

City of Westlake Village Senior Recreation Spring 2021 Brochure

The City of Westlake Village Senior Recreation Programs are offered in cooperation with the Conejo Recreation and Park District. Please call 805-375-1003 with any questions about registration or class availability. Mail registration forms to the Dos Vientos Center, 4801 Borchard Rd., Newbury Park, CA 91320. Classes are held online through ZOOM links that will be provided by the instructors before the start of class.

- Online, phone and Mail-In Registration will begin on **3/15**
 - **YOU WILL NOT HAVE ACCESS TO ONLINE REGISTRATION UNTIL 9:00am.**
 - **In-City participants will be able to sign up online and receive In-City rate. Out of City participants must call to register 805-375-1003**

Attention Out-of-City Residents/ Non-Seniors: Please note that pricing varies per class and that there are separate registration fees for non-residents and non-seniors. Non-residents are considered anyone whose address is outside of the City of Westlake Village – Los Angeles County. If you are not a City of Westlake Village resident, please see the Out-of-City price that is listed in red.

Out-of-City Residents /Non-Senior Fee is \$50 for the following classes:

Zoom- Yoga Basics

For healthy active, beginning, and continuing students. More physically and mentally challenging yoga exercises to strengthen, stretch, and energize the bones, muscles, joints, organs, and respiratory system. Yoga experience is recommended. **Monday Class:** Bring both a Yoga block and strap to class Instructor: Lisa Wildermuth. **No Class 5/3 and 5/5** **Enrollment: Max 28**

8500.2211	Monday	9:00-10:00am	\$10	3/29-5/24	8 wks
8501.2211	Wednesday	9:00-10:00am	\$10	3/31-5/26	8 wks

Zoom- Gentle Yoga Basics

A gentle practice for those with the need to move more slowly. Can move from floor to standing and vice versa. Yoga exercises strengthen, stretch, and energize the bones, muscles, joints, organs, and respiratory system. Bring both a Yoga block and strap to class. Instructor: Lisa Wildermuth. **No Class 5/3 and 5/5**

Enrollment: Max 28

8503.2211	Monday	10:15-11:15am	\$10	3/29-5/24	8 wks
8504.2211	Wednesday	10:15-11:15am	\$10	3/31-5/26	8 wks

Zoom- Introduction to Ukulele

This class will get absolute beginners, and those with some experience, strumming chords and playing simple melodies by class end. Sing-alongs and Hawaiian Culture will also be included in the class. Instructor: James Swing UCLA EthnoMusic Grad. **Enrollment: Max 12**

8531.2211	Friday	3:00-4:00pm	\$10	4/2-5/21	8 wks
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Out-of-City Residents Fee/Non-Senior Fee is \$65 for the following classes:

*Zoom- Art Trek

This class is open to all ages. We shall paint, use pastels and colored pencils, and thoroughly enjoy our days together! Materials can be picked up at Art Trek's studio in Newbury Park. **\$15 Lab Fee Due at Sign Up** Instructor: Art Trek. **Enrollment: Max 20**

8529.2211	Wednesday	1:00-2:30pm	\$10	3/31-4/21	4 wks
8529.2212	Wednesday	1:00-2:30pm	\$10	4/28-5/19	4 wks

Out-of-City Residents Fee/Non-Senior Fee is \$88 for the following classes:

Zoom- Introduction to iPhone/iPad

Congratulations, you may have finally gotten your own iPhone or iPad! In this two-week course, you'll be guided through how to make calls, send emails, send texts, take photos, include photos in an email and use the internet to find information. Each session comes with instructional handouts so you can practice at home. (For Apple devices only). Instructor: Technology4Life. **Enrollment: Max 10**

8533.2211	Tuesday	10:00am-11:30am	\$10	3/30-4/6	2 wks
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Zoom- Online Survival Toolkit

In this age of staying home more and going out less, let us show you a few key skills you can use to get things done without ever leaving your home. In this workshop, we will show you more about how to use Zoom, teach you about a grocery shopping app, food delivery apps, and show you a prescription online app to save you time and money. Now you can have things shipped right to your door with just a click! Instructor:

Technology4Life **Enrollment: Max 10**

8534.2211	Tuesday	10:00am-11:30am	\$10	4/13-4/20	2 wks
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