

# THE CLUBHOUSE CALENDAR



## THE CLUBHOUSE COMING SOON!

The Clubhouse facility is slated to open in the **Fall of 2019**. The facility will be the new home for The City's current Senior Scene Clubhouse program.

**GRAND OPENING CELEBRATION  
COMING SOON!**



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**4** REGULARLY  
SCHEDULED  
PROGRAMS

**5-7** CALENDARS:  
JULY/AUG/SEPT

### SUMMERTIME SMOOTHIES ARE BACK!

Enjoy a healthy and refreshing fruit smoothie at  
The Clubhouse - **Mondays 12 PM**



**HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS**

Due to limited space, Lake Forest residents will have "priority" registration for mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest, in Community Room A.

Fill out the liability release form to reserve your seat. If space is available, non-residents may register upstairs the following day.

*Considerable walking and standing is involved with mini excursions.*

**Registration for residents is the first Wednesday of each month. Mini Excursion Registration Dates are:**

**JULY**  
Lake Forest Residents:  
**Wed. July 3, 12:00 PM**  
Non-Residents  
**Fri. July 5**

**AUGUST**  
Lake Forest Residents:  
**Wed. Aug 7, 12:00 PM**  
Non-Residents  
**Thur. Aug 8**

**SEPTEMBER**  
Possible Moving Month  
No Mini Excursions

**JULY MINI EXCURSION**



**Del Mar Street-San Clemente**

Tue. July 23  
10 AM – 2 PM  
Fee: FREE

Have a fun, relaxing day in downtown San Clemente on Del Mar Street! Shop at one-of-a-kind antique stores, boutiques and Art Galleries...or just browse and have lunch at one of the many restaurants on Del Mar Street. Be sure to wear sunscreen because it's sunny at the beach.

**AUGUST MINI EXCURSION**

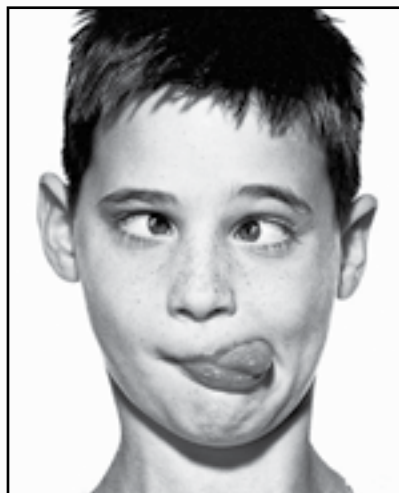


**John Wayne Airport Tour-Santa Ana**

Wed. Aug 14  
10 AM – 1 PM  
Fee: FREE

Take a docent-led tour at John Wayne Airport. You will visit places you did not even know were there! You will view "All Things Flight", the Airfield, and the "Take Off" and "Landing" zones. Please Note: The FAA does not permit tours of the Control Tower. Wear comfortable shoes! There's plenty of walking.

**FAVORITE CHILDHOOD PHOTO!**

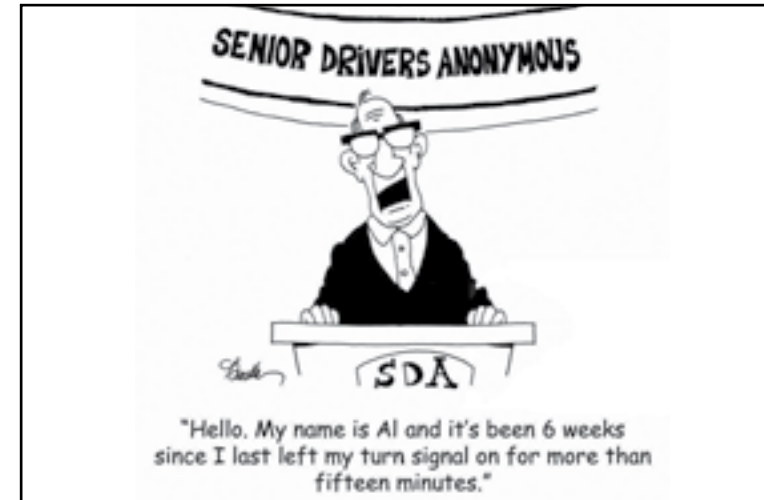


**Can You Guess Who it is?**

Mon. July 1

Starting Monday, July 1, Bring a favorite childhood photo of yourself. This photo could be a teenage, pre-teen, even a toddler photo, your choice! Staff will make a copy of your photo and place it on the bulletin board.

We will Play a game and guess who is who (No Names & No Hints). On Thursday, August 15, let's see if anyone can guess who you are!



**AARP DRIVER SAFETY TWO-DAY COURSE**

Sign up today and be more confident behind the wheel, save on auto insurance, and maintain mobility & independence after completing this great course!

Call (949) 461-3450 to register and reserve your seat  
Location: 25550 Commercentre Drive (CC-L)  
Acct.# 7652  
Fri. July 19 & Sat. July 20 | 8:30 AM – 12:30 PM  
Fee: \$15 for AARP members | \$20 for non-members

**MEDICATION REVIEW**

Bring a list of all your prescriptions, over the counter medicines, Make a one-on-one appointment to learn about your medications and supplements. The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication for efficacy, appropriateness and alert you to side effects. Remember, you don't need to bring in the medications, just a list.

Call (949) 461-3408 to make your appointment today  
Location: 25550 Commercentre Drive (CC-L)  
Thu. July 25 | 11 AM – 2 PM | Fee: FREE

**HICAP**

Health Insurance Counseling & Advocacy Program  
**Appointments are available the second Tuesday of each month.** Make an appointment for insurance counseling. Get to know what benefits and services you're entitled to and how the health care system works.

Call (949) 461-3408 to make your appointment today  
Location: 25550 Commercentre Drive (CC-A)  
July 9 | Aug 13 | Sept 10 | 10 AM – 2 PM  
Fee: FREE

**LEGAL AID**

An attorney from Legal Aid Society of Orange County will provide free legal advice to seniors. **To qualify for an appointment you must be an Orange County resident, 60 years or older and a US Citizen or Permanent resident.**

*Please Note: Legal Aid does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money. Appointments are scheduled for 20 minutes.*

Call (949) 461-3408 to make your appointment  
Location: 25550 Commercentre Drive (CC-AR)  
Thurs. July 25 | 10:30 AM – 1 PM | Fee: FREE

**BLOOD PRESSURE CHECKS**

Third **Monday** of each Month.

Call (949) 461-3408 to make an appointment  
Location: 25550 Commercentre Drive (CC-AR)  
July 15 | Aug 19 | Sept 16 | 10 AM – 12 PM  
Fee: FREE



**SENIOR GOLF DAYS AT LAKE FOREST GOLF AND PRACTICE CENTER**

Session Starts:

July 25 - Aug 29  
Call Angela Kelly at (949) 632-0300 for more info.  
Location: 23308 Cherry Avenue  
Fee: \$69.00 Residents | \$90.00 Non-Residents


**SENIOR BOWLING LEAGUE**

Fridays | 1 PM – 3:30 PM  
Call (949) 770-0055 for more info.  
Location: Forest Lanes, 22771 Center Dr.  
Fee: \$10.00 Residents | \$12.00 Non-Residents  
\$3.00 Shoe rental



**THE CLUBHOUSE HOURS: MON-THUR, 10:00 AM-2:00 PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<b>10:00 AM</b> COMPUTER LAB (CC-TR)  <b>10:00 AM</b> MAHJONG (CC-A)  <b>11:30 AM</b> AWSS BOX LUNCH (CC-A)  <b>12:00 PM</b> SMOOTHIES (CC-A)	<b>10:00 AM</b> PING PONG (CC-L)  <b>10:00 AM</b> COMPUTER LAB (CC-TR)  <b>10:00 AM</b> PILATES (CC-B)  <b>11:30 PM</b> AWSS BOX LUNCH (CC-A)  <b>12:30 PM</b> DYNA-BAND (CC-B)	<b>10:00 AM</b> COMPUTER LAB (CC-TR)  <b>10:00 AM</b> MAHJONG (CC-A)  <b>11:00 AM</b> PHYSICAL FITNESS (CC-B)  <b>11:30 AM</b> AWSS BOX LUNCH (CC-A)  <b>12:00 PM</b> PING PONG (CC-L)  <b>1:00 PM</b> YOGA (CC-BA)	<b>7:45 AM</b> GOLF (LFGPC)  <b>10:00 AM</b> COMPUTER LAB (CC-TR)  <b>10:30 AM</b> BINGO (CC-A&B)  <b>11:45 PM</b> LUNCH (CC-A&B)  <b>2:30 PM</b> PING PONG (CC-L)	<b>1:00 AM</b> BOWLING LEAGUE (FL)		
<b>CH</b> City Hall 25550 Commercentre Dr. (949) 461-3400	<b>CC</b> Community Center 25550 Commercentre Dr. (949) 461-3450	<b>CC-A</b> Community Center Room A	<b>CC-B</b> Community Center Room B	<b>CC-AR</b> Community Center Activities Room	<b>CC-TR</b> Community Center Training Room	<b>CC-L</b> Community Center Lounge
<b>LFSP</b> Lake Forest Sports Park & Recreation Center 28000 Rancho Pkwy. (949) 273-6960	<b>FBTC</b> Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. (949) 837-6100	<b>LFGPC</b> Lake Forest Golf & Practice Center 23308 Cherry Ave. (949) 859-1455	<b>FL</b> Forest Lanes 22771 Centre Drive (949) 770-0055	<b>S&amp;S Club</b> Sun & Sail Club 24752 Toledo Way (949) 586-0860	<b>SBC</b> Saddleback College (949) 582-4835	<b>VC</b> Irvine Valley College (949) 451-5555

SUN	MON	TUES	WEDS	THURS	FRI/SAT
	<b>1</b> <b>FAVORITE CHILDHOOD PHOTO!</b> BRING IN A CHILDHOOD PHOTO OF YOURSELF AND STAFF WILL MAKE A COPY FOR THE BULLETIN BOARD	<b>2</b> <b>10:30 AM</b> BAGELS & BINGO WEAR RED, WHITE & BLUE (CC-A)	<b>3</b> <b>11:30 AM</b> JAVA W/JEN (MONARCH) (COMPUTER LAB)  <b>12:00 PM</b> MINI EXCURSION REGISTRATION (CC-A)	<b>4</b>  SEE YA' AT THE PARADE!	<b>5</b> 
	<b>7</b> <b>10:00 AM-2:00 PM</b> CLUBHOUSE ACTIVITIES	<b>8</b> 	<b>9</b> <b>10:00 AM</b> HICAP (CC-A)  <b>11:00 AM</b> BEAN BAG TOSS (CC-A)	<b>10</b> <b>10:00 AM</b> SENIOR ADVISORY BOARD (EL TORO ROOM)  <b>10:45 AM</b> MOVIE: BOHEMIAN RHAPSODY (CC-L)	<b>11</b> <b>CELEBRATE SUMMER!</b> <b>11:00 AM</b> WATERMELON EATING CONTEST (CC-A)  CHEESEBURGERS
	<b>14</b> <b>10:00 AM</b> BLOOD PRESSURE CHECKS (CC-AR)  <b>10:45 AM</b> BINGO MANIA (CC-A)	<b>15</b> 	<b>16</b> <b>10:30 AM</b> CRAFTS: GARDEN PINWHEELS (CC-AR)	<b>17</b> <b>11:00 AM</b> HORSESHOES (CC-A)	<b>18</b> <b>9:30 AM</b> BOOK CLUB (EL TORO ROOM) ASTORIA: ASTOR & JEFFERSON'S LOST PACIFIC EMPIRE BY PETER STARK  <b>11:15 AM</b> SEMINAR: INFLAMMATION (CC-A&B)  CHINESE FEAST
	<b>21</b> <b>10:00 AM-2:00 PM</b> CLUBHOUSE ACTIVITIES	<b>22</b> 	<b>23</b> <b>10:00 AM</b> MINI EXCURSION: DEL MAR STREET SAN CLEMENTE (CC-A)	<b>24</b> <b>10:45 AM</b> MOVIE: GREEN BOOK (CC-L)  <b>11:00 AM</b> MEDICATION REVIEW (CC-AR)	<b>25</b> <b>10:30 AM</b> LEGAL AID (CC-L)  <b>11:00 AM</b> MEDICATION REVIEW (CC-AR)  CHICKEN BAKE
	<b>28</b> <b>10:30 AM</b> SURPRISE BINGO (CC-A)	<b>29</b> 	<b>30</b> <b>10:30 AM</b> RUMMIKUB TOURNAMENT (CC-A)	<b>31</b> <b>10:00 AM-2:00 PM</b> CLUBHOUSE ACTIVITIES	<b>12</b> 
					<b>13</b> 
					<b>19</b> <b>8:30 AM</b> AARP: DRIVER SAFETY TWO-DAY COURSE (CC-L)
					<b>20</b> <b>8:30 AM</b> AARP: DRIVER SAFETY TWO-DAY COURSE (CC-L)
					<b>26</b> <b>7:00 PM</b> BUNCO (CC-A&B)
					<b>27</b> 

**TRANSPORTATION OPTIONS**

The City of Lake Forest offers door-to-door transportation to Lake Forest Senior residents via **Age Well Senior Services (AWSS)** and **California Yellow Cab**.

For more information call (949) 461-3450.

**CALIFORNIA YELLOW CAB:**

To qualify you must be a Lake Forest resident, sixty years of age or better and do not drive or own a vehicle.

**FEES**

**\$3.00 One Way (\$6.00 - Round Trip)**  
 Within Lake Forest City Limits to Non-Emergency Medical Appointments, Socializing, Movies, etc.

**\$7.00 One Way (\$14.00 - Round Trip)**  
 to and from Non-Emergency Medical Appointments to the Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), Hoag Hospital (Irvine).

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

NOTE: A \$10.00 LOST CARD FEE WILL BE CHARGED TO PRINT REPLACEMENT CARDS.

**EMERITUS CLASSES**

Emeritus classes are offered to active seniors.

The City of Lake Forest partners with **Irvine Valley College Emeritus Programs**.

Pre-registration is recommended for all classes through IVC.


FOR REGISTRATION CALL IVC AT: (949) 367-8343.

**Saddleback College Emeritus Classes are taking a break until fall 2019.**

# AUGUST 2019

# SEPTEMBER 2019

SUN	MON	TUES	WEDS	THURS	FRI/SAT
				1 10:00 AM CRAZY HAT DAY! BE CREATIVE...PRIZES! (CC-A&B)	2
					3
				CHICK-FIL-A	
4	5 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	6 10:30 AM BAGELS & BINGO (CC-A)	7 11:30 AM JAVA W/ JEN (CC-A)  12:00 PM MINI EXCURSION REGISTRATION (CC-A)	8 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	9
					10
				MEXICAN FEAST	
11	12 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	13 10:00 AM HICAP (CC-A)	14 10:00 AM MINI EXCURSION: JOHN WAYNE AIRPORT (CC-A)  12:00 PM MOVIE: SHAPE OF WATER (CC-L)	15 9:30 AM BOOK CLUB (EL TORO ROOM) <i>ELEANOR ELEPHANT IS COMPLETELY FINE BY GAIL HONEYMAN</i>  11:00 AM WHO'S WHO ON THE BULLETIN BOARD!	16
					17
				ITALIAN FEAST	
18	19 10:00 AM BLOOD PRESSURE CHECKS (CC-AR)  10:30 AM BINGO MANIA (CC-A)	20 10:30 AM CRAFTS: HAT DECORATING WE SUPPLY THE HATS! (CC-AR)	21	22 11:15 AM SEMINAR: 2-1-1 ORANGE COUNTY (CC-A&B)	23
					24
			CLUBHOUSE CLOSED	CHINESE FEAST	
25	26 10:00 AM DONUT DAY!	27 10:30 AM RUMMIKUB TOURNAMENT (CC-A)	28 10:45 AM MOVIE: WON'T YOU BE MY NEIGHBOR (CC-L)	29 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	30
					31
				BBQ CHICKEN SANDWICH	

SUN	MON	TUES	WEDS	THURS	FRI/SAT
1	2  CLUBHOUSE CLOSED	3 10:30 AM BAGELS & BINGO (CC-A)	4 11:30 AM JAVA W/ JEN (CC-A)	5 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	6
				MYSTERY CHICKEN	7
8	9 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	10 10:00 AM HICAP (CC-A)	11 10:00 AM SENIOR ADVISORY BOARD (EL TORO ROOM)  10:45 AM MOVIE: CRAZY RICH ASIANS (CC-L)	12 11:15 AM SEMINAR: FALL PREVENTION (CC-A&B)	13 8:30 AM AARP: DRIVER SAFETY (CC-L)
					14
				MEXICAN FEAST	
15	16 10:00 AM BLOOD PRESSURE CHECKS (CC-AR)  10:30 AM BINGO MANIA (CC-A)	17 10:30 AM CRAFTS: CARDS (CC-AR)	18 10:45 AM MOVIE: ARCTIC (CC-L)	19 9:30 AM BOOK CLUB (EL TORO ROOM) <i>COMING HOME BY ROSAMUNDE PILCHER</i>	20
					21
				ITALIAN FEAST	
22	23 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	24 10:30 AM RUMMIKUB TOURNAMENT (CC-A)	25 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	26 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES	27
					28
				CHINESE FEAST	
29	30 10:00 AM-2:00 PM CLUBHOUSE ACTIVITIES				



City of Lake Forest  
The Clubhouse Calendar  
25550 Commercentre Drive  
Lake Forest, CA 92630  
949-461-3408

PRSR STD  
U.S. POSTAGE PAID  
PERMIT NO. 104  
LAKE FOREST, CA

ECRWSS

POSTAL CUSTOMER

# FUTURE PROGRAMMING SURVEY RESULTS

**THE RESULTS ARE IN! A RECORD NINETY-THREE SURVEYS WERE COMPLETED AND REVIEWED BY STAFF!**

THANK YOU TO ALL WHO PARTICIPATED IN SHAPING THE PROGRAMS OFFERED AT YOUR NEW HOME **THE CLUBHOUSE!**

**YOUR TOP TEN PROGRAM REQUESTS ARE FOR:**

## **#1. MORE EXERCISE CLASSES**

**2. CONTINUE THE THURSDAY LUNCH PROGRAM**

**3. MORE HEALTH CARE WORKSHOPS**

**4. MORE HEALTH SEMINARS**

**5. HEALTHY SNACKS**

**6. NUTRITION/WEIGHT CONTROL PROGRAMS**

**7. COOKING CLASSES**

**8. TIE: HEALTH SCREENINGS & CONCERTS**

**9. MENTAL HEALTH COUNSELING PROGRAMS**

**10. GARDENING CLASSES**

### **HERE ARE SOME OF YOUR WRITTEN SUGGESTIONS:**

Number 1 suggestion...computer classes. Other great suggestions include, walking clubs, chess clubs, dance & meditation classes, chair yoga, talent shows, picnics, and BBQ's.

**THANK YOU ALL AGAIN FOR TAKING THE TIME TO FILL OUT THE FUTURE PROGRAMMING SURVEY!**