

CITY OF  
City of Agoura Hills  
Department of Community Services

# "Senior Moments"

Great Recreational Programs for adults 50 +

## Older American Of the Year: Cyndi Takayama

Cyndi Takayama has been an active volunteer in her community and at the Agoura Hills Recreation and Event Center. Her volunteer contributions to the senior program have been in BINGO, bulk mailings, preparation for special events, working community events and more. Cyndi also volunteers at the Reyes Adobe Historical Site. Cyndi volunteers to help with the educational tours, Gift Shop, preparation for the City's largest event: Reyes Adobe Days, and a multitude of special events. The next project Cyndi will tackle is to begin a lending library at our new facility. Cyndi comes to the center with a smile, energy, and a positive attitude. Staff and participants are always happy to see her at the center, the Adobe or special events. The City of Agoura Hills is proud to have Cyndi on their team of volunteers.

## SAVE THE DATE!

Our 11th annual Reyes Adobe Days is happening October 1st-4th at Reyes Adobe Park and Historical Site.



Join us for food, drink, entertainment, and fun in celebration of our city's beginnings.

The Recreation Center is closed on the following dates:

*Monday, May 25*  
*Friday, July 3*  
*Monday, Sept 7*

*Check with your program instructor for details.*

## 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 Recreation and Event Center. Participants are welcome to attend.

## One City, One Book Agoura Hills Reads

**The Mountain Story**  
By Lori Lansens

For more information go to page 8 where you will find dates and program events.

## Summer 2015

*July, August, September*

[www.agourahillsrec.org](http://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

*Michelle Womack*  
Recreation Leader II

*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 and Event Center*  
*29900 Ladyface Court*  
*Agoura Hills, CA 91301*  
*(818) 597-7361*

# 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
Cancer Support 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

## Welcome to the Senior Concerns Advocates Column

Thoughts of summer bring back a flood of happy childhood memories for me, and I'm guessing you might have a few of your own! Do you remember running through the sprinklers or chasing down the neighborhood ice cream truck? Do you remember biting into popsicles and enjoying the shivers? How about getting to play outside till bedtime because it stayed light so long? Remember the bizarre experience of peeling away sunburned skin?

As seniors, the thought of sprinklers could now be used as a reminder to stay hydrated. It's easy to forget to drink plenty of water throughout the day to maintain equilibrium and safety. Pick up a reusable beverage container and keep it filled throughout the day. It's also important to keep extra water containers in your car, just in case of an earthquake or a traffic jam.

Everybody loves ice cream - but don't forget to enjoy fruits and vegetables to balance that sugary treat. In fact, summer is full of sweet, juicy fruits and gorgeous, colorful vegetables, packed with vitamins to help boost your immune system. Stroll through your local Farmer's Market for the freshest picks of the season. And speaking of the shivers - grocery stores and restaurants are famous for keeping the temperature cool, even when we're baking in triple digits! So keep a shawl, sweater or light jacket with you, to protect yourself against sudden drafts.

There's nothing quite as mellow as a beautiful summer evening, but be mindful to get enough sleep. You may not need a full eight hours, but take time to listen to your body's signals during the day. If you feel tired, there's nothing wrong with a quick and rejuvenating cat nap!

The sun can be mesmerizing, but consider the protection of a hat. Guarding against artificial hair color fading is one thing, but sunburn - no longer a rite of passage - and skin cancer, are much more serious. Remember to apply sunscreen before you leave the house. Think about how much sun exposure you get when you're in the car. It's easy to forget that you're actually baking, because you're speeding down the road - but you might as well be lying on the beach, because your hands, arms and even your neck are getting constant exposure. And if you've already had a personal encounter with melanoma as I have, be diligent in getting regular, full body scans from your dermatologist every three to six months.

Summer's almost here, so take good care of yourself to enjoy the lazy days ahead!

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](mailto:Charna@Seniorconcerns.org). We will be responding to your questions and addressing various senior issues in future columns.

### Agoura Hills/Calabasas Community Center Community Fitness Center & Health Club



Treadmills, elliptical machines, free weights and strength training machines fill our Community Fitness Center! Come to the Agoura Hills/Calabasas Community Center and discover ways to stay healthy and strong. Over 50 group exercise classes are offered weekly, and some are senior specific. Membership not required. No residency requirements. Open to the public. Affordable. No commitments. No hassle. No start up fees. Special senior discounts offered. Come say hi!

27040 Malibu Hills Rd, Calabasas  
818-880-2993

# 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

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

Fun things to do with  
the grandchildren!

Hands-on Activities at the Reyes Adobe

7/11 Summer Fun

8/8 Back to School

9/12 It's Fall

Activities are available

from 1:30—3:30pm



## Movie at the Adobe

**Come watch “The Bride of Frankenstein” on the Adobe grounds July 11th. Film will begin at dusk. Featuring discussion panel with special guests.**

**\*Note: movie, times, and schedule subject to change.**

## **Watercolor Art Class**

**Instructor: David Deyell**

**Tuesdays 12:30-3:00pm**

**#2525 7/7-7/28 \$30**

**#2526 8/4-8/18 \$30**

**#2527 9/8-9/29 \$48**

**Drop-in fee \$15**

Class held at Agoura Hills  
Recreation and Event Center

## Agoura Hills Historical Tour

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!

**Activity# 2082 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 Sunday

**Gentle Yoga**  
8:30-9:30am  
**Meditation**  
9:45-10:45am  
**MELT®**  
11:00am- 12:00pm  
**Do It Now**  
2:00-3:00pm  
**WERQ**  
6:30-7:30pm

**MBB Yoga**  
7:30-8:30am  
Chris  
**Jazzercise Lite**  
8:45-9:45am  
**Laugh, Flex, & Stretch**  
10:00-11:00am  
(June Only)

**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  
(June Only)  
**Do It Now Senior Fitness**  
2:00-3:00pm

**Gentle Yoga**  
8:30-9:30am  
**Zumba Gold**  
9:45-10:45am  
**MBB 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: Multi-Purpose Room 1**

Activity # 2113	5/28-7/9	\$35 twice/week, \$21 once/week, \$5 drop-in fee	2:00-3:00pm	M/Th
Activity # 2401	7/13-8/20	\$35 twice/week, \$21 once/week, \$5 drop-in fee	2:00-3:00pm	M/Th
Activity # 2405	8/24-10/5	\$35 twice/week, \$21 once/week, \$5 drop-in fee	2:00-3:00pm	M/Th

### 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: Multi-Purpose Room 1**

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 1 & 2**

Activity #2461	July-September	\$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.

**Instructor: Ilene Berke, Certified Yoga Therapist E-RYT 500 \* Location: Multi-Purpose Room 2**

Activity #2235	7/8-8/26	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Wed
Activity #2534	9/2-10/21	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Wed
Activity #2233	6/26-8/14	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Fri
Activity #2533	8/21-10/9	\$60 per 8 week session, \$9 drop in fee	11:00am-12:00pm	Fri

### 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: Multi-Purpose Room 1**

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 and Event Center (818) 597-7361*  
**Go to [www.agourahillsrec.org](http://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: Multi-Purpose Room**

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 such as salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere for active older adults. **Instructor: Del**

**Herrera \* Location: Multi-Purpose Room**

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

## **MIND, BODY, BREATH 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: Multi-Purpose Room 1 & 2**

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

## **MINDFULNESS MEDITATION**

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: Multi-Purpose Room 1**

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

## **WERQ**

Come and try WERQ, the fiercely fun dance-fitness class based on pop, rock, and hip-hop! It's a non-stop heart-strengthening sweaty cardio workout. WERQ is new in California and Del is one of the only instructors teaching this format in the state. No dance experience necessary and the cool down incorporates yoga and balance inspired poses. **Instructor: Del Herrera \* Location: Multi-Purpose Room 1 & 2**

Fitness pass on-going \$50/10 classes or \$8 drop-in fee 6:30-7:30pm Mon

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## **PILATES FOR BUFF BONES & A STRONG BACK \* Ages 30+**

A Pilates based mat class using bone strengthening and restorative muscle building techniques. Improves full body stability, alignment, back and core strength, posture and balance. Enjoy this safe osteoporosis workout. No class on 7/20 & 7/22. **Instructor: Aggie Winston \* Location: Multi-Purpose 1**

#2480 Mon 11:00am-12:00pm 7/6-8/10 \$40/Drop-in \$10  
#2481 Wed 11:00am-12:00pm 7/15-8/12 \$32/Drop-in \$10  
#2627 M/W 11:00am-12:00pm 7/6-8/12 \$72/Drop-in \$10

# More Classes

## The MELT® Method

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

\*\*\*Location: Multi-Purpose Room 1\*\*\*

#2362	Sat	9:30am- 11:00am	8/1	\$35
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## **MELT 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. To mention a few issues that can be helped: neck pain, arthritis, carpal tunnel, headaches, and insomnia. MELT® balls not included in class price. Prerequisite: MELT® Hand and Foot Introduction Workshop!

\*\*\*Location: Multi-Purpose Room 1 Monday, Senior Room Thursday\*\*\*

#2360	Mon	11:00am- 12:00pm	8/10-8/31	\$100
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#2361	Thu	6:15pm- 7:15pm	8/13-9/3	\$100
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## **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. Kimiko Kuwamoto, certified Tai Chi instructor. Drop in fee \$7. \*\*\*Level 1: Multi-Purpose Room 1 Level 2: Senior Room\*\*\*

### **Tai Chi Level 1**

#2509	Tue/Thu	2:00pm- 3:00pm	7/9-8/13	\$30 once week
#2510	Tue/Thu	2:00pm- 3:00pm	7/9-8/13	\$60 twice week
#2501	Tue/Thu	2:00pm- 3:00pm	8/18-9/24	\$30 once week
#2510	Tue/Thu	2:00pm- 3:00pm	8/18-9/24	\$60 twice week

### **Tai Chi Level 2**

#2514	Tue	3:00pm- 4:00pm	7/7-8/11	\$30
#2517	Tue	3:00pm- 4:00pm	8/18-9/22	\$30

## **\*NEW\* FARHANA’S EZ INDIAN COOKING DEMONSTRATIONS**

Veteran Cooking Instructor (20 + years) and cookbook author Farhana will present simplified recipes from the Indian and Pakistani cuisines that have shared roots in history and existed one time as one nation. She demos valuable time saving tips for cooking Indian at home. Farhana’s cooking classes were voted a top event in L.A.

WEEKLY’S Best of L.A. Come Hungry. Each session will end with a fun sampling of flavorful food prepared in the class! **Instructor: Farhana Sahibzada \* Location: Teen Room**

### **A summer vegetarian Feast**

#2454	Thu	6:00-8:00pm	6/25	\$35/\$10 materials
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### **Some vegetable and meat curries**

#2495	Thu	6:00-8:00pm	7/30	\$35/\$10 materials
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### **An Indian Tandoori Grilling class**

#2485	Thu	6:00-8:00pm	8/20	\$35/\$10 materials
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# Ongoing Year Round Activities

## Monday

### **Intermediate Bridge Instruction** Activity #2739

\*\*Location: Sun Room

10:00-10:55am On-going Free

### **Duplicate Bridge** Activity# 1919 YR

\*\*\*Location: Senior Room\*\*\*

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

*Limited to 40 players*

## Tuesday

### **Music Appreciation** Activity#2743 YR

Location MPR 2

10:00-11:30AM Meets the 1st and 3rd Tuesday Free

### **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 \* Location subject to change\*\*\*

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 7/21 Free

Activity#2102 11:15am-12:30pm 8/18 Free

Activity#2103 11:15am-12:30pm 9/15 Free

## Wednesday

### **Senior Concerns Advocate**

\*\*\*Location: Conference Room \*\*\*

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 7/15 Free

9:00am-12:00pm 8/19 Free

9:00am-12:00pm 9/16 Free

### **Mah Jongg Activity#2738**

\*\*Location: Open Area

10:00am On-going 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

*Limited to 40 players*

### **WISDOM-Women's Discussion Group** Activity# 1957 YR

Facilitator:Sue Wellerstein

\*\*\*Location: Conference Room\*\*\*

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

## **Open Play Games**

We are looking for individuals interested in playing the following games. Call the center to be placed on an interest list.

Canasta, Mexican Train, Rummy Cube, Mah Jongg

## **\*NEW\* Mah Jongg**

Wednesday at 10:00am

If you are looking to play with a group call the center to be placed on a list.

## *New to the Agoura Hills Recreation and Event Center*

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

*Agoura Hills Recreation  
and Event Center  
(818) 597-7361  
www.agourahillsrec.org*

## **Dial-A-Ride**

\$1.50 each way

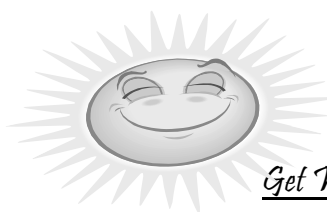
General service includes point-to-point service anywhere within the city limits of Agoura Hills.

\$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*

Get Well Soon

*Pat Beattie*

*May Hindy*

Condolences to the Family of

*Kay Kile*

# 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

#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

#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

#2330 Sat 1:30-6:00pm September 19 \$40

Coming Soon!



Our Pantages Theater series:  
To Be Announced This Summer



# Community Programs

## One City, One Book Agoura Hills Reads

### The Mountain Story By Lori Lansens

Five Days. Four hikers. Three survivors. From Lori Lansens, author of the national bestsellers *Rush Home Road*, *The Girls and the Wife's Tale* comes a gripping tale of Adventure, sacrifice and survival in the unforgiving wilderness of a legendary mountain.

**Wednesday, May 27 at 6:00pm**

The Author and Novel will be presented at the City Council Meeting.

**Thursday, June 11 at 10:00am**

Pre-launch with tea and cookies featuring the Author at the Agoura Hills Recreation & Event Center.

**Thursday, June 25 from 6:00-9:00pm**

Book Launch & Reception at the Agoura Hills Recreation & Event Center  
(More details to come  
RSVP will be required)

**Monday, July 13 at 3:30pm**

The Children's Program at the Agoura Hills Library will host a reading from the Mayor, crafts, games, and other fun activities.

**Tuesday, July 14 at 3:30pm**

Book Club Discussion featuring Lori Jansens to be held in the City Council Chambers at Agoura Hills City Hall.

To be included on an interest list, or to get more information on the program, please call the Agoura Hills Recreation & Event Center at (818) 597-7361.

## NEW Art Classes

### Learn to Sculpt for Adults

Tue 6/23-7/28  
6:30-8:30pm \$90  
Activity #2584

### Ignite Your Creativity

Tue 8/4-9/8  
6:30-8:30pm \$90  
Activity #2585

For more information go to [www.agourahillsrec.org](http://www.agourahillsrec.org) or call the Recreation Center at 818-597-7361.

## Community Lectures and Presentations

### Lecture Topic

#### All About Your Skin

By Regal Medical and Lakeside Group  
Thursday, June 4 at 10:00am \* Free  
Activity#2359

#### Cholesterol and Diet

By Regal Medical and Lakeside Group  
Thursday, August 6 at 10:00am \* Free  
Activity#2735

Call the Agoura Hills Recreation and Event Center to reserve your spot  
818-597-7361

## Senior Member Social

Have fun meeting with Friends and listen to our guest speakers.

Tuesday, August 11 at 11:00am \* FREE  
Activity#2493

Call the Agoura Hills Recreation and Event Center to reserve your spot  
818-597-7361

## Participant Information

**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** •Driver tip is optional but not included in the price.

## Slots of Fun

### San Manuel Indian BINGO and Casino

Transportation: 22 passenger shuttle

No REFUNDS/TRANSFERS/CREDITS AFTER 7/2 for July trip and 9/7 for September trip.

#2205 Wed 7/22 8:00am-6:00pm \$15 per person

#2494 Wed 9/16 8:00am-6:00pm \$15 per person

## 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

#2433	Tues	7/7	Beach House Fish/Seafood/Ventura
#2434	Wed	8/5	Padrino's Ristorante/Italian/Ventura
#2435	Thur	9/10	Larsen's Grill/American/Oxnard

## 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: Santa Monica \* Shuttle Departs: Recreation Center

#2436 Thur 8/20 4:30pm-9:30pm Michael's

See back page for information on upcoming  
Overnight Excursions

Morro Bay Rail & Sail and Four Queens Las Vegas

# Summer 2015 Trips

July, August, September

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

## Dead Sea Scrolls

Join us as we go to the California Science Center and IMAX to see the Dead Sea Scrolls Exhibit. Lunch will be at Tam O'Shanter. NOTE: EXTENSIVE WALKING. NO REFUNDS/TRANSFERS/CREDITS AFTER 7/24. Location: Los Angeles \* Bus Departs: Recreation Center

#2579 Thu 9:30am-6:30pm 8/27 \$67

## Hollyhock House and Taix French Restaurant

This summer trip will be having lunch at Taix French Restaurant and touring the Hollyhock House. Taix is a Landmark restaurant that has been family owned and continues to serve the public with third and fourth generation family. After lunch, our group will be visiting the Hollyhock House, originally designed by Frank Lloyd Wright as a residence for oil heiress Aline Barnsdall. This 1920's designed house is the centerpiece of Los Angeles Barnsdall Park, overlooking the Hollywood Hills. Note: Moderate/Extensive Walking. NO REFUNDS/TRANSFERS/CREDITS/AFTER 7/10. Location: Los Angeles \* Bus Departs: Recreation Center

#2580 Tue 10:00am-4:30pm 7/28 \$58

## Olive Oil Tasting Trip with Lunch

Join the group to view the beautiful Ojai valley and visit downtown Ojai for a gourmet lunch at Suzanne's Cuisine. Following lunch we will visit the Ojai Olive Oil Co. for a one hour guided tour of this sustainable farm with facts about the production and benefits of olive oil. There will be shade and seating during the tour, ending with a visit to the gift shop. Note: MODERATE/EXTENSIVE WALKING, SOME STEPS. NO REFUNDS/TRANSFERS/CREDITS AFTER 9/11. Location: Ojai \* Bus Departs: Recreation Center

#2581 Wed 10:00am-4:00pm 9/30 \$48

## Camarillo Ranch

The Camarillo Ranch, once was known as Rancho Calleguas, was one of the last great Mexican land grants. Juan Camarillo (1812-1880) purchased the rancho in 1875. Upon his death his older son Adolfo Camarillo assumed control at age 16, and successfully operated it for 68 years. Adolfo was one of the major civic leaders in Ventura county. The City of Camarillo is named for him. We will have an 18 minute video, a docent lead talk, and time to explore. Lunch will be at Lure Fish House in Camarillo ( not included ). NOTE: EXTENSIVE WALKING. NOTE: NO TRANSFERS/REFUNDS/CREDITS AFTER 6/25. LOCATION: CAMARILLO \* SHUTTLE DEPARTS: RECREATION CENTER

#2573 Thur 9:30am-2:00pm 7/9 \$22

## The Gamble House

The Gamble House was built in 1908 for David and Mary Gamble of the Proctor and Gamble family. The architects were Greene and Greene who worked closely with David and Mary on the design and furnishings. The house is now owned by the city of Pasadena. It was named a historic landmark in 1978. It is also a California historic landmark. We will have a one hour docent lead tour of the house. Lunch will be at The Kitchen (Italian) not included. NOTE: EXTENSIVE WALKING. NOTE: NO TRANSFERS/REFUNDS/CREDITS AFTER 9/4. LOCATION: Pasadena \* SHUTTLE DEPARTS: RECREATION CENTER

#2574 Tue 9:00am-2:30pm 9/15 \$32

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

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

29900 Ladyface Court  
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

## Overnight Excursions

### **The Four Queens Las Vegas Trip**

Join the group on this overnight at the Four Queens Las Vegas located on Fremont Street. Your package will include a roundtrip on a deluxe motorcoach, 2 nights at the Four Queens, room tax, baggage handling and a fun book per room. Note: Extensive walking \* NO REFUNDS/CREDITS/TRANSFERS AFTER 9/1 FOR THIS TRIP. Location: Las Vegas \* Bus departs: Recreation Center

#2578 Tue-Thur 8:00am-6:00pm 10/27-10/29 \$190 double/\$225 single

### **Morro Bay Rail & Sail**

Have fun on this overnight trip to Morro Bay. Your trip will include a one way ride aboard the Amtrak from Los Angeles to San Luis Obispo. A one night stay in Morro Bay with continental breakfast, a dinner cruise, guided tour of Hearst Castle, and on the way home a stop in the coastal village of Cayucos. NO REFUNDS/TRANSFERS/CREDITS AFTER 6/1. NOTE: EXTENSIVE WALKING\*LOCATION: MORRO BAY\*BUS DEPARTS: RECREATION CENTER

#2586 Tue-Wed 8:00am-6:00pm 7/21-7/22 \$423 Double/\$473 Single