SENIOR CENTER AND ADULT PROGRAMS

SENIOR NEWS AND VIEWS

DECEMBER 2023

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

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
4 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	5 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm	6 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Learning to Accept and Live with Loss Support Group 2-3pm	7 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs Local's Lunch 11:30am-1pm @Ollo's Theater Thursday 1-3pm	8 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
11 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	12 ***Excursion: Ronald Reagan Presidential Library*** Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm	13 Stretch & Strength 11am-12pm @Bluffs Relax Through Coloring 1-2pm @Bluffs	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 @Bluffs Stretch & Strength 11am-12pm @Bluffs Bridge and Pan 12:30-3:30pm @Bluffs
18 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	19 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm Gingerbread House Activity 2:30-4pm	20 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Learning to Accept and Live with Loss Support Group 2-3pm	21 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***	22 ***Senior Center Closed*** Knitting 9-10:30am @Bluffs Stretch & Strength 11am-12pm @Bluffs Bridge and Pan 12:30-3:30pm @Bluffs
25 ***Senior Center Closed***	26 ***Senior Center Closed*** Sudoku, Crossword Puzzles, and Word Searches 9am-12pm @Bluffs Outdoor Walk 11am-12pm @Bluffs Board Games 12-4pm @Bluffs	27 ***Senior Center Closed*** Sudoku, Crossword Puzzles, and Word Searches 9-10:30am @Bluffs Stretch & Strength 11am-12pm @Bluffs Bingo 12:30-2pm @Bluffs	28 ***Senior Center Closed*** Sudoku, Crossword Puzzles, and Word Searches 9-10am @Bluffs Music and Movie Trivia 10-11:30am @ Bluffs Board Games 12-4pm @Bluffs	29 ***Senior Center Closed*** Sudoku, Crossword Puzzles, and Word Searches 9-10am @Bluffs Stretch & Strength 11am-12pm @Bluffs Bridge and Pan 12:30-3:30pm @Bluffs

DECEMBER SCHEDULE

FITNESS CLASSES

CARDIO SALSA & STRETCH

Tuesdays, 11:30am - 12:30pm
December 5 - 19
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.

CHAIR YOGA

Mondays, 11am - 12pm
December 4 - 18
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
December 7 - 21
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
December 1 - 11, 18 - 20
Malibu Senior Center
December 13, 15, 22, 27, and 29
Malibu Bluffs Park, Michael Landon Center
No class 12/25
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
December 5 - 19
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, December 14, 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 December theme is Partridge in a Pear Tree. Participants will design their own Partridge in a Pear Tree using watercolor Instructed by Lorelle Patterson.

BALLET SLIM & TRIM

Thursdays, 10:30am - 11:30am
December 7 - 21
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
December 1 and 8
Malibu Senior Center
December 15 - 29
Malibu Bluffs Park, Michael Landon 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.

CHOIR

Tuesdays, December 5 - 19, 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.

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
December 6 and 20
Malibu Senior Center
December 13
Malibu Bluffs Park, Michael Landon 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.

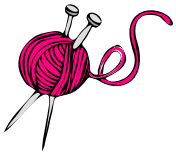
TAP/JAZZ DANCE COMBO

Thursdays, 9 - 10am
December 7 - 21
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
December 1 - 11 and 18
Malibu Senior Center
December 15 and 22
Malibu Bluffs Park, Michael Landon Center
No class 12/25
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.

LEARNING TO ACCEPT AND LIVE WITH LOSS SUPPORT GROUP

Wednesdays, 2 - 3pm
December 6 and 20
Malibu Senior Center
Free, No pre-registration is required

This support group is designed to offer connection, community, and hope to those who are grieving the loss of a loved one. Share your experiences with others who have experienced a similar loss. Moderated by volunteer, Roxy DeCou.

LOCAL'S LUNCH

Thursday, December 7
11:30am - 1pm, RSVP Required
Ollo's Restaurant
Minimum 4 participants

Enjoy a delicious meal with other local Malibu residents at a new restaurant each month. Participants must call the Senior Center to RSVP. The cost of lunch is not included.

TECH HELP

Tuesday, December 5
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, December 7, 1 - 3pm
Malibu Senior Center
Free, No pre-registration is required

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

"Miracle on 34th Street" (PG)

Six-year-old Susan Walker has doubts about childhood's most enduring miracle...Santa Claus; then Susan meets Kris Kringle, a department store Santa who believes he's the genuine article.

SEASONAL CRAFT

GINGERBREAD HOUSE

Tuesday, December 19, 2:30 - 4pm
Malibu Senior Center
Complimentary
RSVP is required, Maximum 10 attendees

Get into the holiday spirit by building a gingerbread house with the Malibu Senior Center. All supplies and refreshments will be provided. RSVP is required.

LUNCHEONS

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.

JANUARY LUNCHEON- CANDYLAND

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

Enjoy a sweet treat at the Senior Center's Candyland luncheon! Lunch will be catered by Agoura's Famous Deli and entertainment will be provided by the Tatjana. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

EXCURSIONS

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.

LOS ANGELES COUNTY MUSEUM OF ART

Tuesday, January 16, 9:30am - 4:30pm
$35 per participant
Deadline to register is January 10 (or until full)
Maximum Participants: 20

LACMA is the largest art museum in the western United States, with a collection of nearly 152,000 objects that illuminate 6,000 years of artistic expression across the globe! Spend the afternoon exploring the museum and everything is has to offer. Participants have the option to enjoy lunch at The Counter Custom Burgers for an additional fee.

EVENTS HAPPENING IN MALIBU

THE FRIENDS OF THE MALIBU LIBRARY HOLIDAY BOOK BOUTIQUE

Saturday, December 2, 9am - 4pm
Sunday, December 3, 1 - 4pm
Malibu Library Community Room
Complimentary

Join the Friends of the Malibu Library at their Holiday Book Boutique. This year, they are bringing out all their best books so you can purchase a wide assortment for everyone on your gift list. Categories of books include specials, design, coffee table books, art books, signed editions, first editions, and classics. This year, there will be an assortment of Holiday Book Baskets at various prices that will be perfect for any bookworm on your list.

THE RIPPLE EFFECT: A GENERATIVE POETRY WORKSHOP

Saturday, December 9, 3 - 4:30pm
Malibu Bluffs Park, Michael Landon Center
Complimentary

When things ripple, they emanate from a center and move outwards. Join Malibu Poet Laureate Nathan Hassall for a generative, poetry writing workshop where we will sit in the "ripple" of each other's energies, read, and discuss poems to stimulate our imaginations, and write original poems from prompts provided in the workshop. This workshop is for all skill levels. Participants should bring a pen and a notepad!

SANTA PAWS

Sunday, December 10, 10am - 12pm
Malibu Bluffs Park
Complimentary

Celebrate the joy of the holiday season with a morning full of tail-wagging festive cheer and capture memories with your pooch as they pose with Santa. All pets must be on a leash and under control at all times during the event for the safety of all attendees.

CAFFEINATED VERSE

Saturday, December 16, 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 Sophie Klahr.

BREAKFAST WITH SANTA

Saturday, December 16, 9 - 11am
Malibu City Hall
Free, RSVP Recommended

Families will enjoy a tasty breakfast box, hot chocolate, and the chance to meet Santa Claus and his friends from the North Pole! The morning also includes an art activity, story time, and photo opportunities. Reservations are highly recommended, limited walk-ups will be accepted.

SENIOR CENTER WINTER SCHEDULE

City Offices and the Malibu Senior Center will be closed from Friday, December 22, 2023, through Monday, January 1, 2024. During the winter closure, essential operations, such as scheduled building inspections, code enforcement site visits, park maintenance, public works maintenance, public safety monitoring, and emergency response operations, will remain in place. The City will offer recreation programs at the Michael Landon Center most days. Please call the Malibu Senior Center at (310) 456-2489 ext. 357 for information. For questions during the winter closure, please call the Michael Landon Center at (310) 317-1364.

FRIDAY, DECEMBER 22

- Fresh coffee served from 9am - 2pm
- Yogurt and berry parfaits served at 9am
- Computer Hours from 9am - 2pm
- Knitting: 9 - 10:30am
- Stretch and Strength: 11am - 12pm
- Bridge: 12:30 - 3:30pm

MONDAY, DECEMBER 25

- The Michael Landon Center is closed.

TUESDAY, DECEMBER 26

- Fresh coffee served from 9am - 2pm
- Pastries and fruit served at 9am
- Computer Hours from 9am - 2pm
- Sudoku, Crossword Puzzles, and Word Searches: 9am - 12pm
- Outdoor Walk: 11am-12pm
- Board Games: 12 - 4pm

WEDNESDAY, DECEMBER 27

- Fresh coffee served from 9am - 2pm
- Muffins and bagels served at 9am
- Computer Hours from 9am - 2pm
- Sudoku, Crossword Puzzles, and Word Searches: 9 - 10:30am
- Stretch and Strength: 11am - 12pm
- Bingo: 12:30pm - 2pm

THURSDAY, DECEMBER 28

- Fresh coffee served from 9am - 2pm
- Yogurt and berry parfaits served at 9am
- Computer Hours from 9am - 2pm
- Sudoku, Crossword Puzzles, and Word Searches: 9 - 10am
- Music and Movie Trivia: 10 - 11:30am
- Board Games: 12 - 4pm

FRIDAY, DECEMBER 29

- Fresh coffee served from 9am - 2pm
- Pastries and fruit served at 9am
- Computer Hours from 9am - 2pm
- Sudoku, Crossword Puzzles, and Word Searches: 9 - 10:30am
- Stretch and Strength: 11am - 12pm
- Bridge and Pan: 12:30 - 3:30pm

All senior programs are drop-in, no RSVP is required.

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.