

# SENIOR NEWS AND VIEWS

AUGUST 2024



Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="font-family: cursive; color: #FFD700;">August</h1>			<p>1 Tap/Jazz Dance Combo 9-10am Local's Lunch @ Marmalade Cafe 11:30am-1pm</p>	<p>2 Knitting 9-10:30am Ballet 10:30-11:30am @ Bluffs Stretch &amp; Strength @ Bluffs 11am-12pm Pilates 11:30am-12:30pm @ Bluffs</p>
<p>5 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength @ Bluffs 1-2pm</p>	<p>6 <b>Excursion: Ventura County Fair</b> Choir 10-11am Yoga 1-2pm Cardio Salsa &amp; Stretch 1:30-2:30pm @ Bluffs</p>	<p>7 Meditative Yin Yoga 9:30-10:30am Stretch &amp; Strength @ Bluffs 11am-12pm Relax Through Coloring 1-2pm</p>	<p>8 Tap/Jazz Dance Combo 9-10am Metro on the Move Riders Program Workshop 11am-12pm</p>	<p>9 Knitting 9-10:30am Ballet 10:30-11:30am @ Bluffs Stretch &amp; Strength @ Bluffs 11am-12pm Pilates 11:30am-12:30pm @ Bluffs</p>
<p>12 Knitting 9-10:30am Stretch &amp; Strength @ Bluffs 1-2pm</p>	<p>13 Tech Help 9-10am Choir 10-11am Cardio Salsa &amp; Stretch 1:30-2:30pm @ Bluffs Seasonal Craft 2:30-4pm</p>	<p>14 Meditative Yin Yoga 9:30-10:30am Stretch &amp; Strength @ Bluffs 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm</p>	<p>15 Tap/Jazz Dance Combo 9-10am Theater Thursday 1-3pm</p>	<p>16 Knitting 9-10:30am Ballet 10:30-11:30am @ Bluffs Stretch &amp; Strength @ Bluffs 11am-12pm Pilates 11:30am-12:30pm @ Bluffs</p>
<p>19 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength @ Bluffs 1-2pm</p>	<p>20 Choir 10-11am Cardio Salsa &amp; Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm</p>	<p>21 Meditative Yin Yoga 9:30-10:30am Stretch &amp; Strength @ Bluffs 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm</p>	<p>22 Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs Ice Cream Social 11:30am-1pm</p>	<p>23 Knitting 9-10:30am Stretch &amp; Strength @ Bluffs 11am-12pm Bridge and Pan 12:30-3:30pm</p>
<p>26 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch &amp; Strength @ Bluffs 1-2pm</p>	<p>27 Tech Help 9-10am Choir 10-11am Cardio Salsa &amp; Stretch 11:30am-12:30pm @ Bluffs Yoga 1-2pm</p>	<p>28 Meditative Yin Yoga 9:30-10:30am Stretch &amp; Strength @ Bluffs 11am-12pm Relax Through Coloring 1-2pm</p>	<p>29 <b>Luncheon 12-1:30pm</b> <b>*Pre-Registration Required</b> Tap/Jazz Dance Combo 9-10am Ballet 10:30-11:30am @ Bluffs Pilates 11:30am-12:30pm @ Bluffs</p>	<p>30 Knitting 9-10:30am Stretch &amp; Strength @ Bluffs 11am-12pm Bridge and Pan 12:30-3:30pm</p>

# FITNESS CLASSES

## AQUA AEROBICS

Tuesdays, Wednesdays, and Thursdays

9 - 10am, August 6 - 8

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.

## CHAIR YOGA

Mondays, 11am - 12pm

August 5 - 26, *No class 8/12*

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

Fridays, 11:30am - 12:30pm, August 2 - 16

Thursdays, 11:30am-12:30pm, August 22 - 29

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. **Please note the class moves back to Thursday on August 22.**

## MEDITATIVE YIN YOGA

Wednesdays, 9:30 - 10:30am

August 7 - 28

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.

## STRETCH & STRENGTH

Mondays, 1 - 2pm

Wednesdays and Fridays, 11am - 12pm

August 2 - 30

Malibu Bluffs Park, Multipurpose Field

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

August 6 - 27, *No class 8/13*

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!

## BALLET SLIM & TRIM



**Fridays, 10:30 - 11:30am, August 2 - 16**  
**Thursdays, 10:30 - 11:30am, August 22 and 29**  
**Malibu Bluffs Park, Michael Landon Center**  
**Monthly pre-registration recommended,**  
**\$5 per class**

Develop better posture, improve balance, and flexibility. The instructor will focus on body awareness, coordination, and stretching techniques. Please wear workout clothes and ballet shoes. Instructed by Ann Monahan. **Please note the class moves back to Thursday on August 22.**

## BRIDGE & CARD GAMES

**Fridays, 12:30 - 3:30pm, August 2 - 30**  
**Malibu Senior Center**  
**Free, No RSVP Required**



Beginners and experienced players are welcome to play with this relaxed bridge group or other card games. Led by volunteer Vin Joshi.

## CARDIO SALSA & STRETCH

**Tuesdays, 1:30 - 2:30pm, August 6 and 13**  
**11:30am-12:30pm, August 20 and 27**  
**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. Rhumba and Argentine Tango steps are incorporated in the cooldown. Follow along and learn dance modifications, body alignment, and breathing tips. Instructed by Jackeline Daneshrad.

## CHOIR



**Tuesdays, 10 - 11am**  
**August 6 - 27**  
**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**  
**August 7 - 28**  
**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**  
**August 1 - 29**  
**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, August 22, 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.

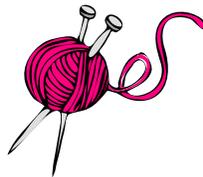
## FIT AND FUN DANCE

**Wednesday, August 14 and 21, 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.

## KNITTING

**Mondays and Fridays, 9 - 10:30am**  
**August 2 - 30**  
**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.

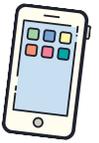
## LOCAL'S LUNCH



**Thursday, August 1, 11:30am - 1pm**  
**Marmalade 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.

## TECH HELP



**Tuesday, August 13 and 27, 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, August 15, 1 - 3pm**  
**Malibu Senior Center**  
**Free, No pre-registration is required**



Lights, camera, action! Enjoy a complimentary movie and popcorn. **"Safe Haven" 2013 (PG-13)** Staring Josh Duhamel and Julianne Hough.

A young woman with a mysterious past lands in Southport, North Carolina where her bond with a widower forces her to confront the dark secret that haunts her.

# SEASONAL CRAFT

## BUILD YOUR OWN BIRDHOUSE

Tuesday, August 13, 2:30 - 4pm

Malibu Senior Center Patio

Complimentary

RSVP is required, Maximum 15 participants

Make your yard an inviting place for birds with a handmade bird house! Senior Center staff will lead this fun and simple art activity on the patio at City Hall. All supplies will be provided. Refreshments will be provided. RSVP is required.



# LUNCHEONS

## AUGUST LUNCHEON- DESERT OASIS

Thursday, August 29, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Enjoy a trip to the desert at Malibu Senior Center's oasis luncheon. Lunch will be catered by Urbane Cafe and entertainment will be provided by acoustic duo Paul and Janelle. Pre-registration is required. Maximum 70 participants.

## SEPTEMBER LUNCHEON- MALIBU FIESTA

Thursday, September 26, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Taco'bout a fun time! Let's fiesta at the Malibu Senior Center September luncheon. Lunch will be catered by Sharky's Woodfired Mexican Grill and entertainment will be provided by folklorico dancers. Pre-registration is required. Maximum 70 participants.

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

# EXCURSIONS

## VENTURA COUNTY FAIR

**Tuesday, August 6, 10am - 5pm**

**\$35 per participant**

**Deadline to register is August 2 (or until full)**

**Maximum Participants: 20**

It is the 150th anniversary of the Ventura County Fair and you're invited! The Fair offers music, shopping, art exhibits, livestock, carnival games, food and so much more! Join your Malibu Senior Center friends to explore the Fair and all the amazing exhibits it has to offer. Participants will have the option to purchase lunch at the Fair.

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## NORTON SIMON ART MUSEUM TOUR

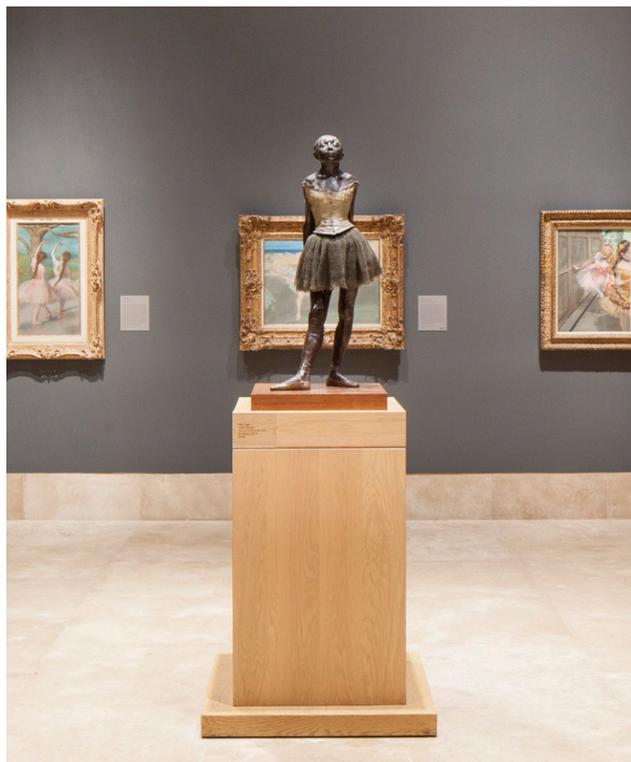
**Monday, September 16, 10:30am - 5pm**

**\$35 per participant**

**Deadline to register is September 11 (or until full)**

**Maximum Participants: 20**

Let's get creative! Together we will take a one-hour tour of the Norton Simon Museum in Pasadena. The collection includes works by Degas, Renoir, and Van Gogh. Join your Malibu Senior Center friends to explore the museum and all the amazing exhibits it has to offer. Participants will have the option to purchase lunch onsite from the Garden Cafe.



# EDUCATIONAL OPPORTUNITIES

## METRO'S ON THE MOVE RIDERS PROGRAM

**Thursday, August 8, 11am - 12pm**  
**Malibu Senior Center**  
**Complimentary**  
**RSVP Required**

On The Move Riders Program empowers older adults (62+) to ride LA's Transit System with confidence. Seniors can utilize the information from the presentation to; create travel clubs, plan trips, and utilize Senior reduced fare TAP cards. Transit tours enable participants with the hands-on experience navigating LA's robust transit system. Refreshments will be provided.

### *On the Move*

RIDERS PROGRAM



Topics to be covered at OTMRP workshop presentations:

- Overview of On the Move Riders Program - what is it? How can your community start a travel club?
- Senior reduced fare TAP cards - applying for the card, how to load fare, who accepts it, where do I tap
- Trip planning - where to access transit information by calling, online, smart phone apps
- Safety & rider tips - highlight accessibility features on system and how to report incidents on the system

# EVENTS HAPPENING IN MALIBU

## BALLROOM DANCE WITH MC CALLAGHAN

**Monday, August 12, 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.



## WELLNESS WORKSHOP - MANFIESTATION MEDITATION

**Thursday, August 15, 3 - 4:30pm**  
**Malibu Bluffs Park, Michael Landon Center**  
**Complimentary, Pre-registration is 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,



# EVENTS HAPPENING IN MALIBU

## MALIBU FILM SOCIETY'S SUMMER SPECIAL EVENT SERIES

Thursday, August 15, 7:30pm  
Malibu City Hall, Civic Theater  
Complimentary, RSVP Required



Attend a screening of "Buster Keaton - America's Avant-Garde Auteur" in the Malibu City Hall Civic Theater. Doors open at 7pm for pre-registered guests. Register online at [www.MalibuFilmSociety.org](http://www.MalibuFilmSociety.org)

## SUNSET HIKE

Friday, August 16, 7 - 8:30pm  
Charmlee Wilderness Park  
Complimentary, Pre-registration is 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.

## HOUSEHOLD HAZARDOUS WASTE

Saturday, August 17, 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.

## SUMMER JUBILATIONS

Saturday, August 17, 2 - 4pm  
Malibu Library  
Complimentary, No RSVP Required



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, an open mic, and conversation. Hosted by Ann Buxie.

## CINEMALIBU

Saturday, August 17  
Movie Begins at Sunset  
Malibu Bluffs Park  
Complimentary



Enjoy an outdoor movie at Malibu Bluffs Park. There will be raffles, a food truck, and special guests. This month's movie is **Teenage Mutant Ninja Turtles (1990)** (PG) starring your favorite painter-named reptilian crime-fighters. Bring chairs and blankets.

## PHOTOGRAPHY WORKSHOP

Wednesday, August 21, 5:30 - 7:30pm  
Malibu Bluffs Park, Michael Landon Center  
Complimentary, Pre-registration is 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. Complimentary program. Instructed by Michael Manfredo.

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](http://MalibuCity.org/SeniorCenter)



**For updated information  
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or call 310.456.2489 ext. 357**

