

CITY OF LAKE FOREST

# THE VIRTUAL CLUBHOUSE CALENDAR



[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) | [www.facebook.com/lakeforest.clubhouse](https://www.facebook.com/lakeforest.clubhouse) | JAN & FEB 2021



*bingo wednesdays*



Feeling lucky? Join us for virtual games of bingo beginning Wednesday, January 6! Games will be from 10 AM - 12 PM.

All participants will need to register online at [www.lfparksandrecca.com](http://www.lfparksandrecca.com). (Act#: 9151)


Space is limited. Webcam access is preferred, but not required.

# THE CLUBHOUSE UPDATES

Happy 2021! The most common question we've received is when can the 50 and better community receive the COVID-19 vaccine. The OC Health Care Agency - Vaccination Timeline provides phases and estimations of when the COVID-19 vaccination will be available.

As the City navigates through the Coronavirus Pandemic, The Clubhouse has risen to the challenge to provide continued programs, services, and resources for Lake Forest 50 and better residents. The City of Lake Forest is following state and local guidelines under the statewide emergency order. In our effort to keep our participants safe and healthy, when The Clubhouse does reopen to the public, staff will be instituting new mandatory protocols to help minimize the transmission of the


COVID-19 virus. Please note that registration will be required for all activities at The Clubhouse prior to entry; until further notice, program drop-ins will be prohibited. Activities will only be conducted if allowed by existing guidelines at the time of the class and any changes will be communicated to participants in a timely manner. We appreciate your patience and support as we work together to provide fun, meaningful programs to the 50 and better community. For the most up to date information, visit the City website at [www.lakeforestca.gov](http://www.lakeforestca.gov) or call (949) 461-3408.



## Orange County Vaccination Timeline

Contingent on vaccine availability and local administration capacity

**ACTIVE PHASE**  
**Phase 1A**  
TIER 1 - HIGH & MODERATE RISK  
TIER 2 - HIGH RISK



**Orange County resident's vaccination group will be determined by a number of factors, such as:**

- Work settings
- Direct contact with COVID-19 patients
- Recent positive COVID-19 test result or infection
- Pregnant or breastfeeding
- History of severe allergic reactions to injected medications or vaccinations
- Age
- Existing comorbidities
- Living environment - congregate facility or long term care facility

All information in this pamphlet is subject to change, please reference the latest version to view the most up-to-date information.  
Last revised 12/16/20

**Sources:** <https://www.cdph.ca.gov/programs/cid/dcdc/pages/covid-19/cdph-allocation-guidelines-for-covid-19-vaccine-during-phase-1a-recommendations.aspx>  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/evidence-table.html>

## “WHEN CAN I GET VACCINATED?”

Phased Approach to Vaccine Distribution - Given the limited initial supply of COVID-19 vaccines, distribution will be limited at first and increase over time. Determinations will be based on reaching critical populations to reduce morbidity and mortality rates due to the transmission of COVID-19.  
- National Academy of Sciences Prioritization

### Phase 1A | Critical and Healthcare Workers

estimate **December - March**

#### TIER 1

- Acute care, psychiatric and correctional facility hospitals
- Skilled nursing facilities, assisted living facilities, and similar settings for older or medically vulnerable individuals and residents in these settings
- Paramedics, Emergency Medical Technicians (EMTs) and others providing emergency medical services
- Dialysis centers

#### TIER 2

- Intermediate care facilities for persons who need non-continuous nursing supervision and supportive care
- Home health care and in-home supportive services
- Community health workers, including promotoras
- Public health field staff
- Primary Care clinics, including Federally Qualified Health Centers, Rural Health Centers, correctional facility clinics and urgent care clinics

#### TIER 3

- Specialty clinics
- Laboratory workers
- Dental and other oral health clinics
- Pharmacy staff not working in settings at higher tiers

### Phase 1B & 1C | High-risk Individuals

estimate **February - March**

California Department of Public Health (CDPH) is developing detailed guidance for this distribution phase. We will post additional information as it's available.

### Phase 2 | Critical Workers and Moderate-risk Individuals

estimate **March - April**

CDPH is developing detailed guidance for this distribution phase. We will post additional information as it's available.

### Phase 3 & 4 | Everyone

estimate **Summer**

Populations not identified in prior phases above, will be addressed and defined further by CDPH. Please visit our web-page in the future, to learn more as information is further defined.

### Where can I go to get my vaccine?

If you fall into Phase 1A, please contact your employer or your long-term care facility for further details.  
Return to this site in the future for more information as it is defined.

# 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, January 19, 2021 | 10 AM - 11 AM  
Tuesday, February 16, 2021 | 10 AM - 11 AM

REGISTER ONLINE AT:  
[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)  
(ACTIVITY #: 9205)

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

## Become a Clubhouse Pen Pal

Step aside social media! Handwritten notes are a moment to brighten up someone'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.

Please note that your Pen Pal will be a patron of the Lake Forest community. The Clubhouse is responsible for mailing your letter to the "matched" patron.

If you are interested in becoming a "match" for the Clubhouse Pen Pal program, please contact Courtney Wysocki, Senior Recreation Supervisor, at (949) 461-3439 or [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov).



# 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 listed below.

Register online at: [www.lfparksandrecca.com](http://www.lfparksandrecca.com).

(Activity #: 9594)

### *Chicken Alfredo Stuffed Spaghetti Squash*

*Enjoy a healthier, low carb version of this comfort food favorite!*

Date: Monday, January 4, 2021

### *Valentine's Day Pink Kiss Cookies*

*Grab your sweet tooth and enjoy this delicious Valentine's Day themed cookie!*

Date: Monday, February 8, 2021

## The Clubhouse Movie Matinee

Grab your popcorn and watch a movie with your Clubhouse friends!

Webcam access is preferred, but not required.

### *The Midnight Sky (Rated PG-13, 2020)*

*This post-apocalyptic tale follows Augustine, a lonely scientist in the Arctic, as he races to stop Sully and her fellow astronauts from returning home to a mysterious global catastrophe.*

Thursday, January 14, 2021 | 10 AM - 12 PM

### *50 First Dates (Rated PG-13, 2004)*

*Henry Roth is a man afraid of commitment until he meets the beautiful Lucy. They hit it off and Henry thinks he's finally found the girl of his dreams until discovering she has short-term memory loss and forgets him the next day.*

Thursday, February 11, 2021 | 10 AM - 12 PM

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REGISTER ONLINE AT:  
[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)  
(ACTIVITY #: 9595)



# 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.

*How to Grow and Care for Fruit Trees in Your Backyard*

Tuesday, January 26, 2021

10 AM - 11 AM

*Essential Spring Gardening Tips and Tricks*

Tuesday, February 23, 2021

10 AM - 11 AM

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REGISTER ONLINE AT:  
[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)  
(ACTIVITY #: 9206)



## 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!

*Crazy Hat Day*

Tuesday, January 12, 2021 | 10 AM - 11 AM

*Valentine's Extravaganza*

Tuesday, February 9, 2021 | 10 AM - 11 AM

REGISTER ONLINE AT:  
[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)  
(ACTIVITY #: 9207)



## SPECIAL PROGRAMS CONTINUED

### The Clubhouse 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 Courtney Wysocki, Senior Recreation Supervisor, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov).

Thursday, January 21, 2021: *Kitchens of the Great Midwest: A Novel* by J. Ryan Stradal

Thursday, February 18, 2021: *Finding Dorothy* by Elizabeth Letts

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### 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.

Tuesday, January 19, 2021: Valentine's Day Hanging Wooden Heart

Tuesday, February 16, 2021: Mod Podge Terra Cotta Pots

Email a photo of your completed crafts to Courtney Wysocki at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov)!

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### You're Picture Perfect

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#### *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 gift card.

Photos must be submitted by Friday, February 5 and the winner will be announced on Tuesday, February 9! Please submit your photo to Courtney Wysocki, Senior Recreation Supervisor, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov)!

*Limit one entry per person and must be 50 years or better to participate.*

# SPECIAL PROGRAMS CONTINUED

## Drive-Thru Valentine's Day Event!

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**THURSDAY, FEBRUARY 11, 2021 | 2PM-4PM**  
**THE CLUBHOUSE SENIOR CENTER**  
**(100 CIVIC CENTER DRIVE)**

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This event is reserved only for individuals 50 years or better. Each patron will receive a special Valentine's Day treat from The Clubhouse!

When arriving to The Clubhouse, stay in your car and wear your face mask. Please drive through the round-about parking lot area to receive your Valentine's Day treat.

**REGISTRATION IS REQUIRED. TO REGISTER, VISIT: [WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)**

ACTIVITY #: 9622 - 2:00 PM - 2:15 PM

ACTIVITY #: 9623 - 2:20 PM - 2:35 PM

ACTIVITY #: 9624 - 2:40 PM - 2:55 PM

ACTIVITY #: 9625 - 3:00 PM - 3:15 PM

ACTIVITY #: 9626 - 3:20 PM - 3:35 PM

ACTIVITY #: 9627 - 3:40 PM - 3:55 PM

For questions or more information, please call  
Courtney Wysocki, Senior Recreation Supervisor,  
at (949) 461-3439.



# SPECIAL PROGRAMS CONTINUED

## The Patient Project

*Finding Strength Through Patience Presented by the Patient Project at UCI Irvine*

The Patient Project, a team of UCI Irvine undergraduate student volunteers, host free workshops that cover topics such as gratitude, mindfulness, positivity, meditation, and more! It is a space to build community, cultivate conversation, and encourage overall wellbeing.

The Patient Project will be presented by:

Karishma Muthukumar (third year, Cognitive Sciences major)

Meenakshi Chandrasekaran (second year, Biological Sciences major)

Anganette Cisneros, (third year, Biomedical Engineer major)

Caitlin Yee (second year, Biological Sciences major).

Monday, January 4, 2021	11 AM - 12 PM
Monday, January 18, 2021	11 AM - 12 PM
Monday, February 1, 2021	11 AM - 12 PM
Monday, February 15, 2021	11 AM - 12 PM



REGISTER ONLINE AT:  
[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)  
(ACTIVITY #: 9596)





## Dialogue Society

*Dialogue Society is a student run organization with two active chapters at The University of California, Irvine (UCI) and The University of California, Los Angeles (UCLA).*

Their focus is based on the belief that there is always a better version of oneself. With this core value in mind, and in line with the mission to promote lifelong learning, the students present various interactive programs surrounding the theme of health and wellness (physical, mental, and social) to the senior community remotely through Zoom. Their purpose is to educate ourselves and the community through meaningful dialogues on healthy, purposeful and mindful living—free from promoting political affiliations or religious beliefs—to discover what inspires us towards personal development.

They move forward by the motto of “Dialogue. Discover. Develop.”

The programs are always fun and highly interactive while staying informative and professional. Some of the previous offerings include live origami lessons, musical performances, yoga, technology tutoring, the importance of music for the brain accompanied by a musical performance, practical ways of mindfulness, various hobbies, and more! Every session is carefully thought out by students to be a positive, fun, and enriching experience. The Dialogue Society loves to learn, laugh and meet new individuals. Dialogue Society would love to welcome you to its future events!

Website: <http://dialoguesociety.us/>

Instagram: [https://www.instagram.com/dialogue\\_soc/](https://www.instagram.com/dialogue_soc/)



To be added to the interest list and to be notified when activity dates and times are available, please contact Courtney Wysocki, Senior Recreation Supervisor, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov) or (949) 461-3439.



# 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

## Java with Jen

*Receive free information on how Medicare works.*

Date & Time: Wednesday, January 6 and February 3  
from 11:30 AM - 1:30 PM

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

## 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, January 12 and February 9  
from 10:30 AM - 1:30 PM

Call: (949) 461- 3408 to schedule your 1-hour  
phone call appointment

## Legal Aid

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

Date & Time: Thursday, January 7 and February 4  
from 10:30 AM - 1:00 PM

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

## AARP Tax Aide



*Get free tax help through AARP! AARP Tax Aide is a charitable non-profit organization that  
has assisted over 34 million taxpayers in filing their tax returns.*

AARP provides free tax preparation to middle and low-income taxpayers.

Taxpayers with complex tax returns will be advised to seek professional tax assistance  
(i.e. partnerships, rentals, and estates).

**Due to COVID-19, AARP may not be able to provide this service.**

**The City of Lake Forest is creating a waiting list for interested patrons in the event  
that AARP will be able to schedule Tax Aide appointments.**

To be added to the waiting list, please call The Clubhouse  
at (949) 461-3408 beginning Monday, January 11, 2021.



# HEALTH & WELLNESS VIRTUAL SEMINARS

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, and Memorial Care Hospital.

Please call The Clubhouse at (949) 461-3408 for any questions.

Hoag Health Link: [www.hoag.org/community-education-classes](http://www.hoag.org/community-education-classes)

Memorial Care Link: [www.memorialcare.org/events](http://www.memorialcare.org/events)

## Alzheimer's/Dementia Caregiver Support Group

Provided by Alzheimer's Orange County

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

Call: (844) 435-7259 or email

[kathy.carchidi@alzoc.org](mailto:kathy.carchidi@alzoc.org) to register

## Healthy Eating for Your Kidneys

Join Miriam Matullch, Hoag Outpatient Nutrition Educator, as she discusses nutritional tips to keep you healthy. Her presentation will discuss the importance of our kidneys as well as their functions. Miriam will focus on optimal eating for your kidneys, making better food choices, and avoiding those that may harm our kidneys.

Date & Time: Monday, January 11

from 1:30 PM - 2:30 PM

Register: Hoag Health Link

## Virtual Diabetes Support Group

Join the Diabetes Program with Memorial Care for a support group for adults with Type 1 and Type 2 diabetes, as well as individuals using insulin pumps.

Date & Time: 2nd Monday of each month

from 6:00 PM - 7:30 PM

Register: Memorial Care Link

## Parkinson's Caregiver Support Group

Designed to help caregivers come to a better understanding of Parkinson's disease, participants learn tools for providing care, communicating with loved ones, and taking better care of themselves. It also provides the opportunity to discuss questions and concerns who share their experiences.

Date & Time: 2nd and 4th Wednesday of each month

from 11:00 AM - 12:00 PM

Register: Please call Memorial Care at (714) 378-5022

## Women's Cancer Support Group

This group provides educational information, supportive discussion, and addresses vital cancer issues and concerns.

Date & Time: 2nd Thursday of each month

from 11:00 AM - 12:00 PM

Register: Please call Memorial Care at (714) 378-7146

# HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, and Memorial Care Hospital.

Please call The Clubhouse at (949) 461-3408 for any questions.

Hoag Health Link: [www.hoag.org/community-education-classes](http://www.hoag.org/community-education-classes)

Memorial Care Link: [www.memorialcare.org/events](http://www.memorialcare.org/events)

## Love, Blessings, & Miracles Amidst a Pandemic

Join Erin Sommerville, mind body oncology coach, to learn how to experience calm, joy, and empowerment during these challenging times.

Date & Time: 3rd Wednesday of each month  
from 10:00 AM - 11:30 AM

Register: Please call Memorial Care at (562) 933-9520

## Cancer Care Support Group

This group provides educational information, supportive discussion, and addresses vital cancer issues and concerns.

Date & Time: 4th Thursday of each month  
from 2:30 PM - 3:30 PM

Register: Please call Memorial Care at (714) 378-7146

## Stroke Virtual Support Group

The stroke program at Hoag offers a virtual support group to provide education and support for stroke survivors, caregivers, family members, and friends.

Date & Time: Thursday, January 28 and February 25  
from 2:00 PM - 3:00 PM

Register: Hoag Health Link

## IBD Virtual Support Group

The Inflammatory Bowel Disease Support Group provides mutual support and information for IBD patients and their families. This group is facilitated by licensed clinical therapists and nurses. Discussion is focused on current issues faced by IBD patients and their support network.

Date & Time: Thursday, January 21 & February 18  
from 12:00 PM - 1:00 PM

Register: Hoag Health Link

## New Year to be Healthy!

With the New Year in full swing, it's time to consider what it means to be healthy. Marco Ruiz, M.D., a family medicine physician with Memorial Care Medical Group, will discuss overall wellness as we age, including strategies to stay on track towards wellness goals.

Date & Time: Thursday, January 28  
from 3:00 PM - 4:00 PM

Register: Memorial Care Link



# HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, and Memorial Care Hospital.

Please call The Clubhouse at (949) 461-3408 for any questions.

Hoag Health Link: [www.hoag.org/community-education-classes](http://www.hoag.org/community-education-classes)

Memorial Care Link: [www.memorialcare.org/events](http://www.memorialcare.org/events)

## Heart Disease 101

Join Rachel Hargrove, M.D., and Jennifer Wong, M.D., F.A.C.C., as they discuss heart disease symptoms, prevention, and treatment options.

Date & Time: Monday, February 15  
from 5:00 PM - 6:30 PM

Register: Memorial Care Link

## Fall Prevention

Falls are common and can happen at all ages. Patients, their family members, physicians, and others around a person who fell typically focus on injuries. Often unasked are questions related to how and why a fall occurred.

Join us for a live stream for an approach to falls that systematically addresses known fall contributors that may hold the potential to prevent injuries and enhance quality of life.

Date & Time: Thursday, February 18  
from 1:00 PM - 2:00 PM

Register: Hoag Health Link

## The Simple Steps to Achieving Your Best Heart Health

Achieving ideal cardiovascular health is different from treating cardiovascular disease. By managing your blood pressure, cholesterol, blood sugar, fitness, diet, weight, and smoking, you can prevent heart attacks and premature death. In this live stream you will learn more about common-sense, practical ways to improve your cardiovascular health.

Date & Time: Wednesday, February 17  
from 5:00 PM - 6:00 PM

Register: Hoag Health Link

## OCTA

### Transportation Workshop

This Transportation Workshop provided by OCTA, will provide information on how to pay fares and other reduced fare options, read an OCTA bus schedule, learn how to safely board and exit a bus, and ADA accessibility standards and use of mobility devices. Free individual and/or small group travel training is also available.

Date & Time: Friday, February 19  
from 10:00 AM - 11:00 AM

Register: Call The Clubhouse at (949) 461-3408



# HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, and Memorial Care Hospital.

Please call The Clubhouse at (949) 461-3408 for any questions.

Hoag Health Link: [www.hoag.org/community-education-classes](http://www.hoag.org/community-education-classes)

Memorial Care Link: [www.memorialcare.org/events](http://www.memorialcare.org/events)

## Heart Attacks:

### *Signs, Symptoms, & How to Prevent*

*Join Hoag cardiologist Ethan Yalvac, M.D. as he discusses heart attacks - the types of heart attack, signs of a heart attack and the ways you can act fast to preserve heart muscle. His presentation will also discuss ways in which you can prevent heart attacks through lifestyle modifications and medical management.*

Date & Time: Tuesday, February 23

from 6:00 PM - 6:30 PM

Register: Hoag Health Link

## Why Cholesterol Matters

*Join Robert Greenfield, M.D., F.A.C.C., F.A.H.A., F.N.L.A., as he discusses how to better understand cholesterol levels from tests and prevention for heart-healthy living.*

Date & Time: Thursday, February 25

from 5:00 PM - 6:30 PM

Register: Memorial Care 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 spring 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 Media Studies  
Birds of the World  
Color Printing  
Creative Writing  
Current Political Events and Issues  
Digital Photography & Color Printing  
Emeritus Art - Ceramics & Sculpture  
Emeritus Art - Crafts & Painting  
Emeritus Fashion  
Emeritus Health  
Fundamentals of Western Philosophy  
Gerontology  
Life & Technology Integration for Older Adults  
Literature and Life  
Managing Bonds and Stocks  
Music Appreciation  
Practical Spanish  
Sketching & Life Drawing  
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 Courtney Wysocki, Senior Recreation Supervisor,  
at (949) 461-3439, or [cwysocki@lakeforestca.gov](mailto: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.

Please note that due to COVID-19, there is a 1 to 2 week turnaround time to receive your Taxi ID card in the mail.



# 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

# JANUARY 2021

**SUN      MON      TUE      WED      THU      FRI      SAT**

1  
NEW YEAR'S DAY  
HAPPY 2021!  


2

3

4  
11 AM  
THE PATIENT PROJECT  
2 PM  
THE CLUBHOUSE  
KITCHEN

5

6  
JAVA WITH JEN  
10 AM  
VIRTUAL BINGO

7  
LEGAL AID

8

9  
NATIONAL  
APRICOT DAY!  


10

11  
1:30 PM - HEALTHY  
EATING FOR YOUR  
KIDNEYS SEMINAR  
6 PM - VIRTUAL  
DIABETES SUPPORT  
GROUP

12  
HICAP  
10 AM  
VIRTUAL CLUBHOUSE  
KARAOKE

13  
10 AM - VIRTUAL BINGO  
11 AM - PARKINSON'S  
CAREGIVER SUPPORT  
GROUP  
3 PM - ALZHEIMER'S/  
DEMENTIA CAREGIVER  
SUPPORT GROUP

14  
10 AM  
CLUBHOUSE  
MOVIE MATINEE  
2:30 PM  
WOMEN'S CANCER  
SUPPORT GROUP

15

16

17


18  
MARTIN LUTHER  
KING JR. DAY  
11 AM  
THE PATIENT PROJECT

19  
10 AM  
COFFEE WITH  
THE CLUBHOUSE  
11 AM  
CRAFTY CRAFTERS  
PICK-UP

20  
10 AM  
VIRTUAL BINGO  
10 AM  
LOVE, BLESSINGS, AND  
MIRACLES AMIDST A  
PANDEMIC SEMINAR

21  
BOOK CLUB  
12 PM  
IBD VIRTUAL  
SUPPORT GROUP

22

23  
IT'S NATIONAL  
PIE DAY!  


24  
IT'S NATIONAL  
COMPLIMENT  
DAY!  


25

26  
10 AM  
VIRTUAL GARDEN CLUB

27  
10 AM - VIRTUAL BINGO  
11 AM - PARKINSON'S  
CAREGIVER SUPPORT  
GROUP  
3 PM - ALZHEIMER'S/  
DEMENTIA CAREGIVER  
SUPPORT GROUP

28  
2 PM - STROKE VIRTUAL  
SUPPORT GROUP  
2:30 PM - CANCER CARE  
SUPPORT GROUP  
3 PM - NEW YEAR TO BE  
HEALTHY! SEMINAR

29

30


# FEBRUARY 2021

**SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT**

**1**  
11 AM  
THE PATIENT PROJECT

**3**  
JAVA WITH JEN  
10 AM  
VIRTUAL BINGO

**5**  
YOU'RE PICTURE  
PERFECT PHOTO  
DEADLINE

**7**  
NATIONAL  
SEND A CARD  
TO A FRIEND  
DAY!  


**8**  
2 PM  
THE CLUBHOUSE  
KITCHEN  
6 PM  
VIRTUAL DIABETES  
SUPPORT GROUP

**9**  
HICAP  
YOU'RE PICTURE  
PERFECT WINNER  
ANNOUNCED  
10 AM - VIRTUAL  
CLUBHOUSE KARAOKE

**10**  
10 AM - VIRTUAL BINGO  
11 AM - PARKINSON'S  
CAREGIVER SUPPORT  
GROUP  
3 PM - ALZHEIMER'S/  
DEMENTIA CAREGIVER  
SUPPORT GROUP

**11**  
10 AM - CLUBHOUSE  
MOVIE MATINEE  
2 PM - DRIVE-THRU  
VALENTINE'S DAY EVENT!  
2:30 PM - WOMEN'S  
CANCER SUPPORT GROUP

**13**  
IT'S NATIONAL  
TORTELLINI DAY!

**14**  
HAPPY  
VALENTINE'S  
DAY!  


**15**  
PRESIDENT'S DAY  
11 AM  
THE PATIENT PROJECT  
5 PM  
HEART DISEASE 101  
SEMINAR

**16**  
10 AM  
COFFEE WITH  
THE CLUBHOUSE  
11 AM  
CRAFTY CRAFTERS  
PICK-UPS

**17**  
10 AM - VIRTUAL BINGO  
10 AM - LOVE, BLESSINGS,  
AND MIRACLES AMIDST A  
PANDEMIC SEMINAR  
5 PM - THE SIMPLE STEPS  
TO ACVHIEIVING YOUR BEST  
HEART HEALTH SEMINAR

**18**  
BOOK CLUB  
12 PM - IBD VIRTUAL  
SUPPORT GROUP  
1 PM - FALL  
PREVENTION SEMINAR

**19**  
10 AM  
OCTA  
TRANSPORTATION  
WORKSHOP  
SEMINAR

**21**


**22**

**23**  
10 AM - VIRTUAL  
GARDEN CLUB  
6 PM - HEART  
ATTACKS: SIGNS,  
SYMPTOMS, AND HOW  
TO PREVENT SEMINAR

**24**  
10 AM - VIRTUAL BINGO  
11 AM - PARKINSON'S  
CAREGIVER SUPPORT  
GROUP  
3 PM - ALZHEIMER'S/  
DEMENTIA CAREGIVER  
SUPPORT GROUP

**25**  
2 PM - STROKE VIRTUAL  
SUPPORT GROUP  
2:30 PM - CANCER CARE  
SUPPORT GROUP  
5 PM - WHY  
CHOLESTEROL MATTERS  
SEMINAR

**26**

**27**  
IT'S NATIONAL  
STRAWBERRY DAY!  


**28**

