

The Goebel Gazette

MARCH 2024



Conejo
Recreation & Park District



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



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 detailed information, including times/locations, call CSVP 805-381-2742, email csvp@crpd.org, visit our [website](http://www.crpdpd.org), or see program flyer on page 5.

VENTURA COUNTY ELECTIONS DIVISION- 2024 PRESIDENTIAL PRIMARY VOTING CENTER

The Goebel Center is a designated voting location for the community to vote in-person during the upcoming Presidential Primary Election. A designated room (the card room) will be utilized for the 4-day voting and will be open during the following dates and hours:

**Saturday, March 2- Monday, March 4, 9:00am-5:00pm and
Tuesday, March 5 (Election Day), 7:00am-8:00pm.**

To vote-by-mail, there is a ballot drop-box located next the flag pool in front of the Goebel Center. Please ask Goebel staff if you need assistance in locating it. **For questions or concerns, please contact the Elections Division 805-654-2664**

VHS TO DVD CONVERSION

Converting VHS home movies to a digital or disc format is the best way to save your memories, and Miguel De Pau can help! Miguel will graciously transfer your VHS tapes, Mini DV, 8mm films, Hi8 mm tapes, super 8mm films, and slides to DVD or a Flash Drive free of charge.

For more information, call or text Miguel 956-542-8987

HAIRCUTS BY RODNEY

Monday, March 4
or
Monday, March 18

In an effort to promote fairness, there is a limit of one haircut per person, per month

Free haircuts are offered on a first-come, first served basis. 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.

TECH HELP

2 appointments per 30-min timeslot

Monday, March 4, 9:30-11:30am

Monday, March 18, 9:30-11:30am

Do you have a computer question? Volunteers, Shayna and Stuart, are available *by appointment* on the first and third Monday's to help with technology issues in the Goebel Center Computer Lab.

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

EXERCISES FOR HEALTHY AGING

Tuesday, March 12, 10:30am

Join Dr. Esguerra for an informative seminar on exercises for healthy aging. Conditioning training, balance exercises and strength coaching will be discussed. **Presented by: Ric Esguerra, PT, DPT, Livingston PAS Physical Therapist**

Seating is limited, registration required.

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

INDIVIDUALIZED COMPUTER HELP

Wednesday, March 13

5 appointments available between 8:45am-12:45pm

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

\$5/ 45-min appointment.

In-person registration only.

To register, visit the Goebel Center front desk.

SENIOR EMPOWERMENT

Thursday, March 14, 9:30am

Join Shayna for an engaging seminar designed specifically for seniors, where she will address pressing issues while empowering you to navigate the complexities of today's world with confidence.

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.

NEW

TEENS HELP WITH TECH!

Saturday, March 9, 2:00-4:00pm

Saturday, March 23, 2:00-4:00pm

Do you feel isolated because you don't know how to properly use your smartphone or tablet? Do you struggle with navigating your smartphone or tablet? Do you need help with installing/finding/closing apps, or retrieving passwords? Westlake High School students will be at the Goebel Center **on the 2nd and 4th Saturdays of each month for drop-in tech help.**
First come, first served, no reservations required, just drop-in!

VOLUNTEER OPPORTUNITIES WITH THE BOYS & GIRLS CLUB

Thursday, March 14, 11:00am

The Boys & Girls Clubs of Greater Conejo Valley and their volunteers enhance the lives of young people and their families by providing a positive environment that cultivates academic success, healthy lifestyles, good character, and citizenship. Learn about the incredible volunteer opportunities to work with children in many capacities. Attend this seminar to learn how you can help!
Space is limited, registration required.

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

FINAL WISHES: CREMATION

Friday, March 15, 10:00am

Planning ahead and making our directions clear of what we want for our final arrangements is a great help and a big relief to those that will be in charge. Join Scott for a presentation addressing the importance of making a plan that will help those in charge post-death. Benefits provided by Social Security and the VA for military veterans will be discussed.

Presented by: Scott Stane, Smart Cremation
Seating limited, registration required.

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

SENIOR SAFETY BEHIND THE WHEEL

Monday, March 18, 10:00am

Join the Foundation for Senior Services panel, driving rehab specialist, Purnima Karia, OT, and CA DMV specialist, Tressa Thompson. You will learn essential tips and resources for older adults and their families regarding safe driving, and how to prepare for the DMV test without all the stress.

Seating is limited, registration required.

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

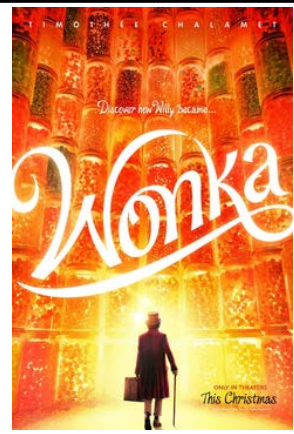
MEET ME AT THE MOVIES

Wednesday, March 20, 4:00pm

- **Title:** Wonka (2023)
- **Synopsis:** With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers.
- **Rating:** PG
- **Run-Time:** 1 hour, 56 minutes

Seating limited, Registration required.

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



FOLLOW THE MONEY:

SENIOR SERVICES

Thursday, March 21, 11:00am

It is important to understand how businesses offering senior services make their money. Whether it's commission, service fees, percentage splits, or even kickbacks. A senior can unfortunately become a commodity that a business can sell to and sell information about. Learn the right questions to ask, as well as, how to properly read your contracts.

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.

ELDER LAW QUIZ SEMINAR

Thursday, March 21, 4:00–5:30pm

How much do you know about Elder Law and the legal issues that most frequently affect seniors? Try your luck with the Elder Law Quiz! There are many misconceptions out there about how seniors and their families should plan for life's hurdles, and this presentation will help clear them up.

Presented by: Steven Suchman, MD., MDVIP and Christopher Young, Esq., The Alvarez Firm.

Seating is limited, registration required.

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

ARE YOU EMERGENCY READY?

Wednesday, March 27, 10:00–11:30am

Attend this seminar to learn the essentials of safety readiness, emergency kit necessities, and disaster preparedness. Topics include- how to make your home a safer place, assessing medical, physical and cognitive needs in a disaster, understanding neighborhood hazards, community resources, and tips about "what if" scenarios if disaster strikes.

Presented by: The Foundation for Senior Services and Madeline Fry, Safety Home Again

Seating is limited, registration required.

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

SENIORS HELPING SENIORS

Thursday, March 28, 10:00am

Harbor House, in hopes of contributing to the building of a just community where all people are included, offers referrals & resources, case management, and a hand up for those who are struggling.

Harbor House is currently working hard to connect local low-income, vulnerable seniors with community resources and this is where your help is needed! They are looking for caring volunteers to join them in their outreach efforts and invite you to an interactive learning session to meet with Harbor House Staff and learn more about the amazing work they do in our community.

Seating is 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

11:45AM- DOORS OPEN

12:30PM- PAPER SALES END

12:45PM- GAMES START

DAY-TIME BINGO DETAILS: (CASH ONLY)
MINIMUM BUY-IN IS ONE 4-ON PAPER: \$3
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, APRIL 26

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



IRS Certified Volunteers Provide

FREE TAX RETURN PREPARATION



CONEJO SENIOR
VOLUNTEER
PROGRAM



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

**VENDORS
WANTED!
SIGN UP
TODAY**

BACK BY POPULAR DEMAND!

COMMUNITY GARAGE SALE

**SUNDAY,
APRIL 28, 2024
8:00AM-1:00PM**

\$30/ PER SPACE

**OPTIONAL: 6 FT. TABLE RENTAL
AVAILABLE FOR ADDITIONAL \$5
(TABLES LIMITED)**

**DO YOU HAVE TOO MUCH STUFF? (MOST OF US DO!)
ARE YOU LOOKING TO DECLUTTER YOUR
HOME, GARAGE, OR STORAGE UNIT WHILE
MAKING BACK SOME EXTRA CASH?**

**JOIN US FOR THE ANNUAL COMMUNITY GARAGE SALE.
OVER 30 GARAGE SALES, IN ONE CONVENIENT LOCATION!
PLUS, FREE ADVERTISING INCLUDED IN COST PER SPACE.
INTERESTED PARTICIPANTS ARE ENCOURAGED TO PICK UP AN
APPLICATION AND/OR REGISTER AT THE
GOEBEL CENTER FRONT DESK TODAY.**



Cinco de Mayo

**Friday,
May 3rd**

5:00pm

**\$15/
Ticket**

Live Music. Dinner. Dancing



TICKETS ON SALE BEGINNING MONDAY, APRIL 1.

**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

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

MORE THAN MAGIC

AN AFTERNOON WITH:

NAATHAN PHAN

NAATHAN PHAN IS A MULTI-TALENTED, AWARD-WINNING ENTERTAINER WHO HAS HEADLINED STAGES ACROSS THE GLOBE, APPEARED IN FILMS, HAS BEEN REGULARLY FEATURED ON NATIONAL TELEVISION NETWORKS, AND IS A REGULAR PERFORMER AT THE EXCLUSIVE MAGIC CASTLE IN HOLLYWOOD, CA! NAATHAN HAS WOWED AUDIENCES AROUND THE WORLD WITH EVERYTHING FROM HIS HIGH-ENERGY, CLOSE-UP MAGIC AND STAND UP COMICAL SHENANIGANS. NAATHAN TRULY CREATES A ONE-OF-A-KIND EXPERIENCE THAT YOU WON'T WANT TO MISS AND WILL NEVER FORGET!

SUNDAY, MAY 19, 2024
3:00PM

Doors open 2:30pm

Tickets/ \$10 per person

On sale March 14.

Purchase tickets in-person at the
Goebel Center Front Desk or by phone.





SENIOR VOLUNTEER INSTRUCTED CLASSES

\$10 FOR 10 WEEKS!

Current Session: Spring 2024

Register in-person beginning March 4, at the Goebel Center front desk.

TAP DANCE- INTERMEDIATE

Mondays, 10:00-11:00am

Spring 2024 Session: 3/18-5/21

Instructor: Jane Kampbell

MEANING OF OPERA- ZOOM*

Mondays, 3:30-5:00pm

Spring 2024 Session: 3/18-5/21

Instructor: Steve Kohn

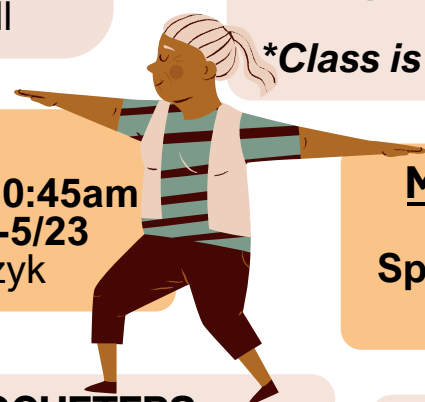
**Class is taught virtually through Zoom*

TAI CHI CHUAN

Tuesdays & Thursdays, 9:45-10:45am

Spring 2024 Session: 3/19-5/23

Instructor: Elaine Paweiczky



MAH-JONGG- Intermediate

Tuesdays, 6:00-8:00pm

Spring 2024 Session: 3/19-5/21

Facilitator: Abbey Clark

KNITTERS & CROCHETERS

Tuesdays & Thursdays, 12noon-3:00pm

Spring 2024 Session: 3/19-5/23

\$20 fee due to meeting twice a week

Facilitator: Yvonne Avis



SPANISH: INTERMEDIATE 1

Wednesdays, 8:30-10:00am

Spring 2024 Session: 3/20-5/22

Instructor: Bob Caccavo

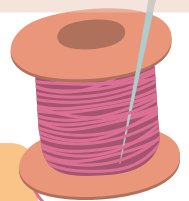
HAND SEWING

Wednesdays, 9:30-11:30am

Spring 2024 Session: 3/20-5/22

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

Facilitator: Sandra Toutz



SPANISH: INTERMEDIATE 2

Wednesdays, 10:00am-12noon

Spring 2024 Session: 3/20-5/22

Instructor: Bob Caccavo

AERONAUTICAL EDUCATION

Wednesdays, 12:15-2:15pm

Spring 2024 Session: 3/20-5/22

Instructor: Ralph Meyer

INTERMEDIATE ITALIAN

Thursdays, 10:00am-12noon

Spring 2024 Session: 3/21-5/23

Instructor: Frank Fedeli

OPEN STUDIO TIME FOR ARTISTS

Thursdays, 3:00-5:30pm

Spring 2024 Session: 3/21-5/23

Bring own supplies. All mediums welcome.

Facilitator: Kathleen Gates



MEDITATION- ZOOM*

Thursdays, 2:00-3:15pm

**Class is taught virtually through Zoom*

WILL RESUME IN SUMMER

Instructor: Penny Olsen

SHAKESPEARE FOR EVERYONE

Fridays, 1:00-2:30pm

Spring 2024 Session: 3/22-5/24

Instructor: Helen Bartelstone





**Spring Registration will open on
Monday, March 4 at 9:00am**

For class descriptions, more information, or to register for a class, visit 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

Instructor is unable to teach to left-handed students

Mon, **3/25-5/13**, 9:45-11:45am, \$59/ 8 wks

\$25 materials fee due first class

Class #: **0862.2241**, Instructor: Barbara Edelman

DIGITAL PHOTOGRAPHY CLASS

Mon, **3/25-5/13**, 3:30-4:30pm, \$90/ 8 wks

Students must bring own camera

Class #: **0807.2241**, Instructor: Richard Smith

ACTING, ACTING & MORE ACTING

Tues, **3/26-5/7**, 6:30-8:30pm, \$135/ 7 wks

Class #: **0810.2241**, Instructor: Tony Torrisi

INTRODUCTION TO ANTIQUE JEWELRY

Thurs, **3/28-5/16**, 10:30-11:30am, \$85/ 8 wks

Students must bring a 10x jewelers loupe

Class #: **0812.2241**, Instructor: Birdi Weckbaugh

STREET PHOTOGRAPHY W/ A PRO

Thurs, **4/4**, 8:15am-3:00pm, Class #: **0808.2241**

Thurs, **4/18**, 8:15am-3:00pm, Class #: **0808.2242**

Thurs, **5/2**, 8:15am-3:00pm, Class #: **0808.2243**

\$80/ each 1-day class, Instructor: Richard Smith

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

Location: Meet at Moorpark Train Station

INTRODUCTION TO ORIGAMI

Fri, **3/29-4/19**, 2:00-3:30pm, \$52/ 4 wks

Class #: **0813.2241**, Instructor: Andre van Meulebrouck

PAINTING: WATERCOLOR BASICS- Part 1

Fri, **3/29-4/26**, 4:30-6:00pm, \$90/ 4 wks, **NO CLASS 4/19**

Class #: **0800.2241**, Instructor: Bob Noonan

Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

PAINTING: WATERCOLOR BASICS- Part 2

Fri, **5/3-5/24**, 4:30-6:00pm, \$90/ 4 wks

Class #: **0801.2241**, Instructor: Bob Noonan

Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

PAINT NIGHT @ STUDIO 316:

Charcoal & Pastel Elephant

Sat, **4/6**, 5:00-7:30pm, \$45/ 1-day

Class #: **0803.2241**, Instructor: Bob Noonan

Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

-OUTDOOR CLASSES-

NATURE WELLNESS WALK

Wed, **4/2**, 9:30-11:30am, \$25/ 1-day, Class #: **0865.2241**

Wed, **4/24**, 9:30-11:30am, \$25/ 1-day, Class #: **0865.2242**

Instructor: Irene Rowland

HIKE WITH THE DOCTOR

TOPIC: STAYING HEALTHY

Sat, **4/6**, 7:45-9:15am, \$5/ 1-day hike Class #: **0855.2241**

Instructor: Dr. Ben Griffes, **Location: Los Robles Trail**
(meet in the parking lot at the west end of Moorpark Rd.)

HIKE WITH THE DOCTOR

TOPIC: PAIN IS RARELY THE PROBLEM

Sat, **4/27**, 7:45-9:15am, \$5/ 1-day hike Class #: **0855.2242**

Instructor: Dr. Ben Griffes, **Location: Wildwood Park**
(meet in the parking lot at the west end of Avenida de los Arboles)

-MUSIC CLASSES-

WOMEN'S DRUM CIRCLE

Tues, **3/26-5/14**, 10:00-11:00am, \$83/ 8 wks

Class #: **0809.2241**, Instructor: Ann Vannoy

HARMONICA- INTRODUCTION

Tues, **3/26-5/14**, 7:30-8:30pm, \$67/ 8 wks

\$12 materials fee due first class if you need a harmonica

Class #: **0804.2241**, Instructor: Dr. Ben Griffes

UKULELE- INTRODUCTION

Wed, **3/27-5/1**, 5:00-6:00pm, \$60/ 6 wks

\$3 materials fee due first class

Class #: **0805.2241**, Instructor: David Steinhart

UKULELE- LEVEL 2

Prerequisite: Ukulele Introduction

Thurs, **3/28-5/2**, 5:00-6:00pm, \$60/ 6 wks

Class #: **0806.2241**, Instructor: David Steinhart

-DANCE CLASSES-

BALLROOM DANCE

Mon, **3/25-5/13**, 3:30-4:30pm, \$79/ 8 wks

East Coast Swing, Foxtrot, and Salsa

Class #: **0823.2241**, Instructor: Janet Snyder

TAP DANCE- ADVANCED

Mon, **3/25-5/13**, 5:00-6:00pm, \$83/ 8 wks

Prerequisite: Tap 1 or prior tap experience

Bring tap shoes, water, and wear comfortable clothing

Class #: **0827.2241**, Instructor: Debbie Munz

TAP DANCE- BEGINNING

Mon, **3/25-5/13**, 6:00-7:00pm, \$83/ 8 wks

Class #: **0825.2241**, Instructor: Debbie Munz

Thurs, **3/28-5/16**, 2:15-3:15pm, \$83/ 8 wks

Class #: **0825.2242**, Instructor: Debbie Munz

Bring tap shoes, water, and wear comfortable clothing

TAP 1

Mon, **3/25-5/13**, 7:00-8:00pm, \$83/ 8 wks

Prerequisite: Beginning Tap or prior tap experience

Bring tap shoes, water, and wear comfortable clothing

Class #: **0826.2241**, Instructor: Debbie Munz

BALLET SLIM & TRIM

Tues, **3/26-5/14**, 2:00-3:00pm, \$67/ 8 wks

Class #: **0828.2241**, Instructor: Ann Monahan

LINE DANCING- BEGINNING

Wear smooth soled shoes and lightweight clothing

Wed, **3/27-5/15**, 2:30-3:25pm, \$75/ 8 wks

Class #: **0820.2241**, Instructor: Kathy Bailey

BUILDING BLOCKS OF BELLY DANCE

Wear yoga-like attire and bring a water bottle

Wed, **3/27-5/15**, 4:30-5:15pm, \$75/ 8 wks

Class #: **0829.2241**, Instructor: Lisa Rauschenberger

BELLY DANCE!

Wear yoga-like attire and bring a water bottle

Wed, **3/27-5/15**, 5:30-6:30pm, \$75/ 8 wks

Class #: **0821.2241**, Instructor: Lisa Rauschenberger



**Spring Registration will open on
Monday, March 4 at 9:00am**

For class descriptions, more information, or to register for a class, visit 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.*

-FITNESS & YOGA-

CHAIR-BASED STRENGTH & BALANCE- LEVEL 3

Prerequisite: Chair-Based Strength & Balance- Level 2

Bring a pair of 3-5lb hand weights

Mon, 3/18-5/13, 11:30am-12:20pm, \$83/ 9 wks

Class #: 0870.2241, Instructor: Cathya Haas

CHAIR-BASED STRENGTH & BALANCE- LEVEL 1

Mon, 3/18-5/13, 12:30-1:20pm, \$93/ 9 wks

Class #: 0836.2241, Instructor: Cathya Haas

Fri, 3/22-5/17, 1:30-2:20pm, \$93/ 9 wks

Class #: 0836.2242, Instructor: Cathya Haas

CHAIR-BASED STRENGTH & BALANCE-LEVEL 2

Prerequisite: Chair-Based Strength & Balance- Level 1

Bring a pair of 2-3lb hand weights

Mon, 3/18-5/13, 1:30-2:20pm, \$93/ 9 wks

Class #: 0837.2241, Instructor: Cathya Haas

Fri, 3/22-5/17, 12:30-1:20pm, \$93/ 9 wks

Class #: 0837.2242, Instructor: Cathya Haas

DANCE IT OUT: LATIN/ BALLROOM EDITION

Mon, 3/25-5/13, 2:30-3:00pm, \$69/ 8 wks

This is a fitness class; you will not be dancing with a partner

Class #: 0824.2241, Instructor: Janet Snyder

TAI CHI- INTRODUCTION

Tues, 3/26-5/14, 8:30-9:30am, \$67/ 8 wks

Class #: 0838.2241, Instructor: Jean Stoutenborough

STRENGTH, STRETCH, & SCULPT

Tues, 3/26-5/14, 3:15-4:15pm, \$67/ 8 wks

Bring a yoga mat

Class #: 0834.2241, Instructor: Ann Monahan

GENTLE YOGA

Wed, 4/3-5/22, 9:00-9:45am, \$96/ 8 wks

Bring a yoga mat or towel

Class #: 0832.2241, Instructor: Cici Bo

STRETCH, TONE & BALANCE

Wed, 3/27-5/15, 1:15-2:10pm, \$75/ 8 wks

Bring a non-slip yoga mat and pair of 1-3lb. hand weights.

Optional: yoga block, resistance band and hand towel

Class #: 0835.2241, Instructor: Kathy Bailey

TAI CHI- BEGINNING/ INTERMEDIATE

Prerequisite: Intro to Tai Chi or basic knowledge of Tai Chi

Thurs, 3/28-5/16, 8:30-9:30am, \$67/ 8 wks

Class #: 0839.2241, Instructor: Jean Stoutenborough

CAPOEIRA

Tues & Thurs, 3/26-5/16, 6:10-7:10pm, \$180/ 8 wks

\$10 materials fee due to instructor first class

Class #: 0831.2241, Instructor: Andy Gomez

EXERCISE FOR LESS STRESS & MORE ENERGY

Fri, 4/12-5/17, 3:00-4:00pm, \$57/ 6 wks

Class #: 0830.2241, Instructor: Jim Belsley

-SPECIALTY CLASSES-

MAH-JONGG FOR BEGINNERS

Mon, 3/25-5/13, 10:00am-12noon, \$85/ 6 wks

**NO CLASS 4/29 & 5/6*

Class #: 0857.2241, Instructor: Lorraine Urist

MEDITATION W/ SOUND THERAPY

Mon, 3/25-5/13, 10:00-11:00am, \$83/ 8 wks

Class #: 0850.2241, Instructor: Ann Vannoy

REIKI- LEVEL 1

Mon, 3/25-5/13, 11:15am-12:15pm, \$83/ 8 wks

\$17 text book fee due to instructor first class

Class #: 0841.2241, Instructor: Ann Vannoy

SOUND HEALING MEDITATION

Mon, 4/15-5/20, 12noon-12:45pm, \$90/ 6 wks

Class #: 0833.2241, Instructor: Cici Bo

*Location: Harmony Family Yoga Studio
804 E. Thousand Oaks Blvd.*

IPHONE/ IPAD WORKSHOP

Tues, 4/2, 10:00-11:30am, \$25/ 1 day class

Bring your iPhone or iPad

Class #: 0864.2241, Instructor: Tracie Karasik

SPANISH- BEGINNING

Wed, 4/17-6/5, 5:00-6:00pm, \$98/ 8 wks

Class #: 0859.2241, Instructor: Anna Colliles

SPANISH- INTERMEDIATE

Wed, 4/17-6/5, 6:10-7:10pm, \$98/ 8 wks

Class #: 0860.2241, Instructor: Anna Colliles

ENGLISH CONVERSATION

Wed, 4/17-6/5, 7:20-8:20pm, \$98/ 8 wks

Class #: 0861.2241, Instructor: Anna Colliles

CANASTA-INTRODUCTION

HAND, KNEE, AND FOOT

Thurs, 3/28-5/9, 9:30-11:30am, \$85/ 6 wks

**NO CLASS 5/2*

Class #: 0856.2241, Instructor: Lorraine Urist

FILM CLASS:

FILM NOIR vs. NEO-NOIR-Part 3

Thurs, 3/28-5/4, 2:30-5:00pm, \$63/ 6 wks

**Please Note: Some of the films shown in this class
contain violence*

Class #: 0863.2241, Instructor: Joe Longo

MAH-JONGG-INTERMEDIATE/ADVANCED

Prerequisite: Mah-Jongg for Beginners

Fri, 3/29-5/10, 10:00am-12noon, \$85/ 6 wks

**NO CLASS 5/3*

Class #: 0858.2241, Instructor: Lorraine Urist

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!

-SENIOR SPORTS-

BILLIARDS, Age 50+

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.

BASKETBALL, Age 50+

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

Location: Teen Center, directly next door to Goebel Center

BADMINTON, Age 50+

Tuesdays & Thursdays, 8:30-11:00am

Location: Teen Center, directly next door to Goebel Center

SOFTBALL, Age 50+

Tuesdays & Fridays, 8:30-11:00am

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



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 for Maintenance Thursday's 12noon**
- **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

-DANCE & MUSIC-

SOCIAL DANCING

Wednesdays, 10:00-11:30am

All levels of experience welcome! Dance to great 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 and sing 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

**FOREVER YOUNG SINGERS ARE FULL AT THIS TIME.
IF INTERESTED IN JOINING, CALL GOEBEL CENTER TO BE PLACED
ON WAITING LIST**

-SUPPORT GROUPS-

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

LGBTQ+ CAREGIVER SUPPORT GROUP

1st & 3rd Mondays, March 4 & 18, 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, March 27, 1:30-3:00pm

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

Presented by: Linda Hampson, RN, MSN Diabetes Nurse

MULTIPLE SCLEROSIS SUPPORT GROUP

2nd Thursdays, March 14, 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, March 1 & March 15, 9:30-11:00am

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

Facilitator: Jordanna, 805-261-2189

POST POLIO SYNDROME SUPPORT GROUP

1st Saturdays, March 2, 12:30-2:00pm

DIVINA LIBERTAD

Saturdays, 2:00-4:00pm

Sufre usted de ansiedad, depresión, nerviosismo, irritabilidad, soledad, temor, ira resentimiento y otras emociones que le hacen la vida insoportable y quiere sentirse mejor? Unete a nosotras hoy.

-SOCIAL SERVICES-

GREY LAW

2nd Mondays, March 11, by appointment only

Assisting individuals and non-profit groups that otherwise have limited access to legal services. To schedule an appointment, call 805-658-2266, or email greylawvc@gmail.com

HICAP

2nd & 4th Wednesdays, March 13 & March 27 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, March 21, by appointment only

No charge, no obligation meetings to discuss preparation of wills and living trusts with affordable follow up service available. Call 805-658-2266, or email

greylawvc@gmail.com to schedule an appointment.

VETERANS CRISIS LINE

From your cell phone, text 838-255, or call 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 for more information or to schedule an appointment.

COMPLIMENTARY HOME REPAIRS FOR SENIORS ROTARY HOME TEAM

Senior Concerns is working in partnership with the Westlake Village Sunrise Rotary Club to provide complimentary home repair services for seniors living in the 91361 and 91362 zip codes. After being vetted by Senior Concerns, volunteer Rotary Home Team™ participants provide essential home maintenance services to seniors **FREE** of charge.

Please contact Senior Concerns 805-497-0189 to schedule an appointment. For more detailed information, visit www.seniorconcerns.org

-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 DISCUSSION 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, March 12, 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

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

STAMP CLUB

2nd & 4th Thursdays, March 14 & March 28, 4:00-5:30pm

For more information, call Rick: 805-405-4566

HISTORY BOOK DISCUSSION

2nd Thursdays, March 14, 7:00-8:45pm
with Jack Heller: 805-341-7585

CONEJO VALLEY WRITERS

2nd Saturdays, March 9, 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 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.



LOVE ON A LEASH

THERAPY DOGS

Tuesday, March 12, 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!

SAVE THE DATE

Mother's Day Tea Party

Saturday,

May 11, 2024

10:00am

Tickets: \$15

*Tickets on sale beginning
April 11th, in person at the
Goebel Center front desk*



LIVE BAND MUSIC

Ballroom Dance

Saturday, March 2, 2024- Pier 101

Saturday, March 16, 2024- Tropic Starr

Saturday, April 6, 2024- Erik Ekstrand

Saturday, April 20, 2024- John & John

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



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

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. To find out how you can help, contact CSVP, 805-381-2742 or jspivack@crpd.org

CSVP Volunteer 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.

The Goebel Café

Mon-Fri, 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



CSVP BOUTIQUE

Located inside the Goebel Center
1385 East Janss Road, 805-381-2742

CASH OR CHECK ONLY

OPEN: Monday-Friday, 9:00am-4:00pm

Shop for beautiful handmade gifts, including baby clothes, blankets, aprons, plus an array of unique items! Fabulous selection of greeting cards for only \$0.50





GOEBEL ADULT COMMUNITY CENTER
DAY TRIPS
 Registration for "A Bite of History" and "Bake my Day" will open on Friday, March 8, at 9:00am

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

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

Register now!

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**

AQUARIUM OF THE PACIFIC W/ LUNCH AT BUBBA GUMP'S

Wednesday, April 3, 8:30am-4:00pm

Register now!

The Aquarium of the Pacific is Southern California's largest Aquarium. It displays about 12,000 animals and more than 100 exhibits that celebrate the planet's largest and most diverse body of water, the Pacific Ocean. Its galleries represent the frigid waters of the Northern Pacific, the temperate Southern California/Baja region, and the warm coral reefs and lagoons of the Tropical Pacific. The Aquarium of the Pacific's mission is to instill a sense of wonder, respect, and stewardship for the Pacific Ocean, its inhabitants, and ecosystems. Lunch included at Bubba Gump's Restaurant. **\$100 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3**

A BITE OF HISTORY

Wednesday, May 1, 8:30am-5:30pm

Register beginning Friday, March 8, at 9:00am

Join Curt from Tucker Tours on an exciting adventure through Pasadena, Eagle Rock, Hollywood Hills, Burbank, and North Hollywood where you will learn about the local history, culture, architectural design and taste some amazing food along the way! Curt will teach you everything you didn't know about these famous and most interesting places along with discovering nostalgic points of interest. Lunch included at the Smokehouse Restaurant. Dessert will be at the iconic Bob's Big Boy in Burbank where you will enjoy Bob's classic hot fudge ice cream cake. **\$50 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3**

BAKE MY DAY

Monday, May 20, 8:30am-5:30pm

Register beginning Friday, March 8, at 9:00am

Los Angeles has plenty of sweet shops, cake spots, and bakeries. Many adopting styles and flavors from around the world. Who doesn't adore the aroma of freshly baked bread from a bakery? Today, we are exploring some of the finest bakeries in L.A. to savor their delectable treats, ranging from Asian, artisan, Mexican, and Armenian bakeries. Lunch is included at the Tam O'Shanter Inn, a replica of a cozy Scottish Inn. To top it all off, we'll indulge in a delightful Japanese dessert after lunch. **\$50 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3**

IMPORTANT DAY-TRIP INFO:

- **Dates, locations, and times are all subject to change**
- **Note:** for trips that are sponsored by GSCC, there is a 2-registration limit per person
- **Day trips are open to those 50+**
- **Registration:** Must be done in person, at the Goebel Adult 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.

REFUND & CANCELLATION 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

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.

\$3,999/ per person, double occupancy, \$4,599/ per person, single occupancy.

YELLOWSTONE, GRAND TETONS & MT. RUSHMORE!

July 15-23, 2024

Sightseeing Highlights Include:

Mt. Rushmore Tour- Night and Day visit, Custer State Park, Crazy Horse Memorial, Deadwood, South Dakota, Devils Tower, Little Bighorn Battlefield National Monument, Buffalo Bill Center of the West, Yellowstone National Park, Grand Teton National Park, Grand Teton Range Float Trip (smooth river ride, no rapids), Jackson Town Square.

Tour Price Includes:

Roundtrip Airfare, Airport Transfers, Deluxe Motor Coach, Professional Tour Director, National Park Entrance Fees, Meals (8 breakfasts & 2 dinners) and Hotel Accommodations.

\$3,999/per person, double occupancy, \$4,999/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.

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 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! Meetings take place at 1:30pm the first Thursday of every month from September to June.

Guest Speaker

Title: **Climate and Environmental Action Plan**

Name: Sustainability Division



1:30 pm

Thursday, March 7, 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; (805) 449-2118



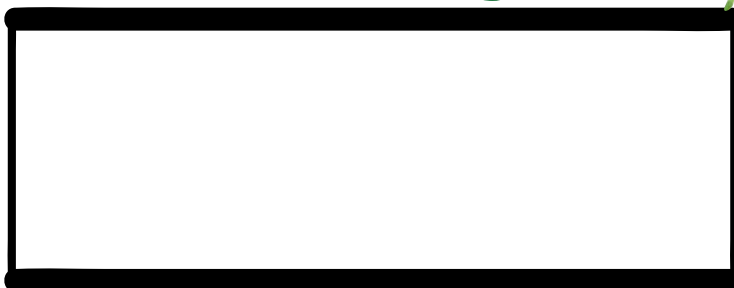
BOARD OF DIRECTORS
George M. Lange, Chair
Doug Nickles, Vice-Chair
Chuck Huffer, Director
Nellie Cusworth, Director
Marissa Buss, Director

GENERAL MANAGER EMERITUS
Tex Ward

GENERAL MANAGER
Jim Friedl



MARCH



or Current Resident



Conejo
Recreation & Park District



GOEBEL CENTER 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



UTILITY BILL ASSISTANCE

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

APRIL 12, 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

Apply today!

Council on Aging

The Council on Aging acts in an advisory capacity to the City Council on matters concerning older adults.

- Four Scheduled Vacancies
- 2 year terms
- Members must be City residents and age 60 or older

Application period from
March 12, 2024 to April 11, 2024



Scan me

Learn more at toaks.co/olderadults



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** 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 at the Goebel Adult Community Center. Chess sets provided.