

SENIOR MOMENTS

RECREATION PROGRAMS FOR ADULTS 50+



HAPPY NEW YEARS!

DON'T FORGET TO TAKE THE EXCURSIONS SURVEY



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

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

SENIOR MEMBERSHIP

It is time to renew your senior membership. You can now purchase the 2022 Senior Membership for \$15, which is valid from January - December 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.
- All participants must bring their own equipment or supplies while to class

Staff does not sanitize equipment before or after classes.

PREREGISTRATION REQUIRED

All participants must be registered before they attend class. No day of drop-ins. To register, go to agourahillsrec.org and press the "Register Online" button, call (818) 597-7361, or come into the Center



THANKSGIVING LUNCHEON

Thank you to everyone that came to the 2021 Thanksgiving Luncheon. It was great to see everyone again. A special thanks to Bobbie Constanten for everything she did to make the event happen.

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.

*New Pricing

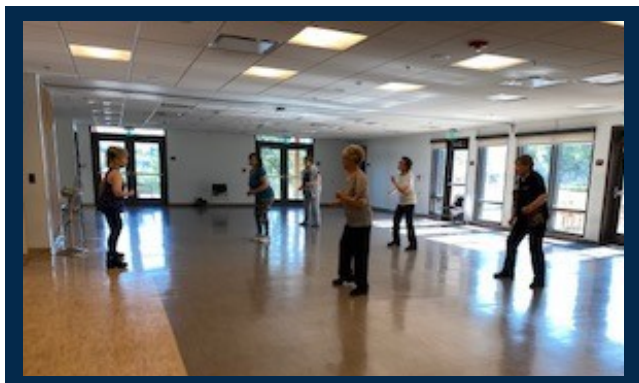
JAZZERCISE

*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: MPR

#10978	Tue/Thu	8:45-9:45am	1/4-1/27	\$50.00
#10979	Tue/Thu	8:45-9:45am	2/1-2/24	\$50.00
#10980	Tue/Thu	8:45-9:45am	3/1-3/31	\$50.00



BUFF BONES

*Membership not required

Buff Bones® is a medically-endorsed workout that combines Pilates with bone-strengthening and balance techniques to optimize the health and safety of your bones. The workout follows a research-supported design of sequenced exercises, targeting areas of the body prone to osteoporosis. Buff Bones classes will tone your body, and improve posture and alignment. This class is great for beginners to intermediate students, and helps strengthen and relieve back pain. Students must be mobile enough to get up and down off floor without assistance.

Bring a thick yoga mat and back towel.

Instructor: Aggie Winston * Location: MPR

IN-PERSON

#10891	Wed	11:30am-12:30pm	1/12-2/16	\$57.00
#11183	Wed	11:30am-12:30pm	2/23-3/30	\$57.00

VIRTUAL

#11196	Wed	11:30am-12:30pm	1/12-2/16	\$57.00
#11197	Wed	11:30am-12:30pm	2/23-3/30	\$57.00

*New Pricing

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 1/17 & 2/21.

Instructor: Tamara Kilpatrick * Location: MPR

#10909	Mon	2:00-3:00pm	1/3-1/31	\$20.00
#10908	Mon	2:00-3:00pm	2/7-2/28	\$15.00
#10907	Mon	2:00-3:00pm	3/7-3/28	\$20.00
#10912	Thu	2:00-3:00pm	1/6-1/27	\$20.00
#10911	Thu	2:00-3:00pm	2/3-2/24	\$20.00
#10910	Thu	2:00-3:00pm	3/3-3/31	\$25.00
#10915	M/Thu	2:00-3:00pm	1/3-1/31	\$40.00
#10914	M/Thu	2:00-3:00pm	2/3-2/28	\$35.00
#10913	M/Thu	2:00-3:00pm	3/3-3/31	\$45.00

HYBRID CLASSES

Hybrid classes occur both in person and virtually. The class is taught at the Center, but you have the option to take the class from the comfort of your home on Zoom.

*New Class

CARDIO JAM

*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. No class 1/5.

Instructor: Del Herrera NASM CPT *

Location: MPR or Your Home

IN-PERSON

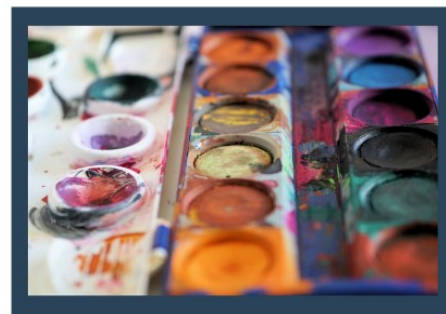
#10972	Wed	9:45-10:45am	1/12-1/26	\$18.00
#10973	Wed	9:45-10:45am	2/2-2/23	\$24.00
#10974	Wed	9:45-10:45am	3/2-3/30	\$30.00

VIRTUAL

#10975	Wed	9:45-10:45am	1/12-1/26	\$18.00
#10976	Wed	9:45-10:45am	2/2-2/23	\$24.00
#10977	Wed	9:45-10:45am	3/2-3/30	\$30.00

HYBRID CLASSES

Hybrid classes occur both in person and virtually. The class is taught at the Center, but you have the option to take the class from the comfort of your home on Zoom.



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*

Single class with advanced registration: \$13/class

IN-PERSON

#11012	Tue	1:00-3:00pm	1/4-1/25	\$40.00
#11013	Tue	1:00-3:00pm	2/1-2/22	\$40.00
#11014	Tue	1:00-3:00pm	3/1-3/29	\$50.00

VIRTUAL

#11015	Tue	1:00-3:00pm	1/4-1/25	\$40.00
#11016	Tue	1:00-3:00pm	2/1-2/22	\$40.00
#11017	Tue	1:00-3:00pm	3/1-3/29	\$50.00

ZUMBA

*Membership required

Latin and international rhythms with high impact, may be modified to your level. No class 1/7. Instructor: Del Herrera NASM CPT * Location: MPR

IN-PERSON

#10981	Fri	9:45-10:45am	1/14-1/28	\$18.00
#10982	Fri	9:45-10:45am	2/4-2/25	\$24.00
#10983	Fri	9:45-10:45am	3/4-3/25	\$24.00

VIRTUAL

#10984	Fri	9:45-10:45am	1/14-1/28	\$18.00
#10985	Fri	9:45-10:45am	2/4-2/25	\$24.00
#10986	Fri	9:45-10:45am	3/4-3/25	\$24.00

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: MPR 1

IN-PERSON

#10940	Tue	10:30-11:30am	1/4-1/25	\$10.00
#10938	Tue	10:30-11:30am	2/1-2/22	\$10.00
#10936	Tue	10:30-11:30am	3/1-3/29	\$12.50

VIRTUAL

#10941	Tue	10:30-11:30am	1/4-1/25	\$10.00
#10939	Tue	10:30-11:30am	2/1-2/22	\$10.00
#10937	Tue	10:30-11:30am	3/1-3/29	\$12.50

STRENGTH TRAINING

*Membership not 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 1/3, 1/17 & 2/21.

Instructor: Del Herrera NASM CPT * Location: MPR

IN-PERSON

#10989	Mon	9:45-10:45am	1/10-1/31	\$36.00
#10990	Mon	9:45-10:45am	2/7-2/28	\$36.00
#10991	Mon	9:45-10:45am	3/7-3/28	\$48.00

VIRTUAL

#10992	Mon	9:45-10:45am	1/10-1/31	\$36.00
#10993	Mon	9:45-10:45am	2/7-2/28	\$36.00
#10994	Mon	9:45-10:45am	3/7-3/28	\$48.00

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.

Instructor: Lois Jackson * Location: MPR 1

IN-PERSON

#10880	Thu	10:30-11:30am	1/6-1/27	\$10.00
#10878	Thu	10:30-11:30am	2/3-2/24	\$10.00
#10876	Thu	10:30-11:30am	3/3-3/31	\$12.50

VIRTUAL

#10881	Thu	10:30-11:30am	1/6-1/27	\$10.00
#10879	Thu	10:30-11:30am	2/3-2/24	\$10.00
#10877	Thu	10:30-11:30am	3/3-3/31	\$12.50

**Please bring your own
equipment to class.**

VIRTUAL CLASSES

Take classes from the comfort of your home .
Virtual classes will taken on Zoom. A computer,
tablet, or smart phone is needed to access Zoom.

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: Tikki Tamatar with Bengan Bharta

For 'Tikki Tamatar' our non-veggie dish of lightly sautéed ground chicken patties: a rainbow blend of cherry tomatoes lend its base sauce the right touch of sweetness, forming a perfect bed to simmer the lightly seasoned meat patties for maximum aroma. Cook along via ZOOM and learn the right balance of ingredients and techniques that takes any Indian curry to optimum levels of delight. With a side dish of Bengan (eggplant) Bharta to complete the meal!

#10916 Sat 11:00am-1:00pm 1/8 \$39.00



MELT INTO CHAIR YOGA

*Membership not required

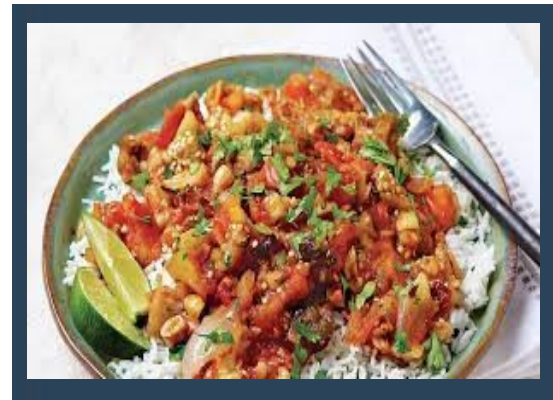
This is not a Chair Yoga class; however, you are welcome to use a chair for balance and/or practice pome poses in the chair as needed. For those of you who can get up and down, to and from the floor, we will be doing some stretches on the floor as in a traditional yoga class held on the floor, on a yoga mat. Learn how to "let go" of what you are holding onto and notice how freeing this can be—both in mind, body and your soul! No class 1/17. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor * Location: Your Home

MELT® Balls Included -1 small and 1 large soft MELT ball.

#10946 Mon 11:15am-12:15pm 1/10-2/7 \$60.00

MELT® Balls Not Included

#11189 Mon 11:15am-12:15pm 1/10-2/7 \$40.00



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

#10897 Wed 11:15am-12:15pm 1/5-1/26 \$33.00

#10898 Wed 11:15am-12:15pm 2/2-2/23 \$33.00

#10899 Wed 11:15am-12:15pm 3/9-3/30 \$33.00

#10894 Fri 11:15am-12:15pm 1/7-1/28 \$33.00

#10895 Fri 11:15am-12:15pm 2/4-2/25 \$33.00

#10896 Fri 11:15am-12:15pm 3/4-3/25 \$33.00

YOGA NIDRA (AKA The Yoga of Sleep)

Semi-Private

*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! Prepare to dim the lights, relax, breathe and maybe even fall asleep! So relaxing! Enjoy and let go of all your stress and anxiety. No class 1/3, 1/17, & 2/21. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® * Location: Your Home

#10897 Mon 3:00-3:45pm 1/10-1/31 \$55.50

#10898 Mon 3:00-3:45pm 2/7-2/28 \$55.50

#10899 Mon 3:00-3:45pm 3/7-3/28 \$74.00

ON-GOING PROGRAMS

SENIOR CONCERNS HYBRID & VIRTUAL

SENIOR ADVOCATE

The Senior Advocate Appointments via Zoom can be made any day Monday-Friday EXCEPT Wednesday between 9am-4:30pm. Call 805-497-0189 to make an appointment.

2022 Senior Membership is not required.

Facilitated by: Senior Advocate from Senior Concerns * Location: Your Home

BOOK CLUB IN-PERSON

Book Club is held on the third Tuesday of each month. The books that the club will be discussing are as follows:

January: Island of Sea Women by Lisa See

February: The Lost Girls of Paris by Pam Jenoff

March: Leaving Time by Jodi Picoult

2022 SENIOR MEMBERSHIP REQUIRED.

Location: Recreation Center

#11011 Tue 11:15am-12:30pm 1/18-3/15 FREE

BRIDGE IN-PERSON

2022 SENIOR MEMBERSHIP REQUIRED.

This will be held as an in-person program.

Location: Recreation Center

#11098 Mon 12:00-3:30pm 1/10-3/28 \$10.00

#11100 Fri 12:00-3:00pm 1/7-3/25 \$10.00

SEMINARS

Zoom seminars are offered monthly. For updated seminars go to,

www.seniorconcerns.org/seminars,

email

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. **2022 Senior Membership is not required.**

This group meets every Wednesday from 2:30-4:00 pm. 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

2022 SENIOR MEMBERSHIP REQUIRED.

Location: Recreation Center

IN-PERSON:

#10949 Tue 10:30am-12:00pm 1/4-3/29 FREE

VIRTUAL:

#10948 Tue 10:30am-12:00pm 1/4-3/29 FREE

MAH-JONGG AND BOARD GAMES IN-PERSON

2022 SENIOR MEMBERSHIP REQUIRED

Location: Recreation Center

***More information to come. Check agourahillsrec.org and/or the Monday Mornings E-Blast for more information.**

BINGO IN-PERSON

2022 SENIOR MEMBERSHIP REQUIRED.

This will be held as an in-person program.

Location: Recreation Center

#10888 Tue 12:15-3:00pm 1/4-3/29 \$10.00

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, AND CLICK ON THE "SENIORS" TAB ON THE LEFT SIDE OF THE PAGE.

UPCOMING EVENTS

ROSE PARADE

Join us for the 133rd Tournament of Roses Parade themed "Dream. Believe. Achieve."

2022 Senior Membership is not required for this activity. **TICKETS SELL OUT FAST! THIS TRIP WILL OCCUR RAIN OR SHINE.** THERE ARE NO REFUNDS/TRANSFERS/ CREDITS FOR THIS TRIP. Go online for more details.

Location: Pasadena * Bus Departs: City Hall

#10630 Sat 6:00am—1:00pm 1/1 \$100



HOLIDAY HAPPENINGS

Show Us Your lights

Submit a picture of your decorated house to agourahillsrec@agourahillscity.org by December 25th for a chance to win a prize!

Letters to Santa

Starting December 4th, we welcome you to drop off your letter. Make it here before December 22nd, and receive a response back from Santa. Don't forget your return address.

Come See Santa

Stop by the Rec Center on December 4th between 10:00am-12:00pm to get a photo with Santa.

TAX PREP

Check for appointments after the second week in January.

Check agourahillsrec.org and/or the Monday Morning E-blasts after the second week of January for more information. We hope to have more information at that time.

SENIOR EXPO

Save the Date!

Senior Expo will be on May 4, 2022

This event is designed to offer general education and awareness of products and services that are available to older adults/seniors.

Visit agourahillsrec.org and/or tune into the Monday Morning E-blasts to get more information.

A Special thanks to David Deyell and some of his Watercolor art students for Participating in Reyes Adobe Days and for submitting their artwork into the COMMUNITY Art Show!



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

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.