

# SILVER TSUNAMI

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

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

## 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.



### Situational Leadership®

Learn new partnering and communication skills to set goals, assign work, give praise and diagnose and resolve performance problems to get optimum performance and satisfaction from your staff.

7391 Th 5-7 pm 10/6 \$55

### Building a Rock Solid Team

Your organization and personal success depend on effective group interaction and shared projects. Look at common challenges, best practices, and work preferences to create a harmonious and productive team.

7392 Th 5-9 pm 10/13 \$65

### Holding All the Aces

Learn techniques that create Amazing Customer Experiences (ACES), internal and external, exceed expectations, and avoid getting “hooked” in stressful situations or turn them into productive outcomes.

7394 Th 5-9 pm 10/20 \$65

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

As you watch eight video segments that involve navigating challenges and stressful situations we develop a “relational map” that measures your capacities of self-reflection, self-regulation and empathy.

7395 Th 5-7 pm 10/27 \$65

## OCTOBER HIGHLIGHTS

**Fall classes have begun so check out our class offerings**

**Ventura Council of Seniors Monthly Meeting**  
Oct Meeting Cancelled

**See our “Volunteer Opportunities” section for**

- Senior Nutrition Volunteer Corps
- Olivas Adobe Historical Interpreters

## CALENDAR HIGHLIGHTS

### October

- 1 Pier under the Stars \$
- 1 Ghost Tours with Richard Senate all month \$
- 15 HHW Household Hazardous Waste Collection
- 22 Water Wise Gardening “Ocean Friendly Gardens & Integrated Design” class
- 22 Aquatics Center Pumpkin Plunge 12-3:30 pm



**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)

**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

**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

**OCTOBER**

**BUS & WALKING TOURS**

- 1** The Ghosts of City Hall • \$20 • 7118
- 5** Getty Villa, Malibu • \$30 • 7336
- 8** Curb to Curb: Chester's, Camarillo • \$15 • 6853
- 12** A Day at the Getty, Los Angeles • \$30 • 7331
- 13** Ojai Olive Oil Estate • \$25 • 6974
- 15** The Ghost Bus Adventure • \$30 • 7215
- 18** Curb to Curb: Chester's, Camarillo • \$15 • 6853
- 18** Ghosts and Haunted Houses-3 session class (also 10/25 & 11/1) • \$65+\$5 • 7150
- 20** Ventura Supper Club: Café Zack • 7154
- 22** The Funk Zone Art Tour, Santa Barbara • \$45 • 7330
- 22** Mysterious Cemetery Park • \$20 • 7128
- 23** Olivas Adobe: Ghostly Ladies and Strange Happenings • \$30 • 7166
- 27** Griffith Observatory, Los Angeles • \$40 • 6977
- 31** Ghosts of the Olivas Adobe • \$30 • 7169



Photo: Schaf Photo

Olivas Adobe

## SPECIAL EVENTS COMING UP

Ventura's Premier Food & Wine Tasting  
Benefit for the Historic Pier

**October 1, 2016 • 5-8 pm**  
*Beachfront Promenade  
near the Ventura Pier*

*Pier under the Stars*

**General Admission Tickets \$75**  
Includes:  
Food, wine and beverage tastings  
Commemorative Pier wine glass

**VIP Tickets \$125**  
Includes all plus:  
Entrance to VIP area at 4:30pm  
One seat at reserved VIP table  
Wine & hors d'oeuvres in the VIP area

TAMMY SIMS

All proceeds benefit **Pier into the Future**, a non-profit organization dedicated to the maintenance and enhancement of the Ventura Pier. [www.pierintothefuture.org](http://www.pierintothefuture.org)

**TICKETS ON SALE NOW! • WWW.BROWNPAPERTICKETS.COM • 800.838.3006**

**PUMPKIN PLUNGE!**  
Ventura Aquatic Center  
Saturday, October 22, 12-3:30 pm  
Fee: \$3-5

- Costume Contest
- Face Painting
- Pumpkin Decorating
- Floating Pumpkin Patch-\$1/pumpkin
- Water Games & Activities
- Last Weekend of Open Swim for Fall!

More info at: [cityofventura.net/aquatics](http://cityofventura.net/aquatics)  
or 805/654-7511



## PRESIDENTIAL & MUNICIPAL ELECTION

**November 8, 2016** - Polls open from 7 am to 8 pm on Election Day

### VOTE BY MAIL

There is a much easier and more convenient way to cast your ballot than going to the polls. Join the many Ventura residents who already vote by mail by registering as a "permanent vote by mail voter." The application is due by November 1. A vote by mail ballot box will be in the City Clerk's office until 5 pm on Election Day.

### NEW VOTERS/REREGISTER

If you are not already registered to vote or need to reregister, due to a change of address, name or political party, the deadline is October 24 with the County Election Department. Forms are available at City Hall or register online at [recorder.countyofventura.org](http://recorder.countyofventura.org).

### WE CAN HELP

For information about registering to vote, voting by mail, or general election questions, please contact the Ventura City Clerk's Office at 805.658.4787 or [cityclerk@ci.ventura.ca.us](mailto:cityclerk@ci.ventura.ca.us).



## FITNESS

### Cardio Belly Dance

6744 Su 2-3 pm 10/9-11/13 \$60

### Chakras 101

6752 Su 1-3 pm 10/2 \$28

### Dancers Body Cardio Barre and Sculpt

6748 Su 4-5 pm 10/9-11/13 \$60

### Lunchtime Fitness with Jackie

6740 M/W/F 11:30 am-12:30 pm 10/5-11/16 \$60

### Meditate for Mind Body Health

6751 Th 7-8 pm 10/6-10/27 \$75

### T'ai Chi Chuan Yang Style

Beginners with little or no experience

6715 Tu 6:15-7:15 pm 10/13-12/8 \$72

Intermediates

6717 Th 6:15-7:45 pm 10/13-12/8 \$72

Advanced

6719 Th 7-8:30 pm 10/6-12/1 \$72

### U-Jam Dancing Fitness

7145 Tu/Th 4:30-5:30 pm 10/6-11/10 VAAC \$100

Ventura Aquatic Center

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

### Swim Lesson Schedule – 2 fall sessions:

M/W/F & Tu/Th Week of: 10/10-10/21

Saturdays 10/8-10/22 10/29-11/19

### Recreation Pool

Lap Swim M-F 1:30-3:30 pm thru 12/18

Open Swim Sa/Su 12-3:30 pm thru 10/23

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

Fall Break Swim M-F 12-3 pm 10/24-10/28

### Competition Pool (closed 10/7, 8 & 29 & 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-3:30 pm thru 10/23;  
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

### Group Swim Lesson Schedule

M/W/F 10/10-10/21 \$45-6 Lessons

Tu/Th 10/11-10/20 \$30-4 Lessons

Saturday 10/8-10/22 & 10/29-11/19 \$23-3 Lessons

### Private Swim Lessons \$75

7046 Su 9:15-9:45 am 10/9-10/23

7047 Su 9:50-10:20 am 10/9-10/23

7048 Su 10:25-10:55 am 10/9-10/23

7049 Su 9:15-9:45 am 10/30-11/20

7050 Su 9:50-10:20 am 10/30-11/20

7051 Su 10:25-10:55 am 10/30-11/20

### Diving

7132 Su 12:15-1:15 pm 10/9-10/23 \$35

7133 Su 12:15-1:15 pm 10/30-11/20 \$35



### Adult Swim

7066 Su 9-9:45 am 10/9-10/23 \$30

7067 Su 9-9:45 am 10/30-11/20 \$30

### One-Day Adult Stroke Clinics

7069 Su 10-11 am 10/9 \$10

7070 Su 10-11 am 10/30 \$10

### Standard First Aid

7306 Sa 9 am-12 pm 10/22 \$45

### CPR-Adult & Pediatrics with AED

7309 Sa 12:30-4 pm 10/22 \$95

### Hands-Only CPR

7342 F 3:30-4 pm 10/21 \$10

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

7345 F 4-9 pm 10/21 \$95

## FITNESS

### 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

7107	Sa	9 am-1 pm	10/1-10/22	\$125
7098	Su	9 am-1 pm	10/2-10/23	\$125

#### Introduction to Sailing Experience

7197	Sa	1:30-4 pm	10/1	\$65/3 or \$45/2 persons
7198	Sa	1:30-4 pm	10/15	\$65/3 or \$45/2 persons

#### Small Boat Sailing Level I

7201	Su	1-5 pm	10/2-10/23	\$125
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#### Keelboat Cruising I

7204	Sa	12-4 pm	10/1-10/22	\$125
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#### Keelboat Cruising and Passage Making

7207	Su	9 am-5 pm	10/23	\$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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#### Introduction to Kayaking

7211	Sa	10 am-12 pm	10/1-10/8	\$45
7212	Sa	10 am-12 pm	10/22-10/29	\$45

#### Afternoon Kayaking

7215	Sa	1-3 pm	10/8	\$35 for 2
7216	Sa	1-3 pm	10/29	\$35 for 2

#### Full Moon Paddle

##### Kayak

7219	Sa	7-9 pm	10/15	\$35
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##### Stand-Up Paddleboard

7222	Sa	7-9 pm	10/15	\$35
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#### Stand-Up Paddle Boarding

7225	Sa	10 am-12 pm	10/1	\$30
7226	Sa	10 am-12 pm	10/22	\$30

#### Stand-Up Paddle Yoga

7229	Sa	8-9:30 am	10/1	\$35
7230	Sa	8-9:30 am	10/22	\$35
7231	Su	8-9:30 am	10/23	\$35

#### Stand-Up Paddle Glow Light Tour

7237	Sa	7-9 pm	10/1	\$40
7238	F	7-9 pm	10/14	\$40
7239	Sa	7-9 pm	10/22	\$40

### Tennis at Camino Real Park Tennis Center

805/642-7652

#### USA Level 1 Tennis

7292	Tu	6:30-8 pm	10/25-11/15	\$60
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#### USA Level 1 and 2 Tennis

7296	Tu	5-6:30 pm	10/25-11/12	\$55
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#### USA Level 2 Tennis

7302	W	6:30-8 pm	10/12-11/2	\$60
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#### 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**

6726 Tu 8-8:45 am 10/25-11/22 \$55

**Yoga for Life**

4702 Th 5:10-6:10 pm 10/20-12/1 \$65



Zumba®

**Morning Zumba® \$65 for M/W**

7381 M 8:45-9:45 am 10/31-12/5 \$40

**Fitness Friday Party**

7386 F 6:15-7:15 pm 10/28-12/9 \$40 or \$7/day

**International Folk Dance**

**Beginning**

7017 W 2:30-4 pm 10/19-11/16 VAAC \$20

**Intermediate**

7018 W 4-5:30 pm 10/19-11/16 VAAC \$20

**Line Dance with a Twist**

7084 M/W 1-2 pm 10/10-11/16 \$60

**Olive Oil Tasting, Snacks and Art Sketching**

7160 W 1-4 pm 10/12 \$40+\$20 materials fee

7161 Sa 1-4 pm 10/15 \$40+\$20 materials fee

**Photography with Brent Russell Paull**

7151 Sa 9-10:30 am & 3-5 pm 10/22 \$65

**Pumpkin Patch and Art Sketch**

7162 F 8 am-1 pm 10/21 \$40+\$20 materials fee

7163 Sa 8 am-1 pm 10/22 \$40+\$20 materials fee

**Tap Dance with Haley**

6829 Su 3-4 pm 10/9-11/13 \$60

SPECIALTY

**Canine Body Language Seminar**

6770 Sa 10 am-12 pm 10/8 \$20

**Grey Law - Call 805/658-2266**

2nd and 4th Wednesday 9-11 am free

**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

6896 Th 9:30 am-1:30 pm 10/6-10/13

**Pets to Pals**

**Cat Dog Training**

\$70+\$10 materials fee

🐾 for dogs under one year

🐾🐾 for dogs over one year



**Basic Obedience**

6763 Sa 9-9:50 am 10/22-11/19 🐾

6764 Sa 11-11:50 am 10/22-11/19 🐾🐾

**Total Recall**

6768 Sa 10-10:50 am 10/22-11/19

ARTS, MUSIC, THEATRE & DANCE

**Beginning Argentine Tango**

7075 W 6:30-7:30 pm 10/26-12/7 \$69

**Billy Clower Friday Night Tap**

6822 F 6:30-7:30 pm 10/28-12/2 \$40

**Billy Clower Friday Night Tap-Next Steps**

6824 F 7:30-8:30 pm 10/28-12/2 \$40

**Dance & Date Night**

7077 Su 10/2-11/6 \$69/person

**Dancing in the AM**

M 10:30-11:30 am

VAAC free

**Figurative Clay Sculpture**

6785 W 6:15-8:15 pm 10/5-11/2

\$110+\$20 materials fee



## 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)

October meeting cancelled

## 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  
W ..... 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



- Oct 5** Hunt for the Wilderpeople (2016)
- Oct 12** The Jungle Book (2016)
- Oct 19** Free State of Jones (2016)
- Oct 26** To Catch a Thief (1955)

\*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  
Call for schedule

### 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!

Chester's, Camarillo  
6853 Sa 10 am-3:30 pm 10/8 \$15

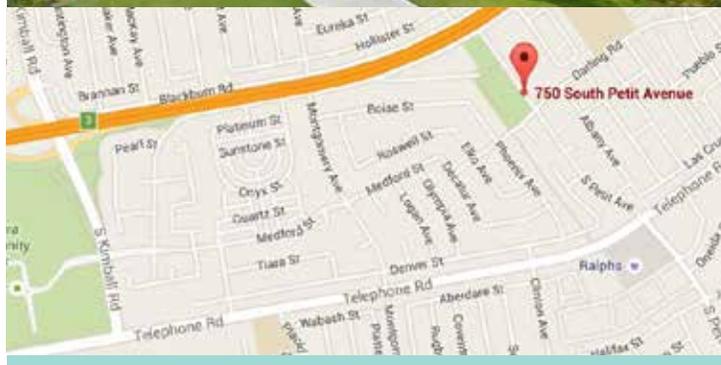
### Ventura Supper Club

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.

7154 Th 10/20 Café Zack

**Silvercrest Senior Residence**  
**Home of the new Eastside Café!**  
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.

- No café events in October

### 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

- Call VAAC to rent it for family, business & charity events
- Coordinator Hans Hormann, hhormann@cityofventura.net

