**CONEJO VALLEY VILLAGE**

We are a vibrant, supportive nonprofit community of local seniors building strong, supportive relationships through member and volunteer led programs, activities and services.

**INFORMATION AND RECRUITMENT EVENT**

**THURSDAY, FEBRUARY 6, 4:00-6:00 pm**

Silver Lupine and Valley Lupine Rooms

Come to our recruiting event to learn more about membership and volunteer opportunities. For more information and to register for this free event, visit [www.conejovalleyvillage.org](http://www.conejovalleyvillage.org) or call (805) 372-1826.

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**MEET ME AT THE MOVIES:**

*A Beautiful Day In The Neighborhood*  
(Rated PG)  
Wednesday, **February 19, 3:30pm**  
Starring: Tom Hanks, Matthew Rhys & Chris Cooper  
Run-Time: 1 hour 49 minutes  
Call (805) 381-2744 for reservations.

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**GOEBEL SENIOR CENTER COMMISSION RECRUITMENT**

Are you 50 years of age or older, and reside within the boundaries of the Conejo Recreation and Park District? Are you interested in volunteering to work cooperatively with the Goebel Center staff to better serve our senior patrons?

Join the Goebel Senior Center Commission, a non-profit community service organization.

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Applications are available online at [www.crpd.org/gacc](http://www.crpd.org/gacc) and at the Goebel Adult Community Center front desk. Applications due Monday, March 2, 2020 by 5:00pm.
**SEMINARS**

**BE A COMFORT KEEPERS CAREGIVER**

Comfort Keepers.

**Thursday, February 13**

12:00-12:30pm

Comfort Keepers is hiring retirees, homemakers, and caregivers to help seniors in their homes by providing companionship, meal preparation, errands, and light housekeeping. Extremely flexible hours. Come learn about this very rewarding (PAID) opportunity.

**Call 805-381-2744 for reservations.**

**HEARING LOSS & TINNITUS**

**Friday, February 21,** 1:00-2:00pm

We all face hearing problems at some point. Due to this, our ability to communicate becomes labored, threatening our independence. Take charge of your hearing today and experience life the way it was meant to be lived! Nathan De Voney from AccuQuest Hearing will educate us about the remarkable auditory treatments that are now available with today's cutting edge technology.

**Call 805-381-2744 for reservations.**

**FREE TRAVEL TRAINING WORKSHOP**

**Friday, February 28,** 1:00-3:00pm

Topics include: local and regional bus services, Dial-A-Ride for seniors, becoming certified for Americans with Disabilities Act para-transit services (Dial-A-Ride), free and discounted fare programs for bus, DMV Ombudsman program, and information about using services like Uber and Lyft. Optional bus ride to follow. Space is limited.

**Call 805-381-2744 for reservations.**

**Lakeside Community Healthcare**

**Classes For Adults!**

**Wednesday, February 12,** 10:30am

**Chair Yoga**

**Thursday, February 13,** 10:30am

**Tai Chi**

**Location:** Lakeside Community Healthcare

612 E. Janss Road, Thousand Oaks, CA 91362

**RSVP:** www.healthywayevents.com

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**Downsizing: How to Sell Your Stuff**

**Thursday, February 20,** 1:00-2:00pm

This seminar will discuss the various options to liquidate your household belongings to prepare for moving, or just to make your home more comfortable now. Information on the financial splits for estate sales, auction houses, and consignment stores will be explained. Attendees will also receive tips for using resale apps, Craigslist, and other websites. Speaker is Annette Broersma, M.S., who has assisted hundreds of seniors as they downsized from large homes to something more manageable in retirement. A handout will be provided; reservations are required.

**Call 805-381-2744 for reservations.**

**CONNECTIVITY AT HOME**

**Thursday, February 20**

11:00am-12:00pm

Join Henry Chan for an hour of fun as he discusses technologies that help seniors stay connected while living an independent lifestyle. We will be sharing our experience on using medical alerts, shared calendars, daily calls, and other way of making contact.

**Call 805-381-2744 for reservations.**
## Fitness & Yoga

### ADVANCED CHAIR-BASED STRENGTH AND BALANCE, Age 50+
- Mondays, 1/21-3/3, 1:30-2:30pm
- $75 for 6 weeks; class #0855.1201
  - Instructor: Cathya Haas.

### CHAIR BASED STRENGTH & BALANCE, Age 50+
- Mondays, 1/21-3/3, 1:30-2:30pm
- $75 for 6 weeks; class #0857.1201
  - Instructor: Cathya Haas.

### CHAIR YOGA, Age 18+
- Tuesdays, 1/21-3/3, 10:30-11:30am and/or
- Thursdays, 1/23-3/5, 10:30-11:30am
- $70 for each 7-week class session; class #0861.1201/0861.1202
  - Instructor: Phyllis Paul.

### STRETCH, TONE, & BALANCE, Age 18+
- Mondays, 1/20-3/9, 2:15-3:10pm and/or
- Wednesdays, 1/22-3/4, 1:15-2:10pm
- $45 for 7 weeks; class #0856.1201/0856.1202
  - Instructor: Kathy Bailey. No class 2/17.

### ZUMBA GOLD, Age 18+
- Mondays, 1/20-3/2, 4:30-5:30pm and/or
- Wednesdays, 1/22-3/4, 4:30-5:30pm
- $51 for each 6-week class session; class #0855.1201/0855.1202
  - Instructor: Del Herrera. (Discount if taking both classes together, must register on site before first class to receive discount). No class 2/17, 2/19.

### HATHA YOGA, Age 18+
- Mondays, 1/20-3/9, 7:30-8:30pm
- $69 for 7 weeks; class #0852.1201

### INTRODUCTION TO TAI CHI, Age 50+
- Tuesdays, 1/21-3/3, 8:30-9:30am
- $52 for 7 weeks; class #0853.1201
  - Instructor: Jean Stoutenborough.

### PILATES FOR BUFF BONES, Age 18+
- Tuesdays, 1/21-3/3, 6:00-7:15pm
- $67 for 7 weeks; class #0851.1201
  - Instructor: Barbara West.

### SIT AND DANCE, Age 50+
- Wednesdays, 1/22-3/4, 3:30-4:15pm
- $59 for 7 weeks; class #0830.1201
  - Instructor: Del Herrera.

### YOGA, Age 18+
- Wednesdays, 1/22-3/4, 7:30-8:30pm
- $67 for 7 weeks; class #0854.1201
  - Instructor: Jenny Klossner.

### PILATES, Age 18+
- Wednesdays, 1/22-3/4, 6:15-7:15pm
- $67 for 7 weeks; class #0852.1201
  - Instructor: Jenny Klossner.

### BEGINNING/INTERMEDIATE TAI CHI, Age 50+
- Thursdays, 1/23-3/5, 9:30-10:30am
  - Prerequisite: Intro to Tai Chi or basic knowledge of Tai Chi.
  - $52 for 7 weeks; class #0859.1201
  - Instructor: Jean Stoutenborough.

### SUPER BRAIN YOGA, Age 18+
- Thursday, 2/6, 1:00-2:00pm and/or
- Thursday, 2/20, 1:00-2:00pm and/or
- Thursday, 3/5, 1:00-2:00pm
  - $20 for 1 day; class #0829.1201/0829.1202/0829.1203
  - Instructor: Ellen Moran.

## Technology

### iPHONE/iPAD WORKSHOP, Age 18+
- Tuesday, 3/1, 10:00am-12:00pm
  - $25 for 1 day; class #0861.1201
  - Instructor: Tracie Kasak.

## LANGUAGE

### ESL CLASS, Age 18+
- Thursdays, 1/25-3/5, 5:00-6:00pm
  - $25 for 1 day; class #0888.1201
  - Instructor: Anna Colilles.

### SPANISH: BEGINNING, Age 18+
- Thursdays, 1/23-3/5, 6:00-7:05pm
  - $59 for 7 weeks; class #0887.1201
  - Instructor: Anna Colilles.

### SPANISH: INTERMEDIATE, Age 18+
- Thursdays, 1/23-3/5, 7:10-8:10pm
  - $59 for 7 weeks; class #0888.1201
  - Instructor: Anna Colilles.
**Arts & Music**

**DIGITAL PHOTOGRAPHY, Age 18+**
Mondays, 1/20-3/2, 3:30-4:30pm  
$75 for 7 weeks; class #0807.1201  
Instructor: Richard Smith.

**BEGINNING PORTRAITURE II-FIRST PORTRAIT, Age 18+**
Mondays, 2/17-3/9, 4:00-5:30pm  
Location: Studio 316, 2697 Lavery Court, Unit #6.  
Prerequisite: Previous drawing skills and Beginning Portraiture I.  
$80 for 4 weeks; class #0810.1202  
$10 cash lab fee due first class.  
Instructor: Donna Mason-Adams.

**ART FOR ALL, Age 50+**
Tuesdays, 1/21-3/3, 12:30-2:00pm  
$66 for each 7 week class session; class #0810.1201/#0810.1202  
$5 cash lab fee due first class.  
Instructor: Bob Noonan.

**MANDALA MEDITATION, Age 18+**
Tuesday, 2/4, 5:30-6:30pm and/or Tuesday, 2/18, 5:30-6:30pm and/or Tuesday, 3/3, 5:30-6:30pm  
$15 for 1 day; class #0811.1201/#0811.1202/#0811.1203/#0811.1204

**INTRODUCTION TO UKULELE, Age 18+**
Wednesdays, 1/22-3/4, 4:45-5:45pm  
$66 for 7 weeks; class #0805.1201  
$28 songbook fee due first class.  
Instructor: David Steinhart.

**CARDS, CRAFTING, AND MORE, Age 18+**
*THEME: ANNIVERSARY & WEDDING CARDS*  
Wednesdays, 2/19-3/4, 6:30-8:30pm; class #0804.1202  
$35 for each 3-week class session; class #0804.1202  
$10 cash materials fee due first class.  
Instructor: Jamie Albanese.

**STREET PHOTOGRAPHY WITH A PRO, Age 18+**
Wednesday, 2/26, 7:00am-5:00pm  
$75 for 1 day; class #0808.1201  
Requires $23 roundtrip Metrolink train ticket (not included).  
Instructor: Richard Smith.

**UKULELE-LEVEL 2 , Age 18+**
Thursdays, 1/23-3/5, 5:00-6:00pm  
Prerequisite: Introduction to Ukulele  
$70 for 7 weeks; class #0814.1201  
Instructor: David Steinhart.

**PAINT NIGHT AT STUDIO 316, Age 21+**
Saturday, 2/8, 5:00-7:00pm  
Location: Studio 316, 2697 Lavery Court, Unit #6.  
$40 for 1 day; class #0802.1201  
Instructor: Bob Noonan.

**[NEW] PAINT NIGHT AT GOEBEL CENTER, Age 21+**
Saturday, 2/15, 5:00-7:00pm  
$40 for 1 day; class #0803.1201  
Instructor: Bob Noonan.

**SPECIALTY**

**BEGINNING KNITTING, Age 18+**
Mondays, 1/20-3/2, 10:15-11:45am  
$59 for 7 weeks; class #0895.1201  
$25 cash materials fee due first class.  
Instructor: Barbara Edelman.

**BRAIN GAMES, Age 60+**
Mondays, 1/20-3/2, 10:30-11:30am  
$60 for 7 weeks; class #0895.1201  
Instructor: Sharlene Caldwell.

**MAH-JONGG FOR BEGINNERS, Age 18+**
Mondays, 1/20-3/2, 12:00-3:00pm  
$40 for 7 weeks; class #0889.1201  
Instructor: Lorraine Urist.

**HEALTHY MINDFUL LIVING-Series 4, Age 40+**
Tuesdays, 1/21-2/18, 9:00-10:00am  
$58 for 5 weeks; class #0882.1201  
Instructor: Lindsay Leimbach.

**[NEW] REDUCE YOUR STRESS & WORRY-STRESS SHIFTING WORKSHOP, Age 40+**
Saturday, 2/1, 10:00am-12:00pm  
$20 for 1 day; class #0881.1201  
Instructor: Lindsay Leimbach.

**MEDITATION, Age 18+**
Wednesdays, 1/22-3/4, 5:00-6:00pm  
$25 for 7 weeks; class #0934.1201  
Instructor: David Steinhart.

**INTRODUCTION TO CANASTA, Age 50+**
Thursdays, 1/23-3/3, 2:00-4:30pm  
$42 for 4 weeks; class #0937.1201  
Instructor: Joe Longo.

**MAH-JONGG, Age 18+**
Thursdays, 1/23-3/5, 5:30-8:30pm  
Prerequisite: Mah Jongg for Beginners.  
$40 for 7 weeks; class #0889.1201  
Instructor: Lorraine Urist.

**WONDERS OF THE NIGHT SKY, Age 18+**
Tuesdays, 1/21-3/3, 7:30-9:00pm  
$59 for 7 weeks; class #0875.1201  
Instructor: Pam Hoffman.

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**Pick up a schedule at the Goebel front desk or check out our website to see all weekly drop-in card games.**
**TENNIS, Age 50+**
Mondays, Wednesdays & Fridays, 7:30-10:30am
at Wildflower Playfields, Courts 1, 2, & 3
Tuesdays, Thursdays & Fridays, 7:00-10:00am
at Borchard Center, Courts 2 & 3
Wednesdays, 8:00-10:00am
Women's games at Thousand Oaks Center
Thursdays, 9:00-11:00am
Women's games at Triunfo Park

**BASKETBALL, Age 50+**
Mondays, Wednesdays, & Fridays, 8:30-11:00am
at Alex Fiore Teen Center

**BADMINTON, Age 50+**
Tuesdays & Thursdays, 8:00-9:45am
at Alex Fiore Teen Center

**SOFTBALL, Age 50+**
Tuesdays & Fridays, 8:30-11:00am
Drop-in games at Wildflower Playfields

**HORSESHOES, Age 18+**
Team Play: Tuesdays & Thursdays, 9:30am-12noon
Open Play: Available during all regular business hours

**TABLE TENNIS, Age 18+**
Tuesdays, 4:30-6:30pm & Thursdays, 4:30-8:45pm

**Wii BOWLING LEAGUE, Age 50+**
Mondays, 1:00-3:00pm
Tuesdays, 1:00-3:00pm
Wednesdays, 12:30-3:30pm
Enjoy some bowling without needing to rent the shoes!
Plus, monthly award for champion!

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**INTERGENERATIONAL CHESS CLUB**
Mondays, 6:00-8:45pm
Chess players of all ages enjoy a mix of tournaments & open play.

**COMPUTERS**

*Do You Have Computer Questions? WILL RETURN IN MARCH*

**COMPUTER LAB**
Monday-Friday, 8:30am-4:00pm, Seniors 55+ only
Lab is open Monday-Thursday, 8:30am-8:45pm
Friday, 8:30am-4:45pm & Saturday, 12:15-3:45pm
Unless otherwise posted, the computer lab is available for use for browsing the internet, using MS Office, and playing games.
**Free Wi-Fi:** ConejoRPD_Guest
**No password required.**

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**DANCE/MUSIC**

**HUMDINGER SINGERS**
Mondays, 12:15-2:00pm
Humdingers rehearse and entertain at local Senior Care facilities. Relaxed format, singing tunes from the 30's & 40's.
All voices welcome! Director: Pat Hufschmidt

**SOCIAL DANCING**
Wednesdays, 10:00-11:30am
Enjoy new friends and dance to great recorded music; Big Band, Oldies Rock, Latin-Ballroom, Swing, and more.
Facilitator: Dennis Sedgwick

**LINE DANCE PRACTICE**
Wednesdays, 11:30am-1:00pm
All levels of experience welcome; fun for all!

**UKULELE STRUMMERS & SINGERS**
Wednesdays, 2:30-4:15pm
Bring your ukulele or other instrument to play music with Bob Hanson & friends.

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**CONEJO VALLEY SENIOR DANCE ORCHESTRA REHEARSAL**
Thursdays, 12:30-2:30pm
Join the Unforgettables as they perform the music of the Big Band Era of the 40’s, 50’s & 60’s.
There is no meeting on 1st Thursday of each month.

**FOREVER YOUNG SINGERS**
Fridays, 9:00-11:00am
Rehearsal for volunteer singing group. Audience welcome!
Talk to director about joining the group.
Director: Rusty Kaman.

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**BUCKLES & BOWS SQUARE DANCE CLUB**
4th Saturdays, **February 22,** 6:30-10:00pm
Alternating between round & square dancing, professional caller, light refreshments. $8 suggested donation.
Call 805-492-1669 for information.

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*See page 8 for offsite location addresses.*
WINTER 2020 SESSION:
Monday, January 6-Friday, March 13
$10 fee (10 weeks)

INTERMEDIATE TAP DANCE
Mondays, 10:00-11:00am, with Margo King

THE MEANING OF OPERA & THE FUN OF IT
Mondays, 3:30-5:00pm, with Steve Kohn
2/3, 2/10, 2/17, 2/24, 3/2, 3/9

TAI CHI CHUAN
Tuesdays & Thursdays, 9:45-10:45am, with Toby Ho

STITCHERY
Tuesdays & Thursdays, 12noon-3:00pm, with Yvonne Avis
*$20 fee due to 6-hour-per-week program

FRENCH CONVERSATION
Tuesdays, 1:00-2:30pm, with Isabelle Muller-Gupta

INTERMEDIATE MAH-JONGG
Tuesdays, 6:00-8:00pm, with Abbey Clark

SPANISH - Intermediate
Wednesdays, with Bob Caccavo
Level 1: 8:30-10:00am Level 2: 10:00am-12noon

ADVANCED QUILTING
Wednesdays, 9:00am-12noon, with Sandra Toutz

AERONAUTICAL EDUCATIONAL GROUP
Wednesdays, 12:15-2:15pm, with Ralph Meyer

ITALIAN - Intermediate
Thursdays, 10:00am-12noon, with Frank Fedeli

SPANISH CONVERSATION - Intermediate
Thursdays, 12:30-2:00pm, with Pauline Somers

MEDITATION GROUP
Thursdays, 2:15-3:15pm with Penny Olsen

OPEN STUDIO TIME FOR ARTISTS
Thursdays, 3:00-5:30pm, with Kathleen Gates
Bring own supplies. All mediums welcome.

“SHAKESPEARE FOR EVERYONE”
Fridays, 2:00-3:30pm, with George Kuby

Putting your life experience to work as a CSVP volunteer at organizations throughout Ventura County. Jobs are varied: social services, clerical, working with seniors or children, gardening, and much more. Call the CSVP office 805-381-2742 to learn how we can match your skills to current volunteer opportunities. Below are a few of the volunteer groups that meet weekly at the Goebel Center:

BUSY BEES WORKSHOP
Mondays, 9:00am-12noon; Sew, knit, or crochet for children, veterans, and elders.

TEDDY BEARS WORKSHOP
Mondays 1:30-3:00pm; Make stuffed bears for children.

CRAFTERS WORKSHOP
Wednesdays, 9:00am-12noon; Knit/crochet for fundraising to support CSVP programming.

NIFTY LADIES WORKSHOP
Wednesdays, 1:00-3:00pm; Sew special projects for patients, children, veterans, elders, etc.
TRAVEL

TRIPS ARE OPEN TO PERSONS AGES 50+   ALL TRIPS INVOLVE WALKING (SOME MORE THAN OTHERS).  
BUS BOARDING BEGINS 15 MINUTES PRIOR TO DEPARTURE TIME.

- Payments: Check, Cash, Visa, and MasterCard are accepted for all trips.
- Accident/ medical insurance ($1 per person, per calendar year, non-refundable) is required.
- All trip times are subject to change.
- Boarding bus not permitted until escort and staff person are present with boarding list.

TRIP CANCELLATION & REFUND POLICY

- In order to grant a refund, you 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.
- If we are able to fill your space and a refund is granted, a $5 processing fee will be assessed.
- No refund request will be accepted within 7 days of any trip.
- All bus trip refunds are issued by check, including credit card transactions.

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.

- =Moderate: (most trips) Some walking and possibly a few stairs.
- =Strenuous: A lot of walking and stairs included with some stopping and/or sitting.
- =Very Strenuous: All walking and possibly a lot of stairs and up and down hills.

NEW TRIPS
In-District registration for the following trip begins Friday, February 14, 8:45am.

CALIFORNIA STRAWBERRY FESTIVAL   Saturday, May 16, 2020, 10:30am-4:00pm
Join us as we attend the 37th annual California Strawberry Festival. Gourmet food and wine, arts and crafts, celebrity chef demonstrations, and musical entertainment on three different stages, as well as, strolling musicians. If strawberry shortcake washed down with a strawberry shake is your idea of a well rounded meal, then the California Strawberry Festival is the place to be!  $73 per person. 🌸

A DAY IN GRIFFITH PARK WITH LUNCH AT TAM O'SHANTER
Wednesday, May 27, 2020, 8:30am-6:30pm
Griffith Park is the tenth largest municipal owned park in the United States, spanning over 4,300 acres. Spend the day with our expert guide as we discover some of the hidden gems in the park including; the Autry Museum of the American West, and take a train ride at Travel Town.  $140 per person. 🌸

Registration is in progress for the following trips:

ROCK AND ROLL REUNION Thursday, February 6, 2020, 8:00am-7:00pm
This high energy, laugh-filled production may not be your high school reunion but you wish it was! Venture to Palm Springs for this amazing show “Rock and Roll Reunion? A tribute to American originals. You can sing along with the big hits from Buddy Holly. Ray Charles, Jerry Lee Lewis, and Little Richard. You’ll make a stop at Hadley’s on the way home to purchase some goodies. Don’t miss this blast from the past! Lunch is included at the Palm Springs Hilton.  $125 per person. 🌸

THE GETTY CENTER Thursday, February 27, 2020, 10:30am-5:30pm
Experience the Getty and all it has to offer. You’ll see paintings by many of the most familiar masters—Rembrandt, Goya, Monet and Cezanne to name a few. You’ll also discover one of the greatest collections of drawings by such artist as Michelangelo and Degas. Enjoy the breathtaking gardens and magnificent view of the Santa Monica Mountains, L.A skyline and Catalina Island. Lunch is on your own at the Getty.  $75 per person. 🌸

IN WALT’S FOOTSTEPS Sunday, March 15, 2020, 8:45am-4:45pm
Take a walk with us as we discover some of Walt’s history and favorite places outside Disneyland. Take a tour of Walt’s uncle house in Los Feliz where Walt tinkered in boyhood and Disney Studios, known as the first Disney studio, Walt’s Los Feliz estate, Step inside the Carolwood Barn where Walt built a small steam railroad, Walt Disney Concert Hall, Walt Disney studios in Burbank and enjoy Sunday brunch at one of Walt’s favorite restaurants, The Tam O’Shanter.
$64 per person. Sponsored by the Goebel Adult Community Center Commission. 🌸

WHEEL OF FORTUNE AND LUNCH Friday, March 27, 2020, 10:30am-6:30pm
Trip includes deluxe motor-coach transportation, reserved seating for a live taping of Wheel of Fortune, starring Pat Sajak and Vanna White at Sony Studios in Culver City and lunch at Fogo de Chao Brazilian Steakhouse.  $110 per person. 🌸

DESCANSO GARDENS & NORTON SIMON MUSEUM Thursday, April 2, 2020, 8:30am-6:00pm
Descanso Gardens is an urban retreat of year-round natural beauty, internationally renowned botanical collections and spectacular seasonal horticultural displays. Come join us on a guided walking tour of Descanso Gardens with lunch at the Yard House Restaurant. After lunch we will set off on a self-guided tour of the Norton Simon Museum with their astonishing collection of European art from the Renaissance to the 20th century and a stellar collection of South and Southeast Asian art spanning 2,000 years.  $121 per person. 🌸

ARCHITECTURAL L.A. Wednesday, April 29, 2020, 8:30am-5:30pm
This day long pilgrimage takes you on a broad sweep of the southland from the towering skyscrapers of downtown Los Angeles to the art deco buildings along the Miracle Mile! Those structures represent a microcosm of California’s unique and diverse styles. You’ll see a number of modern and historic landmarks, including the Biltmore Hotel, the Staples Center and the 1925 Central Library. Included is lunch at the HMS Bounty which features old school favorites  $116 per person. 🌸

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NATIONAL & INTERNATIONAL TRIPS
Airfare is subject to change until final payment has been received for each of the following trips. See trip brochure for deposit amounts and due dates. Brochures are available at Goebel Adult Community Center.

BEST OF TEXAS
April 12, 2020 (8 days). Tour includes roundtrip transportation to airport, roundtrip airfare. Highlights include: NASA Johnson Space Center, Fiesta Art Fair, San Antonio Riverwalk, River Walk Cruise, San Antonio Mission, the Alamo, Fredericksburg, German Village, National Museum of the Pacific, and more. $2,999 per person double occupancy ($3,599 single). Secure your spot today with a $200 deposit. Payment due in full upon registration.

MUSIC CITIES GETAWAY
Departs April 19, 2020 (6 days). Tour includes roundtrip transportation to airport and roundtrip airfare. Highlights include: 3 nights at the Opryland Resort, Nashville City Tour & Music Row, Nashville's Parthenon, Ryman Auditorium, Country Music Hall of Fame, Hatch Show Print, Belle Meade Plantation, Grand Ole Opry, Graceland, Memphis City Tour, Peabody Duck March, National Civil Rights Museum, Sun Studio, Beale Street, and much more. $3,099 per person double occupancy ($3,749 single). Secure your spot today with a $558 deposit. Payment due in full upon registration.

PERU: FROM LIMA TO THE SACRED VALLEY
June 27, 2020 (8 days). Tour includes roundtrip transportation to airport and roundtrip airfare. Highlights include Lima, Sacred Valley of the Incas, local Andean Cultures, Ollantaytambo Ruins, Home-Hosted Lunch, Machu Picchu, Choice on Tour, Larco Museum and more. $4,928 single
Lunch, Machu Picchu, Choice on Tour, Larco Museum and more. $4,228 per person double occupancy
($3,599 single). Secure your spot today with a $200 deposit. Payment due in full upon registration.

HERITAGE OF AMERICA

CAPE COD & THE ISLANDS

SPECTACULAR SOUTH AFRICA
June 9, 2020 (14 days). Tour includes roundtrip transportation to airport, Roundtrip airfare. Highlights include, Johannesburg, Soweto, Panoramic Route, Kruger National Park, Safari Game Drives, Garden Route, Knysna, Featherbed Nature Reserve, Choice on Tour, Stellenbosch, Wine Tasting & Dinner, Cape Town, Table Mountain and more. $6,384 per person double occupancy ($6,984 Single) Secure your spot today with a $885 deposit. Payment due in full by May 10, 2020.

YOSEMITE TOUR
June 10, 2020 (3 days). Tour includes a deluxe motor coach ride along with a ride on the Amtrak from Fresno to Bakersfield exploring Central California's beauty. 2 nights stay at Chukchansi Gold Resort Casino located close to Yosemite Park. Spend a day in Yosemite National Park and take the 2 hour tram tour to guide you to many interesting sights in Yosemite. $659 per person double occupancy ($799 Single) Secure your spot today with a $200 deposit. Payment due in full by May 10, 2020.

COLORADO ROCKIES, RAILS & WESTERN NATIONAL PARKS

THE CANADIAN ROCKIES & GLACIER NATIONAL PARK

See trip brochure for deposit amounts and due dates. Brochures are available at Goebel Adult Community Center.
**REGISTRATION INFO**

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<th>GACC</th>
<th>Goebel Center</th>
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<td>Call 805-381-2744 or visit <a href="http://www.crpd.org">www.crpd.org</a> to register.</td>
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<td>Call 805-381-2744 or visit <a href="http://www.crpd.org">www.crpd.org</a> to register.</td>
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<thead>
<tr>
<th>CVAE</th>
<th>Conejo Valley Adult Education</th>
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<td>Call 805-497-2761 for more information or to register.</td>
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**OFFSITE LOCATIONS**

<table>
<thead>
<tr>
<th>AFTC</th>
<th>Alex Fiore Teen Center</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>805-494-5156</td>
</tr>
<tr>
<td></td>
<td>1375 E. Janss Road</td>
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<thead>
<tr>
<th>BOC</th>
<th>Borchard Community Center</th>
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<tr>
<td></td>
<td>805-381-2791</td>
</tr>
<tr>
<td></td>
<td>190 Reino Road</td>
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<td>Newbury Park, 91320</td>
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<tr>
<th>CCC</th>
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<tr>
<td></td>
<td>805-495-2163</td>
</tr>
<tr>
<td></td>
<td>1175 Hendrix Avenue</td>
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<tr>
<th>DVC</th>
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<tr>
<td></td>
<td>805-375-1003</td>
</tr>
<tr>
<td></td>
<td>4801 Borchard Road</td>
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<tr>
<th>HC</th>
<th>Hillcrest Center</th>
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<tr>
<td></td>
<td>805-495-6471</td>
</tr>
<tr>
<td></td>
<td>403 W. Hillcrest Drive</td>
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<td></td>
<td>Thousand Oaks, 91360</td>
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<tr>
<th>NPHS</th>
<th>Newbury Park High School</th>
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<tr>
<td></td>
<td>450 N. Reino Road,</td>
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<thead>
<tr>
<th>OMC</th>
<th>Old Meadows Center</th>
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<tbody>
<tr>
<td></td>
<td>805-381-2793</td>
</tr>
<tr>
<td></td>
<td>1600 Marview Drive</td>
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<tr>
<td></td>
<td>Thousand Oaks, 91362</td>
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<thead>
<tr>
<th>Peppertree Fields</th>
<th>3729 Old Conejo Road</th>
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<tr>
<th>Rancho Conejo Fields</th>
<th>950 Ventu Park Road</th>
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<tr>
<th>Studio 316</th>
<th>805-480-2631</th>
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<tbody>
<tr>
<td></td>
<td>2697 Lavery Ct., Unit #6</td>
</tr>
<tr>
<td></td>
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<th>T.O. Community Center</th>
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<tr>
<td></td>
<td>805-381-2793</td>
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<tr>
<td></td>
<td>2525 N. Moorpark Road,</td>
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<td></td>
<td>Thousand Oaks, 91360</td>
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<tr>
<th>TOHS</th>
<th>Thousand Oaks High School</th>
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<td></td>
<td>2323 N. Moorpark Road,</td>
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<td></td>
<td>Thousand Oaks, 91360</td>
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<tr>
<th>Triunfo Community Park</th>
<th>980 Aranmoor Avenue</th>
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<td></td>
<td>Westlake Village, 91361</td>
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<tr>
<th>Wildflower Playfields</th>
<th>635 Avenida de los Arboles</th>
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<td>Thousand Oaks, 91360</td>
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**ENJOY! Breakfast Today at The Goebel Café**

**Monday-Friday 8:30-11:00am**

**SENIOR NUTRITION LUNCH PROGRAM**

**Monday-Friday, 11:30am-12:30pm at The Goebel Café**

**Pick up a weekly menu at the Goebel front desk or view online at www.crpd.org/gacc**

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**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.**
CSVP Volunteers Provide Income Tax Assistance

In cooperation 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 $56,000 or less, regardless of age

Conejo Creek South Community Building
1350 East Janss Road, Thousand Oaks, CA 91362
Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays
Monday, February 3 - Wednesday, April 15, 2020
8:30am - 4:00pm

Newbury Park Library
2331 Borchard Road, Newbury Park, CA 91320
Wednesdays ONLY
Wednesday, February 5 - Wednesday, April 15
10:00am-4:00pm (Please note time change)

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

Participants should bring the following items:

- Photo identification
- Social Security card (this is required for all dependents as well as taxpayer)
- A copy of last year’s Federal and State return (we will not have access to any past years tax information and we do not want you to miss out on credits)
- Birth dates for you, your spouse, and dependents on tax return
- Wage and earning statements (W2’s and 1099’s)
- Interest and dividend statements (1099 INT; 1099 DIV; 1099 B) as well as the cost of stocks and bonds with the date bought and sold
- Health Insurance Exemption Certificate, if received
- Bank routing numbers and account numbers for direct deposit
- Other relevant information about income, expenses and deductions
- NO rental (Schedule E)
- Business income/expenses for Schedule C—ONLY if there’s a profit and expenses are Under $25,000; no home use, inventory, or depreciation
- No out-of-state returns
- No married filing separate returns

For more information, contact the Conejo Senior Volunteer Program at 805-381-2742 or csvp@crpd.org
Sponsored by the Goebel Senior Center Commission

**Tuesdays, 1:00-3:30pm**
**Fridays, 1:00-3:30pm**
**Saturdays, 1:00-3:30pm**
Minimum buy-in: $9; additional papers available. Prizes up to $200. All tabs have numbers.
Open for ages 18+. Doors open at 12noon.
Sales stop promptly at 1:00pm.

**FRIDAY NIGHT BINGO!**

**March 27**

Papers Only-Minimum Buy-in (1 set of all papers)=$18
4 ons=$5, 6 ons=$10, Single Blackout=$1
Double Actions=$1, Special Game=$1
All games= 80/20 split to max of $250
Quickie Games: All Have Numbers.
Doors open at 4:00pm, Sales stop promptly at 6:00pm,
Bingo starts at 6:30pm.

---

**Shamrock Shindig**

Friday, March 13
5:00pm
$10/person

-Dinner-Dancing-
Live Music-

-Purchase Tickets Beginning February 12 at the Goebel Center Front Desk-

---

**Slide Show Presentation**
Presented by Collette Tours
**Tuesday, March 10, 3:30PM**

**FEATURING:**

**Spain’s Classics & Portugal**
October 28, 2020
14 Days

**Spotlight on Santa Fe Holiday**
December 6, 2020
6 Days

Call (805) 381-2744 for reservations.
The Commissioners:

* Establish policies relative to the operation of the Goebel Adult Community Center
* Acquire and allocate funds to benefit the Goebel Adult Community Center
* Volunteer their time and special skills, serve on committees, and assist in planning, organizing, marketing, and conducting programs to benefit the seniors
* Regular commission meetings are open to the public and held on the fourth Wednesday of the month at 1:00pm

GOEBEL SENIOR CENTER COMMISSION, INC.
A 501(c)(3) nonprofit community service organization

The Commissioners:
Steve Smith, President
Maxine Cleary, Vice President
Del Basilio, Treasurer
Mary Martinich, Secretary
Cynthia Bengtson, Commissioner
Mickey Toyen, Commissioner
Mindy Rosiejka, Commissioner
Patricia Schiano, Commissioner
Marv Fineroff, Commissioner
Sandy Barry, Commissioner
John Posta, Commissioner
Marger Powell, Commissioner
Nancy Healey, Commissioner
Joanie Reuben, Commissioner

The Goebel Senior Center Commission Proudly Presents the
2019-2020 History & Music Comes Alive Series

Sunday, February 16, 2020 * 3:00-4:30pm
Dorothea Phelan
A “Victorian Striptease”
Victorian clothing from the outside in.

Sunday, May 17, 2020 * 3:00-4:30pm
Larry Janss
A local boy tells all about his adventures growing up during the early days of Thousand Oaks.

Sunday, March 15, 2020 * 3:00-4:30pm
Then Again
Tribute to the Everly Brothers
Sing along to your favorite songs such as “Bird Dog,” “Cathy’s Clown,” “Wake up Little Susie,” & many more!

Sunday, June 21, 2020 * 3:00-4:30pm
The Eagles Experience
Playing all your favorites—“Tequila Sunrise,” “Desperado,” “Hotel California,” and more!

History & Music Comes Alive Series Tickets are available NOW for individual purchase at the Goebel Center front desk! Tickets are $7 each.

SOLD OUT
2020 HISTORY COMES ALIVE
SOLD OUT
2019-2020 MUSIC COMES ALIVE
SOLD OUT
Dance Host & Hostess Available— No Partner Needed
Refreshments
Welcome to Adults 18+
Complimentary Dance Lessons Provided

Dances are held on the first and third Saturday of each month at the Goebel Adult Community Center

$10 Admission Per Person— Cash or Check Only
Doors open- 6:00pm
Dance Lesson- 6:30-7:20pm
Dance- 7:30-10:00pm

<table>
<thead>
<tr>
<th>DATE</th>
<th>BAND</th>
<th>DANCE LESSON</th>
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<tbody>
<tr>
<td>February 1, 2020</td>
<td>Wyatt Haupt</td>
<td>Rumba</td>
</tr>
<tr>
<td>February 15, 2020</td>
<td>Dance Masters</td>
<td>Bolero</td>
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<tr>
<td>March 7, 2020</td>
<td>Dick Parent Trio</td>
<td>West Coast Swing</td>
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<tr>
<td>March 21, 2020</td>
<td>Tropic Starr</td>
<td>Night Club Two Step</td>
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<tr>
<td>April 4, 2020</td>
<td>John &amp; John</td>
<td>Cha Cha</td>
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<tr>
<td>April 18, 2020</td>
<td>Erik Ekstrand Trio</td>
<td>Waltz</td>
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<tr>
<td>May 2, 2020</td>
<td>John &amp; John</td>
<td>Cha Cha</td>
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<tr>
<td>May 16, 2020</td>
<td>Dance Masters</td>
<td>Rumba</td>
</tr>
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</table>
HEALTH-RELATED SUPPORT GROUPS

HOSPICE OF THE CONEJO
WIDOWS/WIDOWERS SUPPORT GROUP
Tuesdays, 11:00am-12noon and 12:15-1:15pm for those newly bereaved. Tuesdays, 12:15-1:15pm and 2:30-3:30pm for those ready to move forward. No Walk-Ins.
Prior to attending, please call facilitator: 805-495-2145

US TOO PROSTATE CANCER
DISCUSSION GROUP
1st Wednesdays, February 5, 6:30-8:30pm

DIABETES SUPPORT GROUP
4th Wednesdays, February 26, 1:30-3:00pm
Livingston Memorial VNA provides basic information on Type 2 Diabetes; develop an individualized care plan that includes diet, medication, exercise, and blood sugar monitoring. Facilitated by Linda Hampson, R.N., M.S.N.

MULTIPLE SCLEROSIS SUPPORT GROUP
2nd Thursdays, February 13, 1:00-3:00pm
For friends, family, and individuals afflicted by M.S. For information, call Tina Gladstone: 805-380-6206.

ALZHEIMER’S SUPPORT GROUP
1st & 3rd Fridays, February 7 & 21, 9:30-11:00am
For family and/or caregivers of those with Alzheimer’s. For information, call Alzheimer’s Association: 805-494-5200.

THOUSAND OAKS LOW VISION SUPPORT GROUP
Fridays, 10:00am-12noon
Sessions offer support for low vision or blind individuals dealing with Macular Degeneration or other conditions resulting in vision loss. We discuss coping strategies, assistive technology, and the availability of community resources. Friends and family are also welcome. Just drop in. For more information, call: 805-380-6206.

POST POLIO SYNDROME SUPPORT GROUP
1st Saturdays, February 1, 12:30-2:30pm

ARTHIRITIS SUPPORT GROUP
2nd Saturdays, February 8, 12:15-2:15pm
For information, call Barbara Collins: 805-376-3510.

COUNCIL ON AGING
“The Story of St. Valentine’s Day”
Wednesday, February 5, at 1:00pm. Location: Civic Arts Plaza Board Room, 2100 Thousand Oaks Boulevard, Thousand Oaks.

As a life member of the Council of the New England Historic Genealogical Society, Robert Dempster will present the story of St. Valentine’s Day and how it all began. Mr. Dempster is the Governor of the Rancho Conejo Colony of Mayflower Descendants, Treasurer of the Jamestowne Society, and a Baron in the Baronial Order of the Magna Carta. A “Question and Answer” period will take place at the conclusion of the televised meeting. This presentation is part of the Council on Aging’s monthly televised speaker series. All citizens are invited to attend and encouraged to share announcements, concerns, or suggestions during the Public Comment period.

Please visit www.toaks.org/seniors, email councilonaging@toaks.org or call 805-381-7362 for more information.

DISCUSSION GROUPS

Discussion groups are individual forums facilitated by volunteers for discussion of a variety of issues. Conejo Recreation & Park District provides classrooms for discussion but does not organize forums nor advocate any opinions/comments expressed. Please contact center staff with concerns regarding material discussed.

ACTIVE SENIOR SINGLES
Mondays, 7:00-8:30pm
For more information, call Lane Karsh: 805-358-3232

MEN’S
Tuesdays, 10:00am-12:00noon with Lloyd Minton, and Wednesdays, 2:00-4:00pm (no politics, no religion) with Irwin Schector & Michael Pittas

WOMEN’S
Tuesdays, 1:30-3:00pm with Estelle Hepton

BOOKS
2nd Tuesdays, February 11, 7:00-8:45pm with Cheryl Miller: 805-368-4542

LITERATURE
Wednesdays, 10:15am-12noon with Elwin Ellis: 805-498-8243

GENEALOGY
Wednesdays, 2:00-4:00pm with Georgine Herd & Ken Lynch

CONEJO SENIOR SINGLES
Wednesdays, 7:00-8:30pm

JEWISH CULTURAL
Thursdays, 3:15-5:00pm with Dorothy Rosengard: 805-496-0746

STAMP CLUB
1st & 3rd Thursdays, February 6 & 20, 6:30-8:30pm
For more information, call Rick: 805-405-4566

HISTORY BOOKS
2nd Thursdays, February 13, 7:00-8:45pm with Jack Heller: 805-341-7585

MEETING OF THE MINDS
Fridays, 1:00-2:30pm, with Sherlyn Linneman: 805-823-5778

CONEJO VALLEY WRITERS
2nd Saturdays, February 8, 12noon-2:30pm
For more information, email: marcia.smart@roadrunner.com

CONEJO VALLEY ADULT EDUCATION
These programs occur at the Goebel Adult Community Center, but they are offered through the Conejo Valley Adult School. Call 805-497-2761 to register or for more information.

OIL/ACRYLIC PAINTING
Mondays, 9:00am-12noon & 12:30-3:30pm

ADVANCED SPANISH
Mondays, 11:30am-1:30pm

GENTELE YOGA
Tuesdays & Thursdays, 8:30-9:30am and/or 10:00-11:00am at the Teen Center

DANCE FITNESS
Tuesdays & Thursdays, 10:50-11:45am
AARP - DRIVER SAFETY PROGRAM
Thursday & Friday, February 27 & 28, 9:00am-1:00pm (Initial Course)
$15 for AARP members/$20 for non-members. Participate to get an insurance discount or learn driver safety strategies. Spaces limited. Reservations required: 805-381-2744.

FUNDRAISING WITH RALPHS
Help the Goebel Center while shopping. Every time you shop at Ralphs Grocery Store, use your Ralphs card or telephone number, a small percentage of what you spend is donated to the Goebel Center. For more information, call 800-443-4438. Be sure to use the Goebel Senior Center Commission 8NO7DE917

RECYCLING—BATTERIES
Battery recycle bin is located outside GACC main entrance.

SENIOR ADVOCATES
Temporary Office Hours:
Tuesdays & Fridays, 9:00am-4:30pm
Other appointments are available by request.
Advocates assist with questions about housing, transportation, legal issues, health related issues, in-home care, facility placement, government benefits, senior programs, health and long-term care insurance, and assistance programs. Advocates also assist with the completion of forms and applications for numerous programs and services. Call 805-495-6250 for more information and appointments.

THE PATH TO POSITIVE AGING SERIES
“Transforming Your Relationship With Food” Thursday, February 13, 10:00-11:30am
Agoura Hills Recreation & Events Center
20900 Ladyface Court, Agoura Hills
For reservations, call 818-597-7561.

This seminar will explore the causes and remedies for our dysfunctional relationship with food. We will learn what supports metabolism and what does not. We will also be introduced to the habits of people who live the longest, happiest, and healthiest in the world. You will gain new insights, attitudes, and strategies to change your relationship with food.

“Age Well Drive Smart”
Tuesday, February 18, 1:00-2:30pm
Simi Valley Senior Center
3900 Avenida Simi, Simi Valley
For reservations, call 805-583-6636.

This seminar, taught by California Highway Patrol, will cover how to keep your license, take control, behind the wheel tips, driving myths, and rules of the road.

“Alzheimer’s Disease: Know the 10 Signs”
Wednesday, February 19, 1:30-3:00pm
Westlake Village Civic Center
31200 Oak Crest Drive, Westlake Village
For reservations, call 818-706-1613.

This seminar will focus on what Alzheimer’s Disease is and why early detection is crucial. We will explore the differences between Alzheimer’s and typical aging and help you to understand the steps to take if you recognize warning signs. We will also cover the process to receiving an Alzheimer’s diagnosis.

Alzheimer’s Disease: Know the 10 Signs”
Tuesday, February 25, 4:00-5:30pm
Senior Concerns Adult Day Care Center
401 Hodencamp Road, Thousand Oaks
For reservations, call 805-497-0189.

This seminar will focus on what Alzheimer’s Disease is and why early detection is crucial. We will explore the differences between Alzheimer’s and typical aging and help you to understand the steps to take if you recognize warning signs. We will also cover the process to receiving an Alzheimer’s diagnosis.

OTHER SENIOR ADVOCATE HOURS & LOCATIONS
Advocate services are also available at two other locations:
Simi Valley Senior Center
Wednesdays, 9:00am-4:00pm, call 805-583-6363.
Agoura Hills Recreation and Events Center
1st & 3rd Tuesdays, 1:00-3:00pm, call 818-597-7361.

SENIOR SOCIAL SERVICES

ADA DIAL-A-RIDE
1st Mondays, February 3
1st & 3rd Wednesdays, February 5 & 19
By appointment only after application is processed. Thousand Oaks Transit operates Americans with Disabilities Act (ADA) para-transit service for qualified residents. A county-issued ADA card is required. (Dial-a-Ride tickets for cash purchase are available at the Goebel front desk). Applications and more information available at the Goebel front desk, online at http://mobilitymp.org, or by calling 888-667-7001.

GREY LAW
2nd Mondays, February 10, by appointment only. Assisting individuals and non-profit groups that otherwise have limited access to legal services. Call 805-658-2266 for appointment.

BLOOD PRESSURE CHECKS
Tuesdays, 9:00-11:00am. In back lobby, FREE. First come, first served.

VETERANS SERVICES
2nd Tuesdays, February 11, 1:15-4:15pm
Assisting veterans and their families gain access to financial & medical assistance. Call 805-477-5155 for more information.

HEARING WORKSHOPS
3rd Friday, February 21, by appointment only.
Nathan De Voney of AccuQuest Hearing offers free on-site repairs, cleanings, voice speech tests, and baseline tests; batteries available for nominal fee.
Appointments: 805-381-2744

HICAP
Health Insurance Counseling and Advocacy Program
1st Thursdays, 9:00am-12noon
2nd & 4th Wednesdays, 10:00am-3:00pm
3rd Mondays, 10:00am-2:00pm
1st & 4th Mondays, 9:30am-2:30pm at the Newbury Park Library Site (Call 805-477-7310 to make an appointment for Newbury Park Site only). Provides free and unbiased counseling to, and advocacy for Medicare recipients and those who will soon be receiving Medicare. Call 805-381-2742 for appointment. For information on the new “Low Income Benefit Screening” program call HICAP 805-477-7310.

WILLS PREPARATION
4th Thursdays, February 27, by appointment only.
No charge, no obligation meetings to discuss preparation of wills and living trusts; affordable follow up service available. Mike Williams, Attorney; call 805-658-2266 for appointment.

SENIOR DIAL-A-RIDE
Thousand Oaks Transit operates Senior Dial-a-Ride services for seniors age 65 and older. A city-issued Dial-a-Ride card is required; call 805-375-5467 for information. Dial-a-Ride tickets are available for cash purchase at the Goebel front desk.

ADULT PROTECTIVE SERVICES
To report abuse or neglect of adults call 805-654-3200.

AmazonSmile Fundraising
You shop. Amazon gives.
AmazonSmile is a simple and automatic way for you to support the Goebel Center every time you shop, at no cost to you! When you shop at smile.amazon.com, you’ll find the exact same low prices and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 0.5% of your purchase price to the Goebel Adult Community Center.
Search Goebel Senior Center Commission Inc EIN: 95-3474700

AmazonSmile
February

CURRENT RESIDENT OR

Goebel Adult Community Center
1385 E. Janss Road, Thousand Oaks, CA 91362
Phone: 805-381-2744 / Fax: 805-495-5430
Email: gacc@crpd.org / Website: www.crpd.org/gacc

- HOURS OF OPERATION -

Mon-Thurs
Fridays
9:00am to 9:00pm
8:30am to 9:00pm

Saturdays
Sundays
8:30am to 5:00pm
12noon to 4:00pm
Closed
(except for special events)

Robotic Companion Animals for Seniors with Dementia

TOMBOT
FIRST LITTER: Late 2020
tombot.com

Bring a friend, or make some new ones

At our pet-friendly senior living community, residents enjoy outstanding services and an exceptional enrichment program that creates more time to enjoy what truly matters to them.

EXPERIENCE THE DIFFERENCE.
Schedule your tour today at (805) 244-5440 or TheReserve@mbk.com

The Reserve at Thousand Oaks
MBK SENIOR LIVING
License #197609632