

CITY OF
City of Agoura Hills
Department of Community Services

"Senior Moments"

Great Recreational Programs for adults 50+



18TH ANNUAL TRI-CITIES SENIOR EXPO

Wed. May 6, 2015 from 9:00am-1:30pm

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

Seeking Program Facilitators and Instructors

The Agoura Hills Recreation and Event Center is looking for volunteers and instructors. Our members and residents have submitted program ideas and we do not have instructors or facilitators to implement the programs. If you are interested in teaching or becoming a facilitator let us know. We are currently seeking individuals who can teach or facilitate games such as canasta, pinochle, Mah Jongg.

Friends of the Agoura Hills Senior Program

Outback Steakhouse Fundraiser

Thank you to all those who attended and supported the fundraiser. Proceeds from this event help supplement equipment and supplies for senior programs. This year, Friends is sponsoring the installation of the flagpole in front of the center.

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

**May 25
July 4**

**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 2015 year. Review, update and add emergency phone numbers.

Thank you for your cooperation.

Spring 2015

April, May, June

www.agourahillsrec.org

Visit us on Facebook at
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

Bahar Ahmadi
Sue Dinich
Terri Webb
Office Assistants

Senior Advisory Committee

Jack Albright
Bobbie Constanten
Marilyn Guild
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
Cancer Support Community (805) 379-4777
Dial-A-Ride (Agoura Hills) (818) 707-2005
Dial-A Ride (Calabasas) (866) 878-2242
Dial-A-Ride (805) 375-5467
(Oak Park/Thousand Oaks/Westlake Village)

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

Welcome to the Senior Concerns Advocates Column

Are you turning 65 this year? Would you like to take the mystery out of healthcare coverage? Do you understand how collecting social security can be impacted by your earnings? Are you a low income senior who needs resources for housing and transportation or other support services? Is there a legal or financial question that you've been worried about? Are you caring for a spouse or parent and feeling overwhelmed and isolated? Senior Concerns can help!

We are a private, non-profit organization dedicated to serving the needs of seniors and their families since 1975. Our programs aim to keep families together and seniors active in their homes for as long as possible.

Senior Concerns Advocates are available by telephone, by appointment in our Thousand Oaks offices Monday through Friday, and at the Agoura Hills Recreation and Event Center on the third Wednesday of each month from 9:00am-12:00pm. Betty Berry or Charna Posin can be reached at (805) 495-6250. Questions can be emailed to Charna@Seniorconcerns.org. We will be responding to your questions and addressing various senior issues in future columns.

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*

*Well Wishes and Thinking of you to the following
participants and volunteers*

Barbara Benson

Kay Dease

Joyce Peterson

Cyndi Takayama

Maria Vasquez

***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.com

2ND SATURDAY @ THE ADOBE

Fun things to do with
the grandchildren!

Crafts at the Reyes Adobe

April 11 Spring Fun

May 9 Mother's Day

June 13 Father's Day

Crafts are available

from 1:30—3:30pm



Watercolor Art Class

Instructor: David Deyell

Tuesdays 1:00-4:00pm

#2225 4/7-4/28 \$48

#2226 5/5-5/26 \$48

#2227 6/2-6/30 \$48

Drop-in fee \$15

WESTLAKE VILLAGE ART GUILD

2015 STUDENT AWARDS SHOW

Hosted by

The City of Agoura Hills

Ceremony on April 24th 2015

4:00-7:00pm at the Historic Reyes
Adobe Site

30400 Rainbow Crest Dr.

91301.org/studentartshow

Movie in the Park

FROZEN

At Reyes Adobe Park

May 9, 2015

Movie begins at dusk

30400 Rainbow Crest Dr.

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, May 23, 1:00- 3:00pm \$25 Meet at the Reyes Adobe Historical Site

Fitness Classes @ the Agoura Hills Recreation Center

Monday

Tuesday

Wednesday

Thursday

Friday

Gentle Yoga

8:30-9:30am

Meditation

9:45-10:45am

MELT®

11:00am- 12:00pm

Do It Now

2:00-3:00pm

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 May 25.

Instructor: Tamara Kilpatrick * Location: MPR 1

Activity # 2110	4/6-5/14	\$35 twice/week, \$21 once/week, \$5 drop-in fee	2:00-3:00pm	M/Th
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Activity # 2113	5/18-6/29	\$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 #2176	4/7-5/12	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
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Activity #2177	5/19-6/23	\$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

Activity #2278	April-June	\$34 per month	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 July 3.

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

Activity #2234	4/29-6/17	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Wed
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Activity #2235	6/24-8/12	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Wed
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Activity #2232	5/1-6/19	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Fri
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Activity #2233	6/26-8/14	\$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 #2084	April	\$12.50, \$4 drop-in	10:00-11:00am	Thu
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Activity #2085	May	\$10, \$4 drop-in	10:00-11:00am	Thu
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Activity #2086	June	\$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 #1 & 2**

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

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#1 & 2**

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 #1**

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

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: MPR**

Save Your Lower Back

#2230 Sat 10:00-12:00pm 4/18 \$20/\$25 at door

Use Your Breath to Strengthen Your Body & Energize Your Brain

#2231 Sat 10:00-12:00pm 5/9 \$20/\$25 at door

The Right to Bare Arms & Flexible Shoulder

#2229 Sat 10:00-12:00pm 6/6 \$20/\$25 at door

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: MPR**

#2197 Mon 11:00am-12:00pm 4/13-6/1 \$56/Drop-in \$10

2311 Wed 11:00am-12:00pm 4/15-6/3 \$64/Drop-in \$10

***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>
#2073	Sat	9:30am- 11:00am	4/11	\$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!

Location: Senior Room

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2071	Mon	11:00am- 12:00pm	4/20-5/11	\$100
#2072	Thu	6:15pm- 7:15pm	4/23-5/14	\$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. Prices listed below are for senior program members. Drop in fee \$7.

Level 1: MPR #1/2 Level 2: Senior Room

Tai Chi Level 1

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2335	Tue/Thu	2:00pm- 3:00pm	4/14-5/21	\$60 twice/week \$30 once/week
#2331	Tue/Thu	2:00pm- 3:00pm	5/26-7/2	\$60 twice/week \$30 once/week
#2332	Thu	6:30pm-7:30pm	4/16-5/21	\$30

Tai Chi Level 2

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2338	Tue	3:00pm- 4:00pm	4/14-5/19	\$30
#2340	Tue	3:00pm- 4:00pm	5/26-6/30	\$30

Community Excursion

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

Performance features Smokey Robinson with a 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>
#2356	Sat	5:30-11:30pm	7/4	\$69

Musicals

9-5 The Musical

Set in the late 1970's, pushed to the boiling point, three over worked female co-workers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. In a hilarious turn of events, the girls give their boss the boot! The women give their workplace a dream make over, taking control of the company. Music & lyrics by Dolly Parton. We will not be stopping to eat. NOTE:NO TRANSFERS/REFUNDS/CREDITS UNLESS YOUR SPOT CAN BE FILLED. LIGHT WALKING. LOCATION:GLENDALE CENTER THEATRE * SHUTTLE DEPARTS:AGOURA HILLS RECREATION AND EVENT CENTER

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2329	Sat	1:30-6:00pm	August 15	\$40

Guys and Dolls

Nathan Detroit, the organizer of the oldest permanent floating crap game, bets Sky Masterson that he can't make the next girl he sees fall in love with him-this is Miss Sarah Brown of the Save-a-Soul Mission. Meanwhile, Nathan's cold girlfriend and main attraction at the Hot Box nightclub-Miss Adelaide, only wants to get married. In the end the gamblers and "spunky do-gooders" are thrown together. We will not be stopping to eat.

NOTE:NO TRANSFERS/REFUNDS/CREDITS UNLESS YOUR SPOT CAN BE FILLED. LIGHT WALKING. LOCATION:GLENDALE CENTER THEATRE * SHUTTLE DEPARTS:AGOURA HILLS RECREATION AND EVENT CENTER

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2330	Sat	1:30-6:00pm	September 4	\$40

Member Social featuring Cancer Support Community

Come and learn about the different programs Cancer Support Community offers. Staff and program participants will be here to share information and answer questions you have.

Bring a friend!

It is free, pre-registration is suggested.

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2203	Tue	11:00am-12:30pm	5/12	Free

Programs and Classes

Hocus Pocus, Sharpen Your Focus

Magic for Grandparents

Learn from an award-winning professional magician. Practice then perform amazing magic tricks to enchant and entertain your grandchildren. Exercises cognitive skills as well! Instructor: Frank Padilla

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2541	Fri	2:00-4:00pm	May 1	\$25/\$5 materials fee

Ballroom Dance for a Healthier You

This class is designed for you to enjoy and look forward to regular exercise by using the correct steps of ballroom dance. No experience necessary. Wear comfortable clothing and non rubber sole shoes if possible. Each week will introduce a new dance. Week 1: Fox Trot, Week Two: Waltz, Week Three: Rumba, Week Four: Swing, Week Five: Cha Cha, Week Six: Mambo. Instructor: The Ballroom World of Dance

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2542	Tue	11:15am-12:15pm	4/21-5/26	\$45

Painting Watercolors in the "California Style"

Learn the techniques of painting in the striking, luminous "California Style" of transparent watercolors. Step-by-step and through demonstrations, learn to paint boldly and directly with little or no drawing to produce spectacular watercolors. This new approach allowed large format 22" X 30" paintings to be completed in a single painting session, sometimes using "wet into wet" and en plein air, with NO white paint permitted! The white paper itself shows through where white shapes are needed. Bring tubes of transparent watercolors, Arches paper, and all other supplies, as none will be provided. Materials fee of \$10 will be collected by the instructor on the first day of class. Instructor: Tom Winans

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2543	Thu	12:00-3:00pm	4/9-5/14	\$72

Senior Cuisine

Class is designed to help seniors and empty nesters learn to cook meals for one or two people. Dietary restrictions will be taken into consideration. We will offer big flavors in small amounts. Materials fee \$15 will be collected by the instructor. Instructor: Karen Harris

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2544	Wed	3:00-5:00pm	5/13-6/17	\$45/\$15 materials fee

Recreation Programs

Ongoing Activities At The Center

**Thank you to
our volunteers
for donating
their time to
the many programs
here at the
City of Agoura Hills**

NEED SPACE TO PLAY

Need space to play Mah-Jongg, Canasta, or other table games? We have space available on Tuesdays, 11:00am-3:00pm. This area is self monitored. Supplies are not provided.

Call the Recreation Center for other available days and times.

Knitting and Crocheting

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

Monday

Duplicate Bridge Activity# 1919 YR

Location: Senior Room

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

Tuesday

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

Location: Senior Room

11:30-2:30pm On-going \$.50 card

Open Play/ Mah-Jongg Activity# 1927 YR

Location: Conference Room

11:00am - 4:00pm On-going Free

Book Club

Location: Multipurpose Room

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

Activity#2101 11:15am-12:30pm 4/21 Free

Activity#2102 11:15am-12:30pm 5/19 Free

Activity#2103 11:15am-12:30pm 6/16 Free

Wednesday

Senior Concerns Advocate

Location: Class Room A

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.

9:00am-12:00pm 4/15 Free

9:00am-12:00pm 5/20 Free

9:00am-12:00pm 6/17 Free

Women's Talk Around Group Activity# 1958 YR

Location: Senior 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: Conference Room

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

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

Location: Senior Room

11:30am-2:30pm On-going \$.50 card

Friday

Duplicate Bridge Activity# 1919 YR

Location: Senior Room

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

WISDOM-Women's Discussion Group Activity# 1957 YR

Facilitator:Sue Wellerstein

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

Spring 2015 Trips

Slots of Fun Chumash Casino

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

Wednesday, May 27th

Activity #2204

&

Wednesday, July 22nd

Activity #2205

\$15 per person

Trips will be 8:00am—6:00pm

Transportation: Shuttle

No REFUNDS/TRANSFERS/CREDITS

AFTER 5/13 for May trip and 7/8 for July 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.

Spring 2015 Gourmet Luncheon Restaurants

GOURMET SOCIAL LUNCHEON CLUB Ages 50+ *Registration for Gourmet Luncheons begins March 9

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.**

Shuttle Departs: Recreation Center

<u>Activity#</u>	<u>Day</u>	<u>Date</u>	<u>Restaurant/Cuisine/Location</u>
#2324	Thu	4/16	Fire Island Grill/ Hawaiian/Simi Valley
#2325	Tue	5/19	Adolfo Grill/American/Camarillo
#2326	Wed	6/10	Sesame Garden/Chinese/Camarillo

****IMPORTANT NOTE: GOURMET LUNCHEONS AND DINNER WILL NOT BE OPEN FOR REGISTRATION UNTIL March 9th****

Spring 2015 Gourmet Dinner Restaurant

GOURMET SOCIAL DINNER CLUB Ages 50+ *Registration for Gourmet Dinner begins March 9

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* Shuttle Departs: Recreation Center

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Restaurant/Cuisine/Location</u>
#2327	Thu	5/21	4:30pm-9:00pm	Pacific Dining Car/Los Angeles

****IMPORTANT NOTE: GOURMET LUNCHEONS AND DINNER WILL NOT BE OPEN FOR REGISTRATION UNTIL March 9th****

Spring 2015 Trips April, May, June

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.

McCrea Ranch Trip w/Lunch

Join the group as we visit the McCrea Ranch. The tour will include a tour of the museum and a short movie on Joel McCrea and his family. After the tour the group will have lunch at The Secret Garden. NOTE: EXTENSIVE WALKING. NO REFUNDS/ TRANSFERS/CREDITS AFTER MARCH 31. Location: Thousand Oaks * Shuttle Departs: Agoura Hills Recreation and Event Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
2316	Tue	9:30am-3:00pm	April 21	\$48

Downtown Central Library tour with lunch at Hilton Checkers

This docent guided tour will include the art and architecture of the historic 1926 Bertram Goodhue Building and the 1993 Tom Bradley Wing. Lunch will follow after the tour and will be at the Hilton Hotel Checkers restaurant. NOTE: EXTENSIVE WALKING. NO REFUNDS/TRANSFERS/CREDITS AFTER APRIL 7. Location: Los Angeles * Bus Departs: Agoura Hills Recreation and Event Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
2317	Thur	8:30am-3:30pm	May 28	\$83

Casa Romantica

The group will first stop at the Stanley Ranch Museum. This two acre property is now the home of some of Garden Grove's oldest homes and business buildings. Lunch will follow. The last stop will be at Casa Romantica which was placed on the National Registry of Historic Places in 1991. You will be sure to enjoy this "Spanish Village by the Sea." NOTE: EXTENSIVE WALKING. NO REFUNDS/TRANSFERS/CREDITS AFTER MAY 4. Location: San Juan Capistrano * Bus Departs: Agoura Hills Recreation and Event Center

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
2318	Wed	7:45am-5:00pm	June 3	\$73

DAY TRIPPIN' On the shuttle

Day Trippin' -Norton Simon Museum Ages 50+

The Norton Simon Museum is known around the world as one of the most remarkable private art collections ever assembled. Over a 30 year period, 20th century industrialist Norton Simon (1907-1993) amassed an astonishing collection of European art. You will have plenty of time to see the museum & the gardens. Lunch will be in the Garden Café(not included in the trip price). Note:This is a self guided tour. Audio set can be rented for \$3. NOTE: NO REFUNDS/TRANSFERS/CREDITS AFTER APRIL 29. MODERATE/EXTENSIVE WALKING * LOCATION:PASADENA * SHUTTLE DEPARTS:AGOURA HILLS RECREATION AND EVENT CENTER

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2109	Wed	11:00am-4:30pm	May 13	\$26

Day Trippin' - Watts Tower-A California Gold Location

The Watts Towers structure, consisting of seventeen major sculptures was created by Italian immigrant Sabato "Simon" Rodia out of steel covered with mortar and embellished by the decorative finishing's of mosaic tiles, glass, clay, shells and rock. There is no welded inner armature. Rodia wired rebar together then wrapped this joint with wire mesh and hand packed it with mortar and his mosaic surface. The Towers are listed in the National Register of Historic Landmark, a State of California Historic Park. NOTE: The Towers are outside. Lunch will be at Hawkins House of Burgers, (Not Included in trip price). NOTE: NO REFUNDS/TRANSFERS/CREDITS AFTER MAY 21. MODERATE/EXTENSIVE WALKING * LOCATION:LOS ANGELES * SHUTTLE DEPARTS:AGOURA HILLS RECREATION AND EVENT CENTER

<u>Activity#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
#2328	Thur	9:00am-3:30pm	June 4	\$21

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

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

Current Resident or

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

June

Ron Melnick	6/8
Evelyn Ross	6/23
Linda Vacarr	6/23

July

Pat Hart	7/1
Judy Tullo	7/3
Connie Averill	7/6
Betty Clancy	7/8
Maxine Frankel	7/9
Patricia Ruch	7/14
Virginia Scamchorn	7/15
Roberta Nowlin	7/18
Cynthia Britton	7/26
Anna Lezza	7/26
Catherine Montoya	7/30

August

Jerry Inger	8/19
Edna Funnell	8/26
Terry Petit	8/28
Chik Smaldino	8/28
Nancy Israel	8/30

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

Exercise Classes

Activities

Trips

**Contact Xochitl with your
ideas.**