



CITY OF LAKE FOREST

THE VIRTUAL CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | MAY & JUNE 2021



bingo wednesdays



Feeling lucky? Join us for virtual games of bingo beginning Wednesday, June 2! Games will be from 10 AM - 12 PM.

All participants will need to register online at www.lfparksandrecca.com. (Act#: 10043)

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

THE CLUBHOUSE UPDATES



Courtney Wysocki



The Clubhouse - Senior Recreation Supervisor



THE CLUBHOUSE IS SLATED TO REOPEN JULY 2021!

As the City continues to navigate 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. 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.

Additionally, the potential reopening date may change due to following state and local guidelines under the statewide emergency order.

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.

COVID-19 Vaccinations: 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.

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

SPECIAL PROGRAMS

Coffee with The Clubhouse

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Grab your favorite morning drink and chat with your Clubhouse friends!
Webcam access is preferred, but not required.

Activity #: 9402

Tuesday, May 25, 2021 | 10 AM - 11 AM

Activity #: 10044

Tuesday, June 29, 2021 | 10 AM - 11 AM

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REGISTER ONLINE AT:
WWW.LFPARKSANDRECCA.COM

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

The Clubhouse Kitchen

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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.



Teriyaki Turkey Burgers

You don't want to miss these flavorful burgers and the grilled toppings put them over the top!

Date: Monday, May 24, 2021
(Activity #: 9973)

Berry Brownie Pizza

Red, white, and blue desserts are not only patriotic, but they're beautiful and delicious!

Date: Monday, June 28, 2021
(Activity #: 10210)

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.

Activity #: 9403

Catchy Outdoor Succulent Garden Ideas

Tuesday, May 18, 2021

10 AM - 11 AM

Activity #: 10046

Behold the Beloved Tomato!

Tuesday, June 22, 2021

10 AM - 11 AM

.....

REGISTER ONLINE AT:
WWW.LFPARKSANDRECCA.COM



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!

Activity #: 9404

Aloha, Let's Luau!

Tuesday, May 11, 2021 | 10 AM - 11 AM

Activity #: 10047

Wild Wild West

Tuesday, June 8, 2021 | 10 AM - 11 AM

REGISTER ONLINE AT:
WWW.LFPARKSANDRECCA.COM



SPECIAL PROGRAMS CONTINUED

Laughter Yoga

.....

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, June 2, 2021

2 PM to 3 PM

REGISTER ONLINE AT:

<https://zoom.us/meeting/register/tJwtduChrzwiH93Fjeu0XMcOyGTn9pzlnRFh>

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, May 20, 2021: *The Book of Lost Names* by Kristin Hamel

Thursday, June 17, 2021: *The Dutch House* by Ann Patchett

Crafty Crafters

Feeling artsy? Join the Crafty Crafters program and receive your own take home craft kit! To sign up for Crafty Crafters, register online at www.lfparksandrecca.com. Craft kit pick-ups are the third Tuesday of every month between 11 AM - 11:30 AM at The Clubhouse.

Activity #: 9666 - Tuesday, May 18, 2021: Canvas Button Tree

Activity #: 10048 - Tuesday, June 15, 2021: Patriotic Floral Wine Glasses

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 \$5 Target gift card.

Photos must be submitted by Friday, June 4 and the winner will be announced on Tuesday, June 8! 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).

All Patient Project classes are from 11 AM to 12 PM.

Activity #: 9974

Program Theme: Growth

Monday, May 10, 2021

Monday, May 24, 2021

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REGISTER ONLINE AT:

WWW.LFPARKSANDRECCA.COM



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, May 11 and June 8
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, May 5 and June 2
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, May 6 and June 3
from 10:30 AM - 1:00 PM

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

AARP Driver's Safety Courses

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*Attend AARP Driver Safety's NEW Live Workshops and learn how to get where you're going
safer, easier, and smarter. With the four FREE virtual workshops, you can get all your
transportation questions answered in real time.*

View the schedule for the four workshops and register at www.aarp.org/DriverSafetyVirtual.

Using App-Based Ridesharing Services

Tap, ride, arrive. It's that simple. Join your peers for
our virtual workshop about ridesharing apps like Uber
& Lyft and how they help you stay safe, mobile, and
connected at any age.

Smart DriverTEK Workshop

Technology is changing the driving experience.
This FREE workshop familiarizes drivers with
important safety technology like Blind Spot Warnings,
Smart Headlights, and Automatic Breaking.
Join your peers on Zoom at a live virtual session.

CarFit Workshop

You can improve your safety and reduce your risk of
injury during a crash by making adjustments to
ensure your car "fits" you properly.
CarFit is a free educational program developed in
collaboration with AAA, AARP, and the American
Occupational Therapy Association.

We Need To Talk Seminar

It's a tough subject, but there comes a time when
older family members need to stop or limit their
driving. We Need To Talk offers a free virtual seminar
that helps you assess your loved one's driving skills
and provides tools to help you navigate these
important conversations.

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

Memorial Care Link: www.memorialcare.org/events

Look Good Feel Better

If you're currently undergoing chemotherapy or radiation therapy treatments, then spend time with Memorial Care learning creative makeup tips and stylish ways of wearing turbans, scarves, and hats.

Date & Time: Monday, May 3 & June 7

from 9:45 AM - 12:00 PM

Register: Memorial Care Link

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, May 5 & June 16

from 10:00 AM - 11:30 AM

Register: Call Memorial Care at (562) 933-9520

Virtual Parkinson's Wellness Program - Introductory

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

Date & Time: Thursday, May 6 & June 3

from 10:00 AM - 11:00 AM

Register: Call Memorial Care at (562) 933-9283

Virtual Mother's Day Cooking Demo

Learn a fun new healthy meal idea for Mother's Day with Memorial Care and Chef Pablo!

Date & Time: Tuesday, May 4

from 1:30 PM - 2:30 PM

Zoom Link: [https://ahcusa.zoom.us/j/98980173558?](https://ahcusa.zoom.us/j/98980173558?pwd=MjFwSzIRbVQxTTJsTUNPSko5aVlyZz09)

[pwd=MjFwSzIRbVQxTTJsTUNPSko5aVlyZz09](https://ahcusa.zoom.us/j/98980173558?pwd=MjFwSzIRbVQxTTJsTUNPSko5aVlyZz09)

Passcode: 280505

The ABC's of Emotions

This lecture will touch on how emotions work, how to manage them, how to handle interpersonal conflict, achieve goals, protect your life and health, and feel the way you want to feel.

Date & Time: Wednesday, May 5

from 6:00 PM - 7:00 PM

Register: Call Memorial Care at (562) 933-7815

Arthritis Pain Do's and Don'ts

Please join physical therapist, Branden Owen, P.T., D.P.T., as he discusses what to do and what to avoid to stay ahead of your pain.

Date & Time: Thursday, May 6

from 4:00 PM - 5:30 PM

Register: Memorial Care Link

HEALTH & WELLNESS VIRTUAL SEMINARS

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

Hoag Health Link: www.hoag.org/community-education-classes

Memorial Care Link: www.memorialcare.org/events

Effects of Strokes on Speech, Swallowing, & Cognition

Join Hoag Speech language pathologist for a live stream on how she works with stroke patients to improve their communication, cognition, and swallowing.

Date & Time: Monday, May 10

from 4:00 PM - 4:30 PM

Register: Hoag Health Link

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

Heart Matters Virtual Support Group

Hoag's Licensed Clinical Social Worker, Stephanie Fermelia, LCSW, will discuss topics such as managing stress, depression and anxiety, handling anger, and coping with lifestyle changes and loss.

Date & Time: Thursday, May 13 & June 10

from 12:00 PM - 1:30 PM

Register: Hoag Health Link

Breast Cancer Virtual Support Group

The Breast Cancer Support Group provides mutual support and information for breast cancer patients and their families. The group is facilitated by licensed clinical social workers and oncology nurses. Discussion is focused on current issues faced by breast cancer patients and their support network.

Date & Time: Tuesday, May 11 & June 8

from 1:00 PM - 2:30 PM

Register: Hoag Health Link

Oncology Bereavement Support Group

The Oncology Bereavement Support Group offers a confidential safe environment to discuss grief and loss. Through sharing similar experiences, group members will give and receive emotional support and feel less alone during this difficult time.

Date & Time: Wednesday, May 12 & June 9

from 5:00 PM - 6:30 PM

Register: Hoag Health Link

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

Memorial Care Link: www.memorialcare.org/events

Type 1 Diabetes Virtual Support Group

The Mary & Dick Allen Diabetes Center is hosting a virtual support group for people living with type 1 diabetes. Join others living with type 1 diabetes to support, learn from, and encourage each other throughout the seasons of life.

Date & Time: Thursday, May 13 & June 24
from 6:00 PM - 7:00 PM
Register: Hoag Health Link

Cancer Caregiver Support Group

The Cancer Caregiver Support Group provides mutual support and information for family, partners, and caregivers of cancer patients. The group is facilitated by a Licensed Clinical Social Worker. Discussions and topics to explore may include your role in the cancer journey, self-care, managing emotions, communication, cancer education, setting boundaries, resources, and advance care planning. Please note: This group is for adult caregivers/partners only.

Date & Time: Tuesday, May 18 & June 15
from 3:00 PM - 4:30 PM
Register: Hoag Health Link

Inspirations for Metastatic Breast Cancer Survivors

Mindfulness and meditation can help reduce the stress and anxiety that surround a metastatic breast cancer diagnosis. Please join Anusha Wijeyakumar, Hoag's wellness consultant and inspirational speaker, to find your inner peace. This live session will focus on practicing the intentions that were set in the "Inspirations" podcast available on Hoag's YouTube Channel. A live Q&A with Anusha, mindful practice, along with journaling, will be some of the activities to look forward to during this session.

Date & Time: Monday, May 17 & June 21
from 2:00 PM - 3:00 PM
Register: Hoag Health Link

Stroke: Symptoms & Treatment Options

In this live stream, Dr. David Brown, a Hoag neurologist specialized in the treatment of strokes, will discuss the first signs of a stroke, the importance of a timely response, as well as explore the different treatment options available to patients.

Date & Time: Wednesday, May 19
from 5:30 PM - 6:00 PM
Register: Hoag Health 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

Memorial Care Link: www.memorialcare.org/events

IBD Virtual Support Group

The Inflammatory Bowel Disease Support Group provides mutual support and information for IBD patients and their families. The 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, May 20 & June 17
from 12:00 PM - 1:00 PM

Register: Hoag Health Link

Love Your Bones: Preventing & Managing Osteoporosis

Did you know that 1 out of 2 women are diagnosed with osteoporosis? Osteoporosis is a serious "silent" condition where your bones become weak and prone to fracture. The main goal of treating osteoporosis is to prevent such conditions in the first place. Join Brigit Hallam, BSRT (R)(M) of OCWMMG as she discusses the stages of osteoporosis, risk factors, importance of a Bone Density test or DEXA, & more!

Date & Time: Tuesday, May 25
from 6:00 PM - 6:30 PM

Register: Hoag Health Link

Latest Advancements for Treating Hip Pain & Arthritis

Is hip pain slowing you down or preventing you from doing what you love? If you're experiencing pain or arthritis in your hips, learn about the latest advancements in hip replacement and non surgical options from Dr. Abraham Kim, orthopedic surgeon and hip and knee specialist with Hoag Orthopedic Institute. Knowing when to seek expert care can help avoid future pain and get you back to you.

Date & Time: Thursday, May 20
from 5:30 PM - 6:15 PM

Register: Hoag Health Link

Working the Numbers: Practical Tips for Weight Loss & Better Diabetes Management

Practical management of your type 2 diabetes is not out of reach. Join Dr. David Ahn and Samantha Markovitz, NBC-HWC, for a holistic conversation about how diet, activity, medication, lifestyle adjustments, and a fresh mindset can positively impact your numbers on the scale and on your next set of labs.

Date & Time: Wednesday, May 26
from 6:00 PM - 7:00 PM

Register: Hoag Health 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

Memorial Care Link: www.memorialcare.org/events

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. This support group functions under the direction of a Stroke Certified Registered Nurse.

Date & Time: Thursday, May 27 & June 24
from 2:00 PM - 3:00 PM

Register: Hoag Health Link

Do I Have a Food Allergy?

Join our Hoag Medical Group allergist and immunologist for an education presentation about what constitutes a food allergy, how to diagnose it, and how to live with it. She will share information about the most common food allergies, how she diagnoses adults, and what you need to know.

Date & Time: Thursday, June 10
from 3:30 PM - 4:00 PM

Register: Hoag Health Link

Color Therapy

Join Nanette Mitchell, M.D., in a discussion about how you can utilize color to your advantage to improve your mood, find focus, or just relax. Take away some tips and knowledge to color your world!

Date & Time: Wednesday, June 16
from 4:00 PM - 5:30 PM

Register: Memorial Care Link

Eating Well Through Chemo & Beyond

Don't feel like eating or eating more than usual while undergoing chemotherapy? Learn how to balance your nutrition with easy, healthy foods during treatment and beyond.

Date & Time: Thursday, May 27
from 3:00 PM - 3:30 PM

Register: Hoag Health Link

Virtual Father's Day Cooking Demo

Learn a fun new healthy meal idea for Father's Day with Memorial Care and Chef Pablo!

Date & Time: Tuesday, June 15
from 1:30 PM - 2:30 PM

Zoom Link: <https://ahcusa.zoom.us/j/98980173558?pwd=MjFwSzIRbVQxTTJsTUNPSko5aVlyZz09>
Passcode: 280505

Fall Prevention & Balance Improvement

Mitch Tsurudome, P.T., and Casey Jackson, P.T., physical therapists with Outpatient Rehabilitation at Memorial Care, will discuss practical ways to improve balance and help prevent falls.

Date & Time: Thursday, June 17
from 3:00 PM - 4:30 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 semester, each college offers the following courses in an ONLINE-ONLY format:

Irvine Valley College

ART CLASSES

Art Media (Beading)
Watercolor Painting

FITNESS CLASSES

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

Saddleback College

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

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

For more information regarding Irvine Valley College's Emeritus offerings,
visit <http://academics.ivc.edu/emeritus>.

For more information regarding Saddleback College's Emeritus offerings,
visit <https://www.saddleback.edu/emeritus>.

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

MAY 2021

SUN MON TUE WED THU FRI SAT

2 3 4 5 6 7 1/8

IT'S NATIONAL
LEMONADE
DAY!



9:45 AM
LOOK GOOD FEEL
BETTER SEMINAR

1:30 PM
VIRTUAL
MOTHER'S DAY
COOKING DEMO

JAVA WITH JEN
10 AM - VIRTUAL BINGO
10 AM - LOVE, BLESSINGS, &
MIRACLES AMIDST A PANDEMIC
SEMINAR
6 PM - THE ABC'S OF EMOTIONS
SEMINAR

LEGAL AID
10 AM - VIRTUAL
PARKINSON'S WELLNESS
PROGRAM - INTRODUCTORY
SEMINAR
4 PM - ARTHRITIS PAIN DO'S
& DON'TS SEMINAR

9

HAPPY
MOTHER'S DAY!

10

11 AM - THE PATIENT
PROJECT

4 PM - EFFECTS OF
STROKES ON SPEECH,
SWALLOWING, &
COGNITION SEMINAR

11

HICAP

10 AM - VIRTUAL
CLUBHOUSE KARAOKE

1 PM - VIRTUAL BREAST
CANCER SUPPORT GROUP

12

10 AM - VIRTUAL BINGO

3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

5 PM - ONCOLOGY
BEREAVEMENT SUPPORT
GROUP

13

12 PM - HEART
MATTERS VIRTUAL
SUPPORT GROUP

6 PM - TYPE 1 DIABETES
VIRTUAL SUPPORT
GROUP

15

IT'S NATIONAL
ARMED FORCES
DAY!



16

2 PM
INSPIRATIONS FOR
METASTATIC BREAST
CANCER SURVIVORS
SEMINAR

18

10 AM - VIRTUAL
GARDEN CLUB

11 AM - CRAFTY CRAFTERS
PICK-UP

3 PM - CANCER CAREGIVER
SUPPORT GROUP

19

10 AM
VIRTUAL BINGO

5:30 PM
STROKE: SYMPTOMS &
TREATMENT OPTIONS
SEMINAR

20

BOOK CLUB

12 PM - IBD VIRTUAL
SUPPORT GROUP

5:30 PM - LATEST
ADVANCEMENTS FOR
TREATING HIP PAIN &
ARTHRTIS SEMINAR

23

IT'S NATIONAL
LUCKY PENNY
DAY!



24

11 AM
THE PATIENT PROJECT

2 PM
THE CLUBHOUSE
KITCHEN

25

10 AM - COFFEE WITH
THE CLUBHOUSE

6 PM - LOVE YOUR
BONES: PREVENTING &
MANAGING OSTEOPOROSIS
SEMINAR

26

10 AM - VIRTUAL BINGO

3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

6 PM - WORKING THE
NUMBERS: PRACTICAL TIPS
FOR WEIGHT LOSS & BETTER
DIABETES MANAGEMENT

27

2 PM - STROKE VIRTUAL
SUPPORT GROUP

3 PM - EATING WELL
THROUGH CHEMO &
BEYOND SEMINAR

30

IT'S NATIONAL
WATER A
FLOWER DAY!



31

HAPPY
MEMORIAL DAY!

JUNE 2021

SUN MON TUE WED THU FRI SAT

1

2

JAVA WITH JEN
10 AM
VIRTUAL BINGO
2 PM
LAUGHTER YOGA

3

LEGAL AID
10 AM
VIRTUAL PARKINSON'S
WELLNESS PROGRAM -
INTRODUCTORY
SEMINAR

4

YOU'RE PICTURE
PERFECT
DEADLINE

5

6

7

9:45 AM
LOOK GOOD FEEL
BETTER SEMINAR

8

YOU'RE PICTURE PERFECT
WINNER ANNOUNCED!
HICAP
10 AM - VIRTUAL
CLUBHOUSE KARAOKE
1 PM - VIRTUAL BREAST
CANCER SUPPORT GROUP

9

10 AM - VIRTUAL BINGO
3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP
5 PM - ONCOLOGY
BEREAVEMENT SUPPORT
GROUP

10

12 PM - HEART
MATTERS VIRTUAL
SUPPORT GROUP
3:30 PM - DO I HAVE A
FOOD ALLERGY
SEMINAR

11

12

IT'S NATIONAL
PEANUT BUTTER
COOKIE DAY!



13

14

FLAG DAY

15

11 AM - CRAFTY
CRAFTERS PICK-UP
1:30 PM - VIRTUAL
FATHER'S DAY
COOKING DEMO
3 PM - CANCER CAREGIVER
SUPPORT GROUP

16

10 AM - VIRTUAL BINGO
10 AM - LOVE, BLESSINGS,
& MIRACLES AMIDST A
PANDEMIC SEMINAR
4 PM - COLOR THERAPY
SEMINAR

17

BOOK CLUB
12 PM - IBD VIRTUAL
SUPPORT GROUP
3 PM - FALL PREVENTION &
BALANCE IMPROVEMENT
SEMINAR

18

19

20

HAPPY
FATHER'S DAY!

21

2 PM
INSPIRATIONS FOR
METASTATIC BREAST
CANCER SURVIVORS
SEMINAR

22

10 AM
VIRTUAL
GARDEN CLUB

23

10 AM
VIRTUAL BINGO
3 PM
ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

24

2 PM - STROKE
VIRTUAL SUPPORT
GROUP
6 PM - TYPE 1
DIABETES VIRTUAL
SUPPORT GROUP

25

26

IT'S NATIONAL
COCONUT DAY!



27

IT'S NATIONAL
ORANGE
BLOSSOM DAY!



28

2 PM
THE CLUBHOUSE
KITCHEN

29

10 AM
COFFEE WITH
THE CLUBHOUSE

30

10 AM
VIRTUAL BINGO