

# SENIOR NEWS AND VIEWS

MARCH 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Today's World News 2:15-3:15pm	2 Ballet 9-10am @ Bluffs Broadway Jazz 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs	3 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
6 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	7 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm	8 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Today's World News 2:15-3:15pm	9 Ballet 9-10am @ Bluffs Broadway Jazz 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs	10 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
13 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	14 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm	15 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Today's World News 2:15-3:15pm	16 Ballet 9-10am @ Bluffs Broadway Jazz 10-11am @ Bluffs Pilates 11am-12pm @ Bluffs Fall Prevention Lecture 10:30-11:30am Theater Thursday 1-3pm	17 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
20 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	21 Silver Fox Walk 9-10am @ Bluffs Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm	22 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Today's World News 2:15-3:15pm	23 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	24 Knitting 9-10:30am Stretch & Strength 11am-12pm @ Bluffs
27 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @ Bluffs	28 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm	29 <b>Excursion: East Los Angeles Latin Flavors Tour 8:30am-3pm</b> Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm Today's World News 2:15-3:15pm	30 <b>Classes Cancelled due to Chumash Day Event Preparation</b>	31 Knitting 9-10:30am

# FITNESS CLASSES

## CHAIR YOGA

**Mondays, 11am - 12pm**

**March 6 - 27**

**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**

**March 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**

**March 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**

**March 1 - 29**

**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. Please bring a yoga block and mat. This class will be held outdoors. Please wear sunscreen, a hat, and bring water. Instructed by Marsha Cooper.



# ART, DANCE, AND MORE!

## ART TREK

**Thursday, March 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 4 participants, maximum 10**

Create unique works of art using a variety of materials. The March theme is "Laurel Burch Cat and Bird". Participants will use watercolor to paint a cat and bird in the style of Laurel Burch. Participants must register 48 hours before the class. Instructed by Lorelle Paterson.



## BALLET

**Thursdays, 9 - 10am**

**March 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.

## BROADWAY JAZZ DANCE

**Thursdays, 10 - 11am**

**March 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.

## CARDIO SALSA & STRETCH

**Tuesdays, 11:30am - 12:30pm**

**March 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**

**March 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.

# FREE MONTHLY PROGRAMS

## TODAY'S WORLD NEWS

**Wednesdays, 2:15 - 3:15pm**  
**March 7 - 28**  
**Malibu Senior Center**  
**Free, RSVP Required**



Join the new current events discussion group designed to provide seniors with the opportunity to discuss, understand, and explore local, national, and international news. Learn about the political, economic, and social issues facing the world today in a respectful environment. Moderated by Warren Mullisen.

## KNITTING

**Mondays and Fridays, 9 - 10:30am**  
**March 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**  
**March 1 - 29**  
**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. Minimum 4 participants. Instructed by Judy Merrick.

## SILVER FOX WALK

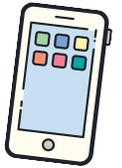
**Tuesday, March 21**  
**9 - 10am, Free, RSVP Required**  
**Malibu Bluffs Park**



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, March 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, March 16, 1 - 3pm**  
**Malibu Senior Center**  
**Free, No pre-registration is required**

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

**"The Secret: Dare to Dream" (PG)**

Based on Rhonda Byrne's best-seller, this uplifting story follows a young widow (Katie Holmes) and a mysterious man (Josh Lucas) who helps her and her family transform their lives.



# EDUCATIONAL LECTURES

## FALL PREVENTION WORKSHOP

**Thursday, March 16, 10:30 - 11:30am**  
**Malibu Senior Center**  
**Free, RSVP Required 48 Hours Before Workshop**

Join VG, from IHeart Caregiver Services, to learn ways to improve safety measures at home to reduce the chances of falling. VG will finish the presentation with a Question and Answer session. Minimum 4 participants. Refreshments will be provided.



# LUNCHEONS

## 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 Irish dancers. Pre-registration is required. Maximum 70 participants.



## APRIL LUNCHEON - MASQUERADE BALL

**Thursday, April 27, 12 - 1:30pm**  
**Malibu Senior Center**  
**Pre-registration is required**  
**\$5 per person**

Let's celebrate the Malibu Senior Center's anniversary with a Masquerade Ball! Lunch will be catered by Corner Bakery Cafe and entertainment will be provided by a New Orleans style jazz band. Pre-registration is required. Maximum 70 participants.



# EXCURSIONS

## EAST LA AND BOYLE HEIGHTS LATIN FLAVORS TOUR

**Wednesday, March 29, 8:30am - 3pm**

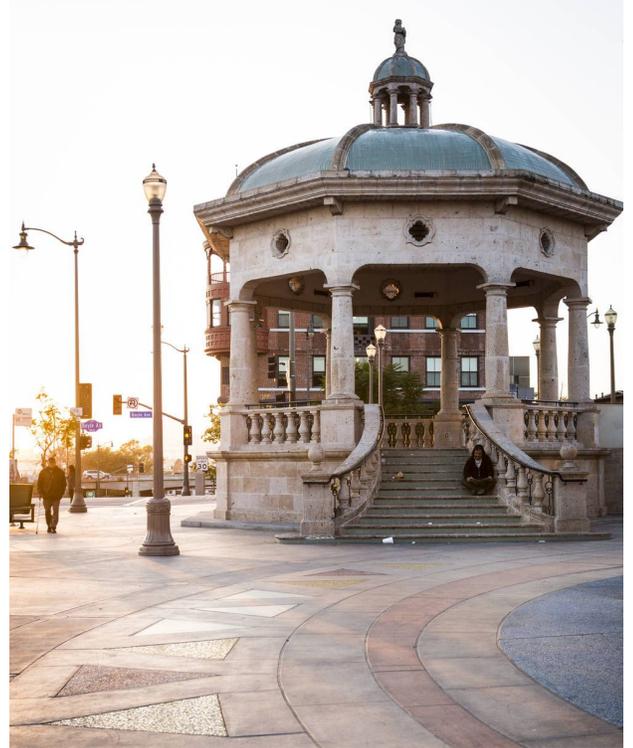
**\$50 per participant**

**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. Participants will board the shuttle bus at Malibu Bluffs Park.



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## DESCANSO GARDENS TOUR

**Wednesday, April 19, 8:30am - 3pm**

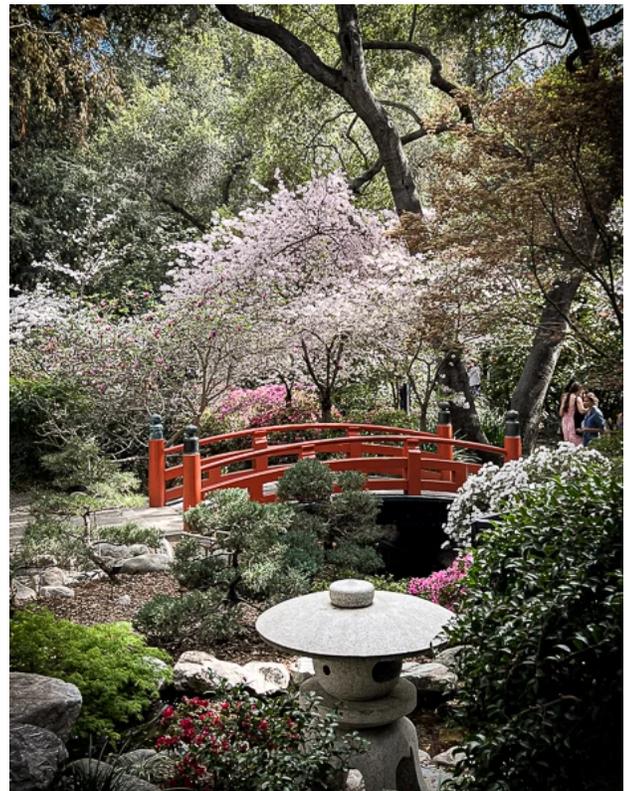
**\$35 per participant**

**Registration is open now!**

**Deadline to register is April 12 (or until full)**

**Maximum Participants: 15**

Bloom into spring with the Malibu Senior Center at the Descanso Gardens. Explore 10 beautiful gardens and view the flowers blooming in the month of April - azaleas, camellias, irises, lilacs, native plants and wildflowers, and wisteria! This trip includes a considerable amount of walking. Participants are encouraged to wear comfortable shoes and dress in layers. Participants have the option to eat lunch at The Kitchen at Descanso for an additional fee. Participants will board the shuttle bus at Malibu Bluffs Park.



# EVENTS HAPPENING IN MALIBU

## MALIBU LIBRARY BOOK CLUB

**Wednesday, March 8, 5pm**  
**Malibu Library**  
**Free**



The Malibu Library Book Club meets on the second Tuesday of every month. Read a title selected by book group members. New members are always welcome! Copies are available for check-out. Pre-registration is required at [LACountyLibrary.org/Malibu](http://LACountyLibrary.org/Malibu)

## CLASSICAL GUITAR CONCERT

**Friday, March 17, 5pm**  
**Malibu Library**  
**Free**



The Pepperdine Guitar Department presents a concert series featuring musicians studying with world-renowned classical guitar virtuoso Christopher Parkening. A variety of work will be presented in solo and ensemble settings.

## CAFFEINATED VERSE

**Saturday, March 18, 11am - 12:30pm**  
**Malibu Library**  
**Free**

Caffeinated Verse includes a featured reader, followed by an open mic format for poets to share their work with the Malibu community. This month's featured poet is Cynthia Good.



## PEP WILLIAMS ART EXHIBITION OPENING RECEPTION

**Sunday, March 26, 12 - 1:30pm**  
**Malibu City Gallery**  
**Free**



The Malibu Arts Commission is pleased to showcase artist Pep Williams at the Malibu City Gallery located at Malibu City Hall. The Opening Reception is Sunday, March 26, at noon. Meet Pep, see his amazing work, and celebrate with complimentary food and beverages. The Reception includes a live musical performance by A Call 2Peace. An RSVP is not required.

## AQUA AEROBICS

**Saturday, April 15 - May 20, 9 - 10am**  
**Malibu Community Pool**  
**\$5 per class**

Jump into aqua aerobics to build cardiovascular fitness and strength. Aqua aerobics is a blend of cardio and resistance training in a low-impact format. This program is suitable for all fitness levels from beginners to conditioned athletes. Instructed by Community Services Aquatics Staff. Registration is now open!



23RD ANNUAL

# CHUMASH DAY

NATIVE AMERICAN POWWOW  
& INTERTRIBAL GATHERING



SATURDAY, APRIL 1 & SUNDAY, APRIL 2  
10AM - 6PM  
MALIBU BLUFFS PARK

COMPLIMENTARY ADMISSION  
FREE PARKING AND SHUTTLE AT  
23575 CIVIC CENTER WAY

310.317.1364 [MALIBUCITY.ORG/CHUMASHDAY](http://MALIBUCITY.ORG/CHUMASHDAY)



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)



For updated information feel free to visit our website at [MalibuCity.org/SeniorCenter](http://MalibuCity.org/SeniorCenter) or call the Senior Center at 310.456.2489 ext. 357.