



SENIOR NEWS



**Simi Valley
Council On Aging
Executive Board**

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*Al Fournier
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www.simivalley.org

Be Resourceful at the Simi Valley Senior Center



We all know that the Senior Center is a wonderful place to take classes, enjoy hobbies, get some exercise and socialize. Did you know that the Center also has a wide variety of resources available?

If you are faced with needing food, affordable housing, help with your utility bills, transportation, navigating Medicare, or dealing with loss or illnesses, stop by the main desk at the Senior Center. You can also schedule an appointment with our Senior Advocate who will meet with you one-on-one to connect you with specific resources, help you fill out applications or assist you in developing a plan to improve your situation.

Turn the page for a list of resources and programs!

Senior Center Resources



Food

- Senior Share Groceries
- Meals On Wheels
- Rendezvous Café
- Cal Fresh
- Food Banks
- Community Dinner Sites



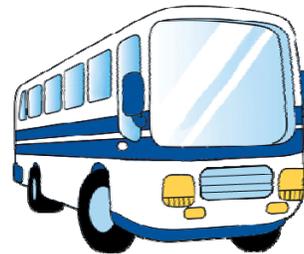
Housing

- Senior Housing Guide
- Affordable Housing
- Home Rehabilitation Loans
- Home Share Program
- Home Energy Assistance
- Winter Overnight Shelter



Support

- Coping with Life Group
- Cancer Support Groups
- Widows and Widowers Group
- Dementia, Diabetes, Arthritis
- Caregiver Resources
- Veterans Benefits



Transportation

- Dial-A-Ride
- Fixed Route Bus Schedules
- CONNECT Inter-City Service
- Elderhelp Medical Transport
- ADA Card Applications

For more information, applications, schedules, or to make an appointment, stop by the Senior Center main desk or call (805) 583-6363.



Council On Aging

Valentines Dance



Friday, February 10
7:30 - 10:00 p.m.

Featuring Live Music
by The Rhythm Kings

\$7.00 per person

Free Tango Dance Instruction
6:30 - 7:30 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 in Classrooms 106 & 107.

The next COA meeting is scheduled for:

February 13, 2017

Patio Design Committee

Wayne Templeton

Volunteer of the Year Award

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.

Fibromyalgia and Arthritis: Felt but Not Always Seen



If you have Fibromyalgia or Arthritis, you know that the pain you feel is real, despite the fact that it cannot always be seen by others. Spend some time with other people who understand.

Attend the next Fibromyalgia and Arthritis Support Group at the Senior Center on Thursday, February 2 from 3:00 to 4:45 p.m. There will

be a special presentation by a medical expert on chronic pain at this month's meeting. No reservation is necessary. If you can't make the February meeting, you are welcome to drop in on the group which meets on the first Thursday of every month. Don't let chronic pain keep you from living your life to its fullest.



FEBRUARY 2017 CLASSES, CLUBS AND ACTIVITIES SCHEDULE

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

The Senior Center will be closed February 18 & 20 for Presidents 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		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		
	Mexican Train Dominoes [REC]	1:00 pm	3:00 pm		
Computers	Introduction to Facebook [REC]	6:00 pm	7:30 pm		Registration req.
	Learning Windows 10 Together [REC]	9:00 am	11:00 am		Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	4:45 pm		
	Total Technology: Using Cell Phones [REC]	3:30 pm	5:00 pm	Feb. 6	Registration req.
Education	Simi Strings Orchestra [REC]	6:00 pm	9:30 pm		Registration req.
Groups/Clubs	Books & Movies: <i>Into The Wild</i> [REC]	6:30 pm	10:00 pm	Feb. 27	Registration req.
	Council On Aging (COA) Meeting	1:00 pm	3:00 pm	Feb. 13	
	Drama Club	1:00 pm	3:00 pm		
	Genealogy Club	1:00 pm	3:00 pm	Feb.13, 27	
	Stamp & Coin Club	1:00 pm	3:00 pm	Feb. 6	
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.

MON. (CONT.)	ACTIVITY			DATE(S)	OTHER INFO
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 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 [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	Feb. 6	Appt. req.
	Low Vision Consultations	9:00 am	- 11:00 am	Feb. 13	Appt. 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	- 9:00 pm		Registration req.
	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.
	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		
Computers	Microsoft Basic - Int. Computer Skills [REC]	7:00 pm	- 9:00 pm		Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	- 4:45 pm		
	Total Technology: Laptop / Tablet [REC]	3:30 pm	- 5:00 pm	Feb. 21	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		
	Croquet (Golf Croquet) Club [REC]	9:00 am	- 11:00 am		
	Hoops for your Droops [REC]	7:00 pm	- 8:00 pm		Registration req.
	Indoor Lawn Bowling [REC]	1:00 pm	- 3:00 pm		

TUES. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO
Health/Fitness	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	Feb. 14, 28	Appt. req.
	Home Energy Assistance Program (HEAP)	9:00 am	- 2:00 pm	Feb. 21	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	Feb. 21	
	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		
	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		
Cards/Games	Pinochle - Double Deck [REC]	6:30 pm	- 9:30 pm	Feb. 8, 22	
Computers	Miscrosoft Excel Part II [REC]	12:00 pm	- 2:00 pm		Registration req.
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		

WED. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO
Groups/Clubs	Treasure Hunters Metal Detectors [REC]	6:30 pm -	9:00 pm	Feb. 15	
Health/Fitness	Chair Yoga, Stretch & Balance [REC]	1:00 pm -	2:00 pm		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	Feb. 1, 15	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	Feb. 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	Feb. 1	Appt. preferred
	Widows' & Widowers' Support Group	10:30 am -	12:00 pm	Call for info.	(805) 583-6363
THURSDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO.
Arts/Crafts	Ceramics Casting, Airbrush, Hand [REC]	9:00 am -	3:00 pm		Registration req.
	Crochet, Sew & Chat	9:30 am -	11:30 am		
	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	Feb. 9	
	Bunco [REC]	7:00 pm -	9:00 pm	Feb. 16	
	Canasta/Hand & Foot Cards	11:00 am -	4:45 pm		
Cards/Games	Games Club [REC]	6:30 pm -	9:30 pm	Feb. 23	
	Rummikub Club	1:45 pm -	4:45 pm		
Computers	Basic Computer Skills [REC]	8:30 am -	10:30 am		Registration req.

THU. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO.
Computers	Sit 'n' Click Open Computer Lab	1:00 pm	4:45 pm		
	Total Technology: Using Computers [REC]	3:15 pm	4:45 pm	Does not meet	
	Windows 10 [REC]	10:45 am	12:15 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	Feb. 9	
	Simi Settlers Radio Club [REC]	7:00 pm	9:00 pm	Feb. 9	
Health/Fitness	Arthritis Chair Exercise [REC]	1:15 pm	2:15 pm		
	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	Feb. 2	
Social Services	Alzheimer's Support Group & Respite	10:30 am	12:00 pm	Feb. 2, 16	Respite provided
	Disabled American Veterans Support	3:00 pm	5:00 pm	Feb. 9	
	Fibromyalgia Support Group	3:00 pm	4:45 pm	Feb. 2	
	Home Energy Assistance Program (HEAP)	9:00 am	2:00 pm	Feb. 2	Appt. req.
	Parkinson's Support Group	1:00 pm	3:00 pm	Feb. 16	
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		
	Watercolor [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		

FRI. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO.
Cards/Games	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	Feb. 10	
Health/Fitness	Ballet - Intro [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		
	Senior Bowling League [REC]	11:50 am	- 2:30 pm		Registration req.
	Victorian Dance [REC]	7:00 pm	- 10:00 pm	Feb. 17	Registration req.
	Wii Bowling/Sports	9:15 am	- 1:45 pm		Sign-up req.
Social Services	COPD Support Group	1:30 pm	- 3:00 pm		
SATURDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO.
Arts/Crafts	Grandparent & Me: Valentine Handprint [REC]	9:30 am	- 11:00 am	Feb. 11	Registration req.
	Quilting Club [REC]	9:00 am	- 12:00 pm		
Computers	Digital Photography [REC]	8:00 am	- 10:00 am		Registration req.
	Digital Photography with Photoshop [REC]	10:15 am	- 12:15 pm		Registration req.
Groups/Clubs	Women's Book Club - <i>Crossing to Safety</i>	10:00 am	- 12:00 pm	Feb. 25	
Health/Fitness	Billiards Club [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	Feb. 18	
	Yoga for Positive Health [REC]	8:00 am	- 9:30 am		
Social Services	Adoption - Birth Mothers Support Group	9:00 am	- 12:00 pm	Does not meet	
	Grey Law Legal Services	9:00 am	- 12:00 pm	Call for appt.	(805) 658-2266

When Medical Decisions Matter Most



Although planning end-of-life care can feel uncomfortable, it is very important. By deciding what end-of-life care best suits your needs when you are healthy, you can help those close to you make the right choices when the time comes. This not only respects your values, but also may give loved ones comfort.

Livingston Memorial Visiting Nurse Association will give a free presentation on end-of-life issues on Tuesday, February 28 from 1:30 to 3:00 p.m. at the Senior Center. Learn how to share your choices in a way that may be helpful for your family and those you love and learn the difference between an Advance Directive and Physician Orders for Life-Sustaining Treatment (POLST) documents.

Stop by the main desk at the Senior Center or call (805) 583-6363 for reservations.



Livingston Memorial
Visiting Nurse Association & Hospice
est. 1947
"Home is where the Heart is"

The Taxman Cometh

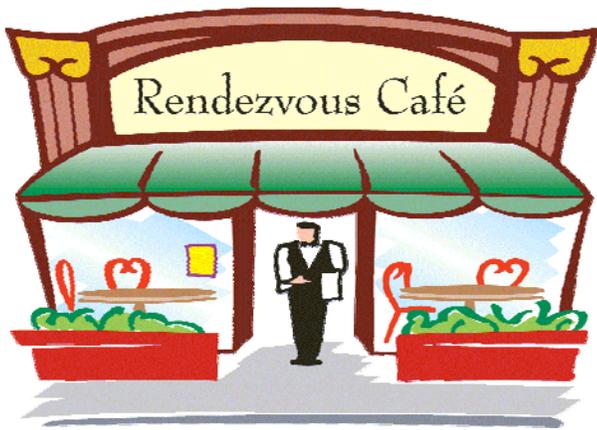
The cost of getting your tax return prepared by a private tax preparation company can be expensive, especially if you are on a fixed income.

There is good news! Tax preparation assistance is once again available at the Senior Center by IRS-certified volunteers through AARP.



Appointments are required and available every Thursday and Friday from February 2 to April 14. Stop by the main desk at the Senior Center or call (805) 583-6363 to schedule your appointment.

Please bring your: Photo I.D., Social Security Card, last year's tax return if you filed one, all income statements such as W-2 and 1099 forms along with Social Security and pension statements. If you pay rent, bring your landlord's name, address, and telephone number. If you are married, both spouses should plan on attending the appointment.



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 Pop, Standards, Country and Folk music by Reflections**
- * **Tuesday, February 14, Birthday Celebration, music by Reflections**
- * **Wednesday, February 1, Live music by Teresa Russell, Guitarist**
- * **Wednesday, February 8, Live music by the band Vintage People**
- * **Wednesday, February 15, Live music by Sal Fasulo, Vocalist**
- * **Wednesday, February 22, Live music by Phil Mercurio, Electric Blues Guitarist**
- * **Thursday, February, Taped music**
- * **Thursdays, February 9, 16, 23, Live music by Bob Harris, 10:00 - 10:30 a.m., Belles & Beaus Choir 10:30 - 11:30 a.m.**
- * **Fridays, February 3, 17, Medley favorites music by Don Newcomer**
- * **Fridays, February 10, 24, Sing-a-long music by Coop's Déjà Vu**

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

SENIOR EXCURSIONS

**Pechanga Casino
Temecula, CA
February 7, 2017**

**Aquarium of the Pacific
Long Beach, CA
March 8, 2017**

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

**Edgewater Casino Laughlin
April 24 - 26, 2017**

**Rose Bowl Tour with
Descanso Gardens
May 11, 2017**

**Mt. Rushmore &
The Black Hills of South Dakota
May 20 - 28, 2017**

**L.A. Dodgers Baseball Game
May 21, 2017**

**Yosemite
June 20 - 22, 2017**

**Garden of the Gods
Colorado Springs, CO
September 9 - 17, 2017**

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

**Islands of New England
October 3 - 10, 2017**

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 February 18 and 20 in
observance of Presidents 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

Assistant Managers

Claudia Hapip
(805) 583-6044

Robert Martin
(805) 583-6364

Secretary

Raquel Wirth
(805) 583-6363

Rendezvous Café

(805) 583-6363

Rendezvous Café

Cook

Gregory Seymour

Meals On Wheels

Coordinator

Suzanna Colwell
(805) 583-6042

FREQUENTLY REQUESTED NUMBERS

Adult Protective Services	654-3200	S.V. Dial-A-Ride	583-6464
Alzheimer's Association	494-5200	S.V. Graffiti Hotline	583-6444
American Cancer S.	(800) 227-2345	S.V. Home Rehabilitation	583-6757
Animal Regulation	388-4341	S.V. Hospital	955-6000
Arthritis Foundation	563-4685	S.V. Library	526-1735
Community Action	436-4000	S.V. Pothole Hotline	583-6400
Grey Law	658-2266	Social Security	(800) 772-1213
Home Share	477-7324	VC Area Agency on Aging	477-7300
Housing Rights Ctr.	(800) 477-5977	VCAAA Service & Information Line	(800) 510-2020
Long-Term Care Ombudsman	(800) 231-4024	VC Health Care Agency	677-5110
Medi-Cal	584-4842	VC Human Services	477-5301
Parkinson's Support	988-7599	Veterans Services	477-5155
Rancho Simi Rec. & Park	584-4400		
Senior Concerns	497-0189		
S.V. Adult School	579-6200		
S.V. Citizen Advisor	583-6759		
S.V. City Hall Info.	583-6700		
S.V. Council On Aging	583-6041		
S.V. Cultural Arts Ctr.	583-7900		