

# SENIOR MOMENTS

**SAVE THE DATE: THANKSGIVING  
LUNCHEON IS ON WEDNESDAY, 11/10!**

RECREATION PROGRAMS FOR AGES 50+

**FALL 2021: OCTOBER, NOVEMBER, DECEMBER**





This season, we continue to offer a combination of in-person, hybrid and virtual classes.

For updates, please check our website, [agourahillsrec.org](http://agourahillsrec.org). The Monday Mornings e-blast is another great way of receiving up to date information. To be added to the Monday Mornings list, call the center at (818) 597-7361.

### SENIOR MEMBERSHIP

Beginning in October, the 2021 Senior Membership will be \$6 for the remainder of the calendar year.

You can now purchase the 2022 Senior Membership for \$15, which is valid from 1/2022-12/2022.

## CLASSES

For all in-person and hybrid classes, the following policies are in place:

- Please bring your vaccination card, if you have one.  
You will be asked to show your card at check-in.
- All individuals must wear masks in the common areas.
- We ask unvaccinated individuals to please leave your mask on while in programs.

## IN-PERSON CLASSES

### IN-PERSON CLASSES

These classes will take place in-person only. You must pre-register. No walk-ins or day of registrations. No drop-ins available at this time.

#### 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. No class 11/25.

Instructor: Elizabeth Eaves \* Location: MPR

|        |         |             |            |         |
|--------|---------|-------------|------------|---------|
| #10580 | Tue/Thu | 8:45-9:45am | 10/5-10/28 | \$45.00 |
| #10581 | Tue/Thu | 8:45-9:45am | 11/2-11/30 | \$45.00 |
| #10582 | Tue/Thu | 8:45-9:45am | 12/2-12/30 | \$45.00 |

#### DO IT NOW SENIOR FITNESS

\*Membership required

Different weights and degrees of intensity in band resistance allow seniors of different fitness levels to enjoy upbeat music and expert instruction. No class 11/11, 11/25, & 12/27. Instructor: Tamara Kilpatrick \*

Location: MPR

|        |       |              |            |         |
|--------|-------|--------------|------------|---------|
| #10741 | Mon   | 9:45-10:45am | 10/4-10/25 | \$14.00 |
| #10834 | Mon   | 9:45-10:45am | 11/1-11/29 | \$17.50 |
| #10835 | Mon   | 9:45-10:45am | 12/6-12/20 | \$10.50 |
| #10832 | Thu   | 9:45-10:45am | 10/7-10/28 | \$14.00 |
| #10836 | Thu   | 9:45-10:45am | 11/4-11/18 | \$7.00  |
| #10838 | Thu   | 9:45-10:45am | 12/2-12/30 | \$17.50 |
| #10833 | M/Thu | 9:45-10:45am | 10/4-10/28 | \$24.00 |
| #10837 | M/Thu | 9:45-10:45am | 11/1-11/29 | \$21.00 |
| #10839 | M/Thu | 9:45-10:45am | 12/2-12/30 | \$24.00 |

# IN-PERSON CLASSES

## AUTUMN HIKES \*Membership required

To start your day or after drop off, join us for morning hikes to a shaded rock pool and Ape Wall, or take in the breathtaking views overlooking our beautiful landscape, or an occasional walk on the beach and morning meditation. Transportation to hike location is not provided. Class may be cancelled or rescheduled due to inclement weather. Instructor: Joy Funkhouser

\* Location: Provided prior to first day of class

### Gentle Hikes

Class meets for 4 weeks, with 4 hikes. The fourth Tuesday of every month, we meet for lunch at Sage Vegan Bistro following the hike. Cost of lunch is not provided.

- #10658 Tue 9:00-10:30am 9/14-10/5 \$40.00
- #10659 Tue 9:00-10:30am 10/12-11/2 \$40.00
- #10660 Tue 9:00-10:30am 11/9-12/7 \$40.00

### Moderate Hikes

Class meets for 4 weeks, with 8 hikes. The fourth Friday of the month includes a longer hike to the M.A.S.H. site or another geographical gem in our three magical miles.

- #10661 Wed/Fri 9:00-10:30am 9/8-10/1 \$40.00
- #10662 Wed/Fri 9:00-10:30am 10/6-10/29 \$40.00
- #10663 Wed/Fri 9:00-10:30am 11/3-12/3 \$40.00



## SECOND SUNDAY MORNING MEDITATION AND BRUNCH \*Membership required

Start your morning with a 30 minute guided meditation to reset and rejuvenate, followed by a lite brunch provided by Sage Vegan Bistro, a regenerative farm-to-table restaurant in Agoura. Instructor: Joy Funkhouser, Meditation Teacher (CTAA), Strategic Life Coach (CTAA), Registered Yoga Teacher (RYT, Yoga Alliance)

\* Location: Provided prior to first day of class

- #10664 Sun 9:00-10:15am 9/12 \$20.00
- #10665 Sun 9:00-10:15am 10/10 \$20.00
- #10666 Sun 9:00-10:15am 11/14 \$20.00
- #10667 Sun 9:00-10:15am 12/12 \$20.00



## 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: MPR or Your Home;

Drop-in Rate: \$13/class

### **In-Person**

- #10686 Tue 1:00-3:00pm 10/5-10/26 \$40.00
- #10687 Tue 1:00-3:00pm 11/2-11/30 \$50.00
- #10688 Tue 1:00-3:00pm 12/7-12/28 \$40.00

### **Virtual**

- #10587 Tue 1:00-3:00pm 10/5-10/26 \$40.00
- #10588 Tue 1:00-3:00pm 11/2-11/30 \$50.00
- #10589 Tue 1:00-3:00pm 12/7-12/28 \$40.00

# HYBRID CLASSES

## STRENGTH TRAINING \*Membership required

Strength Training is focused on improving muscle mass, bone density, and flexibility. Body weight and weighted exercises will be used. Must be able to get up and down from floor. Dumbbells will be provided, but you may bring your own.

No class 12/27.

Instructor: Del Herrera NASM CPT \* Location: MPR

### **In-Person**

- #10759 Mon 9:45 –10:45am 10/4-10/25 \$48
- #10760 Mon 9:45 –10:45am 11/1-11/29 \$60
- #10761 Mon 9:45 –10:45am 12/6-12/20 \$36

### **Virtual**

- #10810 Mon 9:45 –10:45am 10/4-10/25 \$48
- #10811 Mon 9:45 –10:45am 11/1-11/29 \$60
- #10812 Mon 9:45 –10:45am 12/6-12/20 \$36



# HYBRID CLASSES

## DANCING WITH DEL

\*Membership required

Pump it up, take it down, or stay in your middle intensity! Get a fun, sweaty class. Dance to current pop, hip hop, 80s oldies, and international music with a workout that YOU are comfortable with! High impact but modifiable.

Instructor: Del Herrera NASM CPT \* Location: MPR

### **IN-PERSON**

|        |     |               |            |      |
|--------|-----|---------------|------------|------|
| #10750 | Wed | 9:45 –10:45am | 10/6-10/27 | \$24 |
| #10751 | Wed | 9:45 –10:45am | 11/3-11/24 | \$24 |
| #10752 | Wed | 9:45 –10:45am | 12/1-12/29 | \$30 |

### **VIRTUAL**

|        |     |               |            |      |
|--------|-----|---------------|------------|------|
| #10801 | Wed | 9:45 –10:45am | 10/6-10/27 | \$24 |
| #10802 | Wed | 9:45 –10:45am | 11/3-11/24 | \$24 |
| #10803 | Wed | 9:45 –10:45am | 12/1-12/29 | \$30 |



## 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

### **IN-PERSON**

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #10840 | Tue | 10:30 -11:30am | 10/5-10/26 | \$10.00 |
| #10841 | Tue | 10:30 -11:30am | 11/2-11/30 | \$12.50 |
| #10842 | Tue | 10:30 -11:30am | 12/7-12/28 | \$10.00 |

### **VIRTUAL**

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #10569 | Tue | 10:30 -11:30am | 10/5-10/26 | \$10.00 |
| #10570 | Tue | 10:30 -11:30am | 11/2-11/30 | \$12.50 |
| #10571 | Tue | 10:30 -11:30am | 12/7-12/28 | \$10.00 |



## ZUMBA

\*Membership required

Latin and international rhythms with high impact, may be modified to your level. No class 11/24, 12/24 & 12/31.

Instructor: Del Herrera NASM CPT \* Location: MPR

### **IN-PERSON**

|        |     |               |            |      |
|--------|-----|---------------|------------|------|
| #10756 | Fri | 9:45 –10:45am | 10/1-10/29 | \$30 |
| #10757 | Fri | 9:45 –10:45am | 11/5-11/19 | \$18 |
| #10758 | Fri | 9:45 –10:45am | 12/3-12/17 | \$18 |

### **VIRTUAL**

|        |     |               |            |      |
|--------|-----|---------------|------------|------|
| #10807 | Fri | 9:45 –10:45am | 10/1-10/29 | \$30 |
| #10808 | Fri | 9:45 –10:45am | 11/5-11/19 | \$18 |
| #10809 | Fri | 9:45 –10:45am | 12/3-12/17 | \$18 |



## 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

### **IN-PERSON**

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #10843 | Thu | 10:30 -11:30am | 10/7-10/28 | \$10.00 |
| #10844 | Thu | 10:30 -11:30am | 11/4-11/18 | \$5.00  |
| #10845 | Thu | 10:30 -11:30am | 12/2-12/30 | \$12.50 |

### **VIRTUAL**

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #10553 | Thu | 10:30 -11:30am | 10/7-10/28 | \$10.00 |
| #10554 | Thu | 10:30 -11:30am | 11/4-11/18 | \$5.00  |
| #10555 | Thu | 10:30 -11:30am | 12/2-12/30 | \$12.50 |



# VIRTUAL 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.

## 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: Pan-Fried Chicken Kabob Cakes

Mimicking the crab cake, these masala seasoned ground chicken kabobs are given a quick marinate in fresh herbs, pureed fresh ginger and garlic, and dry masala spices. The seasoned meat is then formed into patties, and given a pan fry until fully cooked. We will make a side of chutney dressing and Aloo Ghoobi to complete the meal! This flavorful menu is filled with many delicious serving variations and possibilities!

#10647 Sat 11:00am-1:00pm 10/9 \$39.00

### On the Menu: Gluten-Free Kashmiri Paneer Massala

Lightly sautéed store bought Indian Paneer is simmered for a quick finish in a base of sauce of onions, ginger and tomatoes seasoned with paprika; AKA Kashmiri red chili! Served with a side of Daal with grilled onion topping, and vegetable basmati rice palao to complete the feast!

#10648 Sat 11:00am-1:00pm 12/18 \$39.00

## 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 11/26, 12/24, & 12/31. No drop-ins. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and

MELT® Instructor \* Location: Your Home

#10559 Wed 11:15am-12:15pm 10/6-10/27 \$24.75  
#10560 Wed 11:15am-12:15pm 11/3-11/24 \$33.00  
#10561 Wed 11:15am-12:15pm 12/1-12/29 \$24.75  
#10556 Fri 11:15am-12:15pm 10/1-10/29 \$33.00  
#10557 Fri 11:15am-12:15pm 11/5-11/19 \$24.75  
#10558 Fri 11:15am-12:15pm 12/3-12/17 \$16.50



## MELT HAND & FOOT TREATMENT

\*Membership not required

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! It also helps with common issues such as: sleep difficulties, digestive problems, mid-day fatigue, bloating or weight gain, visual signs of aging cellulite! No drop-ins. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Your Home

#10449 Mon 11:15am-12:15pm 10/4-10/25 \$60.00



# ON-GOING PROGRAMS

## SENIOR CONCERNS HYBRID & VIRTUAL

### 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 or at the Agoura Hills Recreation Center

## BOOK CLUB IN-PERSON

Book Club will meet in-person and is held on the third Sunday of each month.

**2021 SENIOR MEMBERSHIP REQUIRED.**

Location: Recreation Center

#10827 Tue 10:30am-12:00pm 10/19-12/21 FREE

## BINGO IN-PERSON

This will be held as an in-person program.

Location: Recreation Center

**2021 SENIOR MEMBERSHIP REQUIRED.**

#10848 Tue/Thu 12:15pm-3:00pm 10/5-12/30 \$10.00

## BRIDGE IN-PERSON

This will be held as an in-person program.

Location: Recreation Center

**2021 SENIOR MEMBERSHIP REQUIRED.**

**\*More information to come. Check [agourahillsrec.org](http://agourahillsrec.org) for more information and/or the Monday Mornings E-Blast.**

### SEMINARS

Zoom 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 Center at 818-597-

7361.

### CAREGIVER SUPPORT GROUP

We are 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.** \*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.

Location: Your Home

## MUSIC APPRECIATION HYBRID

The group meets at the same time and day, but will be held as a hybrid class. There is an in-person option and a Zoom option.

**2021 SENIOR MEMBERSHIP REQUIRED.**

Location: Recreation Center

**IN-PERSON:** #10576 Tue 10:30am-12:00pm FREE

**VIRTUAL:** #10847 Tue 10:30am-12:00pm FREE

## COVID-19 WOMEN'S GROUP VIRTUAL

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. **2021 Senior Membership is not required.**

Location: Recreation Center

#10562 Tue 11:30am-1:00pm 10/5-12/28 FREE

**WE ARE BRINGING BACK PROGRAMS IN PHASES. FOR THE MOST UP-TO-DATE LIST OF CLASSES AND PROGRAMS, SIGN UP FOR THE MONDAY MORNINGS EMAILS. YOU CAN ALSO CHECK THE WEBSITE, [AGOURAHILLSREC.ORG](http://AGOURAHILLSREC.ORG), AND CLICK ON THE "SENIORS" TAB ON THE LEFT SIDE OF THE PAGE.**

# SPECIAL EVENTS

## REYES ADOBE DAYS

This years Reyes Adobe Days will look a bit different. We will still be celebrating Reyes Adobe Days; however, it will be a one day event.

Join us on Saturday, October 2nd for a day of festivities! There will be live music, food trucks, children's activities, and more!



## THANKSGIVING LUNCHEON

Our annual Thanksgiving Luncheon is back! Bring a friend and enjoy an afternoon of entertainment and have a delicious Thanksgiving meal! Spaces will be limited. Register early, as spots will fill fast. Must pre-register. No day of registrations will be accepted.

Location: Recreation Center

#10633

Wed 11:00am-1:00pm

11/10

\$20

## MAYORS ART SHOW & HOLIDAY BOUTIQUE

Support the community by purchasing your holiday gifts from our artisan vendors. This will also be the last weekend to view the artwork for the Mayor's Art Show.

Friday, December 3  
4:00-7:00pm

Saturday, December 4  
11:00am-3:00pm



## ONE CITY, ONE BOOK

"An Evening with the Author" is coming back this Fall!

Visit [agourahillscity.org](http://agourahillscity.org) for more information.



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

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## COMMUNITY INFORMATION

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Agoura Hills Public Library

(818) 889-2278

Animal Control

(818) 991-0071

Cancer Support Community

(805) 379-4777

Department of Motor Vehicles  
(DMV)

(800) 777-0133

Dial-A-Ride (Agoura Hills)

(818) 707-2005

Dial-A-Ride (Calabasas)

(818) 632-6211

Dial-A-Ride (Thousand Oaks)

(805) 375-5467

Las Virgenes Water District

(818) 251-2100

Meals On Wheels

(805) 370-4295

Medicare

(800) 633-4227

Sheriff's Dept.

(non-emergency)

(818) 878-1808

Social Security Administration  
(TO)

(800) 772-1213

Southern California Edison

(800) 655-4555

Southern California Gas Co

(800) 427-2200

United States Post Office  
(Agoura Hills)

(800) 275-8777

Urgent Care (Westlake Village)

(805) 379-9125



**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.