

SENIOR CENTER NEWS AND VIEWS

MARCH
2026



MARCH SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Knitting 9am-12pm Stretch & Strength 1-2pm</p>	<p>3 Mahjong 9-11am Choir 10-11am Cardio Salsa 12-1pm Total Body 1:15-2:15pm</p>	<p>4 Fit & Fun Dance 9:30-10:30am Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Chair Yoga 2:30-3:30pm</p>	<p>5 Soul Line Dancing 10-11am Zumba® 11am-12pm Mat Pilates & Barre Fusion 12:15-1:15pm Locals Lunch: The Sunset Room 11:30am-1pm</p>	<p>6 Knitting 9am-12pm Stretch & Strength 11am-12pm Bridge 12:30-3:30pm</p>
<p>9 Knitting 9am-12pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>10 Mahjong 9-11am Choir 10-11am Cardio Salsa 12-1pm Total Body 1:15-2:15pm Tai Chi 2:30-3:15pm</p>	<p>11 Tech Help 9-10am Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Chair Yoga 2:30-3:30pm</p>	<p>12 Soul Line Dancing 10-11am Zumba 11am-12pm Mat Pilates & Barre Fusion 12:15-1:15pm Fall Prevention Lecture 9-10am Craft: Succulent Wreaths 1-2:30pm</p>	<p>13 Knitting 9am-10:30am Stretch & Strength 11am-12pm Bridge 12:30-3:30pm</p>
<p>16 Knitting 9am-12pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>17 Mahjong 9-11am Choir 10-11am Cardio Salsa 12-1pm Total Body 1:15-2:15pm Tai Chi 2:30-3:15pm</p>	<p>18 Fit & Fun Dance 9:30-10:30am Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Chair Yoga 2:30-3:30pm</p>	<p>19 Soul Line Dancing 10-11am Zumba® 11am-12pm Mat Pilates & Barre Fusion 12:15-1:15pm Luncheon: When In Rome 12-1:30pm</p>	<p>20 Knitting 9am-12pm Stretch & Strength 11am-12pm Bridge 12:30-3:30pm</p>
<p>23 Knitting 9am-12pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>24 Excursion: Old Pasadena Food Tour Mahjong 9-11am Choir 10-11am Cardio Salsa 12-1pm Total Body 1:15-2:15pm Tai Chi 2:30-3:15pm</p>	<p>25 Tech Help 9-10am Painting with Helen 10am-12pm Stretch & Strength 11am-12pm Relax Through Coloring 1-2pm Chair Yoga 2:30-3:30pm</p>	<p>26 Poetry - In the Current Life 10am-12pm Theater Thursday: The Intern 1-3pm</p>	<p>27 Knitting 9am-12pm Stretch & Strength 11am-12pm Bridge 12:30-3:30pm</p>
<p>30 Knitting 9am-12pm Chair Yoga 11am-12pm Stretch & Strength 1-2pm</p>	<p>31 Mahjong 9-11am Cardio Salsa 12-1pm Total Body 1:15-2:15pm Tai Chi 2:30-3:15pm</p>			

MONTHLY PROGRAMS

LOCALS LUNCH

Thursday, March 5

11:30am - 1pm

The Sunset Room

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

March 2 - 30

***March 13 will end at 10:30am**

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.



PAINTING WITH HELEN

Wednesday, March 25

10am - 12pm

Malibu Senior Center

\$10, pre-registration required

Instructed by long-time Malibu resident and artist, Helen Campanella. Learn about composition, color mixing, shading, brush stroke techniques, and more! All art supplies will be provided.

BRIDGE & CARD GAMES

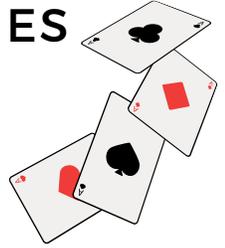
Fridays, March 6 - 27

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, March 11 & 25

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, March 26

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 "The Intern" 2015.

MONTHLY LECTURE

FALL PREVENTION & SAFETY

Thursday, March 12

9 - 10am

Malibu Senior Center

Complimentary, RSVP required

Presented by Foundation for Senior Services. Join this complimentary educational workshop where you will learn home safety tips and how to prevent your risk of falling. An RSVP is required, and refreshments will be provided.



MONTHLY WORKSHOP

SENIOR POETRY: IN THE CURRENT LIFE

Thursday, March 26

10am - 12pm

Malibu Senior Center

Complimentary, RSVP required

Explore poetry as a means to examine life experiences, including "The Sweet Spot", or flow state and life aspirations. Designed to refresh older adults' enjoyment and increase their appreciation of poetry as a means of expression, and explore other types of literature, in addition to use of language and imagery. Instructed by Malibu Poet Laureate Charlotte Ward.



SEASONAL CRAFT

SUCCULENT WREATHS

Thursday, March 12

1 - 2:30pm

Malibu Senior Center

Complimentary

RSVP is required, Maximum 15 attendees

Why have a pine wreath when you can create your own Malibu-esque, succulent wreath? Senior Center staff will walk you through how to create a beautiful addition to your home, whether it be outside in the garden or inside the house. All succulents and wreath materials will be provided. With proper plant care, these wreaths can last for years!



NEW CLASS!

MAHJONG

Tuesdays, March 3 - 31

9 - 11am

Malibu Senior Center

Complimentary

Mahjong is a tile-based game of strategy and skill. This program is designed for seniors to enjoy social connection, gentle mental exercise, and classic gameplay. Participants can learn the rules or refine their skills in a relaxed, supportive environment that encourages fun, focus, and friendship.



FITNESS CLASSES

CARDIO SALSA

Tuesdays, 12 - 1pm
March 3 - 31
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.

CHAIR YOGA

Mondays, 11am - 12pm
Wednesdays, 2:30 - 3:30pm
March 4 - 30
***No class March 2**
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, 12:15 - 1:15pm
March 5 - 19
***No class March 26**
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.

STRETCH & STRENGTH

Mondays, 1 - 2pm
Wednesdays and Fridays, 11am - 12pm
March 2 - 30
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.

TAI CHI

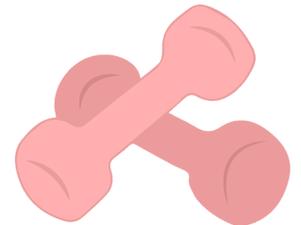
Tuesdays, 2:30 - 3:15pm
March 10 - 31
***No class March 3**
Malibu Bluffs Park
\$5 per class



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.

TOTAL BODY WORKOUT

Tuesdays, 1:15 - 2:15pm
March 3 - 31
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.

ART, DANCE, AND MORE!



CHOIR

Tuesdays, 10 - 11am

March 3 - 24

Malibu Senior Center

\$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.

RELAX THROUGH COLORING

Wednesdays, 1 - 2pm

March 4 - 25

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.

SOUL LINE DANCING

Thursdays, 10 - 11am

March 5 - 19

***No class March 26**

Malibu Bluffs Park

\$5 per class

A fun dance set to R&B, soul, funk, and old-school music. Each class is designed to be inclusive, engaging, and low-pressure, emphasizing rhythm, repetition, and community spirit. Instructed by Lisa Astudillo.

ZUMBA®

Thursdays, 11am - 12pm

March 5 - 19

***No class March 26**

Malibu Bluffs Park

\$5 per class

ZUMBA® incorporates a variety of dance styles and is known for being a high-energy, party-like class that doesn't require any prior experience. Instructed by Lisa Astudillo.



FIT & FUN DANCE

Wednesdays, 9:30 - 10:30am

March 4 and 18

Malibu Senior Center

Free, RSVP 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 and accessible to everyone. Led by volunteer Shelley Kramer. RSVP is required.

EXCURSIONS

OLD PASADENA HISTORY & FOOD TOUR

Tuesday, March 24

9am - 5pm

\$55 per participant

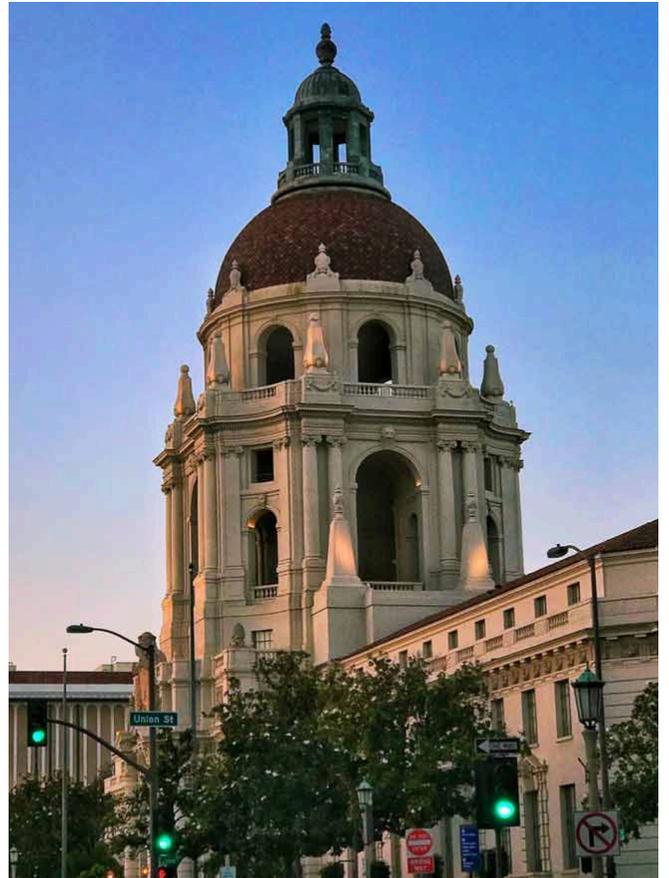
Deadline to register: Tuesday, March 17

Maximum Participants: 15

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

Colorful alleys and secret thru-ways spice up our walk as we seek out spectacular ethnic eateries and sweet-stuff havens on Melting Pot Tours' historic Old Pasadena Tour. Enjoy all the fascinating stories behind the foods when you explore this historic district. The food samples along the way are filling enough so that for most people lunch afterward is not necessary.

Pre-registration required.



DOWNTOWN OJAI

Wednesday, April 22

9am - 5pm

\$25 per participant

Deadline to register: Wednesday, April 15

Maximum Participants: 15

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

Known for its Spanish Colonial Revival architecture, independent boutiques, and art galleries, downtown Ojai is a must-visit! Browse through shops, visit the world-renowned Bart's Books, and explore a variety of dining options. There are stops for every interest in this walkable and charming town. Pre-registration 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

MONTHLY LUNCHEONS

WHEN IN ROME

Thursday, March 19

12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



The Malibu Senior Center invites you to
celebrate our Italy-themed luncheon.

Lunch will be catered by Marmalade Cafe
and entertainment will be provided by the
Senior Choir. Maximum 70 participants.

ROARING 20S

Thursday, April 23

12 - 1:30pm

Malibu Senior Center

Pre-registration is required

\$5 per person



The Malibu Senior Center invites you to
celebrate our **anniversary luncheon**.

Lunch will be a catered meal, and
entertainment will be provided. Maximum
70 participants.

EVENTS HAPPENING IN MALIBU

MALIBU MONARCH PROJECT LECTURE

Wednesday, March 4, 6:30 - 7:30pm

Malibu City Hall

Complimentary, RSVP required



The Malibu Monarch Project continues to collaborate with the City of Malibu to provide environmentally themed lectures to the public. This spring, lectures will focus on fire ecology, pollinators, and best practices in native plant gardening in the Santa Monica Mountains. Visit MalibuCity.org/OutdoorRec.

CAFFEINATED VERSE

Saturday, March 14, 11am - 1pm

Malibu Library

Complimentary



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

INTRODUCTION TO BIRDING

Sunday, March 15, 10 - 11am

Legacy Park

Complimentary



This class introduces the basics of birding, including how to observe and identify common birds by sight and sound. Participants will receive a complimentary set of binoculars as well as a local bird identification guide. Instructed by a City naturalist.

MALIBU LIBRARY SPEAKER SERIES: ANNE LAMOTT & NEAL ALLEN

Thursday, March 19, 7pm

Malibu City Hall

Complimentary, RSVP required



Neal Allen and Anne Lamott discuss their new book, "Good Writing: 36 Ways to Improve Your Sentences". The book offers an intimate look at how Anne and Neal collaborate in writing, editing, and life together.

SUNSET HIKE

Friday, March 20, 6 - 7:30pm

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. Children must be accompanied by an adult. Pre-registration required.

POETRY WRITING STUDIO VIBRANT CYCLES

Saturday, March 21,

11am - 1pm

Malibu Library

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.

Malibu Senior Center
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MalibuCity.org/SeniorCenter

