

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. Pre-Registration required.
\$15 AARP members/\$20 Non-Members
1-5pm W/Th
8/22 & 23, 9/26, 10/24 & 25, 11/28

Art Group

Location: Room 3
Students should bring any type of medium they enjoy working with. This is a drop-in group.
9am-12pm Tuesdays

Band Practice

Location: Room 7
Come listen to the Seniors of Note Band practice.
1-4pm Tuesdays

Basketball

Location: Freedom Gym
Fun pick-up games. Men and women 50+ are welcome to participate.
Gym closed: 11/22, 11/23, 12/25, 1/1.
8:30-11:30am Tu/Th/F



Be Tech Smart

These are easy-to-learn and private, one-on-one hour-long lessons for all kinds of tech devices (cell phone, laptop, Mac, Chromebook, iPad, Tablet). Call the Senior Center to be added to the waiting list. All classes require a \$10 Pre-Registration Fee.



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.
9:30-11am 3rd Wednesday
8/15, 9/19, 10/17, 11/21, 12/19

Bocce Ball

Join us for a fun game of lawn bowling.
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 Tu/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 Cafe

Location: Pleasant Valley Senior Center
Live musical performances.
7:30pm Doors Open
8:00pm Guest performers

Saturday, August 25

The Quitters / James Hurley

Saturday, September 29

Ernest Troost & the Pendleton Sisters

Friday, October 19

Beth Wood & Rebecca Folsom

Saturday, November 17

West My Friend



Camarillo Council on Aging

Monthly meetings - everyone welcome.
3pm 3rd Tuesday

Canasta Games

Canasta is a popular rummy-like game for four players, playing in partnerships.
9:30am-12pm Mondays

Car Fit

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

10am-12pm 3rd Tuesday
8/21, 9/18, 10/16, 11/20, 12/18



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

Classical Guitar Group

Location: P.V. Senior Center
The Ventura Classical Guitar Society invites the public to join them for Jam Sessions and special guest performers.
7pm Wednesdays
8/29, 9/26, 10/31, 11/28



Halloween Dance

Tuesday, October 30, 12:30-2:30pm
FREE admission
Light refreshments served.
Music by Seniors of Note
Community Center Auditorium
1605 E. Burnley Street

Diabetes Info Clinic

Location: Room 3
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.
2:30-4pm 1st Wednesday
8/1, 9/5, 10/3, 11/7, 12/5

Exercise - Morning Stretch

Location: Room 7
Participants perform a series of gentle rhythmic aerobic exercises during this morning workout. Everyone is encouraged to go at their own pace.
8-9am Monday-Friday
9-10am Wednesday & Friday

Food Distribution Program

(Senior Kits) Every first Wednesday of the month, get your free box of food (25-30 lbs.) for qualifying seniors age 60+. Location: Community Center parking lot next to Senior Center
9am-11am 1st Wednesday
8/1, 9/5, 10/3, 11/7, 12/5

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 P.V. Senior Center. Call 658-2266 for an appointment.

Hand and Foot Card Game

This card game is played with partners and the aim of the game is to get rid of the cards in your hand (11 Cards) and meld them with your foot hand (11 cards).
1-4pm Tuesdays

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
8/16, 9/20, 10/18, 11/15, 12/20

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 Wednesday

Investment Club

Hear about the latest economic news and learn about great investment strategies.
1-3pm 2nd Saturday
8/11, 9/8, 10/13, 11/10

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 20.

Pickleball

Location: Freedom Gym
Enjoy 2 courts of pickleball. Bring own ball and paddles.
8:30-11:30am Mondays & Wednesdays
11:30-2pm Tuesdays
Gym Closed 9/3, 12/24, 12/25, 1/1

Pinochle Game

Pinochle is a trick and meld card game and the current group is welcoming new players to create another foursome table. Call to sign-up.
12pm Mondays & Thursdays

Pool Room

Two Brunswick pool tables are available daily for free play and matches.
9am-4pm Monday-Friday

Table Tennis

Location: Freedom Gym
Also known as ping-pong, this sport is played in groups of four players. All talent levels are welcome.
Gym closed 9/3, 11/23, 12/24, 1/1.
1-4pm M/W/F

SENIOR PROGRAMS

Pleasant Valley Senior Center

TOPS

Taking Off Pounds Sensibly
This is a weight-loss support and wellness education group for all ages.
9:30-11am Tuesdays

Ukulele Group

Location: Room 7
Come play the small four-stringed Hawaiian guitar. All levels welcome.
10am-12pm Mondays
8/13, 8/27, 9/10, 9/24, 10/22, 11/26, 12/10

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 4 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.
9-12pm 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
8/14, 9/11, 10/9, 11/13, 12/11

Yoga

This gentle exercise program includes low impact stretching, strengthening and breathing routines to improve energy, posture, balance and flexibility.
9-10am Wednesday

Fee-Based ADULT CLASSES

See Cultural Arts, Health & Wellness, Outdoor Education & Special Interest pages for 18+ class details.

Presentations

Unless noted all seminars will be held in the Pleasant Valley Senior Center. Call (805) 482-4881 to reserve your seat now.

Energy Efficiency

Tuesday, September 4, 1pm
Presented by: Ashley Zavala
At Community Action of Ventura County, we try to make homes more energy efficient. By doing this, we save you money that can be used for other vital necessities. The state of California, Southern California Gas & Southern California Edison fund these programs. Our free programs are available to home owners as well as renters/tenants. Edison offers free refrigerator replacement. Plus, we'll also take the old fridge away for proper disposal & recycling at no charge.

Explore Tuscany

Tuesday, September 18, 1pm
Presented by: Tyler Reardon
Presentation from Collette Excursion. Have you wanted to visit the rolling hills of Tuscany, home to sprawling vineyards, charming medieval hill towns and enchanting cities steeped in history, culture, and legend? Come visit Florence, Pisa, Lucca and San Gimignano. Partake in a Tuscan cooking class. Savor a seven-night stay in Montecatini Terme, the famous resort and spa town and much more. Enjoy fabulous local wines and the region's famous cuisine. Book now, rates valid until Oct 5, 2018.

Social Security Colored Letters & What They Mean to You

Thursday, September 20, 10:30-11:30am
Presented by: May Lee Berry
Social Security colored letters and what they mean to you round table presentation. New Medicare card information; update on Medicare/public benefits; free preventive services.

Healthy Habits of a Healthy You

Thursday, August 23, 1-3pm
Presented by: Monica Schrader
A one-hour workshop for individuals of any age who are looking for information on ways to age as well as possible. At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

Medicare Changes

Thursday, October 11, 10:30am - 11:30
Presented by: May Lee Berry
Medicare Comparisons for Prescription Plans; New Medicare Card information; Open Enrollment dates and locations

Open Enrollment

Thursday, October 18, 10am-1pm
Presented by: Health Insurance Counseling and Advocacy Program
Open Enrollment Free Counseling. HICAP Counselors will run a Prescription Drug Plan comparison for you. Receive counseling on Medicare Advantage Plans, Medigap, Employer Group, Retiree Plans & Medi-Cal. Enroll in a stand-alone Prescription Drug Plan for 2018.

Chronic Pain

Thursday, November 8, 10:30am
Presented by: Daniela Stalker Medical Concierge Guardian Angel Home Health Care. Chronic pain is a growing problem among older Americans. The elderly are often untreated or under treated for pain. The elderly are more likely to have arthritis, bone and joint disorders, cancer and other chronic disorders associated with pain.

Preventing Falls

Tuesday, November 15, 1pm
Presented by: Marty Caputo
This discussion is on preventing, reducing falls and related injuries. Increase your awareness of the risk factors for falling inside and outside the home. Discuss ways to help prevent or manage falls by older adults and develop a personal fall prevention plan.

British Landscapes (10 days)

Thursday, November 15, 2018 1pm
Presented by: Tyler Reardon
Featuring England, Scotland and Wales Highlights include: London, York, Edinburgh Castle, Choices on Tour, Lake District, Castle Stay, North Wales, Stratford-upon-Avon, Stonehenge, Cotswolds. Tyler will be available to answer all your questions about this wonderful trip! Call (805) 482-4881 to reserve your seat now.

Excursions

Riverside Casino Luau in Laughlin

September 12 – September 14

Come and join us at the Riverside Casino as we embark on a 3-day, 2-night stay in beautiful Laughlin, Nevada! This trip will include round-trip motor coach transportation, two breakfast buffet coupons, one buffet of choice with a Luau Party and dinner for each guest. Only \$165 Double Occupancy. Additional \$35 for Single Occupancy per person. Limited space available - taking reservations now! Call (805) 482-4881 for more information.

The Pechanga Casino

November 8

Join us as we venture to The Pechanga Casino! Enjoy more than 3000 State of the art slot and video machines and over 130 table games and Matinee Bingo! Bus Scheduled to leave 8am. Limited space available, reserve your seat now! Only \$35 per person.

Wheel of Fortune Taping

October 11

Come join us as we watch Pat and Vanna during the taping of one of America's favorite daytime TV shows! Trip includes a delicious lunch at a Brazilian Steak House. Reserved seating for a live taping of "Wheel of Fortune" at Sony Studios in Culver City. Only \$80 per person.

Senior Newsletter

Get the Senior Center newsletter delivered to your home six times a year. Includes a calendar and up-to-date information on programs, seminars and events.

only \$8

Register today to receive your copy!





Movie Lunch

Senior Movie Lunch

First Thursday of each month at 1pm

Location: Community Center Auditorium
A \$5 delicious catered lunch will be served before each movie at 12pm. Reservations and pre-payment are required for lunch. Movie is free. Snacks are available for purchase during the movie.

August 2 - Victoria and Abdul

Sponsored by: The Lexington Assisted Living

September 6 - The Post

Sponsorship available

October 4 - Murder on the Orient Express

Sponsored by: Comfort Keepers/Mission Home Help

November 1 - Chappaquiddick

Sponsored by: Journey the Church

December 6t - Hello, My Name is Doris

Sponsored by: Oxnard Family Circle



**Pleasant Valley
Recreation &
Park District**

ORGANIZATIONAL CHART

COMMUNITY

BOARD OF DIRECTORS

Mark Malloy
Robert Kelley
Elaine Magner
Mike Mishler
Neal Dixon

GENERAL MANAGER

Mary Otten

A Message From the GM

Dear Community Residents,
As you receive this Activity Guide, you'll notice the District is in the midst of celebrating all things parks and recreation. From Concerts and Movies in the Park and Dog Park Days to Family Float Nights and the Root Beer Run and Ice Cream Invite- July is an opportunity to get involved, get active, and enjoy 31 days of free community activities!

As the long summer months start fading to the cool fall season, the District has lots of new and exciting activities to keep you engaged and at play! Jump on in with our new Synchronized Splash class; discover your creative side with art classes; explore nature with our guided hikes; encourage social learning with Preschool classes at Dos Caminos; and put on your dancing shoes for the annual Halloween Dance. We'll round out the year with the annual Christmas Parade-back and bigger than ever!

Your family benefits greatly by being outdoors, learning something new, meeting new people and friends, getting exercise, and gaining confidence in trying new things you've never learned or done before. It's our mission to provide this full range of programs and activities for you!

In addition to recreational programming, you'll notice our parks have undergone several capital improvement projects this past year. The Camarillo Grove Dog Park has been given a facelift to include a small dog area with artificial turf. Improvements at Bob Kildee Community Park include an updated pavilion which provides more shade, a resurfaced parking lot, and the addition of four dedicated pickleball courts, a multi-use court, as well as resurfacing of the tennis courts. Park signage continues to be installed across the District, as do improvements to pavilions and green spaces.

We hope you enjoy the many programming opportunities and park amenities throughout the District.

Have a playful fall! - *Mary Otten*, General Manager

