



SENIOR NEWS



**Simi Valley
Council On Aging
Executive Board**

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www.simivalley.org

What's New at The Senior Center



Beginning French – Did you know that learning a new language as an older adult can help protect against the type of cognitive decline that leads to dementia? Learn basic conversational French, from how to order in a French restaurant to following street directions. Enjoy a fun environment with easy to learn techniques! Fridays, beginning May 4, 10:00 to 11:00 a.m.

Bottle Art – Put your creative juices to work while repurposing and recycling! Use recycled glass bottles to create fairy gardens, spoon rests, candle holders and more. Get inspired and make art from your everyday bottles! Thursdays, beginning May 3, 12:00 to 1:30 p.m.

Gr8 Game Day – Have fun, make new friends and challenge your brain! Join others who enjoy playing games each month at the Senior Center. The new "Gr8 Game Day" club will meet the second Thursday of each month from 1:30 - 4:30 p.m. to play board games, cards and dice games. Enjoy your old favorites and learn some new ones. Feel free to share your own games, as well. The club's first meeting will be Thursday, April 12. Free!

Mastering My iPad - Learn techniques to join the online community, and impress your family and friends with your technical savviness! Topics include, Intro to the iPad/iPhone and IOS, Connecting with Others, Surfing the Web and Downloads, and Take Your iPad Anywhere! Tuesdays, beginning May 1, 9:30 - 11:00 a.m.

Please stop by the Senior Center main desk or call (805) 583-6363 for more information on session dates and class prices!



Living Within Your Means

A Financial Workshop for Seniors!

Are you living within your means? The Ventura County Area Agency on Aging (VCAAA) along with the Ventura County Credit Union are hosting a free financial management workshop designed especially for seniors. The workshop will be held at the Simi Valley Senior Center on **Tuesday, April 17 from 9:00 to 11:00 a.m.**



Participants will receive instructions on how to work within a budget, set priorities, clear debt, alternatives to spending, and more! The connection between good health and stable finances will also be addressed. Get some sound advice and learn how to get your financial situation in order!

Stop by the Senior Center main desk or call (805) 583-6363 to make a reservation. Space is limited to 25 participants.

Free Nutrition Counseling



**Tuesday, April 17, 2018
8:00 a.m. to 4:00 p.m.**



Healthy diet and lifestyle changes have massive power to improve your health. However, it is hard to make these changes. We understand the struggles! Let the expertise of a registered dietitian guide you on your journey of change, providing support, motivation, and accountability along with advice. Free nutrition counseling sessions are one and one, and can help you mitigate or prevent serious health issues.

Appointments are limited, so sign up today by stopping at the Senior Center's main desk or calling (805) 583-6363.

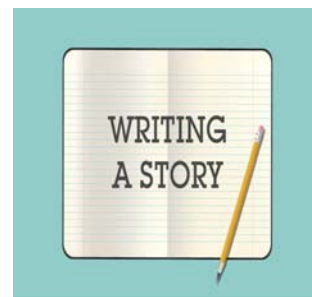
You are what you eat, so make sure you are eating what is best for you!

Writing a Family Story

A Presentation by Dr. Mary Contini Gordon

Thursday, April 19, 2018

Time: 1:00 - 2:30 p.m.



Have you ever thought about writing down your family's history and wondered what the process would be? Author Dr. Mary Contini Gordon will share her experiences! Mary will use examples from the story to share what she calls **Her-History Method™**, which includes a process from the first glimmer of an idea to a finished manuscript. Learn tools you can use to keep information organized and easily retrievable. She also will discuss effective interviewing techniques and show samples of interview notes, documents, letters, photos, and maps used in the Chiriaco story and how they are catalogued and integrated into the story. You will come away with templates you can use to help with your family story.

Mary's book, *Chiriaco Summit Built by Love to Last in the Desert* is a four-generation story (late 1920s to today) that takes place at a travel stop on the I-10 between LA and Phoenix. You may have even stopped there!

The presentation is free, but reservations are required. Call (805) 583-6363 or stop by the main desk.

Do You Need an Advocate? We Can Help!

Make an Appointment for One-On-One Counseling
with a Senior Concerns Advocate
Offered Every Wednesday at the Senior Center

Speak with an advocate in person for information and assistance regarding:

- Housing
- Legal issues
- Transportation
- Senior programs
- Health-related issues
- Government benefits
- In-home care of facility placement
- Health and long-term care insurance and assistance programs
- Completion of forms and applications for programs and services



Call (805) 583-6363 to make an appointment, or stop by the Senior Center's main desk!

APRIL 2018 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		Registration req.
	Ceramics - Handbuild/Wheel [REC]	1:00 pm	-	4:00 pm		Registration req.
	Drawing/Oil Painting - Beg.[REC]	9:00 am	-	12:00 pm		Registration req.
	Open Art Studio Club [REC]	6:00 pm	-	9:00 pm		
	Oil Painting - All levels [REC]	12:30 pm	-	3:30 pm		Registration req.
	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		
Computers	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
	Total Tech: Using Your Laptop/Tablet [REC]	3:30 pm	-	5:00 pm	Apr. 16	Registration req.
Education	Simi Valley Chamber Orchestra [REC]	6:30 pm	-	9:30 pm		Registration req.
Groups/Clubs	Council On Aging (COA) Meeting	1:00 pm	-	3:00 pm	Apr. 9	
	Drama Club	1:00 pm	-	3:00 pm		
	Genealogy Club	1:00 pm	-	3:00 pm	Apr. 9, 23	
	Stamp & Coin Club	1:00 pm	-	3:00 pm	Apr. 2, 16	
Health/Fitness	Ballet - Introduction [REC]	5:30 pm	-	6:45 pm		Registration req.
	Chair Yoga [REC]	9:45 am	-	10:45 am		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		
	Senior Bowling [REC]	10:00 am	-	11:30 am		Registration req.
	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	
	Tai Chi - Intermediate/Advanced	11:00 am	-	12:00 pm		

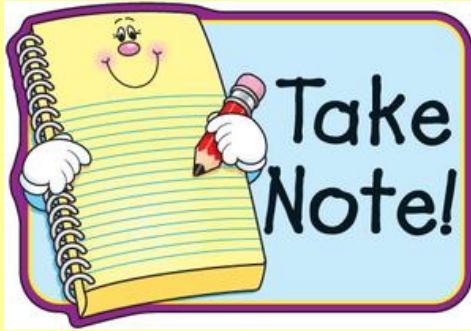
MON. (CONT.)	ACTIVITY				DATE(S)	OTHER INFO
Health/Fitness	Wii Bowling/Sports	12:15 pm	-	4:45 pm		Sign-up req.
	Yoga Level I [REC]	7:00 pm	-	8:00 pm		Registration req.
	Yoga for Positive Health [REC]	8:00 am	-	9:30 am		
Social Services	Coping with Life	10:00 am	-	11:30 am		
	Home Energy Assistance Program (HEAP)	9:00 am	-	3:30 pm	Apr. 16	App. req.
	Hearing Screening - Decibel Hearing	9:00 am	-	11:00 am	Does not meet	
	Low Vision Consultations	10:00 am	-	12:00 pm	Apr. 9	App. req.
	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	-	9:15 pm		Registration req.
	Ceramics - Slip Casting [REC]	9:00 am	-	3:00 pm		Registration req.
	Ceramic Workshop [REC]	12:00 pm	-	3:00 pm		Registration req.
	Ceramics - Handbuilding/Wheel [REC]	6:00 pm	-	9:00 pm		Registration req.
	Glass Fusion [REC]	12:00 pm	-	1:30 pm		Registration req.
	Stitch Away Embroidery Club [REC]	5:00 pm	-	9:00 pm	Apr. 24	
	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	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
	TotalTech: Using Your Cell Phone[REC]	3:30 pm	-	5:00 pm	Apr. 10	Registration req.
Education	Writing Your One-Page Memories [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		
	Blood Pressure Checks - Free	9:00 am	-	11:00 am		Drop-in
	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	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]	2:45 pm	-	4:45 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	Apr. 10, 24	App. req.
	HICAP Health Insurance Counseling	9:00 am	-	3:00 pm	Call for info. (805) 583-6363	
	Prostate Cancer Support Group	7:00 pm	-	9:00 pm	Apr. 17	
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	Apr. 11, 18, 25	
	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	Apr. 11, 25	
Education	Birding for Beginners [REC]	7:00 pm	-	9:00 pm	Begins Apr. 4	Registration req.
	Guitar - Beginning [REC]	2:45 pm	-	3:45 pm		Registration req.

WED. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO
Education	Guitar - Intermediate [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	Apr. 18	
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	Begins Apr. 18	Registration req.
	Line Dancing [REC]	7:00 pm	-	8:15 pm	Begins Apr. 18	Registration req.
	Pedicure Clinic	9:00 am	-	3:00 pm	Apr. 4, 18	Appt./fee req.
	Pilates [REC]	10:15 am	-	11:15 am		Registration req.
	Relaxation & Meditation [REC]	8:00 am	-	8:50 am		Registration req.
	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	Apr. 4	
	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	Apr. 4	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 Workshop [REC]	12:00 pm	-	3:00 pm		Registration req.
	Crochet, Sew & Chat	9:30 am	-	11:30 am		
	Jewelry Workshop - Simply Kumihimo [REC]	6:30 pm	-	9:30 pm	Apr. 19	Registration req.
	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	Apr. 12	

THU. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Cards/Games	Bunco Club - Evening [REC]	7:00 pm	-	9:00 pm	Apr. 19	
	Canasta/Hand & Foot Cards	11:00 am	-	4:45 pm		
	Games Club [REC]	6:30 pm	-	9:30 pm	Apr. 26	
	Gr8 Game Day Club [REC]	1:30 pm	-	4:30 pm	Begins Apr. 12	
	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 am		Registration req.
	Sit 'n' Click Open Computer Lab	1:00 pm	-	4:45 pm		
Entertainment	Movies in the Lounge	12:30 pm	-	3:00 pm		
Groups/Clubs	ADA Paratransit Dial-A-Ride Committee Mtg.	3:00 pm	-	4:30 pm	Apr. 19	
	Karaoke	2:30 pm	-	4:30 pm		
	Rancho Simi Senior Club	1:30 pm	-	4:00 pm		
	Simi Settlers Radio Club [REC]	7:00 pm	-	9:00 pm	Apr. 12	
Health/Fitness	Arthritis Chair Exercise [REC]	1:15 pm	-	2:15 pm		
	Golf Lessons [REC]	9:00 am	-	11:00 am		Registration req.
	Horseshoes [REC]	9:00 am	-	11:00 am		
	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		Registration req.
	Shuffleboard [REC]	1:15 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		
	Thursday Tappers - Fundamentals [REC]	4:30 pm	-	5:30 pm		Registration req.
Social Services	Alzheimer's Support Group & Respite	10:30 am	-	12:00 pm	Apr. 5, 19	Respite provided
	Disabled American Veterans Support	3:00 pm	-	5:00 pm	Apr. 12	
	Fibromyalgia Support Group	3:00 pm	-	4:45 pm	Apr. 5	
	Home Energy Assistance Program (HEAP)	9:00 am	-	3:30 pm	Apr. 5	Appt. req.
	Parkinson's Support Group	1:00 pm	-	3:00 pm	Apr. 19	
	Senior Kit Food Program	9:00 am	-	11:00 am	Apr. 12	Registration req.
	Volunteers 4 U Health Screenings	8:00 am	-	11:00 am	Apr. 5	Registration req.

FRIDAY	ACTIVITY	START		END	DATE(S)	OTHER INFO.
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.
	Decorative Arts Club [REC]	9:00 am	-	1:00 pm		
	Knit & Crochet Club [REC]	9:00 am	-	12:00 pm		
	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		
	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.
	Windows 10 [REC]	10:45 am	-	12:45 pm		Registration req.
	Windows 10 [REC]	10:45 am	-	12:45 pm		Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
Entertainment	COA Dance - CANCELLED	7:30 pm	-	10:00 pm	CANCELLED	
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	Apr. 20	
	West Coast Swing [REC]	7:00 pm	-	10:00 pm	Apr. 27	
	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>Owl & Froggy</i> [REC]	9:30 am	-	11:00 am	Apr. 14	Registration req.
	Quilting Club [REC]	9:00 am	-	12:00 pm		
Groups/Clubs	Women's Book Club - <i>The Valley of Amazement</i>	10:00 am	-	12:00 pm	Apr. 21	
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	Apr. 14	Registration req.
	Yoga for Positive Health [REC]	8:00 am	-	9:30 am		
Social Services	Grey Law Legal Services	9:00 am	-	12:00 pm	Call (805) 658-2266 for appt.	



**Council On Aging
Monthly Dances
are canceled until
further notice.**

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:

April 9, 2018

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 also be viewed online 72 hours prior to the meeting at www.simivalley.org/COA.

Know what is going on at your Senior Center!

Join the Women's Discussion Group!

Every Tuesday

10:00 - 11:30 a.m.

Senior Center Media Room 117

Share ideas, thoughts, stories, friendship and fun!!

Free!

***Drop-ins are
welcome!***





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**
- * **Tuesdays, Live music by Reflections, 10:30 a.m. - 12:00 p.m.**
- * **Tuesday, April 10, Birthday Celebration, Live music by Reflections**
- * **Wednesday, April 4, Live music by Martin Gonzalez**
- * **Wednesday, April 11 Live music by Sal Fasulo**
- * **Wednesday, April 18, Live music by Vintage People Band**
- * **Wednesday, April 25, Live music by Old Country Grass Band**
- * **Thursdays, April 12, 19, 26, Live music by Belles & Beaus Choir 10:30 - 11:30 a.m.**
- * **Friday, April 6, 20, Live music by Don Newcomer**
- * **Friday, April 13, 27, Live music by Coop's De Ja Vu**

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

SENIOR EXCURSIONS

**Santa Anita Horse Races
April 26, 2018**

**Pechanga Casino
Temecula, CA
May 8, 2018**

**Strawberry Festival
Oxnard, CA
May 19, 2018**

**John F. Kennedy's Life & Times
Brower Museum
Santa Ana, CA
May 30, 2018**

**Yosemite National Park &
Chuckchansi Gold Resort Casino
June 12 - 14, 2018**

**Big Bear Mountain Lake
June 26, 2018**

**Alaska Cruise
September 19 - October 1, 2018**

**Spotlight on New York City
September 27 - October 1, 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.

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

PRSRT STD
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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

Raquel Wirth
(805) 583-6038

Rendezvous Café

Cook
Gregory Seymour

Meals On Wheels

Coordinator
Suzanna Colwell
(805) 583-6042

FREQUENTLY REQUESTED NUMBERS

Adult Protective Services	(805) 654-3200	S.V. Graffiti Hotline	(805) 583-6444
Alzheimer's Association	(805) 494-5200	S.V. Home Rehabilitation	(805) 583-6757
American Cancer S.	(800) 227-2345	S.V. Hospital	(805) 955-6000
Animal Regulation	(805) 388-4341	S.V. Library	(805) 526-1735
Arthritis Foundation	(805) 563-4685	S.V. Pothole Hotline	(805) 583-6400
Community Action	(805) 436-4000	Social Security	(800) 772-1213
Grey Law	(805) 658-2266	VC Area Agency on Aging	(805) 477-7300
Home Share	(805) 477-7324	VCAAA Service & Information Line	(800) 510-2020
Housing Rights Ctr.	(800) 477-5977	VC Health Care Agency	(805) 677-5110
Long-Term Care Ombudsman	(800) 231-4024	VC Human Services	(805) 477-5301
Medi-Cal	(805) 584-4842	Veterans Services	(805) 477-5155
Parkinson's Support	(805) 988-7599		
Rancho Simi Rec. & Park	(805) 584-4400		
Senior Concerns	(805) 497-0189		
S.V. Citizen Advisor	(805) 583-6759		
S.V. City Hall Info.	(805) 583-6700		
S.V. Dial-A-Ride	(805) 583-6464		