



# The GOEBEL GAZETTE

## OCTOBER 2024

**GOEBEL ADULT COMMUNITY CENTER**  
1385 E. JANS ROAD  
THOUSAND OAKS, CA 91362  
805-381-2744  
EMAIL: [GACC@CRPD.ORG](mailto:GACC@CRPD.ORG)  
WEBSITE: [CRPD.ORG/GACC](http://CRPD.ORG/GACC)



# 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. 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 De Pau, 956-542-8987**

## BUS TRIP ESCORTS WANTED!

Apply to be a volunteer Bus Trip Escort for Goebel Adult Center Day-Trips! Two year assignments begin in January 2025. Applications are available now at the Goebel Adult Center front desk. **Application deadline is Monday, November 4, 2024.**

**For questions or more information, please contact Mark Williams, 805-381-2744, [mwilliams@crpd.org](mailto:mwilliams@crpd.org).**



## ASK AN ADVOCATE



**Thursday, October 24, 10:30am**

**Stop by the Senior Concerns table in the Goebel Adult Center and "Ask an Advocate"**

An Advocate from Senior Concerns will be available on **Thursday, October 24** to answer your questions about topics such as housing options, caregiving services, benefits available to you, and support groups. If your situation is more complex the Advocate can schedule time to meet one-on-one, as well.

**Registration not required, just stop by!**

## \$5 COMPUTER HELP W/ COLLIN

**Wednesday, October 9  
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**

## 2025 MEDICARE CHANGES

**Friday, October 11, 12noon-1:30pm**

It is almost time for Medicare's Annual Enrollment Period. Are you ready? Are you aware of the 2025 Medicare changes?

The Health Insurance Counseling and Advocacy Program (HICAP), part of the Ventura County Area Agency on Aging (VCAAA) will be at the Goebel Adult Center to present an informational session and answer your questions.

**Seating limited, registration required.**

**To register, call 805-381-2744, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Adult Center front desk.**

**For more information regarding HICAP, please call 805-477-7300 or 800-434-0222**

## BRAIN HEALTH: TIPS TO KEEP YOUR BRAIN STRONG

**Thursday, October 10, 10:00-11:30am**

Join Joshua Arce, Co-Founder of The Brain Cell, for a discussion on strategies to support cognitive function and maintain neural health through science-backed methods. The importance of understanding the role of individual brain cells in overall brain performance and how to protect and strengthen them will be emphasized.



**Seating is limited, registration required.**

**To register, call 805-381-2744, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Adult Center front desk.**

## LOOKING FOR A NEW VOLUNTEER OPPORTUNITY?

**LEARN MORE ABOUT BECOMING A CSVP TAX PREPARER**

Be a part of a team of volunteers that provide FREE Income Tax Assistance to seniors age 60+ and anyone who makes under \$67,000 per year. Accounting experience not necessary, but must be comfortable using computers and commit to volunteering one day a week from February-April 2025. Training takes place in January.

**Contact the CSVP Office, 805-381-2742, to sign-up for the December Informational Meeting.**

## MEET ME AT THE MOVIES

**Wednesday, October 16, 4:00pm**

**Title:** *Air* (2023) Comedy/Sport

**Rating:** R

**Synopsis:** Follows the history of sports marketing executive Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, Michael Jordan.

**Starring:** Matt Damon, Jason Bateman, Ben Affleck

**Run-Time:** 1 hour, 51 minutes



**Seating limited, Registration required.**

**To register, call 805-381-2744, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Adult Center front desk.**

## Downsizing:

## WHAT TO DO WITH YOUR STUFF

**Thursday, October 24, 11:00am**

This presentation will discuss options to liquidate some, or all, of your household belongings in preparation for moving, selling, or making your home safer and more comfortable.

Tips on how to get started organizing, where to find help, estate sales, auction houses, consignment stores, resale apps, Craigslist, and other tools will be explained.

**Presented by: Annette Broersma, M.S.**

**Registration required. To register, call 805-381-2744, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Adult Center front desk.**

# SEMINARS & WORKSHOPS



## **LOVE ON A LEASH THERAPY DOGS**

**Tuesday, October 1, 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!*

## **ROUND-TABLE DISCUSSION GROUP**

**1st Tuesdays, October 1  
10:30am-12noon**

Join this interactive round-table! A 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.*



FOUNDATION FOR  
**Senior Services**  
Helping Seniors Age Well

*Just drop-in!  
No registration required.*

## **HAIRCUTS BY RODNEY**

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

**Mondays, October 7 & October 21**

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.**

## **TEENS HELP WITH TECH!**

**Saturdays, October 12 & 26  
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**  
Register today! *Seating limited, registration required.*  
To register, call **805-381-2744**, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Adult Center front desk.

## **NATIONAL TRIP SLIDESHOW PRESENTATION**

**Monday, October 21, 1:00pm**

Join Premier Tours at the Goebel Adult Center for a Slideshow Presentation and learn more about their "Colorful Costa Rica" and "Washington D.C. Cherry Blossoms" excursions!  
*Reservations encouraged, call 805-381-2744, email [gacc@crpd.org](mailto:gacc@crpd.org), or visit the Goebel Adult Center front desk.*



## **2025 MEDICARE OPEN ENROLLMENT**

Do you need help with Medicare's Annual Enrollment Period? Certified HICAP counselors will be available (by appointment only) to guide you through the process and answer your questions. Explore new coverage options; compare plans to find the best fit for your needs; make sure your current prescriptions are covered; ensure you're getting the best value for your healthcare. The Ventura County Area Agency on Aging's (VCAAA) Health Insurance Counseling and Advocacy Program (HICAP) will be hosting One-Stops (in-person appointments) to assist local residents with navigating 2025 Medicare Open Enrollment. **An appointment is required to meet with a counselor. To schedule an appointment, you must first complete the HICAP Comparison-Appointment Request Form.** A VCAAA representative will contact you to schedule an appointment once the form is received.

**Appointment options:** One-Stops (in-person), online, telephone, or Zoom.

### **OPEN ENROLLMENT ONE-STOPS (IN-PERSON APPOINTMENTS) IN THOUSAND OAKS**

**Location: Conejo Creek South Community Building (across the street from the Goebel Adult Center)**

**1350 East Janss Rd., Thousand Oaks, 91362**

**Monday, October 21, 10:00am-2:00pm**

**Monday, November 4, 10:00am-2:00pm**

**Monday November 18, 10:00am-2:00pm**

**Monday, November 25, 10:00am-2:00pm**

**FOR MORE INFORMATION PLEASE CONTACT HICAP, 805-477-7300, 800-434-0222**

# BINGO

**OPEN TO AGES 18+** **CASH ONLY**

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:

MINIMUM BUY-IN (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: (PAPERS ONLY)

MINIMUM BUY-IN (1 SET OF ALL PAPERS)=\$21  
BUY-IN 4-ONS=\$5 & 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





# 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](http://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**



# COMEDY SPECIAL

FEATURING:

# FRITZ COLEMAN



TICKETS:

SUNDAY, NOVEMBER 17, 2024

**\$10**

3:00PM

PER PERSON

(doors open at 2:30pm)

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 NOW!

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

The Goebel Senior Center Commission Proudly Presents an Entertainment "LIVE" Event



# Blue Christmas with Elvis

FEATURING:

**RAYMOND MICHAEL**

**SUNDAY, DECEMBER 15**

**3:00PM DOORS OPEN 2:30PM**

FROM HIS FABULOUS OUTFITS (WHICH ARE EXACT REPLICAS OF ELVIS PRESLEY'S JUMPSUITS) DOWN TO HIS VOICE AND STAGE PRESENCE, RAYMOND MICHAEL IS LONG RECOGNIZED AS ONE OF THE BEST TRIBUTES TO THE "KING" OF ROCK-N-ROLL!

### ON SALE BEGINNING MONDAY, OCTOBER 14

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

Goebel Adult Center's Annual

**VENDORS  
WANTED!**

# **HOLIDAY CRAFT BAZAAR**

**SATURDAY,  
NOVEMBER 23, 2024  
10:00AM-3:00PM**

**CALLING ALL CREATIVE, INNOVATIVE, AND SKILLFUL  
VENDORS TO JOIN THE HAND-MADE FUN!**

**INTERESTED IN PARTICIPATING?  
PICK UP AN APPLICATION PACKET TODAY AT THE  
GOEBEL ADULT CENTER FRONT DESK! (SEE  
APPLICATION PACKET FOR APPROVAL PROCESS).**

**GOEBEL ADULT COMMUNITY CENTER  
1385 E. JANS ROAD, THOUSAND OAKS, 91362  
QUESTIONS? CALL, 805-381-2744**



**Conejo**

Recreation & Park District



# Christmas Party

SAVE  
THE  
DATE

MONDAY,  
DECEMBER 9, 2024  
12NOON



TICKETS ON SALE BEGINNING THURSDAY, NOVEMBER 7



# HANUKKAH Breakfast

Save  
the  
Date

FRIDAY,  
DECEMBER 20, 2024  
9:00AM

TICKETS ON SALE BEGINNING  
MONDAY, NOVEMBER 18





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

GOEBEL ADULT COMMUNITY CENTER  
1385 E. JANS RD., THOUSAND OAKS, 91362  
805-381-2744



# Conejo Recreation & Park District

## FALL/WINTER SESSION

**REGISTRATION WILL OPEN MONDAY, OCTOBER 21, AT 9:00AM**

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

### ARTS CLASSES

#### WATERCOLOR BASICS @ STUDIO 316

INSTRUCTOR: BOB NOONAN

##### PART 1:

Mon, 11/4-12/2, 10:00-11:30am, Class #: 0800.5241  
\$90/4 wks, (no class 11/11)

##### PART 2:

Mon, 12/9-12/30, 10:00-11:30am, Class #: 0801.5241  
\$90/4 wks

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

#### DIGITAL PHOTOGRAPHY CLASS

Mon, 11/4-12/23, 3:30-4:30pm, Class #: 0807.5241  
(no class 11/11), Students must bring own camera  
\$90/7 weeks, Instructor: Richard Smith

#### ACRYLIC PAINTING: INTRODUCTION

Wed, 11/6-12/18, 6:30-8:30pm, Class #: 0814.5241  
\$40 materials fee due to instructor first class  
\$63/6 weeks, (no class 11/27), Instructor: Carol Roullard  
Location: Carol Roullard Art Studio, 1329 E. T.O. Blvd., #210

#### INTRODUCTION TO ANTIQUE JEWELRY

Students must bring a 10x jewelers loupe

Thurs, 11/7-12/19, 10:30-11:30am  
(no class 11/28), Class #: 0812.5241, \$85/6 weeks  
Instructor: Birdi Weckbaugh

#### PAINT NIGHT AT STUDIO 316- AGE 21+

Sat, 10/12, 5:00-7:30pm, Class #: 0803.4241  
Sat, 11/9, 5:00-7:30pm, Class #: 0803.5241  
\$45/ each 1-day class, Instructor: Bob Noonan  
Location: Studio 316, 2697 Lavery Ct, Unit #6, Newbury Park

### MUSIC CLASSES

#### WOMEN'S DRUM CIRCLE FOR WELLNESS

Tues, 11/5-12/17, 10:00-11:00am, Class #: 0809.5241  
\$73/7 weeks, Instructor: Ann Vannoy

#### UKULELE- INTRODUCTION

Wed, 11/6-12/11, 5:00-6:00pm, Class #: 0805.5241  
Bring ukulele (no baritones) \$3 materials fee due first class  
\$66/6 weeks, Instructor: David Steinhart

#### STREET PHOTOGRAPHY TOUR OF DOWNTOWN L.A.

Thurs, 10/3, 8:15am-3:00pm, Class #: 0808.4242  
Thurs, 10/17, 8:15am-3:00pm, Class #: 0808.4243  
Thurs, 11/7, 8:15am-3:00pm, Class #: 0808.5241  
Thurs, 11/21, 8:15am-3:00pm, Class #: 0808.5242  
Thurs, 12/5, 8:15am-3:00pm, Class #: 0808.5243  
\$80/each 1-day class, Instructor: Richard Smith

#### UKULELE- LEVEL 2

Prerequisite: Ukulele Introduction

\$3 materials fee due to instructor first class  
Thurs, 11/7-12/19, 5:00-6:00pm, Class #: 0806.5241  
(no class 11/28) \$66/6 weeks, Instructor: David Steinhart

#### HARMONICA- II

Prerequisite: Beginning harmonica or previous experience

Tues, 11/5-12/10, 7:30-8:30pm, Class #: 0815.5241  
\$57/6 weeks, Instructor: Dr. Ben Griffes

### DANCE CLASSES

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

Mon, 11/4-12/16, (no class 11/11), 2:30-3:00pm  
Class #: 0824.5241, \$69/6 weeks, Instructor: Janet Snyder

#### BALLROOM DANCE

Mon, 11/4-12/16, (no class 11/11), 3:30-4:30pm  
Class #: 0823.5241, \$79/6 weeks, Instructor: Janet Snyder  
Tango, Merengue & Cha Cha

#### TAP DANCE- ADVANCED

Prerequisite: Tap 1 or prior tap experience

Mon, 11/4-12/16, (no class 11/11), 5:00-6:00pm  
Bring tap shoes, water, and wear comfortable clothing  
Class #: 0827.5241, \$63/6 weeks, Instructor: Debbie Munz

#### TAP DANCE- BEGINNING

Mon, 11/4-12/16 (6 wks), 6:00-7:00pm, Class #: 0825.5241  
Thurs, 11/7-12/19 (6 wks), 2:00-3:00pm, Class #: 0825.5242  
Bring tap shoes, water, and wear comfortable clothing  
(no classes 11/11 & 11/28)  
\$63/each 6 week session, Instructor: Debbie Munz

#### TAP 1

Prerequisite: Beginning Tap or prior tap experience

Mon, 11/4-12/16, 7:00-8:00pm, Class #: 0826.5241  
Bring tap shoes, water, and wear comfortable clothing  
(no class 11/11) \$63/6 weeks, Instructor: Debbie Munz

#### BALLET SLIM & TRIM

Tues, 11/5-12/17, 2:00-3:00pm, Class #: 0828.5241  
\$67/7 weeks, Instructor: Ann Monahan

#### LINE DANCING- BEGINNING

Wed, 11/6-12/18, 2:30-3:25pm, Class #: 0820.5241  
Wear smooth soled shoes and lightweight clothing  
\$66/7 weeks, Instructor: Kathy Bailey

#### BUILDING BLOCKS OF BELLY DANCE

Wed, 11/6-12/18, 4:30-5:15pm, Class #: 0829.5241  
Wear yoga-like attire and bring a water bottle  
\$75/7 weeks, Instructor: Lisa Rauschenberger

#### BELLY DANCE!

Wed, 11/6-12/18, 5:30-6:30pm, Class #: 0821.5241  
Wear yoga-like attire and bring a water bottle  
\$75/7 weeks, Instructor: Lisa Rauschenberger

#### CHAIR TAP

This class is designed for people with mobility challenges  
Thurs, 11/7-12/19, 3:15-4:15pm, Class #: 0866.5241  
\$63/6 weeks, (no class 11/28), Instructor: Debbie Munz

### \$5 HIKES WITH DR. BEN

#### 7 HABITS OF INCREDIBLY HAPPY PEOPLE

Sat, 10/19, 7:45-9:15am, Class #: 0855.4241  
Location: Wildwood Park (meet in the parking lot)

#### 3 DIETS THAT SHORTEN LIFE EXPECTANCY

Sat, 11/16, 7:45-9:15am, Class #: 0855.5241  
Location: Wildwood Park (meet in the parking lot)

#### EXERCISE IS GOOD FOR BOTH YOUR BRAINS

Sat, 12/14, 7:45-9:15am, Class #: 0855.5242  
Location: Rancho Sierra Vista (meet in parking lot on Lynn Rd.)

# Conejo Recreation & Park District



FOR CLASS DESCRIPTIONS, MORE INFORMATION, OR TO REGISTER FOR A CLASS, VISIT [WWW.CRPD.ORG/REGISTER](http://WWW.CRPD.ORG/REGISTER), CALL 805-381-2744, OR VISIT THE GOEBEL ADULT CENTER.

NOTE: CLASSES MAY BE CANCELED IF THERE IS NOT A MINIMUM NUMBER OF PARTICIPANTS REGISTERED.

## FITNESS & YOGA CLASSES

### CHAIR-BASED STRENGTH & BALANCE- AGE 50+

#### LEVEL 1

Mon, 11/4-12/16 (7 wks), 12:30-1:20pm, Class #: 0836.5241  
Fri, 11/8-12/20 (7 wks), 1:30-2:20pm, Class #: 0836.5242  
\$73/each 7-week session, Instructor: Cathya Haas

#### LEVEL 2

*Prerequisite: Chair-Based Strength & Balance- Level 1  
Bring a pair of 2-3lb hand weights*

Mon, 11/4-12/16 (7 wks), 1:30-2:20pm, Class #: 0837.5241  
Fri, 11/8-12/20 (7 wks), 12:30-1:20pm, Class #: 0837.5242  
\$73/each 7 week session, Instructor: Cathya Haas

#### LEVEL 3

*Prerequisite: Chair-Based Strength & Balance- Level 2  
Bring a pair of 3-5lb hand weights*

Mon, 11/4-12/16, 11:30am-12:20pm, Class #: 0870.5241  
\$73/7 weeks, Instructor: Cathya Haas

### TAI CHI-INTRODUCTION-AGE 50+

Tues, 11/5-12/17, 8:30-9:30am, Class #: 0838.5241  
\$59/7 weeks, Instructor: Jean Stoutenborough

### CAPOEIRA

Tues & Thurs, 11/5-12/19, 6:10-7:10pm, Class #: 0831.5241  
\$10 materials fee due to instructor first class, (no class 11/28)  
\$180/7 weeks, Instructor: Conejo Valley Capoeira

### STRENGTH, STRETCH & SCULPT-AGE 50+

Tues, 11/5-12/17, 3:15-4:15pm, Class #: 0834.5241  
*Bring a yoga mat*  
\$59/7 weeks, Instructor: Ann Monahan

### GENTLE YOGA-AGE 50+

Wed, 11/6-12/18, 9:00-9:45am, Class #: 0832.5241  
*Bring a yoga mat or towel, (no class 11/27)*  
\$87/6 weeks, Instructor: Cici Bo

### STRETCH, TONE & BALANCE

Wed, 11/6-12/18, 1:15-2:10pm, Class #: 0835.5241  
*Bring a non-slip yoga mat, pair of 1-3lb hand weights, and water*  
\$66/7 weeks, Instructor: Kathy Bailey

### TAI CHI- BEGINNING/INTERMEDIATE-AGE 50+

*Prerequisite: Intro to Tai Chi or basic knowledge of Tai Chi*  
Thurs, 11/7-12/19, 8:30-9:30am, Class #: 0839.5241  
(no class 11/28), \$51/6 weeks  
Instructor: Jean Stoutenborough

### NEW MEDITATION FOR THE RESTLESS

Fri, 11/15-12/13, 3:00-4:00pm, Class #: 0830.5241  
(no class 11/29), \$48/4 weeks, Instructor: Jim Belsley

## SPECIALTY CLASSES

### MEDITATION WITH SOUND THERAPY

Mon, 11/4-12/16, 10:00-11:00am, Class #: 0850.5241  
\$73/7 weeks, Instructor: Ann Vannoy

### REIKI- LEVEL 2

Mon, 11/4-12/16, 11:15am-12:15pm, Class #: 0851.5241  
\$73/7 weeks, Instructor: Ann Vannoy

### MAH-JONGG FOR BEGINNERS

Mon, 11/4-12/16, 10:00am-12noon, Class #: 0857.5241  
(no class 11/11), \$85/6 weeks, Instructor: Lorraine Urist

### SOUND HEALING MEDITATION

Mon, 11/4-12/16, 12noon-12:45pm, Class #: 0833.5241  
(no class 11/25), \$90/6 weeks, Instructor: Cici Bo

**Location: Harmony Family Yoga Studio-**

**804 East Thousand Oaks Blvd. Thousand Oaks, 91362**

### IPHONE/IPAD WORKSHOP

Tues, 11/5, 10:00-11:30am, Class #: 0864.5241  
\$25/1 day class, Instructor: Tracie Karasik

### TONY TORRISI'S ACTING WORKSHOP

Tues, 11/5-12/17, 6:30-8:30pm, Class #: 0810.5241  
\$135/7 weeks, Instructor: Tony Torrisi

### MEDICAL MEDITATION

Wed, 11/6-11/20, 10:00-11:00am, Class #: 0865.5241  
\$25/3 weeks, Instructor: Irene Rowland

### BEGINNING SPANISH

Wed, 11/6-12/18, 5:00-5:50pm, Class #: 0859.5241  
\$91/7 weeks, Instructor: Anna Colilles

### INTERMEDIATE SPANISH

Wed, 11/6-12/18, 6:00-6:50pm, Class #: 0860.5241  
\$91/7 weeks, Instructor: Anna Colilles

### ENGLISH CONVERSATION

Wed, 11/6-12/18, 7:00-8:00pm, Class #: 0861.5241  
\$91/7 weeks, Instructor: Anna Colilles

### TRY YOUR HAND AT POKER

Thurs, 11/7-12/19, 9:30-11:30am, Class #: 0867.5241  
(no class 11/28), \$85/6 weeks, Instructor: Lorraine Urist

### SIX FILMS BY JOHN FORD

Thurs, 11/7-12/19, 2:30-5:00pm, Class #: 0863.5241  
(no class 11/28), \$63/6 weeks, Instructor: Joe Longo

### CONSCIOUS CONNECTED BREATHWORK

Thurs, 11/7-12/19, 6:30-7:30pm, Class #: 0843.5241  
*Bring a yoga mat and a blanket, (no class 11/28)*  
\$67/6 weeks, Instructor: Abby Brandi

### ACTING 101

Thurs, 11/7-12/19, 6:30-8:30pm, Class #: 0811.5241  
(no class 11/28), \$120/6 weeks, Instructor: Tony Torrisi

### MAH-JONGG - INTERMEDIATE/ADVANCED

*Prerequisite: Mah-Jongg for Beginners*

Fri, 11/8-12/13, 10:00am-12noon, Class #: 0858.5241  
\$85/6 weeks, Instructor: Lorraine Urist

# SENIOR VOLUNTEER INSTRUCTED CLASSES

**FALL 2024 SESSION:**

**MONDAY, AUGUST 12-FRIDAY, OCTOBER 18**

**\$10 FOR 10 WEEKS!**



**FALL/WINTER 2024 SESSION:**

**MONDAY, OCTOBER 21-FRIDAY, DECEMBER 27**

Register for Fall/Winter session beginning 10/14, 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)

FALL/WINTER SESSION: 10/21-12/23

(NO CLASS 11/11 & 12/9)

COST: \$8/ 8 WEEKS

INSTRUCTOR: JANE KAMPBELL

## **MEANING OF OPERA- ZOOM\***

MONDAYS, 3:30-5:00PM

FALL SESSION: 8/19-10/14 (NO CLASS 9/2)

FALL/WINTER SESSION: 10/23-12/18 (NO CLASS 11/11)

COST: \$9/ 9 WEEKS

\*THIS 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

FALL/WINTER SESSION: 10/23-12/18

COST: \$9/ 9 WEEKS

## **TAI CHI CHUAN**

TUESDAYS & THURSDAYS, 9:45-10:45AM

FALL SESSION: 8/13-10/17

FALL/WINTER SESSION: 10/22-12/26

(NO CLASS 11/28)

COST: \$9/ 9 WEEKS

INSTRUCTOR: ELAINE PAWELCZYK

## **HAND SEWING**

WEDNESDAYS, 9:30-11:30AM

FALL SESSION: 8/14-10/16

FALL/WINTER SESSION: 10/23-12/18

COST: \$9/ 9 WEEKS

NO INSTRUCTION OR SUPPLIES PROVIDED. BRING YOUR OWN

HAND-SEWN PROJECT TO WORK ON.

FACILITATOR: SANDRA TOUTZ

## **MAH-JONGG- ALL LEVELS**

TUESDAYS, 6:00-8:00PM

FALL SESSION: 8/13-10/15

FALL/WINTER SESSION: 10/22-12/17

COST: \$9/ 9 WEEKS

INSTRUCTOR: ABBEY CLARK

## **ITALIAN- INTERMEDIATE**

THURSDAYS, 10:00AM-12NOON

FALL SESSION: 8/15-10/17

FALL/WINTER SESSION: 10/24-12/26

(NO CLASS 11/28)

COST: \$9/ 9 WEEKS

INSTRUCTOR: FRANK FEDELI

## **AERONAUTICAL EDUCATION**

WEDNESDAYS, 12:15-2:15PM

FALL SESSION: 8/14-10/16

FALL/WINTER SESSION: 10/23-12/18

COST: \$9/ 9 WEEKS

INSTRUCTOR: RALPH MEYER

## **MEDITATION- ZOOM\***

THURSDAYS, 2:00-3:15PM

COST: \$10/ 10 WEEKS

\*THIS CLASS IS TAUGHT VIRTUALLY THROUGH ZOOM.

LINK WILL BE SENT BY EMAIL UPON REGISTRATION.

INSTRUCTOR: PENNY OLSEN

**CLASS CANCELLED-**

FALL/WINTER SESSION: 10/22-12/26 (NO CLASS 11/28)

COST: \$19\*/ 9 WEEKS

\*\$19 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

FALL/WINTER SESSION: 10/24-12/26 (NO CLASS

11/28)

COST: \$9/ 9 WEEKS

BRING OWN SUPPLIES. ALL MEDIUMS WELCOME.

FACILITATOR: KATHLEEN GATES

## **SHAKESPEARE FOR EVERYONE**

FRIDAYS, 1:00-2:30PM

FALL SESSION: 8/16-10/18

FALL/WINTER SESSION: 10/25-12/27

COST: \$10/ 10 WEEKS

INSTRUCTOR: HELEN BARTELSTONE

# Volunteers Make a Lasting Difference



CONEJO SENIOR  
VOLUNTEER  
PROGRAM

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](mailto: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

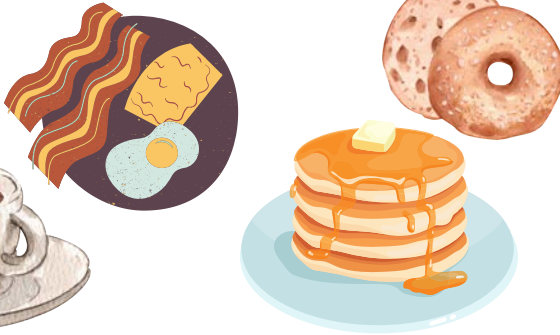
Wednesdays, 12:30-3:00pm  
Sew special projects for patients, children, service members, and older adults.

# 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. For weekly menu, visit [www.crp.org/gacc](http://www.crp.org/gacc) or call 805-381-2744



# 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:  
**Monday-Thursday: 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 to seniors 50+ for browsing the internet, checking email, using 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 Group is full at this time. Call Goebel Center to be placed on waiting list.

**Fridays, 9:00-11:00am, Dir**

## BALLROOM DANCE

**1st & 3rd Saturdays, October 5 & 19**  
Live band music, complimentary dance lesson.  
*See page 16 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 Adult Center staff with any questions/concerns.*

## LGBTQ+ CAREGIVER SUPPORT GROUP

**1st & 3rd Mondays, October 7 & 21, 1:00-2:30pm**  
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, October 10, 1:00-3:00pm**

Learn new information and strategies for preventing or confronting problems. Whether you live with MS or are a caregiver, family member, or friend, build confidence in your ability to cope, address issues, and gain support.

Facilitator: Darlene, 360-701-0989

## DIABETES CLASSES

**4th Wednesdays, October 23, 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

## 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, 805-380-6206**

## ALZHEIMER'S SUPPORT GROUP

**1st & 3rd Fridays, October 4 & 18, 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

## POST POLIO SYNDROME SUPPORT GROUP

**1st Saturdays, October 5, 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](mailto: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](mailto:greylawvc@gmail.com)**

## **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](mailto: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](http://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, October 1, 10:30am-12noon,**  
with The Foundation for Senior Services

## **BOOK DISCUSSION GROUP:**

**2nd Tuesdays, October 8, 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, October 10 & 24, 4:00-5:30pm**  
For more information, call Rick 805-405-4566

## **HISTORY BOOK DISCUSSION GROUP:**

**2nd Thursdays, October 10, 7:00-8:45pm,**  
with Jack Heller, 805-341-7585

## **CONEJO VALLEY WRITERS:**

**2nd Saturdays, October 12, 12noon-2:30pm**  
For more information, email: [marcia.smart@roadrunner.com](mailto: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, October 5- Wyatt Haupt

Saturday, October 19- Tropic Starr

Saturday, November 2- Pier 101

Saturday, November 16- Erik Ekstrand



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](mailto:mwilliams@crpd.org)



# GOEBEL ADULT COMMUNITY CENTER DAY TRIPS

Register (in-person only) for "Surf, Sand, and Santa"  
beginning Friday, October 11, 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

## HAUNTED L.A. HISTORY TOUR

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

## LET'S TACO ABOUT IT!

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

## SURF, SAND, AND SANTA

SATURDAY, DECEMBER 21, 1:00-10:00PM

REGISTER BEGINNING  
FRIDAY, OCTOBER 11,  
AT 9:00AM

With almost 116 years of history, the Newport Harbor Christmas Boat Parade is viewed by over a million people each year! Before partaking in this festive holiday tradition with Tucker Tours, enjoy a delicious dinner at the Harborside Restaurant, featuring your choice of entree and a dessert. While dining, you'll be treated to a beautiful view of the Newport Harbor. After dinner, board a private boat and cruise the waters to see where Newport Harbor comes alive with decorations; homes, yachts, docks, and even whole landscapes are transformed into a magical holiday experience.

\$125 PER PERSON. WALKING SCALE= 2

## 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 the trip escort and Goebel Adult Center Staff are present
- **Dates, locations, and times are all subject to change at any time**

# 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)

## **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.*

## **MACKINAC ISLAND, MAY 3-11, 2025**

**Highlights Include:** Roundtrip Airfare, Airport Transfers, 13 meals, Chicago, Millenium Park, Holland's Tulip Time Festival, Mackinac Island, Grand Hotel, Frankenmuth, Henry Ford Museum, and Greenfield Village.

*\$4,428/per person, double occupancy - \$5,428/per person, single occupancy.*

## **SHADES OF IRELAND, JULY 12-21, 2025**

**Highlights Include:** Deluxe Motor-Coach Transportation, Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs and Moher, Sheepdog Demonstration, Galway, Castle Stay, and 13 meals.

*\$5,548/per person, double occupancy - \$6,248/per person, single occupancy.*

# GOEBEL SENIOR CENTER COMMISSION

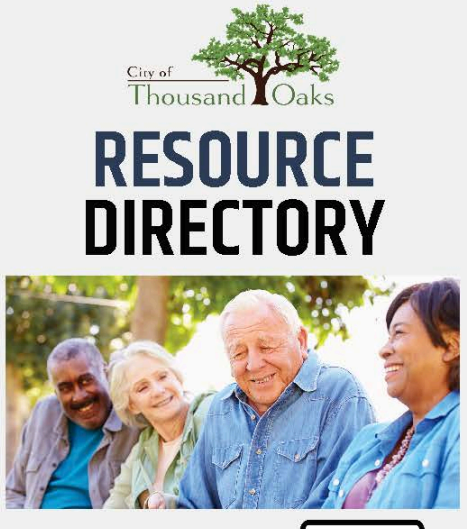


The **Goebel Senior Center Commission (GSCC)** is a 501(c)(3) nonprofit community service organization that establishes policies relative to the operation of the **Goebel Adult Community Center (GACC)**, as well as, acquires and allocates funds to benefit the **GACC**. **GSCC** Commissioners volunteer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



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SCAN ME

## COUNCIL ON AGING MEETING



**Thursday, October 3, 2024**  
1:00 PM



**Topic: Emergency Preparedness**  
**Speaker: Grahame Watts,**  
City of Thousand Oaks



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



**Virtual: [toaks.co/coazoom](https://toaks.co/coazoom)**  
**Call in: 213 338 8477**

**Meeting ID: 862 6461 2489**  
**Meeting Passcode: 512988**



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



# OCTOBER 2024

TO:



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

## GOEBEL ADULT CENTER HOURS OF OPERATION



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



# VETERANS DAY Breakfast & USO SHOW

*Calling all Veterans... this one's for you!*

*Join us at the Goebel Adult Center for a complimentary breakfast  
as we honor and commemorate your remarkable service.*

**MONDAY,  
NOVEMBER 11  
8:00AM**

VETERANS AND THEIR GUEST MAY PICK UP FREE TICKETS AT THE GOEBEL ADULT CENTER FRONT DESK BEGINNING THURSDAY, OCTOBER 10TH. GET YOURS EARLY, SPACE IS LIMITED! PLEASE NOTE: 2-TICKET LIMIT PER PERSON

DUE TO LIMITED TICKETS, THOSE WHO ARE NOT VETERANS MAY PICK UP ANY REMAINING TICKETS BEGINNING WEDNESDAY, NOVEMBER 6TH

