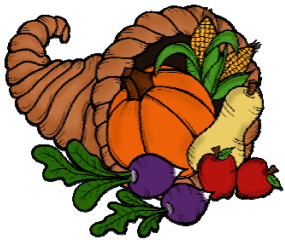




November 2017 Simi Valley Senior Center

SENIOR NEWS



**Simi Valley
Council On Aging
Executive Board**

Sharon McCann
Chair

Char Jackowitz
Vice Chair

Karen Cline
Treasurer

Stephanie Newbrook
Recording Secretary

Kenneth Sinn
Corresponding Secretary

Jean Cecil

Al Fournier

Ed Mazeika

Antoinette Olson



www.simivalley.org

The Simi Valley Senior Center Performing Arts Group
Presents
an Original Musical Comedy

The Wizard of Oz

Thursday
November 30th
1:30 - 3:30 p.m.

Friday
December 1st
7:00 - 9:00 p.m.



**Opportunity Drawings
for Prize Baskets**

**Complimentary
Refreshments**

All are welcome - Admission is FREE - No reservations required

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

Bob Huber, Mayor Mike Judge, Mayor Pro Tem Glen T. Becerra, Council Member Keith L. Mashburn, Council Member Dee Dee Cavanaugh, Council Member

Simi Valley Senior Center 3900 Avenida Simi, Simi Valley, CA 93063 805.583.6363

Annual Thanksgiving Eve Dinner

Wednesday, November 22, 2017

Great company, great food, join us for a delicious turkey dinner with all the fixin's

Simi Valley Senior Center
3900 Avenida Simi
(805) 583-6363

Dinner seatings are 4:45 p.m.,
6:00 p.m. & 7:15 p.m.

Tickets will be available beginning
Monday, November 13 at 8:00 a.m.

Limit of Two Tickets per Person

TRANSPORTATION AVAILABLE!
Call Dial-A-Ride by November 15th
(805) 583-6464

Sponsored by Simi Valley Council On Aging and the
Rotary Club of Simi Sunrise

Get Your Beauty On!!



Glam-A-Thon

Wednesday
November 22
9:00 to 11:30 a.m. and
1:00 to 3:30 p.m.

Men and Women!!

Ridone Inc., and volunteers from the Simi Valley Institute for Career and Education Cosmetology program will once again provide a special day of beauty for our seniors. **Receive a free haircut, make-up application, or manicure.** Please have freshly washed hair if you will be getting a haircut.

To sign up, call the Senior Center at (805) 583-6363 or stop by the main desk.

Donate Your Baubles and Bling for a Great Cause!



The Council On Aging is seeking your donations for its Jewelry Sale

December 4 - 8

If you have bracelets, rings, necklaces, or earrings that you no longer wear, donate them to support Senior Programs at our Senior Center!

Please bring your items
to the main desk
Monday through Friday between
8:00 a.m. and 4:30 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.

The next COA meeting is scheduled for:

November 13, 2017

**Presentation:
Parliamentary Procedure**

All Simi Valley residents 60 years or older 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.

Learn the 10 Early Warning Signs of Dementia and Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Come learn the 10 warning signs and symptoms.



The workshop will be held on **Tuesday, November 14 from 10:00 a.m. to 12:00 p.m.** Space is limited. Call (805) 583-6363 or stop by the main desk to sign up.

Skin Care for Seniors



Please join us for a talk by Dermatologist Gene Rubinstein on **Tuesday, November 21 from 1:30 to 2:30**

p.m. at the Senior Center. He will give you pointers on how to care for your dry skin during the winter months. He will also discuss skin lesions and address treatment options. If your epidermis is showing, you will not want to miss this informative presentation!

Space is limited. Stop by the main desk or call (805) 583-6363 to make your reservation.

Will You Pass Your Next



Do not leave any doubt! Gain confidence for your next written drivers test. Join Senior Advocate Betty Berry who will provide helpful hints on how to prepare for the written test.

**Tuesday, December 5, 2017
1:30 to 3:00 p.m.**

This presentation is free but registration is required. Stop by the main desk or call us at (805) 583-6363.

"Wii" are the Champions Again!



Pictured from left to right are: Norm Bayley, Evelyn Lang, Sally Sabet and Ray Pickett. Not shown: Alternate players Mike Sabet and Julian Meadows

Congratulations to the Simi Valley Senior Center's "Strikers" Wii Bowling team for once again bringing home the massive trophy! The team placed first in the Ventura County Wii Bowling Championships for the eighth consecutive year!

NOVEMBER CLASSES, CLUBS AND ACTIVITIES SCHEDULE

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

The Senior Center is closed November 10 & 11 for Veterans Day and November 23 - 25 for Thanksgiving

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		Registration req.
	Ceramics - Handbuild/Wheel [REC]	1:00 pm	-	4:00 pm		Registration req.
	Oil Painting - All levels [REC]	12:30 pm	-	3:30 pm		Registration req.
	Drawing/Oil Painting - Beg., Part B [REC]	9:00 am	-	12:00 pm		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	Mail Merge Into Letters & Envelopes [REC]	9:00 am	-	11:00 am	Begins Nov. 20	Registration req.
	Facebook - Introduction & Usage [REC]	6:00 pm	-	7:30 pm		Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
Education	Simi Strings Orchestra [REC]	6:30 pm	-	8:30 pm		Registration req.
Groups/Clubs	Books & Movies: <i>Angela's Ashes</i> [REC]	6:30 pm	-	10:00 pm	Nov. 27	Registration req.
	Council On Aging (COA) Meeting	1:00 pm	-	3:00 pm	Nov. 13	
	Drama Club	1:00 pm	-	3:00 pm		
	Genealogy Club	1:00 pm	-	3:00 pm	Nov. 13, 27	
	Stamp & Coin Club	1:00 pm	-	3:00 pm	Nov. 6, 20	
Health/Fitness	Chair Yoga [REC]	9:45 am	-	10:45 am		Registration req.
	Introduction to Ballet [REC]	5:30 pm	-	6:45 pm		Registration req.
	Line Dancing - Advanced	8:30 am	-	10:30 am		Drop-in, free
	Monday Tappers - Intermediate [REC]	1:30 pm	-	2:30 pm		Registration req.
	Ping Pong [REC]	2:30 pm	-	4:30 pm		
	Strength Building [REC]	3:30 pm	-	4:30 pm		Registration req.
	Tai Chi - Beginning	12:10 pm	-	1:10 pm	New students 1st Monday of month	

MON. (CONT.)	ACTIVITY				DATE(S)	OTHER INFO
Health/Fitness	Tai Chi - Intermediate/Advanced	11:00 am	-	12:00 pm		
	Wii Bowling/Sports	12:15 pm	-	4:45 pm		Sign-up req.
	Yoga Level I [REC]	7:00 pm	-	8:00 pm		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	-	3:30 pm	Nov. 20	Appt. req.
	Hearing Screening - Decibel Hearing	9:00 am	-	11:00 am	Does not meet	
	Low Vision Consultations	10:00 am	-	12:00 pm	Does not meet	
	V.I.P. Low Vision Support Group	9:00 am	-	12:00 pm		
TUESDAY	ACTIVITY				DATE(S)	OTHER INFO
Arts/Crafts	Acrylic / Oil Painting [REC]	6:30 pm	-	9:00 pm		Registration req.
	Ceramics - Slip Casting [REC]	9:00 am	-	3:00 pm		Registration req.
	Ceramics - Handbuilding/Wheel [REC]	12:00 pm	-	3:00 pm		Registration req.
	Ceramics - Handbuilding/Wheel [REC]	6:00 pm	-	9:00 pm		Registration req.
	Mosaic Experience [REC]	12:00 pm	-	3:00 pm		Registration req.
	Watercolor Painting Part B [REC]	12:30 pm	-	3:30 pm		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		
	Mah Jongg	11:00 am	-	3:00 pm		
	Pinochle	12:00 pm	-	4:00 pm		
Computers	Microsoft Basic - Interm. Computer Skills [REC]	7:00 pm	-	9:00 pm		Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
Educational	Trip to Strathearn Park and Museum [REC]	10:30 am	-	12:00 pm	Nov. 28	Registration req.
	Postcards Along My Path [REC]	10:30 am	-	12:00 pm		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		
	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		Registration req.

TUES. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO
Health/Fitness	Hoops for your Droops [REC]	7:00 pm	-	8:00 pm		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		Registration req.
	Stretch, Strengthen, and Aerobics [REC]	2:55 pm	-	4:55 pm		Registration req.
	Tuesday Tappers - Beginning [REC]	4:30 pm	-	5:30 pm		Registration req.
	Tuesday Tappers - Intermediate [REC]	3:30 pm	-	4:30 pm		Registration req.
	Yoga for Positive Health [REC]	8:00 am	-	9:30 am		
	Zumba Gold [REC]	9:15 am	-	10:15 am		Registration req.
	Zumba Gold [REC]	6:00 pm	-	7:00 pm		Registration req.
Social Services	ADA Card Interviews for Dial-A-Ride	8:30 am	-	2:30 pm	Nov. 14, 28	App. req.
	HICAP Health Insurance Counseling - One Stop Medicare Shop	9:00 am	-	3:00 pm	Nov. 7, 28	
	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	Does Not Meet	
	Senior Share Food Program	9:30 am	-	10:30 am		Application req.
WEDNESDAY	ACTIVITY	START		END	DATE(S)	OTHER INFO
Arts/Crafts	Beading and Jewelry Club [REC]	6:00 pm	-	8:30 pm		
	Ceramics Handbuilding/Wheel [REC]	10:00 am	-	1:00 pm		Registration req.
	Ceramics Handbuilding/Wheel [REC]	1:00 pm	-	4:00 pm		Registration req.
	Jewelry Finishing Club [REC]	1:30 pm	-	4:00 pm		
	Jewelry Making Class [REC]	1:30 pm	-	4:00 pm		Registration req.
	Knit & Crochet Club [REC]	9:00 am	-	12:00 pm		
	Multi-Media Art [REC]	9:00 am	-	12:00 pm		Registration req.
	Multi-Media Art [REC]	12:30 pm	-	3:30 pm		Registration req.
	Quality Quilting Club [REC]	9:00 am	-	2:00 pm		
Cards/Games	Billiards Club [REC]	8:00 am	-	4:45 pm		
	Billiards Club [REC]	7:00 pm	-	9:45 pm		
	British Darts [REC]	9:00 am	-	12:00 pm	Nov. 8, 15, 22	
	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	Nov. 8, 22	

WED. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO
Education	Beginning Guitar [REC]	2:45 pm	-	3:45 pm		Registration req.
	Intermediate Guitar [REC]	3:45 pm	-	4:45 pm		Registration req.
Groups/Clubs	Simi Scribblers Writers' Group	10:00 am	-	12:00 pm		
	Treasure Hunters Metal Detectors [REC]	6:30 pm	-	9:00 pm	Nov. 15	
Health/Fitness	Chair Yoga [REC]	1:00 pm	-	2:00 pm		Registration req.
	Golf Lessons [REC]	9:00 am	-	11:00 am		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	Nov. 1, 15	Appt./fee req.
	Pilates [REC]	10:15 am	-	11:15 am		Registration req.
	Relaxation & Meditation [REC]	8:00 am	-	8:50 am		
	Strength Building [REC]	5:30 pm	-	6:30 pm		Registration Req.
	Tai Chi Practice	9:00 am	-	10:00 am		
	Therapeutic Fitness [REC]	11:30 am	-	12:30 pm		Registration req.
	Wii Bowling/Sports	12:15 pm	-	4:45 pm		Sign-up req.
	Yoga Level II [REC]	7:00 pm	-	8:00 pm		Registration req.
	Zumba Gold [REC]	9:00 am	-	10:00 am		Registration req.
Social Services	Diabetes Support Group	10:30 am	-	12:00 pm	Nov. 1	
	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	Nov. 1	Appt. preferred
	Widows' & Widowers' Support Group	10:30 am	-	12:00 pm		
THURSDAY	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Arts/Crafts	Ceramic Slip Casting, Airbrush [REC]	9:00 am	-	3:00 pm		Registration req.
	Ceramic Handbuilding Workshop [REC]	12:00 pm	-	3:00 pm		Registration req.
	Crochet, Sew & Chat	9:30 am	-	11:30 am		
	Oil & Acrylic Painting [REC]	12:30 pm	-	3:30 pm		Registration req.
	Quilting Club [REC]	9:00 am	-	12:00 pm		
	Quilting & Sewing Club [REC]	5:00 pm	-	9:30 pm		
	Scrapbooking Club [REC]	9:00 am	-	12:00 pm		
	Woodcarving Class [REC]	9:00 am	-	12:00 pm		Registration req.
Cards/Games	Beginning Bridge [REC]	2:00 pm	-	4:00 pm		Registration req.
	Billiards Club [REC]	8:00 am	-	4:45 pm		
	Billiards Club [REC]	7:00 pm	-	9:45 pm		
	Bunco Club - Daytime [REC]	10:00 am	-	12:00 pm	Nov. 9	
	Bunco Club - Evening [REC]	7:00 pm	-	9:00 pm	Nov. 16	
	Canasta/Hand & Foot Cards	11:00 am	-	4:45 pm		

THU. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Cards/Games	Games Club [REC]	6:30 pm	-	9:30 pm	Does not meet	
	Rummikub Club	1:45 pm	-	4:45 pm		
Computers	Digital Photography [REC]	8:30 am	-	10:30 am		Registration req.
	Facebook - Safely Use Social Media [REC]	10:45 am	-	12:45 pm		Registration req.
	Sit 'n' Click Open Computer Lab	1:00 pm	-	4:45 pm		
Educational	American Revolution [REC]	1:00 pm	-	2:30 pm		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	Nov. 9	
	Simi Settlers Radio Club [REC]	7:00 pm	-	9:00 pm	Nov. 9	
Health/Fitness	Arthritis Chair Exercise [REC]	1:15 pm	-	2:15 pm		
	Horseshoes [REC]	9:00 am	-	11:00 am		
	Golf Lessons [REC]	9:00 am	-	11:00 am		Registration req.
	Low Impact Aerobics [REC]	5:30 pm	-	6:30 pm		Registration req.
	Move and Groove [REC]	8:15 am	-	9:15 am		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		Registration req.
	Shuffleboard [REC]	1:15 pm	-	3:00 pm		
	Stretch, Strengthen, and Aerobics [REC]	2:55 pm	-	4:55 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	Nov. 2, 16	Respite provided
	Disabled American Veterans Support	3:00 pm	-	5:00 pm	Nov. 9	
	Fibromyalgia Support Group	3:00 pm	-	4:45 pm	Nov. 2	
	Home Energy Assistance Program (HEAP)	9:00 am	-	3:30 pm	Nov. 2	Appt. req.
	Parkinson's Support Group	1:00 pm	-	3:00 pm	Nov. 16	
	Senior Kit Food Program	9:00 am	-	11:00 am	Nov. 9	Registration req.
	Volunteers 4 U Health Screenings	8:00 am	-	11:00 am	Nov. 2	Drop-in, free
Arts/Crafts	Ceramics - Handbuild/Wheel [REC]	10:00 am	-	1:00 pm		Registration req.
	Ceramics - Handbuild/Wheel [REC]	1:00 pm	-	4:00 pm		Registration req.
	Knit & Crochet Club [REC]	9:00 am	-	12:00 pm		
	Multi-Media Painting [REC]	9:00 am	-	12:00 pm		Registration req.

FRI. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Arts/Crafts	Multi-Media Painting [REC]	9:00 am	-	12:00 pm		Registration req.
	Watercolor [REC]	12:30 pm	-	3:30 pm		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		
	Decorative Arts Club [REC]	9:00 am	-	1:00 pm		
	Duplicate Bridge: Non-sanctioned [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	Basic Computer Skills [REC]	8:30 am	-	10:30 am		Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
	Windows 10 [REC]	10:45 am	-	12:45 pm		Registration req.
Entertainment	COA Dance	7:30 pm	-	10:00 pm	Nov. 3	
Health/Fitness	Ballet - Introduction [REC]	8:45 am	-	10:00 am		Registration req.
	Bocce Ball [REC]	8:30 am	-	10:30 am		
	Gentle Yoga [REC]	11:30 am	-	12:30 pm		Registration req.
	Pilates - Strength [REC]	10:15 am	-	11:15 am		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	Nov. 17	
	West Coast Swing [REC]	7:00 pm	-	10:00 pm	Resumes in January 2018	
	Wii Bowling/Sports	9:15 am	-	1:45 pm		Sign-up req.
SATURDAY	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Arts/Crafts	Grandparent & Me: <i>Thanksgiving Mug</i> [REC]	9:30 am	-	11:00 am	Nov. 4	Registration req.
	Quilting Club [REC]	9:00 am	-	12:00 pm		
Groups/Clubs	Women's Book Club - <i>Fifth Business</i>	10:00 am	-	12:00 pm	Nov. 18	
Health/Fitness	Billiards Club [REC]	8:00 am	-	12:15 pm		
	Ping Pong [REC]	10:00 am	-	12:15 pm		
	Walking Tour of Corriganville [REC]	10:00 am	-	12:00 pm	Nov. 18	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	Nov. 18	
	Grey Law Legal Services	9:00 am	-	12:00 pm	Call (805) 658-2266 for appt.	

Council On Aging



Friday, November 3, 2017
7:30 - 10:00 p.m.
\$7.00 per person

Featuring Live Music by:
Dick Parent

Free East Coast Swing
Dance Instruction!
6:30 - 7:30 p.m.

It Is Time Again to Turn in Your Label to Remain on the Newsletter Mailing List



Don't Get Left Out!

To continue to receive the Senior Newsletter in the mail, please cut out your green address label and return it to the front desk at the Senior Center. **If we do NOT receive your label by January 2, 2018, you will be removed from the mailing list.** If we have received your update, we will indicate it with an asterisk (*) next to your name on your next mailing label. **To receive the newsletter and other Senior publications by email, sign up online at:**

www.simivalley.org/enotify

Nutrition Counseling

Did your doctor tell you to limit the amount of sodium in your diet due to high blood pressure? Are you diabetic and looking to manage your diet? Do you need to lose or gain a few pounds? Do you just want to eat healthier?

Schedule an appointment to meet one on one with a registered dietician to learn first hand how to eat well to stay healthy.

Tuesday, November 14
10:00 a.m. to 3:30 p.m.

Appointments are required for this free service, so stop by the main desk or call us at (805) 583-6363 to sign up.

You are what you eat, so make sure you are eating what is best for you!

Learn about the Pilgrims' Voyage of the Mayflower!



Just in time for Thanksgiving, join popular presenter and historian Ed Tingstrom as he takes you on a journey back to the time of the Mayflower. Find out more about the Pilgrims who were newcomers to a distant shore that later became the United States of America.

Kick off your holiday season at this free presentation from **1:30 to 3:30 p.m. on Wednesday, November 15.**

Space is limited. Call (805) 583-6363 or stop by the main desk to sign up.



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 to 11:15 a.m.**

- * **Mondays, Pianist Norma Hickox**
- * **Tuesday, November 7, 21, 28, Live music by Reflections, 10:30 a.m. - 12:00 p.m.**
- * **Tuesday, November 14, Birthday Celebration, Live music by Reflections**
- * **Wednesday, November 8, Live music by the Vintage People Band**
- * **Wednesday, November 15, 29, Coop's De Ja Vu**
- * **Wednesday, November 22, Live music, Phil Mercurio, Electric Blues Guitarist**
- * **Wednesday, November 29, Coop's De Ja Vu**
- * **Thursday, November 9, 16, Live music by Belles & Beaus Choir 10:30 - 11:30 a.m.**
- * **Friday, November 3, 17, Live music by Don Newcomer**
- * **Friday, November 10, 24, Closed for Veterans & Thanksgiving holidays**

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

Welcome Back, Angel!



We are pleased to announce our **new Senior Services Manager, Angel Sierra**. Angel may look familiar to you, as he was our Assistant Manager from 2006 to 2011! Most recently, Angel supervised Moorpark's Active Adult Center.

Join us in welcoming Angel at a reception on Monday, November 13 following the Council on Aging Meeting. Light refreshments will be served! The meeting begins at 1:00 p.m. in Classroom 106.

SENIOR EXCURSIONS

**Los Angeles Zoo Lights
November 30, 2017**

**Riverside Casino Christmas Party
Laughlin, NV
December 4 - 6, 2017**

**Lyon Air Museum and
Richard Nixon Library
February 21, 2018**

**Los Angeles Kings Hockey
& Grammy Museum
March 17, 2018**

**Southern Charm
April 15 - 21, 2018**

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.

CLOSED: November 10 and 11 for Veterans Day
November 23, 24, 25 for Thanksgiving

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

PRSRT STD
U.S. POSTAGE
PAID
Permit 572
Thousand Oaks, CA

RETURN SERVICE REQUESTED

SENIOR CENTER STAFF

Manager

Angel Sierra
(805) 583-6366

Assistant Managers

Claudia Hapip
(805) 583-6044

Robert Martin
(805) 583-6364

Office Specialist II

Raquel Wirth
(805) 583-6038

Rendezvous Café Cook

Gregory Seymour

Meals On Wheels Coordinator

Suzanna Colwell
(805) 583-6042

Council On Aging Executive Board Members Needed

The Council On Aging (COA) is looking for Executive Board Members 60 years of age or older who reside in the City of Simi Valley and who are willing to serve. Duties include acting as advisors to the City Council on senior issues, participating in various fund raising activities, and serving on committees to advocate for seniors.

The Deadline is November 30

Applications are available online at www.simivalley.org/COA or at the Senior Center main desk.

Call Senior Services Assistant Manager Robert Martin at (805) 583-6364 for more information.

Recognize a Volunteer Who Makes a Difference!



Do you know someone who is always helping out at the Senior Center? The Wayne Templeton Volunteer of the Year Award is given to an outstanding volunteer who has served the Simi Valley Senior Center in the past year. The volunteer does not have to be a senior, but only City of Simi Valley residents age 60 years of age or older may nominate someone.

Nomination forms are available online at www.simivalley.org/COA or at the Senior Center reception desk and are **due by November 30.**