



SENIOR NEWS AND VIEWS

JUNE 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm Art Meditation for Wellness 2:30-3:30pm	4 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm	5 Tech Help for Malibu Community Lands 9:30-10:30am Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	6 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am Pilates 11:30am-12:30pm Local's Lunch 11:30am-1pm @ Paradise Cove Beach Cafe	7 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
10 Knitting 9-10:30am Stretch & Strength 1-2pm	11 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Seasonal Craft 2:30-4 pm	12 Meditative Yin Yoga 9:30-10:30am Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	13 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs Art Trek 1-3pm	14 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
17 Knitting 9-10:30am Stretch & Strength 1-2pm	18 Excursion: Long Beach Food Tour Choir 10-11am Cardio Salsa & Stretch 1:30-2:30pm @ Bluffs	19 Senior Center Closed 	20 Tap/Jazz Dance Combo 9-10am Ice Cream Social 11:30am-1pm Theater Thursday 1-3pm	21 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
24 Knitting 9-10:30am Newsletter Folding and Mailing Group 10:30am-12:30pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm	25 Tech Help 9-10am Choir 10-11am Yoga 1-2pm Cardio Salsa & Stretch 1:30-2:30pm @ Bluffs	26 Meditative Yin Yoga 9:30-10:30am Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	27 Luncheon 12-1:30pm *Pre-Registration Required Tap/Jazz Dance Combo 9-10am	28 Knitting 9-10:30am Ballet 10:30-11:30am @ Bluffs Stretch & Strength 11am-12pm Pilates 11:30am-12:30pm @ Bluffs Bridge and Pan 12:30-3:30pm

June

FITNESS CLASSES

AQUA AEROBICS

Tuesdays, Wednesdays, and Thursdays

9 - 10am, June 18 - 27, *No class 6/19*

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, June 4 and 11

Tuesdays, 1:30 - 2:30pm, June 18 and 25

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

June 3 and 24, *No class 6/10 and 6/17*

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, June 6 and 13

Friday, 11:30am - 12:30pm, June 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.

STRETCH & STRENGTH

Mondays, 1 - 2pm

Wednesdays and Fridays, 11am - 12pm

June 3 - 28, *No class 6/19*

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

June 4 and 25, *No class 6/11 and 6/18*

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, June 13, 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 June theme is California Impressionism. Participants will use watercolor and casein to paint. Instructed by Lorelle Patterson. Instructed by Lorelle Patterson.



BALLET SLIM & TRIM

Thursdays, 10:30 - 11:30am, June 6 and 13

Friday, 10:30 - 11:30am, June 28

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

June 7 - 28

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

June 4 - 18, Malibu City Hall,

Multipurpose Room

June 25, 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

June 5 - 26, *No class 6/19*

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

June 6 - 27

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

ICE CREAM SOCIAL



Thursday, June 20

11:30am - 1pm, Malibu Senior Center Patio

RSVP Required, Minimum 4 participants

Cool off on a hot summer day with ice cream on the Malibu Senior Center Patio. Participants can make their own sundae. RSVP Required.

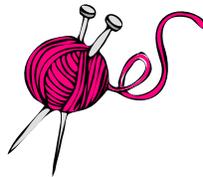
KNITTING

Mondays and Fridays, 9 - 10:30am

June 3 - 28

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.

LOCAL'S LUNCH

Thursday, June 6

11:30am - 1pm, Paradise Cove Beach Cafe

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, June 24, 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.

TECH HELP



Tuesday, June 11 and 25, 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, June 20, 1 - 3pm

Malibu Senior Center

Free, No pre-registration is required

Lights, camera, action! Enjoy a complimentary movie and popcorn. **"And So It Goes"** (PG-13)
A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home. This film stars Michael Douglas and Diane Keaton.

SEASONAL CRAFT

SUCCULENT PAINT AND PLANT

Tuesday, June 11, 2:30 - 4pm

Malibu Senior Center Patio

Complimentary

RSVP is required, Maximum 15 participants

The Malibu community grows with succulents! Join your fellow Senior Center friends at this fun paint and plant activity. Participants will receive a terracotta pot, succulent, and painting supplies to customize their new plant. Take your succulent home and watch it grow! Refreshments will be provided.



LUNCHEONS

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 Urban Plates and entertainment will be provided by Suzy Cadham. Pre-registration is required. Maximum 70 participants.

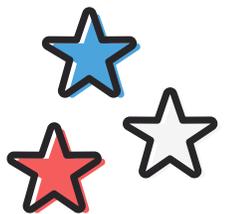
JULY LUNCHEON- RED, WHITE, AND BLUE BBQ

Thursday, July 25, 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 Wood Ranch and entertainment will be provided by legends impersonator, Danny Jacobson. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

EXCURSIONS

MARITIME EAST VILLAGE LONG BEACH FOOD TOUR

Tuesday, June 18, 10:30am - 4:30pm

\$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.



AUTRY MUSEUM OF THE AMERICAN WEST

Tuesday, July 16, 9am - 3:30pm

\$35 per participant

Deadline to register is July 12 (or until full)

Maximum Participants: 20

Giddy up with the Malibu Senior Center as we hit the trail for the Autry Museum of the American West. Participants will enjoy a self guided tour. Afterwards, participants will have the option to purchase lunch at Shake Shack.



NEW ACTIVITIES

ART MEDITATION FOR WELLNESS

Monday, June 3, 2:30 - 3:30pm

Malibu Senior Center

\$5 per participant

Pre-registration required



Larissa Kolesnikova, the founder of Malibu Art Collectors Club, will give a talk about world renowned contemporary artist Yayoi Kusama. The talk will end with a meditation inspired by Kusama's work. Kusama, age 85, has been acknowledged as one of the most important living artists, the world's top-selling female artist, and the world's most successful living artist. Larissa Kolesnikova is an art advisor, curator, and a Malibu local. Having travelled and worked all over the globe, she is passionate about providing access to the best contemporary art. Art boosts memory, gives us hope, encourages creativity and learning. It brings people closer together.

TECH HELP FOR MALIBU COMMUNITY LANDS OUTREACH

Wednesday, June 5, 9:30 - 10:30am

Malibu Senior Center

Complimentary

RSVP required



The City of Malibu owns five parcels of vacant land spanning over 61 acres and is launching a robust outreach and engagement program to collect your input on the use of these community lands. The City invites the community to share their valuable insights and ideas regarding the future development of five properties. Your input and participation will help shape the future of Malibu! Senior Center staff will be available to assist you with the online outreach to submit your feedback on Community Lands.

MEDITATIVE YIN YOGA

Wednesdays, June 12 and 26, 9:30 - 10:30am

Malibu Senior Center

**Monthly pre-registration recommended,
\$5 per class**



Discover the tranquility of yin yoga tailored for seniors. Through gentle movements and supported poses, we'll ease stiffness in the hips, spine, and shoulders, fostering relaxation and mobility. Join us for mindful breathing and deep relaxation, perfect for rejuvenating both body and mind! Instructed by Liat Gorodenzik.

EVENTS HAPPENING IN MALIBU

ART TALKS

Tuesday, June 4, 6pm
Santa Monica College, Malibu Campus
Complimentary

Art Talks is a quarterly series presented by the Malibu Arts Commission in partnership with SMC-Malibu. Featured artist, Pep Williams will discuss his work, creative process, and art experience. The question and answer session will provide you the opportunity to get into the mind of an artist and learn more about the art industry. An RSVP is not required,

HOUSEHOLD HAZARDOUS WASTE

Saturday, June 15, 10am - 2pm
Malibu City Hall, Upper Parking Lot
Complimentary

Responsibly recycle and dispose of electronics, compact fluorescent bulbs, used motor oil, latex (water-based) paint, automotive and household batteries.



SUNSET HIKE

Friday, June 21, 7:15 - 8:45pm
Charmlee Wilderness Park
Complimentary, RSVP Required

Discover the 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. Hiking boots or sturdy closed-toe shoes are recommended. Bring water and dress in layers. Children must be accompanied by an adult. Pre-registration required.



WELLNESS WORKSHOP - SUMMER SOLSTICE SUNSET YOGA



Friday, June 21, 6 - 7:30pm
Malibu Bluffs Park, Michael Landon Center
Complimentary, RSVP Required

Learn ways to help release tension and stress, balance energy in the body, and promote a sense of well-being. Instructed by The Mindry,

SWING DANCE WITH MC CALLAGHAN



Monday, June 24, 6:30 - 7:45pm
Malibu Bluffs Park, Michael Landon Center
\$25 Per participant
Pre-registration is Required

Learn the fundamentals of swing dance! During this workshop, easy-to-learn dance techniques will be taught including lead, follow, rhythm, and timing. Instructed by MC Callaghan.

MALIBU LIBRARY SPEAKER SERIES -THOMAS LEVENSON

Tuesday, June 25, 7 - 8:30pm
Malibu Library
Complimentary, RSVP Required



Thomas Levenson is a Professor of Science Writing at MIT. "Money for Nothing: The Scientists, Fraudsters and Corrupt Politicians Who Reinvented Money", "Panicked a Nation, and Made The World Rich", published in 2020, dives into the most famous financial scandal in the history of modern capitalism, the South Sea Bubble.

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
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