

The

Goebel Gazette

April 2026

Goebel

ADULT COMMUNITY CENTER

805-381-2744

1385 East Janss Road
Thousand Oaks, CA 91362

gacc@crpd.org

crpd.org/gacc



GOEBEL ADULT CENTER HOURS OF OPERATION

Monday - Thursday:
8:30am-9:00pm

Friday:
8:30am-5:00pm

Saturday:
12noon-4:00pm

Sunday:
CLOSED



2026 COMMUNITY GARAGE SALE

Sunday, April 26
8:00am-1:00pm

Join us at the Goebel Adult Center for our annual Community Garage Sale.

Over *70 individual garage sales* all in one convenient location; *a treasure hunter's dream!*

TAX COUNSELING • *by appointment only*

The free Tax Return Preparation program, provided by the **Conejo Senior Volunteer Program (CSVP)**, will be ending on **Wednesday, April 15, 2026**. CSVP will continue to provide free Tax Assistance services at the Conejo Creek South Community Building on the **first Wednesdays of each month from May-October**. CSVP will prepare and file income tax returns for years 2022-2025, prepare amended returns, and lend assistance with questions arising from letters and notices from the IRS or Franchise Tax Board, as well as other general tax related issues. **Appointments are required.**

For more information or to make an appointment, call the CSVP office, 805-381-2742.

April 2026

SEMINARS • WORKSHOPS • PRESENTATIONS

Seating is limited, reservations required unless otherwise noted.

Call 805-381-2744 • Email gacc@crpd.org or Visit the GACC Front Desk.

TECH HELP WITH JACOB

**Fridays, 4/3, 4/10, 4/17 & 4/24
by appointment only**

By appointment only, Jacob, GACC Volunteer, offers free 30-minute basic technology assistance for adults ages 50+. 6 appointments available between 12noon-3:00pm. *Don't forget to bring your phone/tablet, and specific questions!* To reserve a 30 min appt., call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

HAIRCUTS BY RODNEY

Mondays, 4/6 & 4/20

Rodney offers complimentary haircuts to older adults on a first-come, first-served basis. Doors open at 8:30am, limited number of haircuts will be given each day.

HAIRCUT ONLY, NO BLOW DRY OR STYLING.

To ensure fairness for everyone, each person is limited to one haircut per month

LOVE ON A LEASH • THERAPY DOGS

Tuesday, 4/7 • 12noon

Therapy dogs and their handlers visit the Goebel Adult Center on the **first Tuesday's of each month** to provide comfort and happiness to everyone. Stop by to say hi! *Did you know that a therapy pet's primary function is to brighten someone's day? Love on a Leash® is committed to bringing happiness and healing to more people nationwide by increasing public awareness of pet-provided therapy.*

TEENS HELP WITH TECH

Saturdays, 4/11 & 4/25 • 2:00-4:00pm

Westlake High School students provide basic tech support at the Goebel Adult Center on the **2nd and 4th Saturdays of each month**. *First-come, first-served. No reservation needed-just drop in!* Don't forget to bring your device.

ASK AN ADVOCATE

Tuesday, 4/14 • by appointment only

Make an appointment to meet with Elizabeth Gu, Senior Advocate with Senior Concerns, at the Goebel Adult Center, to discuss a variety of topics, including:

- Caregiving options for In-Home Care
- Nursing Home and Assisted Living Placements
- Adult Day Programs
- Housing Referrals
- Basic information on Medicare and Medi-Cal
- Social Security, VA, and other benefits
- Referrals to low-cost or free community clinics

To make an appointment, call **805-381-2744** or visit the GACC front desk.

When scheduling your appointment, kindly specify the topic you wish to discuss.

\$5 COMPUTER HELP APPOINTMENTS

**Thursday, 4/9 • \$5
by appointment only**

Boost your tech confidence by scheduling a 30-min, appointment with Collin, GACC Senior Recreation Leader.

Bring your device and come prepared with specific questions. (5 appointment slots available between 12noon-3:00pm) **\$5/30-minute appointment.**

Payment must be made at the time of reservation. **To register for an appointment, visit the GACC front desk or call 805-381-2744**

HEARING 101

Friday, 4/10 • 10:00-11:00am

- Is your hearing aid fitted correctly?
- Are you familiar with the proper cleaning techniques for your hearing aids?
- Do you know how to recognize hearing loss?

Come prepared with questions you may have!

Presented by: Nancy Bozarth & Sunrise of Westlake Village
Seating limited, reservation required.

To register, call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

DROP-IN SCRABBLE, AGES 18+

Mondays • 2:00-4:00pm

New Players Wanted!

Free, drop-in Scrabble! Fun & friendly competition! Registration not required; *Open to those ages 18+*

COMPOSE LETTERS THAT ACHIEVE RESULTS

Wednesday, 4/22 • 10:00am

This practical writing workshop will teach older adults how to clearly and confidently advocate for themselves in writing. The focus is on turning personal experiences, concerns, and rights-including ADA and consumer issues into clear, effective letters that get results. Includes guided discussion and class participation, using real-life examples and a simple writing framework. Participants will practice organizing facts and writing letters that are taken seriously by medical providers, landlords, companies, agencies, and public entities.

Seating limited, reservation required.

To register, call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

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April 2026

SEMINARS • WORKSHOPS • PRESENTATIONS

MEET ME AT THE MOVIES

Monday, 4/13 • 4:00pm

Title: *The Secret Life of Walter Mitty (2013)*

(Adventure/Comedy)

Rating: PG

Duration: 1 hour, 54 minutes

Synopsis: Walter Mitty, an employee at Life magazine, spends day after day developing photos for the publication.

To escape the tedium, Walter inhabits a world of daydreams. Walter fancies a fellow employee named Cheryl. However, he gets a chance to have a real adventure when Life's new owners send him on a mission to obtain the perfect photo for the final print issue.

Starring: Ben Stiller and Kristen Wiig

Seating limited, reservation required.

To register, call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

BLOOD PRESSURE SCREENING

Wednesday, 4/22 • 9:30-11:30am

Thuc, CSVP Volunteer & trained healthcare professional, provides free blood pressure screenings at the GACC.

Registration not required, drop-in only.

Did you know? High blood pressure often has no symptoms, but early detection can help prevent more serious health conditions.

ESTRANGED: COPING WHEN YOUR ADULT CHILD WANTS NOTHING TO DO WITH YOU

Thursday, 4/23 • 11:00am

Not much can compare to the feelings of pain that come when your own child and/or grandchild reject you.

One in three people experience this; **you are not alone.**

Even "nice kids" estrange themselves from their parents; and even "good parents" who have invested time, love, and money in attempting to help their children be happy, may find that rather than experiencing and enjoying closeness with their adult children/grandchildren, they are excluded from their children's lives. When an adult child cuts you off, it can evoke guilt, regret, confusion, anxiety, helplessness, and rage. More than anything, though, the *perceived* shame associated with being rejected by an adult child causes many parents to suffer in silence and isolation. There is a path forward for you, and reconciliation is always a possibility.

Presented by: Annette Broersma, M.S.

Seating is limited; registration is required.

To register, please call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

LOVE OF AGING

Thursdays • 10:00-11:30am

Did you know that a positive attitude toward aging can add nearly 8 years to your life? Join Ila and Grant for free weekly conversations about topics that encourage new perspectives and attitudes around aging. Discover your Joy of Aging! **Drop-in only, reservations not required.**

Meets in the Foothill Lupine Room

NEW TO MEDICARE: TURNING 65 OR RETIRING?

Tuesday, 5/12 • 12:30-2:00pm

Join the Health Insurance Counseling and Advocacy Program (HICAP), part of the Ventura County Area Agency on Aging (VCAAA), for an informative session on valuable information for those new to Medicare.

Whether you are turning 65 or are retiring soon, this info session is designed just for you!

Seating is limited, reservation encouraged.

To register, call 805-381-2744, email gacc@crpd.org, or visit the GACC front desk.

Preserving Cherished Memories in a Digital Age VHS TO DVD CONVERSION SERVICES

Since the VCR has become obsolete, you may be wondering how you'll protect your most treasured memories. . . Converting your VHS tapes, Mini DV, 8mm films, Hi8mm tapes, Super 8mm films & slides to a digital or disc format is an ideal solution. **Miguel De Pau, Senior Volunteer at the Goebel Adult Center, is here to assist!**

Miguel generously offers to transfer your tapes/films/slides to DVD format or onto a USB Flash Drive, all at absolutely no cost to you.

For more information, call or text Miguel, 956-542-8987

GOEBEL ADULT COMMUNITY CENTER

BINGO

Join us!

Tuesdays • Fridays • Saturdays

Doors Open: 11:45am
Paper Sales End: 12:30pm
Games Start: 12:45pm

Day-Time Bingo - Important Info:

Cash Only • Open to Adults Ages 18+
Minimum Buy-in (one "4-on" paper): \$3
Payout of "4-ons" & "6-ons" = up to \$250
Additional Special Games = \$2 each
Payout of "Special Games" = up to \$500
All Day-Time Bingo Games = 85/15 Split

Friday Night BINGO

Friday, April 24, 2026

Friday, June 26, 2026

Paper Sales Start: 4:30pm
Sales Stop Promptly: 6:00pm
Games Start: 6:15pm

Friday Night Bingo - Important Info:

Cash Only • Open to Adults Ages 18+ •
Papers Only
Minimum Buy-in (one set of all papers) = \$21
"4-on" Buy-in = \$5 "6-on" Buy-in = \$10
Payout of "4-ons" & "6-ons" = up to \$250
Additional Special Games = \$2 each
Double Action, Big Bucks Payout = up to \$500
All Night Bingo Games = 80/20 Split



IRS Certified Volunteers Provide

FREE TAX RETURN PREPARATION



In conjunction with the Internal Revenue Service, trained and certified CSVP volunteers will provide FREE income tax preparation for persons in either of these categories:

- Seniors 60 years of age or older (any income level) OR
- Persons with an income of \$67,000 or less, regardless of age

Conejo Creek South Community Building 1350 E. Janss Rd., Thousand Oaks, 91362

Mondays, Tuesdays, Wednesdays,

Thursdays, and Fridays

February 2 - April 15, 2026

8:30am - 4:00pm

SPANISH TRANSLATION AVAILABLE

Mondays, 8:30am - 4:00pm &

Wednesdays, 8:30am - 4:00pm

MANDARIN TRANSLATION AVAILABLE

FRIDAYS, 8:30am - 4:00pm

Newbury Park Library

2331 Borchard Rd., Thousand Oaks, 91320

WEDNESDAYS ONLY

Wednesday, February 4 -

Wednesday, April 15, 2026

10:00am - 4:00pm

MANDARIN TRANSLATION

AVAILABLE 10:00am - 4:00pm

**This is not a Thousand Oaks Library Program*

Presented by:



JOIN US!

Volunteer Fair

*The Age of Possibilities:
Igniting Purpose*



SCAN ME

**10 AM – NOON
FRIDAY, APRIL 17, 2026**

**Grant R. Brimhall Library - Community Room
1401 E Janss Rd,
Thousand Oaks, CA 91362**

Discover meaningful volunteer and civic engagement opportunities. Learn and connect with local nonprofits making a difference in the Conejo Valley!



Learn more at toaks.gov/olderadults

CINCO DE MAYO FIESTA



Friday, May 1, 2026
5:00pm

DINNER • LIVE MUSIC • DANCING



Tickets:
\$20 per person

SOLD OUT

March 30th

purchase tickets in-person only at the Goebel Adult Center front desk



Mother's Day Tea Party

Friday, May 8, 2026
10:00am

Tickets: \$15 per person

On sale beginning Friday, April 3

Please note:
Due to limited seating, there is a 2-ticket purchase limit per person



TAKE ME OUT TO THE BALLGAME

DODGER GAME DAY WATCH PARTIES!

Attention Baseball Fans!

Join us for all-you-can-eat Dodger dogs, hamburgers, nachos, popcorn, and peanuts as we rally behind our favorite team. Whether you're a lifelong fan or a newcomer to the game, the Goebel Adult Center watch parties are the ideal opportunity to embrace the excitement and love of baseball.

Don't miss out—mark your calendars and let's go, Dodgers!



Monday, April 6, 4:07pm

Tickets on sale now!



Monday, May 4, 5:10pm

Tickets on sale beginning Monday, April 6



Wednesday, June 17, 12:10pm

Tickets on sale beginning Monday, May 4



Tuesday, July 21, 3:40pm

Tickets on sale beginning Wednesday, June 17



Tuesday, August 25, 4:15pm

Tickets on sale beginning Tuesday, July 21



Monday, September 14, 3:40pm

Tickets on sale beginning Tuesday, July 21



TICKETS: \$15 PER PERSON, PER GAME

Purchase in-person only at the Goebel Adult Center Front Desk

PLEASE NOTE: * 4-TICKET LIMIT PER PERSON * ALL TICKETS ARE NON-REFUNDABLE



SEVEN GIFTS FROM SOUTHERN CALIFORNIA KITCHENS TO THE WORLD



Sunday, May 17, 2026

3:00pm (doors open at 2:30pm)

The waves of immigrants arriving in the greater Los Angeles area brought their unique culinary tastes, striving to recreate their traditions in their new surroundings. While some of these traditions have faded into obscurity, others have firmly established themselves in the culinary mainstream.

Richard Foss explores these migrations and highlights seven items that have gained lasting popularity.

Richard is a journalist, author, culinary historian, and lecturer based in Manhattan Beach, California. Since 1986, he has contributed to more than thirty publications, including the *Encyclopedia of World Food Cultures* and the *Oxford Companion to Sweets*.

Additionally, he has authored two books-

- *Rum: A Global History* and
- *Food in the Air and Space: The Surprising History of Food and Drink in the Skies*.

Tickets:
\$10 per person

On sale now!

PLEASE NOTE:

-Tickets purchased by phone will be available for pick up at the GACC front desk or at "will-call" on the day of the show.

-All tickets are nonrefundable



Goebel Adult Community Center

Volunteer Instructed Classes • Ages 50+

Spring 2026 Session: March 16 - May 22, 2026

Register now for Spring 2026 Session!

**TO REGISTER FOR A VOLUNTEER INSTRUCTED CLASS,
STOP BY THE FRONT DESK OR CALL 805-381-2744**

TAP DANCE • Intermediate

Instructor: Jane Kampbell
Mondays, 10:00-11:00am
March 16 - May 18
\$10/10 weeks

MEANING OF OPERA*

Instructor: Steve Kohn
Mondays, 3:30-5:00pm
March 30 - May 11
\$10/7 weeks
**This class is taught virtually through Zoom;
Email must be provided at registration to
receive Zoom link.*

TAI CHI

Instructor: Elaine Pawelczyk
Tuesdays & Thursdays, 9:45-10:45am
March 17 - May 21
\$10/10 weeks

MAH-JONGG OPEN PLAY

Instructor: Abbey Clark
Tuesdays, 6:00-8:00pm
March 17 - May 19
\$10/10 weeks
All levels welcome

KNITTERS & CROCHETERS

Facilitator: Yvonne Avis
Tuesdays & Thursdays, 12noon-3:00pm
March 17 - May 21
\$20/10 weeks
*Bring your own project to work on in a
social environment.*

SPANISH • Conversation

Instructor: Fernando Nocedal
Wednesdays, 9:00-11:00am
March 18 - May 20
\$10/10 weeks

AERONAUTICAL EDUCATION

Instructor: Ralph Meyer
Wednesdays, 12:15-2:15pm
March 18 - May 20
\$10/10 weeks

ITALIAN • Intermediate

Instructor: Lillian Trevisan
Thursdays, 10:00am-12noon
March 19 - May 21
\$10/10 weeks

OPEN STUDIO TIME FOR ARTISTS

Facilitator: Kathleen Gates
Thursdays, 3:00-5:30pm
March 19 - May 21
\$10/10 weeks
*Bring your own supplies; all mediums welcome
with the exception of oil.*

SHAKESPEARE FOR EVERYONE

Instructor: Helen Bartelstone
Fridays, 1:00-2:30pm
March 20 - May 22
\$10/10 weeks

SESSION:
SUMMER 2026

Conejo Recreation & Park District Classes

Summer registration opens on
Monday, April 27th at 9:00am

For class descriptions/to register for a class:

-Stop by the GACC Front Desk

-Call 805-381-2744

-Visit crpd.org/register

Summer 2026 Session Dates:

June 22- August 10, 2026



Health & Fitness Classes

CHAIR-BASED STRENGTH & BALANCE, Age 50+

Instructor: Cathya Haas

Beginning/ Level 1

0836.3261 Mon, 6/8-7/6, 12:30-1:20pm, \$58/5 wks

0836.3262 Mon, 7/13-8/10, 12:30-1:20pm, \$58/5 wks

0836.3263 Fri, 6/12-7/10, 1:30-2:20pm, \$58/5 wks

0836.3264 Fri, 7/17-8/14, 1:30-2:20pm, \$58/5 wks

Advanced/ Level 2*

*Prerequisite: Chair-Based Strength & Balance Level 1**

Bring a pair of 2-3lb. hand weights

0837.3261 Mon, 6/8-7/6, 11:30am-12:20pm, \$58/5 wks

0837.3262 Mon, 7/13-8/10, 11:30am-12:20pm, \$58/5 wks

0837.3263 Fri, 6/12-7/10, 12:30-1:20pm, \$58/5 wks

0837.3264 Fri, 7/17-8/14, 12:30-1:20pm, \$58/5 wks

JUNGSHIN FITNESS, Age 18+

Instructor: Body Brain Train

0842.3261 Mon, 6/22-8/10, 11:30am-12:15pm, \$96/8 wks

FITDRUMMING, Age 18+

Instructor: Body Brain Train

0843.3261 Mon, 6/22-8/10, 1:00-1:45pm, \$96/8 wks

TAI-CHI, Age 50+

Instructor: Jean Stoutenborough

Introduction

0838.3261 Tu, 6/23-8/11, 8:30-9:30am, \$67/8 wks

Beginning/ Intermediate

0839.3261 Th, 6/25-8/13, 8:30-9:30am, \$67/8 wks

WALK THE CONEJO, Age 50+ **NEW CLASS!**

Instructor: Barrie Silberberg

0845.3261 Tues, 6/23-8/11, 4:30-6:00pm, \$85/8 wks

CAPOEIRA, Age 18+

Instructor: Instructor Grande

0831.3261 Tu & Th, 7/9-8/13, 6:10-7:10pm, \$160/8 wks

GENTLE YOGA, Age 50+

Instructor: Cici Bo

0832.3261 Wed, 6/24-8/12, 9:00-9:45am, \$91/8 wks

STRETCH, TONE & BALANCE, Age 18+

Instructor: Kathy Bailey

0835.3261 Wed, 6/24-8/12, 1:15-2:10pm, \$75/8 wks

SCENIC HIKING CLASS, Age 50+ **NEW CLASS!**

Instructor: Barrie Silberberg

(must be able to hike 2-3 miles with hills)

0844.3261 Wed, 6/24-8/12, 5:15-6:45pm, \$85/8 wks

CHAIR YOGA, Age 50+ **NEW CLASS!**

Instructor: Allison Wilhelm

0870.3261 Thurs, 6/25-8/13, 9:15-10:00am, \$83/8wks

DANCE WITH DEL, Age 18+ **NEW CLASS!**

Instructor: Del Herrera

0867.3261 Thurs, 6/18-8/6, 4:30-5:30pm, \$83/8wks

EXERCISE FOR LESS STRESS, Age 18+

Instructor: Jim Belsley *(no class 7/17)*

0830.3261 Fri, 6/26-8/7, 3:00-4:00pm, \$63/6 wks

HIKE W/ A DOCTOR, Age 18+

Instructor: Dr. Ben Griffes

Dopamine as a Motivator • Location: Autumn Ridge Trail

0855.3261 Sat, 7/11, 7:45-9:15am, \$5/1 day

Pain is Rarely the Problem • Location: Wendy Trailhead

0855.3262 Sat, 8/1, 7:45-9:15am, \$5/1 day

Dance Classes

DANCE IT OUT, Age 18+

Instructor: Janet Snyder, Dance Ten

0826.3261 Mon, 6/22-8/10, 2:30-3:10pm, \$89/8 wks

BALLROOM DANCE, Age 18+

Instructor: Janet Snyder, Dance Ten

Beginning

0824.3261 Mon, 6/22-8/10, 3:30-4:30pm, \$89/8 wks

Intermediate

0825.3261 Mon, 6/22-8/10, 4:45-5:45pm, \$89/8 wks

TAP DANCE, Age 18+

Instructor: Debbie Munz

Advanced Tap

0829.3261 Mon, 6/22-8/10, 5:00-6:00pm, \$83/8 wks

Beginning Tap

0827.3261 Mon, 6/22-8/10, 6:00-7:00pm, \$83/8 wks

0827.3262 Th, 6/25-8/13, 2:10-3:10pm, \$83/8 wks

Tap 1

0828.3261 Mon, 6/22-8/10, 7:00-8:00pm, \$83/8 wks

LINE DANCING, Age 18+

Instructor: Kathy Bailey

0820.3261 Wed, 6/24-8/12, 2:15-3:10pm, \$75/8 wks

WEST COAST SWING, Age 18+

Instructor: Kathy Bailey

0821.3261 Wed, 6/24-8/12, 3:15-4:10pm, \$75/8 wks

BELLY DANCE, Age 18+

Instructor: Lisa Rauschenberger

Level 1- Beginning

0822.3261 Wed, 6/24-8/12, 4:30-5:15pm, \$99/8 wks

Level 2

0823.3261 Wed, 6/24-8/12, 5:30-6:30pm, \$99/8 wks

JAZZ DANCE, Age 18+

Instructor: Debbie Munz

Beginning

0866.3261 Th, 6/25-8/13, 3:15-4:15pm, \$83/8 wks

Music Classes

HARMONICA, Age 18+

Instructor: Dr. Ben Griffes

Intermediate

0804.3261 Tu, 6/23-8/11, 7:30-8:30pm, \$88/8 wks

UKULELE, Age 18+

Instructor: David Steinhart

Introduction

0805.3261 Wed, 6/24-7/29, 5:00-6:00pm, \$70/6 wks

Level 2

0806.3261 Th, 6/25-7/30, 5:00-6:00pm, \$70/6 wks

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Summer 2026 Session Dates:
June 22- August 10, 2026

The Arts

PAINTING at STUDIO 316, Age 18+

Instructor: Bob Noonan, Studio 316

Location: Studio 316, 2697 Lavery Ct., Unit #6, Newbury Park
Watercolor Basics Part 1

0800.3261 Mon, 6/22-7/13, 10:00-11:30am, \$95/4 wks

Watercolor Basics Part 2

0801.2261 Mon, 7/20-8/10, 10:00-11:30am, \$95/4 wks

Paint Night! (Sail Boat) Age 21+

0803.3261 Sat, 7/11, 5:00-7:30pm, \$45/1 day

PHOTOGRAPHY, Age 18+

Instructor: Richard Smith

Digital Photography

0807.3261 Mon, 6/22-8/10, 3:00-4:00pm, \$90/8 wks

Street Photography & Tour in Downtown L.A.

0808.3261 Th, 7/9, 8:45am-3:00pm, \$80/1 day

ART OF DIFFERENT MEDIA, Age 18+

Instructor: Jonaki Das Hazra

\$10 cash materials fee due to instructor at first class

0818.3261 Mon, 6/29-7/13, 10:00-11:00am, \$90/3 wks

0818.3262 Mon, 7/20-8/10, 10:00-11:00am, \$120/4 wks

0818.3263 Mon, 6/29-7/13, 11:15am-12:15pm, \$90/3 wks

0818.3264 Mon, 7/20-8/10, 11:15am-12:15pm, \$120/4 wks

INTRO TO FLUID ACRYLIC PAINTING, Age 18+

Instructor: Carol Roullard

Location: Carol Roullard Art Studio-1329 East T.O. Blvd., #210

\$30 cash materials fee due to instructor at first class

0814.3261 Wed, 7/8, 9:30-11:30am, \$33/1 day

0814.3262 Wed, 7/8, 6:30-8:30pm, \$33/1 day

0814.3263 Th, 7/9, 9:30-11:30am, \$33/1 day

0814.3264 Th, 7/9, 6:30-8:30pm, \$33/1 day

JEWELRY MAKING, Age 18+

Instructor: Priscilla Mendez

\$25 cash materials fee due to instructor at first class

0817.3261 Wed, 6/24-7/15, 10:00-11:00am, \$130/4 wks

Specialty Classes

SOUND HEALING MEDITATION, Age 18+

Instructor: Cici Bo

Location: Harmony Family Yoga Studio, 804 East. T.O. Blvd.

0833.3261 Mon, 6/22-8/10, 12noon-12:45pm, \$105/8wks

MAH-JONGG, Age 18+

Instructor: Lorraine Urist

Beginning/ Level 1

0857.3261 Mon, 6/22-7/27, 10:00am-12noon, \$100/6 wks

Intermediate/ Level 2 (Prerequisite: Beginning/ Level 1)

0858.3261 Fri, 6/26-7/31, 10:00am-12noon, \$100/6 wks

SPANISH, Age 18+

Instructor: Anna Colilles

Beginning

0859.3261 Wed, 6/24-8/12, 5:00-6:00pm, \$115/8wks

Intermediate

0860.3261 Wed, 6/24-8/12, 6:00-7:00pm, \$115/8wks

ENGLISH CONVERSATION, Age 18+

Instructor: Anna Colilles

0861.3261 Wed, 6/24-8/12, 7:00-8:00pm, \$115/8wks

INTRO TO CANASTA, Age 18+

Instructor: Lorraine Urist

0856.3261 Th, 6/25-7/30, 10:00am-12noon, \$100/6 wks

FILM CLASS, Age 18+

Instructor: Joe Longo

Six Summertime Classics

0863.3261 Th, 6/25-7/30, 2:30-5:00pm, \$63/6 wks

ChatGPT MADE SIMPLE, Age 18+ **NEW!**

Instructor: Tracie Karasik

Topic: Uber, Lyft & Dial-a-Ride

0864.3261 Sat, 7/25, 2:30-3:30pm, \$25/1 day



Conejo Senior Volunteer Program

Volunteers Make a Lasting Difference



The Conejo Senior Volunteer Program (CSVP) provides opportunities for adults ages 55+ to use their life experiences and skills to meet local community needs. Get involved today! For more information visit the CSVP office, call 805-381-2742, or email jspivack@crpd.org

The following CSVP Volunteer Workshops meet weekly at the Goebel Adult Center:

FULL BUSY BEES WORKSHOP Mondays, 9:30am-12noon

Sew, knit, or crochet for children, service members, older adults & CSVP programming.

TEDDY BEARS WORKSHOP Mondays, 1:30-3:00pm

Make stuffed bears for local children.

CRAFTERS WORKSHOP Wednesdays, 9:00-11:30am

Sew, knit, or crochet for children, service members, older adults & CSVP programming.

NIFTY LADIES WORKSHOP Wednesdays, 12:30-3:00pm

Sew special projects for patients, children, service members, and older adults.

CSVP Volunteer Workshops gratefully accept donations of *unused* material: Yarn, Stuffing, Batting, Elastic, and Cotton/Flannel/Fleece fabric. **Visit the CSVP Office for more information on Volunteer Workshops.**

PLEASE NOTE: Handmade items are donated to nonprofit agencies; workshop groups cannot make/alter items for personal use.

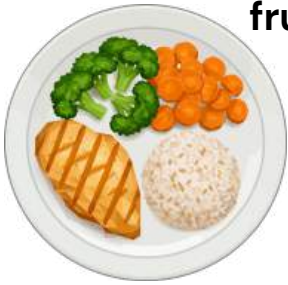
SENIOR NUTRITION LUNCH PROGRAM (SNP)

Lunch is served Monday-Friday, 11:30am-1:00pm in the Goebel Cafe

For the weekly menu, call 805-381-2742 or visit www.crpd.org/SNP-menu



The Senior Nutrition Lunch Program (SNP) is for adults 60+ years of age. Meals include 4oz of protein, vegetables, salad, fruit, yogurt (3 x/week), and shelf stable milk.



Please Note:

- Suggested contribution for daily meal is \$4
- NO eligible individual (those 60 years of age or older) shall be denied participation due to failure or inability to contribute.



CSVP BOUTIQUE

Open Monday-Friday, 9:00am-4:00pm

Located inside the Goebel Adult Community Center
For more information call, 805-381-2742

Discover unique, handmade treasures! Beautiful baby blankets & apparel, cozy lap blankets, stylish aprons, and truly so much more! Be sure to browse our extensive selection of greeting cards, available for **only \$0.50**

-Cash or Check only-

The CSVP Boutique is always accepting donations of **brand new items, small antique items, and all types of new or used jewelry.**



DROP-IN ACTIVITIES

The following are free programs that don't require registration- just drop in! For even more drop-in activities, stop by the GACC front desk or visit crpd.org/gacc for a Drop-in Schedule!

DROP-IN SPORTS

BASKETBALL, Ages 50+
Mon, Wed & Fri, 8:30-11:00am

Location: Teen Center, next door to GACC

BADMINTON, Ages 50+
Tues & Thurs, 8:30-11:00am

Location: Teen Center, next door to GACC

BILLIARDS, Ages 18+

4 tables, all open play. Location: GACC

HORSESHOES, Ages 18+
Team Play: Tues & Thurs, 9:30am-12noon

Open Play: during regular business hours

Location: Horseshoe Pits at GACC

SOFTBALL, Ages 50+

Tues & Fri, 8:30-11:00am

Location: Wildflower Playfields, 635 Avenida de los Arboles

TABLE TENNIS, Ages 18+

Tues, 4:30-6:00pm & Thurs, 4:30-8:00pm

4 tables, all open play. Location: GACC Main Hall

TENNIS, Ages 50+

Mon, Wed & Fri, 7:30-10:30am

Location: Wildflower Playfields, Courts 1, 2, & 3

Tues, Wed & Fri, 7:00-10:30am

Location: Borchard Community Center, Courts 2 & 3

Wed, 8:00-10:00am, Women's Games

Location: Thousand Oaks Community Center

Thurs, 9:00-11:00am- Women's Games

Location: Triunfo Park

Wii BOWLING, Ages 50+

Mon & Wed, 1:00-3:00pm

Enjoy bowling without needing to rent the shoes!

Location: GACC Social Lobby

DROP-IN DANCE & MUSIC

SOCIAL DANCING, Ages 18+

Wed, 10:00-11:00am, w/ Dennis

Everyone is welcome, regardless of experience level! No partner needed. Dancing in a social environment to lively recorded music. Location: GACC Main Hall

LINE DANCE PRACTICE, Ages 18+

Wed, 11:30am-1:00pm, w/ Mel

All levels of experience welcome, fun for all!
No partner needed. Location: GACC Main Hall

UKULELE STRUMMERS & SINGERS, Ages 18+

Wed, 2:30-4:15pm, w/ Bob & friends

Bring your ukulele to strum along and sing together!

CONEJO VALLEY SENIOR ORCHESTRA

Thurs, 11:30am-2:00pm

Rehearsing music from the Big Band Era, 40's - 60's.

Audience welcome to listen/watch!

Location: GACC Main Hall

SATURDAY NIGHT BALLROOM DANCE, Ages 18+

1st & 3rd Saturdays, 4/4 & 4/18

Enjoy dancing to live band music! Complimentary dance lesson included with admission. See page 15 for more info

SUPPORT GROUPS

Conejo Recreation & Park District provides classrooms for support groups, but does not organize forums, or endorse any opinions/ comments shared. Please contact the GACC Supervisor or Coordinator with issues or concerns.

LGBTQ+ CAREGIVER SUPPORT GROUP

1st & 3rd Mon, 4/6 & 4/20, 1:00-2:30pm

Facilitator: Brenda Birdwell, 805-699-8907

**HOSPICE OF THE CONEJO GRIEF SUPPORT
Widow/Widower Support Groups**

No walk-ins; please call 805-495-2145 prior to attending to be placed in the appropriate support group.

Tues, 11:00am-12noon: Newly Bereaved

Tues, 12:15-1:15pm: Moving Forward

Tues, 2:30-3:30pm: Newly Bereaved

DEMENTIA GRIEF SUPPORT GROUP

1st & 3rd Wed, 4/1 & 4/15, 1:00-2:30pm

A compassionate space for those who are supporting or caring for a family member with dementia.

Facilitator: Ventura County Ombudsman, 805-656-1986

DIABETES CLASS

4th Wed, 4/22, 1:30-3:00pm

For individuals managing Type 2 diabetes and pre-diabetes.

Facilitator: Linda Hampson, RN, MSN,

Livingston Memorial Visiting Nurse Association

MULTIPLE SCLEROSIS SUPPORT GROUP

2nd Thursdays, 4/9, 1:00-3:00pm

Whether you live with MS, are a caregiver, family member, or friend of someone with MS; gain support & confidence in your ability to cope. Facilitator: Darlene, 360-701-0989

LOW VISION SUPPORT GROUP

Fridays, 10:00am-12noon

For those with low vision or blindness; coping strategies, tech resources, and community connection. Friends/family are welcome. For more information call, 805-380-6206

ALZHEIMER'S SUPPORT GROUP

1st & 3rd Fridays, 4/3 & 4/17, 9:30-11:00am

Support group for family and/or caregivers of those living with Alzheimer's disease. Facilitator: The Alzheimer's Association, 805-261-2189

POST POLIO SYNDROME SUPPORT GROUP

1st Saturdays, 4/4, 12:30-2:00pm

BRIDGE • DUPLICATE PARTNERSHIP

Thursdays
12:30-4:00pm

Fridays
9:00am-12noon

\$1 per player, per game (cash only)
Seating is limited. First come, first served

COMPUTER LAB • AGES 50+

HOURS AND AVAILABILITY MAY CHANGE WITHOUT NOTICE AT ANY TIME
*Closed for IT maintenance on random Fridays, 12noon-2:30pm (call for availability)
Complimentary printing available- 6 pages max per person, per day
Wi-Fi Available: ConejoRPD_Guest (No password)

Computer Lab Hours:

Mon-Thurs: 8:45am-8:30pm

*Fri: 8:45am-4:30pm

Sat: 12:15-3:30pm

SOCIAL SERVICES & RESOURCES

988 SUICIDE AND CRISIS LIFELINE

If you are having thoughts of suicide, **call or text 988** to reach the 988 Suicide and Crisis Lifeline.

SENIOR SUPPORT LINE (SSL)

If you or someone you know feels isolated, anxious, or depressed, **call 800-235-9980 today**. The SSL offers compassionate, confidential emotional support for adults 60+. Trained personnel provide encouragement and connection through resources and referrals.

GREY LAW, LEGAL HELP- Sharon Yoon

April 1 & April 15 (by appointment only)

For more info/to schedule an appointment, call/email Grey Law, 805-658-2266, greylawvc@gmail.com
Grey Law, a nonprofit organization, provides free legal help to older adults in Ventura County who otherwise have limited access. Offering help with public benefits, long-term care planning, wills, living trusts, and powers of attorney.

HEALTH INSURANCE COUNSELING (HICAP)

April 8 & April 22 (by appointment only)

For more info or to schedule an appointment, call 805-477-7300 or email HICAP@venturacounty.gov

SENIOR DIAL-A-RIDE (DAR)

For more info/to schedule a ride, call 805-375-5467

The City of Thousand Oaks operates a local Dial-A-Ride program for adults ages 65+. DAR is \$4.00 each way and exact change is required. Trip tickets are available for purchase at the Goebel Adult Center front desk.

ADULT PROTECTIVE SERVICES (APS)

To report abuse/neglect please call 805-654-3200

2-1-1 VENTURA COUNTY

Call 2-1-1 or text your ZIP code to 898-211

The 211 Ventura County team is ready to help you via phone and text, 24 hours a day, 7 days a week.

Assistance with housing, health care, food, utilities, and many other social services.

VETERANS CRISIS LINE

Text 838-255, or call 988 and press 1 for 24/7 confidential crisis support.

SENIOR CONCERNS

805-497-0189 • www.seniorconcerns.org

401 Hodencamp Road, Thousand Oaks

SENIOR ADVOCATES

Older adults and family caregivers are often faced with complicated, confusing, and frustrating issues, resulting in concerns and questions. Senior Concerns is here to help. Senior Advocates provide guidance with housing, transportation, legal & health-related issues, in-home care, facility placement, government benefits, senior programs, and more. For more information/to schedule an appointment with a Senior Advocate, call Senior Concerns or email egu@seniorconcerns.org

DISCUSSION GROUPS

CRPD provides classrooms for discussion groups, but does not organize forums, or endorse any opinions/comments shared. Contact GACC Supervisor or Coordinator with issues or concerns.

WOMEN'S DISCUSSION GROUP

Mondays, 10:00am–12noon, with Karen Perotta

LITERATURE LOVERS DISCUSSION GROUP

Tuesdays, 1:00-2:00pm, with Kathleen • 805-807-2523

MEN'S DISCUSSION GROUPS

Tuesdays, 10:00am–12noon with Lloyd Minton

Wednesdays, 2:00–4:00pm with Harvey Youngman*

*4th Wed. of the month, group meets outside on the GACC back Patio

BOOK DISCUSSION GROUP

2nd Tuesdays, 4/14, 7:00–8:45pm

with Cheryl Miller • 805-368-4542

GENEALOGY DISCUSSION GROUP

Wednesdays, 2:00-4:00pm, with Georgine Herd

SENIOR SINGLES SOCIAL GROUP

Wednesdays, 7:00–8:30pm

For information, call Marie • 732-407-1816

STAMP CLUB

2nd & 4th Thursdays, 4/9 & 4/23, 4:00–5:30pm

For more information, Marc • 818-903-0369

HISTORY BOOK DISCUSSION GROUP

2nd Thursdays, 4/9, 7:00–8:45pm

with Jack Heller • 805-341-7585

GRUPO SOCIAL LATINO MAYOR

Viernes (Fridays), 9:00am–12noon

CONEJO VALLEY WRITERS

3rd Saturdays, 4/18, 12noon–2:30pm

For more information, email • calverle@usc.edu

COMMUNITY PROGRAMS

EYEGLOSS RECYCLING: RECYCLE FOR SIGHT

Make a meaningful impact by donating old prescription eyeglasses, readers, and sunglasses. An eyeglass recycling box is located on the front counter at the GACC front desk. Glasses only—no cases, please.

BATTERY RECYCLING

A battery recycling bin is located outside the main entrance doors of the GACC for safe battery disposal.

AMERICA SUPPORTING AMERICANS (ASA)

ASA collects donated items for military care packages. A donation collection box is located near the GACC front desk. Visit asa-gcvc.org for more information.

FUNDRAISING WITH RALPHS

Each time you shop at Ralphs Grocery Store, and use your Ralphs Rewards Card/phone number, a small percentage of your purchase can be donated to the GACC! Use the GSCC NPO #DE917. For more info, call 800-443-4438.

GET YOUR DANCING SHOES ON!

Goebel Adult Community Center's

Saturday Night Ballroom Dance

Ballroom Dance's are held on the **First & Third Saturdays** of each month, at the Goebel Adult Center. *Join us!*

Saturday, April 4, 2026- *Rhythm Brothers*

Saturday, April 18, 2026- *Pier 101*

Saturday, May 2, 2026- *Wyatt Haupt*

MAY 2 THEME: CINCO DE MAYO

Saturday, May 16, 2026- *John & John*

6:00pm Doors Open

6:30-7:20pm Complimentary Dance Lesson

7:30-10:00pm Live Band/Dance



ADMISSION:

\$12 per person at the door

-Cash or Check only-

Check payable to:

Conejo Recreation & Park District (CRPD)

Interested in Ballroom Dance Sponsorship Opportunities?

Call or Email Mark Williams

805-381-2744 / mwilliams@crpd.org

*Please note: bands, themes, lessons, and instructors are subject to change at any time without notice.

DAY-TRIPS

Important day-trip information!

- Day-Trips are open to **adults ages 50+**
- Registration** occurs on 2nd Friday of each month
(**April 10th at 9:00am**) in-person only, at the GACC front desk
- GSCC Sponsored Day-Trips:** 2-registration limit per person
- Walking Scale:** (see above) Review *prior* to registration; this will help you determine if a trip is within your ability range
- Payment:** Visa, MasterCard, Cash, or Check (**made payable to G.S.C.C.**) are acceptable forms of payment
- \$1 Insurance (Accident/Medical):** \$1 per person, per year; non-refundable, required for all patrons on all day-trips
- Bus Boarding:** Not permitted until a GACC staff member and the day-trip escort/chaperone are present
- Dates, locations, itineraries, and times are all subject to change at any time without notice**

DAY-TRIP WALKING SCALE

All trips involve walking and stairs, including getting on/off the bus. This walking scale will help you determine if a particular trip is within your ability range.

- 1 MODERATE:** Some walking, possibly a few stairs.
- 2 STRENUOUS:** Significant amount of walking. Stairs included with some stopping and/or sitting.
- 3 VERY STRENUOUS:** Majority of the trip is walking. Multiple sets of stairs, plus, up and down hills.

NEW Registration for for this daytrip will open on Friday, April 10th at 9:00am

Off to the Races!

Walking Scale= 2

Friday, June 5, 2026 • 10:00am-6:00pm

\$130 per person • Partially Sponsored by GSCC

With **Curt Tucker** as your guide, sit back and enjoy **delicious food, and refreshing drinks, and box seating all while experiencing the thrill of live thoroughbred horse racing!** Immerse yourself in the vibrant colors and pageantry of this classic sport, brought to life at **Santa Anita Park**. Renowned worldwide for its rich racing history, **stunning gardens, and classic architecture**, all set against the breathtaking backdrop of the **San Gabriel Mountains**, Santa Anita Park offers a truly unique experience. Relax in comfortable reserved seating, surrounded by fantastic company— this is the ideal setting for a memorable outing, where you can savor the timeless excitement of a day at the races!

Huntington Library in the Springtime Walking Scale= 3

Wednesday, April 8, 2026 • 10:00am-5:30pm
\$140 per person- Partially Sponsored by GSCC

Begin the day with **Curt Tucker** at **Chado's Tea House** for a delightful high tea luncheon. After lunch, continue on to the **Huntington Library**, where spring is in full bloom! The focus will be on Huntington's extraordinary gardens, with plenty of time to wander, explore, and soak in the season. **The Rose Garden-** featuring more than 3,000 roses in bloom, **The Japanese Garden-** serene bridges, koi ponds, and bonsai, **The Chinese Garden-** one of the largest classical Chinese gardens outside of China, and so much more! While the library is currently under renovation, guests may still enjoy select gallery spaces featuring works such as **The Blue Boy** and **Pinkie**, along with rotating American and European art exhibitions.

Bake My Day a delicious L.A. bakery adventure

Tuesday, April 14, 2026 • 9:00am-5:30pm Walking Scale= 2
\$135 per person- Partially Sponsored by GSCC

Travel the world with Curt Tucker without even leaving L.A.! Bake My Day is a curated culinary and cultural journey through L.A.'s most vibrant food neighborhoods, exploring international bakeries that reflect the city's rich global roots. You'll visit a hand-selected mix of **Asian, Mexican, Armenian, Cuban & European-inspired bakeries**, sampling fresh breads, delicate pastries, and traditional sweets made the same way for generations; all while learning about how food and community shaped L.A. MIDDAY, stop for lunch at the historic **Tam O'Shanter**. *Please Note: Tastings are intentionally light; each guest will receive a treat bag to collect bakery goods to enjoy at home.*

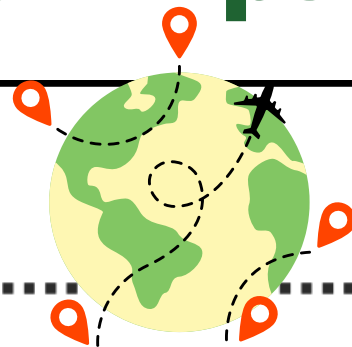
Sip & Stroll in Temecula (and lunch!) Walking Scale= 2

Wednesday, May 27, 2026 • 8:00am-7:30pm
\$150 per person- Lunch included - Partially Sponsored by GSCC

Pour the wine, cue the sunshine, and get ready for a day with **Curt Tucker** that blends vineyard beauty, local history, and small-town charm into an unforgettable escape! This feel-good **Temecula** getaway is filled with bold flavors, rustic charm, and a beautiful finish in wine country. Kick off the day at **Phil's BBQ**, a beloved Southern CA favorite. Next, enjoy some free time in **Old Town Temecula**, where rustic wooden boardwalks, historic storefronts, and Old West charm create a warm and welcoming atmosphere. Stroll, sample, shop, or simply settle in with a coffee- Old Town is yours to enjoy at your own pace. Finish the day at **Wilson Creek Winery**, a family-owned favorite known for its, vine-covered patios, and beloved Temecula wines.

National & International Trips

For more detailed information, see individual trip brochures available at the Goebel Adult Center (GACC)



Yosemite • May 11, 2026

\$899/per person, double occupancy
\$1,199/per person, single occupancy

Great Canadian Cities • August 12, 2026

\$5,175/per person, double occupancy
\$6,425/per person, single occupancy

St. Louis, Branson & Memphis • August 21, 2026

\$3,499/per person, double occupancy
\$4,099/per person, single occupancy

Philadelphia/Amish Country/Brandywine Valley • Sep. 27, 2026

\$3,875/per person, double occupancy
\$4,625/per person, single occupancy

Athens & The Greek Islands • September 29, 2026

\$5,725/per person, double occupancy
\$7,225/per person, single occupancy

Treasures of Croatia & Slovenia • October 13, 2026

\$5,450/per person, double occupancy
\$6,750/per person, single occupancy

San Antonio Holiday • December 1, 2026

\$3,300/per person, double occupancy
\$4,050/per person, single occupancy

Victoria & Vancouver Christmas • December 1, 2026

\$4,799/per person, double occupancy
\$5,999/per person, single occupancy

Contact Mark Williams, Recreation Specialist, mwilliams@crpd.org regarding National & International Trips.

Goebel Senior Center Commission

The Goebel Senior Center Commission (GSCC) is a 501(c)(3) nonprofit community service organization dedicated to establishing policies for the operation of the Goebel Adult Community Center (GACC). The GSCC acquires and allocates funds to support the GACC. GSCC Commissioners are volunteers who donate their time, share unique skills, and serve on various committees to assist in the planning, organizing, and execution of programs that are aimed towards benefiting the local older adult population. Regular commission meetings are open to the public and take place at the Goebel Adult Center on the fourth Wednesday of each month at 1:00pm.



Front row, left to right: Mary Martinich, Carol Partington, Vicki Dunbar, Dorothy Hatfield, Lisa Thorsen.
 Back row, left to right: Mickey Toyen, Cynthia Bengtson, Sandy Barry, Amelia Ammons, Mindy Rosiejka, Karen Ise.
 Not pictured: Maxine Cleary, Nancy Healey, Chris Maccarone, Patricia Schiano

COUNCIL ON AGING MEETING

Thursday, April 2, 2026
1:00 PM

City Hall Board Room
2100 Thousand Oaks Blvd

Virtual: toaks.co/coazoom
Call in: 213 338 8477
Meeting ID: 886 2955 3263
Meeting Passcode: 576940

JOIN US

Learn more at toaks.gov/olderadults or call (805) 449-2118



Resource Directory for Older Adults

Directorio de Recursos para Personas Mayores



Scan QR Code to view the digital version
 Escanee el código QR para ver la versión digital



Apply today!

Council on Aging

The Council on Aging serves as City ambassadors on matters concerning the City's older adults

- 4 Scheduled Vacancies, terms to July 2028
- Members must be City residents and age 60 or older



Scan me

Application period from March 24 - April 23, 2026

Learn more at toaks.gov/boards



Presented by:



JOIN US! Volunteer Fair

The Age of Possibilities:
 Igniting Purpose



SCAN ME

10 AM - NOON
 FRIDAY, APRIL 17, 2026

Grant R. Brimhall Library - Community Room
 1401 E Janss Rd,
 Thousand Oaks, CA 91362

Discover meaningful volunteer and civic engagement opportunities. Learn and connect with local nonprofits making a difference in the Conejo Valley!



Learn more at toaks.gov/olderadults

THE GOEBEL SENIOR CENTER COMMISSION PROUDLY PRESENTS AN ENTERTAINMENT "LIVE" EVENT



THE TOKENS

Sunday, June 21, 2026
3:00pm (doors open at 2:30pm)

The Tokens embody a remarkable legacy that spans decades of successful songwriting, starting with some of the most iconic tracks from the sixties.

Their hits, including "The Lion Sleeps Tonight," "Tonight I Fell in Love," and "I Hear Trumpets Blow," highlight their incredible talent.

With outstanding musicianship, impressive vocal performances, and a delightful sense of humor, they truly light up the stage!

Tickets:
\$10 per person

Tickets on sale beginning **Friday, April 17th**
(in-person only)

Phone sales begin **Friday, April 24th**

**All tickets are nonrefundable*

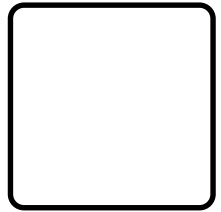
**Tickets purchased over the phone can be picked up at the Goebel Adult Center front desk or at "will-call" on the day of the show.*



Goebel Adult Community Center
1385 East Janss Road • Thousand Oaks, CA 91362
805-381-2744 • gacc@crpd.org



The Goebel Gazette



April 2026

Conejo Recreation & Park District



DELIVER TO:



2026 COMMUNITY GARAGE SALE

Sunday, April 26
8:00am-1:00pm

Join us!

Over 70 individual garage sales all in one convenient location; a treasure hunter's dream!



ASSISTED LIVING | MEMORY CARE

SUNRISE OF WESTLAKE VILLAGE

Discover Vibrant Senior Living



Book a tour by calling 805-557-1100 or visiting SunriseWestlakeVillage.com.

©2025 Sunrise Senior Living



WESTLAKE VILLAGE