



CITY OF LAKE FOREST

THE VIRTUAL CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | NOV & DEC 2020



bingo thursdays



Feeling lucky? Join us for virtual games of bingo beginning Thursday, November 5! Games will be from 10 AM - 12 PM.

All participants will need to register online at <https://apm.activecommunities.com/lakeforestcarec>. (Act#: 8797)
Space is limited. Webcam access is preferred, but not required.

THE CLUBHOUSE UPDATES



Courtney Wysocki



The Clubhouse - Senior Recreation Supervisor



THE CLUBHOUSE IS SLATED TO REOPEN JANUARY 2021!

As the City navigates through the Coronavirus Pandemic, The Clubhouse has risen to the challenge to provide continued programs, services, and resources for Lake Forest 50 and better residents. The City of Lake Forest is following state and local guidelines under the statewide emergency order. In our effort to keep our participants safe and healthy, when The Clubhouse does reopen to the public, staff will be instituting new mandatory protocols to help minimize the transmission of the COVID-19 virus. Please note that registration will be required for all activities at The Clubhouse prior to entry; until further notice, program drop-ins will be prohibited. Activities will only be conducted if allowed by existing guidelines at the time of the class and any changes will be communicated to participants in a timely manner. We appreciate your patience and support as we work together to provide fun, meaningful programs to the 50 and better community. For the most up to date reopening information, visit the City website at www.lakeforestca.gov or call (949) 461-3408. Have a happy, safe, and healthy holiday season and we look forward to seeing you in 2021!

Check Out Our New Virtual Programs!



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SPECIAL PROGRAMS

Coffee with The Clubhouse

Grab your favorite morning drink and chat with your Clubhouse friends!

Webcam access is preferred, but not required.

Tuesday, November 10, 2020 | 10 AM - 11 AM

Tuesday, December 1, 2020 | 10 AM - 11 AM

REGISTER ONLINE AT:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/LAKEFORESTCAREC](https://apm.activecommunities.com/lakeforestcarec)
(ACTIVITY #: 8953)

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

Become a Clubhouse Pen Pal

Step aside social media! Handwritten notes are a moment to brighten up a senior's day during the Coronavirus pandemic. It's more important than ever for those who need to quarantine as much as possible to still feel the love.

If you are interested in sending a Clubhouse senior a "hello" card, please send it to:

Lake Forest City Hall
Attn: Courtney Wysocki
100 Civic Center Drive
Lake Forest, CA 92630

Cards must be made out to "Dear Clubhouse Senior".



SPECIAL PROGRAMS CONTINUED

The Clubhouse Kitchen

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Join The Clubhouse for video cooking demonstrations and recipe instructions on how to make these delicious meals and treats!

Videos and recipes will be provided by 2 PM for the dates below.

Register online at: <https://apm.activecommunities.com/lakeforestcarec>.

(Activity #: 8954)

Pumpkin Spice Oatmeal

Add a hint of fall to a simple breakfast!

Date: Monday, November 9, 2020

Apple Cider Glazed Chicken

This delicious seasonal chicken recipe is for the apple cider lovers and is filled with flavor!

Date: Monday, November 23, 2020

Creamy White Bean Soup with Kale and Gremolata

A tasty soup to keep you cozy on a cold winter's night!

Date: Monday, December 7, 2020

Holiday Goopy Butter Cookies

These cookies will get you in the Ho-Ho-holiday spirit!

Date: Monday, December 21, 2020



SPECIAL PROGRAMS CONTINUED

Virtual Garden Club



Dig into this virtual program! The Virtual Garden Club provides education, inspiration, and a sense of joy. Webcam access is preferred, but not required.

Find Your Green Thumb: Growing Vegetable & Herb Gardens at Home

Tuesday, December 15, 2020

10 AM - 11 AM



REGISTER ONLINE AT:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/LAKEFORESTCAREC](https://apm.activecommunities.com/lakeforestcarec)

(ACTIVITY #: 8955)

Virtual Clubhouse Karaoke



Join The Clubhouse as we sing our hearts out virtually!

Webcam and microphone access is required.

Make sure to dress-up in theme!

Colors of Fall

Tuesday, November 24, 2020 | 11 AM - 12 PM

Winter Wonderland

Tuesday, December 8, 2020 | 11 AM - 12 PM

REGISTER ONLINE AT:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/LAKEFORESTCAREC](https://apm.activecommunities.com/lakeforestcarec)

(ACTIVITY #: 8956)

SPECIAL PROGRAMS CONTINUED

The Clubhouse Book Club

Love to read? The Book Club is for you! Join your Clubhouse friends and discuss assigned books at a monthly virtual meeting.

To join the Book Club, please email Courtney Wysocki, Senior Recreation Supervisor, at cwysocki@lakeforestca.gov.

Thursday, November 19, 2020: *A Single Thread* by Tracy Chevalier

Thursday, December 17, 2020: *Kitchens of the Great Midwest* by J. Ryan Stradal

Crafty Crafters

Feeling artsy? Join the Crafty Crafters program and receive your own take home craft kit! To sign up for Crafty Crafters, please call The Clubhouse at (949) 461-3408. Craft kit pick-ups are the third Tuesday of every month between 11 AM - 11:30 AM at The Clubhouse.

Tuesday, November 17, 2020: DIY Holiday Cinnamon Stick Candles

Tuesday, December 15, 2020: Holiday Orange Pomanders

Email a photo of your completed crafts to Courtney Wysocki at cwysocki@lakeforestca.gov!



You're Picture Perfect

.....

The Clubhouse Photo Contest

The Clubhouse wants to hear from you! Send us a photo of yourself and how you've been staying busy during this time of closure.

Entries will be entered into a raffle for a \$10 Target gift card.

Photos must be submitted by Friday, December 4 and the winner will be announced on Tuesday, December 8. Please submit your photo to Courtney Wysocki, Senior Recreation Supervisor, at cwysocki@lakeforestca.gov!

Limit one entry per person.

SPECIAL PROGRAMS CONTINUED

The Patient Project

Finding Strength Through Patience Presented by the Patient Project at UCI Irvine

The Patient Project, a team of UCI Irvine undergraduate student volunteers, host free workshops that cover topics such as gratitude, mindfulness, positivity, meditation, and more! It is a space to build community, cultivate conversation, and encourage overall wellbeing.

The Patient Project will be presented by:

Karishma Muthukumar (third year, Cognitive Sciences major)

Meenakshi Chandrasekaran (second year, Biological Sciences major)

Anganette Cisneros, (third year, Biomedical Engineer major)

Caitlin Yee (second year, Biological Sciences major).

Wednesday, November 18, 2020 | 11 AM - 12 PM

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REGISTER ONLINE AT:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/LAKEFORESTCAREC](https://apm.activecommunities.com/lakeforestcarec)
(ACTIVITY #: 9274)

Virtual Painting Class

Provided by Aetna

Join this free virtual class and relax through art! Discover ways to unwind and express your creative side through your very own masterpieces.

Whether you've never drawn before or you are an artist at heart, Megan Warren will guide you through the art process and talk about art history while conducting her painting session.

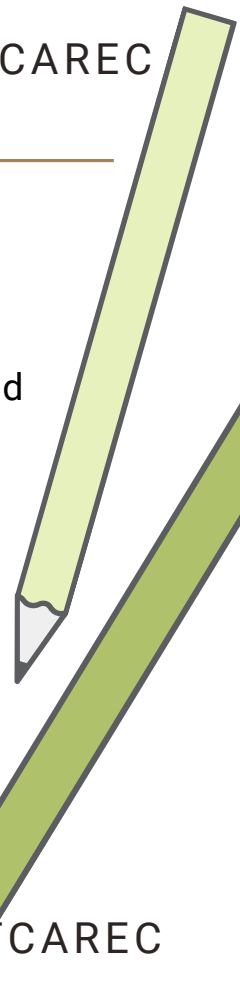
Participants will need to provide their own paper and colored pencils.

Wednesday, December 2, 2020 | 10 AM - 11 AM

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REGISTER ONLINE AT:

[HTTPS://APM.ACTIVECOMMUNITIES.COM/LAKEFORESTCAREC](https://apm.activecommunities.com/lakeforestcarec)
(ACTIVITY #: 9275)



HEALTH & WELLNESS PROGRAMS & RESOURCES

Clubhouse Chat Line

Need assistance during the Coronavirus Pandemic?

Please call The Clubhouse Monday through Friday
from 8:00 AM - 5:00 PM

Call: (949) 461-3408 to speak to a
Clubhouse team member

Java with Jen

Receive free information on how Medicare works.

Date & Time: Wednesday, November 4 and December 2
from 11:30 AM - 1:30 PM

Call: (949) 461-3408 to schedule your 30-minute
phone call 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, November 10 and December 8
from 10:30 AM - 1:30 PM

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

Legal Aid

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

Date & Time: Thursday, November 5 and December 3
from 10:30 AM - 1:00 PM

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

Medicare Annual Open Enrollment

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Find the Right Medicare Plan

Medicare Open Enrollment is October 15 through December 7

The Health Insurance Counseling & Advocacy Program (HICAP) provides free, unbiased Medicare counseling to help you understand changes in your coverage and identify the best plan for your needs.

Did you know health or drug plans change, health care providers change networks, prescription drug formularies change, or another plan may save you money?

HICAP can help you identify potential cost savings, understand your health care choices, explore your plan options, and prepare a free customized plan comparison and analysis.

Schedule your HICAP appointment today by calling HICAP at (714) 619-4361
or visit their website at <https://www.coasc.org/hicapaep>.

All counseling sessions are currently conducted by telephone.
Appointments are available in Spanish, Vietnamese, Chinese, and more.

HEALTH & WELLNESS VIRTUAL SEMINARS

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, Memorial Care Hospital, Scan Health, Orange County Water District (OCWD), and Orange County Transportation Authority (OCTA).

Please call The Clubhouse at (949) 461-3408 for any questions.

Alzheimer's/Dementia Caregiver Support Group

Provided by Alzheimer's Orange County

Date & Time: 2nd and 4th Wednesdays at 3:00 PM

Call: (844) 435-7259 or email

kathy.carchidi@alzoc.org to register

Spine Diagnosis & Treatment: Neck & Upper Extremity Pain

Some patients may experience pain in their neck with arm complaints. Tune in to learn about what spine problems may cause it, how it is diagnosed, and what treatment options are available.

Date & Time: Wednesday, November 4

from 5:30 PM - 6:00 PM

Register: www.hoag.org/community-education-classes

Spine Diagnosis & Treatment: Back & Lower Extremity Pain

Dr. Burak Ozgur will discuss what spine problems can cause back pain with leg complaints, how it is diagnosed, and which treatment options exist.

Date & Time: Wednesday, November 11

from 6:00 PM - 7:00 PM

Register: www.hoag.org/community-education-classes

Understanding Fibroids

Led by Dr. Sheila Dejbakhsh, this seminar is ideal for women who are interested in learning about fibroids, how to distinguish symptoms, how they are diagnosed, finding ways to cope, and treatment options.

Date & Time: Tuesday, November 3

from 6:00 PM - 7:00 PM

Register: www.hoag.org/community-education-classes

Protect Your Lungs:

Tips to Keep Your Lungs Healthy

Join Pulmonologist, Thomas Ascuito, M.D., as he discusses ways to protect and keep your lungs healthy.

Dr. Ascuito will also discuss symptoms of unhealthy lungs, lung cancer, risk factors, and the current screening recommendations.

Date & Time: Thursday, November 5

from 5:00 PM - 6:30 PM

Register: www.memorialcare.org/events



HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, Memorial Care Hospital, Scan Health, Orange County Transportation Authority (OCTA), and Orange County Water District (OCWD).

Please call The Clubhouse at (949) 461-3408 for any questions.

Heart Matters

Virtual Support Group

Join Hoag's monthly support group for the cardiac patient, their partner, family members, or caregivers. Licensed Clinical Social Worker, Stephanie Fermelia, LCSW, will discuss topics such as managing stress, depression and anxiety, handling anger, and coping with lifestyle changes and loss.

Date & Time: Thursday, November 12
from 12:00 PM - 1:30 PM

Register: www.hoag.org/community-education-classes

How to Cope When You Are at the End of Your Rope

Stress is a normal part of life, but how you deal with that stress makes a big difference to your health. There are healthy ways to cope with stress. At this program featured by Scan Health, learn about how you can better manage stress in your life.

Date & Time: Monday, November 16
from 2:00 PM - 3:00 PM

Register: Call The Clubhouse at (949) 461-3408

Virtual Medicine, Munchies, & Movies: Spine Health

Join Amandeep Bhalla, M.D., orthopedic spine surgeon, for an afternoon health lecture on spine health & tips for keeping your back healthy at home.

Date & Time: Friday, November 13
from 12:00 PM - 1:00 PM

Register: Call Memorial Care at (562) 933-1650

Meal Planning for Seniors

Planning for healthy and tasty meals, especially during the holidays, can be tricky. Join Janet Jin, MS, RD, CNSC, a clinical dietitian with Memorial Care Orange Coast Medical Center, as she shares important nutrition reminders for older adults as well as a few yummy tips to help make meals appealing and healthy.

Date & Time: Tuesday, November 17
from 3:00 PM - 4:30 PM

Register: www.memorialcare.org/events



HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, Memorial Care Hospital, Scan Health, Orange County Transportation Authority (OCTA), and Orange County Water District (OCWD).

Please call The Clubhouse at (949) 461-3408 for any questions.

Treatment Options for Carpal Tunnel Syndrome

Approximately 3-6% of Americans suffer from Carpal Tunnel Syndrome, which can cause pain and debilitation in your hand and wrist over time if not treated. Join hand and wrist orthopedic surgeon Shaunak Desai, M.D. as he discusses non operative, minimally invasive and surgical treatment options for Carpal Tunnel Syndrome.

Date & Time: Wednesday, November 18
from 5:00 PM - 5:30 PM

Register: www.hoag.org/community-education-classes

Heart Healthy You!

As we age, preserving heart health is an essential priority. Presented by Marco Ruiz, M.D., a family medicine physician with Memorial Care Medical Group, this class will cover causes of heart disease as well as prevention strategies and treatment options.

Date & Time: Thursday, November 19
from 3:00 PM - 4:00 PM

Register: www.memorialcare.org/events

Help for the Holidays (3 Part Series)

Holidays are a joyous season for many. For others it's a time for the blues. Did you know that having chronic health issues puts you at a higher risk for depression?

Scan Health will discuss the difference between the blues and depression so you know the facts and then we'll make goals for a healthier you!

Session 1: Depression

Date & Time: Wednesday, December 2
from 2:00 PM - 3:00 PM

Session 2: Beating the Holiday Blues

Date & Time: Wednesday, December 9
from 2:00 PM - 3:00 PM

Session 3: A New Year, A Healthier You!

Date & Time: Wednesday, December 16
from 2:00 PM - 3:00 PM

Register: Call The Clubhouse at (949) 461-3408



HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, Memorial Care Hospital, Scan Health, Orange County Transportation Authority (OCTA), and Orange County Water District (OCWD).

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Groundwater Replenishment System: Free Virtual Tour by the Orange County Water District

A joint project of OCWD and the Orange County Sanitation District, the GWRS is the world's largest water purification system for potable reuse, taking treated wastewater, and purifying it to drinking water standards.

We are committed to educating the community about this amazing technology and have been offering tours of the facility for more than 12 years. Due to the COVID-19 pandemic, we have temporarily suspended in person tours of the GWRS through 2020. But in an effort to continue offering the educational opportunity during this time we have created the next best thing - a Virtual Tour that you can participate in from wherever you're most comfortable!

The virtual tour will include a brief welcome followed by a video led by General Manager Mike Markus who will take you step-by-step through the facility and the entire treatment process. At the end of the Virtual Tour we will have a live Q & A period to address all of your questions.

Date & Time: Friday, December 4
from 10:00 AM - 11:30 AM

Register: Call The Clubhouse at (949) 461-3408

Successful Aging

Join Dr. Lauren Bennett with the Orange County Vital Brain program for an informative presentation on the keys to successful aging. She will provide tips for maintaining your cognitive and physical health, as well as what you need to know about the impact of lifestyle on preventing cognitive decline. She will provide a helpful roadmap to lead you to the path of good cognitive health for the years to come.

Date & Time: Monday, December 7
from 4:00 PM - 4:30 PM

Register: www.hoag.org/community-education-classes

Bloomin' Zoomin' Seniors: Skin Health

Join Tien Q. Nguyen, M.D., a dermatology specialist with Orange Coast Medical Center, for a virtual, interactive discussion about skin health as we age.

Date & Time: Tuesday, December 8
from 12:00 PM - 1:00 PM

Register: www.memorialcare.org/events



HEALTH & WELLNESS VIRTUAL SEMINARS CONTINUED

The Health and Wellness Virtual Seminars are free of charge and provided by Alzheimer's Orange County, Hoag Hospital, Memorial Care Hospital, Scan Health, Orange County Transportation Authority (OCTA), and Orange County Water District (OCWD).

Please call The Clubhouse at (949) 461-3408 for any questions.

Heart Matters

Virtual Support Group

Join Hoag's monthly support group for the cardiac patient, their partner, family members, or caregivers. Licensed Clinical Social Worker, Stephanie Fermelia, LCSW, will discuss topics such as managing stress, depression and anxiety, handling anger, and coping with lifestyle changes and loss.

Date & Time: Thursday, December 10
from 12:00 PM - 1:30 PM

Register: www.hoag.org/community-education-classes

OCTA

Transportation Workshop

This Transportation Workshop provided by OCTA, will provide information on how to pay fares and other reduced fare options, read an OCTA bus schedule, learn how to safely board and exit a bus, and ADA accessibility standards and use of mobility devices. Free individual and/or small group travel training is also available.

Date & Time: Friday, December 11
from 10:00 AM - 11:00 AM

Register: Call The Clubhouse at (949) 461-3408

Spine Pain Treatment Options

Spine pain keeps millions of people worldwide from living an active life. Jason Koh, D.O., a physical medicine and rehabilitation specialist, and triage physician for the Spine Health Center at Memorial Care Orange Coast Medical Center, will give this presentation. He will discuss causes of spine pain as well as treatment options.

Date & Time: Thursday, December 17
from 3:00 PM - 4:00 PM

Register: www.memorialcare.org/events



EMERITUS CLASSES

Emeritus Classes are offered for active seniors through partnerships between the City and Irvine Valley and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population. During the current spring semester, each college offers the following courses in an ONLINE-ONLY format:

Irvine Valley College

ART CLASSES

Art Media (Beading)
Watercolor Painting

FITNESS CLASSES

ASAP Strength and Pilates
Chair Exercise
Dance (Tap & County Line)
Dayan Qigong
Dyna-Band
Health & Fitness for Mature Adults
Pai Dai Gong
Pilates
Physical Fitness
Tai Chi
Taijiquan
Yoga and Yoga Stretching

Saddleback College

Art Media Studies
Birds of the World
Color Printing
Creative Writing
Current Political Events and Issues
Digital Photography & Color Printing
Emeritus Art - Ceramics & Sculpture
Emeritus Art - Crafts & Painting
Emeritus Fashion
Emeritus Health
Fundamentals of Western Philosophy
Gerontology
Life & Technology Integration for Older Adults
Literature and Life
Managing Bonds and Stocks
Music Appreciation
Practical Spanish
Sketching & Life Drawing
Vocal and Rhythmic Techniques

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

For more information regarding Irvine Valley College's Emeritus offerings,
visit <http://academics.ivc.edu/emmeritus>.

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

Please contact Courtney Wysocki, Senior Recreation Supervisor,
at (949) 461-3439, or cwysocki@lakeforestca.gov
with any questions regarding Emeritus classes.

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: \$3.00 One-Way (\$6.00 Round Trip)

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

Cost: \$7.00 One-Way (\$14.00 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

(This service is currently suspended until The Clubhouse reopens due to COVID-19)

Cost: \$0.50 One-Way

From your residence to The Clubhouse Monday through Thursday, 10 AM to 2 PM

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
Saddleback College/Emeritus.....	949-582-4835

NOVEMBER 2020

SUN MON TUE WED THU FRI SAT

1
DAYLIGHT
SAVINGS
TIME ENDS


2

3
6 PM
UNDERSTANDING
FIBROIDS
SEMINAR

4
JAVA
WITH JEN

5:30 PM
SPINE DIAGNOSIS
SEMINAR

5
LEGAL AID
10 AM
VIRTUAL BINGO

5 PM
PROTECT YOUR LUNGS
SEMINAR

6

7

8
IT'S NATIONAL
CAPPUCCINO
DAY!

9
2 PM
THE CLUBHOUSE
KITCHEN

10
HICAP

10 AM
COFFEE WITH
THE CLUBHOUSE

11
HAPPY VETERAN'S DAY!
3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

6 PM - SPINE
DIAGNOSIS SEMINAR

12
10 AM
VIRTUAL BINGO

12 PM
HEART MATTERS
VIRTUAL SUPPORT
GROUP

13
12 PM
VIRTUAL
MEDICINE,
MUNCHIES, &
MOVIES:
SPINE HEALTH
SEMINAR

14

15

16
2 PM
HOW TO COPE WHEN
YOU ARE AT THE
END OF YOUR ROPE
SEMINAR

17
11 AM
CRAFTY CRAFTERS
PICK-UPS

3 PM
MEAL PLANNING FOR
SENIORS SEMINAR

18
11 AM
THE PATIENT PROJECT

5 PM
TREATMENT OPTIONS
FOR CARPEL TUNNEL
SYNDROME SEMINAR

19
BOOK CLUB
10 AM
VIRTUAL BINGO

3 PM
HEART HEALTHY
YOU! SEMINAR

20

21

22

23
2 PM
THE CLUBHOUSE
KITCHEN

24
11 AM
VIRTUAL
CLUBHOUSE
KARAOKE

25
3 PM
ALZHEIMER'S/
DEMENTIA
CAREGIVER
SUPPORT GROUP

26
HAPPY
THANKSGIVING!


27

28
IT'S NATIONAL
FRENCH
TOAST DAY!

29

30

DECEMBER 2020

SUN MON TUE WED THU FRI SAT

1
10 AM
COFFEE WITH
THE CLUBHOUSE

2
JAVA WITH JEN
10 AM - VIRTUAL
PAINTING CLASS
2 PM - HELP FOR THE
HOLIDAYS SEMINAR

3
LEGAL AID
10 AM
VIRTUAL BINGO

4
YOU'RE PICTURE
PERFECT PHOTO
DEADLINE
10 AM
OCWD
VIRTUAL TOUR

5

6

7
2 PM
THE CLUBHOUSE
KITCHEN
4 PM
SUCCESSFUL AGING
SEMINAR

8
HICAP
YOU'RE PICTURE PERFECT
WINNER ANNOUNCED
11 AM - VIRTUAL
CLUBHOUSE KARAOKE
12 PM - BLOOMIN'
ZOOMIN' SENIOR SEMINAR

9
2 PM - HELP FOR THE
HOLIDAYS SEMINAR
3 PM - ALZHEIMER'S/
DEMENTIA CAREGIVER
SUPPORT GROUP

10
10 AM
VIRTUAL BINGO
12 PM
HEART MATTERS
VIRTUAL SUPPORT
GROUP

11
10 AM
OCTA
TRANSPORTATION
WORKSHOP
SEMINAR

12

13

IT'S
NATIONAL
COCOA DAY!



14

15
11 AM
CRAFTY CRAFTERS
PICK-UPS
11 AM
VIRTUAL GARDEN CLUB

16

2 PM
HELP FOR THE
HOLIDAYS
SEMINAR

17

BOOK CLUB
10 AM - VIRTUAL
BINGO
3 PM - SPINE PAIN
TREATMENT OPTIONS
SEMINAR

18

19

IT'S NATIONAL
OATMEAL
DAY!

20

21
2 PM
THE CLUBHOUSE
KITCHEN

22

23

3 PM
ALZHEIMER'S/
DEMENTIA
CAREGIVER
SUPPORT GROUP

24

HAPPY
HOLIDAYS!

25

HAPPY
HOLIDAYS!



26

IT'S NATIONAL
CANDY CANE
DAY!



27

IT'S
NATIONAL
FRUITCAKE
DAY!

28

29

30

31

NEW YEAR'S EVE

