

# SENIOR MOMENTS

*Recreation Programs for Adults 50+*



## **Bobbie Constanten: Volunteer of the Season**

**Bobbie has been a champion volunteer as the Senior Program returned to offering more community programs. She has been an advocate for all programs to come back, as well as recruiting volunteers and participants. Bobbie has volunteered as a docent at the Reyes Adobe Historical Site, been a part of the Senior Advisory Committee, organizes and is a tour escort for many Senior Excursions, as well as helping in many other areas. Bobbie has and continues to be an instrumental part for the Senior Program, and we wanted to recognize and thank you for all your hard work and dedication.**



**SPRING 2023:  
APRIL, MAY & JUNE**

## **IN THIS ISSUE**

**REGISTRATION FOR  
EXCURSIONS START  
ON 3/8**

**MAY IS OLDER  
AMERICANS MONTH**

**MOVIES AND CONCERTS  
IN THE PARK ARE  
COMING!**

**WHAT PROGRAMS AND  
CLASSES DO YOU WANT  
TO SEE?**

This season, we continue to offer a combination of In-person, Hybrid, and Virtual classes.

### **Stay Connected**

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)

Registration for Spring excursions will be open on

**Wednesday  
March 8th**

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:

- Must pre-register for classes.
- 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.

### **New Recreation Brochure Appearance**

You may notice a different appearance with the Spring Recreation Brochure. All of the Squares that you see on that pages are called QR Codes. If you take a picture of them with your smartphone or tablet, your phone will load a page to where you can register!

### **Senior Advisory Committee**

Are you 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)

# 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

#12479	Tue/Thu	8:45-9:45am	4/4-4/27	\$50.00
#12480	Tue/Thu	8:45-9:45am	5/2-5/30	\$50.00
#12481	Tue/Thu	8:45-9:45am	6/1-6/29	\$50.00



## SMARTPHONE TRAINING

\*Membership not required

Having difficulty hearing or seeing on your smartphone? Attend a FREE training and make your smartphone work better for you! Learn how to: make your smartphone louder and easier to hear, send text messages, connect Bluetooth devices, operate the basic functions of your smartphone, and much more!

Instructor: California Phones \* Location: Conference Room

### **ANDROID-**

#12559 Thu 1:00pm-3:00pm 5/18 FREE

### **IPHONE-**

#12558 Thu 10:00am-12:00pm 5/18 FREE

## EMERGENCY PREPAREDNESS EVENT

\*Membership not required

Join Malibu Foundation and the city of Agoura Hills for our senior emergency preparedness training! Participate in an interactive emergency preparedness training and receive a FEMA approved "go bag"! Get connected with emergency services in Agoura Hills and leave feeling with a peace of mind! Light lunch and beverages will be provided. Facilitated by: The Malibu Foundation Location: Event Center

#12688 Wed 11:00am-12:30pm 5/24 FREE

## 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 5/29

Instructor: Tamara Kilpatrick \* Location: MPR

### **Monday**

#12536 Mon 2:00-3:00pm 4/3-4/24 \$20.00

#12537 Mon 2:00-3:00pm 5/1-5/22 \$20.00

#12538 Mon 2:00-3:00pm 6/5-6/26 \$20.00

### **Thursday**

#12539 Thu 2:00-3:00pm 4/6-4/27 \$20.00

#12540 Thu 2:00-3:00pm 5/4-5/25 \$20.00

#12541 Thu 2:00-3:00pm 6/1-6/29 \$25.00



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

# HYBRID CLASSES

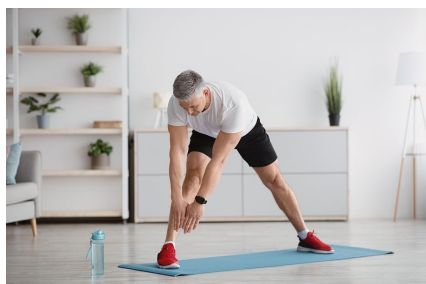
Hybrid classes occur both in person and virtually. The class is taught at the Center, but you have the option to take the class from the comfort of your home on Zoom.

## 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\*

#12552	Thu	10:30 -11:30am	4/6-4-27	\$10.00
#12553	Thu	10:30 -11:30am	5/4-5/25	\$10.00
#12554	Thu	10:30 -11:30am	6/1-6/29	\$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\*

#12546	Tue	10:30 -11:30am	4/4-4/25	\$10.00
#12547	Tue	10:30 -11:30am	5/2-5/30	\$12.50
#12548	Tue	10:30 -11:30am	6/6-6/27	\$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.

Instructor: David Deyell \* Location: MPR or Your Home\*

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

#12505	Tue	12:30-3:00pm	4/4-4/25	\$50.00
#12506	Tue	12:30-3:00pm	5/2-5/30	\$62.50
#12507	Tue	12:30-3:00pm	6/6-6/27	\$50.00

## 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. No class 5/29. Instructor: Del Herrera NASM CPT \*  
Location: MPR or Your Home\*

### Monday

#12567	Mon	9:45 -10:45am	4/3-4/24	\$48.00
#12568	Mon	9:45 -10:45am	5/1-5/22	\$48.00
#12569	Mon	9:45 -10:45am	6/5-6/26	\$48.00

### Wednesday

#12573	Wed	9:45 -10:45am	4/5-4/26	\$48.00
#12574	Wed	9:45 -10:45am	5/3-5/31	\$48.00
#12575	Wed	9:45 -10:45am	6/7-6/28	\$48.00



## 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

#12585	Fri	9:45 -10:45am	4/7-4/28	\$24.00
#12586	Fri	9:45 -10:45am	5/5-5/26	\$24.00
#12587	Fri	9:45 -10:45am	6/2-6/30	\$30.00



# 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: Chicken Makhani & Garlic Naans

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)!

#12544 Fri 11:00am-1:00pm 5/26 \$44.00

### On the Menu: Gluten Free/ Vegetarian Indian

A blend of carefully selected spices and herbs flavor lightly sautéed onions to make the aromatic base sauce for our colorful mix of veggies, including cauliflower, potatoes and a touch of peas. Combined with a side of daal topped with a garnish of crispy fried onion tarka and steamed and seasoned basmati rice to complete our class menu.

#12545 Fri 11:00am-1:00pm 6/9 \$44.00



In partnership with



## WORKSHOPS

### FAIR HOUSING WORKSHOP

whether a tenant, property owner, non-profit or public representative, HRC can help you learn about Fair Housing laws, illegal housing practices, and landlord-tenant rights and responsibilities.  
#12618 Thur 10:00-11:00am 4/13 FREE

## SEMINARS

### UNDERSTANDING DEMENTIA

Tuesday, Apr. 18, 2023 3:00 - 4:00 pm

### RESPITE? YOU'VE GOT TO BE KIDDING!

for long-haul family caregivers, a fresh look at self-care.  
Tuesday, May 16, 2023 3:00 - 4:00 pm

Seminars will be held via Zoom.

To register or for more information on seminars go to [www.SeniorConcerns.org/seminars](http://www.SeniorConcerns.org/seminars) or Call 805-497-0189

# ADDITIONAL PROGRAMS

## 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

**Senior Membership required**

Location: Senior Room

#12615 Wed 2:30-4:00pm 4/5—6/28 FREE

## MUSIC APPRECIATION HYBRID

**Senior Membership required**

Location: Teen Room

#12491 Tue 10:00am-11:30am 4/4-6/27 FREE

## BINGO IN-PERSON

**2023 SENIOR MEMBERSHIP REQUIRED.**

This will be held as an in-person program.

Location: Senior Room

#12474 Tue 12:15pm-3:00pm 4/4-6/27 \$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](mailto:jspence@agourahillscity.org) to help with arranging a table.

#12470 Tue 1:00-4:00pm 4/4-6/27 \$10.00  
#12471 Wed 10:00am-1:00pm 4/5-6/28 \$10.00  
#12472 Thu 10:00am-1:00pm 4/6-6/29 \$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:

**April:** *Taste Masters* by Mayukh Sen

**May:** *Namesake* by Jhumpa Lahiri

**June:** *West With Giraffes* by Lynda Rutledge

**FREE with Senior Membership**

Location: Recreation Center

#12473 Tue 11:15am-12:30pm 4/18, 5/16, & 6/20 FREE

## BRIDGE IN-PERSON

**2023 SENIOR MEMBERSHIP REQUIRED**

This will be held as an in-person program.

Location: Senior Room

No play 5/29.

#12477 Mon 12:00-3:30pm 4/3-6/26 \$10.00

## NEW PROGRAMS

If you have an interest, and you would like to see it offered at the Recreation Center, please contact Joey Spence via email at

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

or call 818-597-7361 to let him know what you would like to be added.

We are also looking to add new instructors to teach, so if you or someone else you know would like to teach a class, please reach out to Joey Spence.

# EXCURSIONS

## Registration Opens March 8, 2023

\*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 GORDON R. HOWARD MUSEUM

The Gordon R. Howard Museum's collections illustrate the history of Burbank from its early days to the present. All aspects of Burbank's history are covered, from the growth of municipal services, schools, churches, clubs, businesses, and farming to the history of its famous citizens and community leaders. The museum has an extensive collection of old photographs and documents which depict Burbank's history.

There are collections of antiques and furniture, doll collections, and costume collections. There are displays from Lockheed Aviation, The Walt Disney Corporation and Warner Brothers. They have a vast camera collection and a large vehicle collection. The Gordon R. Howard Museum has many fascinating artifacts with something of interest for everyone.

Lunch will be at the Smoke House Restaurant following our tour. 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. Transportation will be on the City shuttle. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. 2023 Senior Membership is required for this activity. Location: Burbank \* Shuttle Departs: Recreation Center

## ANTIQUING AND LUNCH

Do you love collectibles, antique clothing, and furnishings? Does vintage jewelry, dolls, or lovely china make your heart flutter? Here's the place for you! Come join us for a visit to King Richard's Antique Mall - the largest antique mall in all of California, where you will see all of the above and more. This is 50,000 square feet emporium of fascinating items. The building was originally an old packing house for citrus, and was constructed in 1903. It became this large antique center in 1979. After our treasure hunting at King Richard's, we will have lunch at Crepes and Grapes, a lovely French bistro. 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. Transportation will be the on the City shuttle. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. 2023 Senior Membership is required for this activity. Location: Burbank \* Shuttle Departs: Recreation Center

#12565 Tue 9:00am—3:30pm 4/11 \$34.00

#12566 Wed 10:00am-5:00pm 5/10 \$18.00

# 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

- #12560 Wed 4/5 Country Harvest  
(American/Newbury Park)
- #12561 Wed 5/3 Black Bear Diner  
(American/Simi Valley)
- #12562 Thu 6/1 Maria's Mexican  
(Mexican/Simi Valley)

## THEATER ADVENTURE: TINA TURNER MUSICAL

Join us for a great show at the **Pantages Theatre**. Tina follows the journey of Anna Mae Bullock from humble beginnings in Nutbush, Tennessee, in the 1940s to her rise as a global megastar by the name of Tina Turner, performing in front of 180,000 screaming fans at a concert in Brazil in 1988. Along the rocky road, we experience her broken childhood home; her fraught relationship with her mother, Zelma; being discovered in St. Louis by Ike Turner; and the subsequent creation of The Ike & Tina Turner Revue. The musical does not shy away from the well-documented domestic abuse Tina suffered at the hands of Ike, and the show rejoices in Tina's emancipation by the end of Act I. She meets her dream man, Erwin Bach, in Europe and, in the face of racism and ageism, and with the help of a young Australian manager/producer by the name of Roger Davies, Tina defies the odds to create a new sound that sets the world alight with a disco inferno. You will be stopping at a restaurant along Hollywood Blvd. before the show. Meal is not included in price of trip. NOTE: LIGHT WALKING AND IS HANDICAPPED ACCESSIBLE. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. Location: Pantages Theatre Shuttle departs: Recreation Center

#12596 Thu 4:00pm-11:00pm 7/6 \$87.00

## THE MARCONI MUSEUM

The Marconi Museum is home to a collection of over 100 vehicles worth \$60 million consisting of Ferraris, Lamborghinis, muscle cars, race cars, motorcycles, and much memorabilia. In 1994, famed race car driver Dick Marconi and his son John donated the building and their entire collection to form the Marconi Foundation For Kids to benefit at-risk children. The museum features a one-of-a-kind 1996 Ferrari FX built for the Sultan of Brunei. Other special treats include the original Batmobile from the 1989 film, the General Lee car from Dukes of Hazzard TV show and KITT from the TV series Knight Rider. After the museum, we will be lunching at Polly's Pies. 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. Transportation will be the on the City shuttle. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. 2023 Senior Membership is required for this activity. Location: Tustin \* Shuttle Departs: Recreation Center

#12564 Thu 9:00am-4:00pm 6/8 \$28.00

## DINING ADVENTURE: NATE N' ALS

Our Next stop in our sojourn to discover the best of LA's delis will be a visit to Nate N' Al's, one of the longest operating eating establishments in Southern California. Operating since 1945, Nate N' Al's features all home-cooked dishes; even their orange juice is freshly squeezed. They Have a huge menu featuring chicken giblets with rice, chicken blintzes, and knockwurst & beans. They have double baked bread which is used on all their famous deli sandwiches. Come join us for some authentic Jewish food. Meal is not included in the price of this trip. Expect to pay \$20-\$40 for your meal (Cash only). 2023 Senior Membership is required for this activity. NOTE: LIGHT WALKING AND IS HANDICAPPED ACCESSIBLE. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. Location: West Hollywood \* Shuttle Departs: Recreation Center

#12563 Wed 11:15am-3:30pm 6/14 \$7.00



# UPCOMING EVENTS

## OLDER AMERICANS MONTH

May is Older Americans Month

**May 18:** Android & iPhone Training  
(iPhone #12558 & Android #12559)

**May 24:** Emergency Preparedness Event (#12688)

**May 31:** Brown Bag Senior Lunch (#12691)

Check Monday Mornings E-Blast for updates

## BREAKFAST WITH THE BUNNY

Know any kids that want to participate in an egg hunt?

Bring them to the Reyes Adobe Historical Site on April 1st from 9am-12pm. The event will also have crafts, pictures with the Bunny, and lite breakfast items. We are also looking for volunteers for the event. If you would like to help out please contact Hailee via email at [hwarpula@agourahillscity.org](mailto:hwarpula@agourahillscity.org)

## 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](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 is year round

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

## MOVIES AND CONCERTS IN THE PARK

Movies in the park will be held on June 10th and July 8th at Reyes Adobe Park.

Concerts in the park will be held on June 18th, July 9th, July 23rd, August 6th, and August 20th at Chumash Park .

We love seeing all of our wonderful participants being a part of our classes, programs, excursions and more!



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**  
**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)

(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.**