

SENIOR MOMENTS

**IN-PERSON PROGRAMS RETURNING
IN PHASES, BEGINNING MID-JUNE.**

RECREATION PROGRAMS FOR AGES 50+
SUMMER 2021: JULY, AUGUST & SEPTEMBER



At this time, the Agoura Hills Recreation and Event Center is open by appointment. If you need assistance, call us at (818) 597-7361.

In-person programs will be reintroduced in phases beginning at the end of June. Your instructor or the center will contact you regarding your program return date.

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.

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 Tikka Massala

Join and learn Farhana's culinary secrets and simple steps for making this popular restaurant favorite in minutes! Employing a few easy ingredients and some trusted techniques! The outcome? Finger licking goodness in every bite. A gourmet selection from the Kashmiri/North Indian cooking traditions! Sign up to learn the tricks she brings to share from the streets of historic Lahore-home of mouthwatering tandoori cooking!

#10498 Sat 11:00am-1:00pm 8/28 \$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

#10427	Tue 1:00pm-3:00pm	7/6-7/27	\$40.00
#10428	Tue 1:00pm-3:00pm	8/3-8/31	\$50.00
#10429	Tue 1:00pm-3:00pm	9/7-9/28	\$40.00

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

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. No drop-ins. Instructor: Lois Jackson * Location: Your Home

#10412	Tue	10:30am-11:30am	7/6-7/27	\$10.00
#10413	Tue	10:30am-11:30am	8/3-8/31	\$12.50
#10414	Tue	10:30am-11:30am	9/7-9/28	\$10.00

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

#10463	Tue/Thu	8:45am-9:45am	7/1-7/29	\$40.00
#10464	Tue/Thu	8:45am-9:45am	8/3-8/31	\$40.00
#10465	Tue/Thu	8:45am-9:45am	9/2-9/30	\$40.00

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. No drop-ins.

Instructor:	Lois Jackson	* Location:	Your Home
#10415	Thu	10:30am -11:30am	7/1-7/29 \$12.50
#10416	Thu	10:30am-11:30am	8/12-8/26 \$7.50
#10417	Thu	10:30am -11:30am	9/2-9/30 \$12.50

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 7/2, 7/7, 9/1, 9/3 and 9/15. No drop-ins. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor * Location: Your Home

#10421	Wed	11:15am-12:15pm	7/14-7/28	\$24.75
#10422	Wed	11:15am-12:15pm	8/4-8/25	\$33.00
#10423	Wed	11:15am-12:15pm	9/8-9/29	\$24.75
#10418	Fri	11:15am-12:15pm	7/9-7/30	\$33.00
#10419	Fri	11:15am-12:15pm	8/6-8/27	\$33.00
#10420	Fri	11:15am-12:15pm	9/10-9/24	\$24.75

MUSIC & LANGUAGE CLASSES

Private Lessons *Membership not required

Private lessons for Russian, Farsi/Persian, Chinese/Mandarin, Korean, Hebrew, Italian, French, Piano, Guitar and Singing are available. These private classes are for all ages and levels. 30 minutes once a week, renewable every 4 weeks. Scheduled at a mutually convenient time. *NOTE: This price is 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. *NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS.

Instructor: Oksana Management Group * Location: Your Home

Price is \$236 for 4 half hour sessions.

To enroll, please call the Recreation and Event Center at (818) 597-7361.

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.
#10444 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.

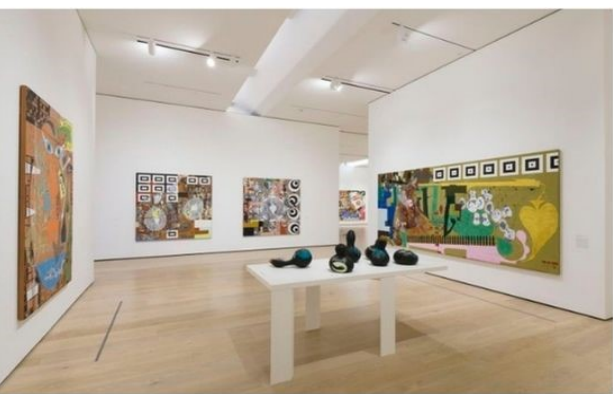
Facilitator: Sue Wellerstein, MSW * Location: Your Home
#10446 Tue 11:30am-1:00pm 7/9-9/28 FREE

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

#10447	Tue	1:00pm-2:00pm	7/6	FREE
#10448	Tue	1:00pm-2:00pm	8/3	FREE



Older American of the Year



AGOURA HILLS OLDER AMERICAN NOMINEE: SUE WELLERSTEIN

Sue has been the facilitator for WISDOM (Women in their Sixth and Seventh Decades of Maturity), a Women's Discussion and Support Group for over 10 years with the City of Agoura Hills Senior Program. The group offers a safe environment for women to come together and discuss similar experiences and meet other women. During the pandemic Sue started another women's discussion and support group, COVID-19 Women's Support Group. This group has been going strong since its inception last year. Both groups have been meeting weekly via zoom.

The women in the group and City of Agoura Hills are fortunate to have a qualified facilitator in Sue as she holds an MSW and MA in Education. The City of Agoura Hills appreciates Sue's contributions to the women and programs she leads.



RE-OPENING

RE-OPENING SURVEY

Included in the newsletter is a survey regarding re-opening. Please take time to fill out the survey and give us your feedback on your feelings regarding re-opening.

You can either mail-in your survey to the center or drop-off your survey in a clear box, outside of the center.

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
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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.