SENIOR CENTER AND ADULT PROGRAMS

SENIOR NEWS AND VIEWS

MAY 2023

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

MAY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
1 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @Bluffs	2 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @Bluffs Mat Yoga 1-2pm	3 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm	4 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @Bluffs Pilates 11:30am-12:30pm @Bluffs	5 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs
8 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @Bluffs	9 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @Bluffs Mat Yoga 1-2pm	10 Organics Recycling Training 10-11am Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm	11 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @Bluffs Pilates 11:30am-12:30pm @Bluffs Malibu Medical Group Pain Management Lecture 1-2pm	12 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs
15 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @Bluffs	16 ***Casa Del Herrero and Downtown Santa Barbara 8am-5:30pm*** Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @Bluffs Mat Yoga 1-2pm	17 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm	18 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @Bluffs Pilates 11:30am-12:30pm @Bluffs Theater Thursday 1-3pm	19 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs
22 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm @Bluffs	23 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @Bluffs Mat Yoga 1-2pm	24 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm	25 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @Bluffs Pilates 11:30am-12:30pm @Bluffs ***Luncheon 12-1:30pm*** ****Pre-Registration Required*** Art Trek 1-3pm @Bluffs	26 Knitting 9-10:30am Stretch & Strength 11am-12pm @Bluffs
Senior Center Closed 	30 Cardio Salsa & Stretch 11:30am-12:30pm @Bluffs Mat Yoga 1-2pm	31 Stretch & Strength 11am-12pm @ Bluffs Relax Through Coloring 1-2pm		

FITNESS CLASSES

CHAIR YOGA

Mondays, 11am - 12pm
May 1 - 22, *No class 5/29*
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.

MAT PILATES PLUS

Thursdays, 11:30am - 12:30pm
May 4 - 25
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
May 2 - 30
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
May 1 - 31, *No class 5/29*
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. Please wear sunscreen, a hat, and bring water. Instructed by Marsha Cooper.

ART, DANCE, AND MORE!

ART TREK

Thursday, May 25, 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 May theme is "Abstracted Floral." Participants will create their abstracted design using ink pens and watercolors. Instructed by Lorelle Patterson.

BALLET SLIM AND TRIM

Thursdays, 10:30 - 11:30am
May 4 - 25
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
May 2 - 30
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
May 2 - 23
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.

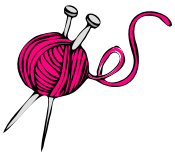
TAP/JAZZ DANCE COMBO

Thursdays, 9 - 10am
May 4 - 25
Malibu City Hall, Civic Theater
Monthly pre-registration recommended,
$5 per class

Enter stage right to the Senior Center's new combo jazz and tap dance class! The class will consist of jazz warm-ups and stretches, followed by the beginning steps and nuances of tap dancing. Tap shoes are required and beginner students are welcome. Instructed by Ann Monahan.

FREE MONTHLY PROGRAMS

KNITTING



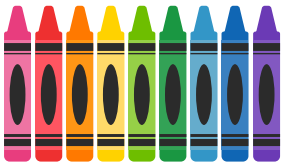
Mondays and Fridays, 9 - 10:30am
May 1 - 26, *No class 5/29*
Malibu Senior Center
Free, No pre-registration is required

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
May 3 - 31
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, May 9
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, May 18, 1 - 3pm
Malibu Senior Center
Free, No pre-registration is required

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

"LaLa Land" (PG-13)

While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.

EDUCATIONAL LECTURES

ORGANICS RECYCLING TRAINING

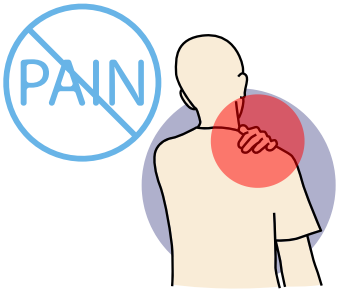
Wednesday, May 10, 10 - 11am
Malibu Senior Center
Free, RSVP Required

City of Malibu Environmental Programs staff will be hosting a training for participants to learn more about the importance of recycling and waste reduction, and how to properly recycle your kitchen food scraps. The Organic Waste Recycling Program is an important way for Malibu to fulfill its commitment as a community to address climate change and protect the environment. Participants will get a free kitchen scraps caddy as well! The 1.9-gallon, dishwasher-safe caddies are easy to fill, carry, empty, and clean, offering a convenient way to collect food scraps to be recycled.

MALIBU MEDICAL GROUP PAIN MANAGEMENT EDUCATIONAL LECTURE

Thursday, May 11, 1 - 2pm
Malibu Senior Center
Free, RSVP Required

Join Nurse Practitioner, Jeannine Dannenbaum to learn tips and solutions for pain management. Jeannine will finish the lecture with a Question and Answer session. Refreshments will be provided.



LUNCHEONS

MAY LUNCHEON- FLOWER FRENZY

Thursday, May 25, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

Get ready to bloom into spring at the Senior Center's Flower Frenzy luncheon! Lunch will be catered by Urbane Cafe and entertainment will be provided by the Malibu Senior Center choir class. Pre-registration is required. Maximum 70 participants.

JUNE LUNCHEON- HAVANA NIGHTS

Thursday, June 22, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

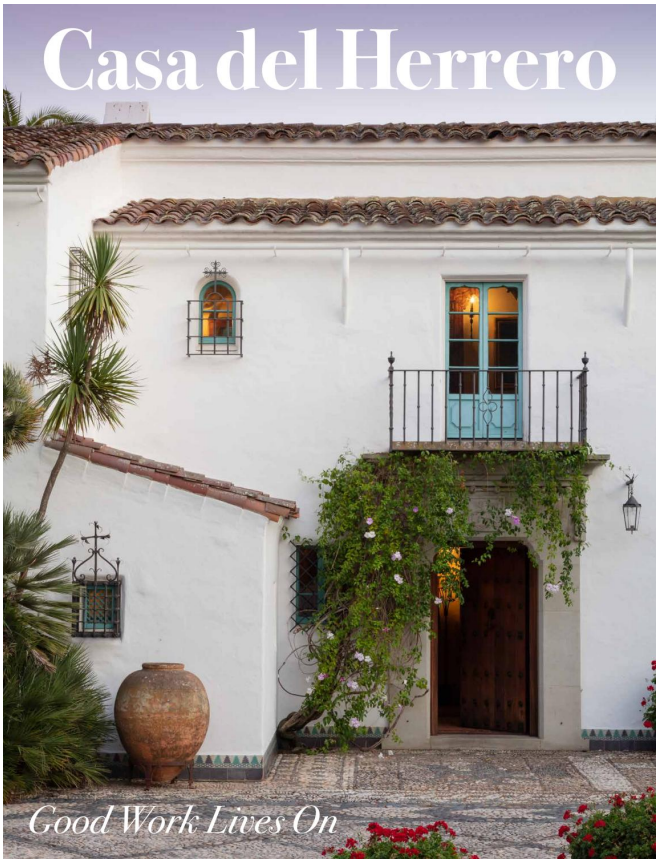
Let's celebrate the beginning of vacation season at the Senior Center's Havana Nights luncheon! Lunch will be catered by Rutt's Hawaiian Cafe and entertainment will be provided by singer and entertainer Suzy Cahdam. Pre-registration is required. Maximum 70 participants.

EXCURSIONS

CASA DEL HERRERO AND DOWNTOWN SANTA BARBARA

Tuesday, May 16, 8am - 5:30pm
$50 per participant
Registration is open now!
Deadline to register is May 10 (or until full)
Maximum Participants: 15

Casa Del Herrero, the "House of the Blacksmith" is a time capsule of Montecito, California in the 1920's and 1930's. Designed by George Washington Smith, the Casa is one of the finest standing examples of Spanish Colonial Revival Architecture in America. Participants will be led by a docent on a 90-minute tour that includes the historic house museum, gardens, and workshop. After the tour, the group will drive to Downtown Santa Barbara's State Street to enjoy lunch on your own for an additional fee and leisure time.



TOUR OF WARNER BROTHERS STUDIOS

Tuesday, June 27, 8:30am - 5pm
$50 per participant
Registration is open now!
Deadline to register is June 15 (or until full)
Maximum Participants: 15

Go behind the lens and discover the secrets of movie making magic. The Studio Tour brings you closer than ever to the entertainment you love. You'll explore one of the busiest working studios in Los Angeles with an expert tour guides, who will take you behind the scenes of the studio that has been entertaining the world for nearly 100 years. Please wear comfortable shoes, a hat, and sunscreen. Enjoy lunch at Central Perk Cafe for an additional fee.

EVENTS HAPPENING IN MALIBU

AQUA AEROBICS

Saturdays, April 15 - May 20, 10 - 11am
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 Daland Swim School. Registration is now open!

LAP SWIM

Lap swim is a drop-in program at the Malibu Community Pool. Lanes for lap swimmers will be issued on a first-come, first-served basis, with shared lanes. Lap swim for participants aged 55+ is free. Please go online to MalibuCity.org/Aquatics to view the current lap swim schedule.

JUBILATIONS: EMBRACE THE NIGHT

Saturday, May 6, 4pm
Malibu City Hall
Complimentary

The 2023 poetry summit, "Jubilations and Other Notations", embraces the joys of life. Poets and artists of many disciplines, from students in the City's Arts in Education program to other features will share their wonder in movement, music, paint, and word. This event is complimentary and refreshments will be served.

MALIBU LIBRARY BOOK CLUB

Wednesday, May 10, 5pm
Malibu Library
Complimentary

The Malibu Library Book Club meets on the second Wednesday 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

CAFFEINATED VERSE

Saturday, May 20, 11am - 12:30pm
Malibu Library
Complimentary

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 Chloe Loquet, Janet Goldberg, and Carol Davis.

UPCOMING PROGRAMS

BRING OUT YOUR INNER WRITER: CREATIVE WRITING

Tuesdays, June 6 - July 18, 2:15 - 3:45pm
No class 7/4
Malibu Senior Center
$5 per class

In this free-form class, students learn to use writing as a tool for personal expression, creativity, and healing. Students explore creative writing techniques, fun prompts, timed writing exercises, and thoughtful listening to encourage students to let words flow and see what evolves. No experience is necessary. Bring pens, notebooks, and an open mind. Instructed by Tracy Katz.

ICE CREAM SOCIALS

Thursdays, June 8, July 6, and August 10
12 -1 PM
Malibu Senior Center Patio
Free, RSVP Required

Cool off on a hot Summer day with ice cream on the Malibu Senior Center patio. Participants can make their own ice cream sundae and socialize with their fellow Senior Center friends.

INSTRUCTORS AND GROUP LEADERS WANTED!

Do you have a special talent or skill you are interested in sharing and teaching? The Senior Center is looking for creative, skilled, and enthusiastic instructors and group leaders who can provide well-organized and informative programs for seniors. The Senior Center offers programs that are mutli-week and one-day workshops that cover a variety of topics including art, fitness, music, dance, technology, and more! Programs are selected based on dates, facility availability, and community interest. If you are interested in teaching a new class, leading a social group, or hosting a one-day workshop, please contact Amanda Rigali at arigali@malibucity.org or (310) 456-2489 ext. 252.

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 Malibu Senior Center will be closed on Monday, May 29.
For updated information feel free to visit our website at MalibuCity.org/SeniorCenter or call the Senior Center at 310.456.2489 ext. 357.