SENIOR CENTER AND ADULT PROGRAMS

SENIOR NEWS AND VIEWS

APRIL 2025

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

APRIL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs	2 Fit and Fun Dance 9:30-10:30am Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	3 Tap/Jazz Dance Combo 9-10am @Bluffs Ballet Slim and Trim 10:30 -11:30am @Bluffs Mat Pilates 11:30am-12:30pm @Bluffs Local's Lunch Café Habana 11:30am-1pm	4 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
7 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	8 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs	9 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	10 Tap/Jazz Dance Combo 9-10am @Bluffs Ballet Slim and Trim 10:30 -11:30am @Bluffs Mat Pilates 11:30am-12:30pm @Bluffs Seasonal Craft 1-2:30pm	11 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
14 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	15 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs	16 ***Excursion: Academy of Motion Pictures *Pre-Registration Required*** Fit and Fun Dance 9:30-10:30am Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	17 Tap/Jazz Dance Combo 9-10am @Bluffs Ballet Slim and Trim 10:30 -11:30am @Bluffs Mat Pilates 11:30am-12:30pm @Bluffs Theater Thursday 1-3pm	18 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
21 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm Revive Your Writing Practice 2:30-4pm	22 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs	23 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	24 ***Luncheon 12-1:30pm*** ****Pre-Registration Required*** Tap/Jazz Dance Combo 9-10am @Bluffs Ballet Slim and Trim 10:30 -11:30am @Bluffs Mat Pilates 11:30am-12:30pm @Bluffs	25 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
28 Knitting 9-10:30am Newsletter Folding and Mailing 10:30am-12:30pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm	29 Tech Help 9-10am Cardio Salsa & Stretch 12-1pm @Bluffs Total Body Workout 1:15pm-2:15pm @Bluffs	30 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm		

FITNESS CLASSES

CARDIO SALSA & STRETCH

Tuesdays, 12 - 1pm
April 1 - 29
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
April 7 - 28
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
April 3 - 24
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
April 2 - 30
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
April 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.

ART, DANCE, AND MORE!

BALLET SLIM AND TRIM

Thursdays, 10:30 - 11:30am
April 3 - 24
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
April 4 - 25, 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
April 1 - 22
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, April 2 and 16
9:30 - 10:30am
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
April 2 - 30
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
April 3 - 24
Malibu Bluffs Park, Michael Landon Center
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
April 4 - 28
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, April 3
11:30am - 1pm
Cafe Habana
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, April 28
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, April 1 - 29
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, April 17 , 1 - 3pm
Malibu Senior Center
Free, No pre-registration is required

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

"Grown Ups" (PG-13)

Five men reunite for the funeral of their basketball coach. Will the group rediscover old bonds?

Starring Adam Sandler, Chris Rock, Kevin James, and David Spade.

SEASONAL CRAFT

DREAMCATCHERS

Thursday, April 10, 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 dreamcatcher with other members of the community. All supplies and refreshments will be provided. RSVP is required.

LUNCHEONS

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 our 22nd Anniversary with a Hollywood themed luncheon. Lunch will be catered by Mediterranean Pita Grill and entertainment will be provided by Jazz trio, Let Me Be Frank. Pre-registration is required. Maximum 70 participants.

MAY LUNCHEON- SPRING SAFARI PARTY

Thursday, March 22, 12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

Time to get wild at the Malibu Senior Center's Safari themed luncheon! Lunch will be catered by Pick Up Stix and entertainment will be provided by Tatiana. Pre-registration is required. Maximum 70 participants.

PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON

EXCURSIONS

ACADEMY MUSEUM OF MOTION PICTURE

Wednesday, April 16, 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.

LITTLE INDIA FOOD TOUR

Tuesday, May 13, 9:30am - 3:30pm
$55 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

Join us for tasty food in Little India. Tastings will include South East Indian Veggie Platter with Dosas, Authentic Rajasthani, Puri, Ice cream and Tea. All flat sidewalk walks. All tastings are covered in the cafés and restaurants. Participants will have 40 minutes to shop.

NEW PROGRAM

REVIVE YOUR WRITING PRACTICE

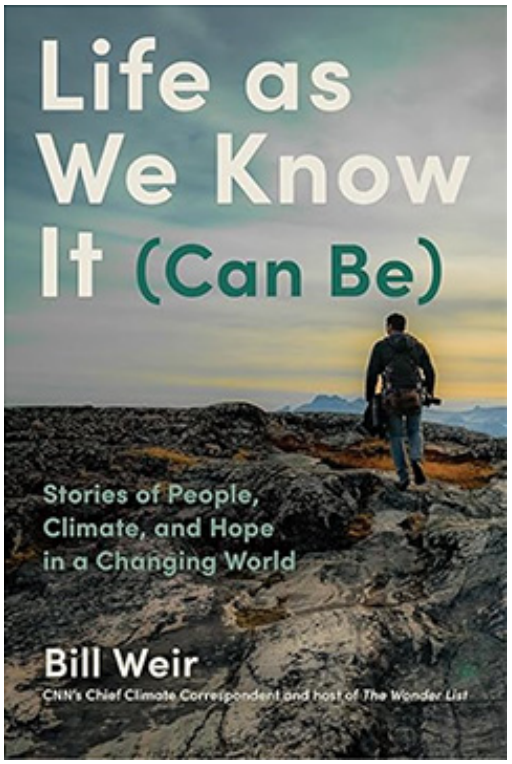
Monday, April 21, 2:30 - 4pm
Malibu Senior Center
$5 for the class, Pre-registration Required

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.

MALIBU LIBRARY SPEAKER SERIES

Thursday, April 3, 5pm
Elkins Auditorium, Pepperdine University
RSVP is not required. For parking information and campus map, please call the Malibu Library at (310) 456-6438.

Bill Weir is a veteran anchor, writer, producer, and television host. In his first book, Life as We Know It (Can Be): Stories of People, Climate, and Hope in a Changing World, published in April 2024, Weir implores local communities to prepare for the future by remaining united with one another and the natural world. Weir became CNN's first chief climate correspondent in 2019, having spent six years at the network following a decade of award-winning journalism at ABC News. He was the creator and host of CNN's original series The Wonder List with Bill Weir. With Weir's distinctive storytelling style and a focus on our connected planet, the series highlighted wondrous people, places, cultures, and creatures on the brink of seismic change.



EVENTS HAPPENING IN MALIBU

CAFFEINATED VERSE

Saturday, April 19, 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.

WALKING THE FOOTSTEPS OF THE CHUMASH

Saturday, April 19, 9 - 10:30am
Charmlee Wilderness Park
Complimentary, RSVP Required

Enjoy a morning walk through Charmlee Wilderness Park as we explore how the Chumash people who once lived in the Malibu region experienced the lands, water, and plants. 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.

PEACEFUL PAINTING IN WESTERN MALIBU

Friday, April 25, 2:30 - 4pm
Malibu Equestrian Park (6225 Merritt Drive)
Complimentary, No RSVP Required

Join the Malibu Library at the Malibu Equestrian Park for an afternoon of relaxing open-air painting. Follow instructions to create your own masterpiece. All materials provided. Beginners welcome! We will meet at the picnic tables next to the arena.

FLOW YOGA WORKSHOP

Saturday, April 26, 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.

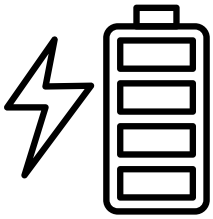
THE RIPPLE EFFECT

Saturday, April 26, 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.

GET PREPARED: EMERGENCY PREPAREDNESS - SOCAL EDISON

Medical Baseline program customers who live in a high fire risk area are now eligible for the Critical Care Backup Battery Program, which provides free, portable backup batteries along with accompanying solar panels for additional charging. Batteries will be delivered and assembled at no cost. To learn more, visit sce.com/ccbb.



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