

SENIOR NEWS AND VIEWS

SEPTEMBER 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Senior Center Closed</p>	<p>3 Choir 10-11am</p> <p>Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs</p> <p>Total Body Workout 12:45-1:45pm @Bluffs</p> <p>Yoga 1-2pm</p>	<p>4</p> <p>Stretch & Strength @ Bluffs 11am-12pm</p> <p>Relax Through Coloring 1-2pm</p>	<p>5</p> <p>Tap/Jazz Dance Combo 9-10am</p> <p>Ballet 10:30-11:30am @ Bluffs</p> <p>Pilates 11:30am-12:30pm @ Bluffs</p> <p>Local's Lunch @ V's Restaurant 11:30am-1pm</p>	<p>6</p> <p>Knitting 9-10:30am</p> <p>Stretch & Strength @ Bluffs 11am-12pm</p> <p>Bridge and Pan 12:30-3:30pm</p>
<p>9</p> <p>Knitting 9-10:30am</p> <p>Chair Yoga 11am-12pm</p> <p>Stretch & Strength @ Bluffs 1-2pm</p>	<p>10 Tech Help 9-10am</p> <p>Choir 10-11am</p> <p>Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs</p> <p>Total Body Workout 12:45-1:45pm @Bluffs</p> <p>Yoga 1-2pm</p> <p>Seasonal Craft 2:30-4pm</p>	<p>11</p> <p>Stretch & Strength @ Bluffs 11am-12pm</p> <p>Relax Through Coloring 1-2pm</p>	<p>12</p> <p>Tap/Jazz Dance Combo 9-10am</p> <p>Affordable Living for the Aging Presentation 10-11am</p> <p>Ballet 10:30-11:30am @ Bluffs</p> <p>Pilates 11:30am-12:30pm @ Bluffs</p> <p>Art Trek 1-3pm</p>	<p>13</p> <p>Knitting 9-10:30am</p> <p>Stretch & Strength @ Bluffs 11am-12pm</p> <p>Bridge and Pan 12:30-3:30pm</p>
<p>16</p> <p>Excursion: Norton Simon Museum</p> <p>Knitting 9-10:30am</p> <p>Chair Yoga 11am-12pm</p> <p>Stretch & Strength @ Bluffs 1-2pm</p>	<p>17</p> <p>Choir 10-11am</p> <p>Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs</p> <p>Total Body Workout 12:45-1:45pm @Bluffs</p> <p>Yoga 1-2pm</p>	<p>18</p> <p>Stretch & Strength @ Bluffs 11am-12pm</p> <p>Relax Through Coloring 1-2pm</p>	<p>19</p> <p>Tap/Jazz Dance Combo 9-10am</p> <p>Medicare 101 10-11am</p> <p>Ballet 10:30-11:30am @ Bluffs</p> <p>Pilates 11:30am-12:30pm @ Bluffs</p> <p>Theater Thursday 1-3pm</p>	<p>20</p> <p>Knitting 9-10:30am</p> <p>Stretch & Strength @ Bluffs 11am-12pm</p> <p>Bridge and Pan 12:30-3:30pm</p>
<p>23</p> <p>Knitting 9-10:30am</p> <p>Newsletter Folding and Mailing Group 10:30am-12:30pm</p> <p>Chair Yoga 11am-12pm</p> <p>Stretch & Strength @ Bluffs 1-2pm</p>	<p>24 Tech Help 9-10am</p> <p>Choir 10-11am</p> <p>Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs</p> <p>Total Body Workout 12:45-1:45pm @Bluffs</p> <p>Yoga 1-2pm</p>	<p>25</p> <p>Stretch & Strength @ Bluffs 11am-12pm</p> <p>Relax Through Coloring 1-2pm</p>	<p>26</p> <p>Luncheon 12-1:30pm</p> <p>*Pre-Registration Required</p> <p>Tap/Jazz Dance Combo 9-10am</p> <p>Ballet 10:30-11:30am @ Bluffs</p> <p>Pilates 11:30am-12:30pm @ Bluffs</p>	<p>27</p> <p>Knitting 9-10:30am</p> <p>Stretch & Strength @ Bluffs 11am-12pm</p> <p>Bridge and Pan 12:30-3:30pm</p>
<p>30</p> <p>Knitting 9-10:30am</p> <p>Chair Yoga 11am-12pm</p> <p>Stretch & Strength @Bluffs 1-2pm</p>				

FITNESS CLASSES

CHAIR YOGA

Mondays, 11am - 12pm

September 9 - 30

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

September 5 - 26

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

September 4 - 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.

NEW CLASS!

TOTAL BODY WORKOUT

Tuesdays, 12:45 - 1:45pm

September 3 - 24

Malibu Bluffs Park, Michael Landon Center

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

A comprehensive low impact strengthening class targeting the major muscles of the upper and lower body with special attention to form, stabilization, core strength, and balance. The class begins with a warm up followed by hand weights and resistance tubing, followed by stretching. Please bring hand weights and yoga mat. Instructed by Jackline Daneshrad.

YOGA

Tuesdays, 1 - 2pm

September 3 - 24

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



Thursdays, 10:30 - 11:30am

September 5 - 26

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.

BRIDGE & CARD GAMES



Fridays, 12:30 - 3:30pm

September 6 - 27

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, 11:30am - 12:30pm

September 3 - 24

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

September 3 - 24

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

September 4 - 25

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

September 5 - 26

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

ART TREK

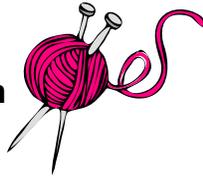


Thursday, September 12, 1 - 3pm
Malibu City Hall, Senior Center
Pre-registration required, \$5 per class and \$10 material fee due at the start of class.
Minimum 5 participants, maximum 10.

Create unique works of art using a variety of materials. The September theme is Zen Fruit Bowl. Participants will use colored pencil, pens, and sharpies. Instructed by Lorelle Patterson.

KNITTING

Mondays and Fridays, 9 - 10:30am
September 6 - 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, September 5
11:30am - 1pm
V'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, September 23
10:30am - 12:30pm
Malibu City Hall, Multipurpose Room
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, September 10 and 24, 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, September 19, 1 - 3pm
Malibu Senior Center
Free, No pre-registration is required



Lights, camera, action! Enjoy a complimentary movie and popcorn. **"The Boys and the Boat" 2023** (PG-13) This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games.

SEASONAL CRAFT

PRESSED FLOWER GLASS FRAME

Tuesday, September 10, 2:30 - 4pm

Malibu Senior Center

Complimentary

RSVP is required, Maximum 15 participants

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



LUNCHEONS

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.

OCTOBER LUNCHEON- SPOOKY SOIREE

Thursday, October 17, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Beware its a ghostly affair, join the Malibu Senior Center for our monster mash themed luncheon. Lunch will be catered by Panda Express and entertainment will be provided by singer, CroonerEd. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

EXCURSIONS

NORTON SIMON ART MUSEUM TOUR

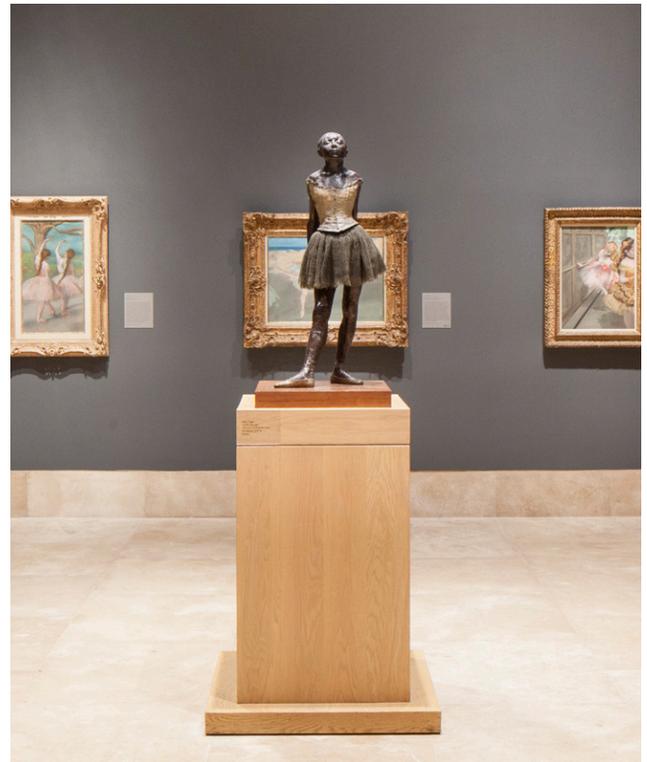
Monday, September 16, 10:30am - 5pm

\$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.



BATTLESHIP USS IOWA TOUR

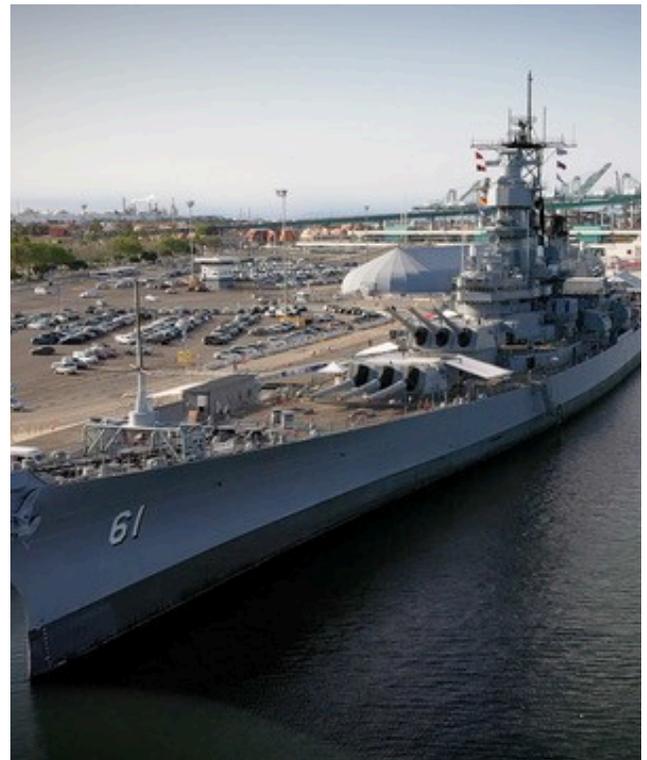
Tuesday, October 17, 9am - 4:30pm

\$40 per participant

Deadline to register is October (or until full)

Maximum Participants: 20

This exclusive tour takes you deeper into the story of Battleship IOWA – from her initial active duty days in 1943 all the way up to her third decommissioning in October 1990. You will hear stories of the courage and service of those who served on board this iconic ship while being escorted by a member of today's crew that is dedicated to preserving her for future generations. Participants will have the option to purchase lunch at The San Pedro Fish Market.



EDUCATIONAL OPPORTUNITIES

AFFORDABLE LIVING FOR THE AGING

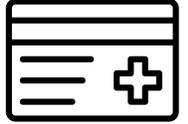
Thursday, September 12, 10 - 11am
Malibu Senior Center
Complimentary
RSVP Required



At Affordable Living for the Aging (ALA), they recognize the fact that a nursing home is not always the ideal option due to the desire to stay in one's home and cost. One alternative is our Home Share program, where we match seniors with responsible, compatible roommates. Join Avi Kapur to learn more about ALA's Home Share program. Refreshments will be provided.

MEDICARE 101

Thursday, September 19, 10 - 11am
Malibu Senior Center
Complimentary
RSVP Required



Join Sharon Wiener from Simpler Horizons Insurance Solutions to discuss the basics of enrolling in Medicare, who is eligible, when you should enroll, and how to get enrolled. Sharon will also discuss what types of plans are being offered and prescription drug changes in 2025. Refreshments will be provided.

EVENTS HAPPENING IN MALIBU

SMART GARDENING WORKSHOP

Saturday, September 7, 10am - 12pm
Malibu City Hall, Multipurpose Room
Complimentary
No RSVP Required



This workshop focuses on introducing grass recycling, composting, fire-wise and water-wise landscaping, and more. Residents will learn how to improve their lawns and gardens, conserve water, and reduce waste. Discounted compost bins are available for purchase after the workshop.

FALL POETRY JUBILATIONS

Saturday, September 7, 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. Jubilations features Malibu Poet Laureate, Nathan Hassall, selected poets, open mic, and conversation.

EVENTS HAPPENING IN MALIBU

PHOTOGRAPHY WORKSHOP



Tuesday, September 10, 5 - 6:30pm
Malibu Bluffs Park, Michael Landon Center
Complimentary
Pre-registration Required

Learn beginner photography concepts and practices, including use of equipment, aesthetic principles, composition, light, color, and texture. The instructor will include an adapted course curriculum for advanced photography on your smart phone. Instructed by Michael Manfredo.

FLOW YOGA AND MEDITATION



Saturday, September 14, 9 - 10:30m
Malibu Bluffs Park, Michael Landon Center
Complimentary
Pre-registration 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



Monday, September 16, 6:45 - 8pm
Malibu Bluffs Park, Michael Landon Center
Complimentary
Pre-registration Required

Learn the fundamentals of swing dancing. Workshops include easy-to-learn dance techniques covering leading, following, rhythm, and timing. Individuals and partners are welcome. Instructed by MC Callaghan.

NIGHT HIKE



Friday, September 20, 6 - 7:30pm
Charmless Wilderness Park
Complimentary, Pre-registration 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.

CAFFEINATED VERSE



Saturday, September 21, 11am - 12:30pm
Malibu Library
Complimentary, No RSVP Required

Caffeinated Verse is led by Malibu Poet Laureate Nathan Hassall and includes featured reader, Ronald Koertge, with an open mic session for poets to share their work with the community.

THE RIPPLE EFFECT



Saturday, September 28, 2 - 4pm
Malibu Bluffs Park, Michael Landon Center
Complimentary, No RSVP Required

When things ripple, they emanate from a center and move outwards. Ripples are an unfolding interaction. Join a generative, poetry writing workshop to "ripple" off 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
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