

SENIOR PROGRAMS

Pleasant Valley Senior Center

PLEASANT VALLEY SENIOR CENTER

1605 E. Burnley Street, Camarillo

M-F 9am-4pm • (805) 482-4881



AARP Driver Safety Program

Mature Driving Classes. A one day refresher or two day introductory course. \$15 for AARP members \$20 for Non-Members - Pre-Registration required.

1-5pm W/Th
1/25* 2/22 & 2/23 *3/22

Art Group

Students should bring any type of medium they enjoy working with. This is a drop-in group.

Location: Room 3
9am-12pm Tuesdays

Band Practice

Come enjoy listening to the Seniors of Note Band as they practice for upcoming events.

Location: Room 7
1-4pm Tuesdays

Basketball

Fun pick-up games. Men and women 50+ are welcome to participate.

Location: Freedom Gym
at the Camarillo Airport.

8:30-11:30am T/Th/F

Bingo

The best Bingo Game in town for adults 18+. Different programs, smoke-free and reasonable buy-ins with great pay-outs! All papers/daubers must be purchased 10 minutes prior to game time.

11:30am M/W/F

Blood Pressure Reading

A volunteer nurse will take free blood pressure readings.

10:30-11:30am 3rd Wednesday
1/18 *2/15*3/15

Bocce Ball

Join us for a fun game of bocce on outside courts. Meet at the Senior Center.

9-11am Th

Bone Builders

This class is designed to fight osteoporosis, improve balance, and increase muscle strength and bone density. Must call to register.

2-3pm T/Th

Bridge Games

Duplicate Groups

These are ACBL sanctioned card games. The games are Director facilitated. Call to sign-up.

12-3:30pm Tuesdays
11:30am-3pm Saturdays

Social Group

The group's intent is to facilitate a fun atmosphere where all levels of Bridge players can participate. They play "Standard American" style. Call to sign-up.

1-3:30pm Wednesdays

Camarillo Council on Aging

Monthly meetings - everyone welcome. Check city website for location.

3pm Community Center

Canasta Games

Canasta is a popular rummy-like game for four players, playing in partnerships.

9:30am-12pm Mondays

Card Club

Enjoy playing poker? Call the Senior Center to sign-up to join a game of Omaha High-Low/7-card stud High-Low.

10am-1pm Monday, Friday
12-3pm Tuesday, Thursday

Car Fit

Allow a trained technician to perform a free 30 minute "CarFit Check-up" on your vehicle to see if you are safely seated in your car. Reservations required.

10am-12pm 3rd Tuesday
1/17 *2/21* 3/21

Channel Islands Condors

A group dedicated to the promotion and enjoyment of model airplanes and scaled aerobatics.

7pm-9pm 1st Wednesday
1/4 *2/1*3/1

Classical Guitar Group

The Ventura Classical Guitar Society invites the public to join them for Jam Sessions and special guest performers.

Location: PV Senior Center
7pm Wednesdays

1/25* 2/22* 3/29

Computer Classes

Beginning, intermediate & internet classes offered. Facebook, Skype, & Windows 8 classes are also available, as are lessons on personal tablets and iPhones. Call to be added to the wait list. These are private, one-on-one hour long lessons. Call the Senior Center to register. **All classes require a \$10 Pre-Registration Fee.**

Dance

New Year's Dance

Friday, January 6 * 6-9 pm
\$7 in advance * \$10 at door
Community Center Auditorium
Celebrate the New Year with us! Enjoy a semi-formal evening of dancing to music provided by DJ Mark.

Tickets available at the Pleasant Valley Senior Center.

For more information call 805 482-4881.

Valentine's Dance

Free Valentine's Dance
Inviting all Active Adults to Come Join Us!
Music by "Seniors of Note" Band
Community Center Auditorium
1605 E. Burnley Street
12:30-2:30pm Tuesday 2/14

Diabetes Info Clinic

Get information about Type 2 Diabetes with emphasis on diet, medication, exercise and blood sugar monitoring. Presented by a nurse from Livingston Nurse's Association.

Location: Room 3

2:30-4pm Wednesday

1/4 * 2/1 * 3/1

Exercise-Morning Stretch

Participants perform a series of gentle rhythmic aerobic exercises during this morning workout. Everyone is encouraged to go at their own pace. **Location:** Room 7

8-9am Monday-Friday

9-10am Wednesday/Friday

Game Time

Join us for open game time. Pinochle, Chess, Backgammon, Scrabble, and cards are some of the available games!

9am-12pm Fridays

Grey Law

Grey Law is a private non-profit organization that provides free legal services for adults 60+ in Ventura County. Meetings are held in the PV Senior Center. Call 658-2266 for an appointment.

Hearing Aids/Tests - FREE

Ron Roberts will check hearing aids, service and adjust them free of charge. Hearing tests are available upon request. Call for an appointment.

11:30am 3rd Thursday

1/19 * 2/16 * 3/16

Hearts Card Group

Hearts, one of the most popular, enduring card games in the world is an "evasion-type" trick-taking card game for four players. Looking for more players!

1-4pm Thursdays

HICAP Counseling

This is a free program provided by Ventura County Area Agency on Aging. Counselors provide information for health insurance, assist with claims and prescription drug problems. Appointments required. 1st and 3rd Tuesday of each month.

Investment Club

Hear about the latest economic news and learn about great investment strategies.

1-3pm 3rd Saturday

1/21 * 2/18 * 3/18

Low Vision Consultant

One-on-one evaluations and self-help devices are made available by a Braille Institute Consultant. Magnification and lighting demonstrations along with information about current adaptive products. Call for an appointment.

Location: PV Senior Center.

10am-1:30pm 3rd Thursday

1/19 * 2/16 * 3/16

Low Vision Wellness

Supported by the Braille Institute, this is a free informational class designed to provide assistance to those with any type of vision problem.

10am-12pm Thursdays

Mahjong

Similar to rummy, this game involves skill, strategy, and a little bit of chance.

12pm Thursdays

Nature Hikes & Programs

See new exciting nature events and programs on page 13.

Pickleball

Enjoy 2 courts of pickleball. Bring own ball and paddles.

Location: Freedom Gym at the Camarillo Airport

8:30-11:30am M/W

Pinochle Game

Pinochle is a trick and meld card game. The current group is welcoming new players to create another foursome table. Call to sign-up.

12pm Mondays

Pool Room

Two Brunswick pool tables are available daily for free play and matches.

9am-4pm Monday-Friday

Table Tennis

Also known as ping-pong, this sport is played in groups of four players. All talent levels are welcome.

Location: Freedom Gym

at the Camarillo Airport.

1-4pm M/W/F

Tax Assistance

Provided by AARP Volunteers at the Community Center on Mondays – by appointment only. Appointments will be taken starting in January. Call 805-482-4881.

9am – 12 pm February 6 until April 10

TOPS

Taking Off Pounds Sensibly. This is a weight-loss support and wellness education group.

9:30-11am Tuesdays

Ukulele Group

Come play the small four-stringed Hawaiian guitar. All levels welcome.

Location: Room 7

10am-12pm

1/9 * 1/23 * 2/13 * 2/27 * 3/13 * 3/27

Walking Club

All walking is done on flat ground around the perimeter of the Community Center. Participants walk for as little or as long as they like. A breakfast gathering is held monthly. This is a wonderful opportunity to exercise outdoors and meet new friends!

8:50-10am Wednesday/Friday

Water Exercise

Enjoy a low impact water workout. Classes are held at the Pleasant Valley Aquatic Center. Must purchase a Water Exercise Pass to attend. Call 987-8198 for details. Please see aquatic schedule, Page 3 for details.

Wii Bowling

Get involved in a great physical and social activity. The players use a virtual bowling game on a Wii console. New players welcome. Call to Sign-up.

9-11am Mondays

12-2pm Thursdays

Writer's Club

The Ventura County Writer's Club holds monthly meetings featuring speakers from the writing and publishing industries.

7-9pm 2nd Tuesday

1/10 * 2/14 * 3/14

Yoga

This gentle exercise program includes low impact stretching, strengthening and breathing routines to improve energy, posture, balance and flexibility.

9-10am Wednesday/Friday

SENIOR PROGRAMS

Presentations

PRESENTATIONS

Chronic Venous Disease

Thursday, January 12th 1pm

Presented by: Dr. Shah

What is Chronic Venous Disease? More than 25 million Americans suffer from varicose veins or a more serious form of venous disease called Chronic Venous Insufficiency. Come hear Dr. Shah give all of the most up-to-date treatments for this disease.

Eastern Canada

Tuesday, January 24th 1pm

Presented by Tyler Reardon with Collette Travel Agency

Highlights of this trip include: Montreal, Quebec City, Ottawa, 1000 Islands Toronto and Niagara Falls.

This is an eight-day tour through beautiful Canada. Enjoy French cuisine, a cruise through 1000 Islands, take a stroll through Byward Market and discover Niagara-on-the-Lake. Tyler Reardon will answer all of your questions about this tour during his presentation.

Caregiver Tips

Thursday, January 26th 1pm

Presented by: Nicole Boykin with MediTech

The art of caregiving is difficult. Learn helpful strategies that benefit you and the individual you are caring for.

Getting a Good Night's Sleep

Thursday, February 16th 1pm

Presented by: Nicole Boykin with MediTech

How are you sleeping these days? Discover why your body has sleeping issues and ways to improve your natural sleep.

CalFresh

Tuesday, February 21st 1pm

Presented by: Daniela Flores

CalFresh benefits help stretch food budgets. How does the program work? Are you eligible? If you have limited income, CalFresh can help you lower your grocery expenses, allow you to afford a greater variety of healthy foods and make you feel more secure about feeding your family.

Food Demonstrations & Taste Testing

Thursday, March 9th 1pm

Presented by: Rita Rubin

Come learn how to prepare simple, delicious, and healthy recipes with a seasonal vegetable. This class will show you the benefits of eating more fruits and vegetables and how to cook them in a way all your family will enjoy!"

Fraud Protection

Thursday, March 23rd 1pm

Presented by the Camarillo Police Department Community Resource Unit.

Come learn about information regarding common internet and mail scam and how to better protect yourself and your property. Call 805-482-4881 to reserve your seat now.

Unless noted all seminars will be held in the Pleasant Valley Senior Center

Please call (805) 482-4881 to reserve your seat.



Comfort Keepers
In-Home Non-Medical Care Services

Now Hiring

Make a Difference in People's Lives!



Be a Comfort Keeper® Caregiver

Exceptional career opportunities for individuals looking to do something special with their lives. **Join the Best!** Comfort Keepers® is a World Leader in Senior Care, with a total commitment to providing the highest quality of care to the elderly. This office, one of 700 worldwide locations, serves Camarillo and surrounding areas. Rewarding jobs with flexible hours and mentoring. Part-Time or Full-Time.

Apply today online at

ckthousandoaks.clearcareonline.com/apply/

Or apply in person Monday through Friday from 8:45 AM to 4:00 PM at 3249 Old Conejo Rd, Newbury Park, CA 91320. For directions, call (805) 494-9900.

Get up each day looking forward to work!

Qualities:

- ✓ Compassionate
- ✓ Communicator
- ✓ Caring
- ✓ Mature
- ✓ Flexible
- ✓ Honest
- ✓ Trustworthy
- ✓ Diligent

Requirements:

- Paid or voluntary caregiving experience
- OR
- CNA or LVN
- Car required



EXCURSIONS

Join the Fun! Reserve your seat now!

For more information on any excursion please call (805) 482-4881

HUNTINGTON LIBRARY & GARDENS

Monday through Wednesday

February 9, 2017

Only \$77

Come and join us as we venture to the most comprehensive collection of British 18th & 19th century art outside of London. We will also explore the enormous gardens with 14,000 varieties of trees and plants. This trip includes a coach bus ride, a guided tour and lunch at Buca Di Beppo. Register today, this excursion fills quickly!



THE PECHANGA CASINO

Thursday, March 16, 2017 Only \$30 per person

Join us as we venture to The Pechanga Casino to celebrate St. Patrick's Day! Enjoy more than 3000 State of the art slot and video machines and over 130 table games and Matinee Bingo! Bus Scheduled to leave 8:30am. Limited Space Available – Reserve Your Seat Now!



EASTERN CANADA

August 6-13, 2017 with Collette Travel Agency

Highlights of this trip include: Montreal, Quebec City, Ottawa, 1000 Islands Toronto and Niagara Falls. This is an eight-day tour through beautiful Canada which includes 11 meals. You'll experience French cuisine, a cruise through 1000 Islands, strolling through Byward Market and Niagara Falls.



SENIOR LUNCH MOVIE

1pm - The first Thursday of each Month - FREE Movie Community Center Auditorium.

A \$5 delicious catered lunch will be served before each movie at 12pm.

Reservations and pre-payment are required for lunch.

**January 5 – The Finest Hours
Sponsored by
The Palms at Bonaventure**

**February 2 – Brooklyn
Sponsored by Visiting Angels**

**March 2 – McFarland USA
Sponsored by
ClearCaptions**

**Join us for a relaxing afternoon!
Snacks are available for purchase during the movie.**

Administration

PVRPD Board Members

Mike Mishler, Chair

Mark Malloy, Secretary

Neal Dixon, Vice Chair

Robert Kelley, Director

Elaine Magner, Director

Administration

Mary Otten – **General Manager**

Leonore Young
Admin Services Manager

Amy Stewart
Recreation Services Manager

Bob Cerasuolo
Park Services Manager

Karen Roberts
Customer Service Representative

Jane Raab
Recreation Supervisor

Mathew Parker
Parks Supervisor

Cheryl Peterson
Customer Service Representative

Lanny Binney
Recreation Supervisor

Stephanie McClure
Customer Service Representative

Debbie Brooks
Customer Service Representative

Macy Andersen
Recreation Supervisor

Emily Raab
Recreation Specialist

Mitchell Cameron
Administrative Analyst

Christina Alatorre
Recreation Coordinator

Denise Cleric
Program Specialist

Senior Newsletter • \$8

Have our newsletter delivered to your home six times a year. Receive a bi-monthly calendar and up-to-date information on programs, seminars and events. Register today by phone or in person to receive your copy!