

# SENIOR NEWS AND VIEWS

JUNE 2023



Monday Tuesday Wednesday Thursday Friday



# JUNE



<p>5 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength 1-2pm</p>	<p>6 Choir 10-11am Cardio Salsa &amp; Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm Creative Writing 2:15-3:45pm</p>	<p>7 Stretch &amp; Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>8 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs Ice Cream Social 12-1pm</p>	<p>9 Knitting 9-10:30am Stretch &amp; Strength 11am-12pm</p>
<p>12 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength 1-2pm</p>	<p>13 Tech Help 9-10am Choir 10-11am Mat Yoga 1-2pm Creative Writing 2:15-3:45pm</p>	<p>14 Cholesterol Management Educational Lecture 10-11am Stretch &amp; Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>15 Cardio Salsa &amp; Stretch 1:30-2:30pm @ Bluffs Theater Thursday 1-3pm</p>	<p>16 Knitting 9-10:30am Stretch &amp; Strength 11am-12pm</p>
<p>19 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength 1-2pm</p>	<p>20 Choir 10-11am Mat Yoga 1-2pm Creative Writing 2:15-3:45pm</p>	<p>21 Stretch &amp; Strength 11am-12pm Relax Through Coloring 1-2pm Understanding Alzheimer's and Dementia 2:30-3:30pm</p>	<p>22 Cardio Salsa &amp; Stretch 1:30-2:30pm @ Bluffs <b>Luncheon 12-1:30pm</b> <b>*Pre-Registration Required</b></p>	<p>23 Knitting 9-10:30am Stretch &amp; Strength 11am-12pm</p>
<p>26 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength 1-2pm</p>	<p>27 <b>Excursion: Warner Brothers Studio Tour 8:30am-3:30pm</b> Tech Help 9-10am Mat Yoga 1-2pm Creative Writing 2:15-3:45pm</p>	<p>28 Stretch &amp; Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>29 Cardio Salsa &amp; Stretch 1:30-2:30pm @ Bluffs Art Trek 1-3pm</p>	<p>30 Knitting 9-10:30am Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Stretch &amp; Strength 11am-12pm Pilates 11:30am-12:30pm @ Bluffs</p>

# FITNESS CLASSES

## AQUA AEROBICS

**Tuesdays and Thursdays, 12:15 - 1pm**

**June 13 - 29**

**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 Malibu Foundation Staff. Registration is now open!

## CHAIR YOGA

**Mondays, 11am - 12pm**

**June 5 - 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, June 1 & 8 and Friday, June 30**

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

**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**

**June 6 - 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**

**June 2 - 30**

**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, June 29, 1 - 3pm

Malibu Senior 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 June theme is "In Line, Ladies!" Participants will create numerous portraits in watercolor after a brief review of facial proportions. Instructed by Lorelle Paterson.



## BALLET SLIM & TRIM

Thursdays, June 1 & 8 and Friday, June 30

10:30 - 11:30 AM

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.

## BRING OUT YOUR INNER WRITER: CREATIVE WRITING

Tuesdays, June 6 - 27, 2:15 - 3:45pm

Malibu Senior Center

Monthly pre-registration recommended, \$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. No experience is necessary. Bring pens, notebooks, and an open mind. Instructed by Tracy Katz.

## CARDIO SALSA & STRETCH

Tuesday, June 6, 11:30am - 12:30pm

Thursdays, June 15 - 29, 1:30 - 2:30pm

Malibu Bluffs Park, Michael Landon Center

Monthly pre-registration recommended, \$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, June 6 - 27, 10 - 11am

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, June 1 & 8 and Friday, June 30

9 - 10 AM

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



## ICE CREAM SOCIAL

Thursday, June 8, 12 - 1pm

Free, RSVP Required

Malibu Senior Center Patio



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.

## KNITTING

Mondays and Fridays, 9 - 10:30am

June 2 - 30

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

June 7 - 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.



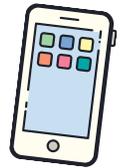
## TECH HELP

Tuesday, June 13 and 27

9 - 10am, Free, RSVP Required

Malibu Senior Center

Maximum 4 participants per session



Additional date added! Tech Help will now be on the 2nd and 4th Tuesday of the month. 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, June 15, 1 - 3pm

Malibu Senior Center

Free, No pre-registration is required



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

**"80 For Brady" (PG-13)**

Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.

# EDUCATIONAL LECTURES

## CHOLESTEROL MANAGEMENT

Wednesday, June 14, 10 - 11am

Malibu Senior Center

Free, RSVP Required

Join Nurse Practitioner, Jamie Hilbert, from Malibu Medical Group to hear about what the experts say about high cholesterol, management, and what testing options are available. Jamie will discuss diet and supplements that can help lower cholesterol as well. Refreshments will be provided.



## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Wednesday, June 21, 2:30 - 3:30pm

Malibu Senior Center

Free, RSVP Required

Join Community Educators from the Alzheimer's Association to learn about detection, causes, risk factors, stages and treatment of Alzheimer's Disease.

Refreshments will be provided.



# LUNCHEONS

## 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 Summer at the Senior Center's Havana Nights luncheon! Lunch will be catered by Rutt's Hawaiian Cafe and entertainment will be provided by Suzy Cahdam. Pre-registration is required. Maximum 70 participants.



## JULY LUNCHEON-PARTY IN THE U.S.A.

Thursday, July 27, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person

Flags are flying high and fireworks light up the sky on 4th of July! Join the Senior Center for a late 4th of July celebration! Lunch will be catered by Wood Ranch and entertainment will be provided by legends impressionist, Danny Jacobson. Pre-registration is required. Maximum 70 participants.



# EXCURSIONS

## 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.



## TOUR OF SOFI STADIUM

**Tuesday, July 18, 8:30am - 4pm**

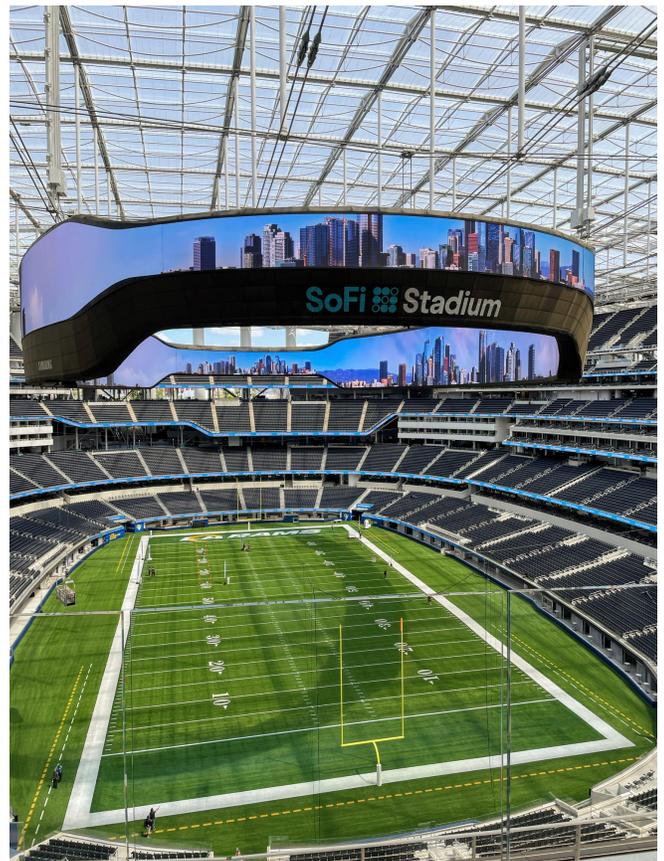
**\$45 per participant**

**Registration is open now!!**

**Deadline to register is July 10 (or until full)**

**Maximum Participants: 15**

Receive behind the scenes access to Los Angeles' new sports and entertainment destination, Sofi Stadium. Attendees will be guided on a one-hour tour followed by on field activities. Afterwards, participants have the option to eat lunch at Urban Plates for an additional fee.



# ARTS AND CULTURE EVENTS IN MALIBU

## JANE SEYMOUR "EXPRESSIONS" ART EXHIBITION RECEPTION

**Sunday, June 4, 12 - 1:30pm**  
**Malibu City Hall**  
**Complimentary**

"Expressions" by Jane Seymour showcases a variety of delicate watercolors, colorful, vibrant oil paintings, and fine art bronze sculptures. The exhibition will be on display from May 22 to June 30, 2023 and open Monday-Friday, from 8am - 4pm. "Conversations with Jane Seymour" will be on Sunday, June 4, from 12 - 1:30pm at the Malibu City Gallery at Malibu City Hall. The event will include a question and answer session with Ms. Seymour and feature live music by A Call 2Peace and refreshments.

## LOCAL AUTHOR SERIES

**Tuesday, June 13, 7 - 8:30pm**  
**Malibu Library**  
**Free**

The Local Author Series is an extension of the Malibu Library Speaker Series, a free program of Los Angeles County Library and the City of Malibu. The program features published authors who live in Malibu. This installment will feature Diane Peterson and Leslie S. Klinger.



## CINEMALIBU - "TOP GUN" 1986, PG

**Saturday, June 17, 7pm**  
**Malibu Bluffs Park**  
**Complimentary**



Kick off Summer with an outdoor movie at Malibu Bluffs Park. Movies begin at sunset and activities begin one hour before sunset. Bring chairs and blankets. Pre-movie activities include giveaways, D'Amore's Pizza Truck, and Apollo's Espresso and Shave Ice.

The Top Gun Naval Fighter Weapons School is where the best of the best train to refine their elite flying skills. When hotshot fighter pilot Maverick (Tom Cruise) is sent to the school, his reckless attitude and cocky demeanor put him at odds with the other pilots, especially the cool and collected Iceman (Val Kilmer). But Maverick isn't only competing to be the top fighter pilot, he's also fighting for the attention of his beautiful flight instructor, Charlotte Blackwood (Kelly McGillis)

## SUMMER JUBILATIONS

**Thursday, June 22, 5 - 6:30pm**  
**Malibu Bluffs Park**  
**Complimentary**



A gathering themed to celebrate joy in a time of whelming possibilities, to give voice to the true nature of vitality modeled on the natural world, to attend to the power of love and joy. This poetry gathering is open air and features special guest reader Dr. Jose Ortega, an open mic, and conversation. An RSVP is not required.

# HEALTH AND SAFETY EVENTS IN MALIBU

## WILDFIRE HOME HARDENING ASSESSMENTS

Schedule a free appointment by emailing [FireSafety@MalibuCity.org](mailto:FireSafety@MalibuCity.org) calling 310-456-2489 ext. 388, or visiting the Fire Safety webpage.



June 1 is the Los Angeles County Fire Department Brush Clearance deadline. Now is the time to schedule a free Home Wildfire Hardening Assessment with the City's Fire Safety Liaisons to help comply with County and State wildfire safety requirements and annual brush clearance.

## RED CROSS BLOOD DONATION DRIVE

Thursday, June 8, 10am - 4pm  
Malibu City Hall



Community members are invited to give the gift of life by donating blood at the City of Malibu and Red Cross Community Blood Drive. Please register in advance at [www.RedCrossBlood.org](http://www.RedCrossBlood.org) and enter "CityofMalibu." For more information, call 818-200-3445. Bring a photo ID, drink plenty of water, and eat well before and after giving blood.

## PUBLIC SAFETY EXPO

Saturday, June 10, 10am - 2pm  
Malibu City Hall



The City of Malibu and The Malibu Community Emergency Response Team (CERT) are working to help the community prepare for wildfires, earthquakes, and other disasters with the City's 5th annual Public Safety Expo. The free event will feature presentations from the California Insurance Commissioner on wildfire insurance and from the LA County Fire Department on brush clearance. Numerous public safety agencies will have other demonstrations and will be displaying vehicles, including the Sheriff's Department Bomb Squad, Fire Department, Lifeguard Division and others. Free lunch will be provided from two food trucks, with a vegan option.

## HAZARDOUS HOUSEHOLD WASTE & E-WASTE RECYCLING

Saturday, June 17, 10am - 2pm  
Malibu City Hall, Upper Parking Lot



Responsibly recycle and dispose of electronics, compact fluorescent bulbs, used motor oil, latex (water based) paint, automotive and household batteries, and compact fluorescent bulbs. Visit [MalibuCity.org/EnviroEvents](http://MalibuCity.org/EnviroEvents) for more information.

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.

