

# SILVER TSUNAMI

CITY OF  
**VENTURA**  
www.cityofventura.net

A newsletter of Programs, Activities and Community Services Available to Adult Residents

## HELLO FROM HANS



*Hello All ~*

*December is a great month for giving and helping those*

*in need. We are looking for some folks to volunteer in our Senior Nutrition Program Cafés. If you or someone you know is interested in volunteering one day a week from about 10:30 to 12:30 please contact me. As your Center Coordinator, I welcome your comments about "Silver Tsunami" and our adult and senior services. Please contact me M-F 9-3 at VAAC, 805/654-7554 or [hhormann@cityofventura.net](mailto:hhormann@cityofventura.net). Thanks!*

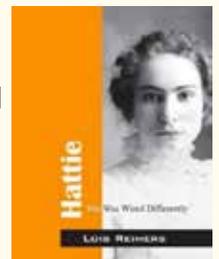
*Hans Hormann*

## DECEMBER HIGHLIGHTS

### **Genealogy 101**

Local author and historian Lois Reimers talks about how genealogy can uncover hidden family truths and secrets. While writing a book about her family, she discovered "Aunt Hattie" who lived a remarkable transgender life from 1876 to 1946.

Tu 10-11 am 11/29



### **Get Help with Vision Impairment**

The Braille institute will be doing informational sessions to help folks who are visually impaired learn about ways to improve quality of life with Braille and other tools.

W 10-11 am 12/7

W 10-11 am 12/14

### **Expanding Choices at the End of life**

Learn strategies for having important conversations with your doctor, options for end of life care, and how to access California's new medical aid in dying law, the End of Life Option Act. It's sometimes not easy talking about end of life issues, but it is important to have end of life planning conversations early which leads to planning for a good death and consciously thinking through your priorities and options.

W 11-11:45 am 12/14

### **Beauty for the Budget Minded Senior**

Define color for wardrobe, using cosmetics that you already have to the best advantage. We will also look at skincare, makeup and your look/style while keeping \$\$\$ in your wallet.

7424 Th 1-3 pm 12/15 \$10

### **Creative Cooking**

Get processed foods out of the pantry and learn to cook with fresh, seasonal and budget-friendly ingredients. We'll meet to study recipes, learn new techniques and create meals that include vegan and vegetarian options. The \$20 supply fee is due to instructor at first class.

7434 Th 2-4 pm 11/8-12/22 \$80

## CALENDAR HIGHLIGHTS

### **December**

- 5 Register for Winter/Spring Classes & Tours
- 11 Olivas Adobe Candlelight Tours
- 15 Café Days Holiday Luncheon at VAAC

## LECTURE SERIES

### Leadership Development Classes

MBA and corporate trainer Randy Pazen translates complex business concepts and learning theories into engaging, job specific stories and examples that audiences can easily apply to improve their own work situations. Join us in the Community Meeting Room at Ventura City Hall, 501 Poli Street.



### Building a Rock Solid Team

7393 Th 5-9 pm 12/1 \$65

### Developing as a Leader with Emotional Intelligence (EI)

7396 Th 5-9 pm 12/8 \$65

### Interviewing Skills Workshop

7399 Th 5-9 pm 12/15

**MY VENTURA**  
Full descriptions of classes and tours can be found in the Fall edition of MY VENTURA, or visit [cityofventura.net/prcp](http://cityofventura.net/prcp)

## FITNESS

### Free Ongoing Fitness Classes

**Just show up – no registration required unless so indicated**

### Mall Walk Program

Meet up at the California Pizza Kitchen entrance to walk the Pacific View Mall year round.

M 8:30-9:30 am 50+ FREE

### Qigong

F 2-3 pm VAAC FREE

### RSVP to 805/385-8019 for Bone Builders

Tu/Th 9-10:15 am VAAC FREE

Tu/Th 10:30-11:45 am VAAC FREE

M/Th 7:45-8:45 am BVC FREE

### Senior Billiards

Ventura residents (photo ID required) enjoy free rounds of pool at Stiix Billiards, 2520 E Main St

M-F 1-5 pm 50+ FREE

### T'ai Chi Chi® for Adults & Seniors

W 8:40-9:40 am VAAC FREE

W 1-2 pm SSR FREE

F 9-10 am VAAC FREE

### Walking Fitness Program

Get free CMH & Ventura Orthopedic Medical Group screenings & advice at Ventura Community Park

Tu/Th 8-9:30 am 50+ FREE

### Pickle Ball **NEW!**

Love Tennis? Try out this smaller court version great for all ages and skill levels! At Harry Lyon Park Tennis Courts.

Sa 8 am FREE

## BUS & WALKING TOURS

Please visit [www.cityofventura.net/recreation](http://www.cityofventura.net/recreation) for full descriptions of tours or to register on-line.

Our 30-passenger bus has a lift and air conditioning but no restroom. Please mention any wheelchair or ADA requirements during registration. Meet the bus in City Hall back parking lot.

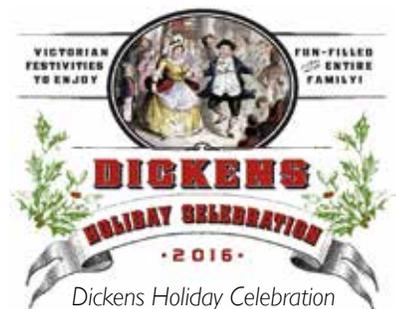
**NEW GREAT GIFT IDEA!** Register early for all winter-spring 2017 tours starting December 5 or request a printed copy by calling 658-4726.

### DECEMBER

- 10 Dickens Holiday Celebration at the International Printing Museum • \$40 (includes lunch) • 7340
- 11 Holiday Candlelight Tour • free • RSVP 805/658-4726 (transportation not provided)
- 17 Curb to Curb: Rico's Italian Villa & Fireworks, Port Hueneme • \$15 • 6855

### JANUARY

- 11 Tour of the Broad Museum • \$30 • 7368



Broad Museum

# Olivas Adobe Candlelight Tours

Sunday, December 11

- FREE -

Tours in groups begin every  
12 minutes beginning at 5:30 pm

RSVP Required: 805.658.4726

4200 Olivas Park Drive

Discover how Old California celebrated the season at Don Raymondo Olivas' two-story adobe home, each room decorated in a different holiday tradition to set the stage for living history skits performed by costumed docents, the Olivas Adobe Historical Interpreters.

Dress warmly and enjoy free refreshments, entertainment and visit the gift shop of traditional handcrafted items.

## HISTORY FOR SALE!

Buy a "Ventura 150" BANNER

As we lower 105 street banners celebrating Celebrating Ventura's 150th Anniversary from their street poles at year end, you are invited to reserve one for a tax-deductible donation of \$150 to benefit our youth and adult programs.

### FOUR BANNERS TO CHOOSE FROM:

**HIP**  
(28.5" x 52")

CELEBRATE!  
150 YEARS OF  
LOCAL HISTORY



www.celebrateventura.org  
Supported by the  
Ventura Auto Center Dealers

**FAMILIA**  
(28.5" x 64.5")

CELEBRATE!  
150 YEARS OF  
LOCAL HISTORY



www.celebrateventura.org  
Supported by the  
Ventura Auto Center Dealers

**FESTIVE**  
(28.5" x 64.5")

CELEBRATE!  
150 YEARS OF  
LOCAL HISTORY



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Ventura Auto Center Dealers

**SCENIC**  
(28.5" x 64.5")

CELEBRATE!  
150 YEARS OF  
LOCAL HISTORY



www.celebrateventura.org  
Supported by the  
Ventura Auto Center Dealers

To reserve and purchase call 805/658-4726 or visit Ventura City Hall, Room 226 Monday-Friday 8am-5pm

9th Annual

Art Tales

A Writing Contest  
Inspired by Art

Visit E.P. Foster Library 2nd floor and  
choose the artwork that inspires you to  
create your own poem or short story



Tom Merrill

Teachers  
and Writer  
Lesson Plans:  
Guidelines, images and winning  
entries from years past at  
cityofventura.net/ArtTales



Leonard Potesman

Enter by April 4, 2017  
Prizes in three age categories.



Michelle Stevens and others



Blue McNight & Warren Wagner

2017 Theme:  
Channel  
Crossings

Photo: Steve Luna

CITY OF  
**VENTURA**  
PARKS, RECREATION &  
COMMUNITY PARTNERSHIPS  
www.cityofventura.net

## FITNESS

### Cardio Belly Dance

6746 Su 2-3pm 1/8-2/12 \$60

### Dancers Body Cardio Barre and Sculpt

6750 Su 4-5 pm 1/8-2/12 \$60

### Lunchtime Fitness with Jackie

6742 M/W/F 11:30 am-12:30 pm 1/4-2/8 \$60

### T'ai Chi Chuan Yang Style

Beginners with little or no experience

6716 Tu 6:15-7:15 pm 12/15-2/9 \$72

Intermediates

6718 Th 6:15-7:45 pm 12/15-2/9 \$72

Advanced

6720 Th 7-8:30 pm 12/8-2/2 \$72

### CPR/AED for the Professional Rescuer & Health Care Provider

7347 F 4-9 pm 12/9 \$95



Sail, Kayak & Paddleboard

**Visit fall My Ventura for class descriptions at [www.cityofventura.net/sailkayak](http://www.cityofventura.net/sailkayak)**



Ventura Aquatic Center

[www.cityofventura.net/aquatics](http://www.cityofventura.net/aquatics)

**Facility Closed Dec. 19 - Jan. 1**

### Recreation Pool

Lap Swim M-F 1:30-3:30 pm thru 12/18  
Water Exercise M/W/F 9-10 am; Tu/Th 6:30-7:30 pm;  
Sa 8:30-9:30 am thru 12/16

### Competition Pool (closed 12/17)

Lap Swim M-F 7:15 am-1:30 pm & 5-8:30 pm &  
Sa 12-3:30 pm thru 12/16  
Su 9 am-2:30 pm 10/30-12/11

Water Exercise Tu/Th 9-10 am & 12-1 pm &  
Su 9-10 am thru 12/11

Water Polo Sa 12-2 pm & Su 9-11:30 am thru 12/11

### Standard First Aid

7308 Sa 9 am-12 pm 12/10 \$45

### CPR-Adult & Pediatrics with AED

7311 Sa 12:30-4 pm 12/10 \$95

### Hands-Only CPR

7344 F 3:30-4 pm 12/9 \$10

Leo Robbins Community Sailing Center

Marina Park, 2950 Pierpont Blvd

Instructors and facility are US Sailing and American Sailing Association (ASA) certified. Info: 805.643.3612

### Basic Sailing

7195 Sa 9 am-1 pm 1/7-1/28 \$125

7196 Su 9 am-1 pm 1/8-1/29 \$125

### Introduction to Sailing Experience

7200 Sa 1:30-4 pm 1/21 \$65/3 or \$45/2 persons

### Small Boat Sailing Level I

7203 Su 1-5 pm 1/8-1/29 \$125

### Keelboat Cruising I

7206 Sa 12-4 pm 1/7-1/28 \$125

### Keelboat Cruising and Passage Making

7209 Su 9 am-5 pm 1/8 \$90

### American Sailing Association (ASA)

#### Keelboat Certifications

7210 Call 805.643.3612 to arrange \$165

**Semi-Private Lessons**-Call 805.643.3612 to arrange.

#### Sailing/Kayaking for 3 hours

7245 Private \$70/person

7246 Semi-Private \$45/person

#### Stand-Up Paddle Boarding for 1.5 hours

7247 Private or Semi-Private \$30/person

#### Private Keelboat Sailing

7248 \*\$90/person

\*Prereq. Basic sailing completed in the last six months or instructor approval

## FITNESS



**Group Outings**-Call 805.643.3612 to arrange.

**Sailing**-12 maximum

7249 \$325 for 4 hours

**Kayaking**-15 maximum

7250 \$200 for 3 hours

**Stand-Up Paddle-Boarding**-8 maximum

7251 \$180 for 2 hours

**Introduction to Kayaking**

7214 Sa 10 am-12 pm 1/14-1/21 \$45

**Afternoon Kayaking**

7218 Sa 1-3 pm 1/21 \$35 for 2

**Full Moon Paddle**

**Kayak**

7221 F 7-9 pm 1/13 \$35

**Stand-Up Paddleboard**

7224 F 7-9 pm 1/13 \$35

**Stand-Up Paddle Boarding**

7228 Sa 10 am-12 pm 1/14 \$30

**Stand-Up Paddle Yoga**

7234 Sa 8-9:30 am 1/14 \$35

7235 Su 8-9:30 am 1/22 \$35

**Stand-Up Paddle Glow Light Tour**

7242 Sa 7-9 pm 1/14 \$40

### Tennis

at Camino Real Tennis Center 805/642-7652

**USA Level 1 Tennis**

7294 Tu 6:30-8 pm 1/3-1/24 \$60

**USA Level 1 and 2 Tennis**

7298 Tu 5-6:30 pm 1/3-1/24 \$55

**USA Level 2 Tennis**

7304 W 6:30-8 pm 1/4-1/25 \$60

**Semi-Private & Private Tennis Lessons**

Call 642-7652 to arrange.

7314 \$45 Semi-private one hour per partner

- 7315 \$45 Private half hour
- 7316 \$65 Private one hour
- 7317 \$280 Private one-hour package of 6
- 7318 \$400 Private one-hour package of 10



### Yoga

**Simply Yoga AM**

6728 Tu 8-8:45 am 1/10-1/31 \$55

**Yoga for Life**

6731 Tu 5:10-6:10 pm 1/10-2/14 \$65

4703 Th 5:10-6:10 pm 1/12-2/16 \$65

### Zumba®

**Morning Zumba® \$65 for M & W**

7383 M 8:45-9:45 am 1/9-2/13 \$40

7384 W 8:45-9:45 am 1/11-2/15 \$40

**Friday Fitness Party**

7387 F 6:15-7:15 pm 1/13-2/17 \$40 or \$7/day



### Arts, Music, Theater & Dance

**Afternoon Delight Ballroom**

7082 Th 1-2 pm 1/5-2/9 \$69/person

**Ballroom Dancing**

6858 Tu 7:30-8:30 pm 1/10-2/14 \$55

**Beginning Argentine Tango**

7076 W 6:30-7:30 pm 12/14-1/18 \$69

**Christmas Ornament and Tags Making Class**

7168 F 9:30 am-12:30 pm 12/9 \$40+\$20 materials fee

**Dance & Date Night**

7079 Su 1/8-2/12 \$69/person

**Fun with Watercolor**

6792 Th 10 am-12 pm 1/12-2/9 \$68

**Line Dance with a Twist**

7086 M/W 1-2 pm 1/4-2/8 \$60

**Lunchtime Card Making**

7165 W 12-1:15 pm 12/7 \$30+\$10 materials fee

**Open Studio painting**

6795 Th 12:30-2:30 pm 1/12-2/9 \$68

**Swing and Nightclub Dancing**

6861 Tu 8:30-9:30 pm 1/10-2/14 \$55

**Tap Dance with Haley**

6831 Su 3-4 pm 1/8-2/12 \$60

Specialty

**Grey Law**

W 9-11 am free Call 805/658-2266

**Learn to Play Mah-Jongg**

M 9-11 am drop-in VAAC free

**Mature Drivers Safety Program**

RSVP to 805/658.4726 \$15/\$20 certificate fee

6898 Th 9:30 am-1:30 pm 12/1-12/8

6932 Th 9:30 am-1:30 pm 1/5-1/12/17

**Join ENCORE**

ENCORE is a hands-on, self-paced training program for people 50+ who want to learn computer skills for job or personal use. There is no charge for tuition – just an annual \$10 registration fee. You follow written materials and receive help from a teacher as needed. It is not a traditional lecture class where you have to be at the same point as everyone else. Select only the modules you want:

- Career Development • Job Seeking Skills • General Math & English • Office Machines & Telephones
- Keyboarding • Internet Basics & Email
- Microsoft Office Programs.

To register call 805/289-7925 and ask about the next start date; register at VACE; attend classes at VCAAA.

M/Tu/F 8-10 am OR 10 am-12 pm

**HOW TO REGISTER**

**PHONE** 805/658-4726, 8 am - 5 pm, weekdays

**ONLINE** at [www.cityofventura.net/register](http://www.cityofventura.net/register)

*What do you give the person who has everything?*  
**An experience.**

Whether it's a fitness class, a bus tour to an event or museum, or an art class, an experience makes a great gift for someone who already has plenty of stuff. It won't take up any space on their shelves, but it may provide some pretty great memories.

**Join them on the experience for even more fun!**

Browse the current "My Ventura" at [www.cityofventura.net/prep](http://www.cityofventura.net/prep).

Our new Spring issue will be online on December 5 – full of many new adventures to purchase!



**Ventura Police Department**

*Connecting with our community to build safer neighborhoods*

Go to [venturapd.org](http://venturapd.org)

**Get the latest public safety information, tips and alerts.**

[facebook.com/venturapd](https://facebook.com/venturapd)



[nextdoor.com](http://nextdoor.com)  
virtual neighborhood watch



**Can You ID Me**

[venturapd.org](http://venturapd.org)  
help us ID witnesses & suspects



[vcalert.org](http://vcalert.org)



Ventura Police Department general information: 805-339-4400  
After hours, non-emergency: 805-650-8010 • Emergency: 9-1-1



## Ventura Council for Seniors (VCS)



Join Ventura's senior advocacy group!

3rd Wed 9:30-11 am  
@VAAC or Silvercrest

Info: 805.648.3035 or  
[www.cityofventura.net/adult](http://www.cityofventura.net/adult)

**No event in December**

## Free Drop In Programs at VAAC

M ..... 9-11 am..... Bridge  
M ..... 9 am-12 pm..... Mahjong  
M ..... 10:30-11:30 am ... Dancing in the AM  
M/F ..... 12:30-2:30 pm ..... Bingo  
Tu..... 9-11:30 am ..... Needle Arts & Sewing  
M/F ..... 10-11:30 am ..... Wii Bowling  
W ..... 12:30-2:30 pm ..... Cinema Time  
W/Th..... 9 am-12 pm..... Pinochle

## CINEMA TIME

**At VAAC at 12:30 pm on Wednesdays**



12/7 **The Infiltrator**  
12/14 **War Dogs**  
12/21 **A Christmas Story**

*\*movies subject to change*

## VISIT OUR HISTORIC SITES



### Olivas Adobe

Tours: Saturdays & Sundays 11 am-4 pm,  
\$5/adults, \$3/children & seniors

4200 Olivas Park Drive - open daily  
[www.cityofventura.net/olivasadobe](http://www.cityofventura.net/olivasadobe)

### Albinger Archaeological Museum

[cityofventura.net/albinger](http://cityofventura.net/albinger) • 113 E Main St • 805.658-4726  
Reopens in summer

### Ortega Adobe

[www.cityofventura.net/ortegadobe](http://www.cityofventura.net/ortegadobe)  
215 W. Main St - Open daily and free - 9 am-4 pm

### Historic Dudley House

197 N Ashwood Ave at Loma Vista Rd  
[www.dudleyhouse.org](http://www.dudleyhouse.org) • 805-642-3345  
• First Sundays Open House 1-4 pm

### City Hall Municipal Art Collection

501 Poli Street • [www.cityofventura.net/culturalaffairs](http://www.cityofventura.net/culturalaffairs)  
• Open weekdays 7:30 am-5 pm (closed alternate Fridays) - call 805-658-4759 to schedule a free docent-led school or service group tour.

## LOCATION ABBREVIATIONS & ADDRESSES

**BVC** Barranca Vista Center, 7050 Ralston St  
**CRPTC** Camino Real Park Tennis Center,  
Varsity St & Dean Dr  
**LRCSC** Leo Robbins Community Sailing Center at Marina  
Park, 2950 Pierpont Blvd  
**OA** Olivas Adobe, 4200 Olivas Park Dr  
**SMY** Sanjon Maintenance Yard, 336 Sanjon Rd  
**SSR** Silvercrest Senior Residence, 750 S Petit Ave  
**VAAC** Ventura Avenue Adult Center, 550 N Ventura Ave  
**VAC** Ventura Aquatic Center, 901 S Kimball Rd  
**VACE** Ventura Adult and Continuing Education is located  
at 5200 Valentine Rd  
**VCAAA** Ventura County Area Agency on Aging,  
646 County Square Dr

## VOLUNTEER OPPORTUNITIES

### Join the Senior Nutrition Volunteer Corps

We are looking for volunteers to help us in our Senior Nutrition Kitchen and to drive meals out to homebound seniors. Interested? Please contact Hans at 805/648-3035.

### Olivas Adobe Historical Interpreters

Become an OAHl docent, dress in period costumes and share the history of this landmark site. Help OAHl restore 25 Marguerite Hardeman historical murals with a tax-deductible donation. Call 805.658.4728 for information and to join weekend training programs.

## NUTRITION



### Curb To Curb

Our door-to-door service for people with physical limitations takes you to a different place for lunch every month! Register in advance by ActiveNet or call 658-4726. A lift is available, but please mention any wheelchair or

ADA requirements. Note: there are no refunds for cancellations. Available for City of Ventura residents only!

Rico's Italian Villa & fireworks, Port Hueneme  
6855 Sa 1-6 pm 12/17 \$15

### Ventura Supper Club

50 years+

Enjoy informal group dining at local restaurants on 3rd Thursdays 5-7 pm with transportation and cost of meal at your own expense. Registration required at 805.658.4726.

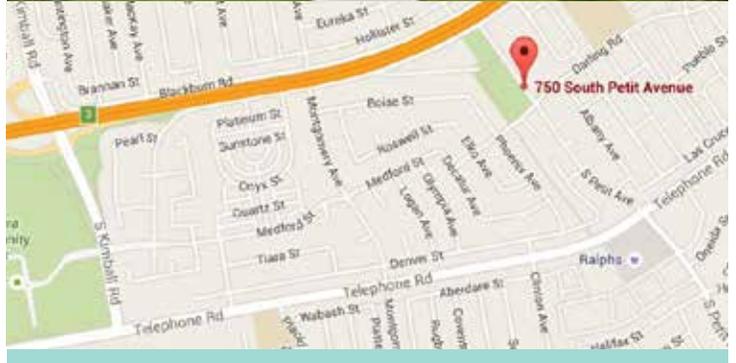
7157 Th 12/15 China Kitchen  
7158 Th 1/19 Sportsman

### Silvercrest Senior Residence



### Home of the new Eastside Cafe!

750 S Petit Ave, Ventura CA 93004



## Senior Lunch Programs • M-Tu-W-Th-F • 11:30 am-12:30 pm

Suggested donation: \$3/meal for people 60+ Fee: \$6.75/meal for people under 60

No RSVP required — first come/first served. Our friendly lunch service includes a nutritious hot entrée, salad bar and fresh fruit and vegetables.

### Westside Cafe

550 N. Ventura Ave.  
(At Ventura Avenue Adult Center)



### Café Celebrations

RSVP to 805.648.3035 for this special event offered at the Westside Café only.

- Thursday, 12/15 Holiday Luncheon

### Eastside Cafe

750 S. Petit Ave.  
(At Silvercrest Senior Residence, see map above)



### Home Delivered Meals

Call 805.648.3035 for information and signups for this meal service for homebound individuals 60+ living within the City of Ventura.



### Ventura Avenue Adult Center (VAAC)

550 N Ventura Ave at Center St • 805.648.3035  
M-F 9 am-3 pm • Closed 12/26/2016 - 1/2/2017

- Rent VAAC for family, business & charity events
- Coordinator Hans Hormann, [hhormann@cityofventura.net](mailto:hhormann@cityofventura.net)

