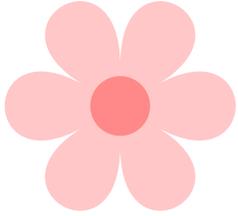


# SENIOR NEWS AND VIEWS

MAY 2025



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
|   |   |  | 1<br>Tap/Jazz Dance 9:30-10:30am @Bluffs<br>Ballet Slim and Trim 10:30 -11:30am @Bluffs<br>Mat Pilates 11:30am-12:30pm @Bluffs<br>Local's Lunch Paradise Cove 11:30am-1pm                         | 2<br>Knitting 9-10:30am<br>Stretch & Strength 11am-12pm<br>Bridge and Pan 12:30-3:30pm   |
| 5<br>Knitting 9-10:30am<br>Chair Yoga 11am-12pm<br>Stretch & Strength 1-2pm   | 6<br>Tech Help 9-10am<br>Choir 10-11am<br>Cardio Salsa & Stretch 12-1pm @Bluffs<br>Total Body Workout 1:15pm-2:15pm @Bluffs   | 7<br>Fit and Fun Dance 9:30-10:30am<br>Stretch & Strength 11am-12pm<br>Relax Through Coloring 1-2pm          | 8<br>Tap/Jazz Dance 9:30-10:30am @Bluffs<br>Ballet Slim and Trim 10:30 -11:30am @Bluffs<br>Mat Pilates 11:30am-12:30pm @Bluffs<br>Seasonal Craft 1-2:30pm   | 9<br>Knitting 9-10:30am<br>Stretch & Strength 11am-12pm<br>Bridge and Pan 12:30-3:30pm   |
| 12<br>Knitting 9-10:30am<br>Chair Yoga 11am-12pm<br>Stretch & Strength 1-2pm  | 13<br><b>Excursion: Little India Food Tour</b><br><b>*Pre-Registration Required</b><br>Tech Help 9-10am<br>Choir 10-11am<br>Cardio Salsa & Stretch 12-1pm @Bluffs<br>Total Body Workout 1:15pm-2:15pm @Bluffs | 14<br>Stretch & Strength 11am-12pm<br>Relax Through Coloring 1-2pm   | 15<br>Tap/Jazz Dance 9:30-10:30am @Bluffs<br>Ballet Slim and Trim 10:30 -11:30am @Bluffs<br>Mat Pilates 11:30am-12:30pm @Bluffs<br>Theater Thursday 1-3pm   | 16<br>Knitting 9-10:30am<br>Stretch & Strength 11am-12pm<br>Bridge and Pan 12:30-3:30pm  |
| 19<br>Knitting 9-10:30am<br>Chair Yoga 11am-12pm<br>Stretch & Strength 1-2pm  | 20<br>Tech Help 9-10am<br>Choir 10-11am<br>Cardio Salsa & Stretch 12-1pm @Bluffs<br>Total Body Workout 1:15pm-2:15pm @Bluffs  | 21<br>Stretch & Strength 11am-12pm<br>Relax Through Coloring 1-2pm   | 22<br><b>Luncheon 12-1:30pm</b><br><b>*Pre-Registration Required</b><br>Tap/Jazz Dance 9:30-10:30am @Bluffs<br>Ballet Slim and Trim 10:30 -11:30am @Bluffs<br>Mat Pilates 11:30am-12:30pm @Bluffs | 23<br>Knitting 9-10:30am<br>Stretch & Strength 11am-12pm<br>Newsletter Folding and Mailing 12:30-2:30pm<br>Bridge and Pan 12:30-3:30pm |
| 26<br><b>Closed for Memorial Day</b><br>  | 27<br>Tech Help 9-10am<br>Cardio Salsa & Stretch 12-1pm @Bluffs<br>Total Body Workout 1:15pm-2:15pm @Bluffs   | 28<br>SoCal Edison Presentation 9:30-10:30am<br>Stretch & Strength 11am-12pm<br>Relax Through Coloring 1-2pm | 29<br>Tap/Jazz Dance 9:30-10:30am @Bluffs<br>Ballet Slim and Trim 10:30 -11:30am @Bluffs<br>Mat Pilates 11:30am-12:30pm @Bluffs   | 30<br>Knitting 9-10:30am<br>Stretch & Strength 11am-12pm<br>Bridge and Pan 12:30-3:30pm  |

MAY SCHEDULE

# FITNESS CLASSES

## AQUA AEROBICS

**Saturdays, 9 - 10am**  
**May 3 - 31 \*No class 5/24**  
**Malibu Community Pool**  
**\$5 per class**

Dive into aqua aerobics to build cardiovascular fitness and strength. Due to the low-impact format, aqua aerobics is suitable for all ages and fitness abilities.

## CARDIO SALSA & STRETCH

**Tuesdays, 12 - 1pm**  
**May 6 - 27**  
**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**  
**May 5 - 19**  
**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, May 1 - 29**  
**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**  
**May 2 - 30 \*No class 5/26**  
**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, 1:15 - 2:15pm**  
**May 6 - 27**  
**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

May 1 - 29

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

May 2 - 30, 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

May 6 - 27

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, May 7

9:30 - 10:30am

Malibu Senior Center

Free, No pre-registration is required



Enjoy a morning 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

May 7 - 28

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, 9:30 - 10:30am

May 1 - 29

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**

**May 2 - 30 \*No class 5/26**

**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, May 1**

**11:30am - 1pm**

**Paradise Cove**

**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

**Friday, May 23, 12:30 - 2:30pm**

**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, May 6 - 27, 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, May 15, 1 - 3pm**

**Malibu Senior Center**

**Free, No pre-registration is required**

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

**"Jurassic World" (PG-13)**

Located off the coast of Costa Rica, the Jurassic World luxury resort provides a habitat for an array of genetically engineered dinosaurs, including the vicious and intelligent Indominus rex. What could go wrong!



# SEASONAL CRAFT

## PIÑATAS

Thursday, May 8, 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 festive party decoration by turning a simple cereal box into a colorful, candy filled party decoration! All supplies and refreshments will be provided. RSVP is required.



# LUNCHEONS

## MAY LUNCHEON- SPRING SAFARI PARTY

Thursday, May 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 John's Garden and entertainment will be provided by Tatiana. Pre-registration is required. Maximum 70 participants.

## JUNE LUNCHEON- SOCK HOP AND SODA POP

Thursday, June 26, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



The Malibu Senior Center invites you to celebrate our Sock Hop themed luncheon. Lunch will be catered by Irv's Burgers and entertainment will be provided by Wendy Becker and Rik Howard. Pre-registration is required. Maximum 70 participants.

**\*PLEASE INFORM STAFF OF DIETARY RESTRICTIONS WHEN REGISTERING FOR A LUNCHEON\***

# EXCURSIONS

## LITTLE INDIA FOOD TOUR

**Tuesday, May 13, 9:30am - 3:30pm**

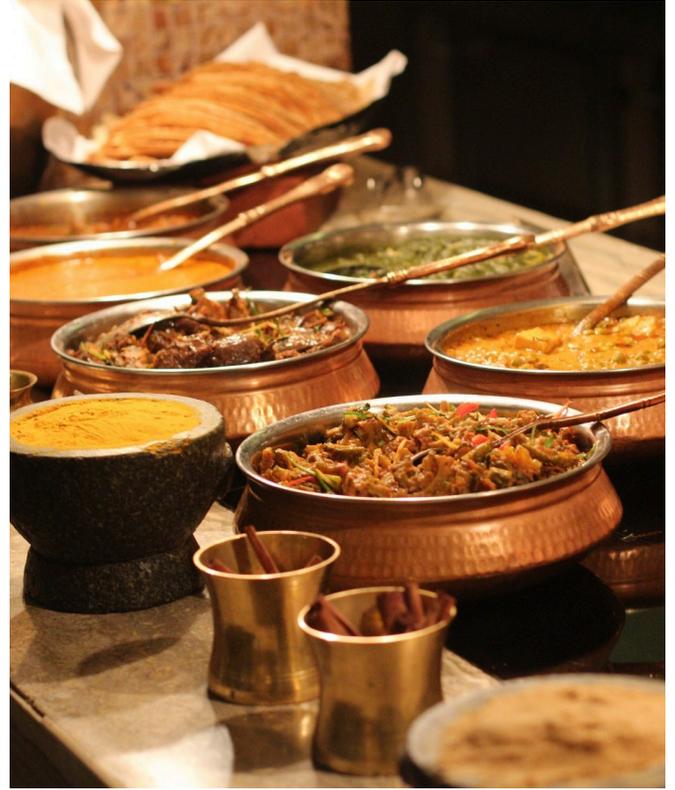
**\$55 per participant**

**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.



## PARAMOUNT STUDIO TOUR

**Wednesday, June 17, 9am - 4pm**

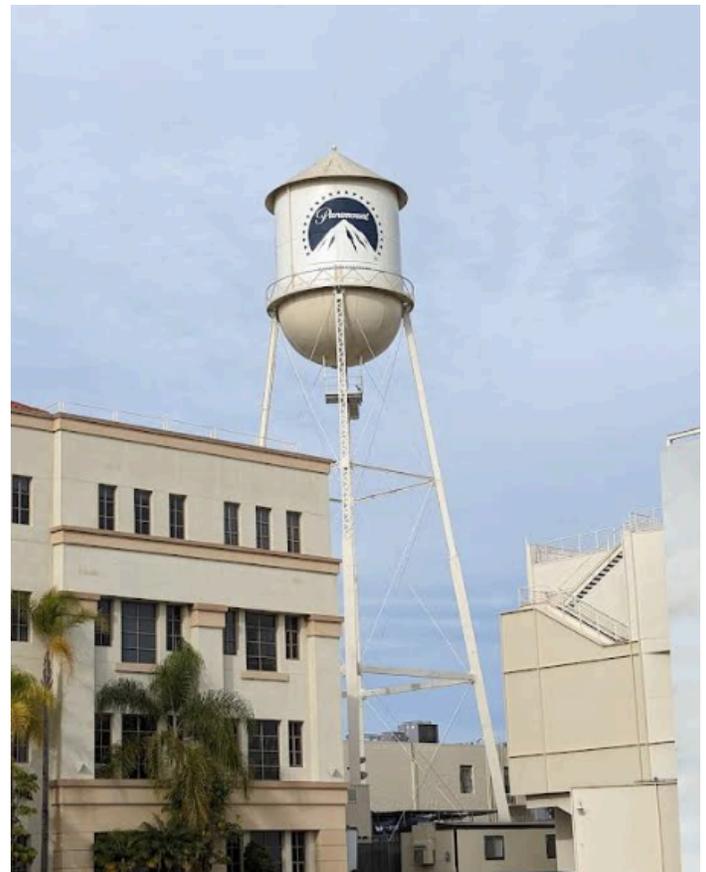
**\$65 per participant**

**Deadline to register is June 13 (or until full)**

**Maximum Participants: 20**

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

Step into the world of the industry's top talent, producers, and crew as they create today's award-winning television and feature films. Visiting iconic locations like the Bronson Gate, New York Street Backlot, and the Prop Warehouse. Each step of the way, you will learn how Paramount's 110-year legacy influenced Hollywood and the world at large. The Paramount Studio Tour immerses you into where it all began. Participants will have the option to purchase lunch at Lemonade Cafe.



# INFORMATION SESSION

## SOUTHERN CALIFORNIA EDISON PRESENTATION

Wednesday, May 28, 9:30 - 10:30am

Malibu Senior Center

Complimentary

RSVP Required

Representatives from Southern California Edison will be onsite to discuss emergency preparedness, medical baseline programs, and to answer your questions! RSVP is required. Refreshments will be provided.



SOUTHERN CALIFORNIA  
**EDISON**<sup>®</sup>

An *EDISON INTERNATIONAL*<sup>®</sup> Company

## AMANDA FAREWELL

Dear Malibu Seniors,

My last day at the City of Malibu will be on Thursday, May 1, 2025. I have accepted a position at the City of Irvine and will be moving to Orange County. As I move on from my position as Recreation Coordinator, I want to express my deepest gratitude to the City of Malibu and the wonderful Malibu community. Serving as the Senior Center Recreation Coordinator has been such an honor and I am so grateful for the friendships, laughter, and the memories that will last forever. Thank you for all of your support during my time in Malibu!

With gratitude and warmest wishes,

*Amanda Rigali*



# EVENTS HAPPENING IN MALIBU

## REIKI SOUNDBATH

Thursday, May 8, 4:30 - 6pm

Malibu Bluffs Park, Michael Landon Center  
Complimentary, No RSVP 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.

## MORNING WILDFLOWER HIKE

Saturday, May 10, 9 - 10:30am

Charmlee Wilderness Park  
Complimentary, RSVP Required



The morning is the best time of day to view insects, birds, and many other members of the chaparral ecosystem as well as to explore spring flowers. Discover the wildlife and learn about unique native 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.

## SUNSET HIKE

Friday, May 16, 7 - 8:30pm

Charmlee Wilderness Park  
Complimentary, RSVP 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.

## MALIBU POETRY SUMMIT - "TRANSFORMATION"

Saturday, May 17, 12 - 1:30pm

Malibu Civic Theater, Malibu City Hall  
Complimentary, Pre-registration Required

Malibu Poet Laureate Nathan Hassall welcomes all to attend this year's poetry summit, Transformations. The event includes a variety of performances and visual art. Featured poets include California Poet Laureate Lee Herrick, former Malibu Poet Laureates Ann Buxie and Ricardo Means Ybarra, Jolynn Regan, and student poets. Music by A Call 2Peace. Artwork will also be displayed by Webster and Malibu Elementary 5th grade classes.

## MANIFESTATION MEDITATION WORKSHOP

Thursday, May 29, 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.

## SELF DEFENSE FOR SENIORS

Friday, May 30, 12 - 1:30pm

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 Martial Arts.





## 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](https://MalibuCity.org/SeniorCenter)  
or call 310.456.2489 ext. 357

