SENIOR CENTER AND ADULT PROGRAMS

SENIOR NEWS AND VIEWS

FEBRUARY 2023

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

FEBRUARY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	2 Ballet 9-10am @ Bluffs Broadway Jazz 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs	3 Knitting 9-10:30am Stretch & Strength 11am-12pm
6 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	7 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm Board Games Social Club 2:30-4pm	8 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	9 Ballet 9-10am @ Bluffs Broadway Jazz 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs DMV, Seniors, and Safety Educational Lecture 11am –12pm	10 Knitting 9-10:30am Stretch & Strength 11am-12pm
13 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	14 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm Board Games Social Club 2:30-4pm	15 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	16 Ballet 9-10am @ Bluffs Broadway Jazz 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Heart Health Educational Lecture 11am-12pm Theater Thursday 1-3pm	17 Knitting 9-10:30am Stretch & Strength 11am-12pm
20 ***Senior Center Closed***	21 Silver Fox Walk 9-10am @ Las Flores Choir 10-11am Cardio Salsa 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm Board Games Social Club 2:30-4pm	22 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	23 Ballet 9-10am @ Bluffs Broadway Jazz 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs ***Luncheon 12-1:30pm*** ****Pre-Registration Required*** Art Trek 1-3pm @ Bluffs	24 Knitting 9-10:30am Stretch & Strength 11am-12pm
27 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	28 ***Long Beach Whale Watching Cruise Excursion 8:45am-4:30pm*** Choir 10-11am Cardio Salsa 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm Board Games Social Club 2:30-4pm			

FITNESS CLASSES

CHAIR YOGA

Mondays, 11am - 12pm
February 6 - 27, *No class 2/20*
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
February 2 - 23
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
February 7 - 28
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
February 1 - 27, *No class 2/20*
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, February 23, 1 - 3pm
Malibu Bluffs Park, Michael Landon Center
Pre-registration recommended, $5 per class and $10 material fee due at the start of class. Minimum 5 participants, maximum 10

Create unique works of art using a variety of materials. The February theme is "Breeching Whale". Participants will use watercolor to paint a whale as it breaks the water's surface. Instructed by Lorelle Paterson.

BALLET

Thursdays, 9 - 10am
February 2 - 23
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
February 7 - 28
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
February 7 - 28
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

Thursdays, 10 - 11am
February 2 - 23
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.

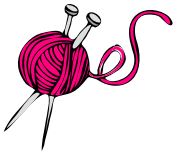
FREE MONTHLY PROGRAMS

BOARD GAMES SOCIAL CLUB

Tuesdays, 2:30 - 4pm
February 7 - 28
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



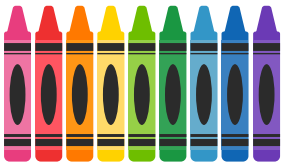
Mondays and Fridays, 9 - 10:30am
February 3 - 27, *No class 2/20*
Malibu Senior Center
Free, No pre-registration is required

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
February 1 - 22
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, February 21
9 - 10am, Free, RSVP Required
Las Flores Creek 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, February 14
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.

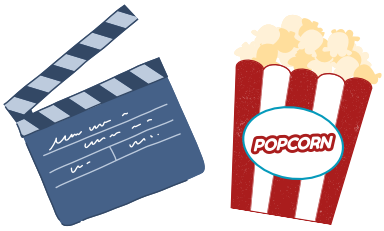
THEATER THURSDAY

Thursday, February 16, 1 - 3pm
Malibu Senior Center
Free, No pre-registration is required

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

"Ticket to Paradise" (PG-13)

George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they think they made 25 years ago.

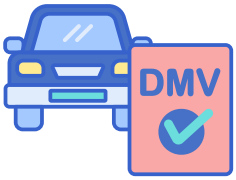


EDUCATIONAL LECTURES

DMV, SENIORS, & SAFETY

Thursday, February 9, 11am - 12pm
Malibu Senior Center
Free, RSVP Required

Join Tressa Thomspon, Driver Safety Manager from the Department of Motor Vehicles, to learn new information about the Driver's License renewal process, the REAL ID, how to get an Identification Card, and Disabled Placards Do's and Dont's. Tressa will finish the lecture with a Question and Answer session. Refreshments will be provided.



HEART HEALTH

Thursday, February 16, 11am - 12pm
Malibu Senior Center
Free, RSVP Required

February is American Heart Month! Throughout the month, people are encouraged to focus on their cardiovascular health. Join Jamie Hilbert, a Nurse Practitioner from the Malibu Medical Group, to learn strategies to improve your blood pressure, heart health, diet, and exercise habits. Refreshments will be provided.

LUNCHEONS

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 juggler, David Cousin. Pre-registration is required. Maximum 70 participants.

MARCH LUNCHEON- ALL THAT GLITTERS IS GOLD

Thursday, March 23, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

Let's shamrock and roll at the Senior Center's All That Glitters is Gold St. Patrick's Day luncheon! Lunch will be catered by Brent's Deli and entertainment will be provided by an Irish themed group. Pre-registration is required. Maximum 70 participants.

EXCURSIONS

LONG BEACH WHALE WATCHING CRUISE

Tuesday, February 28, 8:45am - 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 spottings, 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.

EAST LA AND BOYLE HEIGHTS LATIN FLAVORS TOUR

Wednesday, March 29, 8:30am - 3pm
$50 per participant
Registration is open now!!
Deadline to register is March 22 (or until full)
Maximum Participants: 15

Travel off the beaten path on this East LA and Boyle Heights Latin Food and Culture Tour. Explore new neighborhoods and experience the Latin core of Los Angeles by visiting LA's first tortilla factory, an authentic 3-story Mercado, and the original Birrieria. This trip includes .75 miles of walking (with slight inclines). Please wear comfortable shoes. The tour includes 10 food tastings.

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 Monday, February 20.
For updated information feel free to visit our website at MalibuCity.org/SeniorCenter or call the Senior Center at 310.456.2489 ext. .357.