

CITY OF  
City of Agoura Hills  
Department of Community Services

# "Senior Moments"

Great Recreational Programs for adults 50 +

## Reyes Adobe Days 2013

See page 2 for more info  
about on-line registration!



### Fiesta at the Adobe

Help us kick off the City of Agoura Hills "Reyes Adobe Days!" This luncheon will feature live entertainment, a "rancho" style lunch, and a tour of the Reyes Adobe Historical Site.



Thursday, October 3, 2013 \* 11:30AM-2:00PM

\$10 per person Activity #661YR

Bring a friend!

### Senior Advisory Recruitment

The Senior Recreation program is seeking individuals interested in becoming part of our Senior Advisory Committee. We want your input, ideas, and enthusiasm. The advisory meetings are held at 10:00am on the 2nd Tuesday of the month. Applications available in the front office.

Deadline is January 17, 2014.

**The Recreation Center is closed  
on the following dates:**

*Center will be closed on  
Monday, September 2  
Thurs-Fri, November 28-29  
December 23-January 3*

*Check with your program  
instructor for details.*

### Palm Springs Follies Overnight

#### "The Last Hurrah!"

Join the group as they visit the Follies in their last season. You will have an opportunity to visit "Villagefest," the Spa Casino, the Desert Hills Premium Outlets or Morongo Casino.

#### "Back by Popular Demand"

#### The Book of Mormon

The book of Mormon is back at the Pantages Theatre in Hollywood. Join the group on a large motor coach bus, go to dinner (on your own), and enjoy the show.

Open to the community.

For more information see the trips and Broadway L.A. page or contact the Recreation Center at 818-597-7361. See you on the bus!

### Fall 2013

*October, November, December*

Visit us on Facebook at  
[www.facebook.com/  
agourahillsrec](http://www.facebook.com/agourahillsrec)

Join us on twitter at  
[twitter.com/cityagourahills](http://twitter.com/cityagourahills)

### Senior Services Staff

*Xochitl Castillo  
Community Services Coordinator*

*Zach Miller  
Recreation Manager*

*Cynthia Polich  
Administrative Secretary*

*Sue Dinich  
Office Assistant*

*Risa Middleton  
Recreation Leader II*

### Senior Advisory Committee

*Jack Albright  
Bobbie Constanten*

*Kenneth Myslik  
Judy Shrum*

*Roslyn Steinberg  
Sharon Taylor*

*Ellen Wohl*

*Agoura Hills  
Recreation Center  
30610 Thousand Oaks Blvd.  
Agoura Hills, CA 91301  
(818) 597-7361*

# Community Service Agencies & Organizations

Agoura Hills Public Library (818) 889-2278  
Department of Motor Vehicles (DMV) (800) 777-0133  
Meals On Wheels (805) 370-4295  
Medicare (800) 633-4227  
Social Security (805) 379-3427  
Southern California Gas Co. (800) 427-2200  
Wellness Community (805) 379-4777  
Dial-A-Ride (Agoura Hills) (818) 707-2005  
Dial-A Ride (Calabasas) (866) 878-2242

Animal Control (818) 991-0071  
Las Virgenes Water District (818) 251-2100  
Sheriff's Dept. (non emergency) (818) 878-1808  
Southern California Edison (800) 655-4555  
United States Post Office (800) 275-8777  
Urgent Care (Westlake Village) (818) 874-0900  
Urgent Care (Westlake Village) (818) 370-4000  
Urgent Care (Thousand Oaks) (805) 495-6866  
Dial-A-Ride (Thousand Oaks/  
Westlake Village) (805) 375-5467

## Senior Concerns - A Non-Profit Organization Dedicated to Serving Seniors and Their Families

Senior Concerns is dedicated to administering quality of life programs for seniors with special needs. Their programs aim to keep families together and seniors active and in their homes as long as possible, by offering information and referrals tailored to individual families needs.

Senior Advocates can assist with questions about housing, transportation, legal issues, health issues, in-home care, facility placement, senior programs, and assistance programs. Advocates can also help complete forms and applications for programs and services. Advocates are available for one-on-one counseling and to present seminars at the Goebel Senior Center in Thousand Oaks, the Simi Valley Senior Center, and the Moorpark Active Adult Center. **An Advocate is at the Agoura Hills Recreation Center the third Wednesday of each month from 10:00am-1:00pm. Appointments required and can be made by calling (818) 597-7361.**

Senior Concerns, located in Thousand Oaks, serves Ventura and western Los Angeles counties, seniors, caregivers and families by providing quality programs, appropriate resources and educational outreach programs such as:

Senior Advocates	Adult Day Center	Alzheimer's Day Care Resource Center
Caregiver Support Groups	Case Management	Financial Abuse Specialist Team (FAST)
Meals on Wheels		

Senior Advocates are located at the Goebel Senior Center and may be reached at (805) 495-6250.

If you are interested in these or other programs offered by Senior Concerns you can call (805) 497-0189, or visit their website at [www.seniorconcerns.org](http://www.seniorconcerns.org).

## Dial-A-Ride

\$1.50 each way

General service includes point-to-point service anywhere within the city limits of Agoura Hills.

\$3 each way

Outside of the city, service only includes pre-determined destinations like:

The Oaks Mall	Janss Mall
DMV	Local medical facilities
Senior Concerns	Auto Mall

Dial-A-Ride (818) 707-2005



*From the  
Sunshine Lady*

*Thinking of you*

*Maxine Charton*

*Jane Carron*

*Jeri Weiss*

*Helen Winter*

***Go to [www.agourahillsrec.org](http://www.agourahillsrec.org)  
to register!***

# Reyes Adobe Historical Site

## Programs at the Reyes Adobe

### Public Tours

Tuesdays: 10:00am—2:00pm	Donations Accepted: Adults \$3.00
2nd & 4th Saturdays: 1:00-4:00pm	Seniors \$2.00 Child: 5-12 \$1.00 (under 5 free)

Educational/Group Tours:  
May be scheduled by appointment

### Contact Information:

30400 Rainbow Crest Dr. Agoura Hills, CA  
91301  
Telephone: (818) 597-7361

2<sup>ND</sup> SATURDAY @ THE ADOBE

Fun things to do with  
the grandchildren!

### Hands-on Activities at the Reyes Adobe

October 12 Halloween  
November 9 Thanksgiving  
December 14 Holiday Fun

Activities are available  
from 1:30—3:30pm



## *Watercolor Art Classes* *Taught by David Deyell* *Tuesdays 1:00-4:00pm*

#590	9/3-9/17	\$36
#591	10/8-10/29	\$48
#592	11/5-11/19	\$36
#804	12/3 & 12/17	\$24
<i>Drop-in \$15</i>		

## Movie in the Park

### **FREAKY FRIDAY**

Friday, September 13  
at

Reyes Adobe Park  
30400 Rainbow Crest Dr.

Bring your own chairs and blankets to sit on.

Rated "G" • Movie subject to change

Movies start at dusk and are free to the public

For more information call (818) 597-7361

## Ghost of Rancho Past Ages 14+

Old California contains many adobe haciendas that echo with phantom footsteps and the glimmer of hovering specters. Tour the historic Reyes Adobe in search of ghosts with Richard Senate, renowned Ventura county historian and ghost hunter, and learn about other California adobes in our area where spirits are rumored to exist. During this 90 minute tour, Mr. Senate will invite participants to join him in experiments that will attempt to communicate with ghosts that may exist at the Reyes Adobe. Dress warmly and bring a flashlight, a camera, and most importantly, come prepared to enjoy an evening filled with supernatural fun and discovery! Location: Reyes Adobe Historical Site

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
778	Sat	8:00-9:30PM	11/2	\$20

# Fitness Classes@ the Agoura Hills Recreation Center

## Monday      Tuesday      Wednesday      Thursday      Friday

<p><b>Gentle Yoga</b> 8:30-9:30am</p> <p><b>Do It Now Senior Fitness</b> 2:00-3:00pm</p> <p><b>Restorative Yoga</b> 5:15-6:15pm</p>	<p><b>Jazzercise Lite</b> 8:45-9:45am</p> <p><b>Laugh, Flex, and Stretch</b> 10:00-11:00am</p>	<p><b>Gentle Yoga</b> 8:30-9:30am</p> <p><b>Zumba Gold</b> 9:45am-10:45am</p> <p><b>Chair/Mat Gentle Yoga Therapy</b> 11:00-12:00pm</p>	<p><b>Jazzercise Lite</b> 8:45-9:45am</p> <p><b>Arthritis Class</b> 10:00-11:00am</p> <p><b>Dynamic Yoga</b> 10:30-11:30am</p> <p><b>Do It Now Senior Fitness</b> 2:00-3:00pm</p>	<p><b>Gentle Yoga</b> 8:30-9:30am</p> <p><b>Zumba Gold</b> 9:45-10:45am</p>
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### CHAIR/MAT GENTLE YOGA THERAPY

A very gentle form of yoga postures done mainly while sitting in a chair. Learn to use the breath as a healing tool. Class starts with a breath meditation to become centered and relaxed. We then move into gentle movements using our breath and work through the entire body. Chair Yoga may improve blood pressure, flexibility, balance, helps with depression, relieves stress and more. Practice yoga on an empty stomach and in comfortable clothes. Pre-registration recommended. New students enrolling in their first class may pay a one-time fee of \$9.00. Make-up classes are not available. Minimum class size 4 students. No class 11/13, 11/27, 12/11, 12/25. **Instructor: Ilene Berke, Certified Yoga Therapist \* Location: Recreation Center**

Activity # 546	9/4-10/23	\$60 per 8 week session	11:00am-12:00pm	Wed
Activity # 547	10/30-12/18	\$37.50 per 5 week session	11:00am-12:00pm	Wed

### DO IT NOW SENIOR FITNESS

Achieve fitness goals of **balance, strength, endurance, coordination, and flexibility!** Different weights and degrees of intensity in band resistance allow Seniors of different fitness levels to enjoy class camaraderie, upbeat music, and expert instruction. Stay motivated to maintain a healthy lifestyle! **No class 10/3, 11/11. Instructor: Tamara Kilpatrick \* Location: Recreation Center**

Activity#549	9/12-10/24	\$35 twice/week, \$21 once/week, \$5 drop-in per 6 week session	2:00-3:00pm	M/Thur
Activity#830	10/28-12/9	\$35 twice/week, \$21 once/week, \$5 drop-in per 6 week session	2:00-3:00pm	M/Thur

### LAUGH, FLEX AND STRETCH

If you find yourself losing your balance going up the stairs, climbing ladders, or using a shopping cart for balance, join us in this upbeat fitness program that promotes body balance for your life! Through movement and specific exercise set to music, you will build stronger and healthier muscles, which will improve and enhance your balance and daily living. No class 11/12. **Instructor: Lois Jackson \* Location: Recreation Center**

Activity#570	9/24-10/29	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity#571	11/5-12/17	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue

### SENIOR JAZZERCISE LITE

Exercise and have fun with your friends! The class offers non-competitive atmosphere, easy to follow routine, gentle warm-ups, non-impact aerobics, muscle toning, stretching segments, and cool-down. New participants should arrive 10 minutes before class to fill out paperwork. Payments are made to Elizabeth Eaves. **Must be a 2013 senior member. No class 10/3, 11/25, 12/24, & 1/2. Instructor: Elizabeth Eaves \* Location: Recreation Center**

Activity#564	On-going	\$34 per eight class session	8:45-9:45am	T/Thur
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### ARTHRITIS CLASS

This fun class teaches people with arthritis to take control of their fitness needs, and to do exercises that relieve rather than exacerbate their symptoms. Most, but not all of the exercises are done seated in a chair. This class incorporates dancing seated or standing, flexibility exercises, range of motion, strength training, endurance, coordination, deep breathing and relaxation techniques. In addition laughter, friendship and having a good time are very much a part of this class. **No class 10/3, 11/28, 12/24, & 12/31. Instructor: Jane Carron \***

Activity#529	October	\$10	\$4 drop-in	10:00-11:00am	Thur
Activity#530	November	\$7.50	\$4 drop-in	10:00-11:00am	Thur
Activity#636	December	\$7.50	\$4 drop-in	10:00-11:00am	Thur

*Class schedule subject to change.*  
**Agoura Hills Recreation Center (818) 597-7361**  
**Go to [www.agourahillsrec.org](http://www.agourahillsrec.org) to register.**

## \*NEW CLASS IN FALL 2013\*

### MEDITATION WORKSHOP

This free workshop will provide an overview of research supporting the benefits of Kirtan Kriya Meditation for stress reduction, an exploration of the nervous system and the relaxation response, and a demonstration of Kirtan Kriya. Participants will be guided in a group practice of the meditation, and handouts will be given so participants can practice independently. Instructor: Robbi La Londa \* Location: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#824	Sat	10:30-11:15	9/14	FREE

## Fitness Pass Program Classes

**Senior Fitness Pass is \$50 for 10 classes. Must be a 2013 Senior Member to purchase a \$50 Senior Fitness Pass**

**GENTLE YOGA** will only be offered on an on-going basis by using the Fitness Pass!

Your own special needs and limitations will be addressed as you work towards rediscovering your personal, radiant health. Bring a large towel and a mat. Instructor: Robbi La Londe & Chris Bannister \* Location: Recreation Center

Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	8:30-9:30am	Mon,Wed,Fri
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### ZUMBA GOLD

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. There is no class on the third Wednesday of every month. Instructor: Del Herrera

Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	9:45-10:45am	Fri
Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	9:45-10:45am	Wed

### DYNAMIC YOGA

Relieve stress while harmonizing the body, breath and mind. Develop strength, flexibility, and balance in a friendly non-competitive way.

Instructor: Chris Bannister

Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	10:30-11:30am	Thur
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### RESTORATIVE YOGA

Restorative Yoga features typical yoga poses, but done with props to support the body in the pose, so it can be held without any effort. With the addition of breathing and guided meditation, the parasympathetic nervous system is activated for deep relaxation, allowing the body to attend its own healing. Please bring a firm pillow and a large beach towel. Class starts September 9<sup>th</sup>. Instructor: Robbi La Londe

Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	5:15-6:15pm	Mon
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## Senior Member Social

### **8 Tips to Keep You Tall, Prevent a Fall, and Maintain Your Health Overall**

An Interactive Lecture on Posture, Balance, and Nutrition

Lecture presented by Dr. Nick Brock

Space is limited.

Pre-registration required.

To reserve your spot, call the Recreation  
Center at (818) 597-7361.

**Tuesday, October 8th \* 11:00AM-1:00PM \* Activity # 581 \* Free**

# Recreation Programs

## Holiday Cards

We supply the materials and you assemble. Samples will be available for viewing. Each participant can make 4 cards. No experience necessary.

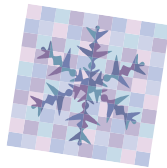
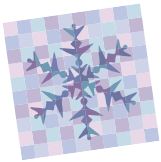
Pre-registration required.

*Wednesday, October 16*

*1:00pm—3:00pm*

*\$3 per person*

*Activity#833*



## Ongoing Activities At The Center

YR = Year Round Season for Online Registration

### Monday

Duplicate Bridge/Party Bridge Activity # 225 YR  
11:00am-3:00pm On-going Free

### Tuesday

Bingo—Must have four people to play Activity # 226 YR  
12:00-3:00pm On-going \$.50 card

Open Play - Bring your table/group

Call the day before for availability

11:00am - 3:00pm On-going Free

Book Club

Call center for book titles. Books will not be provided.

Activity# 393 11:15am-12:30pm 10/15 Free

Activity# 394 11:15am-12:30pm 11/19 Free

Activity# 395 11:15am-12:30pm 12/17 Free

### Wednesday

Senior Concerns Advocate

An advocate will be available the third Wednesday of each month to assist with various questions and to fill out forms. Call the Recreation Center to book an appointment.

(818)-597-7361.

10:00am-1:00pm 10/16 Free

10:00am-1:00pm 11/20 Free

10:00am-1:00pm 12/18 Free

Women's Talk Around Group Activity # 233 YR

11:00am - 12:30pm On-going Free

Current Events Discussion Group Activity # 235 YR

1:30-3:00pm On-going Free

### Thursday

Knitting & Crocheting Social Activity # 236 YR

11:00am-12:30pm On-going Free

Bingo—Must have four people to play. Activity # 226 YR

12:00-3:00pm On-going \$.50 card

### Friday

Duplicate Bridge Activity # 225 YR

11:00am-3:00pm On-going Free

Women's Discussion Group Activity # 234 YR

12:15 - 1:45pm On-going Free

## Rose Parade 2014

125th Rose Parade  
"Dreams Come True"

Wednesday, January 1, 2014

6:00am—2:00pm

Activity # 777 \$85 per person

Meet at  
Agoura Hills Recreation Center

Space is limited.

ALL AGES WELCOME!

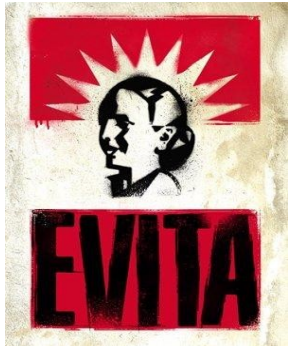


*New participants should call the Recreation Center before attending a program.  
Schedules subject to change.*

*Agoura Hills Recreation Center (818) 597-7361 [www.agourahillsrec.org](http://www.agourahillsrec.org)*

# BROADWAY L.A.

Eva Perón used her beauty and charisma to rise meteorically from the slums of Argentina to the presidential mansion as First Lady. Adored by her people as a champion for the poor, she became one of the most powerful women in the world — while her greed, outsized ambition and fragile health made her one of the most tragic.



Thursday, November 7, 2013

4:30-11:00PM

Pantages Theatre, Hollywood

\$61 per person

(Meal on your own)

Activity #702

Note: Moderate Walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 9/5.

## The Book of Mormon

Ben Brantley of the New York Times calls it “the best musical of this century.” Entertainment Weekly says it’s the funniest musical of all time.” From south

Park creators Trey Parker and Matt Stone, it’s The Book of Mormon, winner of the nine Tony Awards\* including Best Musical. Jon Stewart of the Daily Show calls it “a crowning achievement. So good it makes me angry.” Contains explicit language. For more information contact the Recreation Center at 818-597-7361.

Thursday, January 23, 2014

4:30-11:00PM

Pantages Theatre, Hollywood

\$115 per person

(Meal on your own)

Activity #826 (Winter)

Note: Moderate Walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 9/23.



## Thanksgiving Luncheon

Bring a friend and enjoy an afternoon of entertainment and have a delicious

Thanksgiving meal!

Activity#	Day	Time	Date	Fee
#581	Wed	11:30AM-2PM	11/13	\$15

## Registration Social

Register for classes, excursions, special events and lectures. Meet your instructors, Advisory members and Senior Recreation staff. Renew your 2014 membership.

Membership renewal is \$15 per calendar year.

Activity#	Day	Time	Date	Fee
<b>Registration Social</b> #767	Wed	10am-12pm	12/11	Free
<b>Lunch</b> #769	Wed	12-1pm	12/11	Free

# Your Tour Escort Team

Jack, Jeri, Judy, Marilyn, Maxine, Pat, Sharon, Terry

## Slots of Fun

### Chumash Casino

Each participant will receive \$10 in Free Play on their Club Chumash Card.

Wednesday, September 18th

Activity #772

### San Manuel

Wednesday, October 9

Activity #582

\$15 per person

Trips will be 8:00am—6:00pm

Transportation: 22 passenger shuttle

No REFUNDS/TRANSFERS/CREDITS AFTER 8/30 for September trip and 9/30 for October trip.

### Boarding of the Bus

- All participants who use a cane, wheelchair, or walker have the option to board the bus first. Let the tour escort know when you are signing in.
- Front rows are reserved for the Tour Escort(s).

### Members and Guests

Must be a current 2013 Senior Member to enroll in all center activities, classes, and trips. Senior members are allowed two guests per calendar year. An individual may only be a guest two times per calendar year. Enrolled guests must fill out a waiver and provide emergency contact information.

### Driver tip

- The driver tip is not included in our trip price.
- You are welcome to tip the driver when you check in with the tour escort.

## Fall 2013 Gourmet Luncheon Restaurants

### GOURMET SOCIAL LUNCHEON CLUB Ages 50+

Spend an afternoon experiencing fine restaurants, good conversation, and exploring different culinary palettes. Fee for transportation is \$5. Expect to pay \$15-20 for lunch (Cash only). Time is 11:00am - 2:00 pm. **NOTE: LIGHT/MODERATE WALKING. NO REFUNDS/CREDITS/TRANSFERS FOR GOURMET LUNCHESES.** Restaurant Locations: Subject to change.

Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Date</u>	<u>Restaurant/Cuisine/Location</u>
#557	Tue	10/15	Moqueca/Brazilian/Oxnard
#558	Wed	11/6	Watermark on Main/American/Ventura
#559	Thur	12/5	Carrera's Seafood/ Seafood/& Mexican/Ventura

# NEW!

## Fall 2013 Gourmet Dinner Restaurant

# NEW!

### GOURMET SOCIAL DINNER CLUB Ages 50+

A copy of the menu is available in the office. Fee for transportation is \$5. Participant pays for own meal. Note: Light/Moderate Walking. NO REFUNDS/TRANSFERS/CREDITS AT ALL FOR DINNER GOURMET. Location: Santa Monica \* Bus Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Restaurant/Cuisine/Location</u>
#746	Thur	10/10	5:00pm-9:00pm	Valentino's Italian Restaurant/Italian Santa Monica



# Fall 2013 Trips

October, November, December

Senior member on-line, mail-in or walk-in registrations accepted now

***Phone-in registrations are no longer accepted!***

Arrive 30 minutes before departure time for check-in • Trip locations and times subject to change

Phone calls are a courtesy from our tour escorts

## Oak Glen \* Ages 50+

Lunch is at Law's Oak Glen coffee Shop. It will certainly be a highlight as each person will go home with an apple pie! After lunch, the group will have an opportunity to shop in the stores. NOTE: Moderate/Extensive walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 10/4. Location: Oak Glen \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#774	Wed	8:30am-6:00pm	10/23	\$49

## Endeavor/IMAX with Lunch at Tam O'Shanter \* Ages 50+

The group will tour the Endeavor exhibit, Science Center and view an IMAX movie. Lunch will be at Tam O'Shanter restaurant. You will be sure to enjoy your lunch. Note: Extensive Walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 11/4 FOR THIS TRIP. Location: Los Angeles \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#775	Tue	10:00am-5:00pm	11/19	\$59

## Candlelight Pavilion Dinner Show \* Ages 50+

The group will be visiting the Candlelight Pavilion to see "Because It's Christmas." Bring your camera if you want a photo opportunity with the big guy. Join us as we celebrate the holidays at the Candlelight Pavilion with love, hope and a little Santa Magic. Note: Light/Moderate Walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 11/27 FOR THIS TRIP. Location: Claremont \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#776	Thur	4:30-11:00pm	12/12	\$77

## DAY TRIPPIN' ON THE SHUTTLE

### Solvang

Jump on the shuttle to Solvang. Shop, eat, and visit decorated downtown and do some holiday shopping. Lunch is on your own. Open to the first 20 who register. Note: Moderate/Extensive walking - wear comfortable walking shoes. NO REFUNDS/CREDITS/TRANSFERS AFTER 12/1. Location: Solvang Bus Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#773	Tue	9:00am-5:00pm	12/3	\$15

## OVERNIGHT – PALM SPRINGS FOLLIES \* Ages 50+

Don't miss out on this fabulous trip to the Follies. This season will be your last opportunity to visit the Follies before they close their doors forever. On day one, you will have lunch on your own before attending a matinee at the Follies. Later that evening, you can visit "Villagefest." Every Thursday night from 6:00-10:00 p.m. glamorous Palm Canyon Drive becomes an old fashioned street fair with musicians, food, arts and crafts vendors, and a Farmers Market. Gaming is also available at the "Spa Casino." On day two, you will stop at your choice of either the Cabazon Outlets or Casino Morongo. Lunch will be on your own before you board the bus home. Your trip includes hotel accommodations, one breakfast voucher at Ruby's Diner and time on your own at Villagefest and/or Spa Casino. This trip will be one you do not want to miss! Note: Extensive walking. NO REFUNDS AFTER 10/11 FOR THIS TRIP. Bus Departs: Recreation Center \* Location: Palm Springs

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#792	Thu-Fri	9:00am-6:00pm	11/21-11/22	\$257 Double/ \$312 Single

***Go to [www.agourahillsrec.org](http://www.agourahillsrec.org) to register!***

**City of Agoura Hills  
Department of Community  
Services**

30610 Thousand Oaks Blvd.

Agoura Hills, CA 91301

Phone: (818) 597-7361

Fax: (818) 597-7365

Senior Program Hours: Monday-Friday  
9:00am-3:00pm

**PRSRT STD  
U.S. POSTAGE PAID  
THOUSAND OAKS, CA  
Permit No. 993**

Current Resident or

**Happy Birthday  
From the  
Department of Community Services**

**October**

Anne Shalov 10/1  
Carolyn Hensel 10/4  
Ethel McBride 10/16  
Annette Segal 10/17  
Margie Price 10/23  
Helen Frei 10/27

**November**

Jerry Sherman 11/3  
Molly Zimmerman 11/3  
Joyce Mendelsohn 11/12  
Shelly Glasser 11/15  
Jane Carron 11/21  
Pat Beattie 11/29

**December**

Jean Jacobs 12/3  
Gwen Simpson 12/7  
Jerry Spivak 12/14  
Corienne Cotter 12/16  
DeeAnn Cloud 12/20  
Marilyn Guild 12/21  
Constance Shibuya 12/22  
Naomi Finkel 12/23  
Marilee Quinn 12/25  
Marilyn Ryback 12/26  
Thelma Weltman 12/31

If your name and birthday are not published in the newsletter and you wish for them to be published, you can change your status when you renew your membership or the next time you are at the Recreation Center. We can not change your status over the phone.

**Volunteers Needed**

We are looking for volunteers to teach a variety of games for 3-4 week intervals. We are looking for instructors to teach Cribbage, Pan, Mexican Train, etc. If you have a game you would like to teach, please contact the Center and leave your name, phone number and the game you would like to teach.

**Senior Advisory  
Committee Meeting**

Senior Advisory Meetings are held at 10:00am on the 2nd Tuesday of the month. Meetings are held at the Agoura Hills Community Room or the Agoura Hills Recreation Center. Call the Recreation Center at 818-597-7361 for meeting location.