

AGOURA HILLS SENIOR PROGRAM

# SENIOR MOMENTS

*Recreation Programs for Adults 50+*



## Volunteer of the Season: Aditya Ram



Aditya is a freshman at Agoura High School. He is an accomplished chess player with the United States Chess Federation (USCF). He has been studying and playing chess for over ten years and he is passionate about sharing his knowledge through teaching chess at the Agoura Hills Recreation and Event Center.

Thank you, Aditya! We appreciate everything you do for the Agoura Hills Recreation and Event Center.

## IN THIS ISSUE:

**SENIOR EXCURSIONS**

**135TH ROSE PARADE**

**NEW CLASSES: CHESS, PHOTOGRAPHY, AND E-SPORTS!**

**SENIOR CONCERNS SEMINAR**



WINTER 2024:  
JANUARY, FEBRUARY & MARCH

This season, we continue to offer a combination of in-person and hybrid 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 [kberry@agourahillscity.org](mailto:kberry@agourahillscity.org).

Registration for Winter 2024 programs and excursions are now open!

### **Register Today!**

You can sign up online or in-person at the Agoura Hills Recreation and Event Center!

## **Classes & Programs**

For all in-person and hybrid classes, the following policies are in place:

- Most senior activities will require a current Senior Membership at the time of registration.
  - Masks are optional, but recommended.
  - Staff does not sanitize equipment before or after classes.
  - Disinfecting supplies are available for participant use.

### **2024 Senior Membership**

The 2024 Senior Membership is good for one calendar year and can be purchased online at [www.agourahillsrec.org](http://www.agourahillsrec.org) for \$15.

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

### **Volunteers Needed!**

Our incredible volunteers play a vital role at the Agoura Hills Recreation and Event Center. Volunteer opportunities ranging from special events to teaching classes! For more information, contact Katy Berry.

### **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](mailto:kberry@agourahillscity.org).

**We continue to add classes and programs.**

**To view classes go to [www.agourahillsrec.org](http://www.agourahillsrec.org).**

# On-Going Programs

## Current Events Discussion Hybrid

### Senior Membership required

Location: Senior Room

#13474 Wed 1:30-3:00pm 1/3 - 3/27 FREE

## Music Appreciation Hybrid

### Senior Membership required

Location: The Lounge

#13530 Tue 10:00-11:30am 1/2 - 3/26 FREE

## Bingo In-Person

### Senior Membership required

\$0.75 per card

Location: Senior Room

#13457 Tue 12:15-3:00pm 1/2 - 3/26 \$10.00



## Mah-Jongg And Board Games In-Person

### Senior Membership required

Participants must provide all game equipment. Call for available days and times. If you do not have a full table to play, please contact Katy Berry via email at [kberry@agourahillscity.org](mailto:kberry@agourahillscity.org) to help with arranging a table. Location: Recreation Center

## Book Club In-Person

### Senior Membership required

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 at [www.agourahillsrec.org](http://www.agourahillsrec.org). Location:

Recreation Center

#13473 Tue 11:15am-12:30pm 1/16 - 3/19 FREE



## Bridge In-Person

### Senior Membership required

No play 1/1, 1/15, & 2/19.

Location: Senior Room

#13505 Mon 12:00-3:30pm 1/8 - 3/25 \$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](mailto:kberry@agourahillscity.org), or call 818-597-7361.

We are always 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. You will need a computer, laptop, iPad, or Smartphone to participate. Call 818-597-7361 for more information.

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

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #13450 | Thu | 10:30 -11:30am | 1/4 -1/25  | \$10.00 |
| #13451 | Thu | 10:30 -11:30am | 2/1 - 2/29 | \$10.00 |
| #13452 | Thu | 10:30 -11:30am | 3/7 - 3/28 | \$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

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #13510 | Tue | 10:30 -11:30am | 1/2 - 1/30 | \$12.50 |
| #13511 | Tue | 10:30 -11:30am | 2/6 - 2/27 | \$10.00 |
| #13512 | Tue | 10:30 -11:30am | 3/5 - 3/26 | \$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. Students provide their own materials. Recommended for intermediate through advanced but beginners are welcome. Drop-in with advanced registration: \$14.00 per class. Instructor: David Deyell \* Location: MPR or Your Home

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #13586 | Tue | 12:30 - 3:00pm | 1/2 - 1/30 | \$62.50 |
| #13587 | Tue | 12:30 - 3:00pm | 2/6 - 2/28 | \$50.00 |
| #13588 | Tue | 12:30 - 3:00pm | 3/5 - 3/26 | \$50.00 |



## 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. Instructor: Elizabeth Eaves \* Location: MPR or Your Home

|        |         |             |            |         |
|--------|---------|-------------|------------|---------|
| #13539 | Tue/Thu | 8:45-9:45am | 1/2 - 1/30 | \$50.00 |
| #13540 | Tue/Thu | 8:45-9:45am | 2/1 - 2/29 | \$50.00 |
| #13541 | Tue/Thu | 8:45-9:45am | 3/5 - 3/28 | \$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 classes 1/1, 1/3, 1/15 & 2/19. Instructor: Del Herrera NASM CPT \* Location: MPR or Your Home

### Monday

|        |     |               |            |         |
|--------|-----|---------------|------------|---------|
| #13542 | Mon | 9:45 -10:45am | 1/8 - 1/29 | \$36.00 |
| #13543 | Mon | 9:45 -10:45am | 2/5 - 2/26 | \$36.00 |
| #13544 | Mon | 9:45 -10:45am | 3/4 - 3/25 | \$48.00 |

### Wednesday

|        |     |               |            |         |
|--------|-----|---------------|------------|---------|
| #13545 | Wed | 9:45 -10:45am | 1/10- 1/31 | \$60.00 |
| #13546 | Wed | 9:45 -10:45am | 2/7 - 2/28 | \$48.00 |
| #13547 | Wed | 9:45 -10:45am | 3/6 - 3/27 | \$48.00 |

## SENIOR ZUMBA

\*Membership required

Latin and international rhythms with high impact, which can be modified to your level. Instructor: Del Herrera NASM CPT \* Location: MPR or Your Home

|        |     |               |            |         |
|--------|-----|---------------|------------|---------|
| #13618 | Fri | 9:45 -10:45am | 1/12- 1/26 | \$24.00 |
| #13619 | Fri | 9:45 -10:45am | 2/2 - 2/23 | \$24.00 |
| #13620 | Fri | 9:45 -10:45am | 3/1 -3/29  | \$30.00 |

# IN-PERSON CLASSES

These classes will take place in-person only. Drop-in option is available for some classes.

## 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 classes 1/1, 1/15 & 2/19. Instructor: Caroline Hatfield \*

Location: MPR 1

### Level 1

|        |     |              |            |         |
|--------|-----|--------------|------------|---------|
| #13560 | Mon | 12:00-1:05pm | 1/8 - 1/29 | \$30.00 |
| #13565 | Mon | 12:00-1:05pm | 2/5 - 2/26 | \$30.00 |
| #13566 | Mon | 12:00-1:05pm | 3/4 - 3/25 | \$40.00 |

### Level 1 & 2

|        |     |              |            |         |
|--------|-----|--------------|------------|---------|
| #13575 | Mon | 12:00-1:35pm | 1/8 - 1/29 | \$45.00 |
| #13580 | Mon | 12:00-1:35pm | 2/5 - 2/26 | \$45.00 |
| #13581 | Mon | 12:00-1:35pm | 3/4 - 3/25 | \$60.00 |



Please bring your own equipment to 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 1/1, 1/15 & 2/19. Instructor: Monica Sarin \*

Location: MPR

|        |     |             |            |         |
|--------|-----|-------------|------------|---------|
| #13460 | Mon | 6:00-7:00pm | 1/8 - 1/29 | \$60.00 |
| #13465 | Mon | 6:00-7:00pm | 2/5 - 2/26 | \$60.00 |
| #13469 | Mon | 6:00-7:00pm | 3/4-3/25   | \$80.00 |



## 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, 1/15 & 2/19. Instructor: Tamarra Kilpatrick \* Location: MPR

### Monday

|        |     |             |            |         |
|--------|-----|-------------|------------|---------|
| #13480 | Mon | 2:00-3:00pm | 1/8 - 1/29 | \$15.00 |
| #13485 | Mon | 2:00-3:00pm | 2/5 - 2/26 | \$15.00 |
| #13486 | Mon | 2:00-3:00pm | 3/4 - 3/25 | \$20.00 |

### Thursday

|        |     |             |            |         |
|--------|-----|-------------|------------|---------|
| #13494 | Thu | 2:00-3:00pm | 1/4 - 1/25 | \$20.00 |
| #13499 | Thu | 2:00-3:00pm | 2/1 - 2/29 | \$25.00 |
| #13500 | Thu | 2:00-3:00pm | 3/7 - 3/28 | \$20.00 |



class.

**\* NEW !! \***

## IN-PERSON CLASSES

These classes will take place in-person only.  
Drop-in option available for some classes.

**\* NEW !! \* 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.

Instructor: Fariba Mahgerefteh \*

Location: Classroom B

|        |     |             |            |         |
|--------|-----|-------------|------------|---------|
| #13531 | Wed | 1:30-3:30pm | 1/3 - 1/31 | \$40.00 |
| #13532 | Wed | 1:30-3:30pm | 2/7 - 2/28 | \$40.00 |
| #13533 | Wed | 1:30-3:30pm | 3/6 - 3/27 | \$50.00 |



**\* NEW !! \* SENIOR E-SPORTS LEAGUE**

\*Membership required

Experience the joy of competitive and casual gaming on the Nintendo Switch! From virtual bowling matches to thrilling tennis bouts, our participants bond over their love of gaming while staying active and mentally sharp.

Instructor: Staff \* Location: The Lounge

|        |     |             |            |         |
|--------|-----|-------------|------------|---------|
| #13797 | Wed | 1:30-3:30pm | 1/3 - 3/27 | \$15.00 |
|--------|-----|-------------|------------|---------|

## 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. Instructor: Aditya Ram \* Location: Senior Room

|        |     |             |            |         |
|--------|-----|-------------|------------|---------|
| #13455 | Tue | 5:30-6:30pm | 1/9 - 3/26 | \$15.00 |
|--------|-----|-------------|------------|---------|



**\* NEW !! \* PHOTOGRAPHY**

\*Membership not required

Learn about the basics of photography, and share your passion of photography with your friends while you take different pictures and learn from it! Instructor: Volunteer \*

Location: Classroom B

### Senior Pricing

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #13796 | Sat | 9:00am-12:00pm | 1/6 - 3/30 | \$30.00 |
|--------|-----|----------------|------------|---------|

### Veteran's Discount

|        |     |                |            |         |
|--------|-----|----------------|------------|---------|
| #13825 | Sat | 9:00am-12:00pm | 1/6 - 3/30 | \$25.00 |
|--------|-----|----------------|------------|---------|



# Additional Programs



In partnership with



## 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. 2024 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. **2024 Senior Membership is not required. This group meets every Wednesday from 2:30-4:00 pm.** \*NOTE: CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSCODE PRIOR TO THE CLASS.  
Location: Your Home

## SEMINARS & WORKSHOPS

Seminars & Workshops will be held monthly.  
To view or register for seminars & workshops go to  
[www.SeniorConcerns.org/seminars](http://www.SeniorConcerns.org/seminars) or  
call 805-497-0189

## JANUARY

### Senior Concerns Lecture: Healthy Eating For Older Adults

Join this in-person workshop to:

- Learn about the impact of aging on nutritional needs.
- Learn about the benefits of a Mediterranean-DASH diet as an intervention for Neurodegenerative delay.
- Gain a better understanding of specific foods to limit or include in your diet

Instructor: Bridget Harvey-Elliott, MS, RD

\* Location: Senior Room



#13534 Thu 11:00am-12:00pm 1/4 FREE

# Senior Excursions

## Registration Open Now!

\*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 2024 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 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. NO REFUNDS/TRANSFERS/CREDITS GRANTED AT ALL FOR THESE TRIPS. Shuttle Departs: Recreation Center

### **Crown & Anchor/British/Thousand Oaks**

#13536 Wed 1/3 \$7.00

### **Viva La Pasta/Hawaiian BBQ/Newbury Park**

#13537 Thu 2/1 \$7.00

### **Novo Café/Italian/Westlake Village**

#13538 Tue 3/5 \$7.00

## Dining Adventure: The Nosh

The Nosh has been a part of the Beverly Hills community since 1975. They serve all of our favorite deli choices with good portions at fair prices, and with Reuben sandwiches as their specialty item. Come and join us again on a dining adventure to check out another of L.A.'s delis. Meal is not included in the price of the trip. Expect to pay \$30-\$40 for your meal (Cash only). 2024 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: Beverly Hills \* Shuttle Departs: Recreation Center #13656 Tue 10:45am-3:00pm 3/12 \$7.00



# Senior Excursions

## Gourmet Dinner: Ranch House

Nestled in the scenic hills of Ojai, the Ranch House Restaurant began its history as one of the first homes built in the Ojai Valley, and started out as a boarding house in 1875. It was once a vegetarian establishment where everything came from their own garden, but eventually meat, fish, and poultry were added to the menu to ensure more financial success. They still insist upon maintaining their original creed of "No freezers and no fryers." Go online to read rest of description. Meal is not included in the price of the trip. Expect to pay \$40-\$50 for your meal (Cash only). 2024 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. **REFUNDS/ TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED.** Location: Ojai \* Shuttle Departs: Recreation Center  
#13535 Wed 4:00-9:00pm 1/17 \$7.00

## 2024 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, so bring family or out of town guests! 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 \$100.00



## TCL Chinese Theatre (Grauman's Chinese)

Since 1927, the TCL Chinese Theatre (formerly Grauman's Chinese Theatre) has been home to the most prominent red carpet movie premieres and special events. It is where Hollywood's biggest and brightest stars come to watch their movies. The theatre has the unique Forecourt of the Stars, which features cement hand and footprint impressions of the major stars from past to present. This theatre has the biggest IMAX auditorium, as well as the only movie palace in California with the IMAX laser projection experience. Step off the red carpet and walk through the golden doors of this palace of the stars into cinema history. After our tour, we will be lunching at the House of Pies, one of our old favorites. Meal is not included in the price of the excursion. 2024 Senior Membership is required for this activity. Please arrive 30 minutes before scheduled time. NOTE: LIGHT WALKING AND IS ADA ACCESSIBLE. **REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED.** Location: Hollywood \* Shuttle Departs: Recreation Center  
#13653 Mon 9:00am-3:00pm 1/8 \$33.00



# Senior Excursions

## Olivas House Tour and Valentine's Tea

We will be touring the lovely Olivas Adobe House and Historical Park, which was founded in 1847 and stands as a monument to the rancho period of California's history. It has been lovingly restored and provides tours of the house and grounds for guests to enjoy, but it is also an event destination for beautiful weddings and many types of parties and gatherings. After our tour, we will be attending a wonderful Valentine's Tea to celebrate this special holiday. This is something we don't often get a chance to do, so please don't miss this trip! Meal is included in the price of the excursion. Participants must wear rubber soled shoes for the tour. 2024 Senior Membership is required for this activity. Please arrive 30 minutes before scheduled time. NOTE: LIGHT WALKING AND IS ADA ACCESSIBLE. **REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED.** Location: Ventura/Camarillo \* Shuttle Departs: Recreation Center #13654 Wed 10:15am-4:15pm 2/14 \$70.00

## Return of the Rat Pack Lunch and Show

Come back with us to the halcyon days of yesteryear to hear the great songs and share once again in the fun-filled laughter of Sinatra and his pals, Dean and Sammy. Harken back to experience again a place in time where life was simpler, and we could all find humor within ourselves and each other. A place where men were men, but boys would always be boys. Come get a glimpse of this private party - The Rat Pack are awaiting you! Meal is included in the price of the excursion. 2024 Senior Membership is required for this activity. Please arrive 30 minutes before scheduled time. NOTE: LIGHT WALKING AND IS ADA ACCESSIBLE. **REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED.** Location: Long Beach \* Shuttle Departs: Recreation Center #13655 Mon 10:15am-5:30pm 3/19 \$95.00

## Guide Dogs of America

We will be traveling to Sylmar for a visit to Guide Dogs of America, which in 2020 merged with Tender Loving Canines, to provide more high quality service dogs in the every growing number of individuals who need them. We will attend a docent lead tour and will learn about the training process involved in this program and the difference between a guide dog and a service dog. Come spend some time with these smart, interesting, and loving animals, and you will have a real appreciation for all that they do in transforming the lives of their human partners. After our tour, we will be lunching at the Route 66 Classic Grill. Meal is not included in the price of the excursion. 2024 Senior Membership is required for this activity. Please arrive 30 minutes before scheduled time. NOTE: LIGHT WALKING AND IS ADA ACCESSIBLE. **REFUNDS/TRANSFERS/CREDITS GRANTED ONLY IF YOUR SPOT CAN BE FILLED.** Location: Sylmar Shuttle Departs: Recreation Center #13657 Thur 8:45am-3:00pm 3/14 \$40.00



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**  
**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.