



City of Lake Forest

# Senior Scene

[www.lakeforestca.gov/seniors/](http://www.lakeforestca.gov/seniors/) • [www.facebook.com/Lakeforestseniors](http://www.facebook.com/Lakeforestseniors)

**Jul/Aug/Sep 2017**

**Inside**  
THIS ISSUE

## ATTENTION TAXI VOUCHER CUSTOMERS!

Beginning July 1, 2017, there will be a change of taxi cab service providers to



## CALIFORNIA YELLOW CAB

for the City of Lake Forest's Taxi Voucher Program.

The new reservation phone numbers are

**(888) 242-8294 or (888) 242-TAXI**

Old vouchers will be honored but need to be exchanged for new ones at City Hall.

This change will better accommodate your needs!

Questions? Please contact (949) 461-3450.

### SUMMERTIME SMOOTHIES

Mondays • 12:00 PM

Enjoy a healthy and refreshing fruit smoothie at the Clubhouse every Monday through the summer months.



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Registration /  
Mini Excursions

**4**

Seminars  
Crafty Crafters

**5**

Clubhouse Fun

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Calendars  
July  
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September

**12-13**

Good Stuff  
Coming  
Your Way!  
Movie Days

**14**

Daily Life in LF

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LF Reading Circle

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What's Been  
Happening?

**SENIOR SCENE  
CLUBHOUSE HOURS**

Monday thru Thursday  
10:00 AM-2:00 PM

## HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

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

**Considerable walking or standing is involved with the mini excursions.**

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

**Registration for each mini excursion will not be taken before the date and/or time listed below.**

Thank you in advance for your cooperation.

### MINI EXCURSION REGISTRATION

#### July

Lake Forest Residents:

**Wed, Jul 5, 12:00 PM**

Non-Residents:

Thurs, Jul 6

#### August

Lake Forest Residents:

**Wed, Aug 2, 12:00 PM**

Non-Residents:

Thurs, Aug 3

#### September

Lake Forest Residents:

**Wed, Sep 6, 12:00 PM**

Non-Residents:

Thurs, Sep 7

## JULY MINI EXCURSIONS

**San Joaquin Marsh & Wildlife • Irvine**  
**Wednesday, July 19**  
**10:15 AM-1:15 PM**  
**Fee: Free (docent-led tour)**

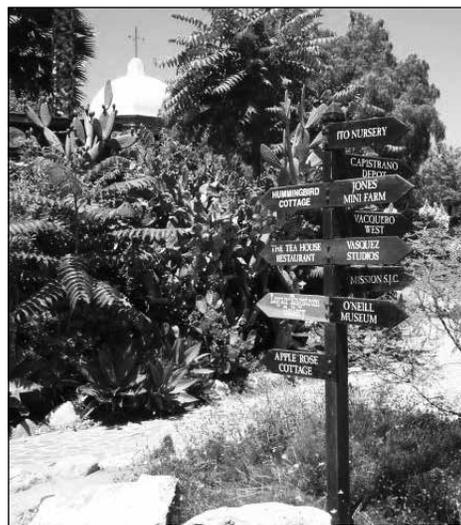


Visitors will discover this true urban oasis, home to more than 200 species of birds.

The San Joaquin

Marsh is more than just a pretty place, with 12 miles of hiking trails. It is a working wetlands, the San Joaquin Marshlands, naturally cleaning up urban runoff from the San Diego Creek to help protect the environmentally sensitive Upper Newport Bay.

**San Juan Capistrano, Los Rios Street •**  
**San Juan Capistrano • Tuesday, July 25**  
**10:00 AM-2:00 PM • Fee: Free**



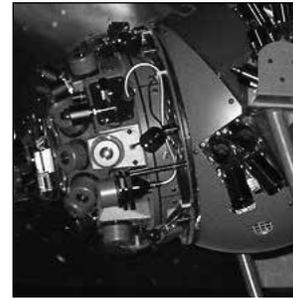
Explore San Juan Capistrano's Los Rios Street! Visit the petting zoo, see the SJC Mission have lunch, go shopping or just relax. There are many things to see and do in Historic Downtown SJC.

# AUGUST MINI EXCURSIONS

**The Irvine  
Museum Exhibit  
*Dawn till Dusk* •  
Irvine •  
Tuesday, August 15  
10:15 AM-1:00 PM  
Fee: Free  
(docent-led tour)**

The *Dawn till Dusk* exhibit displays paintings with beautiful landscapes at the outer edges of the day when the sun is setting.

**Tessmann  
Planetarium •  
Santa Ana •  
Wednesday,  
August 23  
10:00 AM-1:00 PM  
Fee: \$5 per person  
(Pay at the door)**



As scientists unravel the complexities of the cosmos, key findings reveal amazing new frontiers for exploration. Travel into deep space. The past 100 years have led us to pivotal moments that bring us knowledge of the universe and our place in it.

# SEPTEMBER MINI EXCURSIONS

**Wetlands & Wildlife  
Rescue Care Center •  
Huntington Beach •  
Tuesday, September 12 •  
10:00 AM-1:00 PM  
Fee: \$3 donation  
(Pay at the door, docent-led tour)**



The Rescue Care Center is one of the few local wildlife rescue centers for all types of animals including raccoons, opossums, local birds, sea birds, humming birds and marine mammals. A docent led tour will introduce the different ways to help injured animals and show how they are returned to their own environment.

**Rancho Las Lomas  
& Cook's Corner •  
Santiago Canyon  
Tuesday, September 19  
10:00 AM-2:00 PM  
Fee: \$10 (Pay at the door,  
docent-led tour)**

Visit an open-air museum that lives, breathes, squawks and growls. This adventure includes a tour where you will learn about Rancho Las Lomas. Afterwards, enjoy lunch on your own at Cook's Corner.

# SEMINARS

## July

### What About Ulcers?

Thursday, July 20  
11:15 AM

Dr. Ketan Shah will talk about ulcers of the digestive tract.

What are the symptoms of and the treatments for ulcers?

Dr. Shah will also discuss various terms associated with ulcers, such as peptic, gastric and duodenal.

## August

### Aging Eyes

Thursday, August 31  
11:15 AM

“Did you know there are vision impairing retinal conditions that are also associated with aging? Dr. Brian Kim, Retina Specialist from Harvard Eye Associates, will discuss macular degeneration and other age-related eye conditions including floaters, macular puckering, and retinal vascular occlusions.”

## September

Fall Prevention Month/  
A Matter of Balance  
Thursday • September 28  
11:15 AM

People who develop the fear of falling often limit their activities. Frank Hernandez from Office on Aging will discuss ways to reduce your chances of falling and overcoming the fear of falling.

**SUPPORT  
FALL PREVENTION  
MONTH!  
Wear yellow on Sep 28!**

## CRAFTY CRAFTERS



With a blank canvas...Danette will show you how to make 3D textured art. All supplies will be provided. Just bring your imagination....Buttons will be provided but you may bring your own too.

### BUTTON ART

Tuesday, July  
18 • 10:30 AM

With a blank

**Due to the popularity of the crafts program, you must register downstairs for all craft classes by calling (949) 461-3408 the first Monday of the month (call July 3, August 7, and (due to the Labor Day on September 4) Tuesday, September 5.**

**Crafts may change due to availability of supplies.**

### LADYBUG GARDEN ROCKS

Tuesday, August 22 • 10:30 AM

River Rocks + Paint + Brushes + Varnish = A really cute garden decoration. Make a couple!

### MOSAIC STAINED GLASS VASE

Tuesday, September 19 • 10:30 AM

You'll never believe this stained glass is made with a colored Sharpie! Craft supplies will be provided. Learn how to make mosaic style vases.

# CLUBHOUSE FUN AND DELIGHTS

Come visit us at the Senior Scene Clubhouse! Enjoy various activities. Join us for Bingo and a free hot lunch every Thursday! The Clubhouse is a great place to meet new friends! No need to make reservations for this great drop-in program.

On days when the temperature is 90+ degrees or we're experiencing inclement weather conditions, the Clubhouse will remain open until 4:00 PM. Please call (949) 461-3408 if you have any questions.

## JAVA WITH JEN AT MONARCH HEALTHCARE Wed • 11:30 AM-12:30 PM

Jul 5 • Aug 2 • Sep 6  
Join Jennifer Payne for an informative conversation about how Medicare works!

## WATERMELON EATING CONTEST Wear Red, White & Blue Thu, Jul 6 • 11:30 AM

Let's kick off the summer with our annual Watermelon Eating Contest. The winner will receive something special!

## BAGELS & BINGO Tue • 10:30 AM

Jul 11 • Aug 1 • Sep 5

## FREE! BLOOD PRESSURE CHECKS (Activities Room) Mon 10:00 AM-12:00 PM

Jul 17 • Aug 21 • Sep 18

## BINGO MANIA Mon • 10:30 AM

Jul 17 • Aug 21 • Sep 18

## SCRABBLE GAMES Wed • 10:30 AM

Jul 19 • Aug 16 • Sep 13

## LEGAL AID Thu 10:30 AM-2:30 PM

Jul 20

## CELL PHONES, IPAD, NOTEBOOK 101 Mon • 11:30 AM-12:30 PM

Jul 24 • Aug 28 • Sep 25  
Master your phone, Ipad, and Notebook! Jennifer from Monarch HealthCare will show you how. No appointment necessary. Ask her to add Pinterest!

## RUMMIKUB TOURNAMENT Tue • 10:30 AM

Jul 25 • Aug 29 • Sep 26

## MEDICATION REVIEW WITH PHARMACIST BILL Wed, Jul 26 • 12:30-2:00 PM

Bring a list of your OTC medicines, prescription medications, vitamins and nutritional supplements. Call (949) 461-3408 for an appointment with Pharmacist Bill.

## BIRTHDAY CELEBRATIONS Thu • 11:30 AM

Jul 27 • Aug 31 • Sep 28

## SHOW OFF YOUR GRANDCHILDREN

Bring a photo of your grandchildren/grandchild. We will decorate the bulletin board for all of us to see what you've been bragging about! Bring pictures in starting September 5.

## PING PONG Tue • 10:00 AM-1:00 PM Wed • 2:30-4:30 PM

Tuesdays and Wednesdays in the Lounge.

## MAHJONG MONDAYS AND WEDNESDAYS 10:00 AM-2:00 PM

Every Monday and Wednesday.

## PICKLEBALL @ SPORTS PARK Tue /Thu • 8:30-10:30 AM

Call (949) 273-6960 for more information.

## DROP-IN COMPUTER LAB AND FREE PUBLIC WI-FI Mon/Tue/Thu

10:00 AM-2:00 PM  
Wed 11:00 AM-2:00 PM

Availability limited at times due to training and computer classes. No instructor is on site.

## SAVE THE DATES: PRIME TIMER GAMES

Let the Games Begin! The Senior Scene Clubhouse will hold its first PrimeTimer Games!

Look to sign up in the Fall Leisure Times 2017. Prizes will be distributed at the Awards Ceremony on Thu, Oct 26!

- Poker Walk
- Horseshoes and Bean Bag Toss
- Water Balloon Toss

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**LFSP**  
**Lake Forest**  
**Sports Park**  
 28000 Rancho Pkwy.  
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**LFBTC**  
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**LFGPC**  
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**FL**  
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**S&S Club**  
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**IVC**  
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**SBC**  
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SUN	MON	TUE
<b>2</b>	<b>3</b>	<b>4</b>
	9:00 AM Wearable Art (CC-L) 10:00 AM <b>Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  12:00 PM <b>Summertime Smoothies</b> 1:00 PM Creative Writing (AR)	<b>INDEPENDENCE DAY</b>  <b>CITY HALL AND CLUBHOUSE CLOSED</b>   10:00 AM <b>Lake Forest 4th of July Parade</b>
	<b>Cold Box Lunch</b>	
<b>9</b>	<b>10</b>	<b>11</b>
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM <b>Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  12:00 PM <b>Summertime Smoothies</b> 1:00 PM Creative Writing (AR)	<b>8:30 AM Pickleball (LFSP)</b> 9:00 AM Advanced Practical Spanish (CC-AR) <b>10:00 AM HiCap Appointments (AR)</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bagels &amp; Bingo (CC-A)</b>  12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>16</b>	<b>17</b>	<b>18</b>
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) <b>10:00 AM Blood Pressure Checks (CC-AR)</b> <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo Mania (CC-A)</b>  12:00 PM <b>Summertime Smoothies</b> 1:00 PM Creative Writing (AR)	<b>8:30 AM Pickleball (LFSP)</b> 9:00 AM Advanced Practical Spanish (CC-AR) <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab <b>10:30 AM Crafts – Button Art (CC-AR)</b>  12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>23</b>	<b>24</b>	<b>25</b>
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab <b>11:30 AM Cell Phones, iPad, Notebook 101 (CC-A)</b>  12:00 PM <b>Summertime Smoothies</b> 1:00 PM Creative Writing (AR)	<b>8:30 AM Pickleball (LFSP)</b> 9:00 AM Advanced Practical Spanish (CC-AR) <b>10:00 AM Mini Excursion – San Juan Capistrano, Los Rios Street</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) <b>10:30 AM Rummikub Tournament (CC-A)</b> 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>30</b>	<b>31</b>	
<b>5:30 PM</b> <b>SUMMER CONCERT AT PITTSFORD PARK</b>	9:00 AM Beginning Chinese Brush Painting (CC-B) <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Surprise Bingo (CC-A)</b>  12:00 PM <b>Summertime Smoothies</b>	
	<b>Cold Box Lunch</b>	

WED	THU	FRI / SAT
<b>5</b>	<b>6</b>	<b>7</b>
9:00 AM Tai Chi Ch'uan (CC-B) <b>10:00 AM Mahjong (CC-A)</b> 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab <b>11:30 AM Java with Jen at Monarch HealthCare (CC-A)</b>  <b>12:00 PM Mini Excursion Registration (CC-A)</b> <b>2:30 PM Ping Pong (CC-L)</b>  <b>Cold Box Lunch</b>	<b>WEAR RED, WHITE AND BLUE</b> 7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b> <b>11:30 AM Watermelon Eating Contest</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b> 2:00 PM Beginning Practical Spanish (CC-AR)  <b>Chick-Fil-A Sandwiches</b>	<b>FRI</b> <b>8:00 AM Mammograms (CH)</b>  1:00 PM Bowling League (FL)  <hr/> <b>SAT</b> <b>8</b>
<b>12</b>	<b>13</b>	<b>14</b>
9:00 AM Tai Chi Ch'uan (CC-B) <b>10:00 AM Senior Advisory Board Meeting</b> <b>10:00 AM Mahjong (CC-A)</b> 10:30 AM Tai Chi Ch'uan Advanced (CC-B) <b>10:45 AM Movie Day – The Jungle Book (CC-L)</b> 11:00 AM Drop-In Computer Lab  <b>2:30 PM Ping Pong (CC-L)</b>  <b>Cold Box Lunch</b>	7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> 9:00 AM Advanced Practical Spanish (CC-AR) <b>9:30 AM Book Discussion – The Summer Before the War (CC-El Toro Room)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b> 2:00 PM Aquatic Fitness (LFBTC)  <b>Meatball Sandwiches</b>	<b>FRI</b> 1:00 PM Bowling League (FL)  <hr/> <b>SAT</b> <b>15</b>
<b>19</b>	<b>20</b>	<b>21</b>
9:00 AM Tai Chi Ch'uan (CC-B) <b>10:00 AM Mahjong (CC-A)</b> <b>10:15 AM Mini Excursion – San Joaquin Marsh and Wildlife</b> <b>10:30 AM Scrabble (CC-A)</b> 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab  <b>2:30 PM Ping Pong (CC-L)</b>  <b>Cold Box Lunch</b>	7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab <b>10:30 AM Legal Aid</b> <b>10:30 AM Bingo (CC-A&amp;B)</b> <b>11:15 AM Seminar – What About Ulcers? (CC-A&amp;B)</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>  <b>Chinese Feast</b>	<b>FRI</b> <b>8:30 AM AARP Driver Refresher Course, 1 Day (CC-L)</b>  1:00 PM Bowling League (FL)  <hr/> <b>SAT</b> <b>22</b>
<b>26</b>	<b>27</b>	<b>28</b>
<b>9:00 AM Excursion – Harrah's Casino</b> <b>10:00 AM Mahjong (CC-A)</b> <b>10:45 AM Movie Day – Hidden Figures (CC-L)</b> 11:00 AM Drop-In Computer Lab  <b>12:30 PM Medication Review with Pharmacist Bill (AR)</b> <b>2:30 PM Ping Pong (CC-L)</b>  <b>Cold Box Lunch</b>	7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b> <b>11:30 AM Birthday Celebrations (CC-A&amp;B)</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>  <b>Baked Ziti</b>	<b>FRI</b> 1:00 PM Bowling League (FL)  <b>7:00 PM Bunco or Bust</b>  <hr/> <b>SAT</b> <b>29</b>

Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.

# JUL

# LEGEND

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**Saddleback College**  
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**SUN**

**MON**

**TUE**

# AUG

SUN	MON	TUE
		<b>1</b>
		<b>8:30 AM Pickleball (LFSP)</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) <b>10:30 AM Bagels &amp; Bingo (CC-A)</b>  12:30 PM Dyna Band (CC-B)
		<b>Cold Box Lunch</b>
<b>6</b>	<b>7</b>	<b>8</b>
	<b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab  <b>12:00 PM Summertime Smoothies</b>	<b>8:30 AM Pickleball (LFSP)</b> <b>10:00 AM HiCap Appointments (AR)</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab  12:30 PM Dyna Band (CC-B)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>13</b>	<b>14</b>	<b>15</b>
	<b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab <b>10:15 AM Mini Excursion –</b> <b>The Irvine Museum</b>  <b>12:00 PM Summertime Smoothies</b> 12:30 PM Dyna Band (CC-B)	<b>8:30 AM Pickleball (LFSP)</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) <b>10:15 AM Mini Excursion –</b> <b>The Irvine Museum Exhibit</b>  12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>20</b>	<b>21</b>	<b>22</b>
	<b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab <b>10:00 AM Blood Pressure Checks (CC-AR)</b> <b>10:30 AM Bingo Mania (CC-A)</b>  <b>12:00 PM Summertime Smoothies</b>	<b>8:30 AM Pickleball (LFSP)</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) <b>10:30 AM Crafts – Lady Bug</b> <b>Garden Rocks (CC-AR)</b>  12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>27</b>	<b>28</b>	<b>29</b>
<b>5:30 PM</b> <b>SUMMER</b> <b>CONCERT AT</b> <b>PITTSFORD</b> <b>PARK</b>	9:00 AM Wearable Art (CC-L) <b>10:00 AM Mahjong (CC-A)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Yahtzee Game Day (CC-A)</b> <b>11:30 AM Cell Phones, iPad,</b> <b>Notebook 101 (CC-A)</b>  <b>12:00 PM Summertime Smoothies</b>	<b>7:00 AM Excursion –</b> <b>Ronald Reagan Museum</b> <b>8:30 AM Pickleball (LFSP)</b> <b>10:00 AM Ping Pong (CC-L)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Rummikub Tournament (CC-A)</b>  12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>

WED	THU	FRI / SAT
<b>2</b>	<b>3</b>	<b>FRI 4</b>
<b>10:00 AM Mahjong (CC-A)</b> 11:00 AM Drop-In Computer Lab <b>11:30 AM Java with Jen at Monarch HealthCare (CC-A)</b>  <b>12:00 PM Mini Excursion Registration (CC-A)</b> 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b>  <b>12:00 PM Root Beer Floats</b> <b>12:00 PM Lunch (CC-A&amp;B)</b>	1:00 PM Bowling League (FL)
<b>Cold Box Lunch</b>	<b>Cheeseburgers</b>	<b>SAT 5</b>
<b>9</b>	<b>10</b>	<b>FRI 11</b>
<b>10:00 AM Mahjong (CC-A)</b> <b>10:45 AM Movie Day – LA LA Land (CC-L)</b> 11:00 AM Drop-In Computer Lab  <b>2:30 PM Ping Pong (CC-L)</b>	7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>	1:00 PM Bowling League (FL)
<b>Cold Box Lunch</b>	<b>Mexican Madness</b>	<b>SAT 12</b>
<b>16</b>	<b>17</b>	<b>FRI 18</b>
<b>10:00 AM Mahjong (CC-A)</b> <b>10:30 AM Scrabble (CC-A)</b> 11:00 AM Drop-In Computer Lab  <b>2:30 PM Ping Pong (CC-L)</b>	7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> <b>9:30 AM Book Discussion – The Handmaid’s Tale (CC-El Toro Room)</b> 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b>  <b>12:00 PM Lunch (CC-A&amp;B)</b>	1:00 PM Bowling League (FL)
<b>Cold Box Lunch</b>	<b>Turkey Sandwiches and Potato Salad</b>	<b>SAT 19</b>
<b>23</b>	<b>24</b>	<b>FRI 25</b>
8:30 AM Birds of the World (LFSP Mtg Rm 2) <b>10:00 AM Mini Excursion – Tessmann Planetarium</b> <b>10:00 AM Mahjong (CC-A)</b> 11:00 AM Drop-In Computer Lab  <b>2:30 PM Ping Pong (CC-L)</b>	7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b> 10:30 AM Current Issues/Gov’t (CC-L)  <b>12:00 PM Lunch (CC-A&amp;B)</b> 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	1:00 PM Bowling League (FL)  <b>4:00 PM Rock-A-Hula Luau Dinner and Party</b>
<b>Cold Box Lunch</b>	<b>Chinese Feast</b>	<b>SAT 26</b>
<b>30</b>	<b>31</b>	
8:30 AM Birds of the World (LFSP Mtg Rm 2) <b>10:00 AM Mahjong (CC-A)</b> <b>10:45 AM Movie Day – The Legend of Tarzan (CC-L)</b> 11:00 AM Drop-In Computer Lab  <b>2:30 PM Ping Pong (CC-L)</b>	7:45 AM Golf Days (LFGPC) <b>8:30 AM Pickleball (LFSP)</b> 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab <b>10:30 AM Bingo (CC-A&amp;B)</b> 10:30 AM Current Issues/Gov’t (CC-L) <b>11:15 AM Seminar – Aging Eyes (CC-A&amp;B)</b> <b>11:30 AM Birthday Celebrations (CC-A&amp;B)</b> <b>12:00 PM Lunch (CC-A&amp;B)</b> 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) <b>Hot Doggies</b>	
<b>Cold Box Lunch</b>	<b>Hot Doggies</b>	

**Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.**

**CH**  
**City Hall**  
 25550 Commercentre Dr.  
 (949) 461-3400

**CC**  
**Community Center**  
 25550 Commercentre Dr.  
 (949) 461-3450

**CC-A**  
**Community Center**  
**Room A**

**CC-B**  
**Community Center**  
**Room B**

**CC-AR**  
**Community Center**  
**Activities Room**

**CC-TR**  
**Community Center**  
**Training Room**

**CC-L**  
**Community Center**  
**Lounge**

**LFSP**  
**Lake Forest**  
**Sports Park**  
 28000 Rancho Pkwy.  
 (949) 273-6960

**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 Drive  
 (949) 770-0055

**S&S Club**  
**Sun & Sail Club**  
 24752 Toledo Way  
 (949) 586-0860

**IVC**  
**Irvine Valley College**  
 (949) 451-5555

**SBC**  
**Saddleback College**  
 (949) 582-4835

# SEP

**Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.**

<b>3</b>	<b>4</b>	<b>5</b>
	 <p><b>LABOR DAY</b></p> <p><b>CITY HALL AND CLUBHOUSE CLOSED</b></p>	<p><b>8:30 AM Pickleball (LFSP)</b>  <b>10:00 AM Ping Pong (CC-L)</b>                  10:00 AM Drop-In Computer Lab                  10:00 AM Pilates (S&amp;S Club)  <b>10:30 AM Bagels &amp; Bingo (CC-A)</b></p> <p>2:00 PM Beginning Practical Spanish (CC-AR)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>10</b>	<b>11</b>	<b>12</b>
	<p>9:00 AM Wearable Art (CC-L)                  9:00 AM Beginning Chinese Brush Painting (CC-B)</p> <p><b>10:00 AM Mahjong (CC-A)</b>                  10:00 AM Drop-In Computer Lab</p> <p><b>12:00 PM Summertime Smoothies</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p><b>8:30 AM Pickleball (LFSP)</b>  <b>10:00 AM Mini Excursion – Wetlands &amp; Wildlife Rescue Center</b>  <b>10:00 AM HiCap Appointments (AR)</b>  <b>10:00 AM Ping Pong (CC-L)</b>                  10:00 AM Drop-In Computer Lab                  10:00 AM Pilates (S&amp;S Club)  <b>2:00 PM Excursion – One Day at a Time TV Taping</b></p> <p>2:00 PM Beginning Practical Spanish (CC-AR)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>17</b>	<b>18</b>	<b>19</b>
	<p>9:00 AM Wearable Art (CC-L)                  9:00 AM Beginning Chinese Brush Painting (CC-B)</p> <p><b>10:00 AM Mahjong (CC-A)</b>                  10:00 AM Drop-In Computer Lab  <b>10:00 AM Blood Pressure Checks (CC-AR)</b>  <b>10:30 AM Bingo Mania (CC-A)</b></p> <p><b>12:00 PM Summertime Smoothies</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p><b>8:30 AM Pickleball (LFSP)</b>  <b>10:00 AM Mini Excursion – Rancho Las Lomas &amp; Cook's Corner</b>  <b>10:00 AM Ping Pong (CC-L)</b>                  10:00 AM Drop-In Computer Lab                  10:00 AM Pilates (S&amp;S Club)  <b>10:30 AM Crafts – Stained Glass Vase (CC-AR)</b></p> <p>12:30 PM Dyna Band (CC-B)                  2:00 PM Beginning Practical Spanish (CC-AR)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>24</b>	<b>25</b>	<b>26</b>
	<p>9:00 AM Wearable Art (CC-L)                  9:00 AM Beginning Chinese Brush Painting (CC-B)</p> <p><b>10:00 AM Mahjong (CC-A)</b>                  10:00 AM Drop-In Computer Lab  <b>11:30 AM Cell Phones, iPad, Notebook 101 (CC-A)</b></p> <p><b>12:00 PM Summertime Smoothies</b></p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p><b>8:30 AM Pickleball (LFSP)</b>  <b>10:00 AM Ping Pong (CC-L)</b>                  10:00 AM Drop-In Computer Lab                  10:00 AM Pilates (S&amp;S Club)  <b>10:30 AM Rummikub Tournament (CC-A)</b></p> <p>12:30 PM Dyna Band (CC-B)                  2:00 PM Beginning Practical Spanish (CC-AR)                  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>

WED

THU

FRI / SAT

**FRI** **1**  
1:00 PM Bowling League (FL)

**SAT** **2**

**6**

8:30 AM Birds of the World (LFSP Mtg Rm 2)  
9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Mahjong (CC-A)**  
10:30 AM Tai Chi Ch'uan Advanced (CC-B)  
11:00 AM Drop-In Computer Lab  
**11:30 AM Java with Jen at Monarch HealthCare (CC-A)**  
**12:00 PM Mini Excursion Registration (CC-A)**  
1:00 PM Yoga (CC-B)  
**2:30 PM Ping Pong (CC-L)**

**Cold Box Lunch**

**7**

7:45 AM Golf Days (LFGPC)  
**8:30 AM Pickleball (LFSP)**  
9:00 AM Advanced Practical Spanish (CC-AR)  
10:00 AM It's Never Too Late (LFSP)  
10:00 AM Drop-In Computer Lab  
**10:30 AM Bingo (CC-A&B)**  
10:30 AM Current Issues/Gov't (CC-L)  
**12:00 PM Lunch (CC-A&B)**  
1:00 PM Beading and Stringing (LFSP)  
2:00 PM Aquatic Fitness (LFBTC)

**Mexican Madness**

**FRI** **8**  
1:00 PM Bowling League (FL)

**SAT** **9**

**13**

8:30 AM Birds of the World (LFSP Mtg Rm 2)  
9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Senior Advisory Board Meeting**  
**10:00 AM Mahjong (CC-A)**  
**10:30 AM Scrabble (CC-A)**  
10:30 AM Tai Chi Ch'uan Advanced (CC-B)  
11:00 AM Drop-In Computer Lab  
**10:45 AM Movie Day – A Dog's Purpose (CC-L)**  
1:00 PM Yoga (CC-B)  
**2:30 PM Ping Pong (CC-L)**  
**Cold Box Lunch**

7:45 AM Golf Days (LFGPC) **14**  
**8:30 AM Pickleball (LFSP)**  
9:00 AM Advanced Practical Spanish (CC-AR)  
**9:30 AM Book Discussion – The Sense of an Ending (CC-El Toro Room)**  
10:00 AM It's Never Too Late (LFSP)  
10:00 AM Drop-In Computer Lab  
**10:30 AM Bingo (CC-A&B)**  
10:30 AM Current Issues/Gov't (CC-L)  
**12:00 PM Lunch (CC-A&B)**  
1:00 PM Beading and Stringing (LFSP)  
2:00 PM Aquatic Fitness (LFBTC)  
**Meatloaf and Mashed Potatoes**

**FRI** **15**

**8:30 AM AARP Driver Original Course, 2-Day, Part 1 (CC-L)**  
1:00 PM Bowling League (FL)

**SAT** **16**

**8:30 AM AARP Driver Original Course, 2-Day, Part 2 (CC-L)**

**20**

**14TH ANNUAL SENIOR RESOURCE FAIR & VACCINATION CLINIC**

**10:00 AM–12:00 PM**

**No Activities or Emeritus Classes**

7:45 AM Golf Days (LFGPC) **21**  
**8:30 AM Pickleball (LFSP)**  
9:00 AM Advanced Practical Spanish (CC-AR)  
10:00 AM It's Never Too Late (LFSP)  
10:00 AM Drop-In Computer Lab  
**10:30 AM Bingo (CC-A&B)**  
10:30 AM Current Issues/Gov't (CC-L)  
**12:00 PM Lunch (CC-A&B)**  
1:00 PM Beading and Stringing (LFSP)

**Chicken Salad**

**FRI** **22**

1:00 PM Bowling League (FL)

**7:00 PM Bunco or Bust**

**SAT** **23**

**27**

8:30 AM Birds of the World (LFSP Mtg Rm 2)  
9:00 AM Tai Chi Ch'uan (CC-B)  
**10:00 AM Mahjong (CC-A)**  
10:30 AM Tai Chi Ch'uan Advanced (CC-B)  
**10:45 AM Movie Day – The Shack (CC-L)**  
11:00 AM Drop-In Computer Lab  
1:00 PM Yoga (CC-B)  
**2:30 PM Ping Pong (CC-L)**  
**Cold Box Lunch**

7:45 AM Golf Days (LFGPC) **28**  
**8:30 AM Pickleball (LFSP)**  
9:00 AM Advanced Practical Spanish (CC-AR)  
10:00 AM It's Never Too Late (LFSP)  
10:00 AM Drop-In Computer Lab  
**10:30 AM Bingo (CC-A&B)**  
10:30 AM Current Issues/Gov't (CC-L)  
**11:15 AM Seminar – Fall Prevention/ A Matter of Balance (CC-A&B)**  
**11:30 AM Birthday Celebrations (CC-A&B)**  
**12:00 PM Lunch (CC-A&B)**  
1:00 PM Beading and Stringing (LFSP)  
**Chinese Feast**

**FRI** **29**

1:00 PM Bowling League (FL)

**SAT** **30**

# NEW TAXI VOUCHER INFORMATION!

## Change of Taxi Cab Service Providers!

**CALIFORNIA YELLOW CAB** is the new Taxi Cab provider for the City of Lake Forest's Taxi Voucher Program. **The new reservation phone numbers are (888) 242-8294 and (888) 242-TAXI.** Old vouchers will be honored. New vouchers will have updated provider information on them. **See front cover and page 14 for more details. Questions? Please call (949) 461-3450.**

## COMING YOUR WAY

For further information, call (949) 461-3450 or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov).

### ROCK-A-HULA LUAU DINNER AND PARTY Friday, August 25 • 4:00–7:00 PM

**\$10 per person (reservations required)**

All you Kane's and Wahine's, (that would be you) dress in your favorite muumuu, grass skirts or Hawaiian shirt. Sign up for an evening of tropical tunes, a scrumptious dinner and entertainment! **Visit with the 1st Law Enforcement Battalion Marines and dance, dance, dance!**

### AARP DRIVER SAFETY COURSES / CITY HALL

**\$15 AARP Members • \$20 Non-Members**

Call (949) 461-3450 for information.

#### 1-Day REFRESHER Course

**Friday, July 21 • 8:30 AM–1:00 PM**

#### 2-Day ORIGINAL Course

**Both days mandatory • Friday and Saturday, September 15 and 16 • 8:30 AM–12:30 PM**

### 14TH ANNUAL SENIOR RESOURCE FAIR & VACCINATION CLINIC

**Wed, Sep 20 • 10:00 AM–12:00 PM**

Helpful information and tips! Free screenings! Free samples! The City and Walgreens partner, offering free flu vaccinations to Medicare recipients, with minimal fees for non-recipients. Please bring your Medicare/Medical card. HMO and Kaiser Members are **not eligible** for "free vaccinations."

## July



### The Jungle Book

(PG) • Jul 12

1 Hr, 46 Min

Raised by a family of wolves since birth, Mowgli (Neel Sethi) must leave the only home he's ever known when the fearsome tiger Shere Khan (Idris Elba) unleashes his mighty roar.

Guided by a no-nonsense panther (Ben Kingsley) and a free-spirited bear (Bill Murray), the young boy meets an array of jungle animals, including a slithery python and a smooth-talking ape.

Along the way, Mowgli learns valuable life lessons as his epic journey of self-discovery leads to fun and adventure.



### Hidden Figures

(PG) • Jul 26

2 Hrs, 7 Min

Three brilliant African-American women at NASA – Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) – serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

# MOVIE DAYS

Wed • 10:45 AM • Lounge  
Movies may change based on availability

## August



### **LA LA Land** (PG-13) • Aug 9 2 Hrs, 8 Min

Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love.

But as success mounts, they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

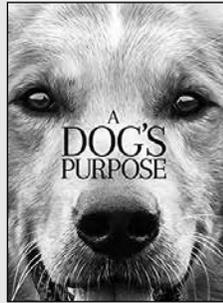


### **The Legend of Tarzan** (PG-13) • Aug 30 1 Hr, 50 Min

It's been nearly a decade since Tarzan (Alexander Skarsgård), also known as John Clayton III, left Africa to live in Victorian England with his wife Jane.

Danger lurks on the horizon as Leon Rom (Christoph Waltz), a treacherous envoy for King Leopold, devises a scheme that lures the couple to the Congo. Rom plans to capture Tarzan and deliver him to an old enemy in exchange for diamonds. When Jane becomes a pawn in his devious plot, Tarzan must return to the jungle to save the woman he loves.

## September

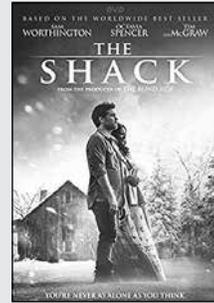


### **A Dog's Purpose** (PG-13) • Sep 13 1 Hr, 40 Min

A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love.

Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar).

As the boy grows older and comes to a crossroads, the dog once again comes back into his life to remind him of his true self.



### **The Shack** (PG-13) • Sep 27 2 Hrs, 12 Min

After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs.

Facing a crisis of faith, he receives a mysterious letter urging him to visit an abandoned shack in the Oregon wilderness.

Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa.

Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

## TRANSPORTATION OPTIONS

The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and California Yellow Cab. For additional information call (949) 461-3450.

### I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM–2:00 PM

- Call AWSS at (949) 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call California Yellow Cab\* when the AWSS Bus is full at (888) 242-8294. \$1.00 voucher one way.

### I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest

- Call California Yellow Cab\* \$2.50 voucher one way.

### I have an appointment at Saddleback Memorial Hospital

- Call California Yellow Cab\* – \$5.00 voucher one way.

### I have an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital.

- Call California Yellow Cab\* – \$7.00 voucher one way.

### New Destination! Irvine Metro Link

- Call California Yellow Cab\* – \$7.00 voucher one way.

**\* Prepaid taxi vouchers are mandatory for all taxi transportation. Vouchers available for sale at City Hall. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash, check or credit cards.**

**For additional transportation options, call OCTA at 1 (800) 636-7433.**

## SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested.



Lunches are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

## HiCAP APPOINTMENTS

Call (949) 461-3408 for appointments. Second Tuesday of each month.

## NEED TO KNOW NUMBERS!

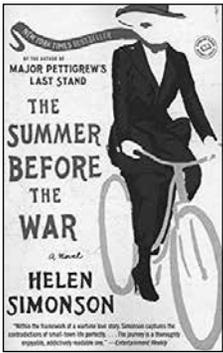
AARP	(888) 687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	(949) 855-8033
Caregiving Resource Directory	(888) 721-9797
City of Lake Forest City Hall	(949) 461-3400
Council on Aging	(714) 479-0107
Non-Disabled Housing Information	(714) 480-2864
Elder/Disabled Adult Abuse	(800) 451-5155
HiCap Services	(800) 434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	(949) 451-5555
Meals on Wheels	(949) 380-0155, Ext. 12
Medicare Fraud Hotline	(800) 447-8477
OCTA (Transportation So. OC)	(800) 636-7433
Office on Aging	(800) 510-2020
Orange Caregiver Resource Center	(800) 543-8312

# L.F. READING CIRCLE

Thursdays • 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

## July

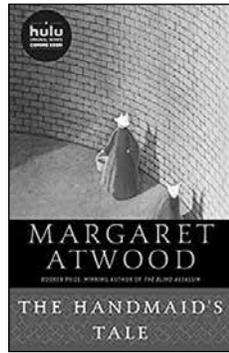


Book available now

### July 13 The Summer Before the War by Helen Simonson

A gentle comedy of provincial manners *The Summer Before the War*, is set in Rye, "a little high-perched Sussex town," as the author Henry James has it in the book's epigraph. The novel depicts the fraught period just before the U.K. is to enter World War I, when few Brits had an inkling of the changes that would befall them. When the narrative begins, Archduke Ferdinand has been assassinated in Sarajevo, the incident which will trigger the hostilities. Whitehall is "crammed with busy civil servant politicians, and generals," but Germany has not yet stormed Belgium. The rural realm of Sussex is still a place of peace and quirky goings-on.

## August

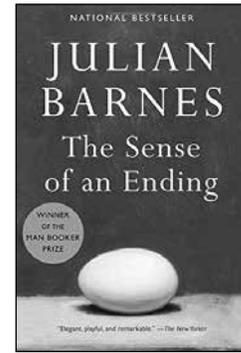


Book available Thursday, June 15

### August 17 The Handmaid's Tale by Margaret Atwood

Everyone's heard that story about a frog sitting in a kettle of water, where the heat is gradually increased. Initially, the frog's insides acclimatize to the rising temperature and, in doing so, dies before realizing it's too late. Something similar is narrated in Hulu's *The Handmaid's Tale*, when the protagonist says that they were all asleep as the country slowly acceded to a totalitarian government. Even as martial law is passed to 'protect the country against terrorists,' and bank accounts of women are frozen, we're shown how the world didn't meet its dystopian version overnight.

## September



Book available Thursday, June 15

### September 14 The Sense of an Ending by Julian Barnes

Tony Webster is a 60-something retiree living near London who has taken on a difficult project discerning what role, if any, he may have played in a decades-old tragedy.

To do that, he must persuade an old girlfriend, whom he hasn't seen or even thought of in many years, to hand over a diary that is, legally at least, his property.

While Tony waits for her unlikely cooperation, he has little choice but to search through his memories, excavating as best he can any details or scraps of contextual information that he has buried.



**City of Lake Forest Senior Scene**  
25550 Commercentre Drive  
Lake Forest, CA 92630  
949-461-3408

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FIRST CLASS  
US POSTAGE  
**PAID**  
EL TORO, CA  
PERMIT NO. 635

**On days when the temperature is 90+ degrees, the Clubhouse will remain open until 4:00 PM.**

# LAKE FOREST SENIOR PROGRAMS

## BEAT THE HEAT! STAY HYDRATED! STAY SAFE!

By Lisa Gibson, MS, RD

**As the temperatures rise, it is important to stay hydrated. Adults over 65 tend to eat and drink less, so it is very important to consume adequate liquids. Your sense of thirst also declines with age, so you naturally consume less fluids.**

**Myth:** Everyone must drink eight glasses of water a day.

**Fact:** Fluid needs are different for everyone and depend on body weight and level of activity. Obviously, a 200 pound athlete needs to consume more water than a sedentary 80 year old.

**Myth:** Water is the only beverage that can meet your hydration needs.

**Fact:** All beverages and many foods like fruits, soups, and jello contribute fluid to your body.

**Myth:** Coffee and tea are dehydrating and can't be counted towards your daily fluid intake.

**Fact:** Research has shown that caffeine in beverages doesn't cause dehydration and these beverages are a good tasting way to get fluids. But for general health it is advised to get your fluids without adding calories and sugar so avoid soda, energy drinks, and fruit punches.

**Myth:** It is impossible to tell if you are well hydrated.

**Fact:** The best way to determine your hydration status is to look at the color of your urine. Urine should be light yellow in color, if it is dark yellow or brown you are not getting enough fluids.