**MEET ME AT THE MOVIES**

**MINARI**
(Rated PG-13)

*Wednesday, September 8, 3:30pm*

Starring: Steven Yeun, Yeri Han

Run Time: 1 hour 55 min

Call 805-381-2744 for reservations.

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**FREE HAIRCUTS BY RODNEY**

Haircut only. No blow dry or styling

*Friday, September 3*

10:00am-1:00pm

*Wednesday, September 15*

1:00-4:00pm

20 Min Appts. Call 805-381-2744 for reservations.

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**TAKE ME OUT TO THE BALLGAME**

*Thursday, September 9, 10:00am*

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

*Purchase tickets beginning September 1 at the Goebel Center front desk. $10 per person. Seniors 50+. Game will be shown in the Goebel Main Hall.*

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**Game Night...During the Day!**

*Friday, September 24, 10:00am-12noon*

From Pictionary to Password, Scattergies to Spoons, there will be classic and new interactive games for adults to play. Come join us to laugh and play like you're a kid again.

We will provide the games, instruction, scorekeeping, and prizes; all you have to do is show up and have fun.

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

**SEATING IS LIMITED. RESERVATIONS REQUIRED**
SEMINARS

CONNECTIVITY AT HOME
SMART LOCK & DIGITAL KEY

Tuesday, September 14, 11:00am-12noon

This connectivity class will show you how a digital lock works. Like the password for your computer, you unlock a digital lock with a keycode. The smart lock allows you to do this and more with just your cell phone. Come to this show and tell class with an application in mind and see if one of these locks will help you.

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

HOW TO "DIY" YOUR ESTATE SALE

Thursday, September 23, 11:00am-12noon

When the time comes to move and empty your house, whether you're still living in it or have already moved, getting it empty is a challenge. You might have looked into professional estate sale companies and found out they keep a percentage of the income from the sale. Afterwards, you are given a 1099 and must pay taxes on that income. Sometimes your best option is to DO IT YOURSELF. Annette Broersma will share her in-depth research on estate sales. Helene Lacoe, local realtor, will be on hand to explain how this is coordinated with the sales process of a home.

Presented by: Annette Broersma, M.S. & Helene Lacoe, Local Realtor
For more information or to register, please call Goebel Center 805-381-2744 or email gacc@crpd.org

SCAM Seminar

Thursday, September 16, 12noon-2:00pm

Over 3 million older adults fall victim to scams every year. Criminals associated with these scams are very skilled at taking money from seniors and continue to develop new ways to scam their unsuspecting victims. With education and awareness, people are far less likely to be victimized. Ventura County Sheriff's Office will present information on prevalent scams in our area. Plan on attending to learn the signs of the most commons scams initiated through the mail, via email, or over the phone. The best defense is to be informed!

Presented by: Detectives Jennifer Bowie & Ryan Shoden
Ventura County Sheriff's Office
For more information or to register, please call Goebel Center 805-381-2744 or email gacc@crpd.org

Burn Prevention for Seniors

Thursday, September 30, 1:00-2:00pm

The Grossman Burn Center and Grossman Burn Foundation invite you to join them for a free presentation about burn prevention for seniors. Their educators will discuss 1st, 2nd, and 3rd degree burns, fire safety, burn prevention, emergency burn treatment, and first aid.

Presented by: Barbara Rook, R.N., Educator & Helena San Marco, L.V.N., R.N., Educator
For more information or to register, please call Goebel Center 805-381-2744 or email gacc@crpd.org
**THE GOEBEL SENIOR CENTER COMMISSION PROUDLY PRESENTS**

**ENTERTAINMENT LIVE!**

**LARRY JANSS**

**SUNDAY, OCTOBER 17, 3:00pm**

(Doors open at 2:30pm)

$7 PER PERSON

A local boy tells about his early days growing up in the Conejo Valley, and his family’s development of the community as a whole.

Purchase tickets NOW at the Goebel Front Desk.

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**BINGO**

SPONSORED BY GOEBEL SENIOR CENTER COMMISSION

**Tuesday @1:00pm**

Minimum Buy-In: $10
Additional Special Games: $2 each

All games=85/15 split to max of $500

**Friday @1:00pm**

**Saturday @1:00pm**

Open to ages 18+

*Bring your own food and drink

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**FRIDAY NIGHT BINGO**

Friday, October 29

Papers Only—Minimum Buy-in (1 set of all papers)=$21
Buy-in 4-ons=$5 and 6-ons=$10. Payout up to $250
Buy-in special games=$2. Double Action, Big Bucks

Pay up to $500

All games 80/20 split. Quickie Games also sold.

Doors open at 4:00pm, Sales stop promptly at 6:00pm
Bingo starts at 6:30pm. Food will be available for purchase.
The following are Conejo Recreation and Park District Programs.
CRPD Fall Registration began August 23, but it’s not too late to sign up for your favorite classes & programs. Visit www.crpd.org, or call 805-381-2744 for more information and a description of our classes and programs.

**SPECIALTY**

**INTRODUCTION TO FILM NOIR, Age 18+**
Thursdays, 9/16-10/7, 2:00-4:30pm
$43 for 4 weeks; class #0937.4211
Instructor: Joe Longo.

**INTRODUCTION TO MEMOIR WRITING, Age 50+**
Thursday, 8/5, 2:00-4:00pm
Thursday, 10/14, 2:00-4:00pm
Thursday, 10/14, 2:00-4:00pm
$25 for 1 day; class #0939.3212/#0939.4211/#0939.4212
Instructor: Joe Longo.

**MENTAL FITNESS, Age 50+**
Tuesdays, 9/14-10/26, 11:00-11:45am
$59 for 7 weeks; class #0864.4211
Instructor: Mindy Newhouse.

**MEDITATION W/ SOUND THERAPY, Age 18+**
Mondays, 9/13-10/25, 10:00-11:00am
$70 for 7 weeks; class #0933.4211
Instructor: Ann Vannoy.

**INTRODUCTION TO CASINO CARD GAMES, Age 18+**
Fridays, 9/17-10/29, 2:00-3:00pm
$42 for 6 weeks; class #0930.4211
Instructor: Michael Braff.

**BEGINNING KNITTING, Age 18+**
Mondays, 9/13-11/1, 10:35-11:45am
$59 for 7 weeks; class #0899.4211
$25 cash materials fee due first class.
Instructor: Barbara Edelman. No class 10/11.

**MAH-JONGG FOR BEGINNERS, Age 50+**
Mondays, 9/13-10/25, 12noon-3:00pm
$60 for 7 weeks; class #0880.4211
Instructor: Lorraine Urist.

**MAH-JONGG FOR INT./ADV., Age 18+**
Fridays, 9/17-10/29, 1:00-4:00pm
$60 for 7 weeks; class #0889.4211
Instructor: Lorraine Urist.

**WONDERS OF THE NIGHT SKY, Age 18+**
Tuesdays, 9/14-10/26, 7:30-9:00pm
$59 for 7 weeks; class #0875.4211
Instructor: Pam Hoffman.

**INTRODUCTION TO QUILTING, Age 50+**
Thursdays, 9/16-10/28, 5:30-8:30pm
$105 for 7 weeks; class #0874.4211
$10 cash lab fee due first class
Instructor: Kathleen Rogers.

**INTRODUCTION TO CANASTA, Age 50+**
Thursdays, 9/30-11/18, 10:00am-12noon
$60 for 7 weeks; class #0879.4211
Instructor: Lorraine Urist. No class 10/7.

**HIKES**

**HIKE WITH THE DOCTOR, Age 5+**
Adults: $5 per hike / Children: Free
Instructor: Dr. Ben Griffes

**TAKE CARE OF YOUR FEET**
Wednesday, 9/15, 7:45-9:15am
Location: Wildwood Park
class #0895.4212

**ARE ENERGY DRINKS REALLY GOOD FOR YOU?**
Saturday, 10/2, 7:45-9:15am
Location: Sapwi Trails
class #0895.4212

**HOW TO GET A GOOD NIGHT’S SLEEP**
Wednesday, 10/13, 7:45-9:15am
Location: Oak Creek Canyon Loop Trail
class #0895.4213

**COMBATING CHRONIC PAIN**
Saturday, 11/6, 7:45-9:15am
Location: Wildwood Park
class #0895.4214

**DANCE**

**LINE DANCING I, Age 18+**
Wednesdays, 9/15-10/27, 2:30-3:25pm
$65 for 7 weeks; class #0820.4211
Instructor: Kathy Bailey.

**BALLROOM DANCE, Age 18+**
Mondays, 9/13-10/25, 3:30-4:30pm
$59 for 7 weeks; class #0823.4211
Instructor: Janet Snyder.

**INTRODUCTION TO TAP DANCE, Age 50+**
Mondays, 9/13-10/25, 11:00-11:45am
$25 for 7 weeks; class #0884.4211
Instructor: Margo King.

**BEGINNING Hand TAP DANCE, Age 50+**
Mondays, 9/13-10/25, 2:00-3:00pm
$88 for 7 weeks; class #0827.4211
Instructor: Victoria Moore.

**Did You Know?**

The Ventura County Area Agency on Aging provides transportation services for older adults ages 60+ who have a scheduled appointment for COVID-19 testing or vaccine.

Call 805-477-7300 to schedule a ride.
**Fitness & Yoga**

**ADVANCED CHAIR-BASED STRENGTH & BALANCE, Age 50+**
- Mondays, 9/13-10/25, 11:30am-12:30pm
  - $73 for 7 weeks; class #0835.4211
  - Instructor: Cathya Haas

**CHAIR-BASED STRENGTH & BALANCE, Age 50+**
- Mondays, 9/13-10/25, 12:45-1:45pm
  - $73 for 7 weeks; class #0857.4211
  - Instructor: Cathya Haas

**GENTLE YOGA, Age 18+**
- Mondays, 9/13-10/25, 7:30-8:30pm
  - $70 for 7 weeks; class #0852.4211
  - Instructor: Phyllis Paul

**STRETCH, TONE, & BALANCE, Age 18+**
- Wednesdays, 9/15-10/27, 11:15-2:10pm
  - $45 for 7 weeks; class #0856.4211
  - Instructor: Kathy Bailey

**INTRODUCTION TO TAI CHI, Age 50+**
- Tuesdays, 9/14-10/26, 8:30-9:30am
  - $52 for 7 weeks; class #0858.4211
  - Instructor: Jean Stoutenborough

**BEGINNING/INTERMEDIATE TAI CHI, Age 50+**
- Thursdays, 9/16-10/28, 8:30-9:30am
  - $52 for 7 weeks; class #0859.4211
  - Instructor: Jean Stoutenborough

**SUPER BRAIN YOGA, Age 18+**
- Thursday, 9/16, 1:00-2:00pm
- Thursday, 10/7, 1:00-2:00pm
- Thursday, 10/21, 1:00-2:00pm
  - $20 for 1 day; class #0829.4211/#0829.4212/#0829.4213
  - Instructor: Ellen Morano

**YOGA, Age 50+**
- Wednesdays, 9/15-10/27, 8:30-9:30am
  - $70 for 7 weeks; class #0825.4211
  - Instructor: Cici Bo, Harmony Family Yoga

**CHAIR EXERCISE, Age 50+**
- Fridays, 9/17-10/29, 1:00-2:00pm
  - $63 for 7 weeks; class #0860.4211
  - $3 cash lab fee due first class.
  - Instructor: Jolie Ker

**CHAIR YOGA, Age 18+**
- Tuesdays, 9/14-10/26, 10:30-11:30am
- Thursdays, 9/16-10/28, 10:30-11:30am
  - $70 for each 7 week class session; class #0861.4211/#0861.4212
  - Instructor: Phyllis Paul

**ZUMBA, Age 18+**
- Mondays, 9/13-10/25, 6:45-5:45pm
- Wednesdays, 9/15-10/27, 4:45-5:45pm
  - $59 for each 7 week class session; class #0855.4211/#0855.4212
  - (Discount if taking both classes together, must call GACC before first class to receive discount).
  - Instructor: Del Herrera

**DANCE WITH DEL, Age 18+**
- Mondays, 9/13-10/25, 6:00-7:00pm
- Wednesdays, 9/15-10/27, 6:00-7:00pm
  - $59 for each 7 week class session; class #0865.4211/#0865.4212
  - (Discount if taking both classes together, must call GACC before first class to receive discount).
  - Instructor: Del Herrera

**ARTS & MUSIC**

**BEGINNING PORTRAITURE I - FEATURES, Age 18+**
- Mondays, 9/13-10/4, 4:00-5:30pm
- Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park
  - $80 for 4 weeks; class #0800.4211
  - $10 cash lab fee due first class.
  - Instructor: Bob Noonan.

**BEGINNING PORTRAITURE II - FIRST PORTRAIT, Age 18+**
- Mondays, 10/11-11/1, 4:00-5:30pm
- Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park
  - $80 for 4 weeks; class #0801.4211
  - $10 cash lab fee due first class.
  - Instructor: Bob Noonan.

**DIGITAL PHOTOGRAPHY, Age 18+**
- Mondays, 9/13-10/25, 3:30-4:30pm
  - $75 for 7 weeks; class #0807.4211
  - Instructor: Richard Smith.

**ART FOR ALL, Age 50+**
- Tuesdays, 9/14-10/26, 12:30-2:00pm
  - $73 for 7 weeks; class #0810.4211
  - $5 cash lab fee due first class.
  - Instructor: Donna Mason-Adams.

**LEVEL 2 UKULELE, Age 18+**
- Thursdays, 9/16-10/28, 5:00-6:00pm
  - $70 for 7 weeks; class #0814.4211
  - Prerequisite: Introduction To Ukulele.
  - Instructor: David Steinhart.

**PAINT NIGHT AT STUDIO 316!, Age 21+**
- Saturday, 10/2, 5:00-7:30pm
- Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park
  - $40 for 1 day; class #0802.4211
  - Instructor: Bob Noonan.

**PAINT NIGHT AT GOEBEL CENTER!, Age 21+**
- Saturday, 10/16, 5:00-7:30pm
  - $40 for 1 day; class #0803.4211
  - Instructor: Bob Noonan.

**INTRODUCTION TO HARMONICA, Age 18+**
- Tuesdays, 9/14-10/26, 7:30-8:30pm
  - $59 for 7 weeks; class #0804.4211
  - $12 cash lab fee due first class.
  - Instructor: Dr. Ben Grifffes.

**INTRODUCTION TO UKULELE, Age 18+**
- Wednesdays, 9/15-10/27, 4:45-5:45pm
  - $70 for 7 weeks; class #0805.4211
  - $28 songbook fee due first class.
  - Instructor: David Steinhart.

**STREET PHOTOGRAPHY WITH A PRO, Age 18+**
- Wednesday, 9/29, 8:15am-3:00pm
  - $75 for 1 day; class #0808.4211
  - Requires $23 roundtrip Metrolink Train Ticket (not included).
  - Instructor: Richard Smith.

**TECHNOLOGY**

**iPHONE PHOTOGRAPHY, Age 18+**
- Tuesday, 9/21, 10:00am-12noon
  - $25 for 1 day; class #0890.4211
  - Instructor: Tracie Karasik.

**iPHONE/IPAD WORKSHOP, Age 18+**
- Tuesday, 9/28, 10:00am-12noon
  - $25 for 1 day; class #0891.4211
  - Instructor: Tracie Karasik.
SENIOR VOLUNTEER
INSTRUCTED CLASSES

FALL 2021 SESSION:
Monday, September 13 - Friday, November 19
$10 fee (10 weeks)

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

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

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

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

FRENCH CONVERSATION
Tuesdays 2:30-3:30pm
Instructor: Isabelle Muller-Gupta

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

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

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

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

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

ITALIAN-INTERMEDIATE
Thursdays 10:00am-12noon
Instructor: Frank Fedeli

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

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

SHAKESPEARE FOR EVERYONE
Fridays 2:00-3:30pm
Instructor: George Kuby

ZOOM! SHORT STORY DISCUSSION CLUB
Fridays 2:00-3:00pm
Instructor: Arjun Danna

For more information, please contact Goebel Center 805-381-2744 or gacc@crpd.org

BUCKLES & BOWS
SQUARE DANCING
Tuesdays, 7:00-9:00pm, beginning September 14
NEW CLASSES HOSTED BY BUCKLES & BOWS AT THE GOEBEL CENTER
World-class instructor and lots of friendly folks to lend a hand. First 2 weeks are FREE. $5 donation thereafter.
Be prepared for great brain and body exercise.
Up to 5,000 steps in an evening.

Proof of COVID-19 Vaccination Required
Contact Dean and Joanne, 805-231-6222 for more information.

BRATS & BEERS

FRI DAY,
OCTO BER 8 TH
5:0 0 PM

TICKETS ON SALE BEGINNING SEPTEMBER 8TH AT THE GOEBEL CENTER FRONT DESK
**Update on Alzheimer’s Disease Research**

Tuesday, September 14, 2021
4:00-5:00pm

Join this virtual workshop to learn about the risk factors and current research on modifying risk factors of Alzheimer's Disease, discuss current FDA treatments for Alzheimer's Disease, learn about current Alzheimer's Disease clinical trial results and current clinical trials at the Easton Center, and hear from researchers about the latest findings related to symptoms and causes of dementia and Alzheimer's Disease.

*Presented by: Monica R. Moore, MSG, Community Health Program Manager, Mary S. Easton Center for Alzheimer's Disease Research at UCLA*

Please register online at https://www.seniorconcerns.org/seminars or contact Senior Concerns for more information.
CONEJO SENIOR VOLUNTEER PROGRAM presents...

Volunteer Fair

25+ LOCAL NONPROFIT AGENCIES & PUBLIC SERVICE ORGANIZATIONS

Thursday, October 7
10:00am-12noon

FREE EVENT!

CONEJO CREEK NORTH PARK
(Located behind the Goebel Center & Thousand Oaks Library)
Additional parking at the Goebel Center

Special Performance by....
CONEJO SENIOR DANCE ORCHESTRA

Looking for a NEW Volunteer Opportunity?

We would like to invite community members to join us in connecting with local nonprofit and public service organizations. With many changes and challenges this past year, it is the perfect time for agencies to share available volunteer opportunities and for our local population to seek out new areas of interest in volunteerism.

Join us for this FREE first-time event!

 FOR MORE INFORMATION, EMAIL JSPIVACK@CRPD.ORG OR CALL 805-381-2742
FUNDRAISING WITH RALPHS
Help the Goebel Center while you shop! 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 NPO #DE917)

BATTERY RECYCLING
Battery recycle bin is located outside GACC main entrance.

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

DANCE/MUSIC

CONEJO VALLEY SENIOR DANCE ORCHESTRA REHEARSAL
Thursdays, 11:30am-1:45pm
Join the Unforgettables as they perform the music of the Big Band Era of the 40's, 50's, & 60's.

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

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

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

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

BUCKLES & BOWS SQUARE DANCE CLUB
4th Saturday, September 25, 6:30-10:00pm
Alternating between round & square dancing, professional caller, light refreshments. $8 suggested donation. Call 805-492-1669 for more information.
Volunteers Make A Lasting Difference

The Conejo Senior Volunteer Program (CSVP) provides opportunities to adults age 55+ to use their life experience and skills to meet local community needs.

Contact CSVP, 805-381-2742 or jspivack@crpd.org to find out how you can help!

Below are CSVP Volunteer Workshops that meet weekly at the Goebel Center:

**BUSY BEES WORKSHOP**
Mondays, 9:30am-12noon
Sew, knit, or crochet for children, service members, and older adults.

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

**CRAFTERS WORKSHOP**
Wednesdays, 9:00-11:30am
Knit/crochet to support CSVP programming.

**NIFTY LADIES WORKSHOP**
Wednesdays, 12:30-3:00pm
Sew special projects for patients, children, service members, and older adults.

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**CSVP BOUTIQUE**
Shop for beautiful handmade gifts, including baby clothes, aprons, blankets, and other unique items. Array of greeting cards only $0.50
OPEN: Monday–Friday, 9:00am-4:00pm

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The Goebel Café
Join us at the Goebel Café
Monday-Friday, 9:00-11:00am
for coffee, tea, and pastries.
Our full Breakfast menu will be available September 20

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**SENIOR NUTRITION PROGRAM**
**Monday-Friday, 11:30am-12:30pm**
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**
1385 E. Janss Road, Thousand Oaks
 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
2nd Monday, September 13, by appointment only. Assisting individuals and non-profit groups that otherwise have limited access to legal services. Call 805-658-2266 for appointment.

VETERANS SERVICES
2nd Tuesday, September 14, 1:15-4:15pm. Assisting veterans and their families gain access to financial & medical assistance. Call 805-477-5155 for more information.

HICAP
2nd & 4th Wednesdays, September 8 & 22
Call 805-381-2742 for appointments
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
3rd Thursday, September 16, by appointment only.
No charge, no obligation meetings to discuss preparation of wills and living trusts; affordable follow up service available. Mike Williams, Attorney; call 805-658-2266 for appointment.

SENIOR DIAL-A-RIDE
Thousand Oaks Transit operates Senior Dial-a-Ride services for seniors age 65 and older. A city-issued Dial-a-Ride card is required; call 805-375-5467 for information

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.

AARP-DRIVER SAFETY PROGRAM
WILL RETURN IN 2022.

FREE VHS TO DVD HELP
Miguel De Pau can transfer your VHS tape, 8mm, and super 8mm films to DVD’s for free. Save your memories in DVD’s. For more information, call or text Miguel 956-542-8987.

 DISCUSSION GROUPS

Discussion groups are individual forums facilitated by volunteers for discussion of a variety of issues. Conejo Recreation and 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.

MEN’S
Tuesdays, 10:00am-12noon with Lloyd Minton and Wednesdays (except for 4th Wed.), 2:00-4:00pm with Irwin Schecter & Michael Pittas

BOOKS
2nd Tuesdays, September 14, 7:00-8:45pm with Cheryl Miller: 805-368-4542

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

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

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

WRITING GROUP
Thursdays, 9:00-11:30am
Develop your writing skills in a collaborative learning process with Laurie Greene.

STAMP CLUB
2nd & 4th Thursdays, September 9 & 23, 5:30-7:00pm
For more information, call Rick: 805-405-4566

HISTORY BOOKS
2nd Thursdays, September 9, 7:00-8:45pm with Jack Heller: 805-341-7585

MEETING OF THE MINDS
Return Date: TBD
Fridays, 1:00-2:30pm, with Sherilyn Linneman: 805-823-5778

CONEJO VALLEY WRITERS
2nd Saturdays, September 11, 12noon-2:30pm,
For more information, email: marcia.smart@roadrunner.com

COMPUTERS

COMPUTER LAB

Monday-Thursday, 8:30am-8:45pm
Friday, 8:30am-4:45pm
Saturday, 12:15-3:45pm

Unless otherwise posted, the computer lab is available for use for browsing the internet, using Microsoft Office, and playing games.

Free Wi-Fi: ConejoRPD_Guest. No passwords required.
**-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 Flore Teen Center
805-494-9156
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 Aramoor 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**

**WIDOW/VIDOWER SUPPORT GROUPS**
Tuesdays, 11:00am-12noon: Newly Bereaved
Tuesdays, 12:15-1:15pm: Moving Forward
Tuesdays, 2:30-3:30pm: Newly Bereaved
No walk-ins.

Prior to attending, please call facilitator: 805-495-2145

**US TOO PROSTATE CANCER SUPPORT GROUP**
1st Wednesdays, **September 1**, 6:30-8:30pm

**DIABETES SUPPORT GROUP**
4th Wednesdays, 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. For more information please call Livingston Memorial VNA at 805-642-0239.

**WILL RETURN IN OCTOBER.**

**MULTIPLE SCLEROSIS SUPPORT GROUP**
2nd Thursdays, **September 9**, 1:00-3:00pm
For friends, family, and individuals affected by M.S.
For information, call Tere Slobodian at 818-292-0944
or Darlene Feegen at 805-908-8090.

**ALZHEIMER’S SUPPORT GROUP**
1st and 3rd Fridays, **September 3 & 17**, 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, **September 4**, 12:30-2:30pm

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Follow Goebel Center on Social Media!

**TWITTER**: @GoebelCenter1

**INSTAGRAM**: @Goebel_Center

**FACEBOOK**: @GoebelAdult
BALLROOM DANCE*
LIVE BAND MUSIC

Whether you’re new to ballroom dancing or have mastered the art form, you will enjoy this exhilarating and fun event no matter your skill level.

*Until further notice, mask must be worn when you are dancing.

Doors Open- 6:00pm
Complimentary Dance Lesson- 6:30-7:20pm
Live Band/ Dance- 7:30-10:00pm

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

WELCOME TO ADULTS 18+

$10 Admission- Cash or Check Only

<table>
<thead>
<tr>
<th>DATE</th>
<th>BAND</th>
<th>DANCE LESSON</th>
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<tbody>
<tr>
<td>September 4</td>
<td>Erik Ekstrand Trio</td>
<td>East Coast Swing</td>
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<tr>
<td>September 18</td>
<td>Dick Parent Trio</td>
<td>Waltz</td>
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<td>October 2</td>
<td>Tropic Starr</td>
<td>Tango Line Dancing</td>
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<tr>
<td>October 16</td>
<td>Erik Ekstrand Trio</td>
<td>Polka</td>
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<td>November 6</td>
<td>Dance Masters</td>
<td>Tango</td>
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<tr>
<td>November 20</td>
<td>Dance Masters</td>
<td>Waltz</td>
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</table>

*Until further notice, mask must be worn when you are dancing.
THE ROARING 20s
Dinner & Dance
Friday, September 24
5:00pm
$10 per person

Come as a flapper or come as you are. Dress as a gangster or silent screen star. It’s going to be fun no matter the dress, just bring yourself and we’ll do the rest!

Purchase tickets NOW at the Goebel Front Desk
Secret Password to get in: Goebel Center is the Bee’s Knees!

DAY TRIPS
Trips are open to persons ages 50+. All trips involve walking (some more than others). Bus boarding begins 15 minutes prior to departure time.
Registration begins Friday, September 10.

HAUNTED HISTORY TOUR
Friday, October 29, 2021, 8:30am-5:00pm. Usually reserved for some thrills around the campfire, ghost stories have found their way into the everyday culture and history of Los Angeles and it’s famous landscape. Perhaps it has something to do with Hollywood’s taste for a spooky tale, but this town is riddled with some pretty interesting stories and ghostly apparitions lurking around world renowned locations and landmarks as told by our step on tour guide. Lunch is included with a choice of entree at the HMS Bounty restaurant. Deadline to register is October 15, 2021. $120 per person. ++ MASKS REQUIRED.

- **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 not waiting list, no refund will be granted.
- **NOTE:** This policy includes health and illness-related cancellations.
- If we are able to fill your space and a refund is granted, a $5 processing fee will be assessed.
- **No refund request will be accepted within 7 days of any trip.**
- **All bus trip refunds are issued by check, including credit card transactions.**

**Walking Scale**
All trips involve walking and most likely some stairs (including getting on and off the bus). The scale below will help you determine if a particular trip is within your ability range.

+ = Moderate: (most trips)
Some walking and possibly a few stairs.

++ = Strenuous: A lot of walking and stairs included with some stopping and/or sitting.

+++ = Very Strenuous: All walking and possibly a lot of stairs and up and down hills.
NATIONAL TRIPS

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

**UTAH CANYON ROAYLE**

**SEDONA & GRAND CANYON**

**Yosemite Tour**
Departs **Sunday Oct 3-5, 2021** (3 Days). Tour includes a deluxe motorcoach 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, 4 food coupon, $5 each and $20 slot play included. Spend a day in Yosemite National Park and take the 2 hour tram tour to guide you to many interesting sights in Yosemite. $699 per person, based on double occupancy, $999 single occupancy. Secure your spot today with a $200 deposit. Payment due in full after 8/16/2021.

**HEARST CASTLE AT CHRISTMAS**
Departs **Tuesday, December 14-16, 2021** (3 days). Tour includes deluxe motorcoach transportation, Cambria Christmas Market, Christmas Tour of Hearst Castle and much more. Accommodations at the Cavalier Ocean Front Resort. $669 per person ($969 single) Secure your spot today with a $200 deposit. Payment due in full after November 10, 2021.

**SAN DIEGO NEW YEARS!**
Departs **Tuesday December 28, 2021—January 1, 2022** (5 days). Tour includes deluxe motorcoach transportation, 4 nights at the Embassy Suites, City Tour of San Diego, Diego Harbor Bay Cruise, Tour of Coronado Islands, Hotel del Coronado with Christmas Décor Galore, New Year’s Eve Dinner and party, and option admission choices to Sea World, San Diego Zoo, or U.S.S Midway Museum. $1449 per person double occupancy ($2799 single occupancy). Secure your spot today with a $200 deposit. Payment due in full after 11/11/2021.

**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
- Sandy Barry, Vice President
- Mindy Rosejka, Treasurer
- Mary Martinich, Secretary
- Cynthia Bengston, Commissioner
- Mickey Toyen, Commissioner
- Del Basilio, Commissioner
- Patricia Schiano, Commissioner
- Mary Fineroff, Commissioner
- Maxine Cleary, Commissioner
- John Posta, Commissioner
- Marger Powell, Commissioner
- Nancy Healey, Commissioner
The Goebel Senior Center Commission Proudly Presents

ENTERTAINMENT LIVE!

The British Beat

Sunday, November 21
3:00pm

(Doors Open at 2:30pm)

$7 Per Person

Purchase tickets beginning September 15 at the Goebel Front Desk