

SENIOR NEWS AND VIEWS

DECEMBER 2024



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

DECEMBER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
2 Knitting 9-10:30am Stretch & Strength 1-2pm	3 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm Total Body Workout 12:45-1:45pm	4 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm	5 Local's Lunch 11:30am-1pm @ Ollo Theater Thursday 1-3pm	6 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
9 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	10 Tech Help 9-10am Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm Total Body Workout 12:45-1:45pm	11 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm	12 <i>Excursion: Museum of Flying</i>	13 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
16 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	17 Choir 10-11am Cardio Salsa & Stretch 11:30am-12:30pm Total Body Workout 12:45-1:45pm Seasonal Craft 2:30-4pm	18 Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Fit and Fun Dance 2:30-3:30pm	19 <i>Luncheon 12-1:30pm</i> <i>*Pre-Registration Required</i>	20 Knitting 9-10:30am Stretch & Strength 11am-12pm Bridge and Pan 12:30-3:30pm
23 Knitting 9-10:30am Chair Yoga 11am-12pm Stretch & Strength 1-2pm	24 <i>Senior Center Closed for Winter Break</i>	25 <i>Senior Center Closed for Winter Break</i>	26 <i>Senior Center Closed for Winter Break</i>	27 <i>Senior Center Closed for Winter Break</i> Knitting 9-10:30am @Bluffs Stretch & Strength 11am-12pm @Bluffs Bridge and Pan 12:30-3:30pm @Bluffs
30 <i>Senior Center Closed for Winter Break</i> Knitting 9-10:30am @Bluffs Board Games and Cards 11am-12:30pm @Bluffs Stretch & Strength 1-2pm @Bluffs	31 <i>Senior Center Closed for Winter Break</i>			

FITNESS CLASSES

CARDIO SALSA & STRETCH

Tuesdays, 11:30am - 12:30pm

December 3 - 17

Malibu City Hall, Civic Theater

**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

December 9 - 23

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.

STRETCH & STRENGTH

Mondays, 1 - 2pm

Wednesdays and Fridays, 11am - 12pm

December 2 - 23, Malibu Senior Center

**December 27 and 30, Malibu Bluffs Park,
Michael Landon Center**

No class 12/25

**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, 12:45 - 1:45pm

December 3 - 17

Malibu City Hall, Civic Theater

**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!

BRIDGE & CARD GAMES

Fridays, 12:30 - 3:30pm
December 6 - 20, Malibu Senior Center
December 27, 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.

CHOIR

Tuesdays, 10 - 11am
December 3 - 17
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, December 4 and 18
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
December 4 - 18
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.

MONTHLY PROGRAMS

KNITTING

Mondays and Fridays, 9 - 10:30am
December 2 - 23, Malibu Senior Center
December 27 and 30, 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.



LOCAL'S LUNCH

Thursday, December 5
11:30am - 1pm
Olo Restaurant
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.



TECH HELP

Tuesday, December 10
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, December 5, 1 - 3pm
Malibu Senior Center
Free, No pre-registration is required

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

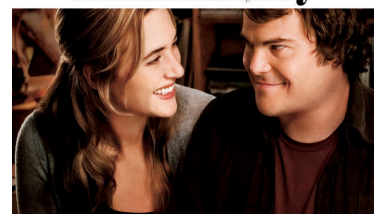
"The Holiday" (PG-13)

Amanda lives in LA and is a movie trailer editor. Iris lives in Surrey and is a journalist. The two decide to swap houses for two weeks at Christmas - both trying to forget their troubled love lives, until love finds them anyways.



Cameron Diaz · Kate Winslet · Jude Law · Jack Black

a film by
Nancy Meyers
the Holiday
from the Director of What Women Want and Something's Gotta Give



SEASONAL CRAFT

GINGERBREAD HOUSE

Tuesday, December 17, 2:30 - 4pm

Malibu Senior Center

Complimentary

RSVP is required, Maximum 15 attendees

Get into the holiday spirit by building a gingerbread house with the Malibu Senior Center. All supplies and refreshments will be provided. RSVP is required.



LUNCHEONS

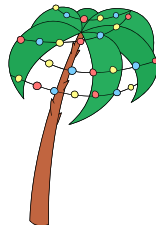
DECEMBER LUNCHEON- HAPPY HULA DAYS

Thursday, December 19, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Mele Kalikimaka! Enjoy a tropical getaway at the Malibu Senior Center holiday luncheon. Lunch will be catered by Maria's Italian Kitchen and entertainment will be provided the Senior Center Choir class. Pre-registration is required. Maximum 70 participants.

JANUARY LUNCHEON- BOOGIE IN THE BU DISCO

Thursday, January 23, 12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



Let's boogie at the Malibu Senior Center's disco themed luncheon! Lunch will be catered by Mediterranean Pita Grill and entertainment will be provided by Motown and Rock-n-Roll singer, Matt Grey. Pre-registration is required. Maximum 70 participants.

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

EXCURSIONS

THE MUSEUM OF FLYING

Thursday, December 12, 10am - 3:30pm

\$35 per participant

Deadline to register is December 6 (or until full)

Maximum Participants: 20

Let's soar through a guided tour of The Museum of Flying in Santa Monica! The museum opened in 1989 with the original collection of artifacts and the ephemera of Donald Wills Douglas Sr., the Founder and President of the Douglas Aircraft Company, and the compliment of many vintage aircraft with an emphasis on World War II fighter aircraft. Participants will have the option to purchase lunch at True Food Kitchen.



THE GETTY VILLA

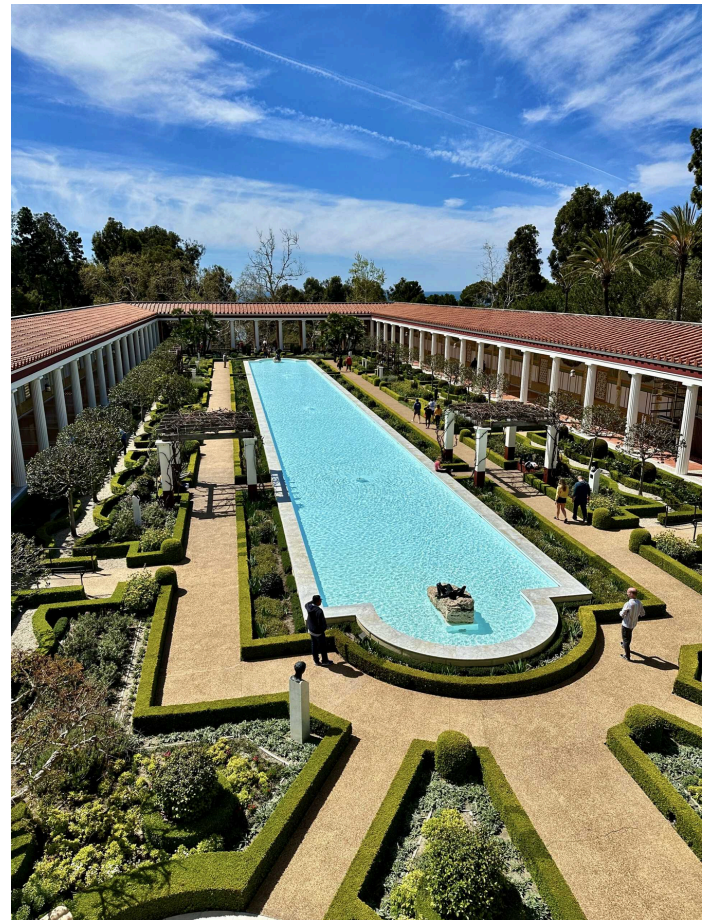
Wednesday, January 15, 10am - 3pm

\$35 per participant

Deadline to register is January 10 (or until full)

Maximum Participants: 20

The Getty Villa Museum lies along the coast, north of Santa Monica, and displays ancient Greek and Roman art in a recreated Roman house. Enjoy a docent led tour of the villa by senior center member, Stephanie Horn. Participants have the option to purchase lunch at the Getty Villa Cafe.



EVENTS HAPPENING IN MALIBU

CLASSICAL GUITAR CONCERT

Friday, December 6, 3 - 4pm
Malibu Library
Complimentary



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

SANTA PAWS

Saturday, December 14, 10am - 12pm
Malibu Bluffs Park
Complimentary



Sit, stay, sleigh! Celebrate the season with your four legged friends. Grab a treat for both you and your pup and take a picture with Santa. Please ensure that your pet is on a leash and under control at all times during the event for the safety of all attendees.

HOUSEHOLD HAZARDOUS WASTE

Saturday, December 14, 9am - 3pm
Malibu Library, Parking Lot
Complimentary



Responsibly recycle and dispose of electronics, compact fluorescent bulbs, used motor oil, latex (water-based) paint, automotive and household batteries.

CAFFEINATED VERSE



Saturday, December 14, 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.

NIGHT HIKE

Friday, December 20, 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.

CHRISTMAS TREE RECYCLING

Friday, December 27 - Sunday, January 12
Closed December 30 - January 1
8am - 4pm
Ioki Lot, 23575 Civic Center Way
Complimentary



Conveniently recycle your Christmas tree at a self-serve drop-off site. Remove all lights, ornaments, tinsel, metal stands, and water containers before placing the tree in a designated bin. For curbside recycling through your local waste hauler, cut the tree to fit into a green waste bin. For more information, visit MalibuCity.org/EnviroEvents

CITY OF MALIBU WINTER BREAK

City Offices and the Malibu Senior Center will be closed from Tuesday, December 24, 2024, through Wednesday, January 1, 2025. During the winter closure, essential operations, such as scheduled building inspections, code enforcement site visits, park maintenance, public works maintenance, public safety monitoring, and emergency response operations, will remain in place. The City will offer recreation programs at the Michael Landon Center a few days. Please call the Malibu Senior Center at (310) 456-2489 ext. 357 for information. For questions during the winter closure, please call the Michael Landon Center at (310) 317-1364.

FRIDAY, DECEMBER 27

- Knitting, 9 - 10:30am
- Stretch and Strength, 11am - 12pm
- Bridge and Card Games, 12:30 - 3:30pm

MONDAY, DECEMBER 30

- Knitting, 9 - 10:30am
- Board and Card Games, 11am - 12:30pm
- Stretch and Strength, 1 - 2pm

**FRESH COFFEE WILL
BE AVAILABLE FROM
9AM - 2PM**



All senior programs are drop-in, no RSVP is required.

**HAPPY HOLIDAYS FROM YOUR FRIENDS
AT THE MALIBU SENIOR CENTER!**



City of Malibu

Dial-A-Ride

Affordable transportation for residents 60 or older and people living with disabilities within the City limits.



For more information, call the Malibu Senior Center at 310.456.2489 ext. 357 or visit MalibuCity.org/SeniorCenter



**For updated information
please visit
MalibuCity.org/SeniorCenter or
call 310.456.2489 ext. 357**