SENIOR CENTER AND ADULT PROGRAMS

SENIOR NEWS AND VIEWS

NOVEMBER 2023

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

NOVEMBER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
NOVEMBER		1 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	2 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs	3 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
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 Yoga 1-2pm	8 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	9 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs Art Trek 1-3pm	10 ***Senior Center Closed***
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 Yoga 1-2pm	15 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	16 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs Theater Thursday 1-3pm	17 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
20 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	21 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm	22 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	23 ***Senior Center Closed*** 	24 ***Senior Center Closed***
27 Knitting 9-10:30am Newsletter Folding Group 10:30am-12:30pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm	28 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Mat Yoga 1-2pm ***Excursion: Petersen Automotive Museum***	29 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	30 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***	

FITNESS CLASSES

AQUA AEROBICS

Saturday, November 11
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. Instructed by Tina Sartorius.

CHAIR YOGA

Mondays, 11am - 12pm
November 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 Oleg Flow.

MAT PILATES PLUS

Thursdays, 11:30am - 12:30pm
November 2 - 30, *No class 11/23*
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.

STRETCH & STRENGTH

Mondays, 1 - 2pm
Wednesdays and Fridays, 11am - 12pm
November 1 - 29, *No class 11/10 and 11/24*
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, mat, and water. Instructed by Marsha Cooper.

YOGA

Tuesdays, 1 - 2pm
November 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. Activities include gentle movement sequences and guided relaxation Bring a yoga mat. Instructed by Mike Manfredo.

ART, DANCE, AND MORE!

ART TREK

Thursday, November 9, 1 - 3pm
Malibu City Hall, Senior Center
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 November theme is Zentangle Crane. Participants will design their own Zentangle Crane using ink and graphite. Instructed by Lorelle Patterson.

BALLET SLIM & TRIM

Thursdays, 10:30am - 11:30am
November 2 - 30, *No class 11/23*
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.

BRIDGE AND PAN GROUP

Fridays, 12:30 - 3:30pm
November 3 and 17
Malibu Senior Center
Free, No RSVP Required

Beginners and experienced players are welcome to play with this relaxed bridge group every Friday. Led by volunteer Vin Joshi.

CARDIO SALSA & STRETCH

Tuesdays, 11:30am-12:30pm
November 7 - 28
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. Instructed by Jackeline Daneshrad.

CHOIR

Tuesdays, November 7 - 28, 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. Instructed by Laura DeMieri Fercano.

TAP/JAZZ DANCE COMBO

Thursdays, 9 - 10am
November 2 - 30, *No class 11/23*
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, 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
November 3 - 27, *No class 11/10 and 11/24*
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. Instructed by Sheila Rosenthal.

NEWSLETTER FOLDING AND MAILING GROUP

Monday, November 27, 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.

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
November 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. Instructed by Judy Merrick.

TECH HELP

Tuesday, November 14
9 - 10am, Free, RSVP Required
Malibu Senior Center
Maximum 4 participants per session

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.

THEATER THURSDAY

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

Lights, camera, action! Enjoy a complimentary movie and popcorn.
"The Bucket List" (PG-13)
Two terminally ill men leave their hospital ward and set out to complete a list of things they want to do before they die.

LUNCHEONS

NOVEMBER LUNCHEON- THE GOLDEN DAYS OF FALL

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

Let's enjoy the golden days of Fall at the Senior Center's November luncheon! Lunch will be catered by Mendocino Farms and entertainment will be provided by Elvis Impersonator, King Kruk. Pre-registration is required. Maximum 70 participants.

DECEMBER LUNCHEON- LET IT SNOW

Thursday, December 21, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

Celebrate the holidays at the Senior Center's December luncheon! Lunch will be catered by Maggiano's Little Italy and entertainment will be provided by the Malibu Senior Center Choir. Bring a new and unused toy to be donated to the LA County Fire Department Spark of Love Toy Drive. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

EXCURSIONS

PETERSEN AUTOMOTIVE MUSEUM

Tuesday, November 28, 8:30am - 4pm
$60 per participant
Registration is open now!
Deadline to register is November 1 (or until full)
Maximum Participants: 20

Start your engine for a day of fun at the Petersen Automotive Museum with the Malibu Senior Center! Participants will tour the car collection and have the option to enjoy lunch at The Counter Custom Burgers for an additional fee.

RONALD REAGAN PRESIDENTIAL LIBRARY AND MUSEUM

Tuesday, December 12, 9am - 3:30pm
$35 per participant
Deadline to register is December 6 (or until full)
Maximum Participants: 20

The Ronald Reagan Library and Museum features an immersive experience allowing you to interact with hundreds of never-before-seen artifacts. Engage with interactive displays in 18 galleries highlighting the life and times of America's 40th president. Participants will take a guided tour through numerous exhibits including a replica of the Oval Office and collaborative learning experiences like the Situation Room. Participants have the option to enjoy lunch at The Gippers Bar and Bistro for an additional fee.

EVENTS HAPPENING IN MALIBU

CLASSICAL GUITAR CONCERT

Friday, November 3, 3 - 4pm
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.

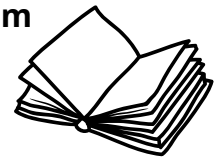
WILDLIFE AND PET SAFETY

Saturday, November 4, 6 - 7:30pm
Malibu Bluffs Park, Michael Landon Center
Free, Pre-registration is required

Join Teranga Ranch Urban Wildlife Specialist, Dana Stangel, to discuss the natural history and behaviors of local wildlife. Discuss attractants and deterrents including humane vs. inhumane backyard wildlife deterrents. Learn how to implement safe practices for your pets and their interactions with wildlife in your backyard, or while on a hike.

MALIBU LIBRARY BOOK GROUP

Wednesday, November 8, 5 - 6pm
Malibu Library
Complimentary



Read a title selected by book group members. New members are always welcome! Copies are available for check-out. For a list of current titles, please visit LACountyLibrary.org/Malibu

CAFFEINATED VERSE

Saturday, November 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 Kareem Tayyar.

RAIN BARREL DISTRIBUTION

Saturday, November 18, 9am-12pm
Malibu City Hall, Upper Parking Lot

A limited supply of rain barrels will be available while supplies last, one per household. Reserve a barrel online at MalibuCity.org/EnviroCalendar

MALIBU LIBRARY SPEAKER SERIES - MITCH ALBOM

Wednesday, November 29, 7 - 8:30pm
Malibu City Hall, Civic Theater
Free, RSVP Required

Mitch Albom will be discussing his new book, The Little Liar. Mr. Albom has written eight No. 1 New York Times bestsellers — including “Tuesdays with Morrie”, the bestselling memoir of all time, which topped the list for four straight years and celebrated its 25th anniversary in 2022. He has also written award-winning TV films, stage plays, screenplays, a nationally syndicated newspaper column, and a musical.

Thanksgiving

WORD SEARCH

R	U	G	Z	L	L	G	N	I	F	F	U	T	S	F
S	U	N	P	W	U	F	R	T	G	Q	D	E	A	S
E	B	I	L	U	M	F	U	A	F	Z	I	L	E	R
V	A	V	S	T	M	R	K	H	T	R	L	O	J	E
S	E	I	H	W	K	P	C	N	R	I	T	D	T	H
M	H	G	T	E	E	D	K	E	A	A	T	Y	R	T
I	O	S	Y	Q	J	E	B	I	T	H	L	U	A	A
R	L	K	Z	X	U	N	T	O	N	N	T	X	D	G
G	I	N	A	B	A	E	P	O	F	Q	P	H	I	E
L	D	A	V	R	L	X	V	F	E	A	S	T	T	C
I	A	H	C	B	S	E	Y	L	I	M	A	F	I	O
P	Y	T	B	H	M	A	G	E	U	D	D	S	O	R
O	T	O	P	B	P	L	Y	M	O	U	T	H	N	N
U	G	L	E	E	I	P	I	R	I	M	H	Q	B	T
C	O	R	N	U	C	O	P	I	A	J	Z	R	B	Y

FALL	THANKFUL	NOVEMBER
GATHER	TURKEY	PLYMOUTH
HOLIDAY	CORNUCOPIA	STUFFING
PILGRIMS	FAMILY	THANKSGIVING
PUMPKIN	GOBBLE	CRANBERRIES
CORN	GRATITUDE	POTATOES
FEAST	PIE	TRADITION

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

For updated information please visit our website at MalibuCity.org/SeniorCenter or call the Senior Center at 310.456.2489 ext. 357.