



November 2016 Simi Valley Senior Center

# SENIOR NEWS



**Simi Valley  
Council On Aging  
Executive Board**

Sharon McCann  
Chair

Al Fournier  
Vice Chair

Karen Cline  
Treasurer

June-Marie von Osinski  
Recording Secretary

Stephanie Newbrook  
Corresponding Secretary

Jean Cecil

Fred Goldberg

Char Jackowitz

Ed Mazeika



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


The Simi Valley Senior Center Performing Arts Group  
Presents An Original Musical Production

## Crisis at the North Pole

**(Santa Wants to Retire!)**

**Thursday, December 1, 2016  
1:30 - 3:30 p.m. and  
Friday, December 2, 2016  
7:00 - 9:00 p.m.**

**Simi Valley Senior Center  
3900 Avenida Simi  
Simi Valley, CA 93063  
(805) 583-6363**



**All are welcome and  
admission is free!  
No Reservations  
Complimentary  
Refreshments**

**Opportunity Drawings for Prize Baskets on Thursday**

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

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



# *Annual*



## **Thanksgiving Eve Dinner**

**Wednesday, November 23, 2016**

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 at 4:45 p.m., 6:00 p.m. & 7:15 p.m.

Pick up Your Free Tickets at the Reception Desk

A limited amount of tickets are available

This event is for seniors only

**TRANSPORTATION AVAILABLE!**

Call Dial-A-Ride by November 16th

(805) 583-6464



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

**Tickets will be available for the Thanksgiving Eve  
Dinner beginning Monday, November 14 at 8:00 a.m.**

**Limit of two tickets per person**

## Volunteers of the Month



The hardworking, cheerful group of young people from Social Vocational Services, Inc. (SVS) help out our Seniors and staff members in so many ways! They serve lunches to the disabled patrons in our Rendezvous Café, help keep the patio clean and safe, and tackle washing the pans, utensils and dishes after lunch. They are a dedicated bunch, and we appreciate the upbeat, positive attitudes that they bring to the kitchen. Thank you, each one of you, for all that you do!

## 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 next COA meeting is scheduled for:  
**November 14, 2016**

### **Presentation: City of Simi Valley Budget**

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).

## Day of Beauty

**Wednesday, November 23, 2016**  
**9:00 to 11:30 a.m. and**  
**1:00 to 3:30 p.m.**



Ridone Inc., and volunteers from the Simi Valley Adult School Cosmetology program will provide a special day of beauty for our seniors. They are offering free haircuts, styling services, manicures and make-up application. Men are welcome! Please have freshly washed hair if you come for a haircut.

To sign up, call the Senior Center at (805) 583-6363 or stop by the main reception desk. Take advantage of one service or have them all. You deserve to be pampered!

**VETERANS DAY**

**COA DANCE**

**Friday, November 4, 2016**  
**7:30 to 10:00 p.m.**  
**\$7.00 per person**

**Free Tango Dance Instruction**  
**6:30 - 7:30 p.m.**

**Featuring: Dick Parent**

## NOVEMBER 2016 CLASSES, CLUBS, AND ACTIVITIES SCHEDULE

**Most REC activities, clubs & classes meet at the 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		Full
	Ceramics - Handbuild/Wheel [REC]	10:00 am	1:00 pm		Registration req.
	Creative Mosaics [REC]	1:00 pm	4:00 pm		Registration req.
	Oil Painting - All levels [REC]	12:30 pm	3:30 pm		Registration req.
	Oil Painting/Drawing [REC]	9:00 am	12:00 pm		Registration req.
	Open Art Studio Club [REC]	6:00 pm	9:00 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	Introduction to eBay	6:00 pm	7:30 pm		Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	4:45 pm		
	Total Technology: Laptop [REC]	3:30 pm	5:00 pm	Nov. 7	Registration req.
Education	Simi Strings Orchestra [REC]	6:00 pm	9:30 pm		Registration req.
Groups/Clubs	Books & Movies: <i>Robinson Crusoe</i> [REC]	6:30 pm	10:00 pm	Nov. 28	Registration req.
	Council On Aging (COA) Meeting	1:00 pm	3:00 pm	Nov. 14	
	Drama Club	1:00 pm	3:00 pm		
	Genealogy Club	1:00 pm	3:00 pm	Nov. 14, 28	
	Stamp & Coin Club	1:00 pm	3:00 pm	Nov. 7, 21	
Health/Fitness	Ballet [REC]	5:30 pm	6:45 pm		Registration req.
	Chair Zumba [REC]	1:15 pm	2:15 pm		Registration req.
	Line Dancing - Advanced	8:30 am	10:30 am		Drop-in, free
	Monday Tappers - Intermediate [REC]	1:15 pm	2:15 pm		Registration req.
	Monday Tappers - Beginner [REC]	2:15 pm	3:15 pm		Registration req.
	Move and Groove - Intermediate [REC]	9:45 am	10:45 am		Registration req.
	Ping Pong [REC]	2:30 pm	4:30 pm		
	Senior Bowling League [REC]	11:50 am	2:30 pm		Registration req.

<b>MON. (CONT.)</b>	<b>ACTIVITY</b>			<b>DATE(S)</b>	<b>OTHER INFO</b>
Health/Fitness	Strength Building [REC]	3:30 pm	-	4:30 pm	Registration req.
	Tai Chi - Beginning	12:10 pm	-	1:10 pm	New students 1st Mon. 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	Registration req.
	Yoga for Positive Health [REC]	8:00 am	-	9:30 am	
Social Services	Coping with Life	10:00 am	-	11:30 am	
	Hearing Screening - Decibel Hearing	9:00 am	-	11:00 am	Does not meet
	Home Energy Assistance (H.E.A.P.)	9:00 am	-	2:00 pm	Nov. 21 Appt. req.
	Low Vision Consultations	9:00 am	-	11:00 am	Does not meet
	V.I.P. Low Vision Support Group	9:00 am	-	12:00 pm	
<b>TUESDAY</b>	<b>ACTIVITY</b>			<b>DATE(S)</b>	<b>OTHER INFO</b>
Arts/Crafts	Ceramics - Handbuilding/Wheel [REC]	10:00 am	-	1:00 pm	Registration req.
	Ceramics - Handbuilding/Wheel [REC]	1:00 pm	-	4:00 pm	Registration req.
	Ceramics - Handbuilding/Wheel [REC]	6:00 pm	-	9:00 pm	Registration req.
	Intergenerational Painting [REC]	6:30 pm	-	9:00 pm	Registration req.
	Watercolor Painting [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	
	Pinochle	12:00 pm	-	4:00 pm	
	Poker Club [REC]	6:15 pm	-	9:45 pm	
Computers	Doctor PC [REC]	7:00 pm	-	9:00 pm	Begins Nov. 15 Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm	
	Total Technology: Cellphone [REC]	3:30 pm	-	5:00 pm	Nov. 15 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 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	

<b>TUES. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO</b>
Health/Fitness	Croquet (Golf Croquet) Club [REC]	9:00 am	- 11:00 am		
	Golf Lessons [REC]	9:00 am	- 11:00 am		Registration req.
	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 Fitness Club [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	Nov. 8, 22	Appt. 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	Nov. 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	Art Theory & Composition [REC]	12:30 pm	- 3:30 pm		Registration req.
	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		
	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.
	Oil Painting Media - Beginning [REC]	7:00 pm	- 9:00 pm		Registration req.
	Quality Quilters 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		
	Chess Club	1:00 pm	- 4:30 pm		
	Duplicate Bridge [REC]	1:00 pm	- 5:15 pm		
	Pinochle	12:30 pm	- 4:45 pm		

<b>WED. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO</b>
Cards/Games	Pinochle - Double Deck [REC]	6:30 pm	9:30 pm	Nov. 9, 23	
Computers	Learning Windows 10 Together [REC]	12:00 pm	2:00 pm		Registration req.
Education	Beginning 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. 16	
Health/Fitness	Chair Yoga, Stretch & Balance [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. 2, 16	Appt./fee req.
	Pilates [REC]	10:15 am	11:15 am		Registration req.
	Strength Building [REC]	5:30 pm	6:30 pm		Registration req.
	Tai Chi Practice	8:30 am	9:30 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. 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	Nov. 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	Ceramics Casting, Airbrush, Hand [REC]	9:00 am	3:00 pm		Registration req.
	Painting [REC]	12:30 pm	3:30 pm		Registration req.
	Quilting Club [REC]	9:00 am	12:00 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		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 Daytime [REC]	10:00 am	12:00 pm	Nov. 10	
	Bunco [REC]	7:00 pm	9:00 pm	Nov. 17	
	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		
	Rummikub Club	1:45 pm	4:45 pm		
Computers	Basic Computer Skills [REC]	10:45 am	12:45 pm		Registration req.
	Sit 'n' Click Open Computer Lab	1:00 pm	4:45 pm		
	Total Technology: Using Computers [REC]	3:15 pm	4:45 pm	Nov. 17	Registration req.
	Windows 10 [REC]	8:30 am	10:30 am	Begins Nov. 10	Registration req.
Entertainment	Movies in the Lounge	12:30 pm	3:00 pm		
Groups/Clubs	Karaoke	2:30 pm	4:30 pm	Nov. 10	
	Rancho Simi Senior Club	1:30 pm	4:00 pm	Nov. 10	
	Simi Settlers Radio Club [REC]	7:00 pm	9:00 pm	Nov. 10	
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.
	Move and Groove - Advanced [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]	1:00 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		
	Volunteers 4 U Health Screenings	8:00 am	11:00 am	Nov. 3	
Social Services	Alzheimer's Support Group & Respite	10:30 am	12:00 pm	Nov. 3, 17	Respite provided
	Disabled American Veterans Support	3:00 pm	5:00 pm	Nov. 10	
	Fibromyalgia Support Group	3:00 pm	4:45 pm	Nov. 3	
	Home Energy Assistance (H.E.A.P.)	9:00 am	2:00 pm	Nov. 3	Appt. req.
	Parkinson's Support Group	1:00 pm	3:00 pm	Nov. 17	
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.
	Knit & Crochet Club [REC]	9:00 am	12:00 pm		
	Watercolor [REC]	9:00 am	12:00 pm		Registration req.



<b>FRI. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
Arts/Crafts	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-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	Sit 'n' Click Open Computer Lab	12:30 pm	4:45 pm		
Entertainment	COA Dance (dance instruction at 6:30)	7:30 pm	10:00 pm	Nov. 4	
Health/Fitness	Bocce Ball [REC]	9:00 am	11:00 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		
	Senior Bowling League [REC]	11:50 am	2:30 pm		Registration req.
	Victorian Dance [REC]	7:00 pm	10:00 pm	Nov. 18	Registration req.
	West Coast Swing - Beginner [REC]	6:30 pm	7:30 pm	Does not meet	
	West Coast Swing - Int. and Dance [REC]	7:30 pm	10:30 pm	Does not meet	
	Wii Bowling/Sports	9:15 am	1:45 pm		Sign-up req.
Social Services	COPD Support Group	1:30 pm	3:00 pm	Nov. 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>Cone-Ucopias</i> [REC]	9:30 am	11:00 am	Nov. 5	Registration req.
	Quilting Club [REC]	9:00 am	12:00 pm		
Computers	Digital Photography [REC]	8:00 am	10:00 am		Registration req.
	Facebook & Social Media [REC]	10:15 am	12:15 pm		Registration req.
Groups/Clubs	Women's Book Club - <i>Fahrenheit 451</i> [REC]	10:00 am	12:00 pm	Nov. 19	
Health/Fitness	Billiards [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	Nov. 19	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 for appt.	805-658-2266

**The Basics: Alzheimer's Disease,  
Memory Loss and Dementia**

Dementia is not a normal part of aging. The Alzheimer's Association will discuss how this illness is detected, as well as its causes and risk factors. You will also learn more about the stages of Alzheimer's Disease, treatments and much more.

The workshop will be held on Tuesday, November 15 from 10:00 a.m. to 12:00 p.m. It is free, but reservations are required. Call (805) 583-6363 or stop by the main desk to sign up.



**Jewelry Sale**

**Get all Decked Out  
for the Holidays!**

The holidays are fast approaching! Add a little glitz and some glamour to your holiday outfits by picking up a few baubles at the Senior Center Jewelry Sale.

*Rings, necklaces, watches, and Brooches - we will have them all at unbelievably low prices!*

**November 14 - 18, 2016  
8:00 a.m. until 1:00 p.m.  
Art Gallery (West) Hallway**

New items will be added daily!

Come shop for holiday gifts or treat yourself !



**Nutrition Counseling**

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

Meet one on one with a registered dietitian to learn first hand how to eat well to stay healthy.

**Monday, November 14, 2016  
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!

**Will You Pass Your Next  
Driving Test ?**



Don't leave any doubt! Take your written drivers test with confidence thanks to the tutelage of Senior Advocate Betty Berry. She will be here at the Senior Center to provide helpful hints on how to prepare for the test.

**Tuesday, December 6, 2016  
1:30 to 3:00 p.m.**

There is no charge for this helpful presentation, but registration is required. To register, stop by the main desk or call us at (805) 583-6363.

Know the rules of the road!



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**
- \* **Tuesdays, November, Live pop, standards, country and folk music by Reflections**
- \* **Tuesday, November 8, Birthday Celebration, Live music by Reflections**
- \* **Wednesday, November 2, Live music by Collections**
- \* **Wednesday, November 9, Live music by the band Vintage People**
- \* **Wednesday, November 16, Live music by CA Old Time Fiddlers, Wayne & Kathy**
- \* **Wednesday, November 23, Standards, American Song Book music by Phil Mercurio**
- \* **Wednesday, November 30, Live music by Coop's Déjà Vu**
- \* **Thursdays, November 10, 17, 10:00 - 10:30 Music by Bob Harris**
- \* **Thursdays, November 10, 17, 10:30 - 11:30 Music by Belles & Beaus Choir**
- \* **Fridays, November 4 & 18, Medley Favorites music by Don Newcomer**

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

## SENIOR EXCURSIONS



**Hearst Castle at Christmas**  
December 14 - 16, 2016

**Riverside Laughlin Christmas**  
December 19 - 21, 2016

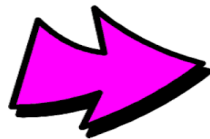
**OUE Skyspace and  
the Griffith Observatory**  
January 12, 2017

**The Alley Cats Doo Wop Group**  
February 16, 2017

**America's Music Cities**  
April 21 - 28, 2017

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

*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.***



**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, 2017, 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](http://www.simivalley.org/enotify)

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

The Senior Center will be closed November 11 & 12  
for Veterans Day and November 24, 25 & 26  
in observance of 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

### *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 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, 2016**

Applications are available online at  
[www.simivalley.org/COA](http://www.simivalley.org/COA)  
or at the Senior Center main desk.

For additional information, please call  
Senior Services Assistant Manager  
Robert Martin at (805) 583-6364.

### *Recognize a Volunteer Who Makes a Difference!*



Do you know someone who is always helping out here 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 necessarily have to be a senior, but only Simi Valley residents age 60 years of age or older may nominate someone.

Nomination forms are available online at [www.simivalley.org/COA](http://www.simivalley.org/COA) or at the Senior Center reception desk and are **due by November 30, 2016.**