

The GOEBEL GAZETTE NOVEMBER 2024



GOEBEL ADULT COMMUNITY CENTER
1385 E. JANSS ROAD
THOUSAND OAKS, CA 91362
805-381-2744
EMAIL: GACC@CRPD.ORG
WEBSITE: CRPD.ORG/GACC



VHS TO DVD CONVERSION

Since the VCR has become a thing of the past, you may be wondering how you will save your memories? Converting your VHS home movies to a digital or disc format is the best way and senior volunteer, Miguel De Pau, wants to 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, **completely free of charge.**
If interested, or for more information, please call or text Miguel De Pau, 956-542-8987

NEW SENIOR LATIN SOCIAL GROUP

“Grupo Social Latino” es un nuevo grupo social a partir de los viernes para personas mayores que hablan español de 9:00am a 12:00pm aquí a Goebel Center. Los invitamos a tener conversaciones, manualidades, juegos y mas!
Para preguntas o más información, por favor póngase en contacto Patty Hamm, 805-381-2744

New social group for Spanish speaking seniors! Meeting on Fridays, 9:00am-12noon, at the Goebel Adult Center. Join us for conversation, arts & crafts, games, and more!
For questions or more information, please contact Patty Hamm, 805-381-2744

\$5 COMPUTER HELP W/ COLLIN

**Wednesday, November 13
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

DOC TALK: DIABETES

Monday, November 18, 11:00am

Join Dr. Lindberg for a Doc Talk on all things diabetes. Learn about prediabetes, diabetes, and their risk factors. Also, discover how lifestyle changes and proper nutrition can help delay or prevent the onset of diabetes, and how to live well with diabetes.
Registration required.

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

THE TIMES WE AREN'T AS FREQUENT:

**MY MOTHER'S ALZHEIMER'S JOURNEY
Tuesday, November 19, 12noon**

Join Steve Hansen for a presentation on his new self-published book, “The Times We Aren’t as Frequent, My Mother’s Alzheimer’s Journey.”
Based on saved correspondence with his mom over a period of 28 years, Steve’s book delves into the aphasia of Alzheimer’s Disease, on both the individual, as well as, the effects it has on their family members.

Presented by: Steve Hansen

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

MEET ME AT THE MOVIES

Wednesday, November 20, 4:00pm

Title: *Twisters (2024) Action/Thriller*

Rating: PG-13

Synopsis: Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend to test a new tracking system. She soon crosses paths with a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures. As storm season intensifies, they find themselves in a fight for their lives as multiple systems converge over central Oklahoma.

Run-Time: 2 hours, 2 minutes

Seating limited, Registration required.

To register, call 805-381-2744, email 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.

DIVVYING UP YOUR ESTATE:

HOW TO CATEGORIZE & CATALOGUE ALL THAT YOU OWN

Thursday, November 21, 11:00am

Divvying up your assets to your heirs is not just a legal decision, it’s also very personal. Should you keep it equal amongst your children? Should you include charities that matter to you? How do you decide which special personal items go to whom? For preparation of the distribution of your personal items to family, insurance purposes, or to prepare for downsizing, it’s helpful to take an inventory of everything in your home—whether it’s of financial or sentimental value.

Presented by: Annette Broersma, M.S.

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



HAIRCUTS BY RODNEY

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

Mondays, November 4 & November 18

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.



ASK AN ADVOCATE

Thursday, November 21, 10:30am

Stop by the Senior Concerns table in the Goebel Adult Center on Thursday, November 21. Elizabeth Gu, Senior Advocate from Senior Concerns will be at the Goebel Adult Center on Thursday, November 21 to answer questions about topics such as housing options, caregiving services, benefits available to you, and support groups. If your situation is more complex, or more time is needed, a one-on-one appointment can be scheduled, as well.
Registration not required, just stop by!

ROUND-TABLE DISCUSSION GROUP

**1st Tuesdays, November 5
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.



*Just drop-in!
No registration required.*

CREATING A LIFE WITHOUT LIMITS

Thursday, November 21, 10:00am

Join Adam Elnekaveh, a survivor of a life-altering motorcycle accident, for a powerful keynote that redefines possibility. Adam shares his remarkable journey from near death to fully rebuilding his life. Through raw, authentic stories of survival, perseverance, and transformation, he will inspire you to overcome obstacles, confront life's toughest challenges, and transform setbacks into powerful comebacks. Whether you're facing personal, professional, or physical struggles, Adam will empower you to push beyond limitations.
Seating limited, registration required.
To register, call 805-381-2744, email gacc@crpd.org, or visit the Goebel Adult Center front desk.

TEENS HELP WITH TECH!
**Saturdays, November 9 & November 23
2:00-4:00pm**

Do you feel isolated because you don't know how to properly use your smartphone or tablet? Do you struggle with navigating your smartphone or tablet? Do you need help 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.

3RD ANNUAL WOODY WOODBURN HOLIDAY BALL DRIVE

Donate brand new, unwrapped sports balls (any kind) for local children this holiday season!
Beginning **November 1**, a donation collection box will be located in the front lobby of the Goebel Adult Center.

FREE ROTARY CLUB HOLIDAY BREAKFAST

Friday, December 13, 7:00am

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



2025 MEDICARE OPEN ENROLLMENT

Do you need assistance with Medicare's Annual Enrollment Period? Meet with a certified HICAP counselor (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 (available at the Goebel Adult Center Front Desk).** 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 ●

**Monday, November 4, 10:00am-2:00pm
Monday November 18, 10:00am-2:00pm
Monday, November 25, 10:00am-2:00pm**

**Location: Conejo Creek South Community Building, 1350 East Janss Rd., Thousand Oaks, 91362
(across the street from the Goebel Adult Center)**

FOR QUESTIONS & MORE INFORMATION PLEASE CALL HICAP- 805-477-7300 and/or 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

ATTENTION PLEASE!

BINGO IS CANCELLED ON THE FOLLOWING DAYS:

- *SATURDAY, NOVEMBER 23
- *FRIDAY, NOVEMBER 29
- *SATURDAY, NOVEMBER 30

SATURDAY NIGHT Holiday BINGO

SATURDAY, DECEMBER 14

JOIN US FOR A FESTIVE SATURDAY NIGHT OF HOLIDAY BINGO!
ENJOY DINNER INCLUDED WITH YOUR BUY-IN, ALONG WITH
PLENTY OF EXCITING PRIZES TO WIN!

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

SATURDAY 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



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, 2024**

**DOORS OPEN:
8:00AM**

**BREAKFAST SERVED:
8:30AM**

**USO SHOW:
9:00AM**

VETERANS AND THEIR
GUEST MAY PICK UP
FREE TICKETS NOW!
(IN-PERSON ONLY) AT
THE GOEBEL ADULT
CENTER FRONT DESK.

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 6.

GOEBEL ADULT COMMUNITY CENTER
1385 EAST JANSS ROAD, THOUSAND OAKS, 91362
805-381-2744



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)

TICKETS:

\$10

PER PERSON

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 NOW! LIMITED TICKETS AVAILABLE

PURCHASE TICKETS 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

EXPLORING HIDDEN GEMS:

More Great National Parks to Discover

TICKETS:

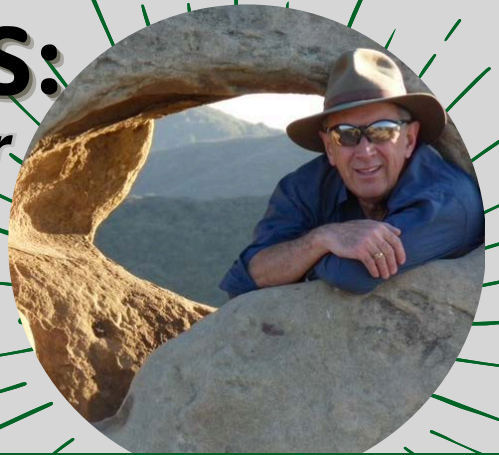
\$10

PER PERSON

SUNDAY JANUARY 19, 2025

3:00PM

(DOORS OPEN AT 2:30PM)



WITH OVER 400 PARKS IN THE NATIONAL PARK SYSTEM, NOT EVERYONE IS FAMILIAR WITH ALL OF THEM. WHILE WELL-KNOWN PARKS LIKE YELLOWSTONE, YOSEMITE, AND THE GRAND CANYON ATTRACT MANY VISITORS, THERE ARE COUNTLESS OTHERS FEATURING BREATHTAKING LANDSCAPES AND REMARKABLE NATURAL FORMATIONS THAT PLAY SIGNIFICANT ROLES IN THE NATION'S HERITAGE.

JOIN US AT THE GOEBEL ADULT CENTER FOR AN ENGAGING AFTERNOON WITH MIKE MALONE, RETIRED NATIONAL PARK SERVICE RANGER. HE WILL INTRODUCE YOU TO SOME OF THESE HIDDEN GEMS WHICH MIGHT JUST SPARK YOUR INTEREST IN PLANNING A VISIT.

TICKETS ON SALE BEGINNING MONDAY, NOVEMBER 18

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

HOLIDAY CRAFT BAZAAR

SATURDAY,

NOVEMBER 23, 2024

10:00AM-3:00PM

JOIN US
AT THIS
FAMILY
FRIENDLY
EVENT!

STOP BY FOR ALL YOUR HOLIDAY SHOPPING!
DISCOVER A DELIGHTFUL ARRAY OF HANDMADE
TREASURES. FROM BEAUTIFULLY CRAFTED
ORNAMENTS, JEWELRY, UNIQUE GIFTS,
AND SO MUCH MORE!

WE CAN'T WAIT TO SHARE THE JOY AND
CREATIVITY WITH YOU!

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



Conejo
Recreation & Park District

Christmas Party

MONDAY, DECEMBER 9

12NOON

TICKETS:
\$20
PER PERSON

GET READY TO JINGLE ALL THE WAY! JOIN US FOR A CHRISTMAS PARTY FILLED WITH A SCRUMPTIOUS HOLIDAY LUNCH, DELIGHTFUL TREATS, FESTIVE MUSIC, HOLIDAY CHEER, AND A COZY ATMOSPHERE THAT WILL MAKE YOUR SPIRITS BRIGHT. DON'T FORGET TO WEAR YOUR FAVORITE HOLIDAY ATTIRE, AND BRING ALONG YOUR MERRIEST MOOD.

TICKETS ON SALE BEGINNING THURSDAY, NOVEMBER 7.
PURCHASE TICKETS (IN-PERSON ONLY),
AT THE GOEBEL ADULT CENTER FRONT DESK.
PLEASE NOTE: 4-TICKET PURCHASE LIMIT PER PERSON.



HANUKKAH

Breakfast

FRIDAY,
DECEMBER 20
9:00AM

TICKETS:
\$15
PER PERSON



JOIN US FOR A HANUKKAH BREAKFAST BASH! FEAST ON SCRUMPTIOUS POTATO LATKES, LOX & BAGELS, SUFGANIYOT (THAT'S FANCY TALK FOR JELLY DONUTS!), NOODLE KUGEL, AND A WHOLE LOT MORE DELICIOUSNESS!

TICKETS ON SALE BEGINNING MONDAY, NOVEMBER 18.
PURCHASE TICKETS (IN-PERSON ONLY), AT THE GOEBEL ADULT CENTER FRONT DESK.
PLEASE NOTE: 4-TICKET PURCHASE LIMIT PER PERSON.



Be a Santa to a Senior[®]

BRIGHTEN A LOCAL SENIOR'S HOLIDAY SEASON BY
PURCHASING A HEARTFELT GIFT.

PARTICIPATE IN MAKING THIS A MEMORABLE HOLIDAY SEASON FOR AN OLDER ADULT!

HOW IT WORKS:

1. REMOVE AN ORNAMENT FROM THE ORNAMENT BOARD LISTING THE SENIOR'S GIFT REQUEST(S)
2. PURCHASE THE GIFT(S) LISTED ON THE ORNAMENT
3. RETURN THE ORNAMENT AND THE UNWRAPPED GIFT(S) TO THE DESIGNATED GIFT BOX, LOCATED AT THE GOEBEL ADULT CENTER FRONT DESK

IMPORTANT DATES:

- FRIDAY, NOVEMBER 15: STOP BY THE GOEBEL ADULT CENTER TO CHOOSE AN ORNAMENT FROM THE "BE A SANTA TO A SENIOR" ORNAMENT BOARD
- MONDAY, DECEMBER 9: LAST DAY TO PICK UP AN ORNAMENT
- FRIDAY, DECEMBER 13: ALL UNWRAPPED GIFTS MUST BE DROPPED OFF AT THE GOEBEL ADULT CENTER NO LATER THAN 5:00PM

Conejo Recreation & Park District

FALL/WINTER 2024 SESSION:

REGISTRATION OPENED MONDAY, OCTOBER 21, BUT THERE'S STILL TIME TO REGISTER FOR YOUR FAVORITE CLASS OR EVEN TRY SOMETHING NEW!

ARTS CLASSES

WATERCOLOR BASICS @ STUDIO 316

STUDIO 316, 2697 LAVERY CT, UNIT #6, NEWBURY PARK

-FULL- PART 1: -FULL-

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

WATERCOLOR BASICS @ STUDIO 316- PART 2:

STUDIO 316, 2697 LAVERY CT, UNIT #6, NEWBURY PARK

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

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 wks, 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 wks, (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 wks
Instructor: Birdi Weckbaugh

PAINT NIGHT AT STUDIO 316- AGE 21+

Sat, 11/9, 5:00-7:30pm, Class #: 0803.5241
\$45/1-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 wks, Instructor: Ann Vannoy

UKULELE- INTRODUCTION

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

STREET PHOTOGRAPHY TOUR OF DOWNTOWN L.A.

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 wks, Instructor: David Steinhart

HARMONICA- INTRODUCTION

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

DANCE CLASSES

DANCE IT OUT: LATIN/BALLROOM EDITION

Mon, 11/4-12/16, 2:30-3:00pm, Class #: 0824.5241
\$69/7 wks, Instructor: Janet Snyder

BALLROOM DANCE

Tango, Merengue & Cha Cha
Mon, 11/4-12/16, 3:30-4:30pm, Class #: 0823.5241
\$79/7 wks, Instructor: Janet Snyder

TAP DANCE- ADVANCED

Prerequisite: Tap 1 or prior tap experience. Bring tap shoes, water, and wear comfortable clothing.
Mon, 11/4-12/16, 5:00-6:00pm, Class #: 0827.5241
(no class 11/11), \$63/6 wks, Instructor: Debbie Munz

TAP DANCE- BEGINNING

Bring tap shoes, water, and wear comfortable clothing
Mon, 11/4-12/16, 6:00-7:00pm, Class #: 0825.5241
\$63/6 wks, (no class 11/11)
Thurs, 11/7-12/19, 2:10-3:10pm, Class #: 0825.5242
\$53/5 wks, (no class 11/28 & 12/5), Instructor: Debbie Munz

TAP 1

Prerequisite: Beginning Tap or prior tap experience. Bring tap shoes, water, and wear comfortable clothing
Mon, 11/4-12/16, 7:00-8:00pm, Class #: 0826.5241
(no class 11/11) \$63/6 wks, Instructor: Debbie Munz

CHAIR TAP

This class is designed for people with mobility challenges
Thurs, 11/7-12/19, 3:15-4:15pm, Class #: 0866.5241
\$53/5 wks, (no class 11/28 & 12/5), Instructor: Debbie Munz

BALLET SLIM & TRIM

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

CANCELLED

LINE DANCING- BEGINNING

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

BUILDING BLOCKS OF BELLY DANCE

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

BELLY DANCE!

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

\$5 HIKES WITH DR. BEN

3 DIETS THAT SHORTEN LIFE EXPECTANCY

Sat, 11/9, 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, ADDITIONAL INFORMATION, OR TO REGISTER, VISIT WWW.CRPD.ORG/REGISTER, CALL 805-381-2744, OR STOP BY THE GOEBEL ADULT CENTER.

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

FITNESS & YOGA CLASSES

CHAIR-BASED STRENGTH & BALANCE

LEVEL 1- AGE 50+

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

LEVEL 2- AGE 50+

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

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

LEVEL 3- AGE 50+

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 wks, Instructor: Cathya Haas

TAI CHI-INTRODUCTION-AGE 50+

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

CAPOEIRA

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

STRENGTH, STRETCH & SCULPT-AGE 50+

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

GENTLE YOGA-AGE 50+

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

STRETCH, TONE & BALANCE

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

MEDITATION FOR THE RESTLESS

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

SPECIALTY CLASSES

MEDITATION WITH SOUND THERAPY

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

REIKI- LEVEL 2

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

MAH-JONGG FOR BEGINNERS

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

SOUND HEALING MEDITATION

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

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

MEDICAL MEDITATION

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

BEGINNING SPANISH

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

INTERMEDIATE SPANISH

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

ENGLISH CONVERSATION

Wed, 11/6-12/18, 7:00-8:00pm, Class #: 0861.5241
\$91/7 wks, 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 wks, 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 wks, 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 wks, Instructor: Abby Brandi

ACTING 101

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

SENIOR VOLUNTEER INSTRUCTED CLASSES

FALL/WINTER 2024 SESSION:

MONDAY, OCTOBER 21-FRIDAY, DECEMBER 27

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



TAP DANCE- INTERMEDIATE

MONDAYS, 10:00-11:00AM
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/WINTER SESSION: 10/21-12/9 (NO CLASS 11/11)
COST: \$7/7 WEEKS
*THIS CLASS IS TAUGHT VIRTUALLY THROUGH ZOOM.
LINK WILL BE SENT BY EMAIL UPON REGISTRATION.
INSTRUCTOR: STEVE KOHN

SPANISH CONVERSATION

WEDNESDAYS, 9:00-11:00AM
FALL/WINTER SESSION: 10/23-12/18
COST: \$9/9 WEEKS

TAI CHI CHUAN

TUESDAYS & THURSDAYS, 9:45-10:45AM
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/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/WINTER SESSION: 10/22-12/17
COST: \$9/9 WEEKS
INSTRUCTOR: ABBEY CLARK

ITALIAN- INTERMEDIATE

THURSDAYS, 10:00AM-12NOON
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/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-~~

KNITTERS & CROCHETERS

TUESDAYS & THURSDAYS, 12NOON-3:00PM
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/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/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

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.

TEDDY BEARS WORKSHOP

Mondays, 1:30-3:00pm
Assemble stuffed bears for children.

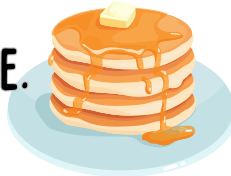
THE GOEBEL CAFÉ

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.crpd.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 ACTIVITIES, NO REGISTRATION IS REQUIRED. DISCOVER MORE DROP-IN ACTIVITIES, STOP BY THE GOEBEL ADULT CENTER FRONT DESK TO PICK UP A DROP-IN SCHEDULE!

-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 SINGERS

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

BALLROOM DANCE

1st & 3rd Saturdays, November 2 & 16

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, November 4 & 18, 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, November 14, 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, November 27, 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

Fraturdays, 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 Fraturdays, November 1 & 15, 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, November 2, 12:30-2:00pm

-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 & Fraturdays, 7:30-10:30am

Location: Wildflower Playfields, Courts 1, 2, & 3

Tuesdays, Wednesdays & Fraturdays, 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 & Fraturdays, 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 & Fraturdays, 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

12:30-4:00pm

&

FRIDAYS

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

SOCIAL SERVICES:

GREY LAW:

2nd Mondays, December 9, 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, November 20, 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**

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 CONCERNS:

401 Hodencamp Rd., Thousand Oaks, 91360
805-497-0189
www.seniorconcerns.org

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, November 5, 10:30am-12noon
with The Foundation for Senior Services

BOOK DISCUSSION GROUP:

2nd Tuesdays, November 12, 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, November 14, 4:00-5:30pm
(no meeting on November 28)

For information, call Rick 805-405-4566

HISTORY BOOK DISCUSSION GROUP:

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

SENIOR LATIN SOCIAL GROUP:

Fridays, 9:00am-12noon, 805-381-2744

CONEJO VALLEY WRITERS:

2nd Saturdays, November 9, 12noon-2:30pm

For 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.**

EYEGLOSS RECYCLING- RECYCLE FOR SIGHT:

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. A donation collection box is located near the Goebel Adult Center front desk. **Curious about what to donate? 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 additional 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, November 2- Pier 101

Saturday, November 16- Erik Ekstrand

Saturday, December 7- John & John

Saturday, December 21- Wyatt Haupt

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

*PLEASE NOTE: BANDS, THEMES, LESSONS, AND INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



GOEBEL ADULT COMMUNITY CENTER DAY TRIPS

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

**LIMITED SEATS AVAILABLE,
REGISTER TODAY!**

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 have 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 pizzeria, a gloved 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

**SOLD OUT- WAITING LIST OPEN.
PLEASE CALL OR VISIT THE
GOEBEL ADULT CENTER FRONT DESK TO
ADD YOUR NAME TO THE WAITING LIST.**

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 (made payable to G.S.C.C.), 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, OR CONTACT MARK WILLIAMS, MWILLIAMS@CRPD.ORG

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.



\$4,099/per person, double occupancy - \$4,849/per person, single occupancy.

WASHINGTON DC CHERRY BLOSSOMS- APRIL 7, 2025

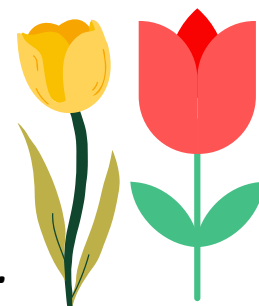
Tour Price Includes: Roundtrip Airfare & Transfers at LAX, Hotel Accommodations, 8 Meals, Professional Tour Director, Motor-Coach Transportation, Admissions per Itinerary, Comprehensive Sightseeing, Luggage Handling, and Hotel Transfers.



\$4,050/per person, double occupancy - \$4,875/per person, single occupancy.

MACKINAC ISLAND- MAY 3 2025

Highlights Include: Roundtrip Airfare, Airport Transfers, 13 meals, Chicago, Millennium 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, 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.

MAJESTIC CANADIAN ROCKIES- JULY 20, 2025

Tour Price Includes: 5 nights- Banff Park Lodge, Roundtrip Airfare- LAX, Roundtrip Transfers, First Class Hotel, 8 Meals, Professional Tour Director, Motorcoach Transportation, Admissions per Itinerary, Comprehensive Sightseeing, Baggage Handling at Hotels, Hotel Transfers, plus Travel Protection Plan.

\$4,399/per person, double occupancy - \$5,649/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*



RESOURCE DIRECTORY



Scan the QR Code to view the electronic version



SCAN ME

COUNCIL ON AGING MEETING



Thursday, November 7, 2024

1:00 PM



Topic: Thousand Oaks Transit

Speaker: Tyler Nestved

City of Thousand Oaks



City Hall Board Room

2100 Thousand Oaks Blvd



Virtual: toaks.co/coazoom

Call in: 213 338 8477

Meeting ID: 862 6461 2489

Meeting Passcode: 512988



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

November 2024

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

TO:



GOEBEL ADULT COMMUNITY CENTER HOURS OF OPERATION

MONDAY: 8:30AM-9:00PM

HOLIDAY HOURS MONDAY, NOVEMBER 11, 9:00AM-5:00PM

TUESDAY: 8:30AM-9:00PM

WEDNESDAY: 8:30AM-9:00PM

THURSDAY: 8:30AM-9:00PM

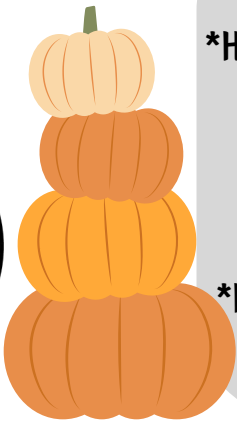
HOLIDAY HOURS THURSDAY, NOVEMBER 28, CLOSED

FRIDAY: 8:30AM-5:00PM

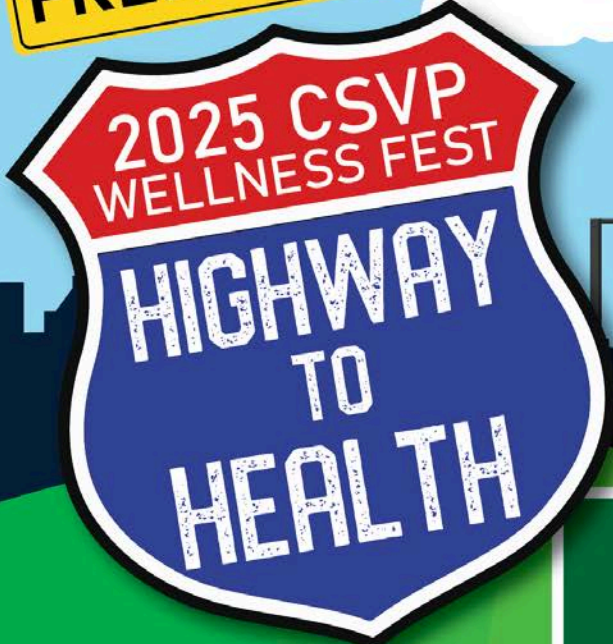
HOLIDAY HOURS FRIDAY, NOVEMBER 29, 12NOON-5:00PM

SATURDAY: 12NOON-4:00PM

SUNDAY: CLOSED



FREE EVENT



Goebel Adult Community Center
1385 E. Janss Rd., Thousand Oaks

Wednesday, January 15
9:00AM-1:00PM