



Moorpark
Life can be this good

Moorpark Active Adult Center

News

March 2026 Vol. 36 No. 3

Hello everyone!

Tax preparation is going strong at the AAC. AARP is here to prepare taxes on Wednesdays through April 8th. We still have appointments available so if you need an appointment, call us soon at (805)517-6261. Please remember AARP will only process simple returns. You can refer to the AAC webpage where you will find a list of the returns AARP will and will not complete.

Our next lunch party will be the Luau on April 15. We have some great entertainment on deck so sign-up today by calling (805)517-6261. See page 7 of this newsletter for more info.

Speaking of lunch entertainment, David Omlor, our volunteer guitar instructor, will be playing live music during lunch on Thursdays! It's guaranteed to be a good time. Make sure you make lunch reservations with the kitchen (805-517-6262) before 10:30 a.m. if you would like lunch with your music.

Do you rent a house or an apartment in Ventura County? If so, you should attend the Housing Right Workshop for Ventura County tenants. This workshop will review your tenant rights and provide valuable information. The workshop will be held in person at the Community Center, or via zoom. You must register in advance. See page 5 for info on how to register. Please see staff if you need help with registration.

Have an amazing March!

Wendy, Claudia, & Janet

(Spanish Translation on page 2)

Inside this issue:

Volunteer	3
Events	4-7
Sponsors	8
Arts & Crafts	9-10
Movies	11
Cards & Games	11
Health & Fitness	12
Class Schedule (English)	13
Class Schedule (Spanish)	14
Walking/Hiking Club	15
Brain Puzzle	16
VCAA Senior Nutrition	17
Haircuts	18
Community	19

Holiday closures:

March 30—Cesar Chavez Day



Staff:

Wendy Hibner, AAC Supervisor

Claudia Berumen, Recreation Program Specialist

Janet Harter, Senior Nutrition Coordinator



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Centro Adultos Activos Moorpark

Noticias

Marzo 2026 Vol. 36 No. 3

¡Hola a todos!

La preparación de impuestos en el AAC va viento en popa. AARP está aquí para preparar impuestos los Miércoles hasta el 8 de Abril. Aún tenemos citas disponibles, así que si necesita una, llámenos pronto al (805)517-6261. Recuerde que AARP solo procesa declaraciones simples. Puede consultar la página web del AAC donde encontrará una lista de las declaraciones que AARP procesará y las que no.

Nuestra próxima fiesta con almuerzo será el Luau el 15 de Abril. Tenemos entretenimiento genial, así que inscríbese hoy mismo llamando al (805)517-6261. Consulte la página 7 de este boletín para obtener más información.

Hablando de entretenimiento para el almuerzo, David Om-lor, nuestro instructor voluntario de guitarra, ¡tocará música en vivo los Jueves! ¡Será un momento divertido! Si desea un almuerzo con música, asegúrese de reservar en la cocina (805-517-6262) antes de las 10:30 a.m.

¿Alquila una casa o un apartamento en el condado de Ventura? Si es así, le recomendamos asistir al Taller sobre el Derecho a la Vivienda para inquilinos del condado de Ventura. Este taller revisará sus derechos como inquilino y le brindará información valiosa. El taller se realizará en persona en el Centro Comunitario o por Zoom. Debe registrarse con anticipación. Consulte la página 6 para obtener información sobre cómo registrarse. Si necesita ayuda con la inscripción, consulte al personal.

¡Que tenga un Marzo increíble!

Wendy, Claudia, & Janet

Dentro de la edición

Voluntario	3
Eventos	4-7
Patrocinadores	8
Arte y Artesanía	9-10
Película	11
Cartas y Juegos	11
Salud y Estado Fisico	12
Horario de Clase (Ingles)	13
Horario de Clase (Español)	14
Grupo de Caminar/Caminata	15
Rompecabezas	16
VCAAA Nutrición	17
Cortes de Pelo	18
Comunidad	19

**Cierre por vaca-
Marzo 30—Día de
Chávez**

**ciones:
César**



Personal:

Wendy Hibner, AAC Supervisora
Claudia Berumen, Especialista en Programas de Recreación
Janet Harter, Coordinadora de Nu-

EVENTS



HOME DELIVERED MEALS VOLUNTEER DRIVERS NEEDED!



HELP HOMEBOUND SENIORS IN OUR COMMUNITY!

Hours are: 10:00 am - 12:00 pm
Thursdays & Fridays

- *A vehicle, valid driver's license & current auto insurance is required.**
- *Mileage reimbursement available***

Please call the front desk if you are interested!

805-517-6261

MOORPARK ACTIVE ADULT CENTER
799 Moorpark Avenue

Made with PosterMyWall.com

EVENTS



Let the AAC help you download the app and book your ride today on the MCT on Demand!

¡Deje que AAC lo ayude a descargar la aplicación y reservar su viaje hoy en MCT on Demand!

The AAC can help with:

- Downloading app
- Creating an account
- Book rides

This transit program is available to everyone traveling within Moorpark.

Nosotras podemos ayudar con:

- Descargando la aplicación
- Creando una cuenta
- Reservar paseos

Este programa de tránsito está disponible para todos los que viajan dentro de Moorpark.

Call the front desk at 805-517-6261 and make an appointment with us today!

¡Llame a la recepción al 805-517-6261 y programe una cita con nosotros hoy!

Moorpark Active Adult Center

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EVENTS



HOUSING RIGHTS WORKSHOP

VENTURA COUNTY TENANTS

DATE:

Thursday, March 19, 2026
6:00 pm - 8:00 pm



TOPICS:

- Fair housing laws, including disability accommodations, source of income, and protections for families with children
- Eviction process, rent increases, and more
- Tenant protections in California, Oxnard, and Ojai

* Spanish interpretation will be provided.

LOCATION:

In-person option:
Community Center,
Apricot Room
799 Moorpark Ave.
Moorpark, CA 93021

Virtual option:
Zoom meeting-
Link provided upon
registration.



Registration is encouraged online:

WWW.HOUSINGRIGHTSCENTER.ORG/WORKSHOPS

QUESTIONS ABOUT THIS EVENT?

OUTREACH@HOUSINGRIGHTSCENTER.ORG

EVENTS



TALLER SOBRE DERECHOS DE VIVIENDA INQUILINOS DEL CONDADO DE VENTURA

FECHA:

Jueves, 19 de marzo de 2026
6:00 pm - 8:00 pm



TEMAS:

- **Leyes de vivienda justa**, incluyendo fuente de ingresos, acomodaciones para personas con discapacidades, protecciones para familias con niños
 - **Proceso de desalojo, aumentos de renta y más**
 - **Protecciones para inquilinos** en California, Oxnard y Ojai
- * Se proveera interpretacion en Español.

LUGAR:

Opción en persona:
Community Center,
Apricot Room
799 Moorpark Ave.
Moorpark, CA 93021

Opción virtual:
Se proporcionará
el enlace de Zoom
después de la
registración



Se recomienda la inscripción:

WWW.HOUSINGRIGHTSCENTER.ORG/WORKSHOPS

¿PREGUNTAS SOBRE ESTE EVENTO?
OUTREACH@HOUSINGRIGHTSCENTER.ORG

EVENTS

MOORPARK ACTIVE ADULT CENTER presents

LIVE MUSIC WITH DAVID

THURSDAYS at 11:45 a.m.

Lunch is served in the main dining area beginning at 11:45 a.m.-12:15 p.m. for guests 60 years or better. Please call (805)517-6262 before 10:30a.m. on the day of lunch for reservations.

MOORPARK ACTIVE ADULT CENTER

SPRING LUAU

-SAVE THE DATE-

Wed, April 15, 2026

RESERVATIONS REQUIRED. FOR MORE INFO OR RESERVATIONS PLEASE CALL 805-517-6261

Lunch: 11:45 am

Special Entertainment: Jim Friery

SPONSORS



Do You Need Assistance Caring For a Loved One?

Our Services

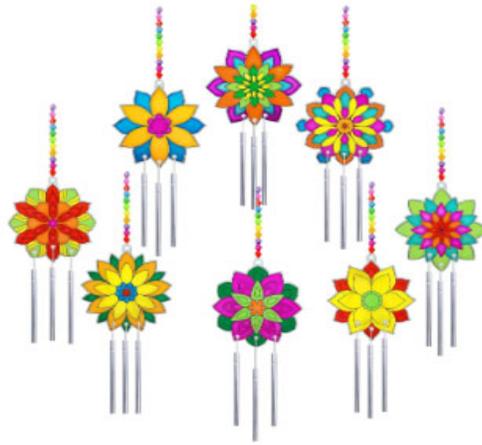
- Safety Supervision/Transportation
- Dressing/Bathing Assistance
- Medication Reminders
- Meal Preparation
- Light Housekeeping
- and many more services

Call (805)222-4675 for a free care
consultation or visit [https://
www.rightathome.net/simi-valley/](https://www.rightathome.net/simi-valley/)



Moorpark Active Adult Center

Suncatcher Wind Chime



Wednesday, March 11

10:00 AM | COST: \$5

**Members 55+ can register today by
calling the front desk at 805-517-6261.**

799 MOORPARK AVE.

ARTS & CRAFTS

Container Gardening

Next class, Thursday, March 19, 10:30 am, \$5

Shar Lugo, president of the Simi Valley Busy Hands garden club creates a monthly gardening project. A \$5 material fee includes the plants, container and instruction needed for the project. Call 517-6261 to register.

Gourd Art

Current 8-week session, February 10 - March 31

Next 8-week session, April 21 - June 9

Cost: \$40 + \$10 supply fee

This 8-week session is held Tuesdays. Instructor Arline Erickson will help you create a beautiful piece of gourd art during the 8 weeks. Artists use multiple techniques to create gourd art masterpiece, which can be carved, wood-burned, painted, dyed, inlaid, coiled, woven and other embellishment techniques. For more information, please call 517-6261.

Painting Group

Tuesdays, 9:00 am

This group meets weekly to work on painting projects you are currently working on in a group setting. You bring your supplies and creativity and we will provide the space to create.

Arts & Crafts

Wednesday, March 11, 10:00 am, \$5

This class will create a different arts and crafts project each month. In March you will create a project similar to the picture on the right—Suncatcher Wind Chime. The class costs \$5 per project. Sign-up by calling the front desk at 517-6261. Can't make the class but still want to do the project? We will have the supplies available all month for \$5. You can stop by 8am-4pm, Monday through Friday to complete the project.



Knit & Crochet *NO CLASS 3/30

Mondays, 9:00 am

This groups creates beautiful lap robes, beanies and baby blankets to be donated to local organizations, including the Ventura County Ombudsman program and First 5. Stop by for some great company while you knit or crochet.



Guitar

Fridays, 9:30 am

Do you own a guitar and would like to learn to play? Or maybe you know how to play, but would like to play with a group? Stop by the guitar group on Fridays at 10am for an informal guitar group. Volunteer David Omlor helps guide the class each week to play new songs. No registration required. Please bring a music stand and capo if available.

MOVIES

The AAC will be showing a movie on select Fridays of every month. No reservations necessary.

March 13

The Roses

2025, R, 1h 45m



-A tinderbox of competition and resentments underneath the facade of a picture-perfect couple is ignited when the husband's professional dreams come crashing down.

March 27

My Mother's Wedding

2023, R, 1h 35m



-Three sisters return to their home for the third wedding of their twice-widowed mother. But the mother and daughters are forced to revisit the past and confront the future, with help from a colorful group of unexpected wedding guests.



CARDS & GAMES

The following game groups are led by volunteers and may be canceled on occasion.

Social Bridge *NO CLASS 3/30

Mondays—12:30 pm

Duplicate Bridge *NO CLASS 3/30

Mondays—11:45 am

*contact group leader

Chess Club

Tuesdays—1:00 pm

Canasta

Wednesdays— 1:00 pm

Mah Jongg

Thursdays—9:30 am

Board Games—Rummikub

Fridays — 9:30 am

Rummikub



HEALTH & FITNESS

All classes are free unless otherwise noted.

Bocce Ball

Fridays, 8-11 a.m.—Tierra Rejada Park

Dance Cardio Exercise

Tuesdays, 10:30 –11:30 a.m.

***35 participant maximum**

Chair Exercise (strength/cardio/stretching DVD)

Thursdays, 12:30 –1:30 p.m.

Line Dancing with Linda—Beginner/Intermediate ***NO CLASS 3/30**

Mondays, 8:30 –9:30 a.m.—beginner steps (teaching)

Mondays, 9:30 –10:30 a.m.—beginner/inter class

Line Dancing with Espie and Cathy—Improver/Intermediate

Thursdays, 9:30 –11:30 a.m.

Line Dancing —Advanced

Wednesdays, 1:15-3:00 p.m.

Line Dancing —Improver/Intermediate

Fridays, 9:45—11:45 a.m.

Pickleball

Tuesdays, 8:00 –11 a.m.

Arroyo Vista Recreation Center

Strength Training ***NO CLASS 3/30**

Mon/Wed/Fri, 11 a.m.—12 p.m.

Mon/Wed, 12:30 p.m.—1:30 p.m.

\$1/class, \$10/month

*40 people maximum on M/W & 30 people maximum on Friday.

*Participants encouraged to bring own equipment (hand weights, bands & exercise ball).

Table Tennis ***NO CLASS 3/30**

Mondays, 8:30am-11am

Fridays, 12:30-4pm

Tai Chi

Thursdays, 9 –10:00 a.m.

Walking/Hiking Club

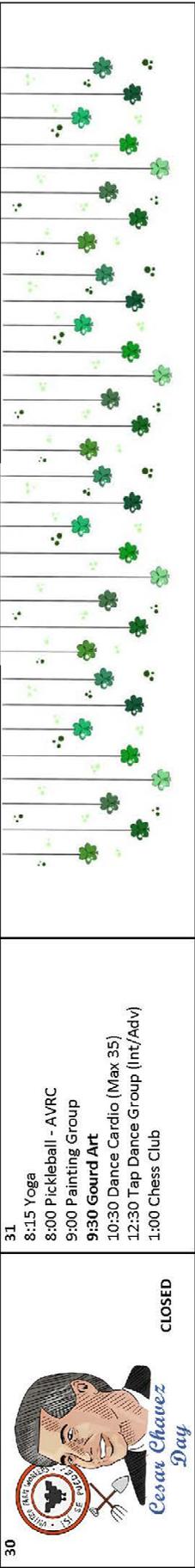
2nd and 4th Wednesdays—see schedule for times

Yoga

Tuesdays and Fridays, 8:15—9:30 a.m.

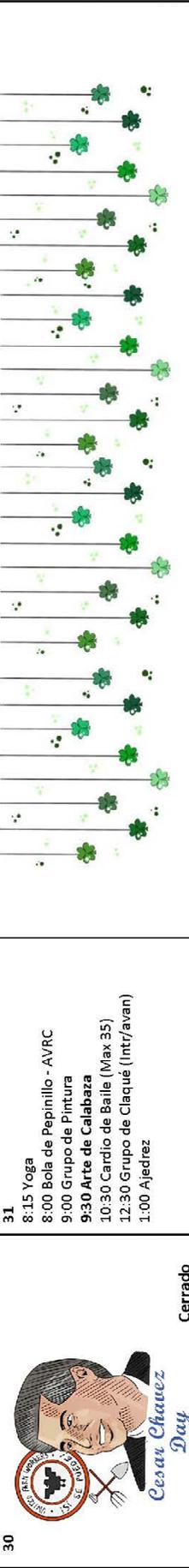


March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30 Table Tennis 8:30 Beginner Line Dance – Teach 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) 11:00 Strength Training (Max 40) 12:30 Strength Training (Max 40) 11:45 Duplicate Bridge 12:30 Social Bridge</p>	<p>3</p> <p>8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group 9:30 Gourd Art 10:30 Dance Cardio (Max 35) 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club</p>	<p>4</p> <p>9:30 Recorders 11:00 Strength Training (Max 40) 12:30 Strength Training (Max 40) 1:00 Canasta 1:15 Line Dance (Advanced)</p>	<p>5</p> <p>9:00 Tai Chi 9:30 Mah Jongg 9:30 Line Dance (Improve /Int.) 12:30 Tap Dance Group (Int/Adv) 12:30 Chair Exercise</p>	<p>6</p> <p>8:00 Bocce Ball- Tierra Rejada Park 8:15 Yoga 9:30 Board Games – Rummikub 9:45 Line Dance (Improve /Int.) 9:30 Guitar Group 11:00 Strength Training (Max 30) 12:30 Table Tennis</p>
<p>9</p> <p>8:30 Table Tennis 8:30 Beginner Line Dance – Teach 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) 9:30 Haircuts 11:00 Strength Training (Max 40) 12:30 Strength Training (Max 40) 11:45 Duplicate Bridge 12:30 Social Bridge</p>	<p>10</p> <p>8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group 9:30 Gourd Art 10:30 Dance Cardio (Max 35) 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club</p>	<p>11</p> <p>9:00 Hiking Group – Off Site 9:30 Recorders 10:00 Arts & Crafts 11:00 Strength Training (Max 40) 12:30 Strength Training (Max 40) 1:00 Canasta 1:15 Line Dance (Advanced)</p>	<p>12</p> <p>9:00 Tai Chi 9:30 Mah Jongg 9:30 Line Dance (Improve /Int.) 12:30 Tap Dance Group (Int/Adv) 12:30 Chair Exercise</p>	<p>13</p> <p>8:00 Bocce Ball- Tierra Rejada Park 8:15 Yoga 9:30 Board Games – Rummikub 9:45 Line Dance (Improve /Int.) 9:30 Guitar Group 11:00 Strength Training (Max 30) 12:30 Table Tennis 12:45 Movie: The Roses</p>
<p>16</p> <p>8:30 Table Tennis 8:30 Beginner Line Dance – Teach 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) 11:00 Strength Training (Max 40) 12:30 Strength Training (Max 40) 11:45 Duplicate Bridge 12:30 Social Bridge</p>	<p>17</p> <p>8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group 9:30 Gourd Art 10:30 Dance Cardio (Max 35) 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club</p>	<p>18</p> <p>9:30 Recorders 11:00 Strength Training (Max 40) 12:30 Strength Training (Max 40) 1:00 Canasta 1:15 Line Dance (Advanced)</p>	<p>19</p> <p>9:00 Tai Chi 9:30 Mah Jongg 9:30 Line Dance (Improve /Int.) 10:30 Container Gardening 12:30 Tap Dance Group (Int/Adv) 12:30 Chair Exercise</p>	<p>20</p> <p>8:00 Bocce Ball- Tierra Rejada Park 8:15 Yoga 9:30 Board Games – Rummikub 9:45 Line Dance (Improve /Int.) 9:30 Guitar Group 11:00 Strength Training (Max 30) 12:30 Table Tennis</p>
<p>23</p> <p>8:30 Table Tennis 8:30 Beginner Line Dance – Teach 9:00 Knit/Crochet Group 9:30 Line Dance (Beg/Int) 9:30 Haircuts 11:00 Strength Training (Max 40) 12:30 Strength Training (Max 40) 11:45 Duplicate Bridge 12:30 Social Bridge</p>	<p>24</p> <p>8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group 9:30 Gourd Art 10:30 Dance Cardio (Max 35) 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club</p>	<p>25</p> <p>9:00 Hiking Group – Off Site 9:30 Recorders 11:00 Strength Training (Max 40) 12:30 Strength Training (Max 40) 1:00 Canasta 1:15 Line Dance (Advanced)</p>	<p>26</p> <p>9:00 Tai Chi 9:30 Mah Jongg 9:30 Line Dance (Improve /Int.) 12:30 Tap Dance Group (Int/Adv) 12:30 Chair Exercise</p>	<p>27</p> <p>8:00 Bocce Ball- Tierra Rejada Park 8:15 Yoga 9:30 Board Games – Rummikub 9:45 Line Dance (Improve /Int.) 9:30 Guitar Group 11:00 Strength Training (Max 30) 12:30 Table Tennis 12:45 Movie: My Mother's Wedding</p>
<p>30</p>  <p>Cesar Chavez Day CLOSED</p>	<p>31</p> <p>8:15 Yoga 8:00 Pickleball - AVRC 9:00 Painting Group 9:30 Gourd Art 10:30 Dance Cardio (Max 35) 12:30 Tap Dance Group (Int/Adv) 1:00 Chess Club</p>			

Class schedule is subject to change. * Lunch is served Monday-Friday 11: 45am-12:15pm. Reservation must be made by 10:30am day of. \$4.00 suggested donation for 60 years or better. \$9.00 required for 59 and under. Call (805)517-6262 for lunch reservations. *

Marzo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30 Tenis de Mesa 8:30 Baile en Línea para Principiantes-Enseñar 9:00 Grupo de Punto/Crochet 9:30 Baile en Línea (Prim/Intr) 11:00 Entrenamiento de Fuerza (Max 40) 12:30 Entrenamiento de Fuerza (Max 40) 11:45 Puente Duplicado 12:30 Puente Social</p>	<p>3</p> <p>8:15 Yoga 8:00 Bola de Pepinillo - AVRC 9:00 Grupo de Pintura 9:30 Arte de Calabaza 10:30 Cardio de Baile (Max 35) 12:30 Grupo de Claqué (Intr/avan) 1:00 Ajedrez</p>	<p>4</p> <p>9:30 Grupo de La Flauta Dulce 11:00 Entrenamiento de Fuerza (Max 40) 12:30 Entrenamiento de Fuerza (Max 40) 1:00 Canasta 1:15 Baile en Línea (Avanzada)</p>	<p>5</p> <p>9:00 Tai Chi 9:30 Mah Jongg 9:30 Baile en Línea (Mejorar /Int) 12:30 Grupo de Claqué (Int/avan) 12:30 Ejercicio en Silla</p>	<p>6</p> <p>8:00 Bola de Bochas - Parque Tierra Rejada 8:15 Yoga 9:30 Juegos de Mesa – Rummikub 9:45 Baile en Línea (Mejorar /Int) 9:30 Grupo de Guitarra 11:00 Entrenamiento de Fuerza (Max 30) 12:30 Tenis de Mesa</p>
<p>9</p> <p>8:30 Tenis de Mesa 8:30 Baile en Línea para Principiantes-Enseñar 9:00 Grupo de Punto/Crochet 9:30 Baile en Línea (Prim/Intr) 9:30 Cortes de Pelo 11:00 Entrenamiento de Fuerza (Max 40) 12:30 Entrenamiento de Fuerza (Max 40) 11:45 Puente Duplicado 12:30 Puente Social</p>	<p>10</p> <p>8:15 Yoga 8:00 Bola de Pepinillo - AVRC 9:00 Grupo de Pintura 9:30 Arte de Calabaza 10:30 Cardio de Baile (Max 35) 12:30 Grupo de Claqué (Intr/avan) 1:00 Ajedrez</p>	<p>11</p> <p>9:00 Grupo de Caminata-Fuera del sitio 9:30 Grupo de La Flauta Dulce 10:00 Artes y Manualidades 11:00 Entrenamiento de Fuerza (Max 40) 12:30 Entrenamiento de Fuerza (Max 40) 1:00 Canasta 1:15 Baile en Línea (Avanzada)</p>	<p>12</p> <p>9:00 Tai Chi 9:30 Mah Jongg 9:30 Baile en Línea (Mejorar /Int) 12:30 Grupo de Claqué (Int/avan) 12:30 Ejercicio en Silla</p>	<p>13</p> <p>8:00 Bola de Bochas - Parque Tierra Rejada 8:15 Yoga 9:30 Juegos de Mesa – Rummikub 9:45 Baile en Línea (Mejorar /Int) 9:30 Grupo de Guitarra 11:00 Entrenamiento de Fuerza (Max 30) 12:30 Tenis de Mesa 12:45 Película: The Roses</p>
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Cerrado

El horario de clases está sujeto a cambios. *El almuerzo se sirve de lunes a Viernes a Viernes de 11:45 a. m. a 12:15 p. m. Las reservas deben hacerse antes de las 10:30 a. m. del día. Se sugiere una donación de \$4.00 para personas mayores de 60 años. Se requiere una donación de \$9.00 para personas menores de 59 años. Para reservar el almuerzo, llame al (805)517-6262.*

WALKING/HIKING CLUB

Moorpark Active Adult Center offers our Walking/Hiking Club outings on the 2nd & 4th Wednesdays of every month. Pre-registration is not required, but you should register your email with the hiking group before your first hike for current updates. Email aac@moorparkca.gov to be added to the hiking list. Participants should be physically fit and prepared for trails with at least some rocky and/or uneven surfaces. No pets allowed. Rain or fire cancels and you will be notified of cancellations via your registered email.



March 2026 Hikes

Wednesday, March 11, 2026 9-11 a.m.

Location: Oak Creek Loop to Los Robles/Los Padres Loop

4 mile with about 500' elevation gain/loss. On the south side of the Conejo Valley, these well-maintained trails traverse oak woodlands, grasslands, sage scrub and chaparral, offering a nice sampling of native plant communities in our local open space. Meet at Oak Creek Canyon trailhead. From 101 freeway in T.O.: Drive south on Moorpark Rd about 1/2 mile. Turn right on Greenmeadow and continue driving 1/2 mile to parking area.

Wednesday, March 25, 2026 9-11 a.m.

Location: Coyote Hills to Canyon View Trail in Simi Valley

3.5 mile loop with about 500' elevation gain/loss. Explore local trails near Wood Ranch, Bridle Path & Simi homes. From a neighborhood park, trails rise to a ridge with views across the valley and beyond. Meet at Coyote Hills Park in Simi Valley. 275 Valley Gate Road. From 23 freeway in Moorpark, drive east on Tierra Rejada 3 1/2 miles. Right on Sinaloa Rd 2 miles. Right on valley Gate 0.2 miles to park on left.

For directions to trail heads, to be added to the hiking group email group or for any questions, call the AAC at 517-6261 or email aac@moorparkca.gov.

PUZZLE



St. Patrick's Day Word Search



P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	N	D	O	W	T	L	K	Y	D	O	S
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A



CLOVER	IRELAND	PARADE
COINS	IRISH	PATRICK
CORNED BEEF	LEPRECHAUN	POT OF GOLD
TRADITION	LUCK	RAINBOW
GREEN	MARCH	SHAMROCK



CRAYONSANDCRAVINGS.COM

VENTURA COUNTY AREA AGENCY ON AGING

The Moorpark Active Adult Center is one of several county-wide meal sites offered through the Ventura County Area Agency on Aging. Currently, the Senior Nutrition Program provides nutritionally balanced meals delivered to residents of Moorpark age 60 years or better. A combination of hot and frozen meals are delivered by staff. To receive an application for Home Delivered Meals service, please contact the Active Adult Center Senior Nutrition Coordinator at 805-517-6262. The Senior Nutrition Coordinator will contact the applicant to discuss program details and eligibility requirements.

Please join us for our on-site congregate lunch. You must make reservations BEFORE 10:30am for lunch. Lunch is served from 11:45am—12:15pm. A Voluntary contribution of \$4/meal is accepted but not mandatory. Please contact the kitchen for more information.



Ventura County Area Agency on Aging (VCAAA) publishes a great resource for seniors, caregivers and people with disabilities. Use the QR code below or click the resource guide for the complete resource guide.



FREE HAIRCUTS

by Rodney



HAIRCUT ONLY!

NO BLOW DRY OR STYLING



20 MIN APPTS



Starting at 8:15 am, there will be a sign-in-sheet available. A total of twelve appointments will be available. Kindly wait for your name to be called.

EVERY 2ND & 4TH MONDAY, STARTING @ 9:30AM

MOORPARK ACTIVE ADULT CENTER

COMMUNITY PROGRAMS

AARPSM
Tax-AideTM

February 4—April 8
Febrero 4—Abril 8

Appointments available in Moorpark on
Wednesdays for individuals 55+.

Call (805)517-6261 for an appointment.

You are required to arrive 30 minutes before
your appointment.

Citas disponibles en Moorpark los Miércoles
para personas mayores de 55 años.

Llame (805)517-6261 para programar una cita.

Debe llegar 30 minutos antes de su cita.



California Lutheran University

Fifty and Better

Register Today for Fifty and Better's Spring Four-Week Courses and Activity Classes:

www.callutheran.edu/fab

Fifty and Better's Spring four-week courses and activity classes are coming soon! Those 50 and better can learn join spring courses beginning in March on topics including Ancient Rome in Rome Today, *Rolling Stone* Magazine and San Francisco Counterculture, and more. Over half of the spring can be attended in-person at the Thousand Oaks campus. All courses are can be attended virtually on Zoom and are recorded. Activity classes (Virtual Chair Yoga, Qigong, Tai Chi, and NEW Zumba Gold) all begin soon too!

MOORPARK ACTIVE ADULT CENTER

City of Moorpark
799 Moorpark Avenue
Moorpark, CA 93021

Features This Month:

- Arts & Crafts—March 11
- Container Gardening— March 19
- AAC Closed— March 30—Cesar Chavez Day



Place Mailing Label Here

AGES 55+ ARE INVITED TO PARTICIPATE IN ACTIVE ADULT CENTER ACTIVITIES.

The Moorpark Active Adult Center News is published by the Moorpark Active Adult Center. The Center welcomes your comments, suggestions and questions regarding our monthly newsletter. Please call or write:

CITY HALL

323 Science Drive
Moorpark, CA 93021
805-517-6200
Website: www.moorparkca.gov

EDITOR

Moorpark Active Adult Center
799 Moorpark Avenue
Moorpark, CA 93021
Monday - Friday, 8:00 a.m. - 4:00 p.m.
Saturday & Sunday: CLOSED
Front Desk Phone: 805-517-6261
Email: AAC@moorparkca.gov
805-517-6261 for general inquiries and reservations
805-517-6262 for the Senior Nutrition Program

Local Emergency Updates:

Website - www.vcemergency.com
TV – Channel 10 (Spectrum) or Channel 99 (AT&T U-Verse)
Radio, Primary - KHAY (FM) 100.7
KVEN (AM) 1450

