

SENIOR MOMENTS

**SAVE THE DATE:
MAY IS OLDER AMERICANS MONTH!
MORE INFORMATION TO COME.**

RECREATION PROGRAMS FOR AGES 50+
SPRING 2021: APRIL, MAY & JUNE



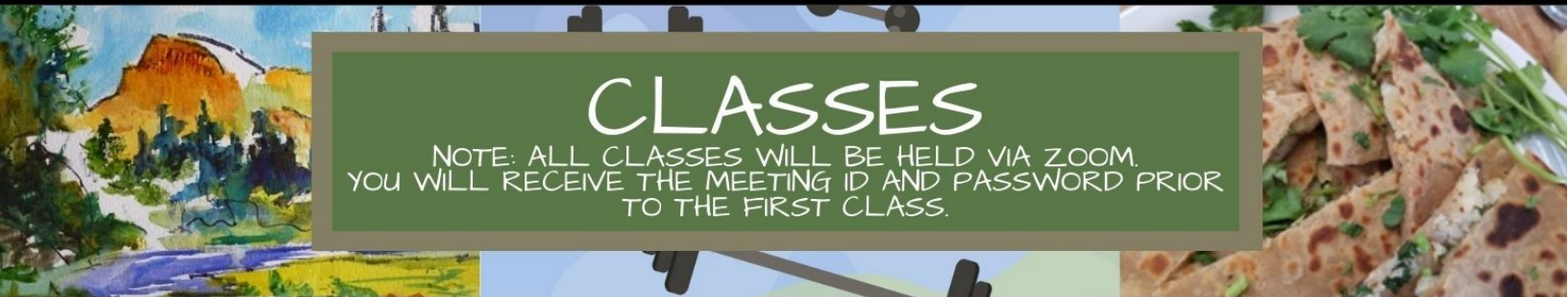
At this time, the Agoura Hills Recreation and Event Center remains closed to the public. All of our programs are continuing to run virtually, via Zoom.

For updates, please check our website, agourahillsrec.org. The Monday Mornings e-blast is another way to keep up to date. To be added to the Monday Mornings, email xosorio@agourahillscity.org.

As we begin to work on our opening plan, appointments to the Senior Center will be available in the near future.

2021 SENIOR MEMBERSHIP

The 2021 Senior Membership can be purchased online at agourahillsrec.org.
Click on "register now."
Then, click on "Activities" and select "Memberships."



CLASSES

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

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

On the Menu: Chicken Biryani Rice

Topped with a gourmet topping of sautéed nuts and raisins and flavored with saffron threads.

#10047 Sat 11:00am-1:00pm 5/8 \$39.00

On the Menu: Making Magic with Bhindi

In the right hands, with the right blend of herbs and spices and most of all with the right recipe okra rules!
Side of Chappati and Daal.

#10048 Sat 11:00am-1:00pm 6/19 \$39.00

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

#9996Tue 1:00pm-3:00pm 4/6-4/27 \$40.00

#9997Tue 1:00pm-3:00pm 5/4-5/25 \$40.00

#9998Tue 1:00pm-3:00pm 6/1-6/29 \$50.00

Classes

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

FITNESS CLASSES

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

- #10254 Thu 10:30am -11:30am 4/1-4/29 \$12.50
- #10255 Thu 10:30am-11:30am 5/6-5/27 \$10.00
- #10256 Thu 10:30am -11:30am 6/4-6/24 \$10.00

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

- #10251 Tue 10:30am-11:30am 4/6-4/27 \$10.00
- #10252 Tue 10:30am-11:30am 5/4-5/25 \$10.00
- #10253 Tue 10:30am-11:30am 6/1-6/29 \$12.50

THE MELT® METHOD (A SELF TREATMENT SERIES)

*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: ileneberkelove-

syoga@mac.com. No class 5/31. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor * Location: Your Home

- #10098 Mon 11:15am-12:15pm 5/3-5/24 \$75.00

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 4/2, 5/28, 6/23, 6/30.

Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT®

Instructor * Location: Your Home

- #10025 Wed 11:15am-12:15pm 4/7-4/28 \$33.00
- #10026 Wed 11:15am-12:15pm 5/5-5/26 \$33.00
- #10027 Wed 11:15am-12:15pm 6/2-6/16 \$24.75
- #10028 Fri 11:15am-12:15pm 4/9-4/30 \$33.00
- #10029 Fri 11:15am-12:15pm 5/7-5/21 \$24.75
- #10030 Fri 11:15am-12:15pm 6/4-6/18 \$24.75

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

- #10260 Tue/Thu 8:45am-9:45am 4/1-4/29 \$40.00
- #10261 Tue/Thu 8:45am-9:45am 5/4-5/27 \$40.00
- #10262 Tue/Thu 8:45am-9:45am 6/1-6/29 \$40.00

YOGA NIDRA (AKA THE YOGA OF SLEEP)

*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 5/31, 6/21, 6/28. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT®

Instructor * Location: Your Home

- #10095 Mon 3:00pm-3:45pm 4/5-4/26 \$50.00
- #10096 Mon 3:00pm-3:45pm 5/3-5/24 \$50.00
- #10097 Mon 3:00pm-3:45pm 6/7-6/28 \$25.00

Classes

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

Music and Language Classes

Guitar Private Lessons

*Membership not required

These private classes are for all ages and levels. 30 minutes, once a week, renewable every 4 weeks.

Scheduled at a mutually convenient time. Must have a guitar to participate. Instructor: Oksana

Management Group

* Location: Your Home

#10270 April \$236

#10271 May \$236

#10272 June \$236

Piano Private Lessons

*Membership not required

These private classes are for all ages and levels. 30 minutes, once a week, renewable every 4 weeks.

Scheduled at a mutually convenient time. Must have at least a mini-piano to participate. Instructor:

Oksana Management Group

* Location: Your Home

#10277 April \$236

#10278 May \$236

#10279 June \$236

French Private Lessons

*Membership not required

These private classes are for all ages and levels. 30 minutes, once a week, renewable every 4 weeks.

Scheduled at a mutually convenient time. Instructor: Oksana Management Group* Location: Your Home

#10284 April \$236

#10285 May \$236

#10286 June \$236

Italian Private Lessons

*Membership not required

These private classes are for all ages and levels. 30 minutes, once a week, renewable every 4 weeks. Scheduled at a mutually

convenient time. Instructor: Oksana

Management Group* Location: Your Home

#10292 April \$236

#10293 May \$236

#10294 June \$236

NOTE: Prices are for 4 private lessons, each a half hour long. When you enroll, an instructor will reach out to set up the dates/times. Lessons can begin any day and do not have to be completed in one week.

Singing/Vocal Private Lessons

*Membership not required

These private classes are for all ages and levels. 30 minutes, once a week, renewable every 4 weeks.

Scheduled at a mutually convenient time.

Instructor: Oksana Management Group

* Location: Your Home

#10296 April \$236

#10297 May \$236

#10298 June \$236

Farsi Private Lessons

*Membership not required

These private classes are for all ages and levels. 30 minutes, once a week, renewable every 4 weeks.

Scheduled at a mutually convenient time.

Instructor: Oksana Management Group

* Location: Your Home

#10357 April \$236

#10403 May \$236

#10404 June \$236

Hebrew Private Lessons

*Membership not required

These private classes are for all ages and levels. 30 minutes, once a week, renewable every 4 weeks.

Scheduled at a mutually convenient time.

Instructor: Oksana Management Group

* Location: Your Home

#10360 April \$236

#10405 May \$236

#10406 June \$236

Russian Private Lessons

*Membership not required

These private classes are for all ages and levels. 30 minutes, once a week, renewable every 4 weeks.

Scheduled at a mutually convenient time. Instruc-

tor: Oksana Management Group

* Location: Your Home

#10363 April \$236

#10407 May \$236

#10408 June \$236

On-Going Programs

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

SENIOR CONCERNS

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.** Facilitated by: Senior Advocate from Senior Concerns * Location: Your Home ***Registration can be completed online at 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. NOTE: CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSCODE PRIOR TO THE CLASS. **Registration can be completed online at agourahillsrec.org or by calling the center at (818) 597-7361.**

SENIOR CONCERNS SEMINARS

Zoom seminars are offered monthly. For updated seminars go to, www.agourahillsrec.org, email seniors@agourahillscity.org or call the center at 818-597-7361.

MUSIC APPRECIATION

We are excited to have our Music Appreciation group back! The group meetings 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 or by calling the center at (818) 597-7361.
#10399 Tue 10:30am-12:00pm FREE

COVID-19 WOMEN'S 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. This group will provide a safe place for women to give and get support to and from one another. **2021 Senior Membership is not required.** NOTE: CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSCODE PRIOR TO THE CLASS.

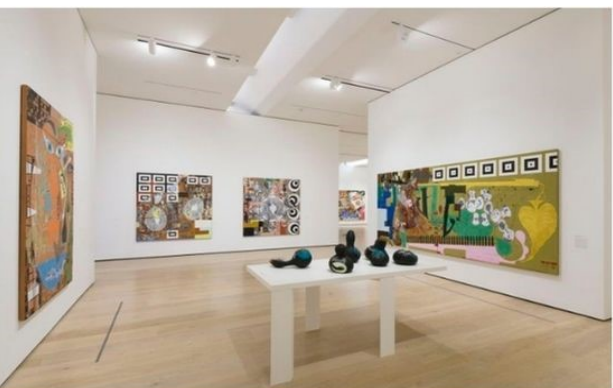
Facilitator: Sue Wellerstein, MSW * Location: Your Home
#10410 Tue 11:30am-1:00pm 4/6-6/29 FREE

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.** NOTE: CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSCODE PRIOR TO THE CLASS.

Instructor: Hammer Museum* Location: Your Home

#10352	Tue	1:00pm-2:00pm	4/6	FREE
#10353	Tue	1:00pm-2:00pm	5/4	FREE



Community Corner

PEN PAL PROGRAM

We are looking to partner with a local Senior Community, to create a new Pen Pal program!

#10493

How it works -

1. Enroll in the Pen Pal activity. Enrollment can be done online or by calling the center.
2. When enrolling, you will be asked a few questions to get a sense of your interests.
3. We will pair you with a member of the Senior Community, with similar interests.
4. Once we have paired you, we will mail you a letter with your new Pen Pal's name and interests.
5. You will then write them the first letter.
6. You will either mail us the letter or drop-off the letter at the Center. There will be a box located outside the entrance.
7. We will give the letter to your Pen Pal. They will write back and we will collect the letter.
8. We will then mail you their letter.

To protect your privacy, all letters will go through the Center. Your address will never be shared with your Pen Pal.

The only information shared will be your name. You will mail your letters to the center or drop them off at the box by the entrance. We will mail you the response letters from your Pen Pal.

2021 SENIOR MEMBERSHIP REQUIRED.

If you have any questions or would like more information, call the Center at (818) 597-7361 or email xosorio@agourahillscity.org.

A.S.A. DONATIONS

The City of Agoura Hills is a proud partner with America Supporting Americans. Donations can be dropped off at the Agoura Hills Recreation and Event Center. Donations go directly to our troops.

Suggested Items:

- Deodorant (Men's and Women's - No aerosol cans allowed)
 - Game Books - Crossword puzzles, Sudoku, etc.
 - Protein Bars
 - Fruit and Nut Packets
- Dental Floss
- Disposable Razors
 - Gum
- Shaving Gel - No aerosol cans allowed
 - Beef Jerky
- Water Flavoring Packets - Assorted flavor packets

There will be a bin for donations located outside the entrance of the Agoura Hills Recreation Center. Donations can be dropped off Monday - Friday, from 9:00am-4:00pm.

OLDER AMERICANS MONTH

May is Older American's Month!

In celebration of our seniors, the Agoura Hills Senior Program will be hosting different events during the month. For a list of events, go to agourahillsrec.org and click on the Senior Programs tab on the left.

For questions or more information, call the center at 818-597-7361 or email xosorio@agourahillscity.org.

Programs offered will follow social distancing and LA County Public Health Guidelines.

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

**PRSRT 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)



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.