



# SENIOR MOMENTS

*Recreation Programs for Adults 50+*



## Reyes Adobe Days:

Join us at our 18th annual Reyes Adobe Days. It will be held on Friday, October 7th through Sunday, October 9th. We will be kicking off Reyes Adobe Days with Fiesta being held a week earlier on Thursday, September 29th. It will be held at the Recreation Center. Night at the Adobe will be held on Friday,



October 7th. Over the weekend, there will be artisan vendors, beer & wine, children's activities, food trucks, live music, and the Reyes Adobe Historical Site will be open for self guided tours.

## IN THIS ISSUE

SENIOR EXCURSIONS

REYES ADOBE DAYS  
FIESTA

THANKSGIVING  
LUNCHEON

CURRENT EVENT  
DISCUSSION GROUP  
IS BACK

134TH ROSE  
PARADE

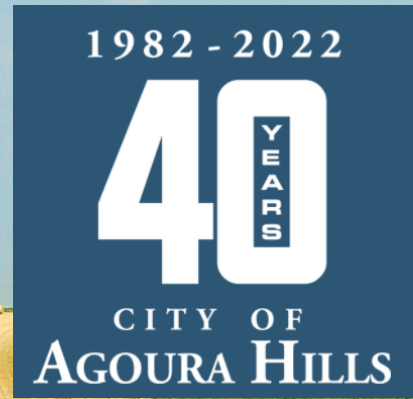


FALL 2022:

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. 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:

- When registering for most Senior Program activities you may need to register for Senior Membership and show proof of vaccination.
  - Masks are highly recommended
- 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

Senior Membership is valid for a calendar year. If you plan on participating from October to December, membership for the three months is only \$6.

2023 Senior Membership will be available for renewal October 1st.

Your membership allows for class discounts, early registration for excursions, and some special events.

### Pre-registration for Classes

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

Walk-in registration will not be accepted without prior notice. Contact the Center to inquire about drop-in classes and confirm the date of your planned attendance.

### Dial-A-Ride Phone Number

We are transitioning our Dial-A-Ride phone number to 805-375-5467. The old number will be no longer in service.

# IN-PERSON CLASSES

These classes will take place In-person only. You must pre-register.  
Drop-ins available with advanced notice.

## SENIOR JAZZERCISE LITE

\*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 11/24, 12/27 & 12/29.

Instructor: Elizabeth Eaves \* Location: MPR

|        |         |             |            |         |
|--------|---------|-------------|------------|---------|
| #12030 | Tue/Thu | 8:45-9:45am | 10/4-10/27 | \$50.00 |
| #12031 | Tue/Thu | 8:45-9:45am | 11/1-11/29 | \$50.00 |
| #12032 | Tue/Thu | 8:45-9:45am | 12/1-12/22 | \$50.00 |

## 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.

No class 11/24. Instructor: Little Fox Yoga \*

Location: Recreation Center

|        |              |     |            |         |
|--------|--------------|-----|------------|---------|
| #12013 | 12:30-1:30pm | Thu | 10/6-10/27 | \$48.00 |
| #12012 | 12:30-1:30pm | Thu | 11/3-11/17 | \$36.00 |
| #12014 | 12:30-1:30pm | Thu | 12/1-12/22 | \$60.00 |

## 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

|        |             |     |            |         |
|--------|-------------|-----|------------|---------|
| #12026 | 1:00-2:00pm | Wed | 10/5-10/26 | \$48.00 |
| #12025 | 1:00-2:00pm | Wed | 11/2-11/23 | \$48.00 |
| #12027 | 1:00-2:00pm | Wed | 12/7-12/28 | \$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 11/24.

Instructor: Tamara Kilpatrick \* Location: MPR

|        |     |             |            |         |
|--------|-----|-------------|------------|---------|
| #11960 | Mon | 2:00-3:00pm | 10/3-10/24 | \$20.00 |
| #11961 | Mon | 2:00-3:00pm | 11/7-11/28 | \$20.00 |
| #11962 | Mon | 2:00-3:00pm | 12/5-12/19 | \$15.00 |
| #11963 | Thu | 2:00-3:00pm | 10/6-10/27 | \$20.00 |
| #11964 | Thu | 2:00-3:00pm | 11/3-11/17 | \$20.00 |
| #11965 | Thu | 2:00-3:00pm | 12/1-12/29 | \$25.00 |



## MEDITATION

\*Membership not required

The benefits of Mindfulness Meditation include stress reduction, improved focus & attention, and an overall calmer disposition. In this course, attendees will learn how to begin and sustain a meditation practice, or go deeper into an existing one. Meditation is how we practice learning to be more Mindful. Being more Mindful in our lives supports improved happiness, health, and relationships. In this course, we will learn: how to develop Mindfulness, Meditation postures, breathing, and relaxation techniques. Come to learn, relax, and meet like-minded people.

No Class: 10/14, 11/11, and 12/23

Instructor: Brian Buckley \* Location: Teen Room

|        |               |     |             |         |
|--------|---------------|-----|-------------|---------|
| #12005 | 10:00-10:45am | Fri | 10/7-10/21  | \$20.00 |
| #12006 | 10:00-10:45am | Fri | 11/4-11/18  | \$20.00 |
| #12007 | 10:00-10:45am | Fri | 12/16-12/30 | \$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 10/5, 11/11, 11/23, 11/25, 12/21, 12/23, 12/28, & 12/30.** Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Recreation Center or Your Home

### IN-PERSON

|        |     |                 |             |         |
|--------|-----|-----------------|-------------|---------|
| #11949 | Wed | 11:15am-12:15pm | 10/12-10/26 | \$24.75 |
| #11950 | Wed | 11:15am-12:15pm | 11/2-11/30  | \$33.00 |
| #11951 | Wed | 11:15am-12:15pm | 12/7-12/14  | \$16.50 |
| #11946 | Fri | 11:15am-12:15pm | 10/7-10/28  | \$33.00 |
| #11947 | Fri | 11:15am-12:15pm | 11/4-11/18  | \$16.50 |
| #11948 | Fri | 11:15am-12:15pm | 12/2-12/16  | \$24.75 |

### VIRTUAL

|        |     |                 |             |         |
|--------|-----|-----------------|-------------|---------|
| #11955 | Wed | 11:15am-12:15pm | 10/12-10/26 | \$24.75 |
| #11956 | Wed | 11:15am-12:15pm | 11/2-11/30  | \$33.00 |
| #11957 | Wed | 11:15am-12:15pm | 12/7-12/14  | \$16.50 |
| #11952 | Fri | 11:15am-12:15pm | 10/7-10/28  | \$33.00 |
| #11953 | Fri | 11:15am-12:15pm | 11/4-11/18  | \$16.50 |
| #11954 | Fri | 11:15am-12:15pm | 12/2-12/16  | \$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. No class 11/24. Instructor: Lois Jackson \* Location: MPR or Your Home\*

### IN-PERSON

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #11933 | Thu | 10:30 -11:30am | 10/6-10/27 | \$10.00 |
| #11934 | Thu | 10:30 -11:30am | 11/3-11/17 | \$7.50  |
| #11935 | Thu | 10:30 -11:30am | 12/1-12/29 | \$12.50 |

### VIRTUAL

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #11936 | Thu | 10:30 -11:30am | 10/6-10/27 | \$10.00 |
| #11937 | Thu | 10:30 -11:30am | 11/3-11/17 | \$7.50  |
| #11938 | Thu | 10:30 -11:30am | 12/1-12/29 | \$12.50 |

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

## MELT HAND & FOOT SERIES

\*Membership not required

The MELT Method helps with common issues such as: sleep difficulties, digestive problems, mid-day fatigue, bloating or weight gain, visual signs of aging and cellulite! Discover the secrets to PAIN-FREE living at any age! The self-treatment system stimulates the amazing power of the body's connective tissue! Be sure to have a water bottle. You will need a MELT half roller. Any questions, email Ilene Berke, Certified Yoga teacher and MELT® Instructor at ileneberke-lovesyoga@mac.com. **\*NOTE: THIS CLASS WILL BE TAUGHT VIA ZOOM.** Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Your Home or Multi-Purpose 2

### INTRODUCTION SESSION

Receive a free MELT Ball if you register by September 15th!

### IN PERSON INTRO CLASS

#12126 4:00-5:00pm Thu 10/6 \$10.00

### VIRTUAL INTRO CLASS

#12127 4:00-5:00pm Thu 10/6 \$10.00

### IN PERSON CLASSES

#12008 4:00-5:00pm Thu 10/13-11/3 \$40.00

### IN PERSON CLASSES (MELT BALLS INCLUDED)

#12009 4:00-5:00pm Thu 10/13-11/3 \$60.00

### VIRTUAL CLASSES

#12010 4:00-5:00pm Thu 10/13-11/3 \$40.00

### VIRTUAL CLASSES (MELT BALLS INCLUDED)

#12011 4:00-5:00pm Thu 10/13-11/3 \$60.00

## 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

|        |     |               |            |         |
|--------|-----|---------------|------------|---------|
| #12047 | Mon | 9:45 -10:45am | 10/3-10/24 | \$48.00 |
| #12048 | Mon | 9:45 -10:45am | 11/7-11/28 | \$48.00 |
| #12049 | Mon | 9:45 -10:45am | 12/5-12/19 | \$36.00 |

### VIRTUAL

|        |     |               |            |         |
|--------|-----|---------------|------------|---------|
| #12050 | Mon | 9:45 -10:45am | 10/3-10/24 | \$48.00 |
| #12051 | Mon | 9:45 -10:45am | 11/7-11/28 | \$48.00 |
| #12052 | Mon | 9:45 -10:45am | 12/5-12/19 | \$36.00 |

## 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

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #11981 | Tue | 10:30 -11:30am | 10/4-10/25 | \$10.00 |
| #11982 | Tue | 10:30 -11:30am | 11/1-11/29 | \$12.50 |
| #11983 | Tue | 10:30 -11:30am | 12/6-12/27 | \$10.00 |

### VIRTUAL

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #11984 | Tue | 10:30 -11:30am | 10/4-10/25 | \$10.00 |
| #11985 | Tue | 10:30 -11:30am | 11/1-11/29 | \$12.50 |
| #11986 | Tue | 10:30 -11:30am | 12/6-12/27 | \$10.00 |

## ZUMBA

\*Membership required

Latin and international rhythms with high impact, may be modified to your level. No class 11/11. Instructor: Del Herrera NASM CPT \* Location: MPR or Your Home\*

### IN-PERSON

|        |     |               |            |         |
|--------|-----|---------------|------------|---------|
| #12039 | Fri | 9:45 -10:45am | 10/7-10/28 | \$24.00 |
| #12040 | Fri | 9:45 -10:45am | 11/4-11/18 | \$12.00 |
| #12041 | Fri | 9:45 -10:45am | 12/2-12/23 | \$24.00 |

### VIRTUAL

|        |     |               |            |         |
|--------|-----|---------------|------------|---------|
| #12042 | Fri | 9:45 -10:45am | 10/7-10/28 | \$24.00 |
| #12043 | Fri | 9:45 -10:45am | 11/4-11/18 | \$12.00 |
| #12044 | Fri | 9:45 -10:45am | 12/2-12/23 | \$24.00 |

## 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

|        |     |              |            |         |
|--------|-----|--------------|------------|---------|
| #12064 | Tue | 12:30-3:00pm | 10/4-10/25 | \$50.00 |
| #12065 | Tue | 12:30-3:00pm | 11/1-11/29 | \$62.50 |
| #12066 | Tue | 12:30-3:00pm | 12/6-12/13 | \$25.00 |

### VIRTUAL

|        |     |              |            |         |
|--------|-----|--------------|------------|---------|
| #12067 | Tue | 12:30-3:00pm | 10/4-10/25 | \$50.00 |
| #12068 | Tue | 12:30-3:00pm | 11/1-11/29 | \$62.50 |
| #12069 | Tue | 12:30-3:00pm | 12/6-12/13 | \$25.00 |



## 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: CHICKEN KARAHAI WITH HERBS

Ginger and garlic enhance the flavor in this quick to fix recipe. Enjoy during the week or on a leisurely weekend.

#11969 Sat 11:00am-1:00pm 10/15 \$44.00

On the Menu: BHINDI (OKRA) WITH DUTCH POTATOES  
Flavor packed veggie favorites, cook it alone or with other vegetables.

#11970 Sat 11:00am-1:00pm 11/19 \$44.00

### On the Menu: ALOO METHI WITH BASMATI RICE

Baby spring potatoes with spinach cooked in a base of ginger and garlic with mild spices and seasoned fenugreek leaves.

#12121 Sat 11:00am-1:00pm 12/10 \$44.00

# 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 10/31, 12/19, 12/26**

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

|        |     |             |            |         |
|--------|-----|-------------|------------|---------|
| #12083 | Mon | 3:00-3:45pm | 10/3-10/24 | \$74.00 |
| #12084 | Mon | 3:00-3:45pm | 11/7-11/28 | \$74.00 |
| #12085 | Mon | 3:00-3:45pm | 12/5-12/12 | \$37.00 |

# ON-GOING PROGRAMS

## CURRENT EVENTS DISCUSSION

HYBRID & VIRTUAL

FREE with Senior Membership

Location: Senior Room

IN-PERSON:

#12140 Wed 2:30-4:00pm 9/14—12/28

VIRTUAL:

#12141 Wed 2:30-4:00pm 9/14—12/28

## MUSIC APPRECIATION

HYBRID

FREE with Senior Membership

Location: Recreation Center

IN-PERSON:

#12015 Tue 10:00am-11:30am 10/4-12/27

VIRTUAL:

#12016 Tue 10:00am-11:30am 10/4-12/27

## BINGO IN-PERSON

2022 SENIOR MEMBERSHIP REQUIRED.

This will be held as an in-person program.

Location: Recreation Center

#11943 Tue 12:15-3:00pm 10/4-12/27 \$10.00

## 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.

#12003 Tue 1:00-4:00pm 10/4-12/27 \$10.00  
#12002 Wed 10:00am-1:00pm 10/5-12/28 \$10.00  
#12004 Thu 10:00am-1:00pm 10/6-12/29 \$10.00

## 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:

**October:** *The Power of One* by Bryce Courtenay

**November:** *The Last Year of the War* By Susan Meissaner

**December:** *The Splendid and The Vile A Saga of Churchill, Family, and Defiance During the Blitz* by Erik Larson

FREE with Senior Membership

Location: Recreation Center

#12063 Tue 11:15am-12:30pm 10/18, 11/15 & 12/20

## BRIDGE IN-PERSON

2022 SENIOR MEMBERSHIP REQUIRED

This will be held as an in-person program.

No play 11/11 & 11/25

Location: Recreation Center

#11967 Mon 12:00-3:30pm 10/3-12/19 \$10.00

#11966 Fri 12:00-3:30pm 10/7-12/16 \$10.00

## SENIOR ADVISORY COMMITTEE

We are looking for individuals that are interested in being on the Senior Advisory Committee. These individuals will help grow and evolve the Senior Program by sharing their thoughts and opinions during committee meetings. If you are interested in learning more or participating, please contact Joey

Spence via email at

[jspence@agourahillscity.org](mailto:jspence@agourahillscity.org)

or call (818) 597-7361

# EXCURSIONS

## Registration Open

\*TRIP LOCATIONS, TRANSPORTATION, TIME AND PRICING ARE SUBJECT TO CHANGE WITHOUT NOTICE\*

\*SEE MEMBERS AND GUEST AND BOARDING OF THE BUS INFORMATION LISTED BELOW\*

\*TOUR ESCORTS ARE NOT RESPONSIBLE FOR ARRANGING TRANSPORTATION TO AND FROM THE CENTER\*

### MEMBERS AND GUESTS

Must be a current 2022 Senior Member to enroll in the following trips. Senior members are allowed two guests per calendar year. An individual may only be a guest two times per calendar year. Senior participants who wish to register a guest may do so after the first week of registration. Enrolled guests must fill out a waiver and provide emergency contact information.

### BOARDING OF THE BUS

Beginning times stated are the departure times for the excursion. Please arrive 30 minutes early to check in for the bus trips.

\*All participants who use a cane, wheelchair, or walker have the option to board the bus first. Let the tour escort know when you are signing in.

Front rows are reserved for the Tour Escort(s).

## PASADENA POPS

We are returning at last to the Arboretum for another enchanted evening under the stars with Michael Feinstein and the Pops, where we will hear the best of hit shows that travel from Broadway to Hollywood - Shows such as "Funny Girl", "Music Man", "My Fair Lady", and all of our favorite classic films. Come and spend an evening enjoying the music that accompanies so many of your personal treasured memories. Seating will be at tables of six people. Feel free to bring your own picnic dinner (spirits allowed). Food trucks will also be on site. This concert will be held at the Los Angeles Arboretum. Meal is not included in the price of this trip.

Note: moderate walking.

#12139 Sat 3:30-11:00pm 9/10 \$67.00

## JOEL MCCREA RANCH

We will be having a private tour of the ranch, but not just the lower buildings, which are shown on regular tours. We will be touring the private family home which is only open once per year and is offered only as a fundraiser. Please join us for a surprising peek at what was surely a simple, but happy life shared by two famous movie stars. After the McCrea tour, we will be lunching at the Golden Panda Buffet in Simi. Meal is not included in the price of this trip.

Note: moderate walking.

#12232 Wed 10:00am-3:00pm 9/14 \$38.00



# EXCURSIONS

More excursions will be announced in the Monday Mornings e-blast before that date.  
2022 Senior Membership is required to enroll in Senior Trips  
Bring proof of vaccination to enroll/renew 2022 Senior Membership

## GOURMET LUNCHEON SOCIAL CLUB

Spend an afternoon exploring different culinary palates. Meal is not included in the price of the trip. Expect to pay \$20-30 for lunch (cash only) Depart at 11:00am, with return time of 2:00pm. Price for luncheon is \$7. Note: Light to moderate walking. Shuttle departs from the Recreation Center

- |        |      |      |   |
|--------|------|------|---|
| #12235 | Tues | 10/4 | Side Street Café<br>(American/Newbury Park) |
| #12236 | Thu  | 11/3 | Lure Fish House<br>(Seafood/Camarillo)      |
| #12237 | Tues | 12/6 | Ottavio's Italian<br>(Italian/Camarillo)    |

## TO KILL A MOCKINGBIRD

All rise for Academy Award® winner Aaron Sorkin's adaptation of Harper Lee's Pulitzer Prize-winning masterwork. The New York Times Critic's Pick TO KILL A MOCKINGBIRD is "the most successful American play in Broadway history." (60 Minutes). Rolling Stone gives it 5 stars, calling it "an emotionally shattering landmark production of an American classic," and New York Magazine calls it "a real phenomenon. Majestic and incandescent, it's filled with breath and nuance and soul." With direction by Tony Award® winner Bartlett Sher, TO KILL A MOCKINGBIRD — "the greatest novel of all time" (Chicago Tribune) — has quickly become "one of the greatest plays in history" (NPR). Emmy Award®-winning actor Richard Thomas will play the role of Atticus Finch in the National Tour. Meal is not included in the price of this trip. Note: Light to moderate walking. Shuttle departs from the Recreation Center

#12233 Thu 11/17 4:00—11:00pm \$96

In partnership with



### 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

### 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

### 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.



# FALL EVENTS

## REYES ADOBE DAYS

Reyes Adobe Days is October 7th –9th

### Reyes Adobe Days Fiesta

Help us kick off the City of Agoura Hills "Reyes Adobe Days!" This luncheon will feature a "rancho" style lunch and live entertainment. Dress up in rancho style attire to participate in costume contest.

**Location: Recreation Center**

#12099 Thu 11:00am-1:00pm 9/29 \$15.00

### Night at the Adobe

This Event is an event for adults 21+, with Hors d'oeuvres, Beer & Wine, Live Music, Artisan Vendors, and self guided tours of the Reyes Adobe Historical Site.

#11055 Fri 6:00-9:00pm 10/7 \$15.00 Presale  
\$20.00 At the door

## ROSE PARADE



### Join us for the 134th Tournament of Rose Parade

The theme for this year is 'Turning The Corner'. Spectators will be delighted in the tradition and pageantry of the magnificent floral floats, high-stepping equestrians, and spirited marching bands. Registration fee includes bus transportation and reserved bleacher seats. 2023 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.

#12098 Mon 6:00am—1:00pm 1/2 \$100

## THANKSGIVING LUNCHEON

Bring a friend, and enjoy an afternoon of entertainment and have a delicious Thanksgiving meal! \*Space is limited.

Bring a toy of \$15 or more in value to benefit local children and you will receive a raffle ticket. Thanksgiving luncheon also falls during the collection dates for ASA. Any donations are much appreciated.

#12100 Wed 11:00am-1:00pm 11/9 \$20.00

## TAX PREP

More information to come! Check [agourahillsrec.org](http://agourahillsrec.org) and/or the Monday Morning E-blasts after January 2, 2023 for more information.

## 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

- Baby Wipes
- Athletic socks
- Power Bars
- Lip balm
- Dried Fruit
- Cotton swabs
- Nuts
- Sunscreen
- Coffee / Tea
- Eye drops

[www.asa-usa.org](http://www.asa-usa.org).

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



**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

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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 (805) 375-5467**

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.