

# SENIOR MOMENTS

*Recreation Programs for Adults 50+*



## Celebrating 40 Years as the City of Agoura Hills

The City of Agoura Hills was founded on December 8, 1982. 2022 marks 40 years as a city!

This year, we will be celebrating this milestone in a variety of ways that will be incorporated into our Special Events. Keep your eye out for events returning that have been gone since the start of the pandemic.

We are proud to have such a great community!



CITY OF  
AGOURA HILLS

SPRING 2022:  
APRIL, MAY, JUNE

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**MAY IS OLDER  
AMERICANS MONTH**

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**TAX PREPERATION  
SERVICES**

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**EXCURSIONS  
FEEDBACK**

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**REGISTER EARLY FOR  
CLASSES & PROGRAMS**

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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. For questions or to be added to the Monday Mornings list please call (818) 597-7361 or email [jspence@agourahillscity.org](mailto:jspence@agourahillscity.org)



### Classes & Programs

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

- Please bring proof of vaccination or proof of negative COVID test within 72 hours. You will be asked at check-in.
  - All individuals must wear masks when entering the facility.
- If you have any questions about masking for individual programs. Contact the Center at (818) 597-7361
- All participants must bring their own equipment or supplies while participating in class.

**Staff does not sanitize equipment before or after classes. Participants are encouraged to use disinfecting wipes available.**

### 2022 Senior Membership

It is not too late to renew your Senior Membership if you haven't already. The 2022 Senior membership is \$15 and it is good through December 31st, 2022.

### Pre-registration for Classes

**MUST PRE-REGISTER FOR ALL CLASSES.**

No walk-in registration will be accepted, must pre-register prior to class. No drop-ins, only sessions available.

You can register In-Person, over the phone, or online at [agourahillsrec.org](http://agourahillsrec.org).

# 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.

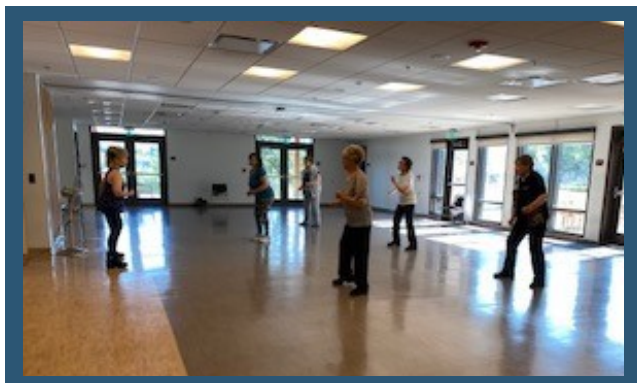
## JAZZERCISE

\*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.

Instructor: Elizabeth Eaves \* Location: MPR

#11385	Tue/Thu	8:45-9:45am	4/5-4/28	\$50.00
#11386	Tue/Thu	8:45-9:45am	5/3-5/31	\$50.00
#11387	Tue/Thu	8:45-9:45am	6/2-6/30	\$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 or Your Home\*

### IN-PERSON

#11277	Wed	11:30am-12:30pm	4/13-5/18	\$57.00
#11279	Wed	11:30am-12:30pm	5/25-6/29	\$57.00

### VIRTUAL

#11278	Wed	11:30am-12:30pm	4/13-5/18	\$57.00
#11280	Wed	11:30am-12:30pm	5/25-6/29	\$57.00

## 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 5/30.

Instructor: Tamara Kilpatrick \* Location: MPR

#11290	Mon	2:00-3:00pm	4/4-4/25	\$20.00
#11291	Mon	2:00-3:00pm	5/2-5/23	\$20.00
#11292	Mon	2:00-3:00pm	6/6-6/27	\$20.00
#11293	Thu	2:00-3:00pm	4/7-4/28	\$20.00
#11294	Thu	2:00-3:00pm	5/5-5/26	\$20.00
#11295	Thu	2:00-3:00pm	6/2-6/30	\$25.00
#11296	M/Thu	2:00-3:00pm	4/4-4/28	\$40.00
#11297	M/Thu	2:00-3:00pm	5/2-5/26	\$40.00
#11298	M/Thu	2:00-3:00pm	6/2-6/30	\$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.

## WATERCOLOR ART CLASS

\*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

#11435	Tue	1:00-3:00pm	4/5-4/26	\$40.00
#11436	Tue	1:00-3:00pm	5/3-5/31	\$50.00
#11437	Tue	1:00-3:00pm	6/7-6/28	\$40.00

### VIRTUAL

#11438	Tue	1:00-3:00pm	4/5-4/26	\$40.00
#11439	Tue	1:00-3:00pm	5/3-5/31	\$50.00
#11440	Tue	1:00-3:00pm	6/7-6/28	\$40.00



# 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.

## 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.

**\*NOTE: Instructor will be teaching class virtually via Zoom.**

No drop-ins. No class 4/15, 4/20, 4/22, 5/27, 6/22, 6/24, & 6/29. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \*  
Location: Recreation Center or Your Home

### WEDNESDAY - IN-PERSON

#11281	Wed	11:15am-12:15pm	4/6-4/27	\$24.75
#11282	Wed	11:15am-12:15pm	5/4-5/25	\$33.00
#11283	Wed	11:15am-12:15pm	6/1-6/15	\$24.75

### WEDNESDAY - VIRTUAL

#11284	Wed	11:15am-12:15pm	4/6-4/27	\$24.75
#11285	Wed	11:15am-12:15pm	5/4-5/25	\$30.00
#11286	Wed	11:15am-12:15pm	6/1-6/15	\$24.75

### FRIDAY - IN-PERSON

#11477	Fri	11:15am-12:15pm	4/1-4/29	\$24.75
#11478	Fri	11:15am-12:15pm	5/6-5/20	\$24.75
#11479	Fri	11:15am-12:15pm	6/3-6/17	\$24.75

### FRIDAY - VIRTUAL

#11480	Fri	11:15am-12:15pm	4/1-4/29	\$24.75
#11481	Fri	11:15am-12:15pm	5/6-5/20	\$24.75
#11482	Fri	11:15am-12:15pm	6/3-6/17	\$24.75

## 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.

Instructor: Del Herrera NASM CPT \*

Location: MPR or Your Home

### IN-PERSON

#11366	Wed	9:45 -10:45am	4/6-4/27	\$24.00
#11367	Wed	9:45 -10:45am	5/4-5/25	\$24.00
#11368	Wed	9:45 -10:45am	6/1-6/29	\$30.00

### VIRTUAL

#11369	Wed	9:45 -10:45am	4/6-4/27	\$24.00
#11370	Wed	9:45 -10:45am	5/4-5/25	\$24.00
#11371	Wed	9:45 -10:45am	6/1-6/29	\$30.00

## 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.

Instructor: Del Herrera NASM CPT \* Location: MPR or Your Home\*

### IN-PERSON

#11398	Mon	9:45 -10:45am	4/4-4/25	\$48.00
#11399	Mon	9:45 -10:45am	5/2-5/23	\$48.00
#11400	Mon	9:45 -10:45am	6/6-6/27	\$48.00

### VIRTUAL

#11401	Mon	9:45 -10:45am	4/4-4/25	\$48.00
#11402	Mon	9:45 -10:45am	5/2-5/23	\$48.00
#11403	Mon	9:45 -10:45am	6/6-6/27	\$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 or Your Home\*

### IN-PERSON

#11260	Thu	10:30 -11:30am	4/7-4/28	\$10.00
#11261	Thu	10:30 -11:30am	5/5-5/26	\$10.00
#11262	Thu	10:30 -11:30am	6/2-6/30	\$12.50

### VIRTUAL

#11263	Thu	10:30 -11:30am	4/7-4/28	\$10.00
#11264	Thu	10:30 -11:30am	5/5-5/26	\$10.00
#11265	Thu	10:30 -11:30am	6/2-6/30	\$12.50

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

## 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 or Your Home\*

### **IN-PERSON**

#11322	Tue	10:30 -11:30am	4/5-4/26	\$10.00
#11323	Tue	10:30 -11:30am	5/3-5/31	\$12.50
#11324	Tue	10:30 -11:30am	6/7-6/28	\$10.00

### **VIRTUAL**

#11325	Tue	10:30 -11:30am	4/5-4/26	\$10.00
#11326	Tue	10:30 -11:30am	5/3-5/31	\$12.50
#11327	Tue	10:30 -11:30am	6/7-6/28	\$10.00

## ZUMBA

\*Membership required

Latin and international rhythms with high impact, may be modified to your level. Instructor: Del Herrera NASM  
CPT \* Location: MPR or Your Home\*

### **IN-PERSON**

#11388	Fri	9:45 -10:45am	4/1-4/29	\$30.00
#11389	Fri	9:45 -10:45am	5/6-5/27	\$24.00
#11390	Fri	9:45 -10:45am	6/3-6/24	\$24.00

### **VIRTUAL**

#11391	Fri	9:45 -10:45am	4/1-4/29	\$30.00
#11392	Fri	9:45 -10:45am	5/6-5/27	\$24.00
#11393	Fri	9:45 -10:45am	6/3-6/24	\$24.00

## 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: Layered and Baked Basmati Rice Biryani

Packed with flavors from fresh herbs, whole spices, silky Saffron threads and basmati rice, biryani dishes are a complete meal on their own! Top it with a garnish of crispy grilled onions, lightly sauteed nuts, and raisins - now you have a gourmet's delight in the works! Join and discover the easy steps and secret ingredients to this culinary classic that dates back centuries! This recipe developed during the Mughal Era in India, and is truly a royal feast!

#10916 Sat 11:00am-1:00pm 4/30 \$39.00

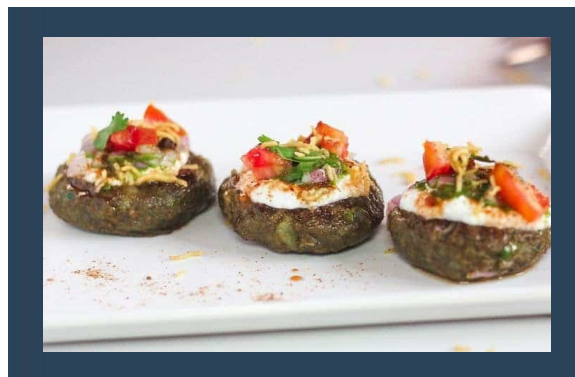
### On the Menu: Tikki Tamatar with Aloo Palak— A Side of Potatoes and Spinach Bhaji

For our non-veggie dish of Tikki Tamatar, lightly sauteed ground chicken patties are simmered in a rainbow blend of cherry tomatoes. The cherry tomatoes along with light spices and herbs, lends this base sauce the right touch of sweetness, forming a perfect bed to simmer the freshly 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. Comes with a side dish of "Aloo Palak," (a spinach and potatoes dish) to complete the meal!

#11547 Sat 11:00am-1:00pm 6/4 \$39.00

# VIRTUAL CLASSES

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



## 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 4/18, 5/30, 6/20, 6/27.

Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® \* Location: Your Home

#11454	Mon	3:00-3:45pm	4/4-4/25	\$55.50
#11455	Mon	3:00-3:45pm	5/2-5/23	\$74.00
#11456	Mon	3:00-3:45pm	6/6-6/13	\$55.50

# 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:

April: Water Dancer by Ta-Nehisi Coates

May: Leaving Time by Jodi Picoult

June: Lost Roses by Martha Kelly Hall

**2022 SENIOR MEMBERSHIP REQUIRED.**

Location: Recreation Center

#11433 Tue 11:15am-12:30pm 4/19, 5/17, 6/21 FREE

## MAH-JONGG AND BOARD GAMES IN-PERSON

**2022 SENIOR MEMBERSHIP REQUIRED**

Location: Recreation Center

**Participants Must provide all game equipment**

If you do not have a full table to play, please contact Joey Spence via email at [jspence@agourahillscity.org](mailto:jspence@agourahillscity.org) to help with arranging a table.

Tue	1:00-4:00pm	4/5-6/28	\$10.00
Wed	10:00am-1:00pm	4/6-6/29	\$10.00
Thu	10:00am-1:00pm	4/7-6/30	\$10.00

### SEMINARS

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

[www.seniorconcerns.org/seminars](http://www.seniorconcerns.org/seminars),

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. **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:**

#11351 Tue 10:30am-12:00pm 4/5-6/28 FREE

**VIRTUAL:**

#11352 Tue 10:30am-12:00pm 4/5-6/28 FREE

## BRIDGE IN-PERSON

**2022 SENIOR MEMBERSHIP REQUIRED.**

This will be held as an in-person program. No play 5/30

Location: Recreation Center

#11275 Mon 12:00-3:30pm 4/4-6/27 \$10.00

#11274 Fri 12:00-3:00pm 4/1-6/24 \$10.00

## BINGO IN-PERSON

**2022 SENIOR MEMBERSHIP REQUIRED.**

This will be held as an in-person program.

Location: Recreation Center

#11271 Tue 12:15-3:00pm 4/5-6/28 \$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

## OLDER AMERICANS MONTH

**Save the Date!**

**First event will be offered on May 4, 2022**

Keeping in mind the health and wellbeing of all in attendance, Events will be offered as a series throughout the month of May.

These events are designed to offer general education and awareness of products and services that are available to older adults/seniors.

All lectures will be FREE. Space will be limited per activity.

Visit [agourahillsrec.org](http://agourahillsrec.org) and/or tune into the Monday Morning E-blasts to get more information.

## EXCURSIONS

Excursions Survey had a low response. Please contact Joey Spence via email at [jspence@agourahillsrec.org](mailto:jspence@agourahillsrec.org) to express your interest.

To stay up to date, check the Monday Morning E-Blasts and/or [arourahillsrec.org](http://arourahillsrec.org)

COVID protocols will be announced closer to excursions



## TAX PREP

**At this time we are not offering In-person tax preparation assistance at the Recreation and Event Center.**

We have a list of alternative options for you. Contact the Center for the list. The Monday Morning E-blasts is also great spot to stay up to date.

We receive monthly updates on the status of the in-person program. Contact us at [jspence@agourahillscity.org](mailto:jspence@agourahillscity.org) for questions.



## BREAKFAST WITH THE BUNNY

Enjoy a fun-filled day with an egg-hunt, photo-op, special crafts and snacks!

Saturday, April 9th

10:00 am - 12:00 pm

Reyes Adobe Historical Site

Egg Hunt Schedule:

Ages 2-6: 10:20, 10:40, 11:00, 11:20

Ages 7-10: 11:45

Call (818) 597-7361 for questions.

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.