



January 2017

Simi Valley Senior Center

SENIOR NEWS



**Simi Valley
Council On Aging
Executive Board**

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www.simivalley.org

Avoid Being A Scam Victim



**Tuesday, January 24, 2017
1:30 - 3:00 p.m.
Simi Valley Senior Center**

Over three million older adults fall victim to scams each year. Criminals associated with these scams are very skilled at taking money from seniors and continue to develop new ways to scam their unsuspecting victims. With education and awareness, people are far less likely to be victimized.

Detective Timothy Lohman from the Ventura County Sheriff's Office will present information on prevalent scams in our area. Plan on attending to learn the signs of the most common scams initiated through the mail, via email, or over the telephone. The best defense is to be informed!

**The presentation is free but space is limited.
Stop by the reception desk
or call (805) 583-6363 to make a reservation.**

Are You Feeling a Little Unbalanced?

Improving your balance, strength and flexibility can help prevent falls, and so can attending "A Matter of Balance," an eight-week structured program at the Simi Valley Senior Center. This class series emphasizes practical strategies to reduce fear of falling and increase activity levels. Classes meet from Tuesday, February 7 to March 28 from 10:00 a.m. to 12:00 p.m.

There is no charge for the classes, but the class size is limited. To register, stop by the Senior Center main desk or call us at (805) 583-6363.



Resolve to reduce your risk of falling in the New Year.

Healthier Habits for a Healthier You!



Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age. This Alzheimer's Association presentation will focus on research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

This free event will be held on Thursday, January 26, from 1:30 - 3:30 p.m. at the Senior Center. Reservations are required.

Sign up at the main desk at the Senior Center or call (805) 583-6363.

Are Your Lungs Trying to Tell You Something? Find Out by Joining the COPD Support Group

The "Catch Your Breath" support group is FREE for those diagnosed with Chronic Obstructive Pulmonary Disease (COPD) and their caretakers. Learn about COPD from professionals who are on the front lines working to help those with emphysema, chronic bronchitis, and moderate to severe asthma. CATCH is designed to improve health outcomes for people with respiratory disease. Topics include:

- ◆ Coping Skills
- ◆ Medication Management
- ◆ Self-Care Action Planning
- ◆ Living Well with COPD
- ◆ Nutrition
- ◆ Breathing Techniques

CATCH meets the third Friday of each month from 1:30 - 3:00 p.m. at the Senior Center. The next meeting will be held on January 20, 2017. No reservations are necessary and light refreshments will be served.



Ventura County Ambulatory Care

A Division of the Ventura County Healthcare Agency





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:

January 9, 2017

Presentation:

Long Term Care Ombudsman

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.

Before Lincoln Was a Penny



Join our local resident historian Ed Tingstrom as he once again provides a fun and insightful lecture about a political figure from days gone by.

Take an in-depth look at Abraham Lincoln as the sixteenth president from his election in November of 1860 through his assassination in April of 1865. Hear how Lincoln managed his team of rivals, the economics of the country, the Civil War and the fifth columnist in Missouri, Illinois and Indiana during the war. He will end the lecture with a brief summation of the plot to kill Lincoln and its aftermath.

Join Mr. Tingstrom on Tuesday, February 7 from 1:00 to 3:00 p.m. Space is limited, so make a reservation at the Senior Center main desk or call (805) 583-6363.



JANUARY 2017 CLASSES, CLUBS AND ACTIVITIES SCHEDULE

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

Senior Center closed January 2 for New Years and January 14 & 16 for Martin Luther King, Jr. 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	Begins Jan. 9	Registration req.
	Creative Mosaics [REC]	1:00 pm	4:00 pm	Begins Jan. 3	Registration req.
	Oil Painting - All levels [REC]	12:30 pm	3:30 pm	Begins Jan. 9	Registration req.
	Oil Painting/Drawing [REC]	9:00 am	12:00 pm	Begins Jan. 9	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 Facebook	6:00 pm	7:30 pm	Begins Jan. 9	Registration req.
	Learning Windows 10 Together [REC]	9:00 am	11:00 am	Begins Jan. 9	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	Jan. 23	Registration req.
Education	Simi Strings Orchestra [REC]	6:00 pm	9:30 pm		Registration req.
Groups/Clubs	Books & Movies: <i>Out of Africa</i> [REC]	6:30 pm	10:00 pm	Jan. 30	Registration req.
	Council On Aging (COA) Meeting	1:00 pm	3:00 pm	Jan. 9	
	Drama Club	1:00 pm	3:00 pm		
	Genealogy Club	1:00 pm	3:00 pm	Jan. 9, 23	
	Stamp & Coin Club	1:00 pm	3:00 pm	Jan. 2	
Health/Fitness	Ballet [REC]	5:30 pm	6:45 pm	Begins Jan. 9	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	Begins Jan. 9	Registration req.
	Monday Tappers - Beginner [REC]	2:15 pm	3:15 pm	Begins Jan. 9	Registration req.
	Move and Groove - Intermediate [REC]	9:45 am	10:45 am	Begins Jan. 9	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	Begins Jan. 9	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	Begins Jan. 9	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 Program (HEAP)	9:00 am	- 2:00 pm	Does not meet	
	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	Begins Jan. 3	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.
	Acrylic Oil Painting [REC]	6:30 pm	- 9:00 pm	Begins Jan. 3	Registration req.
	Watercolor Painting [REC]	12:30 pm	- 3:30 pm	Begins Jan. 3	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	Begins Jan. 3	Registration req.
	Sit 'n' Click Open Computer Lab	12:30 pm	- 4:45 pm		
	Total Technology: Cell Phone [REC]	3:30 pm	- 5:00 pm	Jan. 17	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		

TUES. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO
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	Begins Jan. 3	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	Begins Jan. 3	Registration req.
	Stretch, Strengthen, and Aerobics [REC]	2:45 pm	- 4:45 pm	Begins Jan. 3	Registration req.
	Tuesday Tappers - Beginning [REC]	4:30 pm	- 5:30 pm	Begins Jan. 3	Registration req.
	Tuesday Tappers - Intermediate [REC]	3:30 pm	- 4:30 pm	Begins Jan. 3	Registration req.
	Yoga for Positive Health [REC]	8:00 am	- 9:30 am		
	Zumba Gold [REC]	9:15 am	- 10:15 am	Begins Jan. 3	Registration req.
	Zumba Gold [REC]	6:00 pm	- 7:00 pm	Begins Jan. 3	Registration req.
Social Services	ADA Card Interviews for Dial-A-Ride	8:30 am	- 2:30 pm	Jan. 10, 24	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	Jan. 17	
	Senior Share Food Program	9:30 am	- 10:30 am		Application req.
WEDNESDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO
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	Begins Jan. 4	Registration req.
	Multi-Media Art [REC]	12:30 pm	- 3:30 pm	Begins Jan. 4	Registration req.
	Oil Painting Media - Beginning [REC]	7:00 pm	- 9:00 pm	Begins Jan. 4	Registration req.
	Quality Quilters Club [REC]	9:00 am	- 2:00 pm	Begins Jan. 4	
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		

WED. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO
Cards/Games	Pinochle - Double Deck [REC]	6:30 pm	- 9:30 pm	Jan. 11, 25	
Computers	Miscrosoft Excel Part II [REC]	12:00 pm	- 2:00 pm	Begins Jan. 4	Registration req.
Education	Beginning Guitar [REC]	2:45 pm	- 3:45 pm	Begins Jan. 4	Registration req.
	Intermediate Guitar [REC]	3:45 pm	- 4:45 pm	Begins Jan. 4	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	Jan. 18	
Health/Fitness	Chair Yoga, Stretch & Balance [REC]	1:00 pm	- 2:00 pm	Begins Jan. 4	Registration req.
	Golf Lessons [REC]	9:00 am	- 11:00 am		Registration req.
	Line Dancing [REC]	5:30 pm	- 6:45 pm	Begins Jan. 18	Registration req.
	Line Dancing [REC]	7:00 pm	- 8:15 pm	Begins Jan. 18	Registration req.
	Pedicure Clinic	9:00 am	- 3:00 pm	Jan. 4, 18	Appt./fee req.
	Pilates [REC]	10:15 am	- 11:15 am	Begins Jan. 4	Registration req.
	Strength Building [REC]	5:30 pm	- 6:30 pm	Begins Jan. 4	Registration req.
	Tai Chi Practice	8:30 am	- 9:30 am		
	Therapeutic Fitness [REC]	11:30 am	- 12:30 pm	Begins Jan. 4	Registration req.
	Wii Bowling/Sports	12:15 pm	- 4:45 pm		Sign-up req.
	Yoga Level II [REC]	7:00 pm	- 8:00 pm	Begins Jan. 4	Registration req.
	Zumba Gold [REC]	9:00 am	- 10:00 am	Begins Jan. 4	Registration req.
Social Services	Diabetes Support Group	10:30 am	- 12:00 pm	Jan. 4	
	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	Jan. 4	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	Begins Jan. 5	Registration req.
	Crochet, Sew & Chat	9:30 am	- 11:30 am		
	Painting [REC]	12:30 pm	- 3:30 pm	Begins Jan. 9	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	Begins Jan. 5	Registration req.
Cards/Games	Beginning Bridge [REC]	2:00 pm	- 4:00 pm	Begins Jan. 5	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	Jan. 12	
	Bunco [REC]	7:00 pm	- 9:00 pm	Jan. 19	
	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	Jan. 26	
	Rummikub Club	1:45 pm	4:45 pm		
Computers	Basic Computer Skills [REC]	8:30 am	10:30 am	Begins Jan. 5	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	Jan. 19	Registration req.
	Windows 10 [REC]	10:45 am	12:15 pm	Begins Jan. 5	Registration req.
Entertainment	Movies in the Lounge	12:30 pm	3:00 pm		
Groups/Clubs	Karaoke	2:30 pm	4:30 pm	Jan. 5, 19, 26	
	Rancho Simi Senior Club	1:30 pm	4:00 pm	Jan. 12	
	Simi Settlers Radio Club [REC]	7:00 pm	9:00 pm	Jan. 12	
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	Begins Jan. 5	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	Begins Jan. 5	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	Jan. 5	
Social Services	Alzheimer's Support Group & Respite	10:30 am	12:00 pm	Jan. 5, 19	Respite provided
	Disabled American Veterans Support	3:00 pm	5:00 pm	Jan. 12	
	Fibromyalgia Support Group	3:00 pm	4:45 pm	Jan. 5	
	Home Energy Assistance Program (HEAP)	9:00 am	2:00 pm	Jan. 5	Appt. req.
	Parkinson's Support Group	1:00 pm	3:00 pm	Jan. 19	
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	Begins Jan. 6	Registration req.
	Watercolor [REC]	12:30 pm	3:30 pm	Begins Jan. 6	Registration req.

FRI. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO.
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		
	Decorative Arts Club [REC]	9:00 am	- 12:00 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	Jan. 13	
Health/Fitness	Ballet - Intro [REC]	8:45 am	- 10:00 am	Begins Jan. 6	Registration req.
	Bocce Ball [REC]	8:30 am	- 10:30 am		
	Gentle Yoga [REC]	11:30 am	- 12:30 pm	Begins Jan. 6	Registration req.
	Pilates - Strength [REC]	10:15 am	- 11:15 am	Begins Jan. 6	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	Jan. 20	Registration req.
	West Coast Swing - Beginner [REC]	6:30 pm	- 7:30 pm	Jan. 27	
	West Coast Swing - Int. and Dance [REC]	7:30 pm	- 10:30 pm	Jan. 27	
	Wii Bowling/Sports	9:15 am	- 1:45 pm		Sign-up req.
Social Services	COPD Support Group	1:30 pm	- 3:00 pm	Jan. 20	
SATURDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO.
Arts/Crafts	Grandparent & Me: Melting Snowman [REC]	9:30 am	- 11:00 am	Jan. 7	Registration req.
	Quilting Club [REC]	9:00 am	- 12:00 pm		
Computers	Digital Photography [REC]	8:00 am	- 10:00 am	Begins Jan. 7	Registration req.
	Digital Photography with Photoshop [REC]	10:15 am	- 12:15 pm	Begins Jan. 7	Registration req.
	Facebook & Social Media [REC]	10:15 am	- 12:15 pm	Begins Jan. 7	Registration req.
Groups/Clubs	Women's Book Club - <i>Secrets of a Charmed Life</i>	10:00 am	- 12:00 pm	Jan. 21	
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	Jan. 21	
	Yoga for Positive Health [REC]	8:00 am	- 9:30 am		
Social Services	Adoption - Birth Mothers Support Group	9:00 am	- 12:00 pm	Jan. 21	
	Grey Law Legal Services	9:00 am	- 12:00 pm	Call for appt.	(805) 658-2266

Older Adult Mental Health First Aid Course



For older adults, symptoms like apathy, sleep disturbances and appetite changes can be attributed to physical health conditions, dementia, or even as a normal part of the aging process.

Older Adult Mental Health First Aid training focuses on seniors and is helpful for anyone interacting, caring for and living with aging adults. You will learn how to improve your awareness and ability to respond to the needs of people experiencing an existing or developing mental health problem, which could include substance abuse issues or those experiencing a mental health crisis.

The course will be held on Monday and Tuesday, January 30 and 31 from 1:30 to 6:00 p.m. This class is free but space is limited. Register at the Senior Center main desk or call (805) 583-6363.

The more that people know about the mental health and substance use challenges of older adults, the more they can help and support this growing segment of our society.

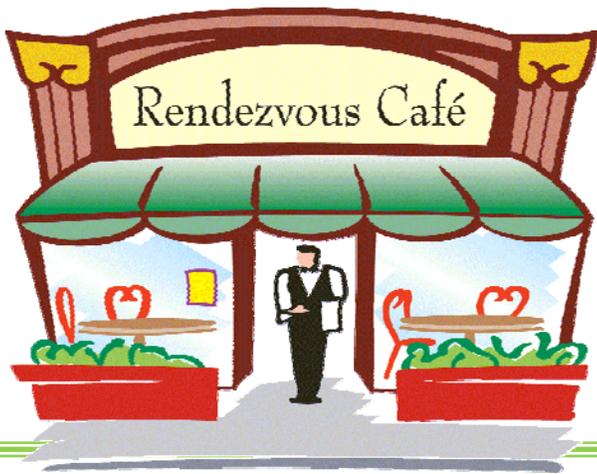


Do you or someone you love have diabetes? *Everyone with Diabetes Counts* is a program that encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

Become familiar with what diabetes is, how proper diet and exercise can help treat it, and the importance of taking medications. Learn how to manage and prevent complications and what you need to know about how diabetes which can affect your eyes, teeth, toes, and feet.

The classes meets from 9:00 to 11:00 a.m. for six Tuesdays from January 24 to February 28 at the Simi Valley Senior Center. This class is free and is limited to those who have diabetes or pre-diabetes. Sign up at the main desk of the Senior Center or call (805) 583-6363.





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, Live Pop, Standards, Country and Folk music by Reflections**
- * **Tuesday, January 10, Birthday Celebration, music by Reflections**
- * **Wednesday, January 4, 11, Live music by the band Vintage People**
- * **Wednesday, January 18, Live music by Old Country Grass Band, Wayne & Kathy**
- * **Wednesday, January 25, Live music by Jerry Weisbecker**
- * **Thursday, January 5, Taped Music**
- * **Thursdays, January 12, 19, 26, Live music by Bob Harris, 10:00 - 10:30 a.m., Belles & Beaus Choir 10:30 - 11:30 a.m.**
- * **Fridays, January 6, 20, Medley Favorites music by Don Newcomer**
- * **Fridays, January 13, 27, Sing-a-long music by Coop's Déjà Vu**

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

SENIOR EXCURSIONS

**Revisit Your Favorite Places
or Explore Somewhere New!**

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

**Chumash Casino
Solvang, CA
January 24, 2017**

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

**Aquarium of the Pacific
Long Beach, CA
March 18, 2017**

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

**Rose Bowl Tour with
Descanso Gardens
May 11, 2016**

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

**Yosemite
June 20 - 22, 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 January 2 for New
Years and January 14 & 16 for Martin Luther King Jr.
Day

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

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Thousand Oaks, CA

RETURN SERVICE REQUESTED

SENIOR CENTER STAFF

Assistant Managers

Claudia Hapip
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Raquel Wirth
(805) 583-6363

Rendezvous Café

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Cook

Gregory Seymour

Meals On Wheels

Coordinator

Suzanna Colwell
(805) 583-6042

Are You a Senior Who Has Been Touched by Adoption?

The Simi Valley Senior Center will host a discussion on Friday, January 20, 2017, at 1:00 p.m. for seniors who have been touched by adoption during the "Baby Scoop Era" from 1945 to 1975. The speaker panel will include therapists, social workers, adoption specialists, and birthparent advocates. They will address topics such as the emotional consequences adoption had on birthmothers and healing in the aftermath. **Call (805) 583-6363 to make a reservation.**

In addition, a new Birth Parent Discussion Group will begin meeting on the third Saturday of every month from 9:00 a.m. to 12:00 p.m. at the Senior Center. This group is geared toward any senior parent who has placed a child for adoption. The goal of the group is to be a nurturing framework to meet with peers and explore issues including grief and loss. **No reservation is necessary to attend the support group.**