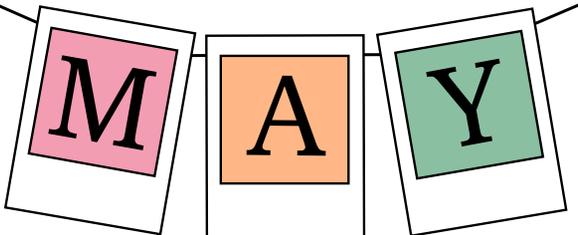


SENIOR NEWS AND VIEWS

MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>2 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am Pilates 11:30am-12:30pm Local's Lunch 11:30am-1pm @ Duke's Restaurant</p>	<p>3 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm</p>
<p>6 Knitting 9-10:30am Coffee and Donut Chat 9:30-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>7 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm</p>	<p>8 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm</p>	<p>9 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Silver Fox Walk 11am-12pm @ Solstice Canyon Pilates 11:30am-12:30pm @ Bluffs</p>	<p>10 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm</p>
<p>13 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>14 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm</p>	<p>15 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>16 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs Theater Thursday 1-3pm</p>	<p>17 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm</p>
<p>20 Knitting 9-10:30am Newsletter Folding and Mailing Group 10:30am-12:30pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>21 Excursion: SONY Studio Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm</p>	<p>22 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>23 Luncheon 12-1:30pm *Pre-Registration Required Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs</p>	<p>24 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm</p>
<p>27 Senior Center Closed</p> 	<p>28 Tech Help 9-10am Choir 10-11am in Theater Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm Pressed Flower Craft 2:30-4pm</p>	<p>29 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>30 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs Art Trek 1-3pm</p>	<p>31 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm</p>

FITNESS CLASSES

AQUA AEROBICS

Saturdays, 9 - 10am

May 4 - 18

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.

CARDIO SALSA & STRETCH

Tuesdays, 11:30am - 12:30pm

May 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.

CHAIR YOGA

Mondays, 11am - 12pm

May 6 - 20

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

May 2 - 30

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

May 1 - 31, *No class 5/27*

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

May 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, May 30, 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 May theme is Peace Doves. Participants will use acrylic on canvas to paint peace doves. Instructed by Lorelle Patterson.



BALLET SLIM & TRIM

Thursdays, 10:30 - 11:30am

May 2 - 30

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

May 3 - 31

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

May 7 - 21, Malibu City Hall, Multipurpose Room

May 28, 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

May 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.



TAP/JAZZ DANCE COMBO

Thursdays, 9 - 10am

May 2 - 30, 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

May 1 - 31, No class 5/27

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, May 8

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, May 1

11:30am - 1pm, Duke's Restaurant

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, May 20, 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, May 9

11am - 12pm, Solstice Canyon 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, May 14 and 28, 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, May 16, 1 - 3pm

Malibu Senior Center

Free, No pre-registration is required

Lights, camera, action! Enjoy a complimentary movie and popcorn. **"Made of Honor"** (PG-13) Tom loves his life, until he realizes he also loves his best friend Hannah. But when Hannah gets engaged to a dashing Scotsman and asks Tom to be her maid of honor, Tom faces a dilemma.



SEASONAL CRAFTS

PRESSED FLOWER GLASS FRAME

Tuesday, May 28, 2:30 - 4pm

Malibu Senior Center

Complimentary

RSVP is required, Maximum 15 attendees

Join Community Services Department staff to bring the garden indoors and create art! Add flowers to your home this Spring with a pressed flower glass frame. All supplies and refreshments will be provided.



LUNCHEONS

MAY LUNCHEON- GARDEN PARTY

Thursday, May 23, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Spring has sprung at the Malibu Senior Center Garden Party luncheon! Lunch will be catered by Panera Bread, and entertainment will be provided by the Malibu Senior Center Choir class. Pre-registration is required. Maximum 70 participants.

JUNE LUNCHEON- SQUEEZE THE DAY

Thursday, June 27, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Squeeze the day at the Malibu Senior Center's citrus-themed luncheon! Lunch will be catered by Tender Greens and entertainment will be provided by Suzy Cadham. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

EXCURSIONS

SONY PICTURES STUDIO TOUR

Tuesday, May 21, 8:30am - 3:30pm

\$55 per participant

Deadline to register is May 15 (or until full)

Maximum Participants: 20

Walk through the famed gates and you're behind the scenes at one of the most historic and exciting studio lots in the world. A two-hour guided walking tour will give you the real experience of a working studio. Visit soundstages once home to iconic films like "The Wizard of Oz," "Men in Black", and "Spider-Man." Swing by smash-hit games shows "Jeopardy!" and "Wheel of Fortune." Keep your eyes open... you never know what - or who - will be around the next corner. Participants have the option to enjoy lunch in Downtown Culver City for an additional fee.



MARITIME EAST VILLAGE LONG BEACH FOOD TOUR

Tuesday, June 18, 8:30am - 4:00pm

\$60 per participant

Deadline to register is June 12 (or until full)

Maximum Participants: 20

Join us for a walking food tour steps from the Pacific Ocean in East Village Long Beach. This maritime tour is a splash of history, and a big dash of local culture. Join us for tastings, local flavors, and civic art. guides will share stories about this "beatnik" neighborhood, plus the Long Beach Port and the LA Port and so much more. For the inner foodie, the tour will taste seven tastings featuring Thai, Italian, Vegan samplings, local street tacos, kombucha, and more.



COFFEE AND DONUTS CHAT

COFFEE AND DONUTS CHAT WITH MEADOWBROOK SENIOR LIVING

Monday, May 6, 9:30 - 10:30am
Malibu Senior Center
Complimentary, No RSVP Required

Curious about making the move to a retirement community? Join Meadowbrook Senior Living for a great conversation with coffee and donuts as they discuss everything you need to know about the transition to maintenance-free senior living, from how to prepare to what a day in the life looks like.



EVENTS HAPPENING IN MALIBU

PHOTOGRAPHY WORKSHOP

Friday, May 3, 4:30 - 6:30pm
Malibu Bluffs Park, Michael Landon Center
Complimentary, RSVP Required

Learn beginner photography concepts and practices, including use of equipment, aesthetic principles, composition, light, color, and texture. No camera? No problem! The instructor will include an adapted course curriculum for advanced photography on your smart phone. Instructed by Michael Manfredo.

MORNING WILDFLOWER HIKE

Saturday, May 4, 9 - 10am
Charmlee Wilderness Park
Complimentary, RSVP Required



The morning is the best time of day view insects, birds, and spring flowers. Discover wildlife and learn about unique native plants in the Santa Monica Mountain region. Participants should feel comfortable walking on uneven terrain for 90-min.

THE RIPPLE EFFECT ANNUAL POETRY SUMMIT

Saturday, May 4, 12 - 1:30pm
Malibu City Hall, Civic Theater
Complimentary, No RSVP Required

Malibu Poet Laureate Nathan Hassall welcomes all to attend this year's poetry summit, The Ripple Effect. The event includes a variety of performances and visual art that calls for us to pay deep attention to how our behavior and creative expression 'ripple' out to others. Featured poets include James Crews, former Malibu Poet Laureate Ann Buxie, Cynthia Good, Caron Perkal, and student poets. Music by Brothers Koren & The Kin and A Call 2Peace. Artwork will also be displayed by Webster Elementary 5th grade class.

EVENTS HAPPENING IN MALIBU

SPRING JUBILATIONS

Saturday, May 11, 2 - 4pm

**Malibu Bluffs Park, Michael Landon Center
Complimentary**

Hosted by Ann Buxie. 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, and to attend to the power of love and joy. The gathering features selected poets, Alma Boutin-Martinez and Bill Goldberg, an open mic, and conversation.

CAFFEINATED VERSE

Saturday, May 18, 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 Ricardo Means Ybarra.

“ON A SUNDAY AFTERNOON” ART EXHIBITION OPENING RECEPTION

Sunday, May 19, 12 - 1:30pm

**Malibu City Gallery
Complimentary**

The Malibu Arts Commission is excited to present “On a Sunday Afternoon” Art Exhibition by Pep Williams. The exhibit will feature photos of lowriders. The exhibition will be on display from May 20 through June 28, 2024 and open Monday-Friday, from 8 AM - 4 PM.

SALSA DANCE WITH MC CALLAGHAN



Monday, May 20, 6:30 - 7:45pm

**Malibu Bluffs Park, Michael Landon Center
\$25 Per participant
Pre-registration is Required**

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

THE RIPPLE EFFECT: A GENERATIVE POETRY WORKSHOP



Saturday, May 25, 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.



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 MalibuCity.org/SeniorCenter
or contact 310.456.2489 ext. 357.**