



September 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)

**Council On Aging**

# FALL

## Arts & Crafts Fair

**Friday, October 7, 2016  
9:00 a.m. - 3:00 p.m.**

**Saturday, October 8, 2016  
8:00 a.m. - 3:00 p.m.**

**Simi Valley Senior Center  
3900 Avenida Simi, Simi Valley**



**Free Admission** **(805) 583-6363** **Public Invited**

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**

## Take Steps to Healthier Living

Stanford University's Healthier Living Program for managing ongoing health conditions is back due to popular demand. This free series will be offered on Tuesdays from 9:30 a.m. - 12:00 p.m. at the Senior Center beginning September 27 and continuing through November 1. The curriculum concentrates on self management strategies which include:



- \* Making informed treatment decisions
- \* Working with your health care professional
- \* Managing pain and fatigue
- \* Getting a good night's sleep
- \* Preventing falls
- \* Setting achievable health goals

To reserve your spot, stop by the main reception desk or call (805) 583-6363. You have to live with it, so learn how to make the most of it and live well!

## Intergenerational Acrylic/Oil Painting Evening Art Class for Adults of All Ages!



Learn the basics of acrylic/oil painting in a step by step easy to follow process in this class that is open to all adults age 18 or older! Bring a friend, parent, your kid or grandkid for a great opportunity to spend time and make memories together. It is also a great creative outlet for all of you hardworking professionals who want to learn a new hobby.

The class meets Tuesdays at the Senior Center, August 30 through October 11 from 6:30 to 9:00 p.m. The cost is \$65 plus materials. Register at the Senior Center main desk or online at [www.rsrpd.org](http://www.rsrpd.org).

## Volunteer of the Month



Heidi Dilley began volunteering at the Senior Center two years ago by updating the Multipurpose Room bulletin board. Soon, she was also decorating the center for the seasons, preparing meals in the kitchen and, most recently, volunteering as a front desk Ambassador! Thank you, Heidi, for doing so much to brighten our Senior Center and the lives of our seniors.

## 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 Rooms 106 & 107.

The next COA meeting is scheduled for:  
**September 12, 2016**

**Presentation:  
Food Share Incorporated**

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).

Know what is going on at your Senior Center!

## Changes In

**medicare**

The only thing that is constant is change and Medicare is no exception. Join Senior Advocate Betty Berry who will review what Medicare changes we can expect for 2017. She will also tell you what changes can be made during the Annual Open Enrollment Period from October 15 through December 7, with an emphasis on Part D Prescription Drug Coverage.

This free presentation will be held on Tuesday, October 4 from 1:30 to 3:00 p.m. at the Senior Center. Seating is limited, so please call (805) 583-6363 or stop by the main desk to register.

A stylized graphic for a dance event. It features a silhouette of a man playing a trumpet and a woman dancing. The text 'Join us' is written in a cursive font. Below it, a white box contains the text 'Council On Aging Swingin' 40's Dance Featuring Ed La Fata'. At the bottom right, there is a circular logo with the words 'LIVE MUSIC'.

**Join us**  
**Council On Aging**  
**Swingin' 40's Dance**  
**Featuring Ed La Fata**

**LIVE MUSIC**

**Free Dance Instruction**  
**(East Coast Swing)**  
**6:30 - 7:30 p.m.**

**Friday, September 9th**  
**7:30 to 10:00 p.m.**  
**\$7.00 per person**

## SEPTEMBER 2016 CLASSES, CLUBS, AND ACTIVITIES SCHEDULE

**Most REC activities, clubs & classes meet at the Senior Center**

**THE SENIOR CENTER WILL BE CLOSED SEPTEMBER 3 & 5 FOR 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		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 Microsoft Excel [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: Laptop / Tablet [REC]	3:30 pm	5:00 pm	Sep. 12	Registration req.
Education	Simi Strings Orchestra [REC]	6:00 pm	9:30 pm		Registration req.
Groups/Clubs	Books & Movies: <i>The Mirror Crack'd from Side to Side</i> [REC]	6:30 pm	10:00 pm	Sep. 26	Registration req.
	Council On Aging (COA) Meeting	1:00 pm	3:00 pm	Does not meet	
	Drama Club	1:00 pm	3:00 pm		
	Genealogy Club	1:00 pm	3:00 pm	Sep. 12, 26	
	Stamp & Coin Club	1:00 pm	3:00 pm	Sep. 19	
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	
	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	Sep. 19 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	
TUESDAY	ACTIVITY			DATE(S)	OTHER INFO
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	Microsoft Basic/Intermediate [REC]	7:00 pm	-	9:00 pm	Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	-	4:45 pm	
	Total Technology: Cell Phones [REC]	3:30 pm	-	5:00 pm	Sep. 20 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	Sep. 13, 27	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	Sep. 20	
	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	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.
	Color Theory [REC]	12:30 pm	- 3:30 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 [REC]	8:30 am	- 2:00 pm		Registration req.
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		
Cards/Games	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	Sep. 14, 28	
Computers	Microsoft Edge & The Cloud [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	Sep. 21	
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	Sep. 7, 21	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	Sep. 7	
	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. 7	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 I [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	Sep. 8	
	Bunco [REC]	7:00 pm	- 9:00 pm	Sep. 15	
	Canasta/Hand & Foot Cards	11:00 am	- 4:45 pm		

<b>THU. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
Cards/Games	Games Club [REC]	6:30 pm	- 9:30 pm	Sep. 22	
	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	12:30 pm	- 4:45 pm		
	Windows 10 [REC]	8:30 am	- 10:30 am		Registration req.
Entertainment	Movies in the Lounge	12:30 pm	- 3:00 pm		
Groups/Clubs	Karaoke	2:30 pm	- 4:30 pm	Sep. 1, 15, 22, 29	
	Rancho Simi Senior Club	1:30 pm	- 4:00 pm	Sep. 8	
	Simi Settlers Radio Club [REC]	7:00 pm	- 9:00 pm	Sep. 8	
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		
	Tai Chi - Intermediate/Advanced	10:30 am	- 11:30 am		
	Volunteers 4 U Health Screenings	8:00 am	- 11:00 am	Sep. 1	
	Zumba Gold [REC]	6:00 pm	- 7:00 pm		
Social Services	Alzheimer's Support Group & Respite	10:30 am	- 12:00 pm	Sep. 1, 15	Respite provided
	Disabled American Veterans Support	3:00 pm	- 5:00 pm	Sep. 8	
	Fibromyalgia Support Group	3:00 pm	- 4:45 pm	Sep. 1	
	Home Energy Assistance (H.E.A.P.)	9:00 am	- 2:00 pm	Sep. 1	Appt. req.
	Parkinson's Support Group	1:00 pm	- 3:00 pm	Sep. 15	
<b>FRIDAY</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
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.
	Ceramics - Handbuild/Wheel [REC]	6:00 pm	- 9:00 pm		
	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	Sep. 9	
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.
	Therapeutic Fitness [REC]	11:30 am	12:30 pm		Registration req.
	Victorian Dance [REC]	7:00 pm	10:00 pm	Sep. 16	Registration req.
	West Coast Swing - Beginner [REC]	6:30 pm	7:30 pm	Sep. 23	Registration req.
	West Coast Swing - Int. and Dance [REC]	7:30 pm	10:30 pm	Sep. 23	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	Sep. 16	
<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>Bookmarks</i> (REC)	9:30 am	11:00 am	Sep. 10	Registration req.
	Quilting Club [REC]	9:00 am	12:00 pm		
Computers	Digital Photography [REC]	8:00 am	10:00 am		Registration req.
	Photoshop Elements [REC]	10:15 am	12:15 pm		Registration req.
Groups/Clubs	Women's Book Club - <i>The March</i>	10:00 am	12:00 pm	Sep. 17	
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	Sep. 17	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

# Oh, My Aching Joints!

If you are one of the millions of Americans living with constant joint pain, you have options for relief. Whether you are considering joint replacement or just want to learn about non-surgical treatment options, this free community education program can help.

Join Simi Valley Hospital orthopedic surgeon, Dr. Michael Abdulian, as he discusses advanced procedures for treating joint pain. Patients of all ages benefit because these procedures greatly reduce their recovery time, pain and scarring.

Dr. Abdulian's presentation will be held on Tuesday, September 27 from 1:30 to 2:30 p.m. at the Senior Center. It is free, but space is limited. Call (805) 583-6363 or stop by the main desk to register.



*Simi Valley Hospital*  
Adventist Health



## Do You Have More Month Than Money?

### The Senior Share Program Can Help

The Senior Share Program provides a weekly bag of groceries for seniors 55+ to pick up every Tuesday morning at the Senior Center. Volunteers distribute bags which can include fresh produce, canned goods, meat, pasta and bread. Maximum monthly income for a one person household must be less than \$2,725, or \$3,117 for a two person household.

Saving on your food costs can help you pay other expenses. Applications are available at the Senior Center main desk, or call (805) 583-6363 to have an application mailed to you. Proof of age is required.





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**
- \* **Tuesday, September 6, 13, 20, 27, Live pop, standards, country and folk music by the Reflections**
- \* **Tuesday, September 6, Birthday Celebration, Live music by the Reflections**
- \* **Wednesday, September 7, Singer Pam Vincent, Motown Hits**
- \* **Wednesday, September 14, Live music by the Vintage People**
- \* **Wednesday, September 21, Live music by Jerry Weisbecker**
- \* **Wednesday, September 28, Live music by the Reflections**
- \* **Thursdays, Live music by singer Bob Harris, 10:00 a.m.**
- \* **Beaus and Belles Choir, September 8, 15, 22, 29, 10:30 a.m.**
- \* **Friday, September 2, 16, 30, Don Newcomer**
- \* **Friday, September 9, 23, Coop's Deja Vu**

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

## SENIOR EXCURSIONS

**Jet Propulsion Laboratory  
October 13, 2016**

**San Francisco, Reno and Lake Tahoe  
October 14 - 18, 2016**

**Space Shuttle Endeavor  
November 3, 2016**

**San Manuel Casino  
November 17, 2016**

**Canada's Winter Wonderland  
December 5 - 11, 2016**

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

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

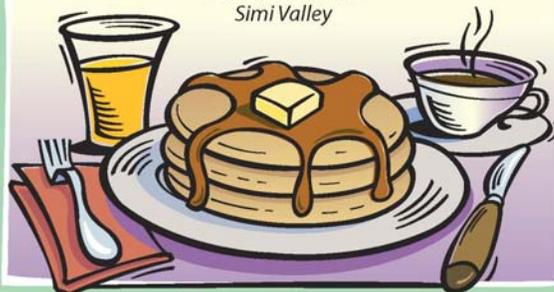
*Register in person at the Senior Center main desk, Monday through Friday, 8:00 a.m. to 4:30 p.m. **Credit cards or checks only. No cash.***

*The Simi Valley Senior Center*

### *All You Can Eat Pancake Breakfast*

*Saturday, October 8, 2016  
8:00 a.m. to 11:00 a.m.  
Tickets: \$5.00 Donation*

*3900 Avenida Simi  
Simi Valley*



*Sponsored by the Rotary Club of Simi Valley Noontimers  
All proceeds benefit Simi Valley Senior Programs*

Senior Center Hours:

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

The Senior Center will be closed September 3 & 5 in observance of Labor Day

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

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