

CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JUNE - AUGUST '25



LET THE SUMMER FUN BEGIN!



SPECIAL HIGHLIGHTS INCLUDE:

ANNUAL MULTICULTURAL FESTIVAL - PG. 11

BUNCO NIGHTS AT THE CLUBHOUSE - PG. 10

FATHER'S DAY LUNCHEON - PG. 10

FOURTH OF JULY PARADE - PG. 12

PALA CASINO EXCURSION - PG. 11

PIRATES & PEARLS DANCE - PG. 13

SENIOR TAXI TRANSPORTATION UPDATES - PG. 17

SUMMER PING PONG HOURS - PG. 5

100 Civic Center Drive | Operating Hours: Monday through Thursday 10:00 AM - 3:00 PM | (949) 461-3408



THE CLUBHOUSE UPDATES

THE CLUBHOUSE: WHERE YOU MEET NEW FRIENDS AND CREATE LASTING MEMORIES!



.....

Hello, summer! It's that wonderful time of year when the sun is shining, the days are longer, and our calendars are packed with exciting events! The Clubhouse has a variety of events and programs this summer season including an excursion to Pala Casino, two fun nights of Bunco, the Pirates and Pearls dance, Father's Day Luncheon, and our annual city-wide events including our Multicultural Festival and 4th of July Parade! We also have six exciting Mini Excursions scheduled including Downtown Laguna Beach, shopping at Orange Circle, OC Great Park, Dana Point Harbor, Newport Harbor Cruise, and Pacific City in Huntington Beach.

Please note, our Senior Taxi Transportation Program in partnership with California Yellow Cab will have updated options and rates beginning July 1, 2025. Please see page 17 for more details.

Don't forget to join us at our second annual Multicultural Festival on Saturday, June 28th from 3:00 PM to 7:00 PM at the Civic Center Campus (100 Civic Center Drive). Enjoy vibrant dance and music performances, talented entertainers, amazing artists, delicious food vendors, and so much more!

Also, 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 or walking 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>. **Please note, The Clubhouse does not allow any free-standing decorations, props, or marketing materials in the facility that are not purchased, designed, or sponsored by the City of Lake Forest.**

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
CIRCUIT TRAINING
(CH-ACR PATIO)

10:30 AM - 11:50 AM
STRENGTH & BALANCE
(CH-WR)

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

1:30 PM - 2:50 PM
CIRCUIT & BALANCE
(CH-WR)

TUE

10:00 AM - 12:05 PM
INTERMEDIATE TECHNOLOGY
(CH-CL)

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

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

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

10:30 AM - 11:45 AM
PILATES
(CH-WR)

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

12:30 PM - 2:35 PM
LIFE & TECHNOLOGY
(CH-CL)

WED

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

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 - 11:45 AM
CIRCUIT TRAINING
(CH-ACR PATIO)

12:00 PM - 1:15 PM
PHYSICAL FITNESS
(CH-WR)

1:00 PM - 2:15 PM
TAI CHI MOBILITY
(CH-MPR)

1:30 PM - 2:45 PM
YOGA
(CH-WR)

THU

10:00 AM - 12:05 PM
INTERMEDIATE TECHNOLOGY
(CH-CL)

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

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

10:00 AM - 11:30 AM
PHYSICAL FITNESS
(CH-WR)

11:45 AM - 1:15 PM
CHAIR EXERCISE
(CH-ACR PATIO)

11:45 AM - 1:15 PM
YOGA
(CH-ACR PATIO)

1:30 PM - 3:00 PM
LINE DANCE
(CH-WR)

12:30 PM - 2:35 PM
LIFE & TECHNOLOGY
(CH-CL)

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!

This is an in-person class. However, we do offer exceptions for craft pick-ups.

If opting for a craft pick-up, crafts must be picked up within 30 days of the class date.

Fee: \$3.00 Residents & Non-Residents

Time: 10:30 AM - 12:00 PM

Activity #: 13488 - Tuesday, June 17, 2025

Patriotic Door Hang

Activity #: 13489 - Tuesday, July 15, 2025

Floral Photo Frame

Activity #: 13490 - Tuesday, August 19, 2025

Fall Centerpiece



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 #: 13491

Tuesday, August 5, 2025

Pro-Pollinator Planting



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

Tuesday, June 10, 2025

The Tea Girl of Hummingbird by Lisa See

Tuesday, July 8, 2025

The Frozen River by Ariel Lawhon

Tuesday August 12, 2025

The Devil in the White by Erik Larson



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 #: 13492 - Monday, June 16, 2025

Activity #: 13493 - Monday, July 21, 2025

Activity #: 13494 - Monday, August 18, 2025

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 and Wednesday

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 #: 13487

All participants must be registered prior to playing.

Location: The Clubhouse - MPR

SUMMER HOURS MAY 27 THROUGH AUGUST 13!

Monday 10:00 AM - 3:00 PM

Tuesday 10:00 AM - 3:00 PM

Wednesday 10:00 AM - 12:15 PM

PING PONG HOURS BEGINNING AUGUST 18

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!



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www.facebook.com/lakeforest.clubhouse



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[lakeforest.clubhouse](https://www.instagram.com/lakeforest.clubhouse)

THE CLUBHOUSE PROGRAMS CONTINUED

CLUBHOUSE MATINEE MOVIES

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



Wednesday, June 11, 2025

Mufasa: The Lion King

Rated PG, 2024, Adventure/Musical

Mufasa, a cub lost and alone, meets a sympathetic lion named Taka, the heir to a royal bloodline. The chance meeting sets in motion an expansive journey of a group of misfits searching for their destiny.

Wednesday, June 18, 2025

Phantom Thread

Rated R, 2017, Drama/Romance

Set in 1950s London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover.

Wednesday, July 9, 2025

Maestro

Rated R, 2023, Romance/Music

This love story chronicles the lifelong relationship of conductor-composer Leonard Bernstein and actress Felicia Montealegre Cohn Bernstein.

Wednesday, July 23, 2025

The Grand Budapest Hotel

Rated R, 2014, Comedy/Drama

A writer encounters the owner of an aging high-class hotel, who tells him of his early years serving as a lobby boy in the hotel's glorious years under an exceptional concierge.

Wednesday, August 20, 2025

The Penguin Lessons

Rated PG-13, 2024, Drama

A disillusioned Englishman who goes to work in a school in a divided Argentina in 1976 finds his life transformed when he rescues an orphaned penguin from the beach.

Wednesday, August 27, 2025

The Martian

Rated PG-13, 2015, Adventure

An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive and can survive until a potential rescue.

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 2, 2025

Monday, July 7, 2025

Monday, August 4, 2025

BINGO MANIA

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

Time: 10:00 AM - 2:00 PM

Monday, June 23, 2025

Monday, July 28, 2025

Monday, August 25, 2025

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 & \$5.00 Non-Residents

Activity #: 13483
Liberty Luau - Teriyaki Chicken and Rice - *Don't forget to wear red, white, and blue!*
Thursday, June 26, 2025

Activity #: 13484
Sun, Sand, and Sandwiches - Subway Sandwiches
Thursday, July 31, 2025

Activity #: 13485
Happy Campers - Vegetable Lasagna
Thursday, August 28, 2025

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: DOWNTOWN LAGUNA BEACH

• • • • •

There's something for everyone in Laguna Beach! From art galleries and restaurants to shopping and beach boardwalk views, every turn is an adventure.

This excursion has moderate to excessive walking.

Fee: Free

Registration Date: Wednesday, June 4, 2025 at 10:30 AM

Excursion Date: Wednesday, June 11, 2025 from 10:00 AM - 2:00 PM

JUNE: SHOPPING AT ORANGE CIRCLE

• • • • •

Repeatedly voted Orange County's favorite downtown, the streets of Old Towne Orange are lined with antique and collectibles dealers, specialty shops, art galleries, and restaurants.

This mini excursion has excessive walking.

Fee: Free

Registration Date: Wednesday, June 4, 2025 at 10:30 AM

Excursion Date: Tuesday, June 24, 2025 from 10:00 AM - 2:00 PM



JULY: OC GREAT PARK

• • • • •

Tour the new Farm + Food Lab in the Irvine Great Park, take a ride in their hot air balloon, and check out the Historic Hangar 244 featuring World War II airplanes, historical images, displays, and artifacts. It is recommended to bring your own lunch. This mini excursion has moderate walking.

Fee: \$8.00 Due Day of Excursion

Registration Date: Wednesday, July 2, 2025 at 10:30 AM

Excursion Date: Wednesday, July 9, 2025 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: 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 excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, July 2, 2025 at 10:30 AM

Excursion Date: Tuesday, July 22, 2025 from 10:00 AM - 2:00 PM

AUGUST: NEWPORT HARBOR CRUISE

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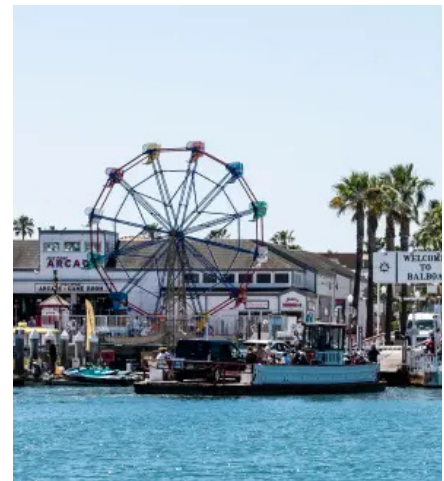
This fun 45-minute harbor cruise is full of stories about Hollywood legends and the history of the homes and yachts where stars have lived and celebrated. Enjoy your day at Balboa with boutique shopping, dining, and beautiful harbor views.

This mini excursion has minimal walking.

Fee: \$15.00 Due Day of Excursion

Registration Date: Wednesday, August 6, 2025 at 10:30 AM

Excursion Date: Wednesday, August 13, 2025 from 10:00 AM - 2:00 PM



AUGUST: PACIFIC CITY IN HUNTINGTON BEACH

.....

Soak up the sun and explore the high-end beachfront mall providing trendy retail shops, an array of restaurants, & miniature golf.

This mini excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, August 6, 2025 at 10:30 AM

Excursion Date: Tuesday, August 26, 2025 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: \$13.00 Residents & Non-Residents

Activity #: 13481 - Friday, June 6, 2025 from 6:30 PM - 9:00 PM

Activity #: 13482 - Friday, August 1, 2025 from 6:30 PM - 9:00 PM

MYMEDICAREPLAN BLOOMING WITH SENIORS FLOWER SHOP CLASS

.....



Join MyMedicarePlan for a free flower shop class!
Due to limited space, you may only register for one class date.
Please see The Clubhouse front desk to register.

Monday, June 9, 2025 from 10:00 AM - 11:00 AM

Monday, July 14, 2025 from 10:00 AM - 11:00 AM

Monday, August 11, 2025 from 10:00 AM - 11:00 AM

MYMEDICAREPLAN PAINTING ART CLASS

.....

Join MyMedicarePlan for a free painting art class! Spots are limited.
Please see The Clubhouse front desk to register.

Tuesday, June 10, 2025 from 10:00 AM - 11:00 AM

Tuesday, August 12, 2025 from 10:00 AM - 11:00 AM



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.

Activity #: 13683 - Thursday, June 12, 2025 from 12:00 PM - 12:30 PM



TO REGISTER, VISIT WWW.LFPARKSANDRECCA.COM OR IN-PERSON AT THE CLUBHOUSE FRONT DESK.
RESIDENT REGISTRATION: TUESDAY, MAY 6 | NON-RESIDENT REGISTRATION: TUESDAY, MAY 13

THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS



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: \$30.00 Residents and \$35.00 Non-Residents

Activity #: 13846 - Wednesday, June 25, 2025
from 9:00 AM - 5:00 PM

2ND ANNUAL MULTICULTURAL FESTIVAL AT THE CIVIC CENTER CAMPUS

.....

Join us for the City's 2nd Annual Multicultural Festival on Saturday, June 28, 2025, from 3:00 PM to 7:00 PM at the Civic Center Campus, 100 Civic Center Dr., Lake Forest.

Enjoy vibrant dance and music performances, talented entertainers, amazing artists, delicious food vendors, and so much more!



SNOW CONE SUMMER BASH!

.....

Cool off this summer with snow cones at The Clubhouse!
This event is free to attend. No registration required.

Wednesday, July 16, 2025 from 11:00 AM - 12:00 PM



TO REGISTER, VISIT WWW.LFPARKSANDRECCA.COM OR IN-PERSON AT THE CLUBHOUSE FRONT DESK.
RESIDENT REGISTRATION: TUESDAY, MAY 6 | NON-RESIDENT REGISTRATION: TUESDAY, MAY 13

CITY OF LAKE FOREST - ANNUAL 4TH OF JULY PARADE



ALL AGES
WELCOME!

32nd Annual 4th of July Parade

9:30am • FRIDAY, JULY 4

FREE!



Friday, 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) 461-3451.

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).

**El Toro
Chargers 5K**

EL TORO CHARGERS 5K & 1K Run/Walk

7:00am | 8:00am

\$20 Student (5k & 1k)

\$40 Non- Student (5K)

www.ElToroChargers5k.org

Proceeds benefit a variety of ETHS
programs. The run starts and finishes at
the corner of Lake Forest Dr. & Chinook Dr.



KIWANIS PANCAKE BREAKFAST

7:00am to 10:00am

\$10 per person

Located on the corner of Toledo
and Ridge Route.

Proceeds benefit the Key Club-
youth volunteer groups.



PIRATES & PEARLS

AHOY, SENIORS! SET SAIL FOR AN UNFORGETTABLE EVENING OF FUN, MUSIC, AND ADVENTURE AT OUR PIRATES AND PEARLS DANCE! DRESS IN YOUR BEST PIRATE ATTIRE OR SPARKLE LIKE A TREASURE IN PEARLS. ENJOY A NIGHT FILLED WITH DANCING, A CATERED DINNER, SNACKS AND REFRESHMENTS, PHOTO BOOTH STATION, SPECIAL ENTERTAINMENT, AND A LOT OF FUN!

ACTIVITY #: 13539

FRIDAY, AUGUST 22, 2025 | 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

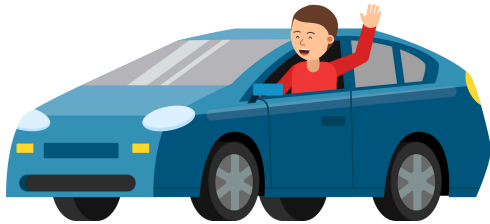
Activity #: 13495

Date & Time: Wednesday, June 25
from 9:00 AM - 1:00 PM

AARP Driver Safety Two-Day Course

Activity #: 13496

Date & Time: Tuesday & Wednesday, July 15-16
from 9:00 AM - 1:00 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 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 5, July 3, and August 7
from 1:00 PM - 3:00 PM

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

"DONUT" STRESS ABOUT MEDICARE

Don't stress over Medicare, MyMedicarePlan 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 4, July 2, and August 6
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 10, July 8, and August 12
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, July 24
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, July 29
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.

IRVINE VALLEY COLLEGE EMERITUS CLASSES

AQUA FITNESS TRAINING

Physical fitness through water aerobic conditioning.

Tic#: 60540

Date & Time: Tues/Thurs, May 27 - July 24
from 2:00 PM - 2:50 PM

Location: Lake Forest Beach & Tennis Club

CIRCUIT & BALANCE

Addresses the physical and mental health
of the older adult through fitness activities.

Tic#: 60765

Date & Time: Mondays, June 2 - August 4
from 1:30 PM - 2:50 PM

Location: The Clubhouse - Wellness Room

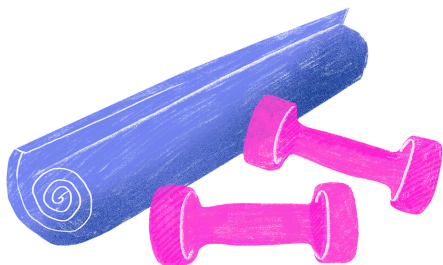
DYNA-BAND WORKOUT

Use resistance bands in combination with low-impact
aerobics and gentle stretching.

Tic#: 60660

Date & Time: Tuesdays, May 27 - August 5
from 12:00 PM - 1:15 PM

Location: The Clubhouse - Wellness Room



CHAIR EXERCISE

This course encourages health and wellness.

Tic#: 60655

Date & Time: Mondays, June 2 - August 4
from 12:00 PM - 1:20 PM

Location: The Clubhouse - Wellness Room

Tic#: 60560

Date & Time: Thursdays, May 29 - August 7
from 11:45 AM - 1:15 PM

Location: The Clubhouse - Arts & Crafts Room Patio

CIRCUIT TRAINING

Addresses the physical and mental health
of the older adult through fitness activities.

Tic#: 62600

Date & Time: Mondays, June 2 - August 4
from 10:30 AM - 11:50 AM

Tic#: 60575

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

Location: The Clubhouse - Arts & Crafts Room Patio

LINE DANCE

Line dancing for the older, mature adult.

Tic#: 60485

Date & Time: Thursdays, May 29 - August 7
from 1:30 PM - 3:00 PM

Location: The Clubhouse - Wellness Room

EMERITUS CLASSES

PHYSICAL FITNESS

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

Tic#: 60525

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

Tic#: 60555

Date & Time: Thursdays, May 29 - August 7
from 10:00 AM - 11:30 AM

Location: The Clubhouse - Wellness Room

STRENGTH & BALANCE

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

Tic#: 60535

Date & Time: Mondays, June 2 - August 4
from 10:30 AM - 11:50 AM

Location: The Clubhouse - Wellness Room

Tic#: 60595

Date & Time: Wednesdays, May 28 - August 6
from 10:00 AM - 11:15 AM

Location: Lake Forest Beach & Tennis Club

PILATES

Pilates strengthens and tones muscles.
Wear comfortable clothing and bring a mat to class.

Tic#: 60670

Date & Time: Tuesdays, May 27 - August 5
from 10:30 AM - 11:45 AM

Location: The Clubhouse - Wellness Room

TAI CHI MOBILITY

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

Tic#: 60795

Date & Time: Wednesdays, May 28 - August 6
from 1:00 PM - 2:15 PM

Location: The Clubhouse - MPR

YOGA

Stretching, relaxing, and breathing in rhythm.

Tic#: 60570

Date & Time: Wednesdays, May 28 - August 6
from 1:30 PM - 2:45 PM

Tic#: 60480

Date & Time: Thursdays, May 29 - August 7
from 11:45 AM - 1:15 PM

Location: The Clubhouse - Wellness Room

SADDLEBACK COLLEGE EMERITUS CLASSES

INTERMEDIATE TECHNOLOGY - NEW!

Designed for the older adult, intermediate concepts are introduced related to current technologies to expand skill sets through the integration of technology into life.

Tic#: 13055

Date & Time: Tues/Thurs, June 3 - July 24
from 10:00 AM - 12:05 PM

Location: The Clubhouse - Computer Lab



LIFE & TECHNOLOGY INTEGRATION FOR OLDER ADULTS

This class introduces students to the effective use of emerging technologies and how to create ease, efficiency, and comfort in completion of daily tasks. Students will learn about internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

Tic#: 13050

Date & Time: Tues/Thurs, June 3 - July 24
from 12:30 PM - 2:35 PM

Location: The Clubhouse - Computer Lab

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!

NEW OPTIONS AND RATES BEGINNING JULY 1, 2025:

- **FREE!** To the Civic Center Campus/The Clubhouse Senior Center and the Lake Forest Sports Park & Recreation Center)
- **\$2.00 One-Way (\$4.00 Round Trip)** Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- **\$10.00 One-Way (\$20.00 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: \$15.00 One-Way (\$30.00 Round Trip)**
- **John Wayne Airport—Cost: \$25.00 One-Way (\$50.00 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.



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



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
Mercy Warehouse Food Distribution.....	949-910-0024 x2
Non-Disabled Housing Info.....	714-480-2864
OC Access (Transportation).....	877-628-2232
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
VA - South Orange County Veterans Center.....	949-348-6700

JUNE 2025

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

SUN MON TUE WED THU FRI SAT

1	2 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BAGELS & BINGO (CH-MPR)	3 10:00 AM THE CLUBHOUSE DAILY PROGRAMS	4 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - JUNE MINI EXCURSION REGISTRATION 11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)	5 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - VA BENEFITS SEMINAR WITH HOME CARE (CH-MPR) 1:00 PM - LEGAL AID (CH-CR)	6 6:30 PM BUNCO NIGHTS AT THE CLUBHOUSE! (CH-MPR)	7 IT'S NATIONAL CHOCOLATE ICE CREAM DAY! 
8	9 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MYMEDICAREPLAN BLOOMING WITH SENIORS FLORAL CLASS (CH-ACR) 10:00 AM - GRIEF SUPPORT GROUP (CH-CR)	10 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BOOK CLUB (CH-ACR) 10:00 AM - MYMEDICAREPLAN PAINTING ART CLASS (CH-ACR PATIO) 10:00 AM - HICAP (CH-CR)	11 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MINI EXCURSION: DOWNTOWN LAGUNA BEACH 10:30 AM - CLUBHOUSE MATINEE MOVIES (CH-CR)	12 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - FATHER'S DAY LUNCHEON (CH-MPR)	13	14
15 HAPPY FATHER'S DAY! 	16 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM CLUBHOUSE KARAOKE (CH-ACR)	17 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM CRAFTY CRAFTERS (CH-ACR)	18 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM CLUBHOUSE MATINEE MOVIES (CH-CR)	19 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - LUNG HEALTH SEMINAR WITH PROVIDENCE (CH-MPR)	20	21 IT'S NATIONAL SELFIE DAY! 
22 IT'S NATIONAL ONION RINGS DAY! 	23 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BINGO MANIA (CH-MPR)	24 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MINI EXCURSION: SHOPPING AT ORANGE CIRCLE 10:00 AM - RUMMIKUB TOURNAMENT (CH-MPR)	25 9:00 AM - PALA CASINO EXCURSION 9:00 AM - AARP DRIVER SAFETY ONE-DAY REFRESHER COURSE (CH-CR) 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS	26 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! LIBERTY LUAU LUNCHEON (CH-MPR) 12:00 PM - THURSDAY CLUBHOUSE LUNCH - TERIYAKI CHICKEN & RICE (CH-MPR)	27	28  2 ND ANNUAL MULTICULTURAL FESTIVAL AT THE CIVIC CENTER CAMPUS FROM 3:00 PM TO 7:00 PM!
29	30 10:00 AM THE CLUBHOUSE DAILY PROGRAMS					

JULY 2025

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

2

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - JULY MINI
EXCURSION REGISTRATION

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

3

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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

4

HAPPY 4TH OF JULY!
SEE YOU AT THE PARADE!



5

6

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

7

8

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

10:00 AM - HICAP (CH-CR)

9

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:
OC GREAT PARK

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

10

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

12:00 PM - SCAMS SEMINAR
WITH HUNTINGTON BEACH
POLICE DEPARTMENT (CH-MPR)

11

12

IT'S NATIONAL
FRENCH FRY DAY!



13

14

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MYMEDICAREPLAN
BLOOMING WITH SENIORS
FLORAL CLASS (CH-ACR)

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

15

9:00 AM - AARP DRIVER SAFETY
TWO-DAY COURSE (CH-CR)

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

16

9:00 AM - AARP DRIVER SAFETY
TWO-DAY COURSE
(CH-CR)

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

11:00 AM - SNOW CONE SUMMER
BLAST POP-UP EVENT
(CH-MPR PATIO)

17

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

18

19

20

IT'S NATIONAL
FORTUNE COOKIE
DAY!



21

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CLUBHOUSE KARAOKE
(CH-ACR)

22

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
MINI EXCURSION:
DANA POINT HARBOR

23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

24

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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

12:00 PM - OC VECTOR CONTROL
SEMINAR (CH-MPR)

25

26

27

IT'S NATIONAL
PARENTS' DAY!



28

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO MANIA
(CH-MPR)

29

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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

30

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

31

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!
SUN, SAND, AND SANDWICHES
LUNCHEON (CH-MPR)

12:00 PM - THURSDAY
CLUBHOUSE
LUNCH - SUBWAY SANDWICHES
(CH-MPR)

AUGUST 2025

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

SUN MON TUE WED THU FRI SAT

1

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

2

IT'S NATIONAL
ICE CREAM
SANDWICH DAY!



3

IT'S NATIONAL
SUNFLOWER DAY!



4

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

5

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

6

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - AUGUST 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 - DR. TRINH SEMINAR
(CH-MPR)

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

8

9

10

11

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
MYMEDICAREPLAN BLOOMING
WITH SENIORS FLORAL CLASS
(CH-ACR)

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

12

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS
10:00 AM - BOOK CLUB (CH-ACR)

10:00 AM - MYMEDICAREPLAN
PAINTING ART CLASS
(CH-ACR PATIO)

10:00 AM - HICAP
(CH-CR)

13

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
MINI EXCURSION:
NEWPORT HARBOR CRUISE

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

14

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO THURSDAYS
(CH-MPR)

15

16

IT'S NATIONAL
TELL A JOKE DAY!



17

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

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

21

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

12:00 PM - OSTEOPOROSIS
SEMINAR WITH HOAG
(CH-MPR)

22

5:00 PM
PIRATES & PEARLS
DANCE (CH-MPR)

JOIN US FOR A FUN
NIGHT OF DANCING!



23

24

IT'S NATIONAL
WAFFLE DAY!



31

25

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BINGO MANIA
(CH-MPR)

26

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:
PACIFIC CITY
IN HUNTINGTON BEACH

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!
HAPPY CAMPERS LUNCHEON
(CH-MPR)

12:00 PM - THURSDAY
CLUBHOUSE LUNCH -
VEGETABLE LASAGNA
(CH-MPR)

29

30