



SENIOR NEWS AND VIEWS

MARCH 2025



MARCH SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>4</p> <p>Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs</p>	<p>5</p> <p>Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm</p>	<p>6</p> <p>Tap/Jazz Dance Combo 9-10am Ballet Slim and Trim 10:30 -11:30am @Bluffs Mat Pilates 11:30am-12:30pm @Bluffs Local's Lunch @ Malibu Brewing Company 11:30am-1pm</p>	<p>7</p> <p>Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm</p>
<p>10</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>11</p> <p>Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs</p>	<p>12</p> <p>Excursion: Los Angeles Arboretum Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>13</p> <p>Tap/Jazz Dance Combo 9-10am Ballet Slim and Trim 10:30 -11:30am @Bluffs Mat Pilates 11:30am-12:30pm @Bluffs Seasonal Craft - Lucky Charm Bracelets 1-2:30pm</p>	<p>14</p> <p>Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm</p>
<p>17</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>18</p> <p>Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 12pm-1pm @ Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs</p>	<p>19</p> <p>Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm</p>	<p>20</p> <p>Tap/Jazz Dance Combo 9-10am Ballet Slim and Trim 10:30 -11:30am @Bluffs Mat Pilates 11:30am-12:30pm @Bluffs Theater Thursday 1-3pm</p>	<p>21</p> <p>Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm</p>
<p>24</p> <p>Knitting 9-10:30am Newsletter Folding and Mailing 10:30am-12:30pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>25</p> <p>Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 12pm-1pm @ Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs</p>	<p>26</p> <p>Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm</p>	<p>27</p> <p>Luncheon 12-1:30pm *Pre-Registration Required Tap/Jazz Dance Combo 9-10am Ballet Slim and Trim 10:30 -11:30am @Bluffs Mat Pilates 11:30am-12:30pm @Bluffs</p>	<p>28</p> <p>Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm An Afternoon of Arias 1-2pm</p>
<p>31</p> <p>Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	 <p>March</p> 			

FITNESS CLASSES

CARDIO SALSA & STRETCH

Tuesdays, 12 - 1pm

March 4 - 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

March 3 - 31

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

March 6 - 27

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

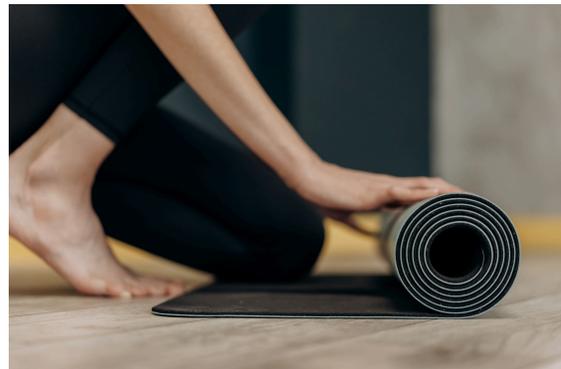
Wednesdays and Fridays, 11am - 12pm

March 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, 1:15pm - 2:15pm

March 4 - 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.

ART, DANCE, AND MORE!

BALLET SLIM AND TRIM

Thursdays, 10:30 - 11:30am

March 6 - 27

Malibu Bluffs Park, Michael Landon Center

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

Develop better posture and improve balance, flexibility, and circulation during this one-hour class. The instructor will also focus on body awareness, coordination, and stretching techniques. Please wear workout clothes and ballet shoes. No experience is necessary. Instructed by Ann Monahan.

BRIDGE & CARD GAMES

Fridays, 12:30 - 3:30pm

March 7 - 28, 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

March 4 - 25

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, March 5 and 19

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

March 5 - 26

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

March 6 - 27

Malibu City Hall, Theatre

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

Enter stage right to the Senior Center's new combo tap and jazz dance class! The class will consist of jazz warm-ups and stretches, 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

KNITTING

Mondays and Fridays, 9 - 10:30am

March 3 - 31

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, March 6

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, March 24

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, March 4 - 25

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, March 20, 1 - 3pm

Malibu Senior Center

Free, No pre-registration is required

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

"Death On The Nile" (PG-13) (2022)

Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short.

SEASONAL CRAFT

THEY'RE AFTER ME LUCKY CHARM BRACELETS

Thursday, March 13, 1 - 2:30pm

Malibu Senior Center

Complimentary

RSVP is required, Maximum 15 attendees

Join Community Services staff members each month for a complimentary simple and fun art activity! Have fun creating a one of a kind friendship or charm bracelet with other members of the community. All supplies and refreshments will be provided. RSVP is required.



LUNCHEONS

MARCH LUNCHEON- SHAMROCK N' ROLL

Thursday, March 27, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Enjoy some shenanigans at the Malibu Senior Center's St. Patrick's Day themed luncheon! Lunch will be catered by Brent's Deli and entertainment will be provided by Irish Dancers. Pre-registration is required. Maximum 70 participants.

APRIL LUNCHEON- THE GOLDEN AGE OF HOLLYWOOD

Thursday, April 24, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



The Malibu Senior Center invites you to celebrate at our Anniversary. Lunch will be catered by Mediterranean Pita Grill and entertainment will be provided by Jazz duo, Let Me Be Frank. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

EXCURSIONS

LOS ANGELES ARBORETUM

Wednesday, March 12, 9am - 4pm

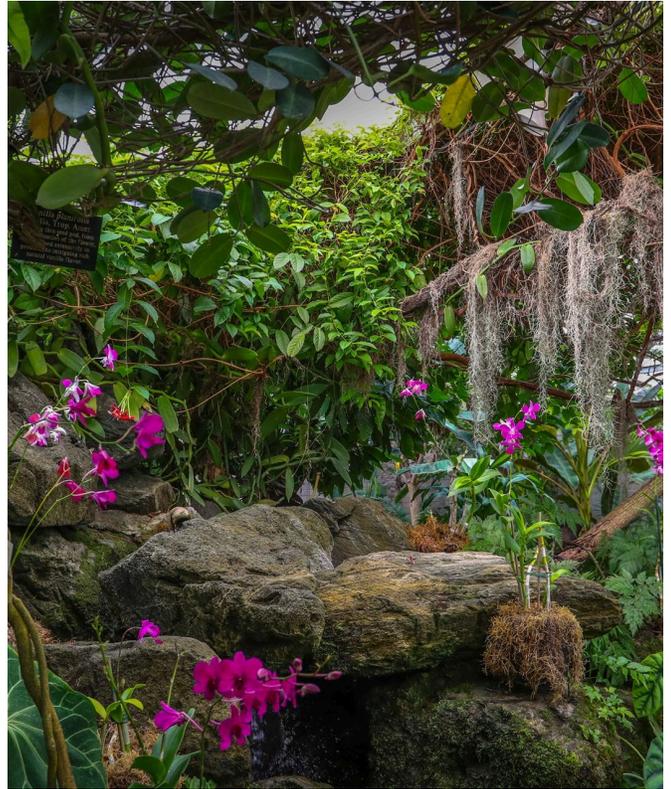
\$35 per participant

Deadline to register is March 10 (or until full)

Maximum Participants: 20

The bus will pick up and drop off participants at Malibu Bluffs Park

Enjoy a day at the Los Angeles Arboretum. Explore 127 acres of plants, natural landscapes, wildlife, and historic buildings. The group will enjoy a tram tour of the facility, and then be given time to enjoy the gardens on their own. Participants have the option to purchase lunch at the Peacock Cafe.



ACADEMY MUSEUM OF MOTION PICTURE

Tuesday, April 15, 9am - 4pm

\$35 per participant

Deadline to register is April 11 (or until full)

Maximum Participants: 20

The bus will pick up and drop off participants at Malibu Bluffs Park

Indulge yourself in the world of cinema! Make your way through the largest museum in the United States dedicated to the arts, sciences, and artists of moviemaking. Featuring seven floors of exhibition spaces, you will enjoy celebrational, historical, and critical viewpoints of cinema. After exploring the museum, participants have the option to purchase lunch at The Counter Burger Bar.



EDUCATIONAL LECTURE

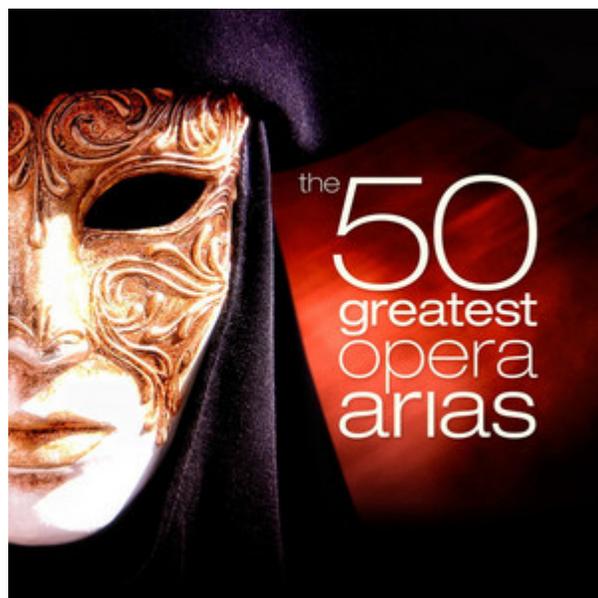
AN AFTERNOON OF ARIAS

Friday, March 28, 1 - 2pm

Malibu City Hall, Multipurpose Room

Complimentary, RSVP Required

An Afternoon of Arias is a one-hour workshop designed to help those who attend to connect with each other through listening to opera. Pepperdine Professor Khanh Bui and student Payton Ballinger will administer a brief questionnaire regarding the emotional experience of listening to opera arias both before and after the performance of opera arias. Payton will perform a recital of opera arias for 20 - 30 minutes. Complimentary refreshments will be provided.



WELCOME BACK TO THE SENIOR CENTER

The Malibu Senior Center is reopening on Monday, March 3. We are excited to welcome you back! The Senior Center will have complimentary treats available to attendees the week of March 3 - 7. We encourage you to come participate in your favorite classes and enjoy a sweet treat on us!

**WELCOME
BACK!**

EVENTS HAPPENING IN MALIBU

SUNSET HIKE

Friday, March 14, 6 - 7:30pm
Charmlee Wilderness Park
Complimentary, RSVP Required



Discover the nighttime magic of Charmlee Wilderness Park after hours. Experience one of Malibu's best hiking venues and learn all about the natural surroundings. Participants should feel comfortable walking on uneven terrain for 90 minutes. Hiking boots or sturdy closed-toe shoes are recommended. Bring water and dress in layers.

CAFFEINATED VERSE

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



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

PHOTOGRAPHY WORKSHOP

Tuesday, March 18, 4 - 5:30pm
Charmlee Wilderness Park
Complimentary



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.

MANIFESTATION MEDITATION

Thursday, March 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.

THE RIPPLE EFFECT

Saturday, March 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.

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