

June 2026

The

Goebel Gazette



Goebel

ADULT COMMUNITY CENTER

805-381-2744

1385 East Janss Road
Thousand Oaks, CA 91362

gacc@crpd.org

crpd.org/gacc

Enrich • Engage • Explore

GOEBEL ADULT CENTER HOURS OF OPERATION

Monday - Thursday:
8:30am-9:00pm

Friday:
8:30am-5:00pm

Saturday:
12noon-4:00pm

Sunday:
CLOSED

FREE! JUNGSHIN FITNESS DEMO Monday, June 15, 11:30am

Jungshin is a sword-based fitness class designed to enhance balance, strength, and flexibility. Attend this one-time demo session showcasing how moving meditation techniques using a wooden sword are beneficial for your body and your brain.

Taught by: Body Brain Train.

Demo class is free, reservation required.
To register, call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

DROP-IN CORNHOLE, AGES 18+

Tuesdays, 4:00 - 6:00pm

Location: Back half of the Goebel Adult Center Main Hall

FREE, DROP-IN • OPEN TO THOSE AGES 18+

Fun, friendly, non-competitive games!
Grab a partner or come solo • All skill levels welcome
Equipment provided • Wear comfortable clothes/shoes

FOURTH OF JULY SENIOR HOMERUN DERBY

Join us for our 38th annual Senior Homerun Derby at Borchard Park!

Saturday, July 4th, 2026

Show off your batting skills and compete against your fellow seniors in our exciting homerun derby tournament at the Borchard Community Center on America's Independence Day!

Registration: 8:30am | Tournament Begins: 9:00am | Fee: \$5.00 per person

Borchard Community Center, 190 N. Reino Rd., Newbury Park, 91320

Ages 50+ | For More Information: 805-381-2744



June 2026

SEMINARS • WORKSHOPS • PRESENTATIONS

Seating is limited, reservations required unless otherwise noted.

Call 805-381-2744 • Email gacc@crpd.org or Visit the GACC Front Desk.

HAIRCUTS BY RODNEY

Mondays, 6/1 & 6/15

Rodney offers complimentary haircuts to older adults on a first-come, first-served basis. Doors open at 8:30am, limited number of haircuts will be given each day.

HAIRCUT ONLY, NO BLOW DRY OR STYLING.

To ensure fairness for everyone, each person is limited to one haircut per month

LOVE ON A LEASH • THERAPY DOGS

NO VISIT IN JUNE, WILL RESUME IN JULY

Therapy dogs and their handlers visit the Goebel Adult Center on the **first Tuesday's of each month** to provide comfort and happiness to everyone. Stop by to say hi! *Did you know that a therapy pet's primary function is to brighten someone's day? Love on a Leash® is committed to bringing happiness and healing to more people nationwide by increasing public awareness of pet-provided therapy.*

TECH HELP WITH JACOB

Fridays, 6/5, 6/12, 6/19, 6/26
by appointment only

By appointment only, Jacob, GACC Volunteer, offers free 30-minute basic technology assistance for adults ages 50+. 6 appointments available between 12noon-3:00pm. *Don't forget to bring your phone/tablet, and specific questions!*

To reserve a 30 min appt., call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

\$5 COMPUTER HELP APPOINTMENTS

Thursday, 6/11 • \$5 • by appointment only

Boost your tech confidence by scheduling a 30-min, appointment with Collin, GACC Senior Recreation Leader.

Bring your device and come prepared with specific questions. (5 appointment slots available between 12noon-3:00pm) **\$5/30-minute appointment.**

Payment must be made at the time of reservation.

To register for an appointment, visit the GACC front desk or call 805-381-2744

TEENS HELP WITH TECH

Saturdays, 6/13 & 6/27 • 2:00-4:00pm

Westlake High School students provide basic tech support at the Goebel Adult Center on the **2nd and 4th Saturdays of each month.** *First-come, first-served. No reservation needed-just drop in! Don't forget to bring your device.*

Women in Transition

Ages 50+



Tuesdays, 10:00-11:30am

Location: **Wild Lilac Room at the Goebel Adult Center**

A discussion group designed for women ages 50+, where you can engage in a healthy exchange of ideas and perspectives. This safe environment focuses on issues that affect women and their relationships, encompassing both interpersonal and social aspects.

Facilitated by: **Eve Loeb**

BLOOD PRESSURE SCREENING

WILL RESUME IN JULY

Registration not required, drop-in only.

Thuc, a CSVP Volunteer and trained healthcare professional, provides free blood pressure screenings at the Goebel Adult Center. *Did you know?* High blood pressure often has no symptoms, but early detection can help prevent more serious health conditions.

DROP-IN SCRABBLE, AGES 18+

Mondays • 2:00-4:00pm

New Players Wanted!

Free, drop-in Scrabble! Fun & friendly competition!

Registration not required; *Open to those ages 18+*

TAX COUNSELING • by appointment only

The Tax Return Preparation program, provided by the **Conejo Senior Volunteer Program (CSVP)**, has come to an end, but CSVP will continue to provide free Tax Assistance services at the **Conejo Creek South Community Building** on the **first Wednesdays of each month from June-October, 2026.**

CSVP will prepare and file income tax returns for years 2022-2025, prepare amended returns, and lend assistance with questions arising from letters and notices from the IRS or Franchise Tax Board, as well as other general tax related issues. **Appointments are required.**

For more information or to make an appointment, call the CSVP office, 805-381-2742.

Seating is limited, reservations required unless otherwise noted.

Call 805-381-2744 • Email gacc@crpd.org or Visit the GACC Front Desk.

June 2026

SEMINARS • WORKSHOPS • PRESENTATIONS

MEET ME AT THE MOVIES

Wednesday, 6/17 • 4:00pm

Title: Remarkably Bright Creatures (2026) (Drama)

Rating: PG

Duration: 1 hour, 53 minutes

Synopsis: This story follows Tovah, a widow working at a local aquarium who finds joy and healing through her bond with a giant Pacific Octopus and a young man seeking family connections.

Starring: Sally Field & Lewis Pullman

Seating limited, reservation required.

To register, call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

Downsizing:

Organizing and Selling Your Stuff

Thursday, 6/25 • 11:00am

This presentation will discuss options to liquidate some, or all, of your household belongings in preparation for moving, selling, or making your home safer and/or more comfortable. You'll learn tips on how to get started organizing, and where to find trustworthy help. Financial splits for estate sales, auction houses, and consignment stores will be explained as well as, the use of resale apps.

Presented by: Annette Broersma

Seating is limited, Registration required.

To register, call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

Preserving Cherished Memories in a Digital Age VHS TO DVD CONVERSION SERVICES

Since the VCR has become obsolete, you may be wondering how you'll protect your most treasured memories. . . Converting your VHS tapes, Mini DV, 8mm films, Hi8mm tapes, Super 8mm films & slides to a digital or disc format is an ideal solution. **Miguel De Pau, Senior Volunteer at the Goebel Adult Center**, generously offers to transfer your tapes/films/slides to DVD format or onto a USB Flash Drive, all at absolutely no cost to you.

For more information, call/text Miguel, 956-542-8987

PLEASE NOTE: When dropping off your tapes/films/slides to Miguel, you must label each one with your first & last name and phone number.

The GACC and/or Miguel are not responsible for items unlabeled/not picked up.

LOVE OF AGING

Thursdays • 10:00 - 11:30am

Did you know that a positive attitude toward aging can add nearly 8 years to your life?

Join Ila and Grant for free weekly conversations about topics that encourage new perspectives and attitudes around aging. *Discover your joy of aging!*

Drop-in only, reservations are not required.



This Summer. Ride THOUSAND OAKS TO ZUMA and VENTURA HARBOR BEACHES!

JUNE 15- AUGUST 8, 2026

**no service July 4th*



More information at toaks.gov/beachbus or call (805) 375-5467



THE T.O.
SUMMER
BEACH BUS

K - 12th GRADE AND COLLEGE STUDENTS RIDE FREE

ROUND TRIP FARE

**REGULAR \$4.00
SENIOR/ADA \$1.00**

Cash only.

Goebel Adult Community Center



BINGO!



Join us!

Tuesdays • Fridays • Saturdays

Day-Time Bingo Games:

Doors Open: 11:45am
Paper Sales End: 12:30pm
Games Start: 12:45pm

Day-Time Bingo - Important Info:

Cash Only • Open to Adults Ages 18+
Minimum Buy-in (one "4-on" paper): \$3
Payout of "4-ons" & "6-ons" = up to \$250
Additional Special Games = \$2 each
Payout of "Special Games" = up to \$500
All Day-Time Bingo Games = 85/15 Split

**FRIDAY
NIGHT**

BINGO

Friday, June 26, 2026



Friday, August 28, 2026

Friday Night Bingo Games:

Paper Sales Start: 4:30pm
Sales Stop Promptly: 6:00pm
Games Start: 6:15pm

Friday Night Bingo - Important Info:

Cash Only • Open to Adults Ages 18+
Papers Only
Minimum Buy-in (one set of all papers) = \$21
"4-on" Buy-in = \$5 "6-on" Buy-in = \$10
Payout of "4-ons" & "6-ons" = up to \$250
Additional Special Games = \$2 each
Double Action, Big Bucks Payout = up to \$500
All Night Bingo Games = 80/20 Split



THE GOEBEL SENIOR CENTER COMMISSION PROUDLY PRESENTS AN ENTERTAINMENT "LIVE" EVENT

THE TOKENS



Sunday, June 21, 2026
3:00pm (doors open at 2:30pm)

The Tokens have a rich legacy in successful songwriting, starting with iconic tracks from the sixties like "The Lion Sleeps Tonight," "Tonight I Fell in Love," and "I Hear Trumpets Blow." Their incredible talent is showcased through outstanding musicianship, impressive vocals, and a delightful sense of humor, making their stage performances truly captivating.

Tickets:
\$10 per person

**Limited
Tickets
Remaining!**

Tickets on sale now!

Purchase in-person or by phone

**All tickets are nonrefundable*

**Tickets purchased over the phone can be picked up at the Goebel Adult Center front desk or at "will-call" on the day of the show.*



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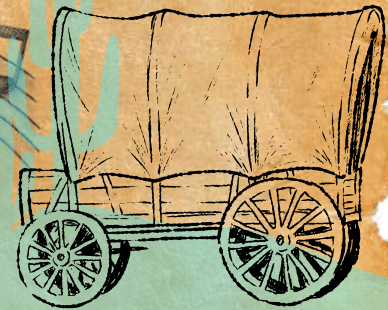
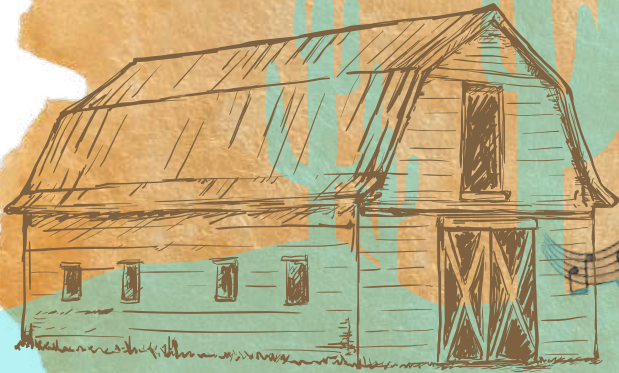


★ BOOT SCOOTIN' ★



BOOGIE BASH

YEE-HAW! SADDLE UP FOR A ROOTIN' TOOTIN'
BOOT SCOOTIN' WESTERN NIGHT FILLED WITH
DINNER, DANCING, AND LIVE TUNES BY THE
ONE AND ONLY TROPIC STARR!



FRIDAY, JULY 10, 2026

5:00-7:00PM

Tickets: \$15 per person

Ticket sales begin Friday, June 5

- All tickets are nonrefundable
- 4-ticket purchase limit per person
- Purchase in-person only



Goebel Adult Community Center
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805-381-2744 • gacc@crpd.org

Enjoy the water, the sun, and the fun!

50+ SUMMER WATER EXERCISE

FREE program open to adults ages 50+

Registration not required, just drop in!

Enjoy gentle, low-impact water exercises, in a fun and laid-back atmosphere. Bring a friend and meet some new ones! *(No lap swimmers)*



Mon & Wed, 9:00-10:00am

June 15- August 12

Thousand Oaks High School Pool

2323 North Moorpark Road, Thousand Oaks

Instructor: **Fred**

Tues & Thurs, 11:30am-12:30pm

June 16-August 13

Newbury Park High School Pool

456 North Reino Road, Newbury Park

Instructor: **Elaine**

Grab your grass skirt and lei—you're invited to the party of the summer!

SUMMER SUNSET LUAU

AN EVENING OF DINNER & DANCING

FEATURING LIVE MUSIC FROM
LORIEN SANDERS & DA BAND

SAVE THE DATE

FRIDAY, AUGUST 7, 2026 | 5:00 PM - 7:00 PM

- \$15 PER PERSON
- IN-PERSON ONLY TICKET PURCHASE
- BEGINNING MONDAY, JULY 6
- NON-REFUNDABLE
- 4-TICKET LIMIT

TAKE ME OUT TO THE BALLGAME

DODGER GAME DAY WATCH PARTIES!

Attention Baseball Fans!

Join us for all-you-can-eat Dodger dogs, hamburgers, nachos, popcorn, and peanuts as we rally behind our favorite team. Whether you're a lifelong fan or a newcomer to the game, the Goebel Adult Center watch parties are the ideal opportunity to embrace the excitement and love of baseball.

Don't miss out—mark your calendars and let's go, Dodgers!



Wednesday, June 17, 12:10pm

Tickets on sale now!



Tuesday, July 21, 3:40pm

Tickets on sale beginning Wednesday, June 17



Tuesday, August 25, 4:15pm

Tickets on sale beginning Tuesday, July 21



Monday, September 14, 3:40pm

Tickets on sale beginning Tuesday, July 21



TICKETS:

\$15 PER PERSON, PER GAME

Purchase in-person only at the Goebel Adult Center Front Desk

PLEASE NOTE:

*4-TICKET LIMIT PER PERSON

*ALL TICKETS ARE NON-REFUNDABLE



Volunteer Instructed Classes • Ages 50+

Summer 2026 Session: *June 1 - August 7, 2026*

Registration open now!

**TO REGISTER FOR A VOLUNTEER INSTRUCTED CLASS,
STOP BY THE FRONT DESK OR CALL 805-381-2744**

TAP DANCE • Intermediate

Instructor: Jane Kampbell
Mondays, 10:00-11:00am
June 01 - Aug 03
\$10/10 weeks

MEANING OF OPERA*

Instructor: Steve Kohn
Mondays, 3:30–5:00pm
June 01 - Aug 03
\$10/7 weeks
**This class is taught virtually through Zoom;
Email must be provided at registration to
receive Zoom link.*

TAI CHI

Instructor: Elaine Pawelczyk
Tuesdays & Thursdays, 9:45-10:45am
June 02 - Aug 06
\$10/10 weeks

KNITTERS & CROCHETERS

Facilitator: Yvonne Avis
Tuesdays & Thursdays, 12noon-3:00pm
June 02 - Aug 06
\$20/10 weeks
*Bring your own project to work on in a
social environment.*

MAH-JONGG OPEN PLAY

Instructor: Abbey Clark
Tuesdays, 6:00–8:00pm
June 02 - Aug 04
\$10/10 weeks
All levels welcome
PLEASE NOTE: *Bringing your own set and card are
highly suggested as there are only a limited number
of sets/cards to be borrowed from the GACC.*

SPANISH • Conversation

Instructor: Fernando Nocedal
Wednesdays, 9:00-11:00am
June 03 - Aug 05
\$10/10 weeks

AERONAUTICAL EDUCATION

Instructor: Ralph Meyer
Wednesdays, 12:15-2:15pm
June 03 - Aug 05
\$10/10 weeks

ITALIAN • Intermediate

Instructor: Lillian Trevisan
Thursdays, 10:00am-12noon
June 04 - Aug 06
\$10/10 weeks

OPEN STUDIO TIME FOR ARTISTS

Facilitator: Kathleen Gates
Thursdays, 3:00-5:30pm
June 04 - Aug 06
\$10/10 weeks
*Bring your own supplies; all mediums
welcome with the exception of oil.*

SHAKESPEARE FOR EVERYONE

Instructor: Helen Bartelstone
Fridays, 1:00-2:30pm
June 05 - Aug 07
\$10/10 weeks

Session: **Summer 2026**

Summer registration: Open now!
Open classes still available!

Conejo Recreation & Park District

Summer 2026 Session Dates:
June 22- August 10, 2026

REGISTER NOW

For class descriptions/to register for a class:

- Stop by the GACC Front Desk
- Call 805-381-2744 or 805-381-2735
- Visit crpd.org/register



Health & Fitness Classes

CHAIR-BASED STRENGTH & BALANCE, Age 50+

Instructor: Cathya Haas

Beginning/ Level 1

0836.3261 Mon, 6/8-7/6, 12:30-1:20pm, \$58/5 wks (FULL)

0836.3262 Mon, 7/13-8/10, 12:30-1:20pm, \$58/5 wks (FULL)

0836.3263 Fri, 6/12-7/10, 1:30-2:20pm, \$58/ 5 wks (FULL)

0836.3264 Fri, 7/17-8/14, 1:30-2:20pm, \$58/5 wks

*Advanced/ Level 2**

Prerequisite: Level 1 Chair-Based Strength & Balance*

Bring a pair of 2-3lb. hand weights

0837.3261 Mon, 6/8-7/6, 11:30am-12:20pm, \$58/5 wk (FULL)

0837.3262 Mon, 7/13-8/10, 11:30am-12:20pm, \$58/5 (FULL)

0837.3263 Fri, 6/12-7/10, 12:30-1:20pm, \$58/5 wks (FULL)

0837.3264 Fri, 7/17-8/14, 12:30-1:20pm, \$58/5 wks (FULL)

JUNGSHIN FITNESS, Age 18+

Instructor: Body Brain Train

0842.3261 Mon, 6/22-8/10, 11:30am-12:15pm, \$96/8 wks

FITDRUMMING, Age 18+

Instructor: Body Brain Train

0843.3261 Mon, 6/22-8/10, 1:00-1:45pm, \$96 (FULL)

TAI-CHI, Age 50+

Instructor: Jean Stoutenborough

Introduction

0838.3261 Tu, 6/23-8/11, 8:30-9:30am, \$67/8 wks

Beginning/ Intermediate

0839.3261 Th, 6/25-8/13, 8:30-9:30am, \$67/8 wks

CAPOEIRA, Age 18+

Instructor: Instructor Grande (no class 8/4)

0831.3261 Tu & Th, 7/9-8/13, 6:10-7:10pm, \$160/6 wks

GENTLE YOGA, Age 50+

Instructor: Cathya Haas

0832.3261 Wed, 6/24-8/12, 9:00-9:45am, \$91/8 wks

CLASS CANCELLED

STRETCH, TONE & BALANCE, Age 18+

Instructor: Kathy Bailey

0835.3261 Wed, 6/24-8/12, 1:15-2:10pm, \$75/8 wks

CHAIR YOGA, Age 50+ NEW CLASS!

Instructor: Allison Wilhelm

0870.3261 Thurs, 6/25-8/13, 9:15-10:00am, \$83/8 wks

DANCE WITH DEL, Age 18+ NEW CLASS!

Instructor: Del Herrera

0867.3261 Thurs, 6/18-8/6, 4:30-5:30pm, \$83/8 wks

EXERCISE FOR LESS STRESS, Age 18+

Instructor: Jim Belsley (no class 7/17)

0830.3261 Fri, 6/26-8/7, 3:00-4:00pm, \$63/6 wks

HIKE W/ Dr. BEN, Age 18+

Instructor: Dr. Ben Griffes

Dopamine as a Motivator • Location: Autumn Ridge Trail

0855.3261 Sat, 7/11, 7:45-9:15am, \$5/1 day

Pain is Rarely the Problem • Location: Wendy Trailhead

0855.3262 Sat, 8/15, 7:45-9:15am, \$5/1 day

Health & Fitness Classes

WALK THE CONEJO, Age 50+ NEW CLASS!

Instructor: Barrie Silberberg

0845.3261 Tues, 6/23-7/28, 4:30-6:00pm, \$85/6 wks

SCENIC HIKING CLASS, Age 50+ NEW CLASS!

Instructor: Barrie Silberberg

(must be able to hike 2-3 miles with hills)

0844.3261 Wed, 6/24-7/29, 5:15-6:45pm, \$85/6 wks

Dance Classes

DANCE IT OUT, Age 18+

Instructor: Janet Snyder, Dance Ten

0826.3261 Mon, 6/22-8/10, 2:30-3:10pm, \$89/8 wks

BALLROOM DANCE, Age 18+

Instructor: Janet Snyder, Dance Ten

Beginning

0824.3261 Mon, 6/22-8/10, 3:30-4:30pm, \$89/8 wks

Intermediate

0825.3261 Mon, 6/22-8/10, 4:45-5:45pm, \$89/8 wks

TAP DANCE, Age 18+

Instructor: Debbie Munz

Advanced Tap

0829.3261 Mon, 6/22-8/10, 5:00-6:00pm, \$83/8 wks

Beginning Tap

0827.3261 Mon, 6/22-8/10, 6:00-7:00pm, \$83/8 wks

0827.3262 Th, 6/25-8/13, 2:10-3:10pm, \$83/8 wks

Tap 1

0828.3261 Mon, 6/22-8/10, 7:00-8:00pm, \$83/8 wks

LINE DANCING, Age 18+

Instructor: Kathy Bailey

0820.3261 Wed, 6/24-8/12, 2:15-3:10pm, \$75/8 wks

WEST COAST SWING, Age 18+

Instructor: Kathy Bailey

0821.3261 Wed, 6/24-8/12, 3:15-4:10pm, \$75/8 wks

BELLY DANCE, Age 18+

Instructor: Lisa Rauschenberger

Level 1- Beginning

0822.3261 Wed, 6/24-8/12, 4:30-5:15pm, \$99/8 wks

Level 2

0823.3261 Wed, 6/24-8/12, 5:30-6:30pm, \$99/8 wks

JAZZ DANCE, Age 18+

Instructor: Debbie Munz

Beginning

0866.3261 Th, 6/25-8/13, 3:15-4:15pm, \$83/8 wks

Music Classes

HARMONICA, Age 18+

Instructor: Dr. Ben Griffes (no class 7/28 & 8/4)

Intermediate

0804.3261 Tu, 6/23-8/11, 7:30-8:30pm, \$66/6 wks

UKULELE, Age 18+

Instructor: David Steinhart

Introduction

0805.3261 Wed, 6/24-7/29, 5:00-6:00pm, \$70/6 wks

Level 2

0806.3261 Th, 6/25-7/30, 5:00-6:00pm, \$70/6 wks

Session: **Summer 2026**

Conejo Recreation & Park District

Summer registration: Open now!
Open classes still available now!

REGISTER NOW

For class descriptions/to register for a class:
-Stop by the GACC Front Desk
-Call 805-381-2744 or 805-381-2735
-Visit crpd.org/register



Summer 2026 Session Dates:
June 22- August 10, 2026

The Arts

PAINTING at STUDIO 316, Age 18+

Instructor: Bob Noonan, *Studio 316*
Location: Studio 316, 2697 Lavery Ct., Unit #6, Newbury Park
Watercolor Basics Part 1
0800.3261 Mon, 6/22-7/13, 10:00-11:30am, \$95/4 wks
Watercolor Basics Part 2
0801.2261 Mon, 7/20-8/10, 10:00-11:30am, \$95/4 wks
Paint Night! (Sail Boat) Age 21+
0803.3261 Sat, 7/11, 5:00-7:30pm, \$45/1 day

PHOTOGRAPHY, Age 18+

Instructor: Richard Smith
Digital Photography
0807.3261 Mon, 6/22-8/10, 3:00-4:00pm, \$90/8 wks
Street Photography & Tour in Downtown L.A.
0808.3261 Th, 7/9, 8:45am-3:00pm, \$80/1 day

ART OF DIFFERENT MEDIA, Age 18+

Instructor: Jonaki Das Hazra
\$10 cash materials fee due to instructor at first class
0818.3261 Mon, 6/29-7/13, 10:00-11:00am, \$90/3 wks
0818.3262 Mon, 7/20-8/10, 10:00-11:00am, \$120/4 wks
0818.3263 Mon, 6/29-7/13, 11:15am-12:15pm, \$90/3 wks
0818.3264 Mon, 7/20-8/10, 11:15am-12:15pm, \$120/4 wks

INTRO TO FLUID ACRYLIC PAINTING, Age 18+

Instructor: Carol Rouillard
Location: Carol Rouillard Art Studio-1329 East T.O. Blvd., #210
\$30 cash materials fee due to instructor at first class
0814.3261 Wed, 7/8, 9:30-11:30am, \$33/1 day
0814.3262 Wed, 7/8, 6:30-8:30pm, \$33/**CLASS CANCELLED**
0814.3263 Th, 7/9, 9:30-11:30am, \$33/**CLASS CANCELLED**
0814.3264 Th, 7/9, 6:30-8:30pm, \$33/**(FULL)**

JEWELRY MAKING, Age 18+

Instructor: Priscilla Mendez
\$25 cash materials fee due to instructor at first class
0817.3261 Wed, 6/24-7/15, 10:00-11:00am, \$130/4 wks



Specialty Classes

SOUND HEALING MEDITATION, Age 18+

Instructor: Cici Ro
CLASS CANCELLED
Location: H **CLASS CANCELLED** Family Yoga Studio, 804 East. T.O. Blvd.
0833.3261 Mon, 6/22-8/10, 12noon-12:45pm, \$105/8wks

MAH-JONGG, Age 18+

Instructor: Lorraine Urist
Beginning/ Level 1
0857.3261 Mon, 6/22-7/27, 10:00am-12noon, \$100/**(FULL)**
Intermediate/ Level 2 (Prerequisite: Beginning/ Level 1)
0858.3261 Fri, 6/26-7/31, 10:00am-12noon, \$100/6 wks

SPANISH, Age 18+

Instructor: Anna Colilles
Beginning
0859.3261 Wed, 6/24-8/12, 5:00-6:00pm, \$115/8wks
Intermediate
0860.3261 Wed, 6/24-8/12, 6:00-7:00pm, \$115/8wks

ENGLISH CONVERSATION, Age 18+

Instructor: Anna Colilles
0861.3261 Wed, 6/24-8/12, 7:00-8:00pm, \$115/8wks

INTRO TO CANASTA, Age 18+

Instructor: L **CLASS CANCELLED**
0856.3261 **CLASS CANCELLED**, 6/25-7/30, 10:00am-12noon, \$100/6 wks

FILM CLASS, Age 18+

Instructor: Joe Longo
Six Summertime Classics
0863.3261 Th, 6/25-7/30, 2:30-5:00pm, \$63/6 wks

ChatGPT MADE SIMPLE, Age 18+

Instructor: Tracie Karasik
0864.3261 Sat, 7/25, 2:30-4:00pm, \$25/1 day **CLASS CANCELLED**



Conejo Senior Volunteer Program

Volunteers Make a Lasting Difference



The Conejo Senior Volunteer Program (CSVP) provides opportunities for adults ages 55+ to use their life experiences and skills to meet local community needs. Get involved today! For more information visit the CSVP office, call 805-381-2742, or email jspivack@crpd.org

The following CSVP Volunteer Workshops meet weekly at the Goebel Adult Center:

FULL BUSY BEES WORKSHOP Mondays, 9:30am-12noon

Sew, knit, or crochet for children, service members, older adults & CSVP programming.

TEDDY BEARS WORKSHOP Mondays, 1:30-3:00pm

Make stuffed bears for local children.

CRAFTERS WORKSHOP Wednesdays, 9:00-11:30am

Sew, knit, or crochet for children, service members, older adults & CSVP programming.

NIFTY LADIES WORKSHOP Wednesdays, 12:30-3:00pm

Sew special projects for patients, children, service members, and older adults.

CSVP Volunteer Workshops gratefully accept donations of *unused material: Yarn, Stuffing, Batting, Elastic, and Cotton/Flannel/Fleece fabric.* Visit the CSVP Office for more information on Volunteer Workshops.

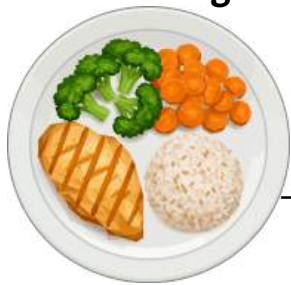
PLEASE NOTE: Handmade items are donated to nonprofit agencies; workshop groups cannot make/alter items for personal use.

SENIOR NUTRITION LUNCH PROGRAM (SNP)

Lunch is served Monday–Friday, 11:30am–1:00pm in the Goebel Cafe

For the weekly menu, call 805–381–2742 or visit www.crpdp.org/SNP-menu

The Senior Nutrition Lunch Program (SNP) is for older adults 60+ years of age. Meals include 4oz of protein, vegetables, salad, fruit, yogurt (3x/week), and shelf stable milk.



Please Note:

–Suggested contribution for daily meal is \$4

–NO eligible individual (those 60 years of age or older) shall be denied participation due to failure or inability to contribute.



COUNTY OF VENTURA
Human Services Agency
Area Agency on Aging

CSVP BOUTIQUE

Open Monday - Friday, 9:00am-4:00pm



Located inside the Goebel Adult Community Center
For more information call, 805-381-2742

Discover unique, handmade treasures! Beautiful baby blankets & apparel, cozy lap blankets, stylish aprons, and truly so much more!

Be sure to browse our extensive selection of greeting cards, available for **only \$0.50**

–Cash or Check only–

The CSVP Boutique is always accepting donations of **brand new items, small antique items, and all types of new or used jewelry.**

DROP-IN ACTIVITIES

The following are free programs that don't require registration - just drop in! For even more drop-in activities, stop by the GACC front desk or visit crpd.org/gacc for a Drop-in Schedule!

DROP-IN SPORTS

CORN HOLE, Ages 18+

Tuesdays, 4:00-6:00pm

Location: GACC Main Hall & Social Lobby

BASKETBALL, Ages 50+

Mon, Wed & Fri, 8:30-11:00am

Location: Teen Center, next door to GACC

BADMINTON, Ages 50+

Please Note: Badminton will end on 6/11 and will resume in September, date TBA

Tues & Thurs, 8:30-11:00am (no meeting 6/2)

Location: Teen Center, next door to GACC

BILLIARDS, Ages 18+

4 tables, all open play. Location: GACC

HORSESHOES, Ages 18+

Team Play: Tues & Thurs, 9:30am-12noon

Open Play: during regular business hours

Location: Horseshoe Pits at GACC

SOFTBALL, Ages 50+

Tues & Fri, 8:30-11:00am

Location: Wildflower Playfields, 635 Avenida de los Arboles

TABLE TENNIS, Ages 18+

Tues, 4:30-6:00pm & Thurs, 4:30-8:00pm

4 tables, all open play. Location: GACC Main Hall

TENNIS, Ages 50+

Mon, Wed & Fri, 7:30-10:30am

Location: Wildflower Playfields, Courts 1, 2, & 3

Tues, Wed & Fri, 7:00-10:30am

Location: Borchard Community Center, Courts 2 & 3

Wed, 8:00-10:00am, Women's Games

Location: Thousand Oaks Community Center

Thurs, 9:00-11:00am- Women's Games

Location: Triunfo Park

Wii BOWLING, Ages 50+

Mon & Wed, 1:00-3:00pm

Enjoy bowling without needing to rent the shoes!

Location: GACC Social Lobby

DROP-IN DANCE & MUSIC

SOCIAL DANCING, Ages 18+

Wed, 9:00-11:00am, w/ Dennis

Everyone is welcome, regardless of experience level! No partner needed. Dancing in a social environment to lively recorded music. Location: GACC Main Hall

LINE DANCE PRACTICE, Ages 18+

Wed, 11:30am-1:00pm, w/ Cathy Ewbank

All levels of experience welcome, fun for all!

No partner needed. Location: GACC Main Hall

UKULELE STRUMMERS & SINGERS, Ages 18+

Wed, 2:30-4:15pm, w/ Bob & friends

Bring your ukulele to strum along and sing together!

CONEJO VALLEY SENIOR ORCHESTRA

Thurs, 11:30am-2:00pm

Rehearsing music from the Big Band Era, 40's - 60's. Audience welcome to listen/watch! Location: GACC Main Hall

SUPPORT GROUPS

Conejo Recreation & Park District provides classrooms for support groups, but does not organize forums, or endorse any opinions/ comments shared. Please contact the GACC Supervisor or Coordinator with issues or concerns.

LGBTQ+ CAREGIVER SUPPORT GROUP

1st & 3rd Mon, 6/1 & 6/15, 1:00-2:30pm

Facilitator: Brenda Birdwell, 805-699-8907

HOSPICE OF THE CONEJO GRIEF SUPPORT Widow/Widower Support Groups

No walk-ins; please call **805-495-2145** prior to attending to be placed in the appropriate support group.

Tues, 11:00am-12noon: Newly Bereaved

Tues, 12:15-1:15pm: Moving Forward

Tues, 2:30-3:30pm: Newly Bereaved

DEMENTIA GRIEF SUPPORT GROUP

1st & 3rd Wed, 6/3 & 6/17, 1:00-2:30pm

A compassionate space for those who are supporting or caring for a family member with dementia.

Facilitator: Ventura County Ombudsman, 805-656-1986

DIABETES CLASS

4th Wed, 6/24, 1:30-3:00pm

For individuals managing Type 2 diabetes and pre-diabetes.

Facilitator: Linda Hampson, RN, MSN,

Livingston Memorial Visiting Nurse Association

MULTIPLE SCLEROSIS SUPPORT GROUP

2nd Thurs, 6/11, 1:00-3:00pm

Whether you live with MS, are a caregiver, family member, or friend of someone with MS; gain support & confidence in your ability to cope. Facilitator: Darlene, 360-701-0989

LOW VISION SUPPORT GROUP

Fridays, 10:00am-12noon

For those with low vision or blindness; coping strategies, tech resources, and community connection. Friends/family are welcome. For more information call, **805-380-6206**

ALZHEIMER'S SUPPORT GROUP

1st & 3rd Fri, 6/5 & 6/19, 9:30-11:00am

Support group for family and/or caregivers of those living with Alzheimer's disease. Facilitator: The Alzheimer's Association, 805-261-2189

POST POLIO SYNDROME SUPPORT GROUP

1st Saturday, 6/6, 12:30-2:00pm

BRIDGE • DUPLICATE PARTNERSHIP

Thursdays

12:30-4:00pm

Fridays

9:00am-12noon

\$1 per player, per game (cash only)

Seating is limited. First come, first served

COMPUTER LAB • AGES 50+

HOURS AND AVAILABILITY MAY CHANGE WITHOUT NOTICE AT ANY TIME

*Closed for IT maintenance on random Fridays, 12noon-2:30pm (call for availability)

Complimentary printing available- 6 pages max per person, per day

Wi-Fi Available: ConejoRPD_Guest (No password)

Computer Lab Hours:

Mon-Thurs: 8:45am-8:30pm

***Fri: 8:45am-4:30pm**

Sat: 12:15-3:30pm

SOCIAL SERVICES & RESOURCES

988 SUICIDE AND CRISIS LIFELINE

If you are having thoughts of suicide, call or text 988 to reach the 988 Suicide and Crisis Lifeline.

2-1-1 VENTURA COUNTY

Call 2-1-1 or text your ZIP code to 898-211

The 211 Ventura County team is ready to help you via phone and text, 24 hours a day, 7 days a week.

Assistance with housing, health care, food, utilities, and many other local social services.

SENIOR SUPPORT LINE (SSL)

If you or someone you know feels isolated, anxious, or depressed, call 800-235-9980 today. The SSL offers compassionate, confidential emotional support for adults 60+. Trained personnel provide encouragement and connection through resources and referrals.

GREY LAW, LEGAL HELP- Sharon Yoon

1st & 3rd Wednesdays, 6/3 & 6/17

(by appointment only)

For more info/to schedule an appointment, call/email

Grey Law, 805-658-2266, greylawvvc@gmail.com

Grey Law, a nonprofit organization, provides free legal help to older adults in Ventura County who otherwise have limited access. Offering help with public benefits, long-term care planning, wills, living trusts, and powers of attorney.

HEALTH INSURANCE COUNSELING (HICAP)

2nd & 4th Wednesdays, 6/10 & 6/24

(by appointment only)

For more info or to schedule an appointment, call

805-477-7300 or email HICAP@venturacounty.gov

SENIOR DIAL-A-RIDE (DAR)

For more info/to schedule a ride, call 805-375-5467

The City of Thousand Oaks operates a local Dial-A-Ride program for adults ages 65+. DAR is \$4.00 each way and exact change is required. Trip tickets are available for purchase at the Goebel Adult Center front desk.

ADULT PROTECTIVE SERVICES (APS)

To report abuse/neglect please call 805-654-3200

VETERANS CRISIS LINE

Text 838-255, or call 988 and press 1 for 24/7 confidential crisis support.

SENIOR CONCERNS

805-497-0189 • www.seniorconcerns.org

401 Hodencamp Road, Thousand Oaks

SENIOR ADVOCATES

Older adults and family caregivers are often faced with complicated, confusing, and frustrating issues, resulting in concerns and questions. Senior Concerns is here to help. Senior Advocates provide guidance with housing,

transportation, legal & health-related issues, in-home care, facility placement, government benefits, senior programs, and more. For more information or to

schedule an appointment with a Senior Advocate, call Senior Concerns or email egu@seniorconcerns.org

DISCUSSION GROUPS

CRPD provides classrooms for discussion groups, but does not organize forums, or endorse any opinions/comments shared. Contact GACC Supervisor or Coordinator with issues or concerns.

WOMEN'S DISCUSSION GROUP

Mondays, 10:00am–12noon, with Karen Perotta

WOMEN IN TRANSITION, Ages 50+



Tuesdays, 10:00-11:30am, with Eve Loeb

LITERATURE LOVERS DISCUSSION GROUP

Tuesdays, 1:30-2:30pm, with Kathleen • 805-807-2523

MEN'S DISCUSSION GROUPS

Tuesdays, 10:00am–12noon with Lloyd Minton

Wednesdays, 2:00–4:00pm with Harvey Youngman*

*4th Wed. of the month, group meets outside on the GACC back Patio

BOOK DISCUSSION GROUP

2nd Tuesdays, 6/9, 7:00–8:45pm

with Cheryl Miller • 805-368-4542

GENEALOGY DISCUSSION GROUP

Wednesdays, 2:00-4:00pm, with Georgine Herd

SENIOR SINGLES SOCIAL GROUP

Wednesdays, 7:00–8:30pm

For information, call Marie • 732-407-1816

STAMP CLUB

2nd & 4th Thursdays, 6/11 & 6/25, 4:00–5:30pm

For more information, Marc • 818-903-0369

HISTORY BOOK DISCUSSION GROUP

2nd Thursdays, 6/11, 7:00–8:45pm

with Jack Heller • 805-341-7585

GRUPO SOCIAL LATINO MAYOR

Viernes, 9:00am–12noon

CONEJO VALLEY WRITERS

3rd Saturdays, 6/20, 12noon–2:30pm

For more information, email • calverle@usc.edu

COMMUNITY PROGRAMS

BATTERY RECYCLING

A battery recycling bin is located outside the main entrance doors of the GACC for safe battery disposal.

EYEGLOSS RECYCLING: RECYCLE FOR SIGHT

Make a meaningful impact by donating old prescription eyeglasses, readers, and sunglasses. An eyeglass recycling box is located on the front counter at the GACC front desk. Glasses only—no cases, please.

AMERICA SUPPORTING AMERICANS (ASA)

ASA collects donated items for military care packages. A donation collection box is located near the GACC front desk. Visit asa-gcvc.org for more information.

FUNDRAISING WITH RALPHS

Each time you shop at Ralphs Grocery Store, and use your Ralphs Rewards Card/phone number, a small percentage of your purchase can be donated to the GACC! Use the GACC NPO #DE917. For more info/assistance, call 800-443-4438.

Get your dancing shoes on!

Saturday Night Ballroom Dance

Ballroom Dance's are held on the **first & third Saturdays of each month**,
at the Goebel Adult Center. Join us!

Saturday, **June 6, 2026**- Michael Falcone

Saturday, **June 20, 2026**- Erik Ekstrand

~~Saturday, **July 4, 2026**~~

PLEASE NOTE: No dance on July 4, GACC closed

Saturday, **July 18, 2026**- Tropic Starr

Saturday, **August 1, 2026**- Pier 101

Saturday, **August 15, 2026**- Rhythm Brothers

ADMISSION:

\$12 per person at the door

-Cash or Check only-

Check payable to:

Conejo Recreation & Park District (CRPD)

6:00pm Doors Open

6:30-7:20pm Complimentary Dance Lesson
(included with admission)

7:30-10:00pm Live Band/Ballroom Dance

Interested in Ballroom Dance Sponsorship Opportunities?

Call or Email Mark Williams

805-381-2744 / mwilliams@crpd.org

*Please note: bands, themes, lessons, and instructors are subject to change at any time without notice.

DAY-TRIPS

Important Day-Trip Information!

- Day-Trips are open to **adults ages 50+**
- Day-Trip Registration is on the **2nd Friday of each month, June 12th at 9:00am**. Register **in-person only**, at GACC front desk.
- GSCC Sponsored Day-Trips: 2-registration limit per person
- Walking Scale: (see above) Review *prior* to registration; this will help you determine if a trip is within your ability range
- Payment: Visa, MasterCard, Cash, or Check (**made payable to G.S.C.C.**) are acceptable forms of payment
- \$1 Insurance (Accident/Medical): \$1 per person, per year; non-refundable, required for all patrons on all day-trips
- Bus Boarding: Not permitted until a GACC staff member and the day-trip escort/chaperone are present
- Dates, locations, itineraries, and times are all subject to change at any time without notice

DAY-TRIP WALKING SCALE

All trips involve walking and stairs, including getting on/off the bus. This walking scale will help you determine if a particular trip is within your ability range.

- 1 MODERATE:** Some walking, possibly a few stairs.
- 2 STRENUOUS:** Significant amount of walking. Stairs included with some stopping and/or sitting.
- 3 VERY STRENUOUS:** Majority of the trip is walking. Multiple sets of stairs, plus, up and down hills.

NEW

Registration for this day-trip will begin on Friday, June 12th at 9:00am

Surf & Stroll on a Sunday in Santa Barbara

Sunday, August 9, 2026 • 8:30am-6:00pm
\$120 per person • Partially Sponsored by GSCC

Walking Scale=

3

*PLEASE NOTE: THIS DAY-TRIP REQUIRES THE PHYSICAL CAPABILITY OF CLIMBING A LADDER TO BOARD THE LAND SHARK, WALKERS NOT APPLICABLE.

Join **Curt Tucker** for a day of discovery through the enchanting beauty and vibrant culture of **Santa Barbara**, the quintessential California beach town, on a Sunday tour that perfectly balances relaxation, excitement, and exploration. Enjoy the **Santa Barbara's Sunday Art Walk**- a leisurely walk along **Cabrillo Boulevard**, where more than **200 local artists showcase their work in a lively open-air sidewalk exhibition**. Engage with the artists, watch them bring their creations to life, and soak in the creative energy that defines Santa Barbara's artistic soul. Next, board the **Land Shark Santa Barbara**, an **amphibious vehicle** that is truly a one-of-a-kind experience! Cruise through the picturesque streets, taking in its iconic Spanish-style architecture, before making a splash into the harbor for a **scenic coastal ride**. Enjoy beautiful views of **Stearns Wharf, Santa Ynez Mountains, and the sparkling Pacific Ocean** as you glide between land and sea. The remainder of the day is yours to enjoy at your own pace. **Enjoy lunch on your own** at one of the waterfront eateries- whether its seafood, a casual bite, or something sweet with an ocean view. Browse the **charming shops** for unique souvenirs, or simply relax and take in the coastal beauty as you stroll along the **palm-lined waterfront!**

Limited spaces still remaining!

Off to the Races!

Friday, June 5, 2026 • 10:00am-6:00pm
\$130 per person • Partially Sponsored by GSCC

Walking Scale=

3

With **Curt Tucker** as your guide, sit back and enjoy **delicious food, and refreshing drinks, and box seating all while experiencing the thrill of live thoroughbred horse racing!** Immerse yourself in the vibrant colors and pageantry of this classic sport, brought to life at **Santa Anita Park**. Renowned worldwide for its rich racing history, **stunning gardens, and classic architecture**, all set against the breathtaking backdrop of the **San Gabriel Mountains**, Santa Anita Park offers a truly unique experience. Relax in comfortable reserved seating, surrounded by fantastic company— this is the ideal setting for a memorable outing, where you can savor the timeless excitement of a day at the races!

TRIP IS FULL!

Hollywood Bowl and The Beach Boys

Friday, July 3, 2026 • 4:00-11:30pm
\$140 per person • Partially Sponsored by GSCC

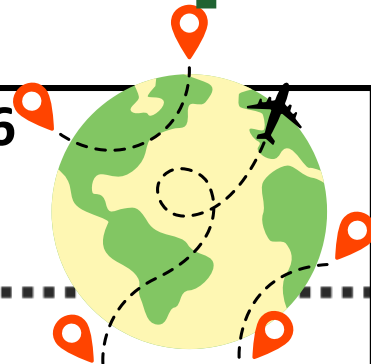
Walking Scale=

2

Join **Curt Tucker** for an unforgettable **Independence Day celebration!** In the **super seats** section at the **Hollywood Bowl**, the night kicks off with the **L.A. Philharmonic** performing patriotic classics. **The Beach Boys** will take the stage, alongside special guest, **John Stamos**; treating the audience to timeless hits like, "**Surfin' U.S.A.**", "**California Girls**", and "**Fun, Fun, Fun.**" Set against the breathtaking backdrop of the **Hollywood Hills**, this cherished So Cal tradition commemorates the nation's 250th birthday. A stunning **fireworks display** will illuminate the sky above the Bowl's iconic shell, **creating a magical and unforgettable Independence Day celebration under the stars.**

National & International Trips

For more detailed information, see individual trip brochures available at the Goebel Adult Center (GACC)



St. Louis, Branson & Memphis • August 21, 2026

\$3,499/per person, double occupancy

\$4,099/per person, single occupancy

Great Canadian Cities • September 16, 2026

\$5,175/per person, double occupancy

\$6,425/per person, single occupancy

Philadelphia/Amish Country/Brandywine Valley • Sep. 27, 2026

\$3,875/per person, double occupancy

\$4,625/per person, single occupancy

Athens & The Greek Islands • September 29, 2026

\$5,725/per person, double occupancy

\$7,225/per person, single occupancy

Treasures of Croatia & Slovenia • October 6, 2026

\$5,450/per person, double occupancy

\$6,750/per person, single occupancy

San Antonio Holiday • December 1, 2026

\$3,300/per person, double occupancy

\$4,050/per person, single occupancy

New York City Christmas • December 7, 2026

\$3,999/per person, double occupancy

\$4,899/per person, single occupancy

Victoria & Vancouver Christmas • December 8, 2026

\$4,799/per person, double occupancy

\$5,999/per person, single occupancy

Contact Mark Williams, Recreation Specialist, mwilliams@crpd.org regarding National & International Trips.

THE GOEBEL SENIOR CENTER COMMISSION PROUDLY PRESENTS AN ENTERTAINMENT "LIVE" EVENT:

MIRAGE

VISIONS OF

FLEETWOOD MAC

SUNDAY, AUGUST 17

3:00PM
Doors Open 2:30pm

Tickets:
\$10



DATES FOR TICKET SALES:

**PURCHASE IN-PERSON:
MONDAY, JUNE 15**

**PURCHASE BY PHONE:
MONDAY, JUNE 22**

PLEASE NOTE:

- *ALL TICKETS ARE NONREFUNDABLE
- *TICKETS PURCHASED BY PHONE CAN BE PICKED UP AT THE GOEBEL ADULT CENTER FRONT DESK OR AT "WILL-CALL" ON THE DAY OF THE SHOW



Goebel Senior Center Commission

A 501(C)(3) NONPROFIT COMMUNITY SERVICE ORGANIZATION



The Goebel Senior Center Commission (GSCC) is dedicated to establishing policies for the operation of the Goebel Adult Community Center (GACC). The GSCC acquires and allocates funds to support the GACC. GSCC Commissioners are volunteers who donate their time, share unique skills, and serve on various committees to assist in the planning, organizing, and execution of programs that are aimed towards benefiting the local older adult population in the community. Regular commission meetings are open to the public and take place at the Goebel Adult Center on the fourth Wednesday of each month at 1:00pm.



Front row, left to right: **Mary Martinich, Carol Partington, Vicki Dunbar, Dorothy Hatfield, Lisa Thorsen**
Back row, left to right: **Mickey Toyen, Cynthia Bengtson, Sandy Barry, Amelia Ammons, Mindy Rosiejka, Karen Ise**
Not pictured: **Maxine Cleary, Nancy Healey, Chris Maccarone, Patricia Schiano**

COUNCIL ON AGING MEETING



Thursday, June 4, 2026
1:00 PM



Topic: Conejo Recreation & Park District
Speaker: Tim Duerr, Recreation & Community Services Manager



City Hall Board Room
2100 Thousand Oaks Blvd



Virtual: toaks.co/coazoom
Call in: 213 338 8477

Meeting ID: 886 2955 3263
Meeting Passcode: 576940

Learn more at toaks.gov/olderadults
or call (805) 449-2118



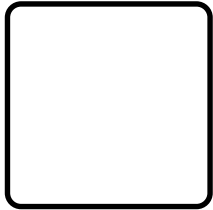
Resource Directory for Older Adults

Directorio de Recursos para Personas Mayores



Scan QR Code to view the digital version

Escanee el código QR para ver la versión digital



The Goebel Gazette



KINDLY DELIVER TO:



UTILITY BILL ASSISTANCE/ WEATHERIZATION

Required Documentation

- Valid CA State-Issued Picture ID
- Social Security Card
- Current GAS & Electric
- Income Verification for ALL ADULTS (18+)
- Rental Agreement or current rent receipt, Mortgage statement

ASISTENCIA CON FACTURAS DE SERVICIOS PUBLICOS / CLIMATIZACION

Documentación Requerida

- Identificación válida del estado de CA
- Tarjeta de Seguro Social
- Recibo actual de gas y electricidad
- Verificación de ingresos de TODOS LOS ADULTOS (18+)
- Contrato de alquiler o recibo de renta, declaración de hipoteca

Utility Bill Assistance/
Weatherization appointments
at the Goebel Adult Center:

August 14th

Call 805-381-2744 to schedule
an appointment

Online Portal/Portal
en línea:
caliheapapply.com

ASSISTED LIVING | MEMORY CARE

SUNRISE OF WESTLAKE VILLAGE Discover Vibrant Senior Living



Book a tour by calling
805-557-1100 or visiting
SunriseWestlakeVillage.com.

©2025 Sunrise Senior Living



WESTLAKE VILLAGE