

# "Senior Moments"

Recreational Programs for adults 50+

Volume One Winter Edition

Winter 2016

January, February, March

## One Year Anniversary Celebrations

We are reaching our first anniversary at our beautiful new facility on Ladyface Court. We have loved having our activities meet here and we enjoy our beautiful view. Sign ups begin at the Registration Social on December 2.

### Intimacy after 75

Wednesday, January 13

11:00am-12:00pm

#3514 Free

Pre-registration required

### One Year Anniversary Party

Thursday, January 21

11:00am-1:00pm

#3510 \$8

Food and Entertainment

Pre-registration required (space is limited)

[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

## Senior Services Staff

**Xochitl Ruwhiu**  
Recreation Supervisor

**Zach Miller**  
Recreation Manager

**Michelle Womack**  
Recreation Leader II

**Cynthia Polich**  
Administrative Secretary

**Sue Dinich**  
**Bahar Ahmadi**  
**Don Haney**  
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 Ct.  
Agoura Hills, CA 91301  
(818) 597-7361



AGOURA HILLS

## AGE WELL, DRIVE SMART

This program is designed to provide senior drivers the tools for driving safer and driving longer. Participants are taught how to improve their driving skills and the rules of the road, as well as learning about age related physical changes and how these changes affect driving ability. A car fit demonstration will follow the presentation. The "Age Well, Drive Smart" program is a cooperative program with CHP and the Office of Assembly member Richard Bloom. Advanced Registration is requested.

# 3478 Feb 2 Tue 10:00am-12:00pm Free

## Registration Social

Instructors, advisory members and Senior Recreation Staff will be present to answer you questions. Enjoy pastries, coffee and giveaways! Sign up for classes, excursions, and special events! Each paid member receives our quarterly newsletter with current schedules for classes and excursions. Invite your friends to come to see what our new center offers our "experienced" community.

This is a DON'T MISS Activity!

Bring your friends!

#2955 Wed 12/2 10:00am -12:00pm Free

## Support Groups

Alzheimer's Support Group for Adults & Alzheimer's Support Group for Spouses  
Caregiver and Loved Ones Support Groups begin

January 6, 2016

See Flyer Inserts for Details.

Registration is required.

## Tax Prep Services

Free tax preparation services for low to middle income seniors. FREE

See page 9 for details

## Outback Steakhouse Fundraiser

All Ages Sunday March 6

See insert to sign up.

# 3479 \$15 per meal selection

## Game Day

March 30 12:00-3:00pm Free

More information on the last page

## NEW Class-Qigong

See page 4

## Senior Advisory Recruitment

The Agoura Hills Recreation program is seeking individuals interested in becoming part of our 2016 Senior Advisory Committee. Applications available in the front office.

Deadline is Friday, January 23, 2016

The Recreation Center is closed on the following dates: Thu-Fri, Dec 24 & 25

Thu-Fri, Dec 31 & Jan 1, Monday, January 18, Monday, February 15

Check with your program instructor for details.

# 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
Dial-A-Ride (Agoura Hills)	(818) 707-2005	Urgent Care (Westlake Village)	(805) 379-9125
Dial-A-Ride (Calabasas)	(866) 878-2242	Urgent Care (Westlake Village)	(805) 373-1785
Dial-A-Ride (Thousand Oaks)	(805) 375-5467	Urgent Care (Thousand Oaks)	(805) 469-4200
Agoura Hills Recreation & Event Center	(818)597-7361		

Welcome Winter !

This holiday season think about giving from your heart instead of the department store. More than half of seniors living in skilled nursing facilities never have a visitor. This doesn't necessarily mean there's a rift in the family - very often family lives in another state, or a senior may be alone because he or she is the last living relative. It's a beautiful thing to just show up with some cookies or maybe a CD of holiday music and lift the spirits of someone who feels forgotten.

Pets need attention too. You can save a life and help yourself at the same time by adopting a pet. Pets give us unconditional love and keep our blood pressure where it should be! They provide us with loyal companionship and a reason to take a walk or pull a ball of yarn through the house. You can also volunteer to be foster pet parent through one of the many pet rescue organizations. Any and all connections that open our hearts are important as we age.

Finally, please remember that it's easy to be distracted during these busy months. Ladies hold your purse against you and keep it closed and men, keep your wallet in your front - not back - pocket. And here's a little trick for keeping track of your credit cards - never sign a restaurant bill until you've first put your card back into your wallet. You'll never leave it in a restaurant (or anywhere else) if you practice this good habit!

Be aware, be safe, and know that every act of kindness matters.

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-12:00pm. Charna Posin, CSA Patient Advocate (818) 800.3348 [charna60@me.com](mailto:charna60@me.com) email Charna with questions, 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.**

*27040 Malibu Hills Road Calabasas (818)-880-2993 [ahccc.org](http://ahccc.org)*

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

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 is 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!

#### DISCOVER PICKLEBALL!

If you've ever enjoyed tennis, you will LOVE this fast growing multi-generational sport that is sweeping the nation! It's indoor tennis played on a badminton sized court with an oversized ping pong paddle and a wiffle ball. Come to the AHCCC and let us show you how to play! Your first visit is free. Complimentary introductory lessons are offered 9:30-10:30am on Mon and Wed mornings - please email [programs@ahccc.org](mailto:programs@ahccc.org) if you are interested. Loaner equipment available, your own gear is recommended. Open Pickleball Courts: Mon/Wed/Fri 7am-11am \$3 Drop-in fee.

#### 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

## 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

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

## Fun things to do with the grandchildren!

Hands-on Crafts at the Reyes Adobe

January 9 Winter Wonderland

February 13 Be My Valentine

March 12 Spring Fling

Activities are available

from 1:30–3:30pm



## 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

**\$2 per person Under 2 Free**

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

## Breakfast with the Bunny

Saturday, March 12, 2016

10:00-11:30am

Location: Reyes Adobe Park

Activity # 3426 Call 818-597-7361 to RSVP

\$2 Adults/Children, Under 2 free

Bring the family to the Adobe and make spring time crafts, participate in our spring egg hunt, and enjoy light breakfast refreshments. Bring your own basket. Photo opportunities with the Easter Bunny



The Reyes Adobe Historical Site sends a big thank you to our Sponsors !



**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 FITNESS CLASSES

**Senior Membership is 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 Jan 18 or Feb 15.

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

Activity # 3043	11/23/15 -1/7	\$35 twice/week	\$21 once/week, \$5 drop-in fee	2:00 -3:00pm	M/Th
Activity # 3162	1/21- 3/3	\$35 twice/week	\$21 once/week, \$7 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 #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
Activity #3246	2/2 - 3/8	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity #3247	3/15 - 4/19	\$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.

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

Activity #3239	Jan-Mar	\$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	10/28-12/16	\$45 (No class 11/11&11/25)	11:00-12:00pm	Wed
Activity #3025	1/6/16-2/24/16	\$60	11:00-12:00pm	Wed
Activity #3344	3/2 - 4/20	\$60	11:00-12:00pm	Wed
Activity #3034	11/6-12/18	\$45 (No class 11/27)	11:00-12:00pm	Fri
Activity #3035	1/15 - 3/4	\$60	11:00-12:00pm	Fri
Activity #3342	3/11 - 5/13	\$60 (No class 3/25 & 4/22)	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 #3041	Dec	\$ 7.50, \$4 drop-in	10:00-11:00am	Thu
Activity #3133	Jan	\$10.00, \$4 drop-in	10:00-11:00am	Thu
Activity #3134	Feb	\$10.00, \$4 drop-in	10:00-11:00am	Thu
Activity #3135	Mar	\$ 12.50 \$4 drop-in	10:00-11:00am	Thu

### **MELT® Hand and Foot Introduction Workshop! Senior Membership not required Great for Baby Boomers or anyone that wants to stay out of chronic pain!**

#3255	2/13	\$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! 4 weeks series. **Instructor:**

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

#3253	2/22 - 3/14	\$100	11:00am-12:00pm	Mon
#3254	2/25 - 3/17	\$100	6:15-7:15pm	Thu

## Adult Fitness Classes Available to Seniors

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

### **BUFF BONES \* Ages 30+ Senior Membership not required**

This is an exercise program using bone strengthening and targeted restorative muscle building techniques to improve 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 and improve 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. No class 1/18 & 2/15. Instructor: **Aggie Winston** \* Location: Multi-purpose 1

#3262	11:00-12:15pm	1/11-3/14	\$64/Drop-in \$10	Mon
#3263	11:00-12:15pm	1/13-3/16	\$80/Drop-in \$10	Wed
#3264	11:00-12:15pm	1/11-3/16	\$125/Drop-in \$10	M/W

### **Yamuna Body Foam Rolling Deep Stretch Classes \* Ages 30+ Senior Membership not required**

Yamuna Body Rolling is a new type of stretching and core strengthening routine using 6-10" balls to stimulate bone health, and traction the full length of deep connective tissue creating space in the muscles and joints as it relieves chronic tension. It improves alignment in the entire musculoskeletal system, including the spine, and the major joints including the feet! Pre-registration is recommended. Instructor: **Aggie Winston**\* Location: Multi-purpose Room 1

#3340	12:30pm-1:45pm	1/13-2/10	\$60	Wed
#3341	12:30pm-1:45pm	2/17-3/9	\$48	Wed
# 3476	12:30pm-1:45pm	1/13-3/9	\$95	Wed

**TAI CHI LEVELS 1 & 2 \* AGES 14+ \* Membership required for discount** 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. **Instructor: Kimiko Kuwamoto** \* Location: Classroom A \***\$7.00 drop-in rate each class**

#### Tai Chi Level 1

#3303	2:00-3:00pm	1/14-3/3	\$48 adult/\$40 senior*	Thu
#3306	2:00-3:00pm	3/10-4/28	\$48 adult/\$40 senior*	Thu

#### Tai Chi Level 2

#3314	3:00-4:00pm	1/14-3/3	\$48 adult/\$40 senior*	Thu
#3317	3:00-4:00pm	3/10-4/28	\$48 adult/\$40 senior*	Thu

### **NEW CLASS-Qigong-Life Energy Cultivation**

Qigong is an ancient Chinese internal exercise and traditionally viewed as a practice to cultivate and balance qi (chi) or what has been translated as "Life Energy." **Instructor: Kimiko Kuwamoto** \* Location: MPR 1 \***\$7.00 drop-in rate each class**

#3298	2:00-3:00pm	1/12-3/1	\$48	Tue
#3309	2:00-3:00pm	3/8-4/16	\$48	Tue

## \*FITNESS PASS PROGRAM CLASSES

**Must be a 2016 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: Katie Whittaker (M/W) Cathy Kundrat (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/Fri
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# Arts and Cultural 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** \* Location: Catering Kitchen

## **An Everyday Indian Meal**

#3234 Thu 6:00-8:00pm 2/11 \$35/\$10 materials

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

Everyone can have fun and participate in this creative class. 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. Each class will begin with a demonstration with David painting and explaining how and why as he paints. 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: Multi-purpose 2

#3332 Tue 12:00-3:00pm 1/5-1/26 \$48

#3333 Tue 12:00-3:00pm 2/2-2/23 \$48

#3334 Tue 12:00-3:00pm 3/1-3/29 \$60

## **YAMUNA BODY ROLLING WORKSHOPS \* Ages 30+**

Aggie Winston is a certified Yamuna Body Rolling practitioner who teaches restorative methods to help students learn how to use a special 6-10' ball to manipulate the fascial net of connective tissue and lengthen muscles and joints and spine. Pre-registration is required. Instructor: **Aggie Winston** \* Location: Multi-purpose room 1

**Strengthen Your Spine & Abdominals** #3337 Sat 10:00am-12:00pm 1/23 \$35

**Get Happy Knees & A Balanced Pelvis** #3338 Sat 10:00am-12:00pm 2/20 \$35

**Expand Your Breath to Energize your Body & Brain** #3339 Sat 10:00am-12:00pm 3/19 \$35

## **YAMUNA BODY FOAM ROLLING DEEP STRETCH CLASSES \* Ages 30+**

Yamuna Body Rolling is a new type of stretching and core strengthening routine using 6-10" balls to stimulate bone health, and traction the full length of deep connective tissue to create space in the muscles and joints as it relieves chronic tension. It improves alignment throughout the entire musculoskeletal system, including your spine, and all the major joints including your feet! Pre-registration is recommended. Instructor: **Aggie Winston**\* Location: Multi-purpose Room 1

#3340 W 12:30pm-1:45pm 1/13-2/10 \$60

#3341 W 12:30pm-1:45pm 2/17-3/9 \$48

#3476 W 12:30pm-1:45pm 1/13-3/9 \$95

## **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!**

For more information see page 2.

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

# Senior Year Round Activities

Are you a 2016 Senior Member? If not, register to become a current member at front desk  
Registration is required. Senior Membership is required for these year round activities.

## Monday

**Duplicate Bridge (40 players max) Activity# 3374 YR**  
11:00am-3:00pm                      On-going                      Senior Room                      Free

## Tuesday

**Music Appreciation Activity # 3383 YR**  
10:30-12:00pm                      1st & 3rd Tues only Classroom A                      Free

**Bingo—Must have four people to play Activity# 3358 YR**  
11:30-2:30pm                      On-going                      Senior Room                      \$.50 card

**Mah-Jongg Open Play - Bring your table/group Activity# 3384 YR**  
11:00 - 4:00pm                      On-going                      Sun Room                      Free to

**Book Club Activity # 3360**  
Call center for book titles. Books will not be provided.  
11:15 - 12:30pm                      1/19, 2/16 & 3/15                      MPR 1                      Free

## Wednesday

**Mah-Jongg Open Play - Singles & Beginners Welcome on Wednesdays Activity# 3381 YR**  
10:00 - 1:00pm                      On-going                      Sun Room                      Free

**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                      1/20                      Conf Room                      Free

9:00-12:00pm                      2/17                      Conf Room                      Free

9:00-12:00pm                      3/16                      Conf Room                      Free

**Women's Talk Around Group Activity# 3413 YR**  
11:00 - 12:30pm                      On-going                      Senior room                      Free

**Current Events Discussion Group Activity# 3373 YR**  
1:30-3:00pm                      On-going                      Senior Room                      Free

**Caregiver Support Group for Spouses Activity# 3493 YR**  
1:00-2:30pm                      1st & 3rd Wed Conf Room                      Free

**Caregiver Support Group for Adults Activity# 3492 YR**  
7:00-8:15pm                      1st Wed                      Conf Room                      Free

## Thursday

**Knitting & Crocheting Social Activity# 3380 YR**  
11:00-12:30pm                      On-going                      MPR 1                      Free

**Bingo—Must have four people to play Activity# 3358 YR**  
11:30-2:30pm                      On-going                      Senior Room                      \$.50 card

## Friday

**Intermediate Bridge Instruction Activity # 3379**  
10:00 -10:55am                      On-going                      Sun Room                      Free

**Duplicate Bridge (40 players max) Activity# 3374 YR**  
11:00am-3:00pm                      On-going                      Senior Room                      Free

**Wisdom - Women's Discussion Group Activity# 3412 YR**  
12:15 - 1:45pm                      On-going                      Conf Room                      Free

## Open Play /Meet up groups

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. Call and ask for Xochitl if you would like to facilitate a game group.

(818)597-7631 Agoura Hills Recreation & Event Center

# Senior Excursions

Senior Membership Required for Slots of Fun, Gourmet Lunch and Gourmet Dinners

## 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 2016 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 Winter the group will visit Chumash Casino. Sign up and bring a friend! Note: Light/Moderate walking. **THIS TRIP NEEDS A MINIMUM OF 18 PARTICIPANTS. NO REFUNDS/TRANSFERS/CREDITS AFTER 12/30 FOR JANUARY TRIP and NO REFUNDS/TRANSFERS/CREDITS AFTER 3/9 FOR MARCH TRIP.**

SHUTTLE Departs: Recreation Center

#3285	Wed	8:00am-6:00pm	1/27	\$15
#3425	Wed	8:00am-6:00pm	3/30	\$15

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

## 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

#3210	Tue	1/5	Jeanette's/German/Newbury Park
#3211	Wed	2/3	The Cave/Wine Co./Ventura
#3212	Thur	3/3	Aroha/New Zealand/Westlake Village

## Gourmet Social Dinner Club Ages 50+ \*Dinners are once quarterly\*

The very special and exclusive Magic Castle is the destination for our Dinner Group. The private clubhouse for the Academy of Magical Arts, Inc. is devoted to the advancement of the ancient art of magic. You'll experience a classy and entertaining night, strolling through the rooms of a Victorian mansion to watch or even be a part of the magic and entertainment. Formal dress code is strictly enforced: dress or skirts for women (no pants), and men must wear a tie. If you do not have a tie with you, the club will lend one to you to wear for the evening. Excellent dinner selections to be made at seating. The group will have the opportunity to view two shows. One show will be private, especially for the group, with the other show held after dinner. Note: Extensive walking plus stairs; **not ADA accessible.** **NO REFUNDS/TRANSFERS/CREDITS AT ALL FOR GOURMET DINNER.** Location: Beverly Hills \* Bus Departs: Recreation & Event Center

#3213	Thu	3:30-10:00pm	3/10	\$130
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**Trip locations, transportation and times subject to change.  
Go to [www.agourahillsrec.org](http://www.agourahillsrec.org) to register!**



# Senior Excursions Winter 2016

Sign up with your friends and make a fun day of it! 2016 Senior Membership Required for Excursions and Day Trippin'

## OVERNIGHT

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### The Four Queens Las Vegas Trip

Join the group on this 3 day/2 night trip at the Four Queens Las Vegas located on Fremont Street. Your package will include a roundtrip on a deluxe motor coach, 2 nights at the Four Queens, room tax, baggage handling and a fun book per room. Note: Extensive walking \* NO REFUNDS/CREDITS/TRANSFERS AFTER 1/20 FOR THIS TRIP. Location: Las Vegas \* Bus departs: Recreation & Event Center

#3511 Mon-Wed 8:00am-6:00pm 2/22-2/24 \$162double/\$197single

## ALL-INCLUSIVE DAY EXCURSIONS

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### 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 FOR THIS TRIP. Location: Los Angeles \* Bus Departs: Recreation & Event Center

#2999 Wed 10:30am-4:00pm 1/20 \$66

### Valley Relic Museum and Lunch at The Smokehouse Restaurant

The privately owned Valley Relic Museum in Chatsworth will open especially for our group to view the vast collection of historical artifacts pertaining to the history of the San Fernando Valley. Artifacts include yearbooks, clothing, automobiles and bicycles. After our private tour, we will lunch at the Award winning Smokehouse Restaurant, a favorite for locals for years. Note: Extensive walking. Location: Chatsworth/Burbank \* Bus Departs Recreation & Event Center

#3512 Thu 8:30-2:00 2/18 \$80

### Santa Anita Race Track and Lunch

This trip includes reserved seating, racing program, and a professional handicapper to go over the day's races in the Sierra Vista Terrace. Lunch is a catered buffet. Group will be in an indoor area. Note: Light/Moderate Walking. BUS LEAVES PROMPTLY AFTER THE 7TH RACE. REFUNDS/CREDITS/TRANSFERS GRANTED ONLY IF YOUR SEAT CAN BE FILLED. Location: Arcadia \* Bus Departs: Recreation & Event Center

#3424 Thu 9:30am-5:30pm 3/24 \$70

## THEATER - NOT INCLUSIVE EXCURSION

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### Patty Duke as Mary Lincoln

Toward the end of her life, Mary Lincoln shares her stories, memories, and personal recollections. Patty Duke stars in an evening that is funny, heartbreaking, and captivating, and sets the record straight about who this fascinating woman really was. Dinner is on your own. . NO REFUND/TRANSFERS/CREDIT AFTER APRIL 8. Location: Burbank \* Bus Departs: Recreation & Event Center

#3482 Thur 4:30 - 11pm 4/28 \$48

See Page 9 for Details on Our Pantages Series for 2016 !

## DAY TRIPPIN' ON THE SHUTTLE

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### Butterfly Preserve

Join us as we go out to the Butterfly Preserve in Goleta to see the thousands of Monarch Butterflies. We will have a guided tour with lunch to follow. Wear layers of clothes and comfortable walking shoes. The area is not ADA accessible. Lunch will be on your own and is not included in the price. NOTE: Extensive Walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 12/23 FOR THIS TRIP. Location: Goleta \* Shuttle Departs: Recreation & Event Center

#3161 Thurs 8:30am-5:00pm 1/7 \$20

### Santa Barbara International Orchid Show

The Orchid Show is one of the largest and oldest Orchid shows in the United States. Visitors delight in displays of blooming orchids with lush colors and fragrances. Visitors will also be able to purchase orchids to bring home. Food will be available for purchase at the site. Lunch will be on your own and is not included in the price. NOTE: Extensive Walking. NO REFUNDS/CREDITS/TRANSFERS AFTER 2/19 FOR THIS TRIP. Location: Santa Barbara \* Shuttle Departs: Recreation & Event Center

#3440 Fri 8:30am-5:00pm 3/4 \$27

# Community Events

Registration is required



**Our Tax Prep Team with Mayor Illece Buckley-Weber**

## Tax Preparation Day

Free tax preparation services for low to middle income seniors. Our tax preparers are trained through IRS and AARP to file your state and federal 2015 tax returns. Last appointment will be seen at 2:00pm. Call (818) 597-7361 to set up your appointment. *By appointment only!* **Appointments accepted beginning January 4, 2016.** Location: Conference Room - Agoura Hills Recreation & Event Center  
Wed 9:00am-3:00pm 2/3-4/13 FREE

## Tech Help

Do you need help with your cell phone, ipad, iphone, tablet, etc.? We are working on bringing you a program that can help you. Look for more information in January or February 2016.

## 127th Tournament of Roses Parade "Find Your Adventure" 2016 Theme

Spectators will be delighted in the tradition and pageantry of the magnificent floral floats, high stepping equestrians, and spirited marching bands. Registration fee includes bus transportation and reserved bleacher seats. Reserved bleacher seating will be on 1630 E. Colorado Blvd. Participants will ride in style aboard a comfortable coach bus. **TICKETS SELL OUT FAST! THIS TRIP WILL OCCUR RAIN OR SHINE. THERE ARE NO REFUNDS/TRANSFERS/CREDITS FOR THIS TRIP.** Location: Pasadena \* Bus Departs: Recreation & Event Center

Activity #2965 Fri January 1, 2016 6:00am – 2:00pm \$85 per person



## 2016 Pantages Series

**Sign up for entire series and Save \$4 Dinner is on your own for all 3 trips.**



### 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. Location: Los Angeles \*Bus Departs: Recreation & Event Center \* Dinner is on your own.

# 2980 Thursday February 4 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. Location: Los Angeles \*Bus Departs: Recreation & Event Center \* Dinner is on your own.

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

### 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. Location: Los Angeles \*Bus Departs: Recreation & Event Center \* Dinner is on your own.

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

New participants should call the Recreation Center before attending a program.

Schedules subject to change.

**Agoura Hills Recreation Center (818) 597-7361 [www.agourahillsrec.org](http://www.agourahillsrec.org)**

# Community Events

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

<p><b>At the Agoura Hills Public Library</b>  <b>29901 Lady Face Court (818) 889-2278</b>  <b>All Ages Invited ! Refreshments supplied by Friends of the Agoura Library</b>  <b>Agoura Readers Book Club (Literary Fiction)</b>  <b>6:30-7:30pm 4th Tuesdays</b>                  Tue, 1/26 Only Time Will Tell by Jeffrey Archer                  Tue, 2/23 Interestings by Meg Wolitzer  <b>Mystery Book Club 6:30-7:30pm 1st Wednesdays</b>                  Wed, 12/2 Talented Mr. Ripley by Patricia Highsmith                  Wed, Jan 6 Final Silence by Stuart Neville                  Wed, Feb 3 The Dante Club by Matthew Pearl</p>	<p><b>The Regal/Lakeside SENIOR LECTURE SERIES</b></p> <p>The Regal/Lakeside Medical Group Lectures Senior Program Health Lectures presents a series of lectures by Regal Medical and Lakeside Group. All lectures are held at the Agoura Hills Recreation &amp; Event Center, located at 29900 Ladyface Court in Agoura Hills. Please RSVP at (818) 597-7361.</p> <p><b>Health and Wellness Lecture</b>                  #3215 Thu 11:00am-12:00pm 2/4 FREE</p> <p><b>Health and Wellness Lecture</b>                  #3331 Thu 11:00am-12:00pm 3/3 FREE</p>
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## Happy Winter Birthdays to Our Current Senior Members!

Our current Senior members are helping us to build a strong foundation for our Senior Programs here at Agoura Recreation and Event Center. Thank you for all that you do for our community and our beautiful new center.

### January

- 1/1 Rose Topliss
- 1/6 Margaret Graham
- 1/9 Patricia Lapinski McKee
- 1/14 Bernie Winner
- 1/21 Wanda Burko
- 1/21 Maddie Hellman
- 1/24 Rachel Perlitsh
- 1/29 Ellen Feldman
- 1/29 Diane Goldstein

### February

- 2/7 Eleanor Berl
- 2/8 T. Mahin Gharib
- 2/8 Barbara Krupin
- 2/8 Lylene Sheets

### February

- 2/14 Phyllis Sehrer
- 2/15 Carol Kinard
- 2/16 Arlene Silverman
- 2/17 Patricia Morgan
- 2/18 Theresa Simburger
- 2/19 Judy Williams
- 2/20 Paul Waller
- 2/21 Susan Lopez-Tym
- 2/22 Joyce Buckley
- 2/27 Beverly McLendon
- 2/28 Bobbie Fuhlage

### March

- 3/1 Paula Russo
- 3/3 Debbie Berry

### March

- 3/8 Susan Csergo
- 3/9 Margorie Kerbeck
- 3/9 Helaine Portnoy
- 3/10 Jack Albright
- 3/10 Ruth Baker
- 3/18 Dorus Heller
- 3/18 Catherine Lobue
- 3/25 Shaney Bogartz
- 3/27 Catherine Cook
- 3/27 Patricia Gaber



## New Programs Announced!

We are now offering 2 New Support Groups Assisting with Caregivers, Spouses and Family of Loved one's with Alzheimer's, Dementia, Parkinson's, cancer or other diseases. If you would appreciate a safe and welcoming environment to share stories, gain support and give support to others, and if you need new ideas then please join us.

Activity # 3493 Caregiver Support Group for Spouses	1st and 3rd Wednesdays each month	1:00-2:30pm	FREE
Activity # 3492 Caregiver Support Group for Adults	1st Wednesdays each month	7:00-8:15pm	FREE



**Local artist Ruth Drobman**, donated this beautiful watercolor which decorates our halls here at the Recreation and Event center. Ruth Drobman is an artist, designer, mother, and she proudly states that she is a holocaust survivor. Ruth was born in Berlin. She and her sister left for Sweden to provide for themselves by doing housework. A relative who lived in Hollywood, got the paperwork in order to bring Ruth over in 1939. Ruth supported herself by doing housekeeping, when she was asked to leave her housekeeping job to do childcare for a young girl. Fate brought together Ruth and her husband to be, who was the brother of the child Ruth cared for. Ruth was married for 60 years and has 4 children. She attends Jazzercise, Women's Talk Around Group and WISDOM Women's Discussion Group here at Agoura Hills Recreation & Event Center.

Ruth is 92 years old and we are so happy to have her example of energy and talent. Ruth also has her artwork displayed at the Agoura Hills and Thousand Oaks Libraries. Ruth is "happy to be here," she stated with a smile.

City of Agoura Hills  
Department of Community  
Services  
Agoura Hills Recreation & Event  
Center  
29900 Ladyface Court  
Phone: (818) 597-7361  
Fax: (818) 597-7365  
Senior Program Hours: Monday-Friday

PRSR 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 & 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

**GAME DAY \* Ages 50+**  
Learn how to play a variety  
of games. Instruction will be  
provided. Call the Recreation  
Center to sign up. Bring a  
friend! #3430  
Wed 12:00-3:00pm 3/30  
FREE



CITY of CALABASAS



**Save the Date!**

**Tri-Cities Senior Expo \* Ages 50+**  
Wednesday, May 4, 2016 from 10:00am-2:00pm  
#3428 \* FREE

Senior Expo sponsored by cities of Agoura Hill, Calabasas and Westlake Village

### Screenings \* Freebies \* Lecture \* Entertainment

The first 200 people to R.S.V.P. at (818) 597-7361 by April 22 will receive a free lunch. FREE Shuttle Service available from the Agoura Hills Recreation Center and the Westlake Village Civic Center to go to the Agoura Hills/Calabasas Community Center, located at 27040 Malibu Hills Rd. in Calabasas.