

CITY OF
City of Agoura Hills
Department of Community Services

"Senior Moments"

Great Recreational Programs for adults 50 +

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 involvement. You do not have to be an Agoura Hills resident to be involved.

Applications available in the front office.

Deadline is January 16, 2014

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

Winter 2014

January, February, March

Visit us on Facebook at
www.facebook.com/agourahillsrec

Follow us on twitter
[@cityofagourahills](https://twitter.com/cityofagourahills)

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

Casino Games!

Enjoy the afternoon playing Poker and Black Jack. Instruction is provided for individuals who pre-register. Individuals playing card games will have the opportunity to win a variety of prizes. Call the Recreation Center to sign up. Lunch is included. Bring a friend!

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1019	Wed	12pm-3pm	3/19	Free

TAX PREP SERVICES

February 5 to April 9, 2014

9AM-3PM FREE

Appointment Only

Call (818) 597-7361

Volunteers: Herb, Tim, Marcy, and Susan

Free tax preparation services for low to middle income seniors. Our tax preparers are trained through IRS and AARP to file your state and federal 2013 tax returns. Last appointment will be seen at 2:00pm.

Outback Steakhouse Fundraiser

All Ages

Sunday, March 2, 2014

12:00-2:00pm \$15

A fundraiser to benefit the Friends of the Agoura Hills Senior Center. The funds raised at this event will go to Friends of the Senior Center. Friends of the Senior Center assist with funding of Thanksgiving entertainment, Registration Social Lunch and funds for equipment used by the senior program. See insert to sign up.

The Recreation Center is closed
on the following dates:

Center will be closed on

Wed-Fri, January 1-3

Monday, January 20

Monday, February 17

Check with your program
instructor for details.

Agoura Hills Senior Program Membership

\$15 A Calendar Year

Upon renewal all members will need to sign their membership form for the 2014 year. Review, update and add emergency phone numbers.

Thank you for your cooperation.



AGOURA HILLS

Community Service Agencies & Organizations

Agoura Hills Public Library	(818) 889-2278	Animal Control	(818) 991-0071
Department of Motor Vehicles (DMV)	(800) 777-0133	Las Virgenes Water District	(818) 251-2100
Meals On Wheels	(805) 370-4295	Sheriff's Dept. (non emergency)	(818) 878-1808
Medicare	(800) 633-4227	Southern California Edison	(800) 655-4555
Social Security	(805) 379-3427	United States Post Office	(800) 275-8777
Southern California Gas Co.	(800) 427-2200	Urgent Care (Westlake Village)	(818) 874-0900
Wellness Community	(805) 379-4777	Urgent Care (Westlake Village)	(818) 370-4000
Dial-A-Ride (Agoura Hills)	(818) 707-2005	Urgent Care (Thousand Oaks)	(805) 495-6866
Dial-A Ride (Calabasas)	(866) 878-2242	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.

Dial-A-Ride

\$1.50 each way

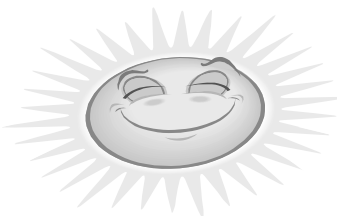
General service includes point-to-point service anywhere within the city limits of Agoura Hills.

\$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*

Condolences to the Families of

Helen Beal

Helen Frei

Thinking of You

Jane Carron

***Go to www.agourahillsrec.org
to register!***

Reyes Adobe Historical Site

Programs at the Reyes Adobe

Public Tours

Tuesdays: 10:00am—2:00pm
 2nd & 4th Saturdays: 1:00-4:00pm

Donations Accepted:
 Adults \$3.00
 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

Telephone: (818) 597-7361

www.reyesadobe.org

2ND SATURDAY @ THE ADOBE

Fun things to do with
 the grandchildren!

Hands-on Activities at the Reyes Adobe

January 11 Its Cold!

February 8 Hearts, Hearts, Hearts!

March 8 Jump Forward!

Activities are available

from 1:30—3:30pm



Watercolor Art Classes

Taught by David Deyell

Tuesdays 1:00-4:00pm

943 Jan. 7 - Jan. 28 \$48

944 Feb. 4 - Feb. 25 \$48

945 March 4 - March 25 \$48

Drop-in \$15

Save the Date

Breakfast with the Bunny

Saturday, April 12, 2014

10:00am-12:00pm

\$2 Adults/Children, 2 and under free

Bring the family to the Adobe and make spring time crafts, participate in our spring egg hunt, and enjoy light breakfast refreshments. Bring your own basket.

Mosaics Class : Learn the art of Mosaics at the Adobe!

Beginners will learn about the necessary tools for mosaic making, gluing techniques, grouting, sealing and how to make simple designs for table tops, stepping stones, fountains and bird-baths. Bring your ideas and small projects for professional insight to get the best results in your work. Students will provide surface desired for tiling (or purchase separately a piece of wonder-board from instructor) tile glass and other mosaic materials, as well as colored grout for your specific project. Materials list will be mailed to you upon registration. Expect to pay \$65-\$150 depending on your project. Instructor: Mike Brock

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1017	Sat.	10am-11:30am	2/18-3/15	\$77

Fitness Classes @ the Agoura Hills Recreation Center

Monday Tuesday Wednesday Thursday Friday Saturday

<p>Gentle Yoga 8:30-9:30am</p> <p>Do It Now Senior Fitness 2:00-3:00pm</p> <p>Restorative Yoga 5:15-6:15pm</p>	<p>Jazzercise Lite 8:45-9:45am</p> <p>Laugh, Flex, & Stretch 10:00-11:00am</p>	<p>Gentle Yoga 8:30-9:30am</p> <p>Zumba Gold 9:45am-10:45am</p> <p>Chair/Mat Gentle Yoga Therapy 11:00-12:00pm</p>	<p>Jazzercise Lite 8:45-9:45am</p> <p>Arthritis Class 10:00-11:00am</p> <p>Dynamic Yoga 10:30-11:30am</p> <p>Do It Now Senior Fitness 2:00-3:00pm</p>	<p>Gentle Yoga 8:30-9:30am</p> <p>Zumba Gold 9:45-10:45am</p>	<p>Pilates 8:30-9:30am</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. **Instructor: Ilene Berke, Certified Yoga Therapist * Location: Recreation Center**

Activity #874	1/8-2/26	\$60 per 7 week session	11:00am-12:00pm	Wed
Activity #875	3/5-4/23	\$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 1/20 and 2/17. Instructor: Tamara Kilpatrick * Location: Recreation Center**

Activity #880	1/2- 2/10	\$35 twice/week, \$21 once/week, \$5 drop-in per 6 week session	2:00-3:00pm	M/Thur
Activity #883	3/17-4/28	\$35 twice/week, \$21 once/week, \$5 drop-in per 6 week session	2:00-3:00pm	M/Thur

LAUGH, FLEX, & 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. **Instructor: Lois Jackson * Location: Recreation Center**

Activity #913	1/7- 2/11	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity #914	2/18-3/25	\$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 2014 senior member. Instructor: Elizabeth Eaves * Location: Recreation Center**

Activity #906	January	\$34	8:45-9:45am	Tues/Thur
Activity #907	February	\$34	8:45-9:45am	Tues/Thur
Activity #908	March	\$34	8:45-9:45am	Tues/Thur

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. **Instructor: Lois Jackson * Location: Recreation Center**

Activity #855	January	\$12.50	\$4 drop-in	10:00-11:00am	Thur
Activity #856	February	\$10	\$4 drop-in	10:00-11:00am	Thur
Activity #857	March	\$10	\$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 to register.

FITNESS PASS PROGRAM CLASSES

GENTLE YOGA

Personal needs and limitations are addressed through meditations in this calming, easy-to-do yoga class. Various breathing techniques and guided meditations are included to help balance the nervous system, and support a healthy body, mind, and immune system. Bring a towel and mat, additional props are provided. 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

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

RESTORATIVE YOGA

This class combines gentle, easy-to-do yoga with deeply relaxing poses, various breathing techniques and guided meditations that help to balance the nervous system, support a healthy body, mind, and immune system. Personal needs and limitations are thoughtfully addressed. Instructor: Robbi La Londe

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

Senior Fitness Pass is \$50 for 10 classes. Must be a 2014 Senior Member to purchase a \$50 Senior Fitness Pass

PILATES

Pilates focuses on core strength, awareness of the spine and flexibility. Improve strength, develop improved posture, and help alleviate back and hip problems. Open to all levels, class starts January 11th. Instructor: Jenny Klossner

Fitness pass on-going \$50/10 classes or \$8 drop-in fee 8:30-9:30am Sat

Senior Fitness Pass is \$50 for 10 classes. Must be a 2014 Senior Member to purchase a \$50 Senior Fitness Pass



Recreation Programs



Our Tax Prep Team with Councilmember Illece Buckley-Weber

Do you want to learn how to
play Poker?

Call the center to be placed on an
interest list.

Senior Member Ruth Drobman will
be leading this group.

What programs, activities, and
trips would you like to see
offered?

Exercise Classes

Activities

Trips

Contact Xochitl or Risa with your ideas

Ongoing Activities At The Center

YR = Year Round Season for Online Registration

Monday

Duplicate Bridge/Party Bridge Activity # 1041 YR
11:00am-3:00pm On-going Free

Tuesday

Bingo—Must have four people to play Activity # 1029 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# 868 11:15am-12:30pm 1/21 Free

Activity# 869 11:15am-12:30pm 2/18 Free

Activity# 870 11:15am-12:30pm 3/18 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 1/15 Free

10:00am-1:00pm 2/19 Free

10:00am-1:00pm 3/19 Free

Women's Talk Around Group Activity # 991 YR

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

Current Events Discussion Group Activity # 1040 YR

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

Thursday

Knitting & Crocheting Social Activity # 1045 YR

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

Bingo—Must have four people to play. Activity # 1029 YR

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

Friday

Duplicate Bridge Activity # 1041 YR

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

Women's Discussion Group Activity # 990 YR

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

*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

Community Events

Senior Member Social

Revenge of the Baby Boomers

How to empower yourself and age gracefully in a youth-obsessed culture

There are approximately 80 million Americans over the age of 55, making it the fastest growing demographic in the country. And yet the topics of age and aging remain uncomfortable for many people. In this free presentation, Licensed Marriage and Family Therapist Matt Healy will try to change that.

Mr. Healy uses a mixture of straight talk and humor to dispel some common myths about aging, while also providing ideas about how we can make our later years happier, more productive and more fulfilling. It's an informative and engaging look at what it means to be old in America.

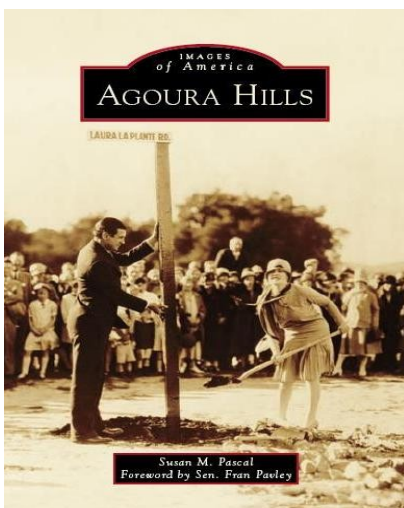
Refreshments will be served. Pre-registration required.

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#925	Tue	11:00am-1:00pm	2/11	FREE

Outback Steakhouse Fundraiser * All Ages

A fundraiser to benefit the Friends of the Agoura Hills Senior Center. The funds raised at this event will go to Friends of the Senior Center. Friends of the Senior Center assist with funding of Thanksgiving entertainment, Registration Social Lunch and funds for equipment used by the senior program. Choice of salmon, steak, or chicken with steamed vegetables, chopped salad, and choice of coffee tea or soda. Gratuity not included in the price. Transportation is on your own. Note: Extensive walking. **NO REFUNDS AFTER 2/17 FOR THIS FUNDRAISER.** This fundraiser meets at Outback Steakhouse, located at 137 E. Thousand Oaks Blvd. in Thousand Oaks. See flyer insert in this news letter.

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
# 1020	Sun	12pm-2pm	3/2	\$15



Images of America
Agoura Hills

\$17.59

Available at the
front desk

Save the Date

Tri-Cities Senior Expo
May 7, 2014

In collaboration with the cities of
Calabasas and Westlake Village

Bring your friends!

Your Tour Escort Team

Jack, Jeri, Judy, Marilyn, Pat, Sharon

Slots of Fun

Chumash Casino

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

Wednesday, January 15th

Activity #928

&

Wednesday, March 12th

Activity #995

\$15 per person

Trips will be 8:00am—6:00pm

Transportation: 22 passenger shuttle

No REFUNDS/TRANSFERS/CREDITS AFTER 1/3 for January trip and 3/3 for March 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 2014 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.

Winter 2014 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>
#893	Tue	1/7	Carl's Bistro/ Moorpark
#894	Wed	2/5	Holdren's Steak & Seafood/Newbury Park
#895	Thur	3/6	Dargan's Irish Pub/Ventura

NEW!

Winter 2014 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 Clarita* Bus Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Restaurant/Cuisine/Location</u>
#896	Thur	2/13	5:00pm-9:00pm	Le Chene/Santa Clarita

Winter 2014 Trips

January, February, March

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

Jay Leno Taping w/ Lunch * Ages 50+

Join the group as you will be a part of a taping of the Tonight Show with Jay Leno. Lunch will be at the Smokehouse Restaurant. NOTE: Light/Moderate walking. Be prepared to stand in line. REFUNDS/CREDITS/TRANSFERS GRANTED ONLY IF YOUR SEAT CAN BE FILLED. Location: Burbank * Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1023	Wed	10:00am- 7:00pm	1/22	\$47

Cirque Du Soleil Totem * Ages 50+

Totem traces the fascinating journey of the human species from its original amphibian state to its ultimate desire to fly. The characters evolve on a stage evoking a giant turtle, the symbol of origin for many ancient civilizations. Dinner is on your own. Note: Moderate/Extensive Walking. REFUNDS/CREDITS/TRANSFERS GRANTED ONLY IF YOUR SEAT CAN BE FILLED. Location: Santa Monica * Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1024	Thur	4:30-11:00pm	2/27	\$85

Santa Anita Race Track * Ages 50+

This trip includes reserved seating, racing program, a professional handicapper to go over the day's races and table service luncheon in the Sierra Vista Terrace. Lunch menu is your choice of entrée, dessert and drink. Group will be an indoor area. Note: Light/Moderate Walking. BUS LEAVES PROMPTLY AFTER THE 7TH RACE. REFUNDS/CREDITS/TRANSFERS GRANTED ONLY IF YOUR SEAT CAN BE FILLED. Location: Arcadia * Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1025	Thurs	9:30am- 5:30pm	3/20	\$61

DAY TRIPPIN' ON THE SHUTTLE

The Getty Villa in Malibu

Come join us for a day at the "Villa", the world's richest museum. Perched atop a small hill overlooking the Pacific Ocean, the Getty sits in all its elegance like some grand roman villa of old. Enjoy a 45 minute docent tour of the grounds after lunch. Lunch in the Mediterranean Café is not included in your fee. Note: Moderate/Extensive walking - wear comfortable walking shoes. NO REFUNDS/CREDITS/TRANSFERS AFTER 3/7.

Location: Malibu Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#879	Wed	10:30am-4:30pm	3/26	\$15

Go to 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**

January

Irene Mayling	1/4
Jean Murphy	1/8
Christine Davies	1/9
Julia Hayward	1/9
Patricia Lapinski-McKee	1/9
Nina Olander	1/10
Sharon Stern	1/21
Ellen Feldman	1/24
Rachel Pertlitsh	1/24
Nancy Pope	1/24
Diane Goldstein	1/29

February

Eleanor Berl	2/7
Phyllis Sehrer	2/14
Altagracia Hernandez	2/16
Theresa Simberger	2/18
Judy Williams	2/19
Joyce Buckley	2/22
Macrina Suarez	2/27

March

Paula Russo	3/1
Susan Csergo	3/8
Lylene Sheets	3/8
Helaine Portnoy	3/9
Ruth Baker	3/10
Marjorie Kerbeck	3/19

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.