SENIOR CENTER AND ADULT PROGRAMS

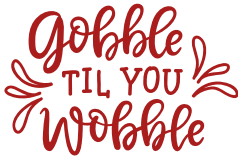
SENIOR NEWS AND VIEWS

NOVEMBER 2024

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

NOVEMBER SCHEDULE

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
				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 Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Total Body Workout 12:45-1:45pm @Bluffs Yoga 1-2pm Seasonal Craft 2:30-4pm	6 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	7 Local's Lunch 11:30am-1pm @ Malibu Brewing Company	8 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
11 ***Senior Center Closed*** 	12 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs Total Body Workout 12:45-1:45pm @Bluffs Yoga 1-2pm	13 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm	14 ***Senior Resource Fair 11am-1pm*** ****RSVP Required*** Art Trek 1-3pm @ Bluffs	15 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
18 ***Excursion: Dodger Stadium Tour*** Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	19 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm Total Body Workout 12:45-1:45pm Yoga 1-2pm	20 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm	21 ***Luncheon 12-1:30pm*** ****Pre-Registration Required***	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	26 Tech Help 9-10am Cardio Salsa & Stretch 11:30am-12:30pm Total Body Workout 12:45-1:45pm Yoga 1-2pm	27 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	28 ***Senior Center Closed*** 	29 ***Senior Center Closed*** 

FITNESS CLASSES

CHAIR YOGA

Mondays, 11am - 12pm
November 4 - 25, *No class 11/11*
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.

STRETCH & STRENGTH

Mondays, 1 - 2pm
Wednesdays and Fridays, 11am - 12pm
November 1 - 27, *No class 11/11*
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.

TOTAL BODY WORKOUT

Tuesdays, 12:45 - 1:45pm
November 5 and 12
Malibu Bluffs Park, Michael Landon Center
November 19 and 26
Malibu City Hall, Civic Theater
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
November 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, November 14, 1 - 3pm
Malibu Bluffs Park, Michael Landon 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 November theme is California Impressionism. Participants will use water color. Instructed by Lorelle Patterson.

BRIDGE & CARD GAMES

Fridays, 12:30 - 3:30pm
November 1 - 22
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
November 5 and 12
Malibu Bluffs Park, Michael Landon Center
November 19 and 26
Malibu City Hall, Civic Theater
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
November 5 - 26
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.

FIT AND FUN DANCE

Wednesdays, November 13 and 20
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.

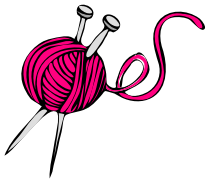
RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
November 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.

MONTHLY PROGRAMS

KNITTING



Mondays and Fridays, 9 - 10:30am
November 1 - 25, *No class 11/11*
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, November 7
11:30am - 1pm
Malibu Brewing Company
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, November 25
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

Tuesdays, November 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.

SEASONAL CRAFT

LEAF JAR CANDLES

Tuesday, November 5, 2:30 - 4pm
Malibu Senior Center
Complimentary
RSVP is required, Maximum 15 participants

Join Community Services Department staff to create leaf jar candles to light up your home this Fall! All supplies and refreshments will be provided.

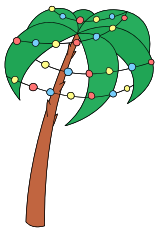
LUNCHEONS

NOVEMBER LUNCHEON- FALL FEST

Thursday, November 21, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

Autumn breeze and falling leaves! Join us for a Fall Fest at the Malibu Senior Center. Lunch will be a Thanksgiving inspired meal and entertainment will be provided by Elvis Impersonator, King Kruk. Pre-registration is required. Maximum 70 participants.

DECEMBER LUNCHEON- HAPPY HULA DAYS



Thursday, December 19, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

Mele Kalikimaka! Enjoy a tropical getaway at the Malibu Senior Center holiday luncheon. Lunch will be catered by Maria's Italian Kitchen and entertainment will be provided the Senior Center Choir class. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

MALIBU CITY HALL VOTE CENTER

The Malibu City Hall, Multipurpose Room will be used as an LA County Vote Center from Saturday, October 26 - Tuesday, November 5. Vote Center hours are listed below:

- Saturday, October 26 - Monday, November 4: 10am - 7pm
- Tuesday, November 5: 7am - 8pm

Vote Centers provide modern features to make voting safe, easy, and convenient. Vote Centers also serve as a Vote by Mail Ballot Drop Box location – no need to wait, simply drop off your voted ballot at the front.

EXCURSIONS

DODGER STADIUM TOUR

Monday, November 18, 10am - 4pm
$35 per participant
Deadline to register is November (or until full)
Maximum Participants: 20

Let's play ball! Join us for a 75-minute tour of Dodger Stadium. This tour includes a trip down to the field, a walk through the team's Trophy Gallery; home to the World Series trophies, Most Valuable Player (MVP), Silver Slugger, Cy Young, and Rookie of the Year awards, a walk through the Vin Scully Press Box, where the story of Dodger baseball is covered from every angle, and more! Participants will have the option to purchase lunch at Philippe The Original.

THE MUSEUM OF FLYING

Thursday, December 12, 10am - 3:30pm
$35 per participant
Deadline to register is November (or until full)
Maximum Participants: 20

Let's soar through a guided tour of The Museum of Flying in Santa Monica! The museum opened in 1989 with the original collection of artifacts and the ephemera of Donald Wills Douglas Sr., the Founder and President of the Douglas Aircraft Company, and the compliment of many vintage aircraft with an emphasis on World War II fighter aircraft. Participants will have the option to purchase lunch at True Food Kitchen.

SENIOR RESOURCE FAIR

SENIOR RESOURCE FAIR

THURSDAY, NOVEMBER 14
11 AM - 1 PM

MALIBU CITY HALL

Meet local service providers, and learn about healthy aging! Information booths will include: medical doctors, health and wellness businesses, community organizations, and senior care providers.

FIRST 50 PEOPLE TO RSVP WILL RECEIVE FREE LUNCH!

All participants will receive a free raffle ticket. Raffle items include gift baskets, discounts from vendors, gift cards, and more.

Contact the Malibu Senior Center for more information, to RSVP, or to reserve a booth.

Malibu Senior Center
310.456.2489 ext. 357
MalibuSeniorCenter@MalibuCity.org

EVENTS HAPPENING IN MALIBU

NATIVE PLANT GIVEAWAY

Sunday, November 3, 9:30 - 10:30am
Legacy Park
Complimentary

The Community Services Department has partnered with the Los Angeles County Fire and Forestry Department to provide free native plants. Transform your garden into a reflection of our local Santa Monica Mountains. Learn how to successfully grow native plants as part of your home garden.

MANIFESTATION MEDITATION

Wednesday, November 6, 4:30 - 6pm
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.

CAFFEINATED VERSE

Saturday, November 16, 11am - 12:30pm
Malibu Library
Complimentary, No RSVP Required

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

AUDUBON SOCIETY BIRD WALK

Sunday, November 17, 9:30 - 10:30am
Legacy Park
Complimentary

Take a relaxing stroll through Legacy Park led by Audubon Society guides. Look and identify bird species. Learn how to build a bright future for birds and the planet. Wear comfortable walking shoes and bring a camera. Binoculars will be provided.

SENIOR SELF-DEFENSE

Friday, November 22, 1 - 2:30pm
Malibu City Hall, Multipurpose Room
Complimentary
Pre-registration Required

Learn essential techniques and strategies to boost confidence, raise self-awareness, and gain practical skills to be safe in everyday situations. Instructed by The Pit Malibu.

THE RIPPLE EFFECT

Saturday, November 23, 2 - 4pm
Malibu City Hall, Multipurpose Room
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

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