrackers using watercolor. Instructed by Lorelle Paterson.

BALLET

Thursdays, 9 - 10am
December 1 & 8, *No class 12/15 - 12/29*
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.

CARDIO SALSA & STRETCH

Tuesdays, 11:30am - 12:30pm
December 6, *No class 12/13 - 12/27*
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
December 6 & 13, *No class 12/20 & 12/27*
Malibu City Hall, Multipurpose Room
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
December 1 & 8, *No class 12/15 - 12/29*
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. All participants must use the marley dance floor during the class. Instructed by Ann Monahan.

FREE MONTHLY PROGRAMS

BOARD GAMES SOCIAL CLUB

Tuesdays, 2:30 - 4pm
December 6 - 27
Malibu Senior Center
Free, RSVP Required

Join Malibu community members for an afternoon of fun board games every Tuesday. Games will include bridge, canasta, checkers, chess, dominos, and mancala. This is an ongoing drop-in program.

KNITTING

Mondays and Fridays, 9 - 10:30am
December 2 - 30, *No Class 12/16 & 12/26*
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.

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
December 7 & 14, *No class 12/21 - 12/28*
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, December 20
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, December 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, December 22 & 29, 1 - 3pm
Malibu Senior Center
Free, No pre-registration is required

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

December 22 : "The Holiday" (PG-13)

Two women, one from America and one from Britain, swap homes at Christmastime after bad breakups with their boyfriends. Each woman finds romance with a local man but realizes that the imminent return home may end the relationship.

December 29: "New Years Eve" (PG-13)

The lives of several couples and singles in New York City intertwine over the course of New Year's Eve.

EDUCATIONAL LECTURES

REVOCABLE LIVING TRUST SEMINAR

Thursday, December 8, 10:30 - 11:30am
Malibu Senior Center
Free, RSVP Required

Estate planning and probate are two legal areas that people approach with dread. Moving the valuable things of one person's life safely into the hands of others is a task fraught with pitfalls. One false move or one badly worded document, and assets don't go where they should go. This is the one time that you need a good lawyer. Join Sarah Rinelli from the Law Offices of C.R. Abrams, to learn about every aspect of estate planning, resolution of trust and estate disputes, and guardianship proceedings. Refreshments will be provided.

LUNCHEONS

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.

JANUARY LUNCHEON-DANCING THROUGH THE DECADES

Thursday, January 26, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

Join Malibu community members for an afternoon of music and fun! Lunch will be catered by Mediterranean Pita Grill and entertainment will be provided by King Kruk an Elvis Impersonator. Pre-registration is required. Maximum 60 participants.

EXCURSIONS

CITADEL OUTLETS HOLIDAY SHOPPING

Wednesday, December 21, 9:30am - 3pm
$35 per participant
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.

THE MUSIC CENTER SYMPHONIAN TOUR

Wednesday, January, 18 9am - 3pm
$35 per participant
Registration is open now!!
Deadline to register is November 13 (or until full)
Maximum Participants: 15

Participants will enjoy a 90-minute docent-led tour of The Music Center's four theatres: Dorothy Chandler Pavilion, Ahmanson Theatre, Mark Taper Forum, and Walt Disney Concert Hall. You will learn about the history and architecture of each of the theatres along with Jerry Moss Plaza and hear about how each of those spaces is enriched with incredible arts experiences. Participants must be able to walk for 90 minutes. Enjoy lunch at Philippe The Original 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

The Senior Center will be closed on December 16, December 26, and January 2. The Senior Center will close at 12 PM on Fridays, December 23 and 30. For updated information feel free to visit our website at MalibuCity.org/SeniorCenter or call the Senior Center at 310.456.2489 ext. .357.