

SENIOR NEWS AND VIEWS

JANUARY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
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January

1
Senior Center Closed
 HAPPY NEW YEAR


2

3
 Knitting 9-10:30am
 Stretch & Strength 11am-12pm
 Bridge and Pan 12:30-3:30pm

6
 Knitting 9-10:30am
 Chair Yoga 11am-12pm
 Stretch & Strength 1-2pm

7
 Choir 10-11am
 Cardio Salsa & Stretch 11:30am-12:30pm @ Bluffs
 Total Body Workout 12:45-1:45 @Bluffs
 Yoga 1-2pm

8
 Stretch & Strength 11am-12pm
 Relax Through Coloring 1-2pm
 Fit and Fun Dance 2:30-3:30pm

9
 Local's Lunch 11:30am-1pm @ Spruzzo
 Art Trek 1-3pm

10
 Knitting 9-10:30am
 Stretch & Strength 11am-12pm
 Bridge and Pan 12:30-3:30pm

13
 Knitting 9-10:30am
 Chair Yoga 11am-12pm
 Stretch & Strength 1-2pm

14
 Tech Help 9-10am
 Choir 10-11am
 Cardio Salsa & Stretch 11:30am-12:30pm @Bluffs
 Total Body Workout 12:45-1:45 @Bluffs
 Mason Jar Luminary Craft 2:30-4pm

15
Excursion: Getty Villa
 Stretch & Strength 11am-12pm
 Relax Through Coloring 1-2pm

16
 Preserving Vision Through the Ages: A Journey Into Eye Health for Seniors 11am-12pm
 Theater Thursday 1-3pm

17
 Knitting 9-10:30am
 Stretch & Strength 11am-12pm
 Bridge and Pan 12:30-3:30pm

20
Senior Center Closed


21
 Choir 10-11am
 Cardio Salsa & Stretch 11:30am-12:30pm @Bluffs
 Total Body Workout 12:45-1:45 @Bluffs

22
 Stretch & Strength 11am-12pm
 Relax Through Coloring 1-2pm
 Fit and Fun Dance 2:30-3:30pm

23
Luncheon 12-1:30pm
***Pre-Registration Required**

24
 Knitting 9-10:30am
 Stretch & Strength 11am-12pm
 Bridge and Pan 12:30-3:30pm

27
 Knitting 9-10:30am
 Newsletter Folding and Mailing Group 10:30am-12:30pm
 Chair Yoga 11am-12pm
 Stretch & Strength 1-2pm

28
 Tech Help 9-10am
 Choir 10-11am in Theater
 Cardio Salsa & Stretch 11:30am-12:30pm @Bluffs
 Total Body Workout 12:45-1:45 @Bluffs

29
 Stretch & Strength 11am-12pm
 Relax Through Coloring 1-2pm

30
 Revive Your Writing Practice 11am-12:30pm

31
 Knitting 9-10:30am
 Stretch & Strength 11am-12pm
 Bridge and Pan 12:30-3:30pm

JANUARY SCHEDULE

FITNESS CLASSES

CARDIO SALSA & STRETCH

Tuesdays, 11:30am - 12:30pm

January 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. 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.



CHAIR YOGA

Mondays, 11am - 12pm

January 6 - 27, *No class 1/20*

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.

STRETCH & STRENGTH

Mondays, 1 - 2pm

January 6 - 27, *No class 1/20*

Wednesdays and Fridays, 11am - 12pm

January 3 - 31

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

January 7 - 28

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.



ART, DANCE, AND MORE!

ART TREK



Thursday, January 9, 1 - 3pm

Malibu 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 January theme is Pastel Portraits. Participants will use oil pastel. Instructed by Lorelle Patterson.

BRIDGE & CARD GAMES

Fridays, 12:30 - 3:30pm

January 3 - 31, 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.

CHOIR

Tuesdays, 10 - 11am

January 7 - 28

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, January 8 and 22

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

January 8 - 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.

MONTHLY PROGRAMS

KNITTING

Mondays and Fridays, 9 - 10:30am

January 3 - 31, No class 1/20

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, January 9

11:30am - 1pm

Spruzzo

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, January 27

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, January 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, January 16, 1 - 3pm

Malibu Senior Center

Free, No pre-registration is required

Lights, camera, action! Enjoy a complimentary movie and popcorn.

"Breakfast at Tiffany's" (G)

A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

SEASONAL CRAFT

FROSTED MASON JAR LUMINARIES

Tuesday, January 14, 2:30 - 4pm

Malibu Senior Center

Complimentary

RSVP is required, Maximum 15 attendees

Imagine a winter evening spent snuggling under a blanket while snow gently falls against a dimly lit street. It's a beautiful setting that inspired this easy-to-make DIY project. When it's cold outside, it's nice to bring the warmth inside with the festive glow of candlelight from a beautiful winter candle holder. All supplies and refreshments will be provided. RSVP is required.



LUNCHEONS

JANUARY LUNCHEON- BOOGIE IN THE BU DISCO

Thursday, January 23, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Let's boogie at the Malibu Senior Center's disco themed luncheon! Lunch will be catered by Mediterranean Pita Grill and entertainment will be provided by Motown and Rock-n-Roll singer, Matt Grey. Pre-registration is required. Maximum 70 participants.

FEBRUARY LUNCHEON- LOVE YOU TO PIZZAS

Thursday, February 27, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



The Malibu Senior Center loves you to pizzas! Celebrate Valentine's Day with us. Lunch will be catered by Two Doughs Pizza Co. and entertainment will be provided by Tatjana. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

EXCURSIONS

THE GETTY VILLA

Wednesday, January 15, 10am - 3pm

\$35 per participant

Deadline to register is January 10 (or until full)

Maximum Participants: 20

The Getty Villa Museum lies along the coast, north of Santa Monica, and displays ancient Greek and Roman art in a recreated Roman house. Enjoy a docent led tour of the villa by senior center member, Stephanie Horn. Participants have the option to purchase lunch at the Getty Villa Cafe.



LONG BEACH WHALE WATCHING

Tuesday, February 18, 9am - 4pm

\$40 per participant

Deadline to register is February (or until full)

Maximum Participants: 20

Participants will search for different whale and marine life species including the Gray, Blue, Fin, Humpback, and Minke Whales, dolphins, sea lions, marine birds, and more! Subway boxed lunches will be provided before the cruise. The excursion may be rescheduled due to weather.



NEW SENIOR CENTER PROGRAMS

PRESERVING VISION THROUGH THE AGES: A JOURNEY INTO EYE HEALTH FOR SENIORS

Thursday, January 16, 11am - 12pm
Malibu Senior Center
Complimentary, RSVP Required

Led by Dr. Pamela Golchet of Visionary Retina Center, the lecture will focus on relevant and significant retinal conditions that affect seniors, the prevalence of each condition, how they present in everyday life, what can be done to prevent or minimize damage and maximize visual outcome. The discussion will be followed by a Q & A session

REVIVE YOUR WRITING PRACTICE

Thursday, January 30, 11am - 12:30pm
Malibu Senior Center
\$5 for the class, Pre-registration Recommended



In this class, we'll focus on how to move through the difficult moments in our writing process. Designed for writers at all levels, we'll discuss the many forms of getting stuck. Is it that we can't start? Or can't finish? Through fun writing exercises and discussion, this course aims to give you tools to help you improve your relationship to your practice. Instructed by Swan Huntley.

CITY OF MALIBU WINTER BREAK

City Offices and the Malibu Senior Center will be closed from Tuesday, December 24, 2024, through Wednesday, January 1, 2025. During the winter closure, essential operations, such as scheduled building inspections, code enforcement site visits, park maintenance, public works maintenance, public safety monitoring, and emergency response operations, will remain in place. For questions during the winter closure, please call the Michael Landon Center at (310) 317-1364.

FRIDAY, DECEMBER 27

- Knitting, 9 - 10:30am
- Stretch and Strength, 11am - 12pm
- Bridge and Card Games, 12:30 - 3:30pm

MONDAY, DECEMBER 30

- Knitting, 9 - 10:30am
- Board and Card Games, 11am - 12:30pm
- Stretch and Strength, 1 - 2pm

**FRESH COFFEE WILL
BE AVAILABLE FROM
9AM - 2PM**



All senior programs are drop-in, no RSVP is required.

EVENTS HAPPENING IN MALIBU

RAIN BARREL DISTRIBUTION

Saturday, January 11, 9am-12pm
Malibu City Hall, Upper Parking Lot
Complimentary



Limited supply of rain barrels are available while supplies last. Rain barrels will be given away on a first-come, first-served basis after 11:30am regardless of reservation. Reserve a barrel at MalibuCity.org/EnviroCalendar.

BALLROOM DANCING

Friday, January 17, 5:30 - 7pm
Malibu Bluffs Park, Michael Landon Center
Complimentary, Pre-registration Required



Join us for an introductory social ballroom dance workshop designed to teach you the fundamentals of partner dancing. Participants will learn basic steps, timing, and techniques to feel comfortable and confident on the dance floor. Perfect for beginners, this fun and engaging workshop requires no prior experience or partner. Instructed by Erin Durand.

FLOW YOGA AND MEDITATION

Saturday, January 18, 9 - 10:30am
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, January 18, 11am - 12:30pm
Malibu Library
Complimentary, No RSVP Required



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

THE RIPPLE EFFECT

Saturday, January 25, 2-4pm
Malibu Bluffs Park, Michael Landon Center
Complimentary, No RSVP Required



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.

NEW WASTE MANAGEMENT SENIOR DISCOUNT

Waste Management, Inc. is offering a 10% senior discount for trash and recycling services. Qualified residents must be 62 or older, a resident within Malibu city limits, and have no outstanding due balances. Community members will need to complete the application, provide proof of residence and named account holder for the property, and provide proof of age. For more information, contact Waste Management Customer Services at 800-675-1171 or 805-522-9400.



City of Malibu **Dial-A-Ride**

The program will be provided by RTW Management beginning January 2, 2025, featuring a fleet of new hybrid ADA-accessible vehicles! If you are a current Dial-A-Ride member, refer a friend and receive a free luncheon voucher! Offer valid until June 30, 2025.



For updated information
please visit

MalibuCity.org/SeniorCenter or
call 310.456.2489 ext. 357