



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 '22



## Let's Celebrate Fall!

Fall 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!



It's fall y'all! It's a jam packed fall season with a variety of events and programs including an excursion to the Los Angeles Angels Baseball Game, a dance with the theme of "It's A Clubhouse Rodeo", the annual Senior Resource Fair, a spooky night of Bunco, and a Veterans Day Celebration! We also have three exciting Mini Excursions scheduled, including Five Below and Handel's Ice Cream, Downtown Laguna Beach, and the Los Rios Historic District in San Juan Capistrano. Our annual HICAP Medicare Enrollment Clinic is on Tuesday, November 8, from 9:00 AM - 4:00 PM. Beginning Tuesday, September 6, please call The Clubhouse at (949) 461-3408 to schedule an appointment.

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 (i.e., Ensure and Glucerna)
- Gift Cards (Grocery Stores, Department Stores, and Pharmacies)

Between November 1 and December 8, 2022, drop-off your gift(s) at The Clubhouse during operating hours.

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

- Courtney Wysocki  
Senior Recreation Supervisor

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## The Clubhouse Senior Advisory Board

Chair: Betty Atwell  
Vice Chair: Jan Wiviott

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

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## 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](http://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 - 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)

12:00 PM - 2:50 PM  
BEADING & STRINGING  
(ONLINE COURSE)

10:00 AM - 12:30 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 - 12:20 PM  
COUNTRY LINE DANCE  
(CH-MPR)

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

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

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

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

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

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

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  
TAIJIQUAN  
(ONLINE COURSE)

1:00 PM - 1:50 PM  
TAI CHI MOBILITY  
(ONLINE COURSE)

10:00 AM - 2:00 PM  
BINGO  
(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-WR)

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 #: 11213 - Tuesday, September 20, 2022

Glowing Leaf Jars

Activity #: 11214 - Tuesday, October 18, 2022

Haunted Bird House

Activity #: 11215 - Tuesday, November 15, 2022

Friendship Soup in a Jar



## The Clubhouse Garden Club

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

Activity #: 11216

Time: 10:00 AM - 11:00 AM

Tuesday, September 6, 2022

Propagating 101

Tuesday, October 4, 2022

The Future of Gardening is Vertical

Tuesday, November 1, 2022

How to Overwinter Your Plants



## 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 15, 2022

*The House in the Cerulean Sea* by TJ Klune

Thursday, October 20, 2022

*The Immortal Life of Henrietta Lacks*  
by Rebecca Skloot

Thursday, November 17, 2022

*Sea Glass* by Anita Shreve

# THE CLUBHOUSE PROGRAMS CONTINUED

## Computer Lab Hours

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

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

Tuesday  
10:00 AM - 12:30 PM

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## The Clubhouse Games & Fun!

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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 #: 11212

All participants must be registered prior to playing.

Location: The Clubhouse - MPR

Monday 10:00 AM - 3:00 PM

Tuesday 12:45 PM - 3:00 PM

Wednesday 10:00 AM - 12:15 PM

Thursday 10:00 AM - 3:00 PM - *Wellness Room*



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## Senior Bowling League at Lake Forest Lanes

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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, September 21, 2022

*American Underdog*

Rated PG, 2021, Biography/Drama/Sport

The inspirational true story of Kurt Warner, who overcomes years of challenges and setbacks to become a two-time NFL MVP, Super Bowl champion, and Hall of Fame quarterback. With the support of his wife, Brenda, and the encouragement of his family, coaches, and teammates, Warner perseveres and finds the strength to show the world the champion that he already is.

Wednesday, September 28, 2022

*The Art of Racing in the Rain*

Rated PG, 2019, Comedy/Drama/Romance

Denny Swift is a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life. Besides his career, Denny has three loves of his life - his beautiful wife, their young daughter, and his best friend, which is a dog that wants to be reincarnated into a human.

Wednesday, October 12, 2022

*Top Gun: Maverick*

Rated PG-13, 2022, Action/Drama

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a group of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who chose to fly it.

Wednesday, October 26, 2022

*Rescued by Ruby*

Rated G, 2022, Biography/Drama

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup, Ruby. Based on a true story.

Wednesday, November 16, 2022

*Where the Crawdads Sing*

Rated PG-13, 2022, Drama/Mystery/Thriller

Abandoned as a girl, Kya, raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world.

Wednesday, November 30, 2022

*Elvis*

Rated PG-13, 2022, Biography/Drama

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life - Priscilla.

# 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, September 12, 2022

Monday, October 3, 2022

Monday, November 7, 2022

## Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, September 26, 2022

Monday, October 24, 2022

Monday, November 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 #: 11209  
Start Your Engines! - Chicken Bakes  
Thursday, September 29, 2022

Activity #: 11210  
A Wicked Good Time - Spooky Spaghetti and Mummy Meatballs - *Don't forget to dress up in costume!*  
Thursday, October 27, 2022

Activity #: 11211  
Friendsgiving Celebration - Turkey Feast & All the Fixings  
Thursday, November 17, 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](http://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.

## September: Five Below & Handel's Ice Cream



Stop in to Five Below and check out their hot items for cool prices! Our second stop will help you beat the heat with fresh ice cream made daily at Handel's. This mini excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, September 7, 2022 at 10:30 AM

Excursion Date: Wednesday, September 21, 2022 from 10:00 AM - 2:00 PM

## October: Downtown Laguna Beach

There's something for everyone in Laguna Beach! From art galleries and restaurants to shopping and beach boardwalk views, every turn is an adventure. This mini excursion has excessive walking.

Fee: Free

Registration Date: Wednesday, October 5, 2022 at 10:30 AM

Excursion Date: Tuesday, October 11, 2022 from 10:00 AM - 2:00 PM



## November: Los Rios Historic District in San Juan Capistrano



This historic district and neighborhood with buildings dating to 1794, is the oldest continually occupied neighborhood in the state! Stroll through the beautiful gardens, try one of the many eclectic restaurants and shops, or check out the Zoomars Petting Zoo.

Fee: Free

Registration Date: Wednesday, November 2, 2022 at 10:30 AM

Excursion Date: Tuesday, November 22, 2022 from 10:00 AM - 2:00 PM



# THE CLUBHOUSE SPECIAL EVENTS



## Los Angeles Angels Baseball Game

Batter up! Grab your hotdog and popcorn and watch the Los Angeles Angels as they play the Detroit Tigers for a fun day of baseball! Tickets are in Section 129.

Fee: \$55.00 Residents & Non-Residents

Activity #: 11262

Wednesday, September 7, 2022 from 11:30 AM - 6:00 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. Don't forget to dress up in your favorite costume for a spooky night of fun!

Fee: \$12.00 Residents & Non-Residents

Activity #: 11208

Friday, October 28, 2022 from 6:30 PM - 9:00 PM



## HICAP Medicare Enrollment Clinic

Make an informed decision about the new 2023 Medicare Health and Drug Plans. HICAP counselors will provide you with a health and drug cost comparison analysis of your options.

Tuesday, November 8, 2022 from 9:00 AM - 4:00 PM

Beginning Tuesday, September 6, call (949) 461-3408 to schedule an appointment. Please leave a message with your name and phone number.

## Veterans Day Celebration - Heroes & Hotdogs

Join us for a Veterans Day Celebration during Thursday Bingo! A hot dog stand, desserts, and refreshments are provided. If you are a veteran, please send us your favorite photo from when you were in the military service! Email photos to Senior Recreation Supervisor, Courtney Wysocki, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov). You do not need to be a veteran to attend.

Fee: FREE!

Activity #: 11333

Thursday, November 10, 2022 from 12:00 PM - 1:00 PM



YEE HAW

# IT'S A CLUBHOUSE RODEO!

DUST OFF YOUR COWBOY HAT AND PULL ON YOUR DANCING BOOTS AND JOIN THE CLUBHOUSE AS WE DANCE THE NIGHT AWAY! WEAR YOUR FAVORITE RODEO ATTIRE AND ENJOY A NIGHT FILLED WITH DANCING, FOOD, REFRESHMENTS, AND A LOT OF FUN!

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**ACTIVITY #: 11306**

FRIDAY, SEPTEMBER 30, 2022 | 5:00 PM - 8:00 PM  
THE CLUBHOUSE - MULTIPURPOSE ROOM  
FEE: \$15 RESIDENTS & NON-RESIDENTS

REGISTER ONLINE AT  
[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)

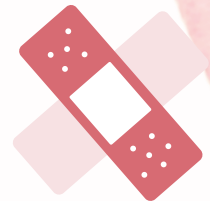
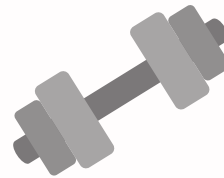
OR IN-PERSON AT  
THE CLUBHOUSE FRONT DESK



THE CLUBHOUSE PRESENTS

# Senior Resource Fair

THE CLUBHOUSE SENIOR RESOURCE FAIR PROVIDES  
THE COMMUNITY WITH AVAILABLE RESOURCES FOR THE  
50 AND BETTER DEMOGRAPHIC INCLUDING:



CITY SERVICES  
COMMUNITY RESOURCES  
HEALTH SCREENINGS  
NON-PROFIT GROUPS  
FOOD & REFRESHMENTS

## ACTIVITY #: 11334

MONDAY, OCTOBER 17, 2022 | 10:00 AM - 1:00 PM

THE CLUBHOUSE - MULTIPURPOSE ROOM

FEE: FREE

REGISTER ONLINE AT  
[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)

OR IN-PERSON AT  
THE CLUBHOUSE FRONT DESK

# 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 #: 11221

Fee: \$20 AARP Members, \$25 Non-Members  
*(Payment is due the first day of the course, check payable to AARP)*

Date & Time: Thursday, September 15  
from 8:30 AM - 1:00 PM

### **AARP Driver Safety Two-Day Course**

Activity #: 11222

Fee: \$20 AARP Members, \$25 Non-Members  
*(Payment is due the first day of the course, check payable to AARP)*

Date & Time: Thursday & Friday, October 27 and 28  
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, Sep. 1, Oct. 6, and Nov. 3  
from 1:00 PM - 3:00 PM

Call: (949) 461-3408 to schedule your 30-minute 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, November 29  
from 11:00 AM - 12:30 PM

## *"DONUT" Stress About Medicare*

*Don't stress over Medicare, Optum can help! If you're trying to make sense of Medicare parts A, B, C, D, and all the rest, swing by and learn the fundamentals. Treat yourself to a donut while you learn, all for free.*

Date & Time: Wednesday, Sep. 7, Oct. 5, and Nov. 2  
from 11:30 AM - 1:30 PM

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

## *Free Blood Pressure Checks*

*The Clubhouse hosts free blood pressure on Monday, Sep. 19, Oct. 17, and Nov. 21.*

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, September 13 and October 11  
from 10:00 AM - 1:00 PM

Call: (949) 461-3408 to schedule your 1-hour 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, November 10  
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

### *Aqua Fitness Training*

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water and training to improve balance and cardiovascular fitness.

Tic#: 90260

Date & Time: Tuesdays, August 23 - December 20  
from 2:00 PM - 2:50 PM

Tic#: 90265

Date & Time: Thursdays, August 25 - December 15  
from 2:00 PM - 2:50 PM

Location: Lake Forest Beach & Tennis Club

### *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#: 90060

Date & Time: Mondays, August 22 - December 19  
from 12:00 PM - 2:50 PM

Location: Online Course

### *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#: 90115

Date & Time: Tuesdays, August 23 - December 20  
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.

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

Tic#: 90205

Date & Time: Tuesdays, August 23 - December 20  
from 1:00 PM - 2:50 PM

Location: The Clubhouse - Wellness Room

# EMERITUS CLASSES

## *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#: 90145

Date & Time: Tuesdays, August 23 - December 20  
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#: 90210

Date & Time: Wednesdays, August 24 - December 14  
from 1:00 PM - 1:50 PM

Location: Online Course

## *Taijiquan*

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

Tic#: 90200

Date & Time: Wednesdays, August 24 - December 14  
from 10:30 AM - 12:20 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. Repetition of this course will permit students to build skills and increase their fitness level.

Tic#: 90310

Date & Time: Wednesdays, August 24 - December 14  
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#: 13165

Date & Time: Wednesdays, August 22 - December 20  
from 10:00 AM - 12:50 PM

Location: The Clubhouse - Arts & Crafts Room

### *Life & 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#: 22000

Date & Time: Tuesdays, August 22 - December 20  
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: \$2.00 One-Way (\$4.00 Round Trip)

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

Cost: \$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: FREE 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



# SEPTEMBER 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 - BINGO THURSDAYS! (CH-MPR) 12:00 PM - BIOFIX THERAPY SEMINAR (CH-MPR) 1:00 PM - LEGAL AID (CH-CR)	2	3
4	5 THE CLUBHOUSE IS CLOSED HAPPY LABOR DAY	6 SCHEDULE YOUR MEDICARE ENROLLMENT CLINIC APPOINTMENT FOR NOV. 8! 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - THE CLUBHOUSE GARDEN CLUB (CH-ACR)	7 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - SEPTEMBER MINI EXCURSION REGISTRATION 11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR) 11:30 AM - LOS ANGELES ANGELS BASEBALL GAME (EXCURSION)	8 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BINGO THURSDAYS! (CH-MPR)	9	10
11 9-11 PATRIOT DAY	12 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BAGELS & BINGO (CH-MPR)	13 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM HICAP (CH-CR)	14 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM SENIOR ADVISORY BOARD MEETING (CH-CR)	15 8:30 AM - AARP DRIVER SAFETY ONE-DAY REFRESHER COURSE (CH-ACR) 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BOOK CLUB (CH-ACR) 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - FYZICAL SEMINAR CH-MPR)	16	17 IT'S NATIONAL DANCE DAY! 
18	19 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM FREE BLOOD PRESSURE CHECKS (CH-CR)	20 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM CRAFTY CRAFTERS (CH-ACR)	21 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MINI EXCURSION: FIVE BELOW & HANDEL'S ICE CREAM 10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)	22 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - HICAP SEMINAR (CH-MPR)	23	24
25 IT'S NATIONAL QUESADILLA DAY! 	26 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BINGO MANIA (CH-MPR)	27 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM RUMMIKUB TOURNAMENT (CH-MPR)	28 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:45 AM CLUBHOUSE MATINEE MOVIES (CH-WR)	29 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! START YOUR ENGINES! (CH-MPR) 12:00 PM - THURSDAY CLUBHOUSE LUNCH CHICKEN BAKES (CH-MPR)	30 5:00 PM IT'S A CLUBHOUSE RODEO! JOIN US FOR A FUN NIGHT OF DANCING! 	

HEAT WATCH: THE CLUBHOUSE WILL REMAIN OPEN UNTIL 4PM ON DAYS WHERE THE TEMPERATURE IS 90 DEGREES OR HOTTER. THE DECISION TO EXTEND THE CLUBHOUSE HOURS WILL BE MADE BY 1PM ON THE AFFECTED DAY.

# OCTOBER 2022

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

**SUN      MON      TUE      WED      THU      FRI      SAT**

**1**

IT'S NATIONAL PUMPKIN SPICE DAY!



**8**

IT'S NATIONAL HERO DAY!



**15**

**22**

**29**

IT'S NATIONAL CAT DAY!



**3**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**4**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**10**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

**17**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

10:00 AM - SENIOR RESOURCE  
FAIR (CH-MPR)

**24**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

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**31**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

**4**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**11**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

10:00 AM - MINI EXCURSION:  
DOWNTOWN LAGUNA BEACH

**18**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM  
CRAFTY CRAFTERS  
(CH-ACR)

**25**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
RUMMIKUB TOURNAMENT  
(CH-MPR)

**31**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

**5**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM - OCTOBER MINI  
EXCURSION REGISTRATION

11:30 AM - "DONUT" STRESS  
ABOUT MEDICARE (CH-CR)

**12**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**19**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

**26**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**31**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

**6**

10:00 AM - THE CLUBHOUSE DAILY  
PROGRAMS

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

12:00 PM - BRAILLE INSTITUTE  
SEMINAR (CH-MPR)

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

**13**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**20**

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)

**27**

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

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!  
A WICKED GOOD TIME (CH-MPR)

12:00 PM - THURSDAY  
CLUBHOUSE LUNCH  
SPOOKY SPAGHETTI &  
MUMMY MEATBALLS (CH-MPR)

**31**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

**7**

**14**

**21**

**28**

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

6:30 PM  
BUNCO NIGHTS  
AT THE CLUBHOUSE!  
(CH-MPR)

**31**


10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

**2**

**9**

**16**

IT'S NATIONAL SPORTS DAY!



**23**

**30**



**HEAT WATCH: THE CLUBHOUSE WILL REMAIN OPEN UNTIL 4PM ON DAYS WHERE THE TEMPERATURE IS 90 DEGREES OR HOTTER. THE DECISION TO EXTEND THE CLUBHOUSE HOURS WILL BE MADE BY 1PM ON THE AFFECTED DAY.**

# NOVEMBER 2022

## 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 - THE CLUBHOUSE DAILY PROGRAMS

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

**2**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:30 AM - NOVEMBER MINI EXCURSION REGISTRATION

11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)

**3**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

12:00 AM - REGALMED SEMINAR (CH-MPR)

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

**4**

**5**

IT'S NATIONAL DONUT DAY!



**6**

**7**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

**8**

9:00 AM HICAP MEDICARE ENROLLMENT CLINIC (CH-ACR & CH-CR)

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

**9**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

**10**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

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

12:00 PM - VETERANS DAY CELEBRATION (CH-MPR)

**11**

*Veterans Day*



**12**

**13**

IT'S WORLD KINDNESS DAY!



**14**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

**15**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:30 AM CRAFTY CRAFTERS (CH-ACR)

**16**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

**17**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

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

12:00 PM - THURSDAY CLUBHOUSE LUNCH TURKEY FEAST & ALL THE FIXINGS (CH-MPR)

**18**

**19**

**20**

**21**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

**22**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM MINI EXCURSION: LOS RIOS HISTORIC DISTRICT IN SAN JUAN CAPISTRANO

**23**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

**24**

THE CLUBHOUSE IS CLOSED

HAPPY THANKSGIVING!



**25**

**26**

IT'S NATIONAL CAKE DAY!



**27**

**28**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM BINGO MANIA (CH-MPR)

**29**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

11:00 AM - OC PUBLIC LIBRARY RESOURCES (CH-ACR)

**30**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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