



CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | MARCH - MAY '24



Spring Has Sprung!



SPECIAL HIGHLIGHTS INCLUDE:

- BUNCO NIGHTS AT THE CLUBHOUSE - PG. 11**
- CASINO NIGHTS DANCE - PG. 12**
- FOURTH OF JULY PARADE VOLUNTEERS NEEDED! - PG. 6**
- LUCK OF THE LEPRECHAUN LUNCHEON - PG. 7**
- MOTHER'S DAY LUNCHEON - PG. 11**
- THE GETTY CENTER EXCURSION - PG. 10**

THE CLUBHOUSE UPDATES

The Clubhouse: Where You Meet New Friends and Create Lasting Memories!



Hello spring and warmer weather! The Clubhouse has a variety of events and programs this spring season including an excursion to the Getty Museum, a “Casino Nights” themed dance, a St. Patrick’s Day musical performance, a fun night of Bunco, and the Luck of the Leprechaun and Mother’s Day Luncheons! We also have six exciting Mini Excursions scheduled including The Muckenthaler Cultural Center, shopping at Irvine Spectrum, Dana Point Harbor, shopping at South Coast Plaza, River Street Marketplace, and shopping at Fashion Island.

Don’t forget, if you need help with filing taxes, www.ocfreetaxprep.com has multiple locations in Orange County that can provide free assistance. The Lake Forest location is Abiding Savior Lutheran Church and their phone number to set-up an appointment is (949) 830-1001.

Interested in Summer Emeritus Classes? Summer priority registration is April 23rd through April 26th. Open enrollment begins May 1st and classes begin the week of May 28th. For a list of Summer Emeritus Classes through Irvine Valley College and Saddleback College, please see page 14 for the respective college’s website.

We thank you for your continued support and look forward to a memorable spring at The Clubhouse!

- Courtney Wysocki
Senior Recreation Supervisor



The Clubhouse Senior Advisory Board

The City of Lake Forest Senior Advisory Board is committed to supporting and serving the 50+ population in our community, with a focus on health, education, optimal aging, and wellbeing. In addition, the Board serves in an advisory capacity to the Community Services Commission.

Senior Advisory Board Chair: Sandy Stang
Senior Advisory Board Vice Chair: Michelle Wood

Senior Advisory Board Member: Elaine Blais
Senior Advisory Board Member: Shirley Maldonado
Senior Advisor Board Member: Jan Wiviott

THE CLUBHOUSE DAILY SCHEDULED PROGRAMS

The Clubhouse Operating Hours

Monday through Thursday, 10:00 AM - 3:00 PM

MON

TUE

WED

THU

FRI

10:00 AM - 3:00 PM
COMPUTER LAB
(CH-CL)

10:00 AM - 3:00 PM
MAHJONG
(CH-GR)

10:00 AM - 3:00 PM
RUMMIKUB
(CH-MPR)

10:00 AM - 3:00 PM
PING PONG
(CH-MPR)

10:30 AM - 11:20 AM
STRETCH & BALANCE
(CH-WR)

12:00 PM - 12:50 PM
CHAIR EXERCISE
(CH-WR)

1:30 PM - 2:45 PM
BEGINNING CONVERSATIONS
(CH-ACR)

10:00 AM - 12:30 PM
COMPUTER LAB
(CH-CL)

10:00 AM - 3:00 PM
BRAIN GAMES & PUZZLES
(CH-GR)

10:00 AM - 3:00 PM
RUMMIKUB (CH-MPR)

10:30 AM - 11:20 AM
COUNTRY LINE DANCE
(CH-MPR)

10:30 AM - 12:20 PM
PILATES (CH-WR)

11:30 AM - 12:20 PM
COUNTRY LINE DANCE
(CH-MPR)

12:30 PM - 2:20 PM
DYNA-BAND WORKOUT
(CH-WR)

12:45 PM - 3:00 PM
PING PONG (CH-MPR)

1:00 PM - 2:50 PM
LIFE & TECHNOLOGY
FOR OLDER ADULTS
(CH-CL)

1:30 PM - 2:45 PM
INTERMEDIATE IDIOMS
(CH-ACR)

10:00 AM - 12:15 PM
PING PONG (CH-MPR)

10:00 AM - 12:50 PM
INTERMEDIATE CLOTHING
CONSTRUCTION
(CH-ACR)

10:00 AM - 3:00 PM
COMPUTER LAB
(CH-CL)

10:00 AM - 3:00 PM
MAHJONG (CH-GR)

10:00 AM - 3:00 PM
RUMMIKUB (CH-MPR)

10:30 AM - 11:20 AM
YOGA (CH-WR)

11:30 AM - 12:20 PM
PHYSICAL FITNESS
(CH-WR)

1:00 PM - 1:50 PM
TAI CHI (CH-WR)

1:00 PM - 2:50 PM
YOGA (CH-MPR)

1:30 PM - 2:45 PM
BEGINNING CONVERSATIONS
(CH-ACR)

10:00 AM - 2:00 PM
BINGO
(CH-MPR)

10:00 AM - 3:00 PM
COMPUTER LAB
(CH-CL)

10:00 AM - 3:00 PM
BRAIN GAMES
& PUZZLES
(CH-GR)

10:30 AM - 11:20 AM
PHYSICAL FITNESS
(CH-WR)

11:30 AM - 12:20 PM
YOGA
(CH-WR)

1:30 PM - 2:45 PM
INTERMEDIATE IDIOMS
(CH-ACR)

THE CLUBHOUSE
IS CLOSED

CH

The Clubhouse
100 Civic Center Dr.
(949) 461-3408

CH-ACR

The Clubhouse
Arts & Crafts Room

CH-CL

The Clubhouse
Computer Lab

CH-CR

The Clubhouse
Classroom

CH-GR

The Clubhouse
Game Room

CH-MPR

The Clubhouse
Multi-Purpose Room

CH-WR

The Clubhouse
Wellness Room

CC

Civic Center/City Hall
100 Civic Center Dr.
(949) 461-3400

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 Dr.
(949) 770-0055

S&S Club

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

IVC

Irvine Valley
College Emeritus
(949) 367-8343

SBC

Saddleback
College Emeritus
(949) 582-4835

THE CLUBHOUSE PROGRAMS

Crafty Crafters

.....

Each class is designed to spark your creative and artistic side!

Fee: \$2.00 Residents & Non-Residents

Time: 10:30 AM - 12:00 PM

Activity #: 12248 - Tuesday, March 19, 2024

Spring Floral Wreath Hat

Activity #: 12249 - Tuesday, April 16, 2024

Painted Taper Candles

Activity #: 12250 - Tuesday, May 21, 2024

Yarn Dreamcatcher



The Clubhouse Garden Club

.....

The Clubhouse Garden Club provides education, inspiration, and a sense of joy.

Fee: Free

Time: 10:00 AM - 11:00 AM

Activity #: 12251 - Tuesday, March 5, 2024

Holistic Home Gardening

Activity #: 12252 - Tuesday, April 2, 2024

Tips for Jump Starting Your Garden

Activity #: 12253 - Tuesday, May 7, 2024

UCCE Master Gardeners Presentation



Young at Heart - Lake Forest Book Club

.....

Join your Clubhouse friends and discuss assigned books at a monthly meeting.

To join the Book Club, please call
The Clubhouse at (949) 461-3408.

Time: 10:00 AM - 11:30 AM

Thursday, March 21, 2024

Symphony of Secrets by Brendan Slocumb

Thursday, April 18, 2024

The Porcelain Moon by Janie Chang

Thursday, May 16, 2024

In the Time of Butterflies by Julia Alvarez



THE CLUBHOUSE PROGRAMS CONTINUED

Clubhouse Karaoke - **NEW!**

.....

Join us for unforgettable karaoke, hosted by Bob Ampe! Bob will lead you through classic hits and hidden gems. Whether you're a seasoned karaoke veteran, or a first-timer, there's a song for everyone! Don't miss this chance to showcase your talent, or simply enjoy the performances of others in a friendly, supportive environment. Bring your friends, warm up your vocal cords, and let's hit those high notes together!

Activity #: 12414 - Monday, March 18, 2024
from 10:30 AM - 11:30 AM

Activity #: 12415 - Monday, May 20, 2024
from 10:30 AM - 11:30 AM

The Clubhouse Games & Fun!

.....

The Clubhouse offers many fun games and activities to keep your brain active and promote positive socialization!

Join us for the following programs Monday through Thursday from 10:00 AM - 3:00 PM.

Brain Games,

(Sudoku, Crossword Puzzles, and Word Searches)

Dominoes, Mahjong, Puzzles, Rummikub,
Various Card Games, and Books to Read

Computer Lab Hours

.....

Use the Computer Lab to check email, surf the net, and practice computer skills to improve proficiency.

Monday, Wednesday, and Thursday
10:00 AM - 3:00 PM

Tuesday
10:00 AM - 12:30 PM

Ping Pong

.....

Break out your paddles and join us for a friendly game! Paddles and ping pong balls are available to rent for free. Please see The Clubhouse front desk to loan the specified items.

Activity #: 12247

All participants must be registered prior to playing.

Location: The Clubhouse - MPR

Monday 10:00 AM - 3:00 PM

Tuesday 12:45 PM - 3:00 PM

Wednesday 10:00 AM - 12:15 PM



Add Us on Social Media!

Add The Clubhouse on Facebook and Instagram to stay informed with upcoming programs, activities, and events!



www.facebook.com/lakeforest.clubhouse



lakeforest.clubhouse

THE CLUBHOUSE PROGRAMS CONTINUED

Clubhouse Matinee Movies

Clubhouse Matinee Movies begin at 10:30 AM and are located at The Clubhouse - Classroom.



Wednesday, March 13, 2024

Sixteen Candles

Rated PG, 1984, Comedy/Romance

A girl's "sweet" sixteenth birthday is anything but special. Her family forgets about it and she suffers from every embarrassment possible.



Wednesday, March 27, 2024

Napolean

Rated R, 2023, Action/Adventure/Biography

An epic that details the checkered rise and fall of French Emperor Napoleon Bonaparte and his relentless journey to power through the prism of his addictive, volatile relationship with his wife, Josephine.



Wednesday, April 10, 2024

Argylle

Rated PG-13, 2024, Action/Thriller

An introverted spy novelist is drawn into the activities of a sinister underground syndicate.

Wednesday, April 24, 2024

Some Like It Hot

Not Rated, 1959, Comedy/Romance

After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in.



Wednesday, May 15, 2024

Ford V Ferrari

Rated PG-13, 2019, Action/Biography/Drama

American car designer Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966.



Wednesday, May 29, 2024

The Last City

Rated PG-13, 2022, Comedy/Action/Adventure

A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.

We Want You!

JOIN THE 4TH OF JULY PARADE
VOLUNTEER COMMITTEE



Are you interested in volunteering? Join this group of parade historians and make a difference!

Meetings are held the first Monday of the month (from February through June) at 6:00 PM at The Clubhouse Senior Center, 100 Civic Center Drive.

All volunteers will be assigned a duty for the 4th of July Parade.

For more information, contact Courtney Wysocki at cwysocki@lakeforestca.gov.

THE CLUBHOUSE BINGO PROGRAMS

Bagels & Bingo

Join us every month for bingo games and bagels from Bagels & Brew!

Time: 10:00 AM - 2:00 PM

Monday, March 4, 2024

Monday, April 1, 2024

Monday, May 6, 2024

Bingo Mania

The Clubhouse hosts Bingo Mania the fourth Monday of every month.

Time: 10:00 AM - 2:00 PM

Monday, March 25, 2024

Monday, April 22, 2024

Monday, May 20, 2024

Bingo Thursdays & Special Clubhouse Lunches!



Feeling lucky? Join us for games of bingo every Thursday from 10:00 AM - 2:00 PM! The Clubhouse offers a catered lunch once a month during Bingo Thursdays at 12:00 PM. **REGISTRATION IS REQUIRED. PLEASE REGISTER EARLY AS LUNCHESES MAY SELL OUT!**

Thursday Clubhouse Lunch Fee:
\$2.00 Residents & \$4.00 Non-Residents

Activity #: 12243

Luck of the Leprechaun Luncheon - Corned Beef & Cabbage - *Don't forget to wear green!*

Thursday, March 14, 2024

(Please Note: Fee Day-Of for Luck of the Leprechaun Luncheon is \$6.00 Residents & \$8.00 Non-Residents, Pending Spots Are Still Available)

Activity #: 12244

Welcome to the Jungle - Chicken Enchiladas

Thursday, April 25, 2024

Activity #: 12245

Spring Fling! - Orange Chicken

Thursday, May 30, 2024

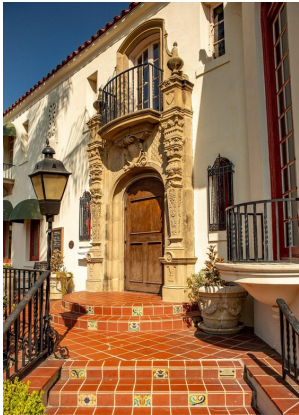
Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in all bingo activities. This is a one-time cost. You may purchase as many cards as you'd like, but you can only play with one card. To register for Thursday Clubhouse Lunches, visit www.lfparksandrecca.com or register in-person at The Clubhouse front desk. Please call (949) 461-3408 for any questions.

THE CLUBHOUSE MINI EXCURSIONS

NOW OFFERING TWO
MINI EXCURSIONS
A MONTH!

Join us for our upcoming Mini Excursions! Please note that registration is IN-PERSON ONLY. Due to limited space, Lake Forest residents will have priority registration. Non-residents may register the following day of the noted registration date.

March: The Muckenthaler Cultural Center



Visit the historic 1920's Muckenthaler House, a large Spanish Colonial Revival mansion in the heart of Fullerton. The 8-acre property houses art galleries, sculptures and gardens, and hosts performances and educational programs for the public. This mini excursion has moderate walking.

Fee: \$5.00 Due the Day of the Excursion

Registration Date: Wednesday, March 6, 2024 at 10:30 AM

Excursion Date: Wednesday, March 13, 2024 from 10:00 AM - 2:00 PM

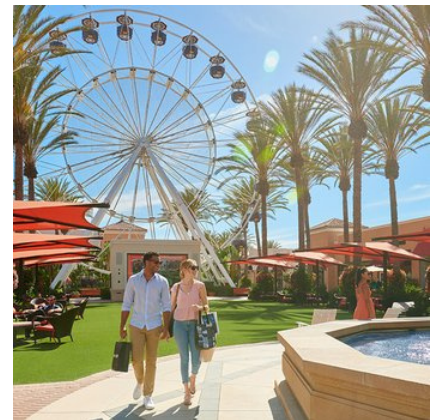
March: Shopping at Irvine Spectrum

Enjoy a fun day at one of Southern California's most popular shopping, dining, and entertainment lifestyle destinations with more than 130 stores, restaurants, and entertainment venues. This excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, March 6, 2024 at 10:30 AM

Excursion Date: Tuesday, March 26, 2024 from 10:00 AM - 2:00 PM



April: Dana Point Harbor

Spend an afternoon seaside at Mariner's Village! The Harbor offers a variety of recreational amenities, dockside dining, and unique shopping experiences. Enjoy picturesque harbor views while walking to Baby Beach or checking out the Ocean Institute. This mini excursion has moderate/excessive walking.

Fee: Free

Registration Date: Wednesday, April 3, 2024 at 10:30 AM

Excursion Date: Wednesday, April 17, 2024 from 10:00 AM - 2:00 PM



THE CLUBHOUSE MINI EXCURSIONS

Join us for our upcoming Mini Excursions! Please note that registration is IN-PERSON ONLY. Due to limited space, Lake Forest residents will have priority registration. Non-residents may register the following day of the noted registration date.

April: Shopping at South Coast Plaza



.....
Spend an afternoon with friends strolling through South Coast Plaza, a shopping destination with more than 250 extraordinary boutiques and critically acclaimed restaurants.

This excursion has moderate to excessive to moderate walking.

Fee: Free

Registration Date: Wednesday, April 3, 2024 at 10:30 AM

Excursion Date: Tuesday, April 23, 2024 from 10:00 AM - 2:00 PM

May: River Street Marketplace

.....
Explore the newly built 60,000-sqft community destination in the heart of San Juan Capistrano. Located in the Los Rios district, this marketplace features modern dining concepts, curated retail, local art, a butcher, and a full bar and brewery. This excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, May 1, 2024 at 10:30 AM

Excursion Date: Tuesday, May 14, 2024 from 10:00 AM - 2:00 PM



May: Shopping at Fashion Island



.....
Join us for a trip to the coast and experience premiere, upscale shopping with 3 floors of over 150 stores, dining, and services. This excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, May 1, 2024 at 10:30 AM

Excursion Date: Wednesday May 22, 2024 from 10:00 AM - 2:00 PM

THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

Optum Blooming with Seniors Flower Shop Class



Join Optum for a free flower shop class! Spots are limited.
Please see The Clubhouse front desk to register.

Tuesday, March 12, 2024 from 11:00 AM - 12:00 PM

Luck of the Leprechaun Musical Performance



We're feelin' green for the luck of the Irish!

Visit The Clubhouse for a FREE special performance by Linda Herman, as she shamrocks our world!

Thursday, March 14, 2024 from 12:30 PM - 1:00 PM

The Getty Center Excursion



Spend the day immersed in historical culture and art set amid modern architecture and gardens in the hills of Los Angeles. This museum features pre-20th-century European paintings, drawings, illuminated manuscripts, sculpture, and decorative arts through present day from all over the world. Take to the great outdoors and enjoy a picnic lunch while discovering sculptures displayed on terraces and in gardens surrounding the center.

Fee: \$44.00 Residents & Non-Residents

Activity #: 12254 - Wednesday, March 20, 2024 from 9:00 AM - 3:00 PM

Laugh is Good for You! Optum Comedy and Magic Show

Join Optum for a free comedy and magic show at The Clubhouse! No registration is required. The event will be held in the Multipurpose Room.

Tuesday, April 9, 2024 from 11:00 AM - 12:00 PM



TO REGISTER, VISIT WWW.LFPARKSANDRECCA.COM OR IN-PERSON AT THE CLUBHOUSE FRONT DESK.
RESIDENT REGISTRATION: TUESDAY, FEBRUARY 20 | NON-RESIDENT REGISTRATION: TUESDAY, FEBRUARY 27 10

THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS



Medicare 101 with Optum

Join Optum as you learn the basics of Medicare! The workshop is free to attend.
Please register at The Clubhouse front desk.

Wednesday, April 17, 2024 from 1:00 PM - 2:00 PM

Bunco Nights at The Clubhouse!



Let the good times roll! Join us for a fun night of Bunco!
No skill is involved, just lots of luck! Enjoy appetizers, beverages, and prizes.

Fee: \$12.00 Residents & Non-Residents

Activity #: 12242 - Friday, April 26, 2024 from 6:30 PM - 9:00 PM

Paint with Optum!

Get artsy with Optum! Join the free painting class and showcase your artistic side.
Spots are limited. Please register at The Clubhouse front desk.

Monday, May 6, 2024 from 11:00 AM - 12:00 PM



Mother's Day Luncheon



Join The Clubhouse as we celebrate Mother's Day with all of our amazing women! A special FREE lunch will be served for all patrons in attendance.

Thursday, May 9, 2024 from 12:00 PM - 12:30 PM

"Doc" Talk with Optum

Join Optum for a "Doc" Talk with Dr. Patel! The workshop is free to attend.
Please register at The Clubhouse front desk.

Tuesday, May 28, 2024 from 11:00 AM - 12:00 PM





VIVA LAS CASINO NIGHTS! COME DANCE THE NIGHT AWAY IN YOUR MOST FABULOUS CASINO ATTIRE! ENJOY A NIGHT FILLED WITH DANCING, A CATERED DINNER, SNACKS AND REFRESHMENTS, PHOTO BOOTH STATION, SPECIAL ENTERTAINMENT, AND A LOT OF FUN!

ACTIVITY#: 12246

FRIDAY, APRIL 12, 2024 | 5:00 PM - 8:00 PM

(THE CLUBHOUSE FRONT DOORS OPEN AT 4:30 PM)

THE CLUBHOUSE - MULTIPURPOSE ROOM

FEE: \$15.00 RESIDENTS & NON-RESIDENTS

REGISTER ONLINE AT WWW.LFPARKSANDRECCA.COM

OR IN-PERSON AT THE CLUBHOUSE FRONT DESK

HEALTH & WELLNESS PROGRAMS & RESOURCES

AARP Driver Safety Courses

These instructional classes are for the mature driver (50+). You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing these great courses.

Fee: \$20.00 AARP Members, \$25.00 Non-Members
(Payment is due the first day of the course, check payable to AARP)

AARP Driver Safety One-Day Refresher Course

Activity #: 12255

Date & Time: Tuesday, April 9
from 9:30 AM - 3:00 PM

AARP Driver Safety Two-Day Course

Activity #: 12256

Date & Time: Monday & Tuesday, May 6 & 7
from 9:30 AM - 3:00 PM

Grief Support Group

Find support and healing for the hurt of losing a loved one. The Grief Support Group provides emotional support, validation, and education about grief.

Call: (949) 461-3408 to reserve your spot.

The Grief Support Groups meets every 2nd and 4th Monday
from 10:00 AM - 11:00 AM

Legal Aid

Obtain free legal advice on government benefits, health, housing, consumer programs, and elder abuse.

Date & Time: Thursday, March 7, April 4, and May 2
from 1:00 PM - 3:00 PM

Call: (949) 461-3408 to schedule your 30-minute appointment.

OC Mobile Library - **NEW!**

Come check out the OC Public Libraries' On-The-Go Mobile Library! Get access to books and sign-up for a library card!

Tuesday, March 12, April 9, and May 14
from 10:00 AM - 11:30 AM

"DONUT" Stress About Medicare

Don't stress over Medicare, Optum can help! If you're trying to make sense of Medicare parts A, B, C, D, and all the rest, swing by and learn the fundamentals. Treat yourself to a donut while you learn, all for free.

Date & Time: Wednesday, March 6, April 3, and May 1
from 11:30 AM - 1:30 PM

Call: (949) 461-3408 to schedule your 30-minute appointment.

HICAP

(Health Insurance Counseling & Advocacy Program)

Get to know what benefits and services you're entitled to and how the health care system works.

Date & Time: Tuesday, March 12, April 9, May 14
from 10:00 AM - 1:00 PM

Call: (949) 461-3408 to schedule your 1-hour appointment.

Medication Review

The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements, or a detailed list of medications you take.

Interested individuals may call (949) 461-3408 to schedule a 20-minute appointment.

Date & Time: Thursday, April 25
from 10:00 AM - 1:00 PM

OC Public Library E-Resources

The El Toro Library provides free e-resource classes to learn about popular apps, accessing e-books, e-audiobooks, music, movies, magazines, and more!

Call: (949) 461-3408 to reserve your spot.

Date & Time: Tuesday, May 28
from 11:00 AM - 12:30 PM

EMERITUS CLASSES

Emeritus Classes are offered for seniors through partnerships between the City and Irvine Valley College and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population.

Registration is required directly through the colleges for all Emeritus Classes.

Please note that Emeritus Classes are in-person at The Clubhouse unless otherwise stated.

For more information regarding Irvine Valley College's Emeritus offerings, visit <http://www.ivc.edu/emmeritus> or call (949) 367-8343.

For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emmeritus> or call (949) 582-4835.

Please contact The Clubhouse at (949) 461-3408 for any questions or more information.

Irvine Valley College Emeritus Classes

Aqua Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water and training to improve balance and cardiovascular fitness.

Tic#: 62485

Date & Time: Tuesdays, January 16 - May 21
from 2:00 PM - 3:05 PM

Tic#: 62610

Date & Time: Thursdays, January 18 - May 16
from 2:00 PM - 2:50 PM

Location: Lake Forest Beach & Tennis Club

Chair Exercise

Through a beginning independent movement techniques lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students participate in lectures, discussions, demonstrations on balanced nutrition, and life sustaining exercise strategies.

Tic#: 62505

Date & Time: Mondays, January 22 - May 20
from 12:00 PM - 12:50 PM

Location: The Clubhouse - Wellness Room

Beginning Conversations

Designed to help beginning ESL students develop their emerging listening and speaking skills of American English.

Tic#: 64795

Date & Time: Mon/Wed, January 22 - May 20
from 1:30 PM - 2:45 PM

Location: The Clubhouse - Arts & Crafts Room

Country Line Dance

This course addresses the physical and mental health of the older, mature adult, using exercise and fitness activities to maintain an active, independent lifestyle.

Tic#: 62605

Date & Time: Tuesdays, January 16 - May 21
from 10:30 AM - 11:20 AM

Tic#: 62645

Date & Time: Tuesdays, January 16 - May 21
from 11:30 AM - 12:20 PM

Location: The Clubhouse - MPR

EMERITUS CLASSES

Dyna-Band Workout

Learn to properly perform exercises using resistance bands with low-impact aerobics and stretching.

Tic#: 62525

Date & Time: Tuesdays, January 16 - May 21
from 12:30 PM - 2:20 PM

Location: The Clubhouse - Wellness Room

Physical Fitness

Low impact weight bearing aerobics, strength training, stretching, and flexibility movements.

Tic#: 90120

Date & Time: Wednesdays, January 17 - May 15
from 11:30 AM - 12:20 PM

Tic#: 62520

Date & Time: Thursdays, January 18 - May 16
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

Stretch & Balance

This course addresses the physical and mental health through the use of exercise and fitness.

Tic#: 62665

Date & Time: Mondays, January 22 - May 20
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

Yoga

Stretching, relaxing, and breathing in rhythm.

Tic#: 62705

Date & Time: Wednesdays, January 17 - May 22
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

Tic#: 62620

Date & Time: Wednesdays, January 17 - May 22
from 1:00 PM - 2:50 PM

Location: The Clubhouse - MPR

Tic#: 62510

Date & Time: Thursdays, January 18 - May 16
from 11:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

Intermediate Idioms

Offers intermediate ESL students extensive oral and written practice with new idiomatic vocabulary at work, in school, and many life situations.

Tic#: 64545

Date & Time: Tue/Thu, January 22 - May 20
from 1:30 PM - 2:45 PM

Location: The Clubhouse - Arts & Crafts Room

Pilates

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, and improves coordination. Bring a mat to class.

Tic#: 62655

Date & Time: Tuesdays, January 16 - May 21
from 10:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

Tai Chi Mobility

Improve balance, lower high blood pressure, and increase vitality with tai chi!

Tic#: 62490

Date & Time: Wednesdays, January 17 - May 22
from 1:00 PM - 1:50 PM

Location: The Clubhouse - Wellness Room

Saddleback College Emeritus Classes

Intermediate Clothing Construction

Examine and utilize commercial patterns, fabric textures, and principles of color design.

Tic#: 10980

Date & Time: Wednesdays, January 17 - May 22
from 10:00 AM - 12:50 PM

Location: The Clubhouse - Arts & Crafts Room

Life & Technology Integration for Older Adults

Learn about internet use, computers, tablets, smart cell phones, mobile apps, and other technologies.

Tic#: 11580

Date & Time: Tuesdays, January 15 - May 21
from 1:00 PM - 2:50 PM

Location: The Clubhouse - Computer Lab

TRANSPORTATION SERVICES

The City of Lake Forest offers door-to-door transportation to Lake Forest senior residents via Age Well Senior Services (AWSS) and CA Yellow Cab. For more information or an application, please call The Clubhouse at (949) 461-3408.

Age Well Senior Services Bus Service

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Cost: FREE One-Way

From your Lake Forest residence to The Clubhouse

Bus Service Operating Days:

Monday through Thursday, 10:00 AM - 2:00 PM

To apply for the Age Well Bus Service, you must have a current DMV Identification Card verifying you are a Lake Forest resident and of qualifying age (60 years of age or better).



CA Yellow Cab

.....

To qualify for CA Yellow Cab, you must be a Lake Forest resident, 60 years of age or better, and do not drive or own a vehicle.

Cost: \$2.00 One-Way (\$4.00 Round Trip)

Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.

Cost: \$5.00 One-Way (\$10.00 Round Trip)

To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).



**CA YELLOW CAB WILL BE EXPANDING IN 2024!
BE ON THE LOOKOUT FOR UPDATED LOCATIONS AND PRICING.**



NEED TO KNOW NUMBERS & RESOURCES

AARP.....	888-687-2277
Access (Reservations/Info).....	877-628-2232
Access (Eligibility).....	714-560-5956
Age Well Senior Services, Inc.....	949-855-8033
CA Yellow Cab Dispatch.....	888-242-8294
City of Lake Forest City Hall.....	949-461-3400
City of Lake Forest – The Clubhouse.....	949-461-3408
Council on Aging.....	714-479-0107
Elder/Disabled Adult Abuse.....	800-451-5155
Hazardous Waste, Disposal of Expired & Unused Medicine, & Old Cell Phones.....	714-834-4000
HICAP Services.....	800-434-0222
Human Services Info.....	2-1-1
Irvine Valley College/Emeritus.....	949-367-8343
Meals on Wheels.....	949-380-0155 x12
Medicare Fraud Hotline.....	800-447-8477
Non-Disabled Housing Info.....	714-480-2864
OCTA (Transportation).....	800-636-7433
Office on Aging.....	800-510-2020
Orange Caregiver Resource Center.....	800-543-8312
Police Services Non-Emergency Dispatch.....	949-770-6011
Saddleback College/Emeritus.....	949-582-4835

MARCH 2024

OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

1

2

IT'S NATIONAL BANANA CREAM PIE DAY!



3

4

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BAGELS & BINGO
(CH-MPR)

5

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
THE CLUBHOUSE
GARDEN CLUB
(CH-ACR)

6

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - MARCH
MINI EXCURSION REGISTRATION

11:30 AM - "DONUT" STRESS
ABOUT MEDICARE (CH-CR)

7

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)


12:00 PM - SCAN HEALTH SEMINAR
(CH-MPR)

1:00 PM - LEGAL AID (CH-CR)

8

9

IT'S NATIONAL BARBIE DAY!



10

IT'S NATIONAL
PACK YOUR LUNCH
DAY!



11

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
GRIEF SUPPORT GROUP
(CH-CR)

12

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

10:00 AM - OC MOBILE LIBRARY
(CH-LOBBY)

11:00 AM - OPTUM BLOOMING WITH
SENIORS FLORAL SHOP CLASS
(CH-ACR)

13

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:
THE MUCKENTHALER
CULTURAL CENTER

10:30 AM - CLUBHOUSE
MATINEE MOVIES
(CH-CR)

14

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
LUCK OF THE LEPRECHAUN LUNCHEON
(CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE
LUNCH - CORNED BEEF & CABBAGE
(CH-MPR)

12:30 PM - IRISH MUSICAL
PERFORMANCE (CH-MPR)

15

16

17

HAPPY
ST. PATRICK'S DAY!



18

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE KARAOKE
(CH-ACR)

19

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

20

9:00 AM
GETTY MUSEUM EXCURSION

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

21

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

10:00 AM - BOOK CLUB (CH-CR)

12:00 PM - HOLISTIC HEALTH
SEMINAR WITH DR. TRINH (CH-MPR)

22

23

IT'S NATIONAL
TAMALE DAY!



24

31

25

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
GRIEF SUPPORT GROUP
(CH-CR)

10:00 AM
BINGO MANIA
(CH-MPR)

26

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
MINI EXCURSION:
SHOPPING AT
IRVINE SPECTRUM

10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)

27

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE
MATINEE MOVIES
(CH-CR)

28


10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO THURSDAYS!
(CH-MPR)

29

30

IT'S NATIONAL
TAKE A WALK
IN THE PARK DAY!



APRIL 2024

OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

1

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BAGELS & BINGO
(CH-MPR)

2

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
THE CLUBHOUSE
GARDEN CLUB
(CH-ACR)

3

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - APRIL MINI
EXCURSION REGISTRATION

11:30 AM - "DONUT" STRESS
ABOUT MEDICARE (CH-CR)

4

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

12:00 PM - REGALMED SEMINAR
(CH-MPR)

1:00 PM - LEGAL AID (CH-CR)

6

IT'S NATIONAL
CARAMEL POPCORN
DAY!



7

8

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
GRIEF SUPPORT GROUP
(CH-CR)

9

9:30 AM - AARP DRIVER SAFETY
ONE DAY REFRESHER COURSE (CH-CR)

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - HICAP (CH-ACR)

10:00 AM - OC MOBILE LIBRARY
(CH-LOBBY)

11:00 AM - OPTUM COMEDY & MAGIC SHOW
(CH-MPR)

10

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE
MATINEE MOVIES
(CH-CR)

11

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO THURSDAYS!
(CH-MPR)

12



5:00 PM
CASINO NIGHTS DANCE
AT THE CLUBHOUSE!
(CH-MPR)

JOIN US FOR A NIGHT
OF DANCING AND FUN!

13

14

IT'S NATIONAL
GARDENING DAY!



15

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

16

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

17

10:00 AM THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:
DANA POINT HARBOR

1:00 PM - MEDICARE 101 WITH
OPTUM (CH-CR)

18

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

10:00 AM - BOOK CLUB (CH-CR)

12:00 PM - CR&R SEMINAR
(CH-MPR)

19

20

IT'S NATIONAL
CHEDDAR FRIES DAY!



21

22

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - GRIEF SUPPORT
GROUP (CH-CR)

10:00 AM - BINGO MANIA
(CH-MPR)

23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
MINI EXCURSION:
SHOPPING AT
SOUTH COAST PLAZA

24

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE
MATINEE MOVIES
(CH-CR)

25

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MEDICATION REVIEW (CH-CR)

10:00 AM - BINGO THURSDAYS!
WELCOME TO THE JUNGLE LUNCHEON
(CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE
LUNCH - CHICKEN ENCHILADAS
(CH-MPR)

26

6:30 PM
BUNCO NIGHTS
AT THE CLUBHOUSE!
(CH-MPR)

27

28

IT'S NATIONAL
SUPERHERO DAY!



29

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

30

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)

MAY 2024

OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

1

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - MAY MINI
EXCURSION REGISTRATION

11:30 AM - "DONUT" STRESS
ABOUT MEDICARE (CH-CR)

2

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

12:00 PM - HICAP SEMINAR
(CH-MPR)

1:00 PM - LEGAL AID (CH-CR)

3

4

IT'S NATIONAL
STAR WARS DAY!



5

HAPPY
CINCO DE MAYO!



6

9:30 AM - AARP DRIVER SAFETY
TWO-DAY COURSE (CH-CR)

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BAGELS & BINGO
(CH-MPR)

11:00 AM - PAINT WITH OPTUM
(CH-ACR)

7

9:30 AM - AARP DRIVER SAFETY
TWO-DAY COURSE (CH-CR)

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - THE CLUBHOUSE
GARDEN CLUB (CH-ACR)

8

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
SENIOR ADVISORY
BOARD MEETING
(CH-CR)

9

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

12:00 PM - MOTHER'S DAY
LUNCHEON (CH-MPR)

10

11

12

13

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
GRIEF SUPPORT GROUP
(CH-CR)

14

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

10:00 AM - MINI EXCURSION:
RIVER STREET MARKETPLACE

10:00 AM - OC MOBILE LIBRARY
(CH-LOBBY)

15

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE
MATINEE MOVIES
(CH-CR)

16

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BOOK CLUB
(CH-CR)

10:00 AM - BINGO THURSDAYS!
(CH-MPR)

12:00 PM - HICAP SEMINAR
(CH-MPR)

17

18

IT'S INTERNATIONAL
MUSEUM DAY!



19

20

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO MANIA
(CH-MPR)

10:30 AM - CLUBHOUSE
KARAOKE (CH-ACR)

21

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

22

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
MINI EXCURSION:
SHOPPING AT
FASHION ISLAND

23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO THURSDAYS!
(CH-MPR)

24

25

IT'S NATIONAL
TAP DANCE DAY!



26

IT'S NATIONAL
PAPER AIRPLANE
DAY!



27

THE CLUBHOUSE IS CLOSED



28

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - RUMMIKUB TOURNAMENT
(CH-MPR)

11:00 AM - OC PUBLIC LIBRARY
E-RESOURCES WORKSHOP
(CH-ACR)

11:00 AM - "DOC" TALK WITH OPTUM
(CH-CR)

29

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE
MATINEE MOVIES
(CH-CR)

30

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
SPRING FLING LUNCHEON
(CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE
LUNCH - ORANGE CHICKEN
(CH-MPR)

31