

THE CLUBHOUSE CALENDAR



GET FREE TAX HELP THROUGH AARP

AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns.

Details on pg. 3

Valentine's Day Bunco or Bust Let the Good Times Roll!



Join us for a fun night of bunco!

Details on pg. 2



Anchors Aweigh at The Clubhouse!

Ahoy! Come SAIL-ebrate at The Clubhouse for a nautical celebration!

Details on pg. 2

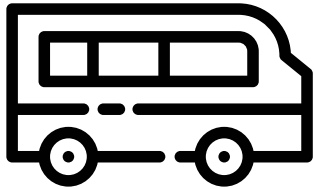
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5-7 CALENDARS: JAN / FEB / MAR



HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have priority registration for mini excursions.

You may register at The Clubhouse located at 100 Civic Center Drive.

Registration for residents is the first Wednesday of each month.

A liability release form must be filled out to reserve your seat. If space is available, non-residents may register the following day.

Considerable walking and standing are involved with mini excursions.

JANUARY: Modjeska Historical House & Gardens, Silverado



Registration Date: Wednesday, Jan 8 @ 12 PM

Excursion Date: Wednesday, Jan 22 @ 10 AM

Cost: FREE

Tucked away amidst a live oak grove on the banks of Santiago Creek in Modjeska Canyon lies the century-old home of world-renowned actress Madame Helena Modjeska. Named for the grounds' resemblance to the Forest of Arden in the Shakespearean play, "As You Like It," Arden is designated a National Historic Landmark.

FEBRUARY: Lyon Air Museum, Santa Ana



Registration Date: Wednesday, Feb 5 @ 12 PM

Excursion Date: Wednesday, Feb 19 @ 10 AM

Cost: \$8.00 Per Person (Due at Registration)

The Lyon Air Museum exhibit is comprised of authentic aircraft, rare vehicles and related memorabilia, with emphasis on the defining event of the 20th century – World War II. Through captivating and thought-provoking exhibits based in historical scholarship, visitors gain a better understanding of the important role the United States plays in shaping world history.

MARCH: Downtown Laguna Beach



Registration Date: Wednesday, Mar 4 @ 12 PM

Excursion Date: Wednesday, Mar 18 @ 10 AM

Cost: FREE

Have a fun, relaxing day in downtown Laguna Beach! Shop, browse the art galleries, have lunch at many restaurant options, or check out the beautiful views of Main Beach!

OTHER SPECIAL EVENTS AND HAPPENINGS

NAUTICAL PARTY AT THE CLUBHOUSE

Wear your favorite boating attire and enjoy a night filled with dancing, food, beverages, and a lot of fun!

Location: The Clubhouse, 100 Civic Center Drive

Friday, Feb 7 | 5 PM – 8 PM

Cost: \$10 per person (Act#: 8255)

WHALE WATCHING IN NEWPORT BEACH

Join us for a fun day in Newport Beach as we venture out to sea to explore aquatic ocean life.

Location: The Clubhouse, 100 Civic Center Drive

Monday, Feb 10 | 8:30 AM – 3 PM

Cost: \$35 per person (Act#: 8288)

VALENTINE'S DAY - BUNCO OR BUST

A gift will be given to everyone who dresses up in theme: "Lucky in Love for Valentine's Day".

Location: The Clubhouse, 100 Civic Center Drive

Friday, Feb 14 | 7 PM – 9:30 PM

Cost: \$10 per person (Act#: 8254)

LAST MAN STANDING COMEDY TV SHOW

Get ready for some laughter and become an audience member of the Last Man Standing Comedy TV Show!

Location: The Clubhouse, 100 Civic Center Drive

Tuesday, Mar 3 | 2:45 PM – 11:30 PM

Cost: \$30 per person (Act#: 8289)

CLUBHOUSE SERVICES

HEALTH & WELLNESS

JAVA WITH JEN

Receive free information on how Medicare works.

Call: (949) 461-3408 for more information

Location: The Clubhouse, 100 Civic Center Drive (CH-ACR)

Wednesdays: Jan 8 | Feb 5 | Mar 4 | 11:30 AM – 1:30 PM

FREE BLOOD PRESSURE CHECKS

Call: (949) 461-3408 to make an appointment

Location: The Clubhouse, 100 Civic Center Drive (CH-CR)

Mondays: Jan 27 | Feb 24 | Mar 16 | 10 AM – 2 PM

LEGAL AID

Obtain free legal advice on government benefits, health, housing, consumer programs, and elder abuse.

Call: (949) 461-3408 to make an appointment

Location: The Clubhouse, 100 Civic Center Drive (CH-ACR)

Thursdays: Jan 16 | Feb 6 | Mar 5 | 10:30 AM – 1 PM

HICAP

(Health Insurance Counseling & Advocacy Program)

Get to know what benefits and services you're entitled to and how the health care system works.

Call: (949) 461-3408 to make an appointment

Location: The Clubhouse, 100 Civic Center Drive (CH-CR)

Tuesdays: Jan 14 | Feb 11 | Mar 10 | 10:30 AM – 2:30 PM

MEDICATION REVIEW

Bring a list of your prescriptions and medications.

Call: (949) 461-3408 for more information

Location: The Clubhouse, 100 Civic Center Drive (CH-CR)

Thursday, Jan 30 | 11 AM – 2 PM

FREE MAMMOGRAMS PROVIDED BY YWCA

Call: (714) 871-4488 to make an appointment

Location: The Clubhouse, 100 Civic Center Drive (CH-CR)

Friday, Mar 27 | 8 AM – 3 PM

TRANSPORTATION SERVICES



The City of Lake Forest offers door-to-door transportation to Lake Forest senior residents via **Age Well Senior Services (AWSS)** and **CA Yellow Cab**.

To qualify for CA Yellow Cab, you must be a Lake Forest resident, 60 years of age or better, and do not drive or own a vehicle.

Cost: \$3.00 One Way (\$6.00 Round Trip)

Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.

\$7.00 One Way (\$14.00 Round Trip)

To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).

Age Well Senior Services Bus Service

Cost: \$0.50 One Way

From your residence to The Clubhouse

Monday through Thursday, 10 AM to 2 PM

To apply for Senior Transportation, you must have a current DMV Identification Card verifying you are a Lake Forest resident and of qualifying age.

For more information call: (949) 461-3408

AARP DRIVER SAFETY (TWO-DAY COURSE)

Be more confident behind the wheel, save on auto insurance, and maintain mobility and independence after completing this course!

Friday, Feb 21 & Saturday, Feb 22 | 8:30 AM – 12:30 PM

To Register Call: (949) 461-3408 (Act# 8229)

Location: The Clubhouse, 100 Civic Center Drive

Fee: \$15 for AARP members | \$20 for non-members

GET FREE TAX HELP THROUGH AARP!

The City of Lake Forest and AARP are excited to offer free tax preparation to middle and low-income taxpayers.

Taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., partnerships, rentals, and estates).

To schedule an appointment, please call (949) 461-3408 beginning Monday, January 13, 2020 at 10 AM.

Appointments will be scheduled on Mondays beginning February 3 and will end on April 6.

THE CLUBHOUSE DAILY SCHEDULED PROGRAMS

THE CLUBHOUSE HOURS: MON-FRI, 10:00 AM-4:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 AM COMPUTER LAB (CH-CL)	10:00 AM COMPUTER LAB (CH-CL)	10:00 AM COMPUTER LAB (CH-CL)	7:45 AM GOLF DAYS (LFGPC)	10:00 AM COMPUTER LAB (CH-CL)
10:00 AM PING PONG (CH-GR)	10:00 AM PING PONG (CH-GR)	10:00 AM PING PONG (CH-GR)	10:00 AM COMPUTER LAB (CH-CL)	10:00 AM PING PONG (CH-GR)
10:00 AM MAHJONG (CH-MPR)	10:00 AM PILATES* (CH-ACR)	10:00 AM TAIJIQUAN* (CH-WR)	10:00 AM PING PONG (CH-GR)	10:00 AM WEARABLE ART** (CH-ACR)
10:00 AM BEGINNING CHINESE BRUSH PAINTING** (CH-ACR)	10:30 AM COUNTRY LINE DANCE* (CH-WR)	10:00 AM MAHJONG (CH-MPR)	10:00 AM PHYSICAL FITNESS* (CH-WR)	1:00 PM BOWLING LEAGUE (FL)
1:00 PM WESTERN CIVILIZATION SINCE 1648** (CH-GR)	12:30 PM DYNA-BAND* (CH-WR)	12:30 PM TAI CHI MOBILITY* (CH-WR)	10:30 AM BINGO (CH-MPR)	1:00 PM LIFE & TECHNOLOGY INTEGRATION FOR OLDER ADULTS** (CH-CL & CH-CR)
1:00 PM LIFE & TECHNOLOGY INTEGRATION FOR OLDER ADULTS** (CH-CL & CH-CR)	1:00 PM ADVANCED CREATIVE WRITING** (CH-ACR)	1:00 PM YOGA* (CH-ACR)	11:45 AM LUNCH (CH-MPR)	1:00 PM BEADING & STRINGING* (CH-ACR)
1:00 PM BEGINNING WATERCOLOR** (CH-ACR)	2:00 PM STOCKS BONDS MANAGEMENT** (CH-CR)		1:00 PM PAI DA GONG* (CH-WR)	2:00 PM AQUATIC FITNESS TRAINING* (FBTC)
	2:00 PM AQUATIC FITNESS TRAINING* (FBTC)			

*Pre-registration is recommended for all Emeritus classes through Irvine Valley College. Call (949) 367-8343 to register.

**Pre-registration is recommended for all Emeritus classes through Saddleback College. Call (949) 451-5555 to register.

CH The Clubhouse 100 Civic Center Dr. (949) 461-3408	CH-MPR The Clubhouse Multi-Purpose Room	CH-WR The Clubhouse Wellness Room	CH-ACR The Clubhouse Arts & Crafts Room	CH-CR The Clubhouse Classroom	CH-CL The Clubhouse Computer Lab	CH-GR The Clubhouse Game Room
CC Civic Center/City Hall 100 Civic Center Dr. (949) 461-3400	FBTC Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. (949) 837-6100	LFGPC Lake Forest Golf & Practice Center 23308 Cherry Ave. (949) 859-1455	FL Forest Lanes 22771 Centre Dr. (949) 770-0055	S&S Club Sun & Sail Club 24752 Toledo Way (949) 586-0860	SBC Saddleback College (949) 582-4835	IVC Irvine Valley College (949) 367-8343



GOLF DAYS AT LAKE FOREST GOLF & PRACTICE CENTER

For more information call Angela Kelly at (949) 632-0300
Location: 23308 Cherry Avenue
Fee: \$69.00 Residents | \$90.00 Non-Residents



SENIOR BOWLING LEAGUE AT LAKE FOREST LANES

Fridays from 1 PM – 3:30 PM
For more information call: (949) 770-0055
Location: Forest Lanes, 22771 Center Drive
Fee: \$10.00 Residents | \$12.00 Non-Residents
\$3.00 Shoe rental

JANUARY 2020

SUN	MON	TUES	WEDS	THURS	FRI/SAT
			1 NEW YEAR'S DAY 5:45 AM ROSE PARADE CIVIC CENTER AND THE CLUBHOUSE CLOSED	2 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES MEXICAN FIESTA	3 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES 4
5	6 IT'S NATIONAL SHORTCAKE DAY! BRING YOUR SWEET TOOTH!	7 10:30 AM BAGELS & BINGO	8 10:00 AM SENIOR ADVISORY BOARD MEETING 11:30 AM JAVA WITH JEN 12 PM MINI EXCURSION REGISTRATION	9 11:15 AM CENSUS 2020 SEMINAR CHILI & CORN BREAD	10 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES 11
12	13 REGISTRATION FOR TAX AID BEGINS. CALL TO SCHEDULE YOUR APPOINTMENT!	14 10:00 AM HICAP	15 10:45 AM MOVIE: THE LION KING	16 10:00 AM BOOK CLUB <i>WHISTLING PAST THE GRAVEYARD BY SUSAN CRANDALL</i> 10:30 AM LEGAL AID ITALIAN CUISINE	17 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES 18
19	20 CIVIC CENTER AND THE CLUBHOUSE CLOSED	21 10:30 AM CRAFTS: WINTER HANDWARMERS	22 10:00 AM MINI EXCURSION: MODJESKA HISTORICAL HOUSE	23 HAPPY CHINESE LUNAR NEW YEAR! WEAR RED FOR GOOD LUCK! 11:15 AM METABOLIC FLEXIBILITY SEMINAR CHINESE FEAST	24 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES 25
26	27 10:00 AM BLOOD PRESSURE CHECKS 10:30 AM BINGO MANIA	28 10:30 AM RUMMIKUB TOURNAMENT (CC-A)	29 10:45 AM MOVIE: THE PEANUT BUTTER FALCON	30 11:00 AM MEDICATION REVIEW 11:15 AM SUPERBOWL THURSDAY & BIRTHDAY CELEBRATIONS WEAR YOUR FAVORITE FOOTBALL JERSEY! BBQ CHICKEN SANDWICHES	31 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES

FEBRUARY 2020

SUN	MON	TUES	WEDS	THURS	FRI/SAT
					1
2	3 8:00 AM TAX AID LET'S CELEBRATE! IT'S NATIONAL CARROT CAKE DAY!	4 10:30 AM BAGELS & BINGO	5 11:30 AM JAVA W/ JEN 12:00 PM MINI EXCURSION REGISTRATION	6 10:30 AM LEGAL AID 11:15 AM CA PUBLIC UTILITIES SEMINAR CHICKEN BAKES	7 NAUTICAL PARTY! ANCHORS AWEIGH AT THE CLUBHOUSE! (ACT#: 8255) 8
9	10 8:00 AM TAX AID 8:30 AM EXCURSION: WHALE WATCHING IN NEWPORT BEACH (ACT#: 8288)	11 10:00 AM HICAP	12 10:45 AM MOVIE: THE ART OF RACING IN THE RAIN	13 10:30 AM VALENTINE'S DAY BINGO ITALIAN CUISINE	14 BUNCO OR BUST "LUCKY IN LOVE FOR VALENTINE'S DAY!" (ACT#: 8254) 15
16	17 CIVIC CENTER AND THE CLUBHOUSE CLOSED	18 10:30 AM CRAFTS: SUN CATCHERS	19 10:00 AM MINI EXCURSION: LYON AIR MUSEUM	20 10:00 AM BOOK CLUB <i>WHERE THE CRAWDADS SING BY DELIA OWENS</i> 11:15 AM MARDI GRAS THURSDAY! CHILI & CORNBREAD	21 8:30 AM TWO DAY AARP DRIVER'S SAFETY COURSE (ACT#: 8229) 22 8:30 AM TWO DAY AARP DRIVER'S SAFETY COURSE (ACT#: 8229)
23	24 8:00 AM TAX AID 10:00 AM BLOOD PRESSURE CHECKS 10:30 AM BINGO MANIA	25 10:30 AM RUMMIKUB TOURNAMENT	26 10:45 AM MOVIE: BLINDED BY THE LIGHT	27 11:15 AM ROAD SCHOLAR ADVENTURES SEMINAR & BIRTHDAY CELEBRATIONS CHICK-FIL-A	28 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES 29

MARCH 2020

SUN	MON	TUES	WEDS	THURS	FRI/SAT
1	2 8:00 AM TAX AID	3 10:30 AM BAGELS & BINGO 2:45 PM EXCURSION: LAST MAN STANDING COMEDY TELEVISION SHOW (ACT#: 8289)	4 10:45 AM MOVIE: OVERCOMER 11:30 AM JAVA W/ JEN 12:00 PM MINI EXCURSION REGISTRATION	5 10:30 AM LEGAL AID CHINESE FEAST	6 IT'S NATIONAL OREO DAY! O OREO, OREO! WHEREFORE ART THOU OREO! 7
8	9 8:00 AM TAX AID	10 10:00 AM HICAP	11 10:00 AM SENIOR ADVISORY BOARD MEETING	12 11:15 AM ST. PATRICK'S DAY CELEBRATION DON'T GET PINCHED, WEAR GREEN! CORN BEEF & CABBAGE	13 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES 14
15	16 8:00 AM TAX AID 10:00 AM BLOOD PRESSURE CHECKS	17 10:30 AM CRAFTS: TERRA COTTA POTS OF GOLD	18 10:00 AM MINI EXCURSION: DOWNTOWN LAGUNA BEACH	19 10:00 AM BOOK CLUB <i>A TREE GROWS IN BROOKLYN BY BETTY SMITH</i> ITALIAN CUISINE	20 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES 21
22	23 8:00 AM TAX AID 10:30 AM BINGO MANIA	24 10:00 AM – 4:00 PM CLUBHOUSE ACTIVITIES	25 10:45 AM MOVIE: WHERE'D YOU GO BERNADETTE?	26 11:15 AM OBESITY, INSULIN RESISTANCE, & HEART DISEASE SEMINAR HAMBURGERS	27 8:00 AM YWCA MAMMOGRAMS 28
29	30 8:00 AM TAX AID	31 10:30 AM RUMMIKUB TOURNAMENT			



City of Lake Forest
The Clubhouse Calendar
100 Civic Center Drive
Lake Forest, CA 92630
949-461-3408

PRSR STD
U.S. POSTAGE PAID
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LAKE FOREST, CA

ECRWSS

POSTAL CUSTOMER



CLUBHOUSE MOVIES

Wed. Jan 15: THE LION KING, Rated PG (2019)

After the murder of his father, a young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery.

Wed. Jan 29: THE PEANUT BUTTER FALCON, Rated PG-13 (2019)

After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.

Wed. Feb 12: THE ART OF RACING IN THE RAIN, Rated PG (2019)

Through his bond with his owner (aspiring Formula One race car driver Denny) golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

Wed. Feb 26: BLINDED BY THE LIGHT, Rated PG-13 (2019)

In England 1987, a teenager from an Asian family learns to live his life, understand his family, and find his own voice through the music of American rock star, Bruce Springsteen.

Wed. March 4: OVERCOMER, Rated PG (2019)

A high-school basketball coach volunteers to coach a troubled teen in long-distance running.

Wed. March 25: WHERE'D YOU GO BERNADETTE, Rated PG-13 (2019)

A loving mom becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump starts her life and leads her to a triumphant rediscovery.



NUMBER DIRECTORY

AARP	888-687-2277
Access (Reservations/Info)	877-628-2232
Access (Eligibility)	714-560-5956
Age Well Senior Services, Inc	949-855-8033
City of Lake Forest City Hall	949-461-3400
Council on Aging	714-479-0107
Non-Disabled Housing Info	714-480-2864
Elder/Disabled Adult Abuse	800-451-5155
Hazardous Waste, Disposal of Expired & Unused Medicine, & Old Cell Phones ..	714-834-4000
HICAP Services	800-434-0222
Human Services Info	2-1-1
Irvine Valley College/Emeritus	949-367-8343
Meals on Wheels	949-380-0155 x12
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312
Saddleback College/Emeritus	949-582-4835