



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

## HELLO FROM HANS



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

## CALENDAR HIGHLIGHTS

### November

- 1 Ventura Photo Contest deadline
- 8 Presidential & Municipal Election
- 11 Closed for Veteran’s Day
- 12 Art & Crafters Holiday Fair 9 am-2 pm
- 15 Donate items to Teen Voice Thanksgiving Baskets for needy families  
[www.cityofventura.net/teenvoice](http://www.cityofventura.net/teenvoice)
- 18 Café Days Thanksgiving Luncheon at VAAC & SSR
- 19 HHW Household Hazardous Waste Collection
- 19 Free Water Wise Gardening class: “CA Natives, Mediterranean, Drought Tolerant Plants”

## NOVEMBER HIGHLIGHTS

### Creative Cooking

Get excited about the joys of getting processed foods out of the pantry, cooking clean, fresh and simple foods that taste better and are easy on the budget. A \$20 materials fee is due to instructor at first class.

7433 Th 2-4 pm 11/3-11/17 \$80

### Medicare Workshops

Tu • 10-11 am • 11/8 & 11/15 • At VAAC

Th • 10-11 am • 11/10 • At EP Foster Library, Topping Room

W • 11 am-12 pm • 11/16 • At VAAC

### Ventura Council of Seniors Monthly Meeting

November 16 @ 9:30 am @ VAAC

### See our “Volunteer Opportunities” section for

- Senior Nutrition Volunteer Corps
- Olivas Adobe Historical Interpreters

## Ventura County Wii Bowlers Tournament News



Our city’s “Ventura Rollers” team competed in the annual Ventura Country Wii Bowling Tournament sponsored by

SCAN Health Insurance on October 13 and “didn’t finish last, so in our books we won!” The team had a great time and wants to extend a challenge to everyone in the community to join the team that practices at the Ventura Avenue Adult Center on Mondays and Fridays, 10-11:30 am.

## 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.



### FISH Philosophy For Your Workplace

7397 Th 5-8 pm 11/3 \$55

### Interviewing Skills Workshop

7398 Th 5-9 pm 11/10 \$65

### StrengthsFinder – Are You One of the 2 Out of 10?

7400 Th 5-8 pm 11/17 \$55

**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 Stix 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

## 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.

### NOVEMBER

- 9 Hauser, Wirth & Schimel Museum, Los Angeles • \$30 • 7335
- 11 Norton Simon Museum, Pasadena • \$35 • 6979
- 15 The Autry Museum • \$35 • 6068
- 17 Stow House, Goleta • \$35 • 6981
- 30 Cathedral of Our Lady of the Angels and Olvera Street • \$35 • 7333

### DECEMBER

- 7 Huntington Library, Gallery and Gardens • \$55 • 7334
- 10 Dickens Holiday Celebration • \$40 • 7340
- 11 Dudamel & LA Phil at Disney Hall: Haydn's "The Creation" • \$75 • 7332
- 11 Holiday Candlelight Tour • free • RSVP 805/658-4726  
(transportation not provided)



Norton Simon Museum



Huntington Library, Gallery & Gardens

Saturday, November 12 9 am - 2 pm

# Artisan & Crafters Holiday Fair

Barranca Vista Center  
7050 Ralston Street, Ventura

Unique artists and crafters join together  
for a fabulous shopping experience!

Vendors may contact Kathryn Dipping Lawson at  
kdipping@cityofventura.net or 805/654-7552



## NOVEMBER 8

# YOUR VOTE COUNTS

## CITY OF VENTURA

Presidential & Municipal Election

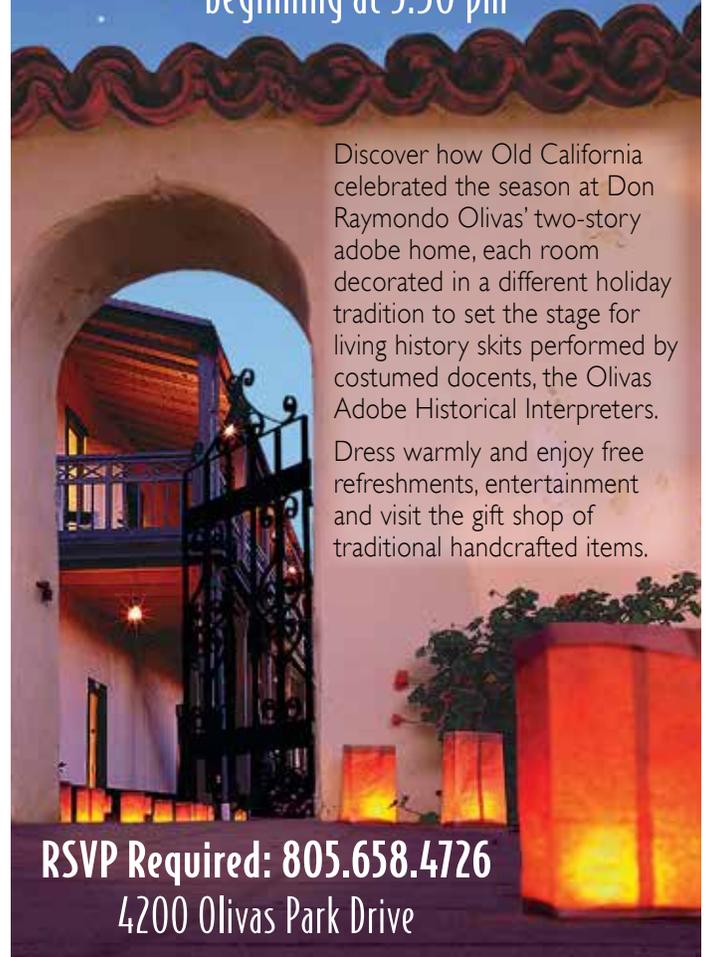
Polls open from 7 am to 8 pm on Election Day

[cityofventura.net/election](http://cityofventura.net/election)

# Olivas Adobe Candlelight Tours

## Sunday, December 11 - Free

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



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.

RSVP Required: 805.658.4726  
4200 Olivas Park Drive

# 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



Historically  
**HIP**

[www.celebrateventura.org](http://www.celebrateventura.org)  
Supported by the  
Ventura Auto Center Dealers

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

CELEBRATE!  
150 YEARS OF  
LOCAL HISTORY



Historically  
**FAMILIA**

[www.celebrateventura.org](http://www.celebrateventura.org)  
Supported by the  
Ventura Auto Center Dealers

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

CELEBRATE!  
150 YEARS OF  
LOCAL HISTORY



Historically  
**FESTIVE**

[www.celebrateventura.org](http://www.celebrateventura.org)  
Supported by the  
Ventura Auto Center Dealers

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

CELEBRATE!  
150 YEARS OF  
LOCAL HISTORY



Historically  
**SCENIC**

[www.celebrateventura.org](http://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

## FITNESS

### Beginning Golf

6697	Sa	10-11 am	11/5-12/17	\$80	Women
6699	Sa	10-11 am	11/5-12/17	\$80	All ages

### Belly Dance-4-Fitness

6739	M	6-7 pm	11/7-12/5	\$55	
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### Cardio Belly Dance

6745	Su	2-3 pm	11/20-12/18	\$50	
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### Chair Stretchers with a Boogie Beat

7104	W	10-11 am	11/23-1/18	\$20	
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### Dancers Body Cardio Barre and Sculpt

6749	Su	4-5 pm	11/20-12/18	\$50	
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### Lunchtime Fitness with Jackie

6741	M/W/F	11:30 am-12:30 pm	11/18-12/23	\$60	
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Ventura Aquatic Center

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

### Swim Lesson Schedule – Saturdays 10/29-11/19 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 12:30 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
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### Standard First Aid

7307	Sa	9 am-12 pm	11/19	\$45	
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### CPR-Adult & Pediatrics with AED

7310	Sa	12:30-4 pm	11/19	\$95	
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### Hands-Only CPR

7343	F	3:30-4 pm	11/18	\$10	
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### CPR/AED for the Professional Rescuer & Health Care Provider

7346	F	4-9 pm	11/18	\$95	
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### Sail, Kayak & Paddleboard

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

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

7193	Sa	9 am-1 pm	11/5-12/3	\$125	
7194	Su	9 am-1 pm	11/6-12/4	\$125	

### Introduction to Sailing Experience

7199	Sa	1:30-4 pm	11/12	\$65/3 or \$45/2 persons	
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### Small Boat Sailing Level I

7202	Su	1-5 pm	11/6-12/4	\$125	
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### Keelboat Cruising and Passage Making

7208	Su	9 am-5 pm	11/20	\$90	
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### American Sailing Association (ASA) Keelboat Certifications

7210	Call 805.643.3612 to arrange	\$165		
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**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
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### Private Keelboat Sailing

7248	*\$90/person
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\*Prereq. Basic sailing completed in the last six months or  
instructor approval

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

### Sailing-12 maximum

7249	\$325 for 4 hours
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### Kayaking-15 maximum

7250	\$200 for 3 hours
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### Stand-Up Paddle-Boarding-8 maximum

7251	\$180 for 2 hours
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## FITNESS



### Introduction to Kayaking

7213 Sa 10 am-12 pm 11/12-11/19 \$45

### Afternoon Kayaking

7217 Sa 1-3 pm 11/19 \$35 for 2

### Full Moon Paddle

Kayak

7220 Su 7-9 pm 11/13 \$35

Stand-Up Paddleboard

7223 Su 7-9 pm 11/13 \$35

### Stand-Up Paddle Boarding

7227 Sa 10 am-12 pm 11/12 \$30

### Stand-Up Paddle Yoga

7232 Sa 8-9:30 am 11/12 \$35

7233 Su 8-9:30 am 11/20 \$35



## Tennis

at Camino Real Tennis Center 805/642-7652

### USA Level 1 Tennis

7293 Tu 6:30-8 pm 11/29-12/20 \$60

### USA Level 1 and 2 Tennis

7297 Tu 5-6:30 pm 11/29-12/20 \$55

### USA Level 2 Tennis

7300 M 6:30-8 pm 11/7-11/28 \$60

7303 W 6:30-8 pm 11/16-12/7 \$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

### AM Energy Yoga

6724 Tu 10-11 am 11/8-12/13 \$12/class  
\$72 for 6 classes

### Simply Yoga AM

6727 Tu 8-8:45 am 11/29-12/20 \$55

### Yoga for Life

6730 Tu 5:10-6:10 pm 11/8-12/20 \$65

### Gentle Yoga

6982 M 6-7:20 pm 11/7-12/12 \$48

## Zumba®

### Morning Zumba® \$65 for M & W

7382 W 8:45-9:45 am 11/2-12/7 \$40

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

### Zumba® Gold

7037 M/W 12-1 pm 11/7-12/14 \$40



## ARTS, MUSIC, THEATER & DANCE

### Advanced Guitar

7088 Tu 8:30-9:30 pm 11/1-12/13 \$50

### Afternoon Delight Ballroom

7081 Th 1-2 pm 11/10-12/22 \$69/person

### Altered Book: December Daily Planner

7168 F 9:30 am-12:30 pm 11/18 \$40+\$20 materials fee

### Ballroom Dancing

6857 Tu 7:30-8:30 pm 11/1-12/6 \$55

### Basic Guitar

7087 Tu 7-8:30 pm 11/1-12/13 \$55

### Beginning Bagpipes

7090 W 7:30-8:45 11/9-1/18 \$40+\$85 instrument fee

### Beginning Hand Built Ceramics

6777 M 6-8 pm 11/7-12/12 \$95

**Creating Sailboats, Cityscapes and Whimsical Characters Art**

6789 F 2-4 pm 11/4-12/16 \$100

**Dance & Date Night**

7078 Su 11/13-12/18 \$69/person

**Dancing in the AM**

M 10:30-11:30 am VAAC free

**Fun with Watercolor**

6791 Th 10 am-12 pm 11/3-12/8 \$68



**International Folk Dance**

7019 W 2:30-4 pm 11/23-12/21 SSR \$20

Intermediate

7020 W 4-5:30 pm 11/23-12/21 SSR \$20

**Line Dance with a Twist**

7085 M/W 1-2 pm 11/21-12/21 \$60

**Lunchtime Card Making**

7164 W 12-1:15 pm 11/9  
\$30+\$10 materials fee

**Open Studio painting**

6794 Th 12:30-2:30 pm 11/3-12/8 \$68

**Pottery for Adults**

7024 Th 10:30 am-12:30 pm 11/3-12/15  
\$105+\$10 materials fee

**Sewing by Hand**

6787 F 4:15-6 pm 11/4-12/16 \$60

**Swing and Nightclub Dancing**

6860 Tu 8:30-9:30 pm 11/1-12/6 \$55

**Tap Dance with Haley**

6830 Su 3-4 pm 11/20-12/18 \$50



Specialty

**Babysitter Training**

7182 Sa 9 am-2 pm 11/19 \$45+\$5 materials fee

**Creative Writing for Adults:**

**Preserving your Past**

7094 F 9:30-11:30 am 11/18-12/23 \$80

**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

6897 Th 9:30 am-1:30 pm 11/3-11/10

**Have you ever thought about Genealogy?**

Meet local author Lois Reimers who writes about genealogy and family autobiography. One of her discoveries was a family secret about her transgender Aunt Hattie whose life was set in 1876-1946.

Tu 10-11 am 11/29 VAAC

**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)

### 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

At VAAC on 11/16

### 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



11/2 Tarzan  
11/9 Stark Trek Beyond  
11/16 West of the West  
11/23 Independence Day  
11/30 Ghostbusters (original)

\*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

#### Albinger Archaeological Museum

cityofventura.net/albinger • 113 E Main St • 805.658-4726  
Call for schedule

#### Ortega Adobe

www.cityofventura.net/ortegaadobe  
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 • 805-642-3345  
• First Sundays Open House 1-4 pm

#### City Hall Municipal Art Collection

501 Poli Street • 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!

Cheesecake Factory, Thousand Oaks  
6854 Sa 10 am-3:30 pm 11/12 \$15

### Ventura Supper Club

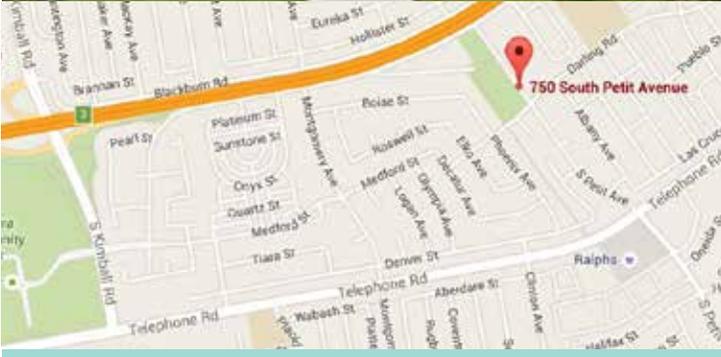
50 years+

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.

7155 Th 11/17 Hill Street



**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 these special events offered at the Westside & Eastside Cafes.

- Thursday, 11/18 Thanksgiving 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 11/11, 11/24-25 and 12/26-1/1/17

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

