

CITY OF LAKE FOREST

THE VIRTUAL CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | SEP & OCT 2020



bingo thursdays



Feeling lucky? Join us for virtual games of bingo beginning Thursday, September 3! Games will be from 10 AM - 12 PM.

All participants will need to register online at <https://apm.activecommunities.com/lakeforestcarec>. (Act#: 8797)
Space is limited. Webcam access is preferred, but not required.

THE CLUBHOUSE UPDATES



Courtney Wysocki



The Clubhouse - Senior Recreation Supervisor



Happy summer to our Clubhouse patrons and the 50 and better community! While The Clubhouse continues to stay closed during this unprecedented time, we have been working hard to make sure our programs, resources, and services are being offered with the same quality of service as when The Clubhouse was open. Since our temporary closure in March, we have made wellness calls to over 1,200 Lake Forest residents ages 65 and over, provided grocery and meal services, wellness and social service resources, and delivered 100 meals to our 50 and better community through a wonderful donation from Frontline Foods. We designed a department-wide Virtual Recreation Center and The Clubhouse expanded its programs with a virtual platform, including Bingo Thursdays! You will notice in this September/October newsletter that we have new virtual programs available including Coffee with The Clubhouse, a Pen Pal program, The Clubhouse Kitchen, a Virtual Garden Club, and Clubhouse Karaoke! We also have various free seminars being offered through Hoag Hospital and Memorial Care. If you have any questions regarding our programs or services, or need assistance with something that is not listed, please feel free to call The Clubhouse at (949) 461-3408. We hope that you continue to stay safe and healthy and we look forward to seeing you "virtually" soon!

Community Services and City Updates

As the City navigates through the Coronavirus pandemic, Community Services has risen to the challenge to provide continued programs, services, and resources for the Lake Forest residents. In June, the Community Services Department merged with the Management Services Department which is now separated into four divisions including: Community Services, Human Resources, Public Information, and Public Safety. City Hall is currently open to the public and a mask must be worn when entering the building. Shredding services are unavailable at this time and City park playgrounds and facilities including the Etnies Skatepark, Lake Forest Sports Park, Community Center, Performing Arts Center, and The Clubhouse remain closed at this time. The City will continue to provide updates of any changes to the current closures.

SPECIAL PROGRAMS

Coffee with The Clubhouse

Grab your favorite morning drink and chat with your Clubhouse friends!

Webcam access is preferred, but not required.

Tuesday, September 8, 2020 | 10 AM - 11 AM

Tuesday, October 6, 2020 | 10 AM - 11 AM

REGISTER ONLINE AT:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/LAKEFORESTCAREC](https://apm.activecommunities.com/lakeforestcarec)
(ACTIVITY #: 8953)

For questions or more information, please contact Senior Recreation Supervisor, Courtney Wysocki, at (949) 461-3439 or cwysocki@lakeforestca.gov.

BECOME A CLUBHOUSE PEN PAL

Step aside social media! Handwritten notes are a moment to brighten up a senior's day during the Coronavirus pandemic. It's more important than ever for those who need to quarantine as much as possible to still feel the love.



If you are interested in sending a Clubhouse senior a "hello" card, please send it to:

Lake Forest City Hall
Attn: Courtney Wysocki
100 Civic Center Drive
Lake Forest, CA 92630

Cards must be made out to "Dear Clubhouse Senior".

SPECIAL PROGRAMS CONTINUED

The Clubhouse Kitchen



Join The Clubhouse for video cooking demonstrations and recipe instructions on how to make these delicious meals and treats!

Videos and recipes will be provided by 2 PM for the dates below.

Register online at: <https://apm.activecommunities.com/lakeforestcarec>

(Activity #: 8954)

Banana Oatmeal Pancakes

This five ingredient recipe will make breakfast quick and easy!

Date: Monday, September 14, 2020

Lemon Herb Mediterranean Pasta Salad (Vegetarian)

Cool off this summer with a delicious vegetarian pasta salad!

Date: Monday, September 28, 2020

Tropical Chicken Tacos with Cilantro Lime Rice

Looking for a fun new way to make tacos?

This recipe is for you! Aloha!

Date: Monday, October 5, 2020

Easy Bake Apple Crisp Dessert

Fall is here! Grab your favorite apples to make this easy bake dessert!

Date: Monday, October 26, 2020



SPECIAL PROGRAMS CONTINUED



Virtual Garden Club

Dig into this virtual program! The Virtual Garden Club provides education, inspiration, and a sense of joy. Webcam access is preferred, but not required.

The History of Flower Meanings

Tuesday, September 22, 2020 | 10 AM - 11 AM

Consider the Cactus: A Guide to Succulents

Tuesday, October 27, 2020 | 10 AM - 11 AM

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REGISTER ONLINE AT:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/LAKEFORESTCAREC](https://apm.activecommunities.com/lakeforestcarec)
(ACTIVITY #: 8955)

For questions or more information, please contact Senior Recreation Supervisor, Courtney Wysocki, at (949) 461-3439 or cwysocki@lakeforestca.gov.

You're Picture Perfect!

The Clubhouse Photo Contest

The Clubhouse wants to hear from you! Send us a photo of yourself and how you've been staying busy during this time of closure. Entries will be entered into a raffle for a \$10 Target giftcard.

Photos must be submitted by Friday, October 9 and the winner will be announced on Tuesday, October 13. Please submit your photo to Senior Recreation Supervisor, Courtney Wysocki, at cwysocki@lakeforestca.gov!

Limit one entry per person.



SPECIAL PROGRAMS CONTINUED

Virtual Clubhouse Karaoke

Join The Clubhouse as we sing our hearts out virtually!

Webcam and microphone access is required.

Make sure to dress-up in theme!

Tropical Paradise

Tuesday, September 29, 2020 | 11 AM - 12 PM

Halloween Extravaganza

Tuesday, October 13, 2020 | 11 AM - 12 PM

REGISTER ONLINE AT:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/LAKEFORESTCAREC](https://apm.activecommunities.com/lakeforestcarec)
(ACTIVITY #: 8956)

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For questions or more information, please contact Senior Recreation Supervisor,
Courtney Wysocki, at (949) 461-3439 or cwysocki@lakeforestca.gov.

Senior Resource Seminars

In lieu of The Clubhouse's annual Senior Resource Fair,
The Clubhouse is offering various free
Health and Wellness Virtual Seminars throughout the
months of September and October.

Please reference pages 8 through 10 for the list of
Health and Wellness Seminars offered through
Alzheimer's Orange County, Hoag Hospital,
and Memorial Care.

For additional resources, please see page 13 for the
Need to Know Numbers and Resources. If you are in need
of any additional assistance or resources that are not
listed, please call The Clubhouse at (949) 461-3408.



HEALTH & WELLNESS PROGRAMS & RESOURCES

Clubhouse Chat Line

Need assistance during the Coronavirus pandemic?

Please call The Clubhouse Monday through Friday
from 8:00 AM - 5:00 PM

Call: (949) 461-3408 to speak to a
Clubhouse team member

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 8 and October 13
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, September 2 and October 7
from 11:30 AM - 1:30 PM

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

Legal Aid

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

Date & Time: Thursday, September 3 and October 1
from 10:30 AM - 1:00 PM

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

Book Club

Love to read? The Book Club is for you! Join your Clubhouse friends and discuss assigned books at a monthly virtual meeting. To join the Book Club, please email Senior Recreation Supervisor, Courtney Wysocki at cwysocki@lakeforestca.gov.

September 17: *Chances Are...*: A Novel By: Richard Russo
October 15: *Two Years Before the Mast* by Richard Dana Jr.

Crafty Crafters

Feeling artsy? Join the Crafty Crafters program and receive your own take home craft kit! To sign up for Crafty Crafters, please call The Clubhouse at (949) 461-3408. Craft kit pick-ups are the third Tuesday of every month between 11 AM - 11:30 AM at The Clubhouse.

September 15, 2020: Watermelon Wood Coasters
October 20, 2020: Halloween Wreaths

Email a photo of your completed crafts to Courtney Wysocki at cwysocki@lakeforestca.gov!

HEALTH & WELLNESS VIRTUAL SEMINARS

All Health & Wellness Virtual Seminars provided by Hoag Hospital and Memorial Care are free of charge. To view the Health & Wellness Virtual Seminars, please view the following links:

Hoag Hospital: <https://www.youtube.com/user/hoaghealth>

Memorial Care: <https://us02web.zoom.us/j/81985983902>

Alzheimer's/Dementia Caregiver Support Group

Provided by Alzheimer's Orange County

Date & Time: 2nd and 4th Wednesdays at 3:00 PM

Call: (844) 435-7259 or email

kathy.carchidi@alzoc.org to register

Inflammation - The Silent Killer

Join Memorial Care and Dr. Trinh to discuss the relationship between sugar, inflammation, and ketosis.

Date & Time: Tuesday, September 1

from 9:30 AM - 10:30 AM

View Seminar: [Memorial Care Zoom Link](#)

Healthy Eating for Kidneys

Join Hoag dietitian, Meghan Gonzalez, for an educational presentation on how to maximize kidney health with your diet.

Date & Time: Tuesday, September 1

from 11:00 AM - 11:30 AM

Register: www.hoag.org/community-education-classes

Leaky Gut Syndrome - Latest Medical Research

Join Memorial Care and Dr. Trinh to discuss how your gut health and brain health are connected.

Date & Time: Wednesday, September 9

from 9:30 AM - 10:30 AM

View Seminar: [Memorial Care Zoom Link](#)

Food is Medicine

Join Memorial Care and Dr. Trinh to discuss specific foods and health conditions.

Date & Time: Tuesday, September 15

from 9:30 AM - 10:30 AM

View Seminar: [Memorial Care Zoom Link](#)

One Size Doesn't Fit All: Precision Medicine at Hoag

What is precision medicine? Is precision medicine a game changer? There are many different applications of precision medicine in cancer.

Date & Time: Thursday, September 17

from 2:00 PM - 3:00 PM

View Seminar: [Hoag Hospital YouTube Link](#)

HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

All Health & Wellness Virtual Seminars provided by Hoag Hospital and Memorial Care are free of charge. To view the Health & Wellness Virtual Seminars, please access the following links:

Hoag Hospital: www.youtube.com/user/hoaghealth

Memorial Care: <https://us02web.zoom.us/j/81985983902>

Cancer Prevention Strategies

Join Memorial Care and Dr. Trinh to discuss different tips and strategies to prevent cancer.

Date & Time: Wednesday, September 23
from 9:30 AM - 10:30 AM

View Seminar: [Memorial Care Zoom Link](#)

Eight Pillars of Alzheimer's Risk Reduction

Join Memorial Care and Dr. Trinh to discuss the latest research in Alzheimer's Disease.

Date & Time: Tuesday, September 29
from 9:30 AM - 10:30 AM

View Seminar: [Memorial Care Zoom Link](#)

Apple Watches, Fitbits, & Your Heart Health: How to Use Them and When to Contact a Physician

Join Interventional Cardiologist Subbarao Myla, M.D. for an interactive discussion around wearable devices, like the Apple Watch and Fitbit. The discussion will review how to best utilize these devices in your heart health, as well as when to contact your physician.

Date & Time: Monday, October 5
from 5:00 PM - 6:00 PM

View Seminar: [Hoag Hospital YouTube Link](#)

Hip and Knee Arthritis:

What Treatments are Right for You?

Are you experiencing pain in your hip or knee? Chances are it could be arthritis. Join orthopedic joint surgeon Dr. Matthew Siljander as he discusses the non-operative and surgical treatment options for treating hip and knee arthritis and what to expect for recovery.

Date & Time: Wednesday, September 23
from 5:00 PM - 6:00 PM

View Seminar: [Hoag Hospital YouTube Link](#)

Hip Arthroscopy for Joint Disorders

Hip joint disorders can result in significant pain and dysfunction, leading to debilitation and functional deficits. Join HOI orthopedic sports medicine surgeon Kevin Parvaresh, M.D. to learn about minimally invasive treatments for hip disorders.

Date & Time: Tuesday, September 29
from 5:00 PM - 6:00 PM

View Seminar: [Hoag Hospital YouTube Link](#)

The Secrets to Colon Cancer Prevention

Join Memorial Care and gastroenterologist Ketan Shah, M.D., M.B.A., to discover proven lifestyle modifications to minimize your risk of colon cancer.

Date & Time: Thursday, October 8
from 5:30 PM - 6:30 PM

Register: www.memorialcare.org/events

HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

All Health & Wellness Virtual Seminars provided by Hoag Hospital and Memorial Care are free of charge. To view the Health & Wellness Virtual Seminars, please access the following links:

Hoag Hospital: www.youtube.com/user/hoaghealth

Memorial Care: <https://us02web.zoom.us/j/81985983902>

The Effects of Stress on Memory

Join health psychologist, Dr. Anita Mihecoby and Wellness Coach and Consultant, Anusha Wjeyakuman for a live stream on the effects of stress on your memory. You will learn techniques on how to manage stress and prevent memory impairment.

Date & Time: Monday, October 12
from 6:00 PM - 7:00 PM

View Seminar: [Hoag Hospital YouTube Link](#)

The Importance of Family History in Disease and Genetics: A Look into Marfan Syndrome & Related Conditions

Join Marfan syndrome and related conditions specialist David Liang, M.D., Ph.D. as he discusses how genetics and family history can play a significant role in the diagnosis of Marfan syndrome and other related connective tissue conditions.

Date & Time: Monday, October 22
from 4:30 PM - 5:00 PM

View Seminar: [Hoag Hospital YouTube Link](#)

Spine Diagnosis and Treatment: Spinal Stenosis

Join Burak Ozgur, M.D. to discuss the spine and different treatment options.

Date & Time: Wednesday, October 28
from 5:30 PM - 6:30 PM

View Seminar: [Hoag Hospital YouTube Link](#)

The Early Stages of Dementia

Join Hoag for a live stream about the basics of mild cognitive impairment and dementia, including causes, risk factors, and prevention strategies. Hoag will also discuss how to distinguish normal age-related cognitive changes from more serious cognitive impairments, where to start if you're concerned, and how to monitor your cognitive functioning across time.

Date & Time: Monday, October 19
from 4:30 PM - 5:30 PM

View Seminar: [Hoag Hospital YouTube Link](#)

Causes and Treatment for Benign Paroxysmal Positional Vertigo (BPPV)

Join Dr. Whitman for a live stream where you will learn about a common, well understood and treatable form of vertigo. BPPV is scary, disruptive, and increases the risk of falling, making it a key target for fall prevention.

Date & Time: Thursday, October 29
from 1:00 PM - 2:00 PM

View Seminar: [Hoag Hospital YouTube Link](#)

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 fall 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 & County Line)
Dayan Qigong
Dyna-Band
Health & Fitness for Mature Adults
Pai Dai Gong
Pilates
Physical Fitness
Tai Chi
Taijiquan
Yoga and Yoga Stretching

Saddleback College

Art History
Birds of the World
Color Printing
Creative Writing
Current Political Events and Issues
Digital Photography
For the Love of Music
Fundamentals of Western Philosophy
Gerontology
Improving Investment Performance
Introduction to Opera
Life & Technology Integration for Older Adults
Literature and Life
Managing Bonds and Stocks
Practical Spanish
Survey of Western History Since 1648
Vocal and Rhythmic Techniques

Registration is required for all Emeritus Classes directly through the colleges.

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 Senior Recreation Supervisor, Courtney Wysocki
at (949) 461-3439, or cwysocki@lakeforestca.gov
with any questions regarding Emeritus classes.

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

(This service is currently suspended until The Clubhouse reopens due to COVID-19)

Cost: \$0.50 One Way

From your residence to The Clubhouse Monday through Thursday, 10 AM to 2 PM

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
Saddleback College/Emeritus.....	949-582-4835

SEPTEMBER 2020

SUN MON TUE WED THU FRI SAT

1
9:30 AM
INFLAMMATION - THE
SILENT KILLER
SEMINAR

11 AM
HEALTHY EATING FOR
KIDNEYS SEMINAR

2
**JAVA
WITH JEN**

3
LEGAL AID

10 AM
VIRTUAL
BINGO

4

5

6

7
**HAPPY
LABOR DAY!**

8
HICAP

10 AM
COFFEE WITH THE
CLUBHOUSE

9
9:30 AM
LEAKY GUT SYNDROME
SEMINAR

3 PM
ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

10
**10 AM
VIRTUAL
BINGO**

11
**PATRIOT
DAY**


12

13
NATIONAL
GRAND-
PARENTS
DAY!

14
**2 PM
THE CLUBHOUSE
KITCHEN**

15
9:30 AM - FOOD IS
MEDICINE SEMINAR

11 AM - CRAFTY
CRAFTERS
PICK-UPS

16

17
BOOK CLUB

10 AM
VIRTUAL BINGO

2 PM
ONE SIZE DOESN'T
FIT ALL SEMINAR

18

19

20

21

22
**10 AM
VIRTUAL
GARDEN CLUB**

23
9:30 AM - CANCER
PREVENTION STRATEGIES
SEMINAR

3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

5 PM - HIP & KNEE
ARTHRITIS SEMINAR

24
**10 AM
VIRTUAL
BINGO**

25

26

27

28
**2 PM
THE CLUBHOUSE
KITCHEN**

29
9:30 AM - 8 PILLARS OF
ALZHEIMER'S RISK
REDUCTION SEMINAR

11 AM - VIRTUAL
CLUBHOUSE KARAOKE

5 PM - HIP ARTHROSCOPY
FOR JOINT DISORDERS
SEMINAR

30

OCTOBER 2020

SUN MON TUE WED THU FRI SAT

				1 LEGAL AID 10 AM VIRTUAL BINGO	2	3
4 WORLD SMILE DAY!	5 2 PM THE CLUBHOUSE KITCHEN 5 PM APPLE WATCHES, FITBITS & YOUR HEART HEALTH SEMINAR	6 10 AM COFFEE WITH THE CLUBHOUSE	7 JAVA WITH JEN	8 5:30 PM COLON CANCER PREVENTION SEMINAR 10 AM VIRTUAL BINGO	9 YOU'RE PICTURE PERFECT PHOTO DEADLINE	10
11	12 COLUMBUS DAY 6 PM THE EFFECTS OF STRESS ON MEMORY SEMINAR	13 YOU'RE PICTURE PERFECT PHOTO WINNER ANNOUNCED! HICAP 11 AM - VIRTUAL CLUBHOUSE KARAOKE	14 3 PM ALZHEIMER'S/ DEMENTIA CAREGIVER SUPPORT GROUP	15 BOOK CLUB 10 AM VIRTUAL BINGO	16	17 SPAGHETTI OUT OF MY WAY, IT'S NATIONAL PASTA DAY!
18	19 4:30 PM THE EARLY STAGES OF DEMENTIA SEMINAR	20 11 AM CRAFTY CRAFTERS PICK-UPS	21	22 10 AM VIRTUAL BINGO 4:30 PM THE IMPORTANCE OF FAMILY HISTORY IN DISEASE AND GENETICS SEMINAR	23	24
25	26 2 PM THE CLUBHOUSE KITCHEN	27 10 AM VIRTUAL GARDEN CLUB	28 3 PM - ALZHEIMER'S/ DEMENTIA CAREGIVER SUPPORT GROUP 5:30 PM - SPINE DIAGNOSIS AND TREATMENT: SPINAL STENOSIS SEMINAR	29 10 AM VIRTUAL BINGO 1 PM - CAUSES AND TREATMENT FOR BENIGN PAROXYSMAL POSITIONAL VERTIGO (BPPV) SEMINAR	30	31 HAPPY HALLOWEEN! 