

CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | MARCH - MAY '22



Hello Spring!

Spring 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 UPDATES

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



We're off to a great start for 2022! As programs continue to grow at The Clubhouse, we've been even more excited that our most popular Emeritus classes have returned to the center! With the Spring season upon us, our mini excursions and dances are back and better than ever and we have new pop-up events that are sure to be a hit!

Also, don't forget tax season is here! Please visit www.ocfreetaxprep.com for a list of locations in Orange County. Abiding Savior Lutheran Church is the OC Free Tax Prep location in Lake Forest. Please call (949) 830-1001 to schedule an appointment.

Thank you so much for your continued support for The Clubhouse. We can't wait to see you at the center! Happy Spring!

- Courtney Wysocki
Senior Recreation Supervisor



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

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 CLOSED
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)	
10:00 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)	
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)	1:00 PM - 1:50 PM CHINESE FAN BOXING (ONLINE COURSE)	
12:00 PM - 12:50 PM BEADING & STRINGING (ONLINE COURSE)	10:30 AM - 12:20 PM PILATES (ONLINE COURSE)	10:00 AM - 3:00 PM RUMMIKUB (CH-MPR)	1:00 PM - 2:50 PM LIFE & TECHNOLOGY (CH-CL)	
1:00 PM - 2:50 PM PHYSICAL FITNESS (ONLINE COURSE)	1:00 PM - 2:50 PM LIFE & TECHNOLOGY (CH-CL)	10:30 AM - 12:20 PM TAIJIQUAN (ONLINE COURSE)		
	1:00 PM - 2:50 PM DYNA-BAND (ONLINE COURSE)	1:00 PM - 1:50 PM TAI CHI MOBILITY (ONLINE COURSE)		
	1:00 PM - 3:00 PM PING PONG (CH-MPR)	1:00 PM - 2:50 PM YOGA (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

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 #: 10803 - Tuesday, March 15, 2022
Chocolate Chip Oatmeal Quick Bread in a Jar

Activity #: 10804 - Tuesday, April 19, 2022
Spring Door Hang

Activity #: 10805 - Tuesday, May 17, 2022
Photo Frame

The Clubhouse Garden Club

.....

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

Activity #: 10806

Time: 10:00 AM - 11:00 AM

Tuesday, March 8, 2022
Perennial Plant Care

Tuesday, April 12, 2022
All About Greenhouses

Tuesday, May 10, 2022
Starting Summer Veggies



Young at Heart - Lake Forest Book Club

.....

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

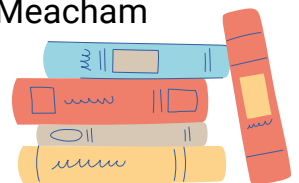
To join the Book Club, please call
The Clubhouse at (949) 461-3408.

Time: 10:00 AM - 11:30 AM

Thursday, March 17, 2022
The Rosary by Florence Louisa Barclay

Thursday, April 21, 2022
The Nature of Fragile Things by Susan Meissner

Thursday, May 19, 2022
Dragonfly by Leila Meacham



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 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!

Activity #: 10946



All participants must be registered prior to playing.

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 #: 10941

Monday, March 28, April 11,
April 25, May 9, and May 23

from 11:00 AM - 12:00 PM

Session Theme: *Exploring Emotions*
Explore the topic of emotions while also learning how to embrace them.



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, March 9, 2022

Being the Ricardos

Rated R, 2021, Drama/Comedy

During one production week of "I Love Lucy", from Monday table read through Friday audience taping, Lucielle Ball and Desi Arnaz face a series of personal and professional crises that threaten their show, careers, and marriage.



Wednesday, March 23, 2022

The Tender Bar

Rated R, 2021, Drama

In 1972, 9-year old J.R. Maguire moves into his grandfather's dilapidated house in Long Island, New York searching for a father figure. He falls under the unconventional tutelage of his uncle Charlie, a charismatic, self-educated barber who introduces him to a handful of the bar's colorful regulars. As the years pass, J.R. tries to fulfill his dream of becoming a writer.



Wednesday, April 13, 2022

Respect

Rated PG-13, 2021, Biography/Drama

Following the rise of Aretha Franklin's career, from a child singing in her father's church choir to her international superstardom, it's the remarkable true story of the music icon's journey to find her voice.

Wednesday, April 27, 2022

Jungle Cruise

Rated PG-13, 2020, Adventure/Action

Dr. Lily Houghton enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his ramshackle boat. Together they search for an ancient tree that holds the power to heal - a discovery that will change the future of medicine.



Wednesday, May 11, 2022

West Side Story

Rated PG-13, 2021, Musical/Romance

Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks, two rival gangs vying for control of the streets.



Wednesday, May 25, 2022

Emma

Rated PG, 2020, Comedy/Drama/Romance

Following the antics of a young woman, Emma Woodhouse, who lives in Regency-era England and occupies herself with matchmaking. Emma must navigate her way through the challenges of growing up, friendship strife, and misguided matches before she can recognize the love that has been there all along and earn her "happily ever after".

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, March 7, 2022

Monday, April 4, 2022

Monday, May 2, 2022

Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, March 28, 2022

Monday, April 25, 2022

Monday, May 23, 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 #: 10800
Luck of the Leprechaun Luncheon - Corned Beef & Cabbage
Thursday, March 17, 2022

Activity #: 10801
Orange You Glad It's Lunchtime - Orange Chicken
Thursday, April 28, 2022

Activity #: 10802
Spring Into Summer - Chick-fil-A Sandwiches
Thursday, May 26, 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 & MINI EXCURSIONS

Angels Baseball Game at The Clubhouse!

.....
It's game time! Come watch the Los Angeles Angels play the San Diego Padres for a pre-season showdown! The baseball game will be shown in the Wellness Room. Refreshments and snacks are provided. Don't forget to wear your favorite baseball attire!

Activity #: 10942
Tuesday, March 1, 2022 from 12:00 PM - 3:00 PM



It's Pi (3.14) Day!

.....
It's National Pi Day! Join The Clubhouse as we celebrate Pi (3.14) Day with you guessed it - pies!

Activity #: 10943
Monday, March 14, 2022 from 11:00 AM - 12:00 PM

Let's Celebrate Jazz Appreciation Month

.....
The Clubhouse is excited to celebrate Jazz Appreciation Month with a saxophone performance! Join us for a wonderful hour of live music, snacks, and refreshments.

Activity #: 10944
Tuesday, April 5, 2022 from 11:00 AM - 12:00 PM

May Mini Excursion - Sherman Library & Gardens

.....
Sherman Library & Gardens in Newport Beach is a monument to Arnold Haskell's dream of an educational and cultural center. While we tour the various cultivated gardens and library, our specialized docent will explain the history of the grounds and library collections related to the Pacific Southwest.

Fee: \$5.00 Per Person (Due Day of the Excursion)

Registration Date: Wednesday, May 4, 2022 at 10:30 AM
REGISTRATION IS IN-PERSON ONLY.

Due to limited space, Lake Forest residents will have priority registration.
Non-residents may register the following day.

Excursion Date: Tuesday, May 24, 2022 from 10:00 AM - 1:45 PM



THE CLUBHOUSE SPECIAL EVENTS



A PROM NIGHT UNDER THE STARS

.....

JOIN THE CLUBHOUSE AS WE
DANCE THE NIGHT AWAY,
PROM STYLE!

WEAR YOUR FAVORITE FORMAL
ATTIRE AND ENJOY A NIGHT
FILLED WITH DANCING, FOOD,
REFRESHMENTS, AND A LOT OF FUN!

.....

ACTIVITY #: 10811

FRIDAY, MAY 13, 2022 | 5:00 PM - 8:00 PM
THE CLUBHOUSE - MULTIPURPOSE ROOM
FEE: \$15 RESIDENTS & NON-RESIDENTS

REGISTER ONLINE AT
WWW.LFPARKSANDRECCA.COM

OR IN-PERSON AT
THE CLUBHOUSE FRONT DESK



HEALTH & WELLNESS PROGRAMS & RESOURCES

AARP Driver Safety Refresher Course

This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last four years. 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 this great course.

Please Note: You must take the AARP Driver's Safety Two-Day Course first.

Activity #: 10809

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

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

Date & Time: Friday, March 18
from 8:30 AM - 1:00 PM

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 #: 10810

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

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

Date & Time: Thursday & Friday, April 28 & 29
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, March 3, April 7, May 5
from 1:00 PM - 3:00 PM

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

Free Blood Pressure Checks

The Clubhouse hosts free blood pressure checks on Monday, March 21, April 18, May 16 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, March 8, April 12, May 10
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, March 2, April 6, May 4
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, May 12
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 contact Irvine Valley College Emeritus and Saddleback College Emeritus to inquire if registration is available for classes past the start date.

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.

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: ONLINE COURSE

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: ONLINE COURSE

Country Line Dance

Through country line dance, 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 with low-impact aerobics and gentle stretching.

Tic#: 66155

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

Location: ONLINE COURSE

EMERITUS CLASSES CONTINUED

Physical Fitness

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

Tic#: 66265

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

Location: ONLINE COURSE

Tai Chi Mobility

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: ONLINE COURSE

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.

Tic#: 66020

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

Location: The Clubhouse - MPR

Saddleback College Emeritus Classes

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

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: ONLINE COURSE

Taijiquan

This class is an advanced tai chi class for students in Guang Ping Yang tai chi.

Tic#: 66035

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

Location: ONLINE COURSE

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

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

MARCH 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
12:00 PM
ANGELS BASEBALL GAME
AT THE CLUBHOUSE
(CH-WR)

2
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS
11:30 AM
JAVA WITH JEN
(CH-CR)

3
10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM - BINGO THURSDAYS!
(CH-MPR)
12:00 PM - ALERT OC
SEMINAR (CH-MPR)
1:00 PM - LEGAL AID (CH-CR)

4

5

6
IT'S NATIONAL
OREO COOKIE
DAY!



7
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM
BAGELS & BINGO
(CH-MPR)


8
10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM - THE CLUBHOUSE
GARDEN CLUB
(CH-ACR)
10:30 AM - HICAP (CH-ACR)

9
10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM - SENIOR ADVISORY
BOARD MEETING (CH-CR)
10:45 AM - CLUBHOUSE
MATINEE MOVIES (CH-WR)

10
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM
BINGO THURSDAYS!
(CH-MPR)

11

12
NATIONAL PLANT
A FLOWER DAY


13
DAYLIGHT
SAVINGS TIME



14
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS
11:00 AM
IT'S PI (3.14) DAY
POP-UP EVENT


15
10:00 AM
THE CLUBHOUSE DAILY
PROGRAMS
10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

16
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

17
10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM - BOOK CLUB (CH-ACR)
10:00 AM - BINGO THURSDAYS!
LUCK OF THE LEPRECHAUN LUNCHEON
(CH-MPR)
12:00 PM - THURSDAY CLUBHOUSE
CORNED BEEF AND CABBAGE
(CH-MPR)

18
8:30 AM
AARP DRIVER
SAFETY ONE-DAY
REFRESHER COURSE
(CH-WR)

19
IT'S NATIONAL
LET'S LAUGH DAY


20
SPRING BEGINS



21
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM
FREE BLOOD
PRESSURE CHECKS
(CH-ACR)

22
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

23
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS
10:45 AM
CLUBHOUSE
MATINEE MOVIES
(CH-WR)

24
10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM - BINGO THURSDAYS!
(CH-MPR)
12:00 PM - 211 OC
WITH CALFRESH
SEMINAR (CH-MPR)

25

26
IT'S NATIONAL
SPINACH DAY!


27

28
10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM - BINGO MANIA
(CH-MPR)
11:00 AM - THE PATIENT
PROJECT (VIRTUAL COURSE)

29
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)

30
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

31
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM
BINGO THURSDAYS!
(CH-MPR)

APRIL 2022

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

SUN MON TUE WED THU FRI SAT

1
APRIL FOOLS' DAY



2
IT'S NATIONAL PEANUT BUTTER AND JELLY DAY!



3

4
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

5
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
JAZZ APPRECIATION
MONTH POP-UP EVENT
(CH-WR)

6
10:00 AM
THE CLUBHOUSE DAILY
PROGRAMS

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 - MEDICARE
BASICS SEMINAR
(CH-MPR)

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

8

9

10
IT'S NATIONAL SIBLINGS DAY!



11
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM
THE PATIENT PROJECT
(VIRTUAL COURSE)

12
10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

10:30 AM - HICAP (CH-ACR)

13
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS


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

14
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

15

16
IT'S NATIONAL ORCHID DAY



17

18
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

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 (CH-CR)

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

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

22
EARTH DAY



23

24

25
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO MANIA
(CH-MPR)

11:00 AM
THE PATIENT PROJECT
(VIRTUAL COURSE)

26
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)

27
10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

28
8:30 AM - AARP DRIVER SAFETY
TWO-DAY COURSE (CH-WR)


10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
ORANGE YOU GLAD
IT'S LUNCHTIME (CH-MPR)

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

29
8:30 AM
AARP DRIVER SAFETY
TWO-DAY COURSE
(CH-WR)

30
IT'S NATIONAL OATMEAL COOKIE DAY!



MAY 2022

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

SUN MON TUE WED THU FRI SAT

<p>1</p> <p>IT'S NATIONAL LEMONADE DAY!</p> 	<p>2</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM BAGELS & BINGO (CH-MPR)</p>	<p>3</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p>	<p>4</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM - MINI EXCURSION REGISTRATION IN-PERSON ONLY</p> <p>11:30 AM - JAVA WITH JEN (CH-CR)</p>	<p>5</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! (CH-MPR)</p> <p>1:00 PM - LEGAL AID (CH-CR)</p>	<p>6</p>	<p>7</p> <p>HAPPY KENTUCKY DERBY!</p> 
<p>8</p> <p>HAPPY MOTHER'S DAY!</p> 	<p>9</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>11:00 AM THE PATIENT PROJECT (VIRTUAL COURSE)</p>	<p>10</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - THE CLUBHOUSE GARDEN CLUB (CH-ACR)</p> <p>10:30 AM - HICAP (CH-ACR)</p>	<p>11</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - SENIOR ADVISORY BOARD MEETING (CH-CR)</p> <p>10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)</p>	<p>12</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - MEDICATION REVIEW (CH-CR)</p> <p>10:00 AM - BINGO THURSDAYS! (CH-MPR)</p>	<p>13</p> <p>5:00 PM A PROM NIGHT UNDER THE STARS (CH-MPR)</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM FREE BLOOD PRESSURE CHECKS (CH-ACR)</p>	<p>17</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM CRAFTY CRAFTERS (CH-ACR)</p>	<p>18</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p>	<p>19</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM BOOK CLUB (CH-CR)</p> <p>10:00 AM BINGO THURSDAYS! (CH-MPR)</p>	<p>20</p>	<p>21</p> <p>ARMED FORCES DAY</p> 
<p>22</p>	<p>23</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO MANIA (CH-MPR)</p> <p>11:00 AM - THE PATIENT PROJECT (VIRTUAL COURSE)</p>	<p>24</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM MINI EXCURSION SHERMAN LIBRARY & GARDENS</p>	<p>25</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)</p>	<p>26</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! SPRING INTO SUMMER (CH-MPR)</p> <p>12:00 PM - THURSDAY CLUBHOUSE LUNCH CHICK-FIL-A (CH-MPR)</p>	<p>27</p>	<p>28</p> <p>IT'S NATIONAL HAMBURGER DAY!</p> 
<p>29</p>	<p>30</p> <p>MEMORIAL DAY THE CLUBHOUSE IS CLOSED</p> 	<p>31</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM RUMMIKUB TOURNAMENT (CH-MPR)</p>				



HAPPY OLDER AMERICANS MONTH!

AGE MY WAY: MAY 2022