



CITY *of* CALABASAS

FALL 2024 • SEPTEMBER - DECEMBER

THE

# PREMIER

COMMUNITY SERVICES DEPARTMENT

## RECREATION BROCHURE



Fall Special Events	5
50 & Better Program Activities	26





# CITY of CALABASAS

## FALL 2024

### Welcome Calabasas!



**Erica L. Green**  
Community Services Director

The Community Services Department is pleased to distribute the Fall 2024 edition of the Premier Recreation Brochure! The name of the brochure was derived from the premier culture of the City of Calabasas. The residents, programs, services, events, businesses, and organizations are premier and are now being branded as such.

The Community Services Team has coordinated many creative events, programs, and activities for all ages, such as the annual Pumpkin Festival, The Great Pumpkin Bake-Off, Something Yellow and City of Calabasas 5K Run, Escape Room, Holiday Movie Night, and a variety of new classes across the facilities. and more. Find these activities and many more inside the Fall edition of the Premier Recreation Brochure. Please take a look and register yourself and your family members today!

Register online today at [www.calabasasreg.org](http://www.calabasasreg.org). Classes fill quickly!

The City abides by the Los Angeles County Public Health mandates and makes adjustments to programming and events based on their guidance. We appreciate your understanding and flexibility as we make required modifications for everyone's safety throughout the season.

As always, if you have ideas related to the Community Services Department, thoughts on the new brochure design, questions, or concerns, please feel free to reach out to me at (818) 224-1600 or [egreen@cityofcalabasas.com](mailto:egreen@cityofcalabasas.com).

*Enjoy the Fall season!*

(818) 224-1600

[www.cityofcalabasas.com/communityservices](http://www.cityofcalabasas.com/communityservices)  
[communityservicesinfo@cityofcalabasas.com](mailto:communityservicesinfo@cityofcalabasas.com)



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Capture Calabasas 1st Place  
Monica Nevarez, Open Space Category  
"Sunset Over the Lake"



**CALABASAS CITY HALL**

100 Civic Center Way • Calabasas, CA 91302  
(818) 224-1600 FAX (818) 225 - 7324  
Monday - Thursday 7:30am - 5:30pm  
Friday 7:30am - 4:30pm  
The public counter closes at 2:00pm on Fridays.

**Building & Safety Counter**

Monday - Thursday 7:30am - 5:30pm  
Fridays 7:30am - 2:00pm

**Planning Counter**

Monday - Thursday 7:30am - 1:00pm

**Public Works Counter**

Monday - Thursday 8:00am - 4:00pm  
Fridays 8:00am - 2:00pm  
Meetings/questions by appointment only

**Closed:** September 2, November 11, 28 & 29,  
December 24 & 25

**MEETINGS**

**CITY COUNCIL** (In-person)  
2nd and 4th Wednesday • 7:00pm City Hall

**PARKS, RECREATION &  
EDUCATION COMMISSION** (In-person)  
2nd Monday • 6:00pm City Hall

**CALABASAS CITY COUNCIL** (As of Print Date)

- Alicia Weintraub** Mayor
- Peter Kraut** Mayor Pro Tem
- Ed Albrecht** Councilmember
- James R. Bozajian** Councilmember
- David J. Shapiro** Councilmember

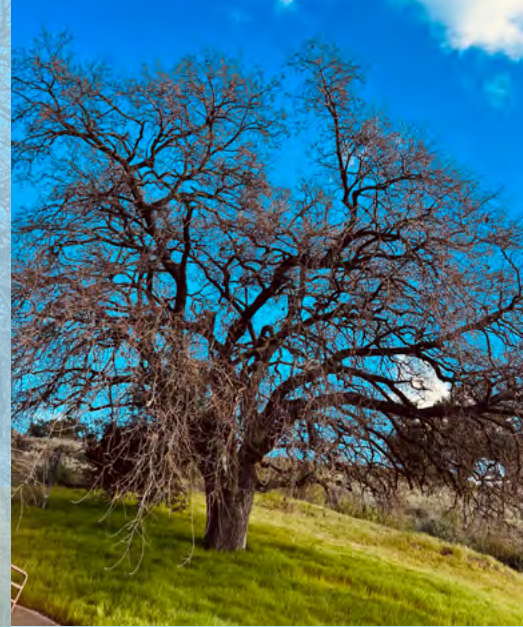
**CITY MANAGER'S OFFICE**

- Kindon Meik** City Manager
- Scott Trujillo** Assistant City Manager
- Michael McConville** Deputy City Manager

**PARKS, RECREATION &  
EDUCATION COMMISSION**

- Stephanie Williams** Chair
- Julie Elginer** Vice Chair
- Negin Ghaffari** Commissioner/  
Arts Council Liaison
- Brad Klein** Commissioner
- Anita McQuillan** Commissioner
- Richard Sherman** Commissioner/  
Senior Advisory Board Liaison
- Vacant** Student Member

Capture Calabasas 2nd Place  
Open Sky Category  
Debbie Magerr, "Beautiful Sky & Tree in Calabasas"



# COMMUNITY *Info*

## COMMUNITY SERVICES FACILITY DIRECTORY



### CALABASAS COMMUNITY CENTER

27040 Malibu Hills Rd.  
Calabasas, CA 91301  
(818) 479 - 8180  
Monday - Friday 6:00am - 10:00pm  
Saturday & Sunday 8:00am - 6:00pm  
**Closed:** September 2, November 11, 28,  
& 29, December 24 & 25



### CALABASAS SENIOR CENTER

300 Civic Center Way  
Calabasas, CA 91302  
(818) 224 - 1777 FAX (818) 591 - 6707  
Monday - Friday 9:00am - 5:00pm  
Wednesday 9:00am - 8:00pm  
**Closed:** September 2, November 11, 28,  
& 29, December 24 & 25

### CALABASAS CREEKSIDE PARK & CALABASAS KLUBHOUSE

3655 Old Topanga Canyon Road  
Calabasas, CA 90290  
(818) 222 - 9791 FAX (818) 222 - 9792  
**Summer Park Hours:**  
Monday - Friday 5:30pm - 8:00pm  
Saturday & Sunday 9:00am - 5:00pm  
**Preschool Hours**  
Monday - Friday, 7:30am - 5:30pm  
**Closed:** September 2, November 11, 28,  
& 29, December 24 & 25

### JUAN BAUTISTA DE ANZA PARK

3701 Lost Hills Road  
Calabasas, CA 91301  
(818) 880 - 6461 FAX (818) 880 - 6457  
Monday - Friday 8:00am - 9:00pm  
Saturday & Sunday 9:00am - 9:00pm  
**Closed:** September 2, November 11, 28,  
& 29, December 24 & 25

### TENNIS & SWIM CENTER

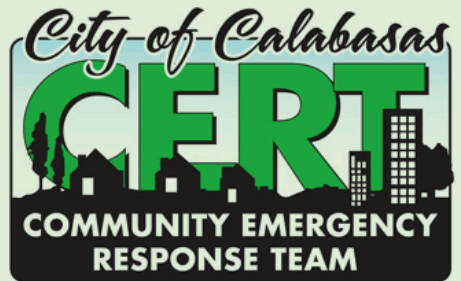
23400 Park Sorrento  
Calabasas, CA 91302  
(818) 222 - 2782 FAX (818) 222 - 8602  
Monday - Friday 6:00am - 10:00pm  
Saturday & Sunday 8:00am - 6:00pm  
**HOLIDAY HOURS:**  
Labor Day,  
September 2 8:00am - 6:00pm  
Day After Thanksgiving,  
November 29 8:00am - 5:00pm  
Christmas Eve,  
December 24 8:00am - 12:00pm  
New Year's Eve,  
December 31 8:00am - 12:00pm  
**Closed:** November 28 & December 25

### AQUATIC HOURS:

Monday - Friday 6:00am - 8:30pm  
Saturday 8:00am - 5:45pm  
Sunday 8:00am - 5:30pm

## COMMUNITY DIRECTORY

Area Agency on Aging (800) 510 - 2020  
Calabasas Landfill (818) 889 - 0363  
Calabasas Library (818) 225 - 7616  
Chamber of Commerce (818) 222 - 5680  
Dial-A-Ride (818) 632 - 6211  
Las Virgenes  
Municipal Water District (818) 251 - 2100  
Las Virgenes  
Unified School District (818) 880 - 4000  
Manna (805) 497 - 4959  
Meals on Wheels (818) 708 - 6668  
Post Office (800) 275 - 8777



This team may help the City in times of emergency. Free training is provided by the Los Angeles County Fire Department for community members. For details, visit [www.cityofcalabasas.com/government/public-safety-emergency-preparedness](http://www.cityofcalabasas.com/government/public-safety-emergency-preparedness) or contact Debbie Larson, Public Safety Coordinator [dlarson@cityofcalabasas.com](mailto:dlarson@cityofcalabasas.com)

# CALABASAS LIBRARY

200 Civic Center Way • Calabasas, CA 91302

(818) 225-7616 • [www.calabasaslibrary.org](http://www.calabasaslibrary.org)

## HOURS OF OPERATION

Monday	Closed
Tuesday - Thursday	11:00am - 7:00pm
Friday - Saturday	11:00am - 5:00pm
Sunday	12:00 - 5:00pm

**CLOSED:** August 31, September 1,  
November 9, 10, 28 and 29,  
December 24, 25 and January 1

## MISSION

*Freedom and democracy require a well-informed citizenry and the full exchange of a diversity of viewpoints. To that end, the mission of the City of Calabasas Library is: to provide free and equal access to materials, information technology, and services, administered by a knowledgeable, professional and caring staff; to respond to changing individual and community needs in reading, research, and education; and to support the cultural and recreational interests, identity and pride of its citizens.*

The Calabasas Library has homework help, children's story times, book and movie clubs for adults, and special events for all ages. More information on free programs is found on the Library's social media and the calendar on the website [www.calabasaslibrary.org](http://www.calabasaslibrary.org).

The library includes a separate children's wing with a storytelling room, a young adult section, a fireplace room, a quiet reading room, the Friends of the Library used bookstore, study rooms, a Senior's Corner, a multipurpose room, free WI-FI and twenty public computers with internet and Microsoft Office access. Founders Hall and an outside amphitheater are located at the back of the library.

The library serves Calabasas and the surrounding area. The library has over 100,000 items in the collection including books, magazines, movies, music, e-books, e-audiobooks, magazines and online resources. Books are available also through the Interlibrary Loan program. Reference librarians can answer questions and assist patrons with using the resources.

The library's catalog, digital services and general information also can be accessed on the Library main website, [www.calabasaslibrary.org](http://www.calabasaslibrary.org).





# FALL Special Events

## City of Calabasas Special Events Calendar

### AUGUST

**SUNSET SUMMER CONCERT  
L.A.VATION WORLD'S  
GREATEST TRIBUTE TO U2**

August 11 • 6:00pm  
Calabasas Lake

**NEW CALABASAS CUISINE  
FOOD TRUCK THURSDAY -  
BACK TO SCHOOL NIGHT**

August 15 • 6:00 - 9:00pm  
Calabasas Community Center

**NEW LISTENING LOUNGE/  
OPEN MIC**

August 20 • 7:00 - 9:00pm  
Calabasas Civic Center  
Amphitheater

**SUNSET SUMMER CONCERT  
- BLUE BREEZE BAND R&B  
AND MOTOWN TUNES**

August 25 • 6:00pm  
Calabasas Lake

### SEPTEMBER

**LABOR DAY** (City Hall Closed)  
September 2

**NEW LISTENING LOUNGE/  
OPEN MIC**

September 17 • 7:00 - 9:00pm  
Founders Hall Amphitheater

### MURDER MYSTERY DINNER

(50 & Better only)  
September 20 • 5:00 - 7:30pm  
Calabasas Community Center

**NEW SOMETHING YELLOW  
AND CITY OF CALABASAS  
CLASSIC 5K RUN/WALK**

September 29 - 7:30am  
Calabasas Civic Center

### OCTOBER

**NEW THE GREAT PUMPKIN  
BAKE-OFF**

October 13 • 3:00pm  
Calabasas Community Center

**CALABASAS  
PUMPKIN FESTIVAL**

October 20 • 10:00am - 5:00pm  
Juan Bautista de Anza Park  
[WWW.CALABASASPUMPKINFESTIVAL.COM](http://WWW.CALABASASPUMPKINFESTIVAL.COM)

### NOVEMBER



(City Facilities Closed Excluding  
Tennis & Swim Center)  
November 11

### **NEW ESCAPE ROOM**

November 1 - 2 • Check back for  
times at [cityofcalabasas.com](http://cityofcalabasas.com)  
Calabasas Community Center

**IT'S A SMALL WORLD  
HOLIDAY FEST**

November 16 • 10:00am  
Calabasas Community Center

### THANKSGIVING HOLIDAY

November 24 & 25  
City Facilities Closed  
(Excluding Tennis & Swim Center on  
November 25 • 8:00am - 5:00pm)

### DECEMBER

### **NEW HOLIDAY MOVIE NIGHT**

December 1, 8 & 15 • 4:00pm  
Calabasas Community Center

### HOLIDAY CHEER

December 10 • Check back for  
times at [cityofcalabasas.com](http://cityofcalabasas.com)  
Calabasas Community Center

### CHRISTMAS HOLIDAY

(City Facilities Closed Excluding  
Tennis & Swim Center)  
December 23 & 26

### NEW YEAR'S EVE (OBSERVED)

(City Facilities Close at Noon)  
December 30

THE COMMUNITY'S FAVORITE STREET FAIR AND PUMPKIN PATCH ARE BACK!

# CALABASAS Pumpkin 10.20.24 Festival

**SUNDAY, OCTOBER 20 • 10:00AM - 5:00PM**

**JUAN BAUTISTA DE ANZA PARK • 3701 LOST HILLS ROAD**

**FEATURING!**

PUMPKIN PATCH | PUMPKIN PIES | PUMPKIN PAINTING | LIVE BANDS

PUMPKIN TREATS & DELICIOUS FOOD IN THE FOOD COURT

PUMPKIN AND HARVEST ITEMS FOR SALE IN THE MARKETPLACE

PROFESSIONAL PUMPKIN CARVING | PHOTOS WITH PUNKY & OTHER SPOOKY CHARACTERS

CREEPLY CRAWLERS & CRITTER SHOWS | PUMPKIN BEER IN THE FESTIVAL BEER GARDEN

HALLOWEEN THEMED CONTESTS | UNLIMITED INFLATABLE RIDES AND GAMES



**ON SALE: TUESDAY, SEPTEMBER 3**

Price includes: unlimited inflatable rides & games, live music, contests, dance parties, and bug & reptile shows!  
Online Tickets: \$10 per person (processing fees apply)  
Day of Tickets: \$15 per person (processing fees apply)  
Children under 24 months admitted free



**PURCHASE TICKETS AT**

**[CITY-OF-CALABASAS.TICKETLEAP.COM/CALABASAS-PUMPKIN-FESTIVAL-2024/](http://CITY-OF-CALABASAS.TICKETLEAP.COM/CALABASAS-PUMPKIN-FESTIVAL-2024/)**

**GET INVOLVED IN THE FESTIVAL!**

**BECOME A MARKETPLACE VENDOR**

If you have Autumn, Harvest, or Halloween items or want to sell your crafts, clothing, or home and garden products to thousands of patrons, then the Pumpkin Festival Marketplace is for you! Discounted vending fees and additional promotional opportunities apply for vendors featuring pumpkin-related items.

**VOLUNTEER FOR THE FESTIVAL (GRADES 9-12)**

Have fun and receive community service hours for your school. Volunteers assist with decorating, overseeing photo booths, supervising festival attraction lines, and helping with contests. Volunteers must be enrolled in grades 9-12 to participate.

**BECOME A FOOD VENDOR**

Have a food truck or operate a temporary food stand? The Food Court may be for you! We strive for tasty flavors, excellent customer service, and a high standard of health and safety practices. All vendors are required to offer a pumpkin food item.

**SUNDAY MORNING  
MONSTER MASH-UP 11:00AM**

Calling all kids ages 12 & under... Come to the festival in costume and join us for a monster sized dance party! Be one of the first 200 participants and receive a free pumpkin to personalize in our pumpkin painting booth.

**TO INQUIRE ABOUT VENDING AND VOLUNTEER OPPORTUNITIES, VISIT [WWW.CALABASASPUMPKINFESTIVAL.COM](http://WWW.CALABASASPUMPKINFESTIVAL.COM)  
OR EMAIL [DEANZASTAFF@CITYOFCALABASAS.COM](mailto:DEANZASTAFF@CITYOFCALABASAS.COM).**

# BECOME A Member

## CALABASAS COMMUNITY CENTER

### MEMBERSHIP INFORMATION:

Gym 2 Gym Open Play &  
Weight Room Membership



### MEMBERS RECEIVE THE FOLLOWING BENEFITS:

- Unlimited Access to weight room and cardio equipment
- Access to Open-play Pickleball
- Access to Open-play Basketball
- Additional Open-play Sports
- Priority registration for classes at the Calabasas Community Center

### MONTHLY RATES:

**YOUTH/TEEN INDIVIDUAL (AGES 3 - 18)  
MONTHLY MEMBERSHIP \$26**

**ADULT INDIVIDUAL (AGES 19 - 49)  
MONTHLY MEMBERSHIP \$36**

**SENIOR INDIVIDUAL (AGE 50+)  
MONTHLY MEMBERSHIP \$31**

**FAMILY  
MONTHLY MEMBERSHIP \$103**

*Activity/event dates, times and fees subject to change.*

## CALABASAS SENIOR CENTER



### MEMBERS RECEIVE THE FOLLOWING BENEFITS:

- Priority registration for classes, programs, trips, events, & game table reservations
- Unlimited access during operational hours
- 6 Free guest passes annually
- Priority rental and 20% discount off non-resident rental rate
- Free events, presentations and lectures
- Free access to clubs and interest groups

**ANNUAL SINGLE MEMBERSHIP \$128**

**ANNUAL COUPLES MEMBERSHIP \$158**

Couples are considered married couple, roommates, or parent and child if both are 50 years or older. (Proof of residency required)

### DAILY USE FEES:

**RESIDENTS \$4**

**NON-RESIDENTS \$6**

The Calabasas Senior Center (CSC) provides a gathering place for adult men and women, 50 years and older, where they can enjoy activities that contribute to continued learning and enrichment, socialization with other seniors, and participation in recreational programs that promote healthy lifestyles. In this comfortable and inviting environment, seniors can enjoy special interest clubs, seasonal events, and gain valuable information from the popular and diverse classes and lectures provided by the Savvy Senior program.

The Center's programming includes a variety of classes, lectures and excursions that are interesting and exciting for adults 50 and better who would like to continue practicing favorite skills and hobbies, stimulate thinking, or try something new.

Lectures, demonstrations, discussion groups and classes focus on entertainment, fitness, technology, music, fine arts, personal development, hobbies, and arts & crafts. Interesting and diverse excursions are offered all year long, including day trips to museums, gardens, missions, nature sites, and special seasonal events. Field trips include lunch and transportation, providing an opportunity to make new friends along the way.

The CSC activities include special interest clubs for members and non-members to enjoy. One might consider joining the Book, Hiking, Chess, Ping Pong, Poker, Mexican Train, Scrabble, or Photography Club. If not part of a Canasta, or Poker group, there is a club already formed to join. There is also the Caring Calabasas Club, a service club which provides charitable contributions in the form of collections of goods, crafting of needed items, and good works.





# CALABASAS TENNIS & SWIM CENTER

## MEMBERSHIP OPTIONS AND FEES

Activity/event dates, times and fees subject to change.

### PRIME TIME TENNIS MEMBERSHIP (WAITLIST ONLY)

#### RATES PER MONTH

Family	\$137	Couple	\$119
Adult	\$97	Senior Couple	\$88
Senior	\$71	High School	\$47
Youth	\$34		

### PRIME TIME HEALTH MEMBERSHIP (WAITLIST ONLY)

#### RATES PER MONTH

Family	\$97	Couple	\$77
Adult	\$59	Senior Couple	\$53
Senior	\$34	High School	\$34
Youth	\$18		

### NON-PRIME TIME MEMBERSHIP (WAITLIST ONLY)

#### RATES PER MONTH

Family	\$72	Couple	\$56
Adult	\$49	Senior Couple	\$49
Senior	\$40	High School	\$30

### NON-PRIME TIME HOURS

Monday - Thursday	6:00 - 8:00am	10:00am - 3:00pm	8:00 - 10:00pm
Friday	6:00 - 8:00am	10:00am - 10:00pm	
Saturday	12:00 - 6:00pm		
Sunday	10:00am - 6:00pm		

### WEEKEND NON-PRIME TIME MEMBERSHIP

(LIMITED MEMBERSHIPS STILL AVAILABLE)

#### RATES PER MONTH

Family	\$40	Couple	\$31
Adult	\$28	Senior Couple	\$28
Senior	\$21	High School	\$18

### WEEKEND NON-PRIME TIME HOURS

Friday	10:00am - 10:00pm
Saturday	12:00 - 6:00pm
Sunday	12:00 - 6:00pm

## DAILY FACILITY FEES

### TENNIS/PICKLEBALL COURT FEES (NON-MEMBERS/WALK-INS ONLY)

#### MONDAY - FRIDAY

Adult	\$13 per hour
Senior & Children	\$7 per hour

#### SATURDAY & SUNDAY

Adult	\$21 per hour
Senior & Children	\$10 per hour
Tennis Balls	\$6 per can

### AQUATIC FEES

#### LAP SWIM FEES

Adult	\$7
Senior	\$4
Children	\$1
Adult Swim Pass	\$65
Senior Swim Pass	\$37

#### FAMILY OPEN SWIM FEES

Adult	\$3
Senior	\$2
Children	\$1
Children 3 years and younger are FREE	

### FITNESS PASSES: NON-MEMBERS

Fitness Class Pass	\$13
Fitness Class Package	\$143

### GUEST FEES

Monday - Friday	\$13 per guest
Saturday & Sunday	\$21 per guest





**PICKLEBALL - ROLLER HOCKEY  
BASKETBALL - INLINE SKATING  
OPEN PLAY - CLASSES - LEAGUES**



SCAN ME

**Now Open!**



[WWW.CITYOFCALABASAS.COM/COMMUNITYSERVICES](http://WWW.CITYOFCALABASAS.COM/COMMUNITYSERVICES)

# INSTRUCTORS & VOLUNTEERS WANTED

The City of Calabasas Community Services Department is seeking instructors and volunteers. Do you have a special talent or skill you are interested in sharing and teaching? Do you want to impact the community by assisting with recreational and park maintenance activities?

## VOLUNTEER OPPORTUNITIES (AGES 17+)

- Senior Center programs • Special Events
- Sports • Park Maintenance



**APPLY NOW**

## CLASS INSTRUCTOR (AGES 18+)

- Senior classes • Teen classes • Tot classes
- Adult classes • Youth classes

For information on how to apply, contact (818) 224-1600 or [communityservicesinfo@cityofcalabasas.com](mailto:communityservicesinfo@cityofcalabasas.com)

THE KEVIN CORDASCO FOUNDATION  
AND THE CITY OF CALABASAS  
PRESENTS

THE CALABASAS CLASSIC

**5K**  
COURAGE • STRENGTH  
BELIEVE  
**KC**  
RUN/WALK  
FOR THE HEROES  
OF CHILDHOOD CANCER

SUNDAY  
SEPTEMBER 29, 2024

\$45 PER PERSON  
KIDS FUN RUN: \$25

Custom Finisher Medal • Chip Timing • Music  
Kids Fun Zone • Food Trucks

TO REGISTER GO TO  
**SOMETHINGYELLOW.ORG/5K**

PROCEEDS GO TO  
THE KEVIN CORDASCO FOUNDATION: SOMETHING YELLOW



CITY OF CALABASAS



# YOUTH Care

## CALABASAS Klubhouse

**State Licensed Preschool Enrichment Program**  
**AGES 18 MONTHS - 5 YEARS**  
**Facility #197405810**

**Limited space available.**  
**Call (818) 222-9791 for more information.**

**LOCATED AT CREEKSIDE PARK**  
**3655 Old Topanga Canyon Road, Calabasas, CA 90290**  
**(818) 222-9791 FAX (818) 222-9792**

**SCHOOL HOURS OF OPERATION**  
 Monday - Friday 7:30am - 5:30pm  
**Closed: November 11 & 25 - 29**

The Calabasas Klubhouse Preschool is based on a developmental curriculum and an academic approach in preparation for Kindergarten. As early childhood educators, instructors recognize that each child develops cognitively, emotionally, physically and socially at his/her own pace. The team is dedicated to meeting each child's individual needs and adapting approaches to support this goal. Instructors also assist the child in building self-confidence, self-respect and caring for others. In addition to the daily curriculum, several enrichment programs are offered.

The program is State-Licensed for ages 18 months to 5 years and is located on 11.8 acres and is security gated to maintain a protected environment. Please visit [www.calabasasklubhouse.org](http://www.calabasasklubhouse.org) for more information.

## LITTLE LEARNERS & Camp Calabasas

**2024 - 2025 Monthly Program Pricing LIC#197407367**

### Journeys and Kindergarten Program

DAYS	SCHOOL DISMISSAL - 3:00pm	DISMISSAL - 6:30pm
T/Th	\$215	\$530
M/W/F	\$240	\$580
M - F	\$295	\$740

### Grades 1-5 from School Dismissal through 6:30pm

T/Th	\$315 per month
M/W/F	\$340 per month
M - F	\$445 per month

Tuition is due the first of the month.  
 Full payments are due September through May. June is half of the normal rate.

Register at Lupin Hill Elementary (trailer) 26210 Adamor Rd.  
 For questions, call (818) 878-0162 or visit [www.campcalabasas.org](http://www.campcalabasas.org).





Capture Calabasas 2nd Place  
 Joshua Silverstein, Community Services Classes, Programs, Events & Sports Category  
 "Kids Playing Basketball"



# Class Registration

CALABASAS COMMUNITY SERVICES DEPARTMENT

## TWO WAYS TO REGISTER:



### ONLINE

General Registration begins Monday, August 19, 2024 at 9:00am  
 at [www.calabasasreg.org](http://www.calabasasreg.org)

### MAIL-IN

Fill in registration form (Pg. 53) and mail with full payment.  
 Make checks payable to: *City of Calabasas*

#### MAIL TO:

Community Services  
 Attn: Fall Registration  
 3701 Lost Hills Road  
 Calabasas, CA 91301

## SENIOR PROGRAM REGISTRATION DATES

Calabasas Senior Center Members:  
 9:00am on Monday, August 12, 2024

Calabasas Residents:  
 9:00am on Wednesday, August 14, 2024

Non-Residents:  
 9:00am on Monday, August 19, 2024

# TOT *Classes*

## *Specialty*

### **NEW** PARENT & ME TINKERGARTEN, NATURE PLAY & LEARN

Let's Tinker! The classroom has no walls. Creatures are teachers, mud and sticks are tools. Class facilitates mixed age learning. Younger/older siblings' welcome. Class has additional \$15 lab fee. **(6 classes)**

**Instructor:** GOAT Kidz  
**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
1.5 - 6yr	9/3 - 10/8	Tue	10:45 - 11:45am	\$98
1.5 - 6yr	10/22 - 12/10	Tue	10:45 - 11:45am	\$98

### **NEW** PARENT & ME STROLLER SQUAD

Let's make new friends and get moving together! Beginners+ Total-body conditioning walks & hikes designed for parents with kids in tow. Leave the class feeling triumphant, supported, and energized! Discover new local parks and trails weekly. All ages welcome. **(6 classes)**

**Instructor:** GOAT Kidz  
**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
O+	9/3 - 10/8	Tue	9:00 - 10:00am	\$59
O+	10/22 - 12/10	Tue	9:00 - 10:00am	\$59

### **NEW** THE NEW MOM CLUB

An 8-week course for first-time moms and newborn babies that supports, educates, and builds a community for new moms. Discussion topics include sleep, feeding, development, maternal mental health, and so much more! **(8 classes)**

**Instructor:** Marina Salama, The Mom Club  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
3wks	9/4 - 10/23	Wed	9:00 - 10:30am	\$560
3wks	10/2 - 11/20	Wed	9:00 - 10:30am	\$560

### BABY AND ME AND WE - OUR COMMUNITY

A place for parents/caregivers with young babies to gather, play, learn, and share. Discuss hot topics related to infancy and parenting, and learn activities to support children's development. Discuss the transition to parenthood and watch babies explore and learn. Let's build community!!! **Class is for children and their parent/caregiver. (6 classes) No class 11/27**

**Instructor:** Ashley Karlin, OTR/L, SWC, IBCLC (Occupational Therapist and Lactation Consultant)  
**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
6m - 12m	9/4 - 10/9	Wed	9:00 - 9:45am	\$110
6w - 6m	10/23 - 12/4	Wed	10:00 - 10:45am	\$110

### SENSE-ABLE PLAY

Sense-Able Play encourages older toddlers and preschoolers with the children's favorite grown-ups to learn and play using a multi-sensory approach. Each class features a theme that is explored through music with singing, dancing, and playing instruments followed by story time and a "messy" art activity using a variety of materials to create. **(10 classes) No class 10/3, 10/17, 10/31 & 11/28**

**Instructor:** Rachel McCauley, MS, CCC/SLP, MT-BC, Speech Language Pathologist, Music Therapist, Board Certified  
**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
18m - 4yrs	9/5 - 12/5	Thu	10:00 - 10:45am	\$200

### SENSE-ABLE SIGNS

Sense-Able Signs teaches caregivers and children how to communicate with ASL (American Sign Language) by learning 5 signs each week. Babies and toddlers learn the tools to communicate much sooner by incorporating signing into everyday life. Silly songs, instrument play, and fun stories help reinforce each new sign! **(10 classes)**

**No class 10/3, 10/17, 10/31 & 11/28**

**Instructor:** Rachel McCauley, MS, CCC/SLP, MT-BC, Speech Language Pathologist, Music Therapist, Board Certified  
**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
2 - 18m	9/5 - 12/5	Thu	11:00 - 11:45am	\$200

### PARENT & ME YOGA

Through mindful movement parents' bond and create lasting memories with the child. Fun and gentle yoga postures and easy breathwork games are taught. Yoga improves mood, coordination, and guides in self-regulation skills. Bring a mat. **(6 classes)**

**Instructor:** Christy Pernin  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
8m - 4yr	9/12 - 10/17	Thu	10:00 - 10:45am	\$140

## *Sports*

### **NEW** FIELD HOCKEY

Join Skyhawks for an exciting introduction to Field Hockey, a sport with a global appeal! This fun and inclusive program is developed with USA Field Hockey. The class teaches basics like stick handling and passing, in a game-based environment. Perfect for boys and girls, this program is a child's gateway to a new sport. Each participant receives a free stick, Go Ball and online training with LEAP Hockey. Let's discover Field Hockey together! **(6 classes)**

**Instructor:** Skyhawks  
**Location:** De Anza Park, Sports Court

AGES	DATES	DAY	TIME	FEE
2.5 - 3.5yrs	9/3 - 10/8	Tue	4:00 - 4:45pm	\$99
2.5 - 3.5yrs	10/15 - 11/19	Tue	4:00 - 4:45pm	\$99
3.5 - 4.5yrs	9/3 - 10/8	Tue	5:00 - 5:45pm	\$99
3.5 - 4.5yrs	10/15 - 11/19	Tue	5:00 - 5:45pm	\$99
4.5 - 5yrs	9/3 - 10/8	Tue	6:00 - 6:45pm	\$99
4.5 - 5yrs	10/15 - 11/19	Tue	6:00 - 6:45pm	\$99



## TINY ACES TENNIS CLASS

This class is a future tennis star's introduction to the exciting world of tennis, sports, and overall athleticism. This class features fun games that are perfectly designed to advance a child's hand-eye coordination, balance, and love for tennis. Friendly staff provide a fun, creative, and positive environment for every child involved. For more info and rainy-day makeup policy, go to [www.johnnyallentennis.com](http://www.johnnyallentennis.com) or call 1-844-9TENNIS (1-844-983-6647). **(3 classes)**

**Instructor:** Johnny Allen Tennis

**Location:** Gates Canyon Park Tennis Courts

AGES	DATES	DAY	TIME	FEE
3 - 5yrs	9/3 - 9/17	Tue	4:15 - 5:00pm	\$49
3 - 5yrs	9/24 - 10/8	Tue	4:15 - 5:00pm	\$49
3 - 5yrs	10/15 - 10/29	Tue	4:15 - 5:00pm	\$49
3 - 5yrs	11/5 - 11/19	Tue	4:15 - 5:00pm	\$49
3 - 5yrs	12/3 - 12/17	Tue	4:15 - 5:00pm	\$49

## NEW 1ST DOWN TOTS

1st Down Tots is a development program for kids ages 3 - 5 years old that uses a variety of fun games to engage kids, while teaching the sport of football and developing fundamental skills. The goal is to build fitness, muscle coordination, football fundamentals, and create a love of the game. There is no tackling or blocking at this level. **(6 classes)**

**Instructor:** Skyhawks

**Location:** De Anza Park Field

AGES	DATES	DAY	TIME	FEE
3yrs	9/4 - 10/9	Wed	4:00 - 4:45pm	\$99
3yrs	10/16 - 11/20	Wed	4:00 - 4:45pm	\$99
4yrs	9/4 - 10/9	Wed	5:00 - 5:45pm	\$99
4yrs	10/16 - 11/20	Wed	5:00 - 5:45pm	\$99
5yrs	9/4 - 10/9	Wed	6:00 - 6:45pm	\$99
5yrs	10/16 - 11/20	Wed	6:00 - 6:45pm	\$99

## NEW VOLLEYKATZ

A great way to learn the signature sport of summer! One of the more difficult motor skills to grasp for children, these forgiving classes help them learn to bump, set, and spike, as well as develop agility, reaction, speed, and teamwork. **(6 classes)**

**Instructor:** Skyhawks

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
4yrs	9/7 - 10/12	Sat	9:00 - 9:45am	\$99
4yrs	10/19 - 11/23	Sat	9:00 - 9:45am	\$99
5yrs	9/7 - 10/12	Sat	10:00 - 10:45am	\$99
5yrs	10/19 - 11/23	Sat	10:00 - 10:45am	\$99
6 - 8yrs	9/7 - 10/12	Sat	11:00 - 11:45am	\$99
6 - 8yrs	10/19 - 11/23	Sat	11:00 - 11:45am	\$99

## BEGINNING BASKETBALL

Whether new to the game of basketball or an experienced veteran, Momentum Academies' Basketball helps players work on skills. The trainers have worked with all ages and skill levels, including the pros! Participants learn the game through drills, team play, and games. Children are challenged to specific skill levels, tracking progress along the way. **(8 classes)**

**Instructor:** Momentum Academies

**Location:** De Anza Park, Basketball Court 3

AGES	DATES	DAY	TIME	FEE
4 - 6yrs	9/9 - 10/28	Mon	5:00 - 5:45pm	\$135

## NEW CAPTAIN KICKS SOCCER: LITTLES

Captain Kicks coaches introduce young students to the fundamentals of soccer. The instructor does this through imaginative play and fun games. Each little one learns to dribble, kick, and score goals. Captain Kicks isn't only about teaching soccer skills to kids, it's also about having fun and doing it in a non-competitive, educational environment. This class teaches the values of a true captain; someone that listens and helps others. **(6 classes) No class 10/19**

**Instructor:** Captain Kicks

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
2 - 3yrs	9/14 - 11/9	Sat	9:00 - 9:30am	\$200

## NEW CAPTAIN KICKS SOCCER: MEDIUMS

Captain Kicks teaches children the principles of soccer. Students learn how to dribble, kick and score goals. Students also learn new skills and how to become a great team player. Captain Kicks isn't only about teaching soccer skills to kids, it's also about having fun and doing it in a non-competitive, educational environment. This class teaches the values of a true captain; someone that listens and helps others.

**(6 classes) No class 10/19**

**Instructor:** Captain Kicks

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
3 - 5yrs	9/14 - 11/9	Sat	9:45 - 10:30am	\$200
3 - 5yrs	9/16 - 11/4	Mon	4:15 - 5:00pm	\$200

## NEW CAPTAIN KICKS SOCCER: BIGS

Captain Kicks coaches focus on skills like passing, shooting, and dribbling. Students engage in age-appropriate competition along with a scrimmage at the end of every session. Captain Kicks isn't only about teaching soccer skills, it's also about having fun and doing it in a non-competitive, educational environment. This class teaches the values of a true captain; someone that listens and helps others.

**(6 classes) No class 10/19**

**Instructor:** Captain Kicks

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
5 - 10yrs	9/14 - 11/9	Sat	10:45 - 11:45am	\$200

# Dance

## TUTU BALLET & JAZZ

Calling all butterflies & dragonflies! Come frolic and flutter in the magic of dance! In this energetic dance class, children engage in rhythm & movement through creative imagination & expression, while developing the fundamentals of ballet & jazz in a nurturing environment. The last class commences in a sweet student performance. **(11 classes)**

**Instructor:** Gaylene Cascione

**Location:** Calabasas Tennis & Swim Center

AGES	DATES	DAY	TIME	FEE
3 - 4.11yrs	9/12 - 11/21	Thu	3:45 - 4:30pm	\$198

*Activity/event dates, times and fees subject to change.*

# YOUTH *Classes*



## Art

### **NEW** CLAY CREATIONS

Hand-build colorful and functional & decorative items such as statues, cups, bowls, vases, and much more. The students learn the art of sculpture using air dry clay. Take home a new masterpiece each week! **(6 classes)**

**Instructor:** GOAT Kidz

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
6 - 12yrs	9/4 - 10/8	Tue	4:00 - 4:45pm	\$98
6 - 12yrs	10/22 - 12/10	Tue	4:00 - 4:45pm	\$98

### **NEW** DRAWING 101

In this course, students learn basic art skills such as sketching, anatomy drawing, shape language, caricature drawings, form, and value. Students are able to understand how shapes in art are used and how they apply when it comes to anatomy (human and animal drawing) and caricature (cartoons). Material list is emailed prior to the first class. **(6 classes)**

**Instructor:** Samuel Marone

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
7 - 12yrs	9/18 - 10/23	Wed	5:00 - 6:00pm	\$90

## Fitness

### **NEW** OUTDOOR FAMILY ADVENTURE SERIES

Adventures that engage both children and adults throughout with nature lessons, activities, crafts, investigative tools, treasure hunts, hiking games & more! Facilitates family bonding & peer socialization. Discover new local parks and trails weekly, designed for little legs. Only register one child per family, siblings of all ages welcome. **\$15 lab fee. (6 classes)**

**Instructor:** GOAT Kidz

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
4 - 12yrs	9/5 - 10/10	Thu	10:00 - 11:30am	\$106
4 - 12yrs	10/24 - 12/12	Thu	10:00 - 11:30am	\$106

### **NEW** HIKING FOR BEGINNERS+ GROUP

Learn the basics of hiking & trail safety, all while having fun outdoors with new friends! Hiking is a total body workout that leaves one feeling triumphant, supported, and energized. Discover new local trails weekly. **(6 classes)**

**Instructor:** GOAT Kidz

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
12+yrs	9/8 - 10/13	Sun	3:30 - 5:00pm	\$68

## Dance

### PRESCHOOL-BALLET

Students learn basic classical ballet steps and movements aimed at developing rhythm and coordination. Leotard, tights, and ballet shoes are required. **(4/8 classes) No class 11/28**

**Instructor:** Odile Yerevanian

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
5 - 8yrs	9/5 - 9/26	Thu	4:00 - 5:00pm	\$60
5 - 8yrs	10/24 - 12/19	Thu	4:00 - 5:00pm	\$120

### CLASSICAL BALLET I

This class is a great introduction to classical ballet. Students learn ballet barre and participate in various exercises. Leotard, tights, and ballet shoes are required. **(4/8 classes) No class 11/28**

**Instructor:** Odile Yerevanian

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
6 - 10yrs	9/5 - 9/26	Thu	5:00 - 6:00pm	\$60
6 - 10yrs	10/24 - 12/19	Thu	5:00 - 6:00pm	\$120

### CLASSICAL BALLET II

In this class students have a deeper understanding of classical ballet. Emphasis on exercises at the barre. Leotard, tights, and ballet shoes are required. **(4/8 classes) No class 11/28**

**Instructor:** Odile Yerevanian

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
8 - 16yrs	9/5 - 9/26	Thu	6:00 - 7:00pm	\$60
8 - 16yrs	10/24 - 12/19	Thu	6:00 - 7:00pm	\$120

### BALLET TAP COMBO

Tapping is back! Along with ballet...this duo of dance offers the fun, high octane of tap with the grace and isometrics of ballet. This duet class invites children to become familiar with traditional dance through ballet, tap, rhythm, and creative movement. Students perform a small recital at the end of the session. **Tap shoes required. (11 classes)**

**Instructor:** Gaylene Cascione

**Location:** Calabasas Tennis & Swim Center

AGES	DATES	DAY	TIME	FEE
5 - 8yrs	9/12 - 11/21	Thu	4:30 - 5:15pm	\$198

# Specialty

## WRITING WORKSHOP

This workshop is designed to promote imaginative writing. At each meeting, students read a short passage from fiction, nonfiction, or poetry, discuss thoughts and feelings about the reading, and then write from a prompt related to the reading. Writing teachers agree that a relaxed and spontaneous approach to writing can open a floodgate of creativity. This small and welcoming workshop allows for individual attention as each student progresses. **(8 classes)**

**Instructor:** Donna Burke Esgro, Language Arts Teacher

**Location:** Virtual Class Via Zoom

AGES	DATES	DAY	TIME	FEE
9 - 12yrs	9/6 - 10/25	Fri	4:00 - 5:00pm	\$96

## THE GIFT OF GOOD TABLE MANNERS

It takes 1,000 meals to learn table manners. Learn the skills needed to handle social events gracefully. Hosting and eating with others makes the class especially fun! Formal dining, gracious host and guest skills, napkin niceties, chewing and table chat, seating, passing, serving, planning parties, gifts, and thank you notes. **(6 classes) No class 10/12**

**Instructor:** Osler Bishop & Associates

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
8 - 12yrs	9/7 - 10/19	Sat	9:00 - 10:00am	\$136

## PROUD TO BE POLITE

Give children the gift of good manners! Good manners, like any skill, needs practice. Instructor makes learning "good manners" fun using games and activities to teach social and communication skills. Learn confidence, body language, gracious host & guest skills, introductions, conversation skills, telephone etiquette, feelings, attitudes, conflict resolution, and getting ready in 10 minutes. **(6 classes) No class 10/12**

**Instructor:** Osler Bishop & Associates

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
6 - 12yrs	9/7 - 10/19	Sat	10:00 - 11:00am	\$136

## HIP HOP EXPERIENCE CLASS

In this class, prepare to leave inhibitions at the door and come learn how to DJ and Break-dance. This class gives the skills to be the life of the party!! The instructor, DJ Kid Inr-G, is a veteran DJ with 30 years of DJ and break-dance experience. Students learn how to mix songs together, scratch, and other popular DJ tricks. Dancing is a great way to engage the crowd. DJ Kid Inr-G teaches popping, locking, b-boy and house dance basics!! Come out to this fun high energy class. **(6 classes)**

**Instructor:** Christopher Hueftle

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
7 - 19yrs	9/10 - 10/15	Tue	5:00 - 6:30pm	\$200

## IMPROV/THEATER

Come and learn theater and improvisation skills in a fun and engaging environment. In this class, participants learn the fundamentals of Improv and practice those skills inside theater-style games, sketches, and participant-crafted scenes. Participants are encouraged to be creative and for each to develop characters and story lines for scenes. **(8 classes)**

**Instructor:** Momentum Academies

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
6 - 12yrs	9/10 - 10/29	Tue	5:00 - 6:00pm	\$135

## IMMERSIVE AMERICAN SIGN LANGUAGE

Participants learn about Deaf culture and its history. Learn signing parameters with the basics of fingerspelling, numbers, vocabulary, colors, receptive skills and how to sign commonly used greetings and phrases. A translator is present for the first class. **(10 classes)**

**Instructor:** Andrea Arellano

**Location:** Virtual via Zoom

AGES	DATES	DAY	TIME	FEE
12+yrs	9/11 - 11/20	Wed	3:30 - 4:30pm	\$180

## DUNGEONS AND DRAGONS

What better way to practice problem-solving, creativity, social skills and teamwork than by escaping a trap-filled dungeon or foiling an evil wizard's plans? Students create heroes in a perilous fantasy world, go on adventures, and explore mysterious, haunted forests by describing actions imaginatively. The original tabletop role-playing game, Dungeons and Dragons, is now widely recognized for its educational benefits. By the end, students learn the skills needed to run games independently. **(6 classes)**

**Instructor:** Josh Greenberg

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
12+yrs	9/12 - 10/17	Thu	5:00 - 7:00pm	\$185

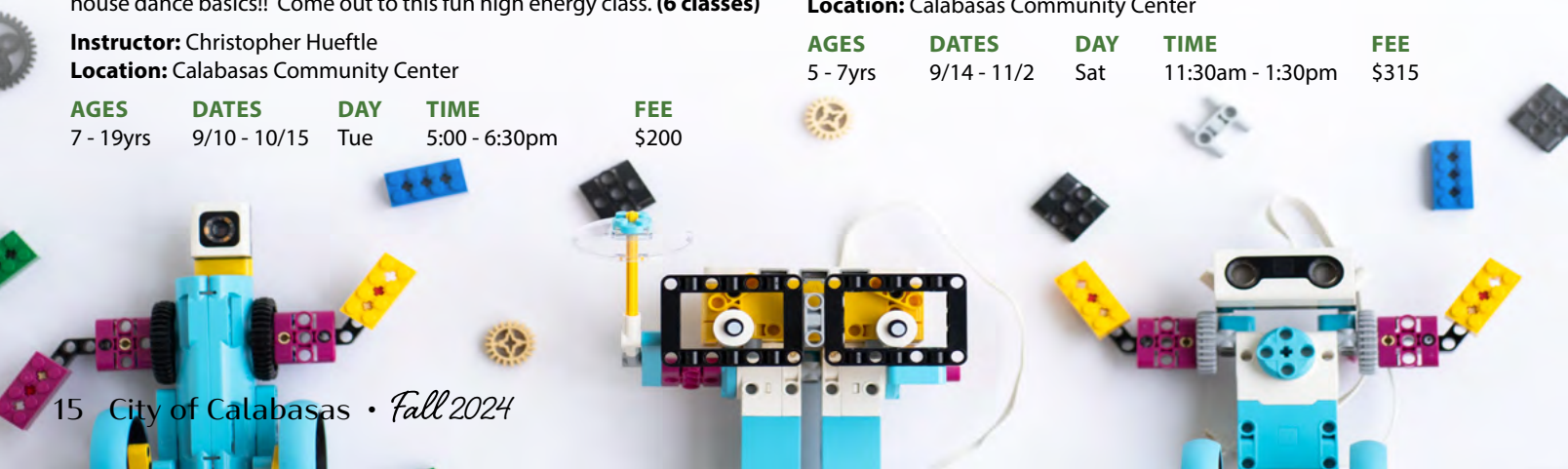
## LEGO ROBOT WORLD

Lego engineers are captivated and challenged by building motorized, robotic machines with Lego technic parts (yes, they really can build them!). The student engineers then imagine a world in which their walking robot, helicopter, motorboat, gear car, space shield or other robotic device exists and functions. The student's creativity is ignited further by building the house, heliport, or dock for their motorized creations. The best part is playing with their robotic machines and using them to make friends or compete with other robots. With thousands of Lego parts and a master Lego builder to help them, Lego engineers learn from and enjoy every visit to Lego Robot World. Playsmart Robotics on Vimeo. **(8 classes)**

**Instructor:** Marty Felgen, Playsmart Education

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
5 - 7yrs	9/14 - 11/2	Sat	11:30am - 1:30pm	\$315





**NEW** **LEGO ROBOTICS & ENGINEERING**

Each week, Lego Engineers build and perfect robotic machines and structures from thousands of Lego parts. First, students build a standard version of the project with the help of a master builder. Next, the students creatively customize and modify their creation. Finally, students test their robot or structure in battle or friendly play with other Lego engineers. Battery motorized projects may include walking robot (Dumbots), cable car, speedboat, 4x4 ATV, battle tank, monitor lizard (quad bot), spider bot, battle train and fighting inchworm. Structural projects may include corbel arch bridges, truss towers, and a variety of public and private buildings. Playsmart Robotics on Vimeo. **(8 classes)**

**Instructor:** Marty Felgen, Playsmart Education  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
7 - 13yrs	9/14 - 11/2	Sat	2:30 - 4:30pm	\$315

**NEW** **JURASSIC GARDENING WORKSHOP**

Create a mesmerizing Jurassic Garden with the help of the dinosaurs! Paint a pot, make a banner, add a volcano & stream, skeletons & accessories, then choose plants, learn about dinosaurs, and perhaps a few surprises along the way.

**Instructor:** GOAT Kidz  
**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
6 - 10yrs	10/27	Sun	3:30 - 5:00pm	\$29

**NEW** **PIRATE TREASURE HUNT ADVENTURE**

Uncover the clues and create a map that leads to five hidden treasure boxes! Pirate themed crafts and games. Pirate attire welcomed. Must be with an adult. Younger/older sibling's welcome.

**Instructor:** GOAT Kidz  
**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
4 - 9yrs	11/3	Sun	3:30 - 5:00pm	\$29

**NEW** **YOUNG PALEONTOLOGIST: DINO ADVENTURE**

Explore a dig-site, create a clay-fossil, play dino themed games, explode a volcano, and go on a Dino scavenger hunt! Dino attire welcomed. Must be with an adult. Younger/older siblings welcome.

**Instructor:** GOAT Kidz  
**Location:** Grape Arbor Park

AGES	DATES	DAY	TIME	FEE
4 - 9yrs	11/10	Sun	3:30 - 5:00pm	\$29

**NEW** **FAIRY GARDENING WORKSHOP**

Create an enchanting miniature garden with the help of the fairies! Paint a pot, bling it up, make a banner, add a fence or stream, make a house & add accessory, then choose plants, learn about Fairies, and perhaps a few surprises along the way.

**Instructor:** GOAT Kidz  
**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
6 - 10yrs	11/17	Sun	3:30 - 5:00pm	\$29



*Sports*

**LITTLE ACES TENNIS CLASS**

It is believed learning tennis should be fun and exciting. All classes feature the magic of learning athletic confidence through tennis. All four major strokes are taught - the forehand, backhand, serve and volley. Students are given a solid tennis foundation, through tons of innovative and effective drills, and games. Upbeat and fun music is played during class to create an energetic atmosphere. For more info and rainy-day makeup policy, go to [www.johnnyallentennis.com](http://www.johnnyallentennis.com) or call 1-844-9TENNIS (1-844-983-6647). **(3 classes)**

**Instructor:** Johnny Allen Tennis  
**Location:** Gates Canyon Park Tennis Courts

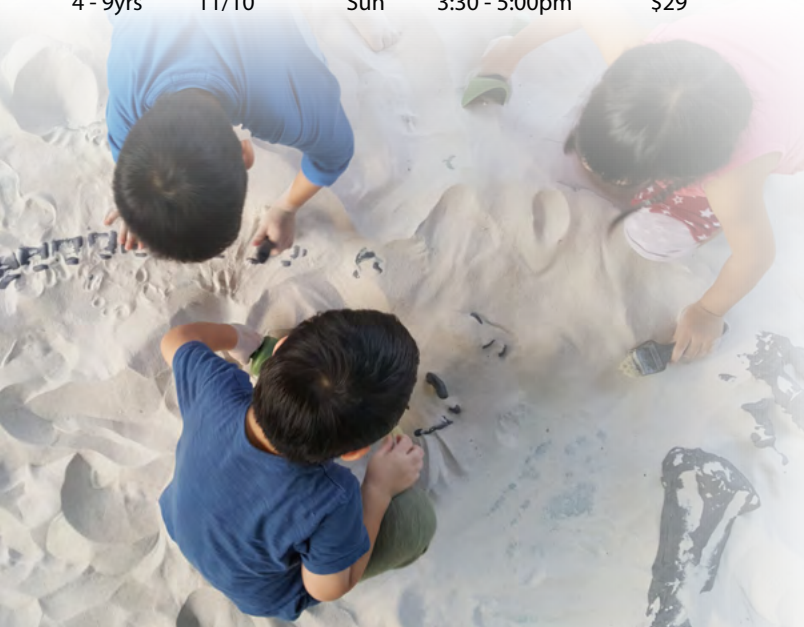
AGES	DATES	DAY	TIME	FEE
6 - 8yrs	9/3 - 9/17	Tue	5:00 - 6:00pm	\$59
6 - 8yrs	9/24 - 10/8	Tue	5:00 - 6:00pm	\$59
6 - 8yrs	10/15 - 10/29	Tue	5:00 - 6:00pm	\$59
6 - 8yrs	11/5 - 11/19	Tue	5:00 - 6:00pm	\$59
6 - 8yrs	12/3 - 12/17	Tue	5:00 - 6:00pm	\$59

**JUNIOR ACES TENNIS CLASS**

All junior tennis players looking for improvement are welcome to play. All four major strokes are taught - the forehand, backhand, serve and volley. Players improve technique, spin, placement, balance, and movement, through specially designed drills and games. Students focus on proper technique on all major shots during singles and doubles play, preparing players for high school tennis, tournaments, and an overall higher level of the game. This high-energy class is fun with lively music played throughout as an added bonus. For more info and rainy-day makeup policy, go to [www.johnnyallentennis.com](http://www.johnnyallentennis.com) or call 1-844-9TENNIS (1-844-983-6647). **(3 classes)**

**Instructor:** Johnny Allen Tennis  
**Location:** Gates Canyon Park Tennis Courts

AGES	DATES	DAY	TIME	FEE
9 - 12yrs	9/3 - 9/17	Tue	6:00 - 7:00pm	\$59
9 - 12yrs	9/24 - 10/8	Tue	6:00 - 7:00pm	\$59
9 - 12yrs	10/15 - 10/29	Tue	6:00 - 7:00pm	\$59
9 - 12yrs	11/5 - 11/19	Tue	6:00 - 7:00pm	\$59
9 - 12yrs	12/3 - 12/17	Tue	6:00 - 7:00pm	\$59



## KARATE (TAE KWON DO)

**Instructor:** Peter Iacangelo, former champion and Olympic qualified 4th degree black belt with more than 25 years teaching martial arts.

**Location:** Calabasas Community Center

## BEGINNER-TO-ADVANCED KARATE (TAE KWON DO)

Whether just starting out or have experience, this high-energy class is fit for any martial arts journey. Come learn basic or more challenging kicks, blocks, punches, and forms in an environment that builds confidence, improves focus, and strengthens mind and body. This is a fun-filled martial arts experience with motivational instruction and positive reinforcement. A uniquely rewarding training experience that pushes students to be the best version of themselves – not just in martial arts, but in every aspect of their lives. Uniform required after the first week.

**(5 - 9 classes) No class 11/11**

AGES	DATES	DAY	TIME	FEE
6+yrs	9/9 - 9/30	M/W	6:00 - 7:00pm	\$77
6+yrs	10/2 - 10/30	M/W	6:00 - 7:00pm	\$99
6+yrs	11/4 - 11/20	M/W	6:00 - 7:00pm	\$55
6+yrs	12/2 - 12/18	M/W	6:00 - 7:00pm	\$66

## KARATE (TANG SOO DO)

**Instructor:** Master Zacharatos (former pro-kickboxing champion, top 10 in the world, 7th degree blackbelt, pro-kickboxing/MMA judge for CSAC, over 25 years teaching experience) and Jamie BenAziz Zacharatos, 3rd Dan.

**Location:** Calabasas Tennis & Swim Center

## BEGINNING KARATE (TANG SOO DO)

Learn basic kicks, punches and blocks while building confidence, and improving focus and concentration. This class is a combination of karate and games to keep young children motivated and challenged. White karate uniforms optional in the beginning class, and can be purchased from Zacharatos Karate. **(6 - 16 classes) No class 11/11**

AGES	DATES	DAY	TIME	FEE
6 - 17yrs	9/9 - 10/28	Mon	4:00 - 5:00pm	\$115
6 - 17yrs	9/9 - 10/30	M/W	4:00 - 5:00pm	\$185
6 - 17yrs	11/4 - 12/16	Mon	4:00 - 5:00pm	\$100
6 - 17yrs	11/4 - 12/18	M/W	4:00 - 5:00pm	\$165

## INTERMEDIATE KARATE (TANG SOO DO)

Tang Soo Do Style karate is a balanced style of equal hands and feet. Learn blocks, kicks, punches, katas, fighting techniques, and work toward advancing in belts (test fee separate). Builds confidence, self-esteem, improves focus and discipline. This class is for ranks approx. Yellow belt to Purple belt, must have instructor's approval. White karate uniform required and can be purchased from Zacharatos Karate.

**(6 - 16 classes) No class 11/11**

AGES	DATES	DAY	TIME	FEE
6 - 17yrs	9/9 - 10/28	Mon	5:00 - 6:00pm	\$115
6 - 17yrs	9/9 - 10/30	M/W	5:00 - 6:00pm	\$185
6 - 17yrs	11/4 - 12/16	Mon	5:00 - 6:00pm	\$100
6 - 17yrs	11/4 - 12/18	M/W	5:00 - 6:00pm	\$165

## ADVANCED KARATE (TANG SOO DO)

Tang Soo Do Style karate is a balanced style of equal hands and feet. Learn blocks, kicks, punches, katas, fighting techniques, work toward advancing in belts (test fee separate). Builds confidence, self-esteem, improves focus and discipline. This class is for ranks approx. Blue belt to Black belt, must have instructor's approval. White karate uniform required and can be purchased from Zacharatos Karate. **(6 - 16 classes)**

**No class 11/11**

AGES	DATES	DAY	TIME	FEE
6 - 17yrs	9/9 - 10/28	Mon	6:00 - 7:00pm	\$115
6 - 17yrs	9/9 - 10/30	M/W	6:00 - 7:00pm	\$185
6 - 17yrs	11/4 - 12/16	Mon	6:00 - 7:00pm	\$100
6 - 17yrs	11/4 - 12/18	M/W	6:00 - 7:00pm	\$165

## HOOPSTER BASKETBALL

Whether new to the game of basketball or an experienced veteran, Momentum Academies' Basketball helps students perfect their game. The trainers have worked with all ages and skill levels, including the pros! Participants learn through drills, team play, and games. Children are challenged to their specific skill level, tracking progress along the way. **(8 classes) No class 10/31**

**Instructor:** Momentum Academies

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
7 - 12yrs	9/12 - 11/7	Thu	5:00 - 6:00pm	\$135



## INTERMEDIATE BASKETBALL CLINIC

This clinic is designed for participants who already have a strong grasp on basketball fundamentals but want to learn more about game situations and in-game strategy. In this clinic, students work on understanding zone and man defense, as well as how to successfully run an offense. Students work on learning how to use screens, motions and play design to have greater success as a team. This is a great clinic for participants who have limited/no league experience and want to prepare for the upcoming season. **(3 classes)**

**Instructor:** Momentum Academies

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
7 - 12yrs	9/14 - 9/28	Sat	9:00 - 10:30am	\$135
7 - 12yrs	10/5 - 10/19	Sat	9:00 - 10:30am	\$135



## INTERMEDIATE / ADVANCED BASKETBALL CLINIC

This clinic is designed for participants with previous league experience and several years playing the game. In this clinic, students work on advanced in-game strategy such as choosing effective defense/offense setups, designing plays, understanding how to exploit mismatches, running/breaking full court presses, etc. This clinic is designed to boost Basketball IQ. Momentum Academies pushes participants' game to the next level. **(3 classes)**

**Instructor:** Momentum Academies

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
9 - 14yrs	9/14 - 9/28	Sat	10:30am - 12:00pm	\$135
9 - 14yrs	10/5 - 10/19	Sat	10:30am - 12:00pm	\$135





# SEASONS OF SERVICE

AGES 12 - 17 YEARS



This fall give back to the community and gain valuable leadership skills while having a great time! Join City of Calabasas staff members and produce fun events for the whole community. Take part in working an event and receive community service hours for transcripts.

## VOLUNTEER OPPORTUNITIES\*

- Summer Concerts • Food Truck Thursdays • Listening Lounge/Open Mic
- Something Yellow and City of Calabasas 5K Run • Pumpkin Festival • Escape Room • Holiday Movie Night

\*More opportunities could be announced during the season.

Register online [www.cityofcalabasas.com/communityservices](http://www.cityofcalabasas.com/communityservices)

For more information, contact [deanzastaff@cityofcalabasas.com](mailto:deanzastaff@cityofcalabasas.com) or call (818) 880-6461

## Fitness

### **NEW** HIKING FOR BEGINNERS+ GROUP

Learn the basics of hiking & trail safety, all while having fun outdoors with new friends! Hiking is a total body workout that leaves one feeling triumphant, supported, and energized. Discover new local trails weekly.

**Instructor:** GOAT Kidz

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
12+yrs	9/8 - 10/13	Sun	3:30 - 5:00pm	\$68

## Specialty

### HIP HOP EXPERIENCE CLASS

In this class, prepare to leave inhibitions at the door and come learn how to DJ and Breakdance. This class gives the skills to be the life of the party!! The instructor, DJ Kid Inr-G, is a veteran DJ with 30 years of DJ and breakdance experience. In this class students learn how to mix songs together, scratch, and other popular DJ tricks. Dancing is a great way to engage the crowd. DJ Kid Inr-G teaches popping, locking, b-boy and house dance basics!! Come out to this fun high energy class. **(6 classes)**

**Instructor:** Christopher Hueftle

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
7 - 19yrs	9/10 - 10/16	Tue	5:00 - 6:30pm	\$200

## Sports

### **NEW** CALABASAS ADVANCED JUNIORS

The Advanced Juniors program is designed for intermediate and advanced players to prepare and assist the transition from four person instructional leagues to competition in a six person format. The goal of the Advanced Juniors program is to create a pathway for players to advance to a higher level of competition such as high school or club volleyball.

#### ADVANCED JUNIORS HIGHLIGHTS

- Designed for players that have the basic fundamentals of volleyball
- Coed, boys and girls ages 12-18
- Instructor with experience playing or coaching volleyball at the high school, club, college, or higher level
- 6 v 6 format
- 10 week program
- Two 90 minute practices per week
- Games
- Uniform t-shirt provided
- Skills assessment by coach takes place during practice, during the first four practices

**Instructor:** United States Youth Volleyball League

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
12 - 15yrs	9/11 - 11/16	Wed	5:30 - 7:00pm	\$650
		Sat	4:00 - 6:00pm	
18 & Under	9/11 - 11/16	Wed	5:30 - 7:00pm	\$650
		Sat	4:00 - 6:00pm	

BOYS & GIRLS AGES 5-15



**"BUILDING CHARACTER ONE BASKET AT A TIME"**

DECEMBER - MARCH

**DIVISIONS**

Tiny Tots • (8 ft. baskets) 5 & 6 years

Pee Wee • (8 ft. baskets) 7 & 8 years

\*WNBA • 9U & 12U (All Girls)

Hot Shots • 9 & 10 years

NBA • 11 & 12 years

Juniors • 13 - 15 years

Some divisions may be combined if minimum enrollment is not met.

\*WNBA all girl's division teams are put together based on requests/ full teams are allowed.

**REGISTRATION**  
Wednesday, August 14 at 9:00am  
FEE: \$227 All Divisions

**VOLUNTEER COACHES NEEDED!**

[www.calabasasleagues.com](http://www.calabasasleagues.com)



CITY of CALABASAS

Calabasas

# Pickleball

Classes & League 18+



Pickleball is fun, social and friendly! The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game. Join one of the many programs this fall.

**Guided Play Pickleball (Monday)**

Practice and incorporate skills and strategies for competitive pickleball.

**2.0 Pickleball Skills and Drills (Monday)**

Class focuses on continuing the development of fundamental elements.

**Fall Pickleball League**

Join the exciting Fall Pickleball League, where fun, fitness, and friendly competition come together!

**Sign up now! See pages 23 & 47 for more info.**

Have some competitive fun while getting exercise!

[www.calabasasleagues.com](http://www.calabasasleagues.com)

Registration Date

Monday, August 19 • 9 a.m.

Team Fee: \$370



Join the Adult Recreational Basketball League 5 on 5 play. Whether players have little to no experience or a former pro, there are several divisions to meet needs!

League is held in Winter/Spring, Summer & Fall



# ADULT Classes

## Art

### **NEW** INNER CHILD ART ENVISIONING

Join the instructor in a meditative experience and learn to process the minds innermost feelings and emotions through the modalities of art, journaling, and meditation. Projects may include collage, vision boarding, mask-making, mosaics, painting, drawing, and working with clay. A \$35 material fee is due to the instructor at beginning of the class. (6 classes) **No class 10/17**

**Instructor:** Alison Ungaro

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
18+yrs	9/10 - 10/24	Thu	7:00 - 8:00pm	\$165

### **NEW** MULTI-MEDIA ART

This is an exciting and fun filled class. The class teaches how collage, acrylic, watercolor and pen & ink can turn pieces of art into something students can proudly hang at home. Learn how to use each of these painting techniques and work at a comfortable pace with individual instructions. Bring a 12x12 canvas to the first class. The instructor provides a list of supplies needed for the remainder of classes. (8 classes)

**Instructor:** Toby Salkin Jacobson

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/11 - 10/30	Wed	1:00 - 3:30pm	\$144

## Dance

### SALSA

Experience Salsa dance and passion with amazing and fun dance classes. Easy to learn and highly addictive, Salsa is by far the most popular of all Latin Dance Styles which has taken the world by storm. It's the greatest social dance to have fun, meet new people and keep the body & mind healthy. LA is one of the best cities to go out and join the Social Salsa Dance Nights. Learn basic steps, turns, combinations and how to lead and follow. **(No partner required)** (9/8 classes)

**Instructor:** Batuhan Gurel (Professional Latin-Ballroom and Salsa Instructor for over 27 years of experience, recently trained a Celebrity from "Dancing with the Stars" & "So You Think You Can Dance" Finalist)

**Location:** Calabasas Tennis & Swim Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/3 - 10/22	Tue	7:00 - 8:30pm	\$185



# Fitness

## LATIN & BALLROOM DANCING

Latin and Ballroom Dancing is a great way to develop partner dancing skills. These dances can be seen on the hit show "Dancing with the Stars" such as Cha Cha, Rumba, Samba, Jive, Pasodoble, Waltz, Tango, Foxtrot, Viennese Waltz and Quickstep. In this class, the instructor teaches a nice foundation of these dance styles; covers the basic steps, how to lead and follow, and how to dance combinations with the music. **(8 classes)**

**Instructor:** Batuhan Gurel (Professional Latin-Ballroom and Salsa Instructor for over 27 years of experience, recently trained a Celebrity from "Dancing with the Stars" & "So You Think You Can Dance" Finalist)

**Location:** Calabasas Tennis & Swim Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/3 - 10/22	Tue	8:30 - 9:30pm	\$185

## WEDDING DANCE WORKSHOP

Ready for the First Dance? This workshop is for couples who are unsure where to start. Class covers well needed hints and tips to start up this very special dance (to break the ice and get the nerves out). The approach is to look natural, comfortable, and elegant on the dance floor - whether a slow, romantic song or a fun and joyful song is preferred. Simple basic steps, simple dip, sways and how to approach and look natural during the wedding dance are taught.

**Instructor:** Batuhan Gurel (Professional Latin-Ballroom and Salsa Instructor for over 27 years of experience, recently trained a Celebrity from "Dancing with the Stars" & "So You Think You Can Dance" Finalist)

**Location:** Calabasas Tennis & Swim Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/8	Sun	1:30 - 3:30pm	\$50
18+yrs	10/6	Sun	1:30 - 3:30pm	\$50
18+yrs	11/17	Sun	1:30 - 3:30pm	\$50
18+yrs	12/8	Sun	1:30 - 3:30pm	\$50

## ADULT DANCE WITH GAYLENE

Dance is for Everyone! Come move, dance, stretch & have fun! Class explores different genres: hip hop, jazz funk, Fosse style jazz, salsa, swing, and more! This class boosts energy, builds stamina, increases coordination & flexibility - all while learning new choreography each week. Jazz shoes suggested. **(11 classes)**

**Instructor:** Gaylene Cascione

**Location:** Calabasas Tennis & Swim Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/10 - 11/19	Tue	2:00 - 3:00pm	\$198
18+yrs	9/11 - 11/20	Wed	1:00 - 2:00pm	\$198

## SWING DANCING

Learn the basics & some fun variations in the All-American East Coast Swing as well as the West Coast Swing, which is the California State Dance. Please call/text Janet at 818-634-5881 with any dance-related questions. **(6 classes)**

**Instructor:** Janet Snyder, Dance Ten

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/16 - 10/21	Mon	8:30 - 9:30pm	\$100
18+yrs	11/4 - 12/9	Mon	8:30 - 9:30pm	\$100

## NEW FULL BODY BURN

This energetic, multimodal program is uniquely designed as a full body workout to improve overall health, fitness, and performance. Moderate to high intensity exercises challenge and improve cardiovascular performance, while strength and power drills help participants move faster and more efficiently. Dynamic exercises target the core, glutes, arms, and legs. The core and glutes are fully engaged through challenging stability and agility drills. Every session finishes with targeted stretches and an unapologetic ab and glute finisher. **(7/8 classes)**

**Instructor:** Andrew Bartlett, Physical Therapist

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/3 - 10/22	Tue	5:00 - 6:00pm	\$96
18+yrs	10/29 - 12/10	Tue	5:00 - 6:00pm	\$84

## GENTLE YOGA

This class helps develop a strong and flexible spine, helps ease joints, and improve balance. It features breath centered movements adapted for all levels. Each class includes movements/postures, breathing exercises and meditation woven together for an integrated experience. Class moves at a slow pace allowing for modifications and adjustments. A yoga mat, thick blanket or thick towel, yoga blocks, and a strap are required. [www.jennyshealingyoga.com](http://www.jennyshealingyoga.com). **(4 classes)**

**Instructor:** Jenny Klossner

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/4 - 10/23	Wed	1:00 - 2:00pm	\$153

## BALLET SLIM & TRIM

Reap the rewards of the standard Ballet Barre that ballerinas all over the world do every day. Students are rewarded with perfect posture, strength, renewed balance and grace...All of these beautiful qualities in only one hour a week and there is always a wonderful camaraderie to enjoy. Ballet shoes or socks are required. Come enjoy!!!! **(8 classes)**

**Instructor:** Ann Monahan

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/5 - 10/24	Thu	1:30 - 2:30pm	\$96

## STRETCH, STRENGTH, SCULPT

The title says it all. Stretch out any tight muscles in the body, strengthen limbs and core, and finish with a beautifully sculpted, strong and well-balanced body inside and out. The class uses a chair, a stretch strap and a mat. The results are always amazing. **(8 classes)**

**Instructor:** Ann Monahan

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/5 - 10/24	Thu	2:45 - 3:45pm	\$96

**NEW** **GENTLE BABY & ME YOGA**

Feel centered with the body, bond with baby and meet fellow parents while enjoying gentle stretching and strength building. All levels yoga & breathwork welcome. Comfortable clothes, yoga mat, and water. Parent or Caregiver registers. Babies of all ages welcome. Class meets every other Friday. Daily drop-rate is \$35. (7 classes)

**No class 9/13, 9/27, 10/11, 10/18, 11/1, 11/15 & 11/29**

**Instructor:** Kelsi Borden

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
18+yrs	9/6 - 12/6	Fri	12:00 - 1:00pm	\$197

**LOW IMPACT KARATE FITNESS**

Enjoy a low-impact fitness experience that integrates martial arts movements for physical and mental well-being. Learn Tae Kwon Do kicks, punches and forms while stretching, improving strength, and building confidence to carry into everyday life. This class is offered in an atmosphere of positive energy and respect, and is appropriate for all levels from beginners to the more experienced. This class is for those who want to learn some martial arts in a welcoming environment and enjoy a unique fitness routine at the same time! Uniform required after the first week. (6/13 classes) **No class 11/11**

**Instructor:** Peter Iacangelo, former champion and Olympic qualified 4th degree black belt with more than 25 years teaching

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
17+yrs	9/6 - 9/30	M/W/F	10:00 - 11:00am	\$110
17+yrs	9/6 - 10/25	Fri	10:00 - 11:00am	\$96
17+yrs	10/2 - 10/30	M/W/F	10:00 - 11:00am	\$130
17+yrs	11/4 - 11/22	M/W/F	10:00 - 11:00am	\$180
17+yrs	11/8 - 12/20	Fri	10:00 - 11:00am	\$72
17+yrs	12/2 - 12/20	M/W/F	10:00 - 11:00am	\$190

**TAI CHI/QIGONG: FINDING YOUR CHI**

The long-established forms of Tai Chi and Qigong bring out Wuji- the original, relaxed state of the body. The mind, body, emotions and the whole self become more harmonious. Learn to move with softness, slowness, smoothness leading to strength, stamina, stability, and suppleness. Through practice, students begin to find a promising Qi (Chi) residing within the body and all around. Part 1 is for beginners and may be taken as many times as one wishes. Part 2 is for students repeating Part 1 that are looking for an opportunity to learn additional Tai Chi movements in the same sequence. Part 2 is only offered to students that have previously taken Part 1. (6 classes) **\*MUST HAVE PREVIOUSLY COMPLETED PART 1 IN ORDER TO ENROLL IN PART 2. PART 2 IS ONLY OFFERED IN CONJUNCTION WITH PART 1.**

**Instructor:** Caroline Hatfield

**BEGINNERS PART 1**

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
17+yrs	9/6 - 10/18	Fri	10:45 - 11:50am	\$60
17+yrs	11/8 - 12/20	Fri	10:45 - 11:50am	\$60

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
17+yrs	9/10 - 10/15	Tue	2:00 - 3:05 pm	\$60
17+yrs	11/12 - 12/17	Tue	2:00 - 3:05 pm	\$60

**BEGINNERS PART 1 & 2**

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
17+yrs	9/6 - 10/18	Fri	10:45am - 12:15pm	\$81
17+yrs	11/8 - 12/20	Fri	10:45am - 12:15pm	\$81

**NEW** **RESTORATIVE YOGA WITH JENNY KLOSSNER**

Feeling stressed, physically tired, sore or stiff, mentally fatigued or emotionally depleted? This class is designed to help release tension and relax the body, mind, and renew inner joy. Relax with props, guided meditation, inspirational readings, breathing techniques, and deep relaxation. Bring a yoga bolster or 3 standard pillows, a couple of thick, woven blankets or thick towels, 2 yoga blocks or small pillows. [www.jennyshealingyoga.com](http://www.jennyshealingyoga.com) (8 classes)

**Instructor:** Jenny Klossner

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/6 - 10/25	Fri	2:00 - 3:00 pm	\$152

**BALLET FITNESS**

Stretch and tone muscles while gaining the posture and grace of ballet dancers. Wear comfortable attire. (4/8 classes)

**Instructor:** Odile Yerevanian

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/7 - 9/28	Sat	10:00 - 11:00am	\$60
18+yrs	11/2 - 12/21	Sat	10:00 - 11:00am	\$120

**NEW** **YOGA FOR ATHLETES**

This class is designed to provide athletes with the necessary tools to enhance the bodies performance in any particular sport. This 6-week class focuses on alignment, stability, flexibility, strength, and stretch and release. (6 classes) **No class 11/25**

**Instructor:** Morning Star Wellness Coaching, Sarah Lowder

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/9 - 10/14	Mon	3:30 - 4:30pm	\$108
18+yrs	10/21 - 12/2	Mon	3:30 - 4:30pm	\$108

**NEW** **CHAIR YOGA**

This class is for participants wanting balance support practice while building strength. (12 classes) **No class 11/25 & 11/27**

**Instructor:** Morning Star Wellness Coaching, Sarah Lowder

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+ yrs	9/9 - 10/16	M/W	11:00am - 12:00pm	\$175
18+ yrs	10/21 - 12/4	M/W	11:00am - 12:00pm	\$175

**NEW** **VINYASA YOGA**

"Power" style yoga using breath to cue between poses. Build strength, bone density, and cardio/respiratory health. Bring a yoga mat and yoga blocks. (12 classes) **No class 11/25 & 11/29**

**Instructor:** Morning Star Wellness Coaching, Sarah Lowder

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/9 - 10/18	M/F	8:30 - 9:30am	\$175
18+yrs	10/21 - 12/6	M/F	8:30 - 9:30am	\$175

*Activity/event dates, times and fees subject to change.*

## BEGINNING REAL KICKBOXING / M.M.A.

Learn realistic and basic fighting techniques and combinations, including boxing hands, slipping, kicks, and basic Mixed Martial Arts (MMA), all while getting a great workout! Sparring optional for more advanced students. Open to all levels. Bring velcro boxing gloves, gel slip on hand wraps, and a jump rope to first class. **(6/16 classes)**  
**No class on 11/11**

**Instructor:** Master Zacharatos (former pro-kickboxing champion, rated top 10 in the world, 7th degree blackbelt, pro-kickboxing/MMA judge for CSAC, over 25 years teaching experience)

**Location:** Calabasas Tennis & Swim Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/9 - 10/28	Mon	7:00 - 8:00pm	\$115
18+yrs	9/9 - 10/30	M/W	7:00 - 8:00pm	\$185
18+yrs	11/4 - 12/16	Mon	7:00 - 8:00pm	\$100
18+yrs	11/4 - 12/18	M/W	7:00 - 8:00pm	\$165

## NEW YOGA FOR THE INFLEXIBLE

This class is a specialized approach to yoga, designed to cater to individuals who may find traditional yoga practices challenging due to limited flexibility or mobility. This style of yoga focuses on developing strength around joints, while increasing flexibility through practicing different series of yoga poses. There is an additional emphasis on breath awareness, mindfulness, and listening to the body's signals, allowing practitioners to safely explore range of motion and gradually improve flexibility over time.

**Instructor:** Steve Mackel, Tri This Coaching

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/10 - 10/29	Tue	6:00 - 7:00pm	\$96 (evening)
18+yrs	9/11 - 10/30	Wed	9:00 - 10:00am	\$96 (morning)

## NEW "FUN"CTIONAL FITNESS

This fun, interval-based, low impact aerobic, circuit training workout is designed to enhance FUNctional longevity, by keeping the body and the brain healthy and strong. Improve overall health by increasing the bodies physical bone density, strength, endurance, agility, mobility, flexibility, stability and balance as well as brain skill (i.e. memory, reaction time). Equipment is provided. **(7 classes) No class 11/26**

**Instructor:** Q4 Active

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/10 - 10/22	Tue	12:00 - 1:00pm	\$95
18+yrs	10/29 - 12/17	Tue	12:00 - 1:00pm	\$95

## NEW PLYOJAM

Infuses easy to follow hip-hop moves and HIIT inspired movements, creating a dance workout to music hits that'll help shred serious calories. All skill levels welcome! **(8 classes)**

**Instructor:** Kathryn Haven

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/11 - 10/30	Wed	3:00 - 4:00pm	\$150.50
18+yrs	9/8 - 10/27	Sun	9:30 - 10:30am	\$150.50

## NEW CHI WALKING®

Master ChiWalking Instructor, Steve Mackel, teaches this mindful and holistic approach to walking that integrates principles from Tai Chi with the biomechanics of walking. Each session begins with Body Looseners, then participants review the ChiWalking form and go for a 40-45 minute walk through local neighborhoods. **(8 classes)**

**Instructor:** Steve Mackel, Tri This Coaching

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
18+yrs	9/12 - 10/31	Thu	9:00 - 10:00am	\$88

## CYCLE-N-STRENGTH

Cycle-n-Strength is a combo class that combines intervals of cardio with strength conditioning, moving quickly between the bike and equipment on the ground. Expect to work with dumbbells, bands and body weight. **(6 classes)**

**Instructor:** Missy Andrews & Janice Layco

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/16 - 10/21	Mon	5:00 - 6:00pm	\$96



## NEW CHIRUNNING® HALF DAY WORKSHOP

Master ChiRunning Instructor, Steve Mackel, teaches participants how to use this mindful and efficient approach to running, that integrates principles from Tai Chi with the biomechanics of running. ChiRunning is known for reducing potential injuries, increasing efficiency (speed), and enhanced enjoyment of running by focusing on proper body alignment, relaxation, and energy flow.

**Instructor:** Steve Mackel, Tri This Coaching

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
18+yrs	9/28	Sat	8:30am - 12:30pm	\$150
18+yrs	10/26	Sat	8:30am - 12:30pm	\$150

## NEW FALL PICKLEBALL LEAGUE

Join our exciting Fall Pickleball League, where fun, fitness, and friendly competition come together! Whether you're a seasoned player or new to the game, our league offers a welcoming environment for all skill levels. Grab your paddle, meet new friends, and enjoy the thrill of pickleball this fall.

**Location:** Juan Bautista de Anza Park

**Mixed Beginner Division: 2.0-3.0 (No Games 10/20)**

AGES	DATES	DAY	TIME	FEE
18+yrs	10/6 - 11/24	Sun	8:30am	\$70

**Women's Double Intermediate 3.5+ Division (No Games 11/11)**

AGES	DATES	DAY	TIME	FEE
18+yrs	10/7 - 11/25	Mon	6:30pm	\$70

**Men's Double Intermediate: 3.5+ Division**

AGES	DATES	DAY	TIME	FEE
18+yrs	10/9 - 11/20	Wed	6:30pm	\$70

Activity/event dates, times and fees subject to change.



# Specialty

## **NEW** ENERGY FLOW

Everything and everyone in the universe is Energy! This experiential class focuses on physical movement designed to create balance and harmony in the body, mind, and spirit. Through a series of movements and body tapping, participants experience increased circulation, vitality and mental alertness. During the free-flow dance practice, participants begin to experience an energy vibration expressed through individualized movements. The class ends with a heart-centered moving meditation which, when practiced consistently, deepens the awareness of the inner connectivity of nature and all of life. (8 classes)

**Instructor:** Sherry Virsen  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/4 - 10/23	Wed	2:00 - 3:00pm	\$96

## **NEW** INTRO TO MAHJONG

Learn how to play American Mah Jongg with Lorraine Urist. The instructor has been playing for over 50 years and shares a strong passion of the game with the students. Learn the tiles and how to use the tiles in connection with the Mah Jongg Card. (6 classes)

**Instructor:** Lorraine Urist  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+	9/4 - 10/9	Wed	10:00am - 12:00pm	\$85

## **NEW** STORIES FROM THE BOOK OF GENESIS

The Book of Genesis contains dramatic stories that have laid the foundation for Jewish tradition and have shaped the cultures of many western countries. The details of the biblical creation, Noah and the flood, Abraham and Sarah, Isaac and Rebekah, and Jacob and his family. Yet for many, their exposure to these stories is only ever in Sunday school or at church. Many hear the stories, but often do not have the opportunity to look deeper into the actual text. This series dives deep, specifically examining the curse on Adam and Eve, Noah and the flood, the sacrifice of Isaac, Jacob and Esau, and Joseph revealing himself to his brothers. (5 classes)

**Instructor:** Jason Hensley, PhD, Dmin  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/4 - 10/2	Wed	4:00 - 5:00pm	\$60

## **NEW** KALE BLAZERS

Plant curious? Come learn how a plant forward lifestyle can help individuals stay healthy and strong while eating foods that are earthy friendly. This workshop is to help people learn the health benefits of consuming plant strong foods, fruits, vegetables, nuts and seeds, beans, and legumes. The instructor discusses how this lifestyle can reduce top diseases like type two diabetes, heart disease and obesity.

**Instructor:** Mary Mackey  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/8, 10/6, 11/3, 12/1	Sun	10:30 - 11:30am	\$25

## **NEW** BRINGING HOME BABY

A 2-week series offering tips on newborn care instruction. Expecting parents/caregivers walk away with practical advice on how to care for a newborn through the first few weeks of life. Topics covered include: bathing, diapering, safe sleep and infant first aid/ CPR. (2 classes)

**Instructor:** Marina Salama, The Mom Club  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/10 & 9/17	Tue	6:30 - 8:00pm	\$150/couple
18+yrs	11/5 & 11/12	Tue	6:30 - 8:00pm	\$150/couple

## **NEW** COMMUNITEA SOUND BATH

This experience encourages participants to sink into a state of deep inner nourishment and relaxation to rest the mind and body to rejuvenate. This class is an invitation to merge the body into a spiritual and peaceful state of being. The evening begins with a soothing sound bath meditation to calm the mind and body and bring participants into deep relaxation. Soothing crystal quartz and Tibetan singing bowls, nature sound instruments, chimes, hapi drum, crystal harp and gong are among the instruments played throughout the experience. Following the sound bath, join for a community tea time. Sip on the soothing blends of herbal teas to enhance well-being. This provides an opportunity to share experiences, connect with like-minded individuals, and bring the group together in a sacred healing space to create community. Comfortable clothing recommended. Bring a yoga mat/blanket/pillow to relax. Chairs are provided to individuals who can't lay on the floor. Bring a pillow for back support and a cozy blanket.

**Instructor:** Kirsten Korot, Intuitive Coach, Certified Sound Healing Practitioner through IASH (International Academy of Sound Healing), Certified Moonologer™ through Yasmin Boland and Hay House. Practicing since 2001.

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
13+yrs	9/11	Wed	6:00 - 7:30pm	\$40
13+yrs	9/25	Wed	6:00 - 7:30pm	\$40
13+yrs	10/9	Wed	6:00 - 7:30pm	\$40
13+yrs	10/23	Wed	6:00 - 7:30pm	\$40
13+yrs	11/6	Wed	6:00 - 7:30pm	\$40
13+yrs	11/20	Wed	6:00 - 7:30pm	\$40
13+yrs	12/4	Wed	6:00 - 7:30pm	\$40

## ITALIAN FOR TRAVELERS - BEGINNING CONVERSATIONAL I



Ciao! Buon giorno cari student!! This functional course is designed to develop communicative language skills. Students are introduced to the fundamentals of Italian to build and practice a functional everyday vocabulary. Lessons are based on colloquial Italian linked to grammatical rules explanation and written exercises. Feel at ease during the next vacation in Italy! The class is structured for students with no previous knowledge of Italian. Easy learning! Enrich life by learning another language! (6 classes)

**Instructor:** Manuela Terezi, Native Speaker, born & educated in Milan, Italy  
**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/12 - 10/17	Thu	10:30 - 11:30am	\$96

**NEW** **FULL MOON WOMEN'S CIRCLE & SOUND BATH**

A Women's Circle is a gentle, soothing, safe and sacred space where women can share experiences, support and inspire one another. It's a time to journey inwards and tune into each inner wisdom to remember who one is as a person, and what makes individuals feel in alignment with who they really are. Each circle is unique based on the sign the Moon is in and the area of life it is guiding. It is a night of open-hearted conversation, moon journaling, full moon releasing, creative rituals, oracle card readings and a sound bath. Full Moons are a time to work on forgiveness, release and let go of things no longer serving positivity. The instructor includes a workbook around each specific moon phase this class is working with as a guide. Each circle includes discussion of current moon phase and energies, journaling, creative rituals and mini sound bath and open sharing among the group. Open to all female participants. Bring a Yoga mat/ blanket and pillow to get cozy for sound bath, journal or paper and pen. Feel free to bring any crystals. **Material fee of \$6 is due to the instructor at the start of class for a take home workbook and creative rituals supplies each session (ex. intention candle, essential oils, bath salts). Instructor accepts cash, Zelle, or Venmo.**

**Instructor:** Kirsten Korot, Intuitive Coach, Certified Sound Healing Practitioner through IASH (International Academy of Sound Healing), Certified Moonologer™ through Yasmin Boland and Hay House. Practicing since 2001.

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	9/17	Tue	7:00 - 8:30pm	\$48
18+yrs	10/16	Wed	7:00 - 8:30pm	\$48
18+yrs	11/14	Thu	7:00 - 8:30pm	\$48
18+yrs	12/16	Mon	7:00 - 8:30pm	\$48

**NEW** **MENOPAUSE BOOTCAMP**

This talk is specifically designed for women who are currently experiencing menopausal symptoms or who want to stack the odds in their favor for healthy outcomes in the next stage of their lives. Therefore, the suggested age range is between the ages of 35-60. It is also open to anyone who cares about these women and wishes to gain a better understanding of the process. For those who have ever felt confused, dismissed, misunderstood, frustrated, overwhelmed, exasperated, or at wits' end, please be assured that the instructor has been in those shoes. It is the instructors utmost intention to share all the information she has gathered and studied in order to empower herself and assist others in navigating this transitional phase with greater ease and fulfillment.

Join Iriet for this two-hour workshop to learn up-to-date information regarding management of symptoms, some of the life skills available to grow and flourish through this transition and the information and resources needed to advocate for oneself while on the menopause journey.

**Instructor:** 180 Degree Life Coaching, Iriet Adelberg

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
35 - 60yrs	9/18	Wed	10:00am - 12:00pm	\$36
35 - 60yrs	10/15	Tue	1:00 - 3:00pm	\$36
35 - 60yrs	11/7	Thu	10:00am - 12:00pm	\$36

**INTRO TO MEDITATION/ LEARN TO DESTRESS AND QUIET YOUR MIND**

Discover the art of living in the present moment, alleviating stress and calming the mind with Whitney Schwartz as a guide. Each session incorporates ancient wisdom, the healing power of music, meditation, discussions, and a rich array of mindfulness techniques. Plus, receive gifts from the Whitney Howard Designs collection - tangible tools for cultivating a fresh perspective on life. **(6 classes)**

**Instructor:** Whitney Schwartz

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	10/17 - 11/21	Thu	12:00 - 1:00pm	\$75

**INTRODUCTION TO UKULELE**

Ukuleles are fun and easy to learn without any prior music experience. Bring a ukulele (no baritones) and be amazed at how quick it is to play that first song! **\$3 materials fee due at the beginning of the first class. (6 classes)**

**Instructor:** David Steinhart

**Location:** Calabasas Community Center

AGES	DATES	DAY	TIME	FEE
18+yrs	10/23 - 11/27	Wed	1:00 - 2:00pm	\$72

**NEW** **ADVENTURE SAFETY COURSE DISASTER TRAINING**

Be prepared for emergencies when professional first responders may be far away or significantly delayed. This course is for outdoor enthusiast individuals who work or spend time in remote environments, scout, parents, and or urbanites that want to be prepared for natural disasters. This course builds confidence and safety skills. The course instructor has extensive experience as an Emergency Medical Technician, Wilderness First Responder, American Red Cross Adult & Pediatric CPR/AED/First Aid instructor, American Red Cross Wilderness First Aid instructor, Wound Care Technician, Wilderness Adventure Guide, and Hiking Guide. Bring sunscreen, lunch, water, notebook, and wear outdoor clothes. **A \$40 material fee is due to the instructor at the beginning of the class. (2 classes)**

**Instructor:** Adventure Safety Courses, Angeline Piotrowski

**Location:** De Anza Park

AGES	DATES	DAY	TIME	FEE
18+yrs	11/2 - 11/3	Sat/Sun	8:30am - 5:30pm	\$299
18+yrs	12/7 - 12/8	Sat/Sun	8:30am - 5:30pm	\$299

**CARD & GAME TABLES**

*Now that you know how to play, reserve your game table today!*

The Calabasas Community Center now reserves game tables. For details, visit [www.calabasasreg.org](http://www.calabasasreg.org).



# SENIOR PROGRAM REGISTRATION DATES

Calabasas Senior Center Members 9:00am on Monday, August 12, 2024

Calabasas Residents 9:00am on Wednesday, August 14, 2024

Non-Residents 9:00am on Monday, August 19, 2024

## 50 & BETTER *Classes*

### LECTURES & DEMONSTRATIONS

- 27 THE ART OF GEORGIA O'KEEFFE
- 27 VINCENT VAN GOGH IN ARLES
- 27 GYOTAKU FISH PRINTING
- 27 TIPS TO PREVENT AND MANAGE CHRONIC WOUNDS FOR SENIORS
- 27 MEDICINAL USE OF CANNABIS AND CBD FOR SENIORS
- 27 TASTE OF ASIA
- 28 AARP SMART DRIVER
- 28 SOUND HEALING
- 28 WHAT'S COOKING WITH PRESCRIPTION PRICING?
- 28 6 INGREDIENTS OR LESS
- 28 ART OF CARAVAGGIO: LIGHT AND SHADOW IN ROME
- 28 JEWISH MUSICIANS IN JAPAN DURING WWII
- 29 COOKIE DECORATING
- 29 MOBILITY ALTERNATIVES FOR SENIORS (MAS)
- 29 ARTIFICIAL INTELLIGENCE AND THE FUTURE OF AGING
- 29 UPCOMING COMET AND THE AUTUMN NIGHT SKY
- 29 UNEARTHING THE CITY OF DAVID
- 29 GUIDING LIGHTS & PLANNING AHEAD: STRATEGIES FOR COPING WITH UNTIMELY LOSS
- 30 HEALTHY LIVING FOR THE BRAIN AND BODY
- 30 GET CREATIVE WITH THE IPHONE CAMERA APP
- 30 SOUPS & SIDES
- 30 SCIENCE OF PAST LIVES, DREAMS, AND SOUL TRAVEL
- 30 A BUNNY'S TALE
- 30 EARLY AMERICAN FOLK ART
- 30 MY KIDS ARE DRIVING ME CRAZY! HOW TO MANAGE DIFFICULT FAMILY CONVERSATIONS AND CONFLICTS
- 31 HOLIDAY CHARCUTERIE BOARD WORKSHOP
- 31 FLEXIBILITY AND POSTURE
- 31 GINGERBREAD HOUSE DECORATING
- 31 ELEVATE BRUNCH

### PERSONAL DEVELOPMENT

- 31 AUTOBIOGRAPHY
- 31 UCLA MEMORY TRAINING PROGRAM
- 32 PRACTICE MINDFULNESS WITH NATURE JOURNALING
- 32 BRING OUT YOUR INNER WRITER: CREATIVE WRITING
- 32 GRIEF & LOSS DISCUSSION/SUPPORT GROUP
- 32 THE BUTTERFLY BOOK CLUB: MOTHS
- 32 ROUNDTABLE DISCUSSION GROUP: WHAT'S ON YOUR MIND? LET'S TALK ABOUT IT!

### TECHNOLOGY

- 32 GET CREATIVE WITH THE IPHONE CAMERA APP

### FITNESS

- 33 BROADWAY DANCE
- 33 ZUMBA GOLD + TONING
- 33 WALK WITH EASE
- 33 COUNTRY LINE DANCING
- 33 SAVVY SENIOR FITNESS
- 33 SENIOR STRETCH, STRENGTH, & SCULPT
- 33 THERAPEUTIC YOGA
- 34 "FUN"CTIONAL FITNESS FOR SENIORS
- 34 GENTLE YOGA FOR SENIORS
- 34 TONE & BALANCE
- 34 S.T.R.E.T.C.H. - STRETCH, TONE, REJUVENATE, ENERGIZE, TAP, CHAT, HEAL
- 34 DANCE IT OUT: LATIN/BALLROOM EDITION
- 34 BALLROOM, LATIN & SWING DANCING

### MUSIC

- 35 SAVVY SENIOR SINGERS
- 35 THE LEGACY OF GIACOMO PUCCINI

### CARDS & GAMES

- 36 INTRO TO MAH JONGG
- 36 CONTINUING MAH JONGG
- 36 MAH JONGG LEVEL I
- 36 MAH JONGG LEVEL II
- 36 SAVVY SENIOR CANASTA
- 36 BEGINNING CANASTA
- 36 BEGINNING BRIDGE
- 36 SAVVY SENIOR CANASTA STRATEGY
- 36 CANASTA STRATEGY

### MIND & BODY

- 37 MEDITATION & MINDFULNESS
- 37 TAI CHI QIGONG SHIBASHI: FINDING YOUR CHI
- 37 URBAN ZEN

### HOBBIES & INTERESTS

- 37 ACTING FOR FUN
- 37 RECENT DEVELOPMENTS IN THE LAW
- 37 HOT TOPICS/CURRENT EVENTS DISCUSSION GROUP
- 38 BIRD WALK AT KING GILLETTE RANCH
- 38 CONVERSATIONAL SPANISH
- 38 FLICKER REVISITED
- 38 QUILTING
- 38 SPORTS FANS' FORUM: DEBATING THE HOT TOPICS OF THE DAY
- 38 THE COMPOSITION OF THE BIBLE
- 38 ITALIAN FOR TRAVELERS
- 39 BIBLICAL ARCHEOLOGY

### CULINARY

- 39 QUICK AND EASY MEALS
- 39 TASTE OF ASIA
- 39 6 INGREDIENTS OR LESS
- 39 COOKIE DECORATING
- 39 SOUPS & SIDES
- 39 HOLIDAY CHARCUTERIE BOARD WORKSHOP
- 40 GINGERBREAD HOUSE DECORATING
- 40 ELEVATE BRUNCH

### CREATIVE ARTS

- 40 ACRYLIC PAINTING
- 40 ABSTRACT COLLAGE
- 40 OIL PAINTING
- 40 INTERMEDIATE & ADVANCED WATERCOLOR
- 40 GYOTAKU FISH PRINTING
- 41 FASCINATING WATERCOLOR TECHNIQUES
- 41 COLORED PENCIL TECHNIQUES
- 41 BEGINNING WATERCOLOR
- 41 MIXED WATER MEDIA

### ART HISTORY

- 41 THE ART OF GEORGIA O'KEEFFE
- 41 ART OF THE PUSHKIN MUSEUM: IMPRESSIONISM AND MORE
- 42 VINCENT VAN GOGH IN ARLES
- 42 ART OF THE SMITHSONIAN MUSEUMS, PART ONE
- 42 ART OF CARAVAGGIO: LIGHT AND SHADOW IN ROME
- 42 UNEARTHING THE CITY OF DAVID
- 42 EARLY AMERICAN FOLK ART

### EXCURSIONS

- 43 CACHUMA LAKE EAGLE CRUISE
- 43 CHUMASH CASINO
- 44 A DAY IN THE LIFE OF A CITY: OJAI
- 44 THE NETHERCUTT COLLECTION
- 45 WATTS TOWERS
- 45 ODDITIES IN SAN BERNADINO
- 45 THE AUTRY MUSEUM OF THE AMERICAN WEST
- 45 HOLIDAY LIGHTS AT THE MISSION INN & THE CHEECH

### CALABASAS COMMUNITY CENTER

- 46 INTRO TO MAHJONG
- 46 STORIES FROM THE BOOK OF GENESIS
- 46 SENIOR GENTLE BALLET
- 46 KALE BLAZERS
- 46 CHAIR YOGA
- 47 "FUN"CTIONAL FITNESS FOR SENIORS
- 47 YOGA FOR THE INFLEXIBLE
- 47 PICKLEBALL CLASSES & LEAGUE

# 50 & BETTER *Classes*

## Lectures / Demonstrations

### **NEW** THE ART OF GEORGIA O'KEEFFE

Known for her paintings of enlarged flowers, New York skyscrapers, and New Mexico landscapes, Georgia O'Keeffe's work spanned seven decades, drawing from her life experiences and places where she lived. With exceptionally keen powers of observation and great finesse with a paintbrush, she recorded subtle nuances of color, shape, and light that enlivened her paintings and made her an icon of 20th century Modernism.

**Presenter:** Eleanor Schrader

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/3	Tue	6:30 - 8:00pm	\$17/\$20.40

### **NEW** VINCENT VAN GOGH IN ARLES

During a career of only 10 years, Vincent van Gogh developed an incredibly unique and recognizable style of art. However, it took him awhile to establish himself artistically. Following time influenced Dutch and Flemish masterworks and time lightening his palette under the influence of Impressionism in Paris, he really comes into his own during his time in Arles. Spending only a little over a year there, it was one of his most prolific periods, painting nearly 200 canvases. Here in Arles, his colors brighten and his paint has laid out in thick and distinctive impasto in his depictions of fields, sunflowers and local workers. This class focuses specifically on this brief and productive time of his career.

**Presenter:** Katherine Zoraster

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/10	Tue	2:00 - 4:00pm	\$27/\$32.40

### **NEW** GYOTAKU FISH PRINTING

This two-day class focuses on Gyotaku Fish printing. Hundreds of years ago Japanese fishermen used to create fish prints as a way to keep records of the fish caught. This class uses fish replicas, paint and brushes to create fish imprints on paper. Students have the opportunity to create a variety of fish prints, adding fun details such as plant life, eye detail and colonization of the prints as desired. Learn about this exquisite and expressive art form through short lectures, demonstrations, and hands-on experience using a variety of Gyotaku fish replicas. Provided supplies to use in class include: fish replicas, acrylic paint in variety of colors including metallics, brushes, and paper.

**Instructor:** Paula Whiteman

**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/16 & 9/23	Mon	9:30am - 12:00pm	\$82/\$98.40

### **NEW** TIPS TO PREVENT AND MANAGE CHRONIC WOUNDS FOR SENIORS

Seniors are more likely to struggle with wounds that are difficult to heal. While multiple factors contribute to wound development as skin thins with age, conditions such as diabetes, heart disease, limited mobility, diet, and medication can raise the risk of seniors developing chronic wounds. Aging can naturally bring about changes in the body, which can raise the risk of health problems. Among these is the potential for chronic wounds, wounds that do not heal for over three months. These wounds can be both painful and disabling, impacting the sufferer's quality of life substantially. With the right preventative measures and management strategies, they need not escalate into life-threatening situations. Effective prevention and management of chronic wounds amongst seniors necessitate a holistic approach that encompasses appropriate wound care, healthful living habits, and control of existing health conditions. In this session, tips and guidelines are shared to help prevent and manage chronic wounds in seniors.

**Presenter:** Dr. Brian Evans, MD, UCLA Health

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/12	Thu	1:30 - 2:30pm	FREE

### MEDICINAL USE OF CANNABIS AND CBD FOR SENIORS

Learn from one of the Foundation for Senior Services certified specialists and top cannabis nurse educators in the industry. This engaging program covers; Basics of the Endocannabinoid System, Benefits of Cannabis & CBD, Senior-Specific Dosing & Products, and Navigating California Laws & Facility Policies

**Presenter:** Foundation for Senior Services/Senior Specialist Group

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/13	Fri	2:00 - 3:30pm	\$10/\$12

### TASTE OF ASIA

Learn how to make Asian cuisine with simple recipes. Impress family and friends with classic and popular dishes like Spring Rolls, Chicken Satay, noodles and different types of curries.

**Instructor:** Pia Ramachandran

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/16	Mon	5:30 - 7:30pm	\$57/\$68.40
10/23	Wed	3:00 - 5:00pm	\$57/\$68.40



**NEW** **AARP SMART DRIVER**

Take the AARP Smart Driver course - Drive Smart and Save Smart. Refresh driving skills and explore the latest traffic laws. Participants learn research-based driving strategies to help stay safe behind the wheel. Discover proven driving methods to help keep all parties safe on the road. California Insurance Companies provide an appropriate savings (for three years) to all drivers, 50 years of age or older, who complete the AARP 8-hour Smart Driver course. **Fees for AARP Members: \$20**

**Fees for Non-AARP Members: \$25 (Cash or check only)**

**Presenter:** Phil Downs, Certified Smart Driver Instructor

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/17 & 9/18	Tue/Wed	10:00am - 2:00pm	AARP fees collected at first class

**NEW** **SOUND HEALING**

Simply listen with eyes closed as the gentle sounds from Tibetan Singing Bowls, Rainsticks, and Crystal Singing Bowls are played around participants bodies. Sound Healing, an ancient healing practice, reduces stress, helps alleviate pain, clears confusion, boosts immunity and much more. Just listen and feel re-energized, body, mind and soul.

**Presenter:** Lynn Edelstein, MSW, Certified Sound Healing Therapist

**Location:** Calabasas Senior Center

DATES	DAY	TIME	FEE RES/NON-RES
9/23	Mon	2:30 - 3:10pm	\$20/\$24
10/22	Tue	11:00 - 11:40am	\$20/\$24
11/18	Mon	2:30 - 3:10pm	\$20/\$24
12/12	Thu	10:00 - 10:40am	\$20/\$24

**NEW** **WHAT'S COOKING WITH PRESCRIPTION PRICING?**

This presentation is focused on a few big questions about drug pricing: Why "Big Pharma" charges so much, and what would be the impact of making less?, Why are there big differences between the prices paid for prescriptions in the US vs. Canada and the EU?, "What is being done, and what could be done, to lower prescription costs for seniors?" In addition to how "Big Pharma" makes decisions about R&D, pricing, and distribution, this presentation identifies who else affects prescription prices once a drug is approved by the FDA, and moves from the manufacturer to wholesalers, on to pharmacies, and ultimately across the counter to patients. The factors motivating each type of business involved in prescription drug pricing and distribution are discussed. The reasons behind price differences within and outside the US are looked at using retail pharmacy prescription price examples.

**Presenter:** Barry Bauling, PharmD

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/25	Wed	10:00 - 11:30am	\$13/\$15.60

**6 INGREDIENTS OR LESS**

Discover everyone's favorite class, and for good reason! Join Patty in an unforgettable cooking experience where she crafts new recipes with just 6 ingredients or less (excluding salt/pepper and oil). Mark those calendars, this 2-hour class is going to be a blast!

**Instructor:** Patty Tanenbaum

**Location:** Calabasas Senior Center Multipurpose Room

DATE	DAY	TIME	FEE RES/NON-RES
9/25	Wed	5:00 - 7:00pm	\$65/\$78

**NEW** **ART OF CARAVAGGIO: LIGHT AND SHADOW IN ROME**

The painter Michelangelo Merisi da Caravaggio was a notoriously popular artist in his own lifetime, commissioned to paint highly realistic figures which were shocking for their intimacy, sensuality and earthy presence. He painted saints and religious characters as if they were flesh and blood, living in our time. This special, one evening, live presentation focuses on Caravaggio's paintings and monumental altarpieces to be found in the eternal city of Rome. Learn how Caravaggio's dramatic "tenebroso", use of strong shadows, describe a stark spirituality which seems to foretell his own violent fate.

**Presenter:** John Paul Thornton

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/26	Thu	6:00 - 7:30pm	\$17/\$20.40

**NEW** **JEWISH MUSICIANS IN JAPAN DURING WWII**

In this musical lecture, Dr. Makiko Hirata introduces the little-known historical fact that Japan accepted Jewish refugees escaping Nazis persecutions from the 1930's to the end of WWII. Many were established musicians, some world-famous. Jewish refugees performed, taught, and left legacies among the first international Japanese musicians post-WWII. This lecture includes a PowerPoint Presentation and musical demonstrations at the keyboard.

**Presenter:** Makiko Hirata

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/26	Thu	1:00 - 2:00pm	\$23/\$27.60



*Activity/event dates, times and fees subject to change.*



## **NEW** COOKIE DECORATING

Fascinated by how Master Bakers create all of those amazing designs on famous baking challenge shows? Come to this fun 1-hour session to learn how to decorate cookies with Master Bakers! Master Bakers start by teaching and guiding students how to make icing bags. Students then use creativity to decorate cookies using enjoyable and easy to follow instructions. Be ready to show off those new cookie decorating skills at the next social gathering! Class includes a box of a dozen freshly baked cookies to decorate and take home, all decorating materials (icing, coloring, bags, piping tips), a disposable apron, and printed instructions to take home. **A \$15 materials fee is due to the instructor at the beginning of class.**

**Presenter:** Lori Black, Flower Hill Cookie Factory  
**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
10/7	Mon	11:00am - 12:00pm	\$66/\$79.20

## **NEW** MOBILITY ALTERNATIVES FOR SENIORS (MAS)

Participants learn about the City's Public Transit options and how to utilize them. Participants have an opportunity to register for the City's Dial-a-Ride program and learn how to plan trips with Dial-a-Ride, Microtransit, and the City's Shuttle Service. In addition, participants learn about other transit agency options available (LA Metro, LA Access, LA DOT) and private rideshare options.

**Presenter:** Tra'a Bezdecny  
**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/7	Mon	10:00 - 11:30am	FREE

## ARTIFICIAL INTELLIGENCE AND THE FUTURE OF AGING

This class is an overview of Artificial Intelligence and its effects on society and seniors, and how to be more aware and careful in this new age. This class takes you through a brief tour of AI's impact on aging and seniors, along with benefits and challenges. Learn a little more about how artificial intelligence may play a role in four key areas of our lives: communication, physical and mental health, mobility, and companionship. Presented by Certified Specialists of the Foundation for Senior Services.

**Presenter:** Foundation for Senior Services/Senior Specialist Group  
**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/9	Wed	2:00 - 3:30pm	\$10/\$12

## UPCOMING COMET AND THE AUTUMN NIGHT SKY

Learn to see the planets with the naked-eye and discover art in astronomy. Famous autumn constellations and the upcoming comet are discussed. Class includes a review of NASA and JPL programs. Learn how to easily spot the International Space Station as it crosses the night sky. The class shares information about upcoming Star Parties and public astronomy events.

**Presenter:** Neill Simmons  
**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/10	Thu	3:00 - 4:30pm	\$11/\$13.20

## **NEW** UNEARTHING THE CITY OF DAVID

Before Solomon and the First Temple of Jerusalem there was The City of David. What have the centuries left behind to tell of this king and his kingdom? Archaeologists have worked tirelessly to reveal the secrets of life held in the layered rocks of Jerusalem and in the city that bears his name today. Providing insights from personal experiences at the dig site in Israel, this lecture outlines the topography of early Jerusalem and an overview of the wars and cultures that have left physical objects embedded in the landscape bearing current witness to the presence of its historical part. What mysteries are revealed in the latest finds? Delve into the traces left by ancient scribes, the hidden stashes of wealth, remnants of long-ago meals, Mosaic floors and the steps to mikvah ritual baths all demonstrating the richness and complexity of The City of David.

**Presenter:** Christine C. Maasdam, M.A.  
**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/14	Mon	10:00am - 12:00pm	\$28/\$33.60

## **NEW** GUIDING LIGHTS & PLANNING AHEAD: STRATEGIES FOR COPING WITH UNTIMELY LOSS

This two-part series covers: Best Gift One Can Give - Organizing the Details of One's Life (location of documents, passwords, bank accounts, insurance policies, etc.), Advanced Health and Financial Directives, Wills, Trusts, and Estate Administration: What does one have and what does one need?, Pre-Planning for Burial, Cremation, and Funeral Arrangements, and We Didn't Pre-Plan - Now What?

**Presenter:** Foundation for Senior Services/Senior Specialist Group  
**Location:** Founders Hall located behind the Calabasas Library

PART 1			
DATES	DAY	TIME	FEE RES/NON-RES
10/15	Tue	1:30 - 2:30pm	\$10/\$12
PART 2			
DATES	DAY	TIME	FEE RES/NON-RES
11/14	Thu	1:30 - 2:30pm	\$10/\$12

**Activity/event dates, times and fees subject to change.**

**NEW** **HEALTHY LIVING FOR THE BRAIN AND BODY**

Learn what research has shown about lifestyle choices that may help keep the brain and body healthy as individuals age. Hear practical ways to incorporate changes into a plan for healthy aging.

**Presenter:** Sivana Lavine, MPH, CHES, Alzheimer's Association California Southland Chapter

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
10/15	Tue	2:30 - 3:30pm	FREE

**NEW** **GET CREATIVE WITH THE IPHONE CAMERA APP**

Unlock the full potential of the iPhone Camera App in this beginner-friendly class. Learn to master focus, brightness, and zoom controls for beautiful photos. Explore the app's settings to capture stunning images, sweeping panoramas, and cinematic videos. Discover essential tips and tricks to enhance photography skills. The instructor, Erin Manning, is a professional photographer from Los Angeles, CA, known for her clear and friendly teaching style. She has hosted "The Whole Picture" on DIY Network and HGTV and appeared on the Today Show, The CBS Early Show, and ABC's View from the Bay.

**Presenter:** Erin Manning

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/16	Wed	2:00 - 3:00pm	\$10/\$12

**SOUPS & SIDES**

Who's ready for some soups and sides? Join one of Patty Tanenbaum's most requested cooking classes to date! Learn 4-5 delicious and easy-to-make recipes that won't break the bank. Mark those calendars, this 2-hour class is going to be a blast!

**Presenter:** Patty Tanenbaum

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
10/16	Wed	5:00 - 7:00pm	\$65/\$78

**NEW** **SCIENCE OF PAST LIVES, DREAMS, AND SOUL TRAVEL**

In this workshop, explore the studies done by universities, the military, and research centers over the last 50 years. Hear the amazing results of the findings that may help individuals understand personal experiences. Imaginative technique exercises are revealed.

**Presenter:** Neill Simmons

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/17	Thu	3:00 - 4:30pm	\$11/\$13.20

**NEW** **A BUNNY'S TALE**

In the mood for a bit of adventure and a fun filled trip down memory lane? Then this is the right place! Former model and Playboy Bunny, Marcia Kufek, entertains participants with amusing stories and insider gossip while offering a glimpse into the exciting and magical world of Playboy and Hugh Hefner.

**Presenter:** Marcia Kufek

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/22	Tue	2:00 - 3:30pm	\$23/\$27.60

**NEW** **EARLY AMERICAN FOLK ART**

A little-known side of American art is the art that is created by individuals who were not academically trained, although they may have acquired their skills through apprenticeship, observation, or informal learning. This is commonly known as "folk art". Charming and heartfelt, sometimes comical, but always aesthetically connected to the communities for which it was created, this genre of art holds special meaning for the early years and subsequent growth of this nation.

**Presenter:** Eleanor Schrader

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
10/23	Wed	10:00 - 11:30am	\$17/\$20.40

**MY KIDS ARE DRIVING ME CRAZY! HOW TO MANAGE DIFFICULT FAMILY CONVERSATIONS AND CONFLICTS**

Discuss key reasons why conflicts often occur among family members when discussing aging and final wishes. Participants learn effective communication skills and mediation techniques among family members with differing styles and points of view, and how to develop and implement action plans with compassion and consensus.

**Presenter:** Foundation for Senior Services/Senior Specialist Group

**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
10/24	Thu	2:00 - 3:30pm	\$10/\$12



## HOLIDAY CHARCUTERIE BOARD WORKSHOP

Join the instructor for a step-by-step guide to creating a beautiful charcuterie and cheese platter like a pro. Learn the basics of cheese selection, cutting technique, style, and layout. Bring the creation home to enjoy! **Material fee of \$40 is payable directly to the instructor at the beginning of class.**

**Presenter:** Pia Ramachandran

**Location:** Calabasas Senior Center Multipurpose Room

DATE	DAY	TIME	FEE RES/NON-RES
11/13	Wed	10:30am - 12:30pm	\$27/\$32.40

## NEW FLEXIBILITY AND POSTURE

Explore the importance of flexibility and posture in promoting overall health and vitality. Discover exercises and techniques to enhance flexibility, improve posture, and alleviate common aches and pains associated with aging.

**Presenter:** Nicolas Berard PT, DPT, CSCS, Forward Motion Physical Therapy

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
11/14	Thu	10:00 - 11:00am	\$3/\$3.60

## NEW GINGERBREAD HOUSE DECORATING

Get into the spirit of the holidays with this new and fun Gingerbread House decorating class! Master Bakers teach and guide students on how to make icing bags, use the icing bags, and decorate a Gingerbread House. Students are given enjoyable and easy to follow instructions. Take home a fun and decorative Gingerbread House to enjoy with family and friends! Learn tips and tricks to win the next family contest! Class includes a freshly baked Gingerbread House to decorate and take home, all decorating materials (icing, coloring, bags, piping tips), a disposable apron, and printed instructions to take home. **A \$20 material fee is due to the instructor at the beginning of class.**

**Presenter:** Lori Black, Flower Hill Cookie Factory

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
12/2	Mon	2:00 - 3:00pm	\$75/\$90

## NEW ELEVATE BRUNCH

Elevate brunch with homemade delights that are sure to impress. Join for a morning of indulgence and learn how to prepare a variety of brunch favorites from scratch. Get ready to learn 4-5 delicious and easy-to-make recipes. This 2-hour class is going to be a blast!

**Presenter:** Patty Tanenbaum

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
12/11	Wed	5:00 - 7:00pm	\$65/\$78

# Personal Development

## AUTOBIOGRAPHY

Seniors share memories, develop writing skills and explore self expression. Integrate the stories that have shaped lives, giving a record of events. Learn to comment in a respectful and constructive manner, foster pride in accomplishments and improve memory and writing skills. Create a gift to share with family and friends. **(10 classes)**

**Presenter:** Tracy Katz

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/3 - 11/5	Tue	10:00am - 12:00pm	\$172/\$206.40

## UCLA MEMORY TRAINING PROGRAM

Can't remember where the car is parked? Forgot the reason behind walking into the room? During these four brain-stimulating, fun-filled sessions participants learn about developing good memory habits and techniques to improve memory. Methods are based on research and proven to be beneficial long-term. Space is limited, register early! **(4 classes)**

**Presenter:** Bonnie Shoemaker

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 9/25	Wed	1:00 - 3:00pm	\$57/\$68.40

*Activity/event dates, times and fees subject to change.*







## PRACTICE MINDFULNESS WITH NATURE JOURNALING

Nature journaling is not just for naturalists or artists. It is a way to connect with ourselves and the world through the body/mind connection of notating what is seen. The intention to observe each day is a reminder to slow down and look deeper. This workshop offers practical tips at each session designed to help beginners develop ways to observe more carefully and feel more wonder. **(8/7 classes) No class 11/29**

**Presenter:** Donna Burke Esgro, Naturalist

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/6 - 10/25	Fri	10:00 - 11:00am	\$78.80/\$94.56
11/1 - 12/20	Fri	10:00 - 11:00am	\$69.20/\$83.04

## BRING OUT YOUR INNER WRITER: CREATIVE WRITING

In this free-form class, participants learn to use writing as a tool for personal expression, creativity, and healing. Participants explore creative writing techniques, fun prompts, timed writing exercises, and thoughtful listening to encourage participants to let words flow and see what evolves. No experience is necessary. Bring fast pens, notebooks, and an open mind. **(10 classes)**

**Instructor:** Tracy Katz

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
9/6 - 11/8	Fri	1:00 - 3:00pm	\$170/\$204

## GRIEF & LOSS DISCUSSION/SUPPORT GROUP

Join the Foundation for Senior Services in a safe and confidential setting to share unique responses, gain insight and support from those going through similar experiences. Grief is not a lifetime sentence. Learning to embrace and find meaning in loss is important to being happy, healthy, and joyful. Let's discuss new ways to bring a renewed fulfillment into daily life. **(2 classes)**

**Presenter:** Foundation for Senior Services/  
Senior Specialist Group

**Location:** Calabasas Senior Center Sports Room

DATES	DAY	TIME	FEE RES/NON-RES
9/6 & 9/20	Fri	2:00 - 3:30pm	\$10/\$12
10/4 & 10/18	Fri	2:00 - 3:30pm	\$10/\$12
11/1 & 11/15	Fri	2:00 - 3:30pm	\$10/\$12
12/6 & 12/13	Fri	2:00 - 3:30pm	\$10/\$12

## THE BUTTERFLY BOOK CLUB: MOTHS

Reimagine what a book club can be. Weekly discussions are lively, thought provoking, and often deeply moving, as varied readings take students down unexpected avenues, bring back memories, and inspire to dream. Each week the moderator, a lifetime teacher of literature, emails a new short story, essay, poem, scene from a play, or other article of interest to be discussed, analyzed, and enjoyed at the next meeting. **(7 classes) No class 11/11**

**Presenter:** Donna Burke Esgro, Language Arts Educator

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/21	Mon	10:00 - 11:00am	\$69.20/\$83.04
10/28 - 12/16	Mon	10:00 - 11:00am	\$69.20/\$83.04

## ROUNDTABLE DISCUSSION GROUP: WHAT'S ON YOUR MIND?

### LET'S TALK ABOUT IT!

Join interactive "age well" roundtable sessions in a supportive and confidential setting where participants are seen, heard, and understood. Roundtables provide an environment to listen and learn from one another and to share experiences and insights. All viewpoints, fears, and feelings are valued by the group. **(2 classes)**

**Presenter:** Foundation for Senior Services/  
Senior Specialist Group

**Location:** Calabasas Senior Center Sports Room

DATES	DAY	TIME	FEE RES/NON-RES
9/27 & 10/25	Fri	2:00 - 3:30pm	\$10/\$12
11/22 & 12/20	Fri	2:00 - 3:30pm	\$10/\$12

# Technology



## GET CREATIVE WITH THE IPHONE CAMERA APP

Unlock the full potential of the iPhone Camera App in this beginner-friendly class. Learn to master focus, brightness, and zoom controls for beautiful photos. Explore the app's settings to capture stunning images, sweeping panoramas, and cinematic videos. Discover essential tips and tricks to enhance photography skills. The instructor, Erin Manning, is a professional photographer from Los Angeles, CA, known for her clear and friendly teaching style. She has hosted "The Whole Picture" on DIY Network and HGTV and appeared on The Today Show, The CBS Early Show, and ABC's View from the Bay.

**Instructor:** Erin Manning

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/16	Wed	2:00 - 3:00pm	\$10/\$12

# Fitness

## BROADWAY DANCE

Enjoy a jazz warmup and learn a dance straight from Broadway. The routines are simplified and easy to learn, so that every participant can feel their joy. Come join the fun! **(8/6 classes)**

**Instructor:** Ann Monahan

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/3 - 10/22	Tue	11:30am - 12:30pm	\$82/\$98.40
11/12 - 12/17	Tue	11:30am - 12:30pm	\$62/\$74.40

## ZUMBA GOLD + TONING

Get the best out of dance fitness classes without the joint pain and stress! Salsa, merengue, cumbia, bachata, reggaeton, samba...understand the basic moves and exciting rhythms that bring Latin dance to life. Follow along to learn movement modifications, alignment, and breathing tips that apply to daily life. Gym attire required. No experience is necessary. Bring light hand weights (optional) and a refillable water bottle. Zumba Hombres welcome! **(8/6 classes)**

**Instructor:** Shannon Vergun

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/3 - 10/22	Tue	10:00 - 11:00am	\$74/\$88.80
11/12 - 12/17	Tue	10:00 - 11:00am	\$56/\$67.20

## WALK WITH EASE

Come for a fun hour of walking & socializing with the Walk With Ease program! Seeking relief from arthritis pain or just wanting to be active, the Arthritis Foundation's Walk With Ease program teaches participants how to safely make physical activity a part of their everyday life. Sessions run M/W/F for 6-weeks and is an evidence based program that includes 3 health education and physical activity sessions per week. Walk With Ease is proven to: Reduce the pain and discomfort of arthritis, increase balance, strength, and walking pace. Build confidence in being physically active and improve overall health.

**Instructor:** Senior Center Staff

**Location:** Senior Center Main Entrance

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 10/14	M/W/F	9:00 - 10:00am	\$20/\$24

## COUNTRY LINE DANCING

Come learn easy Country Line Dancing while having great fun and meeting new friends! This is a perfect exercise and it's good for all ages. Mike is an award-winning dancer and instructor with over 35 years of experience. **(7/6 classes)**

**No class 10/2, 11/11 & 11/27**

**Instructor:** Mike Bendavid

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 10/23	Wed	3:30 - 4:30pm	\$90/\$108
11/6 - 12/18	Wed	3:30 - 4:30pm	\$77.40/\$92.88

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/21	Mon	5:15 - 6:15pm	\$90/\$108
11/4 - 12/16	Mon	5:15 - 6:15pm	\$77.40/\$92.88

## SAVVY SENIOR FITNESS

This is a fun and challenging workout. It is a strength conditioning class using weights and bands which increases strength and endurance, as well as burns calories. Savvy Senior Fitness also helps improve posture, bone density and balance. \*Please have 1-4 lb. hand weights, a mat, and a resistance band. **(8 classes)**

**Instructor:** Trissa Nicholson

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 10/23	Wed	11:30am - 12:30pm	\$74/\$88.80
10/30 - 12/18	Wed	11:30am - 12:30pm	\$74/\$88.80

## SENIOR STRETCH, STRENGTH, & SCULPT

This gently taught class is a workout without cardio. Strengthen entire body with emphasis on the core. Sculpt arms, tummy and other requested areas. Class includes various important stretches. Finish the series with a beautiful sculpted, strong, well balanced healthy body. Participants progress at their own pace. The results have been amazing!!!! A mat is required. **(7/8 classes)**

**Instructor:** Ann Monahan

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 10/16	Wed	11:15am - 12:15pm	\$72/\$86.40
10/30 - 12/18	Wed	11:15am - 12:15pm	\$81/\$97.20

## THERAPEUTIC YOGA

This class helps develop a strong, flexible spine, ease joints and improve balance. It features breath centered movements adapted for all levels. Each class includes movements/postures, breathing exercises and meditation woven together for an integrated experience. Class moves at a slow pace allowing for modifications and adjustments. A yoga mat, thick woven blanket or thick towel, yoga blocks, and a strap are required. **(8 classes)**

**Instructor:** Jenny Klossner

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/6 - 10/25	Fri	10:00 - 11:00am	\$82/\$98.40





## “FUN”CTIONAL FITNESS FOR SENIORS

This fun, interval-based, low impact aerobic, circuit training workout is designed to enhance FUNctional longevity by keeping the body and the brain healthy and strong. Improve overall health by increasing the bodies physical bone density, strength, endurance, agility, mobility, flexibility, stability and balance as well as brain skill (i.e. memory and reaction time). It is highly recommended, but not mandatory to bring the following to class: Airex pad (or similar), light resistance band, and dumbbells. **(7 classes) No class 10/3, 11/11 & 11/28**

**Instructor:** Q4 Active

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/21	Mon	11:30am - 12:30pm	\$79/\$94.80
10/28 - 12/16	Mon	11:30am - 12:30pm	\$79/\$94.80
9/5 - 10/24	Thu	11:30am - 12:30pm	\$79/\$94.80
10/31 - 12/19	Thu	11:30am - 12:30pm	\$79/\$94.80

## GENTLE YOGA FOR SENIORS

“This is a favorite hour of the week”, “This class is the best gift given to myself”. These comments are just some of the commonly heard quotes following these classes. The class consists of yoga stretches, mindful breathing, and meditation. A yoga mat is required. **(6/7/8 classes) No class 11/11**

**Instructor:** Ann Monahan

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/14	Mon	10:00 - 11:00am	\$62/\$74.40
10/28 - 12/16	Mon	10:00 - 11:00am	\$72/\$86.40
9/4 - 10/16	Wed	10:00 - 11:00am	\$72/\$86.40
10/30 - 12/18	Wed	10:00 - 11:00am	\$82/\$98.40

## TONE & BALANCE

Tone and balance teaches participants how to improve balance, core strength, back health, and joint mobility. Various exercises are done sitting on a chair, some standing, and some using the support of the wall. Get ready to improve core stability, feel more confident with balance and have fun! Please bring hand-held weights and a resistance band to class. **(8 classes)**

**Instructor:** Jenny Klossner

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/28	Mon	1:00 - 2:00pm	\$82/\$98.40

## **NEW** S.T.R.E.T.C.H.

**STRETCH, TONE, REJUVENATE, ENERGIZE, TAP, CHAT, HEAL**

Need to stretch, but can't seem to find the time? Make a weekly appointment for some self-care. This is a relaxed, safe and fun class. Students are welcome to modify the moves to suit all comfort levels and may even use a chair. Bring a yoga mat and exercise bands. Enjoy really good music and have a great time with new friends. **(7/6 classes) No class 11/11**

**Instructor:** Shannon Vergun

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/21	Mon	6:15 - 7:15pm	\$65/\$78
11/4 - 12/16	Mon	6:15 - 7:15pm	\$56/\$67.20

## DANCE IT OUT: LATIN/BALLROOM EDITION

Dance It Out® is the creation of fitness celebrity Billy Blanks Jr.! A fun, high energy, cardio dance workout that is made up of a variety of Latin and Ballroom styles of dance where students of all fitness levels, ages, shapes, and sizes have the time of their lives while dancing it out! This is a fitness class; participants are not dancing with a partner. **(4/5 classes) No class 10/11 & 11/29**

**Instructor:** Janet Snyder, Dance Ten

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/20 - 10/18	Fri	3:00 - 3:30pm	\$42/\$50.40
11/15 - 12/20	Fri	3:00 - 3:30pm	\$52/\$62.40

## BALLROOM, LATIN & SWING DANCING

Always wanted to learn to dance? This is a great opportunity! Two dances are chosen on the first day of class from the Ballroom, Latin & Swing genres. **(4/5 classes) No class 10/11 & 11/29**

**Instructor:** Janet Snyder, Dance Ten

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/20 - 10/18	Fri	3:45 - 4:45pm	\$57/\$68.40
11/15 - 12/20	Fri	3:45 - 4:45pm	\$69/\$82.80

*Activity/event dates, times and fees subject to change.*

# Music

## SAVVY SENIOR SINGERS

Discover the joy of singing at the Calabasas Senior Center! Join the inclusive singing class led by the talented Kyla Page Williams, a classically trained singer. Whether a seasoned vocalist or a beginner, this class welcomes all levels of those who can match a pitch! The sessions focus on refining vocal techniques while exploring a variety of musical genres. From choral works to show tunes and everything in between – from the 1950s to current hits- there’s something for everyone. Experience the camaraderie of singing together, improving singing skills, and unleashing the inner performer! Showcase talents in a culminating performance for friends and family. Additionally, join for community concerts at Founders Hall where the class shares the love of music with the wider community. **(7 classes) No class 10/3 & 11/28**

**Instructor:** Kyla Williams

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/5 - 10/24	Thu	10:00am - 12:00pm	\$90/\$108
10/31 - 12/19	Thu	10:00am - 12:00pm	\$90/\$108



## NEW THE LEGACY OF GIACOMO PUCCINI

This class covers all of Puccini’s popular operas. His first two are rarely performed and they are not included. The Operas of Giacomo Puccini include: Manon Lescaut, La Boheme, Tosca, Madama Butterfly, La Fanciulla del West, La Rondine, Il Trittico, Turandot, and Puccini’s Women. **(9 classes) No class 9/26, 10/3 & 10/24**

**Instructor:** Steve Kohn

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
9/5 - 11/21	Thu	10:30am - 12:00pm	\$15/\$18

*Activity/event dates, times and fees subject to change.*

**A LITTLE DINNER PARTY NEVER KILLED NOBODY...**

**MURDER MYSTERY DINNER**

A murderer is in the room! Enjoy a delicious dinner while working in teams with a Detective to gather clues, put them together and solve the mystery!

Come dressed in your 1920's best!

Friday, September 20  
5 - 7:30 p.m. (Doors open at 5 p.m.)  
Calabasas Community Center  
27040 Malibu Hills Road  
\$35

Register online at [www.calabasasreg.org](http://www.calabasasreg.org) or in-person at the Senior Center

# Cards & Games

## INTRO TO MAH JONGG

Come make new friends while learning this fun and stimulating game. **Class is limited to 8 players. (6 classes)**

**Instructor:** Helaine Gesas

**Location:** Calabasas Senior Center Lobby

DATES	DAY	TIME	FEE RES/NON-RES
9/3 - 10/8	Tue	10:00am - 12:00pm	\$182/\$218.40

## CONTINUING MAH JONGG

Following introduction to Mah Jongg, continue learning the basic skills. Practice the hands on the 2024 card. Recognize other players hands. Become comfortable with this popular game.

**Class is limited to 8 participants. (6 classes)**

**Instructor:** Helaine Gesas

**Location:** Calabasas Senior Center Lobby

DATES	DAY	TIME	FEE RES/NON-RES
9/3 - 10/8	Tue	12:30 - 2:30pm	\$182/\$218.40

## MAH JONGG LEVEL I

Mah Jongg is played with 152 tiles. It is a fun and brain stimulating game. In this basic class, learn the 3 suits and the combinations to form hands, building walls, passing the tiles-Charleston, and finally the strategies to call for tiles to win - "Mah Jongg". **Class is limited to 8 players. (4/5 classes) No class 11/27**

**Instructor:** Kala Paramesh

**Location:** Calabasas Senior Center Lobby

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 9/25	Wed	10:00am - 12:00pm	\$102/\$122.40
10/9 - 11/6	Wed	10:00am - 12:00pm	\$127/\$152.40
11/13 - 12/11	Wed	10:00am - 12:00pm	\$102/\$122.40

## MAH JONGG LEVEL II

Expand on basic skills for Mah Jongg! Learn strategies of defense and continue to get comfortable with the card and its categories. Learn more about exposing and discarding tiles. Learn the decision making process to strengthen hand to work toward calling for "Mah Jongg." **Class is limited to 8 players. (4/5 classes) No class 11/28**

**Instructor:** Kala Paramesh

**Location:** Calabasas Senior Center Lobby

DATES	DAY	TIME	FEE RES/NON-RES
9/5 - 9/26	Thu	10:00am - 12:00pm	\$102/\$122.40
10/10 - 11/7	Thu	10:00am - 12:00pm	\$127/\$152.40
11/14 - 12/12	Thu	10:00am - 12:00pm	\$102/\$122.40

## CARD & GAME TABLES

*Now that you know how to play, reserve your game table today!*

The Senior Center now reserves game tables.

For details, visit [www.calabasasreg.org](http://www.calabasasreg.org)

## SAVVY SENIOR CANASTA

Beginners come and learn Canasta in a relaxed learning environment with lots of patient guidance. Be prepared to play using standard Canasta rules and strategies, make new friends and have fun! **(5 classes)**

**Instructor:** Patricia Saranow and Charlotte Meyer

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/7	Mon	10:00am - 12:00pm	\$102/\$122.40

## BEGINNING CANASTA

Canasta is a card game of luck, skill, and diverse strategies. The game is played with 4 players, 2 teams of 2. It is challenging and social. Modern American Canasta is played with 2 decks of cards, teams forming melds and canasta earning necessary points to win. Learn canasta in a relaxed and fun atmosphere. **\*Material fee of \$5 is due to instructor at the first class. (6 classes)**

**Instructor:** Wendy Koblick

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
9/10 - 10/15	Tue	10:00am - 12:00pm	\$122/\$146.40

## BEGINNING BRIDGE

Bridge is a game enjoyed by millions of players all over the world. This class is specially designed to make the game easy to follow for beginners. Players are captivated by this stimulating game that gets the wheels of the brain turning. **(6 classes)**

**Instructor:** Jack Hendershot

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
10/2 - 11/6	Wed	1:00 - 2:30pm	\$62/\$74.40

## SAVVY SENIOR CANASTA STRATEGY

After completing Savvy Senior Canasta, practice playing Canasta games with support from the instructor who taught the class. Questions are answered as they arise, in addition to learning new strategies and reviewing rules. **(5 classes) No class on 11/11**

**Instructor:** Patricia Saranow and Charlotte Meyer

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
10/14 - 11/4	Mon	10:00am - 12:00pm	\$80/\$96

## CANASTA STRATEGY

After completing Beginning Canasta with Wendy, continue with this class to better understand the game's strategies, splashes and specialty hands that make the game challenging and fun. Bring your group and learn together, or sign up individually. **(4 classes)**

**Instructor:** Wendy Koblick

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
11/5 - 11/26	Tue	10:00am - 12:00pm	\$82/\$98.40

## Mind & Body

### MEDITATION & MINDFULNESS

Find an ideal meditation style. Open up to simple and effective techniques to reduce stress and anxiety, improve concentration and focus, foster creativity, benefit cardiovascular and immune health, and learn pain management techniques. Discussion and learning evolve into guided imagery segments and silent meditation practice, occasionally supported by "sound bath" implements. **(6 classes) No class 9/26 & 10/3**

**Instructor:** Barbara Teller

**Location:** Founders Hall behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/5 - 10/24	Thu	1:00 - 2:00pm	\$77/\$92.40

### TAI CHI QIGONG SHIBASHI: FINDING YOUR CHI

This class offers a beautifully relaxing, meditative, strengthening, and physically mobilizing Tai Chi Qigong practice. Tai Chi Qigong Shibashi utilizes breath and arm movement while from a standing position. As the arm movements are performed, multiple parts of the body come into play. Qigong offers better mind and body health and is easily practiced while seated. Through practice, students begin to find a promising Qi (Chi) residing within the body. **(6 classes) No class 10/11 & 11/29**

**Instructor:** Caroline Hatfield

**Location:** Calabasas Senior Center Art Room

DATE	DAY	TIME	FEE RES/NON-RES
9/6 - 10/18	Fri	1:30 - 2:15pm	\$62/\$74.40
9/6 - 10/18	Fri	2:30 - 3:15pm	\$62/\$74.40
11/8 - 12/20	Fri	1:30 - 2:15pm	\$62/\$74.40
11/8 - 12/20	Fri	2:30 - 3:15pm	\$62/\$74.40

### URBAN ZEN

If experiencing pain, anxiety, insomnia, stress, or exhaustion, Urban Zen makes the body feel more at ease, rested, mentally clear, and emotionally balanced in no time. Experience gentle and restorative yoga, breathing practices, essential oil therapy, healing touch, and guided meditation. Bring a yoga mat, a yoga bolster, 2-3 thick woven towels or blankets, 2 yoga blocks, a yoga strap, optional - eye pillow. \*Instructor will have extra props available.

**Instructor:** Jenny Klossner

**Location:** Founders Hall Multipurpose Room behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
11/4	Mon	1:00 - 2:30pm	\$35/\$42
12/2	Mon	1:00 - 2:30pm	\$35/\$42

## Hobbies & Interests

### ACTING FOR FUN

Let's do skits, improvisations, pantomimes, and acting games. Feel confident expressing and creating while in a supportive and exciting environment. **(7 classes)**

**Instructor:** Anita Jackman

**Location:** Calabasas Senior Center Conference Room

DATES	DAY	TIME	FEE RES/NON-RES
9/3 - 10/15	Tue	1:30 - 3:00pm	\$74/\$88.80
9/3 - 10/15	Tue	3:30 - 5:00pm	\$74/\$88.80
10/29 - 12/10	Tue	1:30 - 3:00pm	\$74/\$88.80
10/29 - 12/10	Tue	3:30 - 5:00pm	\$74/\$88.80

### RECENT DEVELOPMENTS IN THE LAW

During the 2024 spring and summer, numerous statutes were enacted, many lawsuits were tried, and several appellate opinions were rendered. These legislative and judicial activities affect the entire society in general and its economy in particular. Therefore, these legal issues are addressed in this dynamic interactive course. **(12 classes) No class 9/10, 10/8, 11/12 & 12/10**

**Instructor:** Mark Joseph

**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/3 - 12/17	Tue	10:00 - 11:15am	\$45/\$54

### HOT TOPICS/CURRENT EVENTS DISCUSSION GROUP

An open discussion of current and generally important domestic and international issues selected by the participants. A lively open interactive discussion is encouraged and diversity of opinion is respected. **(7/8 classes) No class 10/2, 10/3 & 11/28**

**Instructor:** Aviva Freeman

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/3 - 10/22	Tue	3:30 - 5:00pm	\$25/\$30
10/29 - 12/17	Tue	3:30 - 5:00pm	\$25/\$30

**Instructor:** Aviva Freeman

**Location:** Virtual Class Via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 10/23	Wed	3:30 - 5:00pm	\$25/\$30
10/30 - 12/18	Wed	3:30 - 5:00pm	\$25/\$30

**Instructor:** Bob Gordon

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/5 - 10/24	Thu	3:30 - 5:00pm	\$25/\$30
10/31 - 12/19	Thu	3:30 - 5:00pm	\$25/\$30

## BIRD WALK AT KING GILLETTE RANCH

Bring binoculars, a bird guide, and/or camera and join in for a leisurely stroll around the grounds of King Gillette Ranch. This area attracts many songbirds, water birds, woodpeckers, and raptors. Students are always treated to something interesting! The walk is less than a mile at a very easy pace. **\*We leave promptly at 8:30am from the flagpole at King Gillette Ranch.**

**Instructor:** Kerry Perkins

**Location:** King Gillette Ranch

DATES	DAY	TIME	FEE RES/NON-RES
9/4	Wed	8:30 - 10:00am	\$7/\$8.40
10/2	Wed	8:30 - 10:00am	\$7/\$8.40
11/6	Wed	8:30 - 10:00am	\$7/\$8.40
12/4	Wed	8:30 - 10:00am	\$7/\$8.40

## CONVERSATIONAL SPANISH

Come and practice Spanish! Learn basic grammar concepts and immerse in the Spanish language. In addition, learn about the cultures and traditions of Latin America and the Iberian Peninsula. The instruction objective is to engage every participant by practicing conversations that are useful to the participants not only in daily lives, but also in travels to Spanish speaking countries.

**(5/7 classes) No class 10/2**

**Instructor:** Angel Lerma

**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 10/9	Wed	5:00 - 6:30pm	\$63/\$75.60
11/6 - 12/18	Wed	5:00 - 6:30pm	\$85.40/\$102.48

## FLICKER REVISITED

This class is modeled after the original "Flicker" course previously offered by the late Nicholas Fedak II. A full-length film is featured each week. Film types range from romantic comedies and dramas to mysteries and thrillers. Each unique film is enhanced by the lively discussion led by moderator Larry Stern. Besides having fun, get a better understanding and enjoy all the mystery and splendor of why everyone loves to watch flickering images in the dark. **(6 classes) No class 10/2**

**Instructor:** Larry Stern

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/4 - 10/16	Wed	5:30 - 8:00pm	\$40/\$48

## QUILTING

Projects are designed to include a wide range of quilt construction techniques and patterns, both traditional and modern. A sewing machine is essential, but does not have to be brought to class. Basic sewing skills are suggested, but quilters of all levels of experience are welcome. **(10 classes) No class 10/3**

**Instructor:** Rita Streimer

**Location:** Calabasas Senior Center Sports Room

DATES	DAY	TIME	FEE RES/NON-RES
9/5 - 11/14	Thu	1:00 - 3:00pm	\$167/\$200.40

## SPORTS FANS' FORUM:

### DEBATING THE HOT TOPICS OF THE DAY

Whether it's cheering for local teams or criticizing them, going behind the scenes of hot scandals or revealing never-before-told stories of star athletes, Rams/Chargers, Lakers/Clippers, Dodgers/Angels, UCLA/USC, Kings/Ducks, and everything else from the refs to the media to sports trivia, we are here to discuss and debate. Classes often include celebrity sports guest speakers.

**(6 classes) No class 10/3 & 11/28**

**Instructor:** Steve Springer & Barry Kaz

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/5 - 10/17	Thu	1:30 - 3:00pm	\$27/\$32.40
10/31 - 12/12	Thu	1:30 - 3:00pm	\$27/\$32.40

## THE COMPOSITION OF THE BIBLE

The Bible is the best-selling book in history and has had a profound effect on both eastern and western civilization. But, where did it come from? How were the Jewish Scriptures compiled and what about the books that were left out? What is the Apocrypha and how does it relate to the Bible? Why do some faiths see the apocryphal books as part of the Bible while others don't? What about the Septuagint? How does it relate to the composition of the Bible today? Further, how did the Christian Scriptures get added to the Jewish Scriptures, and where do the "lost" books of the Bible fit in? Many simply take the current composition of the Bible for granted. This course examines how all of the disparate books were brought together and why some were left out. **(6 classes)**

**Instructor:** Jason Hensley

**Location:** Founders Hall Multipurpose Room located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/14	Mon	4:00 - 5:15pm	\$75/\$90

## ITALIAN FOR TRAVELERS

Learn functional Italian grammar, sentences and words to ask information and directions, order in restaurants, shop and much more. Feel at ease during the next vacation in Italy. This class is structured for students with none or some previous knowledge of Italian. Expand vocabulary, learn new language patterns, and enhance conversational skills. Lots of fun! Easy learning! Enrich life by learning another language! **(6 classes)**

**Instructor:** Manuela Terenzi

**Location:** Calabasas Senior Center Sports Room

DATES	DAY	TIME	FEE RES/NON-RES
9/10 - 10/15	Tue	10:30 - 11:30am	\$98/\$117.60
10/22 - 11/19	Tue	10:30 - 11:30am	\$82/\$98.40

*Activity/event dates, times and fees subject to change.*

## **NEW** BIBLICAL ARCHEOLOGY

The Bible discusses many supernatural events that are largely unverifiable through scientific and historical means. Nevertheless, there are also many events that can be unearthed archaeologically and studied historically, adding to the depth of the biblical record and widening its cultural meaning. This series looks at a number of these archaeological events, considering the story of the Exodus, Joshua and the conquest of the land of Canaan, the Jewish kingdom, and archaeology from the time of Jesus. **(6 classes) No class 11/11**

**Instructor:** Jason Hensley

**Location:** Founders Hall Multipurpose Room located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/28 - 12/9	Mon	4:00 - 5:15pm	\$75/\$90

# Culinary

**\*72 HOUR CANCELLATION NOTICE TO RECEIVE A REFUND FOR CULINARY CLASSES.**

## QUICK AND EASY MEALS

Trader Joe's presents a hands-on, easy, step-by-step cooking class using seasonal and specialty Trader Joe's products. Learn what to do with all those cool items in the store. The class is led by the neighborhood Trader Joe's in Calabasas. Each class offers new meals and recipes.

**Instructor:** Trader Joe's Staff

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/3	Tue	2:00 - 3:30pm	\$12/\$14.40
10/8	Tue	2:00 - 3:30pm	\$12/\$14.40
11/12	Tue	2:00 - 3:30pm	\$12/\$14.40

## TASTE OF ASIA

Learn how to make Asian cuisine with simple recipes. Impress family and friends with classic and popular dishes like Spring rolls, chicken satay, noodles and different types of curries.

**Instructor:** Pia Ramachandran

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/16	Mon	5:30 - 7:30pm	\$57/\$68.40
10/23	Wed	3:00 - 5:00pm	\$57/\$68.40

## 6 INGREDIENTS OR LESS

Discover everyone's favorite class, and for good reason! Join Patty in an unforgettable cooking experience where she crafts new recipes with just 6 ingredients or less (excluding salt/pepper and oil). Mark those calendars, this 2-hour class is going to be a blast!

**Instructor:** Patty Tanenbaum

**Location:** Calabasas Senior Center Multipurpose Room

DATE	DAY	TIME	FEE RES/NON-RES
9/25	Wed	3:00 - 5:00pm	\$65/\$78

## COOKIE DECORATING

Fascinated by how Master Bakers create all of those amazing designs on famous baking challenge shows? Come to this fun 1-hour session to learn how to decorate cookies with Master Bakers! Master Bakers start by teaching and guiding students how to make icing bags. Students then use creativity to decorate cookies using enjoyable and easy to follow instructions. Be ready to show off those new cookie decorating skills at the next social gathering! Class includes a box of a dozen freshly baked cookies to decorate and take home, all decorating materials (icing, coloring, bags, piping tips), a disposable apron, and printed instructions to take home. **A \$15 materials fee is due to the instructor at the beginning of class.**

**Instructor:** Lori Black, Flower Hill Cookie Factory

**Location:** Calabasas Senior Center Multipurpose Room

DATE	DAY	TIME	FEE RES/NON-RES
10/7	Mon	11:00am - 12:00pm	\$66/\$79.20

## SOUPS & SIDES

Who's ready for some soups and sides? Join one of Patty Tanenbaum's most requested cooking classes to date! Learn 4-5 delicious and easy-to-make recipes that won't break the bank. Mark those calendars, this 2-hour class is going to be a blast!

**Instructor:** Patty Tanenbaum

**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
10/16	Wed	5:00 - 7:00pm	\$65/\$78

## HOLIDAY CHARCUTERIE BOARD WORKSHOP

Join the instructor for a step-by-step guide to creating a beautiful charcuterie and cheese platter like a pro. Learn the basics of cheese selection, cutting technique, style, and layout. Bring the creation home to enjoy! **Material fee of \$35 is payable directly to the instructor at the beginning of class.**

**Instructor:** Pia Ramachandran

**Location:** Calabasas Senior Center Multipurpose Room

DATE	DAY	TIME	FEE RES/NON-RES
11/13	Wed	10:30am - 12:30pm	\$27/\$32.40

*Activity/event dates, times and fees subject to change.*



**NEW** **GINGERBREAD HOUSE DECORATING**

Get into the spirit of the holidays with this new and fun Gingerbread House decorating class! Master Bakers will teach and guide students how to make icing bags, use the icing bags, and decorate a Gingerbread House. Students are given enjoyable and easy to follow instructions. Take home a fun and decorative Gingerbread House to enjoy with family and friends! Learn tips and tricks to win the next family contest! Fee for the class includes a freshly baked Gingerbread House to decorate and take home, all decorating materials (icing, coloring, bags, piping tips), a disposable apron, and printed instructions to take home. **A \$20 materials fee is due to the instructor at the beginning of class.**

**Instructor:** Lori Black, Flower Hill Cookie Factory  
**Location:** Calabasas Senior Center Multipurpose Room

DATE	DAY	TIME	FEE RES/NON-RES
12/2	Mon	2:00 - 3:00pm	\$75/\$90

**NEW** **ELEVATE BRUNCH**

Elevate brunch with homemade delights that are sure to impress. Join for a morning of indulgence and learn how to prepare a variety of brunch favorites from scratch. Get ready to learn 4-5 delicious and easy-to-make recipes, this 2-hour class is going to be a blast!

**Instructor:** Patty Tanenbaum  
**Location:** Calabasas Senior Center Multipurpose Room

DATE	DAY	TIME	FEE RES/NON-RES
12/11	Wed	5:00 - 7:00pm	\$65/\$78



# Creative Arts

**ACRYLIC PAINTING**

This art class instructs the use and techniques of painting with acrylic paints. Acrylics are a great choice for beginners because it is a very forgiving medium. Acrylics are water-based which means, unlike oil paints, they can be thinned and cleaned with water. Participants choose their subject using photos or printed materials. Work a subject at ones own pace with individual instruction. Participants receive a list of needed supplies prior to the start of class. **(10 classes)**

**No class 10/11, 10/25, 11/1 & 11/29**

**Instructor:** Wendy Koblick  
**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/6 - 12/6	Fri	10:00am - 12:00pm	\$154/\$184.80

**ABSTRACT COLLAGE**

Included in this class is collage, paint, and pen. This is an exciting and fun filled class. It teaches how collage, paint, and pen can turn a piece of art into something students can proudly hang in their home. The instructor supplies everything needed for the first class. Students can bring their own supplies. **(8 classes)**

**Instructor:** Toby Salkin  
**Location:** Calabasas Senior Center Multipurpose Room

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/28	Mon	2:00 - 4:30pm	\$122/\$146.40

**OIL PAINTING**

This class is for both new and continuing participants at all skill levels, with some art experience. Various themes and techniques are explored together. Non-toxic studio practices are used. A material list is provided. **(10 classes) No class 11/11**

**Instructor:** Liz Blum  
**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 11/18	Mon	1:00 - 3:30pm	\$122/\$146.40

**INTERMEDIATE & ADVANCED WATERCOLOR**

This class is for the participant with beginning watercolor experience. Lessons presented add to the students' skill base. Various exciting watercolor techniques and subject matter are explored. Participants are encouraged to work on individual subject matter at any time. The instructor works closely with students regarding the development of their own style and direction in watercolor. The instructor presents many examples of paintings by master watercolor artists to both educate and inspire. **(6 classes) No class 10/3 & 11/28**

**Instructor:** Deborah Swan-McDonald  
**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/12 - 10/24	Thu	10:00am - 12:30pm	\$91/\$109.20
11/7 - 12/12	Thu	10:00am - 12:30pm	\$91/\$109.20

**NEW** **GYOTAKU FISH PRINTING**

This two-day class focuses on Gyotaku Fish printing. For background, hundreds of years ago Japanese fishermen used to create fish prints as a way to keep records of the fish caught. This class uses fish replicas, paint and brushes to create fish imprints on paper. Students have the opportunity to create a variety of fish prints, adding fun details such as plant life, eye detail and colonization of the prints as desired. Learn about this exquisite and expressive art form through short lectures, demonstrations, and hands-on experience using a variety of Gyotaku fish replicas. Provided supplies to use in class include: fish replicas, acrylic paint in variety of colors including metallics, brushes, and paper.

**Instructor:** Paula Whiteman  
**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/16 & 9/23	Mon	9:30am - 12:00pm	\$82/\$98.40

## FASCINATING WATERCOLOR TECHNIQUES

This class is for continuing watercolor students who have already taken Debbie's watercolor class. Students learn more exciting watercolor painting techniques. Subject matter ranges from still life and landscape to abstraction and much more. \*Some watercolor experience is preferred. **(6 classes)**

**Instructor:** Deborah Swan-McDonald

**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/17 - 10/22	Tue	12:00 - 2:30pm	\$100/\$120

## COLORED PENCIL TECHNIQUES

Experiment with colored pencil and mixed media. Individual instruction guides participants through projects of participants own choosing as they explore the techniques and subject matters that interest them. Learn to get rich color on paper with a perfectly transportable medium. Supply list is distributed on the first day of class. Materials are provided for the first class for beginning participants. **(6 classes) No class 10/22**

**Instructor:** Arlene Weinstock

**Location:** Calabasas Senior Center Multipurpose Room

### CONTINUING PARTICIPANTS

DATES	DAY	TIME	FEE RES/NON-RES
9/24 - 11/5	Tue	9:30 - 11:30am	\$80/\$96
11/12 - 12/17	Tue	9:30 - 11:30am	\$80/\$96

### BEGINNING PARTICIPANTS

DATES	DAY	TIME	FEE RES/NON-RES
9/24 - 11/5	Tue	10:00am - 12:00pm	\$80/\$96
11/12 - 12/17	Tue	10:00am - 12:00pm	\$80/\$96

## BEGINNING WATERCOLOR

This class is for the participant that has taken a basic introductory watercolor class. Learn more techniques and paint more diverse subject matter and how to create a variety of textural effects that are exciting and fun to paint! **A \$10 material fee is due to the instructor at the beginning of the first class. (5 classes)**

**Instructor:** Deborah Swan-McDonald

**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
9/30 - 10/28	Mon	5:30 - 7:30pm	\$82/\$98.40

## MIXED WATER MEDIA

Bring out creativity and join Otis Art Institute's "Teacher of the Year" in this water media class that nurtures creativity. Participants combine watercolor paints with other paints and materials. Learn many techniques including making textures, collaging with rice paper and pouring paint. **A materials list is given on the first class. Please bring a pencil, sketchpad and any watercolor supplies to the first class. A \$15 special materials fee is given to the instructor at the first class. (6 classes)**

**Instructor:** Deborah Swan-McDonald

**Location:** Calabasas Senior Center Art Room

DATES	DAY	TIME	FEE RES/NON-RES
11/5 - 12/10	Tue	12:00 - 2:30pm	\$100/\$120



## Art History

NEW

### THE ART OF GEORGIA O'KEEFFE

Known for her paintings of enlarged flowers, New York skyscrapers, and New Mexico landscapes, Georgia O'Keeffe's work spanned seven decades, drawing from her life experiences and places where she lived. With exceptionally keen powers of observation and great finesse with a paintbrush, she recorded subtle nuances of color, shape, and light that enlivened her paintings and made her an icon of 20th century Modernism.

**Presenter:** Eleanor Schrader

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/3	Tue	6:30 - 8:00pm	\$17/\$20.40

NEW

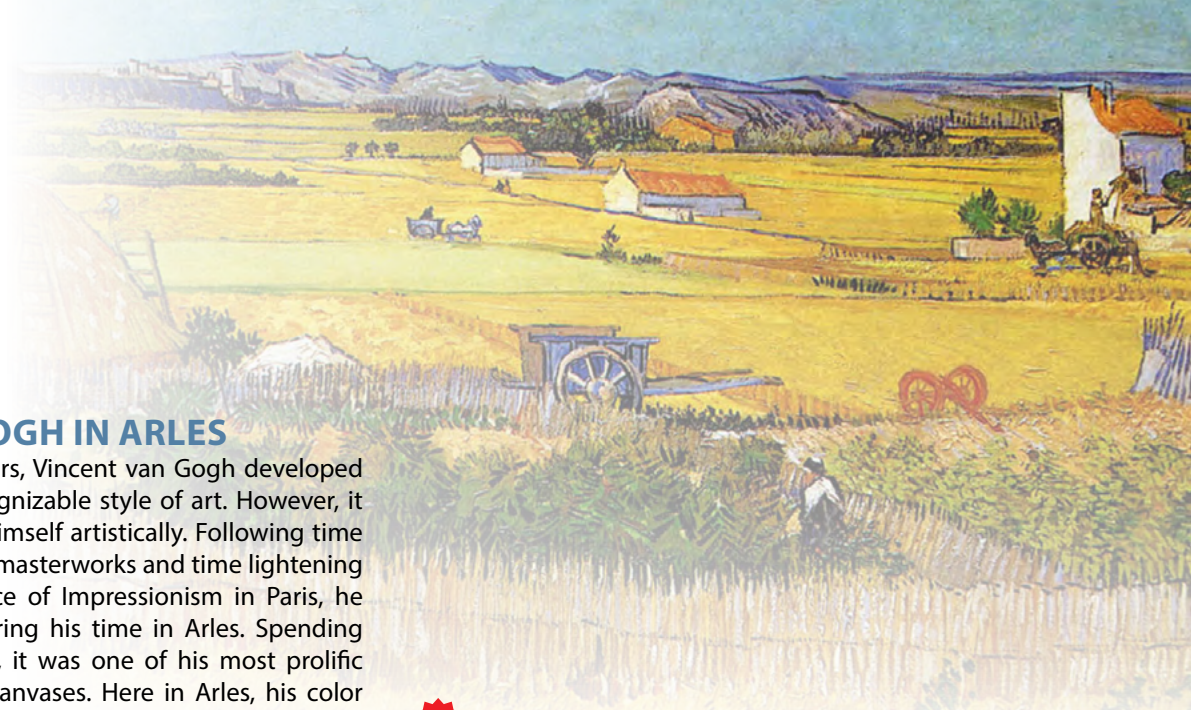
### ART OF THE PUSHKIN MUSEUM: IMPRESSIONISM AND MORE

Moscow's rich Pushkin Museum collection of French Impressionism, Post-Impressionism and Modern art is the focus in this beautiful art history series. Works by Monet, Van Gogh, Renoir, Degas, Cezanne, Picasso, Matisse, Bonnard is featured along with ancient Greek, Roman and Medieval pieces. The story of how the Museum gained its holdings and examination of Pre and Post-Revolutionary Russia are to be included. **(5 classes)**

**Presenter:** John Paul Thornton

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/9 - 10/7	Mon	5:30 - 7:00pm	\$52/\$62.40



**NEW** VINCENT VAN GOGH IN ARLES

During a career of only 10 years, Vincent van Gogh developed an incredibly unique and recognizable style of art. However, it took him awhile to establish himself artistically. Following time influenced Dutch and Flemish masterworks and time lightening his palette under the influence of Impressionism in Paris, he really comes into his own during his time in Arles. Spending only a little over a year there, it was one of his most prolific periods, painting nearly 200 canvases. Here in Arles, his color brighten and his paint is laid out in thick, distinctive impasto in his depictions of fields, sunflowers and local workers. This class focuses specifically on this brief and productive time of his career.

**Presenter:** Katherine Zoraster

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/10	Tue	2:00 - 4:00pm	\$27/\$32.40

**NEW** ART OF THE SMITHSONIAN MUSEUMS, PART ONE

The World's largest museum affiliation is the Smithsonian in Washington DC, with more than 138 million artworks, artifacts and specimens. This course begins with treasures from the Museum of Natural History, the emotionally rich Museums of the American Indian, and the elegant Asian and American art form the Freer Collection. **(8 classes) No class 10/11 & 10/18**

**Presenter:** John Paul Thornton

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
9/13 - 11/15	Fri	10:00am - 12:00pm	\$52/\$62.40

**NEW** ART OF CARAVAGGIO: LIGHT AND SHADOW IN ROME

The painter Michelangelo Merisi da Caravaggio was a notoriously popular artist in his own lifetime, commissioned to paint highly realistic figures which were shocking for their intimacy, sensuality and earthy presence. He painted saints and religious characters as if they were flesh and blood, living in present time. This special, one evening, live presentation focuses on Caravaggio's paintings and monumental altarpieces to be found in the eternal city of Rome. Learn how Caravaggio's dramatic "tenebroso" – use of strong shadows, describe a stark spirituality, which seems to foretell his own violent fate.

**Presenter:** John Paul Thornton

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
9/26	Thu	6:00 - 7:30pm	\$17/\$20.40

**NEW** UNEARTHING THE CITY OF DAVID

Before Solomon and the First Temple of Jerusalem there was The City of David. What have the centuries left behind to tell of this king and his kingdom? Archaeologists have worked tirelessly to reveal the secrets of life held in the layered rocks of Jerusalem and in the city that bears his name today. Providing insights from personal experiences at the dig site in Israel, this lecture outlines the topography of early Jerusalem and an overview of the wars and cultures that have left physical objects embedded in the landscape bearing current witness to the presence of its historical part. What mysteries are revealed in the latest finds? Delve into the traces left by ancient scribes, the hidden stashes of wealth, remnants of long-ago meals, Mosaic floors and the steps to mikvah ritual baths all demonstrating the richness and complexity of The City of David.

**Presenter:** Christine C. Maasdam, M.A.

**Location:** Founders Hall located behind the Calabasas Library

DATES	DAY	TIME	FEE RES/NON-RES
10/14	Mon	10:00am -12:00pm	\$27/\$32.40

**NEW** EARLY AMERICAN FOLK ART

A little-known side of American art is the art that is created by individuals who were not academically trained, although they may have acquired their skills through apprenticeship, observation, or informal learning, is commonly known as "folk art". Charming and heartfelt, sometimes comical, but always aesthetically connected to the communities for which it was created, this genre of art holds special meaning for the early years and subsequent growth of this nation.

**Presenter:** Eleanor Schrader

**Location:** Virtual Class via Zoom

DATES	DAY	TIME	FEE RES/NON-RES
10/23	Wed	10:00 -11:30am	\$17/\$20.40

*Activity/event dates, times and fees subject to change.*

# Excursions 50 & BETTER

**NEW CACHUMA LAKE EAGLE CRUISE**

Leave the hustle and bustle of the city behind. As in 2023, this year's incredible Winter/Spring rains have made it possible to offer this trip again since the lake is at 100% capacity! Set amidst acres of wilderness between the picturesque San Ynez and San Rafael mountains north of Santa Barbara, lies the sparkling, and peaceful Lake Cachuma. Climb aboard the 25 passenger covered pontoon boat, "Osprey" for a 2-hour lake tour with naturalist, Kristen. The Osprey has viewing platforms at the front and rear with most seats covered. This narrated tour focuses on migratory birds, resident animals, and Cachuma's history. Please wear comfortable walking shoes, sunscreen, and bring a jacket since the temperature on the lake can change quickly. Life vests are provided and must be worn throughout the trip. Food and drink are not permitted onboard, but water is allowed. Enjoy a boxed lunch at the lake after the cruise. Participants will be contacted prior to the excursion with sandwich options.

Transportation is included and provided by the City Shuttle. The shuttle departs from the Calabasas Senior Center, 300 Civic Center Way

DATE	DAY	TIME	FEE RES/NON-RES
9/19	Thu	7:45am - 5:00pm	\$65/\$78



## CHUMASH CASINO

This could be the lucky day! The Calabasas Senior Center is offering a trip to the Chumash Casino, near Solvang, for a day of table games, slot machines, food and fun. Hop on the City shuttle to Santa Ynez and try that luck! Chose from one of the Casino's 2,300 newest, hottest slot machines. There are 45 of the most popular Vegas-style Table Games, including: Blackjack, EZ Baccarat, Mystery Card Roulette, Spanish 21, Ultimate Texas Hold'em, and more! PARTICIPANTS RECEIVE \$20 IN CASINO CREDIT. Hungry? There are many choices for lunch, which is on participant's own tab. Options include: fresh Starbuck's coffee, made fresh deli sandwiches, wraps, salads, and house-made sweets. The Sports Bar includes high quality and inexpensive dining – burgers, tacos, sushi, and Asian specialties. There is also Eggington's, which is the newest sit-down restaurant serving breakfast and lunch.

Transportation is included and provided by the City Shuttle. The shuttle departs from the Calabasas Senior Center, 300 Civic Center Way

DATE	DAY	TIME	FEE RES/NON-RES
10/9	Wed	8:30am - 5:30pm	\$35/\$42

Activity/event dates, times and fees subject to change.



## DAY IN THE LIFE OF A CITY: A CONTINUING EXCURSION SERIES!

For the Fall 2024 Session, the excursions continue in the ongoing Day in the Life of a City series, which launched in the Fall of 2022. With this excursion series, participants explore historic and iconic elements of the Southern California cities. The trips focus on a specific city’s art, architecture, and culture. Participants learn interesting and unique facts about the city. Checking-out the city’s businesses, museums, and historic buildings are also a part of each excursion’s itinerary. These day-long trips incorporate the elements of fun and walkability (ex. walking a city’s downtown or unique neighborhood). And of course, an enjoyable food experience is always be a part of the day’s activities!



### A DAY IN THE LIFE OF A CITY: OJAI

Nestled in a unique east-west valley, at the edge of the Los Padres National Forest, Ojai is one of the most peaceful places in California. The word “ojai” is derived from the native Chumash people, who for hundreds of years considered the valley to be sacred ground and named it after the words for “nest” and “valley of the moon.” So, it’s no surprise that a visit to this Ventura County city definitely feels like one has discovered a comfortable refuge! The adventure begins with a brief visit to the **Ojai Valley Museum**. It’s located in the former St. Thomas Aquinas Catholic Church... a Mission Revival style building that’s listed on the National Register of Historic Places. This museum contains exhibits of the art, artifacts and photographs relating to the culture and art of the Ojai Valley. Afterwards, take a docent-led, **walking tour of Ojai’s historic downtown**. The tour provides information on the places, people, events and architecture which make Ojai such a special place. For lunch, eat at **Boccali’s Pizza & Pasta Restaurant** on individual’s own tab. This restaurant is family-owned and operated since 1986. The last stop on this excursion is the **Ojai Studio Artists Tour**. This walking tour, which only happens once a year, provides an up-close and personal opportunity to visit the studios and galleries of many of Ojai’s artists. These artists work in a variety of mediums, including: painting (watercolor, acrylic, oil), sculpture, jewelry design, photography, ceramics, and fiber arts. Please wear comfortable walking shoes and make sure to bring a bottle of water and a hat.

**Transportation is included and provided by the City Shuttle. The shuttle departs from the Calabasas Senior Center, 300 Civic Center Way**

DATE	DAY	TIME	FEE RES/NON-RES
10/13	Sun	7:45am - 6:00pm	\$55/\$66



### THE NETHERCUTT COLLECTION

The visit to The Nethercutt Collection in Sylmar takes one back to the days of yesteryear, when the motor vehicle was not in most garages or driveways. The two-hour guided tour includes two floors of over 250 perfectly restored American and European vehicles from 1898 to the early 1940’s. In addition to the automobiles, there are another two floors with a vast array of rare mechanical musical instruments. In 1956, J.B. Nethercutt purchased a 1930 DuPont Town Car for \$500. It was expected to take a few weeks for a total restoration – 18 months and over \$65,000 later the job was complete. There are elevators and seating throughout; water is allowed. Lunch is on individual’s own tab at a location to be determined.

**Transportation is included and provided by the City Shuttle. The shuttle departs from the Calabasas Senior Center, 300 Civic Center Way**

DATE	DAY	TIME	FEE RES/NON-RES
11/2	Sat	9:00am - 3:00pm	\$40/\$48



**NEW** **WATTS TOWERS**

Watts Towers prevails as one of man's dedication to a dream and a city's acknowledgement of his creativity and resourcefulness. Part art, part history, part culture, it's a fascinating outing to view the intricate and whimsical designs created from found objects such as discarded glass bottles, broken tiles and seashells. The tour includes a close look inside with a guided tour of the towers and a visit to the Watts Towers Arts Center. This includes a 12 minute documentary of the life of Simon Rida, the Italian immigrant and construction worker who dedicated over 30 years of his life to building these ethereal sculptures. He worked alone to construct 17 interconnected towers in the backyard of his small home (the remains of his house are also on the grounds). He never talked about his project, then abandoned the completed towers and the deed to his property late in life. Lunch is at Dinah's Family Restaurant, on individual own tab. Dinah's Family Restaurant first opened its doors in 1959. Fifty-five years later, Dinah's delicious homemade food specialties like "Oven Baked Pancakes" and "Famous Fried Chicken" are just two examples of why a dining experience at Dinah's is a step above all others.

**Transportation is included and provided by the City Shuttle. The shuttle departs from the Calabasas Senior Center, 300 Civic Center Way**

DATE	DAY	TIME	FEE RES/NON-RES
11/7	Thu	9:15am - 3:30pm	\$30/\$36

**NEW** **ODDITIES IN SAN BERNADINO**

Start the day at the San Bernadino History and Railroad Museum where a docent takes the group through the history of this early gateway to Southern California. Established May 20, 1810, the docent explains how the railroad helped this area to grow and develop. Learn all kinds of interesting facts and trivia about the city's founding families, indigenous people, and architecture. The next stop is lunch at Mitlas Café, on individual's own tab. Mitlas is an iconic family-owned fixture since 1937 presenting Mexican classics in an old-fashioned dining room. Located on Route 66, learn about how a family restaurant can be rooted in its community and connected to a broader story. After lunch, visit the site of the first McDonald's. It is now a McDonald's Museum filled with memorabilia from all over the world. There, a docent who gives the highlights of the collection and answers any questions. Adjacent to the McDonalds Museum is the Inland Empire Military Museum. It is chock full of interesting memorabilia and an amazing selection of military uniforms and artifacts. A docent is available as well. The average visitor to this museum gives it a rating of 4.8 out of 5. The day would not be complete without a stop for a sweet treat as the group heads back home. Place to be announced on the day of the excursion.

**Transportation is included and provided by the City Shuttle. The shuttle departs from the Calabasas Senior Center, 300 Civic Center Way**

DATE	DAY	TIME	FEE RES/NON-RES
11/16	Sat	8:30am - 6:00pm	\$70/\$84

**NEW** **THE AUTRY MUSEUM OF THE AMERICAN WEST**

There is no need to wear a Stetson or Tescovas to join other Calabasas on a visit to The Autry Museum of the American West, located in Griffith Park. The museum occupies the traditional lands of the Gabrielino/Tongva peoples and pays respect to the land caretakers. After the private, one-hour guided tour giving a general overview of the museum, there is additional time planned to revisit the galleries. The George Gamble Firearms Gallery includes both the Colt and Winchester used by Teddy Roosevelt whose name is synonymous with the Teddy Bear. There is even a Tiffany & Company designed revolver. The Cowboy Gallery details the evolution of the icon of the American West. Some features of the other galleries include contemporary Native ceramics; the Journeys Gallery has artifacts from the Southwest Museum, as well as the Autry. Additional galleries include Human Nature and Grounded (ceramics). Lunch is on participant's own tab - location to be determined.

**Transportation is included and provided by the City Shuttle. The shuttle departs from the Calabasas Senior Center, 300 Civic Center Way**

DATE	DAY	TIME	FEE RES/NON-RES
12/11	Wed	10:00am - 4:00pm	\$44/\$52.80



**NEW** **HOLIDAY LIGHTS AT THE MISSION INN & THE CHEECH**

The day starts out at the Cheech Marin Center for Chicano Arts and Culture, which is housed next door to the Riverside Museum of Art. The group has time to explore both museums. From the Museum, head to the Old Spaghetti Factory in Riverside for a late lunch/early dinner 3-course meal. (Meal is included in the price of the excursion). After the meal, it is a short shuttle ride to the Mission Inn to view the historic and famous holiday light show. After the light show there is time to explore the very famous hotel, beautifully decorated for the holiday.

**Transportation is included and provided by the City Shuttle. The shuttle departs from the Calabasas Senior Center, 300 Civic Center Way**

DATE	DAY	TIME	FEE RES/NON-RES
12/19	Thu	11:00am - 9:00pm	\$85/\$102



# Calabasas Community Center

## 50 & BETTER

\*Prices for classes and programs differ for classes held at the Calabasas Community Center.

### **NEW** INTRO TO MAH JONGG

Learn how to play American Mah Jongg with Lorraine Urist. The instructor has been playing for over 50 years and shares a strong passion of the game with the students. Learn the tiles and how to use the tiles in connection with the Mah Jongg Card. (6 classes)

**Instructor:** Lorraine Urist

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE
9/4 - 10/9	Wed	10:00am - 12:00pm	\$85

### **NEW** STORIES FROM THE BOOK OF GENESIS

The book of Genesis contains dramatic stories that have laid the foundation for Jewish tradition and have shaped the cultures of many western countries. The class details the biblical creation, Noah and the flood, Abraham and Sarah, Isaac and Rebekah, and Jacob and his family. Yet for many, their exposure to these stories is only ever in Sunday school or at church. They hear the stories, but often do not have the opportunity to look deeper into the actual text. This series dives deep, specifically examining the curse on Adam and Eve, Noah and the flood, the sacrifice of Isaac, Jacob and Esau, and Joseph revealing himself to his brothers. (5 classes)

**Instructor:** Jason Hensley, PhD, Dmin

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE
9/4 - 10/2	Wed	4:00 - 5:00pm	\$60

### SENIOR GENTLE BALLET

Dance to beautiful classical music and learn the basics of classical ballet. Wear comfortable attire and ballet shoes. (4/8 classes)

**Instructor:** Odile Yerevanian

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE
9/7 - 9/28	Sat	9:00 - 10:00am	\$60
11/2 - 12/21	Sat	9:00 - 10:00am	\$120

### **NEW** KALE BLAZERS

Plant curious? Come learn how a plant forward lifestyle can help individuals stay healthy and strong while eating foods that are earthly friendly. This workshop is to help people learn the health benefits of consuming plant strong foods, fruits, vegetables, nuts and seeds, beans, and legumes. The instructor discusses how this lifestyle can reduce top diseases like type two diabetes, heart disease and obesity.

**Instructor:** Mary Mackey

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE
9/8, 10/6, 11/3 & 12/1	Sun	10:30 - 11:30am	\$25

### **NEW** CHAIR YOGA

This class is for participants wanting balance support practice while building strength. \$22 drop-in rate per class. (12 classes)

**No class 11/25 & 11/27**

**Instructor:** Morning Star Wellness Coaching, Sarah Lowder

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE
9/9 - 10/16	M/W	11:00am - 12:00pm	\$175
10/21 - 12/4	M/W	11:00am - 12:00pm	\$175

**NEW** "FUN"CTIONAL FITNESS FOR SENIORS

This fun, interval-based, low impact aerobic, circuit training workout is designed to enhance FUNctional longevity by keeping the body and the brain healthy and strong. Improve overall health by increasing the bodies physical bone density, strength, endurance, agility, mobility, flexibility, stability and balance as well as brain skill (i.e. memory and reaction time). Equipment is provided. **(7 classes) No class 10/3, 11/11 & 11/28**

**Instructor:** Q4 Active

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE
9/10 - 10/22	Tue	12:00 - 1:00pm	\$95
10/29 - 12/17	Tue	12:00 - 1:00pm	\$95

**NEW** YOGA FOR THE INFLEXIBLE

This class is a specialized approach to yoga, designed to cater to individuals who may find traditional yoga practices challenging due to limited flexibility or mobility. This style of yoga focuses on developing strength around joints, while increasing flexibility through practicing different series of yoga poses. There is an additional emphasis is on breath awareness, mindfulness, and listening to the body's signals, allowing practitioners to safely explore range of motion and gradually improve flexibility over time.

**Instructor:** Steve Mackel, Tri This Coaching

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE RES
9/10 - 10/29	Tue	5:00 - 6:00pm	\$96 (evening)
9/11 - 10/30	Wed	9:00 - 10:00am	\$96 (morning)

### CARD & GAME TABLES

*Now that you know how to play, reserve your game table today!*

The Calabasas Community Center now reserves game tables. For details, visit [www.calabasasreg.org](http://www.calabasasreg.org).

## PICKLEBALL

### 3.0 + GUIDED PLAY PICKLEBALL

3.0+ Practice and incorporate skills and strategies for competitive pickleball. Skills include: Topspin, drop shots, shake and bake, 3rd and 5th shot strategies, rolls and volleys, court positioning and partner work, stacking and switching, offensive lobs. **(8 classes) No class 10/14, 10/21 & 11/11**

**Instructor:** Erin Sataloff

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE
9/23 - 12/2	Mon	9:00 - 11:00am	\$240

### 2.0 PICKLEBALL SKILLS AND DRILLS

This class focuses on continuing the development of fundamental elements such as serve and return technique and strategies, 3rd and 4th shot competency, introducing topspin and backspin, court coverage/positioning and partner work. **(8 classes) No class 10/14, 10/21 & 11/11**

**Instructor:** Erin Sataloff

**Location:** Calabasas Community Center

DATES	DAY	TIME	FEE
9/23 - 12/2	Mon	11:00am - 12:00pm	\$120

### FALL PICKLEBALL LEAGUE (18+)

Join our exciting Fall Pickleball League, where fun, fitness, and friendly competition come together! Whether you're a seasoned player or new to the game, our league offers a welcoming environment for all skill levels. Grab your paddle, meet new friends, and enjoy the thrill of pickleball this fall.

**Location:** Juan Bautista de Anza Park

**Mixed Beginner Division: 2.0-3.0 (No Games 10/20)**

DATES	DAY	TIME	FEE
10/6 - 11/24	Sun	8:30am	\$70

**Women's Double Intermediate 3.5+ Division (No Games 11/11)**

DATES	DAY	TIME	FEE
10/7 - 11/25	Mon	6:30pm	\$70

**Men's Double Intermediate: 3.5+ Division**

DATES	DAY	TIME	FEE
10/9 - 11/20	Wed	6:30pm	\$70

Activity/event dates, times and fees subject to change.





# Top Seed Tennis Academy

## AFTER-SCHOOL TENNIS PROGRAM

**August 26, 2024 – June 6, 2025**

Top Seed Tennis Academy has partnered with the City of Calabasas since 1994 at one of the premier tennis, swim, and health clubs in Southern California, the Calabasas Tennis and Swim Center. The Top Seed Tennis Professionals have coached thousands of junior players, from the younger tennis player just starting out to the highest-level professional. Top Seed has been recognized by the USTA, USPTA and the SCTA for offering an outstanding tennis experience for all levels and ages. This is the perfect program for junior players who are looking to take their tennis skills to the next level, while making new friends and learning a sport that will last a lifetime!

### **GRAND PRIX – (Ages 5 - 7)**

**Monday, Wednesday, Friday**

**3:45 - 4:30pm | 4:30 - 5:15pm | 5:15 - 6:00pm**

For the younger tennis player getting started, Grand Prix is a 45-minute class that introduces and develops basic tennis skills and technique in a fun-filled and engaging environment. Grand Prix practice is held on USTA approved 8 and under courts which are smaller in size so students can learn the rules on a court fundamentally appropriate for their age/skill. The tennis balls (orange dot) used for this level have a lower bounce and do not move as fast so they are easier to hit, allowing students time to get to the ball and promoting optimal swing patterns.

**8 Days = \$264 | 12 Days = \$348 | 20 Days = \$520**

### **CHALLENGER – (Ages 8 - 13)**

**Monday, Tuesday, Thursday | 4:30 - 6:00pm**

For children between 8 and 13 years of age who want to learn the basics of tennis in an engaging and fast-paced environment. This level is ideal for beginner players.

**8 Days = \$512 | 12 Days = \$696 | 20 Days = \$1000**



### **TOURNAMENT TRAINING**

**Monday, Wednesday, Friday | 4:30 - 6:30pm**

Students must be able to serve, rally, keep score, and play matches. Students are also encouraged to establish a UTR (Universal Tennis Rating). The Director of Tennis or Head Tennis Professional must approve enrollment if the above requirements are in question.

**8 Days = \$600 | 12 Days = \$792 | 20 Days = \$1,160**

### **SUPER EXCELLENCE**

**Monday | 4:30 - 6:30pm**

**Wednesday, Friday | 4:00 - 6:00pm**

For juniors with an appropriate UTR (Universal Tennis Rating) of 2.0 or higher. This is an intensive class designed for high level juniors looking to play competitive high school and potentially college tennis. The Director of Tennis or Head Tennis Professional must approve enrollment in the event that the UTR cannot be verified.

**8 Days = \$600 | 12 Days = \$792 | 20 Days = \$1,160**

**The Top Seed After School Tennis Program fills up every year, so, sign up now!**

*All levels welcome! Please call 818-222-2782 or visit the center for registration information.*

# Swim Team

## FALL & WINTER NOVICE SWIM TEAM INFO

**\*ALL SWIMMER(S) MUST COMPLETE A TRYOUT FOR PROPER SWIM LEVEL PLACEMENT AND REGISTRATION FORMS.\***

**FALL SESSION NO WORKOUTS HELD: 9/2, 10/31 AND 11/25-11/28  
WINTER SESSION NO WORKOUTS HELD: 12/23-1/2, 2/14 AND 2/17**

### BRONZE LEVEL

Bronze level swimmers are confident in the water. Swimmers must be able to complete 25 yards of freestyle and backstroke to join. These swimmers are considered a developmental group of young swimmers. Bronze swimmers focus on building a strong foundation of the basics of swim technique for freestyle, backstroke, and breast stroke, introduction to butterfly and breast stroke, while building and testing their endurance, improve on race time and sprints. This is the next level following the great whites swim lesson level. **Great white swimmers MUST complete and pass that level to attend the bronze swim team tryout. Class is limited to 9 swimmers.**

AGES	DATES	DAY	TIME	FEE
7 - 10yrs	9/4 - 11/20	M/W	3:30 - 4:00pm	\$153
7 - 10yrs	9/3 - 11/21	T/Th	3:30 - 4:00pm	\$153
7 - 10yrs	12/2 - 2/26	M/W	3:30 - 4:00pm	\$153
7 - 10yrs	12/3 - 2/27	T/Th	3:30 - 4:00pm	\$153

### SILVER LEVEL

Silver level swimmers are confident in all 4 strokes. The class continues to focus on building a strong foundation technique for all 4 strokes, build and test their endurance, improve on race times and sprints, improve race starts and turns. **Class is limited to 12 swimmers.**

AGES	DATES	DAY	TIME	FEE
9 - 13yrs	9/4 - 11/20	M/W	4:00 - 4:45pm	\$176
9 - 13yrs	9/3 - 11/21	T/Th	4:00 - 4:45pm	\$176
9 - 13yrs	12/2 - 2/26	M/W	4:00 - 4:45pm	\$176
9 - 13yrs	12/3 - 2/27	T/Th	4:00 - 4:45pm	\$176

**Assessment Day:** Bring swim suit, towel, goggles, and cap. Coach assesses the swimmer and places them into the correct level. Parents receive the registration form for that level, chooses workout days either M/W or T/Th and then registers on-site for summer session.

**Registration forms are due assessment day for processing. Registration is based on first come first serve basis. Space is limited and fills fast! Once a class is full, registration is for waitlist only.**

### GOLD LEVEL

**\*Gold swimmers must be approved by Coach to attend gold level workout.\*** Gold level swimmers are to be confident in all 4 strokes, basic race starts and turns. Workouts include: techniques/drill sets, challenging endurance sets (more yardage), sprints, flip turns review and race starts. **Class is limited to 12 swimmers.**

AGES	DATES	DAY	TIME	FEE
7 - 13yrs	9/4 - 11/20	M/W	4:45 - 5:30pm	\$176
7 - 13yrs	9/3 - 11/21	T/Th	4:45 - 5:30pm	\$176
7 - 13yrs	12/2 - 2/26	M/W	4:45 - 5:30pm	\$176
7 - 13yrs	12/3 - 2/27	T/Th	4:45 - 5:30pm	\$176

### PLATINUM LEVEL

**\*Platinum swimmers must be approved by coach to attend platinum level workouts\*** Platinum level swimmers must know all 4 strokes, basic turns, race starts and be familiar with using the swim pace clock. Workouts include longer drill sets, and endurance sets, with less rest time in between sets. Overall workout pace is more intensive in yardage, challenge sets and rest times. **Class is limited to 12 swimmers.**

AGES	DATES	DAY	TIME	FEE
7 - 13yrs	9/4 - 11/20	M/W	5:30 - 6:30pm	\$198
7 - 13yrs	9/3 - 11/21	T/Th	5:30 - 6:30pm	\$198
7 - 13yrs	12/2 - 2/26	M/W	5:30 - 6:30pm	\$198
7 - 13yrs	12/3 - 2/27	T/Th	5:30 - 6:30pm	\$198

### MASTERS

Need to work on swim technique? Build endurance? Need to be pushed? Workouts include drill sets; endurance sets and sprints. Workouts are supervised by an on-deck Coach. Intermediate fitness swimmers to advanced swimmers welcome. Call for more information or visit the pool and pay the \$13 drop-in fee, (provide the receipt to enter the workout to Coach). If the workout is enjoyed, register for the session.

#### MEMBERS

AGES	DATES	DAY	TIME	FEE
18yrs+	9/3 - 11/21	M - Th	6:30 - 7:45pm	\$100
18yrs+	12/2 - 2/27	M - Th	6:30 - 7:45pm	\$100

#### NON-MEMBERS

AGES	DATES	DAY	TIME	FEE
18yrs+	9/3 - 11/21	M - Th	6:30 - 7:45pm	\$242
18yrs+	12/2 - 2/27	M - Th	6:30 - 7:45pm	\$242



# FACILITY Rentals

Book your next birthday party, holiday gathering, corporate picnic, or company retreat at one of the City's premier facilities:

## Calabasas Community Center Banquet Rooms and Patio

### Civic Center Campus

- Founders Hall, Outdoor Plaza, and Outdoor Amphitheatre
- Senior Center Multipurpose Room and Patio

## Juan Bautista de Anza Park Multipurpose Room

### Calabasas Tennis & Swim Center

- Fireside and Centre Court Rooms
- Stadium Court and Tennis Patio
- Swim Parties

Visit [cityofcalabasas.com/communityservices](http://cityofcalabasas.com/communityservices) to learn about amenities, hours, rates and fees.

## PICNIC SHELTER & PARK USE PERMITS

Gather your guests with the scenic Santa Monica Mountains as a backdrop or reserve a field or court for your next team practice.

- Creskide Park
- Juan Bautista de Anza Park
- Grape Arbor Park
- Gates Canyon Park (\*Taking reservations for Fall 2024, due to construction)

Booking a picnic shelter? Save time and book online at [cityofcalabasas.com/communityservices](http://cityofcalabasas.com/communityservices)

## Juan Bautista de Anza Park

3701 Lost Hills Road  
Calabasas, CA 91301  
(818) 880-6461  
[facilityrentals@cityofcalabasas.com](mailto:facilityrentals@cityofcalabasas.com)



## PARKS & AMENITIES

### 1 CREEKSIDE PARK & KLUBHOUSE PRESCHOOL

**Park Hours of Operation:**

Monday - Friday: Sunrise - Sunset  
Saturday & Sunday: 9:00am - 5:00pm

**Preschool Hours of Operation:**

As determined by the Director

**Old Topanga Canyon Road**

(818) 222-9791 • Fax: (818) 222-9792  
Preschool • Basketball Court • T-ball Field  
Children's Play Area • Restrooms

### 2 FREEDOM PARK

**Hours of Operation:**

Jan 1 - Mar 31: 7:00am - 6:00pm  
Apr 1 - Aug 31: 6:00am - 8:00pm  
Sept 1 - Dec 31: 7:00am - 7:00pm

**4000 Balcony Dr.**

**(Gated Braewood community)**

Playground (coming soon)  
Open space area parking on Mulholland Hwy. Access through pedestrian gate. For older adults or persons with disabilities, please call the Tennis and Swim Center at 818.222.2782 for vehicle gate code.

### 3 GATES CANYON PARK/ BRANDON'S VILLAGE

**Hours of Operation:** 6:00am - 10:00pm

**25801 Thousand Oaks Blvd.**  
(818) 880-6461

Open Grass Area • Restrooms  
Basketball Court • Tennis Courts  
Picnic Area with Barbeque  
Universally Accessible Playground

### 4 GRAPE ARBOR PARK

**Hours of Operation:** 6:00am - 10:00pm

**5100 Parkville Road**  
(818) 880-6461

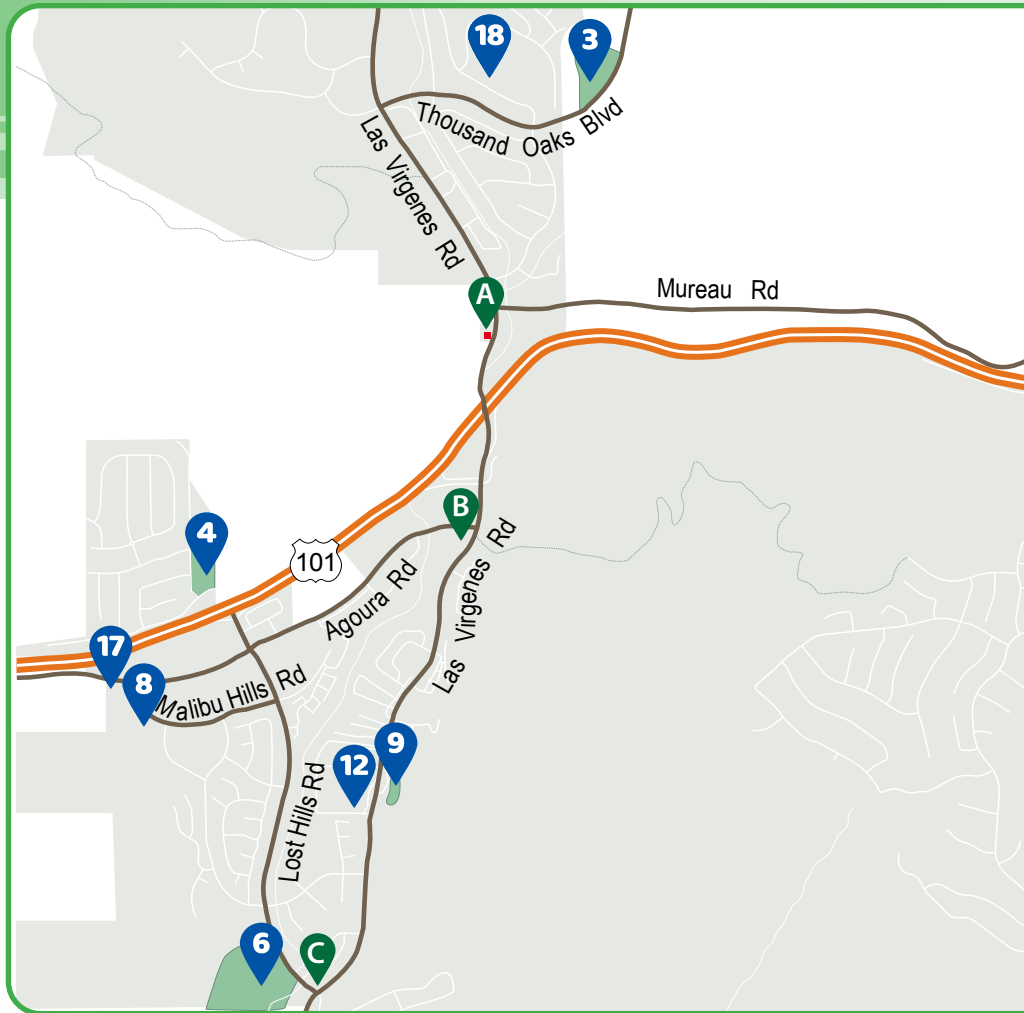
T-ball Field • Basketball Court  
2 Playgrounds • Picnic Area  
Sand Volleyball Court • Restrooms

### 5 HIGHLANDS PARK

**Hours of Operation:** Sunrise - Sunset

**23581 Summit Dr.**  
(818) 880-6461

Playground



### 6 JUAN BAUTISTA DE ANZA PARK

**Hours of Operation:** Sunrise - Sunset

**3701 Lost Hills Road**  
(818) 880-6461 • Fax: (818) 880-6457

Picnic Area w/Barbeque  
Conference Room • Multi-Purpose Room  
Picnic Area with Barbeque  
Lighted Multi-Use Game Court  
3 Playgrounds • Restrooms

### 7 TENNIS & SWIM CENTER

**See page 3 for hours of operation**

**23400 Park Sorrento**  
(818) 222-2782 • Fax: (818) 222-8602

Conference Room • Picnic Area  
Multi-Purpose Room • Dance Studio Junior  
Olympic Size Pool  
16 Tennis Courts • Restrooms  
Food Service (seasonal) • Fitness Center

### 8 CALABASAS

**COMMUNITY CENTER**

**See page 3 for hours of operation**  
**27040 Malibu Hills Road**  
(818) 479-8180

Gymnasium • Weight Room  
Fitness Studio • Activity Room  
Banquet Rooms  
Restrooms/Locker Room

### 9 CALABASAS BARK PARK

**Hours of Operation:** Sunrise - Sunset

**4232 Las Virgenes Road**  
(818) 880-6461

### 10 WILD WALNUT PARK

**Hours of Operation:** Sunrise - Sunset

**23050 Mulholland Highway**  
Picnic Area • Multi-Use Trail  
Temporary dog park

### 11 HEADWATER'S CORNER

**3815 Old Topanga Canyon Road**  
Calabasas, CA

### A POCKET PARK

**Hours of Operation:** Sunrise - Sunset  
**26135 Mureau Road**

Two picnic tables - Dog waste station

### B POCKET PARK

**LAS VIRGENES CREEK PARK SOUTH**

**Hours of Operation:** Sunrise - Sunset

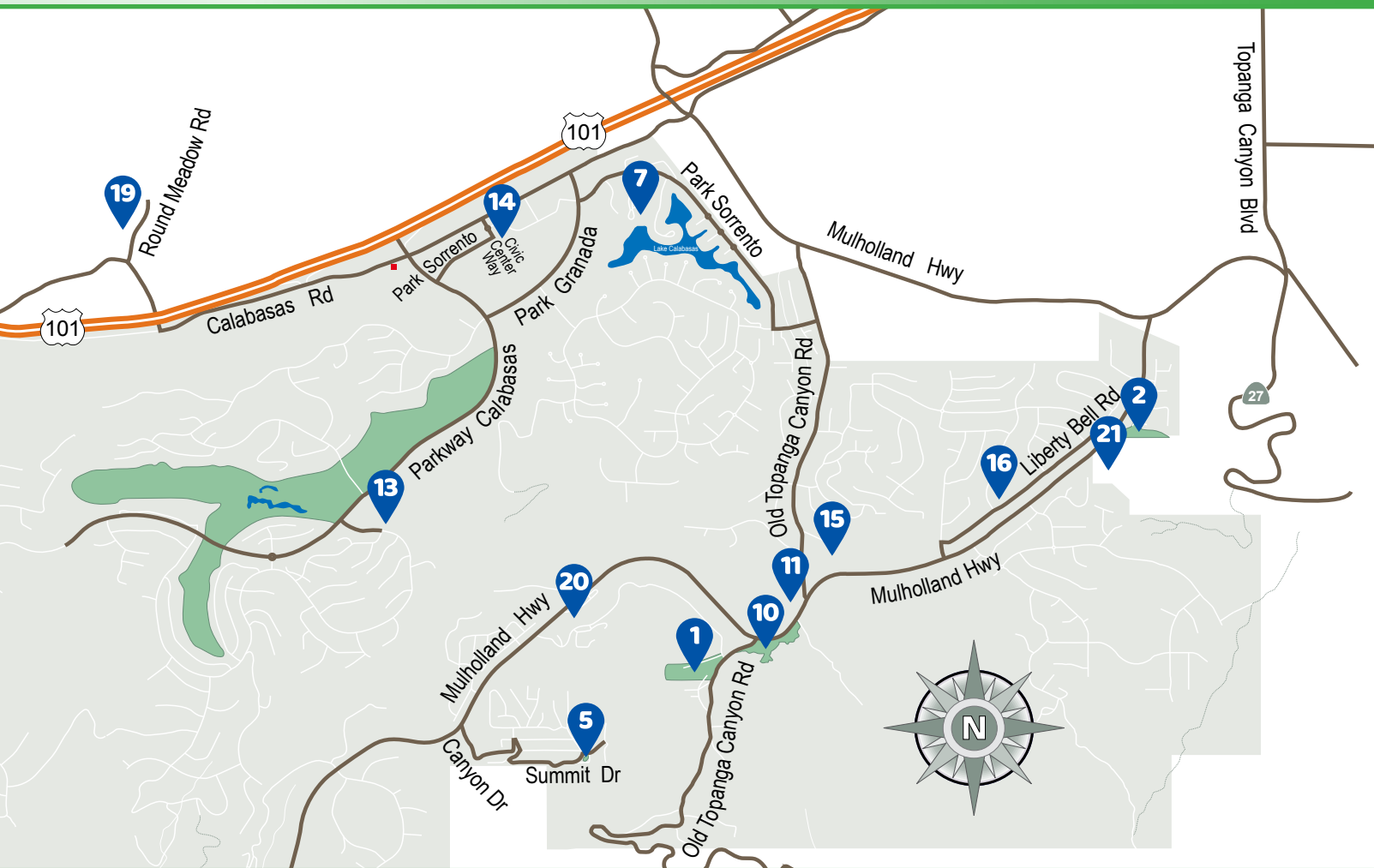
**On Agoura Road adjacent to Albertson's Shopping Center closest to Starbucks**  
Gazebo, Bike Rack • Benches,  
Educational Signs, • Staircase To The Creek

### C POCKET PARK

**LAS VIRGENES CREEK PARK NORTH**

**Hours of Operation:** Sunrise - Sunset

**On Lost Hills Road across the street from Juan Bautista De Anza Park**  
Gazebo • Bike Rack  
Benches • Educational Signs



## SCHOOLS & FACILITIES

- |  |  |
|--|--|
| <p><b>12 A.E. WRIGHT MIDDLE SCHOOL</b><br/>4029 N. Las Virgenes Road<br/>(818) 880-4614</p>              | <p><b>16 CHAPARRAL ELEMENTARY</b><br/>22601 Liberty Bell Road<br/>(818) 591-2428</p>       |
| <p><b>13 BAY LAUREL ELEMENTARY</b><br/>24740 Paseo Primario<br/>(818) 222-9022</p>                       | <p><b>17 LOST HILLS SHERIFF STATION</b><br/>27050 Agoura Road<br/>(818) 878-1808</p>       |
| <p><b>CALABASAS CHAMBER OF COMMERCE</b><br/>(818) 222-5680</p>   | <p><b>18 LUPIN HILL ELEMENTARY</b><br/>26210 Adamor Road<br/>(818) 880-4434</p>            |
| <p><b>14 CIVIC CENTER CAMPUS<br/>CALABASAS CITY HALL</b><br/>100 Civic Center Way<br/>(818) 224-1600</p> | <p><b>19 ROUND MEADOW ELEMENTARY</b><br/>5151 Round Meadow Road<br/>(818) 883-6750</p>     |
| <p><b>CALABASAS LIBRARY</b><br/>200 Civic Center Way<br/>(818) 225-7616</p>                              | <p><b>20 VIEWPOINT SCHOOL</b><br/>23620 Mulholland Highway<br/>(818) 340-2901</p>          |
| <p><b>CALABASAS SENIOR CENTER</b><br/>300 Civic Center Way<br/>(818) 224-1777</p>                        | <p><b>21 A.C. STELLE MIDDLE SCHOOL</b><br/>22450 Mulholland Highway<br/>(818) 224-4107</p> |
| <p><b>15 CALABASAS HIGH SCHOOL</b><br/>22855 W. Mulholland Highway<br/>(818) 222-7177</p>                |  |

# TWO WAYS TO REGISTER



## ONLINE

**General Registration begins  
Monday, August 19 • 9:00am**

[www.calabasasreg.org](http://www.calabasasreg.org)

## MAIL-IN

Fill in registration form and mail with full payment.  
Make checks payable to: **City of Calabasas**

**MAIL TO:** Community Services Attn: Fall Registration  
3701 Lost Hills Road  
Calabasas, CA 91301

# Senior Program Registration Dates

Calabasas Senior Center Members  
9:00am • Monday, August 12

Calabasas Residents  
9:00am • Wednesday, August 14

Non-Residents  
9:00am • Monday, August 19

### REFUND POLICY

- Administrative and credit card convenience fees are non-refundable.
- Refund requests must be made before the beginning of the 2nd class.
- Refunds are not granted for aquatics, special events, single-day class, programs, seminars or lectures, missed attendance, after the completion of an activity, program, event or excursion.
- A full refund is made in the event an activity is canceled by the City prior to the start date.
- A partial refund is made on a pro-rated basis if a participant submits a Refund Request Form no less than 48 hours prior to the second day of programming (even if they did not attend the first day).

- Refunds are processed by original payment method and may take between 1-5 weeks to receive.
- In the case of excursions and culinary classes, refunds will be issued only if the space can be filled by another participant.
- No Credit or Refund given for missed classes.
- A full refund (minus administrative and credit card fees) is issued if a participant submits a Refund Request Form no less than 48 hours prior to the first day of programming.
- Refunds are not given for practice schedule conflicts, game schedule conflicts, friend, coach, or team requests, missed attendance, and after teams are formed.

# REGISTRATION FORM

<b>PAYEE</b>	(ADULT / PAYEE) NAME		EMAIL ALL RECEIPTS ARE EMAILED		
	ADDRESS				
	CITY			ZIP	
	PRIMARY PHONE		CELL PHONE		CELL PHONE (CARRIER REQUIRED FOR TEXT MESSAGES)

<b>PARTICIPANT</b>	CLASS NAME	START DATE	TIME	PARTICIPANT NAME	GENDER	BIRTHDATE	FEE

**\*Signature required for registration.**

The undersigned hereby agrees to defend, indemnify, and hold harmless the City of Calabasas and its officers, employees and agents from and against any and all loss, liability charges and expenses (including attorney's fees) and cost which may arise by reason of participation in any program. (The City does not provide accident, medical, liability, workers' compensation insurance or any other insurance for program participants). As parent/guardian, I hereby consent to emergency treatment of my minor child as a result of accident or injury. I further agree to pay any and all costs incurred as a result of said treatment. I agree to carefully inspect and satisfy for myself that the facilities provided are reasonably safe for their intended use. Once having conducted the inspection, I agree to expressly assume the risk of participating at the premises. I understand the City retains the right to use photos taken during activities for publicity purposes.

PROCESSING FEE APPLIES TO CLASSES OVER \$12	<b>\$6</b>
TOTAL FEE	

Communicable diseases are illnesses caused by viruses or bacteria that spread from person to person, animal to person, or from a surface or a food. These diseases can be transmitted through contact with contaminated surfaces, bodily fluids, blood products, insect bites, or through the air. All participants in recreational activities must comply with all safety and preventative measures put in place by the City to reduce the spread of communicable diseases. Safety measures are subject to change or revision in accordance with state and local guidance.

By signing this agreement, I represent that I will adhere to all the applicable communicable diseases preventive measures required by the City of Calabasas and other applicable governments. Further, on my behalf, by signing this agreement, I acknowledge the contagious nature of communicable diseases and voluntarily assume the risk that I may be exposed to or infected to such diseases by participating in recreational activities/training/rentals and that such exposure or infection may result in personal injury, illness, permanent disability, and death. Further, on my behalf, I hereby release, waive, covenant not to sue, discharge, and hold harmless the City of Calabasas, its employees, agents, and representatives, of and from any such liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the City, its employees, agents, and representatives.

\_\_\_\_\_  
Adult/Parent Signature

\_\_\_\_\_  
Date

<b>PAY</b>	METHOD OF PAYMENT: [ ] CHECK [ ] MASTERCARD [ ] VISA [ ] DISCOVER		
	CREDIT CARD #	EXP. DATE	CVV CODE
	BILLING ADDRESS		



The Calabasas Community Foundation serves as a charitable channel through which worthwhile programs including arts & culture, environmental/nature, youth programs, senior programs, therapeutic programs and youth scholarships are supported. The Calabasas Community Foundation is committed to provide funding to expand the delivery of critical services that improve the quality of life in Calabasas.

The foundation serves all segments of the community, including youth, families and senior citizens. The foundation's minimal operating costs, provides donors the unique opportunity to give locally and feel secure in knowing that their gift will be directed to a program area of their choice.

**PARK PROJECTS • YOUTH SCHOLARSHIPS • PUMPKIN FESTIVAL  
SUNSET SUMMER CONCERTS SERIES • BUNNY TRAIL AND JR. EGG HUNT • SPECIAL EVENTS  
SENIOR PROGRAMS & EVENTS • ADAPTIVE RECREATION PROGRAMS • TEEN PROGRAMS  
YOUTH SPORTS • AQUATIC PROGRAMS**

**DONATE TODAY AT [WWW.CITYOFCALABASAS.COM/REGISTER](http://WWW.CITYOFCALABASAS.COM/REGISTER)  
MAKE CHECKS PAYABLE TO "CITY OF CALABASAS FOUNDATION" AND MAIL TO 100 CIVIC CENTER WAY, 91302.**

For donation and/or sponsorship information, please contact Calabasas Community Foundation Secretary Erica Green at [egreen@cityofcalabasas.com](mailto:egreen@cityofcalabasas.com) or (818) 224-1600. [www.cityofcalabasas.com/CCF](http://www.cityofcalabasas.com/CCF)

# Capture CALABASAS

## PHOTO CONTEST



ENTER FOR A CHANCE TO WIN A PRIZE

Participants have the opportunity to win for the best overall image. First 50 participants receive a Parks Make Life Better prize. Submissions may also be used for future activity guide, social media, calendars, events, and flyers.

- 1 All photos must be taken within the City of Calabasas. Only two photo submissions allowed.
- 2 Choose your photo category (listed below).
- 3 Submit your photos online at [cityofcalabasas.com/photocontest](http://cityofcalabasas.com/photocontest)
- 4 Receive your prize.

Submit your photo in one of the following categories.



**CITY OF CALABASAS**  
Any photo within the City of Calabasas that doesn't fall within landscape, parks, or community services programs, events, sports or activities.



**PARKS MAKE LIFE BETTER**  
Any photo within the City of Calabasas' parks system.



**OPEN SPACE**  
Any photo that includes open space, landscape, greenspace, mountains, hills, etc.



**COMMUNITY SERVICES DEPARTMENT CLASSES, PROGRAMS, EVENTS OR SPORTS**  
Any photo of the Community Services Department offerings (most everything highlighted in the Premiere Recreation Brochure).

**NOW - NOVEMBER 2024**

Winners sponsored by:  **FAIRWINDS WEST HILLS**

Community Services Department • 100 Civic Center Way, Calabasas, CA • Phone: (818) 224-1600



COMMUNITY SERVICES DEPARTMENT  
CITY OF CALABASAS  
100 Civic Center Way  
Calabasas, CA 91302

Presorted Standard  
U.S. Postage  
**PAID**  
Anaheim • CA  
Permit No. 80  
ECRWSS  
EDDM

RESIDENTIAL CUSTOMER

# EXPLORE

## FREE CALABASAS HIKE PROGRAM

REGISTER TODAY AT [CALABASASREG.ORG](http://CALABASASREG.ORG)



CITY of CALABASAS



### SATURDAY, AUGUST 10<sup>TH</sup> CALABASAS PEAK MOTORWAY

1698 STUNT RD., CALABASAS  
BEGINNER HIKE 3.7 MILES/2-3 HOURS



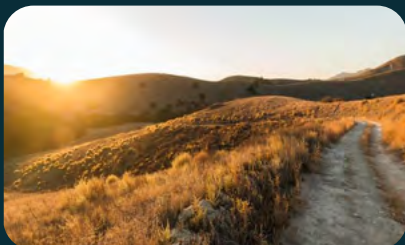
### SATURDAY, SEPTEMBER 14<sup>TH</sup> CALABASAS DE ANZA LOOP

3701 LOST HILLS RD., CALABASAS  
BEGINNER-INTERMEDIATE HIKE 5 MILES/2.5-3.5 HOURS



### SATURDAY, OCTOBER 12<sup>TH</sup> MESA PARK TRAIL

192S LAS VIRGENES RD., CALABASAS  
BEGINNER-INTERMEDIATE HIKE 5 MILES/2.5-3.5



### SATURDAY, NOVEMBER 9<sup>TH</sup> CHESEBORO CANYON

5792 CHESEBRO RD., CALABASAS \*UPPER LOT  
BEGINNER-INTERMEDIATE HIKE 6-10 MILES/3-4 HOURS

MEET YOUR HIKE GUIDES



HELENE & SAMANTHA

HIKES START AT 7:00 AM  
MEET AT 6:45AM

AGES 18YRS+

SORRY, NO PETS

HIKE CAPACITY 25

HIGHLY RECOMMENDED:  
1-2 LITERS OF WATER, SNACKS  
SUN BLOK, HAT, SUNGLASSES,  
ANY/ALL EMERGENCY  
MEDICATIONS (INHALER, EPI-PEN)

PLEASE NOTE SOME TRAILS MAY NOT  
HAVE CELL SERVICE AVAILABLE.

RECOMMENDED  
LIP BALM, BUG SPRAY,  
HIKING SHOES, HIKING POLE

FOR MORE INFORMATION PLEASE CALL:

THE CALABASAS TENNIS AND SWIM CENTER (818) 222-2782 OR THE CALABASAS COMMUNITY CENTER (818) 479-8180

[CITYOFCALABASAS.COM/COMMUNITYSERVICES](http://CITYOFCALABASAS.COM/COMMUNITYSERVICES) • [COMMUNITYSERVICESINFO@CITYOFCALABASAS.COM](mailto:COMMUNITYSERVICESINFO@CITYOFCALABASAS.COM)