

# "Senior Moments"

*Recreational Programs for adults 50+*

**Spring 2017**

April, May, June

## THANK YOU!

To everyone who attended the Outback Steakhouse Fundraiser. This event wouldn't have been possible without you!  
Proceeds benefit Friends of the Agoura Hills Senior Center.

[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)

## Save the Date!

### Senior Expo \* Ages 50+

Agoura Hills Recreation & Event Center  
Wednesday, May 3, 2017 from 9:00am-1:00pm  
#4969 \* FREE



Presented by Cities of Agoura Hills and Westlake Village in partnership with The Osher Lifelong Learning Institute at CSU Channel Islands.

## Senior Services Staff

**Xochitl Ruwahu**  
Recreation Supervisor

**Zach Miller**  
Assistant Director of  
Community Services

**Bryan Garcia**  
Recreation Specialist

**Cynthia Polich**  
Administrative Secretary

**Sue Dinich**  
**Bahar Ahmadi**  
**Don Haney**  
Office Assistants

### Senior Advisory Committee

Jack Albright  
Bobbie Constanten  
Clare Martin  
Tony Plaia  
Sharon Taylor  
Pat Weisel  
Ellen Wohl

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

## SENIOR EXCURSIONS AND 4TH OF JULY AT THE HOLLYWOOD BOWL

See pages 8-10 for details.

## GAME DAY

Learn how to play a variety of games. Instruction will be provided. Call the Recreation Center to sign up.

Bring a friend!

#4970 FREE

Thu 3/30 11:00-3:00pm

## SOCIAL ACTIVITIES

Bingo, Board Games, Book Club, Current Events Discussion Group, Duplicate Bridge Play, Knitting & Crocheting, Mah Jong, WISDOM Women's Discussion Group, Women's Talk Around Group.

See page 7 for more details.

## Open Registration for Summer 2017

In Person Register for classes, excursions, special events and lectures.

# 5171 May 24 Wed 10:00am-12:00pm FREE

\*\*\* Online registrations opens May 25 Thu 7:00am \*\*\*

The Recreation Center is closed on the following dates: *Mon May 29*  
*Check with your program instructor for details.*



AGOURA HILLS

# Community Service Agencies & Organizations

Agoura Hills Public Library.....(818) 889-2278  
 Department of Motor Vehicles (DMV)....(800) 777-0133  
 Meals On Wheels.....(805) 370-4295  
 Medicare.....(800) 633-4227  
 Social Security Administration (TO).....(805) 379-3427  
 Cancer Support Community.....(805) 379-4777  
 Dial-A-Ride (Agoura Hills).....(818) 707-2005  
 Dial-A-Ride (Calabasa).....(866) 878-2242  
 Dial-A-Ride (Thousand Oaks).....(805) 375-5467  
 Agoura Hills Recreation & Event Center (818)597-7361  
 United States Post Office (Agoura Hills) (818) 889-8392

Animal Control.....(818) 991-0071  
 Las Virgenes Water District.....(818) 251-2100  
 Sheriff's Dept. (non-emergency).....(818) 878-1808  
 Southern California Edison.....(800) 655-4555  
 Southern California Gas Co.....(800) 427-2200  
 Urgent Care (Westlake Village).....(805) 379-9125  
 Urgent Care (Westlake Village).....(805) 373-1785  
 Urgent Care (Thousand Oaks).....(805) 469-4200

## 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  
 27040 Malibu Hills Rd,**



**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 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:

## 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).

# Reyes Adobe Historical Site

## Programs at the Reyes Adobe

### Public Tours

Every Saturday:  
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

April 8 Spring is Here

May 13 Mother's Day

June 10 Father's Day

Activities are available  
from 1:30-3:30pm



# For the Community

## Breakfast with the Bunny

Saturday, April 8, 2017

10:00am-12:00pm

Location: Reyes Adobe Historical Site

Activity # 5041 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!



## Saturday May 13th

Summer Movie in the Park

"Rogue One: A Star Wars Story"

Movie begins at dusk

30400 Rainbow Crest Dr.

At Reyes Adobe Park



# 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 5/30.**

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

#5111	M/Th	2:00 -3:00pm	4/10-5/18	\$35.00 twice/week,	\$21.00 once/week, \$7.00 drop-in fee
#5114	M/Th	2:00 -3:00pm	5/22-6/29	\$35.00 twice/week,	\$21.00 once/week, \$7.00 drop-in fee

## **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**

**No class 7/4.**

#4716	Tue	10:00-11:00am	3/21-4/25	\$21.00 per 6 week session, \$4.00 drop-in
#5644	Tue	10:00-11:00am	5/2-6/6	\$21.00 per 6 week session, \$4.00 drop-in
#5645	Tue	10:00-11:00am	6/13-7/18	\$21.00 per 6 week session, \$4.00 drop-in

## **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**

#4934 YR Tue/Thu 8:45-9:45am \$34.00 per month

## **CHAIR 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!

**No class 4/12, 4/14, 5/26, 6/21, 6/23, 6/28 and 6/30.**

**Instructor: Ilene Berke, Certified Yoga Therapist E-RYT 500 \***

**Location: Multi-Purpose Room 2(W), Multi-Purpose Room 1(F)**

#5098	Wed	11:00-12:00pm	4/5-4/26	\$24.75 per month, \$10.00 drop-in
#5099	Wed	11:00-12:00pm	5/3-5/31	\$41.25 per month, \$10.00 drop-in
#5100	Wed	11:00-12:00pm	6/7-6/14	\$16.50 per month, \$10.00 drop-in
#5095	Fri	11:00-12:00pm	4/7-4/28	\$24.75 per month, \$10.00 drop-in
#5096	Fri	11:00-12:00pm	5/5-5/19	\$24.75 per month, \$10.00 drop-in
#5097	Fri	11:00-12:00pm	6/2-6/16	\$24.75 per month, \$10.00 drop-in

## **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**

#5065	Thu	10:00-11:00am	4/6-4/27	\$10.00 per month, \$4.00 drop-in
#5066	Thu	10:00-11:00am	5/4-5/25	\$10.00 per month, \$4.00 drop-in
#5067	Thu	10:00-11:00am	6/1-6/29	\$12.50 per month, \$4.00 drop-in

## **Qigong**

Qigong is and ancient Chinese internal exercise and is traditionally viewed as a practice to cultivate and balance qi (chi) or what has been translated as "Life Energy." You can practice Tai Chi standing or sitting. It increases strength, flexibility and balance. **Instructor: Kimiko Kuwamoto \* Location: Multi-purpose 1**

#4754	Wed	2:00-3:00pm	4/5-5/24	\$48.00 adult, \$40.00 senior*, \$7.00 drop-in
#4757	Wed	2:00-3:00pm	5/31-7/19	\$48 adult, \$40 senior*, \$7.00 drop-in



**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.**

# SENIOR FITNESS CLASSES (CONTI)

Senior Membership not required for Adult Fitness Classes

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

This is a Pilates based mat class using bone strengthening and targeted restorative muscle building techniques. This class is designed 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. The class is specifically sequenced to restore alignment, cores strength, posture & balance. It improves the physical performance of anyone experiencing mechanically based problems in the back, neck, hips, or shoulders that have reoccurring pain, instability, weakness or reduced range of motion in the major joints. This is a challenging workout that includes many ways to modify for beginners or add advanced variations for more advanced students. Students must be able to get up and down from the floor without assistance.

**No class 4/12, 5/24 and 5/29. Instructor: Aggie Winston \* Location: Multi-purpose 1**

<b>#5086</b>	Mon	11:15am-12:30pm	4/3-6-5	\$72.00 / drop-in \$10.00
<b>#5087</b>	Wed	11:15am-12:30pm	4/5-6/7	\$64.00 / drop-in \$10.00
<b>#5088</b>	M/W	11:15am-12:30pm	4/3-6/7	\$135.00 / drop-in \$10.00

## **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.

Instructor: Kimiko Kuwamoto \* Location: MPR1

### **Tai Chi Level 1**

<b>#4803</b>	Thu	2:00-3:00pm	4/13-6/1	\$48.00 adult, \$40.00 senior*, \$7.00 drop-in
<b>#5311</b>	Thu	2:00-3:00pm	6/8-7/15	\$48.00 adult, \$40.00 senior*, \$7.00 drop-in

### **Tai Chi Level 2**

<b>#4809</b>	Thu	3:00-4:00pm	4/13-6/1	\$48.00 adult, \$40.00 senior*, \$7.00 drop-in
<b>#5314</b>	Thu	3:00-4:00pm	6/8-7/13	\$48.00 adult, \$40.00 senior*, \$7.00 drop-in

## **Tai Chi 108 \* Ages 14+ \* Membership required for discount.**

The traditional 108 forms will provide insights into deeper relaxation and help the practitioner to cultivate patience and focus through the internal strengthening of moment to moment awareness. This is also the perfect practice to restore elasticity, strength, and balance to your body. 8 week sessions

**Instructor: Kimiko Kuwamoto \* Location: Multi-purpose 1**

<b>#4837</b>	Wed	3:00-4:00pm	4/5-5/24	\$48.00 adult, \$40.00 senior*, \$7.00 drop-in
<b>#5308</b>	Wed	3:00-4:00pm	5/31-7/19	\$48.00 adult, \$40.00 senior*, \$7.00 drop-in

# \*FITNESS PASS PROGRAM CLASSES

Must be a 2017 Senior Member to purchase a Senior Discount Fitness Pass

\*Senior Fitness Pass is \$50 for 10 classes

\*Adult Fitness Pass is \$60 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: Lisa Wildermuth (W), Bita Peck (F) \***

**Location: Multi-Purpose Room 1 & 2**

Fitness pass	on-going	\$50.00/\$10.00 classes, \$8.00 drop-in fee	8:30-9:30am	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 such as salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere for active older adults.

**Instructor: Del Herrera \* Location: Multi-Purpose Room 1 & 2**

Fitness pass	on-going	\$50.00 /\$10.00 classes or \$8.00 drop-in fee	9:45-10:45am	Wed/Fri
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# ARTS AND CULTURAL CLASSES

## Line Dancing \* Ages 18+

Line Dancing is a fun, energizing class that will help you hone your dance skills, get your body moving, fill you with energy, increase memory function and introduce you to new friends all at the same time! Yee Haw!! Come join us as we learn to line dance to your favorite country music. Line dancing is for all ages and all fitness levels.

**Instructor: Vickie Aigner, CFT, CA \* Location: MPR 1 & 2**

#5160	Tue	4/4-4/25	6:00-7:00pm	\$36.00 /\$10.00 drop-in
#5162	Tue	5/2-5/30	6:00-7:00pm	\$45.00 /\$10.00 drop-in

## 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.

**Instructor: David Deyell \* Location: Multi-purpose 2**

#5255	Tue	4/4-4/25	12:00-3:00pm	\$48.00
#5256	Tue	5/2-5/30	12:00-3:00pm	\$60.00
#5257	Tue	6/6-6/27	12:00-3:00pm	\$48.00

## 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**

### Indian Vegetarian Entrees

#5119	Thu	5/11	6:00-8:00pm	\$38.00 /\$12.00 Materials
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### Indian Vegetarian Feast

#5120	Thu	6/1	6:00-8:00pm	\$38.00 /\$12.00 Materials
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**OSHER LIFELONG LEARNING INSTITUTE**

*"Curiosity Never Retires"*



## OSHER LIFELONG LEARNING INSTITUTE (OLLI)

The Osher Lifelong Learning Institute (OLLI) at CSU Channel Islands brings the excitement and stimulation of college learning to area adults (50 or better!) who wish to extend their learning experiences in a university atmosphere. Courses are now being offered at the **Agoura Hills Recreation & Event Center**. The classes require no grades, no homework, and no tests – just learning for the love of learning! For more information on registration or about OLLI, please visit our website at [go.csuci.edu/olli](http://go.csuci.edu/olli) or search "OLLI CI."

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

Class schedule subject to change.

Classes held at Agoura Hills Recreation & Event Center

# YEAR ROUND ACTIVITIES

Senior Membership is required for most year round activities.  
Meeting days, times, locations subject to change without notice.  
See front desk upon arrival for programs.

## Monday

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

#4925 YR	11:00am-3:00pm	On-going	Free
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## Tuesday

**Osteoporosis Support Group-Senior Room**

#4942 YR	10:00-12:00pm	1st Tues	Free
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**Music Appreciation-Conf. Room**

#4940 YR	10:30-12:00pm	1st & 3rd Tues	Free
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**Bingo—Must have four people to play-Senior Room**

#4905 YR	12:15-3:00pm	On-going	\$.75 card
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**Mah-Jongg- Bring your table/group-Sun Room**

#4937 YR	11:00 - 4:00pm	On-going	Free to
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**Book Club-MPR 1**

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

#4908 YR	11:15-12:30pm	3rd Tuesday of each month.	Free
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**Canasta-Bring your table/Group-Sun Room**

#4941 YR	4:00-7:00pm	On-going	Free
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## Wednesday

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

#4938 YR	10:00 - 1:00pm	On-going	Free
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**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.

#5188	1:00-3:00pm	1st & 3rd Wed TBD	Free
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#5191	1:00-3:00pm	1st & 3rd Wed Conf. Room	Free
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#5194	1:00-3:00pm	1st & 3rd Wed Conf. Room	Free
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**Women's Talk Around Group-Senior Room**

#4965 YR	11:00 - 12:30pm	On-going	Free
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**Current Events Discussion Group-Senior Room**

#4924 YR	1:30-3:00pm	On-going	Free
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**Caregiver Support Group for Spouses-Conf. Room**

#4913 YR	3:00-4:30pm	1st & 3rd Wed	Free
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## Thursday

**Board Games-Sun Room**

#4907 YR	11:00-3:00pm	On-going	Free
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**Knitting & Crocheting Social-MPR 1**

#5267 YR	11:00-12:30pm	On-going	Free
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**Bingo—Must have four people to play-Senior Room**

#4905 YR	12:15-3:00pm	On-going	\$.75 card
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**Canasta-Bring your table/Group-Sun Room**

#4941	1:00-3:00pm	On-going	Free
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## Friday

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

#4925 YR	11:00am-3:00pm	On-going	Free
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**Wisdom - Women's Discussion Group-Conf. Room**

#4966 YR	12:15 - 1:45pm	On-going	Free
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YR = Year Round.

# Senior Excursions

## Boarding of the Bus

Begin times stated are the departure times for the excursions.

Please arrive 30 minutes early to check in for the bus trips.

\* 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 2017 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.

Senior participants who wish to register a guest may do so after the first week of registration.

Enrolled guests must fill out a waiver and provide emergency contact information.

\* Trip locations, transportation, time and pricing are subject to change without notice \*

Starting over 10 years ago in 2006, the Gourmet social luncheon club was the one that kick started our love for food, friends and a great atmosphere, grown in popularity over the years and never returning to the same place twice, we always strive to hand pick a new location within the greater Los Angeles area , so bring your love for food and enjoy our great offerings as we venture to new locations. Bon Appetite!

## GOURMET SOCIAL LUNCHEON CLUB

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 LUNCHESES.

Shuttle Departs: Recreation Center. Restaurant locations: Subject to change \*

<b>#5137</b>	Thu	4/6	<b>J Wolf BBQ (Ventura/ American) (FULL/ WAITLIST)</b>
<b>#5138</b>	Tue	5/2	<b>Ottavio's (Ventura/ Italian ) 10th Anniversary visit! (FULL/ WAITLIST)</b>
<b>#5139</b>	Wed	6/7	<b>Traveler Café (Ventura/ American) (FULL/ WAITLIST)</b>

## GOURMET SOCIAL DINNER CLUB AGES 50+ - THE STINKING ROSE

Don't let the name fool you, and disregard the fact that one of the dining rooms is called Dracula's grotto. Of course, in addition, there is the garlywood room where murals of the Hollywood elite are memorialized all in garlic. Ignoring the above mentioned facts, this is a lovely old restaurant that will season each dish to your individual preference, so, forget if you will for a moment that their motto is "eat, drink and stink" and please come join us for a memorable gourmet dining experience with good food and good friends. Meal is NOT included in the price of the trip. Limited Spaces.

Note: Light/Moderate Walking. NO REFUNDS/TRANSFERS/CREDITS AT ALL FOR THIS TRIP. Location: Beverly Hills \* Shuttle Departs: Recreation Center.

<b>#5140</b>	Thu	6/8	4:30-9:30pm	\$5	(FULL/ WAITLIST)
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## DINING ADVENTURES – BEEP'S DRIVE IN

Attention Foodies! Our next stop will be Beeps Drive-In in Van Nuys, where they have been serving the famous Big Beep-er since 1956. We have heard that their chili burger is a sight to behold! Of course, the peanut butter cup shakes and old-fashioned root beer floats as well as the Rocket '88 Sundae sounds as though they are mouth-watering too! Meal is NOT included in the price of the trip. Note: Light/Moderate Walking. NO REFUNDS/TRANSFERS/CREDITS AT ALL FOR DINING ADVENTURES.

Location: Van Nuys \* Shuttle Departs: Recreation Center.

<b>#5109</b>	Wed	5/17	10:00am-3:00pm	\$5	(FULL/ WAITLIST)
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# Senior Excursions Spring 2017

Senior Membership Required for Excursions.

## ADAMSON HOUSE – NATIONAL REGISTER OF HISTORIC PLACES

This property occupies one of the most beautiful locations on the Southern California coast. It was built in 1929 in the Spanish Colonial Revival style from the design of renowned Stiles Clements. The 13 acres of landscape groups feature more than 100 species of perennials, shrubs, vines, and trees. Lunch to follow at 12:00pm at Café Escobar. Lunch is NOT included in the price of the trip. Note: Extensive walking. THIS TRIP NEEDS A MINIMUM OF 18. NO REFUNDS/TRANSFERS/CREDITS AFTER 3/22 FOR THIS TRIP. Shuttle Departs: Recreation Center  
**#5117** Wed 4/5 8:00–6:00pm \$25 (LIMITED SPACES)

## SHOPPING AT THE SANTEE ALLEY & PHILIPPE'S

We are off for a morning of shopping downtown Los Angeles at the Santee Alley. You will have plenty of time to shop. Some stores want cash only, so please plan ahead. When we are done shopping, the shuttle is off to Philippe's for lunch, which is NOT included in the price of the trip. Note: Extensive walking. NO REFUNDS/TRANSFERS/CREDITS AFTER 4/8 FOR THIS TRIP. Location: Los Angeles \* Shuttle Departs: Recreation Center  
**#5409** Tue 4/18 8:30am-3:30pm \$16 (LIMITED SPACES)

## MOORPARK HIGH STREET ARTS CENTER PRESENTS: ARSENIC & OLD LACE: A PLAY BY JOSEPH KESSELRING

Meet the charming and innocent Brewster sisters who rent to lonely old gentlemen, whom they then murder in an act of charity. Throw in a handful of nephews - one who thinks he's Teddy Roosevelt, another an engaged marriage-phobic, and the last a murderer looking for a place to hide - and you've got one of theater's most famous comedy smash hits. Lunch will be at The Grinder Deli in Moorpark. Lunch is not included in the price of the trip. Note: Moderate walking. NO REFUNDS/TRANSFERS/CREDITS AT ALL FOR THIS TRIP. Location: Moorpark \* Shuttle Departs: Recreation Center  
**#4669** Fri 4/21 4:30–10:30pm \$33.00 (LIMITED SPACES)

## LOTUSLAND & JACK'S BISTRO

Our group will visit Lotusland Estate Gardens, which contain over 20 distinct and excellent gardens of exceptional design and artistic creativity with botanical and horticultural depth. Lunch will be at Jack's Bistro. Lunch is NOT included in the price of the trip. NOTE: Extensive walking. NO TRANSFERS/CREDITS/REFUNDS AFTER 4/21 FOR THIS TRIP. LOCATION: Santa Barbara \* Shuttle Departs: Recreation Center  
**#5415** Wed 5/10 10:00am-4:30pm \$60 (LIMITED SPACES)

## SLOTS OF FUN – CHUMASH CASINO

This Spring the group will visit Chumash Casino. Sign up and bring a friend! Lunch will be on your own and is not included in the price. Note: Light/Moderate walking. THIS TRIP NEEDS A MINIMUM OF 18. NO REFUNDS/TRANSFERS/CREDITS AFTER 5/2 FOR THIS TRIP. Location: Santa Ynez \* Shuttle Departs: Recreation Center  
**#5202** Tue 5/16 8:00am-6:00pm \$15

## GUIDE DOGS OF AMERICA & THE BEAR PIT BBQ

Our group will visit the Guide Dogs of America, which has been offering guide dog mobility services, to blind and visually impaired individuals since 1948. The Guide Dogs of America breeds, raises and trains Labrador Retrievers, Golden Retrievers and German Shepherds to be to be partnered to blind men and women living in the United States. Lunch will be at the Bear Pit BBQ. Lunch is included in the price. NOTE: Light/ Moderate walking. NO TRANSFERS/CREDITS/REFUNDS AFTER 5/30 FOR THIS TRIP. Location: Sylmar \* Shuttle Departs: Recreation Center  
**#5631** Tue 6/13 8:45am–3:00pm \$52 (LIMITED SPACES)

## LOMPOC FLOWER FESTIVAL

Come join us for a day of fun at the Lompoc Flower Festival. We will be able to see the flowers after they have been judged. There will be a carnival, car show, food vendors, local craft vendors, and commercial vendors. The bus will also take us outside of town to view the flower fields. We will also see some painted houses. We are taking a big bus for this trip. Held at Ryon Park in town. There will be vendors to eat lunch, which is NOT included in the price of the trip. **Each person will need \$3.00 cash for admission, which is not included.** Note: Extensive walking. NO REFUNDS/TRANSFERS/CREDITS AFTER 6/10 FOR THIS TRIP. Location: Lompoc \* Bus Departs: City Hall  
**#5108** Sat 6/24 9:00am-5:00pm \$36

# Senior Excursions (Conti.)

## GLENDALE CENTER THEATRE PRESENTS THE ANDREW BROTHERS: A MUSICAL.

A USO show is threatened with cancellation when a certain famous trio of singing sisters fails to appear! Now it's up to three earnest and determined stagehands to go on with the show! The Andrew Brothers is filled to the brim with over 25 songs made famous by the Andrew Sisters, including the show-stopper "Boggie Woogie Bugle Boy". Lunch will be at EL Porto and is NOT included in the price. NO REFUNDS/TRANSFERS/CREDITS AFTER 6/15 FOR THIS TRIP.

Shuttle Departs: Recreation Center

**#5632** Sat 7/15 12:00-6:00pm \$42 (LIMITED SPACES)

## 2017 PANTAGES SERIES

### THE BODYGUARD

Former Secret Service agent, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge – what they don't expect is to fall in love... The Bodyguard is a 2012 stage musical written by Alexander Dinelaris, based on the 1992 film *The Bodyguard*, with the score featuring songs recorded by Whitney Houston including "One Moment in Time," "I Wanna Dance with Somebody," and her cover version of Dolly Parton's "I Will Always Love You." Dinner is on your own. Note: Moderate walking. NO REFUNDS/TRANSFERS/CREDITS AFTER 12/27.

Location: Hollywood \* Shuttle Departs: Recreation Center

**#4852** Wed 5/3 4:30-11:00pm \$83.00 (FULL/ WAITLIST)

## 4TH OF JULY AT THE HOLLYWOOD BOWL

\* Ages 18+

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

Performance features "Pentatonix," an a cappella group from Arlington, Texas; 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 5/12 FOR THIS TRIP.

Location: Hollywood \* Bus Departs: Recreation Center

**#4971** Tue 7/4 5:30-11:30pm \$72

### What programs, activities,

Or trips would you like to see offered?

Exercise Classes?  
Activities?

Any trip suggestions see our tour escorts.

Otherwise contact the Recreation Center with  
your ideas.

### Senior Advisory Committee Meeting

Held on the 2nd Tuesday of each month at  
10:00am at the  
Agoura Hills Recreation & Event Center.

Applications available at the front office.

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)

# Instructor Highlight

\* Elizabeth Eaves \*



What is Jazzercise Dance Mixx for Senior?

The Low Impact Class is offered in a non-competitive atmosphere.

Exercise and have fun with your friends!

This Jazzercise dance mix for Seniors (50 Yrs+) offers easy to follow routines.

We begin with a gentle warm-up followed by low-impact aerobics, muscle toning, a stretching segment & cool-down ending.

**#4934** YR    Tue/Thu    8:45-9:45am    \$34.00 per month



## BOARD GAMES

Every Thursday  
11:00am-3:00pm

Free to current senior members

**#4907**

No experience needed  
Games and supplies will be provided.

Pre-registration suggested.

## OSTEOPOROSIS SUPPORT GROUP

1st Tuesday of the month  
10:00am-12:00pm

**#4942**

Different Topics Presented  
Each Month.

Free to current senior members

Non-senior members.  
First time free each time afterwards is  
\$5 per meeting

## TECH HELP

TECH HELP is a drop in program where high school students help our senior members navigate their cell phones, computers and tablets. The program is free of charge to current senior members.

Individuals must bring their own equipment.

**March - May**

Saturdays                      1:30-3:30pm                      1st and 3rd Saturdays of the Month

# Community Events

Registration is Suggested

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



**MANAGING THE DIFFICULT BEHAVIORS OF DEMENTIA**  
**#5197**    Thur 4/13 11:00am-12:30pm    Free

**LEGAL INFORMATION FOR ELDERS**  
**#5198**    Thur 5/11 11:00am-12:30pm    Free

**END OF LIFE: WHAT MATTERS MOST**  
**#5411**    Thur 6/8 11:00am-12:30pm    Free

### 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. Senior membership is not required.

## Caregiver Support Group

We are now offering 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. Senior membership is not required.

**#4913** Caregiver Support Group for Spouses  
1st and 3rd Wednesdays each month    3:00-4:30PM    FREE

## Senior Advocate

The Senior Advocate is at our facility the 1st and 3rd Wednesday of each month. If you would like to set up an appointment to meet with her call the front desk to schedule an appointment.

Appointments can be scheduled for:  
1:00pm or 2:00pm.

Senior membership is  
not required.

To make an appointment call:  
818-597-7361.

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)**

# Our Program Participants



## Meditation Class

Why should you meditate? The reason is that **meditation** reduces stress levels and alleviates anxiety. If we can reduce stress, many health benefits follow. Participants should not eat 2 hours before class. Instructor: Senior Concerns \*  
Location: Multi-purpose 2

\$20.00 for the entire class. Drop in fee is \$8.00

**#5166** Mondays 5/1 – 5/22 11:15am-12:45pm

In Partnership with Senior Concerns and Vinay Chhabra from Pacific Senior Care.



**City of Agoura Hills**  
**Department of Community Services**  
**Agoura Hills Recreation & Event Center**  
29900 Ladyface Court  
Agoura Hills CA 91301  
Phone: (818) 597-7361  
Fax: (818) 597-7365  
Senior Program Hours:  
Monday-Friday 9:00am-3:00pm

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

Current Resident or



## Happy Spring Birthdays to Our Current Senior Members!



### April

4/1 Sandra Olsen  
4/3 Darlene Adford  
4/3 Michael Taback  
4/5 Shelly Melnick  
4/10 Arcie Bedrosian  
4/24 Harriett Anderson  
4/28 Rae Greulich

### May

5/6 Trudy Willauer  
5/11 Lorene Hampton  
5/12 Ruth Drobman  
5/21 Sharon Taylor  
5/24 Ron Rishe  
5/30 Ellen Wohl

### June

6/7 Judy Taback  
6/8 Ron Melnick  
6/18 Nawal Sefein  
6/20 Batoul Karbassioon  
6/24 Anita Mendelson

If your birthday is shown as incorrect or is missing,  
please check or update your profile with the front desk.