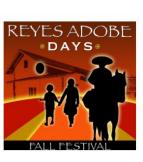
# SENIOR MOMENTS

Recreation Programs for Adults 50+



## Randee Paller: Volunteer of the Season





Randee has volunteered for our city for over 35 years. She is grateful for all the different volunteer opportunities the city has to offer. She has participated in Pony Express Days, Youth Faire, Spring Fest, One City One Book, and Reyes Adobe Days. The one she is most passionate about is Reyes Adobe Days, which she has been the chair of from the beginning in 2004. Volunteering is important to her because she loves giving back to our community, and working with the terrific Park & Recreation staff, but the foremost reason are all the friends she has made. Thank you, Randee! We appreciate everything you do for the Agoura Hills Recreation and Event Center.

AGOURA HILLS

FALL 2023: OCTOBER, NOVEMBER & DECEMBER IN THIS ISSUE

**SENIOR EXCURSIONS** 

135TH ROSE PARADE

THANKSGIVING LUNCHEON

SENIOR CONCERNS
SEMINARS

REYES ADOBE DAYS
SEE PAGE 7

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

#### **Stay Connected**

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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 kberry@agourahillscity.org.

Registration for Fall 2023 excursions will be open on

### Wednesday, September 6th

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

The 2023 Senior Membership is good for one calendar year and can be purchased online at www.agourahilsrec.org for \$15, or \$6 beginning on October 1, 2023.

Pre-registration for the 2024 calendar year Senior Membership will begin at the Fall Senior Open Registration at 9:00am on Wednesday, September 6, 2023.

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

#### **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

Katy Berry via email at kberry@agourahillscity.org.

We continue to add classes and programs. To view classes go to www.agourahillsrec.org.

## **On-Going Programs**

# Current Events Discussion Hybrid

#### Senior Membership required

Location: Senior Room

#12987 Wed 1:30-3:00pm 10/4-12/27 FREE

# Music Appreciation Hybrid

#### Senior Membership required

Location: Teen Room

#12988 Tue 10:00-11:30am 10/3-12/26 FREE

#### Bingo In-Person

#### Senior Membership required

This will be held as an in-person program. \$0.75 per card.

Location: Senior Room

#12989 Tue 12:15-3:00pm 10/3-12/26 \$10.00



## Mah-Jongg And Board Games In-Person

#### Senior Membership required

Location: Recreation Center No games 11/23

Participants must provide all game equipment.

If you do not have a full table to play, please contact Katy Berry via email at kberry@agourahillscity.org to help with arranging a table.

#12991 Tue 1:00-4:00pm 10/3 - 12/26 \$10.00 #12992 Wed 10:00am-1:00pm 10/4 -12/27 \$10.00 #12993 Thu 10:00am-1:00pm 10/5 - 12/28 \$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

#12990 Tue 11:15am-12:30pm 10/17 - 12/19 FREE



#### Bridge In-Person

#### Senior Membership required

This will be held as an in-person program. Location: Senior Room

#12994 Mon 12:00-3:30pm 10/2-12/18 \$10.00

#### **NEW PROGRAMS**

If you have an interest, and you would like to see it offered at the Recreation Center, please contact Katy Berry via email at kberry@agourahillscity.org, or call 818-597-7361 to let her 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 Katy Berry.

## 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 own 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. Our exercises also focus on mindfulness and meditated moments that enhance breath control while moving.

No class 11/23.

Instructor: Lois Jackson \* Location: MPR or Your Home

#12933 Thu 10:30-11:30am 10/5-10/26 \$10.00 #12934 Thu 10:30-11:30am 11/2-11/30 \$10.00 #12935 Thu 10:30-11:30am 12/7-12/28 \$10.00

#### **SENIOR JAZZERCISE LITE**

#### \*Membership required

The class offers non-competitive atmosphere, easy to follow routine, gentle warm-up, low-impact aerobics, muscle toning, stretching segments, and cool-down. No class 11/23. Instructor: Elizabeth Eaves \* Location: MPR or Your Home

#12905 Tue/Thu 8:45-9:45am 10/3-10/31 \$50.00 #12906 Tue/Thu 8:45-9:45am 11/2-11/30 \$50.00 #12907 Tue/Thu 8:45-9:45am 12/5-12/28 \$50.00

#### 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

#12936 Tue 10:30 -11:30am 10/3 -10/31 \$7.50 #12937 Tue 10:30 -11:30am 11/7 -11/28 \$7.50 #12938 Tue 10:30 -11:30am 12/5 -12/26 \$7.50

#### **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. Students provide their own materials. Recommended for intermediate through advanced but beginners are welcome.

No class 12/26. Instructor: David Deyell \*
Location: MPR or Your Home

#12939 Tue 12:30-3:00pm 10/3-10/31 \$62.50 #12940 Tue 12:30-3:00pm 11/7-11/28 \$50.00 #12941 Tue 12:30-3:00pm 12/5-12/19 \$37.50

#### 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 11/20, 11/22, 12/18, 12/20, 12/25, & 12/27. Instructor: Del Herrera NASM CPT \*
Location: MPR or Your Home

#### Monday

#12955	Mon	9:45 –10:45am	10/2 -10/30	\$60.00
#12956	Mon	9:45 -10:45am	11/6 -11/27	\$36.00
#12957	Mon	9:45 –10:45am	12/4 -12/11	\$24.00

#### Wednesday

#12958	Wed	9:45 -10:45am	10/4-10/25	\$48.00
#12959	Wed	9:45 -10:45am	11/1-11/29	\$48.00
#12960	Wed	9:45 -10:45am	12/6-12/13	\$24.00



#### SENIOR ZUMBA

\*Membership required

Latin and international rhythms with high impact, may be modified to your level. No class 11/24, 12/22, & 12/29. Instructor: Del Herrera NASM CPT \* Location: MPR or Your Home

#12964 Fri 9:45 –10:45am 10/6 -10/27 \$24.00 #12965 Fri 9:45 –10:45am 11/3 -11/17 \$18.00 #12966 Fri 9:45 –10:45am 12/1 -12/15 \$18.00



## IN PERSON CLASSES

These classes will take place In-person only. You must pre-register.

Drop-ins available only with advanced notice.



#### **BEGINNER'S MAH JONGG**

\*Membership not required

Participants will learn how to identify tiles, read and understand the National Mah Jongg League cards, and how to select a hand. The instructor will teach you how to play and learn the basic strategies to win the game.

Instructor: Amy Richman \* Location: Senior Room

#### **Tuesday Class**

#13322 Tue 10:00-11:30am 10/17-11/14 \$85.00 **Wednesday Class** 

#13323 Wed 6:00-7:30pm 10/18-11/15 \$85.00

#### **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! Instructor: Monica Sarin \*

Location: MPR

#12908	Mon	6:00-7:00pm	10/2 -10/30	\$100.00
#12909	Mon	6:00-7:00pm	11/6 -11/27	\$80.00
#12910	Mon	6:00-7:00pm	12/4 -12/18	\$60.00

#### **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.

Instructor: Caroline Hatfield \* Location: MPR 1

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#12911	Mon	12:00-1:05pm	10/2 -10/30	\$50.00
#12912	Mon	12:00-1:05pm	11/6 -11/27	\$40.00
#12913	Mon	12:00-1:05pm	12/4 -12/18	\$30.00
Level 2				
#13324	Mon	12:00-1:35pm	10/2 -10/30	\$75.00
#13325	Mon	12:00-1:35pm	11/6 -11/27	\$60.00

#13326 Mon 12:00-1:35pm

#### DO IT NOW SENIOR FITNESS

12/4 -12/18

\$45.00

\*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 11/23. Instructor: Tamara Kilpatrick \*

Location: MPR

#### Monday

#12927	Mon	2:00-3:00pm	10/2 -10/30	\$25.00		
#12928	Mon	2:00-3:00pm	11/6 -11/27	\$20.00		
#12929	Mon	2:00-3:00pm	12/4 -12/18	\$15.00		
Thursday						
#12930	Thu	2:00-3:00pm	10/5 -10/26	\$20.00		
#12931	Thu	2:00-3:00pm	11/2 -11/30	\$20.00		
#12932	Thυ	2:00-3:00pm	12/7 -12/28	\$20.00		



Please bring your own equipment to class.

## **NEW IN PERSON CLASSES**

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

#### **SENIOR CLAY CLASS**

\*Membership required

Learn to build with air-dry clay in this engaging and creative class for all skill levels. Materials are not included in the class fee. Participants will be given a materials list upon registration. 2023 Senior Membership is required for this activity.

Instructor: Fariba Mahgerefteh \* Location: Classroom A

#13281 Wed 1:30-3:30pm 10/4-10/25 \$40.00 #13282 Wed 1:30-3:30pm 11/2-11/29 \$50.00 #13283 Wed 1:30-3:30pm 12/6-12/27 \$40.00

#### **BEGINNING CHESS CLASS**

\*Membership required

Learn the fundamentals of playing chess and work on improving strategic thinking. This class will teach quick decision-making skills and multiple ways to win through guided instruction. Open to all skill levels. Tournament date TBD.

#13284 Tue 4:30-5:30pm 10/3-12/12 \$15.00







Embrace the Fall season at our annual Thanksgiving Luncheon! Enjoy a festive afternoon of entertainment and a delicious Thanksgiving meal.

Admission is \$15 and the luncheon will be held at the Agoura Hills Recreation and Events Center on November 8th. We can't wait to see you there!

#13255 Wed 11:00am-1:00pm 11/8 \$15.00



THE CITY OF AGOURA HILLS PRESENTS THE 19TH ANNUAL

# Reyes Gaobe Days



OCTOBER 6 - OCTOBER 8, 2023















#### FIESTA!

#### An event for seniors 50+

Thursday, September 28, 2023 • 11:00am-1:00pm At the Agoura Hills Recreation and Event Center 29900 Ladyface Court in Agoura Hills

- \* Rancho-Style Lunch
- \* Live Entertainment

#### NIGHT AT THE ADOBE

#### An event for adults 21+

Friday, October 6, 2023 from 6:00-9:00pm At the Agoura Hills Historic Reyes Adobe 30400 Rainbow Crest Drive in Agoura Hills

- \* Artisan and Craft Vendors
- \* Beer & Wine
- ★ Hors d'oeuvres
- \* Live Music
- ★ Tours of the Historic Reyes Adobe

#### RAD RIDES

Bike rides with three different routes and distances 40K, 40 mile, and 4.0 mile around town

## REYES ADOBE DAYS



### GRAND MARSHAL -MATT MCKAGAN

An event for all ages

Saturday, October 7, 2023 \* Begins at 10:00am Ends at the Agoura Hills Historic Reyes Adobe 30400 Rainbow Crest Drive in Agoura Hills

#### DAY AT THE ADOBE

#### An event for all ages

Saturday and Sunday, October 7-8, 2023 from 11:00am-4:00pm

At the Agoura Hills Historic Reyes Adobe 30400 Rainbow Crest Drive in Agoura Hills

- \* Artisan and Craft Vendors
- \* Beer & Wine
- ★ Children's Activities & Entertainment
- \* Food Trucks
- \* Live Music
- \* Tours of the Historic Reyes Adobe

#### MORE INFORMATION:

ReyesAdobeDays.org

#### In partnership with



#### **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

## **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



## "What Don't I Know?" Preparing For and Avoiding Legal Concerns As We Age

Join us for our "What Don't I Know?" seminar where you can learn valuable information about legal concerns such as what simple documents can avoid Conservatorship, why your spouse still needs a Power of Attorney to assist you, is an Advance Health Care Directive necessary if you have a POLST, and does your current estate plan make things unnecessarily complicated for your survivor(s). We will also be answering what single word must be in your Power of Attorney for it to work when you lose capacity. Presented by Christopher P. Young, attorney at law and specialist is estate planning, trust, and probate law with the Alvarez Firm. Location: Senior Room

## Senior Concerns Seminar: How to Create a Dementia Friendly Home

Please join us for our How to Create a Dementia
Friendly Home workshop to: learn how to set up your
home to maximize safety and reduce wandering,
understand options on ways to customize your
home with available gadgets & tools to best fit your
loved one's needs and discover ways to modify and
prompt the home environment to increase
independence. Presented by Martha Shapiro, LCSW
Director of Programs, Senior Concerns and Hannah
Hoffman, MSW Care Manager, Senior Concerns.
Location: Senior Room

#13321 Thurs 11:00-12:00pm 10/26 FREE





### Registration Opens September 6, 2023 at 9am

\*Trip locations, transportation, time and pricing are subject to change without notice\*

\*See members and guests 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 mist 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 escorts.\*

# Gourmet Luncheons

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: Recreation Center

#12996	Tue	10/3	The Nook	\$7.00
			(American/Newbury Park)	
#12997	Wed	11/1	Golden Corral	\$7.00
			(American Buffet/Oxnard)	
#12998	Thu	12/7	Viva La Pasta	\$7.00
			(Italian/Simi Vallev)	



# Dining Adventure: Famous Label's Deli

This deli prides itself on all their foods being fresh and locally grown. Any spices or extras that are purchased come from famous sources in New York. Their rye bread is double-baked and all their breads and pastries are baked in house. Famous Label's Deli believes they are the best priced deli in LA and the San Fernando Valley. Good food at good prices - sounds like an all around great experience! 2023 Senior Membership is required for this activity. Shuttle leaves at 11:00am. Please arrive 30 minutes before scheduled time. NOTE: LIGHT WALKING AND IS ADA ACCESSIBLE. NO REFUNDS/ TRANSFERS/CREDITS GRANTED AT ALL FOR THESE TRIPS. Location: Tarzana \* Shuttle Departs: Recreation Center

#13259 Thu 11:00am-1:30pm 10/19 \$7.00

# Excursions

# Warner Brothers Studio Tour

Come with us for a three hour visit to the Warner Brothers Studio in Burbank. The tour offers a behind-the-scenes look at the actual working 110 acre studio. We will be visiting the crafts mill where sets are constructed, the prop shop, and the scenic art department. We may even see some actual filming. The tour will conclude with a visit to the Warner Brothers Museum which contains original costumes, props, animation cells, scripts, and correspondence from Warner Brothers film and television shows. Also, all of the Academy Awards this studio has won are here to view. After our tram tour of the studio, we will be lunching at the Yard House Restaurant. Meal is not included in price of excursion. 2023 Senior Membership is required for this activity. Transportation will be the on the City shuttle. Arrive at the Recreation Center 30 minutes before shuttle departs for check in. Shuttle departs at 7:30am. NOTE: EXTENSIVE WALKING. ADA ACCESSIBLE. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. Location: Burbank \* Shuttle Departs: Recreation Center

#13001 Wed 7:30am-5:00pm 10/11 \$87.00



# Sam & Alfreda Maloof Home and Gardens

Sam Maloof is acknowledged as one of the finest woodworkers of our time. His work is on display at the Smithsonian and at the New York Metropolitan Museum of Art. The Maloof House, a sprawling hand-built residence, was placed on the National Register of Historic Places in 1990, and is filled with beautiful furniture and examples of the famous arts and crafts of the 20th century. After our tour, we will be lunching at Marie Callender's. Meal is not included in price of excursion. 2023 Senior Membership is required for this activity. Transportation will be the on the City shuttle. Arrive at the Recreation Center 30 minutes before shuttle departs for check in. Shuttle departs at 9:00am. NOTE: EXTENSIVE WALKING. ADA ACCESSIBLE. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. Location: Alta Loma \* Shuttle Departs: Recreation Center

#12999 Wed 9:00am-5:30pm 11/15 \$47.00

# Solvang Shopping Trip

We will be returning to the heart of the Santa Ynez Valley for a day-tripping visit to Solvang to enjoy some Christmas shopping in this charming Danish village. Participants will be on their own to shop and to also sample many tasty treats of the local eateries, such as the famous aebelskivers. Don't forget the chocolate shop to purchase the wonderful Danish chocolates to take home. We will have several hours to lunch and to shop before returning home. 2023 Senior Membership is required for this activity. Transportation will be the on the City shuttle. Arrive at the Recreation Center 30 minutes before shuttle departs for check in. Shuttle departs at 9:30am. NOTE: EXTENSIVE WALKING. ADA ACCESSIBLE. REFUNDS/ TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. Location: Solvang \* Shuttle Departs: Recreation Center

#13000 Fri 9:30am-5:30pm 12/1 \$20.00



## Newport Harbor Christmas Boat Parade

Set sail this holiday season for the 115th annual "Newport Harbor Christmas Boat Parade." This parade was started in 1907 by a former gondolier from Venice, Italy, who wanted to reproduce the centuries-old Venetian Night Water Parade. The New York Times has rated this parade as the best boat parade in the United States, and hailed it as one of the top ten best happenings during the holiday season. We will be able to photograph dozens of boats and exquisite waterfront homes decked out for the holidays around the Newport Harbor. Before the boat parade, we will be having an early dinner at the Sizzler Restaurant. Meal is not included in price of excursion. 2023 Senior Membership is required for this activity. Transportation will be the on the City shuttle. Arrive at the Recreation Center 30 minutes before shuttle departs for check in. Shuttle departs at 1:45pm. NOTE: MODERATE WALKING. LIMITED ADA ACCESSIBILITY. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. Location: Newport Beach \* Shuttle Departs: Recreation Center

#13089 Wed 1:45-11:00pm 12/13 \$65.00

## Rose Parade

Join us for the 135th Tournament of Roses Parade themed "Celebrating a World of Music: The Universal Language." 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 seats. Reserved bleacher seating will be on 1630 E. Colorado Blvd. Participants will ride on style aboard a comfortable coach bus. 2024 Senior

Membership not required. Meal is not included in price of the trip. TICKETS SELL OUT FAST! THERE ARE NO

REFUNDS/TRANSFER CREDITS FOR THIS TRIP. Location: Pasadena \* Bus Departs: City Hall

#13253 Mon 6:00am-2:00pm 1/1/2024 \$100.00



## Pantages Theatre: Chicago

Set in the legendary city during the roaring twenties, Chicago tells the story of two rival vaudevillian murderesses locked up in Cook County Jail. The 1996 Broadway production holds the record as the longest-running musical revival and the longest-running American musical in Broadway history. NOTE: MODERATE WALKING. ADA ACCESSIBLE. REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED. Location: Pantages Theatre \* Shuttle Departs: Recreation Center

#13330 Thurs 4:00-11:00pm 3/7/2024 \$95.00

City of Agoura Hills

Department of Community Services
Agoura Hills Recreation and Event Center
29900 Ladyface Court
Agoura Hills CA 91301

Agoura Hills CA 91307 Phone: 818-597-7361 PRSRT STD
U.S. POSTAGE PAID
THOUSAND OAKS, CA
Permit No. 993

Current Resident or

#### COMMUNITY INFORMATION -

Agoura Hills Public Library

(818) 889-2278

<u>Animal Control</u>

(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

<u>(TO)</u>

(800) 772-1213

Southern California Edison

(800) 655-4555

Southern California Gas Co

(800) 427-2200

<u>United States Post Office</u>

(Agoura Hills)

(800) 275-8777

<u>Urgent Care (Westlake Village)</u>

(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.