We are excited to announce that the Goebel Adult Community Center will be reopening to the public on **Monday, June 28, 2021**. At the time of publication of this Goebel Gazette Newsletter (June 1, 2021), we are unaware of the guidelines Ventura County will have in place upon our opening date. Therefore, we might have to make adjustments in programming with consideration to physical distancing and/or mask requirements. When the Goebel Center reopens to the public and resumes regular programming on June 28, 472 days will have passed since we first had to close the center in March of 2020. A huge thank you to the Goebel and CSVP Staff and Volunteers for stepping up in all areas to provide for our community during this challenging time. In January of this year, the Goebel Center became a County of Ventura COVID-19 Vaccination Clinic. Goebel Staff have been instrumental in answering phone calls from the public, giving them important information about vaccine appointments and helping make appointments for seniors. Thank you for your patience and we cannot wait to see you all again!
CONNECTIVITY
AT HOME
(LANDLINE PHONES)
Thursday, June 17, 2021
11:00am-12noon
Are you about to cancel your landline phone service because you already have a cell phone? Some still use their landline number. This class will show you how you can use the same phone without an expensive landline, and keep your old phone number around if you want to. Find out how to stay connected with your Internet Connectivity and more!

Presented by: Henry Chan
For more information or to register, please call Goebel Center 805-381-2744 or email gacc@crpd.org

Be A Comfort Keepers Caregiver
Thursday, June 24, 2021
11:00-11:30am
Comfort Keepers Home Care is hiring retirees, homemakers, and caregivers to help seniors in their homes by providing companionship, meal preparation, errands, and light housekeeping. COVID compliant safety protocols are in place to keep our caregivers and clients safe. Learn about this very rewarding (PAID) opportunity.

Presented by: Cindy O'Brien
For more information or to register, please call Goebel Center 805-381-2744 or email gacc@crpd.org

Legs For Life
Tuesday, June 22, 2021
2:00-3:00pm
That pain you feel in your legs could mean that you're just tired or a sign of something more serious. Join us as we will review what to look for and how simple exercise could help you!

Presented by: Ed Cabico
Executive Director, Seaview Coastal Imaging, Inc.
For more information or to register, please call Goebel Center 805-381-2744 or email gacc@crpd.org

ADVENTURES IN VOLUNTEERING
Thursday, June 24, 2021
1:00-2:00pm
In spite of the recent pandemic, and also because of it, volunteer opportunities are available in the area. Kiwanis, Rotary, AAUW (American Association of University Women), and many others are both social and volunteer service clubs. The Goebel Center houses the Conejo Senior Volunteer Program which is always looking for volunteers. Learn how to find causes that need your help, 'intern' at any age, or start your own volunteer project.

Presented by: Annette Broersma, M.S.
For more information or to register, please call Goebel Center 805-381-2744 or email gacc@crpd.org
**Ballroom Dance**

**Returning July 17**
1st and 3rd Saturday of each month

Doors open at 6:00pm

*Bring your own food and drink*

RETURNING JUNE 29

**Bingo!**

**Returning June 29**

Tuesday, Friday, Saturday
@1:00pm
(Doors open at 12noon)

*Bring your own food and drink*

For more information, please call Goebel Center at 805-381-2744

**Take Me Out To The Ballgame**

**Thursday, July 29, 12:30pm**

Baseball fans, come out and join us for a Dodger Game Day against the San Francisco Giants at the Goebel Stadium. Enjoy Dodger Dogs, popcorn, peanuts, and more!

*Purchase tickets beginning July 6. $10 per person. Seniors 50+. Game will be shown in the Goebel Main Hall*
**Fitness & Yoga**

**ADVANCED CHAIR-BASED STRENGTH & BALANCE, Age 50+**
Mondays, 6/28-8/16, 11:30am-12:30pm
$83 for 8 weeks; class #0835.3211
Instructor: Cathya Haas

**CHAIR-BASED STRENGTH & BALANCE, Age 50+**
Mondays, 6/28-8/16, 12:45-1:45pm
$83 for 8 weeks; class #0857.3211
Instructor: Cathya Haas

**ZOOM! GENTLE YOGA, Age 18+**
Mondays, 6/21-8/16, 5:00-6:00pm
$80 for 8 weeks; class #0852.3211
Instructor: Phyllis Paul. No class 7/19.

**STRETCH, TONE, & BALANCE, Age 18+**
Wednesdays, 6/30-8/18, 1:15-2:10pm
$51 for 8 weeks; class #0856.3212
Instructor: Kathy Bailey

**INTRODUCTION TO TAI CHI, Age 50+**
Tuesdays, 6/22-8/10, 8:30-9:30am
$59 for 8 weeks; class #0858.3211
Instructor: Jean Stoutenborough

**BEGINNING/INTERMEDIATE TAI CHI, Age 50+**
Thursdays, 6/24-8/12, 8:30-9:30am
$59 for 8 weeks; class #0859.3211
Instructor: Jean Stoutenborough

**SUPER BRAIN YOGA, Age 18+**
Thursday, 7/1, 1:00-2:00pm
Thursday, 7/16, 1:00-2:00pm
Thursday, 8/5, 1:00-2:00pm
$20 for 1 day; class #0829.3211/#0829.3212/#0829.3213
Instructor: Ellen Morano

**LINE DANCING, Age 18+**
Wednesdays, 6/30-8/18, 3:00-4:00pm
$75 for 8 weeks; class #0810.3211
Instructor: Donna Mason-Adams. No class 8/3.

**ZOOM! PLAYING THE BLUES ON UKULELE, Age 18+**
Thursdays, 6/24-8/12, 3:00-4:00pm
$60 for 6 weeks; class #0814.3211
Instructor: David Steinhart.

**LANGUAGE**

**ZOOM! SPANISH: INTERMEDIATE, Age 18+**
Tuesdays, 6/22-8/10, 4:00-5:00pm
$59 for 8 weeks; class #0886.3211
Instructor: Anna Colllies

**ZOOM! SPANISH: BEGINNING, Age 18+**
Wednesdays, 6/23-8/11, 4:30-5:30pm
$59 for 8 weeks; class #0887.3211
Instructor: Anna Colllies

**ZOOM! ESL CLASS, Age 18+**
Thursdays, 6/24-8/12, 4:30-5:30pm
$59 for 8 weeks; class #0888.3211
Instructor: Anna Colllies.

**ARTS & MUSIC**

**BEGINNING PORTRAUTRE I - FEATURES, Age 18+**
Mondays, 6/21-7/12, 4:00-5:30pm
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park
$80 for 4 weeks; class #0801.3211
$10 cash lab fee due first class.
Instructor: Bob Noonan.

**BEGINNING PORTRAUTRE II - FIRST PORTRAIT, Age 18+**
Mondays, 7/19-8/9, 4:00-5:30pm
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park
$80 for 4 weeks; class #0803.3212
$10 cash lab fee due first class.
Instructor: Bob Noonan.

**DIGITAL PHOTOGRAPHY, Age 18+**
Mondays, 6/28-8/16, 3:30-4:30pm
$85 for 8 weeks; class #0807.3211
Instructor: Richard Smith.

**ART FOR ALL, Age 50+**
Tuesdays, 6/29-8/24, 12:30-2:00pm
$75 for 8 weeks; class #0810.3211
Instructor: Donna Mason-Adams. No class 8/3.

**TECHNOLOGY**

**iPhone/iPad Workshop, Age 18+**
Tuesday, 6/29, 10:00am-12noon
$25 for 1 day; class #0891.3211
Instructor: Tracie Karasik.

**iPhone Photography, Age 18+**
Tuesday, 7/6, 10:00am-12noon
$25 for 1 day; class #0890.3211
Instructor: Tracie Karasik.

**DANCE**

**LINE DANCING, Age 18+**
Wednesdays, 6/30-8/18, 3:00-4:00pm
$51 for 8 weeks; class #0820.3211
Instructor: Kathy Bailey

**BALLROOM DANCE, Age 18+**
Mondays, 6/28-8/16, 3:30-4:30pm
$67 for 8 weeks; class #0823.3211
Instructor: Janet Snyder.

Please note the new dates, days, and times of the CRPD classes below due to Goebel Center reopening.
INTRODUCTION TO MEMOIR WRITING, Age 50+
Thursday, 8/5, 2:00-4:00pm
$25 for 1 day; class #0939.3212
Instructor: Joe Longo.

ZOOM! MENTAL FITNESS, Age 50+
Tuesdays, 6/22-8/10, 11:00-11:45am
$67 for 8 weeks; class #0864.3211
Instructor: Mindy Newhouse.

BEGINNING SOUND-BATH MEDITATION, Age 18+
Mondays, 6/28-8/16, 10:00-11:00am
$80 for 8 weeks; class #0933.3211
Instructor: Ann Vannoy.

INTRODUCTION TO CASINO CARD GAMES, Age 18+
Fridays, 7/2-8/6, 1:00-2:00pm
$42 for 6 weeks; class #0930.3211
Instructor: Michael Brach.

BEGINNING KNITTING, Age 18+
Mondays, 6/28-8/16, 10:30am-12noon
$67 for 8 weeks; class #0899.3211
$25 cash materials fee due first class.
Instructor: Barbara Edelman.

MAH-JONGG FOR BEGINNERS, Age 18+
Mondays, 6/28-8/16, 12noon-3:00pm
$60 for 8 weeks; class #0880.3211
Instructor: Lorraine Urist.

MAH-JONGG FOR INT./ADV., Age 18+
Fridays, 7/2-8/20, 1:00-4:00pm
$60 for 8 weeks; class #0885.3211
Instructor: Lorraine Urist.

INTRODUCTION TO QUILTING, Age 50+
Thursdays, 7/1-8/19, 5:30-8:30pm
$70 for 8 weeks; class #0874.3211
$10 cash lab fee due first class.
Instructor: Kathleen Rogers.

WONDERS OF THE NIGHT SKY, Age 18+
Tuesdays, 6/29-8/17, 7:30-9:00pm
$59 for 8 weeks; class #0875.3211
Instructor: Pam Hoffman.
-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 Arannoor Avenue
Westlake Village, 91361

Wildflower Playfields
635 Avenida de los Arboles
Thousand Oaks, 91360

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HEALTH RELATED SUPPORT GROUPS

HOSPICE OF THE CONEJO
For more information please call, 805-341-6100.

DIABETES SUPPORT
For more information please call Livingston Memorial VNA at 805-642-0239.

MULTIPLE SCLEROSIS SUPPORT
For friends, family, and individuals affected by M.S. For information, call Tere Slobodian at 818-292-0944 or Darlene Feegen at 805-928-8090.

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. 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 ASSISTANCE/PREPARATION
1st Wednesdays, July-October, by appointment only Call 805-381-2742 to schedule an appointment.

-INFO REGISTRATION-

-LOCATIONS-

Visit www.crpd.org or call 805-381-2744 to register for programs and services.
Adult Day Program

While the Senior Concerns Adult Day program is on pause, they are offering two zoom activities per week for those with memory impairment. Activities include brain games, music, and conversation.

Please email mshapiro@seniorconcerns.org or call 805-497-0189 for more information.

Monthly Zoom Birthday Parties

You are never alone on your birthday! Senior Concerns hosts monthly birthday parties for anyone over the age of 60 celebrating a birthday! Zoom Birthday Parties are held on the third Thursday of every month at 2:00pm.

To register, email info@seniorconcerns.org and be sure to tell them it is your birthday that month.

Friendship Connection

Senior Concerns can match a volunteer to a senior to enjoy a weekly telephone chat.

Please contact Senior Concerns 805-497-0189 for more information.

Caregiver Support

No cost Zoom Support Groups are offered to help caregivers discuss and resolve problems, and determine needs in caring for special needs seniors. Senior Concerns also offers one-on-one phone consultation with Carie, their Care Manager, to provide referrals, respite and home modification grants, and residential placement referrals.

Please email mshapiro@seniorconcerns.org or call 805-497-0189 for more information.

Grocery Shopping and Pantry

Senior Concerns offers a volunteer grocery shopping service at no charge. Senior Concerns also opened their own food pantry for non-perishables. Available to any senior in the area in need.

For more information, please call Senior Concerns at 805-497-0189.

Geriatric Assessment Program

A comprehensive assessment performed in the home and individualized to your specific needs and concerns.

Please visit www.seniorconcerns.org or call 805-497-0189 for more information.

Understanding Wildfire and How to Prepare your Home

Tuesday, July 13, 2021 4:00-5:00pm

Join this virtual workshop to review the recent wildfire history in Ventura County, and discover ways to prepare for the next wildfire— it’s not a matter of IF but WHEN. You will also learn about “Home Hardening” from A-Z while uncovering valuable resources and how to access them.

Presented by: Elaine Himelfarb Executive Director, Ventura Regional County Fire Safe Council

Please register online at https://www.seniorconcerns.org/seminars or contact Senior Concerns for more information.
SENIOR NUTRITION PROGRAM
Monday-Friday, 11:30am-1:00pm

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

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
Maxine Cleary, Vice President
Del Basilio, Treasurer
Mary Martinich, Secretary
Cynthia Bengston, Commissioner
Mickey Toven, Commissioner
Mindy Rosiecka, Commissioner

Patricia Schiano, Commissioner
Mary Fineroff, Commissioner
Sandy Barry, Commissioner
John Posta, Commissioner
Marger Powell, Commissioner
Nancy Hailey, Commissioner
Joannie Reuben, Commissioner
Thank you to CSVP Volunteer Workshops, Busy Bees, Nifty Ladies, Crafters, and Teddy Bears. Volunteers from these groups have been working from their homes this past year creating hundreds of handmade items for CSVP partner agencies. Items include afghans, hats, pillowcases, masks, teddy bears, stroke aprons, mastectomy pillows/bags, and children's clothing. These items are donated to Los Robles Hospital, James Storehouse, Many Mansions, CVUSD, ASA, School on Wheels, and more. CSVP appreciates your hard work and looks forward to our groups being back inside the Goebel Center.
Walking our Trails and other Outdoor Activities available in the Conejo Valley

STAGECOACH INN MUSEUM
"PIONEER JAMBOREE"
JUNE 12, 10AM-4PM  $5/PERSON

Bring the whole family to pan for gold, lasso like a cowgirl or cowboy, and watch a blacksmith at work. Wear your Western costumes and lasso up some fun! Activities include story telling, learning cursive writing, fossil digging, rock painting, giant bubble making, playing with old-fashioned toys and more! You can even try your hand at using a washboard for the family laundry.

STAGECOACH INN MUSEUM
51 S. Ventu Park Rd.,
Newbury Park, CA 91320
805-498-9441
www.stagecoachinnmuseum.com

COUNCIL ON AGING
Walking our Trails and other Outdoor Activities available in the Conejo Valley

Wednesday, June 2, 1:00pm

Matt Kouba from Conejo Recreation and Park District will be presenting on fun activities that can get us outdoors! To kick off the beginning of summer, Matt will be discussing the many walking trails that the Conejo Valley has available. Included in the discussion is difficulty level for our older adults. It’s time to enjoy the great outdoors in the Conejo Valley.

Log on to www.toaks.org/seniors for the zoom meeting link.

To speak during public comments, email councilonaging@toaks.org by June 1 for a zoom meeting link.
Ventura County Area Agency on Aging’s Fall Prevention Program presents

Tai Chi: Moving for Better Balance

Tai Chi: Moving for Better Balance is an exercise program developed especially for older adults using modified practices designed to improve and strengthen balance and mobility. Classes are intended for beginners. Canes and walkers are welcome. This class is proven to reduce falls by 55 percent and is developed with YOU in mind.

ALL CLASSES ARE FREE

Community Presbyterian Church
1555 Poli Street, Ventura
Wednesdays and Fridays
June 2–August 20
1:00–2:30 pm

Santa Paula Senior Center
530 W. Main Street, Santa Paula
Tuesdays and Thursdays
June 1–August 19
10:00–11:30 am
To register for this class, call 805-933-4226 ext. 356

For more information or to register for classes, e-mail Fall.Prevention.Program@ventura.org or call (805) 477-7300, option 6

Surgical Options for Parkinson’s: Deep Brain Stimulation

Friday, June 4, 2021
1 p.m.–2 p.m. PT

This is a virtual program on Zoom. Attendance is free. Registration is required.

New to Zoom or need help registering? Call (702) 847-6603 or email sosborne@parkinson.org for assistance.

Learn more and register at:
Parkinson.org/Ventura
Follow Goebel Center on Social Media!

**TWITTER:** @GoebelCenter1

**INSTAGRAM:** @Goebel_Center

**FACEBOOK:** @GoebelAdult

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

**JUNE**

Current Resident Or

**TEMPORARY**
- HOURS OF OPERATION -
BY PHONE ONLY
Mon-Fri 9:00am to 5:00pm

Bring a friend, or make some new ones

At our pet-friendly senior living community, resident outstanding services 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