



SENIOR NEWS AND VIEWS

MARCH 2024



Monday

Tuesday

Wednesday

Thursday

Friday

MARCH

				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 Choir 10-11am Croquet 11am-12pm @ Bluffs Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm	6 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	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 @Zinque	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 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm @ Bluffs Coastal Wood Slice Coaster Craft 2:30-4pm	13 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm	14 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Silver Fox Walk 11am-12pm @Point Dume Cove Trail Pilates 11:30am-12:30pm @ Bluffs Art Trek 1-3pm	15 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
18 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	19 Excursion: Natural History Museum Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm	20 Stretch & Strength 11am-12pm 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 Bridge and Pan 12:30-3:30pm
25 Knitting 9-10:30am Newsletter Folding and Mailing Group 10:30am-12:30pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm Gymnasium for the Mind 2:30-4pm	26 Tech Help 9-10am Choir 10-11am Yoga 1-2pm	27 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	28 Luncheon 12-1:30pm *Pre-Registration Required Tap/Jazz Dance Combo 9-10am	29 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm

MARCH SCHEDULE

FITNESS CLASSES

CARDIO SALSA & STRETCH

Tuesdays, 11:30am - 12:30pm

March 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

March 4 - 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 Mike Manfredo.



MAT PILATES PLUS

Thursdays, 11:30am - 12:30pm

March 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

March 1 - 29

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

March 5 - 26

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, March 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 March theme is St. Patrick's Day Gnomes. Participants will paint their own St. Patrick's Day Gnomes on wood. Instructed by Lorelle Patterson.

BALLET SLIM & TRIM

Thursdays, 10:30 - 11:30am
March 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
March 1 - 29
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.



CHOIR

Tuesdays, 10 - 11am
March 5, Malibu Senior Center
March 12 and 19, Malibu City Hall,
Multipurpose Room
March 26, Malibu City Hall, Civic Theater
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
March 6 - 27
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.

TAP/JAZZ DANCE COMBO

Thursdays, 9 - 10am
March 7 - 28, 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

CROQUET

Tuesday, March 5

11am - 12pm, Malibu Bluffs Park

RSVP Required, Minimum 4 participants



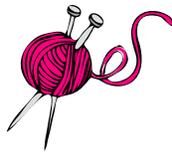
Join Community Services staff members each month for fun and relaxing games of Croquet! Croquet is a great game to groom both physical and mental skills at the same time. Game equipment will be provided.

KNITTING

Mondays and Fridays, 9 - 10:30am

March 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. Instructed by Sheila Rosenthal.

FIT AND FUN DANCE

Wednesday, March 13

2:30 - 3:30pm, Malibu Senior Center

Free, No pre-registration is required



Enjoy an afternoon of moderate aerobic dance exercises, easy-to-learn steps, and great music! Follow along to line dance style movements and socialize with new friends. This class is designed to be fun, energetic, and accessible to everyone. Led by volunteer, Shelley Kramer.

LOCAL'S LUNCH

Thursday, March 7

11:30am - 1pm, Zinque

RSVP Required, Minimum 4 participants

Enjoy a delicious meal with other local Malibu residents at a new restaurant each month. The cost of lunch is not included.

NEWSLETTER FOLDING AND MAILING GROUP

Monday, March 25, 10:30am - 12:30pm

Malibu City Hall, Senior Center

Free, RSVP Required

We are looking for volunteers to assist with folding, labeling, and grouping together the monthly newsletter. Come socialize with friends and enjoy complimentary refreshments.

SILVER FOX WALK

Thursday, March 14

11am - 12pm, Point Dume Cove Trail

RSVP Required, Minimum 4 participants



Each month, staff will guide participants on a walk through one of Malibu's parks or hiking trails. This will be a beginner's level walk.

TECH HELP

Tuesday, March 12 and 26, 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, March 21, 1 - 3pm

Malibu Senior Center

Free, No pre-registration is required



Lights, camera, action! Enjoy a complimentary movie and popcorn. "**Julie and Julia**" (PG-13) Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book.

NEW CLASS

GYMNASIUM FOR THE MIND

Mondays, March 25 - April 29, 2:30 - 4pm

Malibu Senior Center

\$35 for the 6-week class

Pre-registration is required

Minimum 4 participants, Maximum 12 participants

Gymnasium for the Mind uses social games to exercise cognitive function and stimulate creativity through the constructive use of fun. Just as we exercise our bodies to stay in the best physical condition, it's important to exercise our minds to keep them functioning efficiently throughout our lives. Make Gymnasium for the Mind part of your mental fitness program! Instructed by Robert Leh.



LUNCHEONS

MARCH LUNCHEON- SHAMROCK'N

Thursday, March 28, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Join us at the Malibu Senior Center's Shamrock'n luncheon! Lunch will be catered by Brent's Deli, and entertainment will be provided by the O'Connor School of Irish Dancing. Pre-registration is required. Maximum 70 participants.

APRIL LUNCHEON- MALIBU'S MAGIC CIRCUS

Thursday, April 25, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Celebrate 21 years of the Malibu Senior Center at Malibu's Magic Circus! Lunch will be catered by Panini Kabob Grill, and entertainment will be provided by a magician. Pre-registration is required. Maximum 70 participants.

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

EXCURSIONS

NATURAL HISTORY MUSEUM

Tuesday, March 19, 8:30am - 3:30pm

\$35 per participant

Deadline to register is March 13 (or until full)

Maximum Participants: 20

The Natural History Museum of Los Angeles County is the largest natural and historical museum in the western United States! Explore the various collections including nearly 35 million specimens and artifacts that cover 4.5 billion years of history. Participants have the option to enjoy lunch at the Neighborhood Grill for an additional fee.



HUNTINGTON LIBRARY AND JAPANESE GARDEN TOUR

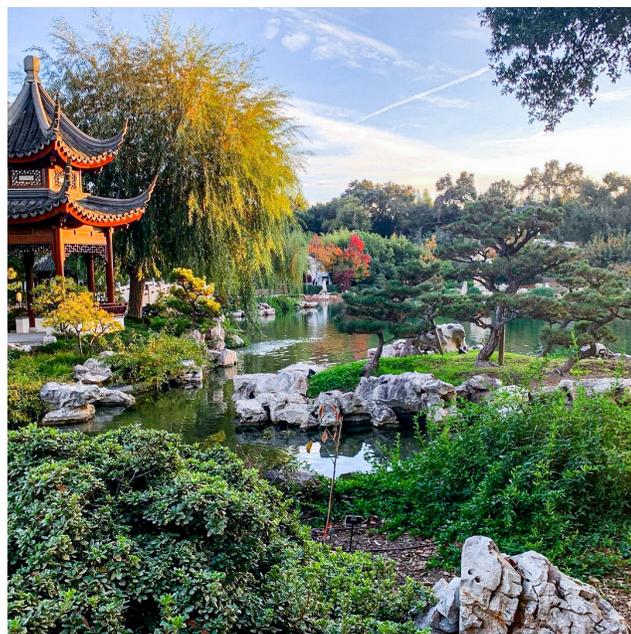
Tuesday, April 16, 8:30am - 3:30pm

\$35 per participant

Deadline to register is April 10 (or until full)

Maximum Participants: 20

Experience a rare opportunity as you tour this beautiful 100-plus-year-old landmark. Begin the tour in The Huntington's Chinese garden, Liu Fang Yuan, or the Garden of Flowing Fragrance, to compare and contrast Chinese and Japanese garden design. Docents guide you through lush green canyons, whispering bamboo, bonsai, a karasansui rock garden, and the ceremonial teahouse and tea garden. Participants have the option to enjoy lunch at the 1919 Cafe for an additional fee.



SEASONAL CRAFTS

COASTAL WOOD SLICE COASTER

Tuesday, March 12, 2:30 - 4pm

Malibu Senior Center

Complimentary

RSVP is required, Maximum 15 attendees

Join Community Services Department staff to create coastal wood slice coasters! Participants will create easy coastal wood slice coasters by painting in a wispy spiral pattern reminiscent of all the ocean's gorgeous colors. Refreshments will be provided.



EVENTS HAPPENING IN MALIBU

NIGHT HIKE

Friday, March 8, 5:30 - 7pm

Charmlee Wilderness Park

Free, Pre-registration Required

Discover the nighttime magic of Charmlee Wilderness Park after hours. Experience one of Malibu's best hiking venues and learn about the natural surroundings. Participants should be able to walk on uneven terrain. Pre-registration required.



CLASSIC GUITAR CONCERT

Friday, March 15, 3 - 4pm

Malibu Library

Complimentary

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



CAFFEINATED VERSE

Saturday, March 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 Kim Dower.



MORNING WILDFLOWER HIKE

Saturday, March 16, 9 - 10:30am

Charmlee Wilderness Park

Free, Pre-registration Required

The morning is the best time of day to view insects, birds, and many other members of the chaparral ecosystem as well as to explore spring flowers. Participants should feel comfortable walking on uneven terrain for 90-minutes. Bring water and dress in layers.



EVENTS HAPPENING IN MALIBU

MALIBU LIBRARY SPEAKER SERIES - DAVID AMBROZ

Wednesday, March 20, 7 - 8:30pm

Malibu Library

Free, Pre-registration Required

There are millions of homeless children in America today, and in "A PLACE CALLED HOME: A Memoir", award-winning child welfare advocate David Ambroz writes about growing up homeless in New York for eleven years and his subsequent years in foster care.

EARTH HOUR

Saturday, March 23, 8:30 - 9:30pm



Participate in Earth Hour to kick off "Earth Month" in the City of Malibu. For one hour, focus on your commitment to our planet. One way to take action is to turn off your lights from 8:30 - 9:30pm. Visit EarthHour.org for ways beyond that protect the planet year-round. For more information, visit MalibuCity.org/EnviroEvents

THE RIPPLE EFFECT: A GENERATIVE POETRY WORKSHOP



Saturday, March 23, 2 - 4pm

Malibu Bluffs Park, Michael Landon Center
Complimentary

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.

MINING THE SPIRIT - A JOURNEY WITH ARTIST LEIGH J MCCLOSKEY

Sunday, March 24, 12 - 1:30pm

Malibu City Hall

Complimentary

The exhibition will be on display from March 25 - May 3 and open Monday-Friday, from 8am - 4pm. The Opening Reception is Sunday, March 24, at noon and includes a live musical performance by A Call 2Peace followed by a Q&A session with Leigh McCloskey at 1:30pm. Celebrate the artist, view the artwork, and enjoy complimentary refreshments. An RSVP is not required.

AQUA AEROBICS

Saturdays, April 13 - May 18

9 - 10am

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 City Aquatics Staff.



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.