

RANCHO SIMI  
RECREATION &  
PARK DISTRICT  
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# Age 50+ Recreation Programs FALL 2017

Over 100 Exciting Classes and Programs To Choose From If You Are 50+

## ACTIVITIES/CLUBS

If you are interested in joining a Club, please call (805) 583-6059.

### BEADING & JEWELRY CLUB

**with Julie Hoffman**

Do you have unfinished projects from previous jewelry classes? Do you have a new project you would like time to work on.

BJC100-I W 6:00-8:30 p Ongoing Free

### BILLIARDS CLUB

**with Jim Dawson, Mike Sabet, & Patrick Jacobs**

Come enjoy the fun of playing billiards. Meets weekly. FREE (ongoing)

BIL100-I M-F 8:00 a-4:45 p M-F 7:00 p-9:45 p

Sa 8:00a-12:15p

NO CLASS SEPT 2, 4, NOV 10, 11, 23-25, DEC. 22-25, 29, 30

### BUNCO CLUB

**with Anna Heinaman, Doris Hawes, Carol & George Sherman**

Bunco is an easy game to play with a minimum of rules and maximum fun! Fee used for prizes.

BUN100-I 3rd Th 7:00-9:00 p Ongoing \$2/mo

### CRIBBAGE CLUB

**with Cathy Rendon**

Come play cribbage with other people who enjoy the game. Beginners are welcome!

CRB100-I M 6:00-9:30 p Ongoing Free

NO CLASS SEPT 4

### DAYTIME BUNCO

**with Mary Jo Rumball-Petre**

This club is exciting, full of laughter and lots of fun. Come and see what you are missing! Fees used for prizes.

DBU100-I 2nd Th 10:00 a-12:00 p Ongoing \$1/mo

### DECORATIVE ARTS CLUB

**with Paula Armstrong**

Paint beautiful projects for home or as gifts.

DCA100-I F 9:00 a-1:00 p Ongoing Free

### DOUBLE DECK PINOCHLE with

**Sherri and Ray Pickett**

DDP100-I 2nd/4th W 6:30-9:30p Ongoing Free

### DUPLICATE BRIDGE CLUB

**Mitchell Movement Duplicate Bridge**

Open to players at all levels. This is a competitive Non-sanctioned Duplicate Bridge Game using ACBL rules.

DBW100-I W 1:00-5:00 p Ongoing Free  
Director Frank (805) 527-0886. Call Lee Linder (805) 527-6447 for a partner.

DBF100-I F 7:00-10:45 p Ongoing Free  
Call Fred or Liz at (805) 582-1640.

### GAMES CLUB

**with Susan Hall**

Play a number of different games including Farkle, Scrabble, Sequence and many other board games. Fee used for refreshments and prizes.

GCL100-I 4th Th 6:30-9:30 p Ongoing \$1/mo

### JEWELRY FINISHING CLUB

**with Dottie Dolan & Bernadette Yue**

This club is open to anyone who enjoys designing, creating and making their own jewelry.

JFC100-I W 1:30-4:00 p Ongoing Free

\*Materials fee for kits purchased.

### KNIT & CROCHET CLUB

**with Naomi Wachtler**

Come and have fun in this tightly knit club!

KCC100-I W 9:00 a-12:00 p Ongoing

KCC101-I F 9:00 a-12:00 p Ongoing

\$3 suggested donation per class

### POKER CLUB

**with Al Fournier**

Dealer's Choice, future tournaments. Join the club for prizes and fun. Fee used for prizes.

PCT100-I Tu 6:15-9:45 p Ongoing \$1/class

### QUILTING CLUB with Deborah Delahunt

Come join this fun club as we work on our own projects and meet new people!

SEC100-I Th 5:00-9:30p Ongoing Free

## ACTIVITIES/CLUBS

### QUILTING CLUB

with **Roberta Nicholson**

Enjoy quilting with other friendly quilters!

QUT100-1 Th 9:00 a-12:00 p Ongoing

QUT101-1 Sa 9:00 a-12:00 p Ongoing

\$3 suggested donation per class. NO CLASS NOV 23, 25

### QUALITY QUILTING CLUB

with **Deborah Delahunt**

Two quilting projects will be made in this interactive and creative setting. Bring your sewing machine.

QQW100-1 W 9:00 a-2:00 p Ongoing Free

QQW101-1 W 9:00 a-2:00 p Ongoing Free

### SCRAPBOOKING AND PAPER CRAFTING

with **Karen Kalsman**

SPC100-1 M 3:00-6:00p Ongoing \$5/qtr

SPC101-1 Th 9:00 a-12:00p Ongoing \$5/qtr

NO CLASS SEPT 4, NOV 23

### SIMI SETTLERS AMATEUR RADIO CLUB

Contact [www.simissettlers.org](http://www.simissettlers.org) for more information.

----- 2nd Th 7:00-9:00 p Ongoing Free

### GOLD COAST TREASURE HUNTERS

There is information on the use of metal detectors, monthly displays and prizes awarded. Website: [www.gctreasurehunters.com](http://www.gctreasurehunters.com)

----- 3rd Wed 6:30-9:00 p Ongoing Free

Call Bill Watson at (805) 304-6087.

### WOODCARVING CLUB

with **Dick White, Ed Tingstrom & Terry Wells**

This club is for experienced carvers ONLY! Students must be aware of all safety issues in order to participate. Facilitators will review student's work/ability before joining the club. Club members must be registered in Thursday woodcarving class. Students in the club will work on their own woodcarving projects.

WCC100-1 Tu 9:00 a-12:00 p Ongoing Free

## ARTS/CRAFTS/HOBBIES

### ARYLIC~OIL PAINTING with **Michelle Daniel**

This is a great opportunity to spend time and create memories with your parents, adult kids and/or adult grandkids. Intergenerational is for adults of all ages 18+.

#### PAINTING A

IAO100-3 7 Tu 6:30-9:00 p 8/29-10/10 \$65

#### PAINTING B

IAO101-3 7 Tu 6:30-9:00 p 10/24-12/5 \$65

Lab fee of \$5 due at 1st class.

### CERAMIC HANDBUILDING & INTRO TO POTTER'S

**WHEEL** with **Tom Puckett**

CPC104-3 7 Tu 6:00-8:00 p 8/29-10/10 \$65

Lab 7 Tu 8:00-9:00 p 8/29-10/10 Free

CPC105-3 7 Tu 6:00-8:00 p 10/24-12/5 \$65

Lab 7 Tu 8:00-9:00 p 10/24-12/5 Free

Materials fee of \$10 due at 1st class.

### JOANNE KRAMER CLASSES:

#### CERAMIC SLIP CASTING, AIR BRUSH

NO CLASS: 11/23

CAH102-3 7 Tu 9:00 a-3:00 p 8/29-10/10 \$65

CAH103-3 7 Tu 9:00 a-3:00 p 10/24-12/5 \$65

CAH100-3 7 Th 9:00 a-3:00 p 8/31-10/12 \$65

CAH101-3 7 Th 9:00 a-3:00 p 10/26-12/14 \$65

Material fee of \$10 due at 1st class.

#### CERAMIC HANDBUILDING WORKSHOP & POTTER'S WHEEL-INTERMEDIATE

Learn many ceramic hand building techniques.

NO CLASS 11/23

CHB100-3 7 Tu 12:00-3:00 p 8/29-10/10 \$65

CHB101-3 7 Tu 12:00-3:00 p 10/24-12/5 \$65

CHB102-3 7 Th 12:00-3:00 p 8/31-10/12 \$65

CHB103-3 7 Th 12:00-3:00 p 10/26-12/14 \$65

Materials fee of \$10 due at 1<sup>st</sup> class.

#### MOSAIC EXPERIENCE

Learn mosaic techniques to decorate pots, vases, rocks and most anything.

MOE100-3 7 Tu 12:00-3:00 p 8/29-10/10 \$65

MOE101-3 7 Tu 12:00-3:00 p 10/24-12/5 \$65

Material fee of \$10 due at 1<sup>st</sup> class.

#### DRAWING AND/OR OIL PAINTING

##### (BEGINNING)

with **Michelle Daniel**

Focuses on students who have no drawing or painting experience but all levels/mediums are welcome. Students furnish their own supplies.

##### PART A:

BOP100-3 7 M 9:00 a-12:00 p 8/28-10/16 \$40

##### PART B:

BOP101-3 7 M 9:00 a-12:00 p 10/23-12/4 \$40

Lab fee of \$5 due at the 1st class.

NO CLASS SEPT 4

#### GRANDPARENT & ME SERIES

with **Helen Loring**

This is a once a month class that brings grandparent(s) and grandkids together for a special seasonal/holiday/craft project.

**September-** Grandparent's Day Button Art in Frame, card and make R2-D2

GPM100-3 1 Sa 9:30-11:00 a 9/9 \$5

**October-** Halloween paint wooden cat, bat, etc. and make bat treat bag

GPM101-3 1 Sa 9:30-11:00 a 10/14 \$5

**November-** Paint a Thanksgiving mug and make a wooden scarecrow

GPM102-3 1 Sa 9:30-11:00 a 11/4 \$5

**December-** Christmas snowman Mobile and craft stick tree

GPM103-3 1 Sa 9:30-11:00 a 12/9 \$5

#### JEWELRY MAKING with **Dorothy Dolan**

**Beginning**

JMC100-1 7 W 1:30-4:00 p 8/30-10/11 \$30

**Intermediate-Advanced**

JMC101-1 7 W 1:30-4:00 p 10/25-12/6 \$30

Materials fee of \$60 to be paid to instructor at 1<sup>st</sup> class.

**GENIE THOMSEN CLASSES:  
CERAMIC HANDBUILDING & INTRO TO  
POTTER'S WHEEL**

Explore the world of pottery and sculpture. Learn techniques such as pinching, coiling and slab work and an introduction to the potter's wheel. All levels welcome.

**MONDAYS**

**Morning: Intermediate-Advanced ONLY**

CHW100-3	7 M	10:00 a-12:00 p	8/28-10/16	\$65
Lab	7 M	12:00- 1:00 p	8/28-10/16	Free
CHW101-3	7 M	10:00 a-12:00 p	10/23-12/4	\$65
Lab	7 M	12:00-1:00 p	10/23-12/4	Free

**Afternoon: Intermediate-Advanced ONLY**

CHW102-3	7 M	1:00-3:00 p	8/28-10/16	\$65
Lab	7 M	3:00-4:00 p	8/28-10/16	Free
CHW103-3	7 M	1:00-3:00 p	10/23-12/4	\$65
Lab	7 M	3:00-4:00 p	10/23-12/4	Free

**WEDNESDAYS**

**Morning: Beginning-Advanced**

CHW104-3	7 W	10:00 a-12:00 p	8/30-10/11	\$65
Lab	7 W	12:00-1:00 p	8/30-10/11	Free
CHW105-3	7 W	10:00 a-12:00 p	10/25-12/6	\$65
Lab	7 W	12:00-1:00 p	10/25-12/6	Free

**Afternoon: Beginning- Advanced**

CHW106-3	7 W	1:00-3:00 p	8/30-10/11	\$65
Lab	7 W	3:00-4:00 p	8/30-10/11	Free
CHW107-3	7 W	1:00-3:00 p	10/25-12/6	\$65
Lab	7 W	3:00-4:00 p	10/25-12/6	Free

**FRIDAYS**

**Morning: Beginning-Advanced**

CHW108-3	7 F	10:00a-12:00 p	9/1-10/13	\$65
Lab	7 F	12:00-1:00 p	9/1-10/13	Free
CHW109-3	6 F	10:00 a-12:00 p	10/27-12/15	\$65
Lab	6 F	12:00-1:00 p	10/27-12/15	Free

**Afternoon: Intermediate-Advanced**

CHW110-3	7 F	1:00-3:00 p	9/1-10/13	\$65
Lab	7 F	3:00-4:00 p	9/1-10/13	Free
CHW111-3	6 F	1:00-3:00 p	10/27-12/15	\$65
Lab	6 F	3:00-4:00 p	10/27-12/15	Free

NO CLASS SEPT 4, NOV 10, NOV 24

Materials fee of \$10 due at 1st class.

**MULTI-MEDIA ART (BEGINNING-ADVANCED)**

**with Michelle Daniel**

For students who like watercolor, oil, acrylic, pastel, charcoal, color pencil and/or graphite. Students work independently on their own projects and receive individual help. Students furnish their own supplies.

**Morning:**

MMA100-3	7 W	9:00 a-12:00 p	8/30-10/11	\$40
MMA101-3	7 W	9:00 a-12:00 p	10/25-12/6	\$40

**Afternoon:**

MMA102-3	7 W	12:30-3:30 p	8/30-10/11	\$40
MMA103-3	7 W	12:30-3:30 p	10/25-12/6	\$40

Lab fee of \$5 due at the 1st class.



**OPEN ART STUDIO**

Bring your art work to work on. Class open to all Senior Center Art students .

OAS100-1	M	6:00-9:00 p	Ongoing	Free
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NO CLASS SEPT 4

**OIL & ACRYLIC PAINTING**

**with Linda Cantrell**

Oil and acrylic painting is an intermediate and advanced class. Students should have previous painting experience. All projects are demonstrated by the instructor. Students will furnish their own supplies.

OAPI00-3	7 Th	12:30-3:30 p	8/31-10/12	\$45
OAPI01-3	7 Th	12:30-3:30 p	10/26-12/14	\$45

NO CLASS NOV 23

**OIL PAINTING(BEGINNING-ADVANCED)**

**with Michelle Daniel**

Designed for students who have previous experience. Oil painting techniques will be demonstrated in class. All mediums are welcome.

Students furnish their own supplies.

OIL100-3	7 M	12:30-3:30 p	8/28-10/16	\$40
OIL101-3	7 M	12:30-3:30 p	10/23-12/4	\$40

Lab fee of \$5 due at the 1st class.

NO CLASS SEPT 4

**WATERCOLOR (BEGINNING TO ADVANCED)**

**with Michelle Daniel**

This class is designed for all levels, but focuses on the beginning student. The basics of painting will be demonstrated in class in an easy to follow step-by-step process. Students furnish their own supplies.

**PART A:**

WAC100-3	7 Tu	12:30-3:30 p	8/29-10/10	\$40
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**PART B:**

WAC101-3	7 Tu	12:30-3:30 p	10/24-12/5	\$40
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Lab fee of \$5 due at 1st class

**WATERCOLOR with Linda Cantrell**

Intermediate and advanced painting skills. Students will furnish their own supplies. See list of supplies at Senior Center or call (805) 583-6059.

WTC102-3	7 F	12:30-3:30 p	9/1-10/13	\$45
WTC103-3	6 F	12:30-3:30 p	10/27-12/15	\$40

NO CLASS NOV 10, NOV 24

**MULTI-MEDIA PAINTING LAB**

**with Facilitator Linda Cantrell**

This is a free multi-media class. There will be assigned seating. Space is limited.

MED100-3	7 F	9:00 a-12:00 p	9/1-10/13	Free
MED101- 3	6 F	9:00 a-12:00 p	10/27-12/15	Free

NO CLASS: NOV 10, NOV 24

**WOODCARVNG with Dick White**

The class will be open to beginning, intermediate and advanced carvers. New students will be given simple projects under the guidance of the instructor and advance at their own speed. Students will furnish their own supplies.

WOC100-3	7 Th	9:00 a-12:00 p	Ongoing	\$20
WOC101-3	7 Th	9:00 a-12:00 p	Ongoing	\$20

NO CLASS NOV 23

## DANCE

### AN INTRODUCTION TO BALLET

with **Mary Pat Weber**

No dance experience necessary. Barre exercises provide a great workout to develop strength, balance and coordination. Casual clothes okay to wear. Ballet slippers recommended.

BBM100-3	6 M	5:30-6:45 p	8/21-10/16	\$36
BBM101-3	6 M	5:30-6:45 p	10/23-11/27	\$36
BBM102-3	7 F	8:45-10:00 a	8/18-10/13	\$42
BBM103-3	4 F	8:45-10:00 a	10/20-11/17	\$24

NO CLASS SEPT 4, 11, 18, NOV 10

### CLOGGING

with **Evelyn Eisele**

Clogging is a toe tapping, energetic fun form of dancing to all kinds of music. All steps are cued, so no memorizing, no partner needed.

This is a great exercise class for the mind and body.

#### BEGINNING I

CLG100-3 Tu 6:45-7:30 p Ongoing \$6 per class

#### EASY INTERMEDIATE

CLG101-3 Tu 7:30-8:15 p Ongoing \$6 per class

#### INTERMEDIATE

CLG102-3 Tu 8:15-9:00 p Ongoing \$6 per class

Location: Houghton Park, 4333 Township Ave.

### LINE DANCING

with **Carol Thomsen**

Line dancing is an excellent way to become fit and stay fit while

learning the latest line dances. No partner necessary.

LDC100-3	5 W	5:30-6:45 p	9/20-10/25	\$20
LDC101-3	5 W	7:00-8:15 p	9/20-10/25	\$20
LDC102-3	5 W	5:30-6:45 p	11/1-12/6	\$20
LDC103-3	5 W	7:00-8:15 p	11/1-12/6	\$20

NO CLASS OCT 11, NOV 8

### MONDAY TAPPERS /TUESDAY TAPPERS

with **Debbie Munz**

Tap your cares away! Join the "Monday or Tuesday Tappers" for beginning and intermediate tap class. Bring tap shoes and wear comfortable clothes. You will learn the basic tap steps that will set you tappin' to a fun routine.

#### Intermediate

MOT102-3	7 M	1:30-2:30 p	8/28-10/16	\$40
MOT103-3	7 M	1:30-2:30 p	10/23-12/4	\$40

Location: Rancho Santa Susana Community Center, Dance Room

NO CLASS SEPT 4

#### Beginner

TTT100-3	7 Tu	4:30-5:30 p	8/29-10/17	\$40
TTT101-3	7 Tu	4:30-5:30 p	10/24-12/5	\$40

#### Intermediate

TTT102-3	7 Tu	3:30-4:30 p	8/29-10/17	\$40
TTT103-3	7 Tu	3:30-4:30 p	10/24-12/5	\$40

### VICTORIAN DANCE

with **Tom Willson**

Dance back in time. No partner necessary. Costumes are not required, but will be admired. Third Friday of each month. Please pay \$5 at the door.

3rd F 7:00-10:00 p \$5/PP

### WEST COAST SWING & DANCE

with **Kathy Bailey**

Join this fun class and stay for the dancing after. No experience needed. 4th Friday of the Month.

#### Beginning Lessons:

WCS102-2	4 <sup>th</sup> F	7:00-8:00 p	July 28	\$5/mo
WCS103-2	4 <sup>th</sup> F	7:00-8:00 p	Aug 25	\$5/mo
WCS100-3	4 <sup>th</sup> F	7:00-8:00 p	Sept 22	\$5/mo
WCS101-3	4 <sup>th</sup> F	7:00-8:00 p	Oct 27	\$5/mo

#### Dance:

WCS106-2	4 <sup>th</sup> F	8:00-10:00 p	July 28	\$5/mo
WCS107-2	4 <sup>th</sup> F	8:00-10:00 p	Aug 25	\$5/mo
WCS102-3	4 <sup>th</sup> F	8:00-10:00 p	Sept 22	\$5/mo
WCS103-3	4 <sup>th</sup> F	8:00-10:00 p	Oct 27	\$5/mo

\*\*\*\*\* \$1 off the dance if you show your

DANCE BUDDIES MEMBERSHIP at the door.

## EDUCATIONAL

### ACTIVITY TRACKERS 101 with **Henry Chan**

Stay active while learning how to use your Fitbit and other devices.

FIT100-3 Th 6:00-8:00 p 9/21 \$5

### AMERICAN REVOLUTION with **Edwin C. Tingstrom**

Get a deeper knowledge of the American Revolution.

\*\*\*This is a continuation course

#### Session I

AMR100-3 7 Th 1:00-2:30 p 8/31-10/12 \$10

#### Session II

AMR 101-3 7 Th 1:00-2:30 p 10/19-12/14 \$10

\$10 Materials fee due to the instructor at 1<sup>st</sup> of each session.

NO CLASS: OCT 26, NOV 23

### BEGINNING BRIDGE with **Frank Sinsheimer**

Learn to play bridge in this fun 2-session course.

#### Session I:

BEB100-3 7 Th 2:00-4:00 p 8/31-10/12 Free

#### Session II:

BEB101-3 7 Th 2:00-4:00 p 10/26-12/14 Free

\*Both Sessions: A materials fee of \$20 due at 1<sup>st</sup> class.

NO CLASS: 11/23

### BOOKS AND MOVIES

with **Fran Harders & June Marie von Osinski**

This group collaborative discussion of books that have been made into movies. A book is chosen each month to be read prior to the class meeting, and then corresponding movie will be watched.

BAM100-1 M 6:30-10:00 p Last Mon. Free

**Sept 25:** Zoya written by Danielle Steele and starring Melissa

Gilbert and Bruce Boxleitner

**Oct 30:** The English Patient written by Michael Ondaatje

Movie starring Ralph Fiennes and Juliette Binoche

**Nov 27:** Angela's Ashes written by Frank Mc Court

Movie starring Emily Watson and Robert Carlyle

**Dec 18:** Dolly Parton's Christmas of Many Colors-Circle of Love

(No Book) Movie starring Dolly Parton and Kelli Berglund

**HENRY KRAUS CLASSES**

**Discovering Useful Applications & Downloading Them**  
 DUA100-3 3 W 9:00-11:00 a 8/30-9/13 \$20

**Learn Basic Excel (Spreadsheets)**  
 LBE100-3 3 W 9:00-11:00 a 9/20-10/4 \$20

**Learning Windows 10 & Tricks**  
 LWT100-3 7 M 9:00 a-12:00 p 8/28-10/16 \$35

**Mail Merge into Letters & Envelops**  
 MML100-3 3 M 9:00-11:00 a 11/20-12/11 \$20

**Smilebox Slideshow Picture/Memory Creator**  
 SMC100-3 3 M 9:00-11:00 a 10/23-11/13 \$20

NO CLASS: SEPT 4, NOV 6, DEC 4

**HISTORY OF STRATHEARN PARK/MUSEUM AND SIMI VALLEY with Sue McElvogue & Carolyn Valdez**

Go back in time and revisit the culture of Strathearn Park, as well as the history of our great city of Simi Valley.

HOS100-3 2 Tu 9:30-11:00 a 10/17, 10/31 FREE

**Presentation 1:** Explore Simi Valley's Past! Join us for a two part presentation: Learn about the 'History of Strathearn Park' and revisit forgotten places in 'Simi Valley: Things that aren't here anymore.'

**Presentation 2:** Just in time for Halloween. Let's take a look at the more sensational side of Simi Valley in 'Cults, Characters, and Culprits of Simi Valley.'

HOS101-3 2 Tu 9:30-11:00 AM 12/5, 12/12 FREE

**Presentation 3:** Two part presentation. A) The Four Communities that Formed Simi Valley: Simi Township, Santa Susana Community Center and Montimer Park. B) The History of the Santa Susana Train Depot.

**Presentation 4:** Two part presentation. A) Elegance of Days Gone By: Clothing and demonstration from the Strathearn Museum Collection 1860s. B) the Military History from the Civil War era to the present.

**TRIP TO STRATHEARN PARK & MUSEUM**

Get a guide tour of Strathern Park and Museum and learn more about Simi Valley. Board the RSRPD shuttle at the Simi Valley Senior Center between the hours of 9 am-1:00 pm.

TSP100-3 1 Tu 9:00 a-1:00 p 11/28 \$5

**LYNNE O'HANLON CLASSES**

**Basic Computer Skills**

BCS100-3 7 Th 8:30-10:30 a 8/31-10/12 \$45

BCS101-3 7 F 8:30-10:30 a 10/20-12/15 \$45

**Digital Photography**

DPY100-3 7 F 8:30-10:30 a 9/1-10/13 \$45

DPY101-3 7 Th 8:30-10:30 a 10/26-12/14 \$45

**Digital Photo Editing with Photoshop Elements**

DPE100-3 7 F 10:45 a-12:45 p 9/1-10/13 \$45

**Facebook-Safely Use Social Media**

FTM100-3 7 Th 10:45 a-12:45 p 10/26-12/14 \$45

**Intermediate Computer Skills**

ICS100-3 7 Th 10:45 a-12:45 p 8/31-10/12 \$45

**Windows 10**

WIN100-3 3 F 10:45 a-12:45 p 10/27-11/17 \$20

WIN101-3 3 F 10:45 a-12:45 p 12/1-12/15 \$20

NO CLASS: NOV 10, NOV 24

**M.G. CANTERO CLASSES: FACEBOOK-INTRODUCTION & USAGE**

Learn how to use social media through Facebook.

FIU100-3 7 M 6:00-7:30 p 10/23-12/4 \$28

**MICROSOFT EXCEL**

Get an in depth understanding of Microsoft Excel, from basic to intermediate learners.

MXL100-3 7 M 6:00-7:30 p 8/28-10/16 \$28

NO CLASS SEPT 4

**MICROSOFT BASIC~INTERMEDIATE COMPUTER SKILLS**

**with Erika Velarde**  
 This class will help you get acquainted with the Microsoft Office package (Excel, Word and Power Point). Be willing to learn, do homework and work with the computer.

MBI100-3 7 T 7:00-9:00 p 8/29-10/10 \$42

MBI101-3 7 T 7:00-9:00 p 10/24-12/5 \$42

**POSTCARDS A LONG MY PATH**

**with Elaine Svensson**  
 Come capture a memory. We'll share our experiences and write one page recollections. Instructor will present lots of examples and topics.

PMP100-3 7 Tu 10:30 a-12:00 p 8/29-10/10 Free

PMP101-3 7 Tu 10:30 a-12:00 p 10/24-12/5 Free

**TOTAL TECHNOLOGY:**

Intergenerational class in which teens will educate and instruct seniors on how to use components of their cell phone, the computer, or their laptop/tablet. Class will include small group or one-on-one instruction. Teens registered through our volunteer program will receive service hours. \*Cost for registrant, not volunteer

**USING YOUR CELL PHONE**

TTP100-3 1 M 3:30-5:00 p 9/11 \$5

TTP101-3 1 Tu 3:30-5:00 p 10/10 \$5

Location: Simi Valley Senior Center

**USING A COMPUTER**

TTC100-3 1 Th 3:15-4:45 p 9/21 \$5

Location: Simi Valley Senior Center Computer Lab

**USING YOUR LAPTOP/TABLET**

TTL100-3 1 Tu 3:30-5:00 p 9/19 \$5

TTL101-3 1 M 3:30-5:00 p 10/2 \$5

Age 50+ Community Games  
 October 20- November 18  
 Registration Packets due  
 September 21 by 4pm  
[www.rsrpd.org](http://www.rsrpd.org)



# FITNESS

## ARTHRITIS CHAIR EXERCISE

with **Gracie Lerno**

Learn to keep your muscles stretched and limber from head to toe in this arthritis chair exercise program.

ACE100-1	Tu	10:30-11:30 a	Ongoing	Free
ACE101-1	Th	1:15-2:15 p	Ongoing	Free

NO CLASS: NOV 23

## AGE 50+ BOCCE BALL

with **Henry & Roz Kraus**

BBL100-1	F	8:30-10:30 am	Ongoing	Free
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## BEGINNING GOLF CROQUET

with **Sharon Schach**

Played on the field at Rancho Simi Community Park, Ball field #1. All necessary equipment will be supplied.

BGC100-1	Tu	9:00-11:00 a	Ongoing	Free
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## CHAIR YOGA

with **Pati Albert, certified RYT500 Yoga Instructor**

Students will practice poses while seated in a chair, and use the chair for assistance in standing poses. You do not have to get on the floor! Increase strength, flexibility and balance while learning to relax. Wear loose clothing.

CHY100-3	7 M	9:45-10:45 a	5/1-6/19	\$35
CHY101-3	7 M	9:45-10:45 a	10/23-12/11	\$35
CHY102-3	7 W	1:00-2:00 p	8/30-10/11	\$35
CHY103-3	7 W	1:00-2:00 p	10/25-12/13	\$35

NO CLASS SEPT 4, NOV 20, 22

## CHAIR ZUMBA with Jennifer Wood **CANCELLED**

This Latin inspired workout combines strength and resistance training with innovative dance.

ZCH100-3	7 Th	8:30-9:25 a	8/31-10/12	\$35
ZCH101-3	7 Th	8:30-9:25 a	10/26-12/14	\$35

## GENTLE YOGA

with **Pati Albert, certified RYT500 Yoga Instructor**

This class will focus on stretching, relaxation and restoring harmony to the body. This class is available to everyone, including those with chronic conditions and past injuries. Wear loose clothing. Bring a yoga mat.

GEY100-3	7 F	11:30 a-12:30 p	9/1-10/13	\$35
GEY101-3	6 F	11:30 a-12:30 p	10/27-12/15	\$35

NO CLASS NOV 10, 24

## GOLF LESSONS

with **Fred Greco**

This class is for players of all skill levels. Clubs will be provided if needed. Bucket of balls must be purchased at each class.

GLF100-3	8 Tu	9:00-11:00 a	8/29-10/17	\$5
GLF101-3	8 Tu	9:00-11:00 a	10/24-12/12	\$5
GLF102-3	8 W	9:00-11:00 a	8/30-10/18	\$5
GLF103-3	8 W	9:00-11:00 a	10/25-12/13	\$5
GLF104-3	8 Th	9:00-11:00 a	8/31-10/19	\$5
GLF105-3	8 Th	9:00-11:00 a	10/26-12/14	\$5

Location: Sinaloa Golf Course, 980 Madera Rd

NO CLASS NOV 23

## HOOPS FOR YOUR DROOPS with Kelly Marvel

Twirl your way to a sculpted midsection, burn serious calories with a large hula hoop.

HFD100-3	7 Tu	7:00-8:00 p	8/29-10/10	\$35
HFD101-3	7 Tu	7:00-8:00 p	8/24-12/5	\$35

## HORSESHOES with Stan Kalsman

HRS100-1	Th	9:00-11:00 a	Ongoing	Free
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Location: Rancho Simi Community Park, Horseshoe Pits

## INDOOR LAWN BOWLING

The Simi Valley Senior Center is the first site in the United States to offer indoor lawn bowling! From beginners to expert.

ILB100-1	Tu	1:00-3:00 p	Ongoing	Free
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Location: Simi Valley Senior Center MPR.

## LOW IMPACT AEROBIC FITNESS

with **Carol Thomsen**

Stay fit through this overall workout of aerobic, muscle building, and stretching. Walk-in— limited space.

LIA100-3	Tu/Th	5:30-6:30 p	Sept	\$5/class or \$20/Mo
LIA101-3	Tu/Th	5:30-6:30 p	Oct	\$5/class or \$20/Mo
LIA102-3	Tu/Th	5:30-6:30 p	Nov	\$5/class or \$20/Mo
LIA103-3	Tu/Th	5:30-6:30 p	Dec	\$5/class or \$20/Mo

## MOVE AND GROOVE with Jody Zieska

This is a fun low impact aerobic exercise class using light weights.

MAG100-3	7 Th	8:15-9:15 a	8/31-10/12	\$30
MAG101-3	7 Th	8:15-9:15 a	10/26-12/14	\$30

\*Drop-in for \$8 per class meeting.

NO CLASS NOV 23

## PARKINSON'S EXERCISE GROUP with Ashley Hamilton

PEG100-1	Th	11:30 a-12:30 p	Ongoing	
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\$2 suggested donation per class.

## PICKLEBALL—Modified Paddle Tennis

PKB100-1	Tu/Th	8:30 a-12:00 p	Ongoing	\$10/yr
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Location: Rancho Santa Susana Community Center

## PILATES

with **Pati Albert-AFAA Certified Fitness Instructor, RYT500**

**Registered Yoga Instructor**

Build core strength, tone muscles, and increase flexibility. Modifications will be given for each exercise, making the class suitable for all fitness levels. Wear loose clothing. Mats provided for use at the class.

PIL100-3	7 W	10:15-11:15 a	8/30-10/11	\$35
PIL101-3	7 W	10:15-11:15 a	10/25-12/13	\$35

NO CLASS NOV 22

## PILATES ~ STRENGTH

Pilates Mat Workout, hand weights and resistance bands are added to create a weighted workout that builds body strength, flexibility and core strength.

PLS100-3	7 F	10:15-11:15 a	9/1-10/13	\$35
PLS101-3	6 F	10:15-11:15 a	10/27-12/15	\$30

NO CLASS NOV 10, NOV 24

## PING PONG OPEN PLAY

M	2:30-4:30 p	Tu	12:00-2:00 p	Th	7:00-9:30 p
F	12:45-4:30 p	7:00-10:00 p	Sa	10:00 a-12:15 p	

NO OPEN PLAY SEPT 2,4, NOV 10,11,23,24,25

Call Stan, Karen, Shelly or Bryan for schedule changes and holidays at (805) 583-6059.

# FITNESS

## “ON LOCATION”

### WALKING TOUR OF CORRIGANVILLE

with **Gregg Anderson**

Enjoy reliving the memories of the great western movies. See where over 400 movies and TV shows were filmed. Wear hiking or comfortable shoes. Call (805) 583-6059 for more information.

OLW100-3	I Sa	10:00 a-12:00 p	9/16	\$5
OLW101-3	I Sa	10:00 a-12:00 p	10/21	\$5
OLW102-3	I Sa	10:00 a-12:00 p	11/18	\$5
OLW103-3	I Sa	10:00 a-12:00 p	12/16	\$5

**Location:** Corriganville Park, 7001 Smith Rd.

### RELAXATION & MEDITATION with **Usa Larson**

**Certified Meditation Instructor**

Learn the techniques of meditation and relaxation. Improve health, stress and well being. Leads to more centered life. Anyone is welcomed.

RAM100-1	W	8:00-8:50 a	Ongoing	Free
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### SENIOR KICKBOXING with **Nikki Lian**

Kickboxing helps with hand-eye coordination and memory as well as overall fitness.

CKO100-3	7 Tu	9:30-10:25 a	8/29-10/10	\$40
CKO101-3	7 Tu	9:30-10:25 a	10/24-12/5	\$40

One time \$12 material fee due at 1st class for gloves. Pay to instructor.

### SENIOR FITNESS with **Jody Zieska**

SNF102-3	7 Th	9:30-10:25 a	8/31-10/12	\$25
SNF103-3	7 Th	9:30-10:25 a	10/26-12/14	\$25

NO CLASS NOV 23

### STRENGTH BUILDING with **Eileen Cohen**

STB100-3	7 M	3:30-4:30 p	8/28-10/16	\$30
STB101-3	7 W	5:30-6:30 p	8/30-10/11	\$30
STB102-3	14 M/W		8/28-10/16	\$55
STB103-3	7 M	3:30-4:30 p	10/23-12/4	\$30
STB104-3	7 W	5:30-6:30 p	10/25-12/6	\$30
STB 105-3	14 M/W		10/23-12/6	\$55

NO CLASS SEPT 4

### STRETCH ~ STRENGTH ~ AEROBIC DANCE

with **Sandi Patterson; MA Physical Education**

Develop and maintain flexibility, strength and cardio respiratory endurance through stretching, weightlifting, ball exercises and aerobic dance.

SSA100-3	7 Tu/Th	2:55-4:55 p	8/29-10/12	\$30
SSA101-3	7 Tu/Th	2:55-4:55 p	10/24-12/12	\$30

NO CLASS NOV 23

### THERAPEUTIC FITNESS

with **Pati Albert, AFAA certified fitness instructor**

No floor work! This class is open to all fitness levels. Low impact movement, stretches, and strength building while seated on a chair. Light hand weights, balls, and bands are used. Wear loose clothes, and be ready to have fun.

THF100-3	7 W	11:30 a-12:30 p	8/30-10/11	\$35
THF101-3	7 W	11:30 a-12:30 p	10/25-12/13	\$35

NO CLASS NOV 23

### YOGA LEVEL I

with **Pati Albert-RYT500 Registered Yoga Instructor, AFAA**

**Certified Fitness Instructor**

Basic yoga poses taught in safe and welcoming atmosphere, emphasis on good form and posture. This class will build strength, increase flexibility, improve balance and create personal harmony. Wear loose clothing and bring a Yoga mat.

YOG100-3	7 M	7:00-8:00 p	8/28-10/16	\$42
YOG101-3	7 M	7:00-8:00 p	10/23-12/11	\$42

NO CLASS SEPT 4, NOV 20

### YOGA LEVEL II

Take your practice to the next level, slightly more challenging poses while holding pose longer. Bring a yoga mat.

YGA100-3	7 W	7:00-8:00 p	8/30-10/11	\$42
YGA101-3	7 W	7:00-8:00 p	10/25-12/13	\$42

NO CLASS NOV 22

### YOGA FOR POSITIVE HEALTH

with **Sharad Dandekar**

Yoga is a way of life with understanding of positive health through postures, breathing exercises and meditation.

YPH100-1	M, Tu, Sa	8:00-9:30 a	Ongoing	\$5*
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\*Suggested donation per class to the Yoga Bharati Institute.

NO CLASS SEPT 2, 4, NOV 11, 25

### ZUMBA GOLD

with **Certified Instructor Jennifer Wood**

This is a Zumba class for active seniors., Latin inspired workout that moves at your own pace. This class focuses on balance and range of motion. Come ready to sweat and feeling strong!!!

### EVENING

ZGO102-3	7 Tu	6:00-7:00 p	8/29-10/10	\$35
ZGO103-3	7 Tu	6:00-7:00 p	10/24-12/5	\$35

### MORNING

ZGO100-3	7 Tu	9:15-10:15 a	8/29-10/10	\$35
ZGO101-3	7 Tu	9:15-10:15 a	10/24-12/5	\$35
ZGO104-3	7 W	9:00-10:00 a	8/30-10/11	\$35
ZGO105-3	7 W	9:00-10:00 a	10/25-12/6	\$35

### SHUFFLEBOARD

SFB100-1	Th	1:30-3:30 p	Ongoing	Free
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Location: Rancho Simi Community Park

# MUSIC

### BEGINNING GUITAR

with **Jeff O'Donnell**

Are you interested in playing guitar, but never had the opportunity? Well this is the class for you. Learn the basics of playing guitar in this easy going and fun environment.

BEG100-3	7 W	2:45-3:45 p	8/30-10/11	\$40
BEG101-3	7 W	2:45-3:45 p	10/25-12/6	\$40

Intermediate

INT100-3	7 W	3:45-4:45p	8/30-10/11	\$40
INT101-3	7 W	3:45-4:45 p	10/25-12/6	\$40



# MUSIC

## SIMI VALLEY CHAMBER ORCHESTRA GROUP with *Stuart Thomson*

Wanted! People interested in joining a strings class. Do you play violin, viola, or cello? Interested in learning to play? Been away from your instrument for a "few" years? Wanted to get started again, or maybe try something new? Join us on Monday's at the Senior Center. For more information call (805) 526-3976 or email at sthompson@aol.com. New students please call the instructor.  
SSO100-I M 6:30-9:00 p Ongoing Free  
NO CLASS SEPT 4



Pre-registration is necessary for all of these classes, one day workshops and excursions. Unless mentioned otherwise, programs are held at the Simi Valley Senior Center.

Classes are seven weeks unless otherwise noted. Registration begins Friday, July 28, 2017.

Most classes begin the week of August 28, 2017.

\*\*\*ALL CLASSES CLOSED FOR MAJOR HOLIDAYS.

"Isn't it funny how day by day nothing changes but when you look back everything is different.."  
-C.S. Lewis

## FALL/WINTER 2017-18

Sept. 9-17	Garden of the Gods/Col. Springs	Dbl \$749 Sgl \$1,048
Sept. 20-Oct. 2	Amtrak Train & Hawaii Cruise	*See RSRPD 50+ Staff for pricing
Oct.3-10	Islands of New England	Trp \$2,899 Dbl \$2,929 Sgl \$3,529
Oct. 2-5	Reno/Lake Tahoe Tour	Dbl \$289 Sgl \$379
Nov. 30	LA Zoo Lights	TBA
Dec. 4-6	Riverside Christmas Party	TBA
Dec. 14	Newport Harbor Christmas Boat Parade	TBA

