Tech Help
Do you have a computer question? Volunteers, Shayna & Stuart, are available by appointment in the Goebel Center Computer Lab!
Monday, August 7, 9:30-11:30am
Monday, August 21, 9:30-11:30am
To reserve a 30 min appointment, call/email Goebel Center 805-381-2744, gacc@crpd.org or visit the front desk.

Hairstyling
HAIRCUTS ARE FIRST-COME, FIRST-SERVED. Beginning at 9:00am, you may ask for a number at the Goebel Center Front Desk, have a seat, and wait in the front lobby for your number to be called.
Monday, August 7, 10:00am-1:00pm
Monday, August 21, 10:00am-1:00pm
HAIRCUTS ARE FIRST-COME, FIRST-SERVED. Beginning at 9:00am, you may ask for a number at the Goebel Center Front Desk, have a seat, and wait in the front lobby for your number to be called.

Individualized Computer Help
Wednesday, August 9, 10:00am-1:00pm (four 45- min appointments available)
When the issue arises, learn how to troubleshoot your PC, Laptop, or Tablet on your own! Come with questions and let Collin teach you how to fix them before they become a bigger problem.
$5/45-minute appt. Instructor: Collin Knapp
To register for an appointment, visit the Goebel Center front desk.

Tour Sprouts Farmers Market
Thursday, August 10, 11:00am
Join Tami Egbert for a tour of Sprouts Farmer's Market! Learn the ways in which this market is different than other grocery stores, how to shop specifically for your dietary needs and be inspired to cook a healthy and delicious meal for yourself! Registration required, limited to 5 spaces.
Meet at Sprouts Market, directly inside where the Rotisserie Chicken's are displayed. Tour will begin at 11:10am.
Location: Sprouts Farmers Market- 600 W. Hillcrest Drive
To register, call Goebel Center 805-381-2744, email gacc@crpd.org, or visit the Goebel Center front desk.

Drop-in Chess
Ages 18+
Mondays, 5:30-8:30pm
Drop-in chess games at the Goebel Adult Community Center. Just drop-in, no registration required! Chess sets provided.
MEET ME AT THE MOVIES
Wednesday, August 23, 4:00pm

Title: Are You There God? It’s Me, Margaret

Synopsis: When her family moves from the city to the suburbs, 11-year-old Margaret navigates new friends, feelings, and the beginning of adolescence.

Rating: PG-13

Run-Time: 1 hour, 46 minutes

Registration required. To register, call Goebel Center 805-381-2744, email gacc@crpd.org, or visit the Goebel Center front desk.

SCHOOL ON WHEELS
VOLUNTEER SEMINAR
Monday, August 14, 11:00am

Join Sarah Fraza, School on Wheels Volunteer Coordinator, in learning more about volunteering for this invaluable agency! School on Wheels volunteers provide free in-person and online tutoring and mentoring to children, K-12th grade, living in shelters, motels, vehicles, group foster homes, and on the streets of Southern California. They are accepting volunteers interested in being tutors. They offer an online introductory tutor training, a one-on-one training covering the virtual classroom platform so that all tutors are comfortable using the tools for tutoring, and an advanced training once they are actively tutoring, in order to brainstorm ideas, troubleshoot challenges, and build a volunteer community. Check out their website: https://schoolonwheels.org/apply-to-be-a-volunteer/

Space is limited, registration required.

To register, call Goebel Center 805-381-2744, email gacc@crpd.org, or visit the Goebel Center front desk.

RENT OR SELL YOUR HOME
Thursday, August 17, 11:00am-12noon

Homeowners facing downsizing or retirement may want to keep their property for tax or income purposes. Is it difficult to find a good property manager? What do they charge and how much net income will you get? Are there benefits to selling and taking the profit after retirement? What other factors affect the sale of your home in today’s market? Presented By: Annette Broersma, M.S.

Seating limited, registration required.

To register, call Goebel Center 805-381-2744, email gacc@crpd.org, or visit the Goebel Center front desk.

UTILITY BILL ASSISTANCE
ASISTENCIA CON SU FACTURA DE GAS, ELECTRICIDAD ‘O’ PROPANO
AUGUST 11, 2023 - 9AM-11AM

Goebel Adult Community Center
1385 East Janss Road, Thousand Oaks, CA 91362

For more information, please call 805-436-4013

To schedule an appointment, call 805-381-2744
Baseball fans, come out and join us for a Dodger Game Day against the San Diego Padres! Enjoy Dodger Dogs, popcorn, peanuts, and more! Game will be shown in the Goebel Café.

$10 PER PERSON- PURCHASE TICKETS TODAY AT THE GOEBEL CENTER FRONT DESK.

Congratulations!
to the winners of the Goebel Adult Community Center's 35th Annual 4th of July Home Run Derby!

**WOMEN'S 65+**
1st Place: Penny Wingert

**WOMEN'S 50-64**
1st Place: Debbie Porter

**MEN'S 80+**
1st Place: Marty Klutch
2nd Place: Dan Minnick

**MEN'S 75-79**
1st Place: Ray Walsh
2nd Place: Rym Patridge

**MEN'S 70-74**
1st Place: Robert Rutherford
2nd Place: Mark Feldman

**MEN'S 65-69**
1st Place: Bruce Danner
2nd Place: Marty Uskali

**MEN'S 60-64**
1st Place: Michael Lerner
2nd Place: Peter Tooch

**MEN'S 55-59**
1st Place: James Durant
2nd Place: Scott Partridge

**MEN'S 50-54**
1st Place: Ray Gonzales

2023 GRAND CHAMPION:
Robert Rutherford
Charity Karaoke
Sing for a Cause

Hosted by Conejo Senior Volunteer Program

Join us August 6th for Charity Karaoke, Sing for a Cause, Conejo Valley’s musical fundraiser and Karaoke competition. Karaoke contestants sing with a live band to win money for twenty local nonprofits. Visit charitykaraoke.org to donate!

$11,000 in cash prizes will be given out on the night of the event, so come out and vote for your favorite contestant.

We welcome MC Jason Love and Best Performance Judges Kyle Jorrey, Katy Porter, and Chaise Rasheed to this year’s event.

<table>
<thead>
<tr>
<th>Arts Council of the Conejo Valley</th>
<th>Hospice of the Conejo</th>
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<tbody>
<tr>
<td>Assistance League Conejo Valley</td>
<td>Manna Conejo Valley Food Bank</td>
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<tr>
<td>Big Brothers Big Sisters Ventura County</td>
<td>Many Mansions</td>
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<td>Cancer Support Community</td>
<td>National Wildlife Federation</td>
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<td>Conejo Community Outreach</td>
<td>Play Conejo</td>
</tr>
<tr>
<td>Community Conscience</td>
<td>Rotary Club of Thousand Oaks</td>
</tr>
<tr>
<td>Conejo Schools Foundation</td>
<td>Rotary Club of Westlake Village</td>
</tr>
<tr>
<td>Conejo Senior Volunteer Program</td>
<td>Safe Passage Youth Foundation</td>
</tr>
<tr>
<td>Gold Coast Theatre Conservatory</td>
<td>Senior Concerns</td>
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<tr>
<td>Harbor House Thousand Oaks</td>
<td>Widows, Orphans &amp; Assistance Fund</td>
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</tbody>
</table>

Visit charitykaraoke.org today to donate to your favorite nonprofits and to purchase tickets!

AUGUST 6, 2023, THE CANYON AGOURA HILLS: 28912 ROADSIDE DRIVE, AGOURA HILLS, 91301
DOORS OPEN @5:00PM, SHOW STARTS AT 6:00PM

Purchase tickets online at www.charitykaraoke.org

Event will be streamed on Facebook Live. Food and drinks available for purchase.

Thank you to our 2023 Sponsors for their prize money donations:

State Farm
Jessica Sawyer - State Farm
805-496-4508
Jessica@youragentsf.com
Youragentsf.com

Mona payment solutions

Athens services

Gerry & Laura Conway

Judy & Harry Friedman
HAWAIIAN LUAU BBQ
FRIDAY, AUGUST 18, 5:00PM

"MAY THERE ALWAYS BE TRADE WINDS BEHIND YOU, RAINBOWS ABOVE YOU, AND ALOHA ALL AROUND YOU!"
BASK IN THE TROPICAL VIBES ON GOEBEL CENTER ISLAND WITH LIVE MUSIC, DINNER, DRINKS, AND DANCING!

TICKETS CAN BE PURCHASED IN-PERSON AT THE GOEBEL CENTER FRONT DESK OR OVER THE PHONE BY CALLING 805-381-2744
PLEASE NOTE: 4 TICKET LIMIT PER PERSON

ON SALE NOW!
TICKETS: $15

BACK TO THE 80's
SATURDAY, SEPTEMBER 9
5:00PM

I PITY THE FOOL WHO MISSES OUT ON GOEBEL CENTER'S 'BACK TO THE 80's' DINNER AND DANCE! DON YOUR BRIGHTEST COLORS IN THE DECADE OF LEATHER AND LACE, FOR OUR MOST RADICAL EVENT OF THE YEAR!

BEGINNING AUGUST 7, TICKETS CAN BE PURCHASED IN-PERSON AT THE GOEBEL CENTER FRONT DESK OR OVER THE PHONE BY CALLING 805-381-2744

TICKETS: $15
PLEASE NOTE: 4 TICKET LIMIT PER PERSON
DAY-TIME BINGO:
- Minimum Buy-In: $10 (cash only)
- 4-ons & 6-ons Payout: up to $250
- Additional Special Games: $2 each
- Special Games Payout: up to $500
- ALL GAMES = 85/15 SPLIT

FRIDAY NIGHT BINGO!
AUGUST 25
- FREE ice cream sundae with buy-in!
- Hamburgers & hotdogs available for cash purchase

FRIDAY NIGHT BINGO:
- Papers Only
- Minimum Buy-in (1 set of all papers)=$21 (cash only)
- Buy-in 4-ons=$5 and 6-ons=$10. Payout up to $250
- Buy-in special games=$2
- Double Action, Big Bucks Payout up to $500
- All games= 80/20 split
From Late Bloomer to Superstar
How Thousand Oaks Grew Up!

The Goebel Senior Center Commission proudly presents:
an Entertainment “Live” Event!

Sunday, September 17, 3:00pm

Why did Thousand Oaks only have 1,200 residents in 1950? Who were the early settlers in this valley? Which people had the vision to create the beautiful city we love today? Embark on a brief but exciting journey through the history of Conejo Valley interspersed with entertaining vignettes portraying gentlemen from our past!

Presented By: Nellie Cusworth Bill Ackerman

Doors Open: 2:30pm

Tickets can be purchased in-person at the Goebel Center Front Desk or over the phone by calling 805-381-2744

Tickets: $10/person

Goebel Adult Community Center
1385 E. Janss Rd, Thousand Oaks, 91362
805-381-2744
Brats & Beers

OKTOBERFEST

Friday, October 13
5:00pm

Hold on to your Lederhosen!
Pretzels, and Sausage and Beers, oh my!
It’s that time again for--Oktoberfest!

Beginning September 11th, tickets can be purchased at the Goebel Center Front Desk or over the phone by calling, 805-381-2744

PLEASE NOTE: 4 ticket limit per person

Goebel Adult Community Center
1385 E. Janss Road, Thousand Oaks, 91362
**INTERMEDIATE TAP DANCE**  
Mondays, 10:00-11:00am  
Summer Session: 6/12-8/14  
Fall Session: 8/21-10/23  
(no class 9/4)  
Instructor: Jane Kambell

**TAI CHI CHUAN**  
Tuesdays & Thursdays, 9:45-10:45am  
Summer Session: 6/13-8/17  
Fall Session: 8/22-10/26  
Instructor: Toby Ho

**KNITTERS & CROCHETERS**  
Tuesdays & Thursdays, 12noon-3:00pm  
Summer Session: 6/13-8/17  
Fall Session: 8/22-10/26  
$20 fee due to meeting twice a week  
Facilitator: Yvonne Avis

**HAND SEWING**  
Wednesdays, 9:30am-12noon  
Summer Session: 6/14-8/16  
Fall Session: 8/23-10/25  
Facilitator: Sandra Toutz

**AERONAUTICAL EDUCATION**  
Wednesdays, 12:15-2:15pm  
Summer Session: 6/14-8/16  
Fall Session: 8/23-10/25  
Instructor: Ralph Meyer

**OPEN STUDIO TIME FOR ARTISTS**  
Thursdays, 3:00-5:30pm  
Summer Session: 6/15-8/17  
Fall Session: 8/24-10/26  
Bring own supplies. All mediums welcome  
Facilitator: Kathleen Gates

**SHAKESPEARE FOR EVERYONE**  
Fridays, 1:00-2:30pm  
Summer Session: 6/16-8/16  
Fall Session: 8/25-10/27  
Instructor: Helen Bartelstone

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**MEANING OF OPERA- ZOOM**  
Mondays, 3:30-5:00pm  
Summer Session: 7/10-8/14  
Fall Session: 8/21-10/23  
(no class 9/4)  
Instructor: Steve Kohn  
*Class is taught virtually through Zoom*

**MAH-JONGG- Intermediate**  
Tuesdays, 6:00-8:00pm  
Summer Session: 6/13-8/15  
Fall Session: 8/22-10/24  
Facilitator: Abbey Clark

**SPANISH: INTERMEDIATE 1**  
Wednesdays, 8:30-10:00am  
Summer Session: 6/14-8/16  
Fall Session: 8/23-10/25  
Instructor: Bob Caccavo

**SPANISH: INTERMEDIATE 2**  
Wednesdays, 10:00am-12noon  
Summer Session: 6/14-8/16  
Fall Session: 8/23-10/25  
Instructor: Bob Caccavo

**INTERMEDIATE ITALIAN**  
Thursdays, 10:00am-12noon  
Summer Session: 6/15-8/17  
Fall Session: 8/24-10/26  
Instructor: Frank Fedeli

**MEDITATION- ZOOM**  
Thursdays, 2:00-3:15pm  
Summer Session: 6/15-8/17  
WILL RESUME IN FALL  
Instructor: Penny Olsen

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Register by calling 805-381-2744, or visit the Goebel Center front desk

$10 for 10 weeks
CRPD RECREATION CLASSES
SEASON: FALL 2023

INTRODUCTION TO FLORAL ARRANGING- Age 18+
Fri, 9/22, 3:00-4:30pm, #0811.4231
Fri, 9/29, 3:00-4:30pm, #0811.4232
Fri, 10/6, 3:00-4:30pm, #0811.4232
Fri, 10/20, 3:00-4:30pm, #0811.4233
$80/ each 1-day class, Instructor: Gale Saul

PAINTING: WATERCOLOR BASICS PART 1- Age 18+
Fri, 9/15-10/6, 4:30-6:00pm, $80/4 wks
class #0800.4231, Instructor: Bob Noonan
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

PAINTING: WATERCOLOR BASICS PART 2- Age 18+
Fri, 10/13-11/3, 4:30-6:00pm, $80/4 wks
class #0801.4231, Instructor: Bob Noonan
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

PAINT NIGHT @ STUDIO 316: FRANKENSTEIN- Age 21+
Sat, 9/23, 5:00-7:30pm, $45/1-day
class #0803.4231, Instructor: Bob Noonan
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park
ADV. CHAIR-BASED STRENGTH & BALANCE - Age 50+
Mon, 9/11-10/23, 11:30am-12:30pm, $73/7 wks
class #0837.4231, Instructor: Cathya Haas
Fri, 9/15-10/27, 12:30-1:30pm, $73/7 wks
class #0837.4232, Instructor: Cathya Haas

CHAIR-BASED STRENGTH & BALANCE - Age 50+
Mon, 9/11-10/23, 12:45-1:45pm, $73/7 wks
class #0836.4231, Instructor: Cathya Haas
Fri, 9/15-10/27, 1:45-2:45pm, $73/7 wks
class #0836.4232, Instructor: Cathya Haas

SOUND HEALING MEDITATION - Age 18+
Mon, 9/11-10/23, 12:00-12:45pm, $105/7 wks
class #0833.4231, Instructor: Cici Bo
Location: 804 E. Thousand Oaks Blvd.

TAI CHI- INTRODUCTION, Age 50+
Tues, 9/12-10/24, 8:30-9:30am, $59/7 wks
class #0838.4231, Instructor: Jean Stoutenborough

STRENGTH, STRETCH, & SCULPT, Age 18+
Tues, 9/12-10/24, 3:15-4:15pm, $59/7 wks
class #0834.4231, Instructor: Ann Monahan

GENTLE YOGA, Age 50+
Wed, 9/13-10/25, 9:00-9:45am, $80/7 wks
class #0832.4231, Instructor: Cici Bo

STRETCH, TONE & BALANCE, Age 18+
Wed, 9/13-10/25, 1:15-2:10pm, $66/7 wks
class #0835.4231, Instructor: Kathy Bailey

TAI CHI- BEGINNING/ INTERMEDIATE, Age 50+
Thurs, 9/14-10/26, 8:30-9:30am, $59/7 wks
class #0839.4231, Instructor: Jean Stoutenborough

CAPOEIRA- Age 18+
Thurs, 9/14-10/26, 6:00-7:00pm, $68/6 wks
NO CLASS 9/28
class #0831.4231, Instructor: Andy Gomez

EXERCISE FOR LESS STRESS & MORE ENERGY - Age 18+
Fri, 9/15-10/27, 3:00-4:00pm, $59/7 wks
class #0830.4231, Instructor: Jim Belsley

HIKE WITH THE DOCTOR, Age 50+
TOPIC: 5 Ways to Get Better Sleep
Location: Sapwi Park
Sat, 9/23, 7:45-9:15am, class #0855.4231
TOPIC: 6 Resilience Building Exercises
Location: Corner of Wendy and Potrero
Sat, 8/5, 7:45-9:15am, class #0855.4232
$5/each 1-day hike, Instructor: Dr. Ben Griffes

SOUND HEALING MEDITATION - Age 18+
Mon, 9/11-10/23, 10:00-11:00am, $73/7 wks
class #0850.4231, Instructor: Ann Vannoy

REIKI: LEVEL 1, Age 18+
Mon, 9/11-10/23, 11:15am-12:15pm, $73/7 wks
class #0851.4231, Instructor: Ann Vannoy

HOW TO WRITE & DELIVER PRESENTATIONS - Age 18+
Mon, 9/11-10/23, 7:00-8:30pm, $73/7 wks
class #0854.4231, Instructor: Nancy McChesney

iPhone/ iPad WORKSHOP, Age 18+
Tues, 9/12, 10:00-11:30am, $25/1 day
class #0864.4231, Instructor: Tracie Karasik

NOURISH YOUR MIND & BODY - Age 18+
Wed, 9/13-10/18, 10:00-11:00am, $63/6 wks
class #0852.4231, Instructor: Rachel Schohn

WOMEN’S HEALTH WORKSHOP - Age 18+
Thurs, 9/21, 9:00-11:30am, $38/1-day
class #0853.4231, Instructor: Rachel Schohn

SIX FILMS BY HUSTON - PART 2 - Age 18+
Thurs, 9/14-10/19, 2:30-5:00pm, $63/6 wks
class #0937.3231, Instructor: Joe Longo

INTERMEDIATE/ADVANCED MAH-JONGG - Age 18+
Fri, 9/15-10/20, 9:30am-12noon, $85/6 wks
class #0858.4231, Instructor: Lorraine Urist

For more information, class descriptions, or to register for a class, visit www.crpd.org/register, call 805-381-2744, or stop by the Goebel Adult Community Center front desk.
Please note: Classes may be canceled if there is not a minimum number of participants registered.

CRPD RECREATION CLASSES
SEASON: FALL 2023

Fall 2023 Registration will open Monday, August 21, at 9:00am.
The Goebel Senior Center Commission presents an Entertainment "Live" event!

Sunday, October 15
3:00PM
Doors open 2:30PM

The Tokens carry along their legacy which meanders through their songwriting successes over the decades, starting with some of music’s most well known songs of the sixties. Hit songs like "The Lion Sleeps Tonight," "Tonight I Fell in Love," and "I Hear Trumpets Blow."

The Tokens stellar musicianship, masterful vocalizing, and natural comedy flows joyfully and easily across the stage!

Tickets/$10

Beginning August 15th, tickets can be purchased at the Goebel Center Front Desk or over the phone by calling 805–381–2744


**SUPPORT GROUPS**

POST POLIO SYNDROME SUPPORT GROUP
WILL RESUME IN OCTOBER

LGBTQ+ CAREGIVER SUPPORT GROUP
1st & 3rd Mondays, August 7 & August 21, 1:00-2:30pm
Facilitator: Brenda Birdwell, 805-699-8907

WIDOW/ WIDOWER SUPPORT GROUPS
HOSPICE OF THE CONEJO
NO WALK-INS
Must call facilitator prior to attending, 805-495-2145
Tuesdays, 11:00am-12noon: Newly Bereaved
Tuesdays, 12:15-1:15pm: Moving Forward
Tuesdays, 2:30-3:30pm: Newly Bereaved

DIABETES CLASSES
LIVINGSTON MEMORIAL VISITING NURSE ASSOCIATION
4th Wednesdays, August 23, 1:30-3:00pm
Learn about meal planning, exercise, blood sugar monitoring, medication, and new developments. No registration, just drop-in! Presented by: Linda Hampson, RN, MSN Diabetes Nurse Specialist

MULTIPLE SCLEROSIS SUPPORT GROUP
2nd Thursdays, August 10, 1:00-3:00pm
For friends, family, and individuals affected by M.S. Facilitator: Darlene, 360-701-0989

THOUSAND OAKS LOW VISION SUPPORT GROUP
Fridays, 10:00am-12noon
For more information call, 805-380-6206

ALZHEIMER'S SUPPORT GROUP
ALZHEIMER'S ASSOCIATION
1st & 3rd Fridays, August 4 & August 18, 9:30-11:00am
For family and/or caregivers of those with Alzheimer’s. Facilitator: Jordanna, 805-261-2189

**DANCE & MUSIC**

SOCIAL DANCING
Wednesdays, 10:00-11:30am
Dance to recorded music. Facilitator: Dennis Sedgewick

LINE DANCE PRACTICE
Wednesdays, 11:30am-1:00pm
All levels of experience welcome; fun for all! Facilitator: Mel Wilson

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

CONEJO VALLEY SENIOR DANCE ORCHESTRA REHEARSAL
Thursdays, 11:30am-2:00pm
Performing music from the Big Band Era- 40’s, 50’s & 60’s. Audience welcome!

FOREVER YOUNG SINGERS
Fridays, 9:00-11:00am
Director: Rusty Kaman

**SENIOR SPORTS**

BILLIARDS, Age 18+
All Open Play. Two 9’ tables, one 8’ table, & one snooker table
Location: Goebel Adult Community Center

TENNIS, Age 50+
Mondays, Wednesdays & Fridays, 7:30-10:30am
Location: Wildflower Playfields, Courts 1, 2, and 3
Tuesdays, Wednesdays & Fridays, 7:00-10:30am
Location: Borchard Community Center, Courts 2 and 3
Wednesdays, 8:00-10:00am
Location: Thousand Oaks Community Center- Women’s
Thursdays, 9:00-11:00am
Location: Triunfo Park- Women’s

Wii BOWLING LEAGUE, Age 50+
Mondays & Wednesdays, 1:00-3:00pm
Enjoy bowling without needing to rent the shoes! Plus, monthly award for champion.
Location: Goebel Adult Community Center Social Lobby

SENIOR SOFTBALL, Age 50+
Tuesdays & Fridays, 8:30-11:00am, Drop-In Games
Location: Wildflower Playfields, 635 Avenida de los Arboles

HORSESHOES, Age 18+
Team Play: Tuesdays & Thursdays, 9:30am-12noon
Open Play: during regular business hours
Location: Goebel Adult Community Center

TABLE TENNIS, Age 18+
Tuesdays, 4:30-6:00pm & Thursdays, 4:30-8:00pm
4 tables, all open play
Location: Goebel Adult Community Center Main Hall

SENIOR BADMINTON, Age 50+
Tuesdays & Thursdays, 8:30-11:00am
Location: Teen Center, directly next door to Goebel Center
WILL RESUME 8/22

SENIOR BASKETBALL, Age 50+
Mondays, Wednesdays & Fridays, 8:30-11:00am
Location: Teen Center, directly next door to Goebel Center
WILL RESUME 8/22

SENIOR BADMINTON, Age 50+
Tuesdays & Thursdays, 8:30-11:00am
Location: Teen Center, directly next door to Goebel Center
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Tuesdays, 4:30-6:00pm & Thursdays, 4:30-8:00pm
4 tables, all open play
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Tuesdays & Thursdays, 8:30-11:00am
Location: Teen Center, directly next door to Goebel Center
WILL RESUME 8/22

SENIOR BASKETBALL, Age 50+
Mondays, Wednesdays & Fridays, 8:30-11:00am
Location: Teen Center, directly next door to Goebel Center
WILL RESUME 8/22

BRIDGE

DUPLICATE PARTNERSHIP BRIDGE
$1 PER PLAYER/SESSION
THURSDAYS 12:30-4:00pm & FRIDAYS 9:00am-12noon
FIRST COME, FIRST SERVED. LIMITED CAPACITY

COMPUTER LAB
See monthly calendar posted on Computer Lab door for scheduled closures. Unless otherwise posted, the lab is open to those ages 50+ during the following days & times:
Monday-Thursday, 8:30am-8:30pm
Friday, 8:30am-4:45pm
Saturday, 12noon-3:45pm
The computer lab is available for browsing the internet, checking email, use of Microsoft Office, playing games, and more.
Printing is available at no cost, up to 6 pages per person, per day.
Free Wi-Fi: ConejoRDP_Guest
No password required
**SENIOR SOCIAL SERVICES**

**GREY LAW**
2nd Mondays, August 14, by appointment only
Assisting individuals and non-profit groups that otherwise have limited access to legal services. Call 805-658-2266, or email syoonlegal@gmail.com to schedule an appointment

**VETERAN SERVICES**
2nd Tuesdays, August 8, 1:30-4:00pm
First come, first served. Assisting veterans and their families in gaining access to financial and medical assistance. Call 805-477-5155 or visit www.countyofventura.org for more information

**TAX ASSISTANCE**
Conejo Senior Volunteer Program (CSVP) will continue to provide tax assistance services at Conejo Creek South Community Building on the first Wednesdays of each month through October. CSVP will prepare and file income tax returns for years 2019-2022, prepare amended returns, and lend assistance with questions arising from letters and notices from the IRS or Franchise Tax Board, as well as other general tax-related issues. Appointments are required. Call the CSVP office, 805-381-2742 to make an appointment.

**HICAP**
2nd & 4th Wednesdays, August 9 & August 23, by appointment only
Health Insurance Counseling and Advocacy Program (HICAP) provides free, unbiased counseling to and advocacy for Medicare recipients and those who will soon be receiving Medicare.
For more information or to schedule an appointment, call 805-477-7328 or 805-477-7310

**WILLS PREPARATION**
3rd Thursdays, August 17, by appointment only
No charge, no obligation meetings to discuss preparation of wills/living trusts with affordable follow up service available. Call 805-658-2266, or email syoonlegal@gmail.com to schedule an appointment

**VETERANS CRISIS LINE**
Text 838-255 (or dial 988 then press 1) to reach 24/7 confidential crisis support. Responders are real people, many of them veterans, who are specially trained to support veterans.

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

**SENIOR DIAL-A-RIDE**
The City of Thousand Oaks operates a Dial-A-Ride program for those 65+, or for those who hold an Americans with Disabilities Act (ADA) card. Dial-A-Ride tickets are available for cash purchase at the Goebel Center front desk, during regular business hours. Call 805-375-5467 for more information or to schedule a ride.

**SENIOR ADVOCATES**
Senior Advocates provide guidance with housing, transportation, legal issues, health-related issues, in-home care or facility placement, government benefits, senior programs, or assistance with the completion of forms and applications. Speak with a Senior Concerns Advocate today! Elsa, Senior Advocate, is available for in-person appointments at the Goebel Center on Tuesdays and Thursdays, and by phone 805-495-6250. In addition, Senior Concerns also provides an Adult Day Program, Caregiver Support Center, and In-Home Geriatric Assessments. Call 805-497-0189 for more information.

**DISCUSSION GROUPS**
Discussion groups are individual forums facilitated by volunteers for discussion of a variety of topics. Conejo Recreation and Park District provides classrooms for discussion but does not organize forums nor advocate any opinions/comments expressed. Please contact Goebel Center Staff with any issues or concerns.

**WOMEN'S SUPPORT GROUP**
Mondays, 10:00-11:30am
Facilitator: Sara Mizrahi

**BOOK DISCUSSION GROUP**
2nd Tuesdays, August 8, 7:00-8:45pm
with Cheryl Miller, 805-368-4542

**MEN'S DISCUSSION**
Tuesdays, 10:00am-12noon, with Lloyd Minton
Wednesdays, 2:00-4:00pm, with Dr. Peter Greenwood
(No meeting 4th Wednesday of each month)

**GENEALOGY DISCUSSION GROUP**
Wednesdays, 2:00-4:00pm
with Georgine Herd

**SENIOR SINGLES SOCIAL GROUP**
Wednesdays, 7:00-8:30pm
For more information, contact Marie 732-407-1816

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

**STAMP CLUB**
2nd & 4th Thursdays, August 10 & 24, 5:00-7:00pm
For more information, call Rick: 805-405-4566

**HISTORY BOOK DISCUSSION**
2nd Thursdays, August 10, 7:00-8:45pm
with Jack Heller: 805-341-7585

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

**PROGRAMS**

**BATTERY RECYCLING**
Household batteries of ALL sizes, both rechargeable and single use, are considered hazardous waste when discarded. All household batteries can be recycled at the Goebel Adult Community Center. A battery recycle bin is located right outside the front door of the Goebel Center main entrance.

**RECYCLE FOR SIGHT- EYEGLASS RECYCLING**
Make a positive difference! Donate your used eyeglasses/sunglasses to be recycled, and help someone see better. Eyeglass recycling box is located on the Reception Counter at the Goebel Center. NO CASES, PLEASE.

**FUNDRAISING WITH RALPHS**
Help the Goebel Center while you shop! Every time you shop at Ralphs Grocery Store, and use your Ralphs Rewards card or phone number, a small percentage of what you spend is donated to the Goebel Center. Be sure to use the Goebel Center Commission NPO #DE917.
For more information, call 800-443-4438.
LIVE BAND MUSIC

Ballroom Dance

Saturday, August 5 - Pier 101
Saturday, August 19 - Tropic Starr
Saturday, September 2 - Erik Ekstrand
Saturday, September 16 - The Kool Tones

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

$10 Admission - Cash or Check only

Ballroom Dance's are held on the First & Third Saturday’s of each month

Goebel Adult Community Center
1385 E. Janss Road
Thousand Oaks, CA 91362
805-381-2744
The Conejo Senior Volunteer Program (CSVP) provides opportunities for 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!

CSVP Workshops gratefully accept donations of unused materials: Yarn, Stuffing, Batting, Elastic, and Cotton/Flannel/Fleece fabric.

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
Assemble stuffed bears for children.

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

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

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

**The Goebel Café**
Monday-Friday
9:00-11:00am
Join us for breakfast at the Goebel Café!
Full breakfast menu available
Cash Only

**SENIOR NUTRITION PROGRAM**
Monday-Friday
11:30am-12:30pm
Meals include 4 ounces of protein, vegetables, salad, fruit, yogurt, and shelf-stable milk.
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.
The Goebel Café
1385 E. Janss Road, Thousand Oaks
GOEBEL ADULT COMMUNITY CENTER
DAY TRIPS

Payment: Check, Cash, Visa, and MasterCard are accepted for all day trips.
Accident/Medical Insurance: $1 per person, per calendar year, non-refundable, is required for all participants on all day trips.
Day trips are open to those 50+
Day trips involve walking (some more than others) See walking scale.
Bus Boarding: Begins 15 minutes prior to departure time. Boarding of the bus is not permitted until the trip escort and Goebel Center Staff are present.
Registration: Must be done in person, at the Goebel Adult Community Center front desk.
Dates, locations, and times are subject to change.

DAY-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. All bus trip refunds are issued by check, including credit card transactions.

GOEBEL ADULT COMMUNITY CENTER
DAY TRIPS

"THANKS FOR THE MEMORIES" W/ BOB HOPE
Monday, October 23, 11:00am-5:30pm
Enjoy a Music and Variety tribute show with lunch, hosted by Bill Johnson as Bob Hope at the Grand Event Center in Long Beach. A tribute to the music and comedy of this legend of entertainment that will fill your heart with laughter. Lunch included, vegetarian option available. $100 per person. WALKING SCALE= 3

ROARING 20'S
Friday, October 27, 8:30am-4:30pm
A journey through time with Curt Tucker as your guide! This tour is an unforgettable experience that brings you back to life in 1920's Los Angeles- a decade of growth, prosperity, and artistic expression. Italian buffet lunch included. $133 per person. WALKING SCALE= 3

DODGERS VS. GIANTS GAME AT DODGER STADIUM
Sunday, September 24, 10:45am-6:00pm
Includes round-trip motor coach transportation to and from Dodger Stadium and reserved level seats (blue seats, underneath an overhang for shade) for the 1:10pm game vs. the San Francisco Giants. $90 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3

LAUGHLIN GETAWAY AT THE RIVERSIDE HOTEL & CASINO
Monday, August 28- Thursday, August 31, 9:00am-6:00pm
Includes deluxe motor-coach transportation and 3-night accommodations at the Riverside Hotel and Casino in Laughlin, NV. Each guest will receive a $15 food coupon and a Laughlin fun-book! $310 per person, double occupancy and $415 per person, single occupancy. WALKING SCALE= 1

PARAMOUNT STUDIOS TOUR
Monday, September 11, 9:30am- 5:30pm
Paramount's past and current achievements come together in this intimate, behind the scenes look at a true working studio. Step into the world of the industry's top talent, producers, and crew as they create today’s award-winning television and feature films. Enjoy free-time for lunch on your own. $90 per person, partially sponsored by the GSCC. WALKING SCALE= 1

IMPORTAN T DAY-TRIP INFO:

DAY-TRIP 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.

1 = MODERATE: Some walking and possibly a few stairs.
2 = STRENUOUS: A lot of walking. Stairs included with some stopping and/or sitting.
3 = VERY STRENUOUS: All walking. A lot of stairs, as well as, up and down hills.

REGISTRATION FOR “THANKS FOR MEMORIES”, “DODGER STADIUM” & “ROARING 20'S" OPENS FRIDAY 8/11, 9:00AM

REGISTRATION IN PROGRESS, SIGN-UP TODAY!

-P17-
UTAH CANYON ROYALE
September 24–27, 2023
Tour Highlights Includes:
Deluxe motor coach transportation, 3-nights accommodation at the Casa Blanca Resort and Casino in Mesquite w/ a $45 meal coupon included.
$799/per person, double occupancy, $999/per person, single occupancy.

NEW ENGLAND RAILS & TRAILS
September 27, 2023
Tour Highlights Include:
2 Rail Tours, Boston City Tour, Billings Farm & Museum, Maple Sugar Farm, Casco Bay Cruise, Cold Hollow Cider Mill, Portland Lighthouse, Lobster Dinner, and more!
$4,240/per person, double occupancy, $5,340/per person, single occupancy.

ST. LOUIS, BRANSON, MEMPHIS, & NASHVILLE
October 1–8, 2023
Tour Highlights Include:
St. Louis Gateway Arch & Museum, 3 Branson Shows, Branson Landing and Historic Downtown Branson, William J. Clinton Presidential Library, Memphis City Tour, Peabody Hotel- March of the Ducks, Beale Street, Graceland, (Elvis Presley’s Home), Nashville City Tour, Johnny Cash Museum, Country Music Hall of Fame, Grand Ole Opry, and more!
$3,699/per person, double occupancy, $4,499/per person, single occupancy.

SAN FRANCISCO BAY AREA NEW YEAR'S EVE CELEBRATION
December 29, 2023–January 2, 2024
Tour Highlights Include:
Fisherman’s Wharf & Pier 39, Golden Gate Park, Ghirardelli Square, Monterey, Carmel, Monterey Bay Aquarium, and two wine tastings in Napa & Sonoma.
$2,699/ per person, double occupancy, $2,999/ per person, single occupancy.
The Goebel Senior Center Commission is a 501(c)(3) nonprofit community service organization that establishes policies relative to the operation of the Goebel Adult Community Center, and acquires and allocates funds to benefit the Goebel Adult Community Center. Commissioners volunteer their time and special skills, serve on committees, and assist in planning, organizing, marketing, and conducting programs to benefit the senior population. Regular commission meetings are open to the public, and held at the Goebel Adult Community Center on the fourth Wednesday's at 1:00pm.

Current Commission:

Sandy Barry, President
Maxine Cleary, Vice President
Mindy Rosiejka, Treasurer
Mary Martinich, Secretary
Cynthia Bengtson, Commissioner
Mickey Toyen, Commissioner
Patricia Schiano, Commissioner
Marv Fineroff, Commissioner
Del Basilio, Commissioner
John Posta, Commissioner
Nancy Healey, Commissioner
Chris Maccarone, Commissioner
Goebel Adult Community Center
1385 East Janss Rd., Thousand Oaks, CA 91362
Phone: 805-381-2744/ Fax: 805-495-5430
Email: gacc@crpd.org Website: www.crpd.org/gacc

AUGUST
or Current Resident

-HOURS OF OPERATION-
Monday: 8:30am-9:00pm
Tuesday: 8:30am-9:00pm
Wednesday: 8:30am-9:00pm
Thursday: 8:30am-9:00pm
Friday: 8:30am-5:00pm
Saturday: 12noon-4:00pm
Sunday: Closed

50+ SUMMER WATER EXERCISE
Enjoy the water, the sun, and the fun!

Mondays & Wednesdays:
12noon-1:00pm
June 19-August 16
Thousand Oaks High School Pool
2323 North Moorpark Rd.

Tuesdays & Thursdays:
12noon-1:00pm
June 20-August 17
Newbury Park High School Pool
456 North Reino Rd.

FREE!
No registration, just drop in!