



CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | DEC '21 - FEB '22



Happy New Year!



The Clubhouse looks forward to providing more programs and activities in 2022! Please note that due to the uncertainty of COVID-19 at the time of print, all programs in The Clubhouse Calendar are subject to change. All programs and activities provided will be evaluated to ensure the proper health and safety precautions are taken for participants for the City of Lake Forest Community Services programs.

For any questions or more information, please call (949) 461-3408.

THE CLUBHOUSE UPDATES

*The Clubhouse: Where You Meet New Friends
and Create Lasting Memories!*



As we come to a close on 2021, The Clubhouse would like to thank everyone for their continued support at the center. COVID-19 gave us some bumps in the road, but we have enjoyed every minute of planning programs, services, and events since our reopening in July. 2022 brings us even more Clubhouse possibilities, including the return of Emeritus Classes, dances, bunco, excursions, and various special events!

The Clubhouse would like to send you the very best wishes for the holiday season and new year. May we continue to make memories, share laughter, and spread smiles. We look forward to having you at The Clubhouse during the holiday season and in 2022!

Please note, The Clubhouse is closed for maintenance Monday, December 27 through Thursday, December 30, and we will reopen on Monday, January 3 at 10:00 AM.

- Courtney Wysocki
Senior Recreation Supervisor



THE CLUBHOUSE DAILY SCHEDULED PROGRAMS - DECEMBER

The Clubhouse Operating Hours

Monday through Thursday, 10:00 AM - 3:00 PM

MON

TUE

WED

THU

FRI

10:00 AM
COMPUTER LAB
(CH-CL)

10:00 AM
COMPUTER LAB
(CH-CL)

10:00 AM
COMPUTER LAB
(CH-CL)

10:00 AM
COMPUTER LAB
(CH-CL)

THE CLUBHOUSE
IS CLOSED

10:00 AM
MAHJONG
(CH-GR)

10:00 AM
BRAIN GAMES
& PUZZLES
(CH-GR)

10:00 AM
MAHJONG
(CH-GR)

10:00 AM
BRAIN GAMES
& PUZZLES
(CH-GR)

10:00 AM
RUMMIKUB
(CH-MPR)

10:00 AM
RUMMIKUB
(CH-MPR)

10:00 AM
RUMMIKUB
(CH-MPR)

10:00 AM
BINGO
(CH-MPR)

10:00 AM
PING PONG
(CH-MPR)

10:00 AM
PING PONG
(CH-MPR)

CH

The Clubhouse
100 Civic Center Dr.
(949) 461-3408

CH-ACR

The Clubhouse
Arts & Crafts Room

CH-CL

The Clubhouse
Computer Lab

CH-CR

The Clubhouse
Classroom

CH-GR

The Clubhouse
Game Room

CH-MPR

The Clubhouse
Multi-Purpose Room

CH-WR

The Clubhouse
Wellness Room

CC

Civic Center/City Hall
100 Civic Center Dr.
(949) 461-3400

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 Dr.
(949) 770-0055

S&S Club

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

IVC

Irvine Valley
College Emeritus
(949) 367-8343

SBC

Saddleback
College Emeritus
(949) 582-4835

Add Us on Social Media!

Add The Clubhouse on Facebook and Instagram to stay informed with upcoming programs, activities, and events!



www.facebook.com/lakeforest.clubhouse



[lakeforest.clubhouse](https://www.instagram.com/lakeforest.clubhouse)

THE CLUBHOUSE DAILY SCHEDULED PROGRAMS - JAN & FEB

The Clubhouse Operating Hours

Monday through Thursday, 10:00 AM - 3:00 PM

MON

TUE

WED

THU

FRI

10:00 AM - 3:00 PM
COMPUTER LAB
(CH-CL)

10:00 AM - 1:00 PM
COMPUTER LAB
(CH-CL)

10:00 AM - 12:00 PM
PING PONG
(CH-MPR)

10:00 AM - 1:00 PM
COMPUTER LAB
(CH-CL)

THE CLUBHOUSE
IS ONLY OPEN
FOR EMERITUS
CLASSES

10:00 AM - 3:00 PM
MAHJONG
(CH-GR)

10:00 AM - 3:00 PM
BRAIN GAMES
& PUZZLES
(CH-GR)

10:00 AM - 12:50 PM
BEGINNING KNITTING
(CH-ACR)

10:00 AM - 2:00 PM
BINGO
(CH-MPR)

10:30 AM - 11:20 AM
PHYSICAL FITNESS
(CH-WR)

10:00 AM - 3:00 PM
RUMMIKUB
(CH-MPR)

10:00 AM - 3:00 PM
RUMMIKUB
(CH-MPR)

10:00 AM - 3:00 PM
COMPUTER LAB
(CH-CL)

10:00 AM - 3:00 PM
BRAIN GAMES
& PUZZLES
(CH-GR)

12:00 PM - 12:50 PM
YOGA
(CH-WR)

10:00 AM - 3:00 PM
PING PONG
(CH-MPR)

10:30 AM - 12:20 PM
COUNTRY LINE DANCE
(CH-MPR)

10:00 AM - 3:00 PM
MAHJONG
(CH-GR)

10:30 AM - 12:20 PM
PHYSICAL FITNESS
(CH-WR)

12:00 PM - 12:50 PM
BEADING & STRINGING
(CH-ACR)

10:30 AM - 12:20 PM
PILATES
(CH-WR)

10:00 AM - 3:00 PM
RUMMIKUB
(CH-MPR)

12:00 PM - 2:50 PM
FILM GENRES
(CH-ACR)

1:00 PM - 2:50 PM
PHYSICAL FITNESS
(CH-WR)

1:00 PM - 2:50 PM
LIFE & TECHNOLOGY
(CH-CL)

10:30 AM - 12:20 PM
TAIJIQUAN
(CH-WR)

1:00 PM - 1:50 PM
CHINESE FAN BOXING
(PAI DAI GONG)
(CH-WR)

1:00 PM - 2:50 PM
DYNA-BAND
(CH-WR)

1:00 PM - 1:50 PM
TAI CHI MOBILITY
(CH-WR)

1:00 PM - 2:50 PM
LIFE & TECHNOLOGY
(CH-CL)

1:00 PM - 3:00 PM
PING PONG
(CH-MPR)

1:00 PM - 2:50 PM
YOGA
(CH-MPR)

CH	CH-ACR	CH-CL	CH-CR	CH-GR	CH-MPR	CH-WR
The Clubhouse 100 Civic Center Dr. (949) 461-3408	The Clubhouse Arts & Crafts Room	The Clubhouse Computer Lab	The Clubhouse Classroom	The Clubhouse Game Room	The Clubhouse Multi-Purpose Room	The Clubhouse Wellness Room

CC	LFBTC	LFGPC	FL	S&S Club	IVC	SBC
Civic Center/City Hall 100 Civic Center Dr. (949) 461-3400	Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. (949) 837-6100	Lake Forest Golf & Practice Center 23308 Cherry Ave. (949) 859-1455	Forest Lanes 22771 Centre Dr. (949) 770-0055	Sun & Sail Club 24752 Toledo Way (949) 586-0860	Irvine Valley College Emeritus (949) 367-8343	Saddleback College Emeritus (949) 582-4835

THE CLUBHOUSE PROGRAMS

Crafty Crafters

.....

Each class is designed to spark your creative and artistic side!

Fee: \$2.00 Residents & Non-Residents
Time: 10:30 AM - 12:00 PM

Activity #: 10692 - Tuesday, Dec 21, 2021
Wineglass Snowmen

Activity #: 10693 - Tuesday, January 18, 2022
Stationary Marbling

Activity #: 10694 - Tuesday, February 15, 2022
Creative Canvas Painting

The Clubhouse Garden Club

.....

The Clubhouse Garden Club provides education, inspiration, and a sense of joy.

Activity #: 10696
Time: 10:00 AM - 11:00 AM

Tuesday, December 7, 2021
Houseplants 101

Tuesday, January 4, 2022
Low Maintenance Landscapes

Tuesday, February 1, 2022
Ready for Spring



The Clubhouse Karaoke Hour

.....

Join The Clubhouse as we sing our hearts out!
No singing experience is required.

Activity #: 10786
Time: 10:00 AM - 11:00 AM

Tuesday, December 14, 2021
Holly Jolly Carols

Tuesday, January 11, 2022
Winter Wonderland

Tuesday, February 8, 2022
Be Our Valentine



Young at Heart - Lake Forest Book Club

.....

Join your Clubhouse friends and discuss assigned books at a monthly meeting.

To join the Book Club, please call
The Clubhouse at (949) 461-3408.

Time: 10:00 AM - 11:30 AM

Thursday, December 16, 2021
Chelsea Girls by Fiona Davis

Thursday, January 20, 2022
About My Mother by Peggy Rowe

Thursday, February 17, 2022
The Ride of Her Life by Elizabeth Letts



THE CLUBHOUSE PROGRAMS

Computer Lab Hours

.....

The Clubhouse patrons may use the Computer Lab to check email, surf the net, and practice computer skills to improve proficiency.

December

Monday through Thursday 10:00 AM - 3:00 PM

January and February

Monday and Wednesday 10:00 AM - 3:00 PM

Tuesday and Thursday 10:00 AM - 1:00 PM

The Clubhouse Games & Fun!

.....

The Clubhouse offers many fun games and activities to keep your brain active and promote positive socialization!

Join us for the following programs Monday through Thursday from 10:00 AM - 3:00 PM.

Brain Games (Sudoku, Crossword Puzzles, and Word Searches)

Dominoes

Mahjong

Puzzles

Rummikub

Various Card Games

Ping Pong

.....

Break out your paddles and join us for a friendly game!

December

Monday and Wednesday 10:00 AM - 3:00 PM

January and February

Monday 10:00 AM - 3:00 PM

Tuesday 1:00 PM - 3:00 PM

Wednesday 10:00 AM - 12:00 PM

The Patient Project

.....

The Patient Project is a team of UCI undergraduate student volunteers that host free workshops presented virtually through Zoom. The sessions are filled with fun exercises including vision boards, mindfulness practices, and reflective questions!

Activity #: 10799

Monday, January 3, 17, 31

February 14 and 28

from 11:00 AM - 12:00 PM

Session Theme: Explore Your Love Story
Learn about love with yourself and with others.



Senior Bowling League at Lake Forest Lanes

.....

Fridays from 1:00 PM - 3:30 PM

For more information call: (949) 770-0055

Location: Forest Lanes, 22771 Centre Drive

Fee: \$10.00 Residents | \$12.00 Non-Residents

\$3.00 Shoe Rental

THE CLUBHOUSE PROGRAMS CONTINUED

Clubhouse Matinee Movies

Clubhouse Matinee Movies begin at 10:45 AM and are located at The Clubhouse - Classroom.



Wednesday, December 1, 2021

The Secret: Dare to Dream

Rated PG, 2020, Drama/Romance

Miranda Wells is a hardworking young widow who's struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life. In just a few short days, Bray's presence reignites the family's spirit, but he carries a secret that could change everything.



Wednesday, December 15, 2021

It's A Wonderful Life

Rated PG, 1946, Fantasy

After George Bailey wishes he had never been born, an angel is sent to earth to make George's wish come true. George starts to realize how many lives he has changed and impacted, and how they would be different if he was never there.



Wednesday, January 12, 2022

Julie & Julia

Rated PG-13, 2009, Comedy/Drama

Frustrated with a soul-killing job, New Yorker Julie Powell embarks on a daring project: she vows to prepare all 524 recipes in Julia Child's landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child herself conquered French cuisine with passion, fearlessness, and plenty of butter.

Wednesday, January 26, 2022

First Cow

Rated PG-13, 2020, Drama/Western

Two travelers, on the run from a band of vengeful hunters in the 1820s Northwest, dream of striking it rich -- but their tenuous plan to make their fortune on the frontier comes to rely on the secret use of a landowner's prized dairy cow.



Wednesday, February 9, 2022

Old Goats

Rated PG-13, 2021, Comedy/Drama

Old Goats is the hilarious and heartfelt story of a trio of spirited senior citizens on a quest to make the most of their sunset years.



Wednesday, February 23, 2022

A Beautiful Day in the Neighborhood

Rated PG, 2019, Drama

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger's empathy, kindness, and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.

THE CLUBHOUSE BINGO PROGRAMS

Bagels & Bingo

Join us every month for bingo games and bagels from Bagels & Brew!

Time: 10:00 AM - 2:00 PM

Tuesday, December 7, 2021

Monday, January 10, 2022

Monday, February 7, 2022

Bingo Mania

The Clubhouse hosts Bingo Mania the fourth Monday of every month.

Time: 10:00 AM - 2:00 PM

Monday, December 20, 2021

Monday, January 24, 2022

Monday, February 28, 2022

Bingo Thursdays & Special Clubhouse Lunches!



Feeling lucky? Join us for games of bingo every Thursday from 10:00 AM - 2:00 PM! The Clubhouse offers a catered lunch once a month during Bingo Thursdays at 12:00 PM.

Thursday Clubhouse Lunch Fee:
\$2.00 Residents & \$4.00 Non-Residents

Activity #: 10688
Holly Jolly Holiday Luncheon - Ham & Yams
Thursday, December 16, 2021

Activity #: 10689
Winter Wonderland - Chicken Fettuccini Alfredo
Thursday, January 27, 2022

Activity #: 10691
Taco 'Bout A Party - Chicken Tacos
Thursday, February 24, 2022

Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in all bingo activities. This is a one time cost. You may purchase as many cards as you'd like, but you can only play with one card. To register for Thursday Clubhouse Lunches, visit www.lfparksandrecca.com or register in-person at The Clubhouse front desk. Please call (949) 461-3408 for any questions.

THE CLUBHOUSE SPECIAL EVENTS

Nacho Average Holiday Season

In "queso" you didn't know, the holiday season is here!
Join The Clubhouse as we celebrate with yummy nachos!

Activity #: 10796

Wednesday, December 8, 2021 from 11:00 AM - 12:00 PM



Soundsations & Choralistics at The Clubhouse

Our very own El Toro High School has two outstanding vocal performance teams; Soundsations and Choralistics! There are over 50 students in these two singing and dancing groups and they have won top honors and several gold level awards in their competitions! No registration is required.

Thursday, December 9, 2021 from 12:00 PM - 1:00 PM

Holiday Caroling at The Clubhouse

The Charles Dickens Carolers will be spreading holiday cheer at The Clubhouse! Their repertoire of novelty holiday arrangements is sure to get you in the holiday spirit! No registration is required.

Thursday, December 16, 2021 from 12:00 PM - 12:30 PM



National Popcorn Day

Join us at The Clubhouse for a pop and crunch we all love to enjoy, National Popcorn Day!

Activity #: 10797

Wednesday, January 19, 2022 from 11:00 AM - 12:00 PM

It's Valentine's Day at The Clubhouse!

Love is in the air! Join The Clubhouse as we celebrate Valentine's Day with lots of goodies and treats!

Activity #: 10798

Monday, February 14, 2022 from 11:00 AM - 12:00 PM

HEALTH & WELLNESS PROGRAMS & RESOURCES

AARP Driver Safety Two-Day Course

Would you like to be more confident behind the wheel? Then we have a class for you! This instructional class is for the mature driver (50+). You will learn better driving techniques and ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course.

Activity #: 10705

Fee: \$20 AARP Members, \$25 Non-Members

(Payment is due the first day of the course, check payable to AARP)

Date & Time: Friday & Saturday, February 4 and 5
from 8:30 AM - 1:00 PM

Please note, the AARP Driver Safety Refresher Course (Activity #: 10698) scheduled for Friday, January 21, has been cancelled by AARP due to COVID-19.

Legal Aid

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

Date & Time: Thursday, Dec. 2, Jan. 6, and Feb. 3
from 1:00 PM - 3:00 PM

Call: (949) 461-3408 to schedule your 30-minute phone call appointment.

Orange County Free Tax Prep

Get free tax help through United Way!

United Way provides 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).

Beginning January 2022, please visit www.ocfreetaxprep.com for a list of locations in Orange County.

Free Blood Pressure Checks

The Clubhouse hosts free blood pressure on Monday, Dec. 20, Jan. 24, and Feb. 28

from 10:00 AM - 12:00 PM

Call: (949) 461-3408 for more information.

No appointment necessary.

HICAP

(Health Insurance Counseling & Advocacy Program)

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

Date & Time: Tuesday, Dec. 14, Jan. 11, and Feb. 8
from 10:30 AM - 1:30 PM

Call: (949) 461-3408 to schedule your 1-hour phone call appointment.

Java with Jen

Receive free information on how Medicare works.

Date & Time: Wednesday, Dec. 1, Jan. 5, and Feb. 2
from 11:30 AM - 1:30 PM

Call: (949) 461-3408 to schedule your 30-minute phone call appointment.

Medication Review

The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements, or a detailed list of medications you take.

Interested individuals may call (949) 461-3408 to schedule a 20-minute appointment.

Date & Time: Thursday, February 17
from 10:00 AM - 1:00 PM

EMERITUS CLASSES

Emeritus Classes are offered for seniors through partnerships between the City and Irvine Valley and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population.

Registration is required directly through the colleges for all Emeritus Classes. Please note that Emeritus Classes are in person at The Clubhouse beginning January 2022.

For more information regarding Irvine Valley College's Emeritus offerings, visit <http://academics.ivc.edu/emmeritus>.

For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emmeritus>.

Please contact The Clubhouse at (949) 461-3408 for any questions or more information.

Irvine Valley College Emeritus Classes

Beading & Stringing

Students will learn about foundational structure, color and design, marketing and selling, and artistic sensibilities versus traditions and trends. Students are encouraged to bring any beading supplies they currently own. A list of items to purchase will be given to students after the first class.

Tic#: 65985

Date & Time: Mondays, Jan 24 - May 23
from 12:00 PM - 12:50 PM

Location: The Clubhouse - Arts & Crafts Room

Chinese Fan Boxing (Pai Dai Gong)

Learn this simple method to promote healing and good health. Slapping acupuncture points sends qi (vital energy) into the points and opens the body's energy pathways.

Tic#: 66150

Date & Time: Thursdays, Jan 20 - May 19
from 1:00 PM - 1:50 PM

Location: The Clubhouse - Wellness Room

Country Line Dance

Through country line dancing, this course addresses the physical and mental health of the older, mature adult using exercise and fitness activities to maintain an active, independent lifestyle.

Tic#: 66135

Date & Time: Tuesdays, Jan 18 - May 24
from 10:30 AM - 12:20 PM

Location: The Clubhouse - MPR

Dyna-Band Workout

Dyna-bands or resistance bands (which are long latex strips) are used to increase muscle strength.

Learn to properly perform exercises using these popular resistance bands in combination which low-impact aerobics and gentle stretching.

Workouts include a cool down time with gentle stretching and breathing to relax all body parts.

Tic#: 66155

Date & Time: Tuesdays, Jan 18 - May 24
from 1:00 PM - 2:50 PM

Location: The Clubhouse - Wellness Room

EMERITUS CLASSES CONTINUED

Film Genres

This course is a formal analysis of film as an art form for older adults. Films of various styles, periods, issues of plot, character, setting, dialogue, imagery, and symbolism are discussed.

Tic#: 90080

Date & Time: Thursdays, Jan 20 - May 19
from 12:00 PM - 2:50 PM

Location: The Clubhouse - Arts & Crafts Room

Physical Fitness

The class consists of the three components necessary to maintain optimum health and fitness.

Low impact weight bearing aerobics, strength training, and stretching and flexibility movements suited to the needs of the individual.

Tic#: 66265

Date & Time: Mondays, Jan 24 - May 23
from 1:00 PM - 2:50 PM

Tic#: 66140

Date & Time: Thursdays, Jan 20 - May 19
from 10:30 AM - 12:20 PM

Tic#: 66240

Date & Time: Fridays, Jan 21 - May 20
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

Pilates

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Wear comfortable clothing and bring a mat to class.

Tic#: 66100

Date & Time: Tuesdays, Jan 18 - May 24
from 10:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

Tai Chi Mobility

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits.

Improve balance, lower high blood pressure, and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure, and the philosophy of tai chi ch'uan.

Tic#: 66110

Date & Time: Wednesdays, Jan 19 - May 25
from 1:00 PM - 1:50 PM

Location: The Clubhouse - Wellness Room

Taijiquan

This class is an advanced tai chi class for students GuangPing Yang tai chi.

Tic#: 66035

Date & Time: Wednesdays, Jan 19 - May 25
from 10:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

Yoga

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing, and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Tic#: 66020

Date & Time: Wednesdays, Jan 19 - May 25
from 1:00 PM - 2:50 PM

Location: The Clubhouse - MPR

Tic#: 66245

Date & Time: Fridays, Jan 21 - May 20
from 12:00 PM - 12:50 PM

Location: The Clubhouse - Wellness Room

EMERITUS CLASSES CONTINUED

Saddleback College Emeritus Classes

Life and Technology Integration for Older Adults

This class introduces students to the effective use of emerging technologies and how to create ease, efficiency, and comfort in completion of daily tasks.

Students will learn about internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

Tic#: 16105

Date & Time: Tuesdays and Thursdays
Jan 18 - Mar 18
from 1:00 PM - 2:50 PM

Tic#: 16050

Date & Time: Tuesdays and Thursdays
Mar 28 - May 25
from 1:00 PM - 2:50 PM

Location: The Clubhouse - Computer Lab

Beginning Knitting

Introduction to knitting theory, techniques, and fibers. Lectures include how to read and modify patterns, cast-on and cast-off, basic stitches, and finishing techniques.

Tic#: 16355

Date & Time: Wednesdays, Jan 19 - May 25
from 10:00 AM - 12:50 PM

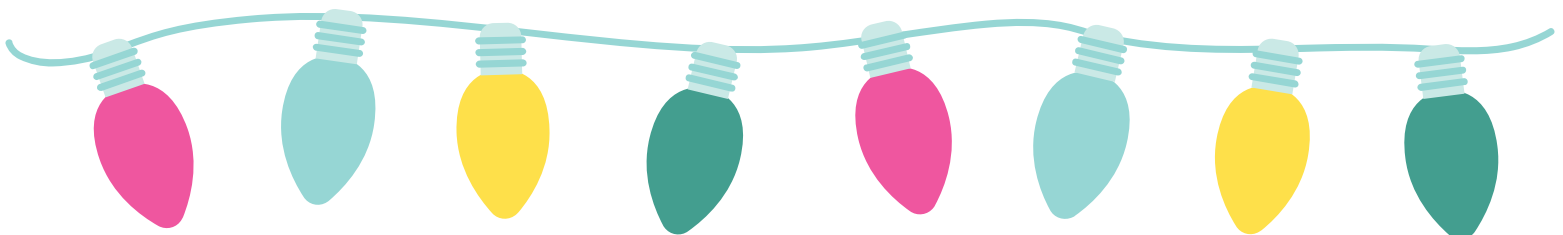
Location: The Clubhouse - Arts & Crafts Room

Registration is required directly through the colleges for all Emeritus Classes. Please note that Emeritus Classes are in person at The Clubhouse beginning January 2022.

For more information regarding Irvine Valley College's Emeritus offerings, visit <http://academics.ivc.edu/emeritus>.

For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emeritus>.

Please contact The Clubhouse at (949) 461-3408 for any questions or more information.



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.



CA Yellow Cab



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

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

Cost: \$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 Lake Forest residence to The Clubhouse

Bus Service Operating Days: Monday through Thursday, 10:00 AM - 2:00 PM

Due to COVID-19, Age Well Senior Services may require you to wear a mask on the bus.

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 or an application, please call The Clubhouse at (949) 461-3408.

NEED TO KNOW NUMBERS & RESOURCES

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
City of Lake Forest – The Clubhouse.....	949-461-3408
Council on Aging.....	714-479-0107
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
Non-Disabled Housing Info.....	714-480-2864
OCTA (Transportation).....	800-636-7433
Office on Aging.....	800-510-2020
Orange Caregiver Resource Center.....	800-543-8312
Police Services Non-Emergency Dispatch.....	949-770-6011
Saddleback College/Emeritus.....	949-582-4835

DECEMBER 2021

OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

1

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:45 AM - CLUBHOUSE
MATINEE MOVIES
(CH-WR)

11:30 AM - JAVA WITH JEN
(CH-CR)

2

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

12:00 PM - HOME HELPERS
SEMINAR (CH-MPR)

1:00 PM - LEGAL AID (CH-CR)

3

4

IT'S NATIONAL
COOKIE DAY!



5

6

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

7

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - THE CLUBHOUSE
GARDEN CLUB (CH-ACR)

10:00 AM - BAGELS & BINGO
(CH-MPR)

8

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
NACHO AVERAGE HOLIDAY
SEASON POP-UP EVENT

9

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

12:00 PM - EL TORO HS CHOIR
(CH-MPR)

10

SENIOR SANTA
& FRIENDS ENDS



11

12

IT'S NATIONAL
GINGERBREAD
HOUSE DAY!



13

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

14

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - THE CLUBHOUSE
KARAOKE HOUR
(CH-ACR)

10:30 AM - HICAP
(CH-CR)

15

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:45 AM - CLUBHOUSE
MATINEE MOVIES
(CH-WR)

16

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BOOK CLUB (CH-ACR)

10:00 AM - BINGO THURSDAYS!
HOLLY JOLLY HOLIDAY LUNCHEON
(CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE
LUNCH HAM & YAMS & CDC CAROLERS
PERFORMANCE (CH-MPR)

17

18

IT'S NATIONAL
TWIN DAY!

19

20

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - FREE BLOOD
PRESSURE CHECKS
(CH-ACR)

10:00 AM - BINGO MANIA
(CH-MPR)

21

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - RUMMIKUB
TOURNAMENT (CH-MPR)

10:30 AM - CRAFTY CRAFTERS
(CH-ACR)

22

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO THURSDAYS!
(CH-MPR)

24

HAPPY HOLIDAYS FROM
THE CLUBHOUSE!



25

26

IT'S NATIONAL
CANDY CANE DAY!



27

**THE CLUBHOUSE IS CLOSED FOR MAINTENANCE
AND WILL REOPEN ON MONDAY, JANUARY 3**

28

29

30

31

NEW YEAR'S EVE



JANUARY 2022

OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

1

HAPPY
2022!



2

3

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
THE PATIENT PROJECT
(VIRTUAL PROGRAM)

4

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
THE CLUBHOUSE
GARDEN CLUB
(CH-ACR)

5

10:00 AM
THE CLUBHOUSE DAILY
PROGRAMS

11:30 AM
JAVA WITH JEN
(CH-CR)

6

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

12:00 PM - MEMORIAL CARE
SEMINAR WITH DR. TRINH
(CH-MPR)

1:00 PM - LEGAL AID (CH-CR)

7

10:30 AM
EMERITUS
PROGRAMS

8

9

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BAGELS & BINGO
(CH-MPR)

10

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - THE CLUBHOUSE
KARAOKE HOUR (CH-ACR)

10:30 AM - HICAP (CH-CR)

11

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - SENIOR ADVISORY
BOARD MEETING
(CH-ACR)

10:45 AM - CLUBHOUSE
MATINEE MOVIES
(CH-CR)

12

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO THURSDAYS!
(CH-MPR)

13

10:30 AM
EMERITUS
PROGRAMS

14

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO THURSDAYS!
(CH-MPR)

15

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - SENIOR ADVISORY
BOARD MEETING
(CH-ACR)

10:45 AM - CLUBHOUSE
MATINEE MOVIES
(CH-CR)

16

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS


10:00 AM
BINGO THURSDAYS!
(CH-MPR)

17

10:30 AM
EMERITUS
PROGRAMS

18

IT'S NATIONAL
HAT DAY!



19

MARTIN LUTHER KING DAY
THE CLUBHOUSE IS CLOSED

11:00 AM
THE PATIENT PROJECT
(VIRTUAL PROGRAM)

20

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

21

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
NATIONAL POPCORN DAY
POP-UP EVENT

22

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BOOK CLUB (CH-CR)

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

12:00 PM - ALZHEIMERS OC
SEMINAR (CH-MPR)

23

10:30 AM
EMERITUS
PROGRAMS

24

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - FREE BLOOD
PRESSURE CHECKS (CH-ACR)

10:00 AM - BINGO MANIA (CH-MPR)

25

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - RUMMIKUB
TOURNAMENT
(CH-MPR)

26

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:45 AM - CLUBHOUSE
MATINEE MOVIES
(CH-CR)

27

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
WINTER WONDERLAND
(CH-MPR)

12:00 PM - THURSDAY
CLUBHOUSE LUNCH
CHICKEN FETTUCCINI ALFREDO
(CH-MPR)

28

10:30 AM
EMERITUS
PROGRAMS

29

IT'S NATIONAL
PUZZLE DAY!



30

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
THE PATIENT PROJECT
(VIRTUAL PROGRAM)

31

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
THE PATIENT PROJECT
(VIRTUAL PROGRAM)

30

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
THE PATIENT PROJECT
(VIRTUAL PROGRAM)

31

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
THE PATIENT PROJECT
(VIRTUAL PROGRAM)

30

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
THE PATIENT PROJECT
(VIRTUAL PROGRAM)

30

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
THE PATIENT PROJECT
(VIRTUAL PROGRAM)


THE CLUBHOUSE IS OPEN ONLY FOR EMERITUS PROGRAMS ON FRIDAYS

FEBRUARY 2022



OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

		1	2	3	4	5
		10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM THE CLUBHOUSE GARDEN CLUB (CH-ACR)	10:00 AM THE CLUBHOUSE DAILY PROGRAMS 11:30 AM JAVA WITH JEN (CH-CR)	10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - HOAG FOOTHILL RANCH SEMINAR (CH-MPR) 1:00 PM - LEGAL AID (CH-CR)	8:30 AM AARP DRIVER SAFETY TWO - DAY COURSE (CH-ACR) 10:30 AM EMERITUS PROGRAMS	8:30 AM AARP DRIVER SAFETY TWO - DAY COURSE (CH-ACR)

6	7	8	9	10	11	12
IT'S NATIONAL FROZEN YOGURT DAY! 	10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BAGELS & BINGO (CH-MPR)	10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - THE CLUBHOUSE KARAOKE HOUR (CH-ACR) 10:30 AM - HICAP (CH-CR)	10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-CR)	10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR)	10:30 AM EMERITUS PROGRAMS	

13	14	15	16	17	18	19
	10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 11:00 AM - VALENTINE'S DAY POP-UP EVENT  11:00 AM - THE PATIENT PROJECT (VIRTUAL)	10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM CRAFTY CRAFTERS (CH-ACR)	10:00 AM THE CLUBHOUSE DAILY PROGRAMS	10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BOOK CLUB (CH-CR) 10:00 AM - MEDICATION REVIEW (CH-CR) 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - CLEAR CAPTIONS SEMINAR (CH-MPR)	10:30 AM EMERITUS PROGRAMS	

20	21	22	23	24	25	26
IT'S NATIONAL MUFFIN DAY! 	PRESIDENT'S DAY THE CLUBHOUSE IS CLOSED	10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM RUMMIKUB TOURNAMENT (CH-MPR)	10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-CR)	10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! TACO 'BOUT A PARTY (CH-MPR) 12:00 PM - THURSDAY CLUBHOUSE LUNCH CHICKEN TACOS (CH-MPR)	10:30 AM EMERITUS PROGRAMS	IT'S NATIONAL PISTACHIO DAY! 

27	28					
	10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - FREE BLOOD PRESSURE CHECKS (CH-ACR) 10:00 AM - BINGO MANIA (CH-MPR) 11:00 AM - THE PATIENT PROJECT (VIRTUAL)					

THE CLUBHOUSE IS OPEN ONLY FOR EMERITUS PROGRAMS ON FRIDAYS