

CITY OF  
City of Agoura Hills  
Department of Community Services

# "Senior Moments"

Great Recreational Programs for adults 50 +

## 17TH ANNUAL TRI-CITIES SENIOR EXPO

Wed. May 7, 2014 from 9:00am-1:30pm \* New Time!

FREE \* Lectures \* Screenings \* Variety of Exhibitors

at the Agoura Hills/Calabasas Community Center

Free lunch to the first 200 people to R.S.V.P. at (818) 597-7361

Keep an eye out for the flyer in the mail with the itinerary  
for the day!!

(For more info see page 6)



*Spring 2014*

*April, May, June*

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

*Marilyn Guild*

*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*



AGGOURA HILLS

### Decades & Diamonds \* Ages 90+

Celebrate 90+ years of precious life.

A birthday celebration for our senior members 90+. Friends and family are welcome. RSVP at the Recreation Center (818)597-7361.

Activity #	Day	Time	Date	Fee
#1232	Wed	2pm-3:30pm	5/8	FREE

### Brain Fitness \*Ages 50+

Monday, April 7th

11am -12:15pm

At the Recreation Center

"Brain Fitness is to your Brain  
Like

Body Fitness is to your Body"

(for more info see page 4)

The Recreation Center is closed on  
the following dates:

*Center will be closed on  
Monday May 26 and  
Friday July 4*

*There will be no senior activities  
April 21-25*

*Check with your program  
instructor for details.*

### Community Excursions

Join us this summer and bring a  
friend for these exciting trips!

Destinations include the Hollywood  
Bowl on the 4th of July, seeing Ghost  
the Musical on July 11th, and  
attending the Pageant of the Masters  
on August 8th.

(for more info see page 6)

# 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.**

## Take Our Active Aging Adults Needs Assessment

The City of Agoura Hills and Senior Concerns have worked in collaboration to put an Active Aging Adult Needs Assessment together so that we can better understand the needs of individuals 50+. We ask for your input to help us deliver services to residents of Agoura Hills. The survey is available on line at <http://surveymonkey.com/s/agourasurvey> and in person at the Agoura Hills Recreation Center located at 30610 Thousand Oaks Blvd. All responses are confidential and anonymous.

# 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*

*Get Well Soon*

*Jane Carron*

*Jerry Monkarsh*

*Tony Plaia*

*Welcome Back*

*Katie Papouchian*

***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

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

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

Fun things to do with  
the grandchildren!

### Hands-on Activities at the Reyes Adobe

April 12 Spring Fun

May 10 Mother's Day

June 14 Father's Day

Activities are available

from 1:30—3:30pm



## Watercolor Art Classes

Taught by David Deyell

Tuesdays 1:00-4:00pm

# 1216 4/1 - 4/29 \$48

# 1217 5/6 - 5/27 \$36

# 1218 6/3 - 6/24 \$48

Drop-in fee \$15

## 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.

**Mary Poppins**  
**Movie in the Park**  
**Sat. May 10th**



**At Reyes**  
**Adobe Park**

**Movie begins**  
**at dusk**

## 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. Materials list will be mailed to you upon registration.

Expect to pay \$65-\$150 depending on your project.

Instructor: Mike Brock

Activity #	Day	Time	Date	Fee
#1122	Sat.	10am-11:30am	5/3-6/7	\$77

# Fitness Classes @ the Agoura Hills Recreation Center

## Monday    Tuesday    Wednesday    Thursday    Friday

**Gentle Yoga**  
8:30-9:30am

**Jazzercise Lite**  
8:45-9:45am

**Gentle Yoga**  
8:30-9:30am

**Jazzercise Lite**  
8:45-9:45am

**Gentle Yoga**  
8:30-9:30am

**Do It Now Senior Fitness**  
2:00-3:00pm

**Laugh, Flex, & Stretch**  
10:00-11:00am

**Zumba Gold**  
9:45am-10:45am

**Arthritis Class**  
10:00-11:00am

**Zumba Gold**  
9:45-10:45am

**Pilates**  
5:00-6:00pm

**Yogalates \*NEW**  
11:00-12:00pm

**Dynamic Yoga**  
10:30-11:30am

**Yogalates \*NEW**  
11:00 - 12:00pm

**Restorative Yoga**  
5:15-6:15pm

**Do It Now Senior Fitness**  
2:00-3:00pm

### YOGALATES \*New!\*

Chair Yoga with a Pilates flair! A gentle Yoga class in a chair using and incorporating Pilates movements and breath to strengthen the core! Also great for strengthening the back! Our class is done sitting in a chair and standing on a Yoga Mat! New students enrolling in their first class may pay a one-time drop-in fee of \$9.00. Make-up classes are not available. Minimum class size 4 students.

**Instructor: Ilene Berke, Certified Yoga Therapist E-RYT 500 \* Location: Recreation Center**

Activity #1139	4/30 - 6/18	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Wed
Activity #1140	6/25-8/20	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Wed
Activity # 1312	5/2-6/6	\$45 per 6 week session, \$9 drop in fee	11:00am- 12:00pm	Fri

### 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 May 26.

**Instructor: Tamara Kilpatrick \* Location: Recreation Center**

Activity # 1144	4/7-5/15	\$35 twice/week, \$21 once/week, \$5 drop-in fee	2:00-3:00pm	M/Thur
Activity # 1147	5/19-6/30	\$35 twice/week, \$21 once/week, \$5 drop-in fee	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. No Class April 22.

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

Activity #1187	4/1-5/13	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity #1188	5/20-6/24	\$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 #1177	April	\$34	8:45-9:45am	Tues/Thur
Activity #1178	May	\$34	8:45-9:45am	Tues/Thur
Activity #1179	June	\$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.

**Substitute Instructor: Lois Jackson \* Location: Recreation Center**

Activity #1119	April	\$10	\$4 drop-in	10:00-11:00am	Thur
Activity #1120	May	\$12.50	\$4 drop-in	10:00-11:00am	Thur
Activity #1121	June	\$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](http://www.agourahillsrec.org) to register.*

# FITNESS PASS PROGRAM CLASSES

**Must be a 2014 Senior Member to purchase a Senior Fitness Pass**

**Senior Fitness Pass is \$50 for 10 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 \* Location: Recreation Center**

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

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

## **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 \* Location: Recreation Center**

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 \* Location: Recreation Center**

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

## **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 March 3rd. **Instructor: Jenny Klossner \***

**Location: Recreation Center**

Fitness pass on-going \$50/10 classes or \$8 drop-in fee 5:00-6:00pm Mon

### **Forming Slowpitch Softball Teams!**

Are you interested in playing slowpitch softball?

We are looking at forming a couple of teams in Agoura Hills.

If you are interested in playing contact the Agoura Hills

Recreation Center  
at (818) 597-7361.

### **\*Brain Fitness\***

Brain Fitness is to your Brain  
Like

Body Fitness is to your Body

The 75 minute Brain Fitness class is interactive and fun-filled! You will learn to train your brain how to sharpen your memory.

Follow up screening on April 19th. See instructor for details.

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1315	Mon	11:00am-12:15pm	4/7	\$5

# Recreation Programs

## Casino Games! \* All Ages

Enjoy the afternoon playing Poker and Black Jack. Instruction is provided for individuals who pre-register. Enjoy light refreshments and get an opportunity to win a variety of prizes. Space is limited. Call the Recreation Center to sign up. 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

# Spring Excursion

## Music Man \* Ages 50+

The Music Man is a musical with book, music, and lyrics by Meredith Wilson. Winner of 5 Tony Awards, including Best Musical. The plot follows con man Professor Harold Hill, who sells instruments and uniforms to the town, promising to help form a band, while planning to escape with their money. We will not be stopping to eat. The Theater does have a snack bar. Note: Moderate/Extensive walking. **NO REFUNDS/CREDITS/TRANSFERS AFTER 5/2 FOR THIS TRIP.**

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
# 1304	Sat	1:30pm - 6:30pm	6/7	\$40

## 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# 1134      11:15am-12:30pm      4/15      Free

Activity# 1135      11:15am-12:30pm      5/20      Free

Activity# 1136      11:15am-12:30pm      6/17      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      4/16      Free

10:00am-1:00pm      5/21      Free

10:00am-1:00pm      6/18      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](http://www.agourahillsrec.org)*

# Community Events

## 17th ANNUAL TRI CITIES SENIOR EXPO

Wed, May 7, 2014 from 9:00am-1:30pm \* New Time!

**FREE \* Lectures \* Screenings \* Variety of Exhibitors**

The first 200 people to R.S.V.P. at (818) 597-7361 by April 25, 2014 will receive a free lunch.

FREE Shuttle Service available from the Agoura Hills Recreation Center and the Westlake Village Civic Center to go to the Agoura Hills/Calabasas Community Center, located at 27040 Malibu Hills Rd. in Calabasas.

## Community Excursions

### **GHOST THE MUSICAL \* Ages 18+**

Relive the iconic and magical moments from the Oscar-winning movie Ghost in a brand new Broadway musical. GHOST THE MUSICAL breathes glorious new life into a timeless love story. Ghost follows Sam and Molly, a young couple whose connection takes a shocking turn after Sam's untimely death. Dinner is on your own. NOTE: Moderate Walking. Do not have to be a senior member to register. NO REFUNDS/CREDITS/TRANSFERS AFTER 5/9 FOR THIS TRIP. Location: Hollywood \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1306	Fri	4:30-11:00pm	7/11	\$68

### **PAGEANT OF THE MASTERS \* Ages 18+**

The pageant is a two-hour evening presentation featuring the re-creation of great works of art. The theme for this year is The Art Detective. The trip to Laguna Beach will include time to visit the Festival of Arts and dinner on your own. Your package includes admission in the Festival of the Arts, performance and motor coach bus. NOTE: Moderate/Extensive Walking. Do not have to be a senior member to register. NO REFUNDS/TRANSFERS/CREDITS FOR THIS TRIP. Location: Laguna Beach \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1308	Wed	3:00-12:00pm	8/6	\$62

### **4TH OF JULY AT THE HOLLYWOOD BOWL \* Ages 18+**

Performance features Steve Martin and the Steep Canyon Rangers featuring Edie Brickell with Fireworks Spectacular to follow. You can bring your picnic basket or purchase food at the Bowl. NOTE: Walking up steps and inclines are involved. Do not have to be a senior member to register. NO REFUNDS/ CREDITS/ TRANSFERS AFTER 5/1 FOR THIS TRIP. Location: Hollywood \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1307	Fri	5:30-11:30pm	7/4	\$69



# 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, April 16th

Activity #1233

&

Wednesday, June 25th

Activity #1234

\$15 per person

Trips will be 8:00am—6:00pm

Transportation: 22 passenger shuttle

**No REFUNDS/TRANSFERS/CREDITS AFTER 4/2 for April trip and 6/11 for June 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.

## Spring 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>
#1157	Tues	4/1	Spinnaker's Steak & Seafood/American/Ventura
#1158	Wed	5/1	Fresco 11 on the Marina/Mediterranean/Oxnard
#1159	Thur	6/18	Duke's/American Seafood/Malibu

## **NEW!** Spring 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: Beverly Hills\* Bus Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Restaurant/Cuisine/Location</u>
#1160	Thurs	5/15	5pm-9pm	Jar/American Chophouse/Beverly Hills



# Spring 2014 Trips

April, May, June

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

## Tea & Shopping \* Ages 50+

The group will be treated to a Duchess Tea at the Tea Room. The Tea Room has an assortment of teas and gifts for sale. After Tea, the group will go to a nearby Antique Mall where one can find a variety of collectibles and antiques. The Antique Mall has about 10,000 square feet of vendors and treasurers. Note: Extensive walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 4/3 FOR THIS TRIP. Location: Long Beach \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1303	Thurs	9:00am- 6:00pm	4/24	\$53

## U.S.S. IOWA Tour \* Ages 50+

Join the group for a docent guided tour of the Battleship IOWA. IOWA was launched more than 70 years ago to defend American ideals of freedom, liberty and justice—her construction, design, and the service of her veterans reflect these ideals, and inspire all who visit the iconic ship. Lunch will be after your guided tour. NOTE: Unfortunately, due to the historic nature of the ship the Battleship IOWA is not ADA accessible at this time. Wheelchairs, walkers and strollers are not permitted on-board. Extensive walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 4/18 FOR THIS TRIP. Location: San Pedro \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1236	Thurs	8:30am-6:00pm	5/20	\$63

## Heritage Valley Train Tour \* Ages 50+

Hop on the vintage cars and travel through the citrus & avocado groves of the “Heritage Valley.” You will be served a 3-course lunch aboard a vintage dining car during your trip to Santa Paula. Upon arrival in Santa Paula, you will have a docent led tour of the California Oil Museum. On the return trip, a stop will be made at Loose Caboose gift shop and emporium. The luncheon menu consists of a garden salad, Orange Chicken (signature dish), rice pilaf, vegetable, roll & butter, and coffee or tea. Note: Moderate/Extensive walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 5/2 FOR THIS TRIP. Location: Fillmore \* Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1235	Wed	9:45am-4:45pm	6/4	\$67

## Music Man \* Ages 50+ (For more info see page 4)

**DAY TRIPPIN' ON THE SHUTTLE**

## Will Rogers State Park & Home \* Ages 50+

In the early 1930's, Will Rogers was the most popular and highest paid actor in Hollywood. Will built a ranch in the 1920's which consisted of a 31-room ranch house, a stable, corrals, riding ring, roping arena, polo field, golf course, and hiking trails. It became a state park in 1944. Included is a 45 minute walking tour (optional). Lunch will be a picnic at the park (included). Note: Extensive walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 5/8 FOR THIS TRIP. Location: Pacific Palisades \* Bus Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1102	Wed	9:30am-3:00pm	5/29	\$35

## Mount Wilson Observatory \* Ages 50+

Historic Mount Wilson Observatory is an astronomical research facility located in the San Gabriel Mountains of Southern California. We will have an approximately one mile, two hour tour. Please bring your own lunch - we will have a picnic on the grounds after the tour. Dessert will be provided. NOTE: The century-old facilities are not ADA-compliant and offer no access for individuals who cannot climb multiple flights of stairs. Note: Extensive walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 5/9 FOR THIS TRIP. Location: Pasadena \* Bus Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1305	Thurs	9:00am-3:30pm	6/12	\$28

***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

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

Current Resident or

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

**April**

Darlene Adford  
Shirley Concannon  
Carol Ryan  
Carol Redman  
Valerie O'Grady  
Susan Kirsten

4/3  
4/7  
4/16  
4/28  
4/29  
4/30

**May**

Dorothy Orr  
Katie Papouchian  
Henry Koslov  
Trudy Willauer  
Lois Jackson  
Lorene Hampton  
Ruth Drobman  
Dee Metzger  
Lisa Kaye  
Sharon Taylor  
Ellen Wohl  
Lee Markson

5/2  
5/3  
5/4  
5/6  
5/9  
5/11  
5/12  
5/15  
5/21  
5/21  
5/30  
5/31

**June**

Jeri Weiss  
Maxine Charton  
Shirley Lambeth

6/2  
6/6  
6/23

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.

**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.

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

**Exercise Classes**

**Activities**

**Trips**

**Contact Xochitl or Risa**