

**SENIOR  
NEWS AND VIEWS**

**SEPTEMBER 2023**



Monday

Tuesday

Wednesday

Thursday

Friday

# SEPTEMBER



1  
Knitting 9-10:30am  
Stretch & Strength 11am-12pm  
@ Bluffs  
Bridge and Pan 12:30-3:30pm

4  
*Senior Center Closed*



5  
Choir 10-11am  
Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs  
Mat Yoga 1-2pm

6  
Stretch & Strength 11am-12pm @ Bluffs  
Relax Through Coloring 1-2pm

7  
Tap/Jazz Dance Combo 9-10am  
Ballet 10:30-11:30am @ Bluffs  
Pilates 11:30am-12:30pm @ Bluffs

8  
Knitting 9-10:30am  
Stretch & Strength 11am-12pm @ Bluffs  
Bridge and Pan 12:30-3:30pm

11  
Knitting 9-10:30am  
Chair Yoga 11am-12pm  
Stretch & Strength 1-2pm @ Bluffs

12  
Tech Help 9-10am  
Choir 10-11am  
Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs  
Mat Yoga 1-2pm

13  
Stretch & Strength 11am-12pm @ Bluffs  
Relax Through Coloring 1-2pm  
Build Your Own Bird House 2:30-3:30pm

14  
Tap/Jazz Dance Combo 9-10am  
Ballet 10:30-11:30am @ Bluffs  
Pilates 11:30am-12:30pm @ Bluffs  
Art Trek 1-3pm

15  
Knitting 9-10:30am  
Stretch & Strength 11am-12pm @ Bluffs  
Bridge and Pan 12:30-3:30pm

18  
Knitting 9-10:30am  
Newsletter Folding Group 10:30am-12:30pm  
Chair Yoga 11am-12pm  
Stretch & Strength 1-2pm @ Bluffs

19  
***Excursion: The Getty Center 9am-3:30pm***  
Choir 10-11am  
Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs  
Mat Yoga 1-2pm

20  
Stretch & Strength 11am-12pm @ Bluffs  
Relax Through Coloring 1-2pm

21  
Tap/Jazz Dance Combo 9-10am  
Ballet 10:30-11:30am @ Bluffs  
Pilates 11:30am-12:30pm @ Bluffs  
Theater Thursday 1-3pm

22  
Knitting 9-10:30am  
Stretch & Strength 11am-12pm @ Bluffs  
Bridge and Pan 12:30-3:30pm

25  
Knitting 9-10:30am  
Chair Yoga 11am-12pm  
Stretch & Strength 1-2pm @ Bluffs

26  
Tech Help 9-10am  
Choir 10-11am  
Mat Yoga 1-2pm

27  
Stretch & Strength 11am-12pm @ Bluffs  
Relax Through Coloring 1-2pm

28  
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***

29  
Knitting 9-10:30am  
Stretch & Strength 11am-12pm @ Bluffs  
Bridge and Pan 12:30-3:30pm

SEPTEMBER SCHEDULE

# FITNESS CLASSES

## AQUA AEROBICS

Saturdays, September 23 - October 28

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 the Malibu Aquatics Foundation.

## CHAIR YOGA

Mondays, 11am - 12pm

September 11 - 25

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 Oleg Flow.



## MAT PILATES PLUS

Thursdays, 11:30am - 12:30pm

September 7 - 28

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

September 5 - 26

Malibu Senior Center

Monthly pre-registration recommended,  
\$5 per class



New Instructor! The Senior Center welcomes Mike Manfredo to lead the Mat Yoga class. Learn new poses, increase flexibility, and practice stretching techniques in a calm and relaxing environment. Activities include gentle movement sequences and guided relaxation. Bring your own yoga mat.

## STRETCH & STRENGTH

Mondays, 1 - 2pm

Wednesdays and Fridays, 11am - 12pm

September 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. Please wear sunscreen, a hat, and bring water. Instructed by Marsha Cooper.

# ART, DANCE, AND MORE!

## ART TREK

Thursday, September 14, 1 - 3pm

Malibu City Hall, Multipurpose Room

Pre-registration required, \$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 September theme is beautiful butterfly. Participants will design their own butterflies using ink pens and watercolors.

Instructed by Lorelle Patterson.



## BALLET SLIM & TRIM

Thursdays, September 7 - 28

10:30am - 11:30am

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, September 5-19, *No class*

*September 26, 11:30am-12:30pm*

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 Jackeline Daneshrad.

## CHOIR

Tuesdays, September 5 - 26, 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, September 7 - 28, 9 - 10am

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.

# MONTHLY PROGRAMS

## KNITTING

**Mondays and Fridays, 9 - 10:30am  
September 1 - 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.



## NEWSLETTER FOLDING AND MAILING GROUP

**Monday, September 18, 10:30am - 12:30pm**

**Malibu City Hall, Multipurpose Room**

**Free, RSVP Required**

The Senior Center needs your help preparing the newsletters for mailing each month! We are looking for volunteers to assist with folding, labeling, and grouping together the monthly newsletter. Come socialize with friends and enjoy complimentary refreshments while assisting your wonderful Senior Center.

## RELAX THROUGH COLORING

**Wednesdays, September 6 - 27, 1 - 2pm**

**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

**Tuesdays, September 12 and 26**

**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, September 21, 1 - 3pm**

**Malibu Senior Center**

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

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

**"The Greatest Showman" (PG-13)**

Phineas Taylor Barnum a poor orphan with a desire for success begins to rally and build his name through creating a place where the unique and peculiar are accepted and admired through live circus sets.



# ART ACTIVITY

## BUILD YOUR OWN BIRD HOUSE

Wednesday, September 13, 2:30 - 3:30pm  
Malibu City Hall, Senior Center Patio  
Complimentary  
RSVP is required, Maximum 15 attendees

Make your yard an inviting place for birds with a handmade bird house! Senior Center staff will lead this fun and simple art activity on the patio at City Hall. All supplies will be provided. Refreshments will be provided. RSVP is required.



# LUNCHEONS

## SEPTEMBER LUNCHEON- MALIBU'S WILD WEST

Thursday, September 28, 12 - 1:30pm  
Malibu Senior Center  
Pre-registration is required  
\$5 per person

Saddle up with the Malibu Senior Center for a luncheon in Malibu's Wild West. Lunch will be catered by Stonefire Grill and entertainment will be provided by Dolly Parton Impersonator, Charlene Masuda. Pre-registration is required. Maximum 70 participants.



## OCTOBER LUNCHEON- MALIBU MONSTER MASH

Thursday, October 26, 12 - 1:30pm  
Malibu Senior Center  
Pre-registration is required  
\$5 per person

Beware its a ghostly affair, join the Malibu Senior Center for our monster mash themed luncheon. Lunch will be catered by Sharkey's Mexican Grill and entertainment will be provided by Megan McIver a bubbleologist. Pre-registration is required. Maximum 70 participants.



**\*PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN  
REGISTERING FOR A LUNCHEON\***

# EXCURSIONS

## THE GETTY CENTER

**Tuesday, September 19, 9am - 3:30pm**

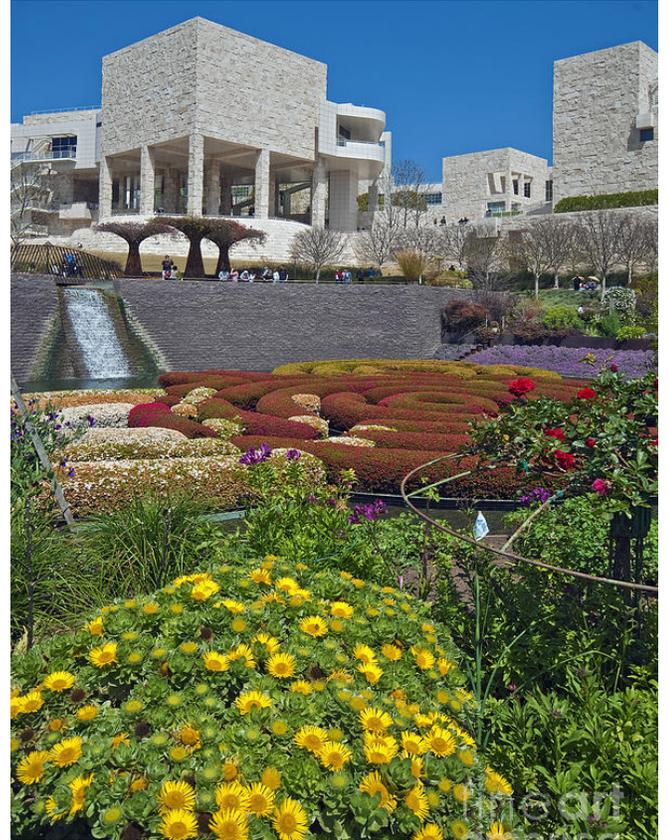
**\$35 per participant**

**Registration is open now!**

**Deadline to register is September 13 (or until full)**

**Maximum Participants: 30**

Enjoy a day away at a museum with something for everyone: art, modern design, unique gardens, and spectacular city views. Participants will explore the museum and enjoy lunch on their own time. Participants have the option to eat lunch at The Getty's Restaurant or Garden Tea Cafe for an additional fee. The Getty also allows attendees to bring in their own food and have a picnic at the public seating areas or lawn.



---

## LOS ANGELES ZOO

**Tuesday, October 17, 8:30am - 4pm**

**\$35 per participant**

**Registration is open now!**

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

**Maximum Participants: 30**

Get ready to roar with the Malibu Senior Center as we explore the Los Angeles Zoo! The Zoo features a variety of animals including elephants, gorillas, zebras, reptiles, birds, and so much more! Participants can enjoy lunch on their own at one of the many food venues on site.



# EVENTS HAPPENING IN MALIBU

## DANCE WORKSHOP

Monday, September 11, 7 - 8:15pm

Malibu Bluffs Park, Michael Landon Center  
\$25 fee, pre-registration is required



Dance is a great way to exercise, socialize, and learn the foundations of swing, ballroom, merengue, and salsa. The September dance topic will be swing dance. During this 75-minute workshop, easy-to-learn dance techniques will be taught, including lead, follow, rhythm, and timing. Suitable for singles and couples. Instructed by MC Callaghan.

## WELLNESS WORKSHOP

Thursday, September 14, 6 - 7:30pm

Malibu Bluffs Park, Michael Landon Center  
\$25 fee, pre-registration is required

Join regenerative, healing, and transformative workshops on the second Thursday of the month. The September theme is Restorative Soundbath. Learn ways to help release tension and stress, balance energy in the body and promote a sense of well-being. Leave each workshop with restored inner harmony and receive the healing benefits of community connection. Instructed by The Mindry.

## CLASSICAL GUITAR CONCERT

Friday, September 15, 3 - 4:30pm

Malibu Library  
Complimentary



The Pepperdine Guitar Department presents a concert featuring musicians studying world-renowned classical guitar virtuoso Christopher Parkening. A variety of works are presented in both solo and ensemble settings.

## MALIBU LIBRARY SPEAKER SERIES

Wednesday, September 20, 7 - 8:30pm

Malibu City Hall, Civic Theater  
Complimentary, RSVP Required

Composer, producer, and The Beatles expert Scott Freiman takes music fans young and old on a magical tour through this masterpiece in Deconstructing Sgt. Pepper, a 90-minute, in-depth look at the Beatles' creative process. Visit [MalibuCity.org/LibrarySpeakers](http://MalibuCity.org/LibrarySpeakers) to RSVP.

## FULL MOON HIKE

Friday, September 29, 6 - 7:30pm

Charmless Wilderness Park

Free, pre-registration is required one week prior to the program



Discover the nighttime magic of Charmless Wilderness Park during the full moon. Experience one of Malibu's best hiking venues and learn about the natural surroundings. Participants should be able to walk on uneven terrain.

## SMART GARDENING WORKSHOP

Saturday, September 30, 10am - 12pm

Malibu City Hall, Multipurpose Room  
Free, No RSVP Required



This Workshop focuses on introducing grass recycling, composting, fire-wise and water-wise landscaping, and more. Residents will learn how to improve their lawns and gardens, conserve water, and reduce waste. Discounted compost bins will be available for purchase.

# SENIOR CENTER PROGRAM UPDATES

## GROUP LEADERS WANTED!!

We greatly appreciate the time and effort you put into responding to the Senior Program Assessment Survey. The Senior Center needs community members to volunteer as group leaders to start new programs! Please let Senior Center staff know if you or someone you know is interested in leading one of the following social clubs:

- Book Club
- Card Game Club
- Sports Club
- Tv Show Club

The Senior Center already has Community Action Club and Walking Group volunteer leaders.

Please contact the Malibu Senior Center at (310) 456-2489 ext. 357 or [malibuseniorcenter@malibucity.org](mailto:malibuseniorcenter@malibucity.org) if you are interested in joining these groups

# SENIOR RESOURCE FAIR



THURSDAY, OCTOBER 19  
11 AM - 1 PM



MALIBU CITY HALL

Meet local service providers, and learn about healthy aging! Information booths will include: medical doctors, health and wellness businesses, community organizations, and senior care providers.

**FIRST 50 PEOPLE TO RSVP WILL RECEIVE FREE LUNCH!**

All participants will receive a free raffle ticket. Raffle items include discounts from vendors, gift cards, and more.

For more information, to RSVP, or to register to be a vendor, contact the Malibu Senior Center at (310) 456-2489 ext. 357 or [MalibuSeniorCenter@malibucity.org](mailto:MalibuSeniorCenter@malibucity.org)



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.**

