



The GOEBEL GAZETTE

SEPTEMBER 2024

GOEBEL ADULT COMMUNITY CENTER

1385 E. JANSS ROAD
THOUSAND OAKS, CA 91362
805-381-2744

EMAIL: GACC@CRPD.ORG
WEBSITE: CRPD.ORG/GACC

PLEASE NOTE: THE GOEBEL ADULT CENTER WILL BE CLOSED MONDAY, SEPTEMBER 2, IN OBSERVANCE OF LABOR DAY



SEMINARS & WORKSHOPS

VHS TO DVD CONVERSION

Converting your 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, HI8mm tapes, super 8mm films, and slides to DVD format or onto a Flash Drive, free of charge.

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

GRAB YOUR PARTNER

Try today's Square Dancing, you'll be surprised!
Beginning Tuesday, September 10, 7:00-9:00pm

New class, hosted by Buckles and Bows, begins September 10 at the Goebel Adult Center. World-class instructor and lots of friendly people to lend a hand. First 2 weeks are FREE, \$7 donation thereafter. Be prepared for a great brain and body exercise, up to 5,000 steps in an evening. *For more information, please contact Jerry & Pat, 805-657-6655*

TOASTMASTERS CLUB

NEW

*Toastmasters Club meets at the Goebel Adult Center,
2nd & 4th Mondays of each month, 6:30pm*

Toastmasters is a nonprofit educational organization that builds confidence and teaches public speaking skills. It is through this regular practice that members are empowered to meet personal and professional communication goals.

Registration not required. *For more information, please contact Mike Sandford, pacific4478@gmail.com*

\$5 COMPUTER HELP W/ COLLIN

**Wednesday, September 11,
9:00am-12noon
(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 30-minute individualized appointment.

\$5/each 30-minute appointment.

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

GET SMART ABOUT AFIB AN EDUCATIONAL PRESENTATION

Monday, September 23, 9:00-10:30am

According to the CDC, 1 out of 4 adults in the U.S. are at risk of Atrial Fibrillation. If AFib is left untreated, it can lead to more serious conditions including heart failure and stroke.

Cardiology MedTech, Ben Goff, will present on signs, symptoms, and treatment options for Atrial Fibrillation.

Attend this presentation to learn more about how to detect AFib and what treatment options are available.

Seating limited, registration required.

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

FIVE SENSES AND HOW THEY CHANGE WITH AGE

Thursday, September 12, 10:00am

Normal aging causes gradual losses to our sensory system, and generally continues as we age. Gain a better understanding of these changes, how to recognize them, and how to protect your senses throughout the aging process. Presented by: The Foundation for Senior Services



Seating is limited, registration required.

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

AMERICA SUPPORTING AMERICANS CARD SIGNING & VOLUNTEER RECRUITMENT

Saturday, September 21, 1:00-3:30pm

Interested in writing cards for the troops while learning more about volunteering with ASA? Join them September 21st for a card signing and volunteer recruitment event. At the heart of ASA lies a profound belief in the power of community. Their efforts to support and uplift our troops thrive on collective action and shared purpose.

Your involvement can make all the difference!

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

MEET ME AT THE MOVIES

Wednesday, September 18, 4:00pm

Title: *Champions* (2023) Comedy/Sport

Rating: PG-13

Synopsis: A former minor-league basketball coach receives a court order to manage a team of players with intellectual disabilities. Despite his doubts, he soon realizes that together they can go further than they ever imagined.

Run-Time: 2 hours, 4 minutes

Seating limited, Registration required.

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

HOW TO HOST A SUCCESSFUL GAME NIGHT

Thursday, September 26, 11:00am

It's been clinically proven that laughter, socialization, and mental stimulation are critical to a happy and healthy mind. This presentation will give you the tools, ideas and strategies for hosting a **Successful Game Night** with your friends.

Presented by: Annette Broersma, M.S.

Seating limited, registration required.

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

SEMINARS & WORKSHOPS

HAIRCUTS BY RODNEY

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

Monday, September 16

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.

ROUND-TABLE DISCUSSION GROUP

1st Tuesdays, September 3

10:30am-12noon

Join this interactive round-table discussion group, where participants are guided to listen and learn from one another, and share experiences and insights, where all viewpoints, fears & feelings are valued by the group. ***This is an on-going discussion group, held at the Goebel Adult Center on the 1st Tuesdays of each month.***

Facilitated by: The Foundation For Senior Services

Just drop-in! No registration required.



LOVE ON A LEASH

THERAPY DOGS

Tuesday, September 3, 12noon

Therapy dogs and their handlers visit the Goebel Adult 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!

TEENS HELP WITH TECH!

Saturdays, September 14 & 28

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 installing/finding/closing apps, or retrieving passwords?

Westlake High School students will be at the Goebel Adult Center on the **2nd & 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.

FUSING LANGUAGE & TECHNOLOGY:

INTERACTING AND MAKING CONNECTIONS VIA ZOOM

Thursdays, October 10-November 14

10:00-11:00am

Free, 6-week in-person training program to enhance online communication and digital literacy skills among older adults in Ventura County. Focusing on Zoom to foster social connections and increase access to online services and activities. All required materials provided.

Presented by: Seung Lee & Denise Calhoun

Seating very limited, registration required

(must provide First & Last Name, Email-Address, and Phone Number upon registration)

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

DID YOU KNOW?



The Ventura County Area Agency on Aging (VCAAA) publishes, **LIVEWell**, the most comprehensive resource guide in Ventura County for those 60+, caregivers, and people with disabilities. **LIVEWell** provides crucial information in English and Spanish related to physical & mental health, financial resources, fall prevention, Medicare and other health insurances, benefit enrollment, caregiver support, Alzheimer's disease/dementia support, transportation, fraud and other legal issues. It's filled with articles and resource listings to help you and your loved ones navigate through some of the challenges we all face in our quest to maintain our independence. It's a tool used to advocate for the services you need to **LIVEWell** and age optimally. **There are physical copies of LIVEWell available at the Goebel Adult Center front desk, or you can access a pdf version of LIVEWell by clicking here.**

BINGO

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, OCTOBER 25

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

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





WHERE THE CREATURES ARE THE TEACHERS

THE TEACHING ZOO

SUNDAY, SEPTEMBER 15

3:00PM (DOORS OPEN AT 2:30PM)

TICKETS ON SALE NOW!
\$10 PER PERSON

PURCHASE IN-PERSON AT THE GOEBEL ADULT CENTER FRONT DESK OR OVER THE PHONE.

PLEASE NOTE: ALL TICKETS ARE NON-REFUNDABLE



JOIN ANIMAL PROFESSIONALS AND SOME OF THEIR MAGNIFICENT CREATURE FRIENDS AT THE GOEBEL ADULT CENTER FOR A SPECIAL SHOW THAT WILL ALLOW YOU TO SEE AND LEARN ALL ABOUT SOME FASCINATING ANIMALS!

THE TEACHING ZOO AT MOORPARK COLLEGE IS A LIVING CLASSROOM FOR STUDENTS STUDYING IN THE ANIMAL CARE AND TRAINING PROGRAM, A MAJOR AT MOORPARK COLLEGE.

COMEDY SPECIAL

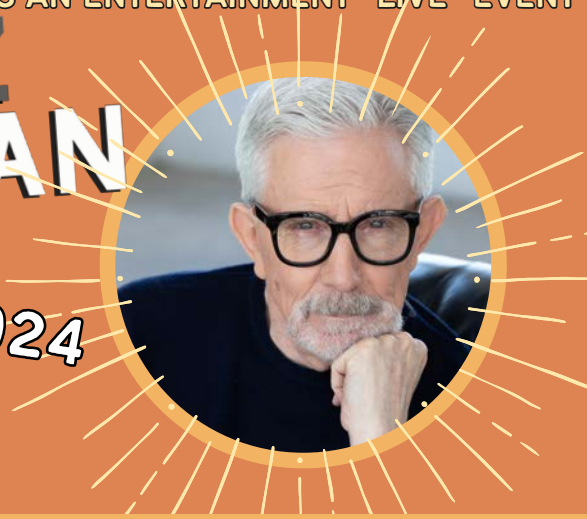
FEATURING: **FRITZ COLEMAN**

TICKETS: SUNDAY, NOVEMBER 17, 2024

3:00PM

(doors open at 2:30pm)

\$10
PER PERSON



JOIN US FOR AN AFTERNOON WITH FRITZ COLEMAN, AS HE ELOQUENTLY SHARES SOME OF HIS FAVORITE STORIES, HILARIOUS TALES, AND OBSERVATIONS ABOUT MODERN LIFE. FRITZ'S LIVE COMEDY SHOW EXPLORES A RANGE OF TOPICS, FROM RETIREMENT AND TRANSITIONING TO A VEGAN LIFESTYLE, TO HUMOROUS TAKES ON "ZOOM SCHOOL," PHARMACEUTICALS, AND THE JOYS OF BOTH GROWING UP AND GROWING OLD!

TICKETS ON SALE BEGINNING MONDAY, SEPTEMBER 16

PURCHASE IN-PERSON AT THE GOEBEL ADULT CENTER FRONT DESK OR OVER THE PHONE

PLEASE NOTE:

-TICKETS PURCHASED OVER THE PHONE WILL BE AVAILABLE FOR PICK UP AT THE GOEBEL ADULT CENTER FRONT DESK OR AT WILL-CALL ON THE DAY OF THE SHOW

-ALL TICKETS ARE NON-REFUNDABLE

BRATS & BEER

OKTOBERFEST

**HOLD ONTO YOUR LEDERHOSEN, EVERYONE...
LIVE MUSIC, PRETZELS, BRATS,
AND BEER GALORE! GET READY FOR THE
ULTIMATE OKTOBERFEST CELEBRATION!**

**FRIDAY, OCTOBER 4, 2024
5:00PM**



TICKETS:

\$15 PER PERSON

**ON SALE BEGINNING
MONDAY, SEPTEMBER 9**

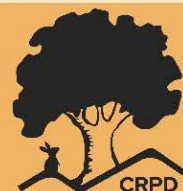
**PURCHASE TICKETS (IN-PERSON ONLY)
AT THE GOEBEL CENTER FRONT DESK.**

***4-TICKET PURCHASE
LIMIT PER PERSON***

***ALL TICKETS ARE
NON-REFUNDABLE***



**GOEBEL ADULT COMMUNITY CENTER
1385 E. JANS S ROAD, THOUSAND OAKS
805-381-2744**





CHARITY Karaoke

SING FOR A CAUSE

HOSTED BY



JOIN US OCTOBER 6TH FOR CHARITY KARAOKE, SING FOR A CAUSE, CONEJO VALLEY'S MUSICAL FUNDRAISER AND KARAOKE COMPETITION. KARAOKE CONTESTANTS SING WITH A LIVE BAND TO WIN MONEY FOR TWENTY LOCAL NONPROFITS.



America Supporting Americans
Arts Council of the Conejo Valley
Cancer Fit
Cancer Support Community
Community Conscience
Conejo Community Outreach
Conejo Schools Foundation
Conejo Senior Volunteer Program
Gold Coast Theatre Conservatory
Harbor House

Hospice of the Conejo
Make-A-Wish CVS
Manna Conejo Valley Food Bank
Play Conejo
Rotary Club of Thousand Oaks
Senior Concerns
Unity Conejo
Village Voices Chorale
Westminster Free Clinic
Widows, Orphans & Assistance Fund

Purchase Tickets & Donate Today
www.charitykaraoke.org

October 6, 2024
The Canyon Agoura Hills
Doors open at 5:00pm, Show starts at 6:00pm



SCAN QR CODE TO VOTE VIRTUALLY

Thank you to our 2024 Prize Sponsors



ROD STEWART

VS.

THE ROLLING STONES

WITH NEVER A DULL MOMENT

SUNDAY, OCTOBER 20, 3:00PM DOORS OPEN AT 2:30PM



FORMED IN 2017, THIS SIX-PIECE ROCK BAND BURST ONTO THE MUSIC TRIBUTE SCENE WITH THEIR UNIQUE BLEND OF RAW ENERGY, AND GENUINE REPRESENTATION OF CONCERT PERFORMANCES. YOU'LL FIND YOURSELF SINGING TO ALL THE SONGS. THIS IS A SHOW NOT TO BE MISSED!

TICKETS ON SALE NOW!

TICKETS:

\$10/

PER PERSON

PURCHASE TICKETS IN-PERSON AT THE GOEBEL ADULT CENTER FRONT DESK OR OVER THE PHONE, 805-381-2744.

PLEASE NOTE:

-ALL TICKETS ARE NON-REFUNDABLE

-TICKETS PURCHASED BY PHONE WILL BE AVAILABLE FOR PICK UP AT WILL-CALL



GOEBEL ADULT COMMUNITY CENTER
1385 E. JANS S RD., THOUSAND OAKS, 91362
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YOU ARE INVITED TO LEARN AND CELEBRATE THE
DAY OF THE DEAD!

A MEXICAN HOLIDAY FULL OF BEAUTIFUL TRADITIONS AND
SHARING REMEMBRANCE OF LOVED ONES WHO WENT BEFORE US



DIA DE LOS MUERTOS BREAKFAST

THURSDAY, OCTOBER 31
10:00AM-12NOON

JOIN US FOR A DELICIOUS BRUNCH ON THE BACK PATIO OF
THE GOEBEL ADULT CENTER!

TICKETS:
\$15
PER PERSON

TICKETS ON SALE BEGINNING THURSDAY, SEPTEMBER 26
PURCHASE TICKETS IN-PERSON ONLY AT THE
GOEBEL ADULT CENTER FRONT DESK.

PLEASE NOTE: 2-TICKET PURCHASE LIMIT PER PERSON
ALL TICKETS ARE NON-REFUNDABLE

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GONEJO RECREATION & PARK DISTRICT CLASSES

FALL 2024 SESSION: MONDAY, 9/9- FRIDAY, 10/25

FALL REGISTRATION NOW OPEN!



ARTS & MUSIC CLASSES

PAINTING: WATERCOLOR BASICS - PART 1

Mon, 9/9-9/30, 10:00-11:30am, Class #: 0800.4241
\$90/4 weeks, Instructor: Bob Noonan
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

PAINTING: WATERCOLOR BASICS - PART 2

Mon, 10/7-10/28, 10:00-11:30am, Class #: 0801.4241
\$90/4 weeks, Instructor: Bob Noonan
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

DIGITAL PHOTOGRAPHY CLASS

Mon, 9/9-10/21, 3:30-4:30pm, Class #: 0807.4241
Students must bring own camera
\$90/7 weeks, Instructor: Richard Smith

TONY TORRISI'S ACTING WORKSHOP

Tues, 9/10-10/22, 6:30-8:30pm, Class # **CLASS FULL** 0805.4241
\$135/7 weeks, Instructor: Tony Torrisi

HARMONICA- II NEW

Prerequisite: Beginning harmonica or previous experience
Tues, 9/24-10/29, 7:30-8:30pm, Class #: 0815.4241
\$57/6 weeks, Instructor: Dr. Ben Griffes

UKULELE- INTRODUCTION

Wed, 9/11-10/16, 5:00-6:00pm, Class #: 0805.4241
Bring ukulele (no baritones) \$3 materials fee due first class
\$66/6 weeks, Instructor: David Steinhart

ACRYLIC PAINTING: INTRODUCTION NEW

Wed, 9/11-10/23, 6:30-8:30pm, Class #: 0814.4241
\$40 materials fee due to instructor at first class
\$63/6 weeks, Instructor: Carol Roullard
Location: Carol Roullard Art Studio, 1329 E. T.O. Blvd., #210

ACTING 101

Thurs, 9/12-10/24, 6:30-8:30pm, Class #: 0811.4241
\$135/7 weeks, Instructor: Tony Torrisi

STREET PHOTOGRAPHY & PHOTO TOUR OF DOWNTOWN L.A.

Thurs, 9/19, 8:15am-3:00pm, Class #: 0808.4241
Thurs, 10/3, 8:15am-3:00pm, Class #: 0808.4242
Thurs, 10/17, 8:15am-3:00pm, Class #: 0808.4243
\$80/each 1-day class, Instructor: Richard Smith

UKULELE- LEVEL 2

Prerequisite: Ukulele Introduction
\$3 materials fee due to instructor at first class
Thurs, 9/12-10/17, 5:00-6:00pm, Class #: 0806.4241
\$66/6 weeks, Instructor: David Steinhart

PAINT NIGHT AT STUDIO 316- AGE 21+

Sat, 10/12, 5:00-7:30pm, Class #: 0803.4241
\$45/1 day, Instructor: Bob Noonan
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

DANCE CLASSES

DANCE IT OUT: LATIN/BALLROOM EDITION

Mon, 9/16-10/21, 2:30-3:00pm, Class #: 0824.4241
\$59/6 weeks, Instructor: Janet Snyder

BALLROOM DANCE

Mon, 9/16-10/21, 3:30-4:30pm, Class #: 0823.4241
\$71/6 weeks, Instructor: Janet Snyder
Night-Club Two-Step, Waltz, & Cha Cha

TAP DANCE- ADVANCED

Prerequisite: Tap 1 or prior tap experience
Mon, 9/9-10/21, 5:00-6:00pm, Class #: 0827.4241
Bring tap shoes, water, and wear comfortable clothing
\$73/7 weeks, Instructor: Debbie Munz

TAP DANCE- BEGINNING

Mon, 9/9-10/21 (7 wks), 6:00-7:00pm, Class #: 0825.4241
Thurs, 9/12-10/24 (7 wks), 2:10-3:10pm, Class #: 0825.4242
Bring tap shoes, water, and wear comfortable clothing
\$73/each 7-week session, Instructor: Debbie Munz

TAP 1

Prerequisite: Beginning Tap or prior tap experience
Mon, 9/9-10/21, 7:00-8:00pm, Class #: 0826.4241
Bring tap shoes, water, and wear comfortable clothing
\$73/7 weeks, Instructor: Debbie Munz

CHAIR TAP NEW

This class is designed for people with mobility challenges
Thurs, 9/12-10/24, 3:15-4:15pm, Class #: 0866.4241
\$73/7 weeks, Instructor: Debbie Munz

BALLET SLIM & TRIM

Tues, 9/10-10/22, 2:00-3:00pm, Class #: 0828.4241
\$67/7 weeks, Instructor: Ann Monahan

LINE DANCING- BEGINNING

Wed, 9/11-10/23, 2:30-3:25pm, Class #: 0820.4241
Wear smooth soled shoes and lightweight clothing
\$66/7 weeks, Instructor: Kathy Bailey

BUILDING BLOCKS OF BELLY DANCE

Wed, 9/11-10/23, 4:30-5:15pm, Class #: 0829.4241
Wear yoga-like attire and bring a water bottle
\$75/7 weeks, Instructor: Lisa Rauschenberger

BELLY DANCE!

Wed, 9/11-10/23, 5:30-6:30pm, Class #: 0821.4241
Wear yoga-like attire and bring a water bottle
\$75/7 weeks, Instructor: Lisa Rauschenberger

HIKES WITH THE DR.

HOW TO GET A GOOD NIGHT'S SLEEP

Sat, 10/5, 7:45-9:15am, Class #: 0855.4242
LOCATION: Los Robles Trail
\$5/1-day hike, Instructor: Dr. Ben Griffes

7 HABITS OF INCREDIBLY HAPPY PEOPLE

Sat, 10/19, 7:45-9:15am, Class #: 0855.4241
LOCATION: Wildwood Park
\$5/1-day hike, Instructor: Dr. Ben Griffes



FITNESS & YOGA CLASSES

CHAIR-BASED STRENGTH & BALANCE- LEVEL 1

AGE 50+

Mon, 9/9-10/21 (7 wks), 12:30-1:20pm, **-CLASS FULL-**
Fri, 9/13-10/25 (7 wks), 1:30-2:20pm, Class #: 0836.4242
\$73/each 7-week session, Instructor: Cathya Haas

CHAIR-BASED STRENGTH & BALANCE- LEVEL 2

AGE 50+

Prerequisite: Chair-Based Strength & Balance- Level 1
Bring a pair of 2-3lb hand weights
Mon, 9/9-10/21 (7 wks), 1:30-2:20pm, Class #: 0837.4241
Fri, 9/13-10/25 (7 wks), 12:30-1:20pm, **-CLASS FULL-**
\$73/each 7 week session, Instructor: Cathya Haas

CHAIR-BASED STRENGTH & BALANCE- LEVEL 3

AGE 50+

Prerequisite: Chair-Based Strength & Balance- Level 2
Bring a pair of 3-5lb hand weights
Mon, 9/9-10/21, 11:30am-12:20pm, **-CLASS FULL-**
\$73/7 weeks, Instructor: Cathya Haas

TAI CHI-INTRODUCTION-AGE 50+

Tues, 9/10-10/22, 8:30-9:30am, Class #: 0838.4241
\$59/7 weeks, Instructor: Jean Stoutenborough

CAPOEIRA

Tues & Thurs, 9/10-10/24, 6:10-7:10pm, Class #: 0831.4241
\$10 materials fee due to instructor first class, (no class 9/26)
\$180/7 weeks, Instructor: Andy Gomez

STRENGTH, STRETCH & SCULPT-AGE 50+

Tues, 9/10-10/22, 3:15-4:15pm, Class #: 0834.4241
Bring a yoga mat
\$59/7 weeks, Instructor: Ann Monahan

GENTLE YOGA-AGE 50+

Wed, 9/11-10/23, 9:00-9:45am, Class #: 0832.4241
Bring a yoga mat or towel
\$87/7 weeks, Instructor: Cici Bo

STRETCH, TONE & BALANCE

Wed, 9/11-10/23, 1:15-2:10pm, Class #: 0835.4241
Bring water, non-slip yoga mat, and pair of 1-3lb hand weights
\$66/7 weeks, Instructor: Kathy Bailey

TAI CHI- BEGINNING/INTERMEDIATE-AGE 50+

Prerequisite: Intro to Tai Chi or basic knowledge of Tai Chi
Thurs, 9/12-10/24, 8:30-9:30am, Class #: 0839.4241
\$59/7 weeks, Instructor: Jean Stoutenborough

REDUCE ANXIETY WITH GENTLE EXERCISE

Fri, 9/13-10/18, 3:00-4:00pm, Class #: 0830.4241
(no class 10/11)
\$48/5 weeks, Instructor: Jim Belsley

SPECIALTY CLASSES

MEDITATION WITH SOUND THERAPY

Mon, 9/9-10/21, 10:00-11:00am, Class #: 0850.4241
\$73/7 weeks, Instructor: Ann Vannoy

REIKI- LEVEL 1

\$17 textbook fee due to instructor at first class
Mon, 9/9-10/21, 11:15am-12:15pm, Class #: 0851.4241
\$73/7 weeks, Instructor: Ann Vannoy

MAH-JONGG FOR BEGINNERS

Mon, 9/9-10/14, 10:00am-12noon, Class #: 0857.4241
\$85/6 weeks, Instructor: Lorraine Urist

SOUND HEALING MEDITATION

Mon, 9/9-10/14, 12noon-12:45pm, Class #: 0833.4241
\$90/6 weeks, Instructor: Cici Bo
Location: Harmony Family Yoga Studio-
804 East Thousand Oaks Blvd. Thousand Oaks, 91362

IPHONE/IPAD WORKSHOP

Tues, 9/17, 10:00-11:30am, Class #: 0864.4241
\$25/1 day class, Instructor: Tracie Karasik

WOMEN'S DRUM CIRCLE FOR WELLNESS

Tues, 9/10-10/22, 10:00-11:00am, Class #: 0809.4241
\$73/7 weeks, Instructor: Ann Vannoy

MEDICAL MEDITATION

NEW

Wed, 9/11-9/25, 10:00-11:00am, Class #: 0865.4241
\$25/3 weeks, Instructor: Irene Rowland

BEGINNING SPANISH

Wed, 8/21-10/2, **CLASS CANCELLED**, Class #: 0859.4241
\$87/7 weeks, Instructor: Anna Colilles

INTERMEDIATE SPANISH

Wed, 8/21-10/2, **CLASS CANCELLED**, Class #: 0860.4241
\$87/7 weeks, Instructor: Anna Colilles

ENGLISH CONVERSATION

Wed, 8/21-10/2, **CLASS CANCELLED**, Class #: 0861.4241
\$87/7 weeks, Instructor: Anna Colilles

INTRODUCTION TO ANTIQUE JEWELRY

Students must bring a 10x jewelers loupe
Thurs, 9/12-10/24, 10:30-11:30am, Class #: 0812.4241
\$85/7 weeks, Instructor: Birdi Weckbaugh

TRY YOUR HAND AT POKER

NEW

Thurs, 9/12-10/24, 9:30-11:30am, Class #: 0867.4241
(no class 10/3)
\$85/6 weeks, Instructor: Lorraine Urist

FILM NOIR

Thurs, 9/12-10/17, 2:30-5:00pm, Class #: 0863.4241
\$63/6 weeks, Instructor: Joe Longo

CONSCIOUS CONNECTED BREATHWORK

NEW

Thurs, 9/12-10/24, 6:30-7:30pm, Class #: 0843.4241
Bring a yoga mat and blanket (no class 10/10)
\$67/6 weeks, Instructor: Abby Brandi

MAH-JONGG - INTERMEDIATE/ADVANCED

Prerequisite: Mah-Jongg for Beginners
Fri, 9/13-10/25, 10:00am-12noon, Class #: 0858.4241
(no class 10/4)
\$85/6 weeks, Instructor: Lorraine Urist

SENIOR VOLUNTEER INSTRUCTED CLASSES

\$10 FOR 10 WEEKS!



FALL 2024 SESSION:

**MONDAY, AUGUST 12-FRIDAY, OCTOBER 18
(NO CLASSES MONDAY, SEPTEMBER 2)**

Register for Fall session now, at the Goebel Adult Center front desk.

TAP DANCE- INTERMEDIATE

Mondays, 10:00-11:00am
Fall Session: 8/12-10/14 (no class 9/2)
Cost: \$9/9 weeks
Instructor: Jane Kampbell

MEANING OF OPERA- ZOOM*

Mondays, 3:30-5:00pm
Fall Session: 8/19-10/14 (no class 9/2)
Cost: \$9/9 weeks
**Class is taught virtually through Zoom
Link will be sent by email upon registration.*
Instructor: Steve Kohn

SPANISH- INTERMEDIATE

Wednesdays, 9:00-11:00am
Fall Session: 8/14-10/16
Cost: \$10/ 10 weeks

TAI CHI CHUAN

Tuesdays & Thursdays, 9:45-10:45am
Fall Session: 8/13-10/17
-CLASS FULL- /17
Cost: \$10/ 10 weeks
Instructor: Elaine Pawelczyk

ITALIAN- INTERMEDIATE

Thursdays, 10:00am-12noon
Fall Session: 8/15-10/17
Cost: \$10/10 weeks
Instructor: Frank Fedeli

MAH-JONGG- ALL LEVELS

Tuesdays, 6:00-8:00pm
Fall Session: 8/13-10/15
Cost: \$10/ 10 weeks
Instructor: Abbey Clark

MEDITATION- ZOOM*

Thursdays, 2:00-3:15pm
Fall Session: 8/15-10/17
Cost: \$10/ 10 weeks
**This class is taught virtually through Zoom. Link will be sent
by email upon registration.*
Instructor: Penny Olsen

AERONAUTICAL EDUCATION

Wednesdays, 12:15-2:15pm
Fall Session: 8/14-10/16
Cost: \$10/ 10 weeks
Instructor: Ralph Meyer

HAND SEWING

Wednesdays, 9:30-11:30am
Fall Session: 8/14-10/16
Cost: \$10/10 weeks
*No instruction or supplies provided. Bring your
own hand-sewn project to work on.*
Facilitator: Sandra Toutz

KNITTERS & CROCHETERS

Tuesdays & Thursdays, 12noon-3:00pm
Fall Session: 8/13-10/17
Cost: \$20*/10 weeks
**\$20 fee due to meeting twice a week
Bring your own project to work on in a social
environment. No instruction or supplies provided.*
Facilitator: Yvonne Avis

OPEN STUDIO TIME FOR ARTISTS

Thursdays, 3:00-5:30pm
Fall Session: 8/15-10/17
Cost: \$10/10 weeks
Bring own supplies. All mediums welcome.
Facilitator: Kathleen Gates

SHAKESPEARE FOR EVERYONE

Fridays, 1:00-2:30pm
Fall Session: 8/16-10/18
Cost: \$10/ 10 weeks
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

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 **FULL** for children, service members, and older adults.



CRAFTERS WORKSHOP

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

NIFTY LADIES WORKSHOP

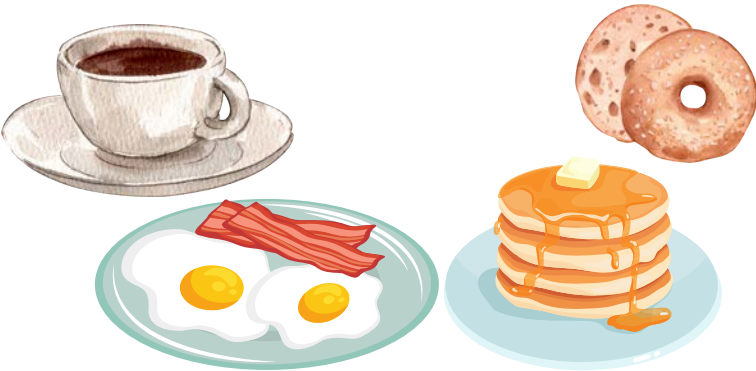
Wednesdays, 12:30-3:00pm
Sew special projects for patients, children, service members, and older adults.

THE GOEBEL CAFÉ

MONDAY-FRIDAY, 9:00-11:00AM

Join us for breakfast today,
at the Goebel Café!

Open to the public, 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/week), and shelf-stable milk.

Suggested contribution for daily meal is \$4.

The Senior Nutrition Program is for seniors 60+.
NO eligible individual shall be denied participation
because of inability to contribute.

Visit www.crpd.org/gacc to view weekly menu.



CSVP BOUTIQUE

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

Located inside the Goebel Adult Center
1385 East Janss Road, Thousand Oaks
For more information call, 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. Cash or check only.



UNLESS OTHERWISE STATED, THE FOLLOWING ARE ALL DROP-IN, AND NO REGISTRATION IS REQUIRED. DISCOVER MORE DROP-IN ACTIVITIES, VISIT THE GOEBEL ADULT CENTER FRONT DESK TO PICK UP A DROP-IN SCHEDULE!

-SENIOR SPORTS-

BILLIARDS, AGE 50+

4 tables, all open play
Two 9' tables, one 8' table, one snooker table
Location: Goebel Adult 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 Center Social Lobby.

BASKETBALL, AGE 50+

Mondays, Wednesdays & Fridays, 8:30-11:00am
Location: Teen Center, next door to Goebel Adult Center

BADMINTON, AGE 50+

Tuesdays & Thursdays, 8:30-11:00am
Location: Teen Center, next door to Goebel Adult 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: Horseshoe Pits at Goebel Adult Center

TABLE TENNIS, AGE 18+

Tuesdays, 4:30-6:30pm & Thursdays, 4:30-8:00pm
4 tables, all open play
Location: Goebel Adult Center Main Hall

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

COMPUTER LAB, AGES 50+
Unless otherwise posted, the Computer Lab is open to those ages 50+ during the following days & times:
Mondays-Thursdays: 8:30am-8:30pm
Friday, 8:30am-4:45pm
Saturday, 12noon-3:45pm
PLEASE NOTE: HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE
The computer lab is available for browsing the internet, checking email, Microsoft Office, playing games, and more.
Complimentary 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 fun 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

Rehearsing music from the Big Band Era- 40's, 50's, & 60's. **Audience welcome to watch!**

FOREVER YOUNG

Fridays, 9:00-11:00am, Direct Group is full at this time. Call Goebel Center to be placed on waiting list.

BALLROOM DANCE

1st & 3rd Saturdays, September 7 & 21
Live band music, complimentary dance lesson.
See page 16 for more information.

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 Adult Center staff with any questions/concerns.

LGBTQ+ CAREGIVER SUPPORT GROUP

1st & 3rd Mondays, September 16, 1:00-2:30pm
(no meeting on September 2)
Facilitator: Brenda Birdwell, 805-699-8907

WIDOW/WIDOWER SUPPORT GROUPS

HOSPICE OF THE CONEJO
No walk-ins, prior to attending, please call 805-495-2145 to be placed in the appropriate group.
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, September 12, 1:00-3:00pm
For friends, family, and individuals affected by M.S.
Facilitator: Darlene, 360-701-0989

DIABETES CLASSES

4th Wednesdays, September 25, 1:30-3:00pm
Free class, provided by Livingston Memorial Visiting Nurse Association, about managing life with Type 2 and pre-diabetes. Learn about meal planning, exercise, blood sugar monitoring, medication, and new developments. Presented by: Linda Hampson, RN, MSN Diabetes Nurse

ALZHEIMER'S SUPPORT GROUP

1st & 3rd Fridays,
September 6 & September 20, 9:30-11:00am
Presented by the Alzheimer's Association.
For family and/or caregivers of those with Alzheimer's.
Facilitator: Jordanna, 805-261-2189

THOUSAND OAKS LOW VISION SUPPORT GROUP

Fridays, 10:00am-12noon
Support for those with low vision and/or blindness. Coping strategies, technology accommodations, and helpful information about community resources are discussed. Friends, family & caregivers welcome!
For more information call, 805-601-5280

POST POLIO SYNDROME SUPPORT GROUP

1st Saturdays, September 7, 12:30-2:00pm

SOCIAL SERVICES:

GREY LAW:

2nd Mondays, October 14, by appointment only
Meet with Attorney, Sharon Yoon, for assistance regarding legal issues. Specifically designed for individuals and non-profit groups that have limited access to legal services. **For more information or to schedule an appointment, call 805-658-2266, or email greylawvc@gmail.com**

WILLS & LIVING TRUSTS PREPARATION:

3rd Wednesdays, October 16, by appointment only
No charge, no obligation appointments with Sharon Yoon, Grey Law Attorney, to discuss preparation of wills & living trusts with affordable follow up service available. **For more information or to schedule an appointment, call 805-658-2266, or email greylawvc@gmail.com**

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP):

2nd & 4th Wednesdays, September 11 & 25 (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 with a HICAP Counselor at the Goebel Adult Center, call 805-477-7328 or 805-477-7310**

CSVP TAX ASSISTANCE SERVICES:

1st Wednesdays (through October), by appointment only
CSVP will prepare and file income tax returns for years 2021-2023, prepare amended returns, assist with questions arising from letters/notices from the IRS/Franchise Tax Board, and general tax-related issues. **Location: Conejo Creek South Community Building. For more information or to schedule an appointment, call the CSVP office, 805-381-2742**

SENIOR DIAL-A-RIDE (DAR):

The City of Thousand Oaks operates a Dial-A-Ride (DAR) program for those ages 65+. DAR can be used to do errands, go shopping, or to get to appointments. DAR tickets are available for cash purchase at the Goebel Adult Center front desk. **Call 805-375-5467 for more information or to schedule a ride.**

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 with local information and referrals. **Connect by dialing 2-1-1 from your landline or cell phone.**

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**



SENIOR ADVOCATES:

Seniors and family caregivers are often faced with complicated, confusing, and often frustrating issues, resulting in concerns and questions. Senior Concerns is here to help! Speak with a Senior Advocate for information and assistance regarding: housing, transportation, legal & health-related issues, in-home care/facility placement, government benefits, senior programs, health & long-term care insurance. **For more information or to schedule an appointment, call 805-497-0189 or email egu@seniorconcerns.org**

COMPLIMENTARY HOME REPAIRS FOR SENIORS:

Senior Concerns, in partnership with the Westlake Village Sunrise Rotary, provide complimentary home repair services for seniors living in the 91361 & 91362 zip codes. **For more information or to schedule an appointment, please contact Senior Concerns 805-497-0189, www.seniorconcerns.org**

DISCUSSION GROUPS:

Discussion groups are individual forums facilitated by volunteers for discussion of a variety of topics. Conejo Recreation & Park District provides classrooms for discussion but does not organize forums nor advocate any opinions/comments expressed. Please contact Goebel Adult 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

ROUND-TABLE DISCUSSION GROUP:

1st Tuesdays, September 3, 10:30am-12noon, with The Foundation for Senior Services

BOOK DISCUSSION GROUP:

2nd Tuesdays, September 10, 7:00-8:45pm, with Cheryl Miller, 805-368-4542

MEN'S DISCUSSION GROUP:

Tuesdays, 10:00am-12noon, with Lloyd Minton
Wednesdays*, **2:00-4:00pm**, with Dr. Peter Greenwood
**4th Wednesday of each month, meeting occurs outdoors on Goebel Adult Center Patio*

GENEALOGY DISCUSSION GROUP:

Wednesdays, 2:00-4:00pm, with Georgine Herd

SENIOR SINGLES SOCIAL GROUP:

Wednesdays, 7:00-8:30pm, with Marie, 732-407-1816

STAMP CLUB:

2nd & 4th Thursdays, September 12 & 26, 4:00-5:30pm
For more information, call Rick 805-405-4566

HISTORY BOOK DISCUSSION GROUP:

2nd Thursdays, September 12, 7:00-8:45pm, with Jack Heller, 805-341-7585

CONEJO VALLEY WRITERS:

2nd Saturdays, September 14, 12noon-2:30pm
For more information, email: marcia.smart@roadrunner.com

COMMUNITY PROGRAMS:

BATTERY RECYCLING:

Once discarded, household batteries of ALL sizes, both rechargeable and single use, become hazardous waste. **A battery recycle bin is located outside the main entrance of the Goebel Adult Center where all household batteries can be safely recycled.**

RECYCLE FOR SIGHT- EYEGLASS RECYCLING:

Make a positive difference! Donate your used eyeglasses & sunglasses to be recycled, and help someone see better. **An eyeglass recycling box is located on the Goebel Adult Center front desk. Glasses only, no cases, please.**

AMERICANS SUPPORTING AMERICA (ASA):

ASA collects donated goods for military care packages in an effort to ensure that our troops feel the warmth and support of home. **A donation collection box is located near the Goebel Adult Center front desk. Curious about what to donate? Please visit <https://asa-gcvc.org/get-involved/>**

FUNDRAISING WITH RALPHS:

Help the Goebel Adult 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 can be donated to the Goebel Adult Center. Be sure to use the Goebel Adult Center Commission NPO #DE917. **For more information, call 800-443-4438.**

GET YOUR DANCING SHOES ON!

Ballroom Dance

JOIN US! BALLROOM DANCE'S ARE HELD ON THE FIRST & THIRD SATURDAYS OF EACH MONTH, AT THE GOEBEL ADULT CENTER.

Saturday, September 7- Erik Ekstrand

Saturday, September 21- Pier 101

Saturday, October 5- Wyatt Haupt

Saturday, October 19- Tropic Starr



6:00PM

-DOORS OPEN-

6:30-7:20PM

-DANCE LESSON-

7:30-10:00PM

-LIVE BAND/DANCE-

ADMISSION:

\$10/PER PERSON AT THE DOOR

CASH OR CHECK ONLY (PAYABLE TO CRPD)

Interested in Ballroom Dance Sponsorship Opportunities?

Call or Email Mark Williams

805-381-2744 / mwilliams@crpd.org

GOEBEL ADULT COMMUNITY CENTER DAY TRIPS

Register (in-person only) for "Let's Taco About It!"
beginning Friday, September 13, at 9:00am

DAY-TRIP WALKING SCALE

All trips involve walking and likely some stairs, including getting on and off the bus. This walking scale will help you determine if a particular trip is within your ability range.

- 1 = MODERATE:**
Some walking, possibly a few stairs
- 2 = STRENUOUS:**
Significant amount of walking. Stairs included with some stopping and/or sitting
- 3 = VERY STRENUOUS:**
Majority of the trip is walking. Multiple sets of stairs, as well as, up and down hills

LET'S TACO ABOUT IT!

REGISTER BEGINNING
FRIDAY, SEPTEMBER 13,
AT 9:00AM

Friday, November 1, 2024, 8:30am-6:00pm

Embark on a taco extravaganza with Tucker Tours and prepare to unravel the captivating evolution of L.A.'s taco scene. From the sun-kissed Yucatan region of Mexico, to treasured family recipes passed down through generations, each taco you'll encounter tells a tale. This taco tour will lead you to five remarkable tasting locations, where you'll encounter culinary treasures that have stood the test of time. Step into a legendary panderia, a beloved bakery that has been tantalizing taste buds for an impressive 70 years, serving up the most exceptional tamales you'll ever experience. Each bite is a testament to tradition and a homage to the generations that have perfected the art of tamale-making. Come hungry and eager to explore, as you are guaranteed an unforgettable taco adventure!

\$125 PER PERSON. WALKING SCALE= 3

A TRIBUTE TO ABBA AT THE HOLLYWOOD BOWL

-SOLD OUT-
CALL TO BE PLACED ON WAITING LIST

Friday, September 20, 4:30-11:30pm

You know the songs. You know the moves. It's the sensational ABBA tribute band performing some of the biggest hits of all time. Get ready to sing, dance, and shout in a night dedicated to Sweden's greatest export and their most memorable tunes! Enjoy dinner on your own at the Hollywood Bowl or bring a picnic dinner.

\$118 PER PERSON. WALKING SCALE= 3

HER-STORY UNVEILED: THE INSPIRING WOMEN OF L.A.

Wednesday, October 9, 8:30am-5:00pm

Embark on an extraordinary tour that celebrates the remarkable women who have shaped the landscape of L.A. through their inspiring acts of empowerment and innovation. Join Tucker Tours and discover the indomitable spirit of the women who forged their own paths, leaving an indelible impact on L.A. as a whole. You will visit the sites where these exceptional women made history, immersing you in the surroundings that witnessed their groundbreaking achievements. From their offices and institutions, to the events they organized, each location will come alive with the stories of resilience, entrepreneurship, and leadership.

\$95 PER PERSON. WALKING SCALE= 1

REGISTER TODAY!
-LIMITED SPACES AVAILABLE-

HAUNTED L.A. HISTORY TOUR

REGISTER TODAY!
-LIMITED SPACES AVAILABLE-

Wednesday, October 30, 8:30am-5:30pm

Join Tucker Tours for a spine-tingling adventure through the haunted history of L.A. Explore some of the city's most notorious hotspots for paranormal activity such as, a cemetery with a dark history, the HMS Bounty, a historic L.A. restaurant for an **included lunch**, and the Country Club Park Historic District. Plus, listen to footsteps and voices heard in the Pico House and try to figure out who is haunting the old suite at the Cecil Hotel. If you love ghost stories and the thrill of the unknown, then this tour is definitely for you!

\$100 PER PERSON. WALKING SCALE= 1

IMPORTANT DAY-TRIP INFORMATION:

- **Registration:** In-person only, at the Goebel Adult Center front desk
- **Goebel Senior Center Commission Sponsored Day-Trips:** Limited to a 2-registration limit per person
- **Day trips are open to those ages 50+**
- **Payment:** Cash, Check, Visa, and MasterCard are accepted forms of payment for all day-trips
- **Accident/Medical Insurance:** \$1 per person, per calendar year, non-refundable, and is **required** for all participants on all day-trips
- **Walking Scale:** The walking scale above will help you determine if a particular trip is within your ability range. Review the walking scale prior to signing up
- **Bus Boarding:** Boarding of the bus is not permitted until trip escort and Goebel Adult Center Staff are present
- **Dates, locations, and times are all subject to change**

NATIONAL TRIPS

FOR MORE INFORMATION REGARDING THE FOLLOWING TRIPS, PICK UP A DETAILED TRIP BROCHURE, AVAILABLE AT THE GOEBEL ADULT CENTER FRONT DESK, OR CONTACT MARK WILLIAMS, 805-381-2744, [MILLIAMS@CRPD.ORG](mailto:mwilliams@crpd.org)

GREAT SMOKY MOUNTAINS, NASHVILLE & KENTUCKY:

SEPTEMBER 4-13, 2024

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.

MUIR WOODS, MONTEREY & SAN LUIS OBISPO:

SEPTEMBER 24-27, 2024

Tour Price Includes: Deluxe Motor-Coach Transportation, Professional Tour Director, 2 Nights Embassy Suites (waterfront, South San Francisco), 1 Night Embassy Suites by Hilton (San Luis Obispo), 3 Breakfasts.
\$899/per person, double occupancy - \$1,499/per person, single occupancy.

HEARST CASTLE AT CHRISTMAS TIME:

DECEMBER 15-17, 2024

Tour Price Includes: Deluxe Motor-Coach Transportation, Hotel Accommodations at Embassy Suites by Hilton San Luis Obispo, Cambria Christmas Market, Christmastime Tour of Hearst Castle, Luggage Handling, and 2 breakfasts.
\$789/per person, double occupancy - \$999/per person, single occupancy.

COLORFUL COSTA RICA:

MARCH 5, 2025

Tour Price Includes: Roundtrip Airfare & Transfers at LAX, 8 nights- Hotel Accommodations, 14 Meals, Professional Naturalist Tour Director, Motor-Coach Transportation, Admissions per Itinerary, Comprehensive Sightseeing, Luggage Handling at Hotels, Hotel Transfers, and International Air Departure Taxes, Fuel & Fees. *\$4,099/per person, double occupancy - \$4,849/per person, single occupancy.*

WASHINGTON DC CHERRY BLOSSOMS:

APRIL 7, 2025

Tour Price Includes: Roundtrip Airfare & Transfers at LAX, Hotel Accommodations, 8 Meals, Professional Tour Director, Motor-Coach Transportation, Admissions per Itinerary, Comprehensive Sightseeing, Luggage Handling, and Hotel Transfers.
\$4,050/per person, double occupancy - \$4,875/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)**, as well as, 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 of each month at 1:00pm.

Amelia Ammons, *Commissioner*

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*

SAVE THE DATE!

Goebel Adult Center's Annual

HOLIDAY CRAFT BAZAAR

SATURDAY,

NOVEMBER 23, 2024

10:00AM-3:00PM

INTERESTED IN PARTICIPATING AS A VENDOR?
PICK UP AN APPLICATION TODAY AT THE
GOEBEL ADULT CENTER FRONT DESK!

Conejo Recreation & Park District

CONEJO SENIOR
VOLUNTEER
PROGRAM



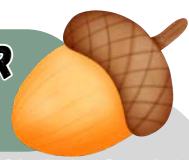
SEPTEMBER 2024

TO:



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

GOEBEL ADULT CENTER HOURS OF OPERATION



CLOSED MONDAY, SEPTEMBER 2, IN OBSERVANCE OF LABOR DAY

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



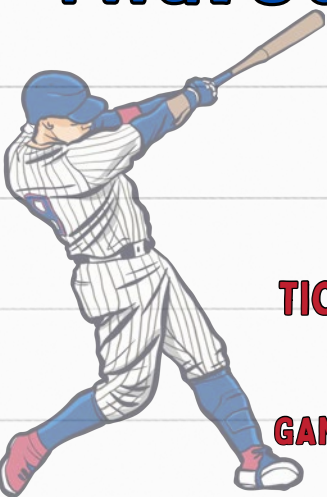
TAKE ME OUT TO THE BALLGAME!

CALLING ALL BASEBALL FANS...

JOIN US FOR A DODGER GAME WATCH-PARTY!

ENJOY ALL-YOU-CAN-EAT DODGER DOGS, HAMBURGERS,
NACHOS, POPCORN, PEANUTS, AND MORE!

Thursday, September 19, 1:40pm



vs



TICKETS: \$15/PER PERSON

TICKETS ON SALE NOW! PURCHASE (IN-PERSON ONLY)

AT THE GOEBEL ADULT CENTER FRONT DESK.

PLEASE NOTE:

*4-ticket purchase limit per person

*all tickets are non-refundable

GAME WILL BE SHOWN IN THE GOEBEL CAFE