



City of Lake Forest

Senior Scene

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

FREE TAX PREPARATION



Get Free Tax Help through AARP
Appointments Available
The City of Lake Forest and AARP
are excited to offer
FREE TAX PREPARATION
to middle and low-income taxpayers

AARP Tax-Aid is a charitable non-profit
organization that has assisted over
34 million taxpayers in filing their tax returns.
Taxpayers with complex tax returns will be
advised to seek professional tax assistance.
(includes, rentals, estates and partnerships)

For an appointment call (949) 461-3408
on Monday, January 14, 2019 at 10:00 AM

Appointments will be scheduled on Mondays
February 4, 11, 18 & 25 – March 4, 11, 18 & 25 – April 1 & 8.

Jan/Feb/Mar 2018

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Mini Excursions

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Program

SENIOR SCENE 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 have "priority" to register for mini excursions. Lake Forest residents can register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A at 12:00 p.m.

Fill out the liability release form provided to reserve your seat.

If space is available, non-residents may register upstairs the following day.

Registration for each mini excursion will not be taken before the date and/or time listed below.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION 12:00 PM

January

Lake Forest Residents:
Wed Jan 2
Non-residents:
Thu Jan 3

February

Lake Forest Residents:
Wed Feb 6
Non-residents:
Thu Feb 7

March

Lake Forest Residents:
Wed Mar 6
Non-residents:
Thu Mar 7

JANUARY MINI EXCURSIONS

Segerstrom Center • Irvine

Wed, Jan 23
10:00am-1:00pm
Fee: FREE

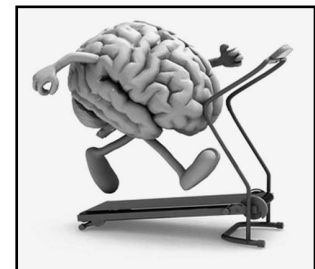
See the Segerstrom Center in a whole new light! This docent led tour will take



you to areas rarely seen by the public! From the magnificent lobbies to the grand stage! The tour is 90 minutes and there is *considerable walking*. Please wear closed toe shoes.

EXERCISE YOUR BRAIN!

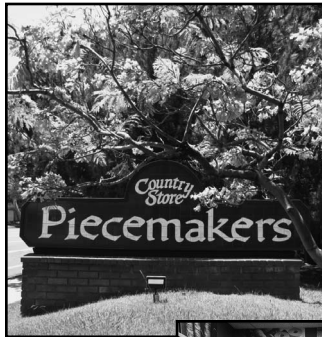
Cognitive Care Solutions
Fri, Mar 1-22
1:00-2:30pm
Fee: Free
Location: City of LF (CC-L)
More Info: (949) 461-3408
Activity #7345



Cognitive Care Solutions is passionate about helping seniors live a better life by keeping brains strong! This workshop focuses on cognitive enhancement therapy, by targeting modifiable risk factors (physical exercise, diet, sleep, and brain exercises).

FEBRUARY MINI EXCURSIONS

Piecemakers • Costa Mesa
Tue, Feb 12
10:00am-2:00pm
Fee: \$10.00
(Buffet Lunch)



Enjoy the Piecemakers Country Store...
From homemade buffet lunch to handmade
custom quilts! A docent-led tour includes
the history behind the store.
Considerable walking and standing.



MARCH MINI EXCURSION

Heroes Hall • Costa Mesa
Wed, Mar 20
10:30am-1:30pm
Fee: Free

Heroes Hall is a permanent
year-round museum that
celebrates the legacy of Orange
County veterans and others who
have served our nation. Visit the
3,600 square feet exhibition space
as well as the Medal of Honor
Courtyard. ***Considerable standing.***



FUN STUFF AND SUCH!

Come visit us at the Senior 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!

Jan/Feb/Mar 2019

4

Senior Scene

MEDICATION REVIEW WITH PHARMACIST BILL

Thu • Jan 24 • 11:00 AM-2:00 PM

Bring a list of your medications and Bill from the County of Orange Health Care Agency will assess your medication.

Call (949) 461-3408 for an appointment.

VALENTINE BINGO

Wear Red for a special drawings!

Thu • Feb 14 • 10:30 AM



DONUT DAY

Mon • Feb 25 • 10:00 AM

BAGELS & BINGO

Tue • 10:30 AM

Jan 8 • Feb 5 • Mar 5

BINGO MANIA

Mon • 10:30 AM

Jan 28 • Feb 25 • Mar 25

FREE! BLOOD PRESSURE CHECKS

Mon • 10:00 AM-12:00 PM

Jan 28 • Feb 25 • Mar 25

JAVA WITH JEN (Monarch Healthcare)

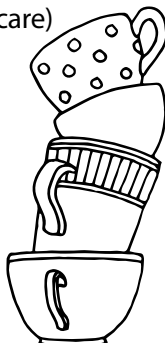
Wed • 11:30 AM-12:30 PM

Jan 2 • Feb 6 • Mar 6

MAHJONG

Mon & Wed

10:00 AM-2:00 PM



PING PONG Tue • 10:00 AM-2:00 PM

Wed • Thu • 2:30 PM-4:30 PM



RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Jan 29 • Feb 26 • Mar 26

FREE MAMMOGRAMS

The City of Lake Forest is partnering with YWCA providing free mammograms for low income, uninsured women 40 years and older. For appointments and questions call The YWCA North Orange County (714) 871-4488 Ext. 207

Fri • Mar 8 • 8:00 AM- 2:00 PM

Location: City of Lake Forest (CC-B)

FREE LEGAL AID SOCIETY

Thu • 10:30 AM-2:30 PM

Jan 3 • Mar 7

Call (949) 461-3408 for an appointment.

BIRTHDAY CELEBRATIONS

Last Thursday of each Month!

SUPER BOWL THURSDAY

Wear your football team's colors...t-shirts, jerseys, or caps! Kick off Super Bowl Sunday on a Thursday along with tailgating inside the Clubhouse.

Thu • Jan 31 • 10:30am

PLUS SPECIAL OCCASIONS!

AARP DRIVER SAFETY TWO-DAY COURSE

Would you like to be more confident behind the wheel? Then this class is for you! This instructional class is for mature drivers 50 years and above.

Fri • Feb 22 • 8:30 AM-12:30 PM

Sat • Feb 23 • 8:30 AM-12:30 PM

\$15.00 AARP Members | \$20.00 Non-Members
(Pay Instructor) For more information call The City of Lake Forest (949) 461-3450. Activity #7167

MARDI GRAS PARTY

"Let the Good Times Roll" Dinner Dance



You'll think you're on Bourbon Street in the French quarter... The Clubhouse will be transformed for the Mardi Gras celebration! What should you wear? Anything and everything! Crazier the better! See who becomes the King & Queen of the Mardi Gras night as we pick 1 male and 1 female! Get ready for some "Big Easy dancing"!

Fri • Feb 8 • 4:00 PM- 7:00 PM

\$10.00 per person (reservations required)
Activity # 7223

CALL FOR NOMINATIONS

Starting Wednesday, January 23, 2019

Senior Volunteer of the Year

Nominate a senior volunteer who has made the largest impact on the City's senior programs. Nomination forms will be available at the Clubhouse and on the senior website www.lakeforestca.gov/seniors. Nomination deadline: 5:00 PM, Thursday, February 28.

ST. PATRICK'S DAY "GREEN WITH ENVY"

Celebration Luncheon

Thu • Mar 14 • 12:00 PM

No Blarney Corned Beef

Don't get pinched! Wear your Green!

EXCURSIONS! DON'T MISS OUT!



Rose Parade

Tue • Jan 1 • 6:00 AM-2:00 PM

\$115.00 per person

A box lunch is included. Call (949) 461-3450 for more information. Activity # 7224

San Manuel Casino

Wed • Mar 13 • 8:00 AM-4:30 PM

\$10.00 per person

Call (949) 461-3450 for more information. Activity # 7346 First day for registration for residents is 2/12/19, non residents 2/19/19.

MATTER OF BALANCE WORKSHOP

A Matter of Balance is designed to increase activity levels without having the fear of falling. This workshop will help you improve your quality of life and remain independent.

Fri • Jan 4 – Feb 22 • 9:00 AM-11:00 AM

\$10.00 paid to instructor for workbook.

Call (949) 461-3408 to sign up. Activity # 7324

COGNITIVE CARE SOLUTIONS

This workshop focuses on keeping your brain strong by providing the highest quality cognitive enhancement therapy. Brain exercise includes training...Learn how in this new class.

Fri • Mar 1 – 22 • 1:00 PM – 2:30 PM

Free Call (949) 461-3408 to sign up

**Pre-registration is required. We no longer take over the phone registration.*

LEGEND

CH
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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

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

LFBTC
Lake Forest Beach &
Tennis Club
 22921 Ridge Route Dr.
 (949) 837-6100


LFGPC
Lake Forest Golf &
Practice Center
 23308 Cherry Ave.
 (949) 859-1455

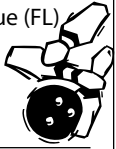
FL
Forest Lanes
 22771 Centre Drive
 (949) 770-0055

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	TUE
<h1>JAN</h1>		1 CITY HALL AND CLUBHOUSE CLOSED 6:00 AM Rose Parade Excursion 
6	7 9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (LFSP) 10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A) 10:30 AM Hot Cocoa (CC-A) Cold Box Lunch	8 10:00 AM Ping Pong (CC-L) 10:00 AM Pilates (CC-B) 10:00 AM Drop-In Computer Lab 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
13	14 9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (LFSP) 10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A) 10:00 AM Call For Tax Help Appts. 10:30 PM Hot Cocoa (CC-A) Cold Box Lunch	15 10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Wood Plaque (CC-AR) 12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR) Cold Box Lunch
20	21 MARTIN LUTHER KING, JR. DAY HOLIDAY / CLUBHOUSE CLOSED	22 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (CC-B) 12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR) Cold Box Lunch
27	28 9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:00 AM Blood Pressure Checks 10:30 AM Bingo Mania 10:30 AM Hot Cocoa Cold Box Lunch	29 10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (CC-B) 10:30 AM Rummikub Tournament (CC-A) 12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Prac. Spanish (CC-AR) Cold Box Lunch

WED	THU	FRI / SAT
<p style="text-align: right;">2</p> <p>10:00 AM Mahjong (CC-A) 11:30 AM Java w/ Jen (Monarch) (CC-A)</p> <p>12:00 PM Mini Excursion Registration (CC-A) 2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">3</p> <p>7:45 AM Golf (LFGPC) 10:30 AM Bingo (CC-A&B) 10:30 AM Legal Aid (CC-L)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p style="text-align: center;">Chili & Corn Bread</p>	<p style="text-align: right;">FRI 4</p> <p>9:00 AM Matter of Balance (CC-L)</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;">SAT 5</p>
<p style="text-align: right;">9</p> <p>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) 10:00 AM Drop-In Computer Lab 10:00 AM Senior Advisory Board (EL Toro Room)</p> <p>1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">10</p> <p>7:45 AM Golf (LFGPC) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p style="text-align: center;">Italian Feast</p>	<p style="text-align: right;">FRI 11</p> <p>9:00 AM Matter of Balance (CC-L)</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;">SAT 12</p>
<p style="text-align: right;">16</p> <p>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) 10:45 AM Movie Day: Mamma Mia, Here We Go Again! (CC-L)</p> <p>1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">17</p> <p>7:45 AM Golf (LFGPC) 9:00 AM Adv Practical Spanish (CC-AR) 9:30 AM Book Club – A Girl from Yamhill (El Toro Room) 10:00 AM Physical Fitness (LFSP) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar - Clear Captions</p> <p>12:00 PM Lunch (CC-A&B) 1:00 PM Beading & Stringing (LFSP)</p> <p style="text-align: center;">Chinese Feast</p>	<p style="text-align: right;">FRI 18</p> <p>9:00 AM Matter of Balance</p> <p>1:00 PM Bowling League (FL) 7:00 PM Bunco</p> <hr/> <p style="text-align: right;">SAT 19</p>
<p style="text-align: right;">23</p> <p>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) 10:30 AM Mini Excursion Segerstrom Center Tour 11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">24</p> <p>7:45 AM Golf (LFGPC) 9:00 AM Adv Practical Spanish (CC-AR) 10:00 AM Physical Fitness (LFSP) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 11:00 AM Medication review</p> <p>12:00 PM Lunch (CC-A&B) 1:00 PM Beading & Stringing (LFSP)</p> <p style="text-align: center;">Mexican Madness</p>	<p style="text-align: right;">FRI 25</p> <p>9:00 AM Matter of Balance</p> <p>1:00 PM Bowling League (FL)</p>  <hr/> <p style="text-align: right;">SAT 26</p>
<p style="text-align: right;">30</p> <p>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) 10:00 AM Drop-In Computer Lab 10:45 AM Movie: Oceans 8 (CC-L)</p> <p>1:00 PM Yoga 2:30 PM Ping Pong</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">31</p> <p>SUPER BOWL THURSDAY 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) 10:30 AM Super Bowl Fun 11:45 AM Birthday Celebration</p> <p>12:00 PM Lunch (CC-A&B) 1:00 PM Beading & Stringing (LFSP)</p> <p style="text-align: center;">Cheese Burgers & Potato Salad</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.</p> </div>

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Room B

CC-AR
Community Center
Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

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

LFBTC
Lake Forest Beach &
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 22921 Ridge Route Dr.
 (949) 837-6100

LFGPC
Lake Forest Golf &
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 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 TUE



Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.

<p>3</p>	<p>4</p> <p>9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Mahjong (CC-A) 10:00 AM Tax Aid Appointments 10:00 AM Hearing Test (CC-AR)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>10:00 AM Pilates (CC-B) 10:00 AM Ping Pong 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo</p> <p>12:30 PM Dyna-Band (CC-B) 2:00 PM Beg Prac Spanish (CC-AR)</p> <p>Cold Box Lunch</p>
<p>10</p>	<p>11</p> <p>9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Mahjong (CC-A) 10:00 AM Tax Aid Appointments</p> <p>Cold Box Lunch</p>	<p>12</p> <p>10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM HICAP 10:00 AM Mini Excursion Piecemakers Country Store 10:30 AM Crafts-Iron –On Tote Bag (CC-AR)</p> <p>12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Prac Spanish (CC-AR)</p> <p>Cold Box Lunch</p>
<p>17</p>	<p>18</p> <p>PRESIDENTS' DAY HOLIDAY / CITY HALL & CLUBHOUSE CLOSED</p>	<p>19</p> <p>10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts-Decorative Tote Bag (CC-AR)</p> <p>12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)</p> <p>Cold Box Lunch</p>
<p>24</p> <p>31</p>	<p>25</p> <p>9:00 AM Beg. Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Mahjong (CC-A) 10:00 AM Tax Aid Appointments 10:00 AM DONUT DAY 10:00 AM Blood Pressure Check (CC-AR) 10:30 AM Bingo Mania</p> <p>Cold Box Lunch</p> 	<p>26</p> <p>10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Beg Practical Spanish (CC-AR)</p> <p>Cold Box Lunch</p>

WED**THU****FRI / SAT**

FRI 1
 9:00 AM Matter of Balance
 1:00 PM Bowling League (FL)

SAT 2

6

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)
 10:00 AM Drop-In Computer Lab
 11:30 AM Java w/Jen (Monarch) (Computer Lab)

12:00 PM Mini Excursion Registration (CC-A)
 1:00 PM Yoga (CC-B)
 2:30 PM Ping Pong (CC-L)

Cold Box Lunch**7**

7:45 AM Golf (LFGPC)
 9:00 AM Adv. Prac Spanish (CC-AR)
 10:00 AM Physical Fitness (LFSP)
 10:00 AM Drop-In Computer Lab
 10:30 AM Clear Captions Workshop (CC-L)

12:00 PM Lunch (CC-A&B)
 12:30 PM Bingo (CC-A&B)

1:00 PM Beading & Stringing (LFSP)
 2:30 PM Ping Pong (CC-L)

Chicken Sandwich

FRI 8
"Let The Good Times Roll"
Mardi Gras!

8:30 AM Matter of Balance
 1:00 PM Bowling League (FL)
 4:00 PM Mardi Gras Party

SAT 9

13

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)
 10:00 AM Drop-In Computer Lab
 10:45 AM Movie:
 An Elephants Journey

1:00 PM Yoga (CC-B)
 2:30 PM Ping Pong (CC-L)

Cold Box Lunch**VALENTINE BINGO****Wear Red for a special drawing!**

7:45 AM Golf (LFGPC)
 9:00 AM Adv. Prac Spanish (CC-AR)
9:30 AM Book Club – Tending Roses
(El Toro Room)

10:00 AM Physical Fitness (LFSP)
 10:00 AM Drop-In Computer Lab
 12:00 PM Lunch (CC-A&B)
 12:30 PM Bingo (CC-A&B)
 1:00 PM Beading & Stringing (LFSP)
 2:30 PM Ping Pong (CC-L)

Sheppard's Pie**14**

FRI 15
 9:00 AM Matter of Balance (CC-L)
 1:00 PM Bowling League (FL)

SAT 16

20

8:30 AM Birds of the World (LFSP Mtg. Rm 2)
 9:00 AM Tai Chi Mobility (CC-B)
 10:00 AM Tai Chi (CC-B)
 10:00 AM Mahjong (CC-A)
 11:00 AM Drop-In Computer Lab

1:00 PM Yoga (CC-B)
 2:30 PM Ping Pong (CC-L)

Cold Box Lunch**21**

7:45 AM Golf (LFGPC)
 9:00 AM Adv. Practical Spanish (CC-AR)
 10:00 AM Physical Fitness (LFSP)
 10:00 AM Drop-In Computer Lab
 10:30 AM Bingo (CC-A&B)
 11:15 AM Seminar-Cognitive Care Solutions

12:00 PM Lunch (CC-A&B)

Chinese Feast

FRI 22
 8:30 AM AARP Drivers Safety
 2 Day Course (CC-L)
 9:00 AM Matter of Balance (CC-L)
 1:00 PM Bowling League (FL)

SAT 23

27

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)
 10:00 AM Drop-In Computer Lab
 10:45 AM Movie: The Meg (CC-L)

1:00 PM Yoga (CC-B)
 2:30 PM Ping Pong (CC-L)

Cold Box Lunch**28**

7:45 AM Golf (LFGPC)
 9:00 AM Adv. Practical Spanish (CC-AR)
 10:00 AM Physical Fitness (LFSP)
 10:00 AM Drop-In Computer Lab
 10:30 AM Bingo (CC-A&B)
 11:45 AM Birthday Celebrations (CC-A&B)

12:00 PM Lunch (CC-A&B)
 1:00 PM Beading & Stringing (LFSP)
 2:30 PM Ping Pong (CC-L)

Chili & Corn Bread

FRI 29

SAT 30

LEGEND

SUN MON TUE

CH
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 24752 Toledo Way
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MAR



Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.

<p>3</p>	<p>4</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beg. Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>10:00 AM Pilates (CC-B) 10:00 AM Ping Pong 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-L)</p> <p>12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)</p> <p>Cold Box Lunch</p>
<p>10</p>  <p>Daylight Saving Time Begins</p>	<p>11</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beg. Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A)</p> <p>Cold Box Lunch</p>	<p>12</p> <p>10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM HICAP</p> <p>12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)</p> <p>Cold Box Lunch</p>
<p>17</p>	<p>18</p> <p>10:00 AM Wearable Art (CC-L) 10:00 AM Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Blood Pressure Checks (CC-AR) 10:30 AM Bingo Mania (CC-A)</p> <p>Cold Box Lunch</p>	<p>19</p> <p>10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts—Colorful Planters (CC-AR)</p> <p>12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Prac Spanish (CC-AR)</p> <p>Cold Box Lunch</p>
<p>24</p> <hr/> <p>31</p>	<p>25</p> <p>10:00 AM Wearable Art (CC-L) 10:00 AM Beg. Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A)</p> <p>Cold Box Lunch</p>	<p>26</p> <p>10:00 AM Pilates (CC-B) 10:00 AM Ping Pong 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A)</p> <p>12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)</p> <p>Cold Box Lunch</p>

WED**THU****FRI / SAT****FRI 1**

1:00 PM Cognitive Care Solutions
Workshop (CC-L)
1:00 PM Bowling League

SAT 2**6**

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)
11:00 AM Drop-In Computer Lab
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)

Cold Box Lunch

7

7:45 AM Golf (LFGPC)
9:00 AM Adv. Practical Spanish (CC-AR)
10:00 AM Drop-In Computer Lab
10:00 AM Physical Fitness (LFSP)
10:30 AM Legal Aid (CC-L)
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
1:00 PM Beading & Stringing (LFSP)
2:30 PM Ping Pong (CC-L)

Italian Feast

FRI 8

8:00 AM YWCA Mammograms
(CC-B)

1:00 PM Bowling League (FL)
1:00 PM Cognitive Care Solutions
Workshop (CC-L)

SAT 9**13**

8:30 AM Birds of the World (LFSP)
9:00 AM Tai Chi Mobility (CC-B)
9:00 AM Excursion-San Manuel Casino
10:00 AM Tai Chi (CC-B)
10:00 AM Mahjong (CC-A)
10:00 AM Senior Advisory Board (El Toro Room)
11:00 AM Drop-In Computer Lab

1:00 PM Yoga (CC-B)
2:30 PM Ping Pong (CC-L)

Cold Box Lunch



St. Patrick's Day Celebration

7:45 AM Golf (LFGPC)
9:00 AM Adv Practical Spanish (CC-AR)
**9:30 AM Book Club – Before We Were Yours
(El Toro Room)**
10:00 AM Drop-In Computer Lab
10:00 AM Physical Fitness (LFSP)
12:30 AM Bingo (CC-A&B)
11:00 AM Entertainment

12:00 PM Lunch (CC-A&B)

Corned Beef & Cabbage

14**FRI 15**

1:00 PM Bowling League (FL)
1:00 PM Cognitive Care Solutions
Workshop (CC-L)

SAT 16**20**

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)
10:00 AM Mini Excursion – Heroes Hall
11:00 AM Drop-In Computer Lab

1:00 PM Yoga (CC-B)
2:30 PM Ping Pong (CC-L)

Cold Box Lunch

21

7:45 AM Golf (LFGPC)
10:00 AM Drop-In Computer Lab
10:30 AM Bingo (CC-A&B)
11:15 AM Seminar-Vertigo

12:00 PM Lunch (CC-A&B)
2:30 PM Ping Pong (CC-L)

**Chinese Feast****FRI 22**

1:00 PM Bowling League (FL)
1:00 PM Cognitive Care Solutions
Workshop (CC-L)
Last Class

SAT 23**27**

10:00 AM Mahjong (CC-A)
10:45 AM Movie Day – Skyscraper (CC-L)
11:00 AM Drop-In Computer Lab

1:00 AM Yoga (CC-B)
2:30 PM Ping Pong (CC-L)

Cold Box Lunch

28

7:45 AM Golf (LFGPC)
10:00 AM Drop-In Computer Lab
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)

Chili & Cornbread

FRI 29

1:00 PM Bowling League (FL)
5:00 PM Bunco

SAT 30**Jan/Feb/Mar 2019****11****Senior Scene**

CRAFTY CRAFTERS

Due to the popularity of the crafts program, you must register downstairs for all craft classes or call (949) 461-3408 the first Monday of the month. Leave your name and phone number. Call January 2, February 4, March 4.

WOOD PLAQUES

Tuesday, January 15 • 10:30 am

Create a beautiful wood plaque for your home or a gift for someone special. All you need to do is sign up and we will supply all the materials.



IRON-ON DECORATIVE TOTE

Tuesday, February 12 • 10:30 am



You can always use another tote bag, but this one will be different...because you will create it! Staff will help you iron on the pre-cut material. No need to bring anything...we have it all!

FLOWER CONTAINER

Tuesday, March 19 • 10:30 am

Colorful Flower Containers made from used cans. Wear something old you'll be playing in soil! No need to bring anything from home...we have it all!



Just be sure to sign up seating is limited.

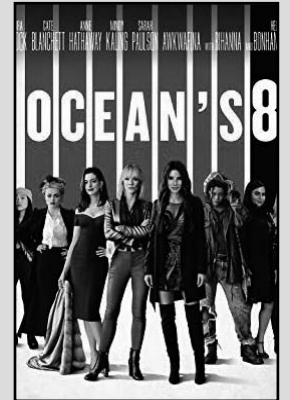
January



Mamma Mia: Here We Go Again

Wednesday • Jan 16
1hr 50 mins
(PG-13)

A woman grapples with running her mother's villa while expecting her first child. The woman worries that she cannot handle everything on her own, so she enlists two of her mother's friends for support and guidance. Along the way, she learns of her mother's past and faces a surprise visit from a grandmother she's never met.



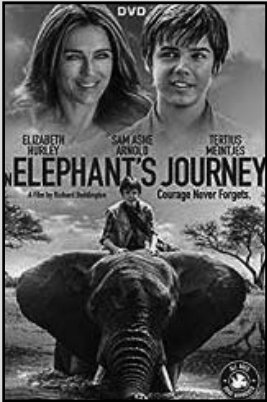
Oceans 8 Wednesday • Jan 30 1hr 54 mins (PG-13)

Debbie Ocean (Sandra Bullock) is released from prison only to pull off the heist of the century at the New York City's star studded annual MET Gala.

MOVIE DAYS

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

February



An Elephant's Journey

Wednesday•Feb 13
1 hr 27 mins
(PG-13)

A young boy is invited by family to visit Africa. The boy gets lost and finds a friend...an elephant. The boy and the elephant fight together against poaching; together they learn many of life's lessons.



The Meg

Wednesday•Feb 27
1 hr 53 mins
(PG-13)

A 70-foot sea creature believed to be extinct for more than a million years reappears from the bottom of the ocean. The Megalodon is still alive!

March



Mission Impossible: Fallout

Wednesday•Mar 20
2hr 27 mins
(PG-13)

Ethan Hunt is on another mission. A mysterious fundamentalist is planning on acquiring three plutonium cores. Ethan and his team are sent to Berlin to intercept them, but the mission fails. Ethan must find the plutonium cores before it's too late.



Skyscraper

Wednesday• Mar 27
1 hr 42 mins
(PG-13)

War veteran, Will Sawyer, is on assignment in Hong Kong. He and his family are living in the tallest, safest building in the world when suddenly the building is ablaze! He must find a way into the fiery building to save his family.

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, 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.



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) 451-5555
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

SEMINARS

January

Clear Captions Phone

Thursday • Jan 17 • 11:15 am
Make the Phone Your Friend Again!

See the Entire Conversation in Real-time at No Cost
If you are experiencing any form of hearing loss, you may qualify to receive a no cost ClearCaptions phone at no cost to you! ClearCaptions offers real-time phone captioning that allows you to see every word said on the call. Funded by the Americans with Disabilities Act, there is no cost to qualified individuals whose hearing loss inhibits phone use.

February

Cognitive Care Solutions

Thursday • Feb 21 • 11:15 AM

Cognitive Care Solutions Allyson Lehrich will let you know how to keep your brain healthy and strong! Is the brain a muscle? How do you exercise it? These questions and more will be answered.

March

Vertigo

Presented by SCAN

Thursday • Mar 21 • 11:15 AM

Do you experience, loss of balance, lightheadedness, nausea or feeling as if the room is spinning?

Vertigo can be sudden and last for a few seconds or much longer. Find out the symptoms, causes and treatments.

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 Senior Scene Clubhouse to enjoy a hot lunch and bingo.

January

JANUARY 17 A GIRL FROM YAMHILL

by Beverly Cleary

Beverly Cleary, tells in her own words, her personal story of her life. Beverly describes life in Oregon during the Great Depression, her childhood, adolescence and into her adulthood. A fascinating true story about a remarkable woman.



February

FEBRUARY 14 TENDING ROSES

by Lisa Wingate

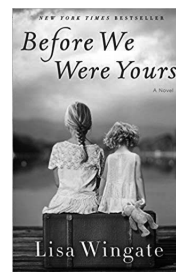
A young mother, Kate, must convince her grandmother Rose to move from the Missouri farm where she's lived for the last 50 years into assisted living. While there, Kate finds her Grandmother Rose's journal only to find out what a remarkable person she is!



March

MARCH 14 BEFORE WE WERE YOURS

by Lisa Wingate



A story based on a family from 1939. A family torn apart and the children were forced from their home to live in an orphanage. How does this incident change a successful woman today? Her story will take you through a journey of her family's long-hidden history.



City of Lake Forest Senior Scene
25550 Commercentre Drive
Lake Forest, CA 92630
949-461-3408

HAPPY NEW YEAR!

May 2019 bring happiness, prosperity and joy to your life!

As I look back on all the years, I realize our Mission Statement for the Senior Scene Clubhouse "A place where you meet new friends and create lasting memories" is so true. As we prepare to move into our new home, you can look forward to all the new and exciting changes! So, let us lift our glasses, say good-bye to 2018, and welcome 2019 surrounded by friends and family. Let us promise to continue the celebrations, laughter and know confidently you have another home...The Clubhouse.



Thank you for participating in our Senior Scene Clubhouse programs over the past year! Your wonderful suggestions and input are helping to shape future City of Lake Forest Senior facilities and programs.

~ Karen

