

CITY OF LAKE FOREST

# THE CLUBHOUSE CALENDAR



[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) | [www.facebook.com/lakeforest.clubhouse](https://www.facebook.com/lakeforest.clubhouse) | SEP - NOV 2021



## Bingo is Back!



The Clubhouse is excited to bring back Thursday Bingo! See page 6 for more details. 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!



Welcome back to The Clubhouse! We are so excited to announce that The Clubhouse is open Monday through Thursday 10:00 AM - 3:00 PM beginning in September. Bingo Thursdays resumes Thursday, September 2, and our first Thursday Clubhouse Lunch is September 30. Please see page 6 for more details.

Also, as we transition into the holiday season, Senior Santa & Friends is returning in November! Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program. This "gift" giving program provides some cheer to older adults with disabilities and income only slightly above the federal poverty level. All donations are tax deductible. Items needed (must be new and unused) include:

- Clothing, blankets, and household items
- Nutritional supplements (ie, Ensure and Glucerna)
- Gift cards (grocery stores, department stores, and pharmacies)

Between November 1 and December 10, 2021, drop-off your gift at The Clubhouse during operating hours.

Lastly, The Clubhouse is working with the County of Orange to determine a date for our annual Flu Shot Clinic. Once a date is scheduled, we will notify Clubhouse patrons as soon as possible.

Thank you for your continued dedication to The Clubhouse and we hope to see you soon!

## Add Us on Social Media!

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



Facebook



[www.facebook.com/lakeforest.clubhouse](http://www.facebook.com/lakeforest.clubhouse)



Instagram



[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 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)		

<b>CH</b> The Clubhouse 100 Civic Center Dr. (949) 461-3408	<b>CH-ACR</b> The Clubhouse Arts & Crafts Room	<b>CH-CL</b> The Clubhouse Computer Lab	<b>CH-CR</b> The Clubhouse Classroom	<b>CH-GR</b> The Clubhouse Game Room	<b>CH-MPR</b> The Clubhouse Multi-Purpose Room	<b>CH-WR</b> The Clubhouse Wellness Room
<b>CC</b> Civic Center/City Hall 100 Civic Center Dr. (949) 461-3400	<b>LFBTC</b> Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. (949) 837-6100	<b>LFGPC</b> Lake Forest Golf & Practice Center 23308 Cherry Ave. (949) 859-1455	<b>FL</b> Forest Lanes 22771 Centre Dr. (949) 770-0055	<b>S&amp;S Club</b> Sun & Sail Club 24752 Toledo Way (949) 586-0860	<b>IVC</b> Irvine Valley College Emeritus (949) 367-8343	<b>SBC</b> Saddleback College Emeritus (949) 582-4835



### 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

## 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 #: 10617 - Tuesday, Sep 21, 2021  
Pumpkin Vase

Activity #: 10618 - Tuesday, October 19, 2021  
Fall Citrus Garland

Activity #: 10619 - Tuesday, November 16, 2021  
Winter Button Tree

## The Clubhouse Garden Club

.....

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

Activity #: 10630  
Time: 10:00 AM - 11:00 AM

Tuesday, September 14, 2021  
Birds and Butterflies:

Planting to Attract Symbiotic Species

Tuesday, October 12, 2021  
Floral Arrangements

Tuesday, November 2, 2021  
Pest and Disease Prevention



## Ping Pong

.....

The Clubhouse hosts ping pong every Monday and Wednesday from 10:00 AM - 3:00 PM.

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

## The Clubhouse Karaoke Hour

.....

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

Activity #: 10631  
Time: 10:00 AM - 11:00 AM

Tuesday, September 28, 2021  
Aloha, It's Summer!

Tuesday, October 26, 2021  
Singing Spooktacular

Tuesday, November 9, 2021  
Disco Nights



## 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, September 16, 2021  
*The Four Winds* by Kristin Hannah

Thursday, October 21, 2021  
*Sunflower Sisters* by Martha Hall Kelly

Thursday, November 18, 2021  
*Dead Cold: A Fatal Grace* by Louise Penny



# THE CLUBHOUSE PROGRAMS CONTINUED

## Clubhouse Matinee Movies



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

Wednesday, September 8, 2021

### *Queen Bees*

Rated PG-13, 2021, Comedy/Romance

While her house undergoes repairs, fiercely independent senior, Helen, temporarily moves into a nearby retirement community where she encounters lusty widows, cutthroat bridge tournaments, and a hotbed of bullying "mean girls".



Wednesday, September 22, 2021

### *Dolittle*

Rated PG, 2020, Adventure/Comedy

Dr. John Dolittle lives in solitude behind the high walls of his lush manor in 19th-century England.

His only companionship comes from an array of exotic animals he speaks to on a daily basis. But when young Queen Victoria becomes gravely ill, the eccentric doctor and his furry friends embark on an epic adventure to a mythical island to find a cure.



Wednesday, October 6, 2021

### *Hamilton*

Rated PG, 2020, Drama/History/Musical

Hamilton: An American Musical is sung and rapped through music by Lin-Manuel Miranda. It tells the story of American founding father, Alexander Hamilton.

Wednesday, October 20, 2021

### *Where'd You Go, Bernadette?*

Rated PG-13, 2019, Comedy/Drama

Former architect, Bernadette Fox, seems to have it all - a beautiful home, a successful and loving husband, and a brilliant daughter who's about to attend boarding school. When Bernadette suddenly disappears without a trace, her family sets off on an exciting adventure to solve the mystery of where she might have gone.



Wednesday, November 10, 2021

### *Finding You*

Rated NR, 2021, Drama/Romance

Violinist, Finley Sinclair, travels to an Irish coastal village to begin her semester studying abroad. At the bed and breakfast run by her host family, she encounters a handsome actor and romance sparks between the unlikely pair.



Wednesday, November 24, 2021

### *Judy*

Rated PG-13, 2019, Biography/Drama

Thirty years after starring in "The Wizard of Oz", beloved actress and singer, Judy Garland, arrives in London to perform sold-out shows at the Talk of the Town nightclub.

# THE CLUBHOUSE BINGO PROGRAMS

## Bagels & Bingo

Join us the first Tuesday of every month for bingo games and bagels from Bagels & Brew!

Time: 10:00 AM - 2:00 PM

Tuesday, September 7, 2021

Tuesday, October 5, 2021

Tuesday, November 2, 2021

## Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, September 27, 2021

Monday, October 25, 2021

Monday, November 22, 2021

## 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 #: 10610  
Summer Clubhouse Soirée - BBQ Chicken Sandwiches  
Thursday, September 30, 2021

Activity #: 10615  
Halloween Spooktacular - Spooky Enchiladas  
Thursday, October 28, 2021

Activity #: 10616  
Friendsgiving Celebration - Turkey Feast & All the Fixings  
Thursday, November 18, 2021

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](http://www.lfparksandrecca.com) or register in-person at The Clubhouse front desk. Please call (949) 461-3408 for any questions.

# THE CLUBHOUSE POP-UP EVENTS

## National Racehorse Week

.....

Throw on your derby hat and celebrate National Racehorse Week at The Clubhouse! The Clubhouse will have snacks, refreshments, and a life-size derby race for Clubhouse members to participate in! The derby race will be held at the outdoor grass lawn in front of The Clubhouse.



Activity #: 10665  
Wednesday, September 15, 2021  
Time: 11:00 AM - 12:00 PM

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## National Chocolate Cupcake Day

.....

Grab your sweet tooth and join us for National Chocolate Cupcake Day! The Clubhouse will serve chocolate cupcakes and patrons can participate in games and decorate mini pumpkins! The event will be held at the outdoor patio next to the Arts & Crafts Room.



Activity #: 10666  
Monday, October 18, 2021  
Time: 1:00 PM - 2:00 PM

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## Turkey Trot Poker Walk

.....

Ready for some fun, light exercise? Join us for a Turkey Trot Poker Walk! The event will begin at the front entrance of The Clubhouse. Please wear comfortable shoes.



Activity #: 10667  
Wednesday, November 3, 2021  
Time: 11:00 AM - 12:00 PM

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## Veteran's Day Celebration

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Join us for a Veteran's Day Celebration! Snacks and refreshments are provided. If you are a veteran, please send us your favorite photo from when you were in the military service to Courtney Wsocki, Senior Recreation Supervisor, at [cwsocki@lakeforestca.gov](mailto:cwsocki@lakeforestca.gov).



Activity #: 10668  
Wednesday, November 10, 2021  
Time: 11:00 AM - 1:00 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 #: 10628

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

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

Date & Time: Friday & Saturday, November 12-13  
from 8:30 AM - 1:00 PM

Please note, the AARP Driver Safety Refresher Course (Activity #: 10629) scheduled for Friday, September 24, has been cancelled by AARP due to COVID-19.

## HICAP Medicare Enrollment Clinic

Make an informed decision about the new 2022 Medicare Health and Drug Plans. HICAP counselors will provide you with a health and drug cost comparison analysis of your options.

Date & Time: Tuesday, November 9  
from 9:00 AM - 4:00 PM

Beginning Tuesday, September 7, call (949) 461-3408 to schedule an appointment. Please leave a message with your name and phone number.

## Legal Aid

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

Date & Time: Thursday, Sep. 2, Oct. 7, and Nov. 4  
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 the third Monday of every month  
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, Sep. 14 and Oct. 12  
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, Sep. 1, Oct. 6, and Nov. 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. Prior to the scheduled appointment date, Bill Liu is providing a Medication Review seminar at The Clubhouse on Thursday, September 16 at 12:00 PM.

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

Date & Time: Thursday, September 30  
from 10:00 AM - 1:00 PM



# EMERITUS CLASSES

Emeritus Classes are offered for active 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. During the current semester, each college offers the following courses in an ONLINE-ONLY format:

## Irvine Valley College

### ART CLASSES

Art Media (Beading)  
Watercolor Painting

### FITNESS CLASSES

ASAP Strength and Pilates  
Chair Exercise  
Dance (Tap and Country Line)  
Dayan Qigong  
Dyna-Band  
Health and Fitness for Mature Adults  
Pai Dai Gong  
Pilates  
Physical Fitness  
Tai Chi  
Taijiquan  
Yoga and Yoga Stretching

## Saddleback College

Art Media Studies  
Birds of the World  
Color Printing  
Creative Writing  
Current Political Events and Issues  
Digital Photography and Color Printing  
Emeritus Art - Ceramics and Sculpture  
Emeritus Art - Crafts and Painting  
Emeritus Fashion  
Emeritus Health  
Fundamentals of Western Philosophy  
Gerontology  
Life and Technology Integration for Older Adults  
Literature and Life  
Managing Bonds and Stocks  
Music Appreciation  
Practical Spanish  
Sketching and Life Drawing  
Vocal and Rhythmic Techniques

Registration is required directly through the colleges for all Emeritus Classes. *Please note that Emeritus Classes will return to an in-person format 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.

# 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.....	949-461-3549
Saddleback College/Emeritus.....	949-582-4835

# SEPTEMBER 2021

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

**SUN      MON      TUE      WED      THU      FRI      SAT**

1

10:00 AM - MAHJONG  
(CH-GR)  
  
10:00 AM - PING PONG  
(CH-MPR)  
  
11:30 AM - JAVA WITH JEN  
(CH-CR)

2

10:00 AM - BRAIN GAMES  
& PUZZLES  
(CH-GR)  
  
10:00 AM - BINGO THURSDAYS!  
(CH-MPR)  
  
1:00 PM - LEGAL AID  
(CH-CR)

3

4

5

6

HAPPY LABOR DAY!  
  
THE CLUBHOUSE  
IS CLOSED

7

SCHEDULE YOUR MEDICARE  
ENROLLMENT CLINIC  
APPOINTMENT FOR NOV. 9!  
  
10:00 AM - BRAIN GAMES  
& PUZZLES  
(CH-GR)  
  
10:00 AM - BAGELS & BINGO  
(CH-MPR)

8

10:00 AM - SENIOR ADVISORY  
BOARD MEETING (CH-ACR)  
  
10:00 AM - MAHJONG (CH-GR)  
  
10:00 AM - PING PONG  
(CH-MPR)  
  
10:45 AM - CLUBHOUSE  
MATINEE MOVIES (CH-WR)

9

10:00 AM  
BRAIN GAMES & PUZZLES  
(CH-GR)  
  
10:00 AM  
BINGO THURSDAYS!  
(CH-MPR)

10

11

PATRIOT DAY!  


12

13

10:00 AM  
MAHJONG  
(CH-GR)  
  
10:00 AM  
PING PONG  
(CH-MPR)

14

10:00 AM - THE CLUBHOUSE  
GARDEN CLUB  
(CH-ACR)  
  
10:00 AM - BRAIN GAMES &  
PUZZLES (CH-GR)  
  
10:30 AM - HICAP  
(CH-CR)

15

10:00 AM - MAHJONG  
(CH-GR)  
  
10:00 AM - PING PONG  
(CH-MPR)  
  
11:00 AM - NATIONAL  
RACEHORSE WEEK EVENT  
(OUTSIDE LAWN)

16

10:00 AM - BOOK CLUB  
(CH-ACR)  
  
10:00 AM - BRAIN GAMES  
& PUZZLES  
(CH-GR)  
  
10:00 AM - BINGO THURSDAYS!  
(CH-MPR)  
  
12:00 PM - MEDICATION REVIEW  
SEMINAR (CH-MPR)

17

18

19

20

10:00 AM - MAHJONG  
(CH-GR)  
  
10:00 AM - PING PONG  
(CH-MPR)  
  
10:00 AM - FREE BLOOD  
PRESSURE CHECKS  
(CH-MPR)

21

10:00 AM  
BRAIN GAMES & PUZZLES  
(CH-GR)  
  
10:30 AM  
CRAFTY CRAFTERS  
(CH-ACR)

22

10:00 AM - MAHJONG  
(CH-GR)  
  
10:00 AM - PING PONG  
(CH-MPR)  
  
10:45 AM - CLUBHOUSE  
MATINEE MOVIES  
(CH-WR)

23

10:00 AM  
BRAIN GAMES & PUZZLES  
(CH-GR)  
  
10:00 AM  
BINGO THURSDAYS!  
(CH-MPR)

24

25

26

27

10:00 AM - MAHJONG  
(CH-GR)  
  
10:00 AM - PING PONG  
(CH-MPR)  
  
10:00 AM - BINGO MANIA  
(CH-MPR)

28

10:00 AM - THE CLUBHOUSE  
KARAOKE HOUR  
(CH-ACR)  
  
10:00 AM - BRAIN GAMES  
& PUZZLES  
(CH-GR)  
  
10:00 AM - RUMMIKUB  
TOURNAMENT  
(CH-MPR)

29

10:00 AM - MAHJONG  
(CH-GR)  
  
10:00 AM - PING PONG  
(CH-MPR)

30

10:00 AM - MEDICATION REVIEW  
(CH-ACR)  
  
10:00 AM - BRAIN GAMES  
& PUZZLES  
(CH-GR)  
  
10:00 AM - BINGO THURSDAYS!  
SUMMER CLUBHOUSE SOIRÉE  
(CH-MPR)  
  
12:00 PM - THURSDAY CLUBHOUSE LUNCH  
& HICAP SEMINAR  
BBQ CHICKEN SANDWICHES  
(CH-MPR)

# HAPPY NATIONAL SENIOR CENTER MONTH!

# OCTOBER 2021

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

**SUN      MON      TUE      WED      THU      FRI      SAT**

1  
2

3

4  
10:00 AM  
MAHJONG  
(CH-GR)  
  
10:00 AM  
PING PONG  
(CH-MPR)

5  
10:00 AM  
BRAIN GAMES & PUZZLES  
(CH-GR)  
  
10:00 AM  
BAGELS & BINGO  
(CH-MPR)

6  
10:00 AM - MAHJONG  
(CH-GR)  
10:00 AM - PING PONG  
(CH-MPR)  
10:45 AM - CLUBHOUSE  
MATINEE MOVIES  
(CH-WR)  
11:30 AM - JAVA WITH JEN  
(CH-CR)

7  
10:00 AM - BRAIN GAMES  
& PUZZLES (CH-GR)  
10:00 AM - BINGO THURSDAYS!  
(CH-MPR)  
12:00 PM - COVERED CA OPEN  
ENROLLMENT SEMINAR  
(CH-MPR)  
1:00 PM - LEGAL AID (CH-CR)

8

9

10

11  
COLUMBUS DAY  
10:00 AM  
MAHJONG  
(CH-GR)  
10:00 AM  
PING PONG  
(CH-MPR)

12  
10:00 AM - THE CLUBHOUSE  
GARDEN CLUB  
(CH-ACR)  
10:00 AM - BRAIN GAMES &  
PUZZLES (CH-GR)  
10:30 AM - HICAP  
(CH-CR)

13  
10:00 AM  
MAHJONG  
(CH-GR)  
10:00 AM  
PING PONG  
(CH-MPR)

14  
10:00 AM  
BRAIN GAMES & PUZZLES  
(CH-GR)  
10:00 AM  
BINGO THURSDAYS!  
(CH-MPR)

15

16

17

18  
10:00 AM - MAHJONG (CH-GR)  
10:00 AM - PING PONG (CH-MPR)  
10:00 AM - FREE BLOOD  
PRESSURE CHECKS (CH-MPR)  
1:00 PM - NATIONAL  
CHOCOLATE CUPCAKE DAY!  
(CH-ACR OUTDOOR PATIO)

19  
10:00 AM  
BRAIN GAMES & PUZZLES  
(CH-GR)  
10:30 AM  
CRAFTY CRAFTERS  
(CH-ACR)

20  
10:00 AM - MAHJONG  
(CH-GR)  
10:00 AM - PING PONG  
(CH-MPR)  
10:45 AM - CLUBHOUSE  
MATINEE MOVIES  
(CH-WR)

21  
10:00 AM - BOOK CLUB (CH-ACR)  
10:00 AM - BRAIN GAMES  
& PUZZLES (CH-GR)  
10:00 AM - BINGO THURSDAYS!  
(CH-MPR)  
12:00 PM - MEMORIAL CARE  
SEMINAR (CH-MPR)

22

23

24  
  
31   
HAPPY  
HALLOWEEN!

25  
10:00 AM - MAHJONG  
(CH-GR)  
10:00 AM - PING PONG  
(CH-MPR)  
10:00 AM - BINGO MANIA  
(CH-MPR)

26  
10:00 AM - THE CLUBHOUSE  
KARAOKE HOUR  
(CH-ACR)  
10:00 AM - BRAIN GAMES  
& PUZZLES  
(CH-GR)  
10:00 AM - RUMMIKUB  
TOURNAMENT  
(CH-MPR)

27  
10:00 AM - MAHJONG  
(CH-GR)  
10:00 AM - PING PONG  
(CH-MPR)

28  
10:00 AM - BRAIN GAMES  
& PUZZLES  
(CH-GR)  
10:00 AM - BINGO THURSDAYS!  
HALLOWEEN SPOOKTACULAR  
(CH-MPR)  
12:00 PM - THURSDAY  
CLUBHOUSE LUNCH  
SPOOKY ENCHILADAS  
(CH-MPR)

29

30

ARE YOU A VETERAN? SEND US YOUR FAVORITE PHOTO FROM WHEN YOU WERE IN THE MILITARY SERVICE!  
PHOTOS WILL BE USED FOR OUR UPCOMING VETERAN'S DAY EVENT ON WEDNESDAY, NOVEMBER 10.  
PLEASE EMAIL PHOTO(S) TO COURTNEY WYSOCKI, SENIOR RECREATION SUPERVISOR, AT [CWYSOCKI@LAKEFORESTCA.GOV](mailto:CWYSOCKI@LAKEFORESTCA.GOV). 13

# NOVEMBER 2021

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

**SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT**

**1**

SENIOR SANTA & FRIENDS BEGINS!  
10:00 AM - MAHJONG (CH-GR)  
10:00 AM - PING PONG (CH-MPR)

**2**

10:00 AM - THE CLUBHOUSE GARDEN CLUB (CH-ACR)  
10:00 AM - BRAIN GAMES & PUZZLES (CH-GR)  
10:00 AM - BAGELS & BINGO (CH-MPR)

**3**

10:00 AM - MAHJONG (CH-GR)  
10:00 AM - PING PONG (CH-MPR)  
11:00 AM - TURKEY TROT POKER WALK (FRONT OF THE CLUBHOUSE)  
11:30 AM - JAVA WITH JEN (CH-CR)

**4**

10:00 AM BRAIN GAMES & PUZZLES (CH-GR)  
10:00 AM BINGO THURSDAYS! (CH-MPR)  
1:00 PM - LEGAL AID (CH-CR)

**5**

**6**

**7**

DAYLIGHT SAVINGS ENDS

**8**

10:00 AM MAHJONG (CH-GR)  
10:00 AM PING PONG (CH-MPR)

**9**

9:00 AM - HICAP MEDICARE ENROLLMENT CLINIC (CH-WR)  
10:00 AM - BRAIN GAMES & PUZZLES (CH-GR)  
10:00 AM - THE CLUBHOUSE KARAOKE HOUR (CH-ACR)

**10**

10:00 AM - MAHJONG (CH-GR)  
10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)  
11:00 AM - VETERAN'S DAY CELEBRATION (CH-MPR)

**11**

HAPPY VETERAN'S DAY!  
  
THE CLUBHOUSE IS CLOSED

**12**

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

**13**

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

**14**

**15**

10:00 AM - MAHJONG (CH-GR)  
10:00 AM - PING PONG (CH-MPR)  
10:00 AM - FREE BLOOD PRESSURE CHECKS (CH-MPR)

**16**

10:00 AM BRAIN GAMES & PUZZLES (CH-GR)  
10:30 AM CRAFTY CRAFTERS (CH-ACR)

**17**

10:00 AM - SENIOR ADVISORY BOARD MEETING (CH-ACR)  
10:00 AM - MAHJONG (CH-GR)  
10:00 AM - PING PONG (CH-MPR)

**18**

10:00 AM - BOOK CLUB (CH-ACR)  
10:00 AM - BRAIN GAMES & PUZZLES (CH-GR)  
10:00 AM - BINGO THURSDAYS! FRIENDSGIVING CELEBRATION (CH-MPR)  
12:00 PM - THURSDAY CLUBHOUSE LUNCH TURKEY FEAST & ALL THE FIXINGS (CH-MPR)

**19**

**20**

**21**

**22**

10:00 AM - MAHJONG (CH-GR)  
10:00 AM - PING PONG (CH-MPR)  
10:00 AM - BINGO MANIA (CH-MPR)

**23**

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

**24**

10:00 AM - MAHJONG (CH-GR)  
10:00 AM - PING PONG (CH-MPR)  
10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)

**25**

HAPPY THANKSGIVING!  
  
THE CLUBHOUSE IS CLOSED

**26**

**27**

**28**

**29**

10:00 AM MAHJONG (CH-GR)  
10:00 AM PING PONG (CH-MPR)

**30**

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

**ARE YOU A VETERAN? SEND US YOUR FAVORITE PHOTO FROM WHEN YOU WERE IN THE MILITARY SERVICE!  
PHOTOS WILL BE USED FOR OUR VETERAN'S DAY EVENT ON WEDNESDAY, NOVEMBER 10.  
PLEASE EMAIL PHOTO(S) TO COURTNEY WYSOCKI, SENIOR RECREATION SUPERVISOR, AT CWYSOCKI@LAKEFORESTCA.GOV. 14**