

EDITION:

JULY 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

GOEBEL ADULT COMMUNITY CENTER

HOURS OF OPERATION

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

Friday:
8:30am-5:00pm

Saturday:
12noon-4:00pm



4th of July

Saturday, July 4th
(Independence Day)

- CLOSED -

Bingo Cancelled

Sunday:
Closed

GOEBEL ADULT COMMUNITY CENTER

Join us for our 38th annual
4th of July Home Run Derby

at Borchard Park!
Show off your skills
and compete with fellow
senior softball players
in a fun atmosphere
that celebrates
sportsmanship, friendship,
and camaraderie.

Awards given to the top two
participants in each category.

38TH ANNUAL 4th of July HOME RUN DERBY

FEE: \$5.00
per person

MEN'S CATEGORIES:

AGES: 50+, 55+, 60+, 65+, 70+,
75+, 80+

WOMEN'S CATEGORIES:

AGES: 50+, 65+

SATURDAY, JULY 4TH, 2026

REGISTRATION: 8:30-9:00AM

TOURNAMENT BEGINS: 9:00AM

LOCATION:

FIELD #1 AT BORCHARD COMMUNITY CENTER

190 REINO RD. NEWBURY PARK

Call 805-381-2744 for more information



July 2026

- SEMINARS
- WORKSHOPS
- PRESENTATIONS

Seating is limited; unless otherwise noted, the following are free to attend, reservations are required

3 easy ways to reserve your seat!

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

HAIRCUTS BY RODNEY

Mondays, 7/6 & 7/20

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

TECH HELP WITH JACOB

Fridays, 7/3, 7/10, 7/17, 7/24 & 7/31

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.

LOVE ON A LEASH • THERAPY DOGS

Tuesday, 7/7 • 12noon

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.

BLOOD PRESSURE SCREENING

Wednesday, 7/8 • 9:30-11:30am

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. **Registration not required, drop-in only.**

\$5 COMPUTER HELP APPOINTMENTS

Thursday, 7/9 • \$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**

A MOMENT IN MY TIME

Thursday, 7/9 • 1:00-2:00pm

Join Christopher Micheals as he recounts his captivating tales from an extraordinary and occasionally perilous 82-year journey. Get ready for an exhilarating experience as you listen to Christopher's vivid memories of standing face to face with a jaguar in the wild and navigating a pickup truck loaded with nitroglycerin through the Yungas Jungle of Bolivia!

Seating limited, reservation required.

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

MEET ME AT THE MOVIES

Wednesday, 7/15 • 4:00pm

Title: **The Adam Project (2022)**

(Sci-Fi/Adventure/Action/Comedy)

Rating: **PG-13**

Duration: **1 hour, 46 minutes**

Synopsis: **A time-traveling pilot teams up with his younger self and his late father to come to terms with his past while saving the future.**

Starring: **Ryan Reynolds, Mark Ruffalo, Jennifer Garner and Walker Scobell**

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

CHOOSING A SENIOR COMMUNITY

Thursday, 7/23 • 11:00am

There are many different types of senior communities and the jargon in the 'senior care system' can be challenging to understand if you're not familiar and choosing the right one can be overwhelming. *Assisted Living, Independent Living, Memory Care, Aging-in-Place, CCRC . . .* what does it all mean? It's best to understand the options and have a plan in place for future phases of life whether for yourself, your parents, or a friend before the need arises.

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.

NAVIGATING FAMILY SEPARATION

Friday • 7/31 • 1:00-2:00pm

A safe and supportive discussion group for individuals experiencing family estrangement. Connect with others who understand the struggle, share experiences, and explore pathways toward healing, and re-connection.

Group Leader: Annette Broersma

This support group will meet on the last Friday of each month. Drop-in only, reservations are not required.

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Women in Transition

Ages 50+

Tuesdays, 10:00-11:30am

NEW

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

 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.

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, Super 8mm films & slides to a digital or disc format is a great way to preserve them. Miguel De Pau, Senior Volunteer at the GACC, generously offers to transfer your tapes, films, and slides to a digital format or onto a USB Flash Drive, all at no charge. For more information, call 805-381-2744.

- **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.**

Services to resume
in September

DROP-IN SCRABBLE

JOIN US

Mondays • 2:00-4:00pm

New Players Wanted!

Free, drop-in Scrabble! Fun & friendly competition!
Registration not required; Open to those ages 18+

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.

THE GOLDEN PIPERS AT THE MOORPARK ACTIVE ADULT CENTER

Do you love music and good company?

Consider joining The Golden Pipers at the Moorpark Active Adult Center!

They are a recorder group looking for a Piano Player, as well as, an Alto Recorder Player.

They practice on Wednesdays, 9:30-10:45am at the Moorpark Active Adult Center, 799 Moorpark Ave.

If interested or for more information, please contact Chris DeKlotz, 805-906-6929

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.

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, August 28, 2026

Friday, October 16, 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**



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**

TAKE ME OUT TO THE BALLGAME DODGER GAME DAY WATCH PARTIES!

Join us at the Goebel Adult Center for all-you-can-eat Dodger dogs, hamburgers, nachos, popcorn, and peanuts. It's a perfect chance for both longtime fans and newcomers to enjoy the excitement of baseball.



Tuesday, July 21, 3:40pm

Tickets on sale now!



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 PURCHASE LIMIT PER PERSON *ALL TICKETS ARE NON-REFUNDABLE & NONTRANSFERRABLE TO OTHER GACC EVENTS



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



MIRAGE

VISIONS OF

FLEETWOOD MAC

SUNDAY, AUGUST 16, 2026

3:00PM

Doors Open 2:30pm



**Tickets:
\$10
per person**

Tickets on sale now!

Purchase in-person or by phone

****All tickets are nonrefundable & not transferrable
to other GACC shows/events***

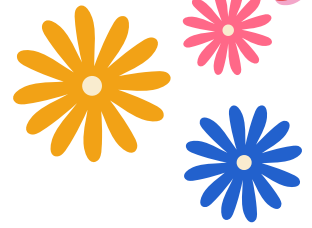
****Tickets purchased over the phone can be
picked up at the Goebel Adult Center front desk or
at "wiii-cail" on the day of the show.***

60's Peace, Love,

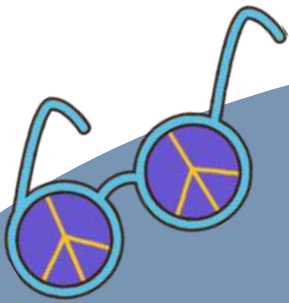
SAVE THE DATE



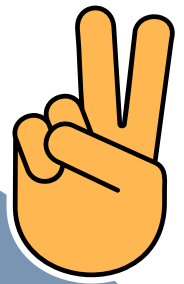
and Party!



Friday, September 18, 2026
5:00- 7:00pm



LET'S GET GROOVY



EMBRACE YOUR INNER FLOWER CHILD AND BRING OUT YOUR MOST VIBRANT ATTIRE FOR A NIGHT OF DANCING AND A DELIGHTFUL DINNER. JOIN US IN CELEBRATING PEACE AND LOVE AS WE PARTY IN TRUE 60'S STYLE, PLUS LIVE MUSIC PERFORMED BY TROPIC STARR!



Tickets: \$20/per person



- 4-ticket purchase limit per person
- On sale (in-person only) beginning Monday, August 17th
- Tickets are nonrefundable & nontransferrable to other GACC events

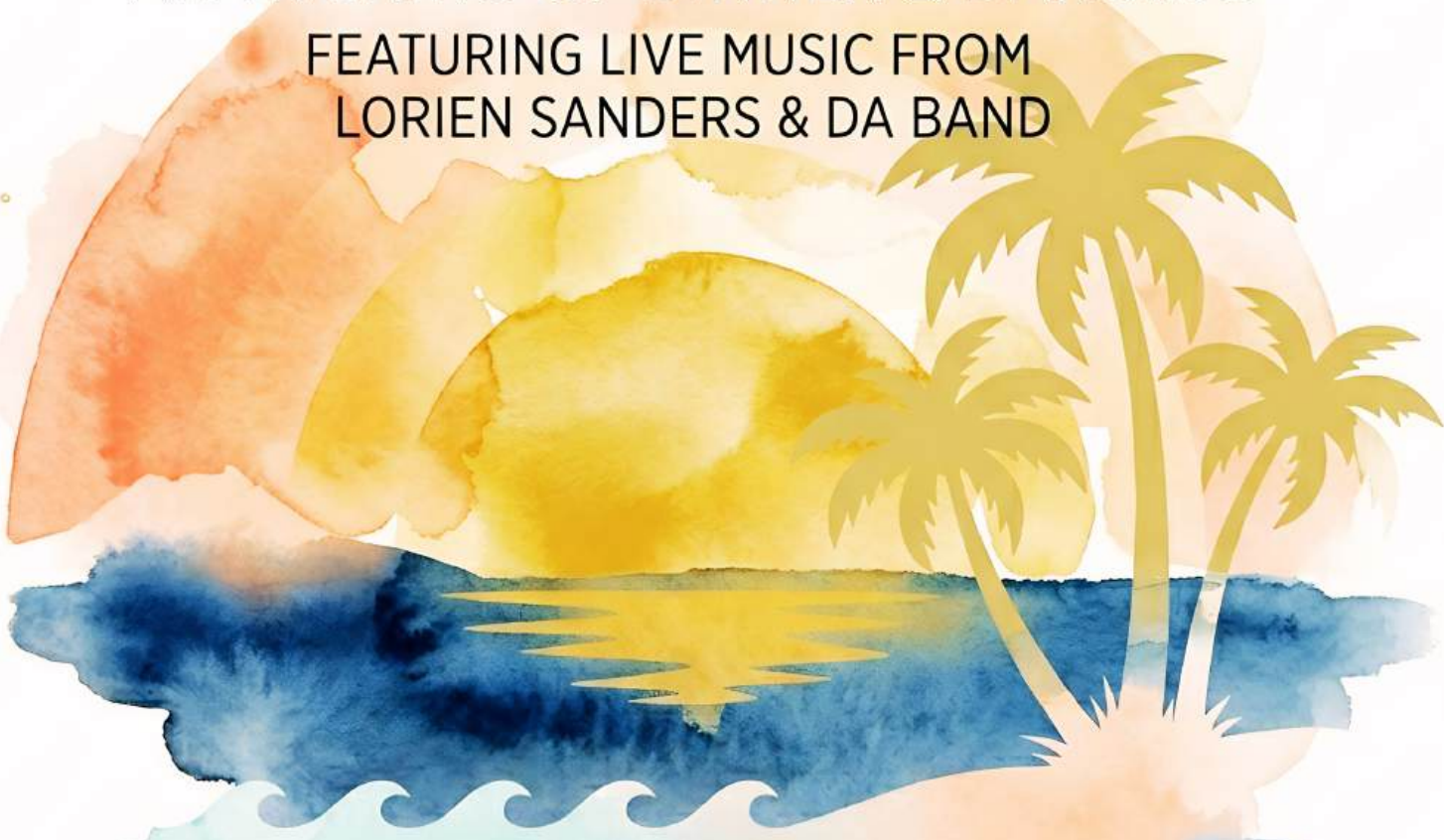


Grab your grass skirt and lei—you're invited to the party of the summer!

SUMMER SUNSET LUAU

AN EVENING OF DINNER & DANCING

FEATURING LIVE MUSIC FROM
LORIEN SANDERS & DA BAND



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

GOEBEL ADULT COMMUNITY CENTER
1385 E. JANSS RD. THOUSAND OAKS 91362
805-381-2744

Goebel Adult Community Center

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 Goebel Adult Center Front Desk or call 805-381-2744

TAP DANCE • Intermediate

Instructor: Jane Kampbell
Mondays, 10:00-11:00am
June 1 - July 20 • \$8/8 weeks

MEANING OF OPERA*

Instructor: Steve Kohn
Mondays, 3:30–5:00pm
June 1 - August 3 • \$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 2 - August 6 • \$10/10 weeks

KNITTERS & CROCHETERS

Facilitator: Yvonne Avis
Tuesdays & Thursdays, 12noon-3:00pm
June 2 - August 6 • \$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 2 - August 4 • \$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 3 - August 5 • \$10/10 weeks

AERONAUTICAL EDUCATION

Instructor: Ralph Meyer
Wednesdays, 12:15-2:15pm
June 3 - August 5 • \$10/10 weeks

ITALIAN • Intermediate

Instructor: Lillian Trevisan
Thursdays, 10:00am-12noon
June 4 - August 6 • \$10/10 weeks

OPEN STUDIO TIME FOR ARTISTS

Facilitator: Kathleen Gates
Thursdays, 3:00-5:30pm
June 4 - August 6 • \$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 5 - August 7 • \$10/10 weeks

Session: **Summer 2026**

Summer registration: Open now!
Open classes still available!

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

REGISTER NOW

Conejo Recreation & Park District

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 **CLASS IS FULL**

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

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

0837.3262 Mon, 7/13-8/10, 11:30am-12:20pm, \$58/5 wks **CLASS IS FULL**

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

0837.3264 Fri, 7/17-8/14, 12:30-1:20pm, \$58/5 wks **CLASS IS 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+ CLASS IS FULL

Instructor: Body Brain Train

0843.3261 Mon, 6/22-8/10, 1:00-1:45pm, \$96/8 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: Cici Bo

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

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+ CLASS CANCELLED

Instructor: Del Hor

0867.3261 Th, 7/9-8/6, 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

TAI-CHI, Age 50+

Instructor: Jean Stoutenborough

Introduction CLASS IS FULL

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

Beginning/ Intermediate*

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

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

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/Level 1

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

Intermediate/ Level 2

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 CLASS IS FULL

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

Session:

Summer 2026

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Music Classes

HARMONICA, Age 18+

Instructor: David Steinhardt (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 Steinhardt

Introduction

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

Level 2

~~0806.3261~~ **CLASS CANCELLED** 6:00pm, \$70/6 wks

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 **CLASS IS FULL**

~~0800.3261~~ Mon, 6/22-7/13, 10:00-11:30am, \$95/4 wks

Watercolor Basics Part 2

0801.3261 Mon, 7/20-8/10, 10:00-11:30am, \$95/4 wks

Paint Night! (Theme: Sail Boat) Age 21+

0803.3261 Sat, 7/11, 5:00-7:30pm, \$45/1 day

PHOTOGRAPHY, Age 18+

Instructor: Richard Smith

Digital Photography **CLASS IS FULL**

~~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

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

INTRO TO 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

0814.3261 Wed, 7/8, 9:30-11:30am, \$33/1 day

0814.3262 Wed, 7/8, 6:30-8:30pm **CLASS CANCELLED**

0814.3263 Th, 7/9, 9:30-11:30am, \$33/1 day **CLASS CANCELLED**

0814.3264 Th, 7/9, 6:30-8:30pm, \$33/1 day **CLASS IS FULL**

Specialty Classes

SOUND HEALING MEDITATION, Age 18+

Instructor: Cici Bo

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

~~0833.3261~~ **CLASS CANCELLED** 6/22-8/10, 12noon-12:45pm, \$105/8wks

MAH-JONGG, Age 18+

Instructor: Lorraine Urst

Beginning/Level 1 **CLASS IS FULL**

~~0857.3261~~ Mon, 6/22-7/27, 10:00am-12noon, \$100/6 wks

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 **CLASS CANCELLED**

~~0859.3261~~ Wed, 6/24-8/12, 5:00-6:00pm, \$115/8 wks

Intermediate

~~0860.3261~~ **CLASS CANCELLED** 6/24-8/12, 6:00-7:00pm, \$115/8 wks

ENGLISH CONVERSATION, Age 18+

Instructor: Anna Colilles

CLASS CANCELLED

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

INTRO TO CANASTA, Age 18+

Instructor: Lorraine Urst

CLASS CANCELLED

~~0856.3261~~ Th, 7/25-7/30, 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 K...

CLASS CANCELLED

~~0864.3261~~ Sat, 7/25, 2:30-3:30pm, \$25/1 day

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
PLEASE NOTE: **Closed Friday, July 3rd**

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.



CSVP BOUTIQUE

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



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**

Located inside the Goebel Adult Community Center
For more information call, **805-381-2742**
-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 activities are free and don't require registration- just drop in! 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+

Please Note: Will resume in September, date TBA

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 • 9:30am-12noon

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 DANCE & MUSIC

SOCIAL DANCING, Ages 18+

Wednesdays • 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+

Wednesdays • 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+

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

Bring your ukulele to strum along and sing together!

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)

SUPPORT GROUPS

CRPD provides classrooms for support groups, but does not organize, or endorse any opinions/comments shared. Contact GACC Staff with issues or concerns.

LGBTQ+ CAREGIVER SUPPORT GROUP

1st & 3rd Mondays, 7/6 & 7/20, 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, 7/1 & 7/15 • 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, 7/22 • 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 Thursdays, 7/9 • 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 Fridays, 7/3 & 7/17 • 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 Saturdays, 8/1 • 12:30-2:00pm

no meeting in July; will resume in August

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 Fridays, 12noon-2:30pm**

(call for availability)

Hours and availability may change without notice at any time

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, emotional distress, alcohol/drug use concerns, or 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. Assistance with housing, health care, food, 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 Senior Concerns or email egu@seniorconcerns.org

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.

GREY LAW, LEGAL HELP w/ Sharon Yoon

1st & 3rd Wednesdays, 7/1 & 7/15

(by appointment only)

For more info/to schedule an appointment, call/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. They offer assistance with public benefits, long-term care planning, wills, living trusts, and powers of attorney.

HEALTH INSURANCE COUNSELING (HICAP)

2nd & 4th Wednesdays, 7/8 & 7/22

(by appointment only) For more info or to schedule an appointment, call 805-477-7300 or email HICAP@venturacounty.gov

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)

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

Compassionate, confidential emotional support for adults ages 60+. 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

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, Ages 50+

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

WOMEN IN TRANSITION, Ages 50+

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

MEN'S DISCUSSION GROUPS

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

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

LITERATURE LOVERS DISCUSSION GROUP

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

BOOK DISCUSSION GROUP

2nd Tues, 7/14, 7:00–8:45pm w/ Cheryl • 805-368-4542

GENEALOGY DISCUSSION GROUP

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

SENIOR SINGLES SOCIAL GROUP

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

STAMP CLUB

2nd & 4th Thurs, 7/9 & 7/23, 4:00–5:30pm w/ Marc • 818-903-0369

HISTORY BOOK DISCUSSION GROUP

2nd Thurs, 7/9, 7:00–8:45pm w/ Jack • 805-341-7585

GRUPO SOCIAL LATINO MAYOR

Viernes, 9:00am–12noon

CONEJO VALLEY WRITERS

3rd Sat, 7/18, 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 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 Goebel Adult Center 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 Goebel Adult Center 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 Goebel Adult Center! Use the GSCC NPO #DE917. **For 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, 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

6:00pm Doors Open

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

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

ADMISSION:

\$12 per person at the door

-Cash or Check only-

Check payable to:

Conejo Recreation & Park District (CRPD)

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+**
- Registration for day-trips is on the **2nd Friday** of each month, **July 10th 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 open on Friday, July 10th at 9:00am

SoFi Stadium- Behind the Scenes Tour

Tuesday, September 8, 2026 • 9:45am-6:15pm
\$105 per person • Partially Sponsored by GSCC

Walking Scale= **3**

Experience one of the most impressive **sports and entertainment venues** in the world on this exclusive *behind-the-scenes* tour of **SoFi Stadium**! Home to the L.A. Rams and Chargers, the host site for the 2026 FIFA World Cup, the 2027 Super Bowl, and the 2028 Olympic Games. Led by **Curt Tucker**, you'll explore areas that are typically closed to the public, including a luxury suite, the players' locker room, and other exclusive spaces all while learning about the stadium's remarkable construction and history. Before the stadium visit, enjoy **lunch on your own** at the legendary **Philippe The Original**, the historic L.A. deli famous for its French dip sandwiches and other comfort fare.



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**!



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 Independence Day celebration under the stars.**

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.

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

Morocco • January, 2027

More information coming soon!

Ecuador & Galapagos Islands Cruise • February, 2027

More information coming soon!

Great Trains & Grand Canyon • February, 2027

More information coming soon!

French Riviera Explorer • March, 2027

More information coming soon!



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



BOOGIE WONDERLAND

A Tribute to Earth Wind & Fire



Sunday, September 20, 2026
3:00pm (doors open at 2:30pm)

Earth Wind & Fire was by far one of the most electrifying and influential bands in history, with a recipe of Gospel, Jazz, R&B, Rock, and African. They were able to bridge the gap between all cultures with this combo of music delight. Today, *Boogie Wonderland* is a tribute to *Earth Wind & Fire*, that was formed in early 2009 in Los Angeles. With hits like "Reasons", "September", "Boogie Wonderland" and "Getaway" you will be on the edge of your seat enjoying hit after hit. This show is by far one the best *Earth Wind & Fire* Tribute shows in the entire country!

Tickets on sale (in-person only) beginning July 14th
Phone Sales begin July 21st

***All tickets are nonrefundable and nontransferrable 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**

**Tickets:
\$10
per person**



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**



Resource Directory for Older Adults

Directorio de Recursos
para Personas Mayores

toaks.gov/olderadults



Scan QR Code to view
the digital version

*Escanee el código QR
para ver la versión digital*

EDITION:

JULY 2026

Enrich • Engage • Explore

Conejo Recreation & Park District

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.

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SENIOR LIVING
WESTLAKE VILLAGE