

SENIOR MOMENTS

Recreation Programs for Adults 50+



Happy New Year

With the New Year right around the corner, we have several holidays coming up. We hope that you are able to enjoy the holiday season and continue that into 2023. We have a lot of great plans for 2023, and hope you join us and tell your friends. If you have any suggestions for more classes, excursions, or programs, please email Joey Spence at jspence@agourahillscity.org. With that being said, the Agoura Hills Recreation and Event Center will be closed on 12/23, 12/26, 12/30, & 1/2.

IN THIS ISSUE

**SENIOR EXCURSIONS
REGISTRATION STARTS 12/7**

BUFF BONES IS BACK

**SENIOR CONCERNS
WORKSHOPS & MORE**

**LOOKING FOR
VOLUNTEERS TO BE
PART OF THE SENIOR
ADVISORY COMMITTEE**

ROSE PARADE

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

Registration for the Winter season will be open on

**Wednesday
December 7th**

at 10:00am for in person registration and 12:00pm for online registration.

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 optional, but 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.

2023 Senior Membership

Time to renew your Senior Membership for 2023. The 2023 Senior Membership is \$15 and can be purchased in-person or online. The Senior Membership is valid for a calendar year.

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.
Instructor: Elizabeth Eaves * Location: MPR

#12338	Tue/Thu	8:45-9:45am	1/3-1/31	\$50.00
#12339	Tue/Thu	8:45-9:45am	2/2-2/28	\$50.00
#12340	Tue/Thu	8:45-9:45am	3/2-3/30	\$50.00



GENTLE FLOW YOGA

*Membership not required

Help your body/mind become calm and steady through the support of the mindful practices of yoga. 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, Materials required: Yoga mat. No class 1/2, 1/16, 2/20. Instructor: Little Fox Yoga *
Location: Recreation Center

#12196	11:15am-12:15pm	Mon	1/9-1/30	\$36.00
#12197	11:15am-12:15pm	Mon	2/6-2/27	\$36.00
#12198	11:15am-12:15pm	Mon	3/6-3/27	\$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 1/2, 1/16, 2/20

Instructor: Tamara Kilpatrick * Location: MPR

#12363	Mon	2:00-3:00pm	1/9-1/30	\$15.00
#12364	Mon	2:00-3:00pm	2/6-2/27	\$20.00
#12365	Mon	2:00-3:00pm	3/6-3/27	\$20.00
#12366	Thu	2:00-3:00pm	1/5-1/26	\$20.00
#12367	Thu	2:00-3:00pm	2/2-2/23	\$20.00
#12368	Thu	2:00-3:00pm	3/2-3/30	\$25.00



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

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.

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 1/2, 1/16, 2/20, 3/6 & 3/8. Instructor: Del Herrera NASM CPT * Location: MPR or Your Home*

IN-PERSON

#12309	Mon	9:45 -10:45am	1/9-1/30	\$36.00
#12310	Mon	9:45 -10:45am	2/6-2/27	\$36.00
#12311	Mon	9:45 -10:45am	3/13-3/27	\$36.00
#12315	Wed	9:45 -10:45am	1/4-1/25	\$48.00
#12316	Wed	9:45 -10:45am	2/1-2/22	\$48.00
#12317	Wed	9:45 -10:45am	3/1-3/29	\$48.00

VIRTUAL

#12312	Mon	9:45 -10:45am	1/9-1/30	\$36.00
#12313	Mon	9:45 -10:45am	2/6-2/27	\$36.00
#12314	Mon	9:45 -10:45am	3/13-3/27	\$36.00
#12318	Wed	9:45 -10:45am	1/4-1/25	\$48.00
#12319	Wed	9:45 -10:45am	2/1-2/22	\$48.00
#12310	Wed	9:45 -10:45am	3/1-3/29	\$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

#12355	Thu	10:30 -11:30am	1/5-1/26	\$10.00
#12356	Thu	10:30 -11:30am	2/2-2/23	\$10.00
#12357	Thu	10:30 -11:30am	3/2-3/30	\$12.50

VIRTUAL

#12358	Thu	10:30 -11:30am	1/5-1/26	\$10.00
#12359	Thu	10:30 -11:30am	2/2-2/23	\$10.00
#12360	Thu	10:30 -11:30am	3/2-3/30	\$12.50

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

#12344	Tue	10:30 -11:30am	1/3-1/31	\$12.50
#12345	Tue	10:30 -11:30am	2/7-2/28	\$10.00
#12346	Tue	10:30 -11:30am	3/7-3/28	\$10.00

VIRTUAL

#12347	Tue	10:30 -11:30am	1/3-1/31	\$12.50
#12348	Tue	10:30 -11:30am	2/7-2/28	\$10.00
#12349	Tue	10:30 -11:30am	3/7-3/28	\$10.00

WATERCOLOR ART

*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. No class 1/3. Instructor: David Deyell * Location: MPR or Your Home*

Single class with advanced registration: \$14/class.

IN-PERSON

#12279	Tue	12:30-3:00pm	1/10-1/31	\$50.00
#12280	Tue	12:30-3:00pm	2/7-2/28	\$50.00
#12281	Tue	12:30-3:00pm	3/7-3/28	\$50.00

VIRTUAL

#12282	Tue	12:30-3:00pm	1/10-1/31	\$50.00
#12283	Tue	12:30-3:00pm	2/7-2/28	\$50.00
#12284	Tue	12:30-3:00pm	3/7-3/28	\$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. Buff Bones classes will tone your body, and improve posture & alignment. This class is great for beginners to intermediate students and helps strengthen and relieve back pain. Students must be mobile enough to be able to get up and down off floor without assistance. Participants will be provided a materials list to bring to class. *NO REFUND OR SUBSTITUTE FOR MISSED CLASSES. Instructor: Aggie Winston, Certified Buff Bones Instructor Location: MPR or Your Home*

IN-PERSON INTRODUCTORY CLASS

#12369	Mon	11:30am-12:30pm	12/12/22	FREE
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VIRTUAL INTRODUCTORY CLASS

#12370	Mon	11:30am-12:30pm	12/12/22	FREE
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IN-PERSON

#12333	Wed	11:30am-12:30pm	1/11-2/22	\$66.50
#12334	Wed	11:30am-12:30pm	3/1-3/29	\$47.50

VIRTUAL

#12335	Wed	11:30am-12:30pm	1/11-2/22	\$66.50
#12336	Wed	11:30am-12:30pm	3/1-3/29	\$47.50

ZUMBA

*Membership required

Latin and international rhythms with high impact, may be modified to your level. No class 3/10. Instructor: Del Herrera NASM CPT * Location: MPR or Your Home

IN-PERSON

#12327	Fri	9:45 -10:45am	1/6-1/23	\$24.00
#12328	Fri	9:45 -10:45am	2/3-2/24	\$24.00
#12329	Fri	9:45 -10:45am	3/3-3/31	\$24.00

VIRTUAL

#12330	Fri	9:45 -10:45am	1/6-1/23	\$24.00
#12331	Fri	9:45 -10:45am	2/3-2/24	\$24.00
#12332	Fri	9:45 -10:45am	3/3-3/31	\$24.00

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.



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. Farhana's cooking classes were voted "A Top Event" at L.A. Weekly's Best of L.A.!" You will receive the list of ingredients prior to the class. *NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. You will need a computer, laptop, iPad, or smartphone to join the zoom class. Instructor: Farhana Sahibzada
* Location: Your Home

On the Menu: CHANNA MASSALA

This class includes some local street favorites of Punjab as well as borrowed tastes from the British Raj! A welcome treat anytime! Channa massala (flavored with spices), aloo palak (potato and spinach quiche) with light and airy pooris (fried tortillas)!

#12165 Fri 11:00am-1:00pm 1/13 \$44.00

On the Menu: SNACKS AND SWEETS

Some mouthwatering traditional treats and delights enjoyed when sharing a cup of tea with friends and family. Whether on a street vendor's modest setting or on a formal spread, these they are a welcome option anytime! Class recipes will include vegetable samosas, mint chutney and pistachio burfee.

#12166 Fri 11:00am-1:00pm 2/24 \$44.00

On the Menu: TANDOORI KABABS

Master the secrets of flavorful ground chicken seekh kabobs shared in this fun and playful class, with some light sides to complete the meal. Make them on your back yard grill or Farhana will share the simple steps of making them indoors - Rain or Shine! The best part - a gourmet dinner done in minutes! Ground chicken seekh kabobs, baingan raita, chappati (homemade tortilla style flat bread) and almond lassi.

#12167 Fri 11:00am-1:00pm 3/10 \$44.00

ADDITIONAL PROGRAMS

In partnership with



WORKSHOPS

DEALING WITH DEMENTIA WORKSHOP

Thursday, January 26th and Friday, January 27th
Time: 1:00-3:00pm

Gain a better understanding of Dementia, utilize strategies to effectively manage dementia behaviors, and develop habits of stress management and self-care. \$50.00 fee includes books and materials.

Register at www.seniorconcerns.org/seminars

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. **2023 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

SENIOR ADVOCACY SERIES

Senior Advocate Appointments may be made via Zoom on weekdays Monday-Friday from 9:00am - 4:30pm (No Wednesday appointments). Call 805- 498-0189 to make an appointment. 2023 Senior Membership is not required. *NOTE: THESE MEETINGS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSCODE PRIOR TO THE CLASS. Facilitated by: Senior Advocate from Senior Concerns * Location: Your Home

ON-GOING PROGRAMS

CURRENT EVENTS DISCUSSION

HYBRID & VIRTUAL

Senior Membership required

Location: Senior Room

IN-PERSON:

#12302 Wed 2:30-4:00pm 1/4—3/29 FREE

VIRTUAL:

#12303 Wed 2:30-4:00pm 1/4—3/29 FREE

MUSIC APPRECIATION

HYBRID

Senior Membership required

Location: Teen Room

IN-PERSON:

#12298 Tue 10:00am-11:30am 1/3-3/28 FREE

VIRTUAL:

#12299 Tue 10:00am-11:30am 1/3-3/28 FREE

BINGO IN-PERSON

2023 SENIOR MEMBERSHIP REQUIRED.

This will be held as an in-person program.

Location: Senior Room

#12308 Tue 12:15pm-3:00pm 1/3-3/28 \$10.00

MAH-JONGG AND BOARD GAMES

IN-PERSON

2023 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.

#12305 Tue 1:00-4:00pm 1/3-3/28 \$10.00
#12306 Wed 10:00am-1:00pm 1/4-3/29 \$10.00
#12307 Thu 10:00am-1:00pm 1/5-3/30 \$10.00

BOOK CLUB

IN-PERSON

Book Club is held on the third Tuesday of each month. Books are not provided. The books that the club will be discussing are as follows:

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

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

March: TBD

FREE with Senior Membership

Location: Recreation Center

#12297 Tue 11:15am-12:30pm 1/17, 2/21, & 3/21 FREE

BRIDGE IN-PERSON

2023 SENIOR MEMBERSHIP REQUIRED

This will be held as an in-person program.

No play 1/2, 1/16 & 2/20.

Location: Senior Room

#12301 Mon 12:00-3:30pm 1/9-3/27 \$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 or call 818-597-7361

EXCURSIONS

Registration Opens December 7, 2022

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 FOR EXCURSIONS

*REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. *

MEMBERS AND GUESTS

Must be a current 2023 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).

THE GRAND A JRW PRODUCTION

An awesome Orbison Style and vocal range is truly captured by Mark Barnett as he performs the classic hits like "Only the Lonely," "Crying," "Pretty Woman," "Blue Bayou," and many others. Just close your eyes and listen to the haunting ballads and the soaring heights of Mark's vocal range. This is a spectacular show. Don't miss it! This show will be hosted by Brian Beirne of K-Earth 101 radio. Meal included in price of trip. The lunch menu will be provided at time of registration. Light to moderate walking. 2023 Senior Membership is required for this activity. Location: Huntington Beach * Shuttle Departs: Recreation Center.

#12277 Mon 11:00am-6:30pm 1/23 \$86.00

HOLLYWOOD FOREVER

If you are interested in the history of Hollywood or in many famous individuals who worked and/or were laid to rest here in Hollywood, this is a tour that will fascinate you. Founded in 1899, the cemetery was an integral part of the growth of early Hollywood. It was dubbed "Cemetery of the Immortals" in the 1930's, and was listed on the National Register of Historical Sites in 1999. It is the first cemetery to offer special high-tech services which allow families to compile a personal archive of their departed made up of video tapes, recorded messages, photographs, letters, and other memorabilia and store them in the cemetery's data bank. Please join us to pay our respects to many of the arts most cherished figures, learn about their lives & films, and learn about Hollywood & Paramount Studios. Our tour guide is Keri Bible, who is a well-known

Hollywood historian. After our tour, we will be lunching at the House of Pies, an old favorite of ours. Meal is not included in price of excursion. Moderate walking. 2023 Senior Membership is required for this activity. Location: Hollywood* Shuttle Departs: Recreation Center.

#12276 Tue 9:00am-3:30pm 2/7 \$45.00

EXCURSIONS

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

- #12352 Wed 1/11 Imperial Chinese
(Chinese/Thousand Oaks)
- #12353 Thu 2/2 Sunset Terrace
(Variety/Thousand Oaks)
- #12354 Wed 3/1 Greek House Café
(Greek/Simi Valley)

SANTA BARBARA ORCHID SHOW

The Santa Barbara Orchid Show is one of the oldest and largest orchid shows in the United States. Visitors delight in exuberant displays of blooming orchids, with exhibits designed to each years' show theme. A step into the exhibit hall is a step into the lush colors and fragrances of exotic, beautiful orchids. Visitors may purchase blooming orchid plants, growing supplies, and orchid related art if they wish. Lunch will proceed the show and will be served at Jack's Bistro.

Jack's is well known for having the great breakfast menu featuring their fabulous bagels of many flavors. Meal is not included in price of excursion. You will be walking or standing the majority of the excursion and the excursion is handicapped accessible. Moderate walking. Transportation will be the on the City shuttle. 2023 Senior Membership is required for this activity. Location: Santa Barbara * Shuttle Departs: Recreation Center.

#12275 Fri 8:30am-4:30pm 3/10 \$39.00

CHARLES LUMMIS HOUSE

El Alisal, or Place of the Sycamore in Spanish, was built from 1898 to 1904 and was the home of Charles Lummis, who was a well-known author, editor, photographer, historian, and archaeologist. This home was designed by Lummis himself, and was built from concrete and faced with local granite boulders and was believed to last thousands of years. Mr. Lummis did much of the work on the house himself, using hand-hewn timber, iron rails, and telegraph poles obtained from the Santa Fe Railroad. Today, this beautiful home is California Historical Landmark #531, and is the headquarters of the Historical Society of Southern California. If you enjoy architectural excursions, don't miss this one. You will be glad you saw this. After going to Mr. Lummis' house, we will be lunching at La Abeja in Los Angeles. Meal is not included in price of excursion. Note: Handicap accessible and moderate walking. 2023 Senior Membership is required for this activity. Location: Los Angeles * Shuttle Departs: Recreation Center

#12278 Fri 2/17 9:00am—3:00pm \$19.00

DINING ADVENTURE: DAUGHTER'S DELI

Daughter's Deli is a relatively new establishment, having been opened in November 2018. The daughter (for whom the deli is named) happens to be the daughter of the famous Langers, who operate one of the most famous Jewish delis in the world. She apprenticed with her family for many years before opening her own place. Let's visit to see her perspective on traditional food with a modern, updated twist. Meal is not included in the price of this trip. Light to moderate walking. Expect to pay \$20-\$40 for your meal (Cash only). 2023 Senior Membership is required for this activity. Location: West Hollywood * Shuttle Departs: Recreation Center.

#12300 Wed 10:15am-3:00pm 3/15 \$7.00

UPCOMING EVENTS

ROSE PARADE

Join us for the 134th Tournament of Rose Parade

The theme for this year is 'Turning The Corner.' Registration fee includes bus transportation and reserved bleacher seats. 2023 Senior Membership is not required for this activity. **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

OLDER AMERICANS MONTH

May is Older Americans Month

A variety of programs will be offered throughout the month. More details to come.

AMERICA SUPPORTING AMERICANS

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

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

TAX PREP

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

Thank you to everyone that came to the 2022 Reyes Adobe Days Fiesta and the 2022 Thanksgiving Luncheon!



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

PRSRT STD
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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)

(805) 375-5467

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!

HOURS OF OPERATION:

7:00am-7:00pm Monday—Friday

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/
Oak Park : \$3.00 per one way trip.

MUST HAVE EXACT CHANGE.