



MOORPARK Active Adult Center

799 Moorpark Ave., Moorpark, CA 93021

Monday—Friday: 8:00 a.m. - 4:00 p.m.

Saturdays & Sundays: CLOSED

805-517-6261

News

Life can be this good

February 2017 Vol. 26 No. 2

FEBRUARY BIRTHDAY LUNCHEON AND A TRIP DOWN MEMORY LANE

Program: Take a trip down memory lane with vocalist Jerry Weisbecker as he performs his tribute to the Frank Sinatra, Bing Crosby, Dean Martin and many other classic crooners. The Senior Nutrition Program is partially funded by Older American Act funds granted by the Ventura County Area Agency on Aging. This valuable service is sustained with the help of your contributions. No recipient will be denied service because of their inability to donate the suggested amount.

Date: Wednesday, February 22

Time: 11:45 a.m.

Suggested Donation: \$3.00 (60 yrs. +)

Cost: \$6.75 (60 yrs. and under)

INCOME TAX PREPARATION

Skip the hassle and heartache of preparing your 2016 federal and state tax returns and have them prepared by a trained AARP tax counselor for FREE. Appointments are being scheduled now, so call ahead to make your reservation. Appointments are limited and will be taken on a first come first serve basis. Required documents include: Driver's License or DMV ID card, Social Security Card, 2015 Tax returns, record of all wages, record of payments that reduce your taxes and any renter's credit information. Call 517-6260 to schedule an appointment or if you have any questions. Tax counselors will be at the center on Wednesdays starting February 1st. Please note that appointments will not be taken off of the voicemail.

LIVINGSTON MEMORIAL VISTING NURSE ASSOCIATION: DIABETES MANAGEMENT

According to the American Diabetes Association, over 21 million Americans have been diagnosed with diabetes, with an estimated 1.4 million more diagnosed every year. This manageable disease can lead to debilitating complications if not treated properly, including hypertension, amputations, blindness and kidney disease. Guest speaker, Gloria Forgea, RN, will provide you with information on to manage diabetes and how you can make healthy life style choices. To make a reservation, call 517-6261 or visit the Active Adult Center to sign-up.

Date: Thursday, February 16

Time: 1:00 p.m.

VALENTINE'S DAY LUNCHEON

It is estimated that close to 200 million roses are sold and over \$1 billion worth of chocolate is purchased on Valentine's Day in the U.S. every year. Join us as we honor this day that is traditionally celebrated as a day of love with a delicious lunch, special gifts for those in attendance and special guest entertainment by Phil Mercurio. The Senior Nutrition Program is partially funded by Older American Act funds granted by the Ventura County Area Agency on Aging and is sustained with the help of your contributions, however, no one will be denied service because of their inability to donate the suggested amount. Call 517-6261 to make your reservation.

Date: Friday, February 12

Time: 11:45 a.m.

Suggested Donation: \$3.00 (60 yrs. +)

The Moorpark Active Adult Center News is published by the Moorpark Active Adult Center. The Center welcomes your comments, suggestions and questions regarding our monthly newsletter. Please call or write:

EDITOR

Moorpark Active Adult Center
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Moorpark, CA 93021
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805-517-6261 for general inquiries and reservations
805-517-6262 for the Senior Nutrition Program

Active Adult Center Staff:

Angel Sierra, *AAC Supervisor*
Gilbert Lozano, *Recreation Coordinator I*
Mayra Cisneros, *Senior Nutrition Coordinator*
Pedro Bernardino, *Senior Nutrition Coordinator*

CITY HALL

799 Moorpark Avenue
Moorpark, CA 93021
805-517-6200
Website: www.moorparkca.gov

Ventura County Area Agency on Aging Delegates:

Vicki Tripoli
Sandra Fide

Local Emergency Updates:

Website - www.moorparkca.gov
TV - Channel 10 (local Gov. access)
Radio, Primary - KHAY (FM) 100.7; KVEN (AM) 1450

THANK YOU!

To all the dedicated volunteers, for helping at the Active Adult Center as Class Leaders, Front Desk Workers, Group Leaders, Kitchen Helpers -- and a wealth of other activities during January.

WALKING/HIKING CLUB

Don't miss out on another exciting adventure with the walking/hiking club. Get exercise, meet new people and take in the beautiful scenery that surrounds us. The club will explore local and not so local points of interest in Ventura and Los Angeles counties. Be sure to wear sunscreen, a hat, sturdy shoes and plenty of water. Please leave your pets at home.



Date: Wednesday, February 8 @ 9:00 a.m.

Location: Triunfo Park to Los Robles Trail-T.O.

Moderate 4 mile hike. About 500' elevation gain/loss. From Triunfo Community Park, a pleasant trail offering nice views of the Westlake area ascends to Los Robles Trail to overlook the open space and eastern Conejo Valley. In years with normal rainfall, early blooming wildflowers are abundant.

Date: Wednesday, February 22 @ 9:00 a.m.

Location: Rustic Canyon & Happy Camp Hills

Moderate 3 mile hike with about 400' elevation gain/loss. Hike trails across rolling grasslands in the hills on the western side of Happy Camp Canyon and Rustic Canyon Golf Course. Trail surfaces are generally good - some sections are a bit sandy. For directions to trail heads or for any questions, call the AAC at 517-6261.

CONTAINER GARDENING

Shar Lugo, president of the Simi Valley Busy Hands garden club demonstrates how to grow a full scale garden in minimal space. This popular class meets once-a-month and features changing themes, with students completing a new container garden at the end of each class. Pre-register to ensure enough supplies are obtained. A \$5 material fee is due at sign-up, which includes materials needed for the project.

Date: Thursday, January 19

Time: 10:00 a.m.

Theme: Box Planter



AAC HOLIDAY CLOSURE

In observance of the Presidents Day Holiday, the Active Adult Center will be closed on Monday, February 20th.



FINE TUNED FRIDAYS

Join us for lunch and enjoy music by various talented musicians as they perform at the Active Adult Center. These performances will take place on Fridays throughout the month. Enjoy piano sing-a-longs with Adele, classic rock and country classics with Jon and electric guitar classics with Phil. There are no reservations necessary to listen to these performances, but if you intend to stay for lunch, reservations are required.

- **Friday, February 3rd @ 11:30 a.m. (Jon)**
- **Friday, February 10th @ 11:30 a.m. (Phil)**
- **Friday, February 17th @ 11:30 a.m. (Adele)**
- **Friday, February 24th @ 11:30 a.m. (Phil)**

TABLE TENNIS

Looking for a fun way to stay in shape? Improve your strength, agility and hand-eye coordination by participating in this very active game. Enjoy a fun, friendly and active game of table tennis while at the same time meeting new people. All experience levels are welcome.

Date: Mon., Tues., Wed. & Fri.

Time: See Calendar for Times

BINGO

Join the American Legion Post 502 as they host weekly Bingo fun at the Active Adult Center. Your paid admission includes complimentary pasties and coffee, as well as a chance to win cash prizes. Seating is first-come, first-serve. Call 805-517-6261 for information.

Date: Thursdays

Time: 1:00 p.m.



3

FREE COMPUTER CLASSES

If you're interested in learning how to use a computer, our friendly and patient instructor can show you how in our intro to computers and navigating the internet classes for beginners. Learn computer and internet search method basics and get a better understand the world wide web. In this class you will become familiar with computer terms, how to obtain information from the internet, how to set-up Social Media Accounts (Facebook), and how to shop online. Call 805-517-6260 to sign-up.

Date: Mondays (Intro to Computers), 10:00 a.m.

Date: Fridays (Navigating the Internet), 9:00 a.m.

GOURD ART CLASS

Instructor, Pat Barbour instructs a new 8-week Gourd Art class, beginning February 7th. Pat's class covers how to clean the gourd in preparation for decorating it, using dyes, paints, wood burning and other embellishment techniques. Class fee is \$40 for the eight-week session, plus a \$10 materials fee payable to the instructor. Fees can be paid in advance or on the first day of class. Gourds, dyes and equipment provided. Beginners with no prior experience are welcome, as are walk-ins.

Date: Tuesdays

Time: 9:30 a.m. - 12:30 p.m.



TAI CHI (PRACTICE)

There are countless benefits of practicing this centuries old, Chinese low-impact form of exercise. Tai Chi is known to significantly relieve stress, improve heart function enhance sleep and reduce blood pressure according to some. With falls being the leading cause of injuries amongst seniors 65 and older, Tai Chi is great way to stay healthy and fit. Students new to Tai Chi are encouraged to attend this introductory class to get familiar with the moves.

Date: Thursday's

Time: 8:45 a.m.



POPCORN PALACE



Experience movies the way they were meant to be seen, in a theater-like setting, **complete with 10ft big screen, surround sound and the occasional snack. All at NO COST to attendees!**

February 3 @ 12:45 p.m.

Sully

In January of 2009, amidst one of the most difficult economic times in American history, an American airline pilot captivated the nation when he successfully pulled off an emergency landing in the Hudson River. This stunning feat of aviation history gave hope to a crippled nation. However, as he was being lauded by the American citizens, he was also being investigated for what actually happened up in the air.

Genre: Drama **Rated:** PG-13 **Duration:** 96 min.

February 10 @ 12:45 p.m.

The Girl on the Train

After Rachel Watson is divorced by her husband, she hates riding to work on the train each morning and seeing her ex-husband living in their old house with his new wife. To distract herself, Rachel focuses on their happily married neighbors, Megan and Scott instead. One day, as she passes on the train, she sees something shocking. The next morning, Rachel wakes up with an awful hangover, no memory of yesterday, and several wounds. She has a vague feeling that something bad is going on, but she cannot remember what until she sees on the news that Megan is missing.

Genre: Thriller **Rated:** R **Duration:** 112 min.

February 17 @ 12:45 p.m.

Jason Bourne

Years after Jason Bourne learned the truth about his past and endeavored to stop those who lied to him, Nicolette Parsons approaches him with new secrets and lies. Bringing two of the CIA's most successful and horrific black ops programs into the light of day has only made the world slightly safer. Other black ops missions are still taking place. Some of them pose an even greater threat.

Genre: Action **Rated:** PG-13 **Duration:** 123 min.

February 24 @ 12:45 p.m.

Hell or High Water

In this crime-drama movie, two desperate brothers, Toby and Tanner, risk their liberty in order to save their family farm in West Texas from foreclosure. Toby, a divorced father that is seeking a better life for his son, and Tanner, a snarky ex con, plan a scheme to rob a bank. However, they get pursued by two Texas Rangers who are determined to catch the two brothers. One of the Texas Rangers is Marcus, an old man that only has a few weeks until his retirement.

Genre: Drama **Rated:** R **Duration:** 102 min.

WHAT'S GOING ON!

Arts & Crafts

Art Workshop	Mondays	9:30 AM
Container Gardening	3rd Thurs.	Reg. Req.
Gourd Art	Tuesdays	Reg. Req.
Knitting & Crochet	Mondays	9:00 AM
Scrapbooking	Wednesdays	12:30 PM

Cards & Games

Bingo	Thursdays	1:00 PM
Canasta	Mondays	1:00 PM
Duplicate Bridge	Mondays	11:45 AM
Mah Jongg	Thursdays	9:30 AM
Pinochle	Tuesdays	12:45 PM
Poker	Wednesdays	12:45 PM
Social Bridge	Mondays	1:00 PM

Computers

Computer Class	Mon. & Fri.	10:00 AM
Open Computer Lab	Mon. - Fri.	See Calendar

Groups & Clubs

Guitar Lessons	Fridays	10:00 AM
Movies	Fridays	12:45 PM
Recorders	Wednesdays	9:00 AM
Writing for Fun	Thursdays	10:00 AM

Health & Fitness

Bocce Ball	Fridays	9:00 AM
Golf	Tuesdays	9:00 AM
Line Dance (Beginning)	Mondays	9:30 AM
Line Dance	Thursdays	9:30 AM
Reiki Healing	Fridays	10:00 AM
Senior Fitness	Thurs.	1:00 PM
Strength Training	Mon., Wed., Fri.	11:00 AM
Table Tennis	Mon., Wed., Fri.	See Calendar
Tap Dance	Tuesdays	12:15 AM
Tai Chi	Thursdays	8:45 AM
Walking/Hiking Club	2nd & 4th Wed.	9:00 AM
Yoga	Thur. & Fri.	8:15 AM

Social Services

Brown Bag	2nd & 4th Tues.	Reg. Req.
CalFresh	2nd Tuesday	By appt.
Financial Review	4th Tuesday	By appt.
Grey Law	1st Tuesday	By appt.
HEAP	2nd Tuesday	By appt.
HICAP	4th Wednesday	By appt.
Toe Nail Cutting Clinic	3rd Tuesday	By appt.

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30 Income Tax (APPOINTMENT REQUIRED) 9:00 Computer Lab 9:30 Recorders 10:30 Table Tennis 11:00 Strength-Training Noon Lunch 12:30 Scrapbooking 12:45 Poker 1:00 Canasta	2 8:15 Yoga 8:45 Tai Chi (New Students) 9:30 Line Dance (Int./Adv.) 9:45 Mah Jongg 10:00 Writing for Fun 11:00 Open Computer Lab Noon Lunch Noon Tap Dance 12:30 Senior Fitness 1:00 BINGO	3 8:15 Yoga 9:00 Guitar Class 9:00 Navigating the Internet 10:00 Reiki Meditation 11:00 Strength Training 11:00 Table Tennis 11:30 Open Computer Lab Noon Lunch 12:45 Movie: Sully
6 8:30 Table Tennis 9:00 Knit/Crochet 9:00 Art Workshop 9:30 Line Dance Class 10:00 Intro to Computer 11:00 Strength-Training 11:30 Open Computer Lab 11:45 Duplicate Bridge Noon Lunch 1:00 Social Bridge	7 8:30 Tai Chi (Practice) 9:00 Open Computer Lab 9:00 Golf Class @ Sinaloa 9:00 Brown Bag 9:30 Gourd Art 11:00 Strength Training Noon Lunch 12:15 Tap Dance 1:00 Grey Law by appt. 1:00 Pinochle	8 8:30 Income Tax (APPOINTMENT REQUIRED) 9:00 Computer Lab 9:00 Walking/Hiking Club Off Site 9:30 Recorders 10:30 Table Tennis 11:00 Strength-Training Noon Lunch 12:30 Scrapbooking 12:45 Poker 1:00 Canasta	9 8:15 Yoga 8:45 Tai Chi 9:30 Line Dance (Int./Adv.) 9:45 Mah Jongg 10:00 Writing for Fun 11:00 Open Computer Lab Noon Lunch Noon Tap Dance 12:30 Senior Fitness 1:00 BINGO	10 8:15 Yoga 9:00 Guitar Class 9:00 Navigating the Internet 10:00 Reiki Meditation 11:00 Strength Training 11:00 Table Tennis 11:30 Open Computer Lab Noon Lunch 12:45 Movie: The Girl on the Train
13 8:30 Table Tennis 9:00 Knit/Crochet 9:00 Art Workshop 9:30 Line Dance Class 10:00 Intro to Computer 11:00 Strength-Training 11:30 Open Computer Lab 11:45 Duplicate Bridge Noon Lunch 1:00 Social Bridge	14 8:30 Tai Chi (Practice) 9:00 Open Computer Lab 9:00 Golf Class @ Sinaloa 9:30 Gourd Art 10:00 HEAP 11:00 Strength Training 11:45 Valentine's Day Luncheon 12:15 Tap Dance 1:00 Pinochle	15 8:30 Income Tax (APPOINTMENT REQUIRED) 9:00 Computer Lab 9:30 Recorders 10:00 HICAP 10:30 Table Tennis 11:00 Strength-Training Noon Lunch 12:30 Scrapbooking 12:45 Poker 1:00 Canasta	16 8:15 Yoga 8:45 Tai Chi 9:30 Line Dance (Int./Adv.) 9:45 Mah Jongg 10:00 Container Gardening 10:00 Writing for Fun 11:00 Open Computer Lab Noon Lunch Noon Tap Dance 12:30 Senior Fitness 1:00 BINGO 1:00 Livingston Memorial Diabetes Management	17 8:15 Yoga 9:00 Guitar Class 9:00 Navigating the Internet 10:00 Reiki Meditation 11:00 Strength Training 11:00 Table Tennis 11:30 Open Computer Lab Noon Lunch 12:45 Movie: Jason Bourne
20 CENTER CLOSED FOR 	21 8:30 Tai Chi (Practice) 9:00 Open Computer Lab 9:00 Golf Class @ Sinaloa 9:00 Brown Bag 9:00 Toe Nail Clinic 9:30 Gourd Art Class 11:00 Strength Training Noon Lunch 12:15 Tap Dance 1:00 Pinochle	22 8:00 Open Computer Lab 9:00 Walking/Hiking Club Off Site 9:30 Recorders 10:30 Table Tennis 11:00 Strength-Training 11:45 Birthday Luncheon 12:30 Scrapbooking 12:45 Poker 1:00 Canasta 1:00 Entertainment	23 8:15 Yoga 8:45 Tai Chi 9:30 Line Dance (Int./Adv.) 9:45 Mah Jongg 10:00 Writing for Fun 11:00 Open Computer Lab Noon Lunch Noon Tap Dance 12:30 Senior Fitness 1:00 BINGO	24 8:15 Yoga 9:00 Guitar Class 9:00 Navigating the Internet 10:00 Reiki Meditation 11:00 Strength Training 11:00 Table Tennis 11:30 Open Computer Lab Noon Lunch 12:45 Movie: Hell or High Water
27 8:30 Table Tennis 9:00 Knit/Crochet 9:00 Art Workshop 9:30 Line Dance Class 10:00 Intro to Computer 11:00 Strength-Training 11:30 Open Computer Lab 11:45 Duplicate Bridge Noon Lunch 1:00 Social Bridge	28 8:30 Tai Chi (Practice) 9:00 Open Computer Lab 9:00 Golf Class @ Sinaloa 9:30 Gourd Art Class 11:00 Strength Training Noon Lunch 12:15 Tap Dance 1:00 Pinochle 1:00 Financial Review By Appointment	AARP TAX PREPERATION Bring the following documentation to your appointment: 1). 2016 Tax Return 2). Records of all wages, interest, dividends, Social security payments 3). Record of payments that reduce your taxes 4). Renters Credit Information 5). Proof of health insurance 6). Photo ID This free service has limited availability and appointments should be made with the Moorpark Active Adult Center (517-6261)		

MOORPARK ACTIVE ADULT CENTER

City of Moorpark
799 Moorpark Avenue
Moorpark, CA 930212

In This Newsletter

Look For:

- AARP Income Tax Appointments
- Livingston Memorial Presentation
- Valentine’s Day Luncheon
- New Gourd Art Class
- Fine Tuned Fridays
- And much more!

Place Mailing Label Here

AGES 55+ ARE INVITED TO PARTICIPATE IN ACTIVE ADULT CENTER ACTIVITIES.

FEBRUARY BIRTHDAY’S, *HAPPY BIRTHDAY WITH MANY MORE TO COME!*

February 1 Gisela N. Dorothy J. Beverly P.	Yvonne D. Mohanlal J. Joseph C. Ruby S.	Dean C. Paula S. Jo R.	February 16 Patty A.	Melba S. Hassan A.
February 2 Yoshiko R. Carol G. Hwei Mei C. Marge S. Pat D.	February 7 Laureen T. Cathy M. Robert O.	February 12 David L. Debbie S. Shelley J. Bruce J. Kathe D.	February 17 Cindy H. Bette R.	February 23 Bea G.
February 3 Consuelo M. Debbie G. John T.	February 9 Marilyn M. Lynn W. Leonor A.	February 13 Scott B. Al F. Linda M. Besty O. Lucille A.	February 18 Gail S. Shirley G. Dona P. Judy P.	February 24 Catherine G. Connie A. Matt V.
February 4 Albert K. Irene G.	February 10 Robert Va. John A.	February 14 Patrick H. Wilston N.	February 19 Otis S. Marie V.	February 25 Arthur L. Margarette E. Cesarea G.
February 5 Ira S. James V. Glenn F.	February 11 Guillermo G.. Ophelia P.	February 15 Nancy T. Sunny H. Lan Y.	February 20 Maria R. Elaine C. Elayne V. Ying W.	February 26 Millie R. Don M.
February 6	Carole W.		February 21 Jessie V. Lynn Y. Joseph G.	February 27 Terence O.
			February 22	February 28 Irvin W.
				February 29 Sue W.

NOTE: If we did not list your birthday, let us know so we can invite you to the luncheon.