Moorpark Active Adult Center
News
November 2026 Vol. 36 No. 11

Happy November everyone!

Thank you to everyone that attended the Volunteer Celebration! It was such a great day, and we were able to honor so many of the AAC volunteers that make this center the best around. Thank you! Thank you!

The end of the year is fast approaching and that means the Holiday Show will be here before you know it! The show is scheduled for December 9th at 1pm in the Apricot room. It will be filled with performances from the AAC's groups and classes. It's always a great time, and I look forward to it every year. See page 5 for more information. Reservations are required for lunch before the show.

If you are interested in playing the ukelele (or learning how to play), please join the AAC interest list. If there are enough people interested, we can schedule a class in January. See page 6 of this newsletter for more information. If interested, please call the front desk at (805)517-6261 to place your name on the interest list.

Take a look at the November calendar on pages 13-14. There are many changes to the schedule because of holidays and elections. In addition to the schedule changes, there will be construction affecting the Community Center parking lot and bus stop starting November 4th. The top row of parking places will be blocked off, so parking might be tight during the month of November. Also, the bus stop will be relocated to High Street in front of the post office from November 4-18 (page 8).

Janet is happily in retirement now, so that means Claudia and Wendy are doing double duty in the kitchen and with classes. Please help us out and make sure you call the kitchen before 10:30am at 517-6262 to reserve your lunch. Our November menu is posted on the website and you can click HERE.
We wish you all a wonderful Thanksgiving! We are very grateful for all of you!

Wendy & Claudia

(Spanish Translation on page 2)

Inside this issue:

Volunteer	3-4
Events	5-8
Arts & Crafts	9-10
Movies	11
Cards & Games	11
Health & Fitness	12
Class Schedule (English)	13
Class Schedule (Spanish)	14
Walking/Hiking Club	15
Brain Puzzle	16
VCAAA Senior Nutrition	17
Haircuts	18
Community	19-20

Center Closures:
November 11 – Veterans Day
November 26 & 27 – Thanksgiving Holiday



Staff:
Wendy Hibner, AAC Supervisor
Claudia Berumen, Recreation Program Specialist

Centro Adultos Activos Moorpark

Moorpark
Life can be this good

Noticias

Noviembre 2026 Vol. 36 No. 11

¡Feliz noviembre a todos!

¡Gracias a todos los que asistieron a la celebración de voluntarios! Fue un día maravilloso, en el que pudimos rendir homenaje a muchos de los voluntarios del AAC que hacen de este centro el mejor de la zona. ¡Gracias! ¡Muchas gracias!

¡El fin de año se acerca rápidamente, lo que significa que el espectáculo de las fiestas llegará antes de lo que imaginamos! El evento está programado para el 9 de diciembre a la 1:00 p. m. en la sala Apricot. Contará con diversas presentaciones a cargo de los grupos y clases del AAC. Siempre es una ocasión estupenda; ¡es algo que espero con ilusión cada año! Consulte la página 5 para obtener más información. Es necesario reservar para el almuerzo previo al espectáculo.

Si le interesa tocar el ukelele (o aprender a hacerlo), le invitamos a inscribirse en la lista de interesados del AAC. Si hay suficientes personas interesadas, podremos organizar una clase para el mes de enero. Consulte la página 6 de este boletín para obtener más detalles. Si desea participar, llame a la recepción al (805) 517-6261 para incluir su nombre en la lista de interesados.

Echen un vistazo al calendario de noviembre en las páginas 13 y 14. Hay muchos cambios en el horario debido a los días festivos y a las elecciones. Además de estos cambios, a partir del 4 de noviembre habrá obras que afectarán al estacionamiento y a la parada de autobús del Centro Comunitario. La fila superior de plazas de estacionamiento estará cerrada, por lo que es posible que haya dificultades para aparcar durante el mes de noviembre. Asimismo, del 4 al 18 de noviembre, la parada de autobús se trasladará a High Street, frente a la oficina de correos (pagina 8).

Janet ya está disfrutando de su jubilación, por lo que Claudia y Wendy están asumiendo una carga de trabajo doble tanto en la cocina como en las clases. Les pedimos su colaboración: por favor, llamen a la cocina al 517-6262 antes de las 10:30 a. m. para reservar su almuerzo. El menú de noviembre está disponible en nuestro sitio web; pueden hacer clic AQUÍ.
¡Les deseamos a todos un maravilloso Día de Acción de Gracias!
¡Estamos muy agradecidos por todos ustedes!

Wendy & Claudia

Dentro de la edición:

Voluntario	3-4
Eventos	5-8
Arte y Artesanía	9-10
Película	11
Cartas y Juegos	11
Salud y Estado Fisico	12
Horario de Clase (Ingles)	13
Horario de Clase (Español)	14
Grupo de Caminar/Caminata	15
Rompecabezas	16
VCAAA Nutrición	17
Cortes de Pelo	18
Comunidad	19-20

Cierres del centro:

11 de noviembre – Día de los Veteranos
26 y 27 de noviembre – Día de Acción de Gracias



–

Personal:
Wendy Hibner, AAC Supervisora
Claudia Berumen, Especialista en Programas de Recreación

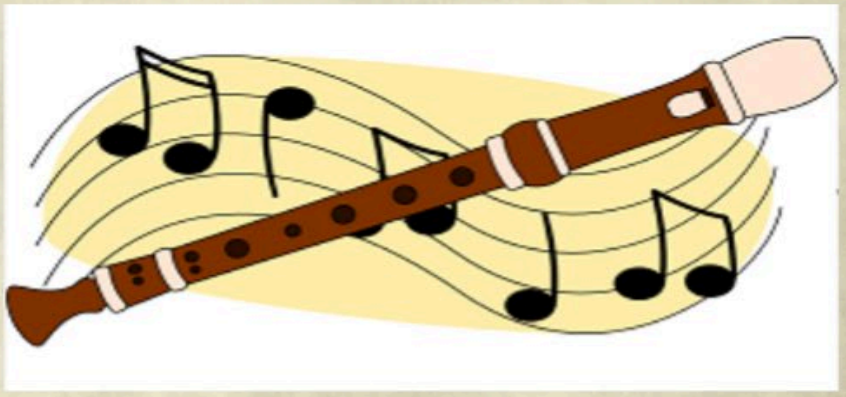
VOLUNTEER OPPORTUNITY

Flute/Alto Recorder Players

WANTED

LOOKING FOR:

Passionate Flute Players and/or Alto Recorder Players to join our Recorders Group on Wednesdays and for Special Events.



If you're interested in joining the Recorders Group, please contact the front desk at 805-517-6261.

MOORPARK ACTIVE ADULT CENTER
799 Moorpark Ave.

Made with PosterMyWall.com

VOLUNTEER OPPORTUNITY



SENIOR NUTRITION PROGRAM

KITCHEN HELPERS NEEDED!

ASSIST WITH KITCHEN DUTIES AND HELP SERVE LUNCH TO SENIORS!

Mondays or Wednesdays

Hours are: 10:30 am - 12:30 am

Requirment:

- Must be able to stand for 2 hours
- Must have knife skills to chop vegetables and fruit
- Must have great customer service skills
- Must be reliable and able to help out each week

Help:

- Help prepare food and serve lunch for seniors

Please call the front desk if you are interested!

805-517-6261

MOORPARK ACTIVE ADULT CENTER

799 Moorpark Avenue


Save the Date
FOR THE
MOORPARK ACTIVE ADULT CENTER
Annual
HOLIDAY
SHOW
WEDNESDAY,
DECEMBER 9
MOORPARK ACTIVE ADULT CENTER
799 Moorpark Avenue

Ukulele Interest Group

Strum • Learn • Make Music • Have Fun



Love the sound of the ukulele? Whether you're a complete beginner or have some experience, this could be the perfect group for you!

Wednesdays in the Afternoon

If enough participants are interested, we will begin in

January 2027!

Moorpark Active Adult Center

799 Moorpark Avenue

Please call the front desk to be added to the interest list!

805-517-6261

All are welcome!

EVENTS


MCT
ON DEMAND
www.mctondemand.com
Download on the App Store
Google play
MOORPARK CITY TRANSIT
MCT
Let the AAC help you download the app and book your ride today on the MCT on Demand!
¡Deje que AAC lo ayude a descargar la aplicación y reservar su viaje hoy en MCT on Demand!
The AAC can help with:
Downloading app
Creating an account
Book rides
This transit program is available to everyone traveling within Moorpark.
Nosotras podemos ayudar con:
Descargando la aplicación
Creando una cuenta
Reservar paseos
Este programa de tránsito está disponible para todos los que viajan dentro de Moorpark.
Call the front desk at 805-517-6261 and make an appointment with us today!
¡Llame a la recepción al 805-517-6261 y programe una cita con nosotros hoy!
Moorpark Active Adult Center
Made with PosterMyWall.com

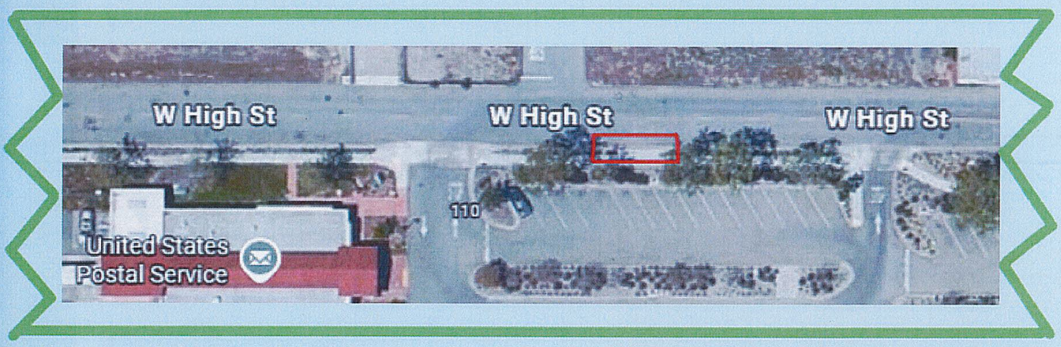
Temporary Bus Stop Closure

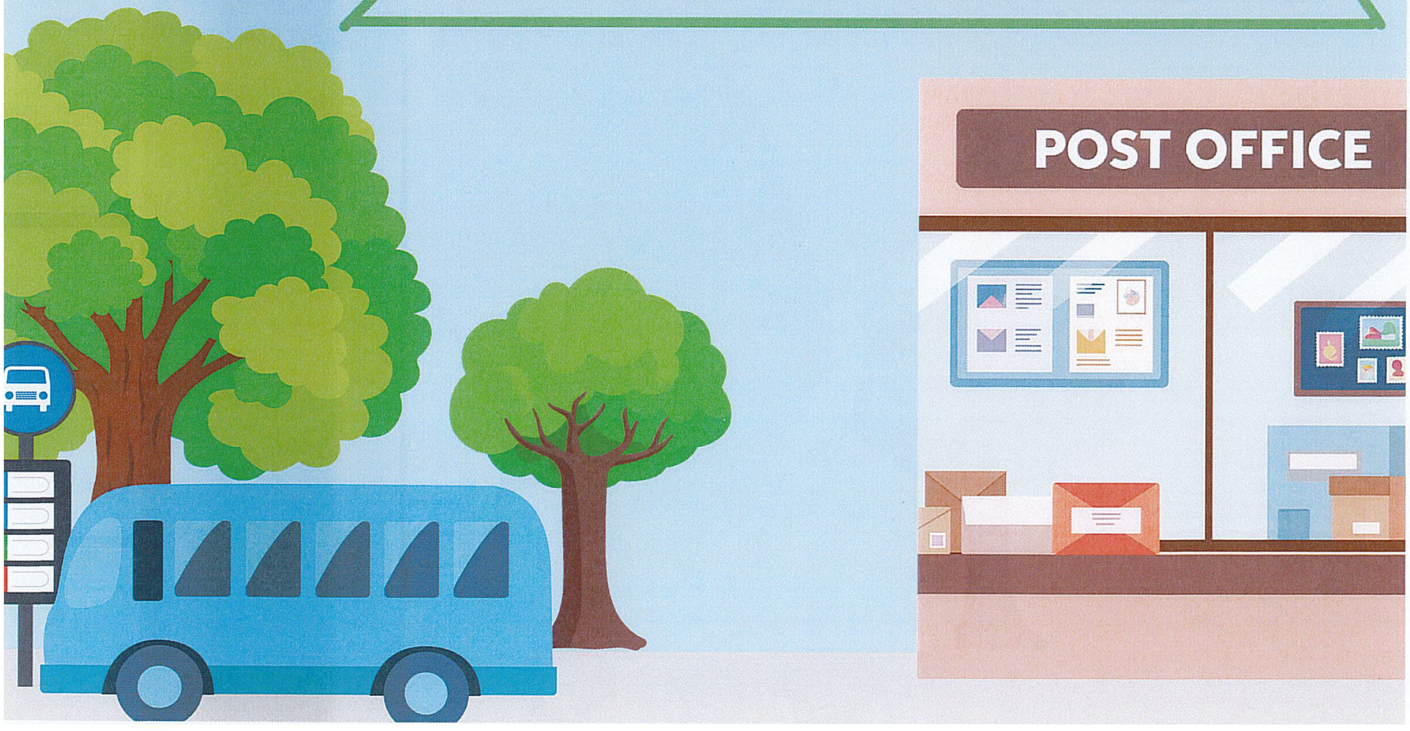
NOV 4-18

Due to demolition work at Civic Center, the bus stop has temporarily been moved to High Street near the Post Office

ACTIVE ADULT CENTER

HIGH STREET





ARTS & CRAFTS

Container Gardening

Next class, Thursday, November 19, 10:30 am, $5

Shar Lugo, president of the Simi Valley Busy Hands garden club creates a monthly gardening project. A $5 material fee includes the plants, container and instruction needed for the project. Call 517-6261 to register.

Gourd Art *NO CLASS ON 11/03

Current 8-week Session, September 29 – December 1

Cost: $40 + $10 supply fee

This 8-week session is held Tuesdays. Instructor Arline Erickson will help you create a beautiful piece of gourd art during the 8 weeks. Artists use multiple techniques to create gourd art masterpiece, which can be carved, wood-burned, painted, dyed, inlaid, coiled, woven and other embellishment techniques. For more information , please call 517-6261.

Painting Group

Tuesdays, 9:00 am

This group meets weekly to work on painting projects you are currently working on in a group setting. You bring your supplies and creativity, and we will provide the space to create.

Arts & Crafts



Wednesday, November 18, 10:00 am, $5

This class will create a different arts and crafts project each month. In November you will create a project like the picture on the right—DIY Pressed Flower Pumpkins. The class costs $5 per project. Sign-up by calling the front desk at 517-6261. Can't make the class but still want to do the project? We will have the supplies available all month for $5. You can stop by 8am-4pm, Monday through Friday to complete the project.

Knit & Crochet

Mondays, 9:00 am

This groups creates beautiful lap robes, beanies and baby blankets to be donated to local organizations, including the Ventura County Ombudsman program and First 5. Stop by for some great company while you knit or crochet.



Guitar *NO CLASS ON 11/27

Fridays, 9:30 am

Do you own a guitar and would like to learn to play? Or maybe you know how to play, but would like to play with a group? Stop by the guitar group on Fridays at 10am for an informal guitar group. Volunteer David Omlor helps guide the class each week to play new songs. No registration required. Please bring a music stand and capo if available.

Color with Friends

Tuesdays, 12:15 am

Enjoy a relaxing and creative coloring group. Color beautiful designs, socialize with friends, and unwind in a fun and welcoming environment. All supplies provided.

DIY Pressed Flower Pumpkins



November 18
at 10am

Cost:
$5

Get creative and make something beautiful!

Members 55+
can call the front desk to register.

805-517-6261

Moorpark Active Adult Center
799 Moorpark Avenue

MOVIES

The AAC will be showing a movie on select Fridays of every month. No reservations necessary. Movies start at 12:45 pm.

November 13
One Battle After Another
2025, R, 2h 41m



-When their enemy resurfaces after 16 years, a group of ex-revolutionaries reunite to rescue the daughter of one of their own.

November 20
The Nice Guys
2016, R, 1h 56m



-In 1970s Los Angeles, a mismatched pair of private eyes investigate a missing girl and the mysterious death of a porn star.



CARDS & GAMES

The following game groups are led by volunteers and may be canceled on occasion.

Social Bridge
Mondays—12:30 pm

Duplicate Bridge *NO CLASS ON 11/02
Mondays—11:45 am
***contact group leader**

Chess Club
Tuesdays—1:00 pm

Canasta *NO CLASS ON 11/11
Wednesdays— 1:00 pm

Mah Jongg *NO CLASS ON 11/26
Thursdays—9:30 am

Board Games—Rummikub
***NO CLASS ON 11/27**
Fridays — 9:30 am



HEALTH & FITNESS

All classes are free unless otherwise noted.



Bocce Ball ***NO CLASS ON 11/27**
Fridays, 8:00-11:00 a.m.—Tierra Rejada Park

Dance Cardio Exercise
Tuesdays, 10:30 –11:30 a.m.
***35 participant maximum**

Chair Exercise (strength/cardio/stretching DVD) ***NO CLASS ON 11/26**
Thursdays, 12:30 –1:30 p.m**.**

Line Dancing with Linda—Beginner/Intermediate
Mondays, 8:30 –9:30 a.m.—beginner steps (teaching)
Mondays, 9:30 –10:30 a.m.—beginner/inter class



Line Dancing with Espie and Cathy—Improver/Intermediate ***NO CLASS ON 11/26**
Thursdays, 9:30 –11:30 a.m.

Line Dancing —Improver/Intermediate ***NO CLASS ON 11/27**
Fridays, 9:45—11:45 a.m.

Pickleball
Tuesdays, 8:00 –11 a.m.
Pickleball Courts 1-4 at Arroyo Vista Community Park

Strength Training ***NO CLASS ON 11/11 & 11/27**
Mon/Wed/Fri, 11:00 a.m.—12 p.m.
Mon/Wed, 12:30 —1:30 p.m.
$1/class, $10/month
***40 people maximum on M/W & 30 people maximum on Friday.**
*Participants encouraged to bring own equipment (hand weights, bands & exercise ball)



Table Tennis ***NO CLASS ON 11/02 & 11/27**
Mondays, 8:30 - 11 a.m.
Fridays, 12:30 - 4 p.m.

Tai Chi ***NO CLASS ON 11/26**
Tuesdays, 2:00 – 3:00 p.m.
Thursdays, 9:00 – 10:00 a.m.



Walking/Hiking Club ***NO CLASS ON 11/11**
2nd and 4th Wednesdays—see schedule for times and meeting location.

Yoga ***NO CLASS ON 11/27**
Tuesdays and Fridays, 8:15—9:30 a.m.

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ~~8:30 Table Tennis~~ 8:30 Beginner Line Dance – Teach 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) **11:00 Strength Training (Max 40)** **12:30 Strength Training (Max 40)** ~~11:45 Duplicate Bridge~~ 12:30 Social Bridge ELECTION DAY IN CITRUS ROOM	**3** 8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group ~~**9:30 Gourd Art**~~ 10:30 Dance Cardio (Max 35) 12:15 Color with Friends 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club 2:00 Tai Chi ELECTION DAY IN CITRUS ROOM	**4** 9:00 Hiking Group – Off Site 9:30 Recorders **11:00 Strength Training (Max 40)** **12:30 Strength Training (Max 40)** 1:00 Canasta 1:00 Table Tennis Instruction	**5** 9:00 Tai Chi 9:30 Mah Jongg 9:30 Line Dance (Improve /Int.) 12:30 Tap Dance Group (Int/Adv) 12:30 Chair Exercise	**6** 8:00 Bocce Ball- Tierra Rejada Park 8:15 Yoga 9:30 Board Games – Rummikub 9:45 Line Dance (Improve /Int.) 9:30 Guitar Group **11:00 Strength Training (Max 30)** 12:30 Table Tennis
9 8:30 Table Tennis 8:30 Beginner Line Dance – Teach 8:45 Haircuts 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) **11:00 Strength Training (Max 40)** **12:30 Strength Training (Max 40)** 11:45 Duplicate Bridge 12:30 Social Bridge	**10** 8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group **9:30 Gourd Art** 10:30 Dance Cardio (Max 35) 12:15 Color with Friends 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club 2:00 Tai Chi	**11** VETERANS DAY **CLOSED FOR THE HOLIDAY**	**12** 9:00 Tai Chi 9:30 Mah Jongg 9:30 Line Dance (Improve /Int.) 12:30 Tap Dance Group (Int/Adv) 12:30 Chair Exercise	**13** 8:00 Bocce Ball- Tierra Rejada Park 8:15 Yoga 9:30 Board Games – Rummikub 9:45 Line Dance (Improve /Int.) 9:30 Guitar Group **11:00 Strength Training (Max 30)** 12:30 Table Tennis 12:45 Movie: One Battle After Another
16 8:30 Table Tennis 8:30 Beginner Line Dance – Teach 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) **11:00 Strength Training (Max 40)** **12:30 Strength Training (Max 40)** 11:45 Duplicate Bridge 12:30 Social Bridge	**17** 8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group **9:30 Gourd Art** 10:30 Dance Cardio (Max 35) 12:15 Color with Friends 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club 2:00 Tai Chi	**18** 9:00 Hiking Group – Off Site 9:30 Recorders **10:00 Arts & Crafts** **11:00 Strength Training (Max 40)** **12:30 Strength Training (Max 40)** 1:00 Canasta 1:00 Table Tennis Instruction	**19** 9:00 Tai Chi 9:30 Mah Jongg 9:30 Line Dance (Improve /Int.) **10:30 Container Gardening** 12:30 Tap Dance Group (Int/Adv) 12:30 Chair Exercise	**20** 8:00 Bocce Ball- Tierra Rejada Park 8:15 Yoga 9:30 Board Games – Rummikub 9:45 Line Dance (Improve /Int.) 9:30 Guitar Group **11:00 Strength Training (Max 30)** 12:30 Table Tennis 12:45 Movie: The Nice Guys
23 8:30 Table Tennis 8:30 Beginner Line Dance – Teach 8:45 Haircuts 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) **11:00 Strength Training (Max 40)** **12:30 Strength Training (Max 40)** 11:45 Duplicate Bridge 12:30 Social Bridge	**24** 8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group- Citrus Room **9:30 Gourd Art** 10:30 Dance Cardio (Max 35) 12:15 Color with Friends 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club 2:00 Tai Chi	**25** 9:00 Hiking Group – Off Site 9:30 Recorders **11:00 Strength Training (Max 40)** **12:30 Strength Training (Max 40)** 1:00 Canasta	**26** HAPPY Thanksgiving **CLOSED FOR THE HOLIDAY**	**27** **CLOSED FOR THE HOLIDAY**
30 8:30 Table Tennis 8:30 Beginner Line Dance – Teach 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) **11:00 Strength Training (Max 40)** **12:30 Strength Training (Max 40)** 11:45 Duplicate Bridge 12:00 Social Bridge				

Class schedule is subject to change. *Lunch is served Monday-Friday 11: 45am-12:15pm. Reservation must be made by 10:30am day of. $4.00 suggested donation for 60 years or better. $9.00 required for 59 and under. Call (805)517-6262 for lunch reservations.*

Noviembre

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2 ~~8:30 Tenis de Mesa~~ 8:30 Baile en Línea para Principiantes-Enseñar 9:00 Grupo de Punto/Crochet 9:30 Baile en Línea (Prin/Intr) **11:00 Entrenamiento de Fuerza (Max 40)** **12:30 Entrenamiento de Fuerza (Max 40)** ~~11:45 Puente Duplicado~~ 12:30 Puente Social ELECTION DAY SALA CÍTRICOS	**3** 8:15 Yoga 8:00 Bola de Pepinillo - AVRC 9:00 Grupo de Pintura ~~**9:30 Arte de Calabaza**~~ 10:30 Cardio de Baile (Max 35) 12:15 Colorear Con Amigos 12:30 Grupo de Claqué (Intr/avan) 1:00 Ajedrez 2:00 Tai Chi ELECTION DAY SALA CÍTRICOS	**4** 9:00 Grupo de Caminata-Fuera del sitio 9:30 Grupo de La Flauta Dulce **10:00 Artes y Manualidades** **11:00 Entrenamiento de Fuerza (Max 40)** **12:30 Entrenamiento de Fuerza (Max 40)** 1:00 Canasta 1:00 Instrucción de Tenis de Mesa	**5** 9:00 Tai Chi 9:30 Mah Jongg 9:30 Baile en Línea (Mejorar /Int) 12:30 Grupo de Claqué (Int/avan) 12:30 Ejercicio en Silla	**6** 8:00 Bola de Bochas - Parque Tierra Rejada 8:15 Yoga 9:30 Juegos de Mesa – Rummikub 9:45 Baile en Línea (Mejorar /Int) 9:30 Grupo de Guitarra **11:00 Entrenamiento de Fuerza (Max 30)** 12:30 Tenis de Mesa
9 8:30 Tenis de Mesa 8:30 Baile en Línea para Principiantes-Enseñar 8:45 Cortes de Pelo 9:00 Grupo de Punto/Crochet 9:30 Baile en Línea (Prin/Intr) **11:00 Entrenamiento de Fuerza (Max 40)** **12:30 Entrenamiento de Fuerza (Max 40)** 11:45 Puente Duplicado 12:30 Puente Social	**10** 8:15 Yoga 8:00 Bola de Pepinillo - AVRC 9:00 Grupo de Pintura **9:30 Arte de Calabaza** 10:30 Cardio de Baile (Max 35) 12:15 Colorear Con Amigos 12:30 Grupo de Claqué (Intr/avan) 1:00 Ajedrez 2:00 Tai Chi	**11** VETERANS DAY **CERRADO POR FESTIVO**	**12** 9:00 Tai Chi 9:30 Mah Jongg 9:30 Baile en Línea (Mejorar /Int) 12:30 Grupo de Claqué (Int/avan) 12:30 Ejercicio en Silla	**13** 8:00 Bola de Bochas - Parque Tierra Rejada 8:15 Yoga 9:30 Juegos de Mesa – Rummikub 9:45 Baile en Línea (Mejorar /Int) 9:30 Grupo de Guitarra **11:00 Entrenamiento de Fuerza (Max 30)** 12:30 Tenis de Mesa 12:45 Película: One Battle After Another
16 8:30 Tenis de Mesa 8:30 Baile en Línea para Principiantes-Enseñar 9:00 Grupo de Punto/Crochet 9:30 Baile en Línea (Prin/Intr) **11:00 Entrenamiento de Fuerza (Max 40)** **12:30 Entrenamiento de Fuerza (Max 40)** 11:45 Puente Duplicado 12:30 Puente Social	**17** 8:15 Yoga 8:00 Bola de Pepinillo - AVRC 9:00 Grupo de Pintura **9:30 Arte de Calabaza** 10:30 Cardio de Baile (Max 35) 12:15 Colorear Con Amigos 12:30 Grupo de Claqué (Intr/avan) 1:00 Ajedrez 2:00 Tai Chi	**18** 9:00 Grupo de Caminata-Fuera del sitio 9:30 Grupo de La Flauta Dulce **10:00 Artes y Manualidades** **11:00 Entrenamiento de Fuerza (Max 40)** **12:30 Entrenamiento de Fuerza (Max 40)** 1:00 Canasta 1:00 Instrucción de Tenis de Mesa	**19** 9:00 Tai Chi 9:30 Mah Jongg 9:30 Baile en Línea (Mejorar /Int) **10:30 Jardinería en Contenedores** 12:30 Grupo de Claqué (Int/avan) 12:30 Ejercicio en Silla	**20** 8:00 Bola de Bochas - Parque Tierra Rejada 8:15 Yoga 9:30 Juegos de Mesa – Rummikub 9:45 Baile en Línea (Mejorar /Int) 9:30 Grupo de Guitarra **11:00 Entrenamiento de Fuerza (Max 30)** 12:30 Tenis de Mesa 12:45 Película: The Nice Guys
23 8:30 Tenis de Mesa 8:30 Baile en Línea para Principiantes-Enseñar 8:45 Cortes de Pelo 9:00 Grupo de Punto/Crochet 9:30 Baile en Línea (Prin/Intr) **11:00 Entrenamiento de Fuerza (Max 40)** **12:30 Entrenamiento de Fuerza (Max 40)** 11:45 Puente Duplicado 12:30 Puente Social	**24** 8:15 Yoga 8:00 Bola de Pepinillo – AVRC 9:00 Grupo de Pintura- Citrus Room **9:30 Arte de Calabaza** 10:30 Cardio de Baile (Max 35) 12:15 Colorear Con Amigos 12:30 Grupo de Claqué (Intr/avan) 1:00 Ajedrez 2:00 Tai Chi	**25** 9:00 Grupo de Caminata-Fuera del sitio 9:30 Grupo de La Flauta Dulce **11:00 Entrenamiento de Fuerza (Max 40)** **12:30 Entrenamiento de Fuerza (Max 40)** 1:00 Canasta	**26** HAPPY Thanksgiving **CERRADO POR FESTIVO**	**27** **CERRADO POR FESTIVO**
30 8:30 Tenis de Mesa 8:30 Baile en Línea para Principiantes-Enseñar 9:00 Grupo de Punto/Crochet 9:30 Baile en Línea (Prin/Intr) **11:00 Entrenamiento de Fuerza (Max 40)** **12:30 Entrenamiento de Fuerza (Max 40)** 11:45 Puente Duplicado 12:30 Puente Social				

El horario de clases está sujeto a cambios. *El almuerzo se sirve de lunes a Viernes de 11:45 a. m. a 12:15 p. m. Las reservas deben hacerse antes de las 10:30 a. m. del día. Se sugiere una donación de $4.00 para personas mayores de 60 años. Se requiere una donación de $9.00 para personas menores de 59 años. Para reservar el almuerzo, llame al (805)517-6262.*

WALKING/HIKING GROUP

Moorpark Active Adult Center offers our Walking/Hiking Club outings every Wednesday throughout the month. Pre-registration is not required, but you should register your email with the hiking group before your first hike for current updates. Email aac@moorparkca.gov to be added to the hiking list. Participants should be physically fit and prepared for trails with at least some rocky and/or uneven surfaces. No pets allowed. Rain or fire cancels and you will be notified of cancellations via your registered email.



November 2026 Hikes

Click here for directions to trail head

Wednesday, November 4, 2026 9-11 a.m.

Location: Corriganville Park in Simi Valley

A leisurely-paced 3 mile walk with gentle elevation changes. This historic open space park features hiking trails, remnants of movie locations, interpretive signs, an ancient oak forest, sandstone cliffs, stunning vistas and more.

Wednesday, November 18, 2026 9-11 a.m.

Location: Conejo Valley Botanic Garden

Stroll around the Garden's 41 acres of natural terrain encircled by the city of Thousand Okas. On meandering trails with gradual elevation changes, we'll visit hillside specialty gardens and hike a Creekside nature trail through a riparian oak woodland.

Wednesday, November 25, 2026 9-11 a.m.

Location: Challenger Park to Montgomery & Oak Canyons in Simi Valley

5-mile loop. About 700' elevation gain/loss. Hike across Challenger Park's rolling hills to Montgomery Canyon's Creekside trail, then over the hill to return by way of Oak Canyon.

For directions to trail heads, to be added to the hiking group email group or for any questions, call the AAC at 517-6261 or email aac@moorparkca.gov.

PUZZLE

Fall Word Search

P	Y	A	I	M	N	L	M	E	O	N	L	T	E	C
A	W	C	Z	G	R	Q	W	N	F	W	H	T	E	X
C	N	S	E	P	T	E	M	B	E	R	S	R	F	Y
O	Q	O	B	S	J	W	A	B	A	Q	T	E	A	U
R	X	E	V	D	I	N	U	H	M	U	J	E	L	S
N	Q	N	D	E	X	T	X	Z	A	B	T	S	L	W
S	T	G	B	C	M	A	C	O	R	R	S	U	V	K
W	A	A	N	U	X	B	D	I	C	Z	V	Z	M	R
E	H	P	C	Q	I	T	E	Y	D	T	I	E	Q	N
M	Y	P	K	C	O	C	Z	R	J	E	O	Y	S	M
L	G	L	E	M	H	U	W	J	Y	C	R	B	E	T
J	V	E	A	R	I	P	K	P	U	V	O	W	E	X
H	D	S	W	E	A	T	E	R	Y	P	O	M	Z	R
N	M	C	B	G	J	E	X	P	V	G	D	U	T	W
S	N	R	U	K	S	C	A	R	E	C	R	O	W	Y

SEPTEMBER
SCARECROW
OCTOBER
HARVEST
SWEATER
AUTUMN
ACORNS
CIDER
FALL
TREES
APPLES
NOVEMBER

PJSANDPAINT.COM

VENTURA COUNTY AREA AGENCY ON AGING

The Moorpark Active Adult Center is one of several county-wide meal sites offered through the Ventura County Area Agency on Aging. Currently, the Senior Nutrition Program provides nutritionally balanced meals delivered to residents of Moorpark age 60 years or better. A combination of hot and frozen meals are delivered by staff. To receive an application for Home Delivered Meals service, please contact the Active Adult Center Senior Nutrition Coordinator at 805-517-6262. The Senior Nutrition Coordinator will contact the applicant to discuss program details and eligibility requirements.

Please join us for our on-site congregate lunch. You must make reservations BEFORE 10:30am for lunch. Lunch is served from 11:45am—12:15pm. A Voluntary contribution of $4/meal is accepted but not mandatory. Please contact the kitchen for more information.







Ventura County Area Agency on Aging (VCAAA) publishes a great resource for seniors, caregivers and people with disabilities. Use the QR code below or click the resource guide for the complete resource guide.

HAIRCUTS


FREE HAIRCUTS
by Rodney
HAIRCUT ONLY!
NO BLOW DRY OR STYLING
20 MIN APPTS
Starting at 8:15 am, there will be a sign-in-sheet available. A total of twelve appointments will be available. Kindly wait for your name to be called.
EVERY 2ND & 4TH MONDAY, STARTING @ 8:45AM
MOORPARK ACTIVE ADULT CENTER
Made with PosterMyWall.com

COMMUNITY PROGRAMS



California Lutheran University

Fifty and Better

Fifty and Better's FABulous Fall Lectures Coming Up:
www.callutheran.edu/fab

FAB's FABulous Fall Lecture Series begins November 16. Topics this fall include unpacking the 2026 midterm elections; the story and origins of Hanukkah; how this year's El Nino is developing; and more. Several lectures can be attended in person in Thousand Oaks; all can be attended virtually and are recorded. Flexible bundle deals are available.

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

COUNTY of VENTURA
Human Services Agency
Area Agency on Aging

Medicare 2027

OPEN ENROLLMENT ONE-STOPS

Are you ready for Medicare's Annual Enrollment Period (AEP)?

Need help? Our experts are here to guide you through the process and answer your questions.

- Explore new coverage options
- Compare plans to find the best fit for your needs
- Make sure your current prescriptions are covered
- Ensure that you are getting the best value for your healthcare

To schedule a meeting with a certified counselor, complete the HICAP Comparison-Appointment Request Form (found at VCAAA.VenturaCounty.gov/HICAP). For additional questions, visit the website or call 805-477-7300 or 800-434-0222.

Ventura County Area Agency on Aging
4651 Telephone Rd. (Ventura) — 9 a.m.-1 p.m.
Thursday, Oct. 15 • Friday, Oct. 23 • Wednesday, Oct. 28 • Wednesday, Nov. 4
Friday, Nov. 6 • Monday, Nov. 9 • Wednesday, Nov. 18 • Monday, Nov. 30
Wednesday, Dec. 2 • Thursday, Dec. 3 • Friday, Dec. 4 • Monday, Dec. 7

Camarillo Health Care District
3639 E. Las Posas Rd. — 10 a.m.-2 p.m.
Friday, Oct. 16 • Friday, Oct. 30
Friday, Nov. 13 • Friday, Nov. 20

Camarillo — Pleasant Valley Senior Center
1605 Burnley St. — 9:30 a.m.-1:30 p.m.
Wednesday, Nov. 18

Fillmore Active Adult Center
533 Santa Clara Ave. — 10 a.m.-1 p.m.
Thursday, Oct. 29

Moorpark Active Adult Center
799 Moorpark Ave. — 10 a.m.-1 p.m.
Thursday, Nov. 12

Ojai — HELP of Ojai
108 S. Montgomery St. — 10 a.m.-1 p.m.
Thursday, Nov. 5

Oxnard — Colonia Senior Center
197 N. Marquita St. — 9:30 a.m.-12:30 p.m.
Monday, Oct. 26

Oxnard — Palm Vista Senior Center
801 South C St. — 9:30 a.m.-12:30 p.m.
Wednesday, Oct. 28

Oxnard — South Oxnard Senior Center
200 E. Bard Rd. — 9:30 a.m.-12:30 p.m.
Thursday, Nov. 12

Port Hueneme — Orvene S. Carpenter Community Center
550 Park Ave. — 9:30 a.m.-12:30 p.m.
Thursday, Nov. 19

Santa Paula Senior Center
530 W. Main St. — 9 a.m.-12 p.m.
Tuesday, Nov. 10

Simi Valley Senior Center
3900 Avenida Simi — 10 a.m.-2 p.m.
Tuesday, Oct. 20 • Tuesday, Oct. 27
Tuesday, Nov. 3 • Tuesday, Nov. 17
Tuesday, Dec. 1

Thousand Oaks — CRPD Conejo Creek South Community Building
1350 E. Janss Rd. — 10 a.m.-2 p.m.
Monday, Oct. 19 • Monday, Nov. 2
Monday, Nov. 16 • Monday, Nov. 23

Ventura Avenue Adult Center
550 N. Ventura Ave. — 9:30 a.m.-12:30 p.m.
Wednesday, Oct. 21

BY APPOINTMENT ONLY
APPOINTMENT SCHEDULING BEGINS SEPT. 15

SMP Senior Medicare Patrol — Preventing Medicare Fraud
California Department of AGING
SHIP State Health Insurance Assistance Program — Navigating Medicare

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $453,099 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

MOORPARK ACTIVE ADULT CENTER
City of Moorpark
799 Moorpark Avenue
Moorpark, CA 93021

Features This Month

- Arts & Crafts – November 18
- Container Gardening – November 19



Place Mailing Label Here

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

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
799 Moorpark Avenue
Moorpark, CA 93021
Monday - Friday, 8:00 a.m. - 4:00 p.m.
Saturday & Sunday: CLOSED
Front Desk Phone: 805-517-6261
Email: AAC@moorparkca.gov
805-517-6261 for general inquiries and reservations
805-517-6262 for the Senior Nutrition Program

CITY HALL
323 Science Drive
Moorpark, CA 93021
805-517-6200
Website: www.moorparkca.gov

Local Emergency Updates:
Website - www.vcemergency.com
TV – Channel 10 (Spectrum) or Channel 99 (AT&T U-Verse)
Radio, Primary - KHAY (FM) 100.7
KVEN (AM) 1450

Moorpark
Life can be this good