

CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JUNE - AUGUST '24



SUMMER FUN IN THE SUN!



SPECIAL HIGHLIGHTS INCLUDE:

- AARP SMART TECHNOLOGY CLASS - PG. 13
- BUNCO NIGHTS AT THE CLUBHOUSE - PG. 10
- FATHER'S DAY LUNCHEON - PG. 10
- FOURTH OF JULY PARADE - PG. 12
- PALA CASINO EXCURSION - PG. 10
- SUMMER EMERITUS CLASSES - PG. 14

THE CLUBHOUSE UPDATES

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



Hello summer! The Clubhouse has a variety of events and programs this summer season including an excursion to Pala Casino, fun nights of Bunco, an Optum Comedy Show, and a Father's Day Luncheon! We also have six exciting Mini Excursions scheduled including the Farmers Market at Irvine Regional Park, Anaheim Packing House, Newport Harbor Cruise, Fullerton Arboretum, San Clemente Outlets, and Sherman Library & Gardens.

Make sure to stop by and check out our newly updated Arts & Crafts Room Patio! It's going to be a great addition to The Clubhouse for new classes, programs, and events!

Don't forget, our annual 4th of July parade is coming up! The parade begins at 9:30 AM and starts on the corner of Toledo Way and Ridge Route Drive and ends on Serrano Road and Ridge Route Drive. The Clubhouse will have a float this year, so if you are interested in riding in the parade, be on the lookout for our sign-up list!

The City is committed to ensuring the enjoyment, safety, and proper use of The Clubhouse, which is governed by The Clubhouse Administrative Policy. To view The Clubhouse Administrative Policy, please visit <https://www.lakeforestca.gov/en/clubhouse>.

We thank you for your continued support and look forward to a memorable summer 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
AMERICAN & CHINESE
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 - 11:50 AM
STRENGTH & BALANCE
(CH-WR)

12:00 PM - 1:20 PM
CHAIR EXERCISE
(CH-WR)

TUE

10:00 AM - 3:00 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 - 11:45 AM
PILATES
(CH-WR)

10:30 AM - 11:50 AM
LINE DANCE
(CH-MPR)

12:00 PM - 1:15 PM
DYNA-BAND WORKOUT
(CH-WR)

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

WED

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

10:00 AM - 1:50 PM
INTERMEDIATE CLOTHING
CONSTRUCTION
(CH-ACR)

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

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

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

10:30 AM - 11:50 AM
CIRCUIT TRAINING
(CH-WR)

12:00 PM - 1:20 PM
PHYSICAL FITNESS
(CH-WR)

1:30 PM - 2:50 PM
LINE DANCE (CH-MPR)

1:30 PM - 2:50 PM
YOGA (CH-WR)

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 - 11:50 AM
PHYSICAL FITNESS
(CH-WR)

12:00 PM - 1:20 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 #: 12435 - Tuesday, June 18, 2024

Patriotic String Art

Activity #: 12436 - Tuesday, July 16, 2024

Stained Glass

Activity #: 12437 - Tuesday, August 20, 2024

Bird Houses



The Clubhouse Garden Club

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

Fee: Free

Time: 10:30 AM - 11:30 AM

Activity #: 12431 - Tuesday, June 4, 2024

Soil Health

Activity #: 12432 - Tuesday, July 9, 2024

Ornamental Grasses

Activity #: 12433 - Tuesday, August 6, 2024

Friend or Foe? Beneficial Backyard Buddies



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, June 20, 2024
Horse by Geraldine Brooks

Thursday, July 18, 2024
It Ends with Us by Colleen Hoover

Thursday, August 15, 2024
The Only Woman in the Room by Marie Benedict



THE CLUBHOUSE PROGRAMS CONTINUED

Clubhouse Karaoke

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!

Time: 10:30 AM - 11:30 AM

Activity #: 12663 - Monday, June 17, 2024

Activity #: 12664 - Monday, July 15, 2024

Activity #: 12665 - Monday, August 19, 2024

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 through Thursday

10:00 AM - 3:00 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 #: 12434

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

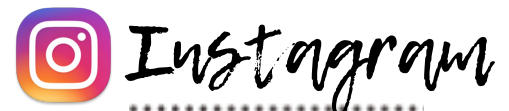


Add Us on Social Media!

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



www.facebook.com/lakeforest.clubhouse



[lakeforest.clubhouse](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, June 12, 2024

The Call of the Wild

Rated PG, 2020, Adventure/Drama

Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s.

As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world.



Wednesday, June 26, 2024

Wonka

Rated PG, 2023, Family/Fantasy

Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time.



Wednesday, July 10, 2024

Arthur the King

Rated PG-13, 2024, Adventure/Family

Desperate for one last chance to win, Michael Light convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the Dominican Republic. As the team gets pushed to the outer limits of endurance, a dog named Arthur comes along for the ride, redefining what victory, loyalty and friendship truly means.

Wednesday, July 31, 2024

The Boys in the Boat

Rated PG-13, 2023, Sport/Drama

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.



Wednesday, August 21, 2024

The Fall Guy

Rated PG-13, 2024, Action/Comedy

After leaving the business one year earlier, battle-scarred stuntman Colt Seavers springs back into action when the star of a big studio movie suddenly disappears. As the mystery surrounding the missing actor deepens, Colt soon finds himself ensnared in a sinister plot that pushes him to the edge of a fall more dangerous than any stunt.



Wednesday, August 28, 2024

IF

Not Rated, 2024, Family/Comedy

After discovering she can see everyone's imaginary friends, a girl embarks on a magical adventure to reconnect forgotten IFs (Imaginary Friends) with their kids.

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, June 3, 2024

Monday, July 1, 2024

Monday, August 5, 2024

Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, June 24, 2024

Monday, July 22, 2024

Monday, August 26, 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 LUNCHES MAY SELL OUT!

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

Activity #: 12428

Party in the USA - Chick-fil-A Chicken Sandwiches - *Don't forget to wear red, white, and blue!!*
Thursday, June 27, 2024

Activity #: 12429

Hot Diggity Dog, It's Summer - Hot Dogs
Thursday, July 25, 2024

Activity #: 12430

Too Cool for School - Chicken Tacos
Thursday, August 29, 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

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.

June: Farmers Market at Irvine Regional Park



Sample local produce and peruse handmade artisan products at the market, take a nature walk around the beautiful park grounds, or check out their zoo! This excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, June 5, 2024 at 10:30 AM

Excursion Date: Tuesday, June 11, 2024 from 10:00 AM - 2:00 PM

June: Anaheim Packing House

Check out one of the last remaining citrus packing warehouses in Orange County, which has been historically preserved and retrofitted as an upscale food court with local vendors, bars, and shops.

This excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, June 5, 2024 at 10:30 AM

Excursion Date: Wednesday, June 19, 2024 from 10:00 AM - 2:00 PM



July: Newport Beach Harbor Boat Cruise



This fun 45-minute harbor cruise is full of stories about Hollywood legends and the history of the homes and yachts where 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, July 3, 2024 at 10:30 AM

Excursion Date: Wednesday, July 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.



July: Fullerton Arboretum

Enjoy a beautiful day outside strolling the 26-acre botanical garden filled with ponds, trails and over 4,000 plants from around the world.

This excursion has excessive walking.

Fee: Free

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

Excursion Date: Wednesday, July 24, 2024 from 10:00 AM - 2:00 PM

August: 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.

This excursion has excessive walking.

Fee: Free

Registration Date: Wednesday, August 7, 2024 at 10:30 AM

Excursion Date: Tuesday, August 13, 2024 from 10:00 AM - 2:00 PM



August: Sherman Library & Gardens



Sherman Library & Gardens in Newport Beach is a monument to Arnold Haskell's dream of an educational and cultural center. While touring the various cultivated gardens and library, a specialized docent will explain the history of the grounds and library collections.

This excursion has moderate walking.

Fee: \$5.00 Due Day of Excursion

Registration Date: Wednesday, August 7, 2024 at 10:30 AM

Excursion Date: Wednesday August 21, 2024 from 10:00 AM - 2:00 PM

THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

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 #: 12426 - Friday, June 7, 2024 from 6:30 PM - 9:00 PM

Activity #: 12427 - Friday, August 2, 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, June 10, 2024 from 11:30 AM - 12:30 PM



Father's Day Luncheon

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

Thursday, June 13, 2024 from 12:00 PM - 12:30 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 #: 12440 - Tuesday, June 25, 2024 from 9:00 AM - 5:00 PM



TO REGISTER, VISIT WWW.LFPARKSANDRECCA.COM OR IN-PERSON AT THE CLUBHOUSE FRONT DESK.
RESIDENT REGISTRATION: TUESDAY, MAY 21 | NON-RESIDENT REGISTRATION: TUESDAY, MAY 28

THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS



The Clubhouse 4th of July Parade Float

Our annual 4th of July parade is coming up! The parade begins at 9:30 AM and starts on the corner of Toledo Way and Ridge Route Drive and ends on Serrano Road and Ridge Route Drive. The Clubhouse will have a float this year, so if you're interested in riding in the parade, be on the lookout for the sign-up list!



Medicare and Ice Cream Workshop



Join Optum for a sweet treat and information on Medicare! The workshop is free to attend. Please register at The Clubhouse front desk.

Monday, July 22, 2024 from 11:00 AM - 1:00 PM

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, July 30, 2024 from 11:00 AM - 12:00 PM

Laugh is Good for You! Optum Comedy Show

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

Wednesday, August 7, 2024 from 11:00 AM - 12:30 PM



TO REGISTER, VISIT WWW.LFPARKSANDRECCA.COM OR IN-PERSON AT THE CLUBHOUSE FRONT DESK.
RESIDENT REGISTRATION: TUESDAY, MAY 21 | NON-RESIDENT REGISTRATION: TUESDAY, MAY 28

CITY OF LAKE FOREST - 4TH OF JULY PARADE



FAMILY + FUN + FREEDOM

ALL AGES WELCOME!

31st Annual
4TH OF JULY PARADE
9:30AM • THURSDAY, JULY 4

FREE!



Thursday, July 4th - SCHEDULE OF EVENTS

PARADE VIEWING

Parade Start: corner of Toledo Way and Ridge Route Drive

Parade End: on Serrano Road and Ridge Route Drive

For additional information, call the Community Services Department at (949) 461-3408.

Parking Information: In the shopping center of El Toro Road and Serrano Road (Grocery Outlet). Parking can also be found off Lake Forest Drive and Trabuco Road (Ralphs Shopping Center) or Lake Forest Drive and Serrano Road (Rancho Cañada Elementary School).

BE IN THE PARADE! REGISTER NOW!

Interested in being an entry in the parade?

We are looking for non-profit groups, businesses, community organizations, car clubs, etc. to participate in this patriotic event!

Register online at bitly.ws/3dMKT by 5:00pm, Monday, June 3.

For more information, contact Courtney Wysocki at cwysocki@lakeforestca.gov or (949) 461-3439.



EL TORO CHARGERS 5K & 1K Run/Walk 7:00am

www.eltorochargers5k.org

Proceeds benefit the El Toro High School Education Boosters Program. The run starts and finishes at the corner of Lake Forest Drive & Chinook Drive.



KIWANIS PANCAKE BREAKFAST

7:00am to 10:00am

\$9 per person

Located in front of the El Toro High School Gym

Proceeds benefit the Key Club—youth volunteer groups.



HEALTH & WELLNESS PROGRAMS & RESOURCES

AARP Driver Safety Two-Day Course

Learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence.

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 Two-Day Course

Activity #: 12438

Date & Time: Monday & Tuesday, August 19 and 20
from 9:30 AM - 3:00 PM

AARP Smart Technology Class

Learn all about the latest high-tech safety features in your current car, or what technology to look for when shopping for a new car.

Activity#: 12441

Date & Time: Wednesday, July 17
from 10:00 AM - 11:30 AM

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, June 6, July 11, and August 1
from 1:00 PM - 3:00 PM

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

OC Mobile Library

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

Tuesday, June 11, July 9, and August 13
from 1:45 PM - 2:45 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, June 5, July 3, and August 7
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, June 11, July 9, and August 13
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, August 29
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, August 27
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/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#: 61285

Date & Time: Tuesdays, May 28 - August 6
from 2:00 PM - 3:10 PM

Tic#: 61290

Date & Time: Thursdays, May 30 - August 8
from 2:00 PM - 3:20 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#: 61260

Date & Time: Mondays, June 3 - August 5
from 12:00 PM - 1:20 PM

Location: The Clubhouse - Wellness Room

Circuit Training

Addresses the physical and mental health of the older adult through fitness activities with emphasis on staying active and independent. Topics include physical and cognitive benefits of exercise and injury prevention.

Tic#: 61400

Date & Time: Wednesdays, May 29 - August 7
from 10:30 AM - 11:50 AM

Location: The Clubhouse - Wellness Room

Dyna-Band Workout

Increase your strength and mobility using Dyna-bands. 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. This class includes the Arthritis exercise program.

Tic#: 61315

Date & Time: Tuesdays, May 28 - August 6
from 12:00 PM - 1:15 PM

Location: The Clubhouse - Wellness Room

EMERITUS CLASSES

Line Dance

Through line dancing, 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#: 61420

Date & Time: Tuesdays, June 4 - August 6
from 10:30 AM - 11:50 AM

Tic#: 61380

Date & Time: Wednesdays, May 29 - August 7
from 1:30 PM - 2:50 PM

Location: The Clubhouse - MPR

Pilates

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Class includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Tic#: 61295

Date & Time: Tuesdays, May 28 - August 6
from 10:30 AM - 11:45 AM

Location: The Clubhouse - Wellness Room

Yoga

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing, and working together in rhythm as directed by the instructor.

Tic#: 61325

Date & Time: Wednesdays, May 29 - August 7
from 1:30 PM - 2:50 PM

Tic#: 61255

Date & Time: Thursdays, May 30 - August 8
from 12:00 PM - 1:20 PM

Location: The Clubhouse - Wellness Room

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#: 61240

Date & Time: Wednesdays, May 29 - August 7
from 12:00 PM - 1:20 PM

Tic#: 61280

Date & Time: Thursdays, May 30 - August 8
from 10:30 AM - 11:50 AM

Location: The Clubhouse - Wellness Room

Strength & Balance

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

Tic#: 61250

Date & Time: Mondays, June 3 - August 5
from 10:30 AM - 11:50 AM

Location: The Clubhouse - Wellness Room

Date & Time: Wednesdays, May 29 - August 7
from 10:00 AM - 11:20 AM

Location: Lake Forest Beach & Tennis Club

Saddleback College Emeritus Classes

Intermediate Clothing Construction

Clothing construction and pattern alterations. Examine and utilize commercial patterns, fabric textures, and principles of color design.

Tic#: 102470

Date & Time: Wednesdays, June 5 - July 24
from 10:00 AM - 1:50 PM

Location: The Clubhouse - Arts & Crafts Room

TRANSPORTATION SERVICES

CITY OF LAKE FOREST

Transportation Options for Seniors

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via the Age Well Senior Services (AWSS) Bus and California Yellow Cab company.

For additional information, call (949) 461-3408.



California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or own a vehicle? We have transportation for you with California Yellow Cab!

OPTIONS:

- **FREE! One-Way** (Within Lake Forest city limits to The Clubhouse, non-emergency medical appointments, socializing, movies, etc).
- **\$5.00 One-Way (\$10.00 Round Trip)**
Within city limits of Laguna Hills, Laguna Niguel, Laguna Woods, Mission Viejo, Rancho Santa Margarita, Costco in Irvine and Laguna Niguel, Hoag Hospital Irvine, Kaiser Hospital Irvine, Irvine Spectrum, Mission Viejo Mall, and the VA Clinic in Laguna Hills.
- **VA Clinic in Santa Ana—Cost: \$10.00 One-Way (\$20.00 Round Trip)**
- **John Wayne Airport—Cost: \$20.00 One-Way (\$40.00 Round Trip)**

For new program users to take advantage of the Senior Taxi Cab program:

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.

Call (949) 461-3408 to make an appointment to register and take your photo for your ID for the City of Lake Forest Taxi Program.

\$10.00 Replacement Lost Card Fee



NOTE: All Taxi passengers must be 60 years of age or better. It may take up to two weeks from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation.

Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation and pay the taxi driver directly with either cash or a credit card.

AWSS Bus Service

FREE JOIN THE FUN!

From Your Residence to The Clubhouse
Monday – Thursday
10:00 am–2:00 pm

New participants, 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
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
Second Harvest Food Bank.....	949-653-2900

JUNE 2024

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

SUN MON TUE WED THU FRI SAT

1

IT'S NATIONAL OLIVE DAY!



8

IT'S NATIONAL BEST FRIENDS DAY!



15


22

IT'S NATIONAL ONION RING DAY!



29

IT'S NATIONAL CAMERA DAY!



7

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

6

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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

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

13

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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

20

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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

12:00 PM - MAIL FRAUD MONEY
SCAMS SEMIINAR (CH-MPR)

27

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
PARTY IN THE USA LUNCHEON
(CH-MPR)

12:00 PM - THURSDAY
CLUBHOUSE LUNCH
CHICK-FIL-A CHICKEN
SANDWICHES
(CH-MPR)

5

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - JUNE
MINI EXCURSION REGISTRATION

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

4

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
THE CLUBHOUSE
GARDEN CLUB
(CH-ACR)

11

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:
FARMERS MARKET AT
IRVINE REGIONAL PARK

10:00 AM - HICAP (CH-CR)

1:45 PM - OC MOBILE LIBRARY
(CH-LOBBY)

18

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

25

9:00 AM
PALA CASINO EXCURSION

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)


2

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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


9

IT'S NATIONAL DONALD DUCK DAY!



16

HAPPY FATHER'S DAY!



23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

10:00 AM
BINGO MANIA
(CH-MPR)

30

3

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

10

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

11:30 AM - PAINT WITH OPTUM
(CH-ACR)

17

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE KARAOKE
(CH-ACR)

24

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

10:00 AM
BINGO MANIA
(CH-MPR)

31

4

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
THE CLUBHOUSE
GARDEN CLUB
(CH-ACR)

11

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:
FARMERS MARKET AT
IRVINE REGIONAL PARK

10:00 AM - HICAP (CH-CR)

1:45 PM - OC MOBILE LIBRARY
(CH-LOBBY)

18

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

25

9:00 AM
PALA CASINO EXCURSION

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)

31


2

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

9

IT'S NATIONAL DONALD DUCK DAY!



16

HAPPY FATHER'S DAY!



23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

10:00 AM
BINGO MANIA
(CH-MPR)

30

JULY 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

3

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - JULY MINI
EXCURSION REGISTRATION

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

4

THE CLUBHOUSE IS CLOSED
WE WILL SEE YOU AT THE 31ST
ANNUAL 4TH OF JULY PARADE!



5

6

IT'S NATIONAL
FRIED CHICKEN DAY!



7

8

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

9

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

10:30 AM - THE CLUBHOUSE
GARDEN CLUB (CH-ACR)

1:45 PM - OC MOBILE LIBRARY
(CH-LOBBY)

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)

12:00 PM - LIFE SPRING HOME
NUTRITION SEMINAR
(CH-MPR)

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

12

13

14

IT'S NATIONAL
MAC AND CHEESE
DAY!



15

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE KARAOKE
(CH-ACR)

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:
NEWPORT HARBOR CRUISE

10:00 AM - AARP SMART
TECHNOLOGY CLASS (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 - ACP PHONES & TABLETS
SEMINAR (CH-MPR)

19

20

IT'S NATIONAL
MOON 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)

11:00 AM - MEDICARE & ICE CREAM
WORKSHOP (CH-ACR)

23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

24

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
MINI EXCURSION:
FULLERTON ARBORETUM

25

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
HOT DIGGITY DOG, IT'S SUMMER
LUNCHEON (CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE
LUNCH - HOT DOGS
(CH-MPR)

26

27

28

IT'S NATIONAL
MILK CHOCOLATE
DAY!



29

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

30

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)

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

31

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

AUGUST 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 BINGO THURSDAYS! (CH-MPR) 1:00 PM LEGAL AID (CH-CR)	2 6:30 PM BUNCO NIGHTS AT THE CLUBHOUSE! (CH-MPR)	3 IT'S NATIONAL SUNFLOWER DAY! 
4 IT'S NATIONAL CHOCOLATE CHIP COOKIE DAY! 	5 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BAGELS & BINGO (CH-MPR)	6 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM THE CLUBHOUSE GARDEN CLUB (CH-ACR)	7 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - AUGUST MINI EXCURSION REGISTRATION 11:00 AM - OPTUM COMEDY SHOW (CH-MPR) 11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)	8 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - AEROSPACE SEMINAR (CH-MPR)	9	10
11	12 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM GRIEF SUPPORT GROUP (CH-CR)	13 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - HICAP (CH-CR) 10:00 AM - MINI EXCURSION: SAN CLEMENTE OUTLETS 1:45 PM - OC MOBILE LIBRARY (CH-LOBBY)	14 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM SENIOR ADVISORY BOARD MEETING (CH-CR)	15 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BOOK CLUB (CH-CR) 10:00 AM BINGO THURSDAYS! (CH-MPR)	16	17
18	19 9:30 AM - AARP DRIVER SAFETY TWO-DAY COURSE (CH-CR) 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - CLUBHOUSE KARAOKE (CH-ACR)	20 9:30 AM - AARP DRIVER SAFETY TWO-DAY COURSE (CH-CR) 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - CRAFTY CRAFTERS (CH-ACR)	21 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MINI EXCURSION: SHERMAN LIBRARY & GARDENS 10:30 AM - CLUBHOUSE MATINEE MOVIES (CH-CR)	22 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - ALZHEIMER'S ASSOCIATION SEMINAR (CH-MPR)	23	24 IT'S NATIONAL WAFFLE DAY! 
25 IT'S NATIONAL BANANA SPLIT DAY! 	26 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM GRIEF SUPPORT GROUP (CH-CR) 10:00 AM BINGO MANIA (CH-MPR)	27 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)	28 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM CLUBHOUSE MATINEE MOVIES (CH-CR)	29 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MEDICATION REVIEW (CH-CR) 10:00 AM - BINGO THURSDAYS! TOO COOL FOR SCHOOL LUNCHEON (CH-MPR) 12:00 PM - THURSDAY CLUBHOUSE LUNCH - CHICKEN TACOS (CH-MPR)	30	31