



CITY OF LAKE FOREST

# THE CLUBHOUSE CALENDAR



[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) | [www.facebook.com/lakeforest.clubhouse](https://www.facebook.com/lakeforest.clubhouse) | SEP - NOV '23



## Let's Celebrate Fall!

**SPECIAL HIGHLIGHTS INCLUDE:**

FRIENDSGIVING CELEBRATION LUNCHEON - PG. 7

PALA CASINO EXCURSION - PG. 9

SENIOR SANTA AND FRIENDS - PG. 10

THE CLUBHOUSE GARDEN CLUB - FLORAL ARRANGEMENTS - PG. 4

THE CLUBHOUSE SENIOR RESOURCE FAIR - PG. 11

VETERANS DAY CELEBRATION - HEROES & HOTDOGS - PG. 10



# THE CLUBHOUSE UPDATES

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



Hello fall! We're ready to have a "gourd" time! The Clubhouse has a variety of events and programs this fall season including an excursion to Pala Casino, The Clubhouse Senior Resource Fair, a fun night of Bunco, and our annual Veterans Day and Friendsgiving Luncheons! We also have three exciting Mini Excursions scheduled including the Newport Beach Celebrity Homes Cruise, Irvine Regional Park Pumpkin Patch, and the San Clemente Outlets.

Our annual HICAP Medicare Enrollment Clinic is on Monday, October 23, from 9:00 AM - 4:00 PM. Beginning Tuesday, September 5, please call The Clubhouse at (949) 461-3408 to schedule an appointment.

As we transition into the holiday season, Senior Santa & Friends is returning in November! Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program. This "gift" giving program provides some cheer to older adults with disabilities and income only slightly above the federal poverty level. All donations are tax deductible. Items needed (must be new and unused) include:

- Clothing, Blankets, and Household Items
- Nutritional Supplements (i.e., Ensure and Glucerna)
- Gift Cards (Grocery Stores, Department Stores, and Pharmacies)

Between November 6 and December 7, 2023, drop-off your gift(s) at The Clubhouse during operating hours.

We thank you for your continued support and look forward to a memorable fall 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

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 - 11:35 AM  
STRETCH & BALANCE  
(CH-WR)

12:00 PM - 1:05 PM  
CHAIR EXERCISE  
(CH-WR)

### TUE

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)

### WED

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)

### THU

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)

### FRI

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 #: 11927 - Tuesday, September 19, 2023

Fall Garland

Activity #: 11928 - Tuesday, October 17, 2023

Wood Pumpkin Painting

Activity #: 11929 - Tuesday, November 14, 2023

Cinnamon Stick Candles



## The Clubhouse Garden Club

.....

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

Fee: Free (9/5 and 10/3 Classes)

\$5.00 Registration Fee (11/7 Class)

Time: 10:00 AM - 11:00 AM

Activity #: 11930 - Tuesday, September 5, 2023

Container Savvy

Activity #: 12075 - Tuesday, October 3, 2023

Fruit Care Tree for Fall

Activity #: 11931 - Tuesday, November 7, 2023

Floral Arrangements



## 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, September 21, 2023

*Maid* by Stephanie Land

Thursday, October 19, 2023

*The Book Woman's Daughter* by Kim Michele Richardson

Thursday, November 16, 2023

*Personal Librarian* by Marie Benedict  
& Victoria Christopher Murray

*(Please Note: Book Club on 11/16 Begins at 9:30 AM)*

# THE CLUBHOUSE PROGRAMS CONTINUED

## Computer Lab Hours

.....

The Clubhouse patrons may 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

## 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

## 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 #: 11926

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](http://www.facebook.com/lakeforest.clubhouse)



.....

[lakeforest.clubhouse](https://www.instagram.com/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, September 13, 2023

### *Mrs. Harris Goes to Paris*

Rated PG, 2022, Comedy/Drama

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook, but the very future of the House of Dior.



Wednesday, September 27, 2023

### *The Old Man & the Gun*

Rated PG-13, 2018, Biography/Comedy/Crime

Based on a true story, Forrest Tucker, age 70, makes an audacious escape from San Quentin, conducting an unprecedented string of heists that confound authorities and enchant the public. Wrapped up in the pursuit is detective John Hunt, who becomes captivated with Forrest's commitment to his craft, and a woman who loves him in spite of his chosen profession.



Wednesday, October 18, 2023

### *Downtown Abbey: New Era*

Rated PG, 2022, Drama/Romance

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.

Wednesday, October 25, 2023

### *Indiana Jones and the Dial of Destiny*

Rated PG-13, 2023, Adventure/Action

Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA.



Wednesday, November 8, 2023

### *The Miracle Club*

Rated PG-13, 2023, Comedy

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime.



Wednesday, November 29, 2023

### *Knives Out*

Rated PG-13, 2019, Crime/Comedy

The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth.

# 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, September 11, 2023

Monday, October 2, 2023

Monday, November 6, 2023

## Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, September 25, 2023

Monday, October 23, 2023

Monday, November 27, 2023

## 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.

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

Activity #: 11920

Fall Flannel Fiesta - Chicken Enchiladas - *Don't forget to wear your favorite flannel attire!*

Thursday, September 28, 2023

Activity #: 11921

Ghoulish Delight - Spooky Spaghetti with Mummy Meatballs - *Don't forget to dress up in costume!*

Thursday, October 26, 2023

Activity #: 11922

Friendsgiving Celebration - Turkey Feast and All the Fixings!

Thursday, November 16, 2023

***(Please Note: Fee Day of for Friendsgiving Celebration is \$6.00 Residents & \$8.00 Non-Residents)***

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](http://www.lfparksandrecca.com) or register in-person at The Clubhouse front desk. Please call (949) 461-3408 for any questions.

# 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.

## September: Newport Beach Celebrity Homes Cruise

.....



This fun 45-minute harbor cruise is full of stories about Hollywood legends and the history of the homes and yachts where the stars have lived and celebrated. Enjoy your day at Balboa with boutique shopping, dining, and beautiful harbor views. This mini excursion has minimal walking.

Fee: \$15.00 Due Day of Excursion

Registration Date: Wednesday, September 6, 2023 at 10:30 AM

Excursion Date: Wednesday, September 20, 2023 from 10:00 AM - 2:00 PM

---

## October: Irvine Regional Park Pumpkin Patch

.....

Enjoy the scenic views of the regional park while checking out the pumpkin patch, haunted house, hayride, and maze! Take a visit to their zoo or grab yourself a treat from the train station snack bar and have a picnic at the lake. This mini excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, October 4, 2023 at 10:30 AM

Excursion Date: Tuesday, October 10, 2023 from 10:00 AM - 2:00 PM



---

## November: San Clemente Outlets

.....

Get outside for a beautiful afternoon of shopping 60+ big brands at deep blue discounts in a stunning, Spanish-style village overlooking the Pacific Ocean.

Fee: Free

Registration Date: Wednesday, November 1, 2023 at 10:30 AM

Excursion Date: Wednesday, November 15, 2023 from 10:00 AM - 2:00 PM



# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

## Android & iPhone Trainings with California Phones

.....  
Having difficulty using your smartphone?

Attend a free training and make your Android and iPhone smartphone work better for you!

Patrons will learn how to operate basic functions of a smartphone, Bluetooth, wi-fi, and much more. Call The Clubhouse at (949) 461-3408 or see the front desk to register.

iPhone Trainings: Wednesday, September 6 and November 1 from 10:00 AM to 12:00 PM

Android Trainings: Wednesday, September 13 and November 15 from 10:00 AM to 12:00 PM



## Pala Casino Excursion

.....  
Experience non-stop fun with over 2,000 slot machines, table games, shopping, and many dining options at Pala Casino!  
Activity fee includes transportation, snacks, and non-alcoholic refreshments.

Fee: \$25.00 Residents & Non-Residents

Activity #: 11923 - Tuesday, September 12, 2023 from 9:00 AM - 5:00 PM

## Optum Workshops

.....  
Join us for the following free workshops with Optum!

Medicare 101 Workshop - Wednesday, September 13, 2023 from 1:30 PM to 2:30 PM

Floral Arrangements Workshop - Tuesday, September 26, 2023 from 10:00 AM to 12:00 PM

Optum Annual Enrollment Presentation - Tuesday, October 17, 2023 from 11:00 AM to 1:00 PM

Optum Annual Enrollment Presentation - Tuesday, October 24, 2023 from 10:30 AM to 11:30 AM

Optum Annual Enrollment Presentation - Monday, November 6, 2023 from 11:00 AM to 1:00 PM

Optum Annual Enrollment Presentation - Wednesday, November 15, 2023 from 11:00 AM to 1:00 PM

To register, call The Clubhouse at (949) 461-3408 or visit us in person and register at the front desk!

## Bunco Nights at The Clubhouse!



.....  
Let the good times roll! Join us for a fun and spooky night of Bunco!

No skill is involved, just lots of luck! Enjoy appetizers, beverages, and prizes.

Don't forget to dress up in your favorite costume!

Fee: \$12.00 Residents & Non-Residents

Activity #: 11919 - Friday, October 13, 2023 from 6:30 PM - 9:00 PM

TO REGISTER, VISIT [WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM) OR IN-PERSON AT THE CLUBHOUSE FRONT DESK.  
RESIDENT REGISTRATION: TUESDAY, AUGUST 22 | NON-RESIDENT REGISTRATION: TUESDAY, AUGUST 29

# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS CONTINUED

## HICAP Medicare Annual Enrollment



Make an informed decision about the new 2024 Medicare Health and Drug Plans! HICAP counselors will provide you with a health and drug cost comparison analysis of your options.

Monday, October 23, 2023 from 9:00 AM - 4:00 PM

Beginning Tuesday, September 5, call (949) 461-3408 to schedule an appointment. Please leave a message with your name and phone number.

## Senior Santa & Friends

In conjunction with the County of Orange Operation Santa Claus program, this "gift" giving program provides some cheer to older adults with disabilities and income only slightly above the federal poverty level. All donations are tax deductible. Items needed (must be new and unused) include:



- Clothing, blankets, and household items
- Nutritional supplements (ie, Ensure and Glucerna)
- Gift cards (grocery stores, department stores, and pharmacies)

Between November 6 and December 7, drop-off your gifts at The Clubhouse during operating hours.

## Veterans Day Celebration - Heroes & Hotdogs

Join us for a Veterans Day Celebration during Thursday Bingo!

A hotdog stand, desserts, and refreshments are provided.

If you are a veteran, please send us your favorite photo from when you were in the military service! Email photos to Senior Recreation Supervisor, Courtney Wysocki, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov).

You do not need to be a veteran to attend.

Fee: FREE!

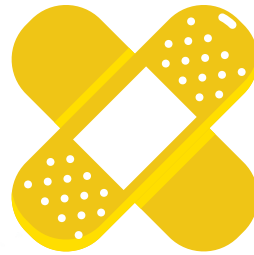
Activity #: 11925 - Thursday, November 9, 2023 from 12:00 PM - 1:00 PM



**THE CLUBHOUSE PRESENTS**

# Senior Resource Fair

THE CLUBHOUSE SENIOR RESOURCE FAIR PROVIDES THE COMMUNITY WITH AVAILABLE RESOURCES FOR THE 50 AND BETTER DEMOGRAPHIC INCLUDING:



CITY SERVICES  
COMMUNITY RESOURCES  
FREE FLU SHOTS  
HEALTH SCREENINGS  
NON-PROFIT GROUPS  
FOOD & REFRESHMENTS

## ACTIVITY #: 11924

MONDAY, OCTOBER 16, 2023 | 10:00 AM - 1:00 PM

THE CLUBHOUSE - MULTIPURPOSE ROOM

FEE: FREE

REGISTER ONLINE AT [WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)

OR IN-PERSON AT THE CLUBHOUSE FRONT DESK

THE FIRST 100 PATRONS TO REGISTER WILL RECEIVE A GIFT!

# 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 #: 11932

Date & Time: Thursday, September 14  
from 8:30 AM - 1:00 PM

## AARP Driver Safety Two-Day Course

Activity #: 11933

Date & Time: Monday & Tuesday, October 30 & 31  
from 8:30 AM - 1:00 PM

## Grief Support Group - **NEW!**

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, Sep. 7, Oct. 5, and Nov. 2  
from 1:00 PM - 3:00 PM

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

## 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, November 28  
from 11:00 AM - 12:30 PM

## "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, Sep. 6, Oct. 4, and Nov. 1  
from 11:30 AM - 1:30 PM

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

## Free Blood Pressure Checks

The Clubhouse hosts free blood pressure checks on  
Monday, Sep. 18, Oct. 16, and Nov. 20  
from 10:00 AM - 12:00 PM

Call: (949) 461-3408 for more information.

No appointment necessary.

## 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, Sep. 12, Oct. 10, and Nov. 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, November 9  
from 10:00 AM - 1:00 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://academics.ivc.edu/emergitus> or call (949) 367-8343.

For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emergitus> 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#: 65865

Date & Time: Tuesdays, August 22 - December 5  
from 2:00 PM - 3:05 PM

Tic#: 65855

Date & Time: Thursdays, August 24 - December 7  
from 2:00 PM - 3:05 PM

Location: Lake Forest Beach & Tennis Club

### *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#: 90200

Date & Time: Tuesdays, August 22 - December 19  
from 10:30 AM - 11:20 AM

Tic#: 90205

Date & Time: Tuesdays, August 22 - December 19  
from 11:30 AM - 12:20 PM

Location: The Clubhouse - MPR

### *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, and demonstrations on balanced nutrition and life sustaining exercise strategies.

Tic#: 90065

Date & Time: Mondays, August 21 - December 4  
from 12:00 PM - 1:05 PM

Location: The Clubhouse - Wellness Room

### *Dyna-Band Workout*

Dyna-bands or resistance bands (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts.

Tic#: 65815

Date & Time: Tuesdays, August 22 - December 19  
from 12:30 PM - 2:20 PM

Location: The Clubhouse - Wellness Room

# EMERITUS CLASSES

## *Physical Fitness*

The class consists of the three components necessary to maintain optimum health and fitness.

Low impact weight bearing aerobics, strength training, and stretching and flexibility movements suited to the needs of the individual.

Tic#: 90355

Date & Time: Wednesdays, August 23 - December 20  
from 11:30 AM - 12:20 PM

Tic#: 65740

Date & Time: Thursdays, August 24 - December 14  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

## *Stretch & Balance*

This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness aimed at maintaining an active, independent lifestyle.

Tic#: 90080

Date & Time: Mondays, August 21 - December 4  
from 10:30 AM - 11:35 AM

Location: The Clubhouse - Wellness Room

## *Yoga*

Instruction will include stretching, relaxing, and breathing in rhythm as directed by the instructor.

Tic#: 90035

Date & Time: Wednesdays, August 23 - December 13  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

Tic#: 65860

Date & Time: Wednesdays, August 23 - December 13  
from 1:00 PM - 2:50 PM

Location: The Clubhouse - MPR

Tic#: 65860

Date & Time: Thursdays, August 24 - December 14  
from 11:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

## *Pilates*

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Wear comfortable clothing and bring a mat to class.

Tic#: 65745

Date & Time: Tuesdays, August 22 - December 19  
from 10:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

## *Tai Chi Mobility*

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure and the philosophy of tai chi ch'uan.

Tic#: 90085

Date & Time: Wednesdays, August 23 - December 20  
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#: 13300

Date & Time: Wednesdays, August 23 - December 20  
from 10:00 AM - 12:50 PM

Location: The Clubhouse - Arts & Crafts Room

### *Life & Technology Integration for Older Adults*

Students will learn about internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

Tic#: 12960

Date & Time: Tuesdays, August 21 - December 19  
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. 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.



## CA Yellow Cab



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).



## Age Well Senior Services Bus Service



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

*Due to COVID-19, Age Well Senior Services may require you to wear a mask on the bus.*

To apply for Senior Transportation, you must have a current DMV Identification Card verifying you are a Lake Forest resident and of qualifying age.

For more information or an application, please call The Clubhouse at (949) 461-3408.

# 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
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



# SEPTEMBER 2023

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

SUN MON TUE WED THU FRI SAT

1 2

IT'S WORLD COCONUT DAY!



3

IT'S NATIONAL CINEMA DAY!



4

THE CLUBHOUSE IS CLOSED

**HAPPY LABOR DAY**

5

SCHEDULE YOUR HICAP MEDICARE ENROLLMENT CLINIC APPOINTMENT FOR OCTOBER 23!

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

6

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - IPHONE TRAINING (CH-CL)

10:30 AM - SEPTEMBER 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 - EMERGENCY KITS WITH POLICE SERVICES (CH-MPR)

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

8

9

10

11

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

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

12

9:00 AM - PALA CASINO EXCURSION

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

13

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - ANDROID PHONE TRAINING (CH-CL)

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

1:30 PM - MEDICARE 101 (CH-ACR)

14

8:30 AM - AARP DRIVER SAFETY ONE DAY REFRESHER COURSE (CH-ACR)

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS


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

12:00 PM - ANGEL CONNECTION SEMINAR (CH-MPR)

15

16

IT'S NATIONAL GUACAMOLE DAY!



17

IT'S NATIONAL DANCE DAY!



18

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM FREE BLOOD PRESSURE CHECKS (CH-CR)

19

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:30 AM CRAFTY CRAFTERS (CH-ACR)

20

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM MINI EXCURSION: NEWPORT BEACH CELEBRITY HOMES CRUISE

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 - UCI HEALTH SEMINAR (CH-MPR)

22

23

24

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 OPTUM FLORAL ARRANGEMENT CLASS (CH-ACR)

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! FALL FLANNEL FIESTA (CH-MPR)

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

29

30



IT'S NATIONAL LOVE PEOPLE DAY!



# OCTOBER 2023

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

**SUN      MON      TUE      WED      THU      FRI      SAT**

<p>1</p>	<p>2</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM BAGELS &amp; BINGO (CH-MPR)</p>	<p>3</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM THE CLUBHOUSE GARDEN CLUB (CH-ACR)</p>	<p>4</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM - OCTOBER MINI EXCURSION REGISTRATION</p> <p>11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)</p>	<p>5</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! (CH-MPR)</p> <p>12:00 PM - HICAP - WHAT'S NEW IN MEDICARE SEMINAR (CH-MPR)</p> <p>1:00 PM - LEGAL AID (CH-CR)</p>	<p>6</p>	<p>7</p> <p>IT'S NATIONAL CHOCOLATE COVERED PRETZEL DAY!</p> 
<p>8</p> <p>IT'S NATIONAL HERO DAY!</p> 	<p>9</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM GRIEF SUPPORT GROUP (CH-CR)</p>	<p>10</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM MINI EXCURSION: IRVINE REGIONAL PARK PUMPKIN PATCH</p> <p>10:00 AM - HICAP (CH-CR)</p>	<p>11</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM SENIOR ADVISORY BOARD MEETING (CH-CR)</p>	<p>12</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM BINGO THURSDAYS! (CH-MPR)</p> <p>12:00 PM - ADVANCE OC SEMINAR (CH-MPR)</p>	<p>13</p> <p>6:30 PM BUNCO NIGHTS AT THE CLUBHOUSE!</p>	<p>14</p>
<p>15</p> <p>IT'S NATIONAL I LOVE LUCY DAY!</p> 	<p>16</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - THE CLUBHOUSE SENIOR RESOURCE FAIR (CH-MPR)</p> <p>10:00 AM - FREE BLOOD PRESSURE CHECKS (CH-MPR)</p>	<p>17</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM - CRAFTY CRAFTERS (CH-ACR)</p> <p>11:00 AM - OPTUM ANNUAL ENROLLMENT PRESENTATION (CH-CR)</p>	<p>18</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM CLUBHOUSE MATINEE MOVIES (CH-CR)</p>	<p>19</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! (CH-MPR)</p> <p>10:00 AM - BOOK CLUB (CH-CR)</p> <p>12:00 PM - MINI MADNESS THERAPY HORSES &amp; COWS (CH-MPR)</p>	<p>20</p>	<p>21</p> <p>IT'S NATIONAL REPTILE AWARENESS DAY!</p> 
<p>22</p> <p>IT'S NATIONAL MAKE A DOG'S DAY!</p> 	<p>23</p> <p>9:00 AM - HICAP MEDICARE ANNUAL ENROLLMENT (CH-ACR)</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - GRIEF SUPPORT GROUP (CH-CR)</p> <p>10:00 AM - BINGO MANIA (CH-MPR)</p>	<p>24</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM OPTUM ANNUAL ENROLLMENT PRESENTATION (CH-CR)</p>	<p>25</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM CLUBHOUSE MATINEE MOVIES (CH-CR)</p>	<p>26</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! GHOULISH DELIGHT LUNCHEON (CH-MPR)</p> <p>12:00 PM - THURSDAY CLUBHOUSE LUNCH - SPOOKY SPAGHETTI WITH MUMMY MEATBALLS (CH-MPR)</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>8:30 AM AARP DRIVER SAFETY TWO-DAY COURSE (CH-ACR)</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p>	<p>31</p> <p>8:30 AM - AARP DRIVER SAFETY TWO-DAY COURSE (CH-ACR)</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - RUMMIKUB TOURNAMENT (CH-MPR)</p> <p><b>HAPPY HALLOWEEN</b></p>				

# NOVEMBER 2023

## 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 - IPHONE TRAINING (CH-CL)  
 10:30 AM - NOVEMBER 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 - MEMORIALCARE SEMINAR (CH-MPR)  
 1:00 PM - LEGAL AID (CH-CR)

3

4

IT'S NATIONAL CANDY DAY!



5

IT'S NATIONAL DONUT DAY!



6

SENIOR SANTA & FRIENDS BEGINS!  
 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  
 10:00 AM - BAGELS & BINGO (CH-MPR)  
 11:00 AM - OPTUM ANNUAL ENROLLMENT PRESENTATION (CH-CR)

7

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 - CLUBHOUSE MATINEE MOVIES (CH-CR)

9

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  
 10:00 AM - MEDICATION REVIEW (CH-CR)  
 10:00 AM - BINGO THURSDAYS! (CH-MPR)  
 12:00 PM - VETERANS DAY CELEBRATION (CH-MPR)

10

11

HAPPY VETERANS DAY!



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)  
 10:30 AM CRAFTY CRAFTERS (CH-ACR)

15

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  
 10:00 AM - MINI EXCURSION: SAN CLEMENTE OUTLETS  
 10:00 AM - ANDROID PHONE TRAINING (CH-CL)  
 11:00 AM - OPTUM ANNUAL ENROLLMENT PRESENTATION (CH-CR)

16

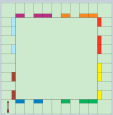
10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  
 9:30 AM - BOOK CLUB (CH-CR)  
 10:00 AM - BINGO THURSDAYS! FRIENDSGIVING CELEBRATION (CH-MPR)  
 12:00 PM - THURSDAY CLUBHOUSE LUNCH - TURKEY FEAST AND ALL THE FIXINGS (CH-MPR)

17

18

19

IT'S NATIONAL PLAY MONOPOLY DAY!



20

10:00 AM THE CLUBHOUSE DAILY PROGRAMS  
 10:00 AM FREE BLOOD PRESSURE CHECKS (CH-CR)

21

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

22

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

23

THE CLUBHOUSE IS CLOSED



24

25

26

27

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  
 10:00 AM - GRIEF SUPPORT GROUP (CH-CR)  
 10:00 AM - BINGO MANIA (CH-MPR)

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)

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! (CH-MPR)