

# "Senior Moments"

Recreational Programs for Adults 50+

**Spring 2016**

April, May, June

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

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## Senior Services Staff

**Xochitl Ruwhiu**  
Recreation Supervisor

**Zach Miller**  
Assistant Director of  
Community Services

**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 Center  
29900 Ladyface Ct.  
Agoura Hills, CA 91301  
(818) 597-7361



AGGOURA HILLS

## May is Older Americans Month !

The Agoura Hills Senior Program is Pleased to be  
Celebrating with these activities for our Seniors:

- 5/4 Wed Tri Cities Senior Expo See Page 8 for more information
- 5/4 Wed "Living Healthy & Strong is Bone Deep"
- 5/5 Thu "Celebrating Women in Our Lives"
- 5/11 Wed 10 Warning Signs of Alzheimer's  
presented by Ken Madan, Interim Healthcare
- 5/17 Tue Decades and Diamonds celebrates our Members who are 90+ \*
- 5/24 Tue "Celebrating Men in Our Lives"

Activities are open to the public

\*Decades and Diamonds honors current Senior Members

## Friends of the Agoura Hills Senior Program OUTBACK STEAKHOUSE FUNDRAISER

Fundraiser to benefit Friends of the Agoura Hills Senior Center  
Help Support Senior Programs!

**Sunday, March 6 12:00-2:00pm**

Activity #3479 \$15 per person, please make meal selection upon registration. Choice of  
Salmon, Steak or Chicken with steamed vegetables, chopped salad and choice of  
coffee, tea, or soda. Gratuity not included.

## Agoura Hills Senior Program Membership

**\$15 A Calendar Year**

Upon renewal, all members will need to sign  
their membership form for the 2016 year.  
Review, update and add emergency phone  
numbers.

## GAME DAY

Ages 50+ \* FREE

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  
See Flyer Insert.

The Recreation Center is closed on the following dates:  
Memorial Day-Monday, May 30th

# 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
Agoura Hills Rec & Event Center	(818) 597-7361	Southern California Gas	(800) 427-2200
Agoura Hills City Hall	(818) 597-7300	Southern California Edison	(800) 655-4555
Social Security	(805) 379-3427	United States Post Office	(800) 275-8777
Cancer Support Community	(805) 379-4777	Urgent Care (Westlake Village)	(805) 379-9125
Dial-A-Ride (Thousand Oaks)	(805) 375-5467	Urgent Care (Westlake Village)	(805) 373-1785
Dial-A Ride (Calabasas)	(866) 878-2242	Urgent Care (Thousand Oaks)	(805) 469-4200
Dial-A-Ride (Agoura Hills)	(818) 707-2005	Medicare	(800) 633-4227

## Welcome to the Senior Concerns Advocates Column

### Celebrate Spring!

As we shake off our coats and boots and turn towards the brighter hues of Spring, pause for a moment and remember that every day matters. Believe it or not, every month holds dozens of little known, sometimes inspiring and often amusing "holidays." Here are just a few examples from April, May and June: APRIL is International Guitar Month, National Poetry Month and Keep America Beautiful Month. And within the month of April we can find Library Week, Organize Your Files Week and National Karaoke Week. There are also specific days which mark an occasion beyond April Fool's Day; April 1st is also International Fun at Work Day and April 5th is Go For Broke day! Seniors might especially enjoy Golfer's Day (April 10th) and some of you might even be able to recall something pleasant on April 14th: Ex-Spouse Day! MAY always makes me think of Mother's Day - and this May my mother turns 96 - which makes me appreciate that May is also Older American's Month. It's National Bike Month and National Recommitment Month too. May 1st is May Day and shares the spotlight with Loyalty Day and Mother Goose Day. May 2nd is Brothers & Sisters Day and I'm guessing many of you already know May 4th is Star Wars Day! Get your pedicures on May 8th: No Socks Day, and remember our heroes as the month comes to an end on Memorial Day.

In JUNE we'll find Donut Day sweetening that first Friday. Did you know you can Enjoy Blame Someone Else Day on June 13th? How about World Juggling Day (June 14th) or Take Your Dog To Work Day: June 20th. I'd love to take my cats to work, but they have no interest in participating.

How did you celebrate Spring as a child? How do you celebrate now? Gardening, Spring cleaning, garage sales, hopscotch on the sidewalk or tether ball around an old tree? Senior Concerns Advocates are available by telephone, by appointment in our Thousand Oaks offices Monday-Friday, and at the Agoura Hills Recreation & Event Center on the third Wednesday of each month from 9:00am - 12:00 pm or email Charna with questions @ [charna@seniorconcerns.org](mailto:charna@seniorconcerns.org). Charna can be reached @ 818-800-3348.

### 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*

### 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!

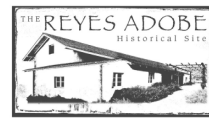
If you've ever enjoyed tennis, you will LOVE this fast growing multi-generational sport that is sweeping the nation! It's indoor tennis played on a badminton sized court with an oversized ping pong paddle and a wiffle ball. Come to the AHCCC and let us show you how to play! Your first visit is free. 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

[www.reyesadobe.com](http://www.reyesadobe.com)

2<sup>ND</sup> SATURDAY @ THE ADOBE  
Fun things to do with  
the grandchildren!

Join Us the 2nd Saturday of every month at the  
Reyes Adobe. Historical Site to participate in  
hands-on-activities.

- # 3568 Sat 1:30-3:30pm 4/9 Spring Fun
- # 3569 Sat 1:30-3:30pm 5/14 Mother's Day
- # 3570 Sat 1:30-3:30pm 6/11 Father's Day

Free Activities

Ages 3-8 Suggested

Call 818-597-7361 to register

## REYES ADOBE HISTORICAL SITE SEEKING VOLUNTEERS

The Reyes Adobe Historical Site offers a variety of volunteer positions for teens to adults. Volunteers can assist with special events, community events, tours and more. To become a volunteer or for more information, contact the Agoura Hills Recreation & Event Center at (818) 597-7361.



VOLUNTEER AT THE ADOBE!

## Saturday May 14th

Summer Movie in the Park

“SpongeBob: Sponge Out of Water”

Movie begins at dusk

30400 Rainbow Crest Dr.

At Reyes Adobe Park



## 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 (Thousand Oaks)	(805) 375-5467
Dial-A Ride (Calabasas)	(866) 878-2242
Dial-A-Ride (Agoura Hills)	(818) 707-2005*

## 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 on Monday May 30.

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

Activity # 3162	1/21- 3/3	\$35 twice/week	\$21 once/week, \$7 drop-in fee	2:00 -3:00pm	M/Th
Activity # 3613	3/7 - 4/14	\$35 twice/week	\$21 once/week, \$5 drop-in fee	2:00 -3:00pm	M/Th
Activity # 3616	4/18-5/26	\$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 #3247	3/15 - 4/19	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity #3685	4/26 - 5/31	\$21 per 6 week session, \$4 drop-in	10:00-11:00am	Tue
Activity #3687	6/7 - 7/5	\$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	Apr-June	\$34 per month	8:45-9:45am	Tue/Thu
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### **YOGALATES**

Chair Yoga with a Pilates flair! A gentle Yoga class in a chair using and incorporating Pilates movements and breath to strengthen the core! 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. Sessions are 8 weeks. No class on 6/22, 6/24, 6/29, 7/1**

Activity # 3344	3/2 - 4/20	\$60	11:00-12:00pm	Wed
Activity #3783	4/27- 6-1	\$60	11:00-12:00pm	Wed
Activity #3784	6/8 - 7/27	\$60 (No class on 6/22 & 6/29)	11:00-12:00pm	Wed
Activity #3342	3/11 - 5/13	\$60	11:00-12:00pm	Fri
Activity #3781	5/20 - 7/15	\$60 (No class on 6/24 & 7/1)	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. **Instructor: Lois Jackson**

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

Activity #3135	Mar	\$ 12.50 \$4 drop-in	10:00-11:00am	Thu
Activity #3579	Apr	\$ 10.00 \$4 drop-in	10:00-11:00am	Thu
Activity #3580	May	\$ 10.00 \$4 drop-in	10:00-11:00am	Thu
Activity #3581	June	\$ 12.50 \$4 drop-in	10:00-11:00am	Thu



**First Time Fitness Participants, please arrive early to register for classes.**

**Drop in Participants, please arrive early to pay drop in fee.**

**Fitness Pass Holders, please arrive early to have your pass signed each time.**

**Please Check in with Instructors for Schedule Changes**

## 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. **Participants must be able to get up and down from the floor unassisted.** No class 5/4. Instructor: **Aggie Winston** \* Location: Multi-purpose 1

#3596	Mon	11:15am-12:30pm	4/4-5/23	\$64/Drop-in \$10
#3597	Wed	11:15am-12:30pm	4/6-5/25	\$56 Drop-in \$10
#3598	M/W	11:15am-12:30pm	4/4-5/25	\$104/Drop-in \$10

#### **YAMUNA BODY ROLLING \* Ages 30+ Senior Membership not required**

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 fascia net of connective tissue and lengthen muscles and joints and spine. Pre-registration is required. **Participants must be able to get up and down from the floor unassisted.** Bring your own yoga mat, and towel/yoga blanket. Instructor: **Aggie Winston** \* Location: Multi-purpose room 1

#### **Save Your Feet and put the Spring back in your Step**

#3778 Sat 10:00-12:00pm 4/23 \$35

#### **Save Your Shoulders and Upper Back Workshop**

#3779 Sat 10:00-12:00pm 5/14 \$35

**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. 8 week sessions.. Drop in fee \$7. **Instructor: Kimiko Kuwamoto** \* Location: Classroom A

#### Tai Chi Level 1

#3750 Thu 2:00-3:00pm 3/10- 4/28 \$48 adult/\$40 senior\*

#3753 Thu 2:00-3:00pm 5/5 - 6/23 \$48 adult/\$40 senior\*

#### Tai Chi Level 2

#3756 Thu 3:00-4:00pm 3/10- 4/28 \$48 adult/\$40 senior\*

#3759 Thu 3:00-4:00pm 5/5 - 6/23 \$48 adult/\$40 senior\*

#### **NEW CLASS-Qigong-Life Energy Cultivation \* Membership required for discount**

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**

#3716 Wed 2:00-3:00pm 5/4 - 6/22 \$48 adult/\$40 senior\*

#3718 Wed 2:00-3:00pm 6/29-8/17 \$48 adult/\$40 senior\*

## \*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) Lisa Wildermuth (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

#### **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

# 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

## **A Do ahead Indian Vegetarian Dinner**

#3261 Thu 6:00-8:00pm 4/14 \$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 \$15.00 Drop-in Fee

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

#3773 Tue 12:00-3:00pm 4/5-4/26 \$48

#3774 Tue 12:00-3:00pm 5/3-5/31 \$60

#3775 Tue 12:00-3:00pm 6/7-6/28 \$48

## **BASIC DOG OBEDIENCE \* AGES 18+**

Learn how to be the leader of your pack! This class will teach you how to build a foundation in Basic Obedience commands. Basic Obedience commands taught include: leash manners, heel, sit, stay, pillow stay with distractions, down, down stay, and come when called. This class will teach you how to understand your dogs' behavior and how to modify the bad behaviors into good ones. Note: Do not bring dogs to first class. Minimum Dog Age: 16 weeks.

Instructor: **Xaviera Ladd** \* Location: Forest Cove Park

#3800 Sun 12:00-1:00pm 4/3-5/1 \$69

## **4TH OF JULY AT THE HOLLYWOOD BOWL**

**\* Ages 18+**

Performance features Chicago with Fireworks Spectacular to follow. You can bring your picnic basket or purchase food at the Bowl. NOTE: Walking up steps and inclines are involved. NO REFUNDS/ CREDITS/ TRANSFERS AFTER 5/8 FOR THIS TRIP.

Location: Hollywood \* Bus Departs: Recreation Center

#3431 Mon 5:30-11:30pm 7/4 \$70



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

**Intermediate Bridge Instruction** Sun Room

Activity # 3379 10:00 –10:55am On-going Free

**Duplicate Bridge (40 players max)** Senior Room

Activity # 3374 YR 11:00am-3:00pm On-going Free

## Tuesday

**Music Appreciation** Classroom A

Activity # 3383 YR 10:30-12:00pm 1st & 3rd Tues Free

**Bingo—Must have four people to play** Senior Room

Activity# 3358 YR 11:30-2:30pm On-going \$.50 card

**Mah-Jongg Open Play - Bring your table/group** Sun Room

Activity# 3384 YR 11:00 - 4:00pm On-going Free

**Book Club** MPR 1

Call center for book titles. Books will not be provided. 3rd Tuesdays .

Activity # 3360 11:15 - 12:30pm 4/19, 5/17 & 6/21 Free

## Wednesday

**Mah-Jongg Open Play - Singles & Beginners Welcome on Wednesdays** Sun Room

Activity# 3381 YR 10:00 - 1:00pm On-going Free

**Senior Concerns Advocate** Conference Room

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

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

3rd Wednesday 9:00am-12:00pm 4/20 Free

3rd Wednesday 9:00am-12:00pm 5/18 Free

3rd Wednesday 9:00am-12:00pm 6/15 Free

**Women's Talk Around Group** Senior room

Activity# 3413 YR 11:00 - 12:30pm On-going Free

**Current Events Discussion Group** Senior Room

Activity# 3373 YR 1:30-3:00pm On-going Free

**Caregiver Support Group for Spouses** Conf Room

Activity# 3493 YR 1:00-2:30pm 1st & 3rd Wed Free

**Caregiver Support Group for Adults** Conf Room

Activity# 3492 YR 7:00-8:15pm 1st Wed Free

## Thursday

**Knitting & Crocheting Social** MPR 1

Activity# 3380 YR 1:00-12:30pm On-going Free

**Bingo—Must have four people to play** Senior Room

Activity# 3358 YR 11:30am-2:30pm On-going \$.50 card

## Friday

**Duplicate Bridge (40 players max)** Senior Room

Activity# 3374 YR 11:00am-3:00pm On-going Free

**Wisdom - Women's Discussion Group** Conf Room

Activity# 3412 YR 12:15 - 1:45pm On-going 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 Spring 2016

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 Spring 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 3/9 FOR MARCH TRIP and NO REFUNDS/TRANSFERS/CREDITS AFTER 5/2 FOR MARCH TRIP.**

SHUTTLE Departs: Recreation Center

#3425	Wed	8:00am-6:00pm	3/30	\$15
#3736	Wed	8:00am-6:00pm	5/18	\$15

**\*\*IMPORTANT NOTE: GOURMET LUNCHEONS WILL NOT BE OPEN FOR REGISTRATION UNTIL March 7th\*\***

## 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

#3646	Tue	11:00am-2:00pm	4/5	Casa De Soria/Mexican/Ventura
#3647	Wed	11:00am-2:00pm	5/12	Anarbagh/Indian/Westlake Village
#3648	Thu	11:00am-2:00pm	6/1	The Italian Job Café/Italian/Oxnard

**\*\*IMPORTANT NOTE: GOURMET DINNER WILL NOT BE OPEN FOR REGISTRATION UNTIL March 7th\*\***

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

Dinner will be at the lovely El Encanto Resort, one of the most iconic hotels in Santa Barbara. The El Encanto sits high in the hills of the Santa Barbara Riviera. A landmark since the 1920s, its original architectural features have been lovingly brought back to life with modern additions. A copy of the menu is available in the office. Depart at 4:00pm with return to 10:00pm. Note: Light/Moderate Walking. **NO REFUNDS/TRANSFERS/CREDITS AFTER 5/1 FOR DINNER GOURMET.** Location: Los Angeles \* Shuttle Departs: Recreation Center

#3649	Thu	4:00-10:00pm	6/9	\$113
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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 Spring 2016

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

## ALL-INCLUSIVE DAY EXCURSIONS -----

### Los Angeles Cathedral Tours at St Vincent de Paul & St. Sophia's with Lunch at San Antonio Winery

Join us as we will begin our day on a docent led tour the St. Vincent de Paul Cathedral. Built in the 1920's this historical cathedral will leave you breathless when you take in the sight of the ornate High Altar, and stunning stained glass. Next, we will have a guided tour Saint Sophia's Greek Orthodox Cathedral in Los Angeles to learn of its history and architecture. This Byzantine cathedral was completed in 1952 and is considered by many to be one of the most beautiful in the western hemisphere. Finally, we will lunch at the beautiful San Antonio Winery in the heart of Los Angeles. Lunch is all inclusive but does not include wine. Note: Extensive walking and limited seating. NO REFUNDS/CREDITS/TRANSFERS AFTER 3/28 FOR THIS TRIP. Location: Los Angeles \* Bus Departs: Recreation & Event Center

#3845 Tue 9:30am-4:00pm 4/12 \$55

### Cal Tech Architecture Tour and Lunch at the Athenaeum

Discover the history and beauty of the Cal Tech Campus Architecture, a compliment to the great city of Pasadena. Participants will see how architect Bertram Goodhue, used "shaded portals, sheltering walls, and Persian pools," so that scientists and engineers would become more aware of the aesthetic values of life. Television hits such as Big Bang Theory, Numbers and Modern Family have been filmed on campus. **Lunch will be buffet style at the member only renowned ATHENAEUM**, a private club completed in 1930. Note: Extensive walking and limited seating. NO REFUNDS/CREDITS/TRANSFERS AFTER 5/2 FOR THIS TRIP. Location: Pasadena \* Bus Departs: Recreation & Event Center

#3559 Thu 8:30am-4:00pm 5/26 \$65

### Peterson Automotive Vault Tour and Lunch at the Taylor Steakhouse

Take an exclusive "behind the scenes" tour of a collection that is not on display for the general public. A docent will guide you through the Vault while sharing stories about a selection of the cars in our diverse collection. Visitors will see turn-of-the-twentieth-century cars, head-of-state cars, cars belonging to Hollywood legends and award-winning hot rods. A few examples include a 1952/1956 Chrysler Imperial Parade Phaeton used by Presidents Eisenhower and Nixon; a 1923 Rolls-Royce owned by legendary actor Fred Astaire; the gold-plated, two-time AMBR (America's Most Beautiful Roadster) winning roadster "Golden Star;" and the 30<sup>th</sup> of only 50 innovative Tuckers ever built – all in 1948. Lunch will be at the iconic Taylor Steakhouse in Los Angeles. NO REFUNDS/CREDITS/TRANSFERS AFTER 6/1 FOR THIS TRIP. Location: Los Angeles \* Bus Departs: Recreation & Event Center

#3846 Thu 8:30am-3:30pm 6/16 \$75

## DAY TRIPPIN' ON THE SHUTTLE -----

### Ojai Lavender Festival

Join us for a day of fun at the Lavender Festival in Libbey Park, Ojai. Over 100 vendors selling all types of Lavender items and more. Music on a stage all day long. Anyone for lavender lemonade? Lunch is not included. Note: Extensive walking. Note: NO REFUNDS/CREDITS/TRANSFERS AFTER 6/10 FOR THIS TRIP. Location: Ojai \* Shuttle Departs: Recreation & Event Center

#3612 Sat 9:00am-5:00pm 6/25 \$15

## NON-INCLUSIVE EXCURSIONS -----

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

Performance features Chicago with Fireworks Spectacular to follow. You can bring your picnic basket or purchase food at the Bowl. NOTE: Walking up steps and inclines are involved. NO REFUNDS/ CREDITS/ TRANSFERS AFTER 5/8 FOR THIS TRIP. Location: Hollywood \* Bus Departs: Recreation Center

#3431 Mon 5:30-11:30pm 7/4 \$70

# Community Events

Early Registration is Suggested

**Agoura Hills Senior Program in Partnership with Senior Concerns Presents  
PATH TO POSITIVE AGING SERIES  
FREE**



**WILL YOU PASS YOUR NEXT DRIVING TEST?**  
#3675 Wednesday, March 9, 2016 11:00am-12:30pm

**SOCIAL SECURITY: THINK IT DOESN'T MATTER? THINK AGAIN!**  
#3566 Thursday, April 7, 2016 5:50-7:00pm

**10 WARNING SIGNS OF ALZHEIMER'S**  
#3567 Wednesday, May 11, 2016 11:00am-12:30pm

**HEAR WHAT YOU'VE BEEN MISSING**  
#3857 Monday, June 27, 2016 5:30-7:30pm

**TO RESERVE YOUR SEAT**

Call (818) 597-7361, at the front desk or online at [www.agourarec.org](http://www.agourarec.org)

**Located at: Agoura Hills Recreation & Event Center  
29900 LadyFace Court Agoura Hills**

**Light refreshments Served.**

## Caregiver Support Groups

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.

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

# Community Events



## 19TH ANNUAL TRI-CITIES SENIOR EXPO

Wed. May 4, 2016 from 9:00 - 1:30

**FREE \* Lectures \* Screenings \* Entertainment**

Held at the Agoura Hills/Calabasas Community Center  
located at 27040 Malibu Hills Rd. in Calabasas

Free lunch to the first 200 people to R.S.V.P. at (818) 597-7361

Free shuttle Service available from the Agoura Hills Recreation Center and the  
Westlake Village Civic Center to the Expo.

## ONE CITY ONE BOOK AGOURA HILLS READS

**Book Selection – “Keep Moving” by Dick Van Dyke**

**“Keep Moving” book for sale. Mr. Van Dyke will be signing autographs.**

Friday Night Fun with Dick Van Dyke at the Agoura Hills Recreation & Event Center on April 15, 2016  
Including a Humorous Discussion about aging by Dick Van Dyke – FREE.

Every space will feature an activity that Mr. Van Dyke attributes to his youthful persona.

Light meal included by Jersey Dogs and Hugo’s.

Wes Van Dyke is the Featured Art Display and will be painting.

Live music featuring the Vantastics.

Activity # 3432      FREE 4/15    6:00-8:00 pm    Must register space limited

## Shout Out to our Current Senior Members! Happy Birthday To You!

April		May		June	
Robert Thau	4/2	Tom McKibben	5/1	Sharon Taylor	5/21
Darlene Adford	4/3	Katie Papouchian	5/3	Paul Maran	5/24
Michael Taback	4/3	Trudy Willauer	5/6	Ron Rishe	5/24
Florence Mason	4/4	Lois Jackson	5/9	Sandy Glaser	5/26
Shelly Melnick	4/5	Lorene Hampton	5/11	Jayant Mehta	5/28
Shirley Cocannon	4/7	Dee Metzger	5/15	Kenneth Myslik	5/28
Joyce Sherman	4/21	Katie Papouchian	5/19	Ellen Wohl	5/30
Harriet Anderson	4/24				
Susan Kirsten	4/30				
				Jeri Weiss	6/2
				Johanna Friedman	6/6
				Judy Taback	6/7
				Evelyn Ross	6/23



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

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

**Agoura Hills Recreation & Event Center**  
29900 Ladyface Ct.  
Agoura Hills, CA 91301  
Phone: (818) 597-7361  
Fax: (818) 597-7365

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

Current Resident or

## **Reyes Adobe Days 2016**

**Our committee is seeking donations of the following items:**  
Empty paper towel cardboard rolls & Empty toilet paper cardboard rolls  
Yarn of all kinds

**Drop off at the Agoura Hills Recreation & Event Center**  
Be a Part of the event by Donating!

