THE GOEBEL GAZETTE
AUGUST 2020

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WE MISS YOU

Message From Our Staff
To Our Dearest Friends:

We hope you are all faring well during this very unsettling time. We want you to know that even though the Goebel Center is closed, our staff is available to you. Please call us with any questions, concerns, or just to check in. We cannot express how much we miss having you at the center. We are looking forward to seeing your smiling faces again. Please be well, and make sure you are practicing safe "physical distancing," and are not taking any unnecessary risks. If you need something, anything at all, call us. We are here for you always.

Goebel Adult Community Center Staff
**NUTRITION COUNSELING**

Tuesday, August 11, 2:30-5:30pm  
Half Hour Phone or Zoom Appointments  
Food and nutrition play a vital role in our overall health. Registered dietitian, Teresa Diaz, will provide one-on-one assessments to aide in your nutritional needs.  
For more information, please contact Michael Braff at 805-381-2744 or mbraff@crpd.org

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**ZOOM! HICAP PRESENTATION**

Thursday, August 20, 12:00-1:30pm  
Who’s ready for 2021? The Health Insurance Counseling and Advocacy Program (HICAP) presents information to help you prepare for 2021 Open Enrollment Medicare. It is imperative that you take care of not only your health, but your healthcare coverage to start the new year.  
Be sure to join us as we guide you through understanding your coverage and provide tips in protecting yourself from fraud.  
For more information, please contact Michael Braff at 805-381-2744 or mbraff@crpd.org

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**ZOOM!**  
**How To Find An Assisted Living Community During A Pandemic**  
Tuesday, August 25, 2:30-3:30pm  
Are assisted living communities safe? How can you check them out while no one is allowed inside? Is it safe to hire home caregivers during this time? This seminar will be presented by Annette Broersma, M.S., who has spent many years working in the senior care industry; she will be joined by Dylan Lacoe, who is currently working in assisted living in the area. Bring your questions and log on!  
For more information, please contact Michael Braff at 805-381-2744 or mbraff@crpd.org

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**Will You Pass Your Next Driving Test?**  
Tuesday, August 11, 4:00-5:00pm  
Learn how to effectively study for the written exam, understand what to expect at the DMV, discover tips to take on the road, and learn about the REAL ID.  
Please register online at https://www.seniorconcerns.org/seminars or email questions to: info@seniorconcerns.org.

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**Meeting The Challenges of Solo Aging**  
Tuesday, August 25, 4:00-5:00pm  
Join this workshop to identify what matters most to you, discover resources in lieu of family to provide what you need as you age, explore options on how and where you wish to live, and learn how to be your own best advocate in the years ahead.  
Please register online at https://www.seniorconcerns.org/seminars or email questions to: info@seniorconcerns.org.
The following are Conejo Recreation and Park District Programs.
CRPD Fall Registration begins August 21, but it’s not too late to sign up for your favorite classes and programs!!!
Visit the Goebel Center, www.crpd.org, or call 805-381-2744 for more information, and a description of our classes and programs.

***If the Ventura County Public Health officials have deemed it safe for recreation classes to resume at Goebel by the time the Fall session begins, more classes will be offered.

**FITNESS & YOGA**

**ZOOM! ADVANCED CHAIR-BASED STRENGTH & BALANCE, Age 50+**
Mondays, 9/14-10/26, 11:30am-12:30pm
$73 for 7 weeks; class #0835.4201
Instructor: Cathya Haas.

**ZOOM! CHAIR-BASED STRENGTH & BALANCE, Age 50+**
Mondays, 9/14-10/26, 12:45-1:45pm
$73 for 7 weeks; class #0857.4201
Instructor: Cathya Haas.

**ZOOM! CHAIR YOGA, Age 18+**
Tuesdays, 9/8-10/20, 10:30-11:30am and/or
Thursdays, 9/10-10/22, 10:30-11:30am.
$70 for each 7-week class session; class #0861.4201/#0861.4202
Instructor: Phyllis Paul.

**ZOOM! Zooma, Age 18+**
Mondays, 9/14-10/26, 4:30-5:30pm and/or
Wednesdays, 9/16-10/28, 4:30-5:30pm.
$59 for each 7-week class session; class #0855.4201/#0855.4202
Instructor: Del Herrera. (Discount if taking both classes together, must call GACC before first class to receive discount).

**ZOOM! GENTLE HATHA YOGA, Age 18+**
Mondays, 9/14-10/26, 7:30-8:30pm
$69 for 7 weeks; class #0852.4201
Instructor: Phyllis Paul.

**ZOOM! INTRODUCTION TO TAI CHI, Age 50+**
Tuesdays, 9/8-10/20, 8:30-9:30am
$51 for 7 weeks; class #0858.4201
Instructor: Jean Stoutenborough

**ZOOM! PILATES FOR BUFF BONES, Age 18+**
Tuesdays, 9/8-10/20, 6:00-7:15pm
$67 for 7 weeks; class #0851.4201
Instructor: Barbara West.

**ZOOM! PRANIC HEALING FOR PAIN & STRESS RELIEF, Age 18+**
Thursday, 9/17, 1:00-2:00pm
Thursday, 10/1, 1:00-2:00pm
Thursday, 10/15, 1:00-2:00pm
$20 for 1 day; class #0829.4201/#0829.4202/#0829.4203
Instructor: Ellen Morano.

**ZOOM! YOGA, Age 18+**
Wednesdays, 9/9-10/21, 7:30-8:30pm
$67 for 7 weeks; class #0854.4201
Instructor: Jenny Klossner

**ZOOM! CHAIR BAND WORKOUT, Age 50+**
Fridays, 9/11-10/23, 1:00-2:00pm
$66 for 7 weeks; class #0860.4201
Instructor: Jolie Ker.

**ZOOM! BEG./INT. TAI CHI, Age 50+**
Thursdays, 9/10-10/22, 8:30-9:30am
$51 for 7 weeks; class #0859.4201
Instructor: Jean Stoutenborough.

**LANGUAGE**

**ZOOM! ESL CLASS, Age 18+**
Thursdays, 9/10-10/22, 5:00-6:00pm
$9 for 7 weeks; class #0888.4201
Instructor: Anna Colilles.

**ZOOM! SPANISH: BEGINNING, Age 18+**
Thursdays, 9/10-10/22, 6:05-7:05pm
$9 for 7 weeks; class #0887.4201
Instructor: Anna Colilles.

**ZOOM! SPANISH: INTERMEDIATE, Age 18+**
Thursdays, 9/10-10/22, 7:10-8:10pm
$59 for 7 weeks; class #0886.4201
Instructor: Anna Colilles.

**SPECIALTY**

**ZOOM! MAH-JONGG FOR BEGINNERS, Age 50+**
Mondays, 9/14-10/26, 12noon-3:00pm
$40 for 7 weeks; class #0880.4201
Instructor: Lorraine Urist.

**ZOOM! BEG. TAROT CARD READING, Age 40+**
Mondays, 9/14-10/19, 6:45-8:45pm
$150 for 6 weeks; class #0896.4201
Instructor: Theresa Smythe.

**ZOOM! A MINDFUL PERSPECTIVE OF 2020 WORKSHOP, Age 40+**
Tuesday, 10/27, 10:00am-12noon
$20 for 1 day; class #0884.4201
Instructor: Lindsay Leimbach.

**ZOOM! INTRO TO CANASTA, Age 50+**
Thursdays, 9/10-10/22, 10:00am-12noon
$40 for 7 weeks; class #0879.4201
Instructor: Lorraine Urist.

**ZOOM! INTRO TO FILM NOIR, Age 50+**
Thursdays, 9/10-10/1, 2:00-4:30pm
$42 for 4 weeks; class #0937.4201
Instructor: Joe Longo.
**ARTS & MUSIC**

**ZOOM! ART FOR ALL, Age 50+**
Tuesdays, 9/8-10/20, 12:30-2:00pm
$66 for 7 weeks: class #0810/4201
Instructor: Donna Mason-Adams.

**ZOOM! CARDS, CRAFTING, AND MORE, Age 18+**
Tuesdays, 9/8-10/20, 12:30-2:00pm
$66 for 7 weeks: class #0810/4201
Instructor: Penny Olsen.

**ZOOM! INTRODUCTION TO UKULELE, Age 18+**
Wednesdays, 9/9-10/14, 4:45-5:45pm
$57 for 6 weeks: class #0805/4201
Instructor: David Steinhart

**ZOOM! iPHONE/iPAD WORKSHOP,  Age 18+**
Wednesdays, 9/8-10/20, 12:30-2:00pm
$25 for 1 day: class #0891/4201
Instructor: Tracie Karasik.

**ZOOM! INTRODUCTION TO UKULELE, Age 18+**
Wednesdays, 9/9-10/14, 4:45-5:45pm
$57 for 6 weeks: class #0805/4201
Instructor: David Steinhart

**ZOOM! CARDS, CRAFTING, AND MORE, Age 18+**
*Theme: Fall Colors*
Wednesdays, 9/9-9/23, 6:30-8:30pm, class #0804/4201
*Theme: Halloween*
Wednesdays, 10/7-10/21, 6:30-8:30pm, class #0804/4202
$45 for each 3-week class session
$10 cash materials fee due each first class.
Instructor: Jamie Albanese.

**ZOOM! UKULELE-LEVEL 2, Age 18+**
Thursdays, 9/10-10/15, 5:00-6:00pm
Prerequisite: Introduction to Ukulele
$60 for 6 weeks: class #0814/4201
Instructor: David Steinhart

**PAINT NIGHT AT STUDIO 316!, Age 21+**
Saturday, 9/19, 5:00-7:30pm
Location: Studio 316, 2697 Lavery Court, Unit #6
$40 for 1 day, class #0802/4201
Instructor: Bob Noonan

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**SENIOR VOLUNTEER INSTRUCTED CLASSES (VIA ZOOM)**

**MEANING OF OPERA**
Mondays 3:30-5:00pm
Instructor: Steve Kohn

**SPANISH INTERMEDIATE 1**
Wednesdays 8:30-10:00am
Instructor: Bob Caccavvo

**SPANISH INTERMEDIATE 2**
Wednesdays 10:00am-12noon
Instructor: Bob Caccavvo

**MEDITATION**
Thursdays 2:00-3:00pm
Instructor: Penny Olsen

For more information, please contact Michael Braff at 805-381-2744 or mbraff@crpd.org

**PROGRAMS**

**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 805-443-4438. Be sure to use the Goebel Senior Center Commission NPO #DE917

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

**FREE VHS TO DVD HELP**
Miguel De Pau can transfer your VHS tape, 8mm, and super 8mm films to Dvds for free. Save your memories in Dvd’S. They will last 100 years without being deteriorated! For more information, call or text Miguel at 956-542-8987.
Join Us For Lunch!

SENIOR NUTRITION LUNCH PROGRAM
MONDAY-FRIDAY, 11:30AM-1:30PM
THE GOEBEL DRIVE THRU

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.

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

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

The Current Commission:

Steve Smith, President
Marise Cleary, Vice President
Del Basilio, Treasurer
Mary Martinich, Secretary
Cynthia Bengtson, Commissioner
Mickey Toyen, Commissioner
Mindy Rosiejka, Commissioner
Patricia Schiano, Commissioner
Mary Fineroff, Commissioner
Sandy Barry, Commissioner
John Posta, Commissioner
Margot Powell, Commissioner
Nancy Healey, Commissioner
Joanie Reuben, Commissioner

The Conejo Senior Volunteer Program (CSVP) was created to provide an opportunity for adults age 55 and over to use their life experience and skills to meet local community needs. CSVP has close to 1,000 volunteers and works with 75 local nonprofit agencies. If interested in volunteering or for more information, please contact: Julie Spivack, 805-381-2742, jspivack@crpd.org
-REGISTRATION INFO -

GACC
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
805-381-2739
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

HEALTH RELATED SUPPORT GROUPS

HOSPICE OF THE CONEJO
For more information please call, 805-495-2145

DIABETES SUPPORT
For more information please call Livingston Memorial VNA at 805-662-0239.

MULTIPLE SCLEROSIS SUPPORT
For friends, family, and individuals affected by M.S. For information, call Tina Gladstone at 805-581-2264.

ALZHEIMER'S SUPPORT
For family and/or caregivers of those with Alzheimer’s. For information call Alzheimer's Association at 805-494-5200

THOUSAND OAKS LOW VISION
For more information call 805-380-6206.

Senior Social Services

ADA DIAL-A-RIDE
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 online at http://mobilitymp.org, or by calling 888-667-7001.

GREY LAW
Assisting individuals and non-profit groups that otherwise have limited access to legal services. Call 805-658-2266 for appointment.

VETERANS SERVICES
Assisting veterans and their families gain access to financial & medical assistance. Call 805-477-5155 for more information.

HICAP
Health Insurance Counseling and Advocacy Program provides free and unbiased counseling to, and advocacy for Medicare recipients and those who will soon be receiving Medicare. For information on the new “Low Income Benefit Screening” program call HICAP 805-477-7310.

WILLS PREPARATION
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.

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

TAX COUNSELING
1st Wednesday Through October
Call 805-381-2742 to schedule appointment.
Adult Day Program

Senior Concerns in person Adult Day Care is temporarily closed.

However, we offer twice per week free Zoom Activity sessions, with brain games, music, and conversation. We also offer a list of online tools and resources for continuing these types of activities at home.

We also offer no cost Zoom Support Groups to help caregivers discuss and resolve problems, and determine needs in caring for special need seniors, and one-on-one phone counseling with Carie, our Care Manager, to provide referrals, respite and home modification grants, and residential placement referrals. Please contact Senior Concerns at 805-497-0189 for more information.

Health/Wellbeing/Planning

Through our long-term partnership with CareRinger, we offer seniors a daily automated check in call. The system alerts a designated contact when the senior misses the call. There is no equipment to purchase and the service is free. To learn more go to https://careringer.com/ and email us at info@seniorconcerns.org.

Senior Concerns offer a volunteer grocery shopping service at no charge. If you need a volunteer matched to do your shopping and errands please call us at 805-407-0189.

Combatting Social Isolation and Loneliness

In response to a friend who was celebrating her 77th birthday alone, we began the first monthly Zoom Birthday Party for those age 65 and older, who are celebrating a birthday or wanting to help others celebrate.

Nothing Bundt Cakes in Thousand Oaks, sponsors this program by providing a Bundlet® for each birthday senior that a volunteer delivers prior to "the party." Who knew our first celebration would include a lovely Agoura Hills resident, Suzanne, who was turning 100? Agoura Hills Mayor Illece Buckley Weber was on hand to wish her a Happy Birthday. Zoom Birthday Parties are held on the third Thursday of every month at 2pm. To register send email to info@seniorconcerns.org and be sure to tell us if it is your birthday that month.

Local community members young and old have provided us written messages of hope, love, and friendship that we deliver with all our pantry orders. We also offer a Friendship Line, pairing volunteers with seniors who enjoy a weekly telephone chat.

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
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

AUGUST
Current Resident Or

TEMPORARY
-HOURS OF OPERATION-
BY PHONE
Mon-Fri 9:00am to 2:00pm

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

Robotic Companion Animals for Seniors with Dementia
TOMBOT
FIRST LITTER: Late 2020
tombot.com