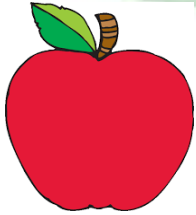




September 2018

Simi Valley Senior Center

SENIOR NEWS



Simi Valley Council On Aging Executive Board

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www.simivalley.org

BINGO

BONANZA!

Saturday, September 22, 2018
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
 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 Turkey 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 (805) 583-6363

Bob Huber, Mayor Glen T. Becerra, Mayor Pro Tem Mike Judge, 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

WALK WITH EASE
a program for better living



Walk With Ease is a six-week **free** exercise program developed by the Arthritis Foundation to reduce pain and improve overall health. If you can be on your feet for ten minutes without increased pain, you can have success with Walk With Ease! Instructors will help participants create a customized walking plan.

The class will meet from September 17 to October 26 at the Senior Center three times a week, every Monday, Wednesday and Friday from 9:00 - 10:30 a.m. You will go at your own pace, starting slow and building up to walking for a total of 45 minutes. Each participant will receive their own workbook, a pedometer...and more!

Space is limited and registration is required. Please call (805) 583-6363 or stop by the Senior Center main desk.

Healthy Aging

Tuesday, October 2, 2018

1:30 - 2:30 p.m.



Living Longer Better

aging an amazing adventure when we recognize and accommodate for the changes.

Unfortunately, aging has a bad name in our society. Growing old is feared because it is often associated with developing dementia and becoming dependent on others. While some seniors do experience these issues as they age; most seniors do not! In fact, studies show that there are wonderful benefits to aging, especially in relationship to the brain and thinking. The body-mind-soul connection to health is a marvelous thing making

Teri Helton is an RN with a Masters in Nursing Education from Mount Saint Mary's College in Los Angeles. She currently works for Livingston Memorial VNA as a program manager and is the Chair of the Ventura County Coalition for Compassionate Care.

This presentation is free, but reservations are required. Please sign up at the Senior Center Main Desk or call (805) 583-6363.

Understanding Primary Care: Why Every Senior Needs a Primary Care Physician

Tuesday, September 11, 2018

1:00 – 2:00 p.m.

UCLA
Health



Many Americans put off going to the doctor until they are sick, and when they do go, they often visit a specialist. However, seeing a Primary Care Physician (PCP) regularly may be the key to a healthier life. Dr. Anitha Srinivasa discusses the role of the PCP, the type of care they provide, and why every senior should have one.

Dr. Anita Srinivasa has been in practice locally for the past 19 years, providing both inpatient hospital and outpatient ambulatory care. She has significant experience managing the health care of older adults with complicated diseases. Her practice is centered on preventive medicine and she believes in the integration of eastern medicine/holistic care with western medicine. She believes in a strong emphasis on nutrition with her patients. Her goal is to empower patients to reach optimal health.

Reservations are required. Please call (805) 583-6363 or stop by the main desk.

PRP and Orthobiologics: Can They Help You?

AdventistHealth
Simi Valley

Tuesday, September 18, 2018

1:30 – 2:30 p.m.



Platelet-Rich Plasma (PRP) therapy offers an innovative and minimally invasive way to treat a number of orthopedic injuries and chronic conditions by injecting platelets taken from your blood into the site of pain or injury.

Orthobiologics is the term which represents all the treatments used to stimulate healing. They can promote new tissue growth, preserve the tissue that is already there, decrease pain and improve function.

Join Orthopedic Surgeon Dr. Gregg Hartman to learn more about the main goals of these treatments and how they may help you!

This presentation is free, but reservations are required. **Please sign up at the main desk or by calling (805) 583-6363.**

SEPTEMBER 2018 CLASSES, CLUBS AND ACTIVITIES SCHEDULE

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

The Senior Center will be closed September 1 and 3 in observance of Labor Day

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 Cell Phone [REC]	3:30 pm	-	5:00 pm	Sep. 17	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	Sep. 10	
	Drama Club	1:00 pm	-	3:00 pm		
	Genealogy Club	1:00 pm	-	3:00 pm	Sep. 10, 24	
	Stamp & Coin Club	1:00 pm	-	3:00 pm	Sep. 17	
Health/Fitness	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		
	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		
	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		

MON. (CONT.)	ACTIVITY				DATE(S)	OTHER INFO
Social Services	Coping with Life	10:00 am	-	11:30 am		
	Home Energy Assistance Program (HEAP)	9:00 am	-	3:30 pm	Sep. 17	App. req.
	Hearing Screening - Decibel Hearing	9:00 am	-	11:00 am	Sep. 10	Appt. req.
	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	-	9:15 pm		Registration req.
	Ceramics - Slip Casting [REC]	10:00 am	-	3:00 pm		Registration req.
	Ceramics - Handbuilding/Wheel [REC]	6:00 pm	-	9:00 pm		Registration req.
	Ceramic Workshop [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		
	Poker Club [REC]	6:15 pm	-	9:45 pm		
Computers	Create with MS Word & PowerPoint [REC]	9:00 am	-	11:00 am	Begins Sep. 4	Registration req.
	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	Sep. 4	Registration req.
Entertainment	Movies in the Lounge	12:30 pm	-	3:00 pm		
Groups/Clubs	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		Registration req.
	Clogging - Easy Intermediate [REC]	7:30 pm	-	8:15 pm		Registration req.
	Clogging - Intermediate [REC]	8:15 pm	-	9:00 pm		Registration req.
	Croquet - Beginning (Golf Croquet) [REC]	9:00 am	-	11:00 am		
	Golf Lessons [REC]	9:00 am	-	11:00 am		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		

TUES. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO
Health/Fitness	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	Sep. 4, 11, 25	App. req.
	Alzheimer's Counseling	9:00 am	-	12:00 pm	Sep. 11	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	Sep. 18	
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]	2:00 pm	-	4:30 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		
	Stitch Away Embroidery Club [REC]	5:00 pm	-	9:00 pm	Sep. 26	
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	Sep. 12, 26	
Education	French Lessons - Intermediate [REC]	3:15 pm	-	4:45 pm		Registration req.
	Guitar Lessons - Beginners [REC]	2:45 pm	-	3:45 pm		Registration req.
	Guitar Lessons - Intermediate [REC]	3:45 pm	-	4:45 pm		Registration req.
Groups/Clubs	Stamp & Coin Club	1:00 pm	-	3:00 pm	Sep. 5	
	Treasure Hunters Metal Detectors [REC]	6:30 pm	-	9:00 pm	Sep. 19	
Health/Fitness	Bocce Ball [REC]	8:30 am	-	10:30 am		
	Chair Yoga [REC]	1:00 pm	-	2:00 pm		Registration req.

WED. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO
Health/Fitness	Golf Lessons [REC]	9:00 am	-	11:00 am		Registration req.
	Line Dancing [REC]	5:30 pm	-	6:45 pm	Begins Sep. 26	Registration req.
	Line Dancing [REC]	7:00 pm	-	8:15 pm	Begins Sep. 26	Registration 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	Sep. 5	
	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	Sep. 5	Appt. preferred
	Widows' & Widowers' Support Group	10:30 am	-	12:00 pm		
THURSDAY	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Arts/Crafts	A Bevy of Bangles [REC]	6:30 pm	-	9:30 pm	Sep. 20	Registration req.
	Bottle Art [REC]	12:00 pm	-	3:00 pm		Registration req.
	Crochet, Sew & Chat	9:30 am	-	11:30 am		
	Glass Fusion [REC]	10:00 am	-	11:30 am		Registration req.
	Oil & Acrylic Painting [REC]	12:30 pm	-	3:30 pm		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		
	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	Sep. 13	
	Bunco Club - Evening [REC]	7:00 pm	-	9:00 pm	Sep. 20	
Cards/Games	Canasta/Hand & Foot Cards	11:00 am	-	4:45 pm		
	Gr8 Games Day Club [REC]	1:30 pm	-	4:30 pm	Sep. 13	
Computers	Basic Computer Skills [REC]	8:30 am	-	10:30 am		Registration req.
	Connecting with Others [REC]	9:30 am	-	11:00 am	Sep. 13	Registration req.
	Connectivity @ Home [REC]	6:00 pm	-	8:00 pm	Sep. 20	Registration req.

THU. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Computers	Intermediate Computer Skills [REC]	10:45 am	-	12:45 pm		Registration req.
	Intro to the iPad and IOS [REC]	9:30 am	-	11:00 am	Sep. 6	Registration req.
	Sit 'n' Click Open Computer Lab	1:00 pm	-	4:45 pm		
	Surfing the Web & Downloads [REC]	9:30 am	-	11:00 am	Sep. 20	Registration req.
	Take Your iPad Anywhere! [REC]	9:30 am	-	11:00 am	Sep. 27	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	Sep. 13	
	Simi Scribbler's Writer's Group	1:00 pm	-	3:00 pm		
	Simi Settlers Radio Club [REC]	7:00 pm	-	9:00 pm	Sep. 13	
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.
	Pedicure Clinic	9:00 am	-	3:00 pm	Sep. 13, 27	Appt./fee 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.
	Volunteers 4 U Health Screenings	8:00 am	-	11:00 am	Sep. 6	
Social Services	Alzheimer's Support Group & Respite	10:30 am	-	12:00 pm	Sep. 6, 20	Respite provided
	Disabled American Veterans Support	3:00 pm	-	5:00 pm	Sep. 13	
	Fibromyalgia Support Group	3:00 pm	-	4:45 pm	Sep. 6	
	Home Energy Assistance Program (HEAP)	9:00 am	-	3:30 pm	Sep. 6	Appt. req.
	Parkinson's Support Group	1:00 pm	-	3:00 pm	Sep. 20	
	Senior Kit Food Program	9:00 am	-	11:00 am	Sep. 13	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		

FRI. (CONT.)	ACTIVITY	START		END	DATE(S)	OTHER INFO.
Arts/Crafts	Watercolor [REC]	10:00 am	-	12:00 pm		Registration req.
	Watercolor - Beg. to Adv. [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	Digital Photography [REC]	8:30 am	-	10:30 am		Registration req.
	Photoshop Elements / Photo Editing [REC]	10:45 am	-	12:45 pm		Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm		
Educational	Beginning French Lessons [REC]	10:00 am	-	11:30 pm		Registration req.
	Wars of America [REC]	1:00 pm	-	2:30 pm		Registration req.
Entertainment	COA Dance - CANCELLED	7:30 pm	-	10:00 pm	CANCELLED	
Health/Fitness	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	Sep. 21	
	West Coast Swing [REC]	7:00 pm	-	10:00 pm	Sep. 28	
	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>Paper Plate Lady & Grandma Poster</i> [REC]	9:30 am	-	11:00 am	Sep. 8	Registration req.
	Introduction to Rock Painting [REC]	9:00 am	-	10:30 am	Sep. 15	Registration req.
	Quilting Club [REC]	9:00 am	-	12:00 pm		
Education	Fun Guitar Lessons [REC]	9:00 am	-	10:30 am		Registration req.
Groups/Clubs	Women's Book Club - <i>Eleanor Oliphant is Completely Fine</i>	10:00 am	-	12:00 pm	Sep. 15	
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	Sep. 15	Registration req.
	Yoga for Positive Health [REC]	8:00 am	-	9:30 am		
	Yoga Workshop [REC]	9:45 am	-	12:00 pm	Sep. 22	Registration req.
Social Services	Grey Law Legal Services	9:00 am	-	12:00 pm	Call (805) 658-2266 for appt.	

Can You Pass the Street Smarts IQ Test?

Thursday, September 27, 2018

1:30 – 3:00 p.m.



Everyone is aware that dangers exist, but most people truly believe that nothing bad will personally happen to them! Every day we read or hear about people who, without realizing it, have put themselves in a perilous situation. The consequences can be devastating. You may be surprised to find out what you could be exposing yourself to without even thinking about it! **This seminar by Senior Advocate Betty Berry will test your “Street Smarts IQ.”** You may remember Betty from her past presentations on passing the written drivers test, so you know she is full of excellent information and tips!

This presentation is free, but reservations are required. **Please sign up at the main desk or by calling (805) 583-6363.**



Ice Cream Floats with Assemblyman Dante Acosta

**Friday, September 28
2:15 - 3:30 p.m.**

Please join Assemblyman Dante Acosta and his staff immediately following Bingo in the Multipurpose Room as they serve ice cream floats and say hello to Simi seniors. Information

regarding services that are offered in the 38th district will also be provided.!



No reservations needed!

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 meeting will be held:

Monday, September 10, 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!



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 \$6.50. **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, September 11, Birthday Celebration, Live music by Reflections**
- * **Wednesday, September 5, Live music by Old Country Grass Band**
- * **Wednesday, September 12, Live music by Vintage People**
- * **Wednesday, September 19, Live music by George Clark**
- * **Wednesday, September 26, Live music by Phil Mercurio**
- * **Thursday, September 13, 20, 27, Belles & Beaus Choir, 10:30 a.m.**
- * **Friday, September 7, 21, Live music by Don Newcomer**
- * **Friday, September 14, 28, Live music by Coop's De Ja Vu**

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

SENIOR EXCURSIONS



**Pechanga Casino
Temecula, CA
September 4, 2018**

**King Tut:
Treasures of the
Golden Pharaoh Exhibit
Los Angeles, CA
October 11, 2018**

**Riverside Laughlin Casino and
Resort Christmas Party
December 12 - 14, 2018**

**Shades of Ireland
March 18 - 27, 2019**

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.

**The Senior Center will be closed September 1 and 3
in observance of Labor Day**

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

**ACCEPTING
RUMMAGE
SALE ITEM
DONATIONS

NOW!**

**Clean Out Your
Cabinets to
Benefit the
Senior Center!**

Our Fall Arts & Crafts Fair and Rummage Sale is coming up on October 26 and 27! We are now accepting Rummage Sale donations through **Wednesday, October 24**. Please drop your gently used items off at the Senior Center Main desk Monday through Friday between the hours of 8:00 a.m. and 4:30 p.m. **No clothing or anything with an electrical plug, please.** Call (805) 583-6363 for more information!