**Goebel Center CLOSED March 16-20**

We apologize for the inconvenience but we will be closed for floor repair. The center will re-open on Saturday, March 21 at 12noon.

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**Seminars/Featured Programs**

1. **Fitness & Yoga Classes**
2. **Dance Classes**
3. **Language Classes**
4. **Technology Classes**
5. **Arts & Music Classes**
6. **Specialty Classes**
7. **Computers**
8. **Drop-In Activities**
9. **Dance/Music**
10. **Senior Volunteer Instructed Classes**
11. **Conejo Senior Volunteer Program**
12. **Travel - Day Trips**
13. **Travel - International Trips**
14. **Senior Nutrition Program/Breakfast**
15. **CSVP Income Tax Assistance**
16. **Friday Night Bingo**
17. **Ronny and the Classics**
18. **Goebel Senior Center Commission**
19. **History/Music Comes Alive**
20. **Goebel Center Ballroom Dance**
21. **Health-Related Support Groups**
22. **Council on Aging Information**
23. **Discussion Groups**
24. **Conejo Valley Adult Education Classes**
25. **Senior Advocate Services**
26. **Senior Social Services**

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**Hours of Operation:**

- M-Th, 8:30am — 9:00pm
- F, 8:30am — 5:00pm
- Sa, 12noon — 4:00pm

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**Goebel Center Stamp Club**

The Goebel Center Stamp Club will be hosting their 19th annual Youth Stamp Day. The event is FREE and open to the public. Event is for youths ages 8-16, but must be accompanied by an adult. Great prizes, free giveaways, and refreshments. For questions, please contact event chairman, Ed Lathrope, at 805-390-1777. Event will be held at the Goebel Adult Community Center.

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**MEET ME AT THE MOVIES:**

**FORD V FERRARI**

(Rated PG-13)

Wednesday, March 25, 3:30pm

Starring: Matt Damon, Christian Bale & Jon Bernthal

Run-Time: 2 hours 32 minutes

Call (805) 381-2744 for reservations.

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**Male Dance Hosts NEEDED!**

We are looking for male dance hosts to volunteer on the first and third Saturday of each month for our Ballroom Dances. For more information, see page 12 or call Gigi Downes at 818-324-7393.

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**Lucky Charm Breakfast**

Wednesday, March 11

9:00-10:30am  Tickets/$7

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**1385 E. Janss Road,**
**Thousand Oaks, CA 91362**

805-381-2744

www.crpd.org/gacc

Email: gacc@crpd.org

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**MARCH 2022**

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**Sat., March 21, 12noon**

We apologize for the inconvenience but we will be closed for floor repair. The center will re-open on Saturday, March 21 at 12noon.
SEMINARS

CONNECTION AT HOME
Thursday, March 12, 11:00am-12noon
Join Henry Chan for an hour of fun as he discusses the “smart” lockbox. You can use your phone to create digital keys and let others open it only at the time of your choosing. Henry has one from the Consumer Electronic Show (CES). He will demonstrate how to work it.
Call 805-381-2744 for reservations.

The REAL ID—Do I Need One?
Friday, March 13, 1:30-3:00pm
This seminar, led by a DMV Senior Ombudsman, will cover the difference between California REAL ID, the Federal, Non-Compliant Driver’s License ID, and an Identification Card for the new law that goes into effect October 1.
Call 805-381-2744 for reservations.

WALKING THE CAMINO
Tuesday, March 24, 1:00-1:45pm
The Camino de Santiago is both quest and pilgrimage. People embark on the five-hundred mile, thirty-one day trek from the Pyrenees in France to the cathedral of Santiago de Compostela in Spain for all sorts of reasons—religious, spiritual, physical and personal. For author Kenneth R. Strange Jr. and his wife, Aurora, walking the Camino is about adventure and a lifelong love of Spain. Infused with grace and humor as well as a reverence for humanity, this is an uplifting tale about overcoming emotional and physical challenges in the pursuit of a dream.
Call 805-381-2744 for reservations.

How To Host A Successful “Game Night”
Thursday, March 26, 11:00am-12:00pm
It has been clinically proven that laughter, socialization, and mental stimulation are critical to a happy and healthy mind. Activities that provide this are hard to find, but you can easily create events that provide all of this yourself with a little effort and the willingness to reach out to your friends (or find new ones). This presentation will give you the tools and strategies for a successful game night. It will be fun, interactive, and no doubt will enhance your life!
Speaker is Annette Broersma, M.S. Reservations required.
Call 805-381-2744 for reservations.

YOU HAVE YOUR DNA RESULTS... NOW WHAT?
Friday, March 27, 2:00-3:00pm
Join Kim Wizer for an introduction on how to use new DNA tools to organize and maximize the DNA experience while researching your ancestry.
Call 805-381-2744 for reservations.

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.

Shamrock Shindig
Friday, March 13
5:00pm
$10/person
-Dinner-Dancing-
Live Music-
Purchase Tickets NOW
at the Goebel Center Front Desk.
The following are Conejo Recreation & Park District Programs. CRPD Spring Registration begins March 6. Visit the Goebel Center, www.crdp.org, or call 805-381-2744 for more information, and a description of our classes and programs.

Fitness & Yoga

ADVANCED CHAIR-BASED STRENGTH AND BALANCE, Age 50+
Mondays, 3/30-5/11, 11:30am-12:30pm
Prerequisite: Chair Based Strength & Balance
$75 for 7 weeks; class #0835.2201
Instructor: Cathya Haas.

CHAIR BASED STRENGTH & BALANCE, Age 50+
Mondays, 3/30-5/11, 12:45-1:45pm
$73 for 7 weeks; class #0857.2201
Instructor: Cathya Haas.

CHAIR YOGA, Age 18+
Tuesdays, 3/31-5/12, 10:30-11:30am and/or
Thursdays, 4/2-5/14, 10:30-11:30am
$70 for each 7-week class session; class #0861.2201/#0861.2202
Instructor: Phyllis Paul.

STRETCH, TONE, & BALANCE, Age 18+
Mondays, 3/30-5/11, 2:15-3:15pm and/or
Wednesdays, 4/1-5/13, 1:15-2:15pm
$45 for 7 weeks; class #0856.2201/#0856.2202
Instructor: Kathy Bailey.

ZUMBA GOLD, Age 18+
Mondays, 3/23-5/11, 4:30-5:30pm and/or
Wednesdays, 3/25-5/13, 4:30-5:30pm
$67 for each 8-week class session; class #0855.2201
Instructor: Del Herrera. (Discount if taking both classes together, must register on site before first class to receive discount.)

HATHA YOGA, Age 18+
Mondays, 2/20-5/11, 7:30-8:30pm
$69 for 7 weeks; class #0852.2201
Instructor: Phyllis Paul.

INTRODUCTION TO TAI CHI, Age 50+
Tuesdays, 3/31-5/12, 8:30-9:30am
$52 for 7 weeks; class #0889.2201
Instructor: Jean Stoutenborough

PILATES FOR BUFF BONES, Age 18+
Tuesdays, 3/31-5/12, 6:00-7:15pm
$43 for 7 weeks; class #0851.2201
Instructor: Barbara West.

SIT AND DANCE, Age 50+
Wednesdays, 3/25-5/13, 3:30-4:15pm
$67 for 8 weeks; class #0830.2201
Instructor: Del Herrera.

YOGA, Age 18+
Wednesdays, 4/1-5/13, 7:30-8:30pm
$67 for 7 weeks; class #0854.2201
Instructor: Jenny Klossner

PILATES, Age 18+
Wednesdays, 4/1-5/13, 6:15-7:15pm
$67 for 7 weeks; class #0852.2201
Instructor: Jenny Klossner.

BEGINNING/INTERMEDIATE TAI CHI, Age 50+
Thursdays, 4/2-5/14, 8:30-9:30am
Prerequisite: Intro to Tai Chi or basic knowledge of Tai Chi.
$52 for 7 weeks; class #0859.2201
Instructor: Jean Stoutenborough.

SUPER BRAIN YOGA, Age 18+
Thursday, 3/5, 1:00-2:00pm
$20 for 1 day; class #0829.2203
Instructor: Ellen Moran.

[NEW] PRANIC HEALING FOR PAIN & STRESS RELIEF, Age 18+
Thursday, 4/2, 1:00-2:00pm
Thursday, 4/16, 1:00-2:00pm
Thursday, 5/7, 1:00-2:00pm
$20 for 1 day; class #0829.2201/#0829.2202/#0829.2203
Instructor: Ellen Moran.

TAI CHI FOR HEALTH (DIABETES), Age 18+
Thursdays, 4/2-5/14, 9:00-10:00am
$67 for 7 weeks; class #0864.2201
Instructor: Marcia Miyashiro.

CHAIR BAND WORKOUT, Age 50+
Fridays, 3/30-5/12, 10:00-11:00am
$63 for 7 weeks; class #0860.2201
Instructor: Jolie Ker.

Dance

[NEW] INTRODUCTION TO TAP DANCE, Age 50+
Mondays, 3/30-5/11, 3:15-4:10pm
$45 for 7 weeks; class #0820.2201
Instructor: Kathy Bailey.

LINE DANCING I, Age 18+
Mondays, 3/30-5/11, 3:15-4:10pm
$59 for 7 weeks; class #0888.2201
Instructor: Kathy Bailey.

LINE DANCING II, Age 18+
Mondays, 3/30-5/11, 4:15-5:10pm
Prerequisite: Completion of Line Dance I, or equivalent experience.
$45 for 7 weeks; class #0821.2201
Instructor: Kathy Bailey.

EAST COAST SWING, Age 18+
Mondays, 3/30-5/11, 5:15-6:10pm
$45 for 7 weeks; class #0822.2201
Instructor: Kathy Bailey.

Technology

iPHONE/IPAD WORKSHOP, Age 18+
Tuesday, 4/14, 10:00am-12:00pm
$25 for 1 day; class #0891.2201
Instructor: Tracie Karasik.

iPHONE PHOTOGRAPHY, Age 18+
Tuesday, 4/21, 10:00am-12:00pm
$25 for 1 day; class #0890.2201
Instructor: Tracie Karasik.

LANGUAGE

FSL CLASS, Age 18+
Thursdays, 4/2-5/28, 5:00-6:00pm
$59 for 7 weeks; class #0888.2201
Instructor: Anna Colilles.

SPANISH: BEGINNING, Age 18+
Thursdays, 4/2-5/28, 6:00-7:00pm
$39 for 7 weeks; class #0887.2201
Instructor: Anna Colilles. No class 4/23, 4/30

SPANISH: INTERMEDIATE, Age 18+
Thursdays, 4/2-5/28, 7:10-8:10pm
$39 for 7 weeks; class #0886.2201
Instructor: Anna Colilles. No class 4/23, 4/30
BEGINNING PORTRAITURE II-FEATURES, Age 18+
Mondays, 3/30-4/20, 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 #0801.2202
$10 cash lab fee due first class.
Instructor: Bob Noonan.

ART FOR ALL, Age 50+
Tuesdays, 3/31-4/19, 12:30-2:00pm
Wednesdays, 4/1-2/3/20, 11:00am-1:30pm
$66 for each 7 week class session; class #0810.2201/#0810.2202
$5 cash lab fee due first class.

INTRODUCTION TO UKULELE, Age 18+
Wednesdays, 4/1-4/15, 6:30-8:30pm
$66 for 7 weeks; class #0805.2201
$28 songbook fee due first class.
Instructor: Jessica Brock.

INTRODUCTION TO WOOD CARVING & WHITTLING, Age 18+
Mondays, 3/30-4/27, 6:30-8:00pm
$25 materials fee due first class.
Instructor: Lorraine Urist.

INTRODUCTION TO FOLK/ROCK GUITAR, Age 18+
Mondays, 3/30-4/14, 5:00-6:30pm
$52 for 7 weeks; class #0895.2201
$15 cash material fee due first class.
Instructor: Theresa Smythe.

INTRODUCTION TO TAROT CARD READING, Age 18+
Mondays, 3/30-4/14, 5:00-6:30pm
Required: Standard deck of Rider-Waite Tarot cards and notebook
$180 for 6 weeks; class #0896.2201
Instructor: Theresa Smythe.

ADVANCED TAROT CARD READING, Age 18+
Mondays, 3/30-4/14, 4:45-6:45pm
Prerequisite: Beginning tarot card class or basic understanding of tarot card reading
Required: Standard deck of Rider-Waite Tarot cards and notebook
$180 for 6 weeks; class #0897.2201
Instructor: Theresa Smythe.

BEGINNING KNITTING, Age 18+
Mondays, 3/30-4/15, 10:30-11:45am
$70 for 7 weeks; class #0899.2201
$25 cash materials fee due first class.
Instructor: Barbara Edelman.

BRAIN GAMES, Age 18+
Mondays, 3/30-4/15, 11:00-12:15pm
$80 for 4 weeks; class #0883.2201
Instructor: Kathleen Rogers.

CRYSTAL HEALING & THE 7 CHAKRAS, Age 18+
Mondays, 3/30-4/14, 10:00am-11:15am
$70 for 7 weeks; class #0874.2201
Instructor: Pam Hoffman.

ARTS & MUSIC

DIGITAL PHOTOGRAPHY, Age 18+
Mondays, 3/30-5/11, 3:30-4:30pm
$75 for 7 weeks; class #0877.2201
Instructor: Richard Smith.

INTRODUCTION TO TAROT CARD READING, Age 18+
Mondays, 3/30-4/14, 5:00-6:30pm
Required: Standard deck of Rider-Waite Tarot cards and notebook
$180 for 6 weeks; class #0896.2201
Instructor: Theresa Smythe.

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Instructor: Theresa Smythe.

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$70 for 7 weeks; class #0899.2201
$25 cash materials fee due first class.
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Instructor: Theresa Smythe.

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Prerequisite: Beginning tarot card class or basic understanding of tarot card reading
Required: Standard deck of Rider-Waite Tarot cards and notebook
$180 for 6 weeks; class #0897.2201
Instructor: Theresa Smythe.

BEGINNING KNITTING, Age 18+
Mondays, 3/30-4/15, 10:30-11:45am
$70 for 7 weeks; class #0899.2201
$25 cash materials fee due first class.
Instructor: Barbara Edelman.

BRAIN GAMES, Age 18+
Mondays, 3/30-4/15, 11:00-12:15pm
$80 for 4 weeks; class #0883.2201
Instructor: Kathleen Rogers.
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, 11:00am-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.

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.

BUCKLES & BOWS SQUARE DANCE CLUB
4th Saturdays, March 28, 6:30-10:00pm
Alternating between round & square dancing, professional caller, light refreshments. $8 suggested donation. Call 805-492-1669 for information.
SPRING 2020 SESSION:
Monday, March 23-Friday, May 29
$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
3/23, 3/30, 4/6, 4/27, 5/4, 5/11

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

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

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

Looking for volunteers to help with docent tours, school tours, special events, gift store, gardening, and office assistance.

For more information, please contact the CSVP office at 805-381-2742.
Strawberry Festival is the place to be! A strawberry shortcake washed down with a strawberry shake is your idea of a well rounded meal, then the California celebrity chef demonstrations, and musical entertainment on three different stages, as well as, strolling musicians. If you 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.

TRIP CANCELLATION & REFUND POLICY

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, 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.

If we are able to fill your space and a refund is granted, a $5 processing fee will be assessed.

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NEW TRIPS

In-District registration for the following trip begins Friday, March 13, 8:45am.

**CATALINA ISLAND ADVENTURE** Wednesday, June 3, 2020, 7:30am-7:00pm

Trip includes roundtrip motor coach transfers to and from Long Beach, roundtrip boat transportation to and from Catalina aboard the Catalina Express, plenty of free time in Avalon to enjoy lunch (on your own), shopping and sightseeing and a printed itinerary and island map for each passenger upon boarding.

$95 per person. ***Sponsored by the Goebel Adult Community Center Commission.

**ART AND AUTOMOBILES** Thursday, June 25, 2020, 8:30am-5:00pm

On this trip you will experience the Peterson Automotive Museum which features more than 300 very rare cars on display from one of a kind classics to turn of the century rarities. Next stop in our travels will be the Broad Museum, a new contemporary 20,000 square foot museum and home to over 2000 works of art which is the prominent holdings of post war contemporary art worldwide. Last stop will be at the Original Farmers Market for lunch on your own. This is one of L.A.’s most treasured landmarks and a destination for food lovers worldwide.

$60 per person. ***Sponsored by the Goebel Adult Community Center Commission.

Registration is in progress for the following trips:

**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 animation, Kingswell Studios, known as the first Disney studio, Walt’s Los Feliz estate, Step inside the Carowood 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.

**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.
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


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. $4,228 per person double occupancy ($4,928 single). $850 deposit. Payment due in full after 7/1/2020. Discounts available with early registration.

THE CANADIAN ROCKIES & GLACIER NATIONAL PARK


SCENIC SWITZERLAND

**September 15, 2020** (9 days). Tour includes roundtrip transportation to airport and roundtrip airfare. Highlights include Geneva City Tour, Chamonix, France, Chateau de Chillon & Montreux, Swiss Wine Tasting, Zermatt & the Matterhorn, Golden Pass Train, Gstaad, Gruyeres & Swiss Cheese Dairy, Bern City Tour & Bear Pits, Interlaken, Lucerne Walking Tour, Chapel Bridge of Lucerne, Lucerne Lion Monument and more. $4,895 per person double occupancy ($5,745 single). Secure your spot today with a $850 deposit. Payment due in full after 7/1/2020. Discounts available with early registration.

TASTE OF NEW MEXICO, ALBUQUERQUE'S BALLOON FESTIVAL AND SANTA FE

**October 9, 2020** (6 days). Tour includes roundtrip transportation to airport and roundtrip airfare. Highlights include Albuquerque Balloon Fiesta, Mass Ascension, Twilight Twinkle Glow, City Tour of Albuquerque, Indian Pueblo Cultural Center, International Balloon Museum, Santa Fe Walking Tour, Loretto Chapel, Georgia O’Keeffe Museum, Taos, Spanish Village of Chimayo and more. $5,199 per person, double occupancy. ($6,299 single). Secure your spot today with a $200 deposit.

NORMANDY, PARIS & THE SEINE RIVER CRUISE FEATURING 7 NIGHTS ABOARD THE AMADEUS DIAMOND

**October 20, 2020** (9 days). Tour includes roundtrip transportation to airport and roundtrip airfare. Highlights include Paris City Tour, Historic Normandy Tour, Arromanches & Bayeux Visits , Calvados Brandy Tasting, Auvers-sur-Oise Tour, Auberge Ravoux Visit (Van Gogh home), Rouen Walking Tour, Étretat Tour Normandy Coast & Village, Stops in Conflans, LeHavre & Les Andelys. Price ranges from $4,920—$6,520 (double occupancy) depending on ship cabin choice. Secure your space today with a $925 deposit.

SPAIN’S CLASSICS & PORTUGAL

- REGISTRATION INFO -

GACC  Goebel Center
Call 805-381-2744 or visit www.crpd.org to register.

CRPD  Conejo Rec & Park District
Call 805-381-2744 or visit www.crpd.org to register.

CVAE  Conejo Valley Adult Education
Call 805-497-2761 for more information or to register.

-OFFSITE LOCATIONS-

AFTC  Alex Fiore Teen Center
805-494-5156
1375 E. Janss Road
Thousand Oaks, 91362

BOC  Borchard Community Center
805-381-2791
190 Reino Road
Newbury Park, 91320

CCC  Conejo Community Center
805-495-2163
1175 Hendrix Avenue
Thousand Oaks, 91360

DVC  Dos Vientos Community Center
805-375-1003
4801 Borchard Road
Newbury Park, 91320

HC  Hillcrest Center
805-495-6471
403 W. Hillcrest Drive
Thousand Oaks, 91360

NPHS  Newbury Park High School
456 N. Reino Road,
Newbury Park, 91320

OMC  Old Meadows Center
805-381-2793
1600 Marview Drive
Thousand Oaks, 91362

Peppertree Fields
3729 Old Conejo Road
Newbury Park, 91320

Rancho Conejo Fields
950 Ventu Park Road
Newbury Park, 91320

Studio 316
805-480-2631
2697 Lavery Ct., Unit #6
Newbury Park, 91320

TOC  T.O. Community Center
805-381-2793
2525 N. Moorpark Road,
Thousand Oaks, 91360

TOHS  Thousand Oaks High School
2323 N. Moorpark Road,
Thousand Oaks, 91360

Triunfo Community Park
980 Aranmoor Avenue
Westlake Village, 91361

Wildflower Playfields
635 Avenida de los Arboles
Thousand Oaks, 91360

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The Goebel Café
Total proceeds support the
Conejo Senior Volunteer Program
Goebel Adult Community Center
1385 E. Janss Road  Thousand Oaks, CA 91362
805-381-2746, www.crpd.org/gacc

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**ENJOY!**

**Breakfast Today**

at The Goebel Café

**Monday-Friday**

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

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**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.

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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.  
Food available for purchase.

The Goebel Senior Center Commission Proudly Presents

MUSIC COMES ALIVE

RONNY & THE CLASSICS

SUNDAY, APRIL 19, 3:00-4:30PM

Doors open at 2:30pm

$7/ticket

Purchase tickets NOW at the 
Goebel front desk.
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

2020 HISTORY COMES ALIVE
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.

2019-2020 MUSIC COMES ALIVE
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.
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

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<tr>
<th>DATE</th>
<th>BAND</th>
<th>DANCE LESSON</th>
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<tr>
<td>March 7, 2020</td>
<td>Dick Parent Trio</td>
<td>West Coast Swing</td>
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<td>March 21, 2020</td>
<td>Tropic Starr</td>
<td>Night Club Two Step</td>
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<td>April 4, 2020</td>
<td>John &amp; John</td>
<td>Cha Cha</td>
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<td>April 18, 2020</td>
<td>Erik Ekstrand Trio</td>
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<td>May 2, 2020</td>
<td>John &amp; John</td>
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<td>May 16, 2020</td>
<td>Dance Masters</td>
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<td>June 6, 2020</td>
<td>Dance Masters</td>
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<tr>
<td>June 20, 2020</td>
<td>John &amp; John</td>
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**HEALTH-RELATED SUPPORT GROUPS**

**HOSPICE OF THE CONEJO**

**WIDOWS/WIDowers SUPPORT GROUPS**
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, March 4, 6:30-8:30pm

**DIABETES SUPPORT GROUP**
4th Wednesdays, March 25, 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, March 12, 1:00-3:00pm
For friends, family, and individuals afflicted by M.S. For information, call Tina Gladstone: 805-581-2264

**ALZHEIMER’S SUPPORT GROUP**
1st Fridays, March 6, 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, March 7, 12:30-2:30pm

**ARTHRITIS SUPPORT GROUP**
2nd Saturdays, March 14, 12:30-1:30pm
For information, call Barbara Collins: 805-376-3510

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**COUNCIL ON AGING**

“Ventura County Area Agency on Aging”

**VENTURA COUNTY AREA AGENCY ON AGING**

**WEDNESDAY, MARCH 4, AT 1:00PM. LOCATION: CIVIC ARTS PLAZA BOARD ROOM, 2100 THOUSAND OAKS BOULEVARD, THOUSAND OAKS.**

Victoria Jump, director of Ventura County Area Agency on Aging (VCAAA), will give a presentation about what the VCAA has to offer to our seniors.

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.

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**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 Schecter & Michael Pittas

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

**BOOKS**
2nd Tuesdays, March 10, 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

**CONJEO SENIOR SINGLES**
Wednesdays, 7:00-8:30pm

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

**STAMP CLUB**
1st & 4th Thursdays, March 5 & 26, 6:30-8:30pm
For more information, call Rick: 805-405-4566

**HISTORY BOOKS**
2nd Thursdays, March 12, 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

**CONJEO VALLEY WRITERS**
2nd Saturdays, March 14, 12noon-2:30pm
For more information, email: marcia.smart@roadrunner.com

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**CONJEO 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

**GENTLE 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

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- 13 -
PROGRAMS

AARP - DRIVER SAFETY PROGRAM
Friday, May 8, 9:00am-1:30pm
(Refresher 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, and 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 NFO #DE917.

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
“Passing the Written Driver’s Test”
Thursday, March 12, 10:00-11:30am
Agoura Hills Recreation & Events Center
20900 Ladyface Court, Agoura Hills
For reservations, call 818-597-7361.
This seminar, led by DMV Senior Ombudsman and Senior Concerns’ Community Educator, will cover tips and prepare you for the written exam.

“The REAL ID—Do I Need One?”
Friday, March 13, 1:30-3:00pm
Goebel Adult Community Center
1385 E. Janss Road, Thousand Oaks
For reservations, call 805-381-2744.
This seminar, led by DMV Senior Ombudsman, will cover the difference between California REAL ID, the Federal, Non-Compliant Driver’s License ID, and an Identification Card for the new law effective October 1.

“Transforming Your Relationship With Food”
Wednesday, March 18, 1:30-3:00pm
Westlake Village Civic Center
31200 Oak Crest Drive, Westlake Village
For reservations, call 818-706-1613.
This seminar will offer insight on strategies to change your relationship with food, habits from those that live longer, dysfunctional causes and relationships with food, and metabolism support.

“Spirituality/End of Life”
Tuesday, March 24, 4:00-5:30pm
Senior Concerns Adult Day Care Center
401 Hodencamp Road, Thousand Oaks,
For reservations, call 805-497-0189.
This seminar will cover individual spirituality and planning for end of life decisions.

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 & 4th Mondays, March 2 & 23
1st Wednesdays, March 4
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, March 9, 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, March 10, 1:15-4:15pm
Assisting veterans and their families gain access to financial & medical assistance. Call 805-477-5155 for more information.

HEARING WORKSHOPS
4th Friday, March 27, 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
WILL RETURN IN APRIL
3rd Thursdays, 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
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
March

CURRENT RESIDENT OR

- HOURS OF OPERATION -

Mon-Thurs  8:30am to 9:00pm
Fridays  8:30am to 5:00pm
Saturdays  12noon to 5:00pm
Sundays Closed
(except for special events)

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

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