

City of Agoura Hills  
Department of Community Services

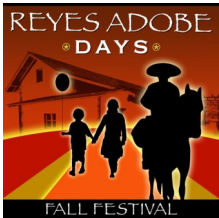
# "Senior Moments"

Recreational Programs for adults 50 +

Fall 2015  
October, November, December

## REYES ADOBE DAYS FIESTA AT THE ADOBE

Help us kick off the City of Agoura Hills "Reyes Adobe Days!" This luncheon will feature live entertainment, a "rancho" style lunch, and a tour of the Reyes Adobe Historical Site.



Thursday, October 1, 2015  
11:30AM-2:00PM  
\$10 per person Activity #1942  
Bring a friend!



[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 Supervisor

*Zach Miller*  
Recreation Manager

*Michelle Womack*  
Recreation Leader II

*Cynthia Polich*  
Administrative Secretary

*Sue Dinich*  
*Bahar Ahmadi*  
*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 & Event Center  
29900 Ladyface Court  
Agoura Hills, CA 91301  
818-597-7361

### Registration Social

Register for classes, excursions, special events and lectures. Advisory members and Senior Recreation staff will be present to answer questions. Renew your 2016 membership at this time. New Membership and Membership renewal is \$15 per calendar year.

Activity#	Day	Time	Date	Fee
#2955	Wed	10-12pm	12/2	Free

### The Regal/Lakeside Medical Group

will be presenting a series of free lectures. Lectures are held at the Recreation Center at 11:00am  
See Page 11 for Lecture Details

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

Mon, September 7th  
Wed, November 11th  
Thur & Fri, November 26th & 27th  
December 24th, 25th and 31st.  
& January 1st, 2016

Check with your program instructor for details.

### Senior Advisory Recruitment

The Senior Recreation program is seeking individuals interested in becoming part of our 2016 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 or the Agoura Hills Recreation and Event Center.



AGGOURA HILLS

# Community Service Agencies & Organizations

Agoura Hills Public Library	(818) 889-2278	United States Post Office	(818) 889-8392
Department of Motor Vehicles (DMV)	(800) 777-0133	Animal Control	(818) 991-0071
Meals On Wheels	(805) 370-4295	Las Virgenes Water District	(818) 251-2100
Medicare	(800) 633-4227	Sheriff's Dept. (non-emergency)	(818) 878-1808
Social Security	(805) 379-3427	Southern California Edison	(800) 655-4555
Cancer Support Community	(805) 379-4777	Southern California Gas Co.	(800) 427-2200
United States Post Office	(800) 275-8777	Urgent Care (Westlake Village)	(805) 379-9125
Dial-A-Ride (Agoura Hills)	(818) 707-2005	Urgent Care (Westlake Village)	(805) 373-1785
Dial-A-Ride (Calabasas)	(866) 878-2242	Urgent Care (Thousand Oaks)	(805) 469-4200
Dial-A-Ride (Thousand Oaks)	(805) 375-5467		

## Senior Concerns - A Non-Profit Organization Dedicated to Serving Seniors and Their Families Charna Posin, CSA Senior Advocate, Senior Concerns

Welcome to Autumn! A change of season is a good time to change the way we dress, the foods we eat, the places we go and the way we prepare for the holidays. Adjusting our routines makes a difference when it comes to our health, and the health and well being of our seniors.

Here are some tips to make life easier as we look forward to the colorful glow of Autumn and the frantic and festive holiday season ahead:

Check your doors and windows for cracks where heat can escape; now is the time for repairs. Inspect your fireplace. Check your heating system; clean or replace vents. Rain gutters should be clear. Keep an umbrella in your car, along with an extra jacket, blanket and flashlight. Check your garage door opener remotes and change batteries as needed. Consider putting motion detectors outside, and setting inside lights on timers, so that your walkways and entrances are well lit when you come home after dark.

Keep plenty of extra supplies at home: paper goods, laundry products and personal hygiene products, longevity snacks like fig newtons or trail mix, canned soups, and frozen prepared meals. Check medications for expiration dates and consider a first aid kit at home and in the car. Don't forget extra pet food too!

Be sure to check on seniors even if they don't live near you. When the weather changes they may stay home more, which can lead to isolation and depression. A friendly phone call and a "Thinking of You" greeting card can do wonders for reminding someone who lives alone that he or she has not been forgotten. Pace yourself using lists so you don't feel overwhelmed as the holidays draw near. Be safe and remember, "It takes a strong person to ask for help!" Happy Holidays!

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

Also Available to Seniors in All Areas, The Agoura Hills/Calabasas Community Center is separate from the Agoura Hills Recreation & Event Center. Below are activities available exclusive to the Agoura Hills/ Calabasas Center on Malibu Hills Road.

**Agoura Hills/Calabasas  
Community Center  
Community Fitness Center &  
Health Club**  
27040 Malibu Hills Rd, Calabasas  
818-880-2993

Agoura Hills/Calabasas Community Center offers Treadmills, elliptical machines, free weights and strength training machines. 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!



### Open Indoor Pickleball NEW!

Beginning September 2015! Rising in popularity across the country, this "multi-generational" activity is a great way to socialize and stay healthy! And it's easy on the knees! Bring your gear. Courts Open MWF 7-11am, \$3/drop-in or \$30/12-Visit Pass or \$200/Unlimited Annual Pass Visit Pass. Held at the AHCCC.

### West Coast Swing Dance Parties

Dancing is a great way to meet other people and stay healthy! Come to the AHCCC and see what all the hype is about. 50-80 people dance at every party. Dance shoes recommended. 3rd Saturday of each month 7:30-8:30pm: Lesson 8:30-11:30pm: Open Dancing Price: \$12 includes lesson

# Reyes Adobe Historical Site Events

## 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

### Hands-on Activities

at the Reyes Adobe

October 10 Spooktacular

Donations accepted

November 14 Turkey Time

Donations accepted

December 12 Santa @ the Adobe(\$2)

Activities are available

from 1:30—3:30pm

## 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, hosts 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. You don't want to miss this event. Cost includes a copy of "Images of America: Agoura Hills" by Susan Pascal and a goody bag!

**Call the Agoura Hills Recreation and Event center for tour date**

**Sat 1-3:00pm \$25.00**

### **NIGHT AT THE ADOBE \* AGES 21+**

Night at the Adobe Event includes: the Art Scene, tours of the Reyes Adobe Historical Site, wine & beer tasting, delicious food, and entertainment.

Please be aware that Night at the Adobe is an adult only event, for adults 21 and over only.

Location: Reyes Adobe Historical Site

#1944 Fri 6:00-9:00pm 10/2  
\$20/\$25 at door

### **Santa at the Adobe !**

Ages 3-8 years



Meet Santa and his Elves! We will have crafts, story time and more. Call the Agoura Hills Recreation & Event Center at 818-597-7361 to RSVP.

Location: Reyes Adobe Historical Site

**Activity # 2966 Saturday 1:30-3:30pm 12/12**

**\$2 per person, under 2yrs Free**

## SENIOR FITNESS CLASSES

### Senior Membership required for these Senior Fitness Classes

#### 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 Sept 7, Nov 26, Dec 24 & 31.

**Instructor: Tamara Kilpatrick \* Location: Multi-Purpose Room 1**

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
Activity # 2784	10/8-11/19	\$35 twice/week \$21once/week, \$5 drop-in fee	2:00-3:00pm	M/Th
Activity # 3043	11/23-1/7/16	\$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 #3046	8/11-9/22	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity #3047	9/29-11/3	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity #3048	11/10-12/15	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity #3049	12/22-1/26/16	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue

#### SENIOR JAZZERCISE LITE

Exercise and have fun with your friends! The class offers non-competitive atmosphere, easy to follow routine; gentle warm-ups, non-impact aerobics, muscle toning, stretching segments, and cool-down. New participants should arrive 10 minutes before class to fill out paperwork. Payments are made to Elizabeth Eaves. No class on Nov 26, Dec 24 and 31.

**Instructor: Elizabeth Eaves \* Location: Multi-Purpose Room 1 & 2**

Activity #2853	Oct - Dec	\$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! Great for strengthening the back! Our class is done sitting in a chair or standing on a Yoga Mat! Drop-in fee of \$9.00. **Instructor: Ilene Berke, Certified Yoga Therapist E-RYT 500 \* Location: Multi-Purpose Room 2**

Activity #3024	11/4-12/30	\$60 per 8 week session (No class 11/11)	11:00-12:00pm	Wed
Activity #3025	1/6/16-2/24/16	\$60	11:00-12:00pm	Wed
Activity #3034	10/30-1/8/16	\$60 (No class 11/25,12/25,1/1)	11:00-12:00pm	Fri
Activity #3035	1/15/16-3/4/16	\$60	11:00-12:00pm	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. No class Oct 1, Nov 26, Dec 24 & 31.

**Instructor: Lois Jackson \* Location: Multi-Purpose Room 1**

Activity #2972	Sept	\$10.00, \$4 drop-in	10:00-11:00am	Thu
Activity #3037	Oct	\$10.00, \$4 drop-in	10:00-11:00am	Thu
Activity #3039	Nov	\$ 7.50, \$4 drop-in	10:00-11:00am	Thu
Activity #3041	Dec	\$ 7.50, \$4 drop-in	10:00-11:00am	Thu

## Adult Fitness Classes Available to Seniors

#### PILATES FOR BUFF BONES & A STRONG BACK \* Ages 35+ Senior Membership not required

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 9/28, 11/11, 1/23 & 11/25. **Instructor: Aggie Winston \* Location: Multi-Purpose 1**

#2869	M	11:00am-12:00pm	9/14-11/30	\$80/Drop-in \$10
#2870	W	11:00am-12:00pm	9/16-12/2	\$72/Drop-in \$10
#2871	M/W	11:00am-12:00pm	9/14-12/2	\$130/Drop-in \$10

## Adult Fitness Classes Available to Seniors

**Senior Membership not required for Adult Fitness Classes**

### **MELT® Hand and Foot Introduction Workshop!**

#3075	11/7	\$35	9:30am-11:00am	Saturday
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**MELT HAND AND FOOT SERIES:** MELT® Balls will be available for sale at the series. MELT® balls are not included in class price. Prerequisite: MELT® Hand and Foot Introduction Workshop! No class 11/23 & 11/26. **Instructor:**

**Ilene Berke \* Location: Mondays in Multi-purpose 1 & Thursdays in Senior Room**

#2862	11/16-12/14	\$100	11:00am-12:00pm	Mon
#2863	11/19-12/17	\$100	6:15-7:15pm	Thu

### **MINDFULNESS MEDITATION \* Ages 18+ Senior Membership not required**

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. Please bring a mat and towel. Additional props are provided. **Instructor: Robbi La Londe—RYT 500 M.Ed \* Location: Multi**

#### **Purpose Room #1 & 2**

#2808	9:45-10:45am	9/14-10/4	\$35/Drop-in \$9	Mon
#3009	9:45-10:45am	10/12-11/2	\$35/Drop-in \$9	Mon
#3010	9:45-10:45am	11/9-11/30	\$35/Drop-in \$9	Mon

### **TAI CHI LEVELS 1 & 2 \* AGES 14+ Senior Membership not required**

This ancient Chinese discipline consisting of Meditative movements practiced as a system of exercises. It enhances relaxation, poise, balance, and strength. Drop in fee \$7. No class on 11/26, 12/24 & 12/31. **Instructor: Kimiko Kuwamoto \* Location: Multi-purpose 1&2 for Level 1 / Senior Room for Level 2 \* Senior Discount applied**

#### **Tai Chi Level 1**

#2895	2:00-3:00pm	9/29-11/3	\$36 adult/\$30 senior*	Tue
#2904	2:00-3:00pm	11/10-12/15	\$36 adult/\$30 senior*	Tue
#2901	2:00-3:00pm	10/1-11/5	\$36 adult/\$30 senior*	Thu
#2994	2:00-3:00pm	11/12-1/7	\$36 adult/\$30 senior*	Thu

#### **Tai Chi Level 2**

#2910	3:00-4:00pm	10/1-11/5	\$36 adult/\$30 senior*	Thu
#2913	3:00-4:00pm	11/12-1/7	\$36 adult/\$30 senior*	Thu

## \*FITNESS PASS PROGRAM CLASSES

**Must be a 2015 Senior Member to purchase a Senior Discount Fitness Pass**

**\*Senior Fitness Pass is \$50 for 10 classes \*Pick and choose classes that are conducive to your schedule.**

**Passes are signed off on for each class attended**

### **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 (M/W) Chris Bannister (F)\* Location: Multi-Purpose Room**

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

**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**

Fitness pass	on-going	\$50/10 classes or \$8 drop-in fee	9:00-10:00am	Sun
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# Senior Excursions

## Boarding of the Bus

• All participants who use a cane, wheelchair, or walker have the option to board the bus first. Let the tour escort know when you are signing in. • Front rows are reserved for the Tour Escort (s).

## Members and Guests

Must be a current 2015 Senior Member to enroll in the following trips. Senior members are allowed two guests per calendar year. An individual may only be a guest two times per calendar year. Enrolled guests must fill out a waiver and provide emergency contact information.

## Driver tip

• The driver tip is not included in our trip price. \*Trip locations, transportation, and time subject to change\*

## SLOTS OF FUN - CHUMASH CASINO

This Fall the group will visit Chumash Casino. Sign up and bring a friend!

Note: Light/Moderate walking. **THIS TRIP NEEDS A MINIMUM OF 18. NO REFUNDS/ TRANSFERS/CREDITS AFTER 11/4**

Shuttle Departs: Recreation Center

#2888	Wed	8:00am-6:00pm	11/18	\$15
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Registration for Gourmet Luncheons and Dinners begin on July 27th, no early registrations

## Gourmet Luncheon Group Ages 50+

\*Luncheons are once a month\*

Spend an afternoon experiencing fine restaurants, good conversation, and exploring different culinary palettes. Fee for transportation is \$5. Expect to pay \$15-\$20 for your lunch (Cash only). Depart at 11:00am with return time at 2:00pm. Note: Light/Moderate Walking. NO REFUNDS/TRANSFERS/CREDITS AT ALL FOR GOURMET LUNCHEONS. Restaurant locations: Subject to change \* Shuttle Departs: Recreation & Event Center

#2818	Wed	10/7	Duke's Griddle 'N Grill/American/Ventura
#2819	Thu	11/12	Nom Tequila Grill/Mexican/Ventura
#2820	Tue	12/1	The Local Table/American/Newbury Park

## Gourmet Social Dinner Group Ages 50+

\*Dinners are once quarterly\*

The group will be going to Lawry's to enjoy a holiday feast. The restaurant will sparkle with holiday décor, strolling carolers will serenade you during dinner, and you will be pampered with warm hospitality. The menu for the evening includes salad, Lawry's cut (10 oz), mashed potatoes, gravy, vegetable, dessert, soft drink, coffee, tea, or iced tea. This is a set holiday menu. Shuttle Departs: 3:30pm with return at 8:30pm. Note: Light/Moderate Walking. NO REFUNDS/TRANSFERS/CREDITS AT ALL FOR DINNER GOURMET. Location: Beverly Hills \* Shuttle Departs: Recreation Center

#2821	Thu	12/3	Lawry's Beverly Hills	\$78
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**Trip locations, transportation and times subject to change.  
Go to [www.agourahillsrec.org](http://www.agourahillsrec.org) to register!**

## OVERNIGHT

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### 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-Thu	8:00am-6:00pm	10/27-10/29	\$190 double/\$225 single
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## ALL INCLUSIVE DAY EXCURSIONS

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### Ojai Olive Oil Tasting Trip with Lunch

Join the group to travel to the beautiful Ojai valley beginning with 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. Note: MODERATE/EXTENSIVE WALKING, SOME STEPS. Location: Ojai \* Bus Departs Recreation Center

#2580	Wed	10:00-4:00pm	9/30	\$48
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### Warner Bros. Studio Tour with Lunch

This three hour guided tour brings you closer than ever to the legendary entertainment you know and love. View the real sets and sound stages where great names in entertainment made history. Get ready to touch and explore the 110-acre back lot that brought GRUMPY OLD MEN and YOU'VE GOT MAIL to the big screen. The Studio Tour takes you behind-the-camera to see how the magic is made. Lunch at the Studio Plaza Café follows. Note: Extensive walking and limited seating. NO REFUNDS/CREDITS/TRANSFERS AFTER 9/23 FOR THIS TRIP. Location: Burbank \* Bus Departs: Recreation Center

#2997	Wed	8:00am-3:00pm	10/14	\$85
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### Herzog Winery & Tierra Sur Dining for Lunch and Wine Tasting

Nestled within the strawberry fields and farms of Oxnard, lies Herzog Wine Cellars. Guests of the tour will experience a wine making legacy spanning nine generations. Select California grapes are produced especially for Herzog wines; after which head winemakers search out inspiring blends of aroma, flavor and color. Lunch will follow at Tierra Sur Restaurant on location at the winery. Note: Extensive walking and limited seating during tour. NO REFUNDS/CREDITS/TRANSFERS AFTER 11/5 FOR THIS TRIP. Location: Oxnard \* Bus Departs: Recreation Center

#2998	Thu	10:00am-3:00pm	11/19	\$78
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## DAY TRIPPIN' on the Shuttle

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### The Gamble House

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 9/15 FOR THIS TRIP. Location: Pasadena

\*Shuttle Departs: Recreation Center

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

Jump on the shuttle to Solvang. Shop, eat, and visit decorated downtown and do some holiday shopping. Lunch is not included. Note: Extensive walking. NO CREDITS/TRANSFERS/REFUNDS FOR THIS TRIP. Location: Santa Ynez \* Shuttle Departs: Recreation Center

# 2782	Wed	9:00am-5:30pm	12/9	\$15
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### Musical—Guys and Dolls—Limited space left

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Nathan Detroit, crap game organizer 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 , of 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 LIGHT WALKING. LOCATION:GLENDALE CENTER THEATRE \* Shuttle Departs: Recreation Center

# 2330	Sat	1:30-6:00pm	9/19	\$40
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# Arts and Culture Adult Classes Available to Seniors

## **FARHANA'S EZ INDIAN COOKING DEMONSTRATIONS \* Ages 18+**

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

### **Indian Kashmiri Vegetable Biryani and Kofta Curry**

#2745 Tue 6:00-8:00pm 9/29 \$35/\$10 materials

### **Curries and Kabobs for Halloween**

#2754 Wed 6:00-8:00pm 10/21 \$35/\$10 materials

### **Holiday Appetizers and Desserts**

#2890 Thu 6:00-8:00pm 11/19 \$35/\$10 materials

### **Indian/Continental Brunch**

#3014 Sat 11:30-1:30pm 12/12 \$35/\$10 materials

## **IGNITE YOUR CREATIVITY 18+**

Ever wonder where your creativity comes from? Or why one person has more than another? Companies strive for it and individuals want more of it. Join this unique workshop that helps you find, enhance and develop your creativity. Using a whole-body and whole-mind approach, this series of specially-tailored classes will ignite your innate creativity. What's involved is lots of fun learning and doing that awakens the once-bountiful creativity you had as a child. This course will not be dull, so prepare to be awakened, stirred, and amazed at how creative you can be. A \$10 materials fee is paid to the instructor on the first day of class. Instructor: John Storojev, former instructor at CLU, writer, inventor and true believer in unlocking the spirit of creativity in everyone.

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

## **WATERCOLOR ART CLASSES \* AGES 18+**

Absolute beginners as well as advanced artists will enjoy and learn methods of creating bright, fun, colorful, and interesting watercolors. David will teach drawing, design, color use and painting techniques through demonstrations. Students will paint their own paintings from the demonstration and receive individual help. Each student will develop an individual style and create beautiful artwork. Supply list will be mailed to you upon registration. Instructor: David Deyell \* Location: Classroom A

#2931 Tue 10/6-10/27 12:00-3:00pm \$48

#2933 Tue 11/3-11/24 12:00-3:00pm \$48

#2936 Tue 12/1-12/22 12:00-3:00pm \$48

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

**Class schedule subject to change.**

**Classes held at Agoura Hills Recreation & Event Center (818) 597-7361**

## **DIAL-A-RIDE SERVICE For information or to call for a ride, call (818) 707-2005**

**Serving the City of Agoura Hills, Malibou Lake area, and unincorporated Los Angeles County!**

### **DIAL-A-RIDE FARES:**

Trips into or out of Agoura Hills/Malibou Lake: \$1.50 per one way trip

Trips to appointment based destinations Westlake Village/Thousand Oaks/Woodland Hills \$3.00 per one way

**HOURS OF OPERATION:** 7:00am-7:00pm Mon-Fri, 9:00am - 4:00pm Sat. No Sunday or Holiday service (Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day or New Year's Day).



# Senior Year Round Activities

Are you a 2015 Senior Member? If not, register to become a current member at front desk

## Monday

**Intermediate Bridge Instruction** Activity # 2739 Instruction resumes on Sept 14th.

10:00 –10:55am On-going SunRoom Free to Current Senior Members

**Duplicate Bridge (40 players max)** Activity# 1919 YR  
11:00am-3:00pm On-going Senior Room Free to Current Senior Members

## Tuesday

**Music Appreciation** Activity # 2734YR

10:00-11:30am 1st & 3rd Tues only MPR2 Free to Current Senior Members

**Bingo—Must have four people to play** Activity# 1907 YR  
11:30-2:30pm On-going Senior Room \$.50 card

**Mah-Jongg Open Play - Bring your table/group** Activity# 1927 YR  
11:00 - 4:00pm On-going Sun Room Free to Current Senior Members

### **Book Club**

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

Activity# 2771 11:15-12:30pm 10/20 MPR1 Free to Current Senior Members

Activity# 3021 11:15-12:30pm 11/17 MPR1 Free to Current Senior Members

Activity# 3022 11:15-12:30pm 12/15 MPR1 Free to Current Senior Members

## Wednesday

**Mah-Jongg Open Play - Bring your table/group** Activity# 2738 YR

10:00 - 2:00pm On-going Sun Room Free to Current Senior Members

### **Senior Concerns Advocate**

A Senior advocate will assist with various questions and to fill out forms.

Call the Recreation Center to book an appointment (818)-597-7361.

9:00-12:00pm 10/21 Conf Room Free

9:00-12:00pm 11/18 Conf Room Free

9:00-12:00pm 12/16 Conf Room Free

**Women's Talk Around Group** Activity# 1958 YR

11:00 - 12:30pm On-going Senior room Free to Current Senior Members

**Current Events Discussion Group** Activity# 1918 YR

1:30-3:00pm On-going Senior Room Free to Current Senior Members

## Thursday

**Knitting & Crocheting Social** Activity# 1923 YR

11:00-12:30pm On-going MPR 1 Free to Current Senior Members

**Bingo—Must have four people to play** Activity# 1907 YR  
11:30-2:30pm On-going Senior Room \$.50 card

## Friday

**Duplicate Bridge (40 players max)** Activity# 1919 YR

11:00am-3:00pm On-going Senior Room Free to Current Senior Members

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

12:15 - 1:45pm On-going Conf Room Free to Current Senior Members

## Open Play

We are looking for individuals interested in playing and facilitating the following games:  
Canasta, Mexican Train, Rummy Cube, Mah Jongg. Call the center to put your name on  
an interest list. (818) -597-7631 Agoura Hills Recreation and Event Center

# Community Events

Registration is required/ Senior Membership is not required for these events:



## 127th Tournament of Roses Parade "Find Your Adventure"

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 only \$85 per person. **TICKETS SELL OUT FAST! THIS TRIP WILL OCCUR RAIN OR SHINE.** There are no refunds/transfers/credits for this trip.

**Friday, January 1, 2016 6:00am – 2:00pm**

**#2965 \$85 per person**

**Meet at Agoura Recreation and Event Center  
ALL AGES WELCOME!**



## Thanksgiving Luncheon

Bring a friend and enjoy an Fall afternoon of entertainment and have a delicious Thanksgiving meal provided by Linda's Catering! Pre-registration is required. Manna donations will be collected at the luncheon.

#2954 Wed 11:30AM-1:30PM 11/4 \$15

Registration for Pantages Trips / Pantages Series begin on July 27th, no early registrations

## 2016 Pantages Series

**Series Discount Save \$6 for signing-up for all 4 Shows**

### Dirty Dancing

A story of young love between Baby and Johnny in the summer of 1963, based on the 1987 classic movie. NOTE: MODERATE WALKING. NO REFUNDS/TRANSFERS/CREDITS/AFTER 11/30. Shuttle Departs: Recreation Center \* Dinner is on your own.

# 2980 Thursday February 4, 2016 4:30-11:00pm Fee: \$89.00

### The Illusionists

This mind-blowing spectacular showcases the jaw-dropping talents of the most incredible illusionists on earth. NOTE: MODERATE WALKING. NO REFUNDS/TRANSFERS/CREDITS/AFTER 1/13. Shuttle Departs: Recreation Center \* Dinner is on your own.

# 2981 Sat. Matinee March 5, 2016 1:00-5:00pm Fee: \$75.00

### 42nd Street

Tony Award winning song and dance fable of the American Dream story. NOTE: MODERATE WALKING. NO REFUNDS/TRANSFERS/CREDITS/AFTER 4/1. Shuttle Departs: Recreation Center \* Dinner is on your own.

#2982 Thursday June 9, 2016 4:30-11:00pm Fee: \$98.00

### Beautiful—the Carole King Musical

The Tony Award winning musical, "Beautiful" tells the inspiring true story of King's remarkable rise to stardom. NOTE: MODERATE WALKING. NO REFUNDS/TRANSFERS/CREDITS/AFTER 5/6. Shuttle Departs: Recreation Center \* Dinner is on your own.

# 2983 Thursday July 14, 2016 4:30-11:00pm Fee: \$84.00

# Community Events

**At the Agoura Hills Public Library  
29901 Lady Face Court 818-889-2278**

**Agoura Readers Book Club (Literary Fiction) 6:30pm**

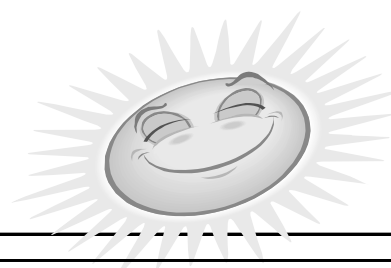
Tues, Sept 29 Lila by Marilynne Robinson  
Tues, Oct 27 A Spool of Blue Thread by Anne Tyler  
Tues, Nov 24 The Paying Guests by Sarah Waters

**Mystery Book Club 6:30pm**

Wed, Sept 2 Festive in Death by JD Robb  
Wed, Oct 7 Unquiet Dead by Ausma Khan  
Wed, Nov 4 Girl on the Train by Paula Hawkins

Newcomers are always welcome and our refreshments are supplied by the Friends of the Agoura Hills Library (FOL)

From the  
Sunshine Lady  
Get Well Soon  
Sue Wellerstein  
Phyllis Schrer  
Tamara Kilpatrick  
Ed Rich



**August 6** The Regal/Lakeside Medical Group Lectures 11:00am  
Cholesterol/Diet  
**October 8** Vegetarian Month (Introduce plant based milk & benefits),  
**December 3** Healthy Holiday Eating  
All Lectures are held at the Recreation Center at 29900 Ladyface Court RSVP (818) 597-7361

***Fall Birthdays to our Current Senior Members  
Best Wishes To:***

<b>Sally Friedl</b>	<b>1-Oct</b>	<b>Mary Agia</b>	<b>4-Nov</b>
<b>Carolyn Hensel</b>	<b>7-Oct</b>	<b>Chappie Hewson</b>	<b>12-Nov</b>
<b>Eileen Anttila</b>	<b>8-Oct</b>	<b>Rachelle Haky</b>	<b>25-Nov</b>
<b>Sybil Johnson</b>	<b>9-Oct</b>	<b>Mimmy Loftin</b>	<b>28-Nov</b>
<b>Sandra Perrin</b>	<b>11-Oct</b>	<b>Pat Beattie</b>	<b>29-Nov</b>
<b>Jeanine Dimaggio</b>	<b>15-Oct</b>	<b>Vivian Bear</b>	<b>5-Dec</b>
<b>Annette Segal</b>	<b>17-Oct</b>	<b>Warren Burgess</b>	<b>10-Dec</b>
<b>Sandi Lipsky</b>	<b>18-Oct</b>	<b>Richard Oedy</b>	<b>10-Dec</b>
<b>Marlene Levine</b>	<b>20-Oct</b>	<b>Holly Anderson</b>	<b>14-Dec</b>
<b>Thomas Gaber</b>	<b>22-Oct</b>	<b>Gerry Spivak</b>	<b>14-Dec</b>
<b>Margie Price</b>	<b>23-Oct</b>	<b>Marilyn Levine</b>	<b>19-Dec</b>
<b>Alisa George</b>	<b>29-Oct</b>	<b>DeeAnn Cloud</b>	<b>20-Dec</b>
<b>Michie Hori</b>	<b>29-Oct</b>	<b>Reidun Perderson</b>	<b>22-Dec</b>
<b>Kate Silverman</b>	<b>2-Nov</b>	<b>Naomi Finkel</b>	<b>23-Dec</b>
<b>Molly Zimmerman</b>	<b>3-Nov</b>	<b>Marilee Quinn</b>	<b>25-Dec</b>
<b>Andrea Nunnally</b>	<b>8-Nov</b>	<b>Gail Simpson</b>	<b>28-Dec</b>

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

29900 Ladyface Court  
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

**Senior Advisory  
Committee Meeting**

Held on the 2nd Tuesday of each month at 10:00am at the Agoura Hills Recreation and Event Center. Participants are welcome to attend.

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

Exercise Classes?  
Activities?  
Trips?  
Contact Xochitl or Michelle

**Our 2016 Pantages Theater Series:**

Dirty Dancing Feb 4th  
The Illusionists March 5th  
42nd Street June 9th  
"Beautiful" - Carole King Musical July 14th



**January 2016 Excursion—Broad Museum and Lakeside Bistro**

Begin with lunch at the Lakeside Bistro, located in the Westin Bonaventure. Next, visit the newly opened Broad Museum. Nearly forty years in the making, The Broad will be home to a prominent collection of postwar and contemporary art assembled by Eli and Edythe Broad. The new museum also houses a lending library, where collections are made available to museums around the globe. There are art collections of more than 200 artists, including Andy Warhol & Jean-Michel Basquiat. Note: Extensive walking and limited seating. NO REFUNDS/ CREDITS/TRANSFERS AFTER 1/6/16 FOR THIS TRIP. Location: Los Angeles \* Bus Departs: Recreation Center

#2999 Wed 10:30am-4:00pm 1/20/16

Fee: \$66

