

**Due to Public Health Guidelines the facility is currently closed to the public.  
Staff is working behind the scenes to provide programs for the public.**



City of Agoura Hills Department of Community Services

# SENIOR MOMENTS

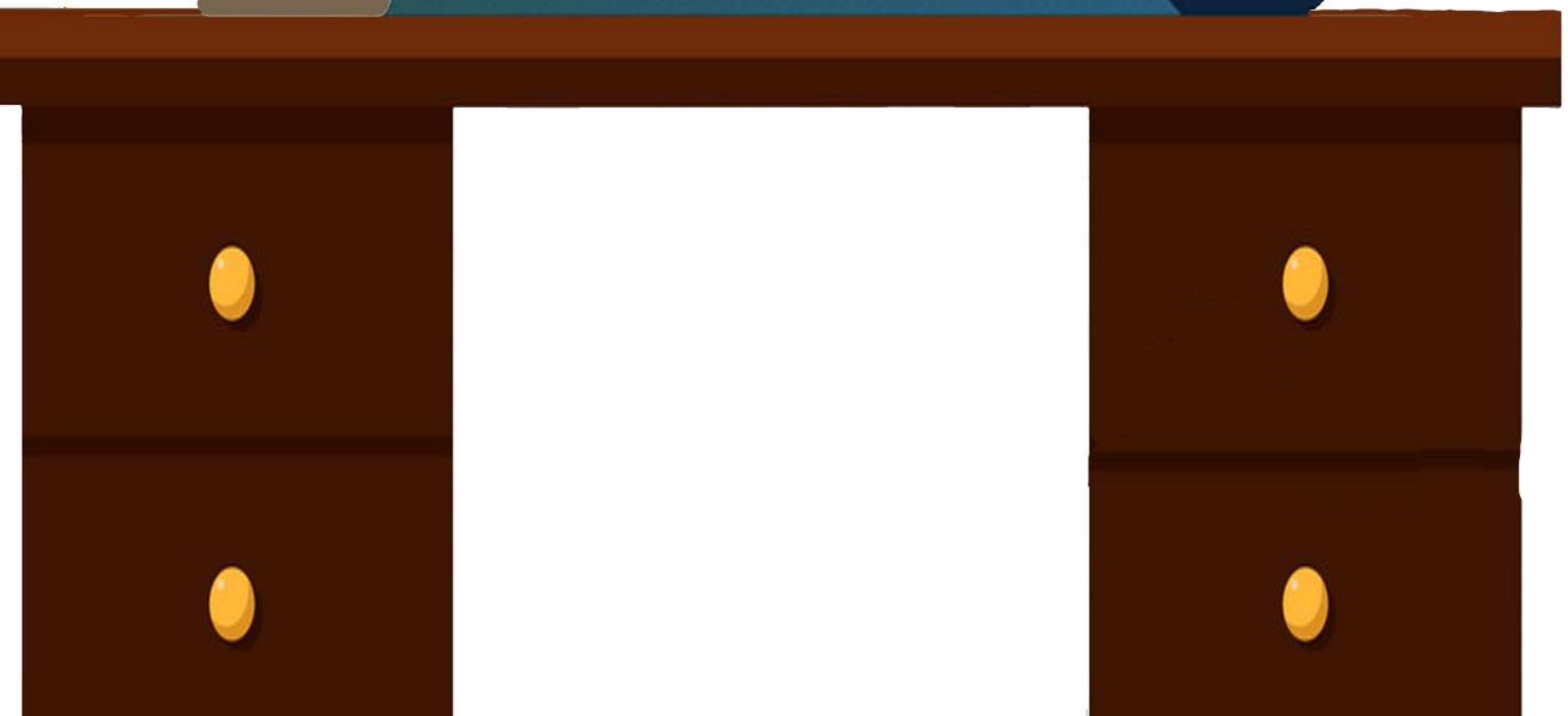
Recreational Programs for adults 50+

## AGOURA HILLS SENIOR PROGRAM

WINTER 2021

**MARCH**

**APRIL**



# Program Updates...

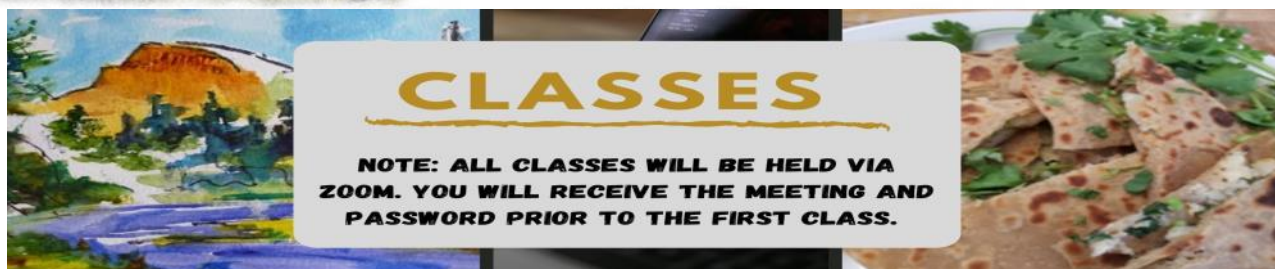
The Agoura Hills Recreation and Event Center remains closed to the public. Programs and classes are being held virtually.

This Winter, we are bringing you a virtual Senior program. We have added some new programs, as well as brought some back. If you would like assistance with online registration, Zoom, or have questions, please call (818) 597-7361.

We look forward to seeing you all again!

Please continue to check our website, [agourahillsrec.org](http://agourahillsrec.org). Click on the "Senior Program" tab on the bottom left, to view updated information on classes and programs being offered.

Our weekly Monday Morning e-blast also provides updated information on classes and programs being offered. If you would like to subscribe, or have a family member subscribe to keep you updated, please email Xcaret Osorio at [xosorio@agourahillscity.org](mailto:xosorio@agourahillscity.org).



## WATERCOLOR

\*Membership not required

Beginners through advanced artists will learn methods of creating bright, colorful, and interesting watercolors. Instructor will demonstrate drawing essential items, selecting a center of interest, creating an initial value plan and how to use imaginative colors. First-time students will be provided with material list. Instructor: David Deyell \*

Location: Your Home; Drop-in Rate: \$13/class

|       |     |               |          |         |
|-------|-----|---------------|----------|---------|
| #9902 | Tue | 1:00pm-3:00pm | 3/2-3/30 | \$50.00 |
| #9996 | Tue | 1:00-3:00pm   | 4/6-4/27 | \$40.00 |

## COVID-19 WOMEN'S SUPPORT GROUP

\*Membership not required

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. This group will provide a safe place for women to give and get support to and from one another. Facilitator: Sue

Wellerstein, MSW \* Location: Your Home

|       |     |                |          |      |
|-------|-----|----------------|----------|------|
| #9981 | Tue | 11:30am-1:00pm | 1/1-4/27 | FREE |
|-------|-----|----------------|----------|------|

## FARHANA'S COOKING CLASS

\*Membership not required

Veteran Cooking Instructor (+20 years) and Cookbook author Farhana will present simplified steps and valuable time saving tips for cooking Indian at home. Instructor: Farhana Sahibzada \* Location: Your Home

VEGETARIAN BRUNCH: Channa Massala (Chollay)

These street favorites are great crowd pleasers. Come and experience this traditional sweet and savory fair-lovely for a laid-back Sunday family brunch, or a casual weekday lunch with friends...A great pick me up, anytime!

On the menu: Channa Massala, Sooji Halwa and *spiked with spices*, the Truck Stop Chai!

|        |     |                |      |         |
|--------|-----|----------------|------|---------|
| #10046 | Sat | 11:00am-1:00pm | 2/20 | \$39.00 |
|--------|-----|----------------|------|---------|



## MUSIC APPRECIATION

We are excited to bring back our Music Appreciation group! The group will be meeting at the same time and day, but will be held via Zoom. 2021 SENIOR MEMBERSHIP REQUIRED. Registration for the group can be done online at [agourahillsrec.org](http://agourahillsrec.org) or by calling the center, (818) 597-7361.

|        |     |                 |      |
|--------|-----|-----------------|------|
| #10221 | Tue | 10:30am-12:00pm | FREE |
|--------|-----|-----------------|------|

# FITNESS CLASSES

NOTE: ALL CLASSES WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING AND PASSWORD PRIOR TO THE FIRST CLASS.

## ARTHRITIS

\*Membership required

This class incorporates dancing (seated or standing), flexibility, range of motion, strength training, endurance, coordination, and deep breathing. Most, but not all, of the exercises are done seated in a chair.

Instructor: Lois Jackson \* Location: Your Home

|        |     |                  |          |         |
|--------|-----|------------------|----------|---------|
| #9899  | Thu | 10:30 am-11:30am | 3/4-3/25 | \$10.00 |
| #10251 | Thu | 10:30am -11:30am | 4/1-4/29 | \$12.50 |

## LAUGH, FLEX & STRETCH

\*Membership required

Through movement and specific exercise, you will build stronger and healthier muscles, which will improve and enhance your balance and daily living.

Instructor: Lois Jackson \* Location: Your Home

|        |     |                 |          |         |
|--------|-----|-----------------|----------|---------|
| #9896  | Tue | 10:30am-11:30am | 3/2-3/30 | \$12.50 |
| #10251 | Tue | 10:30am-11:30am | 4/6-4/27 | \$10.00 |

## MELT® HAND & FOOT TREATMENT

\*Membership not required

The MELT® Method helps with issues such as: sleep difficulties, digestive problems, mid-day fatigue, bloating or weight gain, visual signs of aging and cellulite! If you have any questions about the class, email: [ileneberkelovesyoga@mac.com](mailto:ileneberkelovesyoga@mac.com). No class 2/15. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Your Home

|        |     |                 |          |         |
|--------|-----|-----------------|----------|---------|
| #10076 | Mon | 11:15am-12:15pm | 2/1-2/22 | \$55.00 |
|--------|-----|-----------------|----------|---------|

## CHAIR YOGALATES

\*Membership not required

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. No class 2/12. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT®

Instructor \* Location: Your Home

|       |     |                 |          |         |
|-------|-----|-----------------|----------|---------|
| #9904 | Wed | 11:15am-12:15pm | 2/3-2/24 | \$33.00 |
| #9905 | Wed | 11:15am-12:15pm | 3/3-3/21 | \$41.25 |
| #9907 | Fri | 11:15am-12:15pm | 2/5-2/26 | \$24.75 |
| #9908 | Fri | 11:15am-12:15pm | 3/5-3/26 | \$33.00 |

## JAZZERCISE

\*Membership required

The class offers non-competitive atmosphere, easy to follow routine; gentle warm-ups, low-impact aerobics, muscle toning, stretching segments, and cool-down.

Instructor: Elizabeth Eaves \* Location: Your Home

|        |         |               |          |         |
|--------|---------|---------------|----------|---------|
| #9914  | Tue/Thu | 8:45am-9:45am | 3/2-3/30 | \$40.00 |
| #10260 | Tue/Thu | 8:45am-9:45am | 4/1-4/29 | \$40.00 |

## YOGA NIDRA MEDITATION

\*Membership not required

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! No class 2/15. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Your Home

|        |     |               |          |         |
|--------|-----|---------------|----------|---------|
| #10074 | Mon | 3:00pm-3:45pm | 2/1-2/22 | \$37.50 |
| #10075 | Mon | 3:00pm-3:45pm | 3/1-3/22 | \$50.00 |

# SENIOR CONCERNS

NOTE: ALL PROGRAMS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING AND PASSWORD PRIOR TO THE FIRST CLASS.

## SENIOR 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. 2021 Senior Membership is not required for this activity. Facilitated by: Senior Advocate from Senior Concerns

\*Location: Your Home \*Registration can be completed online at [agourahillsrec.org](http://agourahillsrec.org) or by calling the center at (818)597-7361.

## 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. 2021 Senior Membership is not required. \*NEW MEETING DATES: The group will now meet on the 1st and 3rd Wednesday of the month. Registration can be done online at [agourahillsrec.org](http://agourahillsrec.org) or by calling the center at (818) 597-7361.

## SENIOR CONCERNS SEMINARS

Seminars are offered monthly. For updated seminars go to, [www.agourahillsrec.org](http://www.agourahillsrec.org), email [seniors@agourahillscity.org](mailto:seniors@agourahillscity.org) or call the Recreation Center at 818-597-7361.

# MUSIC AND LANGUAGE CLASSES

**NOTE: ALL CLASSES WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING AND PASSWORD PRIOR TO THE FIRST CLASS.**

## PRIVATE ITALIAN LESSONS

One-on-one online lessons, all ages, all levels, all styles.

Flexible schedule, one session per week minimum, renewable every 5 lessons. Fun and exciting approach, yet results-oriented. Instructor: Oksana Management Group

\* Location: Your Home \*Classes available to begin at any time. 5 Lessons, Half Hour - \$350; 5 Lessons, Hour - \$700.00

March

#10173 - 1 Hr

#10178 - 1/2 Hr

## PRIVATE FRENCH LESSONS

One-on-one online lessons, all ages, all levels, all styles.

Flexible schedule, one session per week minimum, renewable every 5 lessons. Fun and exciting approach, yet results-oriented. Instructor: Oksana Management Group

\* Location: Your Home \*Classes available to begin at any time. 5 Lessons, Half Hour - \$350; 5 Lessons, Hour - \$700.00

March

#10123 - 1 Hr

#10188 - 1/2 Hr

## PRIVATE SINGING/VOCAL LESSONS

One-on-one online lessons, all ages, all levels, all styles. Flexible schedule, one session per week minimum, renewable every 5 lessons. Fun and exciting approach, yet results-oriented. Instructor: Oksana Management Group

\* Location: Your Home \*Classes available to begin at any time. 5 Lessons, Half Hour - \$350; 5 Lessons, Hour - \$700.00

March: #10155—1 Hr; #10158—1/2 Hr



## VIRTUAL EXCURSIONS

Just because we can't travel, doesn't mean we can't still go on excursions!

We are working hard to bring you virtual excursions. These will be tours or presentations with various locations. They will be held via Zoom, so you can explore somewhere new from the safety and comfort of your home!

### TURTLE CONSERVANCY

Enjoy a virtual tour of the Turtle Conservancy in Ojai! Our interactive tour will include learning about the different species of turtles, a tour of their location and learning about the importance of turtle conservation.

We will also be introduced to their Galapagos and Aldabra tortoises!

#10224      Thu      2:00pm-3:00pm      2/25      \$33

We will be adding more virtual excursions soon!

Check the Monday Mornings E-Blast and the Senior Program website for updated information.

One upside of holding remote excursions, is that we can "visit" anywhere!

Where would you like to see a tour or presentation from? It can be any place in the U.S.!

Call the center at (818) 597-7361 or email Xcaret Osorio - xosorio@agourahillscity.org and give us your suggestions!

# ON-GOING MONTHLY PROGRAMS

**NOTE: ALL CLASSES WILL BE HELD VIA ZOOM.  
YOU WILL RECEIVE THE MEETING AND  
PASSWORD PRIOR TO THE FIRST CLASS.**

## HAMMER MUSEUM TOURS

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. 2021 SENIOR MEMBERSHIP REQUIRED.

Instructor: Hammer Museum \* Location: Your Home  
#10220 Tue 1:00-2:00pm 3/2 FREE

## TECH HELP VIDEOS

Meet helpful students who will help you with a variety of electronic and technological needs with your favorite devices! On the second Monday of each month, we will be including a tech help video in our Monday Mornings.

These videos will cover a variety of topics and will be presented in a "how to" style.

2021 SENIOR MEMBERSHIP REQUIRED.

If you have specific requests for topics you would like a video on, please call (818) 597-7361 or email Xcaret Osorio - [xosorio@agourahillscity.org](mailto:xosorio@agourahillscity.org) and let us know.

## NEW - LENDING LIBRARY

Each month we will have a table outside the entrance of the center, where you can browse and borrow books. It's on the honor system. You check out and then return when you are finished enjoying. You are welcome to browse and select books and DVD's. There will be a box next to the table, for returns.

This program will be held on the 3rd Tuesday and Wednesday of each month. The table and box will be located outside the entrance of the Recreation Center, as we are still closed to the public. You are welcome to stop by any time between 9:00am-3:00pm on these days.

## AARP TAX PREPARATION SERVICES

AARP Tax Preparation Services, will be held virtually. Please call or email the center to be placed on an interest list. Once we know program delivery details, we will contact you.

Please provide your first and last name, daytime phone number and email. Center number is (818) 597-7361 or email [seniors@agourahillscity.org](mailto:seniors@agourahillscity.org).

## DINING ADVENTURES



We are bringing back Dining Adventures, with a twist!  
Help support our local restaurants, while enjoying a delicious meal!

Just because we can't dine out, doesn't mean we can't enjoy a nice meal. Every two weeks, we will highlight a local restaurant in the Monday Mornings E-Blast. Pick up take out and enjoy your meal!

Send us photos of you enjoying your meal, give us your review and we will share in our Monday Mornings E-Blast. Even though we can't dine together, we can still share in the experience of enjoying good food.

Email your photos, reviews and suggestions to Xcaret Osorio - [xosorio@agourahillscity.org](mailto:xosorio@agourahillscity.org).

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)

(800) 777-0133

Meals On Wheels

(805) 370-4295

Medicare

(800) 633-4227

Social Security Administration

(TO)

(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

(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



**DIAL-A-RIDE SERVICES**

**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/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 trip.  
MUST HAVE EXACT CHANGE.

**HOURS OF OPERATION:**

Mon-Fri: 7:00am-7:00pm

Saturday: 9:00am-4:00pm

\*No Sunday or Holiday service  
(Christmas Day & New Year's Day)