

# The Goebel Gazette

## JANUARY 2024



**Goebel Adult Community Center**  
1385 E. Janss Road, Thousand Oaks, CA 91362  
Phone: 805-381-2744/ Fax: 805-495-5430  
[www.crpdpd.org/gacc](http://www.crpdpd.org/gacc)

Monday, January 1, 2024 (New Years Day): Goebel Center Closed

Monday, January 15, 2024 (Martin Luther King Jr. Day): Goebel Center Open 9:00am-5:00pm



## 2024 GOEBEL GAZETTE SUBSCRIPTION RENEWAL

Are you currently receiving the Goebel Gazette by mail each month?  
If so, and you would like to continue, it's time to renew  
your subscription for 2024! Stop by the Goebel Center Front Desk  
for a 2024 subscription renewal form. Subscription renewal forms  
and payment can be dropped off at the Goebel Center.

Did you know, you can have the Goebel Gazette emailed to you in PDF format for free?  
Sign up today at the Goebel Center front desk or email [goebelgazette@crpd.org](mailto:goebelgazette@crpd.org)

## GOEBEL SENIOR CENTER COMMISSION RECRUITMENT

The Goebel Senior Center Commission (GSCC), a nonprofit community service organization is currently seeking individuals, age 50 or older, residing within the boundaries of the Conejo Recreation & Park District, who are interested in volunteering their time and special skills, to serve on Commission Committees, assist in planning, organizing, marketing, and conducting programs to better serve the senior population. Commissioner Applications are available online at [www.crpdpd.org/gacc](http://www.crpdpd.org/gacc) and at the Goebel Adult Community Center front desk. Interested applicants may submit the completed documents via e-mail to [evines@crpd.org](mailto:evines@crpd.org) or hand deliver them to the Goebel Adult Community Center (attention Emily Vines) by 5:00pm on Friday, February 23, 2024.

## IRS CERTIFIED VOLUNTEERS PROVIDE FREE TAX RETURN PREPARATION

In conjunction with the Internal Revenue Service, trained and certified Conejo Senior Volunteer Program (CSVP) Volunteers will 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 \$60,000 or less, regardless of age.

**For more information, see page 5 of the Goebel Gazette.**



# LOVE ON A LEASH

## THERAPY DOGS

**Tuesday, January 2, 12noon**

Therapy dogs and their handlers visit the Goebel Center on the first Tuesday's of each month to provide comfort and happiness to everyone! Stop by to say hi

Love on a Leash® is committed to bringing comfort, happiness, and healing to more people nationwide by increasing public awareness of pet-provided therapy. A therapy pet's primary function is to brighten someone's day!

NOTE:  
2 appointments  
per 30-min timeslot

## TECH HELP

**Monday, January 8, 9:30-11:30am**

Do you have a computer question?

Volunteers, Shayna & Stuart, are available by appointment in the Goebel Center Computer Lab to answer your questions and help with technology issues!



To reserve a 30 min appointment, call/email Goebel Center 805-381-2744, gacc@crpd.org or visit the front desk.

## INDIVIDUALIZED COMPUTER HELP

**Wednesday, January 10**

**8:45am-12:45pm**

**\$5/ 45-min appointment**

Take control of your technology issues with confidence by learning how to troubleshoot on your own! Come with questions to your 45-minute appointment.

**In-person registration only. To register, visit the Goebel Center front desk.**

## SMARTPHONE TRAININGS

Are you having difficulty hearing or seeing on your iPhone or Android? Attend a free training and make your smartphone work better for you! These training sessions will teach you how to make your smartphone louder and easier to hear, learn how to send and receive text messages, connect Bluetooth devices, operate the basic functions of your smartphone, and more!

**Registration required.**

**Android Training:**

**Thursday, January 11, 11:00am-1:00pm**

**iPhone Training:**

**Thursday, January 18, 11:00am-1:00pm**

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

## SENIOR EMPOWERMENT SEMINAR

**Thursday, January 11, 9:30am**

Join Shayna Charter for an engaging seminar series designed specifically for seniors, where she will address pressing issues while empowering you to navigate the complexities of today's world with confidence. In this age of technology, older adults may experience various changes in physical and cognitive abilities, but their relevance, experience and values remain significant in numerous aspects of life. **Presented by: Shayna Charter**

**Space is limited, registration required.**

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

## HAIRCUTS BY RODNEY

**Monday, January 15**

**\*limit one haircut per person, per month\***

**HAIRCUTS ARE FIRST-COME, FIRST-SERVED.**

Only 12 haircuts will be given each day. To determine the order once haircuts begin at **10:00am**, numbers 1-12 will be handed out to the first 12 seniors in line.

Doors open at **8:30am**. **Only the first 12 seniors in line will get a haircut number.**

**HAIRCUT ONLY. NO BLOW DRY OR STYLING.**

## MEET ME AT THE MOVIES

**Wednesday, January 24, 4:00pm**

**Title:** What Happens Later (2023)

**Synopsis:** Snowed-in at a regional airport overnight, ex-lovers Willa and Bill realize they're still attracted to each other- but also still equally annoyed with each other. As they unpack the riddle of their mutual past and compare their lives to the dreams they once shared, they begin to wonder if their reunion is a mere coincidence or something more enchanted.

**Rating:** R

**Run-Time:** 1 hour, 44 minutes

**Seating limited, Registration required.**

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

## ASA CARD SIGNING & VOLUNTEER RECRUITMENT

**Saturday, January 20, 1:00-3:00pm**

Are you interested in writing Valentine's Day cards for the troops, while learning more about volunteering with America Supporting Americans (ASA)? At the heart of ASA lies a profound belief in the power of community.

Their efforts to support and uplift our troops thrive on collective action and shared purpose. Whether it's through donating goods for care packages, offering valuable time as a volunteer, or providing financial support, every contribution creates a ripple of positive impact. Your involvement can make all the difference, bridging the distance between our Troops and the warmth of home.

**Seating is limited, registration required.**

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

## HOW TO CHOOSE A SENIOR COMMUNITY

**Thursday, January 25, 11:00am**

There are many different types of senior communities; some are for those who are still very active and healthy, some for those needing around-the-clock care, and options between the two. The jargon in the 'senior care system' may be challenging to understand. It is best to educate yourself on the options and have a plan for future phases of life for yourself, parents, or friends. **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.



OPEN TO AGES 18+



AT THE GOEBEL ADULT COMMUNITY CENTER  
**TUESDAYS, FRIDAYS & SATURDAYS**



Bingo is cancelled on the following days:

- Tuesday, 1/9/24
- Friday, 1/12/24
- Saturday, 1/13/24

11:45AM- DOORS OPEN  
12:30PM- PAPER SALES END  
12:45PM- GAMES START

**DAY-TIME BINGO DETAILS:**

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!**  
**FRIDAY, FEBRUARY 23**

5:00PM- PAPER SALES START  
6:00PM- SALES STOP PROMPTLY  
6:15PM- BINGO STARTS

**FRIDAY NIGHT BINGO DETAILS:**

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



**FREE  
EVENT**

CONEJO SENIOR VOLUNTEER PROGRAM PRESENTS...

# 2024 CSVP WELLNESS FEST

**LAUNCH YOURSELF TO BETTER HEALTH**

**WEDNESDAY, JANUARY 17TH  
9:00AM-1:00PM**

50+ Vendors including Local Businesses, Nonprofit Agencies,  
Public Service Organizations, and the City of Thousand Oaks  
Courtesy Shuttle from Library & Park • Demos/Health Screenings •  
"Dementia Live WOW" Experience • \*Lunch • Master Gardener Tours •  
Raffle Entry • Volunteer Opportunities

**NEW** Senior Job Fair sponsored by the VCAAA Advisory Council

\*Advance tickets are for lunch only and are not required to attend event.  
Limited tickets available at Goebel Center front desk beginning January 3, 2024.

**THANK YOU TO  
OUR SPONSORS!**



**Goebel Adult Community Center  
1385 E. Janss Road, Thousand Oaks, CA 91362**

Proceeds benefit the Conejo Senior Volunteer Program  
For more information call 805-381-2742 or visit [www.crpdp.org/CSVP](http://www.crpdp.org/CSVP)





# IRS Certified Volunteers Provide

## FREE TAX RETURN PREPARATION



In conjunction with the Internal Revenue Service, trained and certified CSVP volunteers will 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 \$60,000 or less, regardless of age

**Conejo Creek South Community Building**  
**1350 E. Janss Rd., Thousand Oaks, 91362**

**Mondays, Tuesdays, Wednesdays,**  
**Thursdays, and Fridays**

**February 1 - April 12, 2024**

**8:30am - 4:00pm**

**SPANISH TRANSLATION AVAILABLE**

**MONDAYS, 12noon - 4:00pm &**

**Wednesdays, 8:30am-4:00pm**

**MANDARIN TRANSLATION AVAILABLE**

**FRIDAYS, 8:30am - 4:00pm**

**Newbury Park Library**

**2331 Borchard Rd., Thousand Oaks, 91320**

**WEDNESDAYS ONLY**

**Wednesday, February 7 -**

**Wednesday, April 10, 2024**

**10:00am - 4:00pm**

**MANDARIN TRANSLATION AVAILABLE**

**10:00am-4:00pm**

**No appointments taken - First-come, first-served basis. Please read all information.**

### WHAT TO BRING

- For married filing joint, both spouses must be present
- Photo identification
- Social Security cards or Individual Taxpayer Identification Number documents for you, your spouse, and dependents
- Birth dates for you, spouse, and dependents
- A copy of last year's Federal and State tax return
- All Forms W-2, 1098, and 1099
- Interest and dividend statements (1099-INT; 1099-DIV; 1099-B)
- Form 1095-A (Marketplace Health Insurance)
- Other relevant information on income, expenses, deductions
- Information for all deductions/credits
- Total paid to child care provider and their tax ID number
- Bank Routing numbers for direct deposit

### WILL PREPARE TAX RETURNS THAT INCLUDE

- Wages, salaries, etc. (Form W-2)
- Interest Income (Form 1099-INT)
- Dividends Received (Form 1099-DIV)
- State Tax Refunds (Form 1099-G)
- Unemployment Benefits (Form 1099-G)
- IRA Distributions (Form 1099-R)
- Pension Income (Forms 1099-R, CSA-1099)
- Social Security Benefits (Form SSA-1099)
- Capital Gain/Loss (Form 1099-B)
- Sale of Home (Form 1099-S)
- Self-employed Income (Form 1099-MISC, 1099-NEC, 1099-K)
- Gambling Winnings (Form W-2G)
- Cancellation of Debt (Form 1099-C)
- Health Savings Accounts (Form 1099-SA)
- Itemized Deductions
- Education Credits (Form 1098-T)
- Child Tax Credit
- Earned Income Credit
- Prior Year and Amended Returns
- Business income/expenses for Schedule C (ONLY if there is a profit and expenses are under \$35,000; no home use, inventory, or depreciation)

### CANNOT PREPARE

- Schedule E (No Rentals)
- Out-of-state-returns
- Married filing separate returns
- Returns with more than four K-1's

\*This program is not a Thousand Oaks Library sponsored event

For more information, contact CSVP at 805.381.2742 or [csvp@crpd.org](mailto:csvp@crpd.org)

# THE EAGLES ALLSTARS TRIBUTE CONCERT



SUNDAY, JANUARY 21,

3:00 PM

DOORS OPEN AT 2:30 PM

**SOLD OUT**

 **\$10 / Per Person**

Tickets on sale November 20, 2023.  
Purchase by phone or in-person at  
the Goebel Center Front Desk.



## The Goebel Senior Center Commission proudly presents an Entertainment "Live!" Event: **HOLLYWOOD'S HISTORY OF THE WESTERN**

**PRESENTED BY:**

Award-Winning Host & Producer of  
Youtube's, "A Word on Westerns"

**ROB WORD**

**SUNDAY, FEBRUARY 18**

**3:00PM**

DOORS OPEN AT 2:30PM

From the early days of filmmaking to now, the wild west of the silver screen is a much loved part of movie history. Westerns are the bedrock on which Hollywood was built and the outskirts of Los Angeles was home to some of our most cherished classics. What brought early filmmakers at the turn of the last century to the Los Angeles area? Join Rob Word, Marc Wanamaker, and Peter Sherayko to delve into the fascinating history of cowboy heroes, where they've been, and where they're going.

**TICKETS: \$10 PER PERSON**  
ON SALE NOW! PURCHASE TICKETS TODAY BY PHONE OR  
IN-PERSON AT THE GOEBEL CENTER FRONT DESK







# GOEBEL CENTER

# Mardi Gras MASQUERADE



Friday, February 9, 2024  
5:00pm

**The French Quarter may have Bourbon Street, but Goebel Center's Mardi Gras Masquerade will be hard to beat!**  
**Join us for live music, dancing, and dinner.**

**Tickets: \$15/per person**

\*Please Note:

4 ticket limit per person

Tickets on sale beginning January 9.

Purchase in-person only at the  
Goebel Center Front Desk.



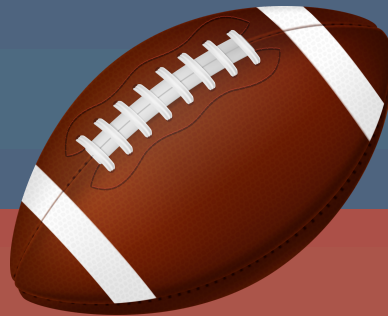
Goebel Adult Community Center  
1385 E. Janss Rd, Thousand Oaks, 91362  
805-381-2744



**Conejo**  
Recreation & Park District



# SUPERBOWL LVIII SUNDAY GOEBEL CENTER WATCH-PARTY



**SUNDAY, FEBRUARY 11, 2024**

**DOORS OPEN 3:00PM**

**KICKOFF AT 3:30PM**

**JOIN US FOR AN AFTERNOON FILLED  
WITH FABULOUS SUPERBOWL FOOD,  
GAME SHOWN ON LARGE SCREEN  
PROJECTOR, & FUN WITH FRIENDS!**



**TICKETS: \$15/  
PER PERSON**

**TICKETS ON SALE  
JANUARY 11, 2024  
AT THE GOEBEL  
CENTER FRONT DESK**





# SENIOR VOLUNTEER INSTRUCTED CLASSES

Registration will open on Monday, January 8, 2024.  
Register in-person at the Goebel Center front desk.

**\$10 FOR 10 WEEKS!**

## INTERMEDIATE TAP DANCE

Mondays, 10:00-11:00am  
Winter 2024 Session: 1/15-3/11  
Instructor: Jane Kampbell

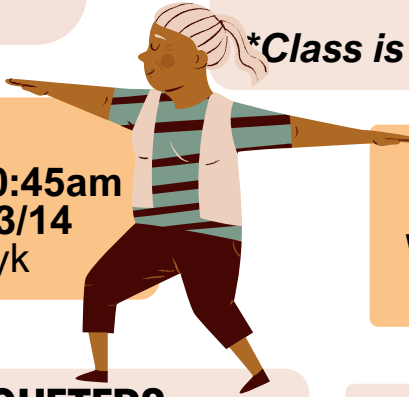
## MEANING OF OPERA- ZOOM\*

Mondays, 3:30-5:00pm  
Winter 2024 Session: 1/8-3/4  
Instructor: Steve Kohn

*\*Class is taught virtually through Zoom*

## TAI CHI CHUAN

Tuesdays & Thursdays, 9:45-10:45am  
Winter 2024 Session: 1/16-3/14  
Instructor: Elaine Paweiczky



## MAH-JONGG- Intermediate

Tuesdays, 6:00-8:00pm  
Winter 2024 Session: 1/9-3/12  
\*NO CLASS 1/16\*  
Facilitator: Abbey Clark

## KNITTERS & CROCHETERS

Tuesdays & Thursdays, 12noon-3:00pm  
Winter 2024 Session: 1/9-3/14  
\$20 fee due to meeting twice a week  
Facilitator: Yvonne Avis



## SPANISH: INTERMEDIATE 1

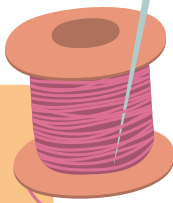
Wednesdays, 8:30-10:00am  
Winter 2024 Session: 1/10-3/13  
\*NO CLASS 1/17\*  
Instructor: Bob Caccavo

## HAND SEWING

Wednesdays, 9:30-11:30am  
Winter 2024 Session: 1/10-3/13  
\*NO CLASS 1/17\*

*Bring your own hand-sewn project to work on. No instruction provided.*

Facilitator: Sandra Toutz



## SPANISH: INTERMEDIATE 2

Wednesdays, 10:00am-12noon  
Winter 2024 Session: 1/10-3/13  
\*NO CLASS 1/17\*  
Instructor: Bob Caccavo

## AERONAUTICAL EDUCATION

Wednesdays, 12:15-2:15pm  
Winter 2024 Session: 1/10-3/13  
\*NO CLASS 1/17\*  
Instructor: Ralph Meyer



## INTERMEDIATE ITALIAN

Thursdays, 10:00am-12noon  
Winter 2024 Session: 1/11-3/14  
Instructor: Frank Fedeli

## OPEN STUDIO TIME FOR ARTISTS

Thursdays, 3:00-5:30pm  
Winter 2024 Session: 1/11-3/14  
*Bring own supplies. All mediums welcome.*  
Facilitator: Kathleen Gates

## MEDITATION- ZOOM\*

Thursdays, 2:00-3:15pm  
Winter 2024 Session: 1/11-3/14  
*\*Class is taught virtually through Zoom*  
Instructor: Penny Olsen

## SHAKESPEARE FOR EVERYONE

Fridays, 1:00-2:30pm  
Winter 2024 Session: 1/12-3/15  
Instructor: Helen Bartelstone





**Winter Registration will open on  
Monday, January 8, 2024 at 9:00am**

For class descriptions, more information, or to register for a class, visit [www.crp.org/register](http://www.crp.org/register), call 805-381-2744, or visit the Goebel Center front desk. Note: Classes may be canceled if there is not a minimum number of participants registered.

# -ART CLASSES-

## KNITTING- BEGINNING

Mon, 1/22-3/4, 9:45-11:45am, \$59/ 7 wks  
\$25 materials fee due first class

Class #: 0862.1241, Instructor: Barbara Edelman

## DIGITAL PHOTOGRAPHY

Mon, 1/22-3/4, 3:30-4:30pm, \$90/ 7 wks  
Class #: 0807.1241, Instructor: Rick Smith

## ACTING, ACTING & MORE ACTING

Tues, 1/23-3/5, 6:30-8:30pm, \$125/ 7 wks  
Class #: 0810.1241, Instructor: Tony Torrisi

## INTRODUCTION TO ANTIQUE JEWELRY

Thurs, 1/25-2/29, 10:30-11:30am, \$85/ 6 wks  
Class #: 0812.1241, Instructor: Birdi Weckbaugh

## STREET PHOTOGRAPHY W/ A PRO

Thurs, 2/1, 8:15am-3:00pm, Class #: 0808.1241  
Thurs, 2/15, 8:15am-3:00pm, Class #: 0808.1242  
Thurs, 2/29, 8:15am-3:00pm, Class #: 0808.1243  
\$80/ each 1-day class, Instructor: Richard Smith

Location: Meet at Moorpark Train Station

Requires \$23 roundtrip Metrolink Train Ticket (not included)

## INTRODUCTION TO ORIGAMI

Fri, 1/26-2/16, 2:00-3:30pm, \$52/ 4 wks  
Class #: 0813.1241, Instructor: Andre van Meulebrouck

## PAINTING: WATERCOLOR BASICS

Fri, 1/26-2/16, 4:30-6:00pm, \$90/ 4 wks  
Class #: 0800.1241, Instructor: Bob Noonan  
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

## PAINTING: WATERCOLOR BASICS- Part 2

Fri, 2/23-3/15, 4:30-6:00pm, \$90/ 4 wks  
Class #: 0801.1241, Instructor: Bob Noonan  
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

## PAINT NIGHT @ STUDIO 316:

### Charcoal & Pastel Elephant

Sat, 2/3, 5:00-7:30pm, \$45/ 1-day  
Class #: 0803.1241, Instructor: Bob Noonan  
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

# -HIKE W/ THE DOCTOR-

\$5/ each 1-day hike  
Instructor: Dr. Ben Griffes

## HOW STRETCHING WILL SAVE YOUR LIFE

Sat, 2/3, 7:45-9:15am, Class #: 0855.1241  
Location: Los Robles Trail (meet in the parking lot at the west end of Moorpark Rd.)

## STRATEGIES FOR STAYING HEALTHY AND MAINTAINING IDEAL WEIGHT

Sat, 2/24, 7:45-9:15am, Class #: 0855.1242  
Location: Wildwood Park (meet in the parking lot at the west end of Avenida de los Arboles)

# -MUSIC CLASSES-

## WOMEN'S DRUM CIRCLE FOR WELLNESS

Tues, 1/23-3/5, 10:00-11:00am, \$73/ 7 wks  
Class #: 0809.1241, Instructor: Ann Vannoy

## INTRO TO HARMONICA

Tues, 1/23-3/5, 7:30-8:30pm, \$59/ 7 wks  
Class #: 0804.1241, Instructor: Dr. Ben Griffes

## INTRO TO UKULELE

Wed, 1/24-2/28, 5:00-6:00pm, Class #: 0805.1241  
Thurs, 1/25-2/29, 5:00-6:00pm, Class #: 0805.1242  
\$3 materials fee due first class  
\$60/ each 6 wk session, Instructor: David Steinhart

# -DANCE CLASSES-

## BALLROOM DANCE

Mon, 1/22-3/4, 3:30-4:30pm, \$69/ 7 wks  
Class #: 0823.1241, Instructor: Janet Snyder

## ADVANCED TAP

Prerequisite: Beginning Tap Class or prior tap experience  
Mon, 1/22-3/4, 5:00-6:00pm, \$63/ 6 wks  
(NO CLASS 2/19)  
Class #: 0827.1241, Instructor: Debbie Munz

## BEGINNING TAP DANCE

Mon, 1/22-3/4, 6:00-7:00pm, \$63/ 6 wks  
Class #: 0825.1241 (NO CLASS 2/19)  
Thurs, 1/25-3/7, 2:15-3:15pm, \$73/ 7 wks  
Class #: 0825.1242  
Instructor: Debbie Munz

## TAP 1

Prerequisite: Beginning Tap Class or prior tap experience  
Mon, 1/22-3/4, 7:00-8:00pm, \$63/ 6 wks  
(NO CLASS 2/19)  
Class #: 0826.1241, Instructor: Debbie Munz

## BALLET SLIM & TRIM

Tues, 1/23-3/5, 2:00-3:00pm, \$59/ 7 wks  
Class #: 0828.1241, Instructor: Ann Monahan

## LINE DANCING- BEGINNING

Wed, 1/24-3/6, 2:30-3:25pm, \$66/ 7 wks  
Class #: 0820.1241, Instructor: Kathy Bailey

## BELLY DANCE!

Wed, 1/24-3/6, 5:30-6:30pm, \$67/ 7 wks  
Class #: 0821.1241, Instructor: Lisa Rauschenberger

## ADVANCED BELLY DANCE!

Wed, 1/24-3/6, 6:45-7:45pm, \$67/ 7 wks  
\$25 fee due to instructor first class, or bring your own veil  
Class #: 0822.1241, Instructor: Lisa Rauschenberger



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Monday, January 8, 2024 at 9:00am**

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# **-FITNESS & YOGA-**

## **CHAIR-BASED STRENGTH & BALANCE- Level 3**

**Prerequisite:** *Chair-Based Strength & Balance- Level 2*

**Age 50+** Mon, 1/22-3/4, 11:30am-12:20pm, \$73/ 7 wks

**Class #:** 0870.1241, Instructor: Cathya Haas

## **CHAIR-BASED STRENGTH & BALANCE- Level 1**

**Age 50+** Mon, 1/22-3/4, 12:30-1:20pm  
\$73/ 7 wks, **Class #:** 0836.1241

**Age 50+** Fri, 1/26-3/8, 1:30-2:20pm  
\$73/ 7 wks, **Class #:** 0836.1242

Instructor: Cathya Haas

## **CHAIR-BASED STRENGTH & BALANCE- Level 2**

**Prerequisite:** *Chair-Based Strength & Balance- Level 1*

Mon, 1/22-3/4, 1:30-2:20pm  
\$73/ 7 wks, **Class #:** 0837.1241 **Age 50+**

Fri, 1/26-3/8, 12:30-1:20pm  
\$73/ 7 wks, **Class #:** 0837.1242 **Age 50+**

Instructor: Cathya Haas

## **DANCE IT OUT: LATIN/ BALLROOM EDITION**

Mon, 1/22-3/4, 2:30-3:00pm, \$55/ 7 wks  
**Class #:** 0824.1241, Instructor: Janet Snyder

## **INTRODUCTION TO TAI CHI** **Age 50+**

Tues, 1/23-3/5, 8:30-9:30am, \$59/ 7 wks  
**Class #:** 0838.1241, Instructor: Jean Stoutenborough

## **STRENGTH, STRETCH, & SCULPT**

Tues, 1/23-3/5, 3:15-4:15pm, \$59/ 7 wks  
**Class #:** 0834.1241, Instructor: Ann Monahan

## **BOXING FOR BALANCE**

Wed, 1/24-3/6, 9:00-9:45am, \$99/ 7 wks  
**Class #:** 0840.1241, Instructor: Dean Moskowitz

## **Age 50+ GENTLE YOGA**

Wed, 1/24-2/28, 9:00-9:45am, \$70/ 6 wks  
**Class #:** 0832.1241, Instructor: Cici Bo

## **STRETCH, TONE & BALANCE**

Wed, 1/24-3/6, 1:15-2:10pm, \$66/ 7 wks  
**Class #:** 0835.1241, Instructor: Kathy Bailey

## **Age 50+ TAI CHI- BEGINNING/ INTERMEDIATE**

Thurs, 1/25-3/7, 8:30-9:30am, \$51/ 7 wks  
**Class #:** 0839.1241, Instructor: Jean Stoutenborough

## **CAPOEIRA**

Thurs, 1/25-3/7, 6:00-7:00pm, \$69/ 6 wks  
\$10 materials fee due to instructor first class  
**Class #:** 0831.1241, Instructor: Andy Gomez

## **EXERCISE FOR LESS STRESS & MORE ENERGY**

Fri, 1/26-3/8, 3:00-4:00pm, \$57/ 6 wks  
(NO CLASS 2/23)  
**Class #:** 0830.1241, Instructor: Jim Belsley

# **-SPECIALTY-**

## **MAH-JONGG FOR BEGINNERS**

Mon, 1/22-2/26, 10:00am-12noon, \$85/ 6 wks  
**Class #:** 0857.1241, Instructor: Lorraine Urist

## **MEDITATION W/ SOUND THERAPY**

Mon, 1/22-3/4, 10:00-11:00am, \$73/ 7 wks  
**Class #:** 0850.1241, Instructor: Ann Vannoy

## **NEW "STORYTELLERS" FOR WOMEN**

Mon, 1/22-3/4, 11:15am-12:15pm, \$73/ 7 wks  
**Class #:** 0841.1241, Instructor: Ann Vannoy

## **SOUND HEALING MEDITATION**

Mon, 1/22-2/26, 12noon-12:45pm, \$90/ 6 wks  
**Class #:** 0833.1241, Instructor: Cici Bo  
**Location:** 804 E. Thousand Oaks Blvd.

## **iPHONE/ iPad WORKSHOP**

Tues, 1/30, 10:00-11:30am, \$25/ 1 day class  
**Class #:** 0864.1241, Instructor: Tracie Karasik

## **BEGINNING SPANISH**

Wed, 2/1-3/14, 5:00-6:00pm, \$83/ 7 wks  
**Class #:** 0859.1241, Instructor: Anna Colliles

## **INTERMEDIATE SPANISH**

Wed, 2/1-3/14, 6:10-7:10pm, \$83/ 7 wks  
**Class #:** 0860.1241, Instructor: Anna Colliles

## **ENGLISH CONVERSATION**

Wed, 2/1-3/14, 7:20-8:20pm, \$83/ 7 wks  
**Class #:** 0861.1241, Instructor: Anna Colliles

## **INTRODUCTION TO CANASTA- HAND, KNEE, AND FOOT**

Thurs, 1/25-2/29, 9:30-11:30am, \$85/ 6 wks  
**Class #:** 0856.1241, Instructor: Lorraine Urist

## **FILM CLASS:**

### **ORSON WELLS- A MAN FOR ALL MEDIA**

Thurs, 1/25-3/7, 2:30-5:00pm, \$63/ 6 wks  
**Class #:** 0863.1241, Instructor: Joe Longo

## **INTERMEDIATE/ADVANCED MAH-JONGG**

**Prerequisite:** *Mah-Jongg for Beginners*  
Fri, 1/26-3/1, 10:00am-12noon, \$85/ 6 wks  
**Class #:** 0858.1241, Instructor: Lorraine Urist



**Conejo**  
Recreation & Park District



**UNLESS OTHERWISE STATED, THE FOLLOWING ARE ALL  
DROP-IN GROUPS ONLY AND NO REGISTRATION IS REQUIRED.**

**Discover more drop-in activities, visit the Goebel Center  
front desk to pick up a drop-in schedule!**

## **-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, & 3

**Tuesdays, Wednesdays & Fridays, 7:00-10:30am**

Location: Borchard Community Center, Courts 2 & 3

**Wednesdays, 8:00-10:00am- Women's Games**

Location: Thousand Oaks Community Center

**Thursdays, 9:00-11:00am- Women's Games**

Location: Triunfo Park

### **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

### **SENIOR BASKETBALL, Age 50+**

**Mondays, Wednesdays & Fridays, 8:30-11:00am**

Location: Teen Center, directly next door to Goebel Center

## **BRIDGE**

**DUPLICATE PARTNERSHIP BRIDGE**

**\$1 PER PLAYER/SESSION**

**THURSDAYS & FRIDAYS  
12:30-4:00pm & 9:00am-12noon**

**FIRST COME, FIRST SERVED. LIMITED CAPACITY**

## **COMPUTER LAB**

Unless otherwise posted, the Computer Lab is open to  
those ages 50+ during the following days & times:

- **Monday-Thursday, 8:30am-8:30pm**
  - **CLOSED Thursday's 10:00am-1:00pm for Maintenance**
- **Friday, 8:30am-4:45pm**
- **Saturday, 12noon-3:45pm**

The computer lab is available for browsing the internet,  
checking email, Microsoft Office, playing games, and more.  
Free printing is available- up to 6 pages per person, per day.  
**Free Wi-Fi: ConejoRPD\_Guest**  
**No password required**

## **-SUPPORT GROUPS-**

Conejo Recreation and Park District  
provides classrooms for the following support groups  
but does not organize forums, nor advocate any  
opinions/ comments expressed. Please contact Goebel  
Center staff with any questions/concerns.

### **LGBTQ+ CAREGIVER SUPPORT GROUP**

**1st & 3rd Mondays- January 15, 1:00-2:30pm**

Facilitator: Brenda Birdwell, 805-699-8907

### **WIDOW/ WIDOWER SUPPORT GROUPS**

#### **HOSPICE OF THE CONEJO**

**MUST CALL FACILITATOR PRIOR TO ATTENDING, 805-495-2145**

#### **NO WALK-INS**

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- January 24, 1:30-3:00pm**

Learn about meal planning, exercise, blood sugar monitoring,  
medication, and new developments.

Presented by: Linda Hampson, RN, MSN Diabetes Nurse Specialist

### **MULTIPLE SCLEROSIS SUPPORT GROUP**

**2nd Thursdays- January 11, 1:00-3:00pm**

For friends, family, and individuals affected by M.S.

Facilitator: Darlene, 360-701-0989

### **T.O. LOW VISION SUPPORT GROUP**

**Fridays, 10:00am-12noon**

Support for people with low vision or for those that are blind.

The group discusses coping strategies, technology based  
accommodations, and provides information about community  
resources. Friends, family & caregivers also welcome!

**For more information call, 805-380-6206**

### **ALZHEIMER'S SUPPORT GROUP**

#### **ALZHEIMER'S ASSOCIATION**

**1st & 3rd Fridays- January 5 & 19, 9:30-11:00am**

For family and/or caregivers of those with Alzheimer's.

Facilitator: Jordanna, 805-261-2189

### **DIVINA LIBERTAD**

**Saturdays, 2:00-4:00pm**

Sufre usted de ansiedad, depresion, nerviosismo, irritabilidad,  
soledad, temor, ira resentimiento y otras emociones que le  
hacen la vida insoportable y quiere sentirse mejor?

Unete a nosotras hoy.

### **POST POLIO SYNDROME SUPPORT GROUP**

**1st Saturdays, January 6, 12:30-2:00pm**

# -SOCIAL SERVICES-

## **GREY LAW**

2nd Mondays, **January 8, by appointment only**  
Assisting individuals and non-profit groups that otherwise have limited access to legal services.

Call 805-658-2266, or email [greylawvc@gmail.com](mailto:greylawvc@gmail.com) to schedule an appointment.

## **WILLS PREPARATION**

3rd Thursdays, **January 18, 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 [greylawvc@gmail.com](mailto:greylawvc@gmail.com) to schedule an appointment

## **HICAP**

2nd & 4th Wednesdays, **January 10 & January 24 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.

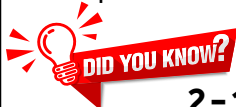
For more information or to schedule an appointment, call 805-477-7328 or 805-477-7310

## **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



## **2-1-1 VENTURA COUNTY**

2-1-1 Ventura County is a FREE service that connects senior adults to information and referrals about important services available in our community. **2-1-1 is available 24-hours a day, 7-days a week and offers information and referrals in over 150 languages.**

Connect by dialing 2-1-1 from your landline or cell phone.

## **SENIOR DIAL-A-RIDE**

The City of Thousand Oaks operates a Dial-A-Ride program for those 65+. 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**

Seniors and family caregivers are often faced with complicated, confusing, and frustrating issues, resulting in concerns and questions. Senior Concerns Advocate's are here to help! Speak with an advocate by phone or over Zoom for information and assistance regarding: housing, transportation, legal issues, health-related issues, in-home care or facility placement, government benefits, senior programs, health and long-term care insurance and assistance programs, completion of forms and applications for programs and services.

Call 805-495-6250 or email [efraire@seniorconcerns.org](mailto:efraire@seniorconcerns.org) for more information or to schedule an appointment.

# -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**  
with Karen Perotta

## **LITERATURE LOVERS DISCUSSION GROUP**

**Tuesdays, 2:30-4:00pm** with Bernie, 818-368-4542

## **BOOK DISCUSSION GROUP**

**2nd Tuesdays, January 9, 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 the 4th Wednesday of each month  
(No meeting 1/17 or 1/24)

## **GENEALOGY DISCUSSION GROUP**

**Wednesdays, 2:00-4:00pm**, with Georgine Herd  
(No meeting 1/17)

## **SENIOR SINGLES SOCIAL GROUP**

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

## **STAMP CLUB**

**NEW TIME** 2nd & 4th Thursdays  
**January 11 & January 25, 4:00-5:30pm**  
For more information, call Rick: 805-405-4566

## **HISTORY BOOK DISCUSSION**

**2nd Thursdays, January 11, 7:00-8:45pm**  
with Jack Heller: 805-341-7585

## **CONEJO VALLEY WRITERS**

**2nd Saturdays, January 13, 12noon-2:30pm**  
For more information, email: [marcia.smart@roadrunner.com](mailto: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 Center. **A battery recycle bin is located outside the front door of the Goebel Center's 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.



# 4 lads from liverpool™

The Goebel Senior Center Commission  
proudly presents an Entertainment "Live!" Event



**\$10**  
/ Person

*Join the 4 Lads from Liverpool in their masterful tribute: The Beatles revolutionized music and their legacy was honored through extensive research of their history and the era they shaped. Their music's universal message of love remains timeless.*

# THE BEATLES TRIBUTE SHOW



**SUNDAY,  
MARCH 17,  
2024  
3:00PM**

**DOORS OPEN 2:30PM**

**PURCHASE TICKETS BEGINNING  
JANUARY 11 BY PHONE OR IN  
PERSON AT THE GOEBEL CENTER**

LIVE BAND MUSIC

# Ballroom Dance

Saturday, January 6, 2024- Tropic Starr

Saturday, January 20, 2024- Erik Ekstrand

Saturday, February 3, 2024- TBD

Saturday, February 17, 2024- Wyatt Haupt

6:00pm -Doors Open-

6:30-7:20pm -Dance Lesson-

7:30-10:00pm -Live Band/ Dance-

\$10 Admission-

Cash or Check only (payable to CRPD)

**Ballroom Dance's are held on the  
First & Third Saturdays of each month  
at the Goebel Adult Community Center.**

For Ballroom Dance Sponsorship Opportunities,  
call or email Mark Williams  
805-381-2744 / [mwilliams@crpd.org](mailto:mwilliams@crpd.org)



\*Please note: bands, themes, lessons, and instructors are subject to change without notice.



# Volunteers Make a Lasting Difference



CONEJO SENIOR  
VOLUNTEER  
PROGRAM



@ConejoSeniorVolunteerProgram

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](mailto: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

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

**FULL**

## 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.

## The Goebel Café

MONDAY-FRIDAY

9:00-11:00AM

JOIN US FOR BREAKFAST TODAY,  
AT THE GOEBEL CAFÉ!

**FULL BREAKFAST MENU AVAILABLE**



CASH OR CHECK ONLY

## SENIOR NUTRITION PROGRAM



Lunch is served

**Mon-Fri, 11:30am-12:30pm**

Meals include 4 ounces of protein, vegetables, salad, fruit, yogurt (3x per week), 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  
805-381-2742



CONEJO SENIOR  
VOLUNTEER  
PROGRAM



## CSVP BOUTIQUE

Located inside the Goebel Center- 1385 E. Janss Rd.  
805-381-2742

**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



CASH OR CHECK ONLY



**GOEBEL ADULT COMMUNITY CENTER**  
**DAY TRIPS**  
 Registration for "FOUNTAINS, FLOATS, AND FRIED CHICKEN" will open on  
**Friday, January 12, 9:00am**

## 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.

## FOUNTAINS, FLOATS, AND FRIED CHICKEN

*Register beginning  
Friday, Jan. 12, 9:00am*

**Tuesday, March 12, 2024, 9:00am-4:30pm**

With Curt, of Tucker Tours, as our guide, we'll embark on a captivating journey through Los Angeles to discover unique fountains and inspiring statues, each with a story waiting to be unraveled. Some highlights include Floating Teapot Fountain, 9/11 Memorial Fountain, the American Youth Rising Above the Waves Statue, Christus Statue and Fountain at Forest Lawn- Glendale, plus more! After our visit to Forest Lawn-Glendale, we'll enjoy a delectable lunch (included) at the legendary Clearman's Galley, a San Gabriel landmark renowned for its classic fried chicken and famous cheese bread. Our final stop transports us to the Fair Oaks Pharmacy and Soda Fountain. You definitely don't want to miss the opportunity to indulge in their famous root beer floats (included), a beloved tradition that has delighted visitors for over a century! **\$110 per person, partially sponsored by the Goebel Senior Center Commission.**

**WALKING SCALE= 3**

## ARCHITECTURAL ODDITIES- FROM PASADENA TO LOS ANGELES

**Tuesday, February 27, 2024, 8:45am- 5:00pm**

*Register now!*

From the sweeping curves and dramatic angles of the Walt Disney Concert Hall to the breathtaking design of the Rafael Moneo Cathedral, this tour will ignite your imagination and leave you in awe. This tour is just a small sample of the many architectural oddities that L.A. has to offer. There are countless hidden gems and unexpected surprises waiting to be discovered, and we can't wait to show you! Whether you're a seasoned architecture enthusiast or simply interested in discovering the city's unique character, this tour is the perfect way to explore the magic of L.A. Time for lunch on your own at the 7th & Fig Marketplace, where you'll find many delicious dining options. Tour Includes: Roundtrip deluxe motor-coach and Curt Tucker of Tucker Tours as your guide.

**\$95 per person. WALKING SCALE= 3**

## THAT'S AMORE ITALIAN TOUR

*Trip is full- call to be placed on waiting list*

**Tuesday, January 30, 2024- 9:00am-5:30pm**

Discover, with Curt of Tuckers Tours, the best of Italian-inspired architecture, art, fashion, food, and cinema on a tour that will transport you to the heart of Los Angeles' Italian culture. There will be a number of historical and cultural stops along this journey. Lunch on our own at San Antonio Winery, a hidden gem tucked away in a nondescript industrial area of Los Angeles. No local tour of Italian culture would be complete without a stop at Roma Market in Pasadena, a true vintage Italian market featuring all things edible and drinkable Italian. You'll take home Roma's signature sandwich, a "secret recipe" of thinly sliced mortadella, capicola, salami, and provolone, served on a crunchy Italian roll.

**\$115 per person. WALKING SCALE= 3**

### IMPORTANT DAY-TRIP INFO:

- **Dates, locations, and times are all subject to change**
- **Day trips are open to those 50+**
- **Registration:** Must be done in person, at the Goebel Adult Community Center front desk
- **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
- All trips involve walking (some more than others) See walking scale prior to signing up for a trip
- **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.*

### 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.



# NATIONAL TRIPS

For more information regarding National Trips, see detailed trip brochures (available at the Goebel Center Front Desk) or contact Mark Williams, 805-381-2744, [mwilliams@crpd.org](mailto:mwilliams@crpd.org)

## COUNT DOWN TO MARDI GRAS!

**February 6-11, 2024**

### **Sightseeing Highlights Include:**

New Orleans City Tour, Walking Tour of the French Quarter, Pre-Mardi Gras Parades w/ Seating, National WWII Museum and Movie, Bayou Airboat Ride, Baton Rouge Capitols, and more.

### **Tour Price Includes:**

Deluxe Roundtrip Airfare, Professional Tour Director, Local Experts, Luggage Handling, Meals (5 breakfasts & 2 dinners), Hotel Accommodations- 3-nights in New Orleans at the Wyndham New Orleans French Quarter, and 2 nights in Lafayette, LA at the Springhill Suites Marriott.

**\$2,999/per person, double occupancy, \$3,499/per person, single occupancy.**



## YOSEMITE

**May 6-8, 2024**

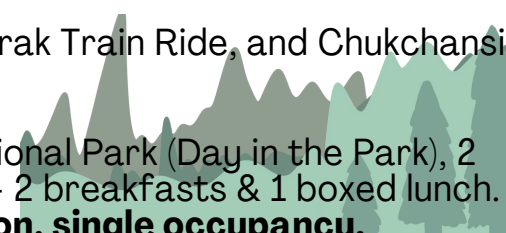
### **Sightseeing Highlights:**

Yosemite National Park, Yosemite Valley Floor Tour (2 hours), Amtrak Train Ride, and Chukchansi Gold Resort Casino.

### **Tour Price Includes:**

Deluxe Motor-Coach, Professional Tour Director, Yosemite National Park (Day in the Park), 2 Nights' Accommodations: Chukchansi Gold Resort Casino, Meals- 2 breakfasts & 1 boxed lunch.

**\$899/per person, double occupancy, \$1,199/per person, single occupancy.**



## BEST OF FLORIDA: KEY WEST, MIAMI, AND ORLANDO

**May 14-21, 2024**

### **Sightseeing Highlights Include:**

Key West- City Tour, Historic Conch Train & Ernest Hemingway's Home, Everglades National Park- Airboat Ride, Miami- City Tour & Food Tour, Kennedy Space Center, Brightline High Speed Train, and 1 Choice of any Disney or Universal Park.

### **Tour Price Includes:**

Roundtrip Airfare, Transfers to Airport from center, Professional Tour Director, Luggage Handling, Meals: 9 breakfasts, 1 lunch and 2 dinners, Key West 2 nights, 3 nights Miami Area, 2 Nights Orlando.

**\$3,699/ per person, double occupancy, \$4,499/ per person, single occupancy.**

## GREAT SMOKY MOUNTAINS, NASHVILLE & KENTUCKY

**September 4-13, 2024**

### **Sightseeing Highlights Include:**

Great Smoky Mountains National Park, Over Mountain Aerial Tram, Dollywood, Mammoth Mountain Cave National Park, Louisville's Slugger, Churchill Downs, International Museum of the Horse, Ark Encounter, Country Music Hall of Fame & Studio B, 2 Distilleries, and Nashville.

### **Tour Price Includes:**

Round trip airfare, transfers to airport from center, deluxe motor coach transportation, professional tour director, admissions, hotel luggage handling, Meals: 9 breakfasts and 2 dinners.

**\$4,499/per person, double occupancy, \$5,799/per person, single occupancy.**

# GOEBEL SENIOR CENTER COMMISSION, INC.

## A 501(c)(3) nonprofit community service organization

The Goebel Senior Center Commission (GSCC) is a 501(c)(3) nonprofit community service organization that establishes policies relative to the operation of the Goebel Adult Community Center (GACC), and acquires and allocates funds to benefit the GACC. GSCC 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.**

**Sandy Barry, *President***

**Del Basilio, *Commissioner***

**Cynthia Bengtson, *Commissioner***

**Maxine Cleary, *Vice President***

**Vicki Dunbar, *Commissioner***

**Nancy Healey, *Commissioner***

**Karen Ise, *Commissioner***



**Chris Maccarone, *Commissioner***

**Mary Martinich, *Secretary***

**John Posta, *Commissioner***

**Mindy Rosiejka, *Treasurer***

**Patricia Schiano, *Commissioner***

**Lisa Thorsen, *Commissioner***

**Mickey Toyen, *Commissioner***

**JOIN US!**

## City of Thousand Oaks COUNCIL ON AGING MEETING



**Participate in public comments in-person or online, learn about opportunities for older adults to engage in the community, and more!**

### Guest Speaker

Title: **Civic Arts Master Plan**

Name: Akbar Alikhan, Deputy City Manager & Melissa Hurtado, Assistant to the City Manager, City of Thousand Oaks



**1:30 pm**

**Thursday, January 4, 2024**



**City Hall Board Room  
2100 Thousand Oaks Blvd**



**Virtual: <https://toaks.co/coazoom>**

**Call in: 213 338 8477**

**Meeting ID: 874 4176 1738**

**Meeting Passcode: 770701**

Learn more:

[www.toaks.org/seniors](http://www.toaks.org/seniors); (805) 449-2118





**Goebel Adult Community Center**  
1385 E. Janss Road, Thousand Oaks, CA 91362  
Phone: 805-381-2744/ Fax: 805-495-5430  
✉: [gacc@crpd.org](mailto:gacc@crpd.org) 🌐: [www.crpd.org/gacc](http://www.crpd.org/gacc)

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U.S. POSTAGE PAID  
THOUSAND OAKS, CA  
PERMIT NO. 65

# JANUARY

*or Current Resident*

## HOURS OF OPERATION

Monday, January 1, 2024 (New Years Day):

Goebel Center Closed

Monday, January 15, 2024 (Martin Luther King Jr. Day):

Goebel Center Open 9:00am-5:00pm

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

Conejo Recreation & Park District

### BOARD OF DIRECTORS

George Lange, Chair  
Doug Nickles, Vice Chair  
Chuck Huffer, Director  
Nellie Cusworth, Director  
Marissa Buss, Director

### GENERAL MANAGER

Jim Friedl  
Tex Ward

### GENERAL MANAGER EMERITUS



CONEJO SENIOR  
VOLUNTEER  
PROGRAM



**Conejo**  
Recreation & Park District



## UTILITY BILL ASSISTANCE

ASISTENCIA CON SU FACTURA  
DE GAS, ELECTRICIDAD 'O' PROPANO

**FEBRUARY 9, 2024, 9:00-11:00AM**

### Documents Needed To Apply

- Valid State-Issued Picture ID
- Social Security Card
- Current Gas & Electric Bill
- Income Documentation for ALL Members of household 18+
- Rental or House (Payment Receipt)

### Documentos Necesarios Para Aplicar

- Identificacion Valida Del Estado
- Tarjeta De Seguro Social
- Factura De Gas y Electricidad Reciente
- Documentacion De Ingresos Mensuales Para Todos Los Miembros Del Hogar 18+
- Recibo De Renta o Pago De Casa

## Goebel Adult Community Center

1385 East Janss Road, Thousand Oaks, CA 91362

To schedule an appointment, call 805-381-2744

For more information regarding this program, please call  
805-436-4013

## DROP-IN SCRABBLE!

**Mondays, 2:00-4:00pm**

Are you looking to play a friendly & casual game of Scrabble? **Drop-in games (no registration required) meet weekly in the Card Room** at the Goebel Adult Community Center! Scrabble games provided.



## DROP-IN CHESS!

**Mondays, 5:30-8:30pm**

**Drop-in chess games (no registration required) meet weekly in the Card Room** at the Goebel Adult Community Center. Chess sets provided.

Sending joyful wishes your way for  
a healthy and happy holiday  
season! We hope that 2024 brings  
only the best for you.



Sending love and gratitude from all of us  
at The Goebel Adult Community Center  
& Conejo Senior Volunteer Program.