



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/ • www.facebook.com/Lakeforestseniors

GET FREE TAX HELP THROUGH AARP

**Appointments available Mondays:
February 8 through April 11**

The City of Lake Forest and AARP
are excited to offer

FREE TAX PREPARATION
to middle and low-income taxpayers.

AARP Tax-Aide is a
charitable non-profit organization
that has assisted over 34 million taxpayers
in filing their tax returns.

Taxpayers with complex tax returns
will be advised to seek professional tax assistance
(i.e., Partnerships, Rentals, and Estates).
Tax appointments are from 9:30 AM to 1:00 PM.

**Beginning Monday, January 25,
at 9:00 AM, call (949) 461-3408
to schedule your tax appointment.**

Jan/Feb/Mar 16

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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

January

Lake Forest Residents:

Wed, Jan 6, 12:00 PM

Non-Residents:

Thurs, Jan 7

February

Lake Forest Residents:

Wed, Feb 3, 12:00 PM

Non-Residents:

Thurs, Feb 4

March

Lake Forest Residents:

Wed, Mar 2, 12:00 PM

Non-Residents:

Thurs, Mar 3

JANUARY MINI EXCURSIONS



The Irvine Museum • Irvine
Wednesday, January 13 • 10:30 AM-1:30 PM
Fee: Free (docent-led tour)

The exhibition *Independent Visions: Women Artists of California 1880-1940* highlights a wide variety of artistic styles (the Tonalist in the late 1800's, the Impressionist period in the early 1900's, and the Regionalist in the 1930's-1940's). The works vary in still and document the progressive trends of women painters.



Bowers Museum • Santa Ana
Wednesday,
January 27
10:00 AM-2:00 PM
Fee: \$10 per person
(pay at the door;
docent-led tour)

You will experience two exhibits: *The Red that Colored the World* and *Popol Vuh: Watercolors of Diego Rivera*. The "Red" exhibit translates the cochineal story into three dimensions highlighting over 100 objects-textiles, sculpture, paintings, clothing and more. The "Popol Vuh" presents 17 watercolors from the Rivera collection.

FEBRUARY MINI EXCURSIONS



The Dr. Willella Howe-Waffle House & Medical Museum • Santa Ana • Tuesday, February 9
10:00 AM-1:30 PM
Fee: \$8 per person (pay at registration; docent-led tour)

This 12-room Queen Anne style house (2-1/2 stories) was built in 1889. Dr. Howe-Waffle was one of OC's first woman doctors delivering over 1,000 babies. Their home was also where they treated their patients.

Little Saigon • Westminster
Wednesday, February 17
10:00 AM-2:00 PM
Fee: \$10 per person (pay at restaurant; docent-led tour)

Former Mayor, Kathy Buchoz, will lead you through the Asian Garden Mall, the largest Vietnamese-owned and operated mall in America. Kathy will share a wealth of knowledge of fascinating facts during your tour. Afterwards, enjoy a Vietnamese lunch with Kathy!

MARCH MINI EXCURSIONS

The Fun Zone Boat Tour • Balboa Island
Wednesday, March 23
10:30 AM-2:00 PM
Fee: \$10 per person (pay at the door; docent-led tour)

Get your sea legs ready and enjoy a day cruising Newport Harbor as the Captain narrates points of interest such as celebrity homes, mansions, their yachts and the history of the Harbor.

Knott's Berry Farm "Pathways to the Past" • Buena Park
Tuesday, March 29
10:00 AM-2:00 PM
Fee: \$10 per person (pay at registration; docent-led tour)



Pathways to the Past is a 2-hour tour that recalls the Old West and the Knott Family heritage. Your tour begins at Ghost Town. You will visit the blacksmith, school house, restored train cars, a ride on the train, and a storytelling performance at the Calico Saloon.

SEMINARS

January

Toll Roads

Thursday, January 21
11:15 AM

Now that the toll booths are no longer in operation...how do you pay to go on the toll road?

A representative from The Toll Road of Orange County will discuss the three simple and more convenient ways to pay to use OC's 51-mile toll road system.

February

Protecting Your Assets

Thursday, February 18
11:15 AM

Two major topics will be covered during the seminar.

What kind of an estate plan is right for me?

And, protecting my assets and spotting red flags to identify financial exploiters and their scams.

March

Five Wishes

Thursday, March 24
11:15 AM

What is Five Wishes? It's the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes.

Five Wishes lets you say exactly how you wish to be treated if you become seriously ill.

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling 461-3408 the first Monday of the month: January, call January 4; February, call February 1; March, call March 7. Crafts may change due to availability of supplies.

VALENTINE CANDLE

Tuesday, January 19 •
10:30 AM

You will bedazzle candles with Valentine embellishments to make a beautiful candle for Valentine's Day.



LEPRECHAUN HAT

Tuesday, February 16 • 10:30 AM

You will create a very unique "Leprechaun Hat" from a flower pot. Staff will have "all things green" to decorate the hat. It will look so cute on your table.

SOUP IN A JAR

Tuesday, March 15 •
10:30 AM

Finally a craft you can take home and eat later. We will supply the jars, beans and all the seasonings to make a scrumptious soup. Yum!

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!

HOT CHOCOLATE AND MARSHMALLOWS **Mondays • 12:00 PM**

As the weather remains cool, staff will heat up some hot chocolate and marshmallows.

BAGELS & BINGO **Tue • 10:30 AM**

Jan 5 • Feb 2 • Mar 1

CHAT WITH MONARCH HEALTHCARE **Wed • 11:30 AM–12:30 PM**

Jan 6 • Feb 3 • Mar 2
Are you new to the area? Looking for a doctor who specializes in senior issues? A representative from Monarch HealthCare will discuss available options.

CELL PHONES 101 **Tue • 12:00-1:00 PM**

Jan 19 • Feb 16 • Mar 15
Master your phone! If you need assistance, drop by the Clubhouse and Jose from Monarch HealthCare will show you how.

SCRABBLE GAMES **Wed • 10:30 AM**

Jan 20 • Feb 17 • Mar 16

BOCCE BALL @ THE SPORTS PARK **Wed • 10:30 AM**

To register, you must call (949) 461-3408
Jan 20 • Feb 10 • Mar 16

BINGO MANIA **Mon • 10:30 AM**

Jan 25 • Feb 22 • Mar 21

RUMMIKUB TOURNAMENT **Tue • 10:30 AM**

Jan 26 • Feb 23 • Mar 29

SUPER BOWL THURSDAY **Thu, Jan 28 • 11:30 AM**

Let's get ready to rumble! Wear your favorite football team's colors...t-shirts, jerseys, or caps! We'll kick off Super Bowl Sunday on a Thursday along with tailgating inside the Clubhouse.

RED HOT BINGO **Thu, Feb 11**

Get in the mood for Valentine's Day! Wear your Reddest Red or your Pinkest Pink and we'll play some Red Hot Bingo!

25TH ANNIVERSARY CELEBRATION

Thu, Feb 25

Look who's turning 25 this year! What better way to celebrate our City's 25th Anniversary but on the 25th!

Join us for a fun-filled day!

BIRTHDAY CELEBRATIONS **Thu • 11:30 AM**

Jan 28 • Feb 25 • Mar 31

MAHJONG MONDAYS AND WEDNESDAYS **10:00 AM-2:00 PM**

Every Monday and Wednesday.

PING PONG TUESDAYS **New Time: 10:00 AM-1:00 PM**

Every Tuesday.

COUPON SWAP

Drop off and pick up coupons.

DROP-IN COMPUTER LAB AND FREE PUBLIC WI-FI **Mon/Tue/Thu 10:00 AM-2:00 PM** **Wed 11:00 AM-2:00 PM**

No instructor is on site.

The Computer Lab will be closed on Mondays from Feb 8 to Apr 11 for tax preparation.

CH
City Hall
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Room A

CC-B
Community Center
Room B

CC-AR
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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
 23308 Cherry Ave.
 (949) 451-5555

JAN

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

3	4	5
	10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP) 12:00 PM Hot Chocolate and Marshmallows (CC-A)	7:45 AM Golf Days (LFGPC) 10:00 AM Ping Pong (CC-A) 10:30 AM Bagels & Bingo (CC-A)
	Cold Box Lunch	Cold Box Lunch
10	11	12
	10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP) 12:00 PM Hot Chocolate and Marshmallows (CC-A)	7:45 AM Golf Days (LFGPC) 10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-A) 10:30 AM Healthier Living Workshop (CC-L)
	Cold Box Lunch	Cold Box Lunch
17	18	19
	 <p>MARTIN LUTHER KING, JR. DAY (OBSERVED)</p> <p>CITY HALL AND CLUBHOUSE CLOSED</p>	7:45 AM Golf Days (LFGPC) 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&S Club) 10:30 AM Crafts - Valentine Candle 10:30 AM Healthier Living Workshop (CC-L) 11:00 AM Chinese Fan Boxing (LFSP) 2:00 PM Beginning Practical Spanish (CC-AR) 12:00 PM Cell Phones 101 (CC-A)
	Cold Box Lunch	Cold Box Lunch
24	25	26
	9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP) 10:30 AM Bingo Mania (CC-A)	7:45 AM Golf Days (LFGPC) 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&S Club) 10:30 AM Rummikub Tournament (CC-A) 10:30 AM Healthier Living Workshop (CC-L) 11:00 AM Chinese Fan Boxing (LFSP)
	Cold Box Lunch	Cold Box Lunch
31	31	31
	12:00 PM Hot Chocolate and Marshmallows (CC-A)	2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch

WED**THU****FRI / SAT**

**Check out the
"newly renovated" Computer
Lab beginning January 19!**

FRI 1**HAPPY NEW YEAR**

**6:00 AM Excursion –
Rose Parade**

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)
**11:30 AM Chat with Monarch
HealthCare (CC-A)**

12:00 PM Mini Excursion Registration (CC-A)

Cold Box Lunch**7**

10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 1:00 PM Bead Stringing (LFSP)

Italian Feast**FRI 8**

1:00 PM Bowling League (FL)

SAT 9**13**

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Senior Advisory Board Meeting
(CC-El Toro Room)
**10:30 AM Mini Excursion –
The Irvine Museum**
 10:30 AM Tai Chi Ch'uan Advanced (CC-B)
**10:45 AM Movie Day – Monkey
Kingdom (CC-L)**

Cold Box Lunch**14**

10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 1:00 PM Bead Stringing (LFSP)

Chicken Sandwiches**FRI 15**

1:00 PM Bowling League (FL)

City Hall Closed

SAT 16**20**

8:30 AM Birds of the World (LFSP)
 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 (Sports Park)
 10:30 AM Tai Chi Ch'uan Advanced (CC-B)
**10:45 AM Movie Day –
Ricki and The Flash (CC-L)**

Cold Box Lunch**21**

9:00 AM Advanced Practical Spanish (CC-AR)
**9:30 AM Book Discussion – A Lesson
Before Dying (CC-El Toro Room)**
10:30 AM Bingo (CC-A&B)
10:30 AM Legal Aid (CC-AR)
 10:30 AM Current Issues in Government (CC-L)
11:15 AM Seminar – Toll Roads

12:00 PM Lunch (CC-A&B)
 1:00 PM Bead Stringing (LFSP)

Chinese Feast**FRI 22**

1:00 PM Bowling League (FL)

SAT 23

**SNOWFEST @
PITTSFORD PARK**

27

8:30 AM Birds of the World (LFSP)
 9:00 AM Tai Chi Ch'uan (CC-B)
**10:00 AM Mini Excursion –
Bowers Museum**
10:00 AM Mahjong (CC-A)
 10:30 AM Tai Chi Ch'uan Advanced (CC-B)
11:30 AM Cold Box Lunch Program (CC-A)

1:00 PM Yoga (CC-B)

Cold Box Lunch**28****SUPER BOWL THURSDAY**

9:00 AM Advanced Practical Spanish (CC-AR)
 10:00 AM It's Never Too Late (LFSP)
10:30 AM Bingo (CC-A&B)
 10:30 AM Current Issues in Government (CC-L)
11:30 AM Birthday Celebrations (CC-A&B)
12:00 PM Lunch (CC-A&B)
 1:00 PM Bead Stringing (LFSP)
 2:00 PM Aquatic Fitness (LFBTC)

Hot Diggity Dogs**FRI 29**

1:00 PM Bowling League (FL)

7:00 PM Bunco or Bust

City Hall Closed

SAT 30**Jan/Feb/Mar 2016****7****Senior Scene**

LEGEND

CH
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CC
Community Center
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CC-A
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Community Center
Room B

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Activities Room

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Training Room

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SUN	MON	TUE
	1	2
	9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP) 12:00 PM Hot Chocolate and Marshmallows (CC-A)	7:45 AM Golf Days (LFGPC) 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&S Club) 10:30 AM Bagels & Bingo (CC-A) 10:30 AM Healthier Living Workshop (CC-L) 11:00 AM Chinese Fan Boxing (LFSP) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
7	8	9
	9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP) 12:00 PM Hot Chocolate and Marshmallows (CC-A)	10:00 AM Mini Exc. – Howe-Waffle House 10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&S Club) 10:30 AM Healthier Living Workshop (CC-L) 11:00 AM Chinese Fan Boxing (LFSP) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
14	15	16
	 PRESIDENTS' DAY (OBSERVED) CITY HALL AND CLUBHOUSE CLOSED	7:45 AM Golf Days (LFGPC) 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&S Club) 10:30 AM Crafts – Leprechaun Hat 10:30 AM Healthier Living Workshop (CC-L) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
21	22	23
	9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (LFSP) 12:00 PM Hot Chocolate and Marshmallows (CC-A)	7:45 AM Golf Days (LFGPC) 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&S Club) 10:30 AM Rummikub Tournament (CC-A) 11:00 AM Chinese Fan Boxing (LFSP) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
28	29	
	9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP) 12:00 PM Hot Chocolate and Marshmallows (CC-A)	
	Cold Box Lunch	

WED	THU	FRI / SAT
3	4	FRI 5
8:30 AM Birds of the World (LFSP) 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) 11:30 AM Chat with Monarch HealthCare (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B)	9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	1:00 PM Bowling League (FL)
Cold Box Lunch	Hamburgers	SAT 6
10	11	FRI 12
8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Bocce Ball (LFSP) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Testament of Youth (CC-L) 1:00 PM Yoga (CC-B)	RED HOT BINGO (Wear Red or Pink) 9:00 AM Advanced Practical Spanish (CR-AR) 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	1:00 PM Bowling League (FL) 4:00 PM Mardi Gras "Let The Good Times Roll" Party (reservations required) City Hall Closed
Cold Box Lunch	Chicken Bowls	SAT 13
17	18	FRI 19
8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Little Saigon 10:00 AM Mahjong (CC-A) 10:00 AM Senior Advisory Board Meeting (CC-El Toro Room) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 1:00 PM Yoga (CC-B)	9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – The Art of Hearing Heartbeats (CC-El Toro Room) 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L) 11:15 AM Seminar – Protecting Your Assets 12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	1:00 PM Bowling League (FL)
Cold Box Lunch	Italian Feast	SAT 20
24	25	FRI 26
8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 9:00 AM Excursion – Harrah's Casino 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Mr. Holmes (CC-L) 1:00 PM Yoga (CC-B)	25TH ANNIVERSARY CELEBRATION 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L) 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 5:00 PM Volunteer Nominations Deadline	1:00 PM Bowling League (FL) City Hall Closed
Cold Box Lunch	Mexican Madness	SAT 27

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

FEB

LEGEND

CH
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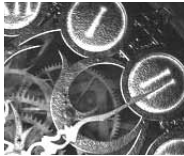


IVC
Irvine Valley College
 23308 Cherry Ave.
 (949) 451-5555

SUN

MON

TUE

MAR

<p style="text-align: right;">6</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP)</p> <p>12:00 PM Hot Chocolate and Marshmallows (CC-A) 12:30 PM Color Me Calm (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">7</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP)</p> <p>12:00 PM Hot Chocolate and Marshmallows (CC-A) 12:30 PM Color Me Calm (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">8</p> <p>6:45 AM Excursion – Dr. Phil TV Taping 10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&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;">Cold Box Lunch</p>
<p style="text-align: right;">13</p> <p>DAYLIGHT SAVINGS TIME BEGINS</p> 	<p style="text-align: right;">14</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP)</p> <p>12:00 PM Hot Chocolate and Marshmallows (CC-A) 12:30 PM Color Me Calm (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">15</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&S Club) 10:30 AM Crafts – Soup in a Jar 11:00 AM Chinese Fan Boxing (LFSP)</p> <p>12:00 PM Cell Phones 101 (CC-A) 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;">Cold Box Lunch</p>
<p style="text-align: right;">20</p> <p>FIRST DAY OF SPRING</p> 	<p style="text-align: right;">21</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (LFSP) 12:00 PM Hot Chocolate and Marshmallows (CC-A) 12:30 PM Color Me Calm (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">22</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Ping Pong (CC-A) 11:00 AM Chinese Fan Boxing (LFSP)</p> <p>2:00 PM Beginning Practical Spanish (CC-AR)</p> <p style="text-align: center;">Cold Box Lunch</p>
<p style="text-align: right;">27</p> <p>HAPPY EASTER</p> 	<p style="text-align: right;">28</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Walking Club (LFSP) 12:00 PM Hot Chocolate and Marshmallows (CC-A) 12:30 PM Color Me Calm (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">29</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Mini Excursion – Knott's Berry Farm "Pathways to the Past" 10:00 AM Ping Pong (CC-A) 10:00 AM Pilates (S&S Club) 10:30 AM Rummikub Tournament (CC-A)</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;">Cold Box Lunch</p>

1

8

15

22

29

WED	THU	FRI / SAT
<p style="text-align: right;">2</p> <p>8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B)</p> <p>10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:30 AM Chat with Monarch HealthCare (CC-A)</p> <p>12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">3</p> <p>9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L) 12:00 PM Lunch (CC-A&B)</p> <p>1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">Pizza</p>	<p style="text-align: right;">4</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>7:00 PM Bunco or Bust</p> <hr/> <p>SAT 5</p>
<p style="text-align: right;">9</p> <p>8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Senior Advisory Board Meeting (CC-El Toro Room) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Best Friend Hero Marine: Max (CC-L)</p> <p>1:00 PM Yoga (CC-B)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">10</p> <p>9:00 AM Advanced Practical Spanish (CR-AR) 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L)</p> <p>12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">Chicken Sandwiches</p>	<p style="text-align: right;">11</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 12</p>
<p style="text-align: right;">16</p> <p>8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Senior Advisory Board Meeting (CC-El Toro Room) 10:30 AM Bocce Ball (LFSP) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B)</p> <p>1:00 PM Yoga (CC-B)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">ST. PATTY'S DAY CELEBRATION (Wear Green)</p> <p>9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – The Nightingale (CC-El Toro Room) 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">No Blarney Corned Beef (reservations req'd)</p>	<p style="text-align: right;">18</p> <p>FRI</p> <p>8:30 AM AARP Driver Safety "Refresher" Course</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 19</p>
<p style="text-align: right;">23</p> <p>8:30 AM Birds of the World (LFSP) 10:30 AM Mini Excursion – The Fun Zone Boat Tour 10:00 AM Mahjong (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">24</p> <p>9:00 AM Advanced Practical Spanish (CC-AR) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L) 11:15 AM Seminar – Five Wishes</p> <p>12:00 PM Lunch (CC-A&B)</p> <p style="text-align: center;">Chinese Feast</p>	<p style="text-align: right;">25</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 26</p>
<p style="text-align: right;">30</p> <p>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 – The Man from U.N.C.L.E. (CC-L)</p> <p>1:00 PM Yoga (CC-B)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">31</p> <p>9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues in Government (CC-L) 11:30 AM Birthday Celebrations (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">Mexican Madness</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.</p> </div>

GOOD STUFF COMING YOUR WAY

Jan/Feb/Mar 2016

12

Senior Scene

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

MARDI GRAS "LET THE GOOD TIMES ROLL" PARTY

Friday, Feb 12 • 4:00-7:00 PM

\$10 per person (reservations required)

You'll think you're on Bourbon Street in the French quarter as we transform the Clubhouse for the Mardi Gras celebration.

What should you wear? Anything and everything! The crazier the better! You'll enjoy a scrumptious dinner that will get you ready for some "Big Easy" dancing!

EXCURSIONS! • \$10 per person per event

HARRAH'S RINCON CASINO • Feb 24 •

Register now

DR. PHIL TV TAPING • Mar 8 • LF residents

register Feb 9; non-residents: Feb 16

VIEJAS CASINO & OUTLET CENTER

May 11 • LF residents register Feb 9;

non-residents: Feb 16

ST. PATTY'S DAY "GREEN WITH ENVY" CELEBRATION LUNCHEON

Thursday, March 13

11:00 AM – Claddagh Dancers

12:00 PM – Lunch: No Blarney Corned Beef (reservations required)

Each registrant will be limited to two seats.

Lake Forest residents may call Tue, Feb 9

at (949) 461-3450. Non-residents may call

on Mon, Feb 16. Call at 8:00 AM –

no voicemails will be accepted.

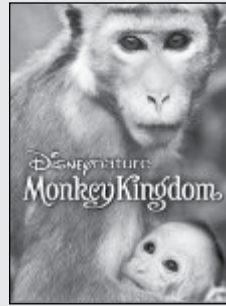
AARP DRIVER SAFETY "REFRESHER" COURSE • Friday, March 18 • City Hall

8:30 am-1:00 pm • City Hall •

\$15 AARP Members • \$20 Non-Members

Call (949) 461-3450 to reserve your seat.

January



Monkey Kingdom

(G) • Jan 13

1 Hr, 25 Mins

Mark Linfield's nature documentary *Monkey Kingdom* follows the struggles of a young monkey mother in caring for and raising her new baby in the wilds of Southern Asia.



Ricki and The Flash

(PG-13) • Jan 20

1 Hr, 41 Mins

In a film loaded with music and live performance, Meryl Streep stars as Ricki, a guitar heroine who gave up everything for her dream of rock-and-roll stardom, is now returning home to make things right with her family.

Streep stars opposite her real-life daughter Mamie Gummer, who plays her fictional daughter; Rick Springfield takes on the role of a Flash member in love with Ricki, and Kevin Kline portrays Ricki's long-suffering ex-husband.

Starring: Meryl Streep, Richard Klein

MOVIE DAYS

Wed • 10:45 AM • Lounge
Movies may change based on availability

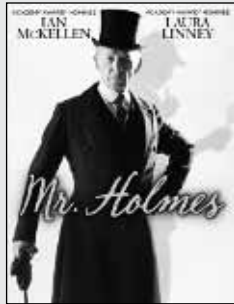
February



Testament of Youth
(PG) • Feb 10
2 Hrs, 30 Mins

Testament of Youth is a powerful story of love, war and remembrance, based on the First World War memoir by Vera Brittain, which has become the classic testimony of that war from a woman's point of view.

A searing journey from youthful hopes and dreams to the edge of despair and back again, it's a film about young love, the futility of war and how to make sense of the darkest times.



Mr. Holmes
(PG-13) • Feb 24
1 Hr, 45 Mins

It's 1947 and an aging Sherlock Holmes returns from a journey to Japan where he witnessed the devastation of nuclear warfare. Now Holmes faces the end of his days tending to his bees, with the company of his housekeeper and her young son. Grappling with his mind's diminishing powers, Holmes comes to rely upon the boy as he revisits the circumstances of the unsolved case, and searches for answers to the mysteries of life and love – before it's too late.

Starring: Ian McKellen

March



Best Friend Hero Marine: Max
(PG-13) • Mar 9
1 Hr, 51 Mins

When Kyle Wincott is killed in the war, his war dog, Max, suffers from stress.

Max is to be put down because he has trouble listening to anyone else, until he meets Justin, Kyle's brother. Justin adopts and saves Max. Then both of their lives will never be the same again.

Starring: Thomas Haden Church



The Man from U.N.C.L.E.
(PG-13) • Mar 30
1 Hr, 56 Mins

At the height of the Cold War, CIA agent Solo and KGB Agent Kuryakin are forced to put aside longstanding hostilities. The two team up on a joint mission to stop a criminal organization bent on destabilizing the fragile balance of power through the proliferation of nuclear weapons and technology. The duo's only lead is the daughter of a vanished German scientist who is the key to infiltrating the criminal organization.

Starring: Henry Cavill, Armie Hammer, Hugh Grant

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

CELL PHONES FOR LIFE

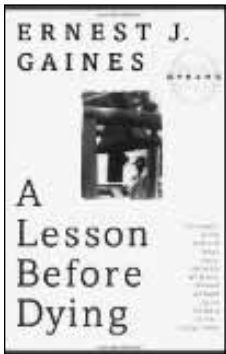
FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday, 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Drive, Second Floor.

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.

January



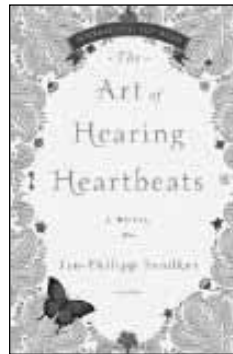
January 21
A Lesson Before Dying
by Ernest Gaines

On the surface, the novel is the story of one man's struggle to accept death with dignity while another man struggles with his own identity and responsibility to his community.

But on a deeper level, it explores the process of an oppressed, dehumanized people's attempt to gain recognition of their human dignity, acknowledgment of their human rights, and freedom to pursue their dreams.

Gaines' manipulation of time, focusing on the day-by-day struggles of ordinary people, is a definitive structural element in the novel.

February



February 18
The Art of Hearing Heartbeats
by Jan-Phillip Sendker & Kevin Wiliarty

A poignant and inspirational love story set in Burma spans the decades between the 1950s and the present. When a successful New York lawyer suddenly disappears without a trace, neither his wife nor his daughter Julia has any idea where he might be...until they find a love letter he wrote many years ago, to a Burmese woman they have never heard of.

Julia decides to travel to the village where the woman lived. There she uncovers a tale of unimaginable hardship, resilience, and passion that will reaffirm the reader's belief in the power of love to move mountains.

March



March 17
The Nightingale
by Kristin Hannah

With courage, grace and powerful insight, bestselling author Kristin Hannah captures the epic panorama of WWII and illuminates an intimate part of history seldom seen: the women's war.

The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France – a heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the durability of women.



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

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LAKE FOREST SENIOR PROGRAMS



“VOLUNTEER OF THE YEAR” NOMINATIONS

To nominate an individual, fill out the nomination form noting your nominee’s accomplishments with an emphasis on special efforts or achievements. A nominee is not selected based on the total number of nominations or votes. Nominations are due Thursday, February 25, 2016, by 5:00 PM. Mail your nomination to: City of Lake Forest, 25550 Commercentre Dr., Suite 100, Lake Forest, CA 92630, or FAX to (949) 461-3513, or drop it off at the Senior Scene Clubhouse.

I would like to nominate: *(please print)*

The reason I would like to nominate this individual is because he/she has:
