



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	2 8:30-11 am Massage*	
5	6 10:00-12:00 Connections Computer Class	7	8	9 Last day to purchase rummage sale spaces	
12 9:30 SBHIS Medical info booth Last day to buy tickets for Summer BBQ	13	14 10:30 HICAP booth	15 10:00 California Phone access info for Android users	16 10-2pm End of Summer BBQ Celebration at Wilson Rose Garden! Must buy ticket for entry. South Oxnard Center closed 9:00-10:30 Senior Kit L-Z	
19 9:00-10:30 Senior Kit (A-K)	20 10:00-12:00 Connections Computer Class	21 10:30 Mobility Management Partners booth 10:45 STOP Program (Seniors Tackling the Opioid Problem) and Drug takeback	22	23	
26 10:15 Regency Palm Bingo	27 8:30 St. John's Wellness Class	28 9:00-11:00 Grey Law ++ 10:00 Cal-Fresh info	29	30	

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

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

SENIOR SERVICES COMMISSION MEETING
No Meeting in August
Next Meeting is September 10th at 9am Oxnard Library

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.

Free Outdoor Movie Night
PALM VISTA MOVIE NIGHT UNDER THE STARS! BRING YOUR FAMILY, BLANKETS, AND CHAIRS
Friday, August 23rd
Doors open at 6:30 pm
Movie starts at 8:00 pm
Snacks available for purchase Call to register your family! (805) 385-8163

Seeking Volunteers for New Program

STOP
Seniors Tackling the Opioid Problem

Our goal is to educate our seniors about opioids, how to prevent an overdose, how to respond to an overdose, talking to your Grandkids, securing your medication, and proper medication disposal. STOP would like to know if our seniors have any topics they would like to know more about regarding medicines, educating teens and young adults, opioids, etc. Look for our Wed. dates on the calendar and visit our STOP volunteers to talk to them about your topics for future presenters.

Want to be a part of fighting our opioid epidemic? For more information on becoming a STOP volunteer email Valerie.rodriguez@oxnard.org or contact Marisue (805) 385-8023.

Senior Services Rummage Sale
Wilson Senior Center—350 N."C" St. (Palm St. lot)
Saturday, August 17 ONLY 7:30 A.M. - 1:30 P.M.
SELLERS WANTED!
Reserve a space to sell your clothes, furniture, crafts, books, toys, or unwanted household items!
1 space for \$20, 2 spaces for \$30, 3 spaces for \$40
You will receive a standard car parking space to display and sell your items. You must provide your own tables, canopy, chairs & change. Last day to purchase is Aug.9th
For more information call
Desire' Ventura (805) 385-8042

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

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

August 2019

	Mon	Tue	Wed	Thu	Fri
EVERY DAY AT WILSON...	9:30 Tai Chi Chih DVD-DR	9:30 Bone Builders-AB	9:30 Tai Chi Chih-Class-DR	9:30 Bone Builders-AB	9:30 Tai Chi Chih Class-DR
		10:00 Nifty Needlers-ACT		10:30 Zumba with Esther	10:00 Ukulele Group 1st and 3rd Fri - AB
	10:30 Zumba with Esther-DR (\$2 donation)	10:30 Zumba with Esther-DR	11:00 Wii Bowling	11:00 Wii Bowling	10:30 Art Club-ACT
	11:00 Wii Bowling-DR	11:00 Wii Bowling-DR	1:00 Tai Chi-AB (Starts June 10th)	1:30 Ballroom Dance-AB	1:00 Jewelry Class
	1:00 Loteria Mexicana	1:15 BINGO (\$2)-DR	1:30 Line Dancing-DR	2:30 Bone Builders-ACT	1:30 Senior Friendly Gathering-ACT
	1:00 Tai Chi-AB (Starts June 10th)	2:30 Loteria Mexicana	3:15 Bone Builders-AB		
	3:15 Bone Builders-AB	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	2 1:30-3:00 Tell your story through art (Sponsored by Kaiser)
5 9:30 Low Vision Wellness group	6 9:00 Ventura County Adult Day Healthcare info booth 11:00 Shop 4 Health	7 9:00 Grey Law ++	8 9:30 Connections Computer Tutoring 1:00-3:00 Dominos group	9 Last day to purchase rummage sale spaces
12 9:30 Low Vision Wellness group Last day to buy tickets for Summer BBQ	13 9:00 Grey Law ++ 10:00 Connect Hearing Class	14 11:15 am-12pm STOP Program (Seniors Tackling the Opioid Problem) and Drug takeback	15	16 10-2pm End of Summer BBQ Celebration at Wilson Rose Garden! Must buy ticket for entry. Wilson Center closed
19 9:30 Low Vision Wellness group	20	21	22 9:30 Connections Computer Tutoring	23
26 9:30 Low Vision Wellness group	27	28	29	30 12:00 B-Day Celebrations

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

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

August 2019

	Mon	Tue	Wed	Thu	Fri
EVERY DAY AT PALM VISTA...	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 10:00 St. John's Exercise	2
5	6	7	8 10:00 Rethink your drink presentation	9 10:30 HICAP Last day to purchase rummage sale spaces
12 Last day to buy tickets for Summer BBQ	13 10:00 Medicare Insurance Info booth 10am-12:00 Connections Computer Tutoring Class and Presentation	14 10:00 Cal-Fresh Info booth 10:45 STOP Program (Seniors Tackling the Opioid Problem) and Drug takeback	15 10:00 St. John's Exercise	16 10-2pm End of Summer BBQ Celebration at Wilson Rose Garden! Must buy ticket for entry. Palm Vista Center closed
19	20	21	22 10:00 Catholic Charities Info booth 10:00 Medicare Insurance info booth	23 6:30pm Outdoor Movie Night! Free event! Call Palm Vista to register
26 9:00 St. John's Wellness Clinic	27 10am-12:00 Connections Computer Tutoring Class and Presentation	28	29	30 12:00 B-Day Celebrations

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