

Simi Valley Senior Center

News Bytes

Serving the Seniors
of Simi Valley

Friday, May 9, 2008



Simi Valley
Senior Center

News Bytes are sent out the first three Fridays of each month.

For additional information on the programs and activities available at the Senior Center please go to our Website.

Simi Valley Senior Center is located at: 3900 Avenida Simi, Simi Valley, CA 93063, (805) 583-6363.

This Week!

Senior Health Community Lecture Series

High Blood Pressure?

May 13, 2008

1:00 pm to 2:00 pm

Location: Simi Valley Senior Center

(805) 583-6363, Call to make a reservation.

Everyone knows that high blood pressure is a bad thing. Learn why it is so dangerous, and how it can be prevented. Discover how high blood pressure is diagnosed? and the benefits, possible side effects and other issues related to blood pressure lowering medication. Nurse Practitioner Mary Haynes will address these issues in her presentation, including opportunities for questions from the audience.



Deals On Wheels

On Friday, May 14, Senior Nutrition Action Council (SNAC) will host **Deals on Wheels** at the Simi Valley Senior Center in the Multi-purpose room. Gently used items will be for sale with the proceeds going towards the Simi Valley Senior Nutrition program. Sales will begin at 9:00 am and continue until 11:00 am.

Make sure you arrive early to pick up some great deals.



AARP Driver Refresher Course

Summer is here and even with the high price of fuel many of us are still planning a driving vacation. Did you know if you have taken the 8 hour AARP Driver Safety Course in the past 5 years, you are eligible to enroll in the 4 hour refresher course? It is available on Monday, May 19th at the Senior Center beginning at 1:00 p.m. The cost is \$10 per person and besides becoming a safer driver, you may be eligible for a discount on your automobile insurance. So tune up your driving skills and update your knowledge on the rules of the road. Call 583-6363 to make a reservation.



Editor:

Robert Martin

Senior Excursions

Santa Barbara - **Canceled**

Palm Springs Follies 5/16 **FULL**

Queen Mary & Show 6/22

Solvang & Chumash Casino
6/26

Pageant Of the Masters &
Laguna Arts Festival 7/16

Avi Casino 7/22-24

Aquarium Of Pacific 8/13

Huntington Library & Norton
Simon Museum 8/27

Senior Center Resource Center

Senior Concerns Advocate
Counseling 5/19

Save on your Utility Bills 5/20

Future Events/News

High Blood Pressure? 5/13

Deals On Wheels 5/14

AARP Drivers Safety 5/19

Can You Pass the Street Smart
IQ Test? 5/29

Senior Center Closed

May 26, 2008

July 4, 2008



CITY OF SIMI VALLEY