

# 2021

## WELLNESS FEST

ON THE ROAD

CONEJO VALLEY  
RESOURCE DIRECTORY



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2021

WELLNESS FEST

ON THE ROAD



Conejo Senior Volunteer Program would like to thank the following parties for sponsoring the 2021 Wellness Fest



The Reserve

at Thousand Oaks

MBK SENIOR LIVING



City of

Hope®



SILVERADO

lives enriched

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SENIOR RESOURCE DIRECTORY

## Silverado Senior Living Thousand Oaks

980 Warwick Avenue  
Thousand Oaks, CA 91360  
805-307-7300  
[silverado.com/thousandoaks](http://silverado.com/thousandoaks)

**See our ad on this page**

## The Reserve at Thousand Oaks

3575 N. Moorpark Road  
Thousand Oaks, CA 91360  
805-492-2471  
[mbkseniorliving.com](http://mbkseniorliving.com)

**See our ad on page 4**



## Redefining Memory Care Through Purposeful Living

Silverado blends compassion, innovation and clinical excellence into an unmatched living environment for those with Alzheimer's and other types of dementia. Innovative care programs, 24-hour on-site nursing and unique social engagements provide residents with quality of life and purpose.

**Schedule a tour today!**  
**Call (805) 307-7300**

*Founders  
Rates  
going fast!*

980 Warwick Avenue  
Thousand Oaks, CA 91360  
[silverado.com/thousandoaks](http://silverado.com/thousandoaks)

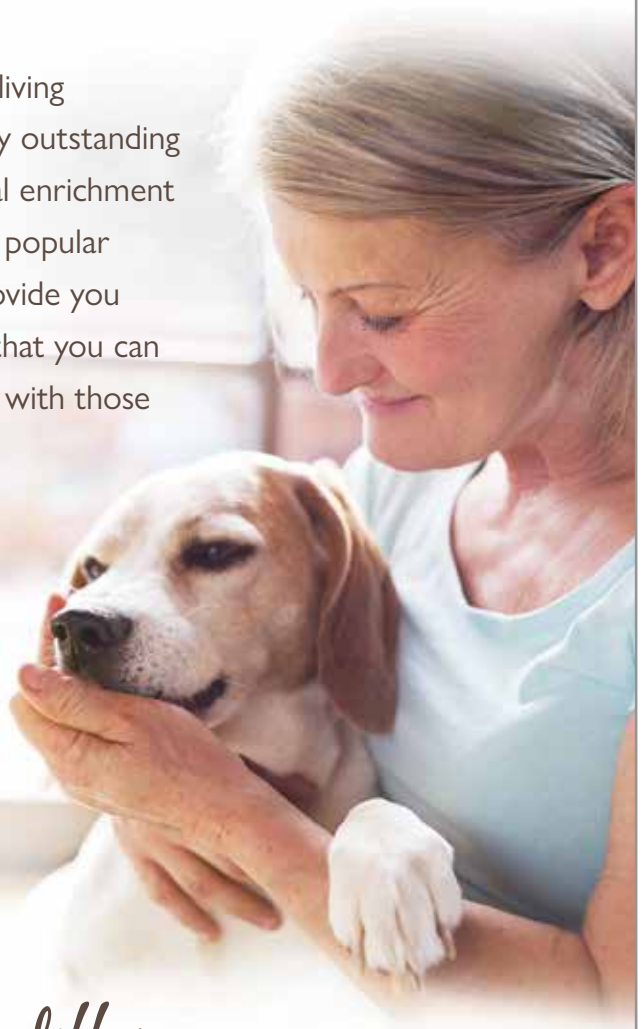
thousand oaks  
**SILVERADO**  
memory care | community



## 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 includes our popular MBK Fit. Here, we will provide you with customized tools so that you can keep doing what you love, with those who matter most.

We offer unique Garden Apartments with easy access just outside your door to green space and our fenced in Dog Park—so your furry friends will have the space they need to run, sniff and play.



### Experience the difference.

Schedule your tour today  
at (805) 244-6728 or  
[TheReserve@mbk.com](mailto:TheReserve@mbk.com)



**The Reserve**  
at Thousand Oaks  
MBK SENIOR LIVING

License #197609632 

**AdvantagePlusCaregivers.com**

400 Mobil Avenue, Ste. B12  
Camarillo, CA 93010  
805-322-8822  
camarillo.advantagepluscaregivers.  
com

**BrightStar Care of Conejo Valley**

463 Pennsfield Place, Ste. 103  
Thousand Oaks, CA 91360  
805-233-3800  
brightstarcare.com/conejo-valley

**Comfort Keepers Home Care**

3249 Old Conejo Road  
Thousand Oaks, CA 91320  
805-494-9900  
ComfortKeepers.com/Office-426

**Home Instead Senior Care**

171 E. Thousand Oaks Blvd., Ste. 203  
Thousand Oaks, CA 91360  
805-370-0303  
homeinstead.com/815

**Preferred Care at Home**

3525 Old Conejo Road, Ste. 111  
Newbury Park, CA 91320  
805-262-3030  
preferhome.com/thousandoaks

**Senior Concerns**

401 Hodencamp Road  
Thousand Oaks, CA 91360  
805-497-0189  
seniorconcerns.org

**See our ad on this page**

- *Meals On Wheels*
- *In-home Geriatric Assessment*
- *Senior Advocacy*
- *Online Seminars & Workshops*
- *Online Support Groups*
- *Caregiver Support Center*
- *Pantry for Homebound Seniors*
- *Assisted Living Consultation*
- *Free Legal & Financial Services*

www.seniorconcerns.org  
805.497.0189

Senior Concerns is a 501(c)(3) Tax ID#95-2992927

**Senior  
Concerns**  
*Serving Seniors & Their Family Caregivers*

## Getting Around the Conejo Valley & Beyond



### CONNECT WITH US

Thousand Oaks Transit Center - 265 South Rancho Road  
[www.TOTransit.org](http://www.TOTransit.org) | [TOTransit@toaks.org](mailto:TOTransit@toaks.org)  
Bus Line (805) 375-5473 | Dial-A-Ride (805) 375-5467



### AARP

[aarp.org](http://aarp.org)

### Advancing Parenting

5559 Bandera Drive  
Camarillo, CA 93010  
661-477-1513  
[advancingparenting.org](http://advancingparenting.org)

### Alcoholics Anonymous

321 N. Aviator Street, Ste. 115  
Camarillo, CA 93010  
805-389-1444  
[aaaventuracounty.org](http://aaaventuracounty.org)

### Alzheimer's Association

145 Hodencamp Road, Ste. 205  
Thousand Oaks, CA 91360  
805-494-5200  
[alz.org](http://alz.org)

### California Telephone Access Program

425 W. Broadway Street, Ste. 105  
Glendale, CA 91204  
800-806-1191  
[californiaphones.org](http://californiaphones.org)

### Cancer Support Community

Valley/Ventura/Santa Barbara  
530 Hampshire Road  
Westlake Village, CA 91361  
805-379-4777  
[cancersupportvwsb.org](http://cancersupportvwsb.org)

### City of Thousand Oaks

*City Manager's Office*  
2121 E. Thousand Oaks Blvd.  
Thousand Oaks, CA 91362  
805-449-2115  
[toaks.org](http://toaks.org)





**AREA AGENCY ON AGING**

*To Serve. To Guide. To Envision.*

WE ARE YOUR SOURCE FOR

**Assistance,  
Information  
& Referrals**

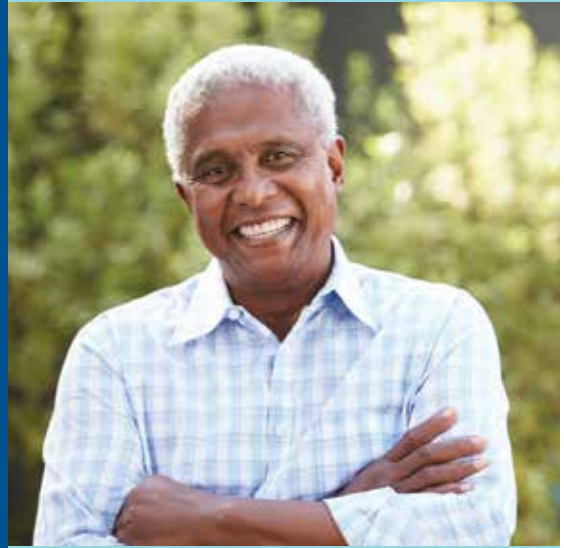
SOMOS SU FUENTE PARA

**Asistencia,  
Información  
Referencias**

**800-510-2020**

**805-477-7300**

**vcaaa.org**



Serving Ventura County's older adults, individuals with disabilities, and their caregivers. We are not just about aging, but aging well.

Sirviendo a los adultos mayores, personas con discapacidades y sus cuidadores del Condado de Ventura. No solo nos importa envejecer, sino envejecer bien.

**CONNECT WITH US /  
CONÉCTATE CON NOSOTROS:**



@VCAAAging



@VC\_AAA



Ventura County  
Area Agency  
on Aging

# Community Service

## City of Thousand Oaks

*Council on Aging*

1401 E. Janss Road  
Thousand Oaks, CA 91362  
805-381-7362  
toaks.org/seniors

## City of Thousand Oaks

*Finance Department*

2100 E. Thousand Oaks Blvd.  
Thousand Oaks, CA 91362  
805-449-2115  
toaks.org

## City of Thousand Oaks

*Grant R. Brimhall Library*

1401 E. Janss Road  
Thousand Oaks, CA 91362  
805-449-2660  
tolibrary.org

See our ad on this page

## City of Thousand Oaks

*Emergency Preparedness*

2100 E. Thousand Oaks Blvd.  
Thousand Oaks, CA 91362  
805-449-2100  
toaks.org

## City of Thousand Oaks

*Sustainability Division*

2100 E. Thousand Oaks Blvd.  
Thousand Oaks, CA 91362  
805-449-SAVE  
toaks.org/gogreen

## City of Thousand Oaks

*Thousand Oaks Transit*

2100 E. Thousand Oaks Blvd.  
Thousand Oaks, CA 91362  
(Bus) 805-375-5473  
(Dial-a-Ride) 805-375-5467  
totransit.org

See our ad on page 6

# THE THOUSAND OAKS LIBRARY

STRENGTHENS OUR COMMUNITY AND ENRICHES LIVES BY INSPIRING AND NURTURING INNOVATION, CELEBRATING IDEAS AND CONNECTING PEOPLE.



### CURBSIDE SERVICE

Place items on hold & pick them up when notified at Grant R. Brimhall Library.



### VIRTUAL PROGRAMS

For all ages & interests including storytimes, craft tutorials, technology training, book clubs, & more.



### VIRTUAL LIBRARY

Gain access to eBooks, eAudiobooks, eMagazines, eNewspapers, movies and music – all free with your library card.

THE THOUSAND OAKS LIBRARY IS SUPPORTED BY:





TOLIBRARY.ORG



## VOLUNTEER TODAY WITH THE CONEJO SENIOR VOLUNTEER PROGRAM!

Providing opportunities for adults age 55+ to use their life experience and skills to meet local community needs.

*Volunteer placement options include CSVP Tax Preparation Program, Thousand Oaks Library, Many Mansions, Adult Literacy, Food Share Ventura County, and more.*



**805-381-2742**

Office open Monday-Friday  
9:00am-4:00pm

1385 E. Janss Road, Thousand Oaks 91362 • [crpd.org/csvp](http://crpd.org/csvp) • [csvp@crpd.org](mailto:csvp@crpd.org) • [facebook.com/ConejoSeniorVolunteerProgram](https://facebook.com/ConejoSeniorVolunteerProgram)

### **ClearCaptions, LLC**

3001 Lava Ridge Court, Ste. 100  
Roseville, CA 95661  
213-328-0350  
[clearcaptions.com](http://clearcaptions.com)

### **Community Conscience**

80 E. Hillcrest Drive, Ste. 110  
Thousand Oaks, CA 91360  
805-494-3543  
[communityconscience.org](http://communityconscience.org)

### **Conejo Free Clinic**

80 E. Hillcrest Drive, Ste. 102  
Thousand Oaks, CA 91360  
805-497-3575  
[conejofreeclinic.org](http://conejofreeclinic.org)

### **Conejo Senior Volunteer Program (CSVP)**

1385 E. Janss Road  
Thousand Oaks, CA 91362  
805-381-2742  
[crpd.org/csvp](http://crpd.org/csvp)

**See our ad on this page**

### **Conejo Valley Adult School**

1025 Old Farm Road  
Thousand Oaks, CA 91362  
805-497-2761  
[conejoadultschool.org](http://conejoadultschool.org)

### **Conejo Valley Village**

P.O. Box 3162  
Westlake Village, CA 91359  
805-372-1826  
[conejovalleyvillage.org](http://conejovalleyvillage.org)

## Free Income Tax Preparation!

### **Goebel Adult Community Center**

1385 E. Janss Road • Thousand Oaks  
Monday-Friday, 8:30am-4:00pm

Tax Program will proceed depending on State/County Health Orders & Guidelines. County will need to be in red tier or better to ensure the safety of volunteer preparers and clients. Please check out CSVP website for updated information. [www.crpdpd.org/csvp](http://www.crpdpd.org/csvp)

**Newbury Park Library - site not available this tax season**  
**Conejo Creek South Community Building -**  
**site not available this tax season**



In cooperation with the IRS, trained and certified CSVP volunteers 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*

*\*Specific documentation required. Some restrictions may apply. Call 805-381-2742 or email [csvp@crdpd.org](mailto:csvp@crdpd.org) for more information.*

### ***Appointment Only***

#### **County of Ventura**

*Area Housing Authority (HUD)*  
1400 W. Hillcrest Drive  
Newbury Park, CA 91320  
805-480-9991  
[ahacv.org](http://ahacv.org)

#### **County of Ventura**

*Human Services Agency*  
888-472-4463  
Visit website for info and locations throughout Ventura County  
[ventura.org/human-services-agency](http://ventura.org/human-services-agency)

#### **Harbor House**

430 E. Avenida de Los Arboles,  
Ste. 203A  
Thousand Oaks, CA 91360  
805-464-3533  
[harborhouseto.org](http://harborhouseto.org)

#### **Health Insurance Counseling & Advocacy Program (HICAP)**

*County of Ventura Area Agency on Aging*  
646 County Square Drive, Ste. 100  
Ventura, CA 93003  
805-477-7310  
[vcaaa.org](http://vcaaa.org)

#### **Hollywood Storage Center of Thousand Oaks**

3425 Old Conejo Road, Unit A  
Newbury Park, CA 91320  
805-500-4542  
[hollywoodstoragecenter.com](http://hollywoodstoragecenter.com)

#### **Long Term Care Ombudsman**

2021 Sperry Avenue, Ste. 35  
Ventura, CA 93003  
805-656-1986  
[ombudsmanventura.org](http://ombudsmanventura.org)

**Manna Conejo Valley Food Bank**

3020 Crescent Way  
Thousand Oaks, CA 91362  
805-497-4959  
mannaconejo.org

**Many Mansions**

1259 E. Thousand Oaks Blvd.  
Thousand Oaks, CA 91362  
805-496-4948  
manymansions.org

**Moving Seniors Forward**

**Community Resource Group**  
223 E. Thousand Oaks Blvd.,  
Ste. 320  
Thousand Oaks, CA 91360  
805-558-8157  
movingseniorsforward@gmail.com  
movingseniorsforward.org

**Newbury Park Library**

2331 Borchard Road  
Newbury Park, CA 91320

**Senior Concerns**

401 Hodencamp Road  
Thousand Oaks, CA 91360  
805-497-0189  
seniorconcerns.org

**Social Security Office**

322 E. Thousand Oaks Blvd., Ste. 110  
Thousand Oaks, CA 91360  
800-772-1213  
ssa.gov

**Shelter Hope Pet Shop**

P.O. Box 1286, 91358  
Thousand Oaks, CA  
235 N. Moorpark Road  
Thousand Oaks, CA 91360  
805-379-3538  
shelterhopepetshop.org



*CSVP Volunteer Tax Preparers prepared close to 2,000 free income tax returns*



# Community Service

### Shop Ahoy

P.O. Box 3472  
Camarillo, CA 93011  
805-236-1267  
shopahoy.org

### Thousand Oaks Disaster Assistance Response Team (DART)

2101 E. Olsen Road  
Thousand Oaks, CA 91360  
todart.org

### Thousand Oaks Police Department

2101 E. Olsen Road  
Thousand Oaks, CA 91360  
805-494-8201  
vcasd.org

### Thousand Oaks Sewing & Vacuum

662 E. Thousand Oaks Blvd.  
Thousand Oaks, CA 91360  
805-497-1550  
tosewandvac.com

### University of California

*Master Gardener Program*  
669 County Square Drive, Ste. 100  
Ventura, CA 93003  
805-645-1451  
ceventura.ucanr.edu

**See our ad on this page**

### Ventura County Area Agency on Aging (VCAAA)

646 County Square Drive, Ste. 100  
Ventura, CA 93003  
805-477-7306  
vcaaa.org

**See our ad on page 7**

Photo Bob Carey

[ucanr.edu/sites/VCMG/](http://ucanr.edu/sites/VCMG/)

### UC Master Gardener California True Colors Garden

At the Goebel Adult Community Center



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

UC Master Gardener Program  
Ventura County

**Ventura County District  
Attorney Office**

*Crime Victim's Assistance Unit*  
800 S. Victoria Avenue  
Hall of Justice, Ste. 314  
Ventura, CA 93009  
805-654-3622  
vcdistrictattorney.com

**Ventura County Fire Department**

*Station 30*  
325 W. Hillcrest Drive  
Thousand Oaks, CA 91360  
805-371-1111 x30

**Ventura County Fire Department**

*Station 31*  
151 N. Duesenberg Drive  
Westlake Village, CA 91362  
805-371-1111 x31

**Ventura County Fire Department**

*Station 32*  
830 S. Reino Road  
Newbury Park, CA 91320  
805-371-1111 x32

**Ventura County Fire Department**

*Station 34*  
555 E. Avenida de Los Arboles  
Thousand Oaks, CA 91360  
805-371-1111 x34



# Home Health/Hospice/End of Life Services

## **Buena Vista Home Health, Palliative Care, & Hospice**

2545 W. Hillcrest Drive, Ste. 130  
Thousand Oaks, CA 91320  
805-777-1133  
buenavistahhh.com

## **Compassion & Choices**

101 SW Madison Street, Unit 8009  
Portland, OR 97207  
compassionandchoices.org

## **Hospice of the Conejo**

80 E. Hillcrest Drive, Ste. 204  
Thousand Oaks, CA 91360  
805-495-2145  
hospiceoftheconejo.org

**See our ad on this page**

## **Rose Family Funeral Home & Cremation**

4444 Cochran Street  
Simi Valley, CA 93063  
805-581-3800  
rosefamilyfuneralhome.com



Hospice of the Conejo...  
providing comfort, care,  
guidance, and dignity  
by specially trained  
volunteers to all of our  
neighbors for over  
43 years.

Our services are always  
offered completely  
free of charge.

Hospice of the Conejo  
A 501-c-3 Organization  
Tax ID #95-3219656

80 E. Hillcrest Drive #204  
Thousand Oaks, CA 91360

**We are here to help...Here is what we do....**

### **HOSPICE SUPPORT**

Our volunteers provide non-medical support/care. They are there to hold a hand, to listen, to comfort, they may prepare a meal, brush their patient's hair, and help with other general grooming needs. They may run errands and lend the much needed emotional support, care, and guidance to their patients long before the patient qualifies for medical hospice.

Of equal importance is the direct support, respite, and guidance given to the care-giving family members who struggle with what is often a first time and overwhelming experience.

### **GRIEF SUPPORT**

Our clients receive professional support which allows them to heal from the adverse emotional and physical effects that are presented by grief. Groups are available for people of all ages and from all walks of life.

### **LENDING CLOSET**

We have wheelchairs, shower chairs and walkers, canes and other items which are loaned to anyone in need and are free of charge.

### **ERRAND ANGELS**

We have volunteers who run errands (pick up prescriptions, grocery shopping, etc.) and provide transportation to doctors appointments, etc.

For more information, please contact  
our office at 805.495.2145 or visit our  
website, [www.hospiceoftheconejo.org](http://www.hospiceoftheconejo.org)



## City of Hope Thousand Oaks

425 Haaland Drive, Ste. 101  
Thousand Oaks, CA 91361  
805-496-2949  
cityofhope.org/thousand-oaks

**See our ad on page 16**

## Conejo Hearing Center, Inc.

5655 Lindero Canyon Road, Ste. 506  
Westlake Village, CA 91362  
818-991-3800  
conejohearingcenter.com

## Grossman Burn Foundation

23679 Calabasas Road, Ste. 270  
Calabasas, CA 91302  
866-441-4423  
grossmanburnfoundation.org

## Kaiser Permanente Senior Advantage

11980 Telegraph Road, Ste. 200  
Santa Fe Springs, CA 90679  
818-968-1466  
mykpagent.org/felipen

## Livingston Memorial Visiting Nurse Association

325 E. Hillcrest Drive, Ste. 120  
Thousand Oaks, CA 91360  
805-642-0239  
lmvna.org

## Los Robles Hospital & Medical Center

215 W. Janss Road  
Thousand Oaks, CA 91360  
805-497-2727  
losrobleshospital.com

## Regal Medical Group, Inc.

Lakeside Community Healthcare  
612 E. Janss Road  
Thousand Oaks, CA 91360  
805-373-0725  
regalmed.com

## UCLA Health

*Primary & Specialty Care*  
1250 La Venta Drive, Ste. 101A  
Westlake Village, CA 91361  
818-262-3556  
uclahealth.org/westlake-village



*CSVP Teddy Bear Group make bears for local partner agencies, including the Autism Society and Title 1 Schools in the Conejo Valley*



Donna McNutt, cancer survivor

CITY OF HOPE IS IN YOUR COMMUNITY!

LOCATIONS NEAR YOU:

CITY OF HOPE | THOUSAND OAKS

425 Haaland Drive, Suite 101  
Thousand Oaks, CA 91361  
(805) 496-2949

CityofHope.org/thousand-oaks

CITY OF HOPE | WEST HILLS  
RADIATION ONCOLOGY

7301 Medical Center Drive, Suite 100  
West Hills CA 91307  
(818) 884-1683

CityofHope.org/west-hills-radiation-oncology

CITY OF HOPE | SIMI VALLEY

1157 Swallow Lane  
Simi Valley, CA 93065  
(805) 527-2770

CityofHope.org/simi-valley

CityofHope.org



CSVP volunteers have made over 4,000 masks for local nonprofit and public service organizations

**Goebel Café**

1385 E. Janss Road  
Thousand Oaks, CA 91362  
805-381-2746

**Senior Nutrition Lunch Program  
Drive Thru-Walk Up**

Monday-Friday, 11:30am-1:30pm  
Ages 60+ / \$3 suggested donation

**See our ad on this page**

**VCAAA**

Senior Nutrition Lunch Program  
646 County Square Drive, Ste. 100  
Ventura, CA 93003  
805-477-7300  
vcaaa.org

**SENIOR NUTRITION  
PROGRAM**

**Monday-Friday, 11:30am-1:30pm**

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.  
Meals include 4 ounces of protein, vegetables, salad, fruit, yogurt, and shelf-stable milk.



**The Goebel Café Drive-Thru  
1385 E. Janss Road, Thousand Oaks**

**INFORMATION: 805-381-2742**





# Recreation/Entertainment

**AAA - Automobile Club  
of Southern California**  
100 E. Wilbur Road  
Thousand Oaks, CA 91360  
805-497-0911  
aaa-calif.com

**Conejo Players Theatre**  
351 S. Moorpark Road  
Thousand Oaks, CA 91361  
805-495-3715  
conejoplayers.org

**Conejo Recreation & Park District**  
403 W. Hillcrest Drive  
Thousand Oaks, CA 91360  
805-495-6471  
crpd.org  
**See our ad on this page**

**Goebel Adult Community Center**  
1385 E. Janss Road  
Thousand Oaks, CA 91360  
805-381-2744  
crpd.org/gacc  
**See our ad on page 19**

**Osher Lifelong Learning  
Institute (OLLI)  
at CSU Channel Islands**  
One University Drive, Sage Hall 2109  
Camarillo, CA 93012  
805-437-2748  
go.csuci.edu/olli

**Stagecoach Inn Museum**  
51 S. Ventu Park Road  
Newbury Park, CA 91320  
805-498-9441  
stagecoachinnmuseum.com



**“Growing old is mandatory;  
growing up is not.”**

*~ Chili Davis*

 **Conejo**  
Recreation & Park District

**Programs for Adults  
Throughout the Conejo Valley**

Goebel Adult Community Center  
Borchard Community Center • Conejo Community Center  
Dos Vientos Community Center • Thousand Oaks Community Center  
Adult Sports Leagues & Classes • Hillcrest Center for the Arts

**www.crpd.org**



*A Place for Seniors to be ACTIVE... A Place for Seniors to be SOCIAL...  
A Place for Seniors to THRIVE!*

## GOEBEL ADULT COMMUNITY CENTER



*Goebel Center... Happiness Happens Here!*

**1385 E. JANSS ROAD**  
Thousand Oaks, CA 91362  
805-381-2744 • [www.crpdc.org/gacc](http://www.crpdc.org/gacc)



**Conejo**  
Recreation & Park District



@GoebelAdult



@GoebelCenter1



@Goebel\_Center

# 2021 WELLNESS FEST



## ON THE ROAD

**Conejo Senior Volunteer Program would like to thank  
the following parties for sponsoring the 2021 Wellness Fest**



**The Reserve**  
at Thousand Oaks  
MBK SENIOR LIVING



City of  
Hope®



**SILVERADO**  
lives enriched

### **EVENT PLANNING COMMITTEE**

Laura Conway, Judy Friedman, Pat Grant, Patty Hamm, Susan Keene, Ronna Kois, Leean Nemeroff,  
Ron Pizitz, Robin Schledorn, Julie Spivack, Karen Wolfe, Francine Sprigel, Mickey Toyen

### **CSVP ADVISORY COUNCIL**

Leean Nemeroff, Chair, Pat Grant, Vice Chair, Dave Harkins, Treasurer, Fran Brough, Henry Chan,  
Wen Chien, Laura Conway, Margaret Fieweger, Judy Friedman, Susan Keene, Ronna Kois,  
Jackie Pizitz, Robin Schledorn, Mickey Toyen, Bernice Willson, Karen Wolfe

### **BOARD OF DIRECTORS**

Doug Nickles, Chair • Nellie Cusworth, Vice Chair  
George M. Lange, Director • Susan L. Holt, Director • Chuck Huffer, Director



If you are interested in becoming a vendor next year  
please contact: Julie Spivack  
Director, Conejo Senior Volunteer Program (CSVP)  
Goebel Adult Community Center (GACC)  
Conejo Recreation & Park District (CRPD)  
805-381-2742 • [jspivack@crpd.org](mailto:jspivack@crpd.org)

