



City of Lake Forest

The Clubhouse Calendar

www.lakeforestca.gov/seniors • www.facebook.com/Lakeforestseniors



A SURVEY IS AVAILABLE FOR ALL SENIOR RESIDENTS

As we prepare to move into our new home, "The Clubhouse", we want to be sure to add the workshops, classes and programs you want.

Help us make these decisions by taking the survey located on pg. 15, or go online at:
www.lakeforestca.gov/senior



PRIMETIMER GAMES

On Your Mark-Get Set-Go! Sign up May 1, 2019 for the PrimeTimer Games starting in June!

Fee: Free

Location: Lake Forest Community Center
(25550 Commercentre Dr.)

For more information call: The Clubhouse at (949) 461-3408

MON. JUNE 3, 11:00 AM.....POKER WALK

TUE. JUNE 4, 11:00 AM.....HORSE SHOES, BEAN BAG

WED. JUNE 5, 10:30 AM.....NERF THROW

THU. JUNE 6, 11:00 AM.....PRIMETIMER GAMES CEREMONY

Apr/May/June 2019

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Survey

THE CLUBHOUSE HOURS

Monday through
Thursday
10:00 am-2:00 pm

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

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

Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Fill out the liability release form to reserve your seat. If space is available, non-residents may register upstairs the following day.

Considerable walking and standing is involved with mini excursions.

Registration for residents is the first Wednesday of each month. Mini Excursion Registration Dates are:

April

Lake Forest Residents:
Wed. April 3, 12:00 PM

Non-Residents
Thu. April 4

May

Lake Forest Residents:
Wed. May 1, 12:00 PM

Non-Residents
Thu. May 2

JUNE

Lake Forest Residents:
Wed. June 5, 12:00 PM

Non-Residents
Thu. June 6

APRIL MINI EXCURSION

Crime Lab Tour – Santa Ana

Wed. April 10
10:00 AM – 2:00 PM
Fee: FREE (docent led tour)

Take a docent led tour of the Orange County Crime Lab located in Santa Ana. OC Crime Lab services include physical evidence from crime scenes, DNA forensic lab, and fingerprint identification system. This exciting tour will leave you amazed!



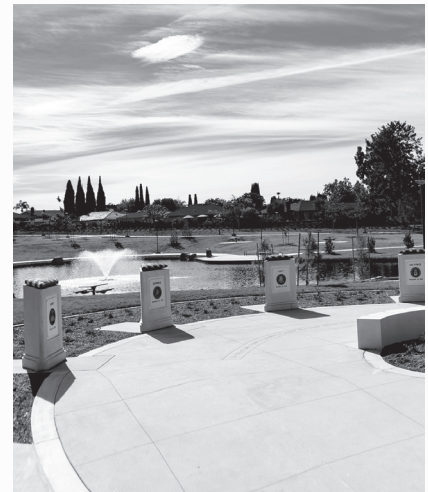
MAY MINI EXCURSION

Tour of Veterans Park – Lake Forest

Wed. May 15
10:30 AM – 12:30 PM
Fee: FREE

Visit the newly renovated Veterans Park (formerly Village Pond Park). A City staff member will tell you about the renovation process, turtle stories and all! You will see various improvements from Village Pond Park, reconfigured walkway around the pond and the Veterans Monument.

Refreshments will be served.



JUNE MINI EXCURSION

Wetlands Conservancy and Interpretive Center – Huntington Beach

Tue. June 18
10:00 AM – 1:30 PM
Fee: \$3.00 Donation at the door

Learn all about the HB Wetlands Conservancy! A docent led tour will take you to the wildlife that occupies the marshes. You will also visit the new Interpretive Center which features ecological role of the wetlands.

FUN STUFF AND SUCH!

Come visit us at The Clubhouse and enjoy a wide variety of activities planned just for you! Plus, join us for Bingo and a FREE hot lunch every Thursday! The Clubhouse is a great place to meet new friends and create lasting memories.



BAGELS & BINGO

First Tuesday of each month

April 2 • May 7 • June 11 (Day Change)

10:30 AM

BINGO MANIA

Third Monday of each month

April 15 • May 20 • June 17

10:30 AM

APRIL FOOLS BINGO

Monday • April 1

10:30 AM

FREE!

BLOOD PRESSURE CHECKS

Third Monday of each month

April 15 • May 20 • June 17

10:00 AM – 12:00 PM

RUMMIKUB TOURNAMENT

Last Tuesday of each month

April 30 • May 28 • June 25

10:30 AM

SADDLEBACK EMERITUS CLASS REGISTRATION

Tuesday • April 30

10:00 AM - 12:00 PM

MEDICATION REVIEW WITH PHARMACIST BILL

Bring a list of all your prescriptions, over the counter medicines, vitamins and minerals! The doctor will go over the side effects, interactions between medications and will answer your medication questions.

**To make an appointment call:
(949) 461-3408**

Thursday • April 18

11:00 AM – 2:00 PM



PING PONG

Tuesdays - 10:00 AM – 2:00 PM

Wednesday & Thursday - 2:30 – 4:30 PM

DROP IN COMPUTER LAB & FREE PUBLIC WI-FI

Open same time as Clubhouse:

Monday-Thursdays.

10:00 AM – 2:00 PM

BIRTHDAY CELEBRATIONS

Last Thursday of each month

April 18 (date changed due to Senior Award Luncheon) • May 30 • June 27

11:45 AM

GOLF!

New session starts June 6-July 11

For more information call Angie Kelly at (949) 632-0300

SPECIAL OCCASIONS!

Apr/May/June 2019

4

The Clubhouse Calendar

HICAP

Health Insurance Counseling & Advocacy Program
Free Service to Medicare Beneficiaries

HICAP INFORMATION TABLE

Location: The Clubhouse

Thursday • April 4 • 10:00 AM-12:00 PM

Thursday • June 13 • 10:00 AM-12:00 PM



FREE HEARING SCREENING

FREE HEARING CHECKS

Location: The Clubhouse

Monday • April 1 • 10:00 AM-11:30 AM

Monday • June 3 • 10:00 AM-11:30 AM

FIVE WISHES

MY WISH FOR:

1 The Person I Want to Make Care Decisions for Me When I Can't

2 The Kind of Medical Treatment I Want or Don't Want

3 How Comfortable I Want to Be

4 How I Want People to Treat Me

5 What I Want My Loved Ones to Know

Print Your Name

Birthdate

Social Security Number



FIVE WISHES WORKSHOP

Does your family know your end of life decisions? With this workshop, your family and loved ones will know exactly what matters to you. Five Wishes is a free legal document and this workshop will help you answer all the questions in the document. Take advantage of this one time class and sign up today!

Location: The Clubhouse

Friday • April 12 • 10:00 AM

SPECIAL OCCASIONS!



LIVING WITH A CHRONIC CONDITION WORKSHOP

This 6-week workshop covers:

- Nutrition • Physical Activity • Relaxation and Pain Management • Medication Usage and much more! Who should attend this workshop? Anyone with heart disease, diabetes, Parkinson's, arthritis, asthma or any disability or concern.

Friday • May 3 - June 7 • 10:00 AM



JUDY ROSARIO
2017 SAX Award Recipient

FOURTEENTH ANNUAL EXCELLENCE FOR SENIORS AWARD LUNCHEON

The Excellence for Seniors Award Luncheon honors volunteers who have made an outstanding difference in the lives of our senior community.

Reservations are required!

For more information call: (949) 461-3450

Thursday • April 25 • 11:30 AM



MOTHER'S DAY CELEBRATION

Wear your favorite hat or scarf today! It's your day and we plan to celebrate!

Thursday • May 9 • 11:00 AM



FATHER'S DAY CELEBRATION

A little hocus pocus special entertainment!

Thursday • June 13 • 11:00 AM

LEGEND

CH
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 (949) 461-3400

CC
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CC-A
Community Center
Room A

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Room B

CC-AR
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Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

LFSP
Lake Forest
Sports Park
 28000 Rancho Pkwy.
 (949) 273-6960

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 Drive
 (949) 770-0055

S&S Club
Sun & Sail Club
 24752 Toledo Way
 (949) 586-0860

IVC
Irvine Valley College
 (949) 451-5555

SBC
Saddleback College
 (949) 582-4835

SUN	MON	TUES
<h1>APR</h1>	1	2
	9:00 AM Chinese Brush Painting (CC-B)	10:00 AM Pilates (CC-B)
	9:00 AM Wearable Art (CC-L)	10:00 AM Ping Pong
	10:00 AM Hearing Checks	10:00 AM Pilates
	10:00 AM Mahjong (CC-A)	10:30 AM Bagels & Bingo
	10:00 AM Tax Aid Appointments	12:30 PM Dyna-Band (CC-B)
	10:30 AM April Fools Bingo!	2:00 PM Beg Prac Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch
7	8	9
9:00 AM Chinese Brush Painting (CC-B)	9:00 AM Chinese Brush Painting (CC-B)	10:00 AM Ping Pong (CC-L)
9:00 AM Wearable Art (CC-L)	9:00 AM Wearable Art (CC-L)	10:00 AM HICAP (CC-A)
10:00 AM Mahjong (CC-A)	10:00 AM Mahjong (CC-A)	10:00 AM Pilates (CC-B)
10:00 AM Tax Aid Appointments -Last Day	10:00 AM Tax Aid Appointments -Last Day	12:30 PM Dyna-Band (CC-B)
		2:00 PM Beg. Prac Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch
14	15	16
9:00 AM Chinese Brush Painting (CC-B)	9:00 AM Chinese Brush Painting (CC-B)	10:00 AM Pilates (CC-B)
9:00 AM Wearable Art (CC-L)	9:00 AM Wearable Art (CC-L)	10:00 AM Ping Pong (CC-L)
10:00 AM Blood Pressure Checks (CC-AR)	10:00 AM Blood Pressure Checks (CC-AR)	10:30 AM Crafts-Baskets (CC-AR)
10:00 AM Mahjong (CC-A)	10:00 AM Mahjong (CC-A)	12:30 PM Dyna-Band (CC-B)
10:30 AM Bingo Mania (CC-A)	10:30 AM Bingo Mania (CC-A)	2:00 PM Beg. Practical Spanish (CC-AR)
		
	Cold Box Lunch	Cold Box Lunch
21	22	23
EASTER	9:00 AM Wearable Art (CC-L)	10:00 AM Ping Pong (CC-L)
	9:00 AM Beg. Chinese Brush Painting (CC-B)	10:00 AM Pilates (CC-B)
	10:00 AM Mahjong (CC-A)	12:30 PM Dyna Band (CC-B)
		2:00 PM Beg Practical Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch
28	29	30
9:00 AM Beg. Chinese Brush Painting (CC-B)	9:00 AM Beg. Chinese Brush Painting (CC-B)	10:00 AM Pilates (CC-B)
9:00 AM Wearable Art (CC-L)	9:00 AM Wearable Art (CC-L)	10:00 AM Ping Pong (CC-L)
10:00 AM Mahjong (CC-A)	10:00 AM Mahjong (CC-A)	10:30 AM Rummikub Tournament
		12:30 PM Dyna-Band (CC-B)
		2:00 PM Beg. Practical Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch

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LFSP
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Sports Park
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FL
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S&S Club
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IVC
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SBC
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SUN	MON	TUES	
<h1>MAY</h1>			
	5	9:00 AM Chinese Brush Painting (CC-B) 6 9:00 AM Wearable Art (LFSP) 10:00 AM Mahjong (CC-A)	10:00 AM Ping Pong (CC-L) 7 10:00 AM Pilates (CC-B) 10:00 AM HICAP (AR) 10:30 AM Bagels & Bingo 12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)
		Cold Box Lunch	Cold Box Lunch
	12	9:00 AM Chinese Brush Painting (CC-B) 13 9:00 AM Wearable Art (LFSP) 10:00 AM Mahjong (CC-A)	10:00 AM Pilates (CC-B) 14 10:00 AM Ping Pong (CC-L) 12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)
		Cold Box Lunch	Cold Box Lunch
	19	9:00 AM Chinese Brush Painting (CC-B) 20 9:00 AM Wearable Art (LFSP) 10:00 AM Blood Pressure (CC-AR) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A)	10:00 AM Ping Pong (CC-L) 21 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (CC-B) 10:30 AM Crafts-Classic Pendant jewelry (CC-AR) 12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch	
26	Clubhouse Closed 27	10:00 AM Ping Pong (CC-L) 28 10:30 AM Rummikub Tournament (CC-A)	
	Cold Box Lunch	Cold Box Lunch	



WEDS		THURS		FRI/SAT	
10:00 AM Mahjong (CC-A) 11:30 AM Java w/ Jen (Monarch) (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 2:30 PM Ping Pong (CC-L)	1	7:45 AM Golf (LFGPC) 10:30 AM Bingo (CC-A&B) 10:30 AM Legal Aid (CC-L) 12:00 PM Lunch (CC-A&B)	2	FRI 10:00 AM Chronic Condition Workshop (CC-L) 1:00 PM Bowling League (FL)	3
Cold Box Lunch		Soup & Corn Bread		SAT	
8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Mobility (CC-B) 10:00 AM Tai Chi (CC-B) 10:00 AM Senior Advisory Board (EL Toro Room) 10:00 AM Mahjong (CC-A) 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	8	7:45 AM Golf (LFGPC) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 11:00 AM Mother's Day Celebration 12:00 PM Lunch (CC-A&B)	9	FRI 10:00 AM Chronic Condition Workshop (CC-L) 1:00 PM Bowling League (FL)	10
Cold Box Lunch		Quiche		SAT	
8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Mobility (CC-B) 10:00 AM Mini Excursion-Veterans Park 10:00 AM Tai Chi (CC-B) 10:00 AM Mahjong (CC-A) 10:45 AM Movie-First Man (CC-L) 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	15	7:45 AM Golf (LFGPC) 9:00 AM Adv Practical Spanish (CC-AR) 9:30 AM Book Club – The Great Alone (EL Toro Room) 10:00 AM Physical Fitness (LFSP) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading & Stringing (LFSP)	16	FRI 10:00 AM Chronic Condition Workshop (CC-L) 1:00 PM Bowling League (FL) 7:00 PM Bunco (CC-A&B)	17
Cold Box Lunch		Italian Feast		SAT	
8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Mobility (CC-B) 10:00 AM Tai Chi (CC-B) 10:00 AM Mahjong (CC-A) 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	22	7:45 AM Golf (LFGPC) 9:00 AM Adv Practical Spanish (CC-AR) 10:00 AM Physical Fitness (LFSP) 10:30 AM Bingo (CC-A&B) 11:15 AM Speaker 2-1-1 Orange County (CC_A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading & Stringing (LFSP)	23	FRI 10:00 AM Chronic Condition Workshop (CC-L) 1:00 PM Bowling League (FL)	24
Cold Box Lunch		Chinese Feast		SAT	
10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:45 AM Movie-Mary Poppins Returns (CC-L) 1:00 PM Yoga 2:30 PM Ping Pong	29	7:45 AM Golf (LFGPC) 10:30 AM Bingo (CC-A&B) 11:45 AM Birthday Celebration 12:00 PM Lunch (CC-A&B) 1:00 PM Beading & Stringing (LFSP)	30	FRI 10:00 AM Chronic Condition Workshop (CC-L) 1:00 PM Bowling League (FL)	31
Cold Box Lunch		Chicken		SAT	



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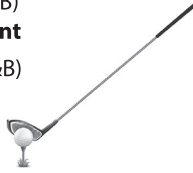


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SUN	MON	TUES
JUN		
2	10:00 AM Mahjong (CC-A) 3 10:00 AM Hearing Checks 11:00 AM PTG/Poker Walk Cold Box Lunch	10:00 AM Ping Pong 4 11:00 AM PTG/Horse Shoes and Bean Bag Cold Box Lunch
9	10:00 AM Mahjong (CC-A) 10 Cold Box Lunch	10:00 AM Ping Pong (CC-L) 11 10:00 AM HICAP 10:30 AM Bagels & Bingo (CC-A) Cold Box Lunch
16	10:00 AM Blood Pressure Checks (CC-AR) 17 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A)  Cold Box Lunch	10:00 AM Ping Pong (CC-L) 18 10:30 AM Crafts—Pill Box(CC-AR) Cold Box Lunch
23	10:00 AM Mahjong (CC-A) 24 Cold Box Lunch	10:00 AM Ping Pong 25 10:30 AM Rummikub Tournament (CC-A) Cold Box Lunch
30		

WEDS	THURS	FRI/SAT
		<hr/> SAT 1
10:00 AM Mahjong (CC-A) 5 10:30 AM PTG/Nerf Throw 11:30 AM Java w/ Jen (Monarch) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	PRIMETIMER GAMES CELEBRATION! 6 7:45 AM Golf (LFGPC) 10:30 AM Bingo (CC-A&B) 11:00 AM PrimeTimer Game Ceremony 12:00 PM Lunch (CC-A&B) 2:30 PM Ping Pong (CC-L)	FRI 7 10:00 AM Chronic Condition Workshop - Last Day (CC-L) 1:00 PM Bowling League (FL) <hr/> SAT 8
Cold Box Lunch	Mexican Food Feast	
10:00 AM Mahjong (CC-A) 12 10:45 AM Movie-Psycho (CC-L) 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	Father's Day Celebration! 13 7:45 AM Golf (LFGPC) 10:00 AM HICAP Info. Table (CC-A) 12:30 AM Bingo (CC-A&B) 11:00 AM Entertainment 12:00 PM Lunch (CC-A&B) <div style="text-align: center;"></div>	FRI 14 1:00 PM Bowling League (FL) <div style="text-align: center;"></div> <hr/> SAT 6
Cold Box Lunch	Meatloaf & Mashed Potatoes	
10:00 AM Mahjong (CC-A) 19 10:00 AM Mini Ex - Wetlands Conservancy 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	7:45 AM Golf (LFGPC) 20 9:30 AM Book Club-Rules of Civility (EL Toro Room) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar-Real ID/DMV 12:00 PM Lunch (CC-A&B) 2:30 PM Ping Pong (CC-L)	FRI 21 1:00 PM Bowling League (FL) 1:00 PM Cognitive Care Solutions Workshop (CC-L) Last Class <hr/> SAT 22
Cold Box Lunch	Chinese Feast	
10:00 AM Mahjong (CC-A) 26 10:45 AM Movie Day - Rear Window (CC-L) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L) <div style="text-align: center;"></div>	7:45 AM Golf (LFGPC) 27 10:30 AM Bingo (CC-A&B) 11:45 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:30 PM Ping Pong (CC-L)	FRI 28 1:00 PM Bowling League (FL) <hr/> SAT 29
Cold Box Lunch	Chicken Salad	

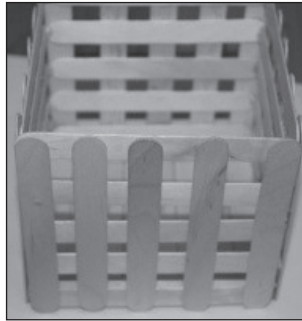
CRAFTY CRAFTERS

Due to the popularity of the crafts program, you must register downstairs for all crafts classes or call (949) 461-3408 the first Monday of each month. Leave your name and phone number. Call April 1, May 6, June 3.

RIBBON BASKET

**Tuesday • April 16
10:30 AM**

Make a basket with Popsicle sticks, ribbon, and a glue gun! It's easy! Put your own touches on it to make it yours!



CLASSIC PENDANT JEWELRY

**Tuesday • May 21
10:30 AM**

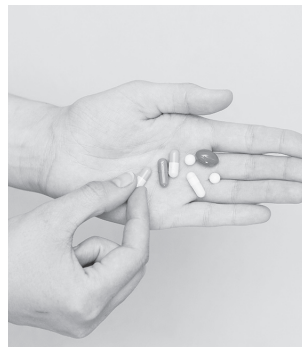
Learn to make beads out of paper; add a custom pendant...put it on a chain and Voilà! Sign up early for this one... everyone will want to take this class!



PILL BOX

**Tuesday • June 18
10:30 AM**

Design your personal pillbox. Small enough to keep in your pocket!



MOVIE DAYS

Wednesdays • 10:45 AM • Lounge
Movies may change based on availability

APRIL



BOHEMIAN RHAPSODY

Wednesday • April 10 • 10:45 AM

Rated PG-13 - 2hrs. 14mins.



THE OLD MAN AND THE GUN

Wednesday • April 24 • 10:45 AM

Rated PG-13 - 1hrs. 32mins.

MAY



FIRST MAN

Wednesday • May 15 • 10:45 AM

Rated PG-13 - 2hrs. 15mins.



MARY POPPINS RETURNS

Wednesday • May 29 • 10:45 AM

Rated PG - 2hrs. 10mins.

JUNE



PSYCHO

Wednesday • June 12 • 10:45 AM

Rated R - 1hrs. 49mins.



REAR WINDOW

Wednesday • June 26 • 10:45 AM

Rated PG - 1hrs. 42mins.

SEMINARS

APRIL

MAY

JUNE

FIVE WISHES

Thursday • April 4 • 11:15 AM

There are many things in life that are out of our hands. Five Wishes documents gives you a way to control some of the things that are important to you such as end of life decisions. This living will was written with the help of the American Bar Association. Find out how easy it is to use.

2-1-1 ORANGE COUNTY

Thursday • May 23 • 11:15 AM

Did you know 2-1-1-OC provides a resource database of health and human services, accessible 24 hours a day and 7 days a week? Cuong Lam will talk about all the services 211OC provides and if you qualify for CalFresh.

DMV - REAL ID!

Thursday • June 23 • 11:15 AM

Come and join Tressa Thompson from the California DMV to find out how to apply for your REAL ID. Tressa will cover other topics such as...Driver License Renewal Requirements, Study Tips, and Free Senior Identification Cards!

BOOK CLUB

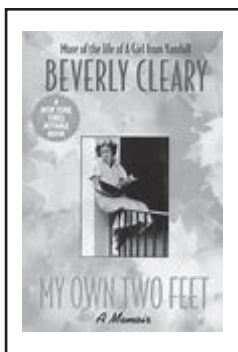
Thursdays • 9:30am • El Toro Room

Join Janet Swanson and the Lake Forest Senior Reading Circle to discuss this quarter's book selections. Afterwards, drop by The Clubhouse to enjoy a hot lunch and bingo.

APRIL

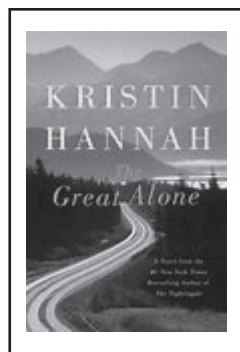
MAY

JUNE



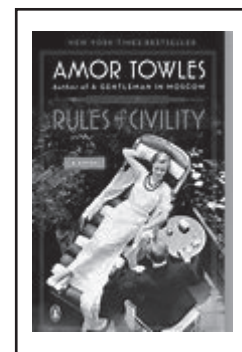
MY OWN 2 FEET by Beverly Cleary

Thursday • April 18 • 9:30 AM



THE GREAT ALONE by Kristin Hannah

Thursday • May 16 • 9:30 AM



RULES OF CIVILITY BY AMOR TOWLES

Thursday • June 20 • 9:30 AM

TRANSPORTATION OPTIONS

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior residents via Age Well Senior Services (AWSS) Bus and California Yellow Cab. For additional information call (949) 461-3450. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age.

AWSS BUS

Services from your residence to The Clubhouse Mon. -Thurs. 10:00AM - 2:00PM, to schedule a pick up call (949) 855-9766 24 hours in advance. Cost is .50¢ one-way.

SENIOR TAXI PROGRAM

Use your Photo Taxi ID Card for the Lake Forest Senior Taxi Program. Vouchers will not be honored starting January 1, 2019. You must have a Taxi ID Card to use Lake Forest Senior Taxi Program. Call (949) 461-3450, to schedule a time to have one made. Plan ahead as your Taxi ID can take up to 72 hours to become valid.

- \$1.50 - one-way**
To Senior Clubhouse or Lake Forest Sports Park
- \$1.50 - one-way**
Back to your residence
- \$3.00 - one-way**
Within Lake Forest City limits (24/7)!
- \$7.00 - one-way**
Non-emergency medical appointments at Saddleback Memorial Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), Hoag Hospital (Irvine) and Mission Viejo Hospital.

NOTE: A \$10.00 lost card fee will be charged to print replacement cards.



SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested.



Lunches are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call (949) 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

AARP	(888) 687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	(949) 855-8033
Caregiving Resource Directory	(888) 721-9797
City of Lake Forest City Hall	(949) 461-3400
Council on Aging	(714) 479-0107
Non-Disabled Housing Information	(714) 480-2864
Elder/Disabled Adult Abuse	(800) 451-5155
HiCap Services	(800) 434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	(949) 367-8343
Meals on Wheels	(949) 380-0155, Ext. 12
Medicare Fraud Hotline	(800) 447-8477
OCTA (Transportation So. OC)	(800) 636-7433
Office on Aging	(800) 510-2020
Orange Caregiver Resource Center	(800) 543-8312

SURVEY

We Want Your Feedback ~ Future Programming Survey

April 1st through May 31st

As the City of Lake Forest gets ready to open the new Civic Center Campus, staff wants to know what programs and activities you would like offered at The Clubhouse's new location. While you will continue to see many of the great programs already offered, when The Clubhouse moves to its new home, more rooms will equal more great programs for you!

Please take some time to fill out the survey below with a Program Rating of 1 to 5. A rating of "1" means "I really want to see this program offered at The Clubhouse" and a "5" rating means "I want this program offered but not as much as my choices 1-4".

Please rate the following 1-5

Rating	Program/Activity	Suggestions
	Health Screening	
	Health Seminars	
	Health Care Workshops	
	Nutrition/Weight Control	
	Mental Health Counseling	

Please rate the following 1-5

Rating	Program/Activity	Suggestions
	Healthier Snacks	
	Lunch Programs	
	Cooking Classes	
	Gardening Classes	
	Personal Finance Classes	

Please rate the following 1-5

Rating	Program/Activity	Suggestions
	Exercise Classes	
	Card Games	
	Art Classes	
	Concerts	
	Genealogy Classes	

How do you hear about Clubhouse Programs? (Circle your answer)

- a. Senior Newsletter b. Leisure Times c. Word of Mouth d. Internet e. Other

Additional Suggestions _____

To be entered into the weekly prize raffle, please fill out your name and phone number.

Name _____ Phone _____

Raffle Prize Rules (Residents only – Residency will be verified):

- One survey per participant will be accepted.
- Participants can only win one prize.
- Prizes are non-transferable.

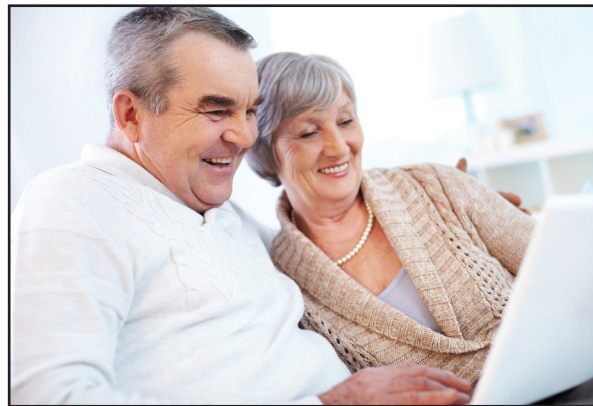


City of Lake Forest
The Clubhouse Calendar
25550 Commercentre Drive
Lake Forest, CA 92630
949-461-3408

Your Opinion Matters



***Take Our
Quick Survey!***



Inside The Clubhouse Calendar or go to:
WWW.LAKEFORESTCA.GOV/SENIOR

Turn your suggestions in at The Clubhouse
from **April 1st through May 31st**, or mail to:
25550 Commercentre Drive/Community Services
Lake Forest, CA 92630