

SENIOR MOMENTS

Recreation Programs for Adults 50+



Bob Norgel: Volunteer of the Season

Bob Norgel has been a great volunteer of the City of Agoura Hills for numerous years and was a crucial part in bringing back Seniors Programs after the Agoura Hills Recreation Center and Event Center was closed due to Covid-19. He holds a Music Appreciation class for a group of seniors, where they dive into different genres and eras of music while being able to meet new people and socialize. He was one of the first volunteers to return after the Covid closure and was

pushing for his group to come back as soon as possible. We want to thank and recognize Bob for all that he has done and his dedication for the Senior Program at the Agoura Hills Recreation and Event Center.



**SUMMER 2023:
JULY, AUGUST
& SEPTEMBER**

IN THIS ISSUE

**REGISTRATION FOR
EXCURSIONS START
ON 5/3 AT 9AM**

**MAY IS OLDER
AMERICANS MONTH**

**NEW CLASSES -
BOLLYWOOD DANCE
AND TAI CHI & QIGONG**

**MOVIES AND CONCERTS
IN THE PARK START IN
JUNE!**

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

Stay Connected

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 Summer excursions will be open on

**Wednesday,
May 3rd**

at 9:00am 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.

May is Older Americans Month

Don't forget to register for some of the events that we have planned in May that include an Android and iPhone Training, an Emergency Preparedness Event, and an Afternoon Get Together. Light refreshments will be served at the Emergency Preparedness and Afternoon Get Together Event .

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

IN-PERSON CLASSES

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

*** New class**



TAI CHI & QIGONG *Membership not required

The long-established forms of Tai Chi and Qigong bring out our natural sense of Wuji – the original, relaxed state of the body. Your mind, your body, your emotions and your Self become more harmonious. We learn to move with softness, slowness, and smoothness which lead to strength, stamina, stability, and suppleness. No class 9/4. Instructor: Caroline Hatfield * Location: MPR 1

#12804	Mon	12:30pm-1:30pm	7/3-7/31	\$50.00
#12805	Mon	12:30pm-1:30pm	8/7-8/28	\$40.00
#12806	Mon	12:30pm-1:30pm	9/11-9/25	\$30.00

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

#12723	Tue/Thu	8:45-9:45am	7/6-7/27	\$50.00
#12724	Tue/Thu	8:45-9:45am	8/1-8/31	\$50.00
#12725	Tue/Thu	8:45-9:45am	9/5-9/28	\$50.00

*** New class**

BOLLYWOOD DANCE *Membership not required

This class offers dance and movement for all levels, whether you are a beginner or a seasoned performer looking to learn a new style or develop your technique. Inspired by the high-energy music from Bollywood Indian movies. Every song has a story and every move has a meaning! No class 9/4. Instructor: Monica Sarin * Location: MPR

#12765	Mon	6:00-7:00pm	7/3-7/31	\$100.00
#12766	Mon	6:00-7:00pm	8/7-8/28	\$80.00
#12767	Mon	6:00-7:00pm	9/11-9/25	\$60.00

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 9/4. Instructor: Tamara Kilpatrick * Location: MPR

Monday

#12741	Mon	2:00-3:00pm	7/3-7/31	\$25.00
#12742	Mon	2:00-3:00pm	8/7-8/28	\$20.00
#12743	Mon	2:00-3:00pm	9/11-9/25	\$15.00

Thursday

#12744	Thu	2:00-3:00pm	7/6-7/27	\$20.00
#12745	Thu	2:00-3:00pm	8/3-8/31	\$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*

#12732	Thu	10:30 -11:30am	7/6-7/27	\$10.00
#12733	Thu	10:30 -11:30am	8/3-8/31	\$12.50
#12734	Thu	10:30 -11:30am	9/7-9/28	\$10.00



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*

#12729	Tue	10:30 -11:30am	7/11-7/25	\$7.25
#12730	Tue	10:30 -11:30am	8/1-8/29	\$12.50
#12731	Tue	10:30 -11:30am	9/5-9/26	\$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.

#12720	Tue	12:30-3:00pm	7/11-7/25	\$37.50
#12721	Tue	12:30-3:00pm	8/1-8/29	\$62.50
#12722	Tue	12:30-3:00pm	9/5-9/26	\$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. Instructor: Del Herrera NASM CPT * Location: MPR or Your Home*

Monday

#12747	Mon	9:45 -10:45am	7/10-7/31	\$48.00
#12748	Mon	9:45 -10:45am	8/7-8/14	\$24.00
#12749	Mon	9:45 -10:45am	9/11-9/25	\$36.00

Wednesday

#12750	Wed	9:45 -10:45am	7/12-7/26	\$36.00
#12551	Wed	9:45 -10:45am	8/2-8/16	\$36.00
#12552	Wed	9:45 -10:45am	9/6-9/27	\$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

#12756	Fri	9:45 -10:45am	7/14-4/28	\$18.00
#12757	Fri	9:45 -10:45am	8/4-8/18	\$18.00
#12758	Fri	9:45 -10:45am	9/8-9/29	\$24.00



ON-GOING PROGRAMS

CURRENT EVENTS DISCUSSION HYBRID

Senior Membership required
Location: Senior Room

#12714 Wed 2:30-4:00pm 7/5—9/27 FREE

MUSIC APPRECIATION HYBRID

Senior Membership required
Location: Teen Room

#12740 Tue 10:00am-11:30am 7/11-9/26 FREE

BINGO IN-PERSON

2023 SENIOR MEMBERSHIP REQUIRED.

This will be held as an in-person program.

Location: Senior Room

#12713 Tue 12:15pm-3:00pm 7/11-9/26 \$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.

#12717 Tue 1:00-4:00pm 7/11-9/26 \$10.00
#12718 Wed 10:00am-1:00pm 7/5-9/27 \$10.00
#12719 Thu 10:00am-1:00pm 7/6-9/28 \$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 will be announced online.

FREE with Senior Membership
Location: Recreation Center

#12712 Tue 11:15am-12:30pm 7/18, 8/15 & 9/19 FREE



BRIDGE IN-PERSON

2023 SENIOR MEMBERSHIP REQUIRED

This will be held as an in-person program.
No Games 9/4.
Location: Senior Room

#12715 Mon 12:00-3:30pm 7/3-9/25 \$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
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.

In partnership with



ADDITIONAL PROGRAMS

SEMINARS & WORKSHOPS

Seminars & Workshops will be held monthly.
To view or register for seminars & Workshops go to www.SeniorConcerns.org/seminars or Call 805-497-0189

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

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

UPCOMING EVENTS

MAY IS OLDER AMERICANS MONTH

Come join us!

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

May 24: Emergency Preparedness Event (#12688)

May 31: Afternoon Get Together (#12691)

Check Monday Mornings E-Blast for updates

MOVIES IN THE PARK

Come join us for the Movies In The Park Series!

June 10th – National Treasure

July 8th– The Incredibles



All movies are FREE and will start at dusk. All movies will be at Reyes Adobe Park located at 30400 Rainbow Crest Drive.

CONCERTS IN THE PARK

Come join us for the Concerts In The Park Series!

June 18th – Led Zepagain: Tribute to Led Zeppelin

July 9th – Bruno and the Hooligans: Tribute to Bruno Mars

July 23th – The Conejo Valley Community Concert Band and Jazz Bands

August 6th – Prince Again: Tribute to Prince

August 20th– Jumping Jack Flash: Tribute to The Rolling Stones

All concerts are on Sundays and begin at 6:00pm. All concerts except for July 23 are held at Chumash Park. Chumash Park is located at 5550 Medea Valley Drive. July 23rd concert will be at the Agoura High School PAEC. Located at 28545 W. Driver Ave. in Agoura Hills.



EXCURSIONS

Registration Opens May 3, 2023 at 9am

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).

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

#12779	Tue	7/11	Stella's Restaurant (American/Newbury Park)
#12780	Wed	8/2	All Fried Up Mongolian (Mongolian/Thousand Oaks)
#12781	Thu	9/6	Flight 126 Cafe (American/ Santa Paula)



DINING ADVENTURE: MORT'S DELI

Mort's Deli has been well-known in the valley since 1968 for the high quality food and many menu choices. The Mort's Special Brunch which consists of two eggs (any style), choice of lox, white fish, or salmon, and choice of toast, roll, or bagel is very popular. It also includes homefries and coffee. Mort's Has all the favorite Jewish Deli menu items of which we all have become familiar since starting our quest for good Jewish Delis. They have received consistently high ratings on Yelp. Come rate it yourself! Meal is not included in the price of this trip. Expect to pay \$20-\$40 for your meal (Cash only). NOTE: LIGHT WALKING AND IS HANDICAPPED ACCESSIBLE. Transportation: City shuttle. Location: Tarzana * Shuttle Departs: Recreation Center

#12783 Thu 11:30am-2:00pm 8/17 \$7.00

EXCURSIONS

GOURMET DINNER: LAWRY'S

There is little that can be said to add to the legend that Lawrence L. Frank created decades ago, when he established the premise that a restaurant with one single entrée - prime rib - would be well received. Well received it has been, by millions of Californians and tourists alike. There are other entrees on today's menu, but very few, and the main attraction is still their generous portions of prime rib. The various cuts are accompanied with salad, bread, potatoes and gravy, and yorkshire pudding. Even with inflation prices, Lawry's can still be considered very fairly prices for a gourmet restaurant. Join us and judge for yourself! Meal is not included in the price of this trip. Expect to pay \$50+ for your meal (Cash only). NOTE: LIGHT WALKING AND IS HANDICAPPED ACCESSIBLE. Transportation: City shuttle. Location: West Hollywood * Shuttle Departs: Recreation Center

#12789 Wed 4:00pm-9:00pm 9/13 \$7.00

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.

Transportation: City shuttle.
Location: Hollywood. Shuttle departs: Recreation Center

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

THE HOLLYHOCK HOUSE

Hollyhock House is the first addition to the Unesco World Heritage List presented to the City of Los Angeles. It's the highest recognition by an international body, and there is no greater honor for a cultural site in the world. There are new areas to view that were not previously available for viewing by the public. The dining room and kitchen may now be seen as well as the galley and the outside living area that features a pergola and a lovely garden. If you haven't been to see this house recently, come again to see the latest openings and marvel at the fact that this beautiful house was almost demolished, but today it proudly stands as LA's first Unesco World Heritage site. After our docent lead tour, we will be lunching at The Home Restaurant. Meal is not included in price of excursion. NOTE: EXTENSIVE WALKING OR STANDING AND HANDICAPPED ACCESSIBLE. Transportation: City shuttle. Location: Los Angeles * Shuttle Departs: Recreation Center

#12782 Thu 8:15am—3:00pm 7/20 \$34.00

PASADENA POPS: MICHAEL FEINSTEIN

We are returning 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. Come and spend an evening enjoying the music that accompanies so many of your personal treasured memories. 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 ON GRASS. Transportation: City shuttle. Location: Los Angeles * Shuttle Departs: Recreation Center

#12800 Sat 3:30-11:00pm 7/29 \$84.00

EXCURSIONS

TWO TOURS AND DINING ADVENTURE

Hollywood Heritage Museum & Hollywood Museum

Our first stop will be the Hollywood Heritage Museum, which was once the office of Cecil B. DeMille, and where the Jesse Lasky and Samuel Goldwyn Companies began making their movies. There are props, photographs, costumes, equipment, and artifacts for the earliest days of movie making. This building was declared a California Historical Landmark and was the first state landmark linked with the movie industry. The Hollywood Museum is our second stop of the day. This was once Max Factor's famed Hollywood make-up salon. The building houses four floors of displays featuring costumes, movie posters, cosmetic props, and sets from early Hollywood movies to today's modern films. After our two tours, we will be lunching at Mel's Diner, which has been on our Dining Adventure list of places we need to try. Meal is not included in price of excursion. NOTE: EXTENSIVE WALKING OR STANDING AND HANDICAPPED ACCESSIBLE. Transportation: City shuttle. Location: Hollywood * Shuttle Departs: Recreation Center

#12803 Fri 9:00am-3:00pm 8/4 \$40.00

WHITTIER MUSEUM

The Whittier Museum, named in honor of the Quaker poet and humanitarian, John Greenleaf Whittier, presents interesting exhibits of early life in the Quaker community. There is an old Main Street exhibit that features a Queen Anne cottage decorated with furniture and ordinary items of that day. There is an agricultural exhibit that features items involved in the packing and shipping in the citrus industry. There is a newspaper room that depicts the early days of their local newspaper - "The Whittier Register". On display are over 6,500 issues of the newspaper, along with photographs, documents, and other archival materials beginning in 1887 when the town was founded. The Nixon exhibit, featuring the former president's desk and other items which came from his first office after law school, are on display. After the museum, we will be lunching at Polly's Pies. Meal is not included in price of excursion. NOTE: EXTENSIVE WALKING OR STANDING AND HANDICAPPED ACCESSIBLE. Transportation: City shuttle. Location: Whittier * Shuttle Departs: Recreation Center

#12801 Thu 8:30am-3:00pm 9/7 \$29.00

HUNTINGTON LIBRARY AND ART: TOUR AND TEA

After a number of years, we will be making a return visit to the Huntington, one of the greatest attractions in California, and one of the nations foremost cultural research and educational centers. It consists of a library, art collections, and botanical gardens, with the emphasis on Angel American history, art, and literature. Our docent lead tour will be featuring an overview of the gardens, as well as a tour of the Virginia Steele Scott galleries and the Erburu gallery. We will view paintings, sculpture, drawings, prints, photographs, and furniture. Come again to see "Blue Boy" and "Pinkie" which have returned back after restoration to the Huntington. After our tour, we will be lunching at the tea room at the museum. Meal is included in price of excursion. NOTE: EXTENSIVE WALKING OR STANDING AND HANDICAPPED ACCESSIBLE. Transportation: City shuttle. Location: San Marino * Shuttle Departs: Recreation Center

#12802 Wed 8:45am-2:00pm 8/23 \$53.00



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
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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.