



August 2020

Simi Valley Senior Center

SENIOR NEWS



Simi Valley Council On Aging Executive Board

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www.simivalley.org



Join Certified Zumba Instructor Jennifer Wood in this easy-to-follow dance workout. This modified Zumba fitness class allows you to move at your own pace and builds cardiovascular health. Classes are held at Rancho Santa Susana Community Center, 5005 E. Los Angeles Avenue in Simi Valley. The Senior Center remains closed.

Space is limited and registration is required. To register for this class and to read about other classes and activities, go online to <http://www.rsrpd.org>.

Keith L. Mashburn, Mayor Mike Judge, Mayor Pro Tem Dee Dee Cavanaugh, Council Member Ruth Luevanos, Council Member Elaine P. Litster, Council Member

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

RANCHO SIMI
RECREATION &
PARK DISTRICT
4201 GUARDIAN ST
SIMI VALLEY
(805) 583-6059
(805) 584-4400

SIMI VALLEY
SENIOR CENTER
3900 AVENIDA SIMI
SIMI VALLEY
(805) 583-6059
(805) 583-6363
WWW.RSRPD.ORG

REGISTERING

- Go online to RSRPD.org
- Go to Online Registration top right corner on home page.
- On next page select "Search Activities" box in top right in middle of the page.

* **Step 1:** Create or Log In to your existing Household Account, using your primary email address. Add participants to your Household Account that you would like to enroll in classes. Don't forget to include yourself the Account Holder

- **Step 2:** Select the activities you wish to enroll in and the participant enrolling in that activity. All selected activities will be placed in our shopping cart.
- **Step 3:** Checkout of your Shopping Cart to complete your registration. You will receive a confirmation email regarding your registration once complete.

If you have further questions please email info@rsrpd.us or call 805-584-4400 (for Simi Valley) or contact Bryan (805)584-4443 or bryanh@rsrpd.us

"We don't stop playing because we grow old, we grow old because we stop playing."

-George Bernard



AGE 50+ SUMMER BROCHURE

ALL REGISTRATIONS DONE ONLINE—NO DROP-IN'S

VIRTUAL ACTIVITIES

PAPER CRAFTING & MORE

with **Karen Kalsman**

Create beautiful scrapbooks, cards, box making, jewelry making, die cutting and many other paper projects and crafts from home on your own and then share them with other passionate scrapbookers every Monday from 3:00-3:30 pm. SPC301-2 4 M 3:00-3:30 p 8/3-8/31 Free

JUMPING JACKS FOR YOUR MIND

with **Henry Kraus**

Get your mind active again after being Quarantined for 3 months. You will be tested, in a FUN way in the areas of Jokes, Limericks, Rebus, Trivia, Brain Teasers, Deductive Reasoning, and more. This is a chance for a few laughs by hearing and sharing. * Please note \$5 for session whether you go to one class or all classes. No refunds.

JJM302-2 4 Tu 9:00-9:30 a 8/4-8/25 \$5

* **All activities are contingent on state, county and RSRPD rules and guidelines. Classes are subject to change at any time.**



INDOOR FITNESS

Pati Albert RYT500 Registered Yoga Instructor,

AFAA Certified Fitness Instructor classes:

CHAIR YOGA

Students will practice poses while seated in a chair and use the chair for assistance in standing poses. You do not have to get on the floor! Increase strength, flexibility and balance while learning to relax. Wear loose clothing. Classes on North Patio. NO CLASS SEPT 7

CHY102-2 6 M 10:00-11:00 a 8/17-9/28 \$30

CHY103-2 6 W 10:00-11:00 a 8/19-9/23 \$30

Location: RSRPD District Office 4201 Guardian St.

PILATES

Experience a true Pilates Mat Workout. Build core strength, tone muscles, and increase flexibility. Modifications will be given for each exercise, making the class suitable for all fitness levels. Bring a Mat and a large beach towel, wear loose clothing. Classes held on North Patio.

PLS102-2 6 W 8:30-9:30 a 8/19-9/23 \$30

Location: RSRPD District Office 4201 Guardian St

PILATES ~ STRENGTH

Pilates Mat Workout, hand weights and resistance bands are added to create a weighted workout that builds body strength, flexibility and core strength. Bring a Mat and a large beach towel, wear loose clothing. Class held on North Patio.

PLS103-2 6 F 8:30-9:30 a 8/21-9/25 \$30

Location: RSRPD District Office 4201 Guardian St.

YOGA 101

Designed for beginners or those looking for a Gentle Yoga class, Combining stretch, gentle movements, meditation, and basic Hatha poses. This class will restore harmony to the body and relax the mind. Bring a Yoga Mat and a large beach towel, wear loose clothing. Classes held on North Patio.

GEY101-2 6 F 10:00 a-11:00 p 8/21-9/25 \$36

Location: RSRPD District Office 4201 Guardian St

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CONTACT BRYAN
FOR ANY FURTHER
INFORMATION AT
(805) 584-4443



Some healthy tips
for staying safe dur-
ing this time.

1.) Stay at least 6
feet apart (unless
you live in the same
household)

2.) Wash hands at
least 20-30 seconds

3.) Keep hands and
fingers away from
your face.

4.) Wear face cov-
ering or a mask
when advised.

Version I- Summer 2
7/28/2020



ALL REGISTRATIONS DONE ONLINE—NO DROP-IN'S

YOGA with Pati Albert *RYT500 Registered*

Yoga Instructor, AFAA Certified Fitness Instructor
Designed for both those with yoga experience and those that wish to learn Yoga. Hatha Yoga poses are taught in a safe and welcoming atmosphere. Emphasis is on good form and posture. Class will build strength, increase flexibility, improve balance and create personal harmony. Bring a Yoga Mat and a large beach towel, wear loose clothing.

YOGI01-2 6 M 6:00-7:00 p 8/17-9/28 \$42
Location: RSSCC, 5005 E. Los Angeles Ave 93063
NO CLASS SEP 7

Certified Instructor Jennifer Wood
classes

ZUMBA GOLD POSTPONED

Easy-to-follow dance workout. This modified ZUMBA fitness class allows you to move at your own pace, and builds cardiovascular health. Great way to stay connected and keep you moving!

Monday
ZGO105-2 6 M 6:00-7:00 p 8/24-9/28 \$30
Tuesday
ZGO106-2 6 Tu 8:30-9:30 a 8/25-9/29 \$30
Wednesday
ZGO107-2 6 W 8:30-9:30 a 8/26-9/30 \$30

All classes above will be held at
RSSCC, 5005 E. Los Angeles Ave 93063

STRENGTH BUILDING

Instructor Eileen Cohen

Improve your strength, flexibility and balance. Bring your own weights, water bottle, mister and a mat.

STB100-2 6 M 3:30-4:30 p 8/10-9/21 \$30
Location: 4201 Guardian St. 93063

*** All classes and activities are contingent on state, county and RSRPD rules and guidelines. These classes are subject to change at anytime. This includes face-to-face classes becoming virtual classes.



Backyard Games

AGE 50+ BOCCE BALL

with Henry & Roz Kraus

Come and join the fun of Bocce Ball! This is an Italian game played with 1 small ball (Pallino) and 8 larger balls (Bocce). Show your skills by getting the Bocce as close as you can to the Pallino. All skill levels are welcome. Meet new people and make new friends. Masks are highly recommended and social distancing will be enforced. Beginning August 5th.

BBL101-2 W 8:00-9:30 a 8/5-8/26 \$5
Location: Rancho Tapo Community Park

CORNHOLE

with Stan Kalsman

Come join the fun picnic game of Cornhole. Easy to play and all levels welcome. No experience necessary. Masks will be highly recommended and 6 feet social distancing will be required. Starting August 10th.

CRN101-2 M 9:30-11:00 a 8/10-8/31 \$5
Location: Rancho Simi Community Park

Backyard Games

SHUFFLEBOARD

with Stan Kalsman

Lots of fun and easy to play. No prior experience necessary. Masks are highly recommended. Social distancing of 6 feet will be enforced. *Please wear gloves if you have them, but they are not a requirement. Starting August 4th.

SFB104-2 Tu 9:30 a-11:30 p 8/4-8/25 \$5

SFB105-2 F 9:30 a-11:30 p 8/7-8/28 \$5

Location: Rancho Simi Community Park

LAWN GOLF CROQUET

with Henry Kraus

Come and join the fun of golf croquet. This is an easy to play game whereby players use mallets to hit balls through thin metal shaped arches called wickets. Person or team to score seven points first wins. All skill levels are welcome. Meet new people and make new friends. Masks are highly recommended and social distancing will be enforced. Beginning August 6th.

LGC100-2 Th 8:30-10:00 a 8/6-8/27 \$5

Location: Rancho Tapo Community Park

**WE HOPE
TO SEE YOU
SOON!**

Simi Valley Council On Aging Meeting

Monday September 14, 2020

1:00 – 3:00 p.m.

Location To Be Announced





VCAAA FREE NUTRITION COUNSELING

Speak with a Registered Dietitian over the phone.

Topics Include:

How to Create Meals with Limited/Donated Food Items

Eating Healthy on a Budget

Controlling Diabetes

Controlling High Blood Pressure

Lowering Cholesterol

Additional Individual Nutrition Questions/Concerns

To speak with a Ventura County Area Agency on Aging Registered Dietitian, call (805) 406-8332 or (805) 340-3084 or email dietitian.realfood@ventura.org.



Join us for a special online Zoom presentation:

Eating Your Way Toward a Healthy Immune System During Covid-19



Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections. While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems.

Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer. There is no magic bullet to prevent one from falling ill, but proper nutrition is one way to help you stay healthy and strong.

Join UCLA Health's Dr. Roya Mojarrad for a special **online Zoom presentation on Tuesday, August 11 from 1:00 to 2:00 p.m.** Dr. Mojarrad will share some tips for how best to feed and care for the body, especially during the COVID-19 pandemic and beyond. For more information, visit **[UCLA Health Primary and Specialty Care](#)**.

Dr. Mojarrad is board certified in Family Medicine and her clinical interests include: chronic and acute disease, preventive care, infectious disease, and women's health.

Registration is required. Call (805) 583-6363 to sign up to have the Zoom presentation information sent to you.

Virtual Path to Positive Aging Series

Will You Pass Your Next Drivers Test:

Everything You Need to Know to be Prepared



When:

Tuesday, August 11th. 2020
4:00 pm to 5:00 pm

Location:

Zoom Virtual Seminar

RSVP:

Please register online at <https://www.seniorconcerns.org/seminars/> or email questions to: info@seniorconcerns.org

Join this workshop to:

- ✓ Learn how to effectively study for the written exam
- ✓ Understand what to expect at the DMV
- ✓ Discover tips to take on the road
- ✓ Learn about the REAL ID

Presented By:

Tressa Thompson
Senior Ombudsman,
Department of Motor Vehicles

Virtual Lotería



You're invited! Join us for free virtual lotería.

Join us for a game of virtual lotería for your chance to win a \$25 e-gift card! Games are free to join and will be hosted twice a month on the video conferencing platform WebEx.

Every 2nd and 4th Thursday, starting,
Thursday, July 9, 2020
4:00 p.m. – 5:00 p.m.

How to register

RSVP to Nelly Leng by emailing zleng@regalmed.com. Once you provide your email address, we will email you a lotería card and further instructions.



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Virtual Path to Positive Aging Series

Meeting the Challenges of Solo Aging: What You Need to Know to be Prepared



Are you single? Are you married without children? Do you have adult children who live far away? Is your extended family not a part of your daily life?

If you answered yes to any of these questions, *you are a Solo Ager*.

When:

Tuesday, August 25th. 2020
4:00 pm to 5:00 pm

Location:

Zoom Virtual Seminar

RSVP:

Please register online at <https://www.seniorconcerns.org/seminars/> or email questions to: info@seniorconcerns.org

Join this workshop to:

- ✓ Identify what matters most to you
- ✓ Discover resources in lieu of family to provide what you need as you age
- ✓ Explore options on how and where you wish to live
- ✓ Learn how to be your own best advocate in the years ahead

Presented By:



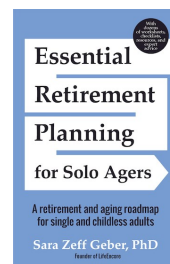
Dr. Sara Zeff Geber, Ph.D.

Author of the 2018 book, *Essential Retirement Planning for Solo Agers*



Katie Wiltfong, MSW

Co-Chief Executive Officer, *Solo Aging Solutions, LLC*



In response to the evolving health concerns surrounding our community, the Senior Center will continue to be **closed until further notice.** City administrators will be closely monitoring the recommendations of public health officials and will resume operations at the Center when it is deemed safe.

**Senior Center Update via Zoom Meeting
Wednesday, August 19, 2020 at 10:00 a.m.**

Senior Center staff will be offering an update on ongoing and upcoming programs at the Senior Center and the availability of resources to the senior community during the closure. Staff will also review possible changes that will be implemented upon reopening and field any questions that you may have.

This meeting will take place using Zoom technology, so **if you are interested in participating, please call the Senior Center at (805) 583-6363 between 9:00 a.m. and 1:00 p.m. Monday through Friday.** Provide your email address so that a participation link can be sent to you. If you have questions prior to this meeting, contact the Senior Center.

**Fifty and
Better**

California
Lutheran
University



California Lutheran University's "Fifty and Better" program is designed for members of our community who are 50 years of age and older and want to continue learning. Enroll just for the enjoyment and stimulation of pursuing knowledge and social engagement through interactive courses and extracurricular activities.

These are University level courses covering a variety of topics for individuals 50+ including interactive lecture courses and in-depth seminar sessions with no tests and no homework!

Fifty and Better opens registration for their 6-week Fall Session on August 19, with classes beginning on September 8, 2020 and there is an enrollment fee. Upcoming courses include: The Visual Culture of the 1960's, Art in Post-War Europe and America, The Beatles in the Studio Part 2 (Part 1 not required) and more!

For more information and to enroll, go to **CLU's Fifty and Better website.**

ISOLATED SENIOR
OR VULNERABLE NEIGHBOR?
CONTACT ACTION FOR

COVID-19 SERVICES

ACTION is currently offering grocery/household good pickup and delivery, as well as phone companionship for seniors or vulnerable neighbors who can not leave their homes. Our volunteers are thoroughly prepped in the best health practices to minimize risk of COVID-19. We will be moving carefully with these projects to reduce the risk for our volunteers and clients.

**CONTACT US AT
(805) 987-0300 OR
KAYLA.SAWOSKI@ACTIONVC.ORG**



Action
SERVE. TOGETHER.