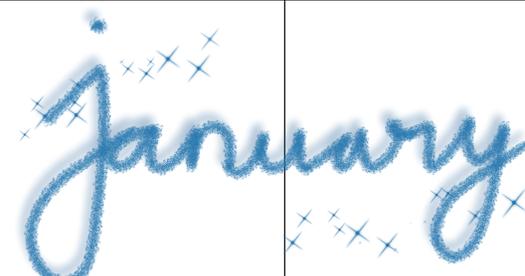


# SENIOR NEWS AND VIEWS

JANUARY 2023



# JANUARY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Senior Center Closed</b></p> 	<p>3</p> <p>Choir 10-11am            Cardio Salsa &amp; Stretch 11:30am-12:30pm @ Bluffs            Mat Yoga 1-2pm            Board Games Social Club 2:30-4pm</p>	<p>4</p> <p>Stretch &amp; Strength 11am-12pm            Relax Through Coloring 1-2pm</p>	<p>5</p> <p>Ballet 9-10am @ Bluffs            Broadway Jazz 10-11am @ Bluffs            Pilates 11am-12pm @ Bluffs            Theater Thursday 1-3pm</p>	<p>6</p> <p>Knitting 9-10:30am            Stretch &amp; Strength 11am-12pm</p>
<p>9</p> <p>Knitting 9-10:30am            Chair Yoga 11am-12pm            Stretch &amp; Strength 1-2pm</p>	<p>10</p> <p>Tech Help 9-10am            Choir 10-11am            Cardio Salsa &amp; Stretch 11:30am-12:30pm @ Bluffs            Mat Yoga 1-2pm            Board Games Social Club 2:30-4pm</p>	<p>11</p> <p>Stretch &amp; Strength 11am-12pm            Relax Through Coloring 1-2pm</p>	<p>12</p> <p>Ballet 9-10am @ Bluffs            Broadway Jazz 10-11am @ Bluffs            Pilates 11am-12pm @ Bluffs            Slowing Aging Naturally            Educational Lecture 1-2pm</p>	<p>13</p> <p>Knitting 9-10:30am            Stretch &amp; Strength 11am-12pm</p>
<p>16</p> <p><b>Senior Center Closed</b></p>	<p>17</p> <p>Silver Fox Walk 9-10am @ Legacy            Choir 10-11am            Cardio Salsa &amp; Stretch 11:30am-12:30pm @ Bluffs            Mat Yoga 1-2pm            Board Games Social Club 2:30-4pm</p>	<p>18</p> <p>Stretch &amp; Strength 11am-12pm            Relax Through Coloring 1-2pm</p>	<p>19</p> <p>Ballet 9-10am @ Bluffs            Broadway Jazz 10-11am @ Bluffs            Pilates 11am-12pm @ Bluffs</p>	<p>20</p> <p>Knitting 9-10:30am            Stretch &amp; Strength 11am-12pm</p>
<p>23</p> <p>Knitting 9-10:30am            Chair Yoga 11am-12pm            Stretch &amp; Strength 1-2pm</p>	<p>24</p> <p>Choir 10-11am            Cardio Salsa &amp; Stretch 11:30am-12:30pm @ Bluffs            Mat Yoga 1-2pm            Board Games Social Club 2:30-4pm</p>	<p>25</p> <p><b>The Music Center Symphonian Tour Excursion 9am-3pm</b>            Stretch &amp; Strength 11am-12pm            Relax Through Coloring 1-2pm</p>	<p>26</p> <p>Ballet 9-10am @ Bluffs            Broadway Jazz 10-11am @ Bluffs            Pilates 11am-12pm @ Bluffs  <b>Luncheon 12-1:30pm</b>  <b>*Pre-Registration Required</b>            Art Trek 1-3pm @ Bluffs</p>	<p>27</p> <p>Knitting 9-10:30am            Stretch &amp; Strength 11am-12pm</p>
<p>30</p> <p>Knitting 9-10:30am            Chair Yoga 11am-12pm            Stretch &amp; Strength 1-2pm</p>	<p>31</p> <p>Name that Tune, Name That Scam Workshop 11am-12pm            Cardio Salsa &amp; Stretch 11:30am-12:30pm @ Bluffs            Mat Yoga 1-2pm            Board Games Social Club 2:30-4pm</p>			

# FITNESS CLASSES

## CHAIR YOGA

**Mondays, 11am - 12pm**

**January 9 - 30, *No class 1/16***

**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**

**January 5 - 26**

**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**

**January 3 - 31**

**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**

**January 4 - 30, *No class 1/16***

**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, January 26, 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 January theme is "Alma's Eclipse". Participants will design and create their own eclipse-themed craft. Instructed by Lorelle Patterson.



## BALLET

**Thursdays, 9 - 10am**  
**January 5 - 26**  
**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**  
**January 3 - 31**  
**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**  
**January 3 - 24**  
**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.

## BROADWAY JAZZ DANCE (NEW!!!!)

**Thursdays, 10 - 11am**  
**January 5 - 26**  
**Malibu Bluffs Park, Michael Landon Center**  
**Monthly pre-registration recommended, \$5 per class**

Enter stage right to the senior center's new dance program. The class will consist of jazz warm-ups and stretches, followed by routines. Every dance taught will be straight from a Broadway musical. Instructed by Ann Monahan.

# FREE MONTHLY PROGRAMS

## BOARD GAMES SOCIAL CLUB

**Tuesdays, 2:30 - 4pm**

**January 3 - 31**

**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**

**January 6 - 30, No Class 1/16**

**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

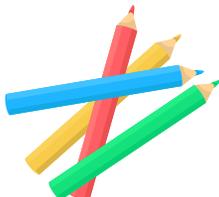
**Wednesdays, 1 - 2pm**

**January 4 - 25**

**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, January 17**

**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, January 10**

**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, January 5, 1 - 3pm**

**Malibu Senior Center**

**Free, No pre-registration is required**



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

**"Top Gun: Maverick" (PG-13)**

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

# EDUCATIONAL LECTURES

## SLOWING AGING NATURALLY

Thursday, January 12, 1 - 2pm

Malibu Senior Center

Free, RSVP Required

Join Wellness Coach, Steve Pomerance, and explore new breakthroughs to adding healthy years to your life, plus secrets to staying healthy and independent as you age. Refreshments will be provided.



## NAME THAT TUNE, NAME THAT SCAM!

Tuesday, January 31, 11am - 12pm

Malibu Senior Center

Free, RSVP Required

Join Miles McNeeley from WISE & Healthy Aging for music, trivia, and learning. We will be listening to clips of your favorite songs from the 50s and 60s and guessing the title and artist/band of each song. Test your music knowledge or just listen in for the fun! We'll spend a few moments discussing common scams after each song to increase our safety and awareness. Refreshments will be provided.

# LUNCHEONS

## 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 Panda Express and entertainment will be provided by King Kruk an Elvis Impersonator. Pre-registration is required. Maximum 60 participants.



## FEBRUARY LUNCHEON-SWEETHEART SOIREE

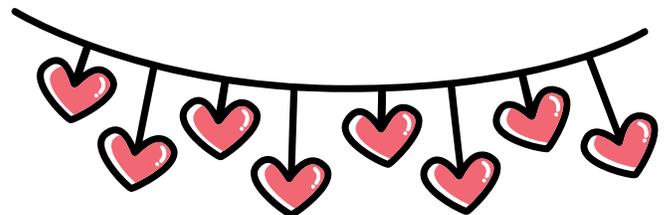
Thursday, February 23, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person

Catch the love bug at the Malibu Senior Center! Participants will enjoy lunch from Mendocino Farms and entertainment will be provided by David Cousin the Juggler. Pre-registration is required. Maximum 60 participants.



# EXCURSIONS

## THE MUSIC CENTER SYMPHONIAN TOUR

**Wednesday, January 25, 9am - 3pm**

**\$35 per participant**

**Registration is open now!!**

**Deadline to register is January 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.

---



## LONG BEACH WHALE WATCHING AND DOLPHIN CRUISE

**Tuesday, February 28, 9am - 4:30pm**

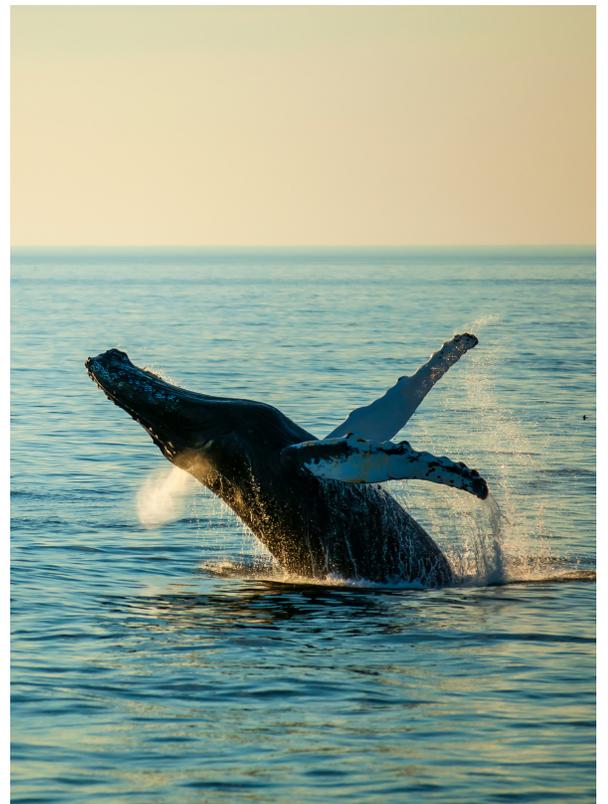
**\$35 per participant**

**Registration is open now!!**

**Deadline to register is February 21 (or until full)**

**Maximum Participants: 15**

The Long Beach Whale Watching and Dolphin Tour is a 2 1/2-hour excursion into the open Pacific Ocean to search for all different types of whale species. Highlight whale species on this tour includes the Gray Whale, Blue, Fin, Humpback, and Minke Whales! But it doesn't stop there. In addition to whale sightings, this tour is also in search of many other marine life species including Dolphins, Sea Lions, Marine Birds, and more! Enjoy breakfast at The Pot Holder Cafe for an additional fee before the Whale Watching Cruise.



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 closed on January 2, January 16, and February 20 in observance of local holidays.

For the most up-to-date information, visit [MalibuCity.org/SeniorCenter](http://MalibuCity.org/SeniorCenter) or call the Senior Center at 310.456.2489 ext. 357.

