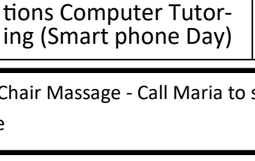
South Oxnard Senior Center | 200 E. Bard Road, Oxnard, CA 93033
Phone: (805) 385-8042 Center Open: Mon - Fri | 9am - 2pm
Center Director: Desiré Ventura

January 2019

EVERY DAY AT SOC…

Mon		Tue		Wed		Thu		Fri	
9:00	Exercise	**9:00**	Exercise	**9:00**	Computer Lab	**9:00**	Computer Lab	**9:00**	Exercise
9:00	Game Room	**9:00**	Computer Lab	**9:00**	Exercise	**9:00**	Exercise	**9:00**	Game Room
10:00	Derby Club	**9:00**	Game Room	**9:00**	Wii Practice	**9:00**	Wii Practice	**9:00**	Computer Lab
10:15	Line Dancing	**10:15**	Bone Builders	**9:00**	Game Room	**9:00**	Artist Studio	**10:00**	Line Dancing
10:15	BINGO			**10:00**	Coffee Social	**9:30**	Fitness & Chair Yoga	**10:15**	Brain Games
11:15	Computer Lab			**11:00**	Jewelry Class ($1)	**10:15**	Bone Builders		
				12:00	Tai Chih Ch'uan	**11:45**	Game Room		

	1 Closed for New Years Day 	**2** Open House and Coffee Social	**3**	**4 10-1pm** New Years Eve and Birthday celebration
7 10:15-11:15 Bingo & Special Raffle	**8 10-:00-11:00** Crafts with Mayra	**9 10:00-11:00** Advantage Plus Care info booth	**10 9:30-10:00** Stretch Band and Ball Exercise	**11 9:30-10:00** Stretch Band and Ball Exercise
14 9:00-10:30 Senior Kit (A-K) **Staff Meeting-Center opens at 9:30**	**15 10:00-11: 00**Connections Computer Tutoring (VC Alert Sign-Ups)	**16 9am** HICAP	**17**	**18 9:30-10:00** Stretch Band and Ball Exercise **9:00-10:30** Senior Kit L-Z **9:30-10** Healthwise Check-ups
21 Closed for MLK	**22 9:00-10:00** St. John's Wellness Check Ups **10:00-11:00** Crafts with Mayra	**23 9:00-10:00** Grey Law	**24 9:30-10:00** Stretch Band and Ball Exercise	**25**
28	**29 10:00-11:00** AAA Healthy Cooking Class **10:00-11: 00**Connections Computer Tutoring (Smart phone Day)	**30** Open House/ Update enrollment		

*Registration Required | #Chair Massage - Call Maria to schedule an appointment (805) 218-4219 | ++Grey Law by Appointment Only Call (805) 658-2266 to schedule

CITY OF OXNARD CALIFORNIA

Senior Services Office
350 North C St., Oxnard, CA 93030
(805) 385-8019

Senior Centers Monthly Calendar

Stay up to date with Seniors!
facebook.com/oxnardseniors | @oxnardseniors
https://www.oxnard.org/recreation/senior-services/

January 2019

SENIOR SERVICES COMMISSION MEETING
January 8th, 9am
Oxnard Public Library, Meeting Room B

Classes Wanted

Do you have a passion that you want to share with others? Are you interested in teaching a class or a series of classes with Seniors? Please contact Deanna Marquez with your information at the Palm Vista Senior Center at (805) 385-8163 All classes need to be low cost or free.

Senior Services and Recreation Staff

We came together as staff and celebrated the Holidays and the end of the year! We thank you for this fantastic year. We are so blessed to serve the Seniors in this community and hope that you continue to enjoy all the festivities and programming that we work so hard to have here in Oxnard. Here's to many more this coming New Year and best wishes to all the people we serve!

Tai Chi Registration (FREE)

RSVP's popular Tai Chi: Moving for Better Balance will start again in January. The 12-week program consists of a simplified eight-form routine of Yang-style Tai Chi. Intended for beginners who can walk, it teaches balance skills and good body alignment. The evidence-based classes have been proven to reduce repeated falls by 55%. New participants are accepted only until the third class of each session. Call 385-8019 to learn more or to register.

Need a ride?

What is **ACCESS**?
ACCESS is origin-to-destination public transit service for seniors, 65 and older and people with disabilities that prevent them from using fixed route bus services. ACCESS serves the cities of Ojai, Oxnard, Port Hueneme, Ventura and unincorporated areas of Ventura County between these cities.

ACCESS Fares

· Cash Fare One Way - $3.00 ADA Certified or Senior
· Senior Nutrition - Free Donation suggested
· Book of 10 Tickets - $30.00 ADA Certified or Senior

ACCESS Reservations/Cancellations - Daily 8am-5 pm

· (805) 485-2319 or (805) 649-4421 or 1-800-

Hot Meals! SENIOR NUTRITION @ WILSON & PALM VISTA SENIOR CENTERS

Served Monday—Friday @ **11:30 am**
Suggested Donation of **$3.00**
More information call Senior Nutrition Coordinator, **(805) 385-8029**

Wilson Senior Center | 350 N. C Street, Oxnard, CA 93030

Phone: (805) 385-8028 Center Open: Mon - Fri | 9am - 4pm

Center Director: Fernando Garcia — Assistant Director: Ayde Almaraz

January 2019

EVERY DAY AT WILSON…

Mon	Tue	Wed	Thu	Fri
10:30 Zumba with Esther -DR ($2 donation)	**9:30** Bone Builders-AB	**9:30** Tai Chi Chih-Class-DR	**9:30** Bone Builders-AB	**9:30** Tai Chi Chih Class-DR
11:00 Wii Bowling-DR	**10:00** Nifty Needlers-ACT	**11:00** Wii Bowling	**10:30** Zumba with Esther	**10:00** Ukulele Group 1st and 3rd Fri – AB
1:00 Loteria Mexicana	**10:30** Zumba with Esther on Jan 15thr-DR	**1:00** Jewelry Class	**11:00** Wii Bowling	**10:30** Art Club-ACT
3:15 Bone Builders-AB	**11:00** Wii Bowling-DR	**1:30** Line Dancing-DR	**1:30** Ballroom Dance-AB	**1:30** Senior Friendly Gathering-DR
	1:15 BINGO ($2)-DR	**3:15** Bone Builders-AB	**2:30** Bone Builders-ACT	
	2:30 Loteria Mexicana			
	2:30 Bone Builders-ACT			

Calendar Key: ACT - Activity Room **AB** - Arts Building **DR** - Dining Room **GR** - Game Room **L** - Library **LB** - Lawn Bowls

	1 Closed for New Years Day	**2 9:00** ++ Grey Law	**3 9:00** +Pedicures	**4 9:30** Commodities
7 9:30 Low Vision Wellness Group **10:00** St. Johns Wellness Group	**8 9:00** ++ Grey Law	**9**	**10 9:00** Crafts with Mayra **9:30-10:30** Connections Computer Tutoring (VC Alert Sign-Ups) **1:00** Dominoes	**11**
14 9:30 Low Vision Wellness Group **Staff Meeting-Center opens at 9:30**	**15 9:00** SBHIS Medicare	**16 10:00** Visit TJ the Therapy Dog!	**17 9:00** +Pedicures	**18**
21 Closed for MLK Day	**22**	**23**	**24 9:00** Crafts with Mayra **9:30-10:30** Connections Computer Tutoring (Smart phone Day) Bring yours!	**25 1:00** Movie Matinee
28 9:30 Low Vision Wellness Group	**29**	**30**	**31 12:00** B-Day Celebrations	

*Registration Required | |+Pedicures - Must call Susan at (805) 987-3931 to schedule an appointment. | ++Grey Law by Appointment Only 658-2266| **Carfit (805)385-8019

Palm Vista Senior Center | 801 S. C Street, Oxnard, CA 93030

Phone: (805) 385-8163 Center Open: Mon - Fri | 9am - 2pm

Center Director: Jorge Cruz

January 2019

EVERY DAY AT PALM VISTA…

Mon	Tue	Wed	Thu	Fri
9:00 Wii Bowling	**9:00** Wii Bowling	**9:00** Wii Bowling	**9:00** Wii Bowling	**9:00** Wii Bowling
9:00 Computer Lab	**9:00** Computer Lab	**9:00** Computer Lab	**9:00** Computer Lab	**9:00** Computer Lab
10:00 Bone Builders	**9:00** Coffee Social with Goodies	**9:00** Coloring Time	**10:00** St. John's Exercise Walking Club	**10:00** Walking Club
11:00 BINGO ($1 for 4 games)	**10:00** Coloring Time	**10:00** Bone Builders		**10:00** Book Club
	10:00 St. John's Exercise Walking Club	**11:00** Loteria Mexicana		**12:00** Puzzles
	12:00 Board Games			

	1 Closed for New Years Day	**2**	**3 10:00** St. John's Exercise class	**4**
7	**8 11-12** Connections Computer Tutoring (VC Alert Sign-ups)	**9 12:00** Anthem Blue Cross Info Desk	**10 10:00** Dignity Memorial Info Desk	**11 10:30** HICAP
14 Staff Meeting-Center opens at 9:30	**15 10:00** Center for Vein Wellness	**16**	**17 10:00** St. John's Exercise class	**18 10:00** Senior Movie Matinee
21 Closed for MLK Day	**22 11-12** Connections Computer Tutoring (Smart phone Class)	**23 10:00** Visit TJ the Therapy Dog!	**24 12pm** Catholic Charities Info Booth	**25**
28 9:00 St. Johns Wellness Clinic	**29 10:00** Crafts with Mayra	**30**	**31 10:00** Crafts with Mayra **12:00** Birthday Celebrations	

*Registration Required | +Pedicures & Massage Therapy - Must call center to schedule an appointment.