

# THE CLUBHOUSE CALENDAR



## JOIN THE LAKE FOREST SENIOR ADVISORY BOARD

The City of Lake Forest Community Services Commission is looking for qualified candidates to serve on the Senior Advisory Board.

Interested candidates see details on pg. 3



## Senior Santa & Friends

'Tis the season to give! Provide some cheer to older adults with multiple physical problems and income slightly above the federal poverty level.

Details on pg. 2



## THE CLUBHOUSE MOVE

The Clubhouse is slated to move in the Fall of 2019.

GRAND OPENING CELEBRATION COMING SOON!  
STAY TUNED FOR DETAILS!

## IN THIS ISSUE:

2 MINI EXCURSIONS

3 CLUBHOUSE SERVICES

4 REGULARLY SCHEDULED PROGRAMS

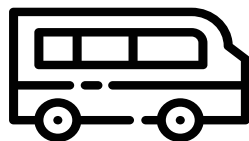
5-7 CALENDARS:  
OCT/NOV/DEC



**HELLO CLUBHOUSE MEMBERS!**

I am so excited to be a part of the team at The Clubhouse! I have been working in recreation and community services for 15 years with all age groups. What I love most is making a difference in people's lives and the community. I am a current resident of Newport Beach, I am a huge animal lover, and have two golden retrievers, Chloe and Lyric. My hobbies include going to the beach, playing and watching sports (Go Angels!), being outdoors, cooking, and spending time with my family and friends. I am eager and excited to meet everyone, and I look forward to continuing to provide great programs and events for The Clubhouse!

- Courtney Wysocki, Senior Recreation Supervisor



**HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS**

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

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

**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 is involved with mini excursions.*

**OCTOBER: OCC Planetarium, Costa Mesa**



**Registration Date:** Wednesday, Oct 2 @ 12 PM  
**Excursion Date:** Tuesday, Oct 15 @ 10 AM  
**Cost:** FREE

Space travelers start here! The OCC Planetarium has unique features including: a Foucault pendulum and interactive science exhibit, the latest technology and telescopes for optimum learning, an aquarium, horticulture gardens, and more!

**NOVEMBER: Christ Cathedral, Garden Grove**



**Registration Date:** Wednesday, Nov 6 @ 12 PM  
**Excursion Date:** Tuesday, Nov 12 @ 10 AM  
**Cost:** \$10.00 per person (Due Day of Excursion)

Take a tour at the world's largest glass building, the Christ Cathedral, formerly known as the Crystal Cathedral! You will see a life-size perspective of Michelangelo's Sistine Chapel Exhibition, a recreation of one of mankind's greatest artistic achievements.

**DECEMBER: Fashion Island, Newport Beach**



**Registration Date:** Wednesday, Dec 4 @ 12 PM  
**Excursion Date:** Wednesday, Dec 11 @ 10 AM  
**Cost:** FREE

Have a fun, relaxing day at Fashion Island in Newport Beach! Shop, take photos in front of the 90-foot Christmas tree, and/or browse and have lunch at many restaurant options.

**SENIOR SANTA & FRIENDS**

Drop off your unwrapped item at The Clubhouse between November 1 and December 13. Suggested items include: new blankets, clothing, household appliances, nutritional supplements (Ensure & Glucerna), and gift cards. All donations are tax deductible.

**HEALTH & WELLNESS**

**FREE MAMMOGRAMS PROVIDED BY YWCA**

Friday, Oct 11 from 8 AM - 3 PM  
 Call: (714) 871-4488 to make an appointment  
 Location: 25550 Commercentre Drive (CC-AR)

**FREE BLOOD PRESSURE CHECKS**

Third Monday of each Month  
 Call: (949) 461-3408 to make an appointment  
 Location: 25550 Commercentre Drive (CC-AR)  
 Oct 21 | Nov 18 | Dec 16 | 10 AM - 2 PM

**FREE FLU VACCINATION CLINIC**  
 PROVIDED BY THE COUNTY OF ORANGE HEALTH CARE AGENCY  
 (NO INSURANCE NECESSARY)

Thursday, Nov 7 from 10 AM - 2 PM  
 No appointment needed  
 Location: 25550 Commercentre Drive (CC-L)

**HICAP**  
 (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM)

Second Tuesday of each Month  
 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: 25550 Commercentre Drive (CC-A)  
 Oct 8 | Nov 12 | Dec 10 | 10 AM - 2 PM

**MEDICARE ANNUAL ENROLLMENT**

Make an informed decision about the 2020 Medicare Health & Drug Plans. HICAP counselors will assist you to provide free, unbiased options, and confidential counseling.  
 Thursday, Nov 14 from 9 AM - 5 PM  
 Call: (949) 461-3408 to make an appointment  
 Location: 25550 Commercentre Drive (CC-L)

**LAKE FOREST SENIOR ADVISORY BOARD**

In November of this year, three seats will become available on the Senior Advisory Board (S.A.B.), an advisory board to the Community Services Commission. S.A.B. meetings are held six times per year during The Clubhouse hours. Each Board member's term limit is two years. Potential candidates should be interested and passionate about senior programs and The Clubhouse.

**To qualify for the Senior Advisory Board, candidates must be a Lake Forest resident and 50 years of age or older.**

Applications will be made available on Monday, September 23, on the City's website at [www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) and at The Clubhouse. All applicants must apply (complete an application) to the Community Services Commission no later than Friday, October 25. The Community Services Commission will conduct interviews on Thursday, November 21 at 6:30 PM.

For more information on the Senior Advisory Board, please contact Courtney Wysocki, Senior Recreation Supervisor, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov) or call (949) 461-3439.

**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).

To apply for Senior Transportation, you must have a current DMV Identification Card verifying you are a Lake Forest resident and be 60 years of age or better.

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, Nov 8 & Saturday, Nov 9 | 8:30 AM - 12:30 PM  
 For More Info Call: (949) 461-3408  
 Location: 25550 Commercentre Drive (CC-L)  
 Fee: \$15 for AARP members | \$20 for non-members

**THE CLUBHOUSE HOURS: MON-THUR, 10:00 AM-2:00 PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10:00 AM</b> COMPUTER LAB (CC-TR)  <b>10:00 AM</b> MAHJONG (CC-A)	<b>10:00 AM</b> COMPUTER LAB (CC-TR)  <b>10:00 AM</b> PING PONG (CC-L)  <b>10:00 AM</b> PILATES* (CC-B)  <b>10:30 AM</b> COUNTRY LINE DANCE* (LFSP)  <b>12:30 PM</b> DYNA-BAND* (CC-B)  <b>2:00 PM</b> AQUATIC FITNESS TRAINING* (FBTC)	<b>8:30 AM</b> BIRDS OF THE WORLD** (LFSP)  <b>9:00 AM</b> TAI CHI MOBILITY* (CC-TR)  <b>10:00 AM</b> TAI CHI CH'UAN* (CC-TR)  <b>10:00 AM</b> COMPUTER LAB (CC-TR)  <b>10:00 AM</b> MAHJONG (CC-A)  <b>11:00 AM</b> PHYSICAL FITNESS* (CC-B)  <b>12:00 PM</b> PING PONG (CC-L)  <b>1:00 PM</b> YOGA* (CC-B)	<b>7:45 AM</b> GOLF DAYS (LFGPC)  <b>10:00 AM</b> COMPUTER LAB (CC-TR)  <b>10:00 AM</b> PHYSICAL FITNESS* (LFSP)  <b>10:30 AM</b> BINGO (CC-A&B)  <b>11:45 AM</b> LUNCH (CC-A&B)  <b>1:00 PM</b> BEADING & STRINGING* (LFSP)  <b>2:00 PM</b> AQUATIC FITNESS TRAINING* (FBTC)  <b>2:30 PM</b> PING PONG (CC-L)	<b>1:00 PM</b> BOWLING LEAGUE (FL)

\*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) 582-4835 to register.

CH City Hall 25550 Commercentre Dr. (949) 461-3400	CC Community Center 25550 Commercentre Dr (949) 461-3450	CC-A Community Center Room A	CC-B Community Center Room B	CC-AR Community Center Activities Room	CC-TR Community Center Training Room	CC-L Community Center Lounge
<b>LFSP</b> Lake Forest Sports Park & Recreation Center 28000 Rancho Pkwy. (949) 273-6960	<b>FBTC</b> Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. (949) 837-6100	<b>LFGPC</b> Lake Forest Golf & Practice Center 23308 Cherry Ave. (949) 859-1455	<b>FL</b> Forest Lanes 22771 Centre Drive (949) 770-0055	<b>S&amp;S Club</b> Sun & Sail Club 24752 Toledo Way (949) 586-0860	<b>SBC</b> Saddleback College (949) 582-4835	<b>IVC</b> Irvine Valley College (949) 367-8343



**GOLF DAYS AT LAKE FOREST GOLF AND 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

SUN	MON	TUES	WEDS	THURS	FRI/SAT
		1 10:30 AM BAGELS & BINGO (CC-A)	2 11:30 AM JAVA W/JEN (CC-A)  12:00 PM MINI EXCURSION REGISTRATION (CC-A)	3 IT'S TWIN DAY! PICK A FRIEND & WEAR THE SAME OUTFIT!  ENCHILADA FIESTA	4
6	7 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	8 10:00 AM HICAP (CC-A)	9 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	10 OKTOBERFEST LUNCHEON (CC-A&B)  BRATWURST & SAUERKRAUT	11 8:00 AM YWCA MAMMOGRAMS (CC-AR)
13	14 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	15 10:00 AM MINI EXCURSION: OCC PLANETARIUM (CC-A)	16 10:45 AM MOVIE: ROCKETMAN (CC-L)	17 9:30 AM BOOK CLUB (EL TORO ROOM) FAITHFUL BY ALICE HOFFMAN  CHINESE CUISINE	18 7:00 PM HALLOWEEN BUNCO (CC-A&B)
20	21 10:00 AM BLOOD PRESSURE CHECKS (CC-AR)  10:45 AM BINGO MANIA (CC-A)	22 10:00 AM CRAFTS: SCARECROW MASON JARS (CC-AR)	23 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	24 11:15 AM HICAP SEMINAR (CC-A&B)  MEATBALL SANDWICHES	25 SENIOR ADVISORY BOARD APPLICATIONS DUE BY 5:00 PM
27	28 IT'S NATIONAL CHOCOLATE DAY! BRING YOUR SWEET TOOTH!	29 10:30 AM RUMMIKUB TOURNAMENT (CC-A)	30 10:45 AM MOVIE: THE UPSIDE (CC-L)	31 11:30 AM HALLOWEEN LUNCHEON & BIRTHDAY CELEBRATIONS! WEAR YOUR COSTUMES! (CC-A&B)  CHICKEN BOO-DLE SOUP	26

# NOVEMBER 2019

# DECEMBER 2019

SUN	MON	TUES	WEDS	THURS	FRI/SAT
					1 SENIOR SANTA BEGINS! (ENDS DEC. 13)
					2
3	4 IT'S NATIONAL ORANGE DAY! ORANGE YOU GLAD I DIDN'T SAY BANANA?	5 10:30 AM BAGELS & BINGO	6 11:30 AM JAVA W/ JEN  12:00 PM MINI EXCURSION REGISTRATION	7 10:00 AM FLU CLINIC  11:00 AM VETERAN'S DAY CELEBRATION! WEAR RED, WHITE, & BLUE!  MEATLOAF & MASHED POTATOES	8 8:30 AM TWO DAY AARP DRIVER'S SAFETY COURSE  9 8:30 AM TWO DAY AARP DRIVER'S SAFETY COURSE
10 CLUBHOUSE CLOSED HAPPY VETERAN'S DAY!	11	12 10:00 AM MINI EXCURSION: CHRIST CATHEDRAL  10:00 AM HICAP	13 10:00 AM SENIOR ADVISORY BOARD MEETING	14 9:00 AM MEDICARE ANNUAL ENROLLMENT  11:00 AM MEDICATION REVIEW  WIENERSCHNITZEL HOTDOGS	15  16
17 10:00 AM BLOOD PRESSURE CHECKS  10:45 AM BINGO MANIA	18	19 10:30 AM CRAFTS: FALL WREATHS	20 9:00 AM EXCURSION: PALA CASINO  10:45 AM MOVIE: AQUAMAN	21 9:30 AM BOOK CLUB MARILLA OF GREEN GABLES BY SARAH MCCOY  11:30 AM FRIENDSGIVING TURKEY FEAST, PUMPKIN PIE EATING CONTEST, & BIRTHDAY CELEBRATIONS	22  23
24 IT'S NATIONAL PARFAIT DAY! JUMP START YOUR DAY WITH GRANOLA, YAY!	25	26 10:30 AM RUMMIKUB TOURNAMENT	27 10:45 AM MOVIE: A DOG'S WAY HOME	28 CLUBHOUSE CLOSED HAPPY THANKSGIVING!	29 CLUBHOUSE CLOSED HAPPY THANKSGIVING!  30

SUN	MON	TUES	WEDS	THURS	FRI/SAT
1	2 10:45 AM SURPRISE MOVIE DAY!	3 10:30 AM BAGELS & BINGO	4 11:30 AM JAVA W/ JEN  12:00 PM MINI EXCURSION REGISTRATION	5 IT'S TOURIST DAY! WEAR YOUR FAVORITE HAWAIIAN ATTIRE!  11:15 AM INVESTMENT FRAUD SEMINAR  BBQ CHICKEN SANDWICHES	6 1:30 PM EXCURSION: FESTIVAL OF LIGHTS  7
8 IT'S NATIONAL PASTRY DAY! YOU'RE THE APPLE OF MY PIE!	9	10 10:00 AM HICAP	11 10:00 AM MINI EXCURSION: FASHION ISLAND	12 1:00 PM EL TORO CHOIR PERFORMANCE  TACO FIESTA	13 7:00 PM CHRISTMAS BUNCO  SENIOR SANTA ENDS TODAY!  14
15 10:00 AM BLOOD PRESSURE CHECKS  10:45 AM HOLIDAY BINGO MANIA	16	17 10:30 AM CRAFTS: TERRA COTTA POT SNOWMEN	18 10:45 AM MOVIE: A CHRISTMAS STORY	19 9:30 AM BOOK CLUB ONE-IN-A-MILLION BOY BY MONICA WOOD  11:30 AM WHITE ELEPHANT GIFT EXCHANGE & CHRISTMAS CAROLERS. WEAR YOUR HOLIDAY ATTIRE!  HAM & YAMS	20  21
22 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	23	24 CLUBHOUSE CLOSED HAPPY HOLIDAYS!	25 CLUBHOUSE CLOSED HAPPY HOLIDAYS!	26 11:30 AM BIRTHDAY CELEBRATIONS  CHINESE CUISINE	27  28
29 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	30	31 10:30 AM NEW YEAR'S EVE BINGO CELEBRATION	1 NEW YEARS DAY  5:45 AM ROSE PARADE  CITY HALL AND THE CLUBHOUSE CLOSED		



**WE'RE MOVING TO THE NEW CLUBHOUSE HOME!**



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

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## CLUBHOUSE MOVIES

**Wed. Oct 16: ROCKETMAN, Rated R (2019)**  
 Based on the life of Elton John, *Rocketman* discovers how a shy, small-town boy becomes one of the most iconic figures in rock and roll.

**Wed. Oct 30: THE UPSIDE, Rated PG-13 (2017)**  
 Two mischievous New Yorkers from opposite backgrounds bond as an ex-con is hired to be the caretaker for an affluent quadriplegic.

**Wed. Nov 20: AQUAMAN, Rated PG-13 (2018)**  
 To preserve the balance between the surface world and the ancient civilization of Atlantis, Arthur Curry returns to his home to challenge his half-brother, King Orm. With very few allies and resources, his only hope of defeating the tyrannical ruler is with the Trident of Atlan.

**Wed. Nov 27: A DOG'S WAY HOME, Rated PG (2019)**  
 Lucas is a med student who stumbled upon an orphaned dog named Bella. The two form a special bond that is put to the test when Bella gets separated from Lucas.

**Wed. Dec 18: A CHRISTMAS STORY, Rated PG (1983)**  
 It's the final days before Christmas in early 1940s Cleveland, and a 9-year-old Ralphie wants one thing from Santa Claus more than anything else, a Red Ryder Carbine Action Air Rifle.



## 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