

CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JUNE - AUG '22



Let's Celebrate Summer!

Summer is here at The Clubhouse and we have fun and exciting programs ahead! 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: Where You Meet New Friends and Create Lasting Memories!



Summer is upon us and we are excited to continue bringing back some of our most popular programs! We're kicking off the summer season with an excursion to Pechanga Resort & Casino as well as the return of Bunco Nights at The Clubhouse! We also have three exciting Mini Excursions scheduled, including the Santa Ana Zoo, the San Clemente Outlets, and the Farmer's Market at Irvine Regional Park. Our 4th Annual Prime Timer Games begins the week of June 13th where participants can partake in friendly competitions!

Also, the 4th of July Parade is back again! The Clubhouse is seeking members that are interested in participating on our float, which will be a trackless train. Stationary and mobile opportunities are available. We will make an announcement in June for those who would like to sign up.

We thank you for your continued support and are looking forward to a memorable summer here at The Clubhouse!

- Courtney Wysocki
Senior Recreation Supervisor

The Clubhouse Senior Advisory Board

Chair: Betty Atwell
Vice Chair: Jan Wiviott

Board Member: Laurie Buckser
Board Member: Nancy Miller
Board Member: Sandy Stang

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

The Clubhouse Operating Hours

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

MON

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

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

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

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

10:30 AM - 12:20 PM
INTERMEDIATE
CLOTHING
CONSTRUCTION
(CH-ACR)

TUE

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

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

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

10:30 AM - 11:45 AM
PILATES
(CH-WR)

12:00 PM - 1:15 PM
DYNA-BAND WORKOUT
(CH-WR)

12:45 PM - 3:00 PM
PING PONG
(CH-MPR)

WED

10:00 AM - 12:15 PM
PING PONG
(CH-MPR)

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

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

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

10:30 AM - 12:20 PM
INTERMEDIATE
CLOTHING
CONSTRUCTION
(CH-ACR)

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

THU

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

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

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

FRI

THE CLUBHOUSE
IS CLOSED

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

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 #: 11080 - Tuesday, June 21, 2022
Patriotic Wreath

Activity #: 11081 - Tuesday, July 19, 2022
Watercolor Painting

Activity #: 11082 - Tuesday, August 16, 2022
Bird Feeders



The Clubhouse Garden Club

.....

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

Activity #: 11083

Time: 10:00 AM - 11:00 AM

Tuesday, June 7, 2022

National Gardening Week & Pollinator Month

*Presented by the University of California
Master Gardeners of Orange County*

Tuesday, July 5, 2022

Wellness & Safety for Gardening

Tuesday, August 2, 2022

Floral Arrangements



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, June 16, 2022

84, Charing Cross Road by Helene Hanff

Thursday, July 21, 2022

The Ride of Her Life by Elizabeth Letts
Meeting will be held via Zoom due to the
author of the book joining the class!

Thursday, August 18, 2022

Crossing to Safety by Wallace Stegner

THE CLUBHOUSE PROGRAMS CONTINUED

Computer Lab Hours

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

Monday through Thursday
10:00 AM - 3:00 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 and Books to Read

Ping Pong

Break out your paddles and join us for a friendly game! Paddles and ping pong balls are available to rent for free. Please see The Clubhouse front desk to loan the specified items.

Activity #: 11090

All participants must be registered prior to playing.

Monday 10:00 AM - 3:00 PM

Tuesday 12:45 PM - 3:00 PM

Wednesday 10:00 AM - 12:15 PM



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 - Wellness Room.

Wednesday, June 15, 2022

June Again

Rated NR, 2022, Drama/Comedy

Family matriarch, June, gets a reprieve from a debilitating illness. June re-enters the lives of her adult children and with limited time she tries to put everything back on track. When her meddling backfires, June sets out on a romantic journey.



Wednesday, June 29, 2022

Who Framed Roger Rabbit?

Rated PG, 1988, Animation/Comedy

Private eye, Eddie Valiant, gets hired by cartoon producer, R.K. Maroon, to investigate an adultery scandal involving Jessica Rabbit, the sultry wife of Maroon's biggest star, Roger Rabbit. When Marvin Acme, Jessica's alleged paramour and the owner of Toontown is found murdered, the villainous Judge Doom vows to catch and destroy Roger.



Wednesday, July 13, 2022

84 Charing Cross Road

Rated PG, 1987, Drama/Romance

New York City bibliophile, Helene Hanff, writes to the London bookshop, Marks & Co., in search of some titles she has not been able to turn up locally. Store Manager, Frank Doel, responds politely to her chatty letter, and over the course of two decades, a deep long-distance friendship evolves.

Wednesday, July 27, 2022

Cruella

Rated PG-13, 2021, Adventure/Comedy

Estella is a young and clever grifter who's determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief, and together they build a life for themselves on the streets of London. However, when Estella befriends fashion legend Baroness von Hellman, she embraces her wicked side to become the raucous and revenge-bent Cruella.



Wednesday, August 10, 2022

A League of Their Own

Rated PG, 1992, Comedy/Drama

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest.



Wednesday, August 24, 2022

The Batman

Rated PG-13, 2022, Action/Adventure

Batman ventures into Gotham City's underworld when a sadistic killer leaves behind a trail of cryptic clues. As the evidence begins to lead closer to home, he must forge new relationships, unmask the culprit, and bring justice to the abuse of power and corruption that has long plagued the metropolis.

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

Monday, June 6, 2022

Monday, July 11, 2022

Monday, August 1, 2022

Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, June 27, 2022

Monday, July 25, 2022

Monday, August 22, 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 #: 11077
Party in the USA - Meatloaf & Mashed Potatoes
Thursday, June 30, 2022

Activity #: 11078
Take Me Out to the Ball Game - Meatball Sandwiches
Thursday, July 28, 2022

Activity #: 11079
Let's Flamingle! - Mongolian Beef & Broccoli
Thursday, August 25, 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 MINI EXCURSIONS

Join us for our upcoming Mini Excursions! Please note that registration is IN-PERSON ONLY. Due to limited space, Lake Forest residents will have priority registration. Non-residents may register the following day of the noted registration date.



June: Santa Ana Zoo

Discover over 80 species this charming zoo has to offer! From farm animals to exotic birds and reptiles, there's something for everybody to enjoy. This mini excursion has excessive walking.

Fee: \$9.00 Per Person (Due Day of the Excursion)

Registration Date: Wednesday, June 1, 2022 at 10:30 AM

Excursion Date: Tuesday, June 14, 2022 from 10:00 AM - 2:00 PM

July: San Clemente Outlets

Shop 60+ big brands and deep blue discounts in a stunning, Spanish style shopping village overlooking the Pacific Ocean. This mini excursion has excessive walking.

Fee: Free

Registration Date: Wednesday, June 1, 2022 at 10:30 AM

Excursion Date: Wednesday, July 13, 2022 from 10:00 AM - 2:00 PM



August: Farmer's Market at Irvine Regional Park

Sample local produce and peruse handmade artisan products at the market, take a nature walk around the beautiful park grounds, or check out their zoo! This mini excursion has moderate walking.

Fee: Free (Zoo Admission is \$2.00 if Interested)

Registration Date: Wednesday, August 3, 2022 at 10:30 AM

Excursion Date: Tuesday, August 9, 2022 from 10:00 AM - 2:00 PM



THE CLUBHOUSE SPECIAL EVENTS

Pechanga Resort & Casino Excursion

.....



The Pechanga Resort & Casino has the largest casino floor in California totaling 188,000 square feet. The casino features over 5,000 slot machines, 158 table games, a non-smoking poker room with 38 tables, and an ultra-modern, 700-seat bingo facility. You can also experience enticing cuisines at their various restaurants or check out their shops!

Fee: \$25.00 Residents & Non-Residents

Activity fee includes transportation, snacks, and non-alcoholic refreshments.

Activity #: 11086

Wednesday, June 8, 2022 from 9:00 AM - 5:00 PM

Bunco Nights at The Clubhouse!

.....

Let the Good Times Roll! Join us for a fun night of Bunco! No skill is involved, just lots of luck! Enjoy appetizers, beverages, and prizes.

Fee: \$12.00 Residents & Non-Residents

Activity #: 11075

Friday, June 10, 2022 from 7:00 PM - 9:30 PM

Activity #: 11076

Friday, August 5, 2022 from 7:00 PM - 9:30 PM



4th Annual Prime Timer Games

.....

Test your skills, challenge yourself, and compete against Clubhouse friends in Olympic themed games! There is no fee to participate in the Prime Timer Games.



Activity #: 11087

Monday, June 13, 2022 through Wednesday, June 15, 2022 from 11:00 AM - 1:00 PM

HEALTH & WELLNESS PROGRAMS & RESOURCES

AARP Driver Safety Courses

Would you like to be more confident behind the wheel? These instructional classes are for the mature driver (50+). You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing these great courses.

AARP Driver Safety One-Day Refresher Course

Activity #: 11084

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

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

Date & Time: Friday, June 10
from 8:30 AM - 1:00 PM

AARP Driver Safety Two-Day Course

Activity #: 11085

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

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

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

Legal Aid

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

Date & Time: Thursday, June 2, July 7, and August 4
from 1:00 PM - 3:00 PM

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

OC Public Library E-Resources

The El Toro Library provides free e-resource classes to the older adult community. You will learn about popular apps, accessing e-books, e-audiobooks, music, movies, magazines, and more!

Call: (949) 461-3408 to reserve your spot.

Date & Time: Tuesday, August 30
from 11:00 AM - 12:30 PM

Free Blood Pressure Checks

The Clubhouse hosts free blood pressure on Monday, June 20, July 18, and August 15.

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, June 14, July 12, and August 9
from 10:00 AM - 1:00 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, June 1, July 6, and August 3
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, August 11
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.

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

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

Tic#: 61435

Date & Time: Tuesdays, May 31 - August 9
from 12:00 PM - 1:15 PM

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#: 61475

Date & Time: Tuesdays, May 31 - August 9
from 10:30 AM - 11:45 AM

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#: 61460

Date & Time: Wednesdays, June 1 - August 10
from 1:00 PM - 2:50 PM

Location: The Clubhouse - MPR

Saddleback College Emeritus Classes

Intermediate Clothing Construction

Clothing construction and pattern alterations. Examine and utilize commercial patterns, fabric textures, and principles of color design.

Material fee of \$5.00 payable at registration.

Tic#: 11465

Date & Time: Mon/Wed, June 6 - August 7
from 10:30 AM - 12:20 PM

Location: The Clubhouse - Arts & Crafts Room

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.

NEW RATES BEGINNING IN JULY! FOR EXISTING MEMBERS, NEW CARDS WITH THE UPDATED RATES WILL BE MAILED TO YOU PRIOR TO JULY 1, 2022.



CA Yellow Cab

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

Beginning July 1, \$2.00 One-Way (\$4.00 Round Trip)

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

Cost: \$7.00 One-Way (\$14.00 Round Trip)

Beginning July 1, \$5.00 One-Way (\$10.00 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

Beginning July 1, the Age Well Bus Service is FREE!

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

JUNE 2022

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

10:30 AM
JUNE MINI EXCURSION
REGISTRATION

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 - BIOFIX THERAPY SEMINAR (CH-MPR)

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

3

4

IT'S NATIONAL CHEESE DAY!



5

IT'S NATIONAL GINGERBREAD DAY!



6

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

7

10:00 AM
THE CLUBHOUSE DAILY
PROGRAMS

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

8

9:00 AM
PECHANGA RESORT
& CASINO EXCURSION

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

9

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

10

8:30 AM
AARP DRIVER SAFETY
ONE-DAY REFRESHER
COURSE
(CH-ACR)

7:00 PM
BUNCO NIGHTS!
(CH-MPR)

11

12

HAPPY NATIONAL PEANUT BUTTER COOKIE DAY!



13

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
PRIME TIMER GAMES

14

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

10:00 AM - MINI EXCURSION: SANTA ANA ZOO

11:00 AM - PRIME TIMER GAMES

15

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

11:00 AM - PRIME TIMER GAMES

16

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

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

17

18

IT'S NATIONAL GO FISHING DAY!



19

HAPPY FATHER'S DAY!



20

10:00 AM
THE CLUBHOUSE DAILY
PROGRAMS

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

21

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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)

12:00 PM - "HOW TO TALK WITH YOUR DOCTOR" SEMINAR (CH-MPR)

24

25

26

27

10:00 AM
THE CLUBHOUSE DAILY
PROGRAMS

10:00 AM
BINGO MANIA
(CH-MPR)

28

10:00 AM
THE CLUBHOUSE DAILY
PROGRAMS

10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)

29

10:00 AM
THE CLUBHOUSE DAILY
PROGRAMS

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

30

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS! PARTY IN THE USA (CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE LUNCH MEATLOAF & MASHED POTATOES (CH-MPR)

JULY 2022

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

SUN MON TUE WED THU FRI SAT

1
2

3

4

THE CLUBHOUSE IS CLOSED



HAPPY INDEPENDENCE DAY!

5

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

6

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - JULY MINI
EXCURSION REGISTRATION

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

7

10:00 AM - THE CLUBHOUSE DAILY
PROGRAMS

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

12:00 PM - CLEAR CAPTIONS
SEMINAR (CH-MPR)

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

8

9

IT'S COLLECTOR CAR
APPRECIATION DAY!



10

IT'S NATIONAL
PINA COLADA DAY!



11

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

12

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
HICAP
(CH-CR)

13

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

10:00 AM - MINI EXCURSION:
SAN CLEMENTE OUTLETS

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

14

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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


12:00 PM - OPTUM SEMINAR
(CH-MPR)

15

16

17

IT'S WORLD
EMOJI DAY!



18

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

19

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

20

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

21

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BOOK CLUB (ONLINE)

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

12:00 PM - MEMORIAL CARE
SEMINAR (CH-MPR)

22

23

HAPPY NATIONAL
VANILLA ICE
CREAM DAY!



24

25

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

26

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

27

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

28

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS


10:00 AM - BINGO THURSDAYS!
TAKE ME OUT TO THE BALL GAME
(CH-MPR)

12:00 PM - THURSDAY
CLUBHOUSE LUNCH
MEATBALL SANDWICHES
(CH-MPR)

29

30

IT'S NATIONAL
CHEESECAKE DAY!



31

10:00 AM
BINGO MANIA
(CH-MPR)

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

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

AUGUST 2022

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

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

2

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

3

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - AUGUST MINI
EXCURSION REGISTRATION

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

4

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

8:30 AM - AARP DRIVER SAFETY
TWO-DAY COURSE (CH-ACR)

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

5

8:30 AM
AARP DRIVER SAFETY
TWO-DAY COURSE
(CH-ACR)

7:00 PM
BUNCO NIGHTS!
(CH-MPR)

6

8

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

9

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:
FARMER'S MARKET AT IRVINE
REGIONAL PARK

10:00 AM - HICAP (CH-CR)

10

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

11

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MEDICATION REVIEW
(CH-CR)

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

12:00 PM - HOME SAFETY & FALL
PREVENTION SEMINAR (CH-MPR)

13

NATIONAL
BOWLING DAY!



14

15

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

16

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

17

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

18

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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

12:00 PM - ESTATE
PLANNING SEMINAR
(CH-MPR)

19

20

NATIONAL
RADIO DAY!



21

22

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO MANIA
(CH-MPR)

23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

24

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

25

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
LET'S FLAMINGLE! (CH-MPR)

12:00 PM - THURSDAY
CLUBHOUSE LUNCH
MONGOLIAN BEEF & BROCCOLI
(CH-MPR)

26

27

28

29

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

30

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

11:00 AM - OC PUBLIC
LIBRARY E-RESOURCES

31

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS



NATIONAL
BOW TIE DAY!