



CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JULY & AUG 2021



Welcome Back!

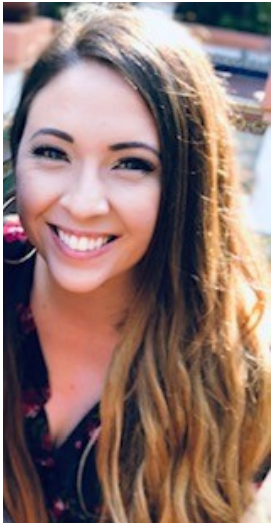


We are so happy to see you back at The Clubhouse! Please note that our operating hours are modified for July and August as we institute mandatory protocols to provide safe, fun, and meaningful programs to the 50 and better community.

July Operating Hours: Tuesday & Wednesday, 10:00 AM - 3:00 PM

August Operating Hours: Monday through Wednesday, 10:00 AM - 3:00 PM

THE CLUBHOUSE UPDATES



Courtney Wysocki



The Clubhouse - Senior Recreation Supervisor



Welcome back to The Clubhouse! We are so excited to announce that The Clubhouse will be reopening on Tuesday, July 6th at 10:00am.

Please note that for the month of July, The Clubhouse will only be open on Tuesdays and Wednesdays from 10:00am-3:00pm. A COVID-19 vaccination is not required to enter The Clubhouse. If you have

received your COVID-19 vaccine, a mask is not required to enter the facility. Masks are recommended for those that have not received the COVID-19 vaccine. Please note that registration is required for some activities at The Clubhouse. Activities will only be conducted if allowed by existing guidelines at the time of class and any changes will be communicated to participants in a timely manner. If you need assistance with registration or have any questions, please call The Clubhouse at (949) 461-3408.

Don't forget, the City of Lake Forest will be hosting fireworks on July 4th! For the first time ever, the City of Lake Forest will be hosting a firework show on the Fourth of July at the Lake Forest Sports Park. The event will include a 20+ minute firework show, live performances, food vendors, and other festivities. We hope to see you there!

We appreciate your patience and support as we work together to provide fun, meaningful programs to the 50 and better community.

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)

THE CLUBHOUSE DAILY SCHEDULED PROGRAMS

The Clubhouse Operating Hours

July: Tuesday & Wednesday, 10:00 AM - 3:00 PM

August: Monday - Wednesday, 10:00 AM - 3:00 PM

MON

10:00 AM
COMPUTER LAB
(CH-CL)

10:00 AM
MAHJONG
(CH-GR)

MONDAY
PROGRAMS
AVAILABLE IN
AUGUST

TUE

10:00 AM
COMPUTER LAB
(CH-CL)

WED

10:00 AM
COMPUTER LAB
(CH-CL)

10:00 AM
MAHJONG
(CH-GR)

10:00 AM
PING PONG
(CH-MPR)

THU

THE CLUBHOUSE
IS CLOSED TO
THE PUBLIC UNTIL
SEPTEMBER

FRI

THE CLUBHOUSE
IS CLOSED

CH

The Clubhouse
100 Civic Center Dr.
(949) 461-3408

CH-ACR

The Clubhouse
Arts & Crafts Room

CH-CL

The Clubhouse
Computer Lab

CH-CR

The Clubhouse
Classroom

CH-GR

The Clubhouse
Game Room

CH-MPR

The Clubhouse
Multi-Purpose Room

CH-WR

The Clubhouse
Wellness Room

CC

Civic Center/City Hall
100 Civic Center Dr.
(949) 461-3400

LFBTC

Lake Forest Beach
& Tennis Club
22921 Ridge Route Dr.
(949) 837-6100

LFGPC

Lake Forest Golf
& Practice Center
23308 Cherry Ave.
(949) 859-1455

FL

Forest Lanes
22771 Centre Dr.
(949) 770-0055

S&S Club

Sun & Sail Club
24752 Toledo Way
(949) 586-0860

IVC

Irvine Valley
College Emeritus
(949) 367-8343

SBC

Saddleback
College Emeritus
(949) 582-4835



Senior Bowling League at Lake Forest Lanes

Fridays from 1:00 PM - 3:30 PM

For more information call: (949) 770-0055

Location: Forest Lanes, 22771 Centre Drive

Fee: \$10.00 Residents | \$12.00 Non-Residents

\$3.00 Shoe Rental

THE CLUBHOUSE IN-HOUSE PROGRAMS

Crafty Crafters

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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 11:00 AM - 11:30 AM at The Clubhouse.

Activity #: 10049 - Tuesday, July 20, 2021
Fruit Slice Wood Coasters

Activity #: 10050 - Tuesday, August 17, 2021
Summer Cocktail Umbrella Wreath

Register online at
www.lfparksandrecca.com!

Please Note: Beginning in September, Crafty Crafters will be \$2.00 per person.

Ping Pong

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The Clubhouse hosts ping pong every Wednesday from 10:00 AM - 3:00 PM.

Break out your paddles and join us for a friendly game!

Paddles and ping pong balls are available for rent. Please see The Clubhouse front desk to loan the specified items.

Clubhouse Matinee Movies

.....

Wednesday, July 21, 2021

Nomadland

Rated R, 2020, Drama

After losing everything in the Great Recession, a woman in her sixties embarks on a journey through the American West, living as a van-dwelling modern-day nomad.



Wednesday, August 11, 2021

Our Friend

Rated R, 2019, Drama/Romance

After receiving life-altering news, a couple finds unexpected support from their best friend, who puts his own life on hold and moves into their family home, bringing an impact much greater and more profound than anyone could have imagined.



Wednesday, August 25, 2021

The War with Grandpa

Rated PG, 2020, Comedy

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

Clubhouse Matinee Movies begin at 10:45 AM and are located at The Clubhouse - Wellness Room.



THE CLUBHOUSE IN-HOUSE PROGRAMS CONTINUED

Bagels & Bingo and Bingo Mania Return in August!



Bingo is back! Join us during the month of August for Bagels & Bingo and Bingo Mania!

Please note that bingo cards must be purchased at the front desk for \$2.00 per card and you must have a bingo card to play. You can purchase as many cards as you'd like, but you can only use one card during bingo.

Registration is required for Bagels & Bingo and Bingo Mania.
Register online at www.lfparksandrecca.com!

Activity #: 10512
Bagels & Bingo
Tuesday, August 3, 2021
10:30 AM - 2:00 PM

Activity #: 10513
Bingo Mania
Monday, August 23, 2021
10:30 AM - 2:00 PM

Thursday Bingo is tentative to return in September 2021.

Virtual Thursday Bingo

Feeling lucky? Join us for virtual games of bingo beginning Thursday, July 8! Games will be from 10:00 AM - 12:00 PM.

All participants will need to register online at www.lfparksandrecca.com.

Activity #: 10659

Webcam access is preferred, but not required.

THE CLUBHOUSE VIRTUAL PROGRAMS

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 #: 10047

Summer & Sunshine
Tuesday, July 20, 2021
10:00 AM - 11:00 AM

Hollywood Glamour
Tuesday, August 10, 2021
10:00 AM - 11:00 AM



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.

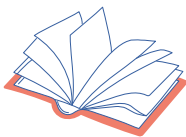
Activity #: 10046

Eco Friendly Gardening for Beginners
Tuesday, July 13, 2021
10:00 AM - 11:00 AM

Planting and Harvesting a Nutritive Garden
Tuesday, August 24, 2021
10:00 AM - 11:00 AM



REGISTER ONLINE AT
WWW.LFPARKSANDRECCA.COM



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, July 15, 2021: *Wonder* by R.J. Palacio
Thursday, August 19, 2021: *The Indigo Girl* by Natasha Boyd

The Clubhouse Book Club is tentative to return to The Clubhouse for in-person programming in September.

HEALTH & WELLNESS PROGRAMS & RESOURCES

Clubhouse Chat Line

Need assistance or more information on The Clubhouse?

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, July 13 and August 10
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, July 7 and August 4
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, July 1 and August 5
from 1:00 PM - 3:00 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.

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 directly through the colleges for all Emeritus Classes. *Please note that Emeritus Classes will return to an in-person format January 2022.*

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

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

Please contact The Clubhouse at (949) 461-3408 for any questions or more information.

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

Cost: \$0.50 One-Way

From your Lake Forest residence to The Clubhouse

Please note that the Age Well Senior Services Bus Service has modified days due to The Clubhouse operating hours for July and August. Age Well Senior Services may require you to wear a mask on the bus.

July Bus Service Operating Days: Tuesday and Wednesday, 10:00 AM - 2:00 PM

August Bus Service Operating Days: Monday through Wednesday, 10:00 AM - 2:00 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

JULY 2021

OPEN TUESDAY & WEDNESDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

				1 1:00 PM VIRTUAL LEGAL AID	2	3
4 HAPPY INDEPENDENCE DAY! 	5	6 WELCOME BACK TO THE CLUBHOUSE! 	7 10:00 AM - MAHJONG (CH-GR) 10:00 AM - PING PONG (CH-MPR) 11:30 AM - JAVA WITH JEN (CH-CR)	8 10:00 AM VIRTUAL BINGO	9	10
11	12	13 10:00 AM VIRTUAL GARDEN CLUB 10:30 AM HICAP (CH-CR)	14 10:00 AM - MAHJONG (CH-GR) 10:00 AM - PING PONG (CH-MPR)	15 9:30 AM VIRTUAL BOOK CLUB 10:00 AM VIRTUAL BINGO	16	17 IT'S NATIONAL PEACH ICE CREAM DAY! 
18	19	20 10:00 AM VIRTUAL CLUBHOUSE KARAOKE 11:00 AM CRAFTY CRAFTERS CRAFT PICK-UP	21 10:00 AM - MAHJONG (CH-GR) 10:00 AM - PING PONG (CH-MPR) 10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)	22 10:00 AM VIRTUAL BINGO	23	24
25	26	27 10:30 AM RUMMIKUB TOURNAMENT (CH-MPR)	28 10:00 AM - MAHJONG (CH-GR) 10:00 AM - PING PONG (CH-MPR)	29 10:00 AM VIRTUAL BINGO	30	31 HAPPY NATIONAL AVOCADO DAY! 

AUGUST 2021

OPEN MONDAY THROUGH WEDNESDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

1 HAPPY INTERNATIONAL MAHJONG DAY! 	2 10:00 AM MAHJONG (CH-GR)	3 10:30 AM BAGELS & BINGO ACT#: 10512 (CH-MPR)	4 10:00 AM - MAHJONG (CH-GR) 10:00 AM - PING PONG (CH-MPR) 11:30 AM - JAVA WITH JEN (CH-CR)	5 10:00 AM VIRTUAL BINGO 1:00 PM VIRTUAL LEGAL AID	6	7
8	9 10:00 AM MAHJONG (CH-GR)	10 10:00 AM VIRTUAL CLUBHOUSE KARAOKE 10:30 AM HICAP (CH-CR)	11 10:00 AM - MAHJONG (CH-GR) 10:00 AM - PING PONG (CH-MPR) 10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)	12 10:00 AM VIRTUAL BINGO	13	14 IT'S NATIONAL BOWLING DAY! 
15	16 10:00 AM MAHJONG (CH-GR)	17 11:00 AM CRAFTY CRAFTERS CRAFT PICK-UP	18 10:00 AM - MAHJONG (CH-GR) 10:00 AM - PING PONG (CH-MPR)	19 9:30 AM VIRTUAL BOOK CLUB 10:00 AM VIRTUAL BINGO	20	21 HAPPY NATIONAL SENIOR CITIZENS DAY! 
22	23 10:00 AM MAHJONG (CH-GR) 10:30 AM BINGO MANIA ACT#: 10513 (CH-MPR)	24 10:00 AM VIRTUAL GARDEN CLUB	25 10:00 AM - MAHJONG (CH-GR) 10:00 AM - PING PONG (CH-MPR) 10:45 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)	26 10:00 AM VIRTUAL BINGO	27	28
29 IT'S NATIONAL LEMON JUICE DAY! 	30 10:00 AM MAHJONG (CH-GR)	31 10:30 AM RUMMIKUB TOURNAMENT (CH-MPR)				