



# City of Lake Forest Senior Scene

[www.lakeforestca.gov/seniors/](http://www.lakeforestca.gov/seniors/) • [www.facebook.com/Lakeforestseniors](https://www.facebook.com/Lakeforestseniors)

## SUMMER COMPUTER CLASSES

**We are so excited to offer a series of Computer Classes through Irvine Valley College (IVC).**

Pick and choose your classes. You can enroll through IVC at [www.123getsmart.com](http://www.123getsmart.com), or telephone registration by calling (949) 451-5555 (9:00 AM–5:00 PM), or register with the instructor on the day of class.

**For detailed class description call (949) 451-5555. \$15 per class.**

### July 5

1:00 pm Facebook Fundamentals  
2:00 pm Facebook in Greater Depth

### July 6

1:00 pm Windows Photo Gallery  
2:00 pm Windows Movie Maker

### July 12

1:00 pm Windows, The Basics  
2:00 pm Windows, Beyond the Basics

### July 13

1:00 pm Google  
2:00 pm Email Essentials

### July 19

1:00 pm Facebook Fundamentals  
2:00 pm Facebook in Greater Depth

### July 20

1:00 pm Windows Photo Gallery  
2:00 pm Windows Movie Maker

## Jul / Aug / Sep 16

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July  
August  
September

**12-13** Good Stuff  
Coming  
Your Way!  
Movie Days

**14** Daily Life in LF

**15** LF Reading Circle

**16** What's Been  
Happening?

### SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday  
10:00 AM–2:00 PM

## HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

**Considerable walking or standing is involved with the mini excursions.**

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

**Registrations will not be taken before that date or time but only for the times and dates listed.**

Thank you in advance for your cooperation.

### MINI EXCURSION REGISTRATION

#### July

Lake Forest Residents:

**Wed, Jul 6, 12:00 PM**

Non-Residents:

Thurs, Jul 7

#### August

Lake Forest Residents:

**Wed, Aug 3, 12:00 PM**

Non-Residents:

Thurs, Aug 4

#### September

Lake Forest Residents:

**Wed, Sep 7, 12:00 PM**

Non-Residents:

Thurs, Sep 8

## JULY MINI EXCURSIONS



**A Day in Laguna •  
Laguna Beach  
Wednesday,  
July 13 •  
10:00 AM–2:00 PM  
Fee: Free**

There's so much interest in our new Emeritus class "Wearable Art" where you create unique accessories from fabrics and metals, and make purses from placemats. Go

figure! Your day will begin at Laguna's unique "wearable art" store, *Duet's*. Afterwards you are on your own to shop, stroll, and enjoy the day in Laguna.

**Casa Romantica •  
San Clemente  
Tuesday, July 26 •  
10:15 AM–2:00 PM  
Fee: \$5 (Pay at the door;  
docent-led tour)**

Perched on a bluff overseeing the historic San Clemente Pier, the magnificent Casa is a living demonstration of California history, culture, and an ecology region featuring a Native American Garden, Butterfly Garden, Herb Garden, and a Woodland Garden. After the tour, enjoy the remainder of the day in downtown San Clemente.



## AUGUST MINI EXCURSIONS

**St. John Knits • Irvine**  
**Tuesday, August 9 •**  
**10:00 AM–12:30 PM**  
**Fee: Free (docent-led tour)**

Gray and his wife, Marie, a model who used the surname St. John professionally, wanted to raise money for a honeymoon. She persuaded Gray to show a sample of a dress she designed and knit. Tour the offices and warehouse of the now famous St. John Knits. **Considerable walking and standing.**

**Sawdust Festival • Laguna Beach**  
**Wednesday, August 24**  
**10:00 AM–2:00 PM**  
**Fee: \$7 per person (pay at the door)**

The Festival draws more than 200,000 visitors each year. Shop along sawdust-covered paths through a handcrafted village of fine arts and superb craftsmanship. The Sawdust Art Festival also features art demonstration booths such as glassblowing, complimentary hands-on art workshops, and a Ceramic Center, as well as refreshments from four outdoor cafes, a saloon, and live musical entertainment.

## SEPTEMBER MINI EXCURSIONS

**Yakult Factory •**  
**Fountain Valley**  
**Tuesday, September 13**  
**10:00 AM–1:00 PM**  
**Fee: Free (docent-led tour)**

Back by popular demand! Tour the state-of-the-art facility to see how Yakult probiotic drink is made. The factory produces over 400,000 bottles per day, 40,000 bottles per hour. You will learn about how beneficial the “good bacteria” is for your digestive system.

**Journey into the Past •**  
**San Juan Capistrano**  
**Tuesday, September 20**  
**10:30 AM–2:00 PM**  
**Fee: \$2 (pay at the door; docent-led tour)**

Visit adobes built in the 1790’s and the Victorian Pryor House. Stroll down Rios Street, the oldest preserved residential street in the state. Have fun locating the buildings from the 1800’s and learn about the people who live in them. Hear the tales of Buchard the pirate, Juan Flores the bandito, Chola Martina the witch and more. **Considerable walking and standing.**

# SEMINARS

## July

### California Lifeline Assistance Program: Cell Phones

Thursday, July 21  
11:15 AM

Assurance Wireless will discuss free cell phones through a federal government program. You may already qualify if you are on certain assistance programs (i.e., Medi-Cal, SNAP, income is less than \$25,700 per year). To qualify you must provide proof of public assistance or income.

## August

### Stroke Depression and Recovery

Thursday, August 25  
11:15 AM

The RTH Stroke Foundation discusses emotional health. It is just as important as your physical health after a stroke. Depression and anxiety can set in weeks, months, or even years after a stroke. You will learn about successful treatment options available to you or a family member.

## September

### A Matter of Balance

Thursday, September 22,  
11:15 AM

The Office on Aging presents "A Matter of Balance," an award-winning program designed to manage falls and increase activity levels. If you are concerned about falls, improving your balance or have fallen in the past, you will want to attend this informational seminar.

# CRAFTY CRAFTERS



**Crafts may change due to availability of supplies.**

## PHOTO DRINK COASTERS

Tuesday, July 19 • 10:30 AM

Bring in one or four photos (you, family, friends, or pets) to make drink coasters from your photo(s). You will decoupage your photos onto a 4x4 tile. Staff will copy your photo(s) so you will not be using your original. It would be appreciated if you would bring your photos before the day of the craft so staff can copy them.

**Due to the popularity of this program, you must register downstairs for all craft classes by calling (949) 461-3408 the first Monday of the month and leave your name and phone number. Because of the holidays in July and September, call on the first Tuesday. For July, call July 5; for August, call August 1; and for September, call September 6.**

## SODA POP PULL TAB BRACELET

Tuesday, August 16 • 10:30 AM

Wearable art at its best! Start collecting those soda pop pull tabs so you can create a one-of-a-kind bracelet (don't worry we'll start collecting them, too). We'll provide ribbons, buttons and who knows what else to make this very special bracelet.

## PUMPKIN BLING

Tuesday, September 20 • 10:30 AM

You ask "what is pumpkin bling?" A pumpkin that has its groove on for Fall...or it will when you bling-out your pumpkin with beads, ribbons and confetti! And yes, we will provide the pumpkins!

# CLUBHOUSE FUN

**Come visit us at the Senior Scene Clubhouse!** Enjoy various activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. **Join us for Bingo and a free hot lunch every Thursday!** The Clubhouse is

a great place to meet new friends! No need to make reservations for this great drop-in program. **Walking Club and Bocce Ball activities will be cancelled due to inclement weather or 90+ degree temperature. If you have any questions, please call (949) 461-3408.**

## DISCOVER THE EXCITEMENT!

### BAGELS & BINGO

**Tue • 10:30 AM**

Jul 5 • Aug 2 • Sep 6

### SUMMERTIME SMOOTHIES

**Mondays • 12:00 PM**

Through the summer months, staff will serve you a refreshing and healthy fruit smoothie. Yum-yumm!

### CHAT WITH MONARCH HEALTHCARE

**Wed • 11:30 AM-12:30 PM**

Jul 6 • Aug 3 • Sep 7

Are you new to the area? Looking for a doctor who specializes in senior issues? Monarch HealthCare will discuss available options.

### WATERMELON EATING CONTEST (Wear Red, White & Blue)

**Thu • Jul 7 • 11:30 AM**

Let's kick off the summer with our annual Watermelon Eating Contest. The winner will receive something special. Really, really special...like a gift card!

### COLOR ME CALM

**Mon • Jun 20-Aug 1 and Aug 15-Sep 26 • 12:30 PM**

**FREE • 6-week course**

"Art therapy" for adults.

Unwind while coloring patterns. No class Sep 5.

### HEARING TESTS

**Mon • Jul 11**

**10:00 AM-12:00 PM**

A FREE hearing test will be provided by Connect Hearing. Space is limited. Call (949) 461-3408.

### BINGO MANIA

**Mon • 10:30 AM**

Jul 18 • Aug 15 • Sep 19

### CELL PHONES 101

**Tue • 12:00-1:00 PM**

Jul 19 • Aug 16 • Sep 20

Master your phone! Monarch HealthCare will show you how.

### BOCCIE BALL @ THE SENIOR CENTER COMPLEX

**Wed • 10:30 AM**

Jul 20 • Aug 17 • Sep 21

### SHOW OFF YOUR GRANDCHILDREN

Bring in a photo of your grandchild/grandchildren. Staff will decorate the bulletin board for all of us to see what you've been bragging about. **Bring pictures in by Sep 1st.**

### SCRABBLE GAMES

**Wed • 10:30 AM**

Jul 20 • Aug 17 • Sep 21

### RUMMIKUB TOURNAMENT

**Tue • 10:30 AM**

Jul 26 • Aug 30 • Sep 27

### BIRTHDAY CELEBRATIONS

**Thu • 11:30 AM**

Jul 28 • Aug 25 • Sep 29

### PING PONG TUESDAYS

**Tue • 10:00 AM-1:00 PM**

Every Tuesday in the Lounge.

***Ping Pong cancelled on Tue, Jul 19.***

### PING PONG TOURNEY

**Tue, Aug 23 • 11:00 AM**

It's the first Ping Pong Tourney...sign up at the Clubhouse!

### MAHJONG MONDAYS AND WEDNESDAYS

**10:00 AM-2:00 PM**

Every Monday and Wednesday in the Lounge.

### COUPON SWAP

Drop off and pick up coupons.

**CH**  
**City Hall**  
 25550 Commercentre Dr.  
 (949) 461-3400

**CC**  
**Community Center**  
 25550 Commercentre Dr.  
 (949) 461-3450

**CC-A**  
**Community Center**  
**Room A**

**CC-B**  
**Community Center**  
**Room B**

**CC-AR**  
**Community Center**  
**Activities Room**

**CC-TR**  
**Community Center**  
**Training Room**

**CC-L**  
**Community Center**  
**Lounge**

**LFBTC**  
**Lake Forest**  
**Sports Park**  
 28000 Rancho Pkwy.  
 (949) 273-6960

**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 Drive  
 (949) 770-0055

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

**IVC**  
**Irvine Valley College**  
 (949) 451-5555

**SBC**  
**Saddleback College**  
 (949) 582-4835

# JUL

**Due to the popularity of the  
 Thursday Lunch Program, we encourage you  
 to arrive by 11:00 AM for seating.**

<b>3</b>	<b>4</b> <b>HAPPY INDEPENDENCE DAY</b>  10:00 AM 4th of July Parade <b>CITY HALL                  AND SENIOR                  CLUBHOUSE                  CLOSED</b>	<b>5</b> 10:00 AM <b>Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab 10:30 AM <b>Bagels &amp; Bingo</b>  12:30 PM Dyna Band (CC-B) 1:00 PM <b>Facebook Fundamentals (CC-TR)</b> 2:00 PM <b>Facebook in Greater Depth (CC-TR)</b> 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)  <b>Cold Box Lunch</b>
<b>10</b>	<b>11</b> 9:00 AM Wearable Art (AR) 10:00 AM <b>Connect Hearing Tests (AR)</b> 10:00 AM <b>Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  12:00 AM <b>Summertime Smoothies</b> 12:30 PM <b>Color Me Calm (CC-L)</b>  <b>Cold Box Lunch</b>	<b>12</b> 10:00 AM <b>HiCap Appointments</b> 10:00 AM <b>Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab  12:30 PM Dyna Band (CC-B) 1:00 PM <b>Windows, The Basics (CC-TR)</b> 2:00 PM <b>Windows, Beyond the Basics (CC-TR)</b>  2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)  <b>Cold Box Lunch</b>
<b>17</b>	<b>18</b> 9:00 AM Wearable Art (AR) 10:00 AM <b>Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab 10:30 AM <b>Bingo Mania (CC-A)</b>  12:00 AM <b>Summertime Smoothies</b> 12:30 PM <b>Color Me Calm (CC-L)</b>  <b>Cold Box Lunch</b>	<b>19</b> 10:00 AM <b>Ping Pong (cancelled)</b> 10:00 AM Drop-In Computer Lab 10:30 AM <b>Crafts – Photo Drink Coasters (CC-AR)</b> 12:00 PM <b>Cell Phones 101 (CC-A)</b> 12:30 PM Dyna Band (CC-B) 1:00 PM <b>Facebook Fundamentals (CC-TR)</b> 2:00 PM <b>Facebook in Greater Depth (CC-TR)</b> 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)  <b>Cold Box Lunch</b>
<b>24</b> 5:00 PM <b>SUMMER                  CONCERT                  SERIES AT                  PITTSFORD                  PARK</b>	<b>25</b> 9:00 AM Wearable Art (AR) 10:00 AM <b>Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  12:00 AM <b>Summertime Smoothies</b> 12:30 PM <b>Color Me Calm (CC-L)</b>  <b>Cold Box Lunch</b>	<b>26</b> 10:00 AM <b>Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab 10:15 AM <b>Mini Excursion – Casa Romantica</b> 10:30 AM <b>Rummikub Tournament (CC-A)</b>  12:30 PM Dyna Band (CC-B)  <b>Cold Box Lunch</b>
<b>31</b>		

WED

THU

FRI / SAT

**FRI** **1**  
1:00 PM Bowling League (FL)

**City Hall Closed**

**SAT** **2**

**6**

9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Mahjong (CC-A)**  
 10:30 AM Tai Chi Ch'uan Advanced (CC-B)  
 11:00 AM Drop-In Computer Lab  
**11:30 AM Chat with Monarch HealthCare (CC-A)**  
**12:00 PM Mini Excursion Registration (CC-A)**  
 1:00 PM Yoga (CC-B)  
**1:00 PM Windows Photo Gallery (CC-TR)**  
**2:00 PM Windows Movie Maker (CC-TR)**  
 3:30 PM Stocks & Bonds Mgmt (CC-AR)  
**Cold Box Lunch**

**WEAR RED, WHITE & BLUE****7**

7:45 AM Golf Days (LFGPC)  
 9:00 AM Advanced Practical Spanish (CR-AR)  
 10:00 AM Drop-In Computer Lab  
**10:30 AM Bingo (CC-A&B)**  
 10:30 AM Current Issues/Gov't (Lounge CC-L)  
**11:30 AM Watermelon Eating Contest**  
**12:00 PM Lunch (CC-A&B)**  
 2:00 PM Aquatic Fitness (LFBTC)

**Hot Dogs and Chips**

**FRI** **8**  
1:00 PM Bowling League (FL)

**SAT** **9**

**13**

9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Mini Excursion – A Day in Laguna**  
**10:00 AM Senior Advisory Board Meeting (CC-EI Toro Room)**  
**10:00 AM Mahjong (CC-A)**  
 10:30 AM Tai Chi Ch'uan Advanced (CC-B)  
**10:45 AM Movie Day – The 33 (CC-L)**  
 11:00 AM Drop-In Computer Lab  
 1:00 PM Yoga (CC-B)  
**1:00 PM Google (CC-TR)**  
**2:00 PM Email Essentials (CC-TR)**  
 3:30 PM Stocks & Bonds Mgmt (CC-AR)  
**Cold Box Lunch**

**14**

7:45 AM Golf Days (LFGPC)  
 9:00 AM Advanced Practical Spanish (CR-AR)  
 10:00 AM Drop-In Computer Lab  
**10:30 AM Bingo (CC-A&B)**  
 10:30 AM Current Issues/Gov't (Lounge CC-L)  
**12:00 PM Lunch (CC-A&B)**  
 2:00 PM Aquatic Fitness (LFBTC)

**Italian Feast**

**FRI** **15**  
1:00 PM Bowling League (FL)

**7:00 PM Bunco or Bust**

**City Hall Closed**

**SAT** **16**

**20**

**8:45 AM Excursion – La Brea Tar Pits**  
 9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Mahjong (CC-A)**  
**10:30 AM Scrabble (CC-A)**  
**10:30 AM Bocce Ball (CC)**  
 10:30 AM Tai Chi Ch'uan Advanced (CC-B)  
 11:00 AM Drop-In Computer Lab  
 1:00 PM Yoga (CC-B)  
**1:00 PM Windows Photo Gallery (CC-TR)**  
**2:00 PM Windows Movie Maker (CC-TR)**  
 3:30 PM Stocks & Bonds Mgmt (CC-AR)  
**Cold Box Lunch**

**21**

7:45 AM Golf Days (LFGPC)  
 9:00 AM Advanced Practical Spanish (CR-AR)  
**9:30 AM Book Discussion – Caleb's Crossing (CC-EI Toro Room)**  
 10:00 AM Drop-In Computer Lab  
**10:30 AM Free Legal Advice (CC)**  
**10:30 AM Bingo (CC-A&B)**  
 10:30 AM Current Issues/Gov't (Lounge CC-L)  
**11:15 AM Seminar – CA Lifeline: Cell Phones**  
**12:00 PM Lunch (CC-A&B)**  
 2:00 PM Aquatic Fitness (LFBTC)  
**Chinese Feast**

**FRI** **22**  
1:00 PM Bowling League (FL)

**SAT** **23**

**27**

9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Mahjong (CC-A)**  
 10:30 AM Tai Chi Ch'uan Advanced (CC-B)  
**10:45 AM Movie Day – Concussion (CC-L)**  
 11:00 AM Drop-In Computer Lab  
 1:00 PM Yoga (CC-B)  
**Cold Box Lunch**

**28**

7:45 AM Golf Days (LFGPC)  
 10:00 AM Drop-In Computer Lab  
**10:30 AM Bingo (CC-A&B)**  
**11:30 AM Birthday Celebrations (CC-A&B)**  
**12:00 PM Lunch (CC-A&B)**

**Deli Wrap and Potato Salad**

**FRI** **29**  
1:00 PM Bowling League (FL)

**City Hall Closed**

**SAT** **30**

# LEGEND

**CH**  
**City Hall**  
 25550 Commercentre Dr.  
 (949) 461-3400

**CC**  
**Community Center**  
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 (949) 461-3450

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**Room A**

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**Activities Room**

**CC-TR**  
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**Training Room**

**CC-L**  
**Community Center**  
**Lounge**

**Lfsp**  
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**Forest Lanes**  
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**Sun & Sail Club**  
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 (949) 586-0860

**IVC**  
**Irvine Valley College**  
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**SBC**  
**Saddleback College**  
 (949) 582-4835

SUN	MON	TUE
<b>SENIOR ADVISORY BOARD FOOD DRIVE</b>  <b>AUGUST 1-11</b>	<b>1</b> <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  <b>12:00 AM Summertime Smoothies</b> <b>12:30 PM Color Me Calm (CC-L)</b>  <b>Cold Box Lunch</b>	<b>2</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bagels &amp; Bingo</b>  12:30 PM Dyna Band (CC-B)  <b>Cold Box Lunch</b>
<b>7</b>	<b>8</b> <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  <b>12:00 AM Summertime Smoothies</b>  <b>Cold Box Lunch</b>	<b>9</b> <b>10:00 AM Mini Excursion – St. John Knits</b> <b>10:00 AM HiCap Appointments</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab  12:30 PM Dyna Band (CC-B)  <b>Cold Box Lunch</b>
<b>14</b>	<b>15</b> <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo Mania (CC-A)</b>  <b>12:00 AM Summertime Smoothies</b> <b>12:30 PM Color Me Calm (CC-L)</b>  <b>Cold Box Lunch</b>	<b>16</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) <b>10:30 AM Crafts – Soda Pop Pull Tab Bracelet (CC-AR)</b>  <b>12:00 PM Cell Phones 101 (CC-A)</b> 12:30 PM Dyna Band (CC-B)  <b>Cold Box Lunch</b>
<b>21</b> <b>5:00 PM SUMMER CONCERT SERIES AT LAKE FOREST SPORTS &amp; RECREATION CENTER</b>	<b>22</b> 9:00 AM ▲Wearable Art (CC-L) 9:00 AM ▲Beginning Chinese Brush Painting (CC-B) <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  <b>12:00 AM Summertime Smoothies</b> <b>12:30 PM Color Me Calm (CC-L)</b>  <b>Cold Box Lunch</b>	<b>23</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab <b>11:00 AM Ping Pong Tourney (CC-L)</b>  2:00 PM ▲Beginning Practical Spanish (CC-AR) 2:00 PM ▲Aquatic Fitness (LFBTC)  <b>Cold Box Lunch</b>
<b>28</b>	<b>29</b> 9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  <b>12:00 AM Summertime Smoothies</b> <b>12:30 PM Color Me Calm (CC-L)</b>  <b>Cold Box Lunch</b>	<b>30</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Rummikub Tournament (CC-A)</b>  2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)  <b>Cold Box Lunch</b>

WED	THU	FRI / SAT
<b>3</b>	<b>4</b>	<b>5</b>
9:00 AM Tai Chi Ch'uan (CC-B) <b>10:00 AM Mahjong (CC-A)</b> 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab <b>11:30 AM Chat with Monarch HealthCare (CC-A)</b>  <b>12:00 PM Mini Excursion Registration (CC-A)</b> 1:00 PM Yoga (CC-B)	7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b> <b>11:30 AM IVC Emeritus Class Fall Enrollment</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>	<b>FRI</b> 1:00 PM Bowling League (FL)
<b>Cold Box Lunch</b>	<b>Mexican Madness</b>	<b>SAT 6</b>
<b>10</b>	<b>11</b>	<b>12</b>
9:00 AM Tai Chi Ch'uan (CC-B) <b>10:00 AM Mahjong (CC-A)</b> 10:30 AM Tai Chi Ch'uan Advanced (CC-B) <b>10:45 AM Movie Day – The Finest Hours (CC-L)</b> 11:00 AM Drop-In Computer Lab  1:00 PM Yoga (CC-B)	7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>	<b>FRI</b> 1:00 PM Bowling League (FL)
<b>Cold Box Lunch</b>	<b>Chicken Sandwiches</b>	<b>City Hall Closed</b>
<b>17</b>	<b>18</b>	<b>19</b>
<b>7:45 AM Excursion – Port of LA Harbor Cruise</b> 9:00 AM Tai Chi Ch'uan (CC-B) <b>10:00 AM Mahjong (CC-A)</b> <b>10:30 AM Scrabble (CC-A)</b> <b>10:30 AM Bocce Ball (CC)</b> 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab  1:00 PM Yoga (CC-B)	7:45 AM Golf Days (LFGPC) <b>9:30 AM Book Discussion – The Life We Bury (CC-EI Toro Room)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>	<b>FRI</b> 1:00 PM Bowling League (FL)
<b>Cold Box Lunch</b>	<b>Italian Feast</b>	<b>7:00 PM Bunco or Bust</b>
<b>24</b>	<b>25</b>	<b>26</b>
8:30 AM ▲Birds of the World (LFSP Mtg Rm 2) <b>10:00 AM Mini Excursion – Sawdust Festival</b> <b>10:00 AM Mahjong (CC-A)</b> 11:00 AM Drop-In Computer Lab	7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b> 10:30 AM ▲Current Issues/Gov't (Lounge CC-L) <b>11:15 AM Seminar – Stroke Depression and Recovery</b> <b>11:30 AM Birthday Celebrations (CC-A&amp;B)</b> <b>12:00 PM Lunch (CC-A&amp;B)</b> 2:00 PM ▲Aquatic Fitness (LFBTC) 2:00 PM ▲Advanced Practical Spanish (CC-AR)	<b>FRI</b> 1:00 PM Bowling League (FL)
<b>Cold Box Lunch</b>	<b>Chinese Feast</b>	<b>City Hall Closed</b>
<b>31</b>		
8:30 AM Birds of the World (LFSP Mtg Rm 2) <b>10:00 AM Mahjong (CC-A)</b> <b>10:45 AM Movie Day – Creed (CC-L)</b> 11:00 AM Drop-In Computer Lab		
<b>Cold Box Lunch</b>		

**Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.**

# AUG

▲ First day of class

**CH**  
**City Hall**  
 25550 Commercentre Dr.  
 (949) 461-3400

**CC**  
**Community Center**  
 25550 Commercentre Dr.  
 (949) 461-3450

**CC-A**  
**Community Center**  
**Room A**

**CC-B**  
**Community Center**  
**Room B**

**CC-AR**  
**Community Center**  
**Activities Room**

**CC-TR**  
**Community Center**  
**Training Room**

**CC-L**  
**Community Center**  
**Lounge**

**LFSP**  
**Lake Forest**  
**Sports Park**  
 28000 Rancho Pkwy.  
 (949) 273-6960

**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 Drive  
 (949) 770-0055

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

**IVC**  
**Irvine Valley College**  
 (949) 451-5555

**SBC**  
**Saddleback College**  
 (949) 582-4835

# SEP

**Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.**

<p><b>4</b></p>	<p><b>5</b></p> <p><b>LABOR DAY</b> <b>(Observed)</b></p>  <p><b>CITY HALL AND SENIOR CLUBHOUSE CLOSED</b></p>	<p><b>6</b></p> <p><b>10:00 AM Ping Pong (CC-L)</b>                  10:00 AM Drop-In Computer Lab                  10:00 AM ▲Pilates (S&amp;S Club)  <b>10:30 AM Bagels &amp; Bingo</b>                  11:00 AM ▲Chinese Fan Boxing (LFSP)</p> <p>12:30 PM ▲Dyna Band (CC-B)                  2:00 PM Beginning Practical Spanish (CC-AR)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<p><b>11</b></p> <p><b>HAPPY GRANDPARENTS DAY</b></p> 	<p><b>12</b></p> <p>9:00 AM Wearable Art (CC-L)                  9:00 AM Beginning Chinese Brush Painting (CC-B)  <b>10:00 AM Mahjong (CC-A)</b>                  10:00 AM Drop-In Computer Lab</p> <p><b>12:00 AM Summertime Smoothies</b>  <b>12:30 PM Color Me Calm (CC-L)</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p><b>13</b></p> <p><b>10:00 AM Mini Excursion – Yakult Factory</b>  <b>10:00 AM Ping Pong (CC-L)</b>                  10:00 AM Drop-In Computer Lab                  10:00 AM Pilates (S&amp;S Club)                  11:00 AM Chinese Fan Boxing (LFSP)</p> <p>12:30 PM Dyna Band (CC-B)                  2:00 PM Beginning Practical Spanish (CC-AR)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<p><b>18</b></p>	<p><b>19</b></p> <p>9:00 AM Wearable Art (CC-L)                  9:00 AM Beginning Chinese Brush Painting (CC-B)  <b>10:00 AM Mahjong (CC-A)</b>                  10:00 AM Drop-In Computer Lab  <b>10:30 AM Bingo Mania (CC-A)</b></p> <p><b>12:00 AM Summertime Smoothies</b>  <b>12:30 PM Color Me Calm (CC-L)</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p><b>20</b></p> <p><b>9:30 AM Excursion – Pechanga Casino</b>  <b>10:00 AM Ping Pong (CC-L)</b>                  10:00 AM Drop-In Computer Lab                  10:00 AM Pilates (S&amp;S Club)  <b>10:30 AM Mini Excursion – Journey/Past</b>  <b>10:30 AM Crafts – Pumpkin Bling (CC-AR)</b>                  11:00 AM Chinese Fan Boxing (LFSP)  <b>12:00 PM Cell Phones 101 (CC-A)</b>                  12:30 PM Dyna Band (CC-B)                  2:00 PM Beginning Practical Spanish (CC-AR)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<p><b>25</b></p>	<p><b>26</b></p> <p>9:00 AM Wearable Art (CC-L)                  9:00 AM Beginning Chinese Brush Painting (CC-B)  <b>10:00 AM Mahjong (CC-A)</b>                  10:00 AM Drop-In Computer Lab</p> <p><b>12:00 AM Summertime Smoothies</b>  <b>12:30 PM Color Me Calm (CC-L)</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p><b>27</b></p> <p><b>10:00 AM Ping Pong (CC-L)</b>                  10:00 AM Drop-In Computer Lab  <b>10:30 AM Rummikub Tournament (CC-A)</b>                  10:00 AM Pilates (S&amp;S Club)                  11:00 AM Chinese Fan Boxing (LFSP)</p> <p>12:30 PM Dyna Band (CC-B)                  2:00 PM Beginning Practical Spanish (CC-AR)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>

WED	THU	FRI / SAT
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>▲ First day of class</b></p> </div>	<p style="text-align: right;"><b>1</b></p> <p>7:45 AM Golf Days (LFGPC)  10:00 AM Drop-In Computer Lab  <b>10:30 AM Bingo (CC-A&amp;B)</b>  10:30 AM Current Issues/Gov't (Lounge CC-L)</p> <p><b>12:00 PM Lunch (CC-A&amp;B)</b>  2:00 PM Aquatic Fitness (LFBTC)  2:00 PM Advanced Practical Spanish (CC-AR)</p> <p style="text-align: center;"><b>Hamburgers</b></p>	<p style="text-align: right;"><b>2</b></p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT 3</b></p>
<p style="text-align: right;"><b>7</b></p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2)  9:00 AM ▲Tai Chi Ch'uan (CC-B)  <b>10:00 AM Mahjong (CC-A)</b>  10:30 AM ▲Tai Chi Ch'uan Advanced (CC-B)  11:00 AM Drop-In Computer Lab  <b>11:30 AM Chat with Monarch HealthCare (CC-A)</b></p> <p><b>12:00 PM Mini Excursion Registration (CC-A)</b>  1:00 PM ▲Yoga (CC-B)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>8</b></p> <p style="text-align: center;"><b>SHOW OFF YOUR GRANDCHILD'S PHOTO DAY</b></p> <p>7:45 AM Golf Days (LFGPC)  10:00 AM Drop-In Computer Lab  10:00 AM ▲It's Never Too Late (LFSP)  <b>10:30 AM Bingo (CC-A&amp;B)</b>  10:30 AM Current Issues/Gov't (Lounge CC-L)  <b>12:00 PM Lunch (CC-A&amp;B)</b>  1:00 PM ▲Beading and Stringing (LFSP)  2:00 PM Aquatic Fitness (LFBTC)  2:00 PM Advanced Practical Spanish (CC-AR)</p> <p style="text-align: center;"><b>Mexican Madness</b></p>	<p style="text-align: right;"><b>9</b></p> <p>1:00 PM Bowling League (FL)</p> <p style="text-align: center;"><b>City Hall Closed</b></p> <hr/> <p style="text-align: right;"><b>SAT 10</b></p>
<p style="text-align: right;"><b>14</b></p> <p style="text-align: center;"><b>12TH ANNUAL SENIOR RESOURCE FAIR AND VACCINATION CLINIC</b>  <b>10:00 AM-12:00 PM</b></p> <p style="text-align: center;"><b>NO ACTIVITIES OR EMERITUS CLASSES</b></p>	<p style="text-align: right;"><b>15</b></p> <p>7:45 AM Golf Days (LFGPC)  <b>9:30 AM Book Discussion – Private Lucky (CC-El Toro Room)</b>  10:00 AM Drop-In Computer Lab  10:00 AM It's Never Too Late (LFSP)  <b>10:30 AM Bingo (CC-A&amp;B)</b>  10:30 AM Current Issues/Gov't (Lounge CC-L)  <b>12:00 PM Lunch (CC-A&amp;B)</b>  1:00 PM Beading and Stringing (LFSP)  2:00 PM Aquatic Fitness (LFBTC)  2:00 PM Advanced Practical Spanish (CC-AR)</p> <p style="text-align: center;"><b>Italian Feast</b></p>	<p style="text-align: right;"><b>16</b></p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT 17</b></p>
<p style="text-align: right;"><b>21</b></p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2)  9:00 AM Tai Chi Ch'uan (CC-B)  <b>10:00 AM Mahjong (CC-A)</b>  10:30 AM Tai Chi Ch'uan Advanced (CC-B)  <b>10:00 AM Mahjong (CC-A)</b>  <b>10:30 AM Scrabble (CC-A)</b>  <b>10:30 AM Bocce Ball (CC)</b>  <b>10:45 AM Movie Day – Lady in the Van (CC-L)</b>  11:00 AM Drop-In Computer Lab  1:00 PM Yoga (CC-B)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>22</b></p> <p>7:45 AM Golf Days (LFGPC)  10:00 AM Drop-In Computer Lab  10:00 AM It's Never Too Late (LFSP)  <b>10:30 AM Bingo (CC-A&amp;B)</b>  10:30 AM Current Issues/Gov't (Lounge CC-L)  <b>11:15 AM Seminar – A Matter of Balance</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>  1:00 PM Beading and Stringing (LFSP)  2:00 PM Aquatic Fitness (LFBTC)  2:00 PM Advanced Practical Spanish (CC-AR)</p> <p style="text-align: center;"><b>Chinese Feast</b></p>	<p style="text-align: right;"><b>23</b></p> <p>1:00 PM Bowling League (FL)</p> <p style="text-align: center;"><b>City Hall Closed</b></p> <hr/> <p style="text-align: right;"><b>SAT 24</b></p>
<p style="text-align: right;"><b>28</b></p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2)  9:00 AM Tai Chi Ch'uan (CC-B)  <b>10:00 AM Mahjong (CC-A)</b>  10:30 AM Tai Chi Ch'uan Advanced (CC-B)  <b>10:45 AM Movie Day – Joy (CC-L)</b>  11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>29</b></p> <p>7:45 AM Golf Days (LFGPC)  10:00 AM Drop-In Computer Lab  10:00 AM It's Never Too Late (LFSP)  <b>10:30 AM Bingo (CC-A&amp;B)</b>  10:30 AM Current Issues/Gov't (Lounge CC-L)  <b>11:30 AM Birthday Celebrations (CC-A&amp;B)</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>  1:00 PM Beading and Stringing (LFSP)  2:00 PM Aquatic Fitness (LFBTC)  2:00 PM Advanced Practical Spanish (CC-AR)</p> <p style="text-align: center;"><b>Hot Diggity Dogs</b></p>	<p style="text-align: right;"><b>30</b></p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT OCT 1</b></p>

# GOOD STUFF COMING YOUR WAY

Jul/Aug/Sep 2016

12

Senior Scene

For further information, call (949) 461-3450 or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov).

## **FREE LEGAL ADVICE • Call (949) 461-3408 for an appointment • Thu, Jul 21 • 10:30 AM–2:30 PM**

To qualify for an appointment you must be an Orange County resident, 60 years of age or older, a U.S. citizen or a permanent resident. If you are a permanent resident, you must present your green card at time of your appointment.

## **DROP-IN COMPUTER LAB / FREE PUBLIC WI-FI Mon/Tue/Thu: 10:00 AM–2:00 PM • Wed: 11:00 AM–2:00 PM • Closed 12:30–2:30 PM each Tue and Wed, July 5–July 20, due to computer classes.**

### **EMERITUS CLASS FALL ENROLLMENT**

**Thu, Aug 4 • 11:30 AM–12:30 PM**

Register at the Senior Scene Clubhouse with Irvine Valley College. Just drop in to sign up – no need for an appointment.

### **HOT! HOT! HOT!**

**When the temp is over 90 degrees (Jul-Sep), the Senior Clubhouse will remain open until 4:00 PM. Foot Peddlers Walking Club will not be offered Jul-Sep.** Continue your walking when mornings/evenings are cooler. **STAY HYDRATED!**

### **12TH ANNUAL SENIOR RESOURCE FAIR & VACCINATION CLINIC**

**Wed, Sep 14 • 10:00 AM–12:00 PM**

A host of vendors will provide helpful tips and information on their programs and how they can benefit you. Free samples! Free screenings! The City and Walgreens are partnering to offer free flu vaccinations to Medicare recipients with a minimal fee for non-recipients. **Please bring your Medicare/Medical card. HMO and Kaiser Members are not eligible for "free" vaccinations due to the carriers' requirements that recipients obtain vaccinations through their offices.**

## July

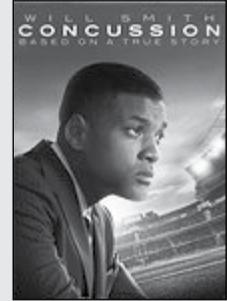


### **The 33 (PG-13) • Jul 13 2 Hrs, 7 Mins**

In 2010, 33 miners had been buried alive by the catastrophic explosion and collapse of a 100-year-old gold and copper mine. Over the next 69 days, an international team worked night and day in a desperate attempt to rescue the trapped men.

Two hundred stories beneath the surface, and in the suffocating heat, tensions were rising. Provisions and time were quickly running out.

Starring Antonio Banderas, James Brolin, Juliette Binoche.



### **Concussion (PG-13) • Jul 27 2 Hrs, 3 Mins**

Will Smith stars in *Concussion*, a dramatic thriller based on the incredible true David vs. Goliath story of American immigrant Dr. Bennet Omalu, the brilliant forensic neuropathologist who made the first discovery of CTE, a football-related brain trauma, in a pro player and fought for the truth to be known.

Omalu's emotional quest puts him at dangerous odds with one of the most powerful – and beloved – institutions in the world.

Starring Alec Baldwin.

# MOVIE DAYS

Wed • 10:45 AM • Lounge

Movies may change based on availability

## August



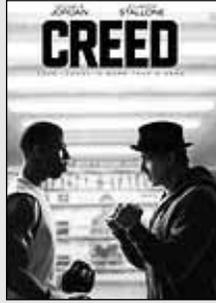
### The Finest Hours

(PG-13) • Aug 10  
1 Hr, 57 Mins

In 1952, a massive storm strikes wreaking havoc on the ships caught in its deadly path. An oil tanker is ripped in half, trapping more than 30 sailors inside.

Word of the disaster reaches Warrant Officer Daniel Cluff, who orders a daring operation to rescue the stranded men. Despite overwhelming odds, four men set out in a wooden lifeboat facing frigid temperatures, 60-foot waves and hurricane-force winds.

Starring Chris Pine, Ben Foster.



### Creed

(PG-13) • Aug 31  
2 Hrs, 13 Mins

Adonis Johnson is the son of the famous boxing champion Apollo Creed, who died in a boxing match in Rocky IV (1985). Adonis wants to follow his father's footsteps in boxing. He seeks a professional advice with the retired Rocky Balboa.

Rocky eventually agrees to mentor Adonis. With Rocky's help, they hope to get a title match to face even deadlier opponents than his father. But whether he is a true fighter remains to be seen.

Starring Sylvester Stallone.

## September



### Lady in the Van

(PG-13) • Sep 21  
1 Hr, 44 Mins

This film tells the true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who 'temporarily' parked her van in Bennett's London driveway and proceeded to live there for 15 years – from the early 1970's until her death in 1989.

Starring Maggie Smith.



### Joy

(PG-13) • Sep 28  
2 Hrs, 4 Mins

This is the wild story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of unforgiving commerce. Joy's inner life and fierce imagination carry her through the storms she faces.

Starring Jennifer Lawrence, Robert De Niro, Bradley Cooper.

## TRANSPORTATION OPTIONS



The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and OC Taxi. For additional information call 461-3450.

### **I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM–2:00 PM**

- Call AWSS at 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call OC Taxi\* when the AWSS Bus is full at 364-7000. \$1.00 voucher one way.

### **I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest**

- Call OC Taxi\* – \$2.50 voucher one way.

### **I have an appointment at Saddleback Memorial Hospital**

- Call OC Taxi\* – \$5.00 voucher one way.

### **I have an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital**

- Call OC Taxi\* – \$7.00 voucher one way.

**\* Prepaid taxi vouchers are mandatory for all taxi transportation. Vouchers available for sale at City Hall. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash or check only.**

**For additional transportation options, call OCTA at 1 (800) 636-7433.**

## SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

## HiCAP APPOINTMENTS

Call (949) 461-3408 for appointments. Second Tuesday of each month.

## NEED TO KNOW NUMBERS!

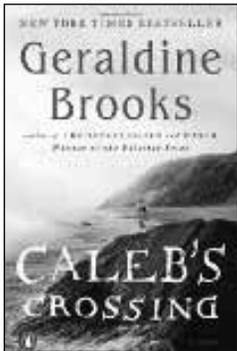
AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	380-0155, Ext. 12
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

# L.F. READING CIRCLE

Thursdays • 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

## July

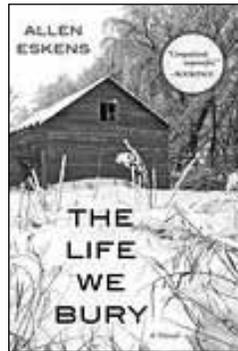


**July 21**  
**Caleb's Crossing**  
by Geraldine Brooks

**B**ethia is a restless and curious young woman growing up in Martha's Vineyard in the 1660s amid a small band of pioneering English Puritans.

**A**t age twelve, she meets Caleb, the young son of a chieftain, and the two forge a secret bond that draws each into the alien world of the other. Bethia's father is a Calvinist minister who seeks to convert the native Wampanoag, and Caleb becomes a prize in the contest between old ways and new, eventually becoming the first Native American graduate of Harvard College.

## August



**August 18**  
**The Life We Bury**  
by Allen Eskens

**C**ollege student Joe Talbert has the modest goal of completing a writing assignment for an English class. His task is to interview a stranger and write a brief biography of the person.

**W**ith deadlines looming, Joe heads to a nearby nursing home to find a willing subject. There he meets Carl, a dying Vietnam veteran and a convicted murderer.

**A**s Joe writes about Carl's life, especially Carl's valor in Vietnam, he cannot reconcile the heroism of the soldier with the despicable acts of the convict. Thread by thread, Joe unravels the tapestry of Carl's conviction.

## September



**September 15**  
**Private Lucky**  
by Hank Gillebaard

**Introductory presentation and appearance by the author**

**A**true story, Hank wanted nothing more than to fly like the fighter pilots he admires in the skies over Amsterdam. His dreams will have to wait with the Nazi occupation of Holland as he witnesses the tragic unfolding of events affecting those around him. After the war he is enlisted in the American Army in Germany where his inability to speak English results in hilarious missteps at every turn. He learns what it means to be American, arriving in America broke but determined to pursue his lofty goals.



**City of Lake Forest Senior Scene**  
25550 Commercentre Drive  
Lake Forest, CA 92630  
949-461-3408

PRESORTED  
FIRST CLASS  
US POSTAGE  
**PAID**  
EL TORO, CA  
PERMIT NO. 635

# LAKE FOREST SENIOR PROGRAMS

## **SENIOR ADVISORY BOARD SEASONAL FOOD DRIVE**

Your Senior Advisory Board Members developed an awesome idea to collect food not just during the holiday season when there's more of an abundance of food, but a **"Seasonal Food Drive."**

**This summer is the season to kick-off the food drive.** Each season a non-profit organization will receive the food donated during the food drive. Our first non-profit organization to receive the food is our very own **1st Law Enforcement Battalion Marines.**

**Please donate non-perishable food August 1 through 11 at the Senior Scene Clubhouse.**

