PROGRAMS, LECTURES, WORKSHOPS AND EVENTS



SENIOR CENTER NEWS AND VIEWS

NOVEMBER 2026

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

NOVEMBER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
2 Knitting 9am-12pm Chair Yoga 11am-12pm Tai Chi 12:30-1:15pm Stretch & Strength 1-2pm	3 Mahjong 9-11am Choir 10-11am Creative Writing 1-2pm Cardio Salsa 11:30am-12:30pm Total Body 12:45-1:45pm Tai Chi 2:30-3:15pm	4 Tech Help 9-10am **Senior Sandbag Assistance 10am-12pm** Relax Through Coloring 12:30-1:30pm Stretch & Strength 2-3pm Chair Yoga 2:45-3:45pm	5 **Watercolor Birds - 10-11:30am** **Medicare 101 - 11am-12pm** **Locals Lunch: Ollo 12-1:30pm** **Craft: Sea Glass Picture Frames 1-2:30pm** Mat Pilates & Barre Fusion 11:30am-12:30pm Mobility & Release 12:30-1:30pm	6 Knitting 9am-12pm **Senior Sandbag Assistance 10am-12pm** Stretch & Strength 11am-12pm Bridge 12:30-3:30pm
9 Knitting 9am-12pm Chair Yoga 11am-12pm Tai Chi 12:30-1:15pm Stretch & Strength 1-2pm	10 Mahjong 9-11am Choir 10-11am Creative Writing 1-2pm Cardio Salsa 11:30am-12:30pm Total Body 12:45-1:45pm Tai Chi 2:30-3:15pm	11 **Senior Center Closed** ***City Observed Holiday*** 	12 **Theater Thursday 1-3pm** Mat Pilates & Barre Fusion 11:30am-12:30pm Mobility & Release 12:30-1:30pm	13 Knitting 9am-12pm Stretch & Strength 11am-12pm Bridge 12:30-3:30pm
16 Knitting 9am-12pm Chair Yoga 11am-12pm Tai Chi 12:30-1:15pm Stretch & Strength 1-2pm	17 Mahjong 9-11am Choir 10-11am Creative Writing 1-2pm Cardio Salsa 11:30am-12:30pm Total Body 12:45-1:45pm Tai Chi 2:30-3:15pm	18 **Excursion: Ronald Reagan Library** Tech Help 9-10am **Painting with Helen 10am-12pm** Relax Through Coloring 12:30-1:30pm Stretch & Strength 2-3pm Chair Yoga 2:45-3:45pm	19 **Luncheon: Gratitude Gala 12-1:30pm** Mat Pilates & Barre Fusion 11:30am-12:30pm Mobility & Release 12:30-1:30pm	20 Knitting 9am-12pm Stretch & Strength 11am-12pm **Lunch & Learn: Senior Travel 12:30-1:30pm** Bridge 12:30-3:30pm
23 Knitting 9am-12pm Chair Yoga 11am-12pm Tai Chi 12:30-1:15pm Stretch & Strength 1-2pm	24 Mahjong 9-11am Choir 10-11am Creative Writing 1-2pm Cardio Salsa 11:30am-12:30pm Total Body 12:45-1:45pm Tai Chi 2:30-3:15pm	25 Tech Help 9-10am Relax Through Coloring 12:30-1:30pm Stretch & Strength 2-3pm Chair Yoga 2:45-3:45pm	26 **Senior Center Closed** ***City Observed Holiday*** 	27 **Senior Center Closed** ***City Observed Holiday***
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MONTHLY PROGRAMS

LOCALS LUNCH

Thursday, November 5
12 - 1:30pm
Ollo
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.



KNITTING

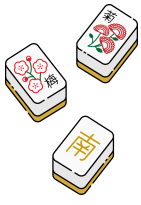
Mondays and Fridays, 9am - 12pm
November 2 - 30
No class 11/27
Malibu Senior Center
Free



Make a scarf, hat, blanket, or homemade gift, No experience is necessary. Please bring your own size eight needles and one skein of yarn.

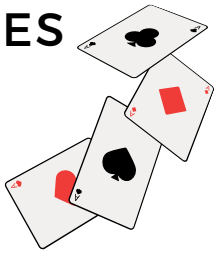
MAHJONG

Tuesdays, November 3 -24
9 - 11am
Malibu Senior Center
Complimentary



Mahjong is a tile-based game of strategy and skill. Participants can learn the rules or refine their skills in a relaxed, supportive environment that encourages fun, focus, and friendship.

BRIDGE & CARD GAMES



Fridays, November 6 - 20
12:30 - 3:30pm
Malibu Senior Center
Free

Beginners and experienced players are welcome to play with this relaxed bridge group or other card games.

TECH HELP



Wednesdays, November 4 - 25
No class 11/11
9 - 10am
Malibu Senior Center
Free, RSVP Required

Receive one-on-one tech help with your laptop, tablet, or cell phone. Seniors can receive assistance using social media, Google Drive, Skype, Microsoft Word, e-mail, etc.



THEATER THURSDAY



Thursday, November 12
1 - 3pm
Malibu Senior Center
Free

Lights, camera, action! Enjoy an entertaining movie on the Senior Center's oversized projection screen. Complimentary popcorn and coffee will be served. This month's movie feature is "Remarkably Bright Creatures" (2026)

MONTHLY WORKSHOP

MEDICARE 101

Thursday, November 5
11am - 12pm
Malibu City Hall
Complimentary, RSVP required

Join this complimentary educational workshop that will break down the complexities of Medicare. Learn about the 2027 insurance changes, navigating different plans, maximizing benefits, and ensuring enrollment deadlines are met. Presented by Simpler Horizons Insurance Solutions. Refreshments will be provided, A**n RSVP is required**.



SIMPLER HORIZONS
INSURANCE SOLUTIONS

LUNCH AND LEARN SERIES

SENIOR TRAVEL

Friday, November 20
12:30 - 1:30pm
Malibu Senior Center
Complimentary, RSVP required

Come learn all the latest travel tips so that your next trip is full of ease and peace of mind. Topics covered will include the health benefits of traveling, travel options for seniors, how to choose the right destination for your goals, and staying safe whlie traveling. Presented by Foundation for Senior Services. Lunch will be served. **An RSVP is required.**



FOUNDATION FOR
Senior Services
Helping Seniors Age Well

EL NIÑO PREPARATION

SENIOR SANDBAG ASSISTANCE

Wednesday, November 4
Friday, November 6
10am - 12pm
Malibu Equestrian Park

Stay prepared for El Niño storm conditions and pick up some free sandbags! Senior Center staff members will be on-site at the Malibu Equestrian Center to help fill bags with sand and pack your car.



STAY INFORMED!

Winter is coming! We want to ensure we have updated contact information for our members in case we need to cancel programs due to storm-related activity. If you have updated your email or phone number recently, please notify us so we can keep you informed! To further stay informed of local emergencies or natural disasters, we highly recommend signing up for the Everbridge Disaster Notification System through the City of Malibu, MalibuCity.org/DisasterNotification



PAINTING WORKSHOPS

WATERCOLOR BIRDS



Thursday, November 5
10 - 11:30am
Malibu Senior Center
$10 per participant, pre-registration required
12 participants maximum

Instructed by Lucy Sullivan. Learn to paint a different species of bird each class using watercolor. This month's bird will be the Palm Cockatoo. No prior painting experience needed. Learn interesting facts about each bird, and listen to relaxing bird song audio tracks while you paint!

PAINTING WITH HELEN



Wednesday, November 18
10am - 12pm
Malibu City Hall, Multipurpose Room
$10 per participant, pre-registration required
12 participants maximum

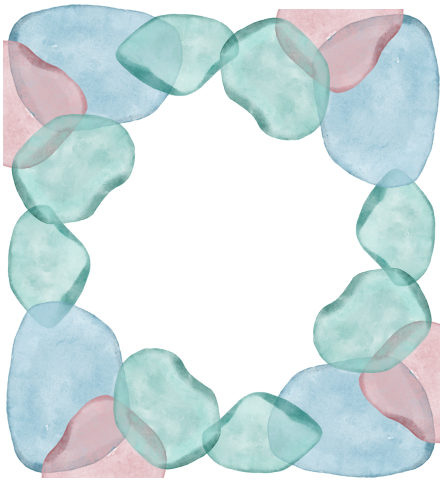
Instructed by long-time Malibu resident and artist, Helen Campanella. Helen brings decades of experience and professional expertise to this fun and formative painting class. Learn about composition, color mixing, shading, brush stroke techniques, and more! All art supplies will be provided.

SEASONAL CRAFT

SEA GLASS FRAMES

Thursday, November 5
1 - 2:30pm
Malibu Senior Center
$5 per participant
RSVP is required, Maximum 12 attendees

Join Senior Center staff for a fun art activity! All supplies are provided.



HOLIDAY ORNAMENTS

Thursday, December 3
2 - 3:30pm
Malibu Senior Center
$5 per participant
RSVP is required, Maximum 12 attendees

Join Senior Center staff for a fun art activity! All supplies are provided.



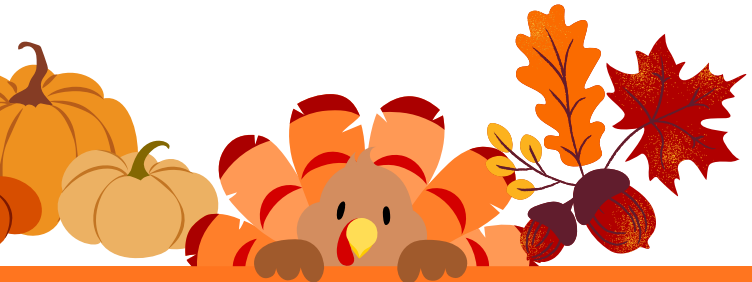
MONTHLY LUNCHEON

GRATITUDE GALA



Thursday, November 19
12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

The Malibu Senior Center invites you to our luncheon at the Malibu Senior Center. Maximum 70 participants.

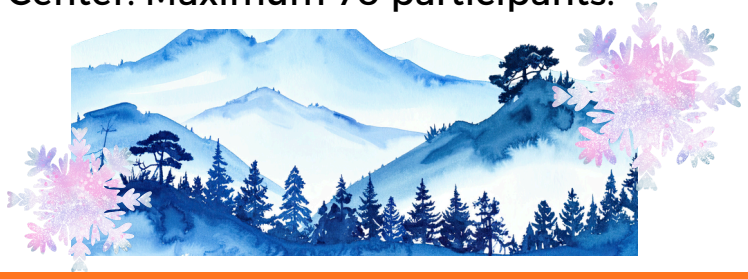


SNOW MUCH FUN



Thursday, December 17
12 - 1:30pm
Malibu Senior Center
Pre-registration is required
$5 per person

The Malibu Senior Center invites you to our luncheon at the Malibu Senior Center. Maximum 70 participants.



FITNESS CLASSES

AQUA AEROBICS



Saturdays, 9:15 - 10am
November 7 & 14
Malibu Community Pool
$5 per class

Jump into aqua aerobics to build cardiovascular fitness and strength. Aqua aerobics is a blend of cardio and resistance training in a low impact format.

CHAIR YOGA



Mondays, 11am - 12pm
Wednesday, 2:45-3:45pm
No class 11/11
November 2 - 30
Malibu Senior Center
$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 & BARRE FUSION



Thursdays, 11:30am - 12:30pm
November 5 - 19
Malibu Bluffs Park
$5 per class

Discover a low-impact, strength building class designed specifically for seniors! This gentle fusion of Mat Pilates and Barre focuses on improving balance, flexibility, posture, and core strength. Instructed by Jackline Daneshrad.

MOBILITY & RELEASE



Thursdays, November 5 - 19
12:30 - 1:30pm
Malibu Bluffs Park
$5 per participant

Improve flexibility and mobility through mindful stretching, breath awareness, and myofascial release techniques. Participants will experience reduced tension, enhanced circulation, and healthier posture. Instructed by Jackline Daneshrad

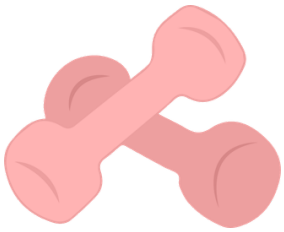
STRETCH & STRENGTH



Mondays, 1 - 2pm
Wednesdays, 2 - 3pm
Fridays, 11am - 12pm
November 2 - 30
No class 11/11, 11/27
Malibu Senior Center
$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
November 3 - 24
Malibu Bluffs Park
$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. Instructed by Jackline Daneshrad.

RECREATION PROGRAMS

CARDIO SALSA



Tuesdays, 11:30am - 12:30pm
November 3 - 24
Malibu Bluffs Park
$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. Instructed by Jackline Daneshrad.



CHOIR



Tuesdays, 10 - 11am
November 3 - 24
Malibu Senior Center
$10 per month

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.

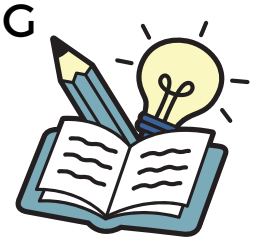
RELAX THROUGH COLORING

Wednesdays, 12:30 - 1:30pm
November 4 - 25
No class 11/11
Malibu Senior Center
Free, No RSVP 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.

CREATIVE WRITING



Tuesdays, November 3 - 24
1 - 2pm
Malibu Senior Center
Free

Enjoy a relaxed, supportive, and inspiring environment where you can explore develop your unique writing voice. Participants are invited to create and share work in any genre, such as memoir, fiction, non-fiction, or poetry. Instructed by Randy Holland.

TAI CHI



Mondays, 12:30 - 1:15pm
November 2 - 30
Tuesday, 2:30 - 3:15pm
November 3 - 24
Malibu Bluffs Park
$5 per class

Tai Chi is a gentle exercise known to promote health and longevity. Improve your balance, breathing, strength, and coordination in a step-by-step manner. Instructed by Mike Manfredo.

EXCURSIONS

RONALD REAGAN PRESIDENTAIAL LIBRARY

Wednesday, November 18
9am - 4pm
$35 per participant
Deadline to register: Thursday, November 12
***The bus will pick up and drop off participants from Malibu Bluffs Park**

Visit the largest presidential library in the country and walk through the world-renowned aircraft, Air Force One! View a full-scale replica of the oval office, browse various galleries, and enjoy lunch from a variety of dining options onsite. Pre-registration is required.



THE BROAD MUSEUM & GRAND CENTRAL MARKET

Wednesday, December 16
9am - 4pm
$25 per participant
Deadline to register: Wednesday, December 9
***The bus will pick up and drop off participants from Malibu Bluffs Park**

Join us for a fun-filled day at this contemporary art museum, featuring a world-class collection of postwar art and unique exhibits! After a few hours, head over to the renowned Grand Central Market, which is home to 40 food vendors - the perfect stop for any foodie!
Pre-registration is required,



EVENTS HAPPENING IN MALIBU

SWING DANCE WORKSHOP WITH MC



Monday, November 2
6:15 - 7:30pm
Malibu Bluffs Park
$10 per participant

Learn the fundamentals of swing and salsa dancing. Workshops include easy-to-learn dance techniques covering leading, following, rhythm, and timing. Instructed by MC Callaghan.

MANIFESTATION MEDITATION



Saturday, November 14
11am - 12:30pm
Malibu Bluffs Park
$10 per participant

Learn ways to release tension and stress, balance energy in the body, and promote a sense of well-being. Instructed by The Mindry.

SUNSET HIKES



Friday, November 6
5 - 6:30pm
Charmlee Wilderness Park
Complimentary, RSVP required

Discover the magic of Charmlee Wilderness Park after hours. Participants should be able to walk on uneven terrain. Hiking boots or sturdy closed-toe shoes are recommended.
Pre-registration required.

CAFFEINATED VERSE



Saturday, November 14
1:30 - 4pm
Malibu Library
Complimentary

Hosted by Malibu Poet Laureate Charlotte Ward. Welcoming those who love the poetic word, Caffeinated Verse is a monthly poetry celebration with a featured reader and an open mic for all who wish to share their poems. An RSVP is not required.

MALIBU LIBRARY SPEAKER SERIES: ELIZABETH GEORGE



Tuesday, November 10
7 - 8:30pm
Malibu City Hall
Complimentary, RSVP Required

International bestselling author Elizabeth George will discuss her life and career, as well as A Slowly Dying Cause, the latest book in her British crime novels featuring Detective Inspector Thomas Lynley.

POETRY WRITING STUDIO



Saturday, November 21
1:30 - 4pm
Malibu City Hall
Complimentary

Join us for a generative poetry writing studio where we will cycle with each other's energies, read and discuss poems to stimulate our imaginations, and write original poems from prompts or personal impetus. An RSVP is not required.



City of Malibu

Dial-A-Ride

The program is facilitated by RTW Management, featuring a fleet of new hybrid ADA-accessible vehicles!

Sign up online at MalibuCity.org/SeniorCenter or contact 310-456-2489 ext. 357



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