



City of Lake Forest

Senior Scene

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

MEDICATION REVIEW

**Are you taking prescription medicines,
buying over-the-counter (OTC) medicines,
vitamins, and nutritional supplements?**

Do you wonder if you are taking them correctly?

Do you have questions such as:

“What time of the day is best to take them?”

“With food or without?”

**Make a one-on-one appointment with
County of Orange Health Care Agency's
consulting pharmacist, Bill Liu.**

Bill will assess your medication regimen
for its benefits and appropriateness,
alert you to side effects, and identify
any potential drug interactions.

Remember to bring all your medications
and supplements or a detailed list
of what you are taking.

Plus, bring all your questions.

**Call (949) 461-3408 to schedule
a 20-minute appointment
on Wednesday, April 26, 2017,
from 10:30 AM–1:30 PM
at the Senior Scene Clubhouse.**

Apr/May/June 2017

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Your Way!
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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.

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

April

Lake Forest Residents:
Wed, April 5, 12:00 PM
Non-Residents:
Thurs, April 6

May

Lake Forest Residents:
Wed, May 3, 12:00 PM
Non-Residents:
Thurs, May 4

June

Lake Forest Residents:
Wed, June 7, 12:00 PM
Non-Residents:
Thurs, Jun 8

APRIL MINI EXCURSIONS

**Lyon Air Museum
• Santa Ana
Tuesday, April 11
10:00 AM-1:00 PM
Fee: \$8 per person
(pay at the door;
docent-led tour)**



The museum captures the history of WWII aviation featuring an operational fleet of historically significant aircraft, serving as the foundation for its growing showcase of exhibits (aircraft, civilian automobiles, military automobiles, and military motorcycles).



**Muzeo Museum •
Dressing Downton
Exhibit • Anaheim
Wednesday, April 19
10:30 AM-2:00 PM
Fee: \$15 per person
(pay at registration;
docent-led tour)**

*Dressing Downton:
Changing Fashion
for Changing Times*
highlights fashion from
one of the most widely

watched TV dramas in the world – Downton Abbey. Follow your favorite characters, both upstairs and down. The exhibit showcases nearly 40 period costumes and jewelry.

MAY MINI EXCURSIONS

**Knott's Berry Farm
Early American
Heritage • Buena Park
Tuesday, May 16
10:00 AM–2:00 PM
Fee: \$13 per person
(pay at registration;
docent-led tour)**

The tour includes an introduction to early American history, a visit to the Liberty Bell, meeting Benjamin Franklin and Abigail Adams, and a tour of Independence Hall.

**Helena Modjeska
Historic House •
Modjeska Canyon
Wednesday,
May 24
10:30 AM–12:30 PM
Fee: \$5 per person (pay at the door;
docent-led tour)**



Arden, the Helena Modjeska Historic House, was the home of the world-renowned Shakespearean actress Helena Modjeska from 1888 until 1906. There are still plantings from the 1888-1906 era: palms, English yews, white lilac, and crown of thorns. The tour is approximately 1.5 hours.

JUNE MINI EXCURSIONS

**Heroes Hall Veterans' Museum •
Costa Mesa • Tuesday, June 13
10:15 AM–1:30 PM
Fee: Free (docent-led tour)**

The two-story museum is in a former barracks that is a remnant of the Santa Ana Army Air Base. The *SAAAB Story* exhibit pays tribute to veterans, SAAAB residents, celebrities, and special units. The *Things They Carried* exhibit is based on the book, and features stories about Vietnam War veterans as told through text, photography, film, audio, digital media, art, and personal items.



**Frank R. Bowerman
Landfill • Irvine
Wednesday, June 21
10:00 AM–1:00 PM
Fee: Free (docent-led tour)**

Landfills are incredible feats of environmental engineering. See how they operate. There is also a multi-media presentation about the OC waste management system.

Considerable standing and walking on dirt; must wear closed-toe shoes.

SEMINARS

April

Control Your Cholesterol

Thursday, April 20
11:15 AM

High cholesterol is something that many adults have. (LDL...is the bad cholesterol...HDL is the good.)

But, it doesn't mean you can't control it!

Join us to learn what you can do to manage high cholesterol and keep it under control.

May

Digestion Issues

Thursday, May 18
11:15 AM

IBS, gluten sensitivity, and lactose intolerance can all be challenging to live with.

Monarch Health Care's Dr. David Zimmerman will discuss digestive symptoms, causes, and available treatments.

June

Laughter is Good for the Soul

Thursday, June 15
11:15 AM

A seminar like no other! Sit back and enjoy a good laugh as a stand-up comic entertains you! Laughter decreases stress hormones and increases immune cells. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even "temporarily" relieve pain.

CRAFTY CRAFTERS



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 (i.e. for April, call April 3; for May, call May 1; and for June, call June 5). Crafts may change due to availability of supplies.

PHOTO WOOD PLAQUE

Tuesday, April 18 • 10:30 AM

Staff will provide a wood plaque, ribbon, twine, and stenciling to imprint

on the plaque (i.e., Family, Family & Friends, My Travels, My Furry Family, or your pet's name). You will create a unique wall plaque to hang your favorite photos! Too cute for words!

DOILY CANDLE LIGHT

Tuesday, May 16 • 10:30 AM

Mason jar + doily + ribbon + tea light = Doily Candle Light (trying saying that fast). Turn on your tea light and the pattern from the doily brightens your room!

PATRIOTIC AMERICAN FLAG WALL OR DOOR ART

Tuesday, June 20 • 10:30 AM

Just in time for the 4th of July! You will make an American flag from corks. We have the corks for you to paint, glue and create a flag you'll be proud of.

CLUBHOUSE DELIGHTS

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, outdoor activities (such as Poker Walk) will be cancelled. If you have any questions, please call (949) 461-3408.

FUN, FUN FOR EVERYONE!

BAGELS & BINGO

Tue • 10:30 AM

Apr 4 • May 2 • Jun 6

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM-12:30 PM

Apr 5 • May 3 • Jun 7

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

FREE! BLOOD PRESSURE CHECKS (Activities Room)

Mon 10:00 AM-12:00 PM

Apr 17 • May 15 • Jun 19

BINGO MANIA

Mon • 10:30 AM

Apr 17 • May 15 • Jun 19

SCRABBLE GAMES

Wed • 10:30 AM

Apr 19 • May 17 • Jun 21

CELL PHONES, IPAD, NOTEBOOK 101

Mon • 11:30 AM-12:30 PM

Apr 24 • May 22 • Jun 26

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

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Apr 25 • May 30 • Jun 27

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Apr 20 • May 25 • Jun 29

MOTHER'S DAY CELEBRATION

Thu, May 11 • 11:15 AM (Entertainment)

Wear your favorite hat, scarf, or pin! Since it's all about you today, crooner Ryan Lisack will sing your favorite songs by Frank Sinatra and Dean Martin!

FREE! POKER WALK

Mon, Jun 12 • 11:00 AM

All you have to do is sign-up to participate! The lucky winner/hand receives a \$25 gift card! Call (949) 461-3408.

PING PONG

Tue • 10:00 AM-1:00 PM

Wed • 2:30-4:30 PM

Tuesdays and Wednesdays in the Lounge.

FATHER'S DAY CELEBRATION

Thu, Jun 15 • 11:15 AM

(Entertainment)

It's your day! T-shirts and ties today, or if you like, bolos! Laughter is good for the soul...With that said, staff hired a comedian to kick off your weekend!

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.

The Computer Lab will be closed on Mondays due to tax preparation April 3, April 10, and April 17.

COUPON SWAP

Drop off and pick up coupons.

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

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

CC-A
Community Center
Room A

CC-B
Community Center
Room B

CC-AR
Community Center
Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

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

APR

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

<p>2</p>	<p>3</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>4</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)</p> <p>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)</p> <p style="text-align: center;">Cold Box Lunch</p>
<p>9</p>	<p>10</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>11</p> <p>10:00 AM Mini Excursion – Lyon Air Museum 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) 12:00 PM Email Basics (CC-TR) 12:30 PM Dyna Band (CC-B) 1:00 PM Android Smart Phones & Google Apps (CC-TR) 2:00 PM Beginning Practical Spanish (CC-AR)</p> <p style="text-align: center;">Cold Box Lunch</p>
<p>16</p> <p>HAPPY EASTER!</p> 	<p>17</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 Checks (CC-AR) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>18</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Photo Wood Plaque (CC-AR)</p> <p>12:00 PM Buying & Selling on Ebay (CC-TR) 1:00 PM Online Shopping (CC-TR) 2:00 PM Beginning Practical Spanish (CC-AR)</p> <p style="text-align: center;">Cold Box Lunch</p>
<p>23</p>	<p>24</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 11:30 AM Cell Phones, iPad, Notebook 101 (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>25</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>12:00 PM Intro to Social Media (CC-TR) 1:00 PM Facebook in Greater Depth (CC-TR) 2:00 PM Beginning Practical Spanish (CC-AR)</p> <p style="text-align: center;">Cold Box Lunch</p>
<p>30</p>		

WED

THU

FRI / SAT

FRI MARCH 31

1:00 PM Bowling League (FL)

SAT APRIL 1

APRIL FOOLS!

5

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

6

7:45 AM Golf Days (LFGPC)
 9:00 AM Advanced Practical Spanish (CC-AR)
9:15 AM Excursion – Wheel of Fortune Taping
 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)

Chicken Fillet Sandwiches

FRI 7

1:00 PM Bowling League (FL)

City Hall Closed

SAT 8

12

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 – Arrival (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

13

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)

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

Chicken and Rice Bowls

FRI 14

8:30 AM AARP Driver Safety Course (CC-L)

1:00 PM Bowling League (FL)

SAT 15

8:30 AM AARP Driver Safety Course (CC-L)

19

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 Mini Excursion – Muzeo Museum
10:30 AM Scrabble (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

20

7:45 AM Golf Days (LFGPC)
 9:00 AM Advanced Practical Spanish (CC-AR)
9:30 AM Book Discussion – Rebecca (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)
 10:30 AM Legal Aid Appointments (CC-AR)
11:15 AM Seminar – Control Your Cholesterol (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)

Chinese Feast

FRI 21

1:00 PM Bowling League (FL)

City Hall Closed

SAT 22

EARTH DAY

26

8:30 AM Birds of the World (LFSP Mtg Rm 2)
 9:00 AM Tai Chi Ch'uan (CC-B)
12:30 PM Medication Review (AR)
10:00 AM Mahjong (CC-A)
 10:30 AM Tai Chi Ch'uan Advanced (CC-B)
10:45 AM Movie Day – Hunt for the Wilderpeople (CC-L)
 11:00 AM Drop-In Computer Lab

2:30 PM Ping Pong (CC-L)

Cold Box Lunch

27

CLUBHOUSE OPENS AT 11:00 AM

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 Current Issues/Gov't (CC-L)
11:30 AM Volunteer Recognition Luncheon
 1:00 PM Beading and Stringing (LFSP)

Reservations required for Volunteer Recognition Luncheon

FRI 28

1:00 PM Bowling League (FL)

SAT 29

Apr/May/Jun 2017

7

Senior Scene

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
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Training Room

CC-L
Community Center
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FL
Forest Lanes
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S&S Club
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IVC
Irvine Valley College
 (949) 451-5555

SBC
Saddleback College
 (949) 582-4835

SUN	MON	TUE
	1	2
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Saddleback College Emeritus Class Summer Registration (CC-AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-A) 12:00 PM Intro to Social Media (CC-TR) 1:00 PM Facebook in Greater Depth (CC-TR) 2:00 PM Beginning Practical Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch
7	8	9
	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	10:00 AM HiCap Appointments (AR) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 12:00 PM Email Basics (CC-TR) 1:00 PM Android Smart Phones & Google Apps (CC-TR) 2:00 PM Beginning Practical Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch
14	15	16
HAPPY MOTHER'S DAY! 	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Blood Pressure Checks (CC-AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A)	10:00 AM Mini Excursion – Knott's Berry Farm Independence Hall 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Doily Candlelight (CC-AR) 12:00 PM Buying & Selling on Ebay (CC-TR) 1:00 PM Online Shopping (CC-TR) 2:00 PM Beginning Practical Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch
21	22	23
	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 11:30 AM Cell Phones, IPad, Notebook 101 (CC-A)	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 2:00 PM Beginning Practical Spanish (CC-AR)
	Cold Box Lunch	Cold Box Lunch
28	29	30
	 MEMORIAL DAY (OBSERVED) CITY HALL AND SENIOR CLUBHOUSE CLOSED	7:30 AM Excursion – Ultimate Dinosaur Exhibit 9:00 AM Advanced Practical Spanish (CC-AR) 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) 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
3	4	5
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) 2:30 PM Ping Pong (CC-L) Cold Box Lunch	PRE-CINCO DE MAYO CELEBRATION 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) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) Mexican Madness	FRI 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust City Hall Closed <hr/> SAT 6
10	11	12
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Senior Advisory Board Meeting 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Deepwater Horizon (CC-L) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L) Cold Box Lunch	MOTHER'S DAY CELEBRATION 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) 12:00 PM Lunch (CC-A&B) Baked Potato Bar	FRI 1:00 PM Bowling League (FL) <hr/> SAT 13
17	18	19
8:30 AM Birds of the World (LFSP Mtg Rm 2) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L) Cold Box Lunch	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – My Grandmother Asked Me to Tell You She's Sorry (CC-El Toro Room) 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 – Digestion Issues (CC-A&B) 12:00 PM Lunch (CC-A&B) Chinese Feast	FRI 1:00 PM Bowling League (FL) 4:00 PM Out of Africa Safari Party (reservations required) City Hall Closed <hr/> SAT 13
24	25	26
8:30 AM Birds of the World (LFSP Mtg Rm 2) 10:00 AM Mahjong (CC-A) 10:30 AM Mini Excursion – Helena Modjeska Historic House 11:00 AM Drop-In Computer Lab 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 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) Hamburgers	FRI 1:00 PM Bowling League (FL) <hr/> SAT 27
31	<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 10:30 AM for seating.</p> </div>	
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 – Fences (CC-L) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L) Cold Box Lunch	<div style="font-size: 4em; font-weight: bold; margin: 0 auto;">MAY</div>	

JUN

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

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
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LFGPC
Lake Forest Golf & Practice Center
 23308 Cherry Ave.
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FL
Forest Lanes
 22771 Centre Drive
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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

4	5	6
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	9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM HiCap Appointments (AR) 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) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)	9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM HiCap Appointments (AR) 10:00 AM Ping Pong (CC-L) 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab 10:15 AM Mini Excursion – Heroes Hall Veterans’ Museum 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
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 11:00 AM Poker Walk (CC-A)	9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM HiCap Appointments (AR) 10:00 AM Ping Pong (CC-L) 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab 10:15 AM Mini Excursion – Heroes Hall Veterans’ Museum 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)	9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM HiCap Appointments (AR) 10:00 AM Ping Pong (CC-L) 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab 10:15 AM Mini Excursion – Heroes Hall Veterans’ Museum 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
Cold Box Lunch		
18	19	20
<p style="text-align: center;">HAPPY FATHER’S DAY!</p> 	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Blood Pressure Checks (CC-AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A)	9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Patriotic Crafts – American Flag Wall or Door Art (CC-AR) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
Cold Box Lunch		
25	26	27
<p style="text-align: center;">5:30 PM</p> <p style="text-align: center;">CONCERT AT LAKE FOREST SPORTS PARK</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 11:30 AM Cell Phones, iPad, Notebook 101 (CC-A)	9:00 AM Advanced Practical Spanish (CC-AR) 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) 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		

WED	THU	FRI / SAT
	<p style="text-align: right;">1</p> <p>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)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">Italian Feast</p>	<p style="text-align: right;">2</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 3</p>
<p style="text-align: right;">7</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 11:00 AM Drop-In Computer Lab 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) 2:30 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) 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)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">Mexican Madness</p>	<p style="text-align: right;">9</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 10</p>
<p style="text-align: right;">14</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 Eagle Huntress (CC-L) 11:00 AM Drop-In Computer Lab</p> <p>2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">FATHER'S DAY CELEBRATION</p> <p>7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – When Breath Becomes Air (CC-El Toro Room) 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 – Laughter is Good for the Soul (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">Meatloaf and Mashed Potatoes</p>	<p style="text-align: right;">16</p> <p>FRI</p> <p>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 style="text-align: center;">FIRST DAY OF SUMMER</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Frank R. Bowerman OC Landfill 10:00 AM Mahjong (CC-A) 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>2:30 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) 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)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">Chinese Feast</p>	<p style="text-align: right;">23</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 24</p>
<p style="text-align: right;">28</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 – Loving (CC-L) 11:00 AM Drop-In Computer Lab</p> <p>2:30 PM Ping Pong (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) 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)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;">Hot Diggity Dogs</p>	<p style="text-align: right;">30</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT JULY 1</p>

GOOD STUFF COMING YOUR WAY

Apr/May/June 2017

12

Senior Scene

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

AARP DRIVER SAFETY COURSE (Two days)

Friday and Saturday, Apr 14 and 15

8:30 AM–12:30 PM

\$15 AARP Members • \$20 Non-Members

Call (949) 461-3450 for additional information.

EMERITUS CLASS SUMMER ENROLLMENT

Monday, May 1 (Activities Room)

10:00 AM–12:00 PM

A representative from Saddleback College will be on-site at the Senior Scene Clubhouse. **No need for an appointment – just drop in to sign up!**



OUT OF AFRICA SAFARI PARTY

Friday, May 19 • 4:00-7:00 PM

\$10 per person (reservations required)

Dress in your favorite safari wear...camouflage, animal prints (zebra, giraffe, leopard) khakis, hats, shorts, or dress as your favorite animal (if you dare)! You will feast on wild game (chicken or beef), dance to tribal tunes, and the chance to win opportunity prizes! **Have a wild time!**

4TH OF JULY PARADE FLOAT – LET FREEDOM RING

It's time to sign up for the **City's 4th of July Parade**. If you would like to help decorate or ride on the float, **call (949) 461-3408 on Monday, June 5**, and leave your name and phone number. Space is limited.

April



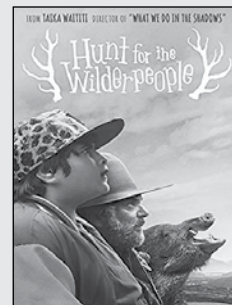
Arrival (PG-13) • Apr 12 1 Hr, 35 Min

Linguistics professor Louise Banks leads an elite team of investigators when gigantic spaceships touch down in 12 locations around the world.

As nations teeter on the verge of global war, Banks and her crew must race against time to find a way to communicate with the extraterrestrial visitors.

Hoping to unravel the mystery, she takes a chance that could threaten her life, and quite possibly all of mankind.

Starring: Amy Adams, Jeremy Renner, Forest Whitaker



Hunt for the Wilderpeople (PG-13) • Apr 26 1 Hr, 41 Min

Ricky is a defiant young city kid who finds himself on the run with his cantankerous foster uncle in the wild New Zealand bush.

A national manhunt ensues, and the two are forced to put aside their differences and work together to survive.

Starring: Sam Neill, Juliann Dennison

MOVIE DAYS

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

May



Deepwater Horizon (PG-13) • May 10 1 Hr, 39 Min

A dramatization of the April 2010 disaster when the offshore drilling rig, Deepwater Horizon, exploded and created the worst oil spill in U.S. history. For the 126 people aboard, that day began like any other. Then the world witnessed one of the greatest man-made disasters in U.S. history. Learn of the brave acts of the people who rose to the challenge and risked everything to lead others to safety.

Starring: Mark Wahlberg, Kurt Russell and Kate Hudson

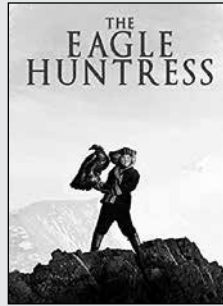


Fences (PG-13) • May 31 2 Hrs, 18 Min

Troy was once a baseball player in the Negro League, but he never got into the Majors because of his age. Now, in 1950s Pittsburgh, he works as a garbage man. Troy is having problems with his two sons. Although Lyons doesn't live at home, he continues to ask Troy for money. But Cory is the son who is causing the most trouble for his father, because he is determined to be a football player and has given up his studies at school and his job in favor of the game.

Starring: Denzel Washington and Viola Davis

June



The Eagle Huntress (G) • Jun 14 1 Hr, 27 Min

This documentary film follows Aisholpan, a 13-year-old girl, as she trains to become the first female in 12 generations of her family to become an eagle hunter, and rises to the pinnacle of a tradition that has been handed down from father to son for centuries. The time has come for Aisholpan to capture an eagle of her own. Clambering down a sheer rock cliff with a rope, she retrieves a fledgling eagle from its nest as its mother circles overhead. Her eagle will live, train, and hunt with her, until she releases it into the wild years later, so the cycle of life can continue.



Loving (PG-13) • Jun 28 2 Hrs, 2 Min

Interracial couple Richard and Mildred Loving fell in love and married in 1958. They had grown up in a small town in Virginia that was more integrated than surrounding areas in the American South. They were then first jailed and then banished by the state. Richard and Mildred relocated with their children to Washington, D.C. While relatives made them feel welcome, the urban environment did not feel like home to them, and ultimately, Mildred tries to find a way back to Virginia. Based on a true story.

Starring: Joel Edgerton and Ruth Negga

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.

April



April 20
Rebecca
by Daphne du Maurier

The novel begins in Monte Carlo, where our heroine is swept off her feet by the dashing widower Maxim de Winter and his sudden proposal of marriage.

Orphaned and working as a lady's maid, she can barely believe her luck. It is only when they arrive at his massive country estate that she realizes how large a shadow his late wife will cast over their lives – presenting her with a lingering evil that threatens to destroy their marriage from beyond the grave.

May

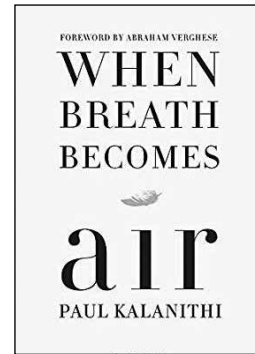


May 18
My Grandmother Asked Me to Tell You She's Sorry
by Fredrik Backman

Elsa is seven years old and different. Her grandmother is seventy-seven years old and crazy. She is also Elsa's best, and only, friend.

When Elsa's grandmother dies and leaves behind a series of letters apologizing to people she has wronged, Elsa's greatest adventure begins. Her grandmother's letters lead her to an apartment building full of drunks, monsters, attack dogs, and totally ordinary old crones, but also to the truth about fairytales and kingdoms and a grandmother like no other.

June



June 15
When Breath Becomes Air
by Paul Kalanithi

At the age of 36, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer, though he never smoked. One day he was a doctor making a living treating the dying, and the next he was a patient struggling to live.

What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? Join Kalanithi in this profoundly moving, exquisitely observed memoir.



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

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LAKE FOREST SENIOR PROGRAMS



Hurry up and take the picture. These records are getting heavy!



Senior Scene Clubhouse 15th Birthday Celebration – 15 years later and they are still coming!



Can we eat the cake now?



Really...really now? Hitch hiking is not safe!

We so love a good party!

