

MAY
2024

The
**GOEBEL
GAZETTE**

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

In observance of Memorial Day, the Goebel Adult Center will be open 8:30am-5:00pm on Monday, May 27th.



**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

May is Older Americans Month! The 2024 theme, *Powered By Connection*, recognizes the profound impact that meaningful relationships and social connections have on our health and overall well-being. We invite you to join us at the Goebel Adult Center as we explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues that arise as we age. Each week throughout the month of May, we will be featuring various pop-up activities to encourage the positive effects that occur when we are powered by connection. We hope you will join us!

SEMINARS & WORKSHOPS

HAIRCUTS BY RODNEY

Monday, May 6
or
Monday, May 20

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

Complimentary 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 senior adults in line. Doors open at 8:30am.

HAIRCUT ONLY, NO BLOW DRY OR STYLING.



LOVE ON A LEASH THERAPY DOGS

Tuesday, May 7, 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!

REDUCING ANXIETY & STRESS TO ACHIEVE EMOTIONAL WELLNESS

Thursday, May 9, 10:00am

Join the certified specialists of the Foundation for Senior Services for an interactive class where they will guide you in exploring the underlying causes and effects of anxiety and stress as we age, and how to recognize the many signs of distress. You will learn practical strategies and skills to develop greater self-awareness and resilience, and how to make lifestyle adjustments to navigate life with grace and confidence, forging a path towards lasting emotional wellness and inner peace.



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

TEENS HELP WITH TECH!

Saturday, May 11 & May 25
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 to assist with tech help.

First come, first served. Reservations not required, just drop-in! Remember to bring your smartphone or tablet.

MEET ME AT THE MOVIES

Wednesday, May 15, 4:00pm

Title: *Falling for Figaro* (2020)

Comedy/Romance

Synopsis: A brilliant young fund manager leaves her unfulfilling job and long-term boyfriend to chase her lifelong dream of becoming an opera singer in the Scottish Highlands.

Run-Time: 1 hour, 45 minutes

Seating limited, Registration required.

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



INDIVIDUALIZED COMPUTER HELP

with Collin Knapp
Wednesday, May 15
8:45am-12:45pm

5 appointments available

Take control of technology issues with confidence by learning how to troubleshoot on your own!

Bring your smartphone, laptop, or tablet and come prepared with questions to your 45-minute appointment.

\$5/each 45-min appointment.

To register, visit the Goebel Center front desk or call 805-381-2744

SEMINARS & WORKSHOPS

TAX ASSISTANCE SERVICES

The free Tax Assistance Preparation Program, provided by the Conejo Senior Volunteer Program (CSVP), ended on Friday, April 12, 2024. CSVP will continue to provide Tax Assistance services (*by appointment only*) at the Conejo Creek South Community Building (1350 E. Janss Rd.) on the first Wednesdays of each month from May-October. CSVP will prepare and file income tax returns for years 2020-2023, prepare amended returns, and lend assistance with questions arising from letters and notices from the IRS or Franchise Tax Board, as well as other general tax related issues.

Appointments are required.

Call the CSVP office, 805-381-2742 to make an appointment.

LEGAL INFORMATION FOR ELDERS

Monday, May 20, 9:00am

This 2-3 hour presentation, designed for those 60+, may cover a variety of topics such as legal needs, grandchildren & legal relationships, elders at risk, legal documents, resolving housing disputes, communication, legal professionals, when to use the court system, and available community resources.

Presented by: The Ventura County Area Agency on Aging (VCAAA) in partnership with Grey Law.

Grey Law is a non-profit legal services organization established to provide the highest-quality legal information and advice for older adults in Ventura County.

Seating limited, Registration required.

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

COST OF SENIOR CARE: TRADITIONAL & CREATIVE OPTIONS

Thursday, May 23, 11:00am

Are you interested in learning about the potential costs for the various levels of senior care? Whether for yourself, or a loved one, it's best to familiarize yourself with the industry and the potential expenses to better plan ahead. Some strategies involve more work for the families, but they are rewarded with the benefit of knowing their money will not run out.

Presented by: Annette Broersma, M.S.

Seating limited, registration required.

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

A PEACE CORPS INFO SESSION

Tuesday, May 21, 11:00am-12noon

Serving in the Peace Corps is a great way to immerse yourself in a new culture, learn a new language, and make a lasting impact.

Join Dr. Sakeena Ali at this information session to learn about volunteer experiences, ask questions about service, and gain tips to guide you through the application process.

Application workshop to follow in June.

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

MEDICARE BASICS: PARTS & PATHS OF MEDICARE

Thursday, May 23, 12noon-1:30pm

Attend this seminar at the Goebel Adult Center to learn about the different options through Medicare, as well as the components of Medicare. This informational session is designed specifically for people 60+, caregivers, and people living with a disability. Presented by the Health Insurance Counseling and Advocacy Program (HICAP), part of the Ventura County Area Agency on Aging (VCAAA).

Registration not required.

For more information, call 805-477-7300, email HICAP@ventura.org, or visit www.vcaaa.org/HICAP.

OPEN TO AGES 18+

BINGO

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, JUNE 28

5:00PM- PAPER SALES START

6:00PM- SALES STOP PROMPTLY

6:15PM- GAMES START

FRIDAY NIGHT BINGO DETAILS: (CASH ONLY)

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



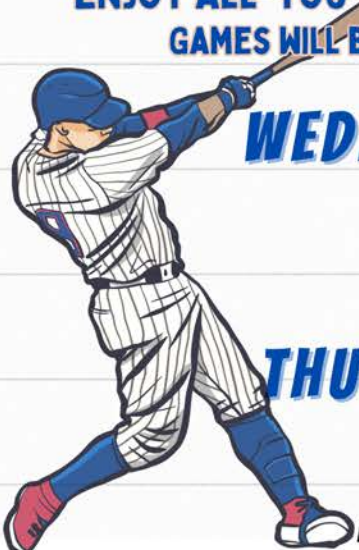
TAKE ME OUT TO THE BALLGAME!

CALLING ALL BASEBALL FANS...

JOIN US FOR A DODGER GAME DAY AT THE GOEBEL ADULT CENTER!

ENJOY ALL-YOU-CAN-EAT DODGER DOGS, POPCORN, PEANUTS, AND MORE.

GAMES WILL BE SHOWN ON THE BIG SCREEN IN THE GOEBEL CENTER MAIN HALL



WEDNESDAY, MAY 29, 1:10PM



VS



THURSDAY, JUNE 20, 1:10PM



VS



NOTE: *4-ticket purchase limit per person *all tickets are non-refundable

TICKETS:
\$15/PER PERSON
BEGINNING MONDAY, MAY 6
PURCHASE TICKETS
(IN-PERSON ONLY) AT
THE GOEBEL CENTER
FRONT DESK.

The Reserve at Thousand Oaks Presents:

NATIONAL

SENIOR FITNESS

Day



Wednesday, May 29th, 9:00am-4:00pm

Location: The Reserve at Thousand Oaks

For more information/questions regarding this event please call
The Reserve at Thousand Oaks 805-492-2471 or email allisonLange@mbk.com

Let's Celebrate Senior Movement!

Join the Reserve at Thousand Oaks for National Senior Health & Fitness Day. This annual event is full of fun & empowering classes that will showcase your physical and cognitive abilities, plus your use of mindfulness!

Attendance includes free lunch & raffle prizes.

Location: The Reserve at Thousand Oaks
3575 N. Moorpark Rd., Thousand Oaks, 91360

RSVP Required by May 24

Call 805-492-2471 to RSVP

PHOTO BOOTH AVAILABLE ALL DAY

SCHEDULE SUBJECT TO CHANGE

Event Schedule:

- 9:00am: Check in + Fresh Juices & Breakfast Bites
- 9:30-10:00am: Power Half Hour w/ MBKfit Allison, Yogi Yoga w/ MBKfit Kim, Virtual Reality
- 10:15-10:45am: Chair Based Martial Arts w/ MBKfit Kim, Sound Healing Meditation w/ Cici
- 11:00-11:30am: Hawaiian Hula w/ Malia, Spoons-Card Game, Virtual Reality
- 11:30am-1:30pm: Picnic Inspired Lunch + Entertainment
- 1:30-2:00pm: Brain Competition w/ Residents & Staff
- 2:00-4:00pm: Paint & Sip Soiree

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 TV NETWORKS, AND IS A REGULAR PERFORMER AT THE EXCLUSIVE MAGIC CASTLE IN HOLLYWOOD! NAATHAN HAS WOWED AUDIENCES AROUND THE WORLD WITH 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 at 2:30pm)

Tickets/\$10 per person

On sale now!

Purchase tickets in-person at the
Goebel Center Front Desk or
by phone, 805-381-2744





THE GOEBEL SENIOR CENTER COMMISSION
PROUDLY PRESENTS:
AN ENTERTAINMENT 'LIVE' EVENT!



THE SURF CITY ALLSTARS

with Original Beach Boy AL JARDINE / Original Beach Boy DAVID MARKS / DEAN TORRENCE of Jan&Dean

Sunday, June 16, 2024

3:00pm

Doors open at 2:30pm

A TICKET TO THIS
SHOW WOULD MAKE
A FABULOUS
FATHER'S DAY GIFT!



"The Surf City Allstars are the only "tribute" band on the planet where each and every member toured in the Beach Boys."

Tickets: \$10/person

On sale now!

Purchase tickets in-person at the Goebel Center front desk or over the phone by calling 805-381-2744

PLEASE NOTE:

All tickets are non-refundable. If you purchase tickets over the phone, they will be available at "will-call" for pickup.

Enjoy the water, the sun, and the fun!



50+ SUMMER WATER EXERCISE

FREE!

Registration not
required, just drop in!

Mondays & Wednesdays:

9:00–10:00am

June 24–August 14

Thousand Oaks High School Pool

2323 North Moorpark Rd.

Instructor: Fred

Tuesdays & Thursdays:

12noon–1:00pm

June 25–August 15 (no class 7/4)

Newbury Park High School Pool

456 North Reino Rd.

Instructor: Elaine



Goebel Adult Center

1385 E. Janss Rd.

Thousand Oaks, CA 91362

805-381-2744

 **Conejo**
Recreation & Park District

Goebel Adult Center's

SUMMER BBQ party

BBQ. DRINKS. LIVE MUSIC

**Friday, June 14, 2024
5:00pm**



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



**Purchase tickets in-person only at the
Goebel Adult Center front desk
beginning Monday, May 13th**

PLEASE NOTE:

- 4-ticket purchase limit per person
- All tickets are non-refundable



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



SUMMER 2024 REGISTRATION OPENED ON MONDAY, APRIL 22 BUT THERE IS STILL TIME TO SIGN UP FOR YOUR FAVORITE PROGRAM OR TRY SOMETHING NEW!



Conejo
Recreation & Park District

SESSION DATES:

Spring 2024: Monday, March 25- Friday, May 17

Summer 2024: Monday, June 24- Friday, August 9

-ARTS CLASSES- VISUAL & PERFORMING

KNITTING- BEGINNING

Instructor is unable to teach to left-handed students

Mon, 6/24-8/12, 9:45-11:45am, \$59/ 8 weeks

\$25 materials fee due first class

Class #: 0862.3241, Instructor: Barbara Edelman

DIGITAL PHOTOGRAPHY CLASS

Mon, 6/24-8/12, 3:30-4:30pm, \$90/ 8 weeks

Students must bring own camera

Class #: 0807.3241, Instructor: Richard Smith

HARMONICA - INTRODUCTION

Tues, 6/25-8/6, 7:30-8:30pm, \$67/ 7 weeks

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

Class #: 0804.3241, Instructor: Dr. Ben Griffes

UKULELE - INTRODUCTION

Wed, 6/26-7/31, 5:00-6:00pm, \$66/ 6 weeks

\$3 materials fee due first class

Class #: 0805.3241, Instructor: David Steinhart

UKULELE - LEVEL 2

Prerequisite: Ukulele Introduction

Thurs, 6/27-8/8, 5:00-6:00pm, \$66/ 6 weeks

(no class 7/4)

Class #: 0806.3241, Instructor: David Steinhart

STREET PHOTOGRAPHY & TOUR OF DOWNTOWN L.A.

Thurs, 7/11, 8:15am-3:00pm, Class #: 0808.3241

Thurs, 7/25, 8:15am-3:00pm, Class #: 0808.3242

Thurs, 8/8, 8:15am-3:00pm, Class #: 0808.3243

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

Location: Meet at Moorpark Train Station

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

PAINTING: WATERCOLOR BASICS - PART 1

Fri, 6/28-7/19, 4:30-6:00pm, Class #: 0800.3241

\$90/4 weeks, Instructor: Bob Noonan

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

PAINTING: WATERCOLOR BASICS - PART 2

Spring Session:

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

Class #: 0801.2241, Instructor: Bob Noonan

Summer Session:

Fri, 7/26-8/16, 4:30-6:00pm, \$90/ 4 weeks

Class #: 0801.3241, Instructor: Bob Noonan

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

-DANCE CLASSES-

DANCE IT OUT: LATIN/BALLROOM EDITION

Mon, 6/24-8/12, 2:30-3:00pm, Class #: 0824.3241

\$79/8 weeks, Instructor: Janet Snyder

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

BALLROOM DANCE

Mon, 6/24-8/12, 3:30-4:30pm, Class #: 0823.3241

\$89/ 8 weeks, Instructor: Janet Snyder

Foxtrot, Rumba, and Night Club Two-Step

TAP DANCE- ADVANCED

Prerequisite: Tap 1 or prior tap experience

Mon, 6/24-8/12, 5:00-6:00pm, Class #: 0827.3241

\$83/ 8 weeks, Instructor: Debbie Munz

Bring tap shoes, water, and wear comfortable clothing

TAP DANCE- BEGINNING

Mon, 6/24-8/12, 6:00-7:00pm, Class #: 0825.3241

Thurs, 6/27-8/22, 2:15-3:15pm, Class #: 0825.3242

(no class 7/4)

*\$83/ each 8-week session, Instructor: Debbie Munz
Bring tap shoes, water, and wear comfortable clothing*

TAP 1

Prerequisite: Beginning Tap or prior tap experience

Mon, 6/24-8/12, 7:00-8:00pm, Class #: 0826.3241

\$83/ 8 weeks, Instructor: Debbie Munz

Bring tap shoes, water, and wear comfortable clothing

BALLET SLIM & TRIM

Tues, 6/25-8/13, 2:00-3:00pm, Class #: 0828.3241

\$67/ 8 weeks, Instructor: Ann Monahan

LINE DANCING- BEGINNING

Wed, 6/26-8/14, 2:30-3:25pm, Class #: 0820.3241

\$75/ 8 weeks, Instructor: Kathy Bailey

Wear comfortable clothing and smooth soled shoes

BUILDING BLOCKS OF BELLY DANCE

Wed, 6/26-8/14, 4:30-5:15pm, Class #: 0829.3241

\$75/8 weeks, Instructor: Lisa Rauschenberger

Wear yoga-like attire and bring a water bottle

BELLY DANCE!

Wed, 6/26-8/14, 5:30-6:30pm, Class #: 0821.3241

\$75/8 weeks, Instructor: Lisa Rauschenberger

Wear yoga-like attire and bring a water bottle

**FOR CLASS DESCRIPTIONS, MORE INFORMATION, OR TO REGISTER FOR A CLASS,
VISIT WWW.CRPD.ORG/REGISTER, CALL 805-381-2744,
OR VISIT THE GOEBEL ADULT CENTER FRONT DESK.**



Note: Classes may be canceled if there is not a minimum number of participants registered.

-FITNESS & YOGA-

CHAIR-BASED STRENGTH & BALANCE

WITH CATHYA HAAS

LEVEL 1-AGE 50+

\$63/each 6-week session

Mon, 6/3-7/8, 12:30-1:20pm, Class #: 0836.3241

Mon, 7/15-8/19, 12:30-1:20pm, Class #: 0836.3242

Fri, 6/7-7/12, 1:30-2:20pm, Class #: 0836.3243

Fri, 7/19-8/23, 1:30-2:20pm, Class #: 0836.3244

LEVEL 2-AGE 50+

Prerequisite: Chair-Based Strength & Balance- Level 1

\$63/each 6-week session, Bring a pair of 2-3lb hand weights

Mon, 6/3-7/8, 1:30-2:20pm, Class #: 0837.3241

Mon, 7/15-8/19, 1:30-2:20pm, Class #: 0837.3242

Fri, 6/7-7/12, 12:30-1:20pm, Class #: 0837.3243

Fri, 7/19-8/23, 12:30-1:20pm, Class #: 0837.3244

LEVEL 3-AGE 50+

Prerequisite: Chair-Based Strength & Balance- Level 2

\$63/each 6-week session, Bring a pair of 3-5lb hand weights

Mon, 6/3-7/8, 11:30am-12:20pm, Class #: 0870.3241

Mon, 7/15-8/19, 11:30am-12:20pm, Class #: 0870.3242

TAI CHI-INTRODUCTION-AGE 50+

Tues, 6/25-8/13, 8:30-9:30am, Class #: 0838.3241

\$67/8 weeks. Instructor: Jean Stoutenborough

CAPOEIRA

Tues & Thurs, 6/25-8/22, 6:10-7:10pm, (no class 7/4)

Class #: 0831.3241

\$10 materials fee due to instructor first class

\$180/8 weeks, Instructor: Andy Gomez

STRENGTH, STRETCH & SCULPT-AGE 50+

Tues, 6/25-8/13, 3:15-4:15pm, Class #: 0834.3241

\$67/8 weeks. Instructor: Ann Monahan. Bring a yoga mat

GENTLE YOGA WITH CICI BO-AGE 50+

Wed, 6/28-8/14, 9:00-9:45am, Class #: 0832.3241

\$96/8 weeks, bring a yoga mat or towel

STRETCH, TONE & BALANCE

Wed, 6/24-8/14, 1:15-2:10pm, Class #: 0835.3241

\$75/8 weeks, Instructor: Kathy Bailey. Bring water, non-slip yoga mat, and pair of 1-3lb hand weights

NATURE WELLNESS WALKS

Wed, 6/26, 9:30-11:30am, Class #: 0865.3241

Wed, 7/24, 9:30-11:30am, Class #: 0865.3242

\$25/each 1-day walk, Instructor: Irene Rowland

TAI CHI- BEGINNING/INTERMEDIATE-AGE 50+

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

Thurs, 6/27-8/22, 8:30-9:30am, Class #: 0839.3241

(no class 7/4) \$67/8 weeks

Instructor: Jean Stoutenborough

EXERCISE FOR LESS STRESS & MORE ENERGY

Fri, 6/28-8/9, 3:00-4:00pm, (no class 7/26)

Class #: 0830.3241

\$59/6 weeks, Instructor: Jim Belsley

-SPECIALTY CLASSES-

MAH-JONGG FOR BEGINNERS

Mon, 6/24-7/29, 10:00am-12noon, Class #: 0857.3241

\$85/6 weeks, Instructor: Lorraine Urist

SOUND HEALING MEDITATION WITH CICI BO

\$90/each 6-week session

Spring Session:

Mon, 4/15-5/20, 12noon-12:45pm, Class #: 0833.2241

Summer Session:

Mon, 6/24-7/29, 12noon-12:45pm, Class #: 0833.3241

Location: Harmony Family Yoga Studio

804 East Thousand Oaks Blvd. Thousand Oaks, 91362

IPHONE/IPAD WORKSHOP

Tues, 6/25, 10:00-11:30am, Class #: 0864.3241

\$25/1-day class, Instructor: Tracie Karasik

Bring your iPhone or iPad

SPANISH - BEGINNING

\$98/each 8-week session, Instructor: Anna Colliles

Spring Session:

Wed, 4/17-6/5, 5:00-6:00pm, Class #: 0859.2241

Summer Session:

Wed, 6/26-8/14, 5:00-6:00pm, Class #: 0859.3241

SPANISH - INTERMEDIATE

\$98/each 8-week session, Instructor: Anna Colliles

Spring Session:

Wed, 4/17-6/5, 6:10-7:10pm, Class #: 0860.2241

Summer Session:

Wed, 6/26-8/14, 6:10-7:10pm, Class #: 0860.3241

ENGLISH CONVERSATION

\$98/each 8-week session, Instructor: Anna Colliles

Spring Session:

Wed, 4/17-6/5, 7:20-8:20pm, Class #: 0861.2241

Summer Session:

Wed, 6/26-8/14, 7:20-8:20pm, Class #: 0861.3241

CANASTA - INTRODUCTION

HAND, KNEE, AND FOOT

Thurs, 6/27-8/8, 9:30-11:30am, Class #: 0856.3241

(no class 7/4)

\$85/6 weeks, Instructor: Lorraine Urist

TENNESSEE WILLIAMS ON FILM

Thurs, 6/27-8/8, 2:30-5:00pm, (no class 7/4)

Class #: 0863.3241, \$63/6 weeks, Instructor: Joe Longo

MAH-JONGG - INTERMEDIATE/ADVANCED

Prerequisite: Mah-Jongg for Beginners

Fri, 6/28-8/2, 10:00am-12noon, Class #: 0858.3241

\$85/6 weeks, Instructor: Lorraine Urist

\$10 SENIOR VOLUNTEER CLASSES

\$10 FOR 10 WEEKS!

Registration now open for Summer session, in-person only, at the Goebel Center front desk.



CURRENT 10-WEEK SESSION: SPRING (MONDAY, MARCH 18-FRIDAY, MAY 24)
NEXT 10-WEEK SESSION: SUMMER (MONDAY, JUNE 3-FRIDAY, AUGUST 9)
NOTE: ONE-WEEK BREAK BETWEEN SPRING AND SUMMER SESSIONS

TAP DANCE- INTERMEDIATE

Mondays, 10:00-11:00am
Spring Session: 4/15-5/20 (\$6 fee)
Summer Session: 6/3-8/5
Instructor: Jane Kampbell



MEANING OF OPERA- ZOOM*

Mondays, 3:30-5:00pm
Spring Session: 3/18-5/21
Summer Session: 6/3-8/5
**Class is taught virtually through Zoom. Zoom link will be sent by email upon registration.*
Instructor: Steve Kohn



TAI CHI CHUAN

Tuesdays & Thursdays, 9:45-10:45am
Spring Session: 3/19-5/23
Summer Session: 6/4-8/8 (no class 7/4)
Instructor: Elaine Pawelczyk



MAH-JONGG- INTERMEDIATE

Tuesdays, 6:00-8:00pm
Spring Session: 3/19-5/21 (\$9 fee)
Summer Session: 6/4-8/6
No instruction provided
Facilitator: Abbey Clark



KNITTERS & CROCHETERS

Tuesdays & Thursdays, 12noon-3:00pm
Spring Session: 3/19-5/23
Summer Session: 6/4-8/8 (no class 7/4)
Bring your own project to work on in a social environment. No instruction or supplies provided.
\$20 fee due to meeting twice a week
Facilitator: Yvonne Avis



SPANISH- INTERMEDIATE

Wednesdays, 9:00-11:00am
Spring Session: 3/20-5/22
Summer Session: 6/5-8/7
Instructor: Bob Caccavo



HAND SEWING

Wednesdays, 9:30-11:30am
Spring Session: 3/20-5/22
Summer Session: 6/5-8/7
Bring your own hand-sewn project to work on. No instruction or supplies provided.
Facilitator: Sandra Toutz



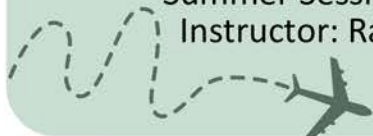
ITALIAN- INTERMEDIATE

Thursdays, 10:00am-12noon
Spring Session: 3/21-5/23
Summer Session: 6/6-8/8 (no class 7/4)
Instructor: Frank Fedeli



AERONAUTICAL EDUCATION

Wednesdays, 12:15-2:15pm
Spring Session: 3/20-5/22
Summer Session: 6/5-8/7
Instructor: Ralph Meyer



OPEN STUDIO TIME FOR ARTISTS

Thursdays, 3:00-5:30pm
Spring Session: 3/21-5/23
Summer Session: 6/6-8/8 (no class 7/4)
Bring own supplies. All mediums welcome.
Facilitator: Kathleen Gates



MEDITATION- ZOOM*

Thursdays, 2:00-3:15pm
Summer Session: 6/6-8/8 (no class 7/4)
**Class is taught virtually through Zoom. Zoom link will be sent by email upon registration.*
Instructor: Penny Olsen



SHAKESPEARE FOR EVERYONE

Fridays, 1:00-2:30pm
Spring Session: 3/22-5/24
Summer Session: 6/7-8/9
Instructor: Helen Bartelstone



Volunteers Make a Lasting Difference

The Conejo Senior Volunteer Program (CSVP) provides opportunities for 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 email jspivack@crpd.org



CONEJO SENIOR VOLUNTEER PROGRAM

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 9am-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

**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
Monday-Friday,
11:30am-12:30pm**

The Goebel Café
1385 E. Janss Road, Thousand Oaks
805-381-2742

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.



CONEJO SENIOR VOLUNTEER PROGRAM



Cash or Check Only

CSVP BOUTIQUE

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

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

Shop for one-of-a-kind, beautifully handmade treasures! Including charming baby apparel & blankets, warm lap blankets, fashionable aprons, and much more. And, don't forget to check out our wide selection of greeting cards available for just \$0.50

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, 4:30-6:30pm & Thursdays, 4:30-8:00pm

4 tables, all open play

Location: Goebel Adult Community Center Main Hall

-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 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 is full at this time. Call Goebel Center to be placed on waiting list.

BALLROOM DANCE

1st & 3rd Saturdays, 6:00pm

Live band music, complimentary dance lesson.

See page 15 for more information.

-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. Contact Goebel Center staff with any questions/concerns.

LGBTQ+ CAREGIVER SUPPORT GROUP

1st & 3rd Mondays- May 6 & May 20, 1:00-2:30pm

Facilitator: Brenda Birdwell, 805-699-8907

WIDOW/ WIDOWER SUPPORT GROUPS

HOSPICE OF THE CONEJO

Must call 805-495-2145 prior to attending

No Walk-Ins

Tuesdays, 11:00am-12noon: Newly Bereaved

Tuesdays, 12:15-1:15pm: Moving Forward

Tuesdays, 2:30-3:30pm: Newly Bereaved

MULTIPLE SCLEROSIS SUPPORT GROUP

2nd Thursdays- May 9, 1:00-3:00pm

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

Facilitator: Darlene, 360-701-0989

DIABETES CLASSES

LIVINGSTON MEMORIAL VISITING NURSE ASSOCIATION

4th Wednesdays- May 22, 1:30-3:00pm

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

Presented by: Linda Hampson, RN, MSN Diabetes Nurse

ALZHEIMER'S SUPPORT GROUP

ALZHEIMER'S ASSOCIATION

1st & 3rd Fridays- May 3 & May 17, 9:30-11:00am

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

Facilitator: Jordanna, 805-261-2189

T.O. LOW VISION SUPPORT GROUP

Fridays- 10:00am-12noon

Support for people with low vision and/or blind. The group discusses coping strategies, technology based accommodations, and provides information about community resources.

Friends, family & caregivers welcome!

For more information call, 805-380-6206

POST POLIO SYNDROME SUPPORT GROUP

1st Saturdays- May 4, 12:30-2:00pm

DIVINA LIBERTAD

Sábados- 2:00-4:00pm

¿Sufrir usted de ansiedad, depresión, e tu otras emociones que le hacen la vida insostenible y quiere sentirse mejor? Unete a nosotras hoy.



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 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

-SOCIAL SERVICES-

GREY LAW

2nd Mondays, May 13, *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 to schedule an appointment.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

2nd & 4th Wednesdays, May 8 & May 22
by appointment only

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 & LIVING TRUSTS PREPARATION

3rd Wednesdays, June 19, *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.

TAX ASSISTANCE PROGRAM

CSVP will continue to provide Tax Assistance services at the Conejo Creek South Community Building on the first Wednesdays of each month from May-October. CSVP will prepare and file income tax returns for years 2020-2023, prepare amended returns, and lend assistance with questions arising from letters and notices from the IRS or Franchise Tax Board, as well as other general tax related issues.

Appointments are required.

Call CSVP office, 805-381-2742 to make 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.

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, available 24-hours a day, 7-days a week, that connects senior adults to information and referrals about important services available in our community. 2-1-1 offers information/referrals in over 150 languages. Connect by dialing 2-1-1 from your phone.

SENIOR DIAL-A-RIDE

The City of Thousand Oaks operates a Dial-A-Ride program for those ages 65+. Dial-A-Ride tickets are available for cash purchase only at the Goebel Center front desk.

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, 818-309-5306

BOOK DISCUSSION GROUP

2nd Tuesdays, May 14, 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, May 9 & May 23, 4:00-5:30pm
For more information, call Rick: 805-405-4566

HISTORY BOOK DISCUSSION GROUP

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

CONEJO VALLEY WRITERS

2nd Saturdays, May 11, 12noon-2:30pm

For more information, email:
marcia.smart@roadrunner.com

-COMMUNITY 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- EYEGLOSS RECYCLING

Make a positive difference! Donate your used eyeglasses & sunglasses to be recycled, and help someone see better. Eyeglass recycling box is located at the Goebel Adult Center front desk. NO CASES, PLEASE.

AMERICANS SUPPORTING AMERICA (ASA)

A donation collection box is located near the Goebel Center front desk. ASA accepts donated goods for military care packages in an effort to ensure that our troops feel the warmth and support of home, even miles away. Whether it's essentials or comfort items, every donation goes a long way.

Curious about what to donate?

Please visit <https://asa-gcvc.org/get-involved/>

FUNDRAISING WITH RALPHS

Help the Goebel Center while you shop! Every time you shop at Ralphs Grocery Store, and use your Ralphs Rewards card or phone number, a small percentage of what you spend is donated to the Goebel Center. Be sure to use the Goebel Center Commission NPO #DE917.

For more information, call 800-443-4438.

LIVE BAND MUSIC

Ballroom Dance

Saturday, May 4, 2024 - Wyatt Haupt

Saturday, May 18, 2024 - Pier 101

Saturday, June 1, 2024 - Tropic Starr

Saturday, June 15, 2024 - Erik Ekstrand

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.



GOEBEL ADULT COMMUNITY CENTER DAY TRIPS

Register (in-person only) for
"Anacapa Island Wildlife Cruise" and "The Getty Center"
beginning Friday, May 10, 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

TRIUMPHS AND TRAGEDIES WITH LUNCH Limited seats available, register today!

Thursday, June 13, 2024, 9:00am-5:30pm

Join Curt Tucker of Tucker Tours on a journey through the city's complex and fascinating history, where you will explore the best and worst of human nature. From the lawless Old West to the pious adobe missions, Los Angeles is a city of contrasts that has something for everyone. We will be visiting Forest Lawn, Rancho Santa Anita, Los Angeles Police Museum located inside the city's oldest police station, and the Cathedral of Our Lady of the Angels with a visit to the relics of Saint Vibiana. Lunch will be at the iconic Clearman's Galley, a landmark that has been serving delicious meals for over four decades. \$100 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3

GONDOLA GETAWAY WITH LUNCH Limited seats available, register today!

Thursday, June 27, 2024, 10:00am-5:00pm

Indulge in the magic and tradition through the canals of Naples Island for a magical adventure right here in Long Beach, as you gently ride aboard an authentic Gondola, powered by your own gondolier! Whether it is a relaxing journey or a romantic adventure, each cruise is a memorable experience. Ice, buckets, and cups are provided if you would like to bring beverages on board. After the Gondola ride, enjoy a fabulous lunch at Naples Rib Company in Long Beach.

\$100 per person, partially sponsored by the Goebel Senior Center Commission. WALKING SCALE= 3

ANACAPA ISLAND WILDLIFE CRUISE Register (in-person only) beginning

Tuesday, July 16, 8:00am-4:30pm

Friday, May 10, at 9:00am

This fun and educational day provides the perfect way to discover or revisit the Channel Islands! You will embark on a 3.5 hour narrated cruise through the waters of Santa Barbara Channel. On this non-landing cruise, you'll journey along the rugged shoreline and surrounding waters of Anacapa Island with views of the famous Arch Rock, the working lighthouse atop the island, and a variety of wildlife. The passenger vessel features a restroom on board and offers both indoor and outdoor seating on multiple decks. A snack bar is available for drinks and snacks. After disembarking, there will be plenty of time leisure time in the picturesque Ventura Harbor Village to enjoy lunch on your own at one of the casual waterfront eateries. \$100 per person.

Walking Scale= 1

THE GETTY CENTER

Register (in-person only) beginning

Tuesday, July 30, 9:30am-3:30pm

Friday, May 10, at 9:00am

Experience the Getty Center and all it has to offer. You'll see paintings by many of the most familiar masters- Rembrandt, Goya, Monet, and Cezanne to name a few. You'll also discover one of the greatest collections of drawings by such artists as Michelangelo and Degas. Enjoy the breathtaking gardens and magnificent views of the Santa Monica Mountains, L.A. Skyline, and Catalina Island. \$30 voucher for lunch on your own at the Getty Café included in price of trip.

\$80 per person.

WALKING SCALE= 1

*IMPORTANT DAY TRIP INFO:

- Dates, locations, and times are all subject to change
- Note: Day trips that are sponsored by the Goebel Senior Center Commission (GSCC), are limited to a 2-registration limit per person
- Day trips are open to those ages 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-Review walking scale prior to signing up.
- Bus Boarding: Begins 15 minutes prior to departure time. Boarding of the bus is not permitted until trip escort and Goebel Center Staff are present.

REFUND & CANCELLATION POLICY:

- In order to issue 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 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 Adult Center Front Desk) or contact Mark Williams, 805-381-2744, mwilliams@crpd.org

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, 8 breakfasts & 2 dinners, Hotel Accommodations.
\$3,999/per person, double occupancy, \$4,999/per person, single occupancy.

LANDSCAPES & LIGHTHOUSES OF COASTAL MAINE **AUGUST 10-16, 2024**

Sightseeing Highlights: Boston City Tour w/ Fenway Park, Casco Bay Cruise, Portland Head Lighthouse, Seashore Trolley Museum, Walkers Point, Lobster Boat Cruise, Cape Neddick Lighthouse, Boothbay Harbor, Coastal Maine Botanical Gardens, Lobster Clambake.

Tour Price Includes: Roundtrip Airfare- LAX, Roundtrip Transfers- LAX, 6 nights first class hotels, 6 breakfasts & 3 dinners, Professional Tour Director, Motor Coach Transportation, Admissions per Itinerary, Sightseeing, Baggage Handling at Hotels, Travel Protection Plan.
\$3,825/per person, double occupancy, \$4,975/per person, single occupancy.

GRAND SIERRAS **AUGUST 18-22, 2024**

Sightseeing Highlights Include: Mammoth Lakes, Devils Post Pile National Monument, Mammoth Lake Earthquake Fault, Mono Lake, Bodie State Historic Park, Museum of the West Film History, Tuolumne Meadows, Kings Canyon, Sequoia National Park.

Tour Price Includes: Deluxe Motor Coach Transportation, Hotel Accommodations, 3 Nights in Mammoth- Sierra Nevada Inn, 1 Night in Clovis- Courtyard by Marriott, Luggage Handling, 4 breakfasts, 1 lunch, and 1 dinner.

\$1,499/per person, double occupancy, \$1,999/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: Roundtrip Airfare, Airport Transfers, Deluxe Motor Coach Transportation, Professional Tour Director, admissions, hotel luggage handling, 9 breakfasts and 2 dinners.

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

GOEBEL SENIOR CENTER COMMISSION



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 comment in-person or online, learn about opportunities for older adults to engage in the community and more! Meetings take place at 1:30 pm the first Thursday of every month from SEPTEMBER to June.

Guest Speaker

Title: Thousand Oaks Police Services
Name: Commander Paris, T.O. Chief of Police

- 1:30 pm**
First Thursday of the Month
- City Hall Board Room**
2100 Thousand Oaks Blvd.
- Virtual: www.toaks.co/coazoom**
Call in: 213 338 8477
Meeting ID: 874 4176 1738
Meeting Passcode: 770701



Learn more at toaks.co/olderadults or call (805)449-2118

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

GENERAL MANAGER EMERITUS
 Tex Ward



GENERAL MANAGER
 Jim Friedl



MAY 2024



or Current Resident

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

GOEBEL ADULT CENTER HOURS OF OPERATION

IN OBSERVANCE OF MEMORIAL DAY, MONDAY, MAY 27TH, THE GOEBEL ADULT CENTER WILL BE OPEN 8:30AM-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



UTILITY BILL ASSISTANCE

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

JUNE 14, 2024, 9:00-11:00AM BY APPOINTMENT ONLY

- 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 information regarding this program, call 805-436-4013

RESOURCE DIRECTORY

For Older Adults



To view the electronic version please Scan the QR Code or visit our website

www.toaks.co/olderadults



SCAN ME



DROP-IN SCRABBLE!

Mondays, 2:00-4:00pm

Are you looking to play a friendly and 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.