



City of Lake Forest Senior Scene

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

LAKE FOREST SENIOR ADVISORY BOARD

The City of Lake Forest Parks & Recreation Commission is looking for candidates who are interested and passionate about future senior programs and the senior center.

Three seats will become available to serve on the Senior Advisory Board (term begins January 2017).

The Senior Advisory Board allows you to voice your opinion to the Parks & Recreation Commission, as well as discussing staff suggestions and improvements for future programs and activities.

The Senior Advisory Board is appointed by and reports to the Parks & Recreation Commission. The Board consists of five members and will act in an advisory capacity to the Parks & Recreation Commission.

Meetings are held during the day six times per year at City Hall. Each Board member's term limit is two years.

Qualifications for the Senior Advisory Board

- Lake Forest resident
- 50 years of age or older

Applications will be available on Monday, September 26 on the City's website at www.lakeforestca.gov/seniors and the Senior Scene Clubhouse located at 25550 Commercentre Drive.

All applicants must submit an application to the Parks & Recreation Commission no later than Friday, October 28 by 5:00 PM.

The Parks & Recreation Commission will conduct interviews on Thursday, November 17, at 7:00 PM.

Oct/Nov/Dec 2016

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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.

Registration for each mini excursion will not be taken before the date and or time listed below.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION

October

Lake Forest Residents:
Wed, Oct 5, 12:00 PM

Non-Residents:
Thurs, Oct 6

November

Lake Forest Residents:
Wed, Nov 2, 12:00 PM

Non-Residents:
Thurs, Nov 3

December

Lake Forest Residents:
Wed, Dec 7, 12:00 PM

Non-Residents:
Thurs, Dec 8

OCTOBER MINI EXCURSIONS



**Marconi Automotive Museum • Tustin •
Wednesday, October 12 • 10:00 AM-2:00 PM •
Fee: \$5 per person
(pay at the door; self-guided tour)**

An impressive \$30 million collection of historical, high-performance street cars and race cars, among which are Lamborghinis, Ferraris, American muscle cars, some of which are one-of-a-kind. After the tour...lunch at Fresca's Mexican Restaurant (approx \$8 to \$10).

**Surfing Heritage &
Culture Center •
San Clemente
Monday,
October 24
10:30 AM-2:00 PM
Fee: \$4 per person
(pay at the door;
docent-led tour)**



The Center is hosting a collection of products made from recycled plastic bottles, discarded nylon fishing nets and other upcycled materials titled "From Plastic to Fantastic." Over 100 surfboards will be on display. Afterwards, enjoy lunch on your own in San Clemente.

NOVEMBER MINI EXCURSIONS

**SOCO and
The OC Mix •
Costa Mesa
Wednesday,
November 9
10:00 AM-2:00 PM •
Fee: Free**



Come experience and explore SOCO and The OC Mix. Featuring over 300,000 square feet of showrooms, restaurants, artisan food purveyors, boutiques, and creative studios. At long last the public is welcome to visit over 20 showrooms, many of which were formerly located in “trade only” design centers. Lunch is on your own (or bring your own).

**Foothill Ranch
Shopping
Tuesday,
November 22
10:00 AM-2:00 PM
Fee: Free**

First stop...Walmart!
Second stop, 99Cent
Store and third
stop...lunch at the
Foothill Ranch Towne
Center (or bring your
own).

DECEMBER MINI EXCURSION



**Roger’s Gardens &
Fashion Island •
Newport Beach
Tuesday, December 20
10:00 AM-2:00 PM
Fee: Free**

The tradition continues...it’s the holiday “get-you-into-the-mood” excursion to Roger’s Gardens. As you stroll through the gardens, you will discover 22 enchanting Christmas-themed trees, a collection of beautiful ornaments, gifts, and décor. Afterwards, shopping and lunch on your own at Fashion Island.

SEMINARS

October

Let's Talk Back

Thursday, October 20
11:15 AM

Has your back pain been talking to you? It's one of the number one reasons patients go to their doctor to discuss pains in their back area. There are a lot of reasons for getting backaches...learn ways to avoid them and ways to treat the issue.

November

Unsafe Sex and the Older Adult

Thursday, November 3
11:15 AM

Something to think about...HIV is actually growing faster in adults over the age of 50 than in people 40 years and younger. Age does not protect a person from sexually transmitted diseases. Bill Liu from the OC Health Agency will discuss "What is Safe Sex."

December

No seminar is scheduled in December due to planned activities and holiday closures.



CRAFTY CRAFTERS



GIVING THANKS WREATH

Tuesday, October 18 • 10:30 AM

Design a "Thankful" wreath to adorn your door or wall for Thanksgiving! A wreath holder will be supplied.

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. For October, call October 3; November, call November 7; and December, call December 5.

Crafts may change due to availability of supplies.

SNOWMAN CANDLE HOLDER

Tuesday, November 15 • 10:30 AM

Create a snowman candle holder from a beverage glass. We'll supply the glass, paint, bling and all the supplies as you create a one-of-a-kind snowman or woman!

FABRIC WRAPPED HANGERS

Tuesday, December 13 • 10:30 AM

You will have a plethora of fabric to choose from as you cut, wrap and glue fabric around coat hangers. No need to bring coat hangers...we'll supply them for you! Your closet will never look so good!

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. **Bocce Ball will be cancelled due to inclement weather or 90+ degree temperatures. If you have any questions, please call (949) 461-3408.**

DISCOVER THE EXCITEMENT!

HOT CHOCOLATE AND MARSHMALLOWS

Mondays • 12:00 PM

As the weather starts cooling down, staff will heat up hot chocolate and marshmallows.

COLOR ME CALM

**Mon • Oct 3 thru Nov 7
12:30 PM • FREE •**

6-week course

Art therapy for adults. Unwind coloring repeated patterns.

BAGELS & BINGO

Tue • 10:30 AM

Oct 4 • Nov 1 • Dec 6

FREE!

BLOOD PRESSURE CHECKS

(Activities Room) • Mon

10:00 AM–12:00 PM

Oct 3 • Nov 14 • Dec 5

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM–12:30 PM

Oct 5 • Nov 2 • Dec 7

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

BINGO MANIA

Mon • 10:30 AM

Oct 17 • Nov 21 • Dec 19

BOCCE BALL @ THE SENIOR CENTER COMPLEX

Wed • 10:30 AM

Oct 19 • Nov 16 • Dec 21

SCRABBLE GAMES

Wed • 10:30 AM

Oct 19 • Nov 16 • Dec 21

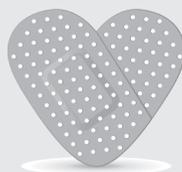
FREE!

VACCINATION CLINIC

Tue, Nov 8

10:00 AM–2:00 PM

If you haven't had your vaccination, do it now!



RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Oct 25 • Nov 29 • Dec 27

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Oct 27 • Nov 17 • Dec 29

CELL PHONES 101

Tue • 12:00–1:00 PM

Dec 20

Master your phone! Monarch HealthCare will show you how.

PING PONG

Tue • 10:00 AM–1:00 PM

Wed • 2:00–4:00 PM

Tuesdays and Wednesdays in the Lounge. **Cancelled Nov 8.**

MAHJONG MONDAYS AND WEDNESDAYS

10:00 AM–2:00 PM

Every Monday and Wednesday.

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

Availability limited at times due to training and computer classes. No instructor is on site. **In the month of October, computer classes offered on Tue and Wed (12:00–2:00 PM).**

COUPON SWAP

Drop off and pick up coupons.

WINTER CLASS ENROLLMENT

Thu • Dec 1

11:30 AM–12:30 PM

An Irvine Valley College representative will be on-site so you can register at the Senior Scene Clubhouse. **No need for an appointment – just drop in to sign up!**

LEGEND

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

SUN	MON	TUE
2	3 9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Blood Pressure Check (CC-AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows 12:30 PM Color Me Calm (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	4 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Bagels & Bingo (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) <p style="text-align: center;">Cold Box Lunch</p>
9	10 9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows 12:30 PM Color Me Calm (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	11 10:00 AM Ping Pong (CC-L) 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 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) <p style="text-align: center;">Cold Box Lunch</p>
16	17 9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A) 12:00 PM Hot Chocolate and Marshmallows 12:30 PM Color Me Calm (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	18 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Crafts – Giving Thanks Wreath (CC-AR) 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) <p style="text-align: center;">Cold Box Lunch</p>
23	24 9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Mini Excursion – Surfing Heritage & Culture Center 12:00 PM Hot Chocolate and Marshmallows 12:30 PM Color Me Calm (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	25 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 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) <p style="text-align: center;">Cold Box Lunch</p>
30	31 <p style="text-align: center;">HAPPY HALLOWEEN</p> 9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Halloween Bingo 12:00 PM Hot Chocolate and Marshmallows 12:30 PM Color Me Calm (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	

WED	THU	FRI / SAT
<p style="text-align: right;">5</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 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) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">OKTOBERFEST</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:15 AM Oktoberfest Entertainment 12:00 PM Lunch (CC-A&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;">Bratwurst</p>	<p style="text-align: right;">7</p> <p>FRI</p> <p>8:30 AM AARP Driver Safety Course (Lounge) 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust (CC-A&B) City Hall Closed</p> <hr/> <p>SAT</p> <p>8:30 AM AARP Driver Safety Course (Lounge)</p>
<p style="text-align: right;">12</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Marconi Automotive Museum 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Miracles from Heaven (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">13</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L)</p> <p>12:00 PM Lunch (CC-A&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;">Mexican Madness</p>	<p style="text-align: right;">14</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT</p> <p style="text-align: right;">15</p>
<p style="text-align: right;">19</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Bocce Ball (CC) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">20</p> <p>7:45 AM Golf Days (LFGPC) 9:30 AM Book Discussion – The Elephant Whisperer (CC-El Toro Room) 10:00 AM Excursion – Santa Anita Park 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:15 AM Seminar – Let's Talk Back 12:00 PM Lunch (CC-A&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;">Chinese Feast</p>	<p style="text-align: right;">21</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p style="text-align: center;">City Hall Closed</p> <hr/> <p>SAT</p> <p style="text-align: right;">22</p>
<p style="text-align: right;">26</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 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 – Hello, My Name is Doris (CC-L) 11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">HALLOWEEN COSTUME LUNCH</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:00 AM Halloween Costume Parade 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&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;">Chicken Soup</p>	<p style="text-align: right;">28</p> <p>FRI</p> <p>1:00 PM Bowling League (FL) 5:00 PM Senior Advisory Board Application Deadline</p> <hr/> <p>SAT</p> <p style="text-align: right;">29</p>

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

OCT

LEGEND

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

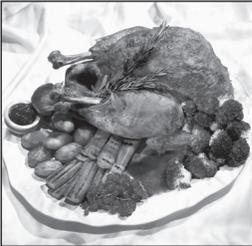
FL
Forest Lanes
 22771 Centre Drive
 (949) 770-0055

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

SUN	MON	TUE
	 <p>SENIOR SANTA AND FRIENDS</p> <p>Donation drop-off begins NOVEMBER 1 and continues through DECEMBER 8</p>	<p>1</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Bagels & Bingo (CC-A) 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>Cold Box Lunch</p>
<p>6</p> <p>DAYLIGHT SAVINGS TIME ENDS</p> <p>Set clocks back one hour</p>	<p>7</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab</p> <p>12:00 PM Hot Chocolate and Marshmallows 12:30 PM Color Me Calm (CC-L)</p> <p>Cold Box Lunch</p>	<p>8</p> <p>ELECTION DAY</p> <p>10:00 AM Ping Pong Cancelled 10:00 AM Free Vaccination Clinic 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 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)</p> <p>Cold Box Lunch</p>
<p>13</p>	<p>14</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Blood Pressure Check (CC-AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab</p> <p>12:00 PM Hot Chocolate and Marshmallows</p> <p>Cold Box Lunch</p>	<p>15</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Crafts – Snowman Candle Holder (CC-AR) 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)</p> <p>Cold Box Lunch</p>
<p>20</p>	<p>21</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A)</p> <p>12:00 PM Hot Chocolate and Marshmallows</p> <p>Cold Box Lunch</p>	<p>22</p> <p>10:00 AM Mini Excursion – Foothill Ranch Shopping Center 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 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>Cold Box Lunch</p>
<p>27</p>	<p>28</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab</p> <p>12:00 PM Hot Chocolate and Marshmallows</p> <p>Cold Box Lunch</p>	<p>29</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A)</p> <p>2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
<p style="text-align: right;">2</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 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) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">3</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:15 AM Seminar – Unsafe Sex and the Older Adult 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Advanced Practical Spanish (CC-AR) Italian Feast</p>	<p style="text-align: right;">4</p> <p>FRI</p> <p>8:30 AM AARP Driver Safety Course (Lounge)</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p style="text-align: right;">5</p> <p>SAT</p> <p>8:30 AM AARP Driver Safety Course (Lounge)</p>
<p style="text-align: right;">9</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – SOCO and The OC Mix 10:00 AM Mahjong (CC-A) 10:00 AM Senior Advisory Board Meeting 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – East Side Sushi (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">VETERANS' DAY CELEBRATION</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Veterans' Day Ceremony 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 12:30 PM Bingo (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Advanced Practical Spanish (CC-AR) Meatloaf and Mashed Potatoes</p>	<p style="text-align: right;">11</p> <p>FRI</p> <p style="text-align: center;">VETERANS' DAY</p> <p style="text-align: center;">City Hall and Clubhouse Closed</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;">12</p> <p>SAT</p>
<p style="text-align: right;">16</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Bocce Ball (CC) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">17</p> <p>7:45 AM Golf Days (LFGPC) 9:30 AM Book Discussion – The Boys in the Boat (CC-EI Toro Room) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Advanced Practical Spanish (CC-AR) Tom and Tina Turkey (reservations req'd)</p>	<p style="text-align: right;">18</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p style="text-align: right;">19</p> <p>SAT</p>
<p style="text-align: right;">23</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 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 – Eddie the Eagle (CC-L) 11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">HAPPY THANKSGIVING</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>CITY HALL AND CLUBHOUSE CLOSED</p> </div> </div>	<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 style="text-align: right;">26</p> <p>SAT</p>
<p style="text-align: right;">30</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 10:00 AM Mahjong (CC-A) 11:00 AM Drop-In Computer Lab</p> <p>2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.</p> </div> <div style="font-size: 4em; font-weight: bold; margin-top: 20px;">NOV</div>	

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

DEC

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

4	5	6
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Blood Pressure Check (CC-AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Excursion – Mission Inn Hotel 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
Cold Box Lunch		Cold Box Lunch
11	12	13
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows	10:00 AM Ping Pong (CC-L) 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Fabric Wrapped Hangers (CC-AR) 2:00 PM Beginning Practical Spanish (CC-AR)
Cold Box Lunch		Cold Box Lunch
18	19	20
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A) 12:00 PM Hot Chocolate and Marshmallows	10:00 AM Mini Excursion – Roger’s Gardens and Fashion Island 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 12:00 PM Cell Phones 101 (CC-A)
Cold Box Lunch		Cold Box Lunch
25	26	27
MERRY CHRISTMAS	CITY HALL AND CLUBHOUSE CLOSED	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A)
		Cold Box Lunch

WED	THU	FRI / SAT
	<p style="text-align: right;">1</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:30 AM Winter Class Enrollment (CC-AR) 12:00 PM Lunch (CC-A&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;">Mexican Madness</p>	<p style="text-align: right;">2</p> <p>FRI 1:00 PM Bowling League (FL)</p> <p>7:00 PM Crazy Holiday Sweater Bunco (CC-A&B)</p> <p>City Hall Closed</p> <hr/> <p>SAT 3</p>
<p style="text-align: right;">7</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 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) 2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">8</p> <p>7:45 AM Golf Days (LFGPC) 10:00 AM It's Never Too Late (LFSP) 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) 1:00 PM ETHS Choral Group 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Advanced Practical Spanish (CC-AR) 5:00 PM Senior Santa and Friends ends Italian Feast</p>	<p style="text-align: right;">9</p> <p>FRI 1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 10</p>
<p style="text-align: right;">14</p> <p>8:30 AM Birds of the World (LFSP Mtg Rm 2) 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 – My All American (CC-L) 11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (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 It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:00 AM White Elephant Exchange (reservations required) 12:00 PM Lunch (CC-A&B) 1:00 PM Charles Dickens Carolers 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Advanced Practical Spanish (CC-AR) Ham and Yams (reservations req'd)</p>	<p style="text-align: right;">16</p> <p>FRI 1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 17</p>
<p style="text-align: right;">21</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) 10:30 AM Bocce Ball (CC) 10:30 AM Scrabble (CC-A) 10:45 AM Bonus Movie – National Lampoon's Christmas Vacation (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (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 It's Never Too Late (LFSP) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p style="text-align: center;">Turkey and Cranberry Sandwiches</p>	<p style="text-align: right;">23</p> <p>FRI 1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 24</p>
<p style="text-align: right;">28</p> <p>10:00 AM Mahjong (CC-A) 10:45 AM Movie Day – Race (CC-L) 11:00 AM Drop-In Computer Lab</p> <p>2:00 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">29</p> <p>PRE-NEW YEAR'S EVE CELEBRATION 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)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p style="text-align: center;">Pizza</p>	<p style="text-align: right;">30</p> <p>FRI 1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 31</p>

GOOD STUFF COMING YOUR WAY

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

AARP DRIVER SAFETY COURSE

2-Day Session • Fri and Sat • Oct 7-8

2-Day Session • Fri and Sat • Nov 4-5

8:30 AM–12:30 PM

\$15 AARP Members • \$20 Non-Members

For additional information, call (949) 461-3450.

FREE!

LEGAL AID SOCIETY CONSULTATION

Thu, Oct 20 • 10:30 AM-2:30 PM

Call (949) 461-3408 for appointments.

MEDICARE ENROLLMENT (Part C & Part D)

Enrollment starts Sat, Oct 15 and ends Wed, Dec 7. If you have questions regarding your plans, call and make an appointment with a HiCap counselor at (949) 461-3408. Appointments are available the second Tuesday of each month.

VETERANS' DAY CELEBRATION

Thu, Nov 10 • 10:30 AM

The Senior Clubhouse will begin the Veterans' Day celebration with a color guard presentation to honor our men and women who have given over and above to protect our country.

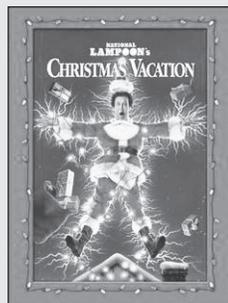
BONUS MOVIE!

National Lampoon's Christmas Vacation

(PG-13) • Dec 21

1 Hr, 37 Min

The tree is too big for the house and the 25,000 twinkling lights aren't working. Add a crazy brother's antics, Christmas dinner ruined, and no Christmas bonus! What is a family to do?



October



Miracles from Heaven

(PG) • Oct 12

1 Hr, 49 Min

When Christy discovers her 10-year-old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution.

After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired.

Starring: Jennifer Garner.



Hello, My Name is Doris

(R • For Language)

Oct 26

1 Hr, 35 Min

When Doris meets John Fremont, her company's hip new art director, sparks fly – at least for Doris.

When Doris begins showing up at John's regular haunts, she wins over his Williamsburg friends.

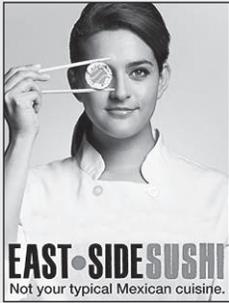
Her new life brings Doris a thrilling perspective, but also creates a rift between she and her longtime friends and family, who believe she's making a fool of herself.

Starring: Sally Field.

MOVIE DAYS

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

November



East Side Sushi
(PG-13) • Nov 9
1 Hr, 40 Min

Forced to give up her fruit-vending cart in order to find a more secure job, Juana lands a position as a kitchen assistant at a local Japanese restaurant. There she discovers a new friendship and a whole new world of cuisine and culture. While working in the restaurant's kitchen, Juana secretly observes the sushi chefs and eventually teaches herself to make a multitude of sushi. Her creativity sparked, Juana's re-ignited passion for food drives her to want more from her job and her life.



Eddie the Eagle
(PG-13) • Nov 23
1 Hr, 46 Min

Inspired by true events, the story is about Michael "Eddie" Edwards, an unlikely but courageous British ski-jumper who never stopped believing in himself even as an entire nation was counting him out.

With the help of a rebellious and charismatic coach, Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

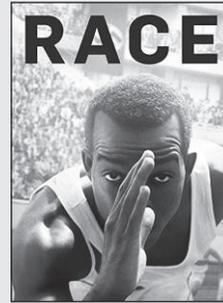
Starring: Hugh Jackman.

December



My All American
(PG-13) • Dec 14
1 Hr, 58 Min

Freddie Steinmark wants most in the world is to play football. Deemed too small by the usual athletic standards, his father trains him hard, and Freddie brings a fight to the game that ultimately gets him noticed by University of Texas coach Darrell Royal. Awarded a scholarship and a chance to play for the Longhorns, Freddie sets off to Austin determined to make the team. Just when they're reveling in the success of the season, Freddie suffers an injury that leads him to a shocking diagnosis and the biggest challenge he will ever face.



Race
(PG-13) • Dec 28
2 Hrs, 14 Min

Jesse Owens, the son of an Alabama sharecropper, shattered Adolf Hitler's assertion of Aryan supremacy by winning a record four gold medals in the 100-meter dash, the 200-meter dash, the long jump, and the 400-meter relay at the 1936 Berlin Olympics.

His accomplishments are considered among the greatest athletic victories of all time. Hitler declared that Jews and Blacks would not be allowed to participate in the Olympics, and only relented when he was threatened with a boycott.

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, check or credit cards.**

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!

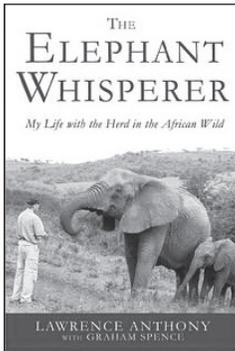
AARP	(888) 687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	(949) 855-8033
Caregiving Resource Directory	(888) 721-9797
City of Lake Forest City Hall	(949) 461-3400
Council on Aging	(714) 479-0107
Non-Disabled Housing Information	(714) 480-2864
Elder/Disabled Adult Abuse	(800) 451-5155
HiCap Services	(800) 434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	(949) 451-5555
Meals on Wheels	(949) 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.

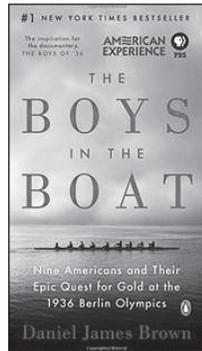
October



October 20
The Elephant Whisperer: My Life with the Herd in the African Wild
by Lawrence Anthony

The *Elephant Whisperer* is a heartwarming, exciting, funny, and sometimes sad memoir of Anthony's experiences with these huge yet sympathetic creatures. Set against the background of life on an African game reserve, with unforgettable characters and exotic wildlife, Anthony's unrelenting efforts at animal protection and his remarkable connection with nature will inspire animal lovers and adventurous souls everywhere. As he battled to create a bond with the elephants, he came to realize that they had a great deal to teach him about life, loyalty and freedom.

November



November 17
The Boys in the Boat
(book provided Oct 20)
by Daniel James Brown

A story of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. A team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain; yet they did. The heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard, but also to find a real place for himself in the world.

December

Book Club meeting to choose book selection for 2017.

THE WHITE ELEPHANT IS COMING... LUNCHEON, THAT IS!

Thursday, December 15 • 11:00 AM

Due to the popularity of the White Elephant Luncheon **reservations are mandatory.** You can reserve two seats per person. Call (949) 461-3450 to reserve your seats. (Bingo following lunch.) **Lake Forest residents call Tuesday, November 15 at 8:00 AM. Non-residents call Tuesday, November 22. Reservations left on the phone will not be accepted.**





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

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EL TORO, CA
PERMIT NO. 635

LAKE FOREST SENIOR PROGRAMS

SENIOR SANTA AND FRIENDS

Seniors Giving Back!

The Senior Scene Clubhouse will be collecting donated items for Senior Santa and Friends in conjunction with the County of Orange Operation Santa Claus Program. This "gift" giving program provides some cheer to older adults. All donations are tax deductible. Suggested items: blankets, new clothing, household appliances, nutritional supplements, walkers, canes, gift cards. Donation drop-off from November 1 to December 8.

'Tis the season!

