

# APRIL 2024

## The GOEBEL GAZETTE

Goebel Adult Community Center  
1385 East Janss Road  
Thousand Oaks, CA 91362  
805-381-2744 / Fax: 805-495-5430  
[www.crpdpd.org/gacc](http://www.crpdpd.org/gacc)



## **FREE TAX RETURN PREPARATION**

In conjunction with the Internal Revenue Service, trained and certified Conejo Senior Volunteer Program (CSVP) Volunteers will provide **free** income tax preparation for persons in either of these categories:

- \*Seniors 60 years of age or older (any income level) **or**
- \*Persons with an income of \$60,000 or less, regardless of age.

For more detailed information, including times/locations, call CSVP 805-381-2742, email [csvp@crpd.org](mailto:csvp@crpd.org), visit our [website](http://www.crpdpd.org), or see program flyer on page 4.

## **TAX ASSISTANCE PROGRAM**

The free Tax Return Preparation program, provided by Conejo Senior Volunteer Program (CSVP), will end on Friday, April 12, 2024. CSVP will continue to provide Tax Assistance services at the Conejo Creek South Community Building on the first Wednesdays of each month from May-October. CSVP will prepare and file income tax returns for years 2020-2023, 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.**

Call the CSVP office, 805-381-2742 to make an appointment.

## **COMPLIMENTARY HOME REPAIRS FOR SENIORS**

Senior Concerns is working in partnership with the Westlake Village Sunrise Rotary Club to provide complimentary home repair services for seniors living in the 91361 and 91362 zip codes. After being vetted by Senior Concerns, volunteer Rotary Home Team™ participants provide essential home maintenance services to seniors free of charge. **For more detailed information or to schedule an appointment, please contact Senior Concerns 805-497-0189, [www.seniorconcerns.org](http://www.seniorconcerns.org)**

## **FREE HAIRCUTS BY RODNEY**

Monday, April 1  
or  
Monday, April 15

**\*In an effort to promote fairness, there is a limit of one haircut per person, per month\***

Haircuts are offered on a first-come, first-served basis.

Only 12 haircuts will be given each day.

To determine the order once haircuts begin at **10:00am**, numbers 1-12 will be handed out to the first 12 senior adults in line. Doors open at **8:30am**.  
**HAIRCUT ONLY, NO BLOW DRY OR STYLING.**



## **LOVE ON A LEASH THERAPY DOGS**

Tuesday, April 9, 12noon

Therapy dogs and their handlers visit the Goebel Center on the first Tuesday's of each month to provide comfort and happiness to everyone!  
Stop by to say hi.

Love on a Leash® is committed to bringing comfort, happiness, and healing to more people nationwide by increasing public awareness of pet-provided therapy. A therapy pet's primary function is to brighten someone's day!

## **AGING SOLO**

Thursday, April 11, 11:00am

Living alone means different things to different people, and life experiences often determine how individuals cope with *aging solo*. Whether single, divorced, lost a life-long partner, or contemplating being alone in the later years of life, this class provides helpful information about the key steps to consider when planning to live independently, ways to remain active and connected, and strategies to reduce loneliness and isolation. Participants are provided a guided roadmap to successfully prepare for a safe, secure, and supported future.

**Presented by: Foundation for Senior Services**

To register, call Goebel Center 805-381-2744, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Center front desk.

## **INDIVIDUALIZED COMPUTER HELP**

with Collin Knapp

Wednesday, April 17, 8:45am-12:45pm  
**5 appointments available**

Take control of technology issues with confidence by learning how to troubleshoot on your own! Bring your device and come with questions to your 45-minute appointment.

**\$5/each 45-min appointment.**

**In-person registration only. To register, visit the Goebel Center front desk.**

## **NEW TEENS HELP WITH TECH!**

Saturday, April 13, 2:00-4:00pm  
Saturday, April 27, 2:00-4:00pm

Do you feel isolated because you don't know how to properly use your smartphone or tablet? Do you struggle with navigating your smartphone or tablet? Do you need help with installing/finding/closing apps, or retrieving passwords? Westlake High School students will be at the Goebel Center **on the 2nd and 4th Saturdays of each month for drop-in tech help. First come, first served, no reservations required, just drop-in!**

*Remember to bring your smartphone or tablet.*

## **MEET ME AT THE MOVIES**

Wednesday, April 17, 4:00pm

**Title:** The Color Purple (2023)

**Synopsis:** Torn apart from her sister and her children, Celie faces many hardships in life, including an abusive husband. With support from a sultry singer named Shug Avery, as well as her stand-her-ground stepdaughter, Celie ultimately finds extraordinary strength in the unbreakable bonds of a new kind of sisterhood.

**Rating:** PG-13

**Run-Time:** 2 hours, 21 minutes

**Seating limited, Registration required.**

To register, call Goebel Center 805-381-2744, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Center front desk.

## **POSITIVE GRANDPARENTING**

Thursday, April 18, 11:00am

If you are a grandparent, or plan to be, there are some basic rules not everyone is aware of that could be very important for a healthy relationship. No matter how close you are to your children, this new paradigm to your relationship may change things. Many grandparents find themselves walking on eggshells with children-in-laws to be sure they do not offend and lose favor. Others step up and create a role in their grandchildren's lives that will last forever. It is best to be prepared and understand the dynamics.

**Presenter is Annette Broersma, M.S.**

To register, call Goebel Center 805-381-2744, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Center front desk.

## **DODGER GAME DAY!**

## **TAKE ME OUT TO THE BALLGAME**

Tuesday, April 23, 3:45pm

Join us for a Dodger Game Day!

For more information, see page 6 of this Goebel Gazette.

**OPEN TO AGES 18+**

# BINGO

**AT THE GOEBEL ADULT COMMUNITY CENTER  
TUESDAYS, FRIDAYS & SATURDAYS**

**11:45AM- DOORS OPEN**

**12:30PM- PAPER SALES END**

**12:45PM- GAMES START**

DAY-TIME BINGO DETAILS: (CASH ONLY)

Minimum Buy-In is one 4-on paper: \$3

4-ons & 6-ons Payout: up to \$250

Additional Special Games: \$2 each

Special Games Payout: up to \$500

**ALL GAMES = 85/15 SPLIT**



## FRIDAY NIGHT BINGO!

**FRIDAY, APRIL 26**

**5:00PM- PAPER SALES START**

**6:00PM- SALES STOP PROMPTLY**

**6:15PM- GAMES START**

FRIDAY NIGHT BINGO DETAILS: (CASH ONLY)

Papers Only

Minimum Buy-in (1 set of all papers)=\$21 (cash only)

Buy-in 4-ons=\$5 and 6-ons=\$10. Payout up to \$250

Buy-in special games=\$2

Double Action, Big Bucks Payout up to \$500

All games= 80/20 split



# IRS Certified Volunteers Provide

## FREE TAX RETURN PREPARATION



In conjunction with the Internal Revenue Service, trained and certified CSVP volunteers will provide FREE income tax preparation for persons in either of these categories:

- Seniors 60 years of age or older (any income level) OR
- Persons with an income of \$60,000 or less, regardless of age

**Conejo Creek South Community Building**  
1350 E. Janss Rd., Thousand Oaks, 91362  
Mondays, Tuesdays, Wednesdays,  
Thursdays, and Fridays  
**February 1 - April 12, 2024**  
**8:30am - 4:00pm**  
**SPANISH TRANSLATION AVAILABLE**  
**MONDAYS, 12noon - 4:00pm &**  
**Wednesdays, 8:30am-4:00pm**  
**MANDARIN TRANSLATION AVAILABLE**  
**FRIDAYS, 8:30am - 4:00pm**

**Newbury Park Library**  
2331 Borchard Rd., Thousand Oaks, 91320  
**WEDNESDAYS ONLY**  
**Wednesday, February 7 -**  
**Wednesday, April 10, 2024**  
**10:00am - 4:00pm**  
**MANDARIN TRANSLATION AVAILABLE**  
**10:00am-4:00pm**

**No appointments taken - First-come, first-served basis. Please read all information.**

### WHAT TO BRING

- For married filing joint, both spouses must be present
- Photo identification
- Social Security cards or Individual Taxpayer Identification Number documents for you, your spouse, and dependents
- Birth dates for you, spouse, and dependents
- A copy of last year's Federal and State tax return
- All Forms W-2, 1098, and 1099
- Interest and dividend statements (1099-INT; 1099-DIV; 1099-B)
- Form 1095-A (Marketplace Health Insurance)
- Other relevant information on income, expenses, deductions
- Information for all deductions/credits
- Total paid to child care provider and their tax ID number
- Bank Routing numbers for direct deposit

### WILL PREPARE TAX RETURNS THAT INCLUDE

- Wages, salaries, etc. (Form W-2)
- Interest Income (Form 1099-INT)
- Dividends Received (Form 1099-DIV)
- State Tax Refunds (Form 1099-G)
- Unemployment Benefits (Form 1099-G)
- IRA Distributions (Form 1099-R)
- Pension Income (Forms 1099-R, CSA-1099)
- Social Security Benefits (Form SSA-1099)
- Capital Gain/Loss (Form 1099-B)
- Sale of Home (Form 1099-S)
- Self-employed Income (Form 1099-MISC, 1099-NEC, 1099-K)
- Gambling Winnings (Form W-2G)
- Cancellation of Debt (Form 1099-C)
- Health Savings Accounts (Form 1099-SA)
- Itemized Deductions
- Education Credits (Form 1098-T)
- Child Tax Credit
- Earned Income Credit
- Prior Year and Amended Returns
- Business income/expenses for Schedule C (ONLY if there is a profit and expenses are under \$35,000; no home use, inventory, or depreciation)

### CANNOT PREPARE

- Schedule E (No Rentals)
- Out-of-state-returns
- Married filing separate returns
- Returns with more than four K-1's

\*This program is not a Thousand Oaks Library sponsored event

back by popular demand!

# COMMUNITY GARAGE SALE

Sunday, April 28, 2024  
8:00am-1:00pm

**\$30/ per space**

optional: 6 ft. table rental available for additional \$5  
(tables limited)

**FREE FOR SHOPPERS!**

Over 30 garage sales, in one convenient location!





# TAKE ME OUT TO THE BALLGAME

**TUESDAY, APRIL 23, 3:45PM**

**BASEBALL FANS, COME OUT AND JOIN US FOR A DODGER GAME DAY  
AGAINST THE WASHINGTON NATIONALS!**

**ENJOY DODGER DOGS, POPCORN, PEANUTS, AND MORE!**

**GAME WILL BE SHOWN IN THE GOEBEL CAFÉ.**

**TICKETS: \$10/ PER PERSON**

**BEGINNING MONDAY, APRIL 1, PURCHASE TICKETS  
(IN-PERSON ONLY) AT THE GOEBEL CENTER FRONT DESK**

**PLEASE NOTE: TICKETS ARE NON-REFUNDABLE**



**VS**



**Friday,  
May 3rd**

**5:00pm**

**Tickets:  
\$15/per person**

**Live Music. Dinner. Dancing**

**BEGINNING MONDAY, APRIL 1, PURCHASE TICKETS (IN-PERSON  
ONLY) AT THE GOEBEL CENTER FRONT DESK .  
PLEASE NOTE: TICKETS ARE NON-REFUNDABLE**



# Mother's Day Tea Party

**Tickets:  
\$15/ per  
person**

**Beginning April 11th,  
purchase tickets  
(in-person only)  
at the Goebel Center  
Front Desk.**

**Let the tea-rrific  
celebrations begin!**

**PLEASE NOTE:  
2-ticket max per person.  
Tickets are non-refundable**

**Friday,  
May 10, 2024  
10:00am**

**Join us for a  
delightful tea party  
as we honor all of  
the amazing mom's  
in our lives this  
Mother's Day!  
Come sip, savor,  
and indulge in  
tea sandwiches,  
scrumptious scones,  
decadent desserts,  
and a selection of  
teas fit for royalty.**



The Goebel Senior Center Commission proudly presents an Entertainment "Live!" Event

# MORE THAN MAGIC



**NAATHAN PHAN IS A MULTI-TALENTED, AWARD-WINNING ENTERTAINER WHO HAS HEADLINED STAGES ACROSS THE GLOBE, APPEARED IN FILMS, HAS BEEN REGULARLY FEATURED ON NATIONAL TV NETWORKS, AND IS A REGULAR PERFORMER AT THE EXCLUSIVE MAGIC CASTLE IN HOLLYWOOD! NAATHAN HAS WOWED AUDIENCES AROUND THE WORLD WITH HIS HIGH-ENERGY, CLOSE-UP MAGIC, AND STAND UP COMICAL SHENANIGANS. NAATHAN TRULY CREATES A ONE-OF-A-KIND EXPERIENCE THAT YOU WON'T WANT TO MISS AND WILL NEVER FORGET!**

**SUNDAY, MAY 19, 2024**  
**3:00pm**  
(Doors open at 2:30pm)  
**Tickets/\$10 per person**  
On sale now!  
Purchase tickets in-person at the Goebel Center Front Desk or by phone, 805-381-2744





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

# THE SURF CITY ALLSTARS

with Original Beach Boy AL JARDINE / Original Beach Boy DAVID MARKS / DEAN TORRENCE of Jan&Dean

## Sunday, June 16, 2024

### 3:00pm

Doors open at 2:30pm

A TICKET TO THIS SHOW WOULD MAKE SUCH A FABULOUS FATHER'S DAY GIFT!



*"The Surf City Allstars are the only "tribute" band on the planet where each and every member toured in the Beach Boys with Jan & Dean"*

## Tickets: \$10/person

Purchase tickets at the Goebel Center front desk or by phone beginning Tuesday, April 16.

*PLEASE NOTE: Tickets are non-refundable*





# SENIOR VOLUNTEER INSTRUCTED CLASSES

## \$10 FOR 10 WEEKS!

Current Session: *Spring (Monday, March 18-Friday, May 24)*

Next Session: *Summer (Monday, June 3-Friday, August 9)*

*NOTE: There is a one-week break between Spring and Summer Sessions*

Register in-person for Summer session, beginning April 15, at the Goebel Center front desk.

### **TAP DANCE- Intermediate**

Mondays, 10:00-11:00am

Spring Session: 4/15-5/20 (\$6 fee)

Summer Session: 6/3-8/5

Instructor: Jane Kampbell



### **MEANING OF OPERA- ZOOM\***

Mondays, 3:30-5:00pm

Spring Session: 3/18-5/21

Summer Session: 6/3-8/5

Instructor: Steve Kohn



*\*Class is taught virtually through Zoom*

### **TAI CHI CHUAN**

Tuesdays & Thursdays, 9:45-10:45am

Spring Session: 3/19-5/23

Summer Session: 6/4-8/8

Instructor: Elaine Pawelczyk



### **MAH-JONGG- Intermediate**

Tuesdays, 6:00-8:00pm

Spring Session: 3/19-5/21 (\$9 fee)

Summer Session: 6/4-8/6

Facilitator: Abbey Clark



### **KNITTERS & CROCHETERS**

Tuesdays & Thursdays, 12noon-3:00pm

Spring Session: 3/19-5/23

Summer Session: 6/4-8/8

*\$20 fee due to meeting twice a week*

Facilitator: Yvonne Avis



### **SPANISH: Intermediate**

Wednesdays, 9:00-11:00am

Spring Session: 3/20-5/22

Summer Session: 6/5-8/7

Instructor: Bob Caccavo



### **HAND SEWING**

Wednesdays, 9:30-11:30am

Spring Session: 3/20-5/22

Summer Session: 6/5-8/7

*Bring your own hand-sewn project to work on.*

*No instruction provided.*

Facilitator: Sandra Toutz



### **ITALIAN- Intermediate**

Thursdays, 10:00am-12noon

Spring Session: 3/21-5/23

Summer Session: 6/6-8/8

Instructor: Frank Fedeli



### **AERONAUTICAL EDUCATION**

Wednesdays, 12:15-2:15pm

Spring Session: 3/20-5/22

Summer Session: 6/5-8/7

Instructor: Ralph Meyer



### **OPEN STUDIO TIME FOR ARTISTS**

Thursdays, 3:00-5:30pm

Spring Session: 3/21-5/23

Summer Session: 6/6-8/8

*Bring own supplies. All mediums welcome.*

Facilitator: Kathleen Gates



### **MEDITATION- ZOOM\***

Thursdays, 2:00-3:15pm

Spring Session: *no class-will resume in summer*

Summer Session: 6/6-8/8

*\*Class is taught virtually through Zoom*

Instructor: Penny Olsen



### **SHAKESPEARE FOR EVERYONE**

Fridays, 1:00-2:30pm

Spring Session: 3/22-5/24

Summer Session: 6/7-8/9

Instructor: Helen Bartelstone



Summer 2024 Registration will open on Monday, April 22 at 9:00am

Session Dates:

Spring 2024: Monday, March 25–Friday, May 17

Summer 2024: Monday, June 24–Friday, August 9



# -VISUAL ARTS-

## KNITTING- BEGINNING

Instructor is unable to teach to left-handed students  
Mon, 6/24-8/12, 9:45-11:45am, \$59/ 8 wks  
\$25 materials fee due first class

Class #: 0862.3241, Instructor: Barbara Edelman

## DIGITAL PHOTOGRAPHY CLASS

Mon, 6/24-8/12, 3:30-4:30pm, \$90/ 8 wks  
Students must bring own camera

Class #: 0807.3241, Instructor: Richard Smith

## STREET PHOTOGRAPHY & TOUR OF DOWNTOWN L.A.

Thurs, 4/4, 8:15am-3:00pm, Class #: 0808.2241

Thurs, 4/18, 8:15am-3:00pm, Class #: 0808.2242

Thurs, 5/2, 8:15am-3:00pm, Class #: 0808.2243

Thurs, 7/11, 8:15am-3:00pm, Class #: 0808.3241

Thurs, 7/25, 8:15am-3:00pm, Class #: 0808.3242

Thurs, 8/8, 8:15am-3:00pm, Class #: 0808.3243

\$80/ each 1-day class, Instructor: Richard Smith

Location: Meet at Moorpark Train Station

Requires \$23 roundtrip Metrolink Train Ticket (not included)

## **CANCELLED** PAINT NIGHT @ STUDIO 316: CHARCOAL & PASTEL ELEPHANT

Sat, 4/6, 5:00-7:30pm, \$45/ 1-day

Class #: 0803.2241, Instructor: Bob Noonan

Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

## PAINTING: WATERCOLOR BASICS - PART 1

Spring Session:

**FULL** Fri, 3/29-4/26, 4:30-6:00pm, Class #: 0800.2241

Summer Session:

Fri, 6/28-7/19, 4:30-6:00pm, Class #: 0800.3241

Instructor: Bob Noonan

Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

## PAINTING: WATERCOLOR BASICS - PART 2

Spring Session:

Fri, 5/3-5/24, 4:30-6:00pm, \$90/ 4 wks

Class #: 0801.2241, Instructor: Bob Noonan

Summer Session:

Fri, 7/26-8/16, 4:30-6:00pm, \$90/ 4 wks

Class #: 0801.3241, Instructor: Bob Noonan

Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

# -OUTDOOR-

## NATURE WELLNESS WALKS

Wed, 4/2, 9:30-11:30am, Class #: 0865.2241

Wed, 4/24, 9:30-11:30am, Class #: 0865.2242

Wed, 6/26, 9:30-11:30am, Class #: 0865.3241

Wed, 7/24, 9:30-11:30am, Class #: 0865.3242

\$25/ each 1-day walk. Instructor: Irene Rowland

## \$5 HIKES WITH DR. BEN GRIFFES

TOPIC: STAYING HEALTHY

Sat, 4/13, 7:45-9:15am, Class #: 0855.2241

Location: Los Robles Trail

(meet in the parking lot at the west end of Moorpark Rd.)

TOPIC: PAIN IS RARELY THE PROBLEM

Sat, 5/4, 7:45-9:15am, Class #: 0855.2242

Location: Wildwood Park

(meet in the parking lot at west end of Avenida de los Arboles)

TOPIC: LITTLE HABITS MAKE FOR GREAT GAINS

LOCATION: SYCAMORE CANYON

Sat, 7/13, 7:45-9:15am, Class #: 0855.3241

Location: Sycamore Canyon

# -PERFORMING ARTS-

## ACTING, ACTING & MORE ACTING

Tues, 6/25-8/6, 6:30-8:30pm, \$135/ 7 wks  
Class #: 0810.3241, Instructor: Tony Torrisi

## HARMONICA - INTRODUCTION

Tues, 6/25-8/6, 7:30-8:30pm, \$67/ 7 wks  
\$12 materials fee due first class if you need a harmonica

Class #: 0804.3241, Instructor: Dr. Ben Griffes

## UKULELE - INTRODUCTION

Wed, 6/26-7/31, 5:00-6:00pm, \$66/ 6 wks  
\$3 materials fee due first class

Class #: 0805.3241, Instructor: David Steinhart

## UKULELE - LEVEL 2

Prerequisite: Ukulele Introduction

Thurs, 6/27-8/8, 5:00-6:00pm, \$66/ 6 wks  
(no class 7/4)

Class #: 0806.3241, Instructor: David Steinhart

# -DANCE-

## DANCE IT OUT: LATIN/BALLROOM EDITION

Mon, 6/24-8/12, 2:30-3:00pm, Class #: 0824.3241  
\$79/8 weeks. Instructor: Janet Snyder

This is a fitness class; you will not be dancing with a partner

## BALLROOM DANCE

Mon, 6/24-8/12, 3:30-4:30pm, Class #: 0823.3241  
\$89/ 8 wks. Instructor: Janet Snyder

Foxtrot, Rumba, and Night Club Two-Step

## TAP DANCE- ADVANCED

Prerequisite: Tap 1 or prior tap experience

Mon, 6/24-8/12, 5:00-6:00pm, Class #: 0827.3241  
\$83/ 8 wks, Instructor: Debbie Munz

Bring tap shoes, water, and wear comfortable clothing

## TAP DANCE- BEGINNING

Mon, 6/24-8/12, 6:00-7:00pm, Class #: 0825.3241  
Thurs, 6/27-8/22, 2:15-3:15pm, Class #: 0825.3242

(no class 7/4)

\$83/ each 8 week session. Instructor: Debbie Munz  
Bring tap shoes, water, and wear comfortable clothing

## TAP 1

Prerequisite: Beginning Tap or prior tap experience

Mon, 6/24-8/12, 7:00-8:00pm, Class #: 0826.3241  
\$83/ 8 wks, Instructor: Debbie Munz

Bring tap shoes, water, and wear comfortable clothing

## BALLET SLIM & TRIM

Tues, 6/25-8/13, 2:00-3:00pm, Class #: 0828.3241  
\$67/ 8 wks, Instructor: Ann Monahan

## LINE DANCING- BEGINNING

Wed, 6/26-8/14, 2:30-3:25pm, Class #: 0820.3241  
\$75/ 8 wks, Instructor: Kathy Bailey

Wear comfortable clothing and smooth soled shoes

## BUILDING BLOCKS OF BELLY DANCE

Wed, 6/26-8/14, 4:30-5:15pm, Class #: 0829.3241  
\$75/8 wks, Instructor: Lisa Rauschenberger

Wear yoga-like attire and bring a water bottle

## BELLY DANCE!

Wed, 6/26-8/14, 5:30-6:30pm, Class #: 0821.3241  
\$75/8 wks, Instructor: Lisa Rauschenberger

Wear yoga-like attire and bring a water bottle



For class descriptions, more information, or to register for a class, visit [www.crpdp.org/register](http://www.crpdp.org/register), call 805-381-2744, or visit the Goebel Center front desk.  
**Note: Classes may be canceled if there is not a minimum number of participants registered.**

## **-FITNESS & YOGA-**

### **CHAIR-BASED STRENGTH & BALANCE WITH CATHYA HAAS**

#### **LEVEL 1-AGE 50+**

\$63/each 6 week session

Mon, 6/3-7/8, 12:30-1:20pm, Class #: 0836.3241

Mon, 7/15-8/19, 12:30-1:20pm, Class #: 0836.3242

Fri, 6/7-7/12, 1:30-2:20pm, Class #: 0836.3243

Fri, 7/19-8/23, 12:30-1:20pm, Class #: 0836.3244

#### **LEVEL 2-AGE 50+**

*Prerequisite: Chair-Based Strength & Balance- Level 1*

\$63/each 6 week session. *Bring a pair of 2-3lb hand weights*

Mon, 6/3-7/8, 1:30-2:20pm, Class #: 0837.3241

Mon, 7/15-8/19, 1:30-2:20pm, Class #: 0837.3242

Fri, 6/7-7/12, 12:30-1:20pm, Class #: 0837.3243

Fri, 7/19-8/23, 12:30-1:20pm, Class #: 0837.3244

#### **LEVEL 3-AGE 50+**

*Prerequisite: Chair-Based Strength & Balance- Level 2*

\$63/each 6 week session. *Bring a pair of 3-5lb hand weights*

Mon, 6/3-7/8, 11:30am-12:20pm, Class #: 0870.3241

Mon, 7/15-8/19, 11:30am-12:20pm, Class #: 0870.3242

### **TAI CHI-INTRODUCTION-AGE 50+**

Tues, 6/25-8/13, 8:30-9:30am, Class #: 0838.3241

\$67/8 weeks. Instructor: Jean Stoutenborough

### **STRENGTH, STRETCH, & SCULPT-AGE 50+**

Tues, 6/25-8/13, 3:15-4:15pm, Class #: 0834.3241

\$67/8 weeks. Instructor: Ann Monahan. *Bring a yoga mat*

### **GENTLE YOGA WITH CICI BO-AGE 50+**

*Spring Session:*

Wed, 4/3-5/22, 9:00-9:45am, Class #: 0832.2241

*Summer Session:*

Wed, 6/28-8/14, 9:00-9:45am, Class #: 0832.3241

\$96/each 8 week session, *bring a yoga mat or towel*

### **STRETCH, TONE & BALANCE**

Wed, 6/24-8/14, 1:15-2:10pm, Class #: 0835.3241

\$75/8 weeks, Instructor: Kathy Bailey

*Bring water, non-slip yoga mat, and pair of 1-3lb hand weights*

### **TAI CHI- BEGINNING/INTERMEDIATE-AGE 50+**

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

Thurs, 6/27-8/22, 8:30-9:30am, Class #: 0839.3241

*no class 7/4*

\$67/8 weeks, Instructor: Jean Stoutenborough

### **CAPOEIRA**

Tues & Thurs, 6/25-8/22, 6:10-7:10pm, *(no class 7/4)*

Class #: 0831.3241

\$10 materials fee due to instructor first class

\$180/8 weeks, Instructor: Andy Gomez

### **EXERCISE FOR LESS STRESS & MORE ENERGY**

Instructor: Jim Belsley

*Spring Session:*

Fri, 4/12-5/17, 3:00-4:00pm

Class #: 0830.2241, \$57/6 weeks

*Summer Session:*

Fri, 6/28-8/9, *(no class 7/26)*, 3:00-4:00pm

Class #: 0830.3241, \$59/6 weeks

## **-SPECIALTY-**

### **MAH-JONGG FOR BEGINNERS**

Mon, 6/24-7/29, 10:00am-12noon, Class #: 0857.3241

\$85/6 weeks, Instructor: Lorraine Urst

### **SOUND HEALING MEDITATION WITH CICI BO**

\$90/each 6 week session

*Spring Session:*

Mon, 4/15-5/20, 12noon-12:45pm, Class #: 0833.2241

*Summer Session:*

Mon, 6/24-7/29, 12noon-12:45pm, Class #: 0833.3241

*Location: Harmony Family Yoga Studio*

**804 East Thousand Oaks Blvd. Thousand Oaks, 91362**

### **IPHONE/IPAD WORKSHOP**

\$25/each 1-day class, Instructor: Tracie Karasik

*Bring your iPhone or iPad*

*Spring Session:*

Tues, 4/2, 10:00-11:30am, Class #: 0864.2241

*Summer Session:*

Tues, 6/25, 10:00-11:30am, Class #: 0864.3241

### **SPANISH - BEGINNING**

\$98/each 8-week session, Instructor: Anna Colliles

*Spring Session:*

Wed, 4/17-6/5, 5:00-6:00pm, Class #: 0859.2241

*Summer Session:*

Wed, 6/26-8/14, 5:00-6:00pm, Class #: 0859.3241

### **SPANISH - INTERMEDIATE**

\$98/each 8-week session, Instructor: Anna Colliles

*Spring Session:*

Wed, 4/17-6/5, 6:10-7:10pm, Class #: 0860.2241

*Summer Session:*

Wed, 6/26-8/14, 6:10-7:10pm, Class #: 0860.3241

### **ENGLISH CONVERSATION**

\$98/each 8 week session, Instructor: Anna Colliles

*Spring Session:*

Wed, 4/17-6/5, 7:20-8:20pm, Class #: 0861.2241

*Summer Session:*

Wed, 6/26-8/14, 7:20-8:20pm, Class #: 0861.3241

### **CANASTA - INTRODUCTION**

#### **HAND, KNEE, AND FOOT**

Thurs, 6/27-8/8, 9:30-11:30am, Class #: 0856.3241

*(no class 7/4)*

\$85/6 weeks, Instructor: Lorraine Urst

### **TENNESSEE WILLIAMS ON FILM**

Thurs, 6/27-8/8, 2:30-5:00pm, *(no class 7/4)*

Class #: 0863.3241, \$63/6 weeks, Instructor: Joe Longo

### **MAH-JONGG - INTERMEDIATE/ADVANCED**

*Prerequisite: Mah-Jongg for Beginners*

Fri, 6/28-8/2, 10:00am-12noon, Class #: 0858.3241

\$85/6 weeks, Instructor: Lorraine Urst



**Conejo**

Recreation & Park District

# Volunteers Make a Lasting Difference

The Conejo Senior Volunteer Program (CSVP) provides opportunities for adults age 55+ to use their life experience and skills to meet local community needs.

To find out how you can help, contact CSVP, 805-381-2742 or email [jspivack@crpd.org](mailto:jspivack@crpd.org)



CSVP Volunteer Workshops gratefully accept donations of unused materials: Yarn, Stuffing, Batting, Elastic, and Cotton/ Flannel/ Fleece fabric.

Below are CSVP Volunteer Workshops that meet weekly at the Goebel Center:

## BUSY BEES WORKSHOP

**Mondays, 9:30am-12noon**  
Sew, knit, or **FULL** for children, service members, and older adults.

## TEDDY BEARS WORKSHOP

**Mondays, 1:30-3:00pm**  
Assemble stuffed bears for children.



## CRAFTERS WORKSHOP

**Wednesdays, 9:00-11:30am**  
Knit and crochet to support CSVP programming.

## NIFTY LADIES WORKSHOP

**Wednesdays, 12:30-3:00pm**  
Sew special projects for patients, children, service members, and older adults.



# The Goebel Café

**Mon-Fri, 9:00-11:00am**  
Join us for breakfast today,  
at the Goebel Café!

Full breakfast menu available

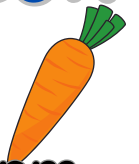
CASH OR CHECK ONLY



# SENIOR NUTRITION PROGRAM



Lunch is served



**Mon-Fri, 11:30am-12:30pm**

Meals include 4 ounces of protein, vegetables, salad, fruit, yogurt (3x per week), and shelf-stable milk. Suggested Donation for daily meal is \$3 for those 60+ years old.

NO eligible individual (60+) shall be denied participation because of failure or inability to donate.



The Goebel Café  
1385 E. Janss Road, Thousand Oaks  
805-381-2742



# CSVP BOUTIQUE

**OPEN: Monday-Friday, 9:00am-4:00pm**

Located inside the Goebel Adult Center  
1385 East Janss Road, 805-381-2742

Shop for one-of-a-kind, beautifully handmade gifts, including baby clothes & blankets, lap blankets, afghans, aprons, and so much more!  
Don't forget about our fabulous selection of greeting cards for only \$0.50



CASH OR CHECK ONLY

Unless otherwise stated, the following are all drop-in groups only, and no registration is required. Discover more drop-in activities, visit the Goebel Center front desk to pick up a drop-in schedule!

## -SENIOR SPORTS-

### BILLIARDS, AGE 50+

All Open Play.

Two 9' tables, one 8' table, one snooker table

Location: Goebel Adult Community Center

### TENNIS, AGE 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 LEAGUE, AGE 50+

Mondays & Wednesdays, 1:00-3:00pm

Enjoy bowling without needing to rent the shoes!

Plus, monthly award for champion.

Location: Goebel Adult Community Center Social Lobby.

### BASKETBALL, AGE 50+

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

Location: Teen Center, directly next door to Goebel Center

### BADMINTON, AGE 50+

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

Location: Teen Center, directly next door to Goebel Center

### SOFTBALL, AGE 50+

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

Location: Wildflower Playfields, 635 Avenida de los Arboles

### HORSESHOES, AGE 18+

Team Play: Tuesdays & Thursdays, 9:30am-12noon

Open Play: during regular business hours

Location: Goebel Adult Community Center

### TABLE TENNIS, AGE 18+

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

4 tables, all open play

Location: Goebel Adult Community Center Main Hall



## BRIDGE

DUPLICATE PARTNERSHIP BRIDGE

\$1 PER PLAYER/SESSION

THURSDAYS

&

FRIDAYS

12:30-4:00pm

9:00am-12noon

FIRST COME, FIRST SERVED. LIMITED CAPACITY

## COMPUTER LAB

Unless otherwise posted, the Computer Lab is open to those ages 50+ during the following days & times:

- Monday-Thursday, 8:30am-8:30pm
  - CLOSED for Maintenance Thursday's 12noon
- Friday, 8:30am-4:45pm
- Saturday, 12noon-3:45pm

The computer lab is available for browsing the internet, checking email, Microsoft Office, playing games, and more. Free printing is available- up to 6 pages per person, per day.

Free Wi-Fi: ConejoRPD\_Guest, No password required

## -DANCE & MUSIC!

### SOCIAL DANCING

Wednesdays, 10:00-11:30am

All levels of experience welcome! Dance to great recorded music. Facilitator: Dennis Sedgewick

### LINE DANCE PRACTICE

Wednesdays, 11:30am-1:00pm

All levels of experience welcome; fun for all!

Facilitator: Mel Wilson

### UKULELE STRUMMERS & SINGERS

Wednesdays, 2:30-4:15pm

Bring your ukulele or other instruments to play music and sing with Bob Hanson & friends.

### CONEJO VALLEY SENIOR ORCHESTRA REHEARSAL

Thursdays, 11:30am-2:00pm

Performing music from the Big Band Era- 40's, 50's, & 60's. Audience welcome!

### FOREVER YOUNG SINGERS

Fridays, 9:00-11:00am, Director: Rusty Kaman  
FOREVER YOUNG IS FULL AT THIS TIME. INTERESTED IN JOINING?  
CALL GOEBEL CENTER TO BE PLACED ON WAITING LIST

### BALLROOM DANCE

1st & 3rd Saturdays, 6:00pm

Live band music, complimentary dance lesson.

See page 15 for more information.

## -SUPPORT GROUPS-

Conejo Recreation and Park District provides classrooms for the following support groups but does not organize forums, nor advocate any opinions or comments expressed. Contact Goebel Center staff with any questions/concerns.

### LGBTQ+ CAREGIVER SUPPORT GROUP

1st & 3rd Mondays, April 1 & 15, 1:00-2:30pm

Facilitator: Brenda Birdwell, 805-699-8907

### WIDOW/ WIDOWER SUPPORT GROUPS

#### HOSPICE OF THE CONEJO

Must call 805-495-2145 prior to attending

No Walk-Ins

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

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

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

### DIABETES CLASSES-LIVINGSTON MEMORIAL

#### VISITING NURSE ASSOCIATION

4th Wednesdays, April 24, 1:30-3:00pm

Learn about meal planning, exercise, blood sugar monitoring, medication, and new developments.

Presented by: Linda Hampson, RN, MSN Diabetes Nurse

### MULTIPLE SCLEROSIS SUPPORT GROUP

2nd Thursdays, April 11, 1:00-3:00pm

For friends, family, and individuals affected by M.S.

Facilitator: Darlene, 360-701-0989

### T.O. LOW VISION SUPPORT GROUP

Fridays, 10:00am-12noon

Support for people with low vision and/or blind. The group discusses coping strategies, technology based accommodations, and provides information about community resources. Friends, family & caregivers welcome!

For more information call, 805-380-6206

### ALZHEIMER'S SUPPORT GROUP

#### ALZHEIMER'S ASSOCIATION

1st & 3rd Fridays, April 5 & 19, 9:30-11:00am

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

Facilitator: Jordanna, 805-261-2189

### POST POLIO SYNDROME SUPPORT GROUP

1st Saturdays, April 6, 12:30-2:00pm

### DIVINA LIBERTAD

Sábados, 2:00-4:00pm

Sufre usted de ansiedad, depresión, e tu otras emociones que le hacen la vida insoportable y quiere sentirse mejor? Unete a nosotras hoy.

# -SOCIAL SERVICES-

## GREY LAW

2nd Mondays, April 8, *by appointment only*  
Assisting individuals and non-profit groups that otherwise have limited access to legal services.  
*Call 805-658-2266, or email [greylawvc@gmail.com](mailto:greylawvc@gmail.com) to schedule an appointment.*

## HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

2nd & 4th Wednesdays, April 10 & April 24  
*by appointment only*

HICAP provides free, unbiased counseling to and advocacy for Medicare recipients and those who will soon be receiving Medicare. *For more information or to schedule an appointment, call 805-477-7328 or 805-477-7310*

## WILLS & LIVING TRUSTS PREPARATION

3rd Wednesdays, April 17, *by appointment only*

No charge, no obligation meetings to discuss preparation of wills and living trusts with affordable follow up service available. *Call 805-658-2266, or email [greylawvc@gmail.com](mailto:greylawvc@gmail.com) to schedule an appointment.*

## VETERANS CRISIS LINE

From your cell phone, text 838-255, or call 988 then press 1 to reach 24/7 confidential crisis support. Responders are real people, many of them veterans, who are specially trained to support veterans.

## ADULT PROTECTIVE SERVICES

To report abuse or neglect of adults call 805-654-3200

## 2-1-1 VENTURA COUNTY

2-1-1 Ventura County is a *FREE* service that connects senior adults to information and referrals about important services available in our community. 2-1-1 is available 24-hours a day, 7-days a week and offers information and referrals in over 150 languages.

Connect by dialing 2-1-1 from your landline or cell phone.

## SENIOR DIAL-A-RIDE

The City of Thousand Oaks operates a Dial-A-Ride program for those 65+. Dial-A-Ride tickets are available for cash purchase only at the Goebel Center front desk, during regular business hours. **Call 805-375-5467 for more information or to schedule a ride.**



## SENIOR ADVOCATES

Seniors and family caregivers are often faced with complicated, confusing, and frustrating issues, resulting in concerns and questions. Senior Concerns Advocate's are here to help! Speak with an advocate by phone or over Zoom for information and assistance regarding: housing, transportation, legal issues, health-related issues, in-home care or facility placement, government benefits, senior programs, health and long-term care insurance and assistance programs, completion of forms and applications for programs and services. **Call 805-495-6250 or email [efraire@seniorconcerns.org](mailto:efraire@seniorconcerns.org) for more information or to schedule an appointment.**

## COMPLIMENTARY HOME REPAIRS FOR SENIORS ROTARY HOME TEAM

Senior Concerns is working in partnership with the Westlake Village Sunrise Rotary Club to provide complimentary home repair services for seniors living in the 91361 and 91362 zip codes. After being vetted by Senior Concerns, volunteer Rotary Home Team™ participants provide essential home maintenance services to seniors *FREE* of charge.

*Please contact Senior Concerns 805-497-0189 to schedule an appointment. For more detailed information, visit [www.seniorconcerns.org](http://www.seniorconcerns.org)*

# -DISCUSSION GROUPS-

Discussion groups are individual forums facilitated by volunteers for discussion of a variety of topics. Conejo Recreation and Park District provides classrooms for discussion but does not organize forums nor advocate any opinions/comments expressed. Please contact Goebel Center Staff with any issues or concerns.

## WOMEN'S DISCUSSION GROUP

Mondays, 10:00-11:30am, with Karen Perotta

## LITERATURE LOVERS DISCUSSION GROUP

Tuesdays, 2:30-4:00pm, with Bernie, 818-309-5306

## BOOK DISCUSSION GROUP

2nd Tuesdays, April 9, 7:00-8:45pm  
with Cheryl Miller, 805-368-4542

## MEN'S DISCUSSION

Tuesdays, 10:00am-12noon, with Lloyd Minton  
Wednesdays, 2:00-4:00pm, with Dr. Peter Greenwood  
*\*no meeting the 4th Wednesday of each month\**

## GENEALOGY DISCUSSION GROUP

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

## SENIOR SINGLES SOCIAL GROUP

Wednesdays, 7:00-8:30pm  
For more information, contact Marie 732-407-1816

## STAMP CLUB

2nd & 4th Thursdays, April 11 & 25, 4:00-5:30pm  
For more information, call Rick: 805-405-4566

## HISTORY BOOK DISCUSSION

2nd Thursdays, April 11, 7:00-8:45pm  
with Jack Heller: 805-341-7585

## CONEJO VALLEY WRITERS

2nd Saturdays, April 13, 12noon-2:30pm  
For more information, email:  
[marcia.smart@roadrunner.com](mailto:marcia.smart@roadrunner.com)

# -PROGRAMS-

## BATTERY RECYCLING

Household batteries of ALL sizes, both rechargeable and single use, are considered hazardous waste when discarded. All household batteries can be recycled at the Goebel Center. **A battery recycle bin is located outside the front door of the Goebel Center's main entrance.**

## RECYCLE FOR SIGHT- EYEGLASS RECYCLING

Make a positive difference! Donate your used eyeglasses & sunglasses to be recycled, and help someone see better. Eyeglass recycling box is located on the Reception Counter at the Goebel Center. **NO CASES, PLEASE.**

## FUNDRAISING WITH RALPHS

Help the Goebel Center while you shop! Every time you shop at Ralphs Grocery Store, and use your Ralphs Rewards card or phone number, a small percentage of what you spend is donated to the Goebel Center. **Be sure to use the Goebel Center Commission NPO #DE917.**  
For more information, call 800-443-4438.

LIVE BAND MUSIC

# Ballroom Dance

Saturday, April 6, 2024- Erik Ekstrand

Saturday, April 20, 2024- John & John

Saturday, May 4, 2024- Wyatt Haupt

Saturday, May 18, 2024- Pier 101

6:00pm - Doors Open-

6:30-7:20pm - Dance Lesson-

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

\$10 Admission-

Cash or Check only (payable to CRPD)

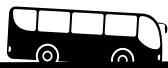
**Ballroom Dance's are held on the  
First & Third Saturdays of each month  
at the Goebel Adult Community Center.**

For Ballroom Dance Sponsorship Opportunities,  
call or email Mark Williams  
805-381-2744 / [mwilliams@crpd.org](mailto:mwilliams@crpd.org)



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





## GOEBEL ADULT COMMUNITY CENTER

# DAY TRIPS

Register for "Triumphs & Tragedies" and "Gondola Getaway" beginning Friday, April 12, at 9:00am

## WALKING SCALE

All trips involve walking and most likely some stairs (including getting on and off the bus).

The scale below will help you determine if a particular trip is within your ability range.

1 =MODERATE: Some walking and possibly a few stairs

2 =STRENUOUS: A lot of walking

Stairs included with some stopping and/or sitting

3 =VERY STRENUOUS: All walking

A lot of stairs, as well as, up and down hills

## TRIUMPHS AND TRAGEDIES WITH LUNCH

Thursday, June 13, 2024, 9:00am-5:30pm

Register beginning Friday, April 12, at 9:00am

Join Curt Tucker of Tucker Tours on a journey through the city's complex and fascinating history, where you will explore the best and worst of human nature. From the lawless Old West to the pious adobe missions, Los Angeles is a city of contrasts that has something for everyone. We will be visiting Forest Lawn, Rancho Santa Anita, Los Angeles Police Museum located inside the city's oldest police station, and the Cathedral of Our Lady of the Angels with a visit to the relics of Saint Vibiana. Lunch will be at the iconic Clearman's Galley, a landmark that has been serving delicious meals for over four decades. \$100 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3

## GONDOLA GETAWAY WITH LUNCH

Thursday, June 27, 2024, 10:00am-5:00pm

Register beginning Friday, April 12, at 9:00am

Indulge in the magic and tradition through the canals of Naples Island for a magical adventure right here in Long Beach, as you gently ride aboard an authentic Gondola, powered by your own gondolier! Whether it is a relaxing journey or a romantic adventure, each cruise is a memorable experience. Ice, buckets, and cups are provided if you would like to bring beverages on board. After the Gondola ride, enjoy a fabulous lunch at Naples Rib Company in Long Beach. \$100 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3

## \*FULL\* AQUARIUM OF THE PACIFIC W/ LUNCH AT BUBBA GUMP'S

Wednesday, April 3, 8:30am-4:00pm

TRIP IS FULL - CALL TO BE PLACED ON A WAITING LIST

The Aquarium of the Pacific is Southern California's largest Aquarium. It displays about 100 exhibits that celebrate the planet's largest and most diverse body of water, the Pacific Ocean. Its galleries represent the Northern Pacific, the temperate Southern California/Baja region, and the warm coral reefs and lagoons of the Tropical Pacific. The Aquarium of the Pacific's mission is to instill a sense of wonder, respect, and stewardship for the Pacific Ocean, its inhabitants, and ecosystems. Lunch included at Bubba Gump's Restaurant.

\$100 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3

## \*FULL\* A BITE OF HISTORY

Wednesday, May 1, 8:30am-5:30pm

TRIP IS FULL - CALL TO BE PLACED ON A WAITING LIST

Join Curt from Tucker Tours on an exciting adventure through Pasadena, Eagle Rock, Hollywood where you will learn about the local history, culture, architectural design and taste some amazing food along the way. We will teach you everything you didn't know about these famous and most interesting places along with discovering nostalgic points of interest. Lunch included at the Smokehouse Restaurant. Dessert will be at the iconic Bob's Big Boy in Burbank where you will enjoy Bob's classic hot fudge ice cream cake. \$50 per person, partially sponsored by the Goebel Senior Center Commission.

WALKING SCALE= 3

## \*FULL\* BAKE MY DAY

Monday, May 20, 8:30am-5:30pm

TRIP IS FULL - CALL TO BE PLACED ON A WAITING LIST

Los Angeles has plenty of sweet shops, cake spots, and bakeries. Many adopting styles and flavors from around the world. Do you adore the aroma of freshly baked bread from a bakery? Today, we are exploring some of the finest bakeries in L.A. to savor their delectable treats, ranging from Asian, artisan, Mexican, and Armenian bakeries. Lunch is included at the Tam O'Shanter Inn, a replica of a cozy Scottish Inn. To top it all off, we'll indulge in a delightful Japanese dessert after lunch.

\$50 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3

## IMPORTANT DAY TRIP INFO:

- Dates, locations, and times are all subject to change
- Note: Day trips that are sponsored by the Goebel Senior Center Commission (GSSC), are limited to a 2-registration limit per person
- Day trips are open to those ages 50+
- Registration: Must be done in person, at the Goebel Adult Center front desk
- Payment: Check, Cash, Visa, and MasterCard are accepted for all day trips
- Accident/ Medical Insurance: \$1 per person, per calendar year, non-refundable, is required for all participants on all day trips
- All trips involve walking (some more than others). Review walking scale prior to signing up for a day trip.
- Bus Boarding: Begins 15 minutes prior to departure time. Boarding of the bus is not permitted until the trip escort and Goebel Center Staff are present.

## REFUND & CANCELLATION POLICY:

- In order to issue a refund, we must be able to fill your space(s) from the waiting list.
  - If there is no waiting list, no refund will be granted.
- NOTE: This policy includes health and illness-related cancellations.
- All day trip refunds are issued by check, including credit card transactions.

# NATIONAL TRIPS

For more information regarding National Trips, see detailed trip brochures (available at the Goebel Center Front Desk) or contact Mark Williams, 805-381-2744, [mwilliams@crpd.org](mailto:mwilliams@crpd.org)

## YOSEMITE **MAY 6-8, 2024**

### Sightseeing Highlights:

Yosemite National Park, Yosemite Valley Floor Tour (2 hours), Amtrak Train Ride, and Chukchansi Gold Resort Casino.

### Tour Price Includes:

Deluxe Motor-Coach, Professional Tour Director, Yosemite National Park (Day in the Park), 2 Nights' Accommodations: Chukchansi Gold Resort Casino, Meals- 2 breakfasts & 1 boxed lunch.  
**\$899/per person, double occupancy, \$1,199/per person, single occupancy.**

## YELLOWSTONE, GRAND TETONS & MT. RUSHMORE!

### **JULY 15-23, 2024**

### Sightseeing Highlights Include:

Mt. Rushmore Tour- Night and Day visit, Custer State Park, Crazy Horse Memorial, Deadwood, South Dakota, Devils Tower, Little Bighorn Battlefield National Monument, Buffalo Bill Center of the West, Yellowstone National Park, Grand Teton National Park, Grand Teton Range Float Trip (smooth river ride, no rapids), Jackson Town Square.

### Tour Price Includes:

Roundtrip Airfare, Airport Transfers, Deluxe Motor Coach, Professional Tour Director, National Park Entrance Fees, Meals (8 breakfasts & 2 dinners) and Hotel Accommodations.  
**\$3,999/per person, double occupancy, \$4,999/per person, single occupancy.**

## GRAND SIERRAS **AUGUST 18-22, 2024**

### Sightseeing Highlights Include:

Mammoth Lakes, Devils Post Pile National Monument, Mammoth Lake Earthquake Fault, Mono Lake, Bodie State Historic Park, Museum of the West Film History, Tuolumne Meadows, Kings Canyon, and Sequoia National Park.

### Tour Price Includes:

Deluxe Motor Coach Transportation, Hotel Accommodations, 3 Nights in Mammoth- Sierra Nevada Inn, 1 Night in Clovis- Courtyard by Marriott, Luggage Handling, Meals Included (4 breakfasts, 1 lunch, 1 dinner)  
**\$1,499/per person, double occupancy, \$1,999/per person, single occupancy.**

## GREAT SMOKY MOUNTAINS, NASHVILLE & KENTUCKY

### **SEPTEMBER 4-13, 2024**

### Sightseeing Highlights Include:

Great Smoky Mountains National Park, Over Mountain Aerial Tram, Dollywood, Mammoth Mountain Cave National Park, Louisville's Slugger, Churchill Downs, International Museum of the Horse, Ark Encounter, Country Music Hall of Fame & Studio B, 2 Distilleries, and Nashville.

### Tour Price Includes:

Round trip airfare, transfers to airport from center, deluxe motor coach transportation, professional tour director, admissions, hotel luggage handling, Meals: 9 breakfasts and 2 dinners.  
**\$4,499/per person, double occupancy, \$5,799/per person, single occupancy.**

# GOEBEL SENIOR CENTER COMMISSION, INC.



The **Goebel Senior Center Commission (GSCC)** is a 501(c)(3) nonprofit community service organization that establishes policies relative to the operation of the **Goebel Adult Community Center (GACC)**, and acquires and allocates funds to benefit the GACC. GSCC Commissioners volunteer their time and special skills, serve on committees and assist in planning, organizing, marketing, and conducting programs to benefit the senior population. **Regular commission meetings are open to the public, and held at the Goebel Adult Center on the fourth Wednesday's at 1:00pm.**

- Sandy Barry, President**
- Del Basilio, Commissioner**
- Cynthia Bengtson, Commissioner**
- Maxine Cleary, Vice President**
- Vicki Dunbar, Commissioner**
- Nancy Healey, Commissioner**
- Karen Ise, Commissioner**



- Chris Maccarone, Commissioner**
- Mary Martinich, Secretary**
- John Posta, Commissioner**
- Mindy Rosiejka, Treasurer**
- Patricia Schiano, Commissioner**
- Lisa Thorsen, Commissioner**
- Mickey Toyen, Commissioner**



## GUEST SPEAKER

Name: Andrea Gallagher

Title: Senior Concerns



Learn more at  
[toaks.co/olderadults](http://toaks.co/olderadults) or  
 call (805)449-2118

## City of Thousand Oaks COUNCIL ON AGING

PARTICIPATE IN PUBLIC COMMENT IN-PERSON OR ONLINE, LEARN ABOUT OPPORTUNITIES FOR OLDER ADULTS TO ENGAGE IN THE COMMUNITY AND MORE!  
 MEETINGS TAKE PLACE AT 1:30 PM THE FIRST THURSDAY OF EVERY MONTH FROM SEPTEMBER TO JUNE.

Virtual: [www.toaks.co/coazoom](http://www.toaks.co/coazoom)

Call in: 213 338 8477

Meeting ID: 874 4176 1738

Meeting Passcode: 770701



1:30PM  
 FIRST THURSDAY  
 OF THE MONTH



City Hall Board Room  
 2100 Thousand Oaks Blvd.

**BOARD OF DIRECTORS**  
 George M. Lange, Chair  
 Doug Nickles, Vice-Chair  
 Chuck Huffer, Director  
 Nellie Cusworth, Director  
 Marissa Buss, Director

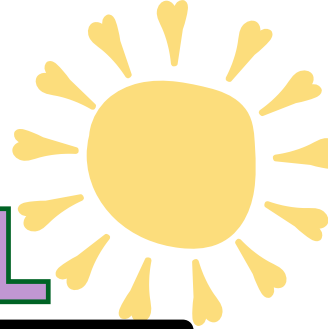
**GENERAL MANAGER EMERITUS**  
 Tex Ward



**GENERAL MANAGER**  
 Jim Friedl



# APRIL



PRSR STD  
 U.S. POSTAGE PAID  
 THOUSAND OAKS, CA  
 PERMIT NO. 65



*or Current Resident*

## GOEBEL ADULT CENTER HOURS OF OPERATION



**Monday: 8:30am-9:00pm**  
**Tuesday: 8:30am-9:00pm**  
**Wednesday: 8:30am-9:00pm**  
**Thursday: 8:30am-9:00pm**  
**Friday: 8:30am-5:00pm**  
**Saturday: 12noon-4:00pm**  
**Sunday: Closed**



## UTILITY BILL ASSISTANCE

### ASISTENCIA CON SU FACTURA DE GAS, ELECTRICIDAD 'O' PROPANO

**APRIL 12, 2024, 9:00-11:00AM**  
**BY APPOINTMENT ONLY**

**Documents Needed To Apply**

- Valid State-Issued Picture ID
- Social Security Card
- Current Gas & Electric Bill
- Income Documentation for ALL Members of household 18+
- Rental or House (Payment Receipt)

**Documentos Necesarios Para Aplicar**

- Identificacion Valida Del Estado
- Tarjeta De Seguro Social
- Factura De Gas y Electricidad Reciente
- Documentacion De Ingresos Mensuales Para Todos Los Miembros Del Hogar 18+
- Recibo De Renta o Pago De Casa

**Goebel Adult Community Center**  
 1385 East Janss Road, Thousand Oaks, CA 91362

To schedule an appointment, call 805-381-2744

For information regarding this program, please call 805-436-4013

*Apply today!*

## Council on Aging



The Council on Aging acts in an advisory capacity to the City Council on matters concerning older adults.

- Four Scheduled Vacancies
- 2 year terms
- Members must be City residents and age 60 or older

Application period from March 12, 2024 to April 11, 2024



Scan me

Learn more at [toaks.co/olderadults](http://toaks.co/olderadults)



## DROP-IN SCRABBLE!

PLAY

**Mondays, 2:00-4:00pm**

Are you looking to play a friendly and casual game of Scrabble? **Drop-in games (no registration required) meet weekly** at the Goebel Adult Community Center! Scrabble games provided.



## DROP-IN CHESS!

**Mondays, 5:30-8:30pm**

**Drop-in chess games (no registration required) meet weekly** at the Goebel Adult Community Center. Chess sets provided.