

EDITION:
October 2026

The Goebel Gazette

Enrich • Engage • Explore



Goebel

Adult Community Center

 805-381-2744

 1385 East Janss Road
Thousand Oaks, CA 91362

 gacc@crpd.org

 crpd.org/gacc

HOURS OF OPERATION

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

Friday:
8:30am - 5:00pm

Saturday:
12noon - 4:00pm

Sunday:
Closed



GOEBEL ADULT CENTER'S ANNUAL Save the Date! **VETERANS DAY** *Breakfast* & **USO Show** **WEDNESDAY, NOVEMBER 11, 2026**

VETERANS, JOIN US FOR A COMPLIMENTARY BREAKFAST AS WE CELEBRATE AND HONOR YOUR EXTRAORDINARY SERVICE!

Beginning October 7th tickets are available to Veterans and their guest (2-ticket limit per person). Pick up tickets, in-person only, at the Goebel Adult Center front desk.

GET YOUR TICKET EARLY, SPACE IS LIMITED! DUE TO LIMITED TICKETS, THOSE WHO ARE NOT A VETERAN ARE INVITED TO PICK UP ANY REMAINING TICKETS BEGINNING MONDAY, NOVEMBER 9TH



GET THAT JOB! **JOB SEARCH ASSISTANCE FOR OLDER ADULTS**

Thursday, 10/15 • 10:00am-12noon

Are you an older adult seeking employment but unsure of how or where to begin? The Workforce Committee of the Ventura County Area Agency on Aging's Advisory Council is here to help! Join them for a presentation at the Goebel Adult Center where you will receive guidance and support in this process that can feel overwhelming, at times. **Refreshments & Hands-on Assistance Provided!** If you bring your laptop or tablet, you will receive practical help with resume writing, job searching and completing online applications (*as time permits*).

Seating is limited; reservations are required.

To reserve a seat, call 805-381-2744, email gacc@crpd.org, or visit the Goebel Adult Center front desk.

•SEMINARS
•WORKSHOPS
•PRESENTATIONS

Seating is limited; unless otherwise noted, the following are free to attend and require a reservation.
3 easy ways to reserve your seat!

1. Call **805-381-2744**
2. Email gacc@crpd.org
3. Visit the **GACC front desk**

2027 MEDICARE OPEN ENROLLMENT ONE-STOP APPOINTMENTS

Medicare 2027 Open Enrollment: October 15- December 7
The Ventura County Area Agency on Aging's (VCAAA) Health Insurance Counseling and Advocacy Program (HICAP) will be hosting One-Stop Appointments to assist local residents with navigating 2027 Medicare Open Enrollment.

An appointment is required to meet with a counselor.

To schedule an appointment, you must first complete the HICAP Comparison-Appointment Request Form, found by visiting VCAAA.VenturaCounty.gov/HICAP.

Once the form is received by VCAAA, a representative will contact you to schedule your appointment. Appointment

Options: One-Stops (in-person), online, over the phone, or via Zoom. **Appointments are expected to fill quickly; early registration is encouraged.**

For more information, e-mail HICAP@VenturaCounty.gov or call HICAP 805-477-7300 or 800-434-0222

\$5 COMPUTER HELP APPOINTMENTS

Thursday, 10/8 • \$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 for a 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, 10/10 & 10/24 • 2:00-4:00pm

Westlake High School students provide **basic tech support** at the Goebel Adult Center on the 2nd & 4th Saturdays of each month. **Don't forget to bring your questions and device! First-come, first-served; reservations are not required.**

2027 MEDICARE CHANGES PRESENTATION

Monday, 10/12 • 12:30-2:00pm

The Health Insurance Counseling and Advocacy Program (HICAP), part of Ventura County Area Agency on Aging (VCAAA), will present on the Medicare changes that will be occurring in 2027. This informational session is designed for people 60+, caregivers, and people living with a disability.

Seating is limited; Registration is encouraged.

For more information or to register, visit VCAAA.VenturaCounty.gov/HICAP, call 805-477-7300, or email HICAP@VenturaCounty.gov

TECH HELP WITH JACOB, AGES 50+

**Fridays, 10/2, 10/9, 10/16, 10/23 & 10/30
by appointment only**

By appointment only, Jacob, GACC Volunteer, offers **free** 30-min basic technology assistance for adults ages 50+.

6 appointments available between 12noon-3:00pm each day. Don't forget to bring your phone/tablet, and specific questions!

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

HAIRCUTS BY RODNEY

Monday, 10/5

On a **first-come, first-served** basis, Rodney offers **complimentary** haircuts to older adults. Doors open at 8:30am; check in with front desk once you arrive, as there are only a limited amount of haircuts 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

Tuesday, 10/6 • 12noon

Therapy dogs and their handlers visit the Goebel Adult Center on the **first Tuesdays 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.

BLOOD PRESSURE READINGS

Wednesday, 10/7 • 9:30-11:30am

Fridays, 10/9 & 10/23 • 11:00am-12:30pm

Thuc & Rebecca, CSVP Volunteers and trained healthcare professionals, provide **complimentary** blood pressure checks at the Goebel Adult Center.

Drop-in only; reservations not required.

NEW HEALTH NEWS DISCUSSION GROUP

Wednesday, 10/14 • 9:00-10:30am

A monthly discussion group focused on **Health News** and it's relevance to older adults. The topic for this month will explore **"improving sleep in older adults"**. Participate in an engaging and informative conversation. **Group Leader: Dr. Ben Capper**
This is an ongoing discussion group, and will meet on the 2nd Wed. of each month. Drop-in only, reservations are not required.

INTRO TO 3D PRINTING

Saturdays, 10/24, 11/7 & 11/14 • 1:00pm

This class is an introduction to using a 3D printer.

Topics include-what is 3D printing, where to get items 3D printed, where to find 3D models online, basics of using a 3D printer, and how to make 3D models.

Must bring your own Laptop.

Instructor: Christopher Deel. **Seating is limited; reservations are required. To reserve a seat, call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.**

BINGO & BAGELS AT MCCREA RANCH

Saturday, 11/7 • 10:00am-12:30pm

\$20 per person • Open to those ages 18+

Enjoy a fun morning of bagels & bingo at McCrea Ranch to celebrate the birthday's of Joel & Frances Dee McCrea!

Instructor: CRPD Staff, T.O. Community Center

To register or for more information call T.O.

Community Center, 805-381-2793. Class Code: 4154.5261

- SEMINARS
- WORKSHOPS
- PRESENTATIONS

Seating is limited; unless otherwise noted, the following are free to attend and require a reservation.
3 easy ways to reserve your seat!

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2. Email gacc@crpd.org
3. Visit the **GACC front desk**

MEET ME AT THE MOVIES

Wednesday, 10/21 • 4:00pm

Title: Practical Magic • 1998 • Fantasy/Romance • Rating: PG-13 • Duration: 1 hour, 46 minutes

Synopsis: Sally and Gillian Owens, born into a magical family, have mostly avoided witchcraft themselves. But when Gillian's vicious boyfriend, Jimmy Angelov, dies unexpectedly, the Owens sisters give themselves a crash course in hard magic.

Seating is limited; reservations are required.

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

NAVIGATING 'THE TALK' RE: AGING DECISIONS W/ A PARENT, CHILD, OR FRIEND

Thursday, 10/22 • 11:00am

Aging is a natural part of life, and it brings about change that isn't necessarily negative. However, there are important matters that should be addressed in advance, such as: *Who will serve as Power of Attorney? When daily assistance is required, how does this look? What are some preferences? What financial info is important to discuss in understanding the future?*

You may know someone or possibly be someone who should no longer live independently, requires hearing aids, or simply needs additional support at home. Annette will guide you in initiating these challenging conversations by helping you comprehend others' perspectives while providing you with the right words to start the dialogue.

Presented by: Annette Broersma, M.S. Seating is limited; Reservations are required.

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

NEW

NAVIGATING FAMILY ESTRANGEMENT DISCUSSION GROUP

Last Friday of each month • 10/30 • 1:00-2:00pm

A safe and supportive discussion group for individuals experiencing family estrangement; **primarily parents who are alienated from a child, grandchild, or close relative.** Connect with others who understand the struggle, share experiences, and explore pathways toward healing and re-connection.

Group Leader: Annette Broersma, M.S.

This group meets on the last Friday of each month. Drop-in only; reservations are not required.

JOIN THE CSVP FREE INCOME TAX PROGRAM TEAM!

CSVP is looking for volunteers to offer FREE Income Tax Assistance for individuals ages 60 and above, regardless of income level, as well as for those with an income of \$70,000 or less regardless of age.

- No accounting experience required • Must be comfortable using a computer
- Must be willing to commit to volunteering one day per week from February through April

Comprehensive training will be provided in January 2027.

To learn more about this opportunity, join our Informational Meeting in December (date to be determined).

To RSVP, please reach out to the CSVP Office at 805-381-2742.

NEW

MATURE DATING CONNECTION, AGES 65+

Mondays • 12:30-2:00pm

A new support group for men & women ages 65+ who wish to navigate the often challenging world of dating. This group provides a safe space to share experiences and learn from one another, while fostering personal growth and a deeper understanding of the dating landscape.

While registration is not required, we kindly ask that you contact one of the facilitators before attending.

Facilitators: Barbara Silberberg, LMFT, 818-427-1228 and Lois Wax, Certified Life Coach, 818-422-2858

VHS TO DVD CONVERSION SERVICES

Since VCRs have become obsolete, converting your VHS tapes, Mini DV, 8mm films, Hi8mm tapes, Super 8mm films, and slides to digital formats is essential for preserving memories. Miguel De Pau, a Senior Volunteer at the Goebel Adult Center, offers **free** transfers to DVD or USB. **For details, call/text Miguel, 956-542-8987.**

Remember to label all items with your name and phone number when dropping them off, as the GACC and Miguel are not responsible for unlabeled or unclaimed items.

AMERICA SUPPORTING AMERICANS (ASA)

ASA, Greater Conejo Valley Chapter is dedicated to strengthening the bonds between our community and the heroes of our armed forces. Their mission shines through the care packages, cards, and letters they send to uplift the spirits of soldiers overseas. A donation collection box is located near the Goebel Adult Center front desk.

Visit asa-gcvc.org to view needed donation items. ***They are currently in need of food donations.***

Goebel Adult Community Center's

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, October 16, 2026

Saturday, December 12, 2026

**Special
Saturday Night
Holiday Bingo!**

Friday Night Bingo Games:

Paper Sales Start: 4:30pm

Sales Stop Promptly: 6:00pm

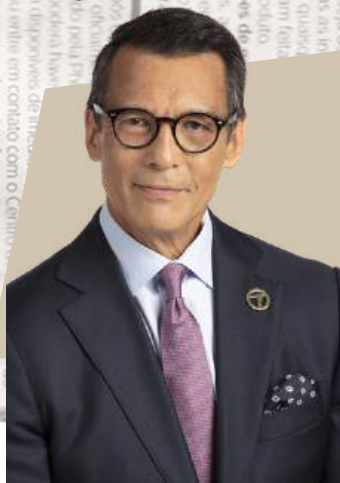
Games Start: 6:15pm

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!



Global Journalism

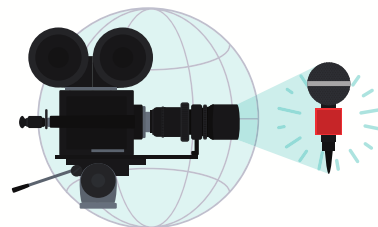
A PUBLIC LECTURE WITH:



David Ono

Sunday, November 15, 2026

3:00pm Doors open at 2:30pm



David Ono is the co-anchor for ABC7 Eyewitness News at 4:00pm and 6:00pm, and was recently named Anchor of the Year in the U.S. by Broadcast and Cable.

David joined ABC7 in 1996 and during that time has witnessed history worldwide, covering Hurricane Katrina, Haiti's earthquake, and Japan's tsunami.

Ono has been invited to the White House by President Barack Obama three times: Twice for exclusive one-on-one interviews, and once to make a speech about inclusion in America. David has produced multiple award-winning documentaries, two of which have made their way to the Smithsonian Institution.

David has won 12 Edward R. Murrow awards, 31 Emmys, 2 RTDNA National Unity Awards, 6 AAJA National Journalism Awards, and was honored with the Distinguished Journalist Award by the Society of Professional Journalists. He has also received both the journalist of the year as well as the lifetime achievement award by the LA Press Club.



Tickets:
\$10 per person



Tickets on sale, in-person only, beginning Wednesday, September 16

Phone sales begin Wednesday, September 23

****All tickets are nonrefundable and nontransferable to other GACC events or shows***

****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***



Goebel Adult Community Center
1385 East Janss Rd., Thousand Oaks, 91362
805-381-2744



Goebel Adult Community Center's Annual



2026 **Holiday** CRAFT BAZAAR

HOME
DECOR

SATURDAY,

JEWELRY

NOVEMBER 21

10:00AM-3:00PM

ALL
HANDMADE!

BABY
CLOTHES &
BLANKETS

UNIQUE
GIFTS

CANDLES

A FESTIVE, FAMILY-FRIENDLY EVENT FEATURING
A DELIGHTFUL ARRAY OF HANDCRAFTED, ONE-OF-A-KIND
TREASURES HANDMADE BY TALENTED LOCAL ARTISANS.

Free
admission!

Interested in participating as a vendor?
Applications available beginning October 1st
at the Goebel Adult Center Front Desk.



Goebel Adult Community Center
1385 East Janss Rd., Thousand Oaks, 91362
805-381-2744





Save the Date

HANUKKAH BREAKFAST

Friday, December 11, 9:00am

PEACE



LOVE



LATKES

Tickets: \$20

On sale beginning Thursday, November 5

Save the Date



MERRY GRINCHMAS

Goebel Adult Center's Annual Holiday Lunch

MONDAY, DECEMBER 14, 2026

12noon • \$20

(TICKETS ON SALE BEGINNING FRIDAY, NOVEMBER 6)





PRODUCED BY
LAURA CONWAY

HOSTED BY
CSVP
CONEJO SENIOR
VOLUNTEER
PROGRAM



**PURCHASE TICKETS
& DONATE TODAY!**

WWW.CHARITYKARAOKE.ORG



SUNDAY
OCTOBER 11, 2026



**THE CANYON
AGOURA HILLS**

28912 ROADSIDE DR,
AGOURA HILLS, CA 91301



**DOORS OPEN 4:45PM
SHOW 6:00PM**

**CONTESTANTS PERFORM WITH A LIVE BAND
TO WIN MONEY FOR CHARITIES**

Thank you to our 2026 Prize Sponsors



Stay Connected



WWW.CHARITYKARAOKE.ORG



@charitykaraoke

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

A BEACH BOYS HOLIDAY TRIBUTE SHOW



Sunday, December 20, 2026

3:00pm (doors open at 2:30pm)

Back by popular demand, The Surf City Allstars are returning to the stage at the Goebel Adult Center! They will be performing all the beloved classics along with a cheerful holiday setlist, creating the ideal afternoon blend of surf and snow. Each member of this energetic band has toured with the Beach Boys, ensuring that you won't find a more authentic tribute to this legendary surf rock group!

Tickets:
\$10 per person



PLEASE NOTE:

- On sale (*in-person only*) beginning Wednesday, October 14th
- Phone sales begin Wednesday, October 21st

**Tickets purchased by phone can be picked up at the GACC front desk or at "will call" on the day of the show*
**All tickets are nonrefundable and nontransferable*



Goebel Adult Community Center
1385 E. Janss Rd, Thousand Oaks, CA 91362
805-381-2744 • gacc@crpd.org



Session: **Fall/Winter 2026**

Session runs from
November - December, 2026
**In-District Registration opens on
Monday, October 12th at 9:00am**

Conejo Recreation & Park District

For more information, class descriptions, or to register for a class:

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



**PLEASE NOTE: As of publication time, this is the most up-to-date information. Dates, prices, and availability are all subject to change; Please call 805-381-2744 with questions or concerns.*

HEALTH & FITNESS CLASSES

CHAIR-BASED STRENGTH & BALANCE, Age 50+

Instructor: Cathya Haas

Beginning/ Level 1 (no class 11/27)

0836.5261 Mon, 11/2-12/7, 12:30-1:20pm, \$69/6wks

0836.5262 Fri, 11/6-12/11, 1:30-2:20pm, \$58/5wks

Advanced/ Level 2 (no class 11/27)

Prerequisite: Level 1 Chair-Based Strength & Balance

Bring a pair of 2-3lb. hand weights

0837.5261 Mon, 11/2-12/7, 11:30am-12:20pm, \$69/6wks

0837.5262 Fri, 11/6-12/11, 12:30-1:20pm, \$58/5wks

SWORD FITNESS, Age 18+

Instructor: Body Brain Train

0842.5261 Mon, 11/2-12/7, 11:30am-12:15pm, \$85/6wks

FITDRUMMING, Age 18+

Instructor: Body Brain Train

0843.5261 Mon, 11/2-12/7, 1:00-1:45pm, \$85/6wks

DANCE IT OUT, Age 18+

Instructor: Janet Snyder, Dance Ten

0826.5261 Mon, 11/2-12/7, 2:30-3:10pm, \$79/6wks

TAI-CHI, Age 50+

Instructor: Jean Stoutenborough

Introduction

0838.5261 Tues, 11/3-12/8, 8:30-9:30am, \$51/6wks

Beginning/ Intermediate* (no class 11/26)

Prerequisite: Introduction to Tai Chi or basic knowledge of Tai Chi*

0839.5261 Thurs, 11/5-12/10, 8:30-9:30am, \$43/5wks

WALK THE CONEJO, Age 50+

Instructor: Barrie Silberberg

(must be able to walk 2-3 miles at a fast pace)

0845.5261 Tues, 11/3-12/8, 3:00-4:30pm, \$85/6wks

CAPOEIRA, Age 18+

Instructor: Instructor Grande **(no class 11/26)**

0831.5261 Tues & Thurs, 11/3-12/10, 6:10-7:10pm, \$165/6wks

GENTLE YOGA, Age 50+

Instructor: Cici Bo **(no class 11/11 & 12/2)**

0832.5261 Wed, 11/4-12/16, 9:00-9:45am, \$58/5wks

STRETCH, TONE & BALANCE, Age 18+

Instructor: Kathy Bailey **(no class 11/11)**

0835.5261 Wed, 11/4-12/9, 1:15-2:10pm, \$48/5wks

SCENIC HIKING CLASS, Age 50+

Instructor: Barrie Silberberg

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

0844.5261 Wed, 11/4-12/9, 3:00-4:30pm, \$85/6wks

INTRO TO TAI CHI, Age 18+

Instructor: Jim Belsley

0830.5261 Fri, 12/4-12/11, 3:00-4:00pm, \$28/2wks

DANCE CLASSES

BALLROOM DANCE, Age 18+

Instructor: Janet Snyder, Dance Ten

Beginning/Level 1

Waltz, Tango, and Rumba

0824.5261 Mon, 11/2-12/7, 3:30-4:30pm, \$79/6wks

Intermediate/ Level 2

Two to three dance styles chosen the first night of class

0825.5261 Mon, 11/2-12/7, 4:45-5:45pm, \$79/6wks

TAP DANCE, Age 18+

Instructor: Debbie Munz

Bring tap shoes, water bottle, and wear comfortable clothes

Advanced Tap

Prerequisite: Tap 1 or prior tap experience

0829.5261 Mon, 11/2-12/7, 5:00-6:00pm, \$73/6wks

Beginning Tap (no class 11/26)

0827.5261 Mon, 11/2-12/7, 6:00-7:00pm, \$73/6wks

0827.5262 Thurs, 11/5-12/10, 2:10-3:10pm, \$63/5wks

Tap 1

Prerequisite: Beginning Tap or prior tap experience

0828.5261 Mon, 11/2-12/7, 7:00-8:00pm, \$73/6wks

LINE DANCING, Age 18+

Instructor: Kathy Bailey

Wear smooth soled shoes and lightweight clothing.

No experience or partner needed

Beginning (no class 11/11)

0820.5261 Wed, 11/4-12/9, 2:15-3:10pm, \$48/5wks

WEST COAST SWING, Age 18+

Instructor: Kathy Bailey **(no class 11/11)**

Wear smooth soled shoes and lightweight clothing. No

experience necessary. Partner recommended but not required

0821.5261 Wed, 11/4-12/9, 3:15-4:10pm, \$48/5wks

BELLY DANCE, Age 18+

Instructor: Lisa Rauschenberger

Level 1- Beginning (no class 11/11)

0822.5261 Wed, 11/4-12/9, 4:30-5:15pm, \$99/5wks

Level 2 (no class 11/11)

0823.5261 Wed, 11/4-12/9, 5:30-6:30pm, \$99/5wks

JAZZ DANCE, Age 18+

Instructor: Debbie Munz

Beginning (no class 11/26)

0866.5261 Thurs, 11/5-12/10, 3:15-4:15pm, \$63/5wks



Conejo
Recreation & Park District

Session: **Fall/Winter 2026**

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Conejo Recreation & Park District

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-Visit crpd.org/register



ARTS CLASSES

PAINTING at STUDIO 316, Age 18+

Instructor: Bob Noonan, *Studio 316*

Location: Studio 316, 2697 Lavery Ct., Unit #6, Newbury Park
Watercolor Basics- Part 2

0801.5261 Mon, 11/2-11/23, 10:00-11:30am, \$95/4wks

Paint Night! Age 21+ Theme: *Lighthouse*

0803.5261 Sat, 11/7, 5:00-7:30pm, \$45/1 day

PHOTOGRAPHY, Age 18+

Instructor: Richard Smith

Digital Photography

0807.5261 Mon, 11/2-12/7, 3:00-4:00pm, \$90/6wks

Street Photography & Tour in Downtown L.A.

0808.5261 Thurs, 11/19, 8:45am-3:00pm, \$80/1 day

ART OF DIFFERENT MEDIA, Age 18+

Instructor: Jonaki Das Hazra *(no class 11/23)*

\$10 cash materials fee due to instructor at first class

0818.5261 Mon, 11/2-12/7, 10:00-11:00am, \$120/5wks

0818.5262 Mon, 11/2-12/7, 11:15am-12:15pm, \$120/5wks

JEWELRY MAKING, Age 18+

Instructor: Priscilla Mendez *(no class 11/11)*

\$25 cash materials fee due to instructor at first class

0817.5261 Wed, 11/4-12/2, 10:00-11:00am, \$130/4wks

FLUID ACRYLIC PAINTING, Age 18+

Instructor: Carol Roullard

Location: Carol Roullard Art Studio-1329 East T.O. Blvd., #210

\$30 cash materials fee due to instructor at first class

Fluid Acrylic Pours w/ Spinners- Part 1

0814.5261 Wed, 11/11, 9:30am-12noon, \$38/1 day

0814.5262 Wed, 11/11, 6:30-9:00pm, \$38/1 day

0814.5263 Thurs, 11/12, 9:30am-12noon, \$38/1 day

0814.5264 Thurs, 11/12, 6:30-9:00pm, \$38/1 day

Fluid Acrylic Pours w/ Spinners- Part 2

0814.5265 Wed, 11/18, 9:30am-12noon, \$38/1 day

0814.5266 Wed, 11/18, 6:30-9:00pm, \$38/1 day

0814.5267 Thurs, 11/19, 9:30am-12noon, \$38/1 day

0814.5268 Thurs, 11/19, 6:30-9:00pm, \$38/1 day

SPECIALTY CLASSES

SOUND HEALING MEDITATION, Age 18+

Instructor: Cici Bo

Location: Harmony Family Yoga Studio, 804 East T.O. Blvd.

0833.5261 Mon, 11/2-12/7, 12noon-12:45pm, \$79/6wks

MAH-JONGG, Age 18+

Instructor: Lorraine Urist

Beginning/Level 1

0857.5261 Mon, 11/9-11/30, 9:00am-12noon, \$100/4wks

Advanced/Level 2 (no class 11/27)

Prerequisite: Beginning/Level 1

0858.5261 Fri, 11/13-12/11, 9:00am-12noon, \$100/4wks

MEDITATION W/ SOUND THERAPY, Age 18+

Instructor: Ann Vannoy

0850.5261 Mon, 11/2-12/7, 10:00-11:00am, \$63/6wks

REIKI CIRCLE, Age 18+

Instructor: Ann Vannoy

Prerequisite: Prerequisite: Reiki Level One, Two, or Master

0851.5261 Mon, 11/2-12/7, 11:15am-12:15pm, \$63/6wks

WOMEN'S DRUM CIRCLE, Age 18+

Instructor: Ann Vannoy

0809.5261 Tues, 11/3-12/8, 10:00-11:00am, \$63/6wks

FILM CLASS, Age 18+

Instructor: Joe Longo *(no class 11/26)*

"Fasten Your Seatbelts"

0863.5261 Thurs, 11/5-12/10, 2:30-5:00pm, \$53/5wks

FRENCH, Age 18+

Instructor: Daniele Blanc

Beginning- Level 1 (no class 11/26)

0862.5261 Thurs, 11/5-12/10, 5:00-6:00pm, \$53/5wks

ACTING WORKSHOP, Age 18+

Instructor: Tony Torrisi *(no class 11/26)*

0810.5261 Thurs, 11/5-12/10, 6:30-8:30pm, \$125/5wks

HIKE W/ THE DOCTOR, Age 18+

Instructor: Dr. Ben Griffes

Topic: **7 Habits to Promote Brain Health**

Location: **Los Robles Trail**

0855.5261 Sat, 11/14, 7:45-9:15am, \$5/1 day

Topic: **How to Focus Better**

Location: **Wildwood Park**

0855.5262 Sat, 12/5, 7:45-9:15am, \$5/1 day

MUSIC CLASSES

HARMONICA, Age 18+

Instructor: Dr. Ben Griffes

Beginning

0804.5261 Tues, 11/3-12/8, 6:30-7:30pm, \$88/6wks

Intermediate

0819.5261 Tues, 11/3-12/8, 7:30-8:30pm, \$88/6wks

UKULELE, Age 18+

Instructor: David Steinhart *(no class 11/26)*

\$3 cash materials fee due to instructor at first class

Introduction

0805.5261 Thurs, 11/5-12/10, 5:00-6:00pm, \$70/5wks

Goebel Adult Community Center Volunteer Instructed Classes • Ages 50+

Fall 2026 Session: *August 10 - October 16, 2026*

Fall/Winter 2026 Session: *October 19 - December 18, 2026*

Registration for Fall/Winter 2026 session will open on October 12!

To register for a Volunteer Instructed Class,
visit the Goebel Adult Center Front Desk or call 805-381-2744

TAP DANCE • \$10

Instructor: Bianca Jansen
Mondays, 10:00-11:00am
October 19- December 14

MEANING OF OPERA* • \$10

Instructor: Steve Kohn
Mondays, 3:30–5:00pm
October 19 - December 14
**This class is taught virtually through Zoom;
Email must be provided at registration to
receive Zoom link.*

TAI CHI • \$10

Instructor: Elaine Pawelczyk
Tuesdays & Thursdays, 9:45-10:45am
October 20 - December 17
(no class 11/26)

KNITTERS & CROCHETERS • \$20

Facilitator: Yvonne Avis
Tuesdays & Thursdays, 12noon-3:00pm
October 20 - December 17
(no class 11/26)
*Bring your own project to work on in a
social environment.*

MAH-JONGG • \$10

Instructor: Abbey Clark
Tuesdays, 6:00–8:00pm
October 20 - December 15
All levels welcome
**PLEASE NOTE: Bringing your own set and
card are highly suggested as there are only
a limited amount of sets/cards to be
borrowed from the GACC.**

SPANISH • Conversation • \$10

Instructor: Fernando Nocedal
Wednesdays, 9:00-11:00am
October 21 - December 16
(no class 11/11)

AERONAUTICAL EDUCATION • \$10

Instructor: Ralph Meyer
Wednesdays, 12:15-2:15pm
October 21 - December 16
(no class 11/11)

ITALIAN • Intermediate • \$10

Instructor: Lillian Trevisan
Thursdays, 10:00am-12noon
October 22 - December 17
(no class 11/26)

OPEN STUDIO TIME FOR ARTISTS • \$10

Facilitator: Kathleen Gates
Thursdays, 3:00-5:30pm
October 22 - December 17
(no class 11/26)
*Bring your own supplies; all mediums welcome
with the exception of oil.*

SHAKESPEARE FOR EVERYONE • \$10

Instructor: Helen Bartelstone
Fridays, 1:00-2:30pm
October 23 - December 18

**PLEASE NOTE: Dates, prices, and availability are all subject to change; this is the most up-to-date
information as of publication time. Please call 805-381-2744 with questions or concerns.*

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.crp.org/SNP-menu

The Senior Nutrition Lunch Program (SNP) is for older adults 60+ years of age.

Daily meal includes 4oz of protein, vegetables, 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.



CSVP BOUTIQUE

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

Located inside the Goebel Adult Community Center

For more information call, **805-381-2742**

-Cash or Check only-

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**

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



DISCUSSION GROUPS

CRPD offers classrooms for discussion groups but does not organize forums or endorse shared opinions. For issues or concerns, contact the GACC Supervisor or Coordinator.

WOMEN'S DISCUSSION GROUP, Ages 50+

Mondays, 10:00am–12noon, w/ Karen Perotta

WOMEN IN TRANSITION, Ages 50+

Tuesdays, 10:00–11:30am, w/ Eve Loeb

MEN'S DISCUSSION GROUPS, Ages 50+

Tuesdays, 10:00am–12noon w/ Lloyd Minton

Thursdays, 10:00am–12noon w/ Harvey Youngman

LITERATURE LOVERS DISCUSSION, Ages 50+

Tuesdays • 1:30–2:30pm w/ Kathleen • 805-807-2523

BOOK DISCUSSION GROUP, Ages 50+

2nd Tuesdays, 10/13 • 7:00–8:45pm

w/ Cheryl • 805-368-4542

GENEALOGY DISCUSSION GROUP, Ages 18+

Wednesdays • 2:00–4:00pm, w/ Georgine Herd

SENIOR SINGLES SOCIAL GROUP, Ages 50+

Wednesdays • 7:00–8:30pm w/ Marie • 732-407-1816

STAMP CLUB, Ages 18+

2nd & 4th Thursdays, 10/8 & 10/22 • 4:00–5:30pm

w/ Marc • 818-903-0369

LOVE OF AGING, Ages 50+

Thursdays, 10:00–11:30am • w/ Grant

HISTORY BOOK DISCUSSION GROUP, Ages 50+

2nd Thursdays, 10/8 • 7:00–8:45pm

w/ Jack • 805-341-7585

GRUPO SOCIAL LATINO MAYOR, Ages 50+

Viernes (Fridays) • 9:00am–12noon

2nd Anniversary Celebration on 10/9! Join for a potluck and fun activities in Spanish!

NAVIGATING FAMILY ESTRANGEMENT, Ages 50+

Last Fridays of each month, 10/30 • 1:00–2:00pm

w/ Annette Broersma

CONEJO VALLEY WRITERS, Ages 18+

3rd Saturdays, 10/17 • 12noon–2:30pm

Email calverle@usc.edu

COMMUNITY PROGRAMS

BATTERY RECYCLING • A battery recycling bin is located outside the main entrance doors of the Goebel Adult Center for a safe & legal way to dispose of batteries.

EYEGLASS 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 Goebel Adult Center front desk. Glasses only—no cases, please.

AMERICA SUPPORTING AMERICANS (ASA) • ASA collects/donates items for military care packages. A donation collection box is located near the Goebel Adult Center front desk. Visit asa-gcvc.org for more info.

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 Goebel Adult Center! Use the GSCC NPO #DE917. For info/assistance, call 800-443-4438.

SUPPORT GROUPS

CRPD offers classrooms for support groups but does not organize or endorse shared opinions. For issues or concerns, contact the GACC Supervisor or Coordinator.

LGBTQ+ CAREGIVER SUPPORT GROUP

1st & 3rd Mondays, 10/5 & 10/19, 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.

Tuesdays, 11:00am–12noon: Newly Bereaved

Tuesdays, 12:15–1:15pm: Moving Forward

Tuesdays, 2:30–3:30pm: Newly Bereaved

DEMENTIA GRIEF SUPPORT GROUP

1st & 3rd Wednesdays, 10/7 & 10/21 • 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 Wednesdays, 10/28 • 1:30–3:00pm

For individuals managing Type 2 diabetes/pre-diabetes.

Facilitator: Linda Hampson, RN, MSN, Livingston Memorial

MULTIPLE SCLEROSIS SUPPORT GROUP

2nd Thursdays, 10/8 • 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 and family are welcome to join.

For more information call, 805-380-6206

ALZHEIMER'S SUPPORT GROUP

1st & 3rd Fridays, 10/2 & 10/16 • 9:30–11:00am

For family and/or caregivers of those living with Alzheimer's disease.

Facilitator: Alzheimer's Association • 805-261-2189

POST POLIO SYNDROME SUPPORT GROUP

1st Saturdays, 10/3 • 12:30–2:00pm

SOCIAL SERVICES & RESOURCES

988 SUICIDE & CRISIS LIFELINE

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

Whether you're facing mental health struggles, concerns with alcohol/drug use, emotional distress, or simply need someone to talk to, caring counselors are here for you. *You are not alone!*

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

SENIOR CONCERNS • SENIOR ADVOCATES

805-497-0189 • www.seniorconcerns.org

401 Hodencamp Road, Thousand Oaks

For more info/to schedule an appointment with a Senior Advocate, call or email egu@seniorconcerns.org
Older adults and family caregivers are often faced with complicated and confusing, issues, resulting in questions. Senior Concerns is here to help.
Senior Advocates provide guidance w/ housing, legal/health-related issues, in-home care, facility placement, government benefits, and more.

GREY LAW, LEGAL HELP w/ Sharon Yoon

1st & 3rd Wed • 10/7 & 10/21 (by appointment only)

For more info or to schedule an appointment, call or email Grey Law, 805-658-2266, greylawvc@gmail.com
Appointment Location: Goebel Adult Center

Grey Law is a nonprofit organization, providing free legal help to older adults in Ventura County who otherwise have limited access. Offering assistance w/ public benefits, long-term care planning, wills/living trusts & powers of attorney.

TRANSPORTATION • 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.**

SENIOR SUPPORT LINE (SSL), AGES 60+

If you or someone you know feels isolated, anxious, or depressed, call 800-235-9980 today.

Compassionate, confidential emotional support for adults. Trained personnel provide encouragement and connection through resources & referrals.

ADULT PROTECTIVE SERVICES (APS)

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

VETERANS CRISIS LINE

24/7 confidential support text 838-255/call 988, press 1

DROP-IN ACTIVITIES

For more drop-in activities, stop by the GACC front desk or visit crpd.org/gacc for a Drop-in Schedule!

DROP-IN SPORTS

BASKETBALL, Ages 50+

Mondays, Wednesdays, Fridays • 8:30-11:00am

Location: Teen Center, next door to GACC

BADMINTON, Ages 50+

Tuesdays & Thursdays • 8:30-11:00am

Location: Teen Center, next door to GACC

CORN HOLE, Ages 18+

Tuesdays • 4:00-6:00pm • Location: GACC Main Hall

BILLIARDS, Ages 18+

4 tables, all open play • Location: GACC

HORSESHOES, Ages 18+

Team Play: Tuesdays & Thursdays • 9:00-11:00am

Open Play: during regular business hours

Location: Horseshoe Pits at GACC

Thousand Oaks Senior SOFTBALL, Ages 50+

Tuesdays & Fridays, 8:30-11:00am

Location: Wildflower Playfields, 635 Avenida de los Arboles

TABLE TENNIS, Ages 18+

Tuesdays • 4:30-6:00pm & Thursdays • 4:30-8:00pm

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

TENNIS, Ages 50+

Mondays, Wednesdays, Fridays • 7:30-10:30am

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

Tuesdays, Wednesdays, Fridays • 7:00-10:30am

Location: Borchard Community Center, Courts 2 & 3

Wednesdays, 8:00-10:00am • Women's Games

Location: Thousand Oaks Community Center

Thursdays, 9:00-11:00am • Women's Games

Location: Triunfo Park

Wii BOWLING, Ages 50+

Mondays & Wednesdays • 1:00-3:00pm

Enjoy bowling without needing to rent the shoes!

Location: GACC Social Lobby

DROP-IN • BRIDGE DUPLICATE PARTNERSHIP

Thursdays • 12:30-4:00pm

Location:

GACC Main Hall

Fridays • 9:00am-12noon

Location:

Silver & Valley Lupin Rooms

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

Seating is limited. First come, first served

COMPUTER LAB • Ages 50+

The GACC Computer Lab is provided for brief research activities like browsing the internet, checking emails, and typing documents. *Users should limit their time, as it's not for all-day use.* Complimentary B/W printing is available (6 pages max per person per day), and free Wi-Fi (ConejoRPD_Guest, no password needed**) is provided.**

Computer Lab Hours:

Mondays-Thursdays: 8:45am-8:30pm

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

Saturdays: 12:15-3:30pm

***Closed for maintenance on Fridays, 12noon-2:30pm**

(call for availability)

Hours and availability may change without notice at any time

NO-COST • DROP-IN • DANCE & MUSIC PROGRAMS

SOCIAL BALLROOM DANCING, Ages 18+

Wednesdays • 10:00-11:30am • w/ Dennis

Join us for social ballroom dancing. Everyone is welcome, regardless of experience level! No partner needed; enjoy lively recorded music. Location: GACC Main Hall

LINE DANCE PRACTICE, Ages 18+

Wednesdays • 11:30am-1:00pm • w/ Cathy Ewbank

Everyone is welcome, regardless of experience level! No partner needed. Location: GACC Main Hall

UKULELE STRUMMERS & SINGERS, Ages 18+

Wednesdays • 2:30-4:15pm • w/ Bob & friends

Bring your ukulele to strum along and sing together! Location: Wild Lilac

CONEJO VALLEY SENIOR ORCHESTRA

Thursdays • 11:30am-2:00pm

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

Get your dancing shoes on!

Saturday Night Ballroom Dance

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

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

Saturday, October 3, 2026 • Pier 101

Saturday, October 17, 2026 • Rhythm Brothers

Saturday, November 7, 2026 • Michael Falcone

Saturday, November 21, 2026 • John & John



6:00pm • Doors Open

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

7:30-10:00pm • Live Band & Ballroom Dance Begin

ADMISSION:

\$12 per person at the door
-Cash or Check only-
Check payable to: **CRPD**
(Conejo Recreation & Park District)

Interested in Ballroom Dance Sponsorship Opportunities?

Call or Email Mark Williams • 805-381-2744 • mwilliams@crpd.org

Goebel Adult Community Center

DAY-TRIPS

Important Day-Trip Information!

Please read prior to registering for a day-trip:

- Day-Trips are open to **adults ages 50+**
- Registration for day-trips is on the 2nd Friday of each month**
- 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:** A significant amount of walking involved. Stairs included with occasional stopping and/or sitting.
- 3 VERY STRENUOUS:** Majority of the trip is walking. Multiple sets of stairs, including up and down hills.

NEW

Registration for this day-trip will open on Friday, October 9th at 9:00am

WALKING SCALE:



"CHRISTMAS IS" WITH THE CITRUS SINGERS

Saturday, December 12, 2026 • 11:30am-6:30pm

\$120 per person • Partially Sponsored by GSCC

Join **Curt Tucker** and celebrate the season with a holiday spectacular, "Christmas Is" with the **Citrus Singers** at **Citrus College**. This **Broadway style production** features contemporary and classic holiday tunes, stunning visuals, festive songs, and high-energy dance numbers that will bring joy and delight to all! **Box lunch included.**

Limited space still remaining! Register today at the GACC Front Desk.

WALKING SCALE:



REGISTER NOW

A WORLD OF FLAVOR

Tuesday, November 3, 2026 • 8:30am-6:00pm

\$130 per person • Partially Sponsored by GSCC

Pack your **appetite** and **sense of adventure!** With **Curt Tucker** as your guide, set off on a delicious journey around the world. Without ever leaving Los Angeles, this fun-filled-progressive **tasting tour** takes you beyond the familiar to discover **authentic flavors**, **fascinating traditions**, and **hidden culinary gems** from several remarkable cultures.

MYSTERY TOUR

Tuesday, November 17, 2026 • 8:30am-6:00pm

\$142 per person • Partially Sponsored by GSCC

Every now and then, it's refreshing to embrace the unexpected! There's a thrill in not knowing where you're headed or what you'll encounter along the way. Sit back and relax, as Curt Tucker may take you East, West, North, or South... **Clues will start to unfold as you embark on the first adventure.** The only hint is that **Curt Tucker** will be your guide! **Lunch included.**

WALKING SCALE:



TRIP IS FULL!

Limited spaces still remaining! Register today at the GACC Front Desk.

WALKING SCALE:



REGISTER NOW

RETRO L.A. NEON LIGHTS & CLASSIC BITES

Friday, October 23, 2026 • 9:30am-5:30pm

\$125 per person • Partially Sponsored by GSCC

Join **Curt Tucker** as he shares stories, history, and hidden gems along the way. From **legendary hot dogs** and **over-the-top donuts** to dazzling **neon signs** and **old-fashioned soda fountains**, this one-day adventure celebrates the city's retro charm at every turn. Savor a famous hot dog at **Pink's** (*vegetarian option available*), indulge in a sweet treat from **Voodoo Doughnut**, and explore the fascinating history of L.A.'s glowing past at the **Neon Museum**. Browse the shelves of the beloved **Galco's Soda Pop Stop**, home to hundreds of unique and vintage soft drinks, before ending the day with a classic root beer float at **Fair Oaks Pharmacy and Soda Fountain**. Take a step back in time on this fun-filled journey through the iconic sights, flavors, and nostalgia of Los Angeles!

National & International Trips

For more detailed information, see individual trip brochures available at the Goebel Adult Center.
Contact Mark Williams, Recreation Specialist, mwilliams@crpd.org regarding
National & International Trips.

New York City Christmas • December 7, 2026

\$3,999/per person, double occupancy

\$4,899/per person, single occupancy

Hearst Castle at Christmas Time • December 13, 2026

\$799/per person, double occupancy

\$999/per person, single occupancy

Ecuador & Galapagos Islands Cruise • February, 2027

(depending on cabin choice) \$8,599-\$9,499/per person, double occupancy

(depending on cabin choice) \$10,974-\$12,274/per person, single occupancy

Great Trains & Grand Canyon • February, 2027

\$4,049/per person, double occupancy

\$4,999/per person, single occupancy

French Riviera Explorer • March, 2027

\$4,999/per person, double occupancy

\$5,849/per person, single occupancy

Morocco • March, 2027

\$7,175/per person, double occupancy

\$8,625/per person, single occupancy

Treasures of Ireland • April, 2027

\$5,375/per person, double occupancy

\$6,425/per person, single occupancy

North Carolina & The Outer Banks • May, 2027

\$4,525/per person, double occupancy

\$5,675/per person, single occupancy

Goebel Senior Center Commission

Goebel Senior Center Commission Tax ID #: 95-3474700

The Goebel Senior Center Commission (GSCC) operates as a non-profit 501(c)(3) community service organization. Goebel Senior Center Commissioners volunteer their time and unique skills, participate in committees, and assist in planning, organizing, marketing, and executing recreation programs for older adults in the Conejo Valley. The GSCC acquires and allocates funds to enhance the Goebel Adult Community Center. Regular commission meetings are open to the public and take place at the GACC on the fourth Wednesday of each month at 1:00pm.



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

COUNCIL ON AGING MEETING



Thursday, October 1, 2026
1:00 PM



Topic: Brown Act
Speaker: Noel Doran, Assistant City Attorney,
City of Thousand Oaks



City Hall Board Room
2100 Thousand Oaks Blvd



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

Meeting ID: 819 3434 3057

Meeting Passcode: 056672

Learn more at toaks.gov/olderadults
or call (805) 381-7362



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

EDITION:

October 2026

Enrich • Engage • Explore

Conejo Recreation & Park District

The Goebel Gazette



KINDLY DELIVER TO:



ASSISTED LIVING | MEMORY CARE

SUNRISE OF WESTLAKE VILLAGE

Discover Vibrant Senior Living



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

SUNRISE
SENIOR LIVING

WESTLAKE VILLAGE

 ©2025 Sunrise Senior Living

GET THAT JOB!

Are you an older adult who wants to find a job and you're not sure how or where to start? The Workforce Committee of the Ventura County Area Agency on Aging's Advisory Council will offer advice and assistance during this presentation.

If you bring your laptop or tablet, hands-on assistance for job searching and completing online applications will be provided as time allows. Moving Seniors Forward will provide refreshments.

Place: Goebel Center Sage Room

Date: Thursday, October 15

Time: 10 AM - 12 PM

Register for the presentation by visiting the
GACC front desk, calling 805-381-2744 or
emailing gacc@crpd.org.

