

"GOOD TO KNOW" August 2023 Newsletter

National Days in August

- August 6 Friendship Day
- August 9 Women's Day
- August 15 Relaxation Day
- August 17 Thrift Store Shop Day
- August 25 Kiss and Make Up day



Some Free & Fun Things to Do This Summer in Conejo Valley

- ♦ [Sky Zone Thousand Oaks at Janss Marketplace](#)
- ♦ [Gardens of the World](#)
- ♦ [Conejo Valley Botanic Garden](#)
- ♦ [Conejo Creek Bike Path](#)
- ♦ [Wildwood Park in Thousand Oaks](#)
- ♦ [Hike the Western Plateau](#)
- ♦ [Stagecoach Inn Museum in Newbury Park](#)
- ♦ [Chumash Indian Museum/Oakbrook Regional Park in Thousand Oaks](#)
- ♦ [The Mighty Axe in Thousand Oaks](#)
- ♦ [Conejo Mountain Edison Road Trail in Newbury Park](#)
- ♦ [Borchard Park Labyrinth and Fitness Equipment in Newbury Park](#)
- ♦ [Hillcrest Open Space Preserve in Thousand Oaks](#)
- ♦ [Conejo Creek Dog Park in Thousand Oaks](#)
- ♦ [Rabbit Flats Disc Golf Course in Thousand Oaks](#)
- ♦ [Sapwi Trails Community Park in Thousand Oaks](#)
- ♦ [California True Colors Garden in Thousand Oaks](#)
- ♦ [Sundays at the Kids' Adventure Garden in Thousand Oaks](#)
- ♦ [Galactic Challenge at The Oaks Mall in Thousand Oaks](#)
- ♦ [Pickleball courts in the Conejo Valley \(and surrounding areas\)](#)

AUGUST WORKSHOPS:

1:

MEDICATION MANAGEMENT

#2:

VCBH

PRESENTS:

"What you need to know about substance use"



And in Ventura, The County fair is almost here !

The Ventura County Fair will take place August 2-13, 2023 at the Ventura County Fairgrounds,

10 W. Harbor Boulevard in Ventura.

Special Admission Days:

Wednesday, August 2 – Food Share Day - Donate 5 cans of food and receive a BOGO admission ticket for that day; Friday, August 4 – Youth Day - All Ventura County Fair visitors ages 12 and under will be admitted free all day; Monday, August 7 – Ventura County Credit Union Day - Members of the Ventura County Credit Union can purchase tickets at a \$4 discount until 5pm; Tuesday, August 8 – Seniors & Persons with Disabilities Day - All Ventura County Fair visitors ages 65 or better and disabled persons and one companion will be admitted free all day. Gates will open early at 11am on August 8 only; Wednesday, August 9 – Military Appreciation Day - All Ventura County Fair visitors presenting a current, valid military ID will be admitted free all day; Thursday, August 10 – Dollar Day - Admission for all Ventura County Fair visitors is just \$1 all day.

Parking is \$20.00 per day. For alternate forms of transportation, please call 805 - 648 - 3376

Free Parking & Shuttle Locations— DeAnza Middle School -Ventura / Government Center - Ventura / Pacific View Mall - Ventura / Community Park / Ventura High School / College Park - Oxnard / Oxnard PAL (Old Oxnard High School)

Easy and Cool Breeze Watermelon Salad for light Summer eating !

This watermelon salad recipe is truly *easy* to make and it's one of the best watermelon recipes out there. It's just a matter of chopping a few ingredients and throwing them together on a platter.

What's in this watermelon salad:
Ripe watermelon ; Lemon

Feta cheese crumbles

Fresh basil &
Cucumber

CHOP IT ALL UP ! Then:

Mix it up: topping ideas!

For the topping of this watermelon salad, we've called for chopped basil, lemon zest, and some sea salt. But you can get as creative as you'd like! Here are some ideas:

Herbs. Use a different herb like mint or oregano.

Pepper or olive oil: You can even top with fresh ground pepper, or add a drizzle of olive oil. Other citrus:

Talk with you case managers or peer support about how Shop Ahoy can help you with your grocery shopping.

If you'd like it tangier, add lemon juice — or go with lime zest instead!



Shop Ahoy!
"Maintaining Independence"

FOR MORE
INFORMATION,
PLEASE CALL
(805)236-1267

What We Do

SHOP AHOY volunteers shop and deliver groceries to the communities of Camarillo, Mission Oaks, Newbury Park, Oxnard, Port Hueneme, Santa Paula, Saticoy, Simi Valley, Somis, Thousand Oaks, Ventura, and Westlake.



RESIDENT SPOTLIGHT

**JON K. @
Ormond Beach
Villas**



Interview with Jon K

What do you like doing in your spare time and hobbies?

I like to go to all the local libraries. I eventually want to start working on my doctorate. I am collecting books and I find them fascinating. I am going to start writing the Great American Novel.

Where did you serve, what branch and what year?

1967-1973 years, United States Navy and also Marine \Corp. War era- served in Vietnam.

What is your favorite thing about Ormond Beach Villas?

My relationship with the case manager Roseanne and Property Manger onsite, Judith.

What education have you acquired?

A bachelors from Cal State Northridge and a Masters from USC.

What is an exciting fact about Jon?

I am an Evangelistic Christian and study the bible for clarity. I was a youth pastor after I came out of the military.