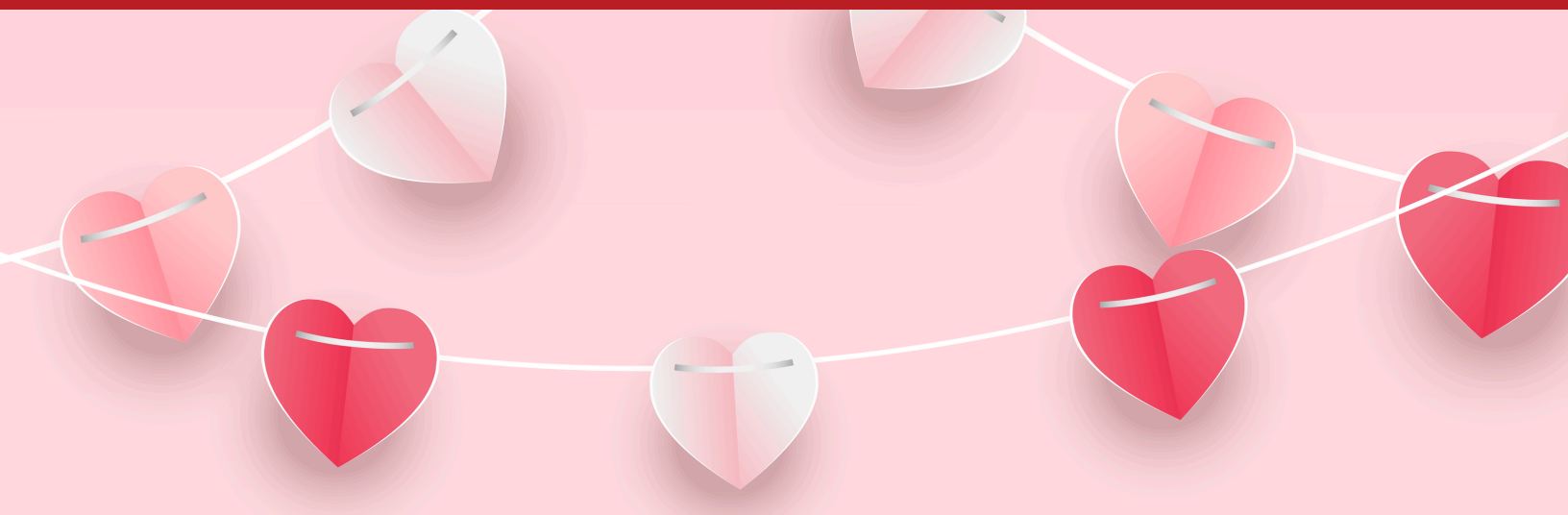

SENIOR NEWS AND VIEWS

FEBRUARY 2025

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

Due to the Palisades Fire, the Malibu Senior Center is closed until further notice. All senior programs will take place in the Michael Landon Center at Malibu Bluffs Park.

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
10 Knitting 9-10:30am @Bluffs Stretch & Strength @Bluffs 1-2pm	11 Tech Help 9-11am @Bluffs Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15-2:15pm @Bluffs	12 Relax Through Coloring 1-2pm @Bluffs	13 Ballet 10:30-11:30am @Bluffs Pilates 11:30am-12:30pm @Bluffs	14 Knitting 9-10:30am @Bluffs Stretch & Strength 11am-12pm @Bluffs Bridge and Pan 12:30-3:30pm @Bluffs
17 ***No Senior Programs*** 	18 Tech Help 9-11am @Bluffs Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15-2:15pm @Bluffs	19 Relax Through Coloring 1-2pm @Bluffs	20 Ballet 10:30-11:30am @Bluffs Pilates 11:30am-12:30pm @Bluffs	21 Knitting 9-10:30am @Bluffs Stretch & Strength 11am-12pm @Bluffs Bridge and Pan 12:30-3:30pm @Bluffs
24 Knitting 9-10:30am @Bluffs Chair Yoga 11am-12pm @Bluffs Stretch & Strength 1-2pm @Bluffs	25 Tech Help 9-11am @Bluffs Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15-2:15pm @Bluffs	26 Relax Through Coloring 1-2pm @ Bluffs	27 Ballet 10:30-11:30am @Bluffs Pilates 11:30am-12:30pm @Bluffs ***Luncheon at Spruzzo's 12-1:30pm***	28 Knitting 9-10:30am @ Bluffs Stretch & Strength 11am-12pm @Bluffs Bridge and Pan 12:30-3:30pm @Bluffs

FEBRUARY SCHEDULE

FITNESS CLASSES

CARDIO SALSA & STRETCH

Tuesdays, 12pm - 1pm
February 11 - 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. 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
February 24
Malibu Bluffs Park, Michael Landon 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
February 10 - 24, *No class 2/17*
Fridays, 11am - 12pm
February 14 - 28
Malibu Bluffs Park, Michael Landon 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, 1:15 - 2:15pm
February 11 - 25
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.

ENRICHMENT ACTIVITIES

BRIDGE & CARD GAMES

Fridays, 12:30 - 3:30pm
February 14 - 21
Malibu Bluffs Park, Michael Landon 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.

KNITTING

Mondays and Fridays, 9 - 10:30am
February 10 - 28, *No class 2/17*
Malibu Bluffs Park, Michael Landon 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.

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm
February 12 - 26
Malibu Bluffs Park, Michael Landon 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.

TECH HELP

Tuesdays, 9 - 11am
February 11 - 25
Free, RSVP Required
Malibu Bluffs Park, Michael Landon 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.

FEBRUARY LUNCHEON- SPAGHETTI AND SWEETHEARTS

Thursday, February 27, 12 - 1:30pm
Spruzzo's Restaurant
Pre-registration is required
$5 per person

The Malibu Senior Center invites you to celebrate Valentine's Day at Spruzzo's Restaurant. Lunch will be a set Italian menu. Pre-registration is required. Maximum 60 participants.

EVENTS HAPPENING IN MALIBU

CAFFEINATED VERSE

Saturday, February 15, 11am - 12:30pm
Malibu Library
Complimentary, No RSVP Required

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

CLASSICAL GUITAR CONCERT

Friday, February 21, 3 - 4pm
Malibu City Hall, Upper Parking Lot
Complimentary

The Pepperdine Guitar Department presents a concert series featuring musicians studying with world-renowned classical guitar virtuoso Christopher Parkening.

REIKI SOUNDBATH

Thursday, February 20, 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.

WINTER NIGHT HIKE

Friday, February 21, 5:30 - 7pm
Charmlee 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.

THE RIPPLE EFFECT

Saturday, February 22, 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.

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