



CITY OF LAKE FOREST

THE VIRTUAL CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | MAR & APR 2021



bingo wednesdays

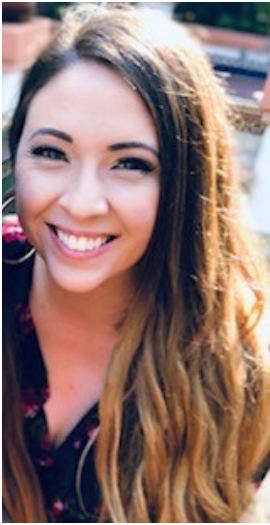


Feeling lucky? Join us for virtual games of bingo beginning Wednesday, March 3! Games will be from 10 AM - 12 PM.

All participants will need to register online at www.lfparksandrecca.com. (Act#: 9401)

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

THE CLUBHOUSE UPDATES



Courtney Wysocki



The Clubhouse - Senior Recreation Supervisor



Happy almost Spring to our Clubhouse patrons and the 50 and better community! The most common question we receive is where and when can the 50 and better community receive the COVID-19 vaccine.

Individuals who live or work in Orange County can register online through www.othena.com to view available appointments and to keep informed with upcoming availability. The success of the County's implementation of the phased, tiered vaccination plan depends on everyone being patient and allowing priority groups to be vaccinated first. As shipping delays resolve and additional vaccines are received in Orange County, vaccinations will be provided to the following prioritized groups as determined by the State of California:

- Phase 1A populations (all tiers which includes people age 65 and older)
- Phase 1B, Tier 1 populations, which includes: education, food service, grocery and agriculture workers, child care providers, and emergency services

For COVID-19 general questions and information, please call the County COVID-19 Hotline at (714) 834-2000 or visit www.occovid19.ochealthinfo.com.

Please note that The Clubhouse is still currently closed to the public and 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 or call (949) 461-3408.

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, March 23, 2021 | 10 AM - 11 AM
Tuesday, April 27, 2021 | 10 AM - 11 AM

REGISTER ONLINE AT:
WWW.LFPARKSANDRECCA.COM
(ACTIVITY #: 9402)

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

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.
(Activity #: 9973)

Spring Vegan Pasta Primavera

Enjoy a light and refreshing spring pasta dish made in under 20 minutes!

Date: Monday, March 29, 2021

Simple Carrot Cake

Grab your sweet tooth and enjoy this delicious and flavorful dessert!

Date: Monday, April 19, 2021

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.

All About Bonsai
Tuesday, March 16, 2021
10 AM - 11 AM

How to Garden When It's Hot!
Tuesday, April 6, 2021
10 AM - 11 AM

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REGISTER ONLINE AT:
WWW.LFPARKSANDRECCA.COM
(ACTIVITY #: 9403)



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!

Leprechauns and Four-Leaf Clovers
Tuesday, March 9, 2021 | 10 AM - 11 AM

Spring Has Sprung!
Tuesday, April 13, 2021 | 10 AM - 11 AM

REGISTER ONLINE AT:
WWW.LFPARKSANDRECCA.COM
(ACTIVITY #: 9404)



SPECIAL PROGRAMS CONTINUED

Laughter Yoga

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Provided By Independence at Home, a SCAN Community Service

Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? Join us for Laughter Yoga where we will combine laughter with yoga breathing to bring more oxygen to the body and brain which makes you feel more healthy and energetic!

Yoga mats are not required, as exercises are conducted in chairs.

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Wednesday, March 24, 2021

2 PM to 3 PM

REGISTER ONLINE AT:

[HTTPS://ZOOM.US/MEETING/REGISTER/TJWTDUCHRZWIH93FJEU0XMC0YGTN9PZLNRFH](https://zoom.us/join/zoom/register/tjwtduchrzwih93fjeu0xmcoygt9pzl9rfh)

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

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

Instagram

[lakeforest.clubhouse](https://www.instagram.com/lakeforest.clubhouse)

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.

Thursday, March 18, 2021: *The Lions of 5th Avenue* by Fiona Davis

Thursday, April 15, 2021: *The Book of Lost Names* by Kristin Hamel

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, March 16, 2021: St. Patrick's Day Four-Leaf Clover Canvas Painting

Tuesday, April 20, 2021: Spring Candlestick Birdhouse

Email a photo of your completed crafts to Courtney Wysocki at 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 gift card.

Photos must be submitted by Friday, April 2 and the winner will be announced on Tuesday, April 6! Please submit your photo to Courtney Wysocki, Senior Recreation Supervisor, at cwysocki@lakeforestca.gov!

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

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, March 1, 2021	11 AM - 12 PM
Monday, March 29, 2021	11 AM - 12 PM
Monday, April 12, 2021	11 AM - 12 PM
Monday, April 26, 2021	11 AM - 12 PM

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REGISTER ONLINE AT:
WWW.LFPARKSANDRECCA.COM
(ACTIVITY #: 9974)



SPECIAL PROGRAMS CONTINUED

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.”

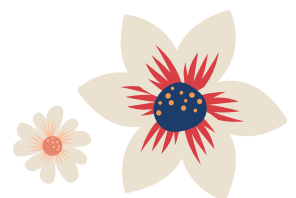
The programs are always fun and highly interactive while staying informative and professional. Some of the previous offerings include live origami lessons, musical performances, yoga, technology tutoring, the importance of music for the brain accompanied by a musical performance, practical ways of mindfulness, 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/



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 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

HICAP

(Health Insurance Counseling & Advocacy Program)

*Get to know what benefits and services you're
entitled to and how the health care system works.*

Date & Time: Tuesday, March 9 and April 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, March 3 and April 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, March 4 and April 1
from 10:30 AM - 1:00 PM

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

United Way Free Tax Prep

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Get free tax help through United Way!

Through the OC FREE TAX PREP coalition, Orange County United Way, Citi, and all partners work to increase the number of financially stable households in Orange County. Coalition members play unique roles, each working to positively impact the financial health and resiliency of Orange County residents by assisting hardworking taxpayers to earn, keep, and save their money.

Key OC FREE TAX PREP activities are providing free tax preparation services to the low-income community, and conducting outreach and education, raising awareness-of and access-to tax credits, such as the Earned Income Tax Credits, which result in money returned to our community, often bolstering a struggling family's ability to provide for their children, as well as stimulate the local economy.

For a list of free tax prep locations through United Way,
visit www.OCfreetaxprep.com/locations or call The Clubhouse at (949) 461-3408.

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.youtube.com/user/hoaghealth

Memorial Care Link: www.memorialcare.org/events

Depression, Anxiety, & Memory

Please join us for an informative discussion on the benefits for identifying and treating depression.

Learn what the warning signs may be as well as how depression can interfere with memory and other cognitive abilities.

Date & Time: Tuesday, March 2

from 1:30 PM - 2:30 PM

Register: Hoag Health Link

Mindfulness as Medicine

There has been a surge of clinical research suggesting that mindfulness, in particular meditation and yoga, can help reduce stress and improve quality of life.

Join our Hoag Medical Group internist as he discusses the science behind these studies and the origin of these ancient practices. He will even demonstrate a few simple mindfulness practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life.

Date & Time: Monday, March 8

from 1:30 PM - 2:30 PM

Register: Hoag Health Link

What is the Mediterranean Diet?

Join our Registered Dietitian for an informative discussion about the Mediterranean Diet. She will share the premise for the diet, what you need to know, and how to achieve success.

Date & Time: Tuesday, March 2

from 3:00 PM - 4:00 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

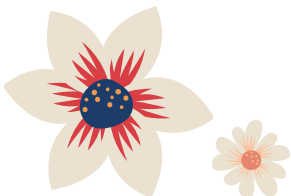
Parkinson's Caregiver Support Group

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



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.youtube.com/user/hoaghealth

Memorial Care Link: 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 to register

How to Prevent a Stroke

Stroke is the number one cause of adult disability and the fourth cause of death in the U.S. Join us to learn about the risk factors and warning signs of stroke. We'll also be discussing the latest innovations in stroke intervention and treatment delivered by Hoag's rapid response team.

Date & Time: Tuesday, March 16

from 1:30 PM - 2:30 PM

Register: Hoag Health Link

March Into Better Nutrition!

March is National Nutrition month and a great opportunity to start your spring by learning about the latest updates in nutrition for seniors! Join Angela Whitaker, M.D., an internal medicine physician with Edinger Medical Group for this interactive discussion.

Date & Time: Thursday, March 18

from 3:00 PM - 4:00 PM

Register: Please call Memorial Care at (714) 378-5531

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 2:30 PM - 3:30 PM

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

Introductory Virtual Parkinson's Wellness Program

This program is for people who are having difficulty moving, speaking, and thinking due to Parkinson's disease or Parkinson's-like symptoms.

This virtual class includes a screening to determine eligibility. Caregivers are encouraged to attend and assist loved ones as needed.

Date & Time: 3rd Thursday of each month

from 11:00 AM - 12:00 PM

Register: Please call Memorial Care at (562) 933-9283



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.youtube.com/user/hoaghealth

Memorial Care Link: www.memorialcare.org/events

Virtual Medicine, Munchies, & Movies: Treatments for GERD and Other Gastrointestinal Issues

Join us for an informational health lecture and game of Bingo hosted by Kalpana Patel, M.D., gastroenterologist, Long Beach Medical Center. All Bingo players will have a chance to win a \$20 gift card to Hof's Hut.

Date & Time: Friday, March 19
from 12:00 PM - 1:30 PM

Register: Please call Memorial Care at (562) 933-1650

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

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: Wednesday, March 31 & April 21
from 10:00 AM - 11:30 AM

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

Healthy Eating with Recipes from Around the World

Join us for a healthy cooking class for cancer patients, survivors and caregivers. This virtual educational program will highlight the history of ingredients, provide recipes and address nutrition and healthy cooking for cancer survivors, families and the community.

Date & Time: Tuesday, March 23
from 2:00 PM - 3:00 PM

Register: Hoag Health Link

Bereavement Support Group

The death of a loved one and the journey through grief may be very painful and frightening. Sharing those experiences and feelings can be meaningful and helpful. Our support group offers a safe and caring atmosphere to help you on your journey to healing.

Date & Time: Last Tuesday of each month
from 2:30 PM - 3:30 PM

Register: Please call Memorial Care at (949) 525-6651

Diabetes Self Management

A certified diabetes care and education specialist will educate you on diabetes medication management, blood glucose monitoring, nutritious meal planning, fitness motivation, and more!

Date & Time: Tuesday, April 6
from 6:00 PM - 7:00 PM

Register: Please call Memorial Care at (562) 933-5043

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
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

MARCH 2021

SUN MON TUE WED THU FRI SAT

1
11 AM
THE PATIENT PROJECT

2
1:30 PM - DEPRESSION,
ANXIETY, & MEMORY
SEMINAR

3 PM - WHAT IS THE
MEDITERRANEAN DIET
SEMINAR

3
JAVA WITH JEN

10 AM
VIRTUAL BINGO

4
LEGAL AID

5

6

7
IT'S NATIONAL
CEREAL DAY!

8
1:30 PM
MINDFULNESS AS
MEDICINE SEMIANR

6 PM
VIRTUAL DIABETES
SUPPORT GROUP

9
HICAP

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
2:30 PM
WOMEN'S CANCER
SUPPORT GROUP

12
IT'S NATIONAL
PLANT A
FLOWER DAY!


13

14
HAPPY
DAYLIGHT
SAVINGS!



15

16
10 AM - VIRTUAL
GARDEN CLUB

11 AM - CRAFTY CRAFTERS
PICK-UPS

1:30 PM - HOW TO PREVENT
A STROKE SEMINAR


17
10 AM
VIRTUAL BINGO


HAPPY
ST. PATRICK'S DAY!

18
BOOK CLUB
11 AM - INTRODUCTORY
VIRTUAL PARKINSON'S
WELLNESS PROGRAM
SEMINAR

3 PM - MARCH INTO BETTER
NUTRITION SEMINAR

19
12 PM
VIRTUAL MEDICINE,
MUNCHIES, &
MOVIES:
TREATMENTS FOR
GERD AND OTHER
GASTROINTESTINAL
ISSUES SEMINAR

20
FIRST DAY OF
SPRING!


21
IT'S NATIONAL
CALIFORNIA
STRAWBERRY
DAY!


22

23
10 AM - COFFEE WITH
THE CLUBHOUSE

2 PM - HEALTHY
EATING WITH RECIPES
FROM AROUND THE
WORLD SEMINAR

24
10 AM - VIRTUAL BINGO
11 AM - PARKINSON'S
CAREGIVER SUPPORT
GROUP

2 PM - LAUGHTER YOGA
3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

25
2:30 PM
CANCER CARE
SUPPORT GROUP

26

27

28

29
11 AM
THE PATIENT PROJECT

2 PM
THE CLUBHOUSE
KITCHEN

30
2:30 PM
BEREAVEMENT
SUPPORT GROUP

31
10 AM
VIRTUAL BINGO

10 AM
LOVE, BLESSINGS, &
MIRACLES AMIDST A
PANDEMIC SEMINAR

APRIL 2021

SUN MON TUE WED THU FRI SAT

1
LEGAL AID
APRIL FOOL'S DAY!

2
YOU'RE PICTURE
PERFECT DEALINE

3

4

5


6
YOU'RE PICTURE PERFECT
WINNER ANNOUNCED!
10 AM - VIRTUAL
GARDEN CLUB
6 PM - DIABETES
SELF MANAGEMENT
SEMINAR

7
JAVA WITH JEN
10 AM
VIRTUAL BINGO

8
2:30 PM
WOMEN'S CANCER
SUPPORT GROUP

9

10

11
IT'S NATIONAL
PET DAY!


12
11 AM
THE PATIENT PROJECT
6 PM
VIRTUAL DIABETES
SUPPORT GROUP

13
HICAP
10 AM
VIRTUAL CLUBHOUSE
KARAOKE

14
10 AM - VIRTUAL BINGO
11 AM - PARKINSON'S
CAREGIVER SUPPORT
GROUP
3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

15
BOOK CLUB
11 AM
INTRODUCTORY
VIRTUAL PARKINSON'S
WELLNESS PROGRAM
SEMINAR

16

17


18
IT'S
NATIONAL
ANIMAL
CRACKERS
DAY!

19
2 PM
THE CLUBHOUSE
KITCHEN

20
11 AM
CRAFTY CRAFTERS
PICK-UP

21
10 AM
VIRTUAL BINGO
10 AM
LOVE, BLESSINGS, AND
MIRACLES AMIDST A
PANDEMIC SEMINAR

22
2:30 PM
CANCER CARE
SUPPORT GROUP

23
IT'S NATIONAL
CHERRY
CHEESECAKE
DAY!


24

25

26
11 AM
THE PATIENT PROJECT

27
10 AM
COFFEE WITH
THE CLUBHOUSE
2:30 PM
BEREAVEMENT
SUPPORT GROUP

28
10 AM - VIRTUAL BINGO
11 AM - PARKINSON'S
CAREGIVER SUPPORT
GROUP
3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

29

30
IT'S NATIONAL
OATMEAL COOKIE
DAY!
