



City of Lake Forest Senior Scene

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

GET FREE TAX HELP THROUGH AARP

**Appointments available Mondays:
February 6 through April 10**

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 23
at 9:00 AM, call (949) 461-3408
to schedule your tax appointment.**

Jan/Feb/Mar 2017

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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

January

Lake Forest Residents:
Wed, Jan 4, 12:00 PM

Non-Residents:
Thurs, Jan 5

February

Lake Forest Residents:
Wed, Feb 1, 12:00 PM

Non-Residents:
Thurs, Feb 2

March

Lake Forest Residents:
Wed, Mar 1, 12:00 PM

Non-Residents:
Thurs, Mar 2

JANUARY MINI EXCURSIONS



Richard Nixon Library and Museum • Yorba Linda
Wednesday, January 18 • 10:00 AM-2:00 PM
Fee: \$14 per person
(pay at registration; docent-led tour)

The two-hour docent-led tour includes a 14-minute orientation film on the life and political career of President Nixon. The \$15-million renovation focuses on the decades-old galleries, 70+ exhibits, completing a process that began more than a decade ago.

Reptile Rescue
Orange County
(RROC) •
Lake Forest
Tuesday, January 24
10:15 AM-2:00 PM
Fee: \$2 donation
(pay at the door;
docent-led tour)



RROC's purpose is to find quality homes for reptiles, amphibians, invertebrates, and all other exotic animals that people can no longer care for, and those that need a new home and or medical attention. Afterwards, lunch on your own and shopping at the Orchard Center.

FEBRUARY MINI EXCURSIONS

**Orange County
Register Tour • Santa Ana •
Wednesday, February 8
10:00 AM-1:30 PM
Fee: Free (docent-led tour)**

Have you wondered what it takes to publish a newspaper? The tour explains the detailed and time-sensitive process of producing, printing, and delivering the Register and other information products 365 days a year.



**Whitaker-Jaynes
House Museum •
Buena Park
Wednesday,
February 22
10:00 AM-2:00 PM
Fee: Free
(docent-led tour)**

The Whitaker-Jaynes House coincides with the history and development of Buena Park. The house was built in 1887 for Andrew Whitaker. In 1903, the home was sold to a prominent rancher, Isaac Jaynes. The Jaynes family lived in the house until 1965 when the City of Buena Park bought and restored it.

MARCH MINI EXCURSIONS

**Irvine Spectrum •
Irvine •
Wednesday, March 15
10:00 AM-2:00 PM
Fee: Free**

Enjoy a day of shopping, riding the Giant Ferris Wheel or carousel, or just people watch. It has any shop or restaurant you can imagine! It's also another way of getting great exercise! Walking and shopping!

**L.A. Angels
Stadium Tour •
Anaheim
Monday, March 27
11:00 AM-2:00 PM
Fee: \$8 per person
(pay at registration;
docent-led tour)**



The 75-minute tour includes a trip down to the field, Angels dugout, visitors' clubhouse, a close-up look of the Mike Scioscia interview room, exclusive look at the Gene Autry suite, broadcasting booth, press conference room, and the Dugout suite. Leave the cleats at home...wear comfy shoes.

SEMINARS

January

Homeopathic Medicine

Thursday, January 19
11:15 AM

What is homeopathic medicine exactly, and what does it do?

Homeopathic remedies are believed to stimulate the body's own healing processes. Homeopathic treatment has been shown effective in treating many conditions such as colds, flu, infections, and migraine headaches.

February

Consumer Financial Protection Bureau (CFPB)

Thursday, February 16
11:15 AM

The CFPB is a government agency responsible for consumer protection. CFPB jurisdiction includes banks, credit unions, securities firms, payday lenders, mortgage-servicing operations, foreclosure relief services, debt collectors and other financial companies.

March

California Public Utilities Commission (CPUC)

Thursday, March 23
11:15 AM

The CPUC serves the public interest by protecting consumers and ensuring safe, reliable utility service and infrastructure with a commitment to environmental enhancement and a healthy California economy. The CPUC representative will discuss cost savings for seniors.

CRAFTY CRAFTERS



SWEET TOOTH CANDY BOUQUET

Tuesday, January 17 • 10:30 AM

Just in time for Valentine's Day. Staff will provide a plethora of candies to choose from and you will create the bouquet using wooden skewers, candy, and a glass vase. Definitely an edible arrangement! Yum!

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 January, call January 2 (leave a message as the Clubhouse will be closed); February, call February 6; March call March 6.

Crafts may change due to availability of supplies.

SHAMROCK HATS

Tuesday, February 21 • 10:30 AM

A pot of gold will fit nicely in the shamrock hats you construct from plastic containers, felt material, and your imagination! (Sorry...gold not provided.)

WIND CHIMES

Tuesday, March 21 • 10:30 AM

Just in time for Spring! You will make wind chimes using terra cotta gardening pots and beads.

CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! Enjoy various activities. **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.

On days when the temperature is 90+ degrees or we're experiencing inclement weather conditions, Bocce Ball activities will be cancelled. If you have any questions, please call (949) 461-3408.

DISCOVER THE EXCITEMENT!

BAGELS & BINGO

Tue • 10:30 AM

Jan 3 • Feb 7 • Mar 7

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM-12:30 PM

Jan 4 • Feb 1 • Mar 1

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

SHARE YOUR 2016 MEMORIES

Bring a picture of yourself celebrating anything and everything. Staff will make a copy of the picture to put on the bulletin board. **Please bring picture(s) by January 12.** Staff will share their photos, too!

SCRABBLE GAMES

Wed • 10:30 AM

Jan 18 • Feb 15 • Mar 15

BOCCIE BALL @ THE SENIOR CENTER COMPLEX (minimum 5 people)

Wed • 10:30 AM

Jan 18 • Feb 15 • Mar 15

BINGO MANIA

Mon • 10:30 AM

Jan 23 • Feb 27 • Mar 20

FREE! BLOOD PRESSURE CHECKS (Activities Room)

Mon 10:00 AM-12:00 PM

Jan 23 • Feb 27 • Mar 20

CELL PHONES, IPAD, NOTEBOOK 101

Mon • 11:30 AM-12:30 PM

Jan 23 • Feb 27 • Mar 27

Master your phone, Ipad, and Notebook! Jennifer from Monarch HealthCare will show you how. No appointment necessary.

MEDICATION REVIEW WITH PHARMACIST BILL

Wed, Jan 25 •

12:30-2:30 PM

Bring a list of your medications, OTC medicines, vitamins and nutritional supplements. Bill will assess your medication. Call (949) 461-3408 for an appointment.

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Jan 26 • Feb 23 • Mar 23

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Jan 31 • Feb 28 • Mar 28

SUPER BOWL THURSDAY

Thu, Feb 2 • 11:30 AM

Wear your favorite football team's colors...t-shirts, jerseys, or caps! Kick off Super Bowl Sunday on a Thursday along with tailgating inside the Clubhouse.

PING PONG

Tue • 10:00 AM-1:00 PM

Wed • 2:30-4:30 PM

Tuesdays and Wednesdays in the Lounge.

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.

Beginning February 6 through April 10, the Computer Lab will be closed on Mondays due to tax preparation.

COUPON SWAP

Drop off and pick up coupons.

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
1	2	3
HAPPY NEW YEAR!	6:00 AM Excursion – Rose Parade  CITY HALL AND CLUBHOUSE CLOSED	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-A) Cold Box Lunch
8	9	10
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab Cold Box Lunch	10:00 AM Ping Pong (CC-L) 10:00 AM HiCap Appointments (AR) 10:00 AM Drop-In Computer Lab Cold Box Lunch
15	16	17
	MARTIN LUTHER KING, JR. BIRTHDAY CITY HALL AND CLUBHOUSE CLOSED 	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Sweet Tooth Candy Bouquet (CC-AR) 11:00 AM Chinese Fan Boxing (LFSP) 2:00 PM Beginning Practical Spanish (CC-AR) Cold Box Lunch
22	23	24
	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 10:30 AM Bingo Mania (CC-A) 11:30 AM Cell Phones, Ipad, Notebook 101 (CC-A) Cold Box Lunch	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:15 AM Mini Excursion – Reptile Rescue 11:00 AM Chinese Fan Boxing (LFSP) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
29	30	31
	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 Cold Box Lunch	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) Cold Box Lunch

WED	THU	FRI / SAT
4	5	FRI 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) 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B)	1:00 PM Bowling League (FL)
Cold Box Lunch	Mexican Madness	SAT 7
11	12	FRI 13
9:00 AM Tai Chi Ch'uan (CC-B) 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 – Eye in the Sky (CC-L) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP)	1:00 PM Bowling League (FL) City Hall Closed
Cold Box Lunch	Italian Feast	SAT 14
18	19	FRI 20
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 – Nixon Library 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) 2:00 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – A Man Called Ove (CC-EI Toro Room) 10:00 AM Drop-In Computer Lab 10:30 AM Legal Aid Appointments (CC-AR) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (CC-L) 11:15 AM Seminar – Homeopathic Medicine (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP)	1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust City Hall Closed
Cold Box Lunch	Chinese Feast	SAT 21
25	26	FRI 27
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 – The Hollars (CC-L) 11:00 AM Drop-In Computer Lab 12:30 PM Medication Review (AR) 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (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)	1:00 PM Bowling League (FL) City Hall Closed
Cold Box Lunch	Pulled Pork and Buns with Baked Beans	SAT 28
		SnowFest at Pittsford Park

Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.

JAN

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

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Irvine Valley College
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SBC
Saddleback College
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FEB

FAMILIES FORWARD FOOD DRIVE
FEBRUARY 1-16

Due to the popularity of the
Thursday Lunch Program, we encourage you
to arrive by 10:30 AM for seating.

<p>5</p>	<p>6</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>7</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) 12:00 PM Intro to Social Media (CC-TR) 12:30 PM Dyna Band (CC-B) 1:00 PM Facebook in Greater Depth (CC-TR) 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>12</p>	<p>13</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>14</p> <p style="text-align: center;">RED HOT BINGO Wear Red</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM HiCap Appointments (AR) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:00 AM Valentine's Day 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> <p style="text-align: center;">Cold Box Lunch</p>
<p>19</p>	<p>20</p> <p>PRESIDENTS' DAY (Observed)</p> <p>CITY HALL AND CLUBHOUSE CLOSED</p> 	<p>21</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 - Shamrock Hats (CC-AR) 11:00 AM Chinese Fan Boxing (LFSP) 12:00 PM Buying & Selling on Ebay (CC-TR) 12:30 PM Dyna Band (CC-B) 1:00 PM Online Shopping (CC-TR) 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>26</p>	<p>27</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Blood Pressure Check (CC-AR) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A) 11:30 AM Cell Phones, iPad, Notebook 101 (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>28</p> <p>8:00 AM Excursion - Paramount Studios 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)</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>

WED	THU	FRI / SAT
1	2	3
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) 2:30 PM Ping Pong (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: center;">SUPER BOWL THURSDAY Wear Your Favorite Team Colors</p> 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 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 (CC-L) 11:30 AM Super Bowl Celebration 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) <p style="text-align: center;">Pizza</p>	FRI 1:00 PM Bowling League (FL) <hr/> SAT 4
8	9	10
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Healthier Living with Diabetes (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Orange County Register Tour 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Dark Horse (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 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 (CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) <p style="text-align: center;">Mexican Madness</p>	FRI 1:00 PM Bowling League (FL) <p style="text-align: center;">City Hall Closed</p> <hr/> SAT 11
15	16	17
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Healthier Living with Diabetes (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 (CC) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 12:00 PM Email Basics (CC-TR) 1:00 PM Android Smart Phone/Google Apps (CC-TR) 1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – The Japanese Lover (CC-EI Toro Room) 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 (CC-L) 11:15 AM Seminar – Consumer Financial Protection Bureau (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) <p style="text-align: center;">Chinese Feast</p>	FRI 8:30 AM AARP Driver Safety Refresher Course (CC-L) 1:00 PM Bowling League (FL) <hr/> SAT 18
22	23	24
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Healthier Living with Diabetes (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Whitaker-Jaynes House Museum 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Me Before You (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L) <p style="text-align: center;">Cold Box Lunch</p>	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 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 (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) 5:00 PM Senior Volunteer of the Year Nominations Deadline <p style="text-align: center;">Hamburgers</p>	FRI 1:00 PM Bowling League (FL) 4:00 PM Rock Around the Clock 50's Sock Hop Party (reservations required) <p style="text-align: center;">City Hall Closed</p> <hr/> SAT 25

CH
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CC-A
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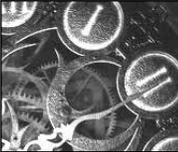
S&S Club
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MAR

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5	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A)	6	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) 12:00 PM Intro to Social Media (CC-TR) 12:30 PM Dyna Band (CC-B) 1:00 PM Facebook in Greater Depth (CC-TR) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)	7
Cold Box Lunch		Cold Box Lunch		
12	DAYLIGHT SAVINGS TIME BEGINS  Set your clocks ahead one hour	13	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A)	14
Cold Box Lunch		Cold Box Lunch		
19	FIRST DAY OF SPRING	20	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 – Wind Chimes (CC-AR) 11:00 AM Chinese Fan Boxing (LFSP) 12:00 PM Buying & Selling on Ebay (CC-TR) 12:30 PM Dyna Band (CC-B) 1:00 PM Online Shopping (CC-TR) 2:00 PM Beginning Practical Spanish (CC-AR)	21
Cold Box Lunch		Cold Box Lunch		
26	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A) 11:00 AM Mini Excursion – L.A. Angels Stadium Tour 11:30 AM Cell Phones, IPad, Notebook 101 (CC-A)	27	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)	28
Cold Box Lunch		Cold Box Lunch		

WED	THU	FRI / SAT
1	2	FRI 3
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Healthier Living with Diabetes (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) 11:00 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) 2:30 PM Ping Pong (CC-L) Cold Box Lunch	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 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 (CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) Chili	1:00 PM Bowling League (FL) <hr/> SAT 4
8	9	FRI 10
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Healthier Living with Diabetes (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) 10:45 AM Movie Day – Florence Foster Jenkins (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L) Cold Box Lunch	HAPPY BIRTHDAY, SENIOR SCENE CLUBHOUSE...15 Years of Fun 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 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 (CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) Meatloaf and Mashed Potatoes	1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 11
15	16	FRI 17
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Healthier Living with Diabetes (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Irvine Spectrum 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) 2:30 PM Ping Pong (CC-L) Cold Box Lunch	ST. PATTY'S DAY CELEBRATION Wear Green 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – Small Great Things (CC-EI Toro Room) 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 (CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) No Blarney Corned Beef (reservations required)	1:00 PM Bowling League (FL) <hr/> SAT 18
22	23	FRI 24
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Excursion – Casino Pauma 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 – Sully (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L) Cold Box Lunch	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 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 (CC-L) 11:15 AM Seminar – California Public Utilities Commission (CC-A&B) 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) Chinese Feast	1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 25
29	30	FRI 31
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 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L) Cold Box Lunch	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 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 (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) Shepherd's Pie	1:00 PM Bowling League (FL) <hr/> SAT APR 1 APRIL FOOLS!

GOOD STUFF COMING YOUR WAY

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

CALL FOR NOMINATIONS – SENIOR VOLUNTEER OF THE YEAR

Nominate a senior volunteer who has made the largest impact on the City's senior programs/facilities. Nomination forms will be available at the Senior Scene Clubhouse and on the senior website www.lakeforestca.gov/seniors.

Nominations deadline: 5:00 PM, Thursday, February 23.

AARP DRIVER SAFETY REFRESHER COURSE Friday, Feb 17 • 8:30 AM–1:00 PM

\$15 AARP Members • \$20 Non-Members

Must have taken the eight-hour course within the last four years. Call (949) 461-3450 for additional information.

ROCK AROUND THE CLOCK 50'S SOCK HOP PARTY

Friday, February 24 • 4:00–7:00 PM

\$10 per person (reservations required)

Grab those bobby-socks and let's take a stroll down memory lane as DJ Michael spins tunes from the 50's. Come dressed in your poodle skirt, straight skirt, rolled up Levi's and white t-shirt. We'll have a blast of an evening with a catered dinner, dancing, prizes, and just plain-ol'-funsville!

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

Thursday, March 16 • 12:00 PM

**No Blarney Corned Beef
(reservations required)**

Limited to two seats per registrant. Call (949) 461-3450 on Tue, Feb 7 (Lake Forest residents). Non-residents may call on Tue, Feb 14. **Call at 8:00 AM – no voicemails will be accepted.**

January



Eye in the Sky

(R) • Jan 11

1 Hr, 42 Min

After tracking a British citizen-turned-terrorist for six years, Colonel Katherine Powell finally corners her target in Kenya with the help of high-tech American drone surveillance.

The discovery of plans for a pair of imminent suicide bombings turns an intended capture into a mission to kill.

Just as the drone pilot prepares to launch a powerful Hellfire missile, a nine-year-old girl is spotted in the kill zone, sparking an international debate at the highest levels of government about whether saving one child's life is worth the almost certain death of hundreds of others.

Starring: Helen Mirren.



The Hollars

(PG-13) • Jan 25

1 Hr, 30 Min

John Hollar, a struggling NYC artist, is forced to navigate the small middle-American town he left behind when news of his mother's illness brings him home.

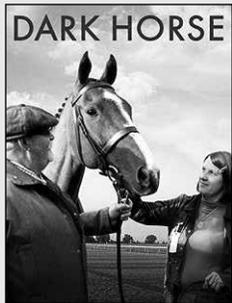
Back in the house he grew up in, John is immediately swept up in the problems of his dysfunctional family, high school rival, and an over-eager ex-girlfriend as he faces impending fatherhood with his girlfriend in New York.

Starring: John Karskinski, Margo Martindale.

MOVIE DAYS

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

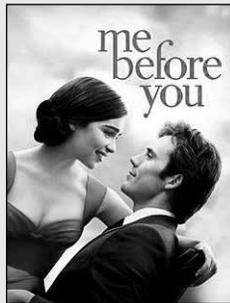
February



Dark Horse
(PG) • Feb 8
1 Hr, 26 Min

In a former mining village in Wales, a group of friends from a working men's club decides to take on the elite "sport of kings" and breed a racehorse. Their young foal, raised on nearby wasteland, grows into an unlikely champion, beating the finest thoroughbreds in the country before suffering a near fatal accident. Nursed back to health by the love of his owners – for whom he has become a source of inspiration and hope – he returns to the track for a heart-stopping comeback.

Starring: Cliff Curtis.



Me Before You
(PG-13) • Feb 22
1 Hr, 50 Min

With no clear direction in her life, quirky 26-year-old, Louisa Clark, goes from one job to the next in order to help her tight-knit family make ends meet. Her normally cheery outlook is put to the test when she faces her newest career challenge. She becomes caregiver to Will Traynor, a wealthy young banker who became wheelchair-bound in an accident two years prior. The now cynical Will has all but given up. That is until Lou determines to show him that life is worth living.

Starring: Emilia Clarke, Sam Claflin.

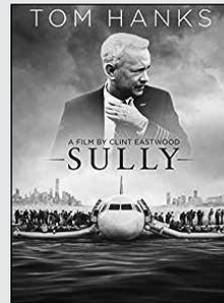
March



Florence Foster Jenkins
(PG-13) • Mar 8
1 Hr, 50 Min

The true story of Florence Foster Jenkins, the legendary New York heiress and socialite who obsessively pursued her dream of becoming a great opera singer. The voice she heard in her head was beautiful, but to everyone else it was hilariously awful. Her "husband" and manager, an aristocratic English actor, was determined to protect his beloved Florence from the truth. But when Florence decided to give a public concert at Carnegie Hall in 1944, her husband knew he faced his greatest challenge.

Starring: Meryl Streep, Hugh Grant.



Sully
(PG-13) • Mar 22
1 Hr, 36 Min

On January 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.

Starring: Tom Hanks, Laura Linney.

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!

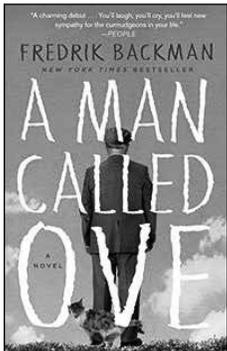
AARP	(888) 687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	(949) 855-8033
Caregiving Resource Directory	(888) 721-9797
City of Lake Forest City Hall	(949) 461-3400
Council on Aging	(714) 479-0107
Non-Disabled Housing Information	(714) 480-2864
Elder/Disabled Adult Abuse	(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.

January

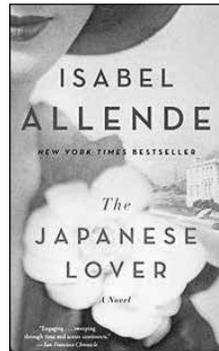


January 19
A Man Called Ove
by Fredrik Backman

Ove, a grumpy yet loveable man finds his solitary world turned on its head when a boisterous young family moves in next door. He has staunch principles, strict routines, and a short fuse.

Behind the cranky exterior there is a story and sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul.

February



February 16
The Japanese Lover
by Isabel Allende

In 1939, as Poland falls under the shadow of the Nazis, young Alma Belasco's parents send her away to live in safety with an aunt and uncle in their opulent mansion in San Francisco. There, as the rest of the world goes to war, she encounters Ichimei, the quiet and gentle son of the family's Japanese gardener. Unnoticed by those around them, a tender love affair begins. Following the Japanese attack on Pearl Harbor, Ichimei and his family are relocated to an internment camp. Throughout their lifetimes, Alma and Ichimei reunite again and again, but theirs is a love that they are forever forced to hide from the world.

March



March 16
Small Great Things
by Jodi Picoult

Ruth Jefferson, an African-American labor and delivery nurse, says every baby is born beautiful. It's what we project on them that makes them ugly. Ruth is barred from tending to a newborn baby by the baby's parents, Brittany and Turk Bauer, who are white supremacists.

But their baby goes into cardiac distress while Ruth is on duty, briefly alone in the nursery.

Should she disobey the order she's been given by the hospital or touch the baby to try to save him? And does her slight hesitation doom the newborn boy?



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

The Board has chosen Families Forward to receive donated food items. Families Forward (www.families-forward.org) exists to help families in need achieve and maintain self-sufficiency through housing, food, counseling, education, and other support services. Their food pantry is running low on canned beans, peanut butter, cereal, rice (brown preferred), and canned tomatoes. But any food item(s) would be appreciated. The Food Drive runs February 1 through February 16. On behalf of the Board, thank you in advance for your generosity!

**HAPPY BIRTHDAY,
SENIOR SCENE
CLUBHOUSE...
15 YEARS OF FUN**

Thursday • March 9

Come celebrate with us as we
celebrate our Clubhouse Birthday!

