



City of Agoura Hills Department of Community Services

SENIOR MOMENTS

Recreational Programs for adults 50+

FALL 2020

OCTOBER, NOVEMBER, DECEMBER

A MESSAGE FROM THE MAYOR...

The City will be hosting an event called, “@ the Mayor’s Table” where Seniors can join a Zoom call to talk and ask questions of Mayor Illece Buckley Weber. She is anxious to connect with you and hear from you as a group. More details about the event to follow. Please see message below from Mayor Buckley Weber.

Dear Friends,

What a year it has been! The City Council and the city staff are working night and day for the health and safety of our residents. I’m honored to serve as your Mayor during this difficult time. Let me share some thoughts and updates with you:

1. As you know, the number of confirmed cases in Agoura Hills is continuing to increase. On the whole, our residents are cooperating fully by physically distancing from others and wearing face coverings when outside the home. These are two of the most important steps to take to stop the spread.
2. Are you feeling lonely and isolated? I feel your pain. The City’s website has a list of resources with whom you can talk. Don’t be embarrassed or hesitant to reach out.

Each of you help make up the fabric of our City. Please stay well, reach out if you need ANYTHING and know we anxiously await the noise, the vitality and the positivity that you bring to our Recreation and Event Center.

Stay safe!
Mayor Buckley Weber

Important Updates:

- **WEEKLY E-BLAST:** We are continuing our Monday Mornings e-blast, which contains updates on classes, programs and other important information. This is the best way to receive up to date information. To be included in the e-blasts, email: xosorio@agourahillscity.org.
- **ZOOM CLASSES:** For the Fall, we will be continuing to offer virtual classes. All of our classes are held through Zoom.
 - Registration for the classes are online only. Visit agourahillsrec.org to enroll.
 - Once you enroll in the class, you will receive the Zoom link, Meeting ID and Password.
- **PROGRAMS:** We are continuing to add new programs. If you have program ideas or classes you would like us to offer, please let us know! Please visit agourahillsrec.org for a list of updated classes and programs.

***PLEASE NOTE: WE ARE STILL WORKING REMOTELY. IF YOU CALL THE CENTER, PLEASE LEAVE A MESSAGE WITH YOUR NAME, PHONE NUMBER, AND BEST TIME TO RETURN YOUR CALL.**

**If you would like assistance with Zoom, registering online,
or have any questions, please email xosorio@agourahillscity.org
or call (818) 597-7313 and leave a message.**

ZOOM AND REGISTRATION ASSISTANCE

We are providing assistance with:

Zoom:

- Logging in
- Explaining buttons/icons

Active Registration:

- Checking if you have an existing account
- Changing your account password
- Walking you through the registration process
- Any other account questions

**FOR AN UPDATED LIST OF PROGRAMS OFFERED,
PLEASE VISIT AGOURAHILLSREC.ORG.**

CHAIR YOGALATES

A gentle Yoga class in a chair using and incorporating Pilates movements and breath to strengthen the core and the back and relieve stress! We also use the MELT® Method Self-Treatment, which will hydrate the connective tissues/fascia to help keep our bodies "PAIN-FREE!!!" You will need a water, yoga strap or stretchy exercise band, light weights or two small water bottles or cans, and MELT® Method balls, if you have them. No class on 11/11, 11/27, 12/23 thru 12/30. NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® * Location: Your Home

#9796	11:15am-12:15pm	Wed	10/7-10/28	\$33
#9797	11:15am-12:15pm	Wed	11/4-11/25	\$24.75
#9798	11:15am-12:15pm	Wed	12/2-12/16	\$24.75
#9803	11:15am-12:15pm	Fri	10/2-10/30	\$41.25
#9804	11:15am-12:15pm	Fri	11/6-11/20	\$24.75
#9805	11:15am-12:15pm	Fri	12/4-12/18	\$24.75

LAUGH, FLEX & STRETCH

Through movement and specific exercise, you will build stronger and healthier muscles, which will improve and enhance your balance and daily living. 2020 Senior Membership is required for this activity. Equipment needed: chair, bands and weights, if you have them. No drop-ins at this time. No class on 12/22 and 12/29. NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Lois Jackson

*Location: Comfort of your home

#9791	10:30am-11:30am	Tue	10/6-10/27	\$10
#9792	10:30am-11:30am	Tue	11/3-11/24	\$10
#9793	10:00am-11:00am	Tue	12/1-12/15	\$7.50

*All current classes are
offered via Zoom.*

FITNESS CLASSES

ARTHRITIS CLASS

This class incorporates dancing (seated or standing), flexibility, and range of motion, strength training, endurance, coordination, and deep breathing. Most, but not all of the exercises are done seated in a chair. 2020 Senior Membership required for this activity. Must sign up for the session. No drop-ins at this time. No class on 11/26, 12/24, and 12/31. NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS.

Instructor: Lois Jackson * Location: Your home

#9782	10:30am-11:30am	Thu	10/1-10/29	\$12.50
#9783	10:30am-11:30am	Thu	11/5-11/26	\$7.50
#9784	10:30am-11:30am	Thu	12/3-12/17	\$7.50

JAZZERCISE

The class offers non-competitive atmosphere, easy to follow routine; gentle warm-ups, low-impact aerobics, muscle toning, stretching segments, and cool-down. No class 11/26, 12/24 & 12/31. NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS.

Instructor: Elizabeth Eaves * Location: Your Home

#9802 (Seniors)	8:45am-9:45am	Tue/Thu	10/1-10/29	\$40
#9878 (Seniors)	8:45am-9:45am	Tue/Thu	11/3-11/24	\$40
#9879 (Seniors)	8:45am-9:45am	Tue/Thu	12/1-12/29	\$40

MELT HAND & FOOT SERIES

Come learn a breakthrough self-treatment system to eliminate chronic pain, erase the signs of aging and feel fantastic in just 10 minutes a day! The MELT Method also helps with common issues such as: sleep difficulties, digestive problems, mid-day fatigue, bloating or weight gain, visual signs of aging and cellulite! Be sure to have a water bottle. First 5 NEW students to enroll will receive a FREE mini MELT Method ball set. One small soft MELT ball and one mini soft MELT ball included in the \$75 fee. Any questions about the class can be emailed to: ileneberkelovesyoga@mac.com. No class 11/11. NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS.

Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor. * Location: Your Home

#9799 (MELT balls excluded)	12:30pm-1:30pm	Wed	10/7-10/28	\$60
#9800 (MELT balls included)	12:30pm-1:30pm	Wed	10/7-10/28	\$85

All current classes are offered via Zoom.

NEW - IREST/YOGA NIDRA MEDITATION

Wear comfortable clothes, have your blanket, pillows or bolster ready! May lay on floor, couch, bed or sit in a comfortable position on a chair or couch! Prepare to dim the lights, relax, breathe and maybe even fall asleep! So relaxing! Enjoy and let go of all your stress and anxiety. NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor. * Location: Your Home
#9806 4:00pm-4:45pm Tue 10/6-11/24 \$100

CLASSES

FARHANA'S COOKING CLASSES

Veteran Cooking Instructor (+20 years) and Cookbook author Farhana will present simplified steps and valuable time saving tips for cooking Indian at home. Farhana's cooking classes were voted "A Top Event" at L.A. Weekly's Best of L.A.! NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. YOU WILL RECEIVE THE LIST OF INGREDIENTS PRIOR TO THE CLASS. Instructor: Farhana Sahibzada * Location: Your Home

Mastering Paneer Massala

The Indian homemade cheese (and now commercially made and widely available at Indian grocery stores) is used to make any Indian main dishes and even desserts! Come and learn the secrets to mastering a simple paneer masala and some variations. With homemade chappati to complete the meal. Also on the menu, simple steps to the simplest and yet the best Indian 'masala chai', also known as Truck Stop Chai.
#9831 10:30am-12:30pm Sat 10/3 \$34

Indian Vege and Meat Combo Class

A quick Chicken Karahi (stir fry), in a base of ginger/garlic herbs and enriched with tomatoes. Along with a side of potato cutlets and mint chutney to complete the meal. An abundance of ginger and garlic elevate and enhance the flavor in this quick to chicken fix recipe - accompanied with a side of potato patties to complete the meal!
#9789 10:30am-12:30pm Fri 11/20 \$34

COVID-19 Women's Support Group

Providing a forum for women who may be feeling alone and lonely, isolated, anxious, sad or frightened, as well as those who have positive experiences and advice to share as a result of COVID-19. Instructor: Sue Wellerstein
* Location: Your Home
#9707 11:30am-1:00pm Tue 10/6-12/29 FREE

WATERCOLOR ART CLASSES

Beginners through advanced artists will learn methods of creating bright, colorful, and interesting watercolors. Students will observe a demonstration painting beginning with a blank sheet of watercolor paper. Instructor will demonstrate drawing essential items, selecting a center of interest, creating an initial value plan and how to use imaginative colors. Students will receive an inspiration landscape photo for their use in creating their own interpretive painting. Learn drawing, design, color use, and painting techniques through demonstrations. Paint your own paintings based on the demonstration and receive individual help. You will be emailed the materials list. NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. No class on 12/22 and 12/29.

Instructor: David Deyell * Location: Your Home

#9785 1:00pm-3:00pm Tue 10/6-10/27 \$40
#9786 1:00pm-3:00pm Tue 11/3-11/24 \$40
#9787 1:00pm-3:00pm Tue 12/1-12/15 \$30

Piano Made Simple!

Students will learn the fundamentals of piano playing and will learn some exciting piano songs, music theory, technique and sight reading. Must have at least a mini-keyboard to participate (which can be purchased on Amazon). Curriculum book fee is \$7.00. Book will be provided digitally. Instructor: Oksana Management Group
* Location: Your Home

#9856 6:40pm-7:30pm Mon 10/12-11/16 \$149

Learn to Play Guitar!

Students will learn the fundamentals of guitar playing and will learn to play some fun popular songs. Must have a guitar to participate. Guitar can be purchased directly from Amazon. Instructor: Oksana Management Group * Location: Your Home

#9869 7:10pm-8:00pm Thu 10/15-11/19 \$149

LANGUAGE CLASSES

Let's Speak Spanish!

Students will learn to love the Spanish language and culture during our fun Spanish program. Students will be exposed to reading and writing in Spanish, as well as engage in conversation and grammar review.

Instructor: Oksana Management Group

* Location: Your Home

#9872 6:45pm-7:35pm Thu 10/15-11/19 \$149

Let's Learn French!

Students will learn to love the French language and culture during our fun French program. Students will be exposed to reading and writing in French, as well as engage in conversation and grammar review.

Instructor: Oksana Management Group

* Location: Your Home

#9870 6:45pm-7:35pm Tue 10/13-11/17 \$149

Let's Speak Italian!

Learn Italian through conversation, grammar review, songs, and cultural fun! Native instructors! Instructor:

Oksana Management Group * Location: Your Home

#9855 7:10pm-8:00pm Wed 10/14-11/25 \$149

SENIOR CONCERNS

SENIOR CONCERNS CAREGIVER SUPPORT GROUP

We are now offering Support Groups assisting with caregivers, spouses and family of loved ones with Alzheimer's, dementia, Parkinson's, cancer and 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! 2020 Senior Membership is not required. This meeting will be held via Zoom.

Facilitator: Senior Concerns * Location: Your Home
#9770 1:00pm-2:30pm 1st and 3rd Wed FREE

PATHWAY TO POSITIVE AGING SERIES

Medicare: What's New For 2021?

4:00pm-5:00pm Tue 10/13 FREE

Will You Pass Your Next Drivers Test?

4:00pm-5:00pm Tue 10/27 FREE

Both seminars will be held via Zoom. Registration is through Senior Concerns: www.seniorconcerns.org/seminars. If you have any questions, you can email info@seniorconcerns.org.

SENIOR CONCERNS ADVOCATE

The Senior Advocate will be holding Zoom appointments the first and third Wednesday of the month. Appointments can be scheduled for 11:00am or 12:00pm. 2020 Senior Membership is not required for this activity. *TO MAKE AN APPOINTMENT: CALL 818-597-7313 AND LEAVE YOUR NAME, DATE AND TIME YOU WOULD LIKE AN APPOINTMENT, PHONE NUMBER, AND EMAIL. NOTE: THIS MEETING WILL BE HELD VIA ZOOM OR PHONE. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO YOUR MEETING. Facilitated by: Senior Advocate from Senior Concerns * Location: In Your Home by Phone or Zoom per your request.
11:00am or 12:00pm 1st and 3rd Wed FREE

COMING SOON

BOOK CLUB

Are you interested in joining a book club? Sign up on our interest list! We will contact you once a day and time has been set.

#9851

ZOOM ORIENTATION VIDEO

Are you interested in taking one of our Zoom classes, but have never used Zoom? We have a recorded video of a quick orientation of Zoom. It covers the basics of Zoom - what the buttons do, how to mute/unmute, how to turn on/off your video feed. If you would like a copy of the video sent to you, email xosorio@agourahillscity.org. Must be a 2020 Senior Member in order to receive the video. If you have any questions after watching the video, feel free to give us a call or send an email to xosorio@agourahillscity.org.

HAMMER MUSEUM VIRTUAL TOURS AND DISCUSSIONS

Join Hammer Museum educators for guided online tours that focus on the Hammer's collections and exhibitions. Online tours are led by student educators, UCLA students from diverse disciplines who bring unique perspectives to the artworks. Tours encourage audiences to look closely, think critically, and share insights, while building knowledge. **MUST BE CURRENT SENIOR MEMBER TO JOIN. NOTE: THIS TOUR WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE TOUR.**

Instructor: Hammer Museum * Location: Your Home

#9845	Tue	1:00-2:00pm	10/6	FREE
#9846	Tue	5:00-6:00pm	10/20	FREE
#9847	Tue	1:00-2:00pm	11/10	FREE
#9848	Tue	5:00-6:00pm	11/24	FREE
#9849	Tue	1:00-2:00pm	12/8	FREE
#9850	Thu	5:00-6:00pm	12/10	FREE



Registration can be done online at www.agourahillsrec.org. For questions or more information, call (818) 597-7361.

City of Agoura Hills
Department of Community Services
Agoura Hills Recreation and Event Center
29900 Ladyface Court
Agoura Hills CA 91301
Phone: (818) 597-7361

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

Current Resident or

COMMUNITY INFORMATION

Agoura Hills Public Library
(818) 889-2278
Department of Motor Vehicles
(DMV - Thousand Oaks)
(800) 777-0133
Meals On Wheels (Ventura
County)
(805) 370-4295
Medicare
(800) 633-4227
Social Security Administration
(Thousand Oaks)
(800) 772-1213
Cancer Support Community
(805) 379-4777
Dial-A-Ride (Agoura Hills)
(818) 707-2005
Dial-A-Ride (Calabasas)
(818) 632-6211
Dial-A-Ride (Thousand Oaks)
(805) 375-5467
United States Post Office
(Agoura Hills)
(800) 275-8777
Animal Control - Agoura Hills
(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 (Thousand Oaks)
(805) 373-1785
Urgent Care (Thousand Oaks)
(805) 495-6866
Kaiser Permanente
(Urgent Care)
(818) 719-2000
Snake Problems
911
TTY (Touch To Talk) Relay Call
(800) 735-2929

SERVICES OFFERED:

WDACS - Critical Delivery Service
WDACS has launched a temporary delivery program called Critical Delivery Services (CDS) to deliver food and other vital items to individuals unable to leave their homes due to COVID-19. Call (888) 863-7411 to request delivery service.