

SENIOR MOMENTS

Recreation Programs for Adults 50+



Bob Hazard: Agoura Hills Older American Of The Year Nominee

Bob Hazard is a Resident of Agoura Hills. While living in Agoura Hills, he is active in the community



through volunteerism. He has volunteered with CERT and Boy Scouts where he has lead a variety of leadership positions. On top of that, he also participates in the Agoura Hills Senior Program. The City of Agoura Hills is proud to announce Bob as our Older American of the Year Nominee.

IN THIS ISSUE

**EXCURSIONS
RETURNING IN JUNE**

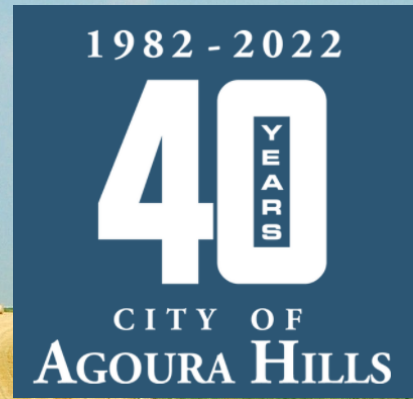
**NEW CLASSES!
YOGA, PILATES &
MEDITATION**

**SUMMER CONCERTS
AND MOVIES IN THE
PARK**

**DONATIONS FOR OUR
TROOPS**

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 please call (818) 597-7361 or email 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.
- 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. Disinfecting supplies are available for participant use.

2022 Senior Membership

Renewal of your Senior Membership for 2022 is \$15 and it is good through December 31st, 2022.

It allows you to register for our senior member pricing, excursions and select senior events.

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. Scan the QR code below to sign up now.



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

#11708	Tue/Thu	8:45-9:45am	7/5-7/28	\$50.00
#11709	Tue/Thu	8:45-9:45am	8/2-8/30	\$50.00
#11710	Tue/Thu	8:45-9:45am	9/1-9/29	\$50.00

***New Class**

MINDFUL YOGA

*Membership not required

Help your body/mind become calm and steady through the support of the mindful practices of yoga. And, if you're going through an illness, recovering from surgery, or living with a chronic condition, yoga can be an integral part of your treatment and potentially hasten healing. You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings. According to the National Institute of Health, evidence shows yoga supports stress management, mental health, mindfulness, healthy eating, weight loss, and quality sleep. Instructor, Kim Vollana focuses on all aspects of holistic self-care! Materials required: Yoga mat.

Instructor: Little Fox Yoga * Location: Recreation Center

#11839	12:30-1:30pm	Thu	7/7-7/28	\$48.00
#11906	12:30-1:30pm	Thu	8/4-8/25	\$48.00
#11907	12:30-1:30pm	Thu	9/1-9/29	\$60.00

***New Class**

PILATES

*Membership not required

Pilates is a low impact exercise comprising of controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood. It focuses on the smaller and deeper muscles that support your structure and enhance your overall health. Materials required: Yoga mat. Instructor: Little Fox Yoga * Location: Recreation Center

#11838	1:00-2:00pm	Wed	7/6-7/27	\$48.00
#11904	1:00-2:00pm	Wed	8/3-8/31	\$60.00
#11905	1:00-2:00pm	Wed	9/7-9/28	\$48.00

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

#11635	Mon	2:00-3:00pm	7/11-7/25	\$20.00
#11636	Mon	2:00-3:00pm	8/1-8/29	\$20.00
#11637	Mon	2:00-3:00pm	9/5-9/26	\$20.00
#11638	Thu	2:00-3:00pm	7/7-7/28	\$20.00
#11639	Thu	2:00-3:00pm	8/4-8/25	\$20.00
#11640	Thu	2:00-3:00pm	9/1-9/29	\$25.00
#11641	M/Thu	2:00-3:00pm	7/7-7/28	\$40.00
#11642	M/Thu	2:00-3:00pm	8/1-8/29	\$40.00
#11643	M/Thu	2:00-3:00pm	9/1-9/29	\$45.00



***New Class**

MEDITATION

*Membership not required

The benefits of Meditation include stress reduction, improved focus & attention and an overall calmer disposition. In this course, attendees will learn how to develop and strengthen the ability to choose what they pay attention to. In this course, we will learn: Meditation posture, breathing techniques, sitting & walking Meditations and relaxation. Come to learn, relax and enhance your self-awareness. Instructor: Brian Buckley * Location: Teen Room

#11896	10:00-10:45am	Fri	7/8 & 7/22	\$20.00
#11897	10:00-10:45am	Fri	8/12 & 8/26	\$20.00
#11898	10:00-10:45am	Fri	9/9 & 9/23	\$20.00

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 7/1, 7/6, 8/31, & 9/30.** Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor *
Location: Recreation Center or Your Home

IN-PERSON

#11624	Wed	11:15am-12:15pm	7/6-7/27	\$24.75
#11625	Wed	11:15am-12:15pm	8/3-8/31	\$33.00
#11626	Wed	11:15am-12:15pm	9/7-9/28	\$24.75
#11621	Fri	11:15am-12:15pm	7/1-7/29	\$24.75
#11622	Fri	11:15am-12:15pm	8/5-8/26	\$24.75
#11623	Fri	11:15am-12:15pm	9/2-9/30	\$24.75

VIRTUAL

#11630	Wed	11:15am-12:15pm	7/6-7/27	\$24.75
#11631	Wed	11:15am-12:15pm	8/3-8/31	\$30.00
#11632	Wed	11:15am-12:15pm	9/7-9/28	\$24.75
#11627	Fri	11:15am-12:15pm	7/1-7/29	\$24.75
#11628	Fri	11:15am-12:15pm	8/5-8/26	\$24.75
#11629	Fri	11:15am-12:15pm	9/2-9/30	\$24.75

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

#11600	Thu	10:30 -11:30am	7/7-7/28	\$10.00
#11601	Thu	10:30 -11:30am	8/4-8/25	\$10.00
#11602	Thu	10:30 -11:30am	9/1-9/29	\$12.50

VIRTUAL

#11603	Thu	10:30 -11:30am	7/7-7/28	\$10.00
#11604	Thu	10:30 -11:30am	8/4-8/25	\$10.00
#11605	Thu	10:30 -11:30am	9/1-9/29	\$12.50

Please bring your own equipment to class.

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

#11719	Mon	9:45 -10:45am	7/11-7/25	\$48.00
#11720	Mon	9:45 -10:45am	8/1-8/29	\$48.00
#11721	Mon	9:45 -10:45am	9/5-9/26	\$48.00

VIRTUAL

#11722	Mon	9:45 -10:45am	7/11-7/25	\$48.00
#11723	Mon	9:45 -10:45am	8/1-8/29	\$48.00
#11724	Mon	9:45 -10:45am	9/5-9/26	\$48.00



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

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

#11657	Tue	10:30 -11:30am	7/5-7/26	\$10.00
#11658	Tue	10:30 -11:30am	8/2-8/23	\$12.50
#11659	Tue	10:30 -11:30am	9/6-9/27	\$10.00

VIRTUAL

#11660	Tue	10:30 -11:30am	7/5-7/26	\$10.00
#11661	Tue	10:30 -11:30am	8/2-8/23	\$12.50
#11662	Tue	10:30 -11:30am	9/6-9/27	\$10.00

WATERCOLOR ART CLASS

*Membership not required

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. Recommended for Intermediate through advanced but beginners are welcome. Instructor: David Deyell * Location: MPR or Your Home*
Single class with advanced registration: \$13/class.

IN-PERSON

#11741	Tue	1:00-3:00pm	7/5-7/26	\$40.00
#11742	Tue	1:00-3:00pm	8/2-8/30	\$50.00
#11743	Tue	1:00-3:00pm	9/6-9/27	\$40.00

VIRTUAL

#11744	Tue	1:00-3:00pm	7/5-7/26	\$40.00
#11745	Tue	1:00-3:00pm	8/2-8/30	\$50.00
#11746	Tue	1:00-3:00pm	9/6-9/27	\$40.00



FARHANA'S COOKING CLASS

*Membership not required

Early Enrollment gift. First ten students enrolled will receive a sample box of Melissa's Produce. 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: SEEKH KABOB AND KABOB BURRITO ROLL SANDWICH

Serve these mouthwatering flavor packed kabobs with rice. Enjoy them with chutney or wrap them in a tortilla. These gourmet delights deeply flavor your senses any way desired!

#11644 Fri 11:00am-1:00pm 7/22 \$39.00

On the Menu: ALOO GAJJAR MATTAR WITH BASMATI RICE AND DAAL

Some flavor packed veggie favorites picked from the endless veggie spread of India and Pakistan. Join us and discover the easy steps and secret ingredients to master these highly flavored gluten free delights.

#11645 Fri 11:00am-1:00pm 9/16 \$39.00

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

#11700	Wed	9:45 -10:45am	7/13-7/27	\$18.00
#11701	Wed	9:45 -10:45am	8/3-8/31	\$30.00
#11702	Wed	9:45 -10:45am	9/14-9/28	\$18.00
#11711	Fri	9:45 -10:45am	7/15-7/29	\$18.00
#11712	Fri	9:45 -10:45am	8/5-8/26	\$24.00
#11713	Fri	9:45 -10:45am	9/16-9/30	\$18.00

VIRTUAL

#11703	Wed	9:45 -10:45am	7/13-7/27	\$18.00
#11704	Wed	9:45 -10:45am	8/3-8/31	\$30.00
#11705	Wed	9:45 -10:45am	9/14-9/28	\$18.00
#11714	Fri	9:45 -10:45am	7/15-7/29	\$18.00
#11715	Fri	9:45 -10:45am	8/5-8/26	\$24.00
#11716	Fri	9:45 -10:45am	9/16-9/30	\$18.00

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 8/1, 9/15, & 9/26.

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

#11760	Mon	3:00-3:45pm	7/11-7/25	\$55.50
#11761	Mon	3:00-3:45pm	8/8-8/29	\$74.00
#11762	Mon	3:00-3:45pm	9/12-9/19	\$37.50

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:

July: *Lost Roses* by Martha Kelly Hall

August: *The Lincoln Highway* by Amor Towles

September: *A Long Petal of The Sea* by Isabel Allende

2022 SENIOR MEMBERSHIP REQUIRED.

Location: Recreation Center

#11740 Tue 11:15am-12:30pm 7/19, 8/16 & 9/20 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 to help with arranging a table.

Tue	1:00-4:00pm	7/5-9/27	\$10.00
Wed	10:00am-1:00pm	7/6-7/28	\$10.00
Thu	10:00am-1:00pm	7/7-9/29	\$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:

#11696 Tue 10:00am-11:30am 7/5-9/27 FREE

VIRTUAL:

#11697 Tue 10:00am-11:30am 7/5-9/27 FREE

BRIDGE IN-PERSON

2022 SENIOR MEMBERSHIP REQUIRED.

This will be held as an in-person program. No play 7/4

Location: Recreation Center

#11615 Mon 12:00-3:30pm 7/11-9/26 \$10.00

#11614 Fri 12:00-3:00pm 7/1-9/30 \$10.00

BINGO IN-PERSON

2022 SENIOR MEMBERSHIP REQUIRED.

This will be held as an in-person program.

Location: Recreation Center

#11611 Tue 12:15-3:00pm 7/5-9/27 \$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.

SUMMER EVENTS

CONCERTS IN THE PARK

Come join us for the Concerts In The Park Series!

June 19th – The Spazmatics

July 10th – Hollywood U2: featuring music of U2

July 24th – The Conejo Valley Community Concert Band and Jazz Bands

August 7th – DSB: featuring music of Journey

August 21st– Wanted: featuring music of Bon Jovi

All concerts are on Sundays and begin at 6:00pm.

All concerts except for July 24 are held at Chumash Park. Chumash Park is located at 5550 Medea Valley Drive.

The Agoura High School PAEC is located at 28545 W. Driver Ave. in Agoura Hills.



SENIOR TRIPS

Senior Trips are being planned!

Look at the insert for more details.

To stay up to date, check the Monday Morning E-Blasts and/or arourahillsrec.org

MOVIES IN THE PARK

Come join us for the Movies In The Park Series!

June 11th – E.T. The Extra-Terrestrial

July 9th– Back To The Future

All movies are FREE and will start at dusk.

All movies will be at Reyes Adobe Park located at 30400 Rainbow Crest Drive.

ASA DONATIONS

The City of Agoura Hills is a proud partner with America Supporting Americans. Donations go directly to our troops. For more information, go to www.asa-usa.org.

- Baby Wipes
- Hand Sanitizers
- Power Bars
- Dried Fruit
- Nuts
- Gum
- Candy
- Coffee
- Shaving cream
- Face cream
- Flavored drink packets
- Tea
- Athletic socks
- Lip balm
- Cotton swabs
- Jerky
- Snack Size Trail Mix
- Soup
- Beef Stew
- DVDs
- Bug spray
- Sunscreen
- Reusable razors w/ blades
- Eye drops
- Puzzles
- Pens
- Greeting Cards
- Pipe Cleaners
- Oatmeal
- Toothpaste
- Top Ramen
- Air Freshener (non-spray)
- Fruit Cups

Troop Donation drop-off is located at the Agoura Hills Recreation and Event Center, where they will be sent to our troops.



AMERICA SUPPORTING AMERICANS
GREATER CONEJO VALLEY CHAPTER

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.