

CITY OF
City of Agoura Hills
Department of Community Services

"Senior Moments"

Great Recreational Programs for adults 50+

**Welcome to the new
Agoura Hills Recreation and Event Center!
29900 Ladyface Ct.**

Here are some new things to keep in mind! We have a bigger and better center to fulfill all of your recreational needs! We have new room assignments for each of the groups, so be sure to note which room you will be going to! A smart tip is that most of our senior programs will be held on the west side of the building. So when you enter, **turn to your left!**

126th Tournament of Roses Parade "Inspiring Stories"

Spectators will be delighted in the tradition and pageantry of the magnificent floral floats, high stepping equestrians, and spirited marching bands. Registration fee includes bus transportation and reserved bleacher seats. Reserved bleacher seating will be on 1630 E. Colorado Blvd. Participants will ride in style aboard a comfortable coach bus. **TICKETS SELL OUT FAST! THIS TRIP WILL OCCUR RAIN OR SHINE.** There are no refunds/transfers/credits for this trip. **Thursday, January 1, 2015 * 6:00am – 2:00pm * Activity #1681**
\$85 per person * Meet at 29900 Ladyface Ct. * ALL AGES WELCOME!

TAX PREP SERVICES

February 4 to April 8, 2015

Wednesdays ONLY

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 2014 tax returns.
Last appointment will be seen at 2:00pm.

**Senior Advisory
Recruitment**

The Agoura Hills Recreation program is seeking individuals interested in becoming part of our 2015 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 Friday, January 23, 2015.

**Agoura Hills Senior Program
Membership**

\$15 A Calendar Year

Upon renewal, all members will need to sign their membership form for the 2015 year. Review, update and add emergency phone numbers.

Thank you for your cooperation.

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

Wed-Thu, Dec 24 & 25

Wed-Thu, Dec 31 & Jan 1

Monday, January 19

Monday, February 16

**Check with your program
instructor for details.**

Winter 2015

January, February, March

www.agourahillsrec.org

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

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

Senior Services Staff

Xochitl Ruwhiu
Community Services Coordinator

Zach Miller
Recreation Manager

Cynthia Polich
Administrative Secretary

Sue Dinich
Office Assistant

**Senior Advisory
Committee**

Jack Albright
Bobbie Constanten
Kenneth Myslik
Judy Shrum
Roslyn Steinberg
Sharon Taylor
Ellen Wohl

Agoura Hills
Recreation Center
29900 Ladyface Ct.
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 are 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*

*Our Condolences to the Families of Berdetta Claussen
And Raymond Prouty.
Our Thoughts go out to Elizabeth Eaves and her
family.*

***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 It's 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***

1893 Jan. 6 - Jan. 27 \$48

1894 Feb. 3 - Feb. 24 \$48

1895 March 3 - March 31 \$60

Drop-in fee \$15

Save the Date

Breakfast with the Bunny

Saturday, March 28th, 2015

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.

Agoura Hills Historical Tour

Did you know you might be living on top of an ancient Chumash Indian burial ground or that Agoura has a castle? Did you know that there is a haunted house in our community? City Historian, Cim Castellon, will host your fact-filled, guided air-conditioned shuttle tour of Agoura Hills. Sit back, relax, and learn trivia about your community. There will be two bus stops and light walking to complete your experience. You don't want to miss this event. Cost included a copy of "Images of America: Agoura Hills" by Susan Pascal and a goody bag!

Saturday March 14th 1:00- 3:00pm \$25 Meet at the Reyes Adobe Historical Site

Fitness Classes @ the Agoura Hills Recreation Center

Monday

Tuesday

Wednesday

Thursday

Friday

Sunday

Gentle Yoga

8:30-9:30am

Meditation

9:45-10:45am

MELT®

11:00am- 12:00pm

Do It Now

2:00-3:00pm

Gentle Yoga

7:45-8:45pm

BBM Yoga

7:30-8:30am

Chris

Jazzercise Lite

8:45-9:45am

Laugh, Flex, & Stretch

10:00-11:00am

Gentle Yoga

8:30-9:30am

Zumba Gold

9:45am-10:45am

Yogalates

11:00-12:00pm

Jazzercise Lite

8:45-9:45am

Arthritis Class

10:00-11:00am

Do It Now

Senior Fitness

2:00-3:00pm

MELT®

6:15pm- 7:15pm

Gentle Yoga

8:30-9:30am

Zumba Gold

9:45-10:45am

Yogalates

11:00-12:00pm

BBM Yoga

9:00-10:00am

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! 6 week sessions. No class Dec. 25, 29, Jan 1, 19, Feb. 16.

Instructor: Tamara Kilpatrick * Location: Mondays: Senior Room, Thursdays: Multi-Purpose Room #2

Activity # 1814	12/22-2/12	\$35 twice/week, \$21 once/week, \$5 drop-in fee	2:00-3:00pm	M/Th
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Activity # 1817	2/19- 3/30	\$35 twice/week, \$21 once/week, \$5 drop-in fee	2:00-3:00pm	M/Th
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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: Senior Room

Activity #1865	1/13-2/17	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
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Activity #1866	2/24- 3/31	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
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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 2015 senior member.**

Instructor: Elizabeth Eaves * Location: Multi-Purpose Room #2

Activity #1861	Jan	\$34	8:45-9:45am	Tue/Thu
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Activity #1862	Feb	\$34	8:45-9:45am	Tue/Thu
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Activity #1863	Mar	\$34	8:45-9:45am	Tue/Thu
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YOGALATES

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! Drop -in fee of \$9.00. Minimum class size 4 students. No class Dec. 24, 26, 31, and Jan 2

Instructor: Ilene Berke, Certified Yoga Therapist E-RYT 500 * Location: Senior Room

Activity #1899	12/10-2/11	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Wed
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Activity #2050	2/18-4/8	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Wed
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Activity #1897	12/19-2/20	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Fri
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Activity #1898	2/27- 4/17	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Fri
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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.

Instructor: Lois Jackson * Location: Senior Room

Activity #1759	Jan (starts 1/15)	\$7.50, \$4 drop-in	10:00-11:00am	Thu
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Activity #1760	Feb	\$10, \$4 drop-in	10:00-11:00am	Thu
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Activity #1761	Mar	\$12.50, \$4 drop-in	10:00-11:00am	Thu
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Class schedule subject to change.

Agoura Hills Recreation Center (818) 597-7361

Go to www.agourahillsrec.org to register.

FITNESS PASS PROGRAM CLASSES

Senior Fitness Pass is \$50 for 10 classes.

Must be a 2015 Senior Member to purchase a \$50 Senior Fitness Pass.

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: MPR**

Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	8:30-9:30am	Mon, Wed, Fri
Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	7:45-8:45pm	Mon

ZUMBA GOLD

Zumba Gold 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 for active older adults. Del Herrera * **Location: MPR**

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

BODY, BREATH, MOVEMENT, YOGA

Yoga to relieve stress, enhance vital capacity, and develop peace of mind. Simple movements and postures in close coordination with the breath. Instructor: Chris Bannister * **Location: MPR**

Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	7:30-8:30am	Tue
Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	9:00-10:00am	Sun

MINDFULNESS MEDITATION

Classes use breath and body awareness, conscious relaxation, and Mindfulness Meditation techniques to cultivate the art of living fully in the moment. Classes feature gentle movement to prepare the body and calm the mind, and various guided meditations incorporating visualization and breath work to reach deep states of relaxation. Instructor: Robbi La Londe * **Location: Class Room #2**

Fitness Pass	on-going	\$50/10 classes or \$8 drop-in fee	9:45-10:45am	Mon
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YAMUNA BODY ROLLING DEEP BODY STRETCH WORKSHOPS

The purpose of these experiential workshops is to introduce students to the revolutionary concept that they can get a workout and explore the benefits of regular self deep tissue massage all at the same time. Body rolling is a method that allows students to learn how to work on deep bone stimulation and a deep stretch into the "soft tissue or fascia" on themselves using special 6-10" balls specifically designed to work effectively without injury to tissue or bone, that often causes muscles and joints to become short and stiff due to repetitive strain (golfers, cyclists, runners, dancers), or over exertion due to extreme workouts. It is also gentle enough for those who need a way to realign their body due to poor postural habits that over a lifetime might be causing common chronic issues such as bursitis, arthritis, general back pain, planter fasciitis or neuromas in the foot.

Instructor: Aggie Winston * **Location: Class Room #2**

Save Your Hips

#2028	Sat	10:00-12:00pm 1/10	\$20/\$25 at door
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Save Your Shoulders

#2029	Sat	10:00-12:00pm 2/7	\$20/\$25 at door
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Save Your Feet & Ankles

#2030	Sat	10:00-12:00pm 3/7	\$20/\$25 at door
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PILATES FOR BUFF BONES & A STRONG BACK

This is an exercise program using bone strengthening and targeted restorative muscle building techniques for improving the stability and strength of the legs, hips, abdominals, and spine. The class provides a safe workout for people with bone loss or who want to prevent bone loss. The class is specifically sequenced to restore alignment, core strength, posture & balance. It improves the physical performance of anyone experiencing mechanically based problems in the back, neck, hips, or shoulders that have reoccurring pain, instability, weakness, or reduced range of motion in the major joints. This is a challenging workout that includes many ways to modify for beginners or add advanced variations for more advanced students.

Instructor: Aggie Winston * **Location: Class Room #1**

#2031	M/W	10:30-11:30am 1/25-3/16	\$64/Drop-in \$10
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***NEW CLASS* The MELT® Method**

As Seen on Dr. Mehmet Oz by MELT® creator Sue Hitzmann

Helps with Chronic Pain! Great for BABY BOOMERS or anyone that wants to stay out of chronic pain! The MELT® Hand and Foot Workshop is an Introduction Session to educate and teach the New MELT® Hand and Foot Method! New research has revealed the missing link to pain-free living! A balanced nervous system and healthy connective tissue! Learn how to use small BLUE BALLS to allow the body to release long held tension and stress that leads to chronic pain! It's a SIMPLE gentle technique using the MELT® Balls! When used 10 minutes a day a minimum of three times a week, to slow down the aging process and live pain-free!

This can be done sitting in a chair or standing on a yoga mat! It is for everyone that wants to stay pain-free and slow down the aging process! Join Ilene Berke, Certified MELT® Trainer, Certified Yoga Therapist and Certified Pilates Instructor.

INTRODUCTION WORKSHOP:

90 minute Introduction to MELT® Hand and Foot Workshop \$35.00. MELT® balls will be provided to use in the workshop only. Offered 1 Saturday 9:30am to 11:00am.

Location: Senior Room

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2035	Sat	9:30am- 11:00am	1/17	\$35

SERIES:

Join the 4 Week MELT® Hand and Foot Series to Stay PAIN-FREE and slow down the aging process in 10 minutes a day using MELT® Balls a minimum of 3x per week. MELT® Balls will be available for sale at the series. MELT® balls not included in class price. Prerequisite:

MELT® Hand and Foot Introduction Workshop! No Class 2/16.

Location: Senior Room

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2036	Mon	11:00am- 12:00pm	1/26-2/23	\$100
#2051	Thu	6:15pm- 7:15pm	1/29-2/19	\$100

To mention a few issues that can be helped: neck pain, arthritis, carpal tunnel, headaches, and insomnia.

***NEW* CLASS! TAI CHI LEVELS 1 & 2**

Tai Chi is an ancient Chinese discipline consisting of meditative movements practiced as a system of exercises. The form of Tai Chi known as "24 Form" is based on the natural movements of water and wind. It enhances relaxation, poise, balance, and strength. The instructor incorporates Qigong, an ancient Chinese energy practice, that cultivates the body's natural energy.

Join Kimiko Kuwamoto, certified Tai Chi instructor, as she guides you through new ways to improve balance and relaxation. Drop in fee \$9. ***Location: MPR #1***

Tai Chi Level 1

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2053	Tue/Thu	2:00pm- 3:00pm	1/6-2/12	\$90 twice/week \$45 once/week
#2054	Tue/Thu	2:00pm- 3:00pm	2/17-3/26	\$90 twice/week \$45 once/week

Tai Chi Level 2

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2055	Wed	2:00pm- 3:00pm	1/7-2/11	\$45
#2056	Wed	2:00pm- 3:00pm	2/18-3/25	\$45

*Keep an eye out for our new program: *Monthly Health Check Mondays**
Starting in January, for our 2015 senior members.
More information coming soon!

Recreation Programs



Our Tax Prep Team with Mayor Illece Buckley-Weber

Member Social

Have fun meeting with friends and listen to our guest speakers. Refreshments will be served. It is free, but pre-registration is suggested.

Activity#	Day	Time	Date
#1881	Tue	11:00am-1:00pm	2/10

Join the Knitting and Crocheting Social today! Needles and yarn, as well as instruction, will be provided free of charge!

Casino Games

Learn how to play casino card games. Instruction is provided. Call the Recreation Center to sign up. Bring a friend!

Activity#	Day	Time	Date
#1963	Wed	12:00pm-3:00pm	3/25

Ongoing Activities At The Center

Monday

Duplicate Bridge Activity# 1919 YR
 Location: Multi-Purpose Room
 11:00am-3:00pm On-going Free

Tuesday

Bingo—Must have four people to play Activity# 1907 YR
 Location: Senior Room
 12:00-3:00pm On-going \$.50 card

Open Play/ Mah-Jongg Activity# 1927 YR
 Location: Sun Room
 11:00am - 3:00pm On-going Free

Book Club

Location: Conference Room
Call center for book titles. Books will not be provided.
 Activity# 1777 11:15am-12:30pm 1/20 Free
 Activity# 1778 11:15am-12:30pm 2/17 Free
 Activity# 1779 11:15am-12:30pm 3/17 Free

Wednesday

Senior Concerns Advocate

Location: Class Room #3
 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	1/21	Free
10:00am-1:00pm	2/18	Free
10:00am-1:00pm	3/18	Free

Women's Talk Around Group Activity# 1958 YR

Location: Conference Room
 11:00am - 12:30pm On-going Free

Current Events Discussion Group Activity# 1918 YR

Location: Senior Room
 1:30-3:00pm On-going Free

Thursday

Knitting & Crocheting Social Activity# 1923 YR

***Location: Class Room #1 ***
 11:00am-12:30pm On-going Free

Bingo—Must have four people to play. Activity# 1907 YR

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

Friday

Duplicate Bridge Activity# 1919 YR

Location: Multi-Purpose Room
 11:00am-3:00pm On-going Free

Women's Discussion Group Activity# 1957 YR

Location: Conference Room
 12:15pm- 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

Winter 2015 Trips

Slots of Fun Chumash Casino

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

Wednesday, January 28th

Activity #1883

&

Wednesday, March 18th

Activity #2039

\$15 per person

Trips will be 8:00am—6:00pm

Transportation: 22 passenger shuttle

No REFUNDS/TRANSFERS/CREDITS

AFTER 1/14 for January trip and 3/4 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 Escorts

Members and Guests

Must be a current 2015 Senior Member to enroll in most 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 the trip price.

Winter 2015 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 LUNCHEONS. Restaurant Locations: Subject to change.**

Bus Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Date</u>	<u>Restaurant/Cuisine/Location</u>
#1829	Tue	1/6	Peking Chinese Restaurant/Chinese/Ventura
#1830	Wed	2/4	El Rey Cantina/Mexican/Camarillo
#1831	Thu	3/5	Flight 126 Café/American/Santa Paula

****IMPORTANT NOTE: GOURMET LUNCHEONS AND DINNER WILL NOT BE OPEN FOR REGISTRATION UNTIL DEC. 2ND****

Winter 2015 Gourmet Dinner Restaurant

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: Los Angeles* Bus Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Restaurant/Cuisine/Location</u>
#1832	Thu	2/26	5:00pm-9:00pm	Water Grill/American Seafood/Los Angeles

****IMPORTANT NOTE: GOURMET LUNCHEONS AND DINNER WILL NOT BE OPEN FOR REGISTRATION UNTIL DEC. 2ND****

Winter 2015 Trips January, February, March

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

Phone-in registrations are not 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.

Butterfly Preserve * Ages 50+

Join us as we go out to the Butterfly Preserve to see the thousands of Monarch Butterflies. We will have a guided tour with lunch to follow. Bring layers and walking/tennis shoes. The area is not ADA accessible. Lunch will be on your own (not included in the price). Date will be announced mid-December. NOTE: Extensive Walking. NO REFUNDS/CREDITS/TRANSFERS AFTER JANUARY 2 FOR THIS TRIP.

Location: Goleta * Shuttle Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1971	Mon	8:30am- 5:00pm	Week of 1/19	\$20

Santa Barbara Culinary School * Ages 50+

We will be going to have a gourmet lunch from students at the Santa Barbara Culinary School. The meal will include a salad, choice of entrée, dessert and beverage. The group will take a one-hour tour on the history of Old Mission Santa Barbara after lunch. NOTE: Moderate/Extensive Walking NO REFUNDS/CREDITS/TRANSFERS AFTER JANUARY 2 FOR THIS TRIP. Location: Santa Barbara * Shuttle Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1972	Thu	10:00am-5:00pm	2/12	\$45

Santa Anita Race Track * Ages 50+

This trip includes reserved seating, racing program, a professional handicapper to go over the day's races in the Sierra Vista Terrace. Lunch is a catered buffet. Group will be in 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>
#1964	Thu	9:30am- 5:30pm	3/26	\$67

MOTOWN The Musical * Community Event

The true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. Now, experience it live on stage in the record-breaking smash hit *MOTOWN THE MUSICAL!* Dinner is on your own. Note: Moderate Walking **Do not have to be a senior member to register.** NO REFUNDS/CREDITS/TRANSFERS AFTER MARCH 12 FOR THIS TRIP. Location: Pantages Theatre, Hollywood Shuttle Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2052	Fri	4:30-11:00pm	5/15	\$79

DAY TRIPPIN' ON THE SHUTTLE

Reagan Ranch Center * Ages 50+

The Reagan Ranch Center is on State Street in Santa Barbara. It is 3 stories high (with elevator) and houses many artifacts of his ranch, and presidency. You will have a 20 minute movie and 20-30 minute docent tour, with plenty of time on your own to explore. Lunch will be first at Casa Blanca Restaurant & Cantina (not included in price). NOTE: Extensive Walking. NO REFUNDS/CREDITS/TRANSFERS AFTER FEBRUARY 26 FOR THIS TRIP. Location: Santa Barbara * Shuttle Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#1813	Thu	9:30am-4:30pm	3/12	\$17

Go to www.agourahillsrec.org to register!

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

29900 Ladyface Ct.
Agoura Hills, CA 91301
Phone: (818) 597-7361
Fax: (818) 597-7365

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

Current Resident or

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

January

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
Diane Goldstein	1/29

February

Phyllis Sehrer	2/14
Theresa Simberger	2/18
Judy Williams	2/19
Joyce Buckley	2/22

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.

Save the Date
Tri-Cities Senior Expo
Wed. May 6, 2015
10:00am-2:00pm * FREE
Screenings * Freebies * Lectures
Bring your friends!

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

Exercise Classes

Activities

Trips

Contact Xochitl with your
ideas.