



# SENIOR NEWS



**Simi Valley Council On Aging Executive Board**

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[www.simivalley.org](http://www.simivalley.org)

## BINGO

### BONANZA!

**Saturday, September 9, 2017**  
**Doors Open at 9:30 a.m.**  
**Games Begin at 11:00 a.m.**

Simi Valley Senior Center  
 3900 Avenida Simi

Admission: \$25/\$30 With Lunch  
 28 Games + 1 Special Double Action Game  
 Additional Packets Available at the Door  
 Over \$2,500 in Cash and Prizes!

Sponsored by the  
 Simi Valley Council On Aging  
 & Rancho Simi Senior Club

Delicious BBQ Chicken Sandwich  
 Complete Lunch \$5.00

**Free Daubers!**

Tickets available at Senior Center Main Desk  
 All profits benefit Council On Aging programs  
 For more information call 583-6363

Presented by:



# 12th Annual Age 50+ Simi Valley Community Games

Rancho Simi Recreation and Park District

October 20 -  
November 18, 2017

1-Mile Fun Walk  
8-Ball Pool  
Bingo  
Bocce Ball  
Bowling  
Bridge  
Bunco  
Golf  
Horseshoes\*  
Indoor Lawn Bowling\*  
Pickleball  
Ping Pong  
Poker  
Shuffleboard\*  
Wii Bowling  
*\*Clinics Offered*

**Registration Deadline:**  
**Thursday, Sept 21, 2017**  
**4:00 pm**

Entry Packets available **August 15** at:

Simi Valley Senior Center  
3900 Avenida Simi

Rancho Santa Susana Center  
5005-C Los Angeles Ave.

Sycamore Drive Community Center  
1692 Sycamore Drive

Call 805-583-6059 for more info

### Major Sponsor

*Simi Valley Hospital*

Will be known as:



### Co-Presenting Sponsors

Regal Medical Group and Lakeside Community Healthcare  
Simi Valley Days Foundation

### Contributing Sponsors

Kiwanis Club of Simi Valley  
Reardon Simi Valley Funeral Home  
Simi Valley Council on Aging  
The Foothills at Simi Valley



## Sign Up for the AARP Smart Driver Program

- ◆ Tune up your driving skills and update your knowledge of the rules of the road.
- ◆ Learn about normal, age-related physical changes, and how to adjust your driving to allow for these changes.
- ◆ Reduce your traffic violations, crashes, and chances for injuries.
- ◆ Get an insurance discount. Most Auto insurance companies provide a multi-year discount to AARP graduates!

The next full course will be offered **August 28 & 29, 2017** from 1:00 - 5:00 p.m. Those who have taken the full course within the past five years are eligible to take a refresher course which will be held on **November 14, 2017** from 5:30 to 10:00 p.m. Cost is \$15 for AARP members or \$20 for non-members. Payment by check or money order is due at the time of registration. **You must pre-register at the Senior Center main desk.**

**Driver Safety**



## **Legal and Financial Planning for Caregivers**

After receiving a diagnosis of Alzheimer's disease or another dementia, the cost of future care may not immediately come to mind. Financial planning often gets pushed aside because of the stress and fear the topic evokes. Legal planning is especially vital for a person diagnosed with Alzheimer's or another form of dementia. The sooner planning begins, the more likely it is that the person with the disease will be able to participate.

Join Alzheimer's Community Speaker and Elder Law attorney Craig Ploss at this workshop on Tuesday, August 15 from 10:00 a.m. to 12:00 p.m. at the Senior Center. Call 805-583-6363 or stop at the main desk to register.

Plan ahead to reduce stress and know you are following the wishes of those involved.



## AUGUST 2017 CLASSES, CLUBS AND ACTIVITIES SCHEDULE

**Most [REC] activities, clubs & classes meet at the Simi Valley Senior Center**

MONDAY	ACTIVITY	START		END	DATE(S)	OTHER INFO
Arts/Crafts	B.Y.O.C. (Bring Your Own Crafts) Group	9:00 am	-	12:00 pm		
	Ceramics - Handbuild/Wheel [REC]	10:00 am	-	1:00 pm	Begins Aug. 28	Registration req.
	Ceramics - Handbuild/Wheel [REC]	1:00 pm	-	4:00 pm	Begins Aug. 28	Registration req.
	Oil Painting - All levels [REC]	12:30 pm	-	3:30 pm	Begins Aug. 28	Registration req.
	Oil Painting/Drawing - Begin., Part B [REC]	9:00 am	-	12:00 pm	Begins Aug. 28	Registration req.
	Open Art Studio Club [REC]	6:00 pm	-	9:00 pm		
	Quilt Club	2:00 pm	-	4:30 pm		
	Scrapbooking Club [REC]	3:00 pm	-	6:00 pm		
Cards/Games	Billiards Club [REC]	8:00 am	-	4:45 pm		
	Billiards Club [REC]	7:00 pm	-	9:45 pm		
	Cribbage Club [REC]	6:00 pm	-	9:30 pm		
	Mah Jongg	10:00 am	-	2:30 pm		
	Pan Card Game Club	10:00 am	-	3:00 pm		
Computers	Learning Windows 10 & Tricks [REC]	9:00 am	-	11:00 am	Begins Aug. 28	Registration req.
	Microsoft Excel [REC]	6:00 pm	-	7:30 pm	Begins Aug. 28	Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
	Total Technology: Laptop/Tablets [REC]	3:30 pm	-	5:00 pm	Aug. 14	Registration req.
Education	Simi Strings Orchestra [REC]	6:00 pm	-	9:30 pm		Registration req.
Groups/Clubs	Books & Movies: <i>The Devil Wears Prada</i> [REC]	6:30 pm	-	10:00 pm	Aug. 28	Registration req.
	Council On Aging (COA) Meeting	1:00 pm	-	3:00 pm	Does not meet	
	Drama Club	1:00 pm	-	3:00 pm		
	Genealogy Club	1:00 pm	-	3:00 pm		
	Stamp & Coin Club	1:00 pm	-	3:00 pm		
Health/Fitness	Chair Yoga [REC]	9:45 am	-	10:45 am	Begins Aug. 28	Registration req.
	Introduction to Ballet [REC]	5:30 pm	-	6:45 pm	Begins Aug. 21	Registration req.
	Line Dancing - Advanced	8:30 am	-	10:30 am		Drop-in, free
	Monday Tappers - Intermediate [REC]	1:15 pm	-	2:15 pm	Begins Aug. 28	Registration req.
	Monday Tappers - Beginner [REC]	2:15 pm	-	3:15 pm	Begins Aug. 28	Registration req.
	Ping Pong [REC]	2:30 pm	-	4:30 pm		
	Strength Building [REC]	3:30 pm	-	4:30 pm	Begins Aug. 28	Registration req.

<b>MON. (CONT.)</b>	<b>ACTIVITY</b>				<b>DATE(S)</b>	<b>OTHER INFO</b>
Health/Fitness	Tai Chi - Beginning	12:10 pm	-	1:10 pm	New students 1st Monday of month	
	Tai Chi - Intermediate/Advanced	11:00 am	-	12:00 pm		
	Wii Bowling/Sports	12:15 pm	-	4:45 pm		Sign-up req.
	Yoga [REC]	7:00 pm	-	8:00 pm	Begins Aug. 28	Registration req.
	Yoga for Positive Health [REC]	8:00 am	-	9:30 am		
Social Services	Coping with Life	10:00 am	-	11:30 am		
	Home Energy Assistance Program (HEAP)	9:00 am	-	2:00 pm	Aug. 21	Appt. req.
	Hearing Screening - Decibel Hearing	9:00 am	-	11:00 am	Aug. 7	
	Low Vision Consultations	10:00 am	-	12:00 pm	Aug. 14	
	V.I.P. Low Vision Support Group	9:00 am	-	12:00 pm	Does not meet	
<b>TUESDAY</b>	<b>ACTIVITY</b>				<b>DATE(S)</b>	<b>OTHER INFO</b>
Arts/Crafts	Acrylic / Oil Painting [REC]	6:30 pm	-	9:00 pm	Begins Aug. 29	Registration req.
	Ceramics - Handbuilding/Wheel [REC]	10:00 am	-	1:00 pm	Begins Aug. 29	Registration req.
	Ceramics - Handbuilding/Wheel [REC]	1:00 pm	-	4:00 pm	Begins Aug. 29	Registration req.
	Ceramics - Handbuilding/Wheel [REC]	6:00 pm	-	9:00 pm	Begins Aug. 29	Registration req.
	Mosaic Experience [REC]	12:00 pm	-	3:00 pm	Begins Aug. 29	Registration req.
	Watercolor Painting Part B [REC]	12:30 pm	-	3:30 pm	Begins Aug. 29	Registration req.
	Woodcarving Club [REC]	9:00 am	-	12:00 pm		
Cards/Games	Billiards Club [REC]	8:00 am	-	4:45 pm		
	Billiards Club [REC]	7:00 pm	-	9:45 pm		
	Chicago Bridge	9:30 am	-	12:00 pm		
	Hand and Foot Card Game	9:45 am	-	4:45 pm		
	Pinochle	12:00 pm	-	4:00 pm		
Computers	Microsoft Basic - Inter. Computer Skills [REC]	7:00 pm	-	9:00 pm	Begins Aug. 29	Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
	Total Technology: Cellphones [REC]	3:30 pm	-	5:00 pm	Aug. 22	Registration req.
Educational	Postcards Along My Path [REC]	10:30 am	-	12:00 pm	Begins Aug. 29	Registration req.
Entertainment	Movies in the Lounge	12:30 pm	-	3:00 pm		
Groups/Clubs	Poker Club [REC]	6:15 pm	-	9:45 pm		
	Women's Discussion Group	10:00 am	-	11:30 am		
Health/Fitness	Arthritis Chair Exercise [REC]	10:30 am	-	11:30 am		
	Blood Pressure Screening	9:00 am	-	11:00 am		
	Clogging - Beginning I [REC]	6:45 pm	-	7:30 pm		
	Clogging - Easy Intermediate [REC]	7:30 pm	-	8:15 pm		
	Clogging - Intermediate [REC]	8:15 pm	-	9:00 pm		
	Croquet - Beginning (Golf Croquet) [REC]	9:00 am	-	11:00 am		
	Golf Lessons [REC]	9:00 am	-	11:00 am	Begins Aug. 29	Registration req.

<b>TUES. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>		<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO</b>
Health/Fitness	Hoops for your Droops [REC]	7:00 pm	-	8:00 pm	Begins Aug. 29	Registration req.
	Indoor Lawn Bowling [REC]	1:00 pm	-	3:00 pm		
	Low-Impact Aerobics [REC]	5:30 pm	-	6:30 pm		Registration req.
	Pickleball [REC]	8:30 am	-	12:00 pm		
	Ping Pong [REC]	12:00 pm	-	2:00 pm		
	Senior Kickboxing [REC]	9:30 am	-	10:25 am	Begins Aug. 29	Registration req.
	Stretch, Strengthen, and Aerobics [REC]	2:45 pm	-	4:45 pm	Begins Aug. 29	Registration req.
	Tuesday Tappers - Beginning [REC]	4:30 pm	-	5:30 pm	Begins Aug. 29	Registration req.
	Tuesday Tappers - Intermediate [REC]	3:30 pm	-	4:30 pm	Begins Aug. 29	Registration req.
	Yoga for Positive Health [REC]	8:00 am	-	9:30 am		
	Zumba Gold [REC]	9:15 am	-	10:15 am	Begins Aug. 29	Registration req.
	Zumba Gold [REC]	6:00 pm	-	7:00 pm	Begins Aug. 29	Registration req.
Social Services	ADA Card Interviews for Dial-A-Ride	8:30 am	-	2:30 pm	Aug. 8, 22	App. req.
	HICAP Health Insurance Counseling	10:00 am	-	1:00 pm		Appt. req.
	Notary Service - Free	8:00 am	-	5:00 pm	Call for info. (805) 583-6363	
	Prostate Cancer Support Group	7:00 pm	-	9:00 pm	Aug. 15	
	Senior Share Food Program	9:30 am	-	10:30 am		Application req.
<b>WEDNESDAY</b>	<b>ACTIVITY</b>	<b>START</b>		<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO</b>
Arts/Crafts	Beading and Jewelry Club [REC]	6:00 pm	-	8:30 pm		
	Ceramics Handbuilding/Wheel [REC]	10:00 am	-	1:00 pm	Begins Aug. 30	Registration req.
	Ceramics Handbuilding/Wheel [REC]	1:00 pm	-	4:00 pm	Begins Aug. 30	Registration req.
	Jewelry Finishing Club [REC]	1:30 pm	-	4:00 pm		
	Jewelry Making Class [REC]	1:30 pm	-	4:00 pm	Begins Aug. 30	Registration req.
	Knit & Crochet Club [REC]	9:00 am	-	12:00 pm		
	Multi-Media Art [REC]	9:00 am	-	12:00 pm	Begins Aug. 30	Registration req.
	Multi-Media Art [REC]	12:30 pm	-	3:30 pm	Begins Aug. 30	Registration req.
	Quality Quilters Club [REC]	9:00 am	-	1:00 pm		
Cards/Games	Billiards Club [REC]	8:00 am	-	4:45 pm		
	Billiards Club [REC]	7:00 pm	-	9:45 pm		
	Chess Club	1:00 pm	-	4:30 pm		
	Duplicate Bridge [REC]	1:00 pm	-	5:00 pm		
	Mah Jongg	12:00 pm	-	4:30 pm		
	Pinochle	12:30 pm	-	4:45 pm		
	Pinochle - Double Deck [REC]	6:30 pm	-	9:30 pm	Aug. 9, 23	
Computers	Discovering Applications & Downloading [REC]	12:00 pm	-	2:00 pm	Begins Aug. 30	Registration req.
Education	Beginning Guitar [REC]	2:45 pm	-	3:45 pm	Begins Aug. 30	Registration req.
	Intermediate Guitar [REC]	3:45 pm	-	4:45 pm	Begins Aug. 30	Registration req.
Groups/Clubs	Simi Scribblers Writers' Group	10:00 am	-	12:00 pm		

<b>WED. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>		<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO</b>
Groups/Clubs	Treasure Hunters Metal Detectors [REC]	6:30 pm	-	9:00 pm	Aug. 16	
Health/Fitness	Chair Yoga [REC]	1:00 pm	-	2:00 pm	Begins Aug. 30	Registration req.
	Golf Lessons [REC]	9:00 am	-	11:00 am	Begins Aug. 30	Registration req.
	Line Dancing [REC]	5:30 pm	-	6:45 pm		Registration req.
	Line Dancing [REC]	7:00 pm	-	8:15 pm		Registration req.
	Pedicure Clinic	9:00 am	-	3:00 pm	Aug. 2, 16	Appt./fee req.
	Pilates [REC]	10:15 am	-	11:15 am	Begins Aug. 30	Registration req.
	Relaxation & Meditation [REC]	8:00 am	-	8:50 am		
	Strength Building [REC]	5:30 pm	-	6:30 pm	Begins Aug. 30	Registration Req.
	Tai Chi Practice	8:30 am	-	9:30 am		
	Therapeutic Fitness [REC]	11:30 am	-	12:30 pm	Begins Aug. 30	Registration req.
	Wii Bowling/Sports	12:15 pm	-	4:45 pm		Sign-up req.
	Yoga Level II [REC]	7:00 pm	-	8:00 pm	Begins Aug. 30	Registration req.
	Zumba Gold [REC]	9:00 am	-	10:00 am	Begins Aug. 30	Registration req.
Social Services	Diabetes Support Group	10:30 am	-	12:00 pm	Aug. 2	
	Home Share	10:00 am	-	1:00 pm		Appt. preferred
	Senior Advocate	9:00 am	-	2:00 pm		Appt. preferred
	Veterans' Counseling	9:00 am	-	11:00 am	Aug. 2	Appt. preferred
	Widows' & Widowers' Support Group	10:30 am	-	12:00 pm	Call for info.	(805) 583-6363
<b>THURSDAY</b>	<b>ACTIVITY</b>	<b>START</b>		<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
Arts/Crafts	Ceramic Slip Casting, Airbrush, & Handbuilding [REC]	9:00 am	-	3:00 pm	Begins Aug. 31	Registration req.
	Ceramic Handbuilding Workshop [REC]	12:00 pm	-	3:00 pm	Begins Aug. 31	Registration req.
	Crochet, Sew & Chat	9:30 am	-	11:30 am		
	Oil & Acrylic Painting [REC]	12:30 pm	-	3:30 pm	Begins Aug. 31	Registration req.
	Quilting Club [REC]	9:00 am	-	12:00 pm		
	Quilting Club [REC]	5:00 pm	-	9:30 pm		
	Scrapbooking Club [REC]	9:00 am	-	12:00 pm		
	Sewing Club [REC]	5:00 pm	-	9:30 pm		
	Woodcarving Class [REC]	9:00 am	-	12:00 pm	Begins Aug. 31	Registration req.
Cards/Games	Beginning Bridge [REC]	2:00 pm	-	4:00 pm	Begins Aug. 31	Registration req.
	Billiards Club [REC]	8:00 am	-	4:45 pm		
	Billiards Club [REC]	7:00 pm	-	9:45 pm		
	Bunco Daytime [REC]	10:00 am	-	12:00 pm	Aug. 10	
	Bunco Club [REC]	7:00 pm	-	9:00 pm	Aug. 17	
	Canasta/Hand & Foot Cards	11:00 am	-	4:45 pm		
	Games Club [REC]	6:30 pm	-	9:30 pm	Aug. 24	
	Rummikub Club	1:45 pm	-	4:45 pm		

THU. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Computers	Basic Computer Skills [REC]	8:30 am	-	10:30 am	Begins Aug. 31	Registration req.
	Intermediate Computer Skills [REC]	10:45 am	-	12:45 pm	Begins Aug. 31	Registration req.
	Sit 'n' Click Open Computer Lab	1:00 pm	-	4:45 pm		
Educational	American Revolution [REC]	1:00 pm	-	2:30 pm	Begins Aug. 31	Registration req.
Entertainment	Movies in the Lounge	12:30 pm	-	3:00 pm		
Groups/Clubs	Karaoke	2:30 pm	-	4:30 pm		
	Rancho Simi Senior Club	1:30 pm	-	4:00 pm	Aug. 10	
	Simi Settlers Radio Club [REC]	7:00 pm	-	9:00 pm	Aug. 10	
Health/Fitness	Arthritis Chair Exercise [REC]	1:15 pm	-	2:15 pm		
	Chair Zumba [REC]	8:30 am	-	9:25 am	Begins Aug. 31	Registration req.
	Horseshoes [REC]	9:00 am	-	11:00 am		
	Golf Lessons [REC]	9:00 am	-	11:00 am	Begins Aug. 31	Registration req.
	Low Impact Aerobics [REC]	5:30 pm	-	6:30 pm		Registration req.
	Parkinson's Exercise [REC]	11:30 am	-	12:30 pm		Registration req.
	Pickleball [REC]	8:30 am	-	12:00 pm		Registration req.
	Ping Pong [REC]	7:00 pm	-	9:30 pm		
	Senior Fitness Club [REC]	9:30 am	-	10:25 am	Begins Aug. 31	Registration req.
	Shuffleboard [REC]	1:00 pm	-	3:00 pm		
	Stretch, Strengthen, and Aerobics [REC]	2:45 pm	-	4:45 pm		Registration req.
	Tai Chi - Intermediate/Advanced	10:30 am	-	11:30 am		
Social Services	Alzheimer's Support Group & Respite	10:30 am	-	12:00 pm	Aug. 3, 17	Respite provided
	Disabled American Veterans Support	3:00 pm	-	5:00 pm	Aug. 10	
	Fibromyalgia Support Group	3:00 pm	-	4:45 pm	Aug. 3	
	Home Energy Assistance Program (HEAP)	9:00 am	-	2:00 pm	Aug. 3	Appt. req.
	Parkinson's Support Group	1:00 pm	-	3:00 pm	Aug. 17	
	Senior Kit Food Program	9:00 am	-	11:00 am	Aug. 10	Registration req.
FRIDAY	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Arts/Crafts	Ceramics - Handbuild/Wheel [REC]	10:00 am	-	1:00 pm	Begins Sep. 1	Registration req.
	Ceramics - Handbuild/Wheel [REC]	1:00 pm	-	4:00 pm	Begins Sep. 1	Registration req.
	Knit & Crochet Club [REC]	9:00 am	-	12:00 pm		
	Multi-Media Painting [REC]	9:00 am	-	12:00 pm	Begins Sep. 1	Registration req.
	Watercolor [REC]	12:30 pm	-	3:30 pm	Begins Sep. 1	Registration req.
Cards/Games	Billiards Club [REC]	8:00 am	-	4:45 pm		
	Billiards Club [REC]	7:00 pm	-	9:45 pm		
	Bingo - Grab Bag	1:00 pm	-	2:30 pm		



<b>FRI. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>		<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
Cards/Games	Decorative Arts Club [REC]	9:00 am	-	1:00 pm		
	Duplicate Bridge: Non-sanct. [REC]	7:00 pm	-	10:45 pm		
	Fun Bridge Club	1:00 pm	-	4:45 pm		
	Mah Jongg	9:30 am	-	2:00 pm		
	Mah Jongg	12:00 pm	-	4:30 pm		
Computers	Connectivity Class by Henry Chan [REC]	10:30 am	-	12:30 pm	Aug. 18	Registration req.
	Digital Photo Editing [REC]	10:45 am	-	12:45 pm	Begins Sep. 1	Registration req.
	Digital Photography [REC]	8:30 am	-	10:30 am	Begins Sep. 1	Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
Entertainment	COA Dance - Hawaiian Luau	7:30 pm	-	10:00 pm	Aug. 11	
Health/Fitness	Ballet - Intro [REC]	8:45 am	-	10:00 am	Begins Aug. 18	Registration req.
	Bocce Ball [REC]	8:30 am	-	10:30 am		
	Gentle Yoga [REC]	11:30 am	-	12:30 pm	Begins Sep. 1	Registration req.
	Pilates - Strength [REC]	10:15 am	-	11:15 am	Begins Sep. 1	Registration req.
	Ping Pong [REC]	12:45 pm	-	4:30 pm		
	Ping Pong [REC]	7:00 pm	-	10:00 pm		
	Victorian Dance [REC]	7:00 pm	-	10:00 pm	Aug. 18	Registration req.
	West Coast Swing [REC]	6:30 pm	-	10:00 pm	Aug. 25	Registration req.
	Wii Bowling/Sports	9:15 am	-	1:45 pm		Sign-up req.
Social Services	COPD Support Group	1:30 pm	-	3:00 pm	Aug. 18	
<b>SATURDAY</b>	<b>ACTIVITY</b>	<b>START</b>		<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
Arts/Crafts	Grandparent & Me: <i>Paint an Apron</i> [REC]	9:30 am	-	11:00 am	Aug. 12	Registration req.
	Watercolor Club [REC]	9:00 am	-	12:00 pm		
	Quilting Club [REC]	9:00 am	-	12:00 pm		
Groups/Clubs	Women's Book Club - <i>The Marriage of Opposites</i>	10:00 am	-	12:00 pm	Aug. 19	
Health/Fitness	Billiards Club [REC]	8:00 am	-	12:00 pm		
	Ping Pong [REC]	10:00 am	-	12:15 pm		
	Walking Tour of Corriganville [REC]	10:00 am	-	12:00 pm	Aug. 19	Registration req.
	Yoga for Positive Health [REC]	8:00 am	-	9:30 am		
Social Services	Adoption Aftermath & Birth Mothers Support	9:00 am	-	12:00 pm	Aug. 19	
	Grey Law Legal Services	9:00 am	-	12:00 pm	Call for appt.	(805) 658-2266



**Council On Aging**

# HAWAIIAN Dance

**Friday, August 11, 2017**  
**7:30 - 10:00 p.m.**  
**\$7.00 per person**

**Featuring Live Music by:**  
**John Brunac Duo**

**Free Nightclub Two Step  
 Dance Instruction!**  
**6:30 - 7:30 p.m.**



## COUNCIL ON AGING MEETING

The Council On Aging (COA) General Membership meeting takes place at 1:00 p.m. on the second Monday of each month at the Simi Valley Senior Center in Classrooms 106 & 107.

The COA will not meet in August.  
 The next COA meeting is scheduled for:

**September 11, 2017**

All seniors 60 years or older who reside in the City of Simi Valley are automatically voting members of the COA.

The agenda is posted at both entrances of the Senior Center and can be viewed online 72 hours prior to the meeting at [www.simivalley.org/COA](http://www.simivalley.org/COA).

Know what is going on at your Senior Center!



**Ice Cream Floats**  
**with**  
**Assemblyman**  
**Dante Acosta**

**Thursday, August 10**  
**12:30 - 1:15 p.m.**

Please join Assemblyman Dante Acosta and his staff immediately following lunch in the Multipurpose Room as they serve ice cream floats and say hello to Simi Valley seniors. Information regarding services that are offered in the 38<sup>th</sup> district will also be provided.

## **West Coast Swing & Dance**



**Friday, August 25**  
**(4th Friday of each month)**  
**Simi Valley Senior Center**

**Beginning Lesson: 7:00 - 8:00 p.m.**

**Dance: 8:00 - 10:00 p.m.**

**\$5.00 per person, per month**

**No partner needed!**  
**Sign up before the lesson**



Lunches are served weekdays from 11:30 a.m. until 12:30 p.m., with a salad window option on Wednesdays and Thursdays. The suggested donation for seniors age 60 or older is \$3.00. Those under 60 are required to pay \$6.75. **Lunch check-in is from 9:30 a.m. to 11:15 a.m.**

- \* **Mondays, Pianist - Norma Hickox, 10:45 a.m. to 11:45 a.m.**
- \* **Tuesday, August 1, 15, 22 & 29, Live music by Reflections**
- \* **Tuesday, August 8, Birthday Celebration, Live music by Reflections, 11:00 a.m. to 12:00 p.m.**
- \* **Wednesday, August 2, Pianist Andy Howe**
- \* **Wednesday, August 9, Live music by Old Country Grass Band**
- \* **Wednesday, August 16, Live music by Martin Gonzalez, Classic Rock Guitarist**
- \* **Wednesday, August 23, Live music by Phil Mercurio, Electric Blues Guitarist**
- \* **Wednesday, August 30, Live music by Jerry Weisbecker - Memory Lane Music**
- \* **Thursdays, Live music by Belles & Beaus Choir, 10:30 a.m. to 11:30 a.m.**
- \* **Friday, August 4 & 18, Medley favorites music by Don Newcomer**
- \* **Friday, August 11, Hawaiian Music & Dancing**
- \* **Friday, August 25, Live music by Sal Fasulo**

**Entertainment is from 11:00 a.m. to 11:55 a.m. unless otherwise noted.**

## SENIOR EXCURSIONS



**San Manuel Casino  
August 30, 2017**

**Riverside Resort & Casino Luau  
Laughlin, Nevada  
September 6 - 8, 2017**

**Garden of the Gods  
Colorado Springs, CO  
September 9 - 17, 2017**

**Coast Starlight and Hawaii Cruise  
September 20 - October 2, 2017**

**Reno & Lake Tahoe Tour  
October 2 - 5, 2017**

**Islands of New England  
October 3 - 10, 2017**



**Call (805) 583-6363 for more information.**

**Register in person at the Senior Center main desk Monday through Friday, 8:00 a.m. to 4:30 p.m. Credit cards or checks only. No cash.**

Senior Center Hours:  
Monday through Friday 8:00 a.m. to 5:00 p.m.

Simi Valley Senior Center  
3900 Avenida Simi  
Simi Valley, CA 93063

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## SENIOR CENTER STAFF

### Assistant Managers

Claudia Hapip  
(805) 583-6044

Robert Martin  
(805) 583-6364

### Secretary

Raquel Wirth  
(805) 583-6363

### Rendezvous Café

(805) 583-6363

### Rendezvous Café Cook

Gregory Seymour

### Meals On Wheels Coordinator

Suzanna Colwell  
(805) 583-6042

## “Everyone With Diabetes Counts” Classes



Do you or does someone you love have diabetes? *Everyone with Diabetes Counts* is a program that encourages lifestyle changes while learning about diabetes and the way it affects your health.

Become familiar with what diabetes is, how proper diet and exercise can help treat it, and the importance of taking medications. Learn how to manage and prevent complications and what you need to know about how diabetes which can affect your eyes, teeth, toes, and feet.

The class meets six Tuesdays from September 5 to October 10 from 9:30 to 11:30 a.m. at the Simi Valley Senior Center. This class is free and is limited to those who have diabetes or pre-diabetes. Sign up at the main desk at the Senior Center or call (805) 583-6363.