



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/ • www.facebook.com/Lakeforestseniors

LAKE FOREST SENIOR ADVISORY BOARD (SAB)

The City of Lake Forest Parks & Recreation Commission is looking for candidates who are interested in and passionate about future senior programs and the senior center. **Three seats are available to serve on the SAB beginning January 2018.**

The SAB is appointed by, reports to, and acts in an advisory capacity to the Parks & Recreation Commission.

The Board consists of five members, and meetings are held during the day six times per year at City Hall. Each Board member's term limit is two years.

Qualifications

- **Lake Forest resident**
- **50 years of age or older**

Applications will be available on Monday, September 25 on the City's website at www.lakeforestca.gov/seniors and at the Senior Scene Clubhouse, 25550 Commercentre Drive. **All applicants must submit an application to the Parks & Recreation Commission no later than 5:00 PM Friday, October 27.**

Interviews will be conducted at 7:00 PM on Thursday, November 16.

HOT CHOCOLATE AND MARSHMALLOWS Mondays • 12:00 PM

As the weather starts cooling down, staff will be serving hot chocolate and marshmallows.



Oct/Nov/Dec 2017

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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 have "priority" to register for mini excursions. Lake Forest residents can register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

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

October

Lake Forest Residents:
Wed, Oct 4, 12:00 PM

Non-Residents:
Thurs, Oct 5

November

Lake Forest Residents:
Wed, Nov 1, 12:00 PM

Non-Residents:
Thurs, Nov 2

December

Lake Forest Residents:
Wed, Dec 6, 12:00 PM

Non-Residents:
Thurs, Dec 7

OCTOBER MINI EXCURSIONS



Pickleball Expo at LF Sports Park
Tuesday, October 10 •
10:00 AM-1:00 PM
Fee: Free

Learn how to play Pickleball! A Recreation Leader will give you a quick lesson! So what's stopping you? Learn something new and play a game of Pickleball.

Rocky Mountain Chocolate Factory •
Rancho Santa Margarita •
Wednesday,
October 18
10:00 AM-2:00 PM
Fee: \$10 per person
(pay at the door; docent-led tour)



Tour RMCF and see how they make Candy Apples and other favorite candies. At the end of your docent tour, you'll get to dip something "special" in chocolate! Afterwards, shop or have lunch at the RSM center!

NOVEMBER MINI EXCURSIONS

OC Water District •
Fountain Valley •
Tuesday,
November 28 •
10:00 AM–2:00 PM
Fee: Free (docent-led
tour)



Groundwater
Replenishment
System (GWRs) is
the largest water
purification project
in the world, capable of supplying 86 million
gallons of water per day. A docent-led tour will
explain how this system works. **Standing and
walking 45-50 minutes...no seating available.**

Foothill Ranch
Shopping •
Wednesday,
November 29 •
10:00 AM–2:00 PM
Fee: Free

First stop...Walmart!

Second stop...
99 Cent Store.

Third stop...lunch at
the Foothill Ranch
Towne Center (or
bring your own).

DECEMBER MINI EXCURSION



Roger's Gardens
and Fashion Island •
Newport Beach •
Tuesday, December 19 •
10:00 AM–2:00 PM
Fee: Free

The tradition continues...it's the holiday "get-you-into-the-mood" excursion to Roger's Gardens. As you stroll through the gardens, you will discover 22 enchanting Christmas-themed trees, a collection of beautiful ornaments, gifts, and décor. Afterwards, shopping and lunch on your own at Fashion Island.

FUN STUFF AND SUCH!

Come visit us at the Senior Scene Clubhouse and enjoy a wide variety of activities planned just for you! Plus, join us for Bingo and a FREE hot lunch every Thursday!

The Clubhouse is a great place to meet new friends!
Reservations are required for Nov 16 for the Thanksgiving Lunch
and Dec 14 for the White Elephant Luncheon.

PRIMETIMER GAMES

Join us for all of the fun!

Poker Walk •
Horseshoes •
Bean Bag Toss •
Water Balloon Toss

Sign up for our first
PrimeTimer Games

on Oct 23, 24 and 25!
For more Information,
call (949) 461-3450.

Free (must register to participate).

Prizes • Prizes • Prizes



BINGO MANIA

Monday • 10:30 AM

Oct 16 • Nov 20 • Dec 18

FREE!

LEGAL AID SOCIETY

Thursday • Oct 19 • 10:30 AM-2:30 PM

Call (949) 461-3408 for an appointment.

SURPRISE BINGO

Monday • Nov 27 • 10:30 AM

Can't tell you anything about it...it's a surprise!

BIRTHDAY CELEBRATIONS

Thursday • 11:30 AM

Oct 26 • Nov 30 • Dec 28

RUMMIKUB TOURNAMENT

Last Tuesday of each month • 10:30 AM

Oct 31 • Nov 28 • Dec 26

FREE!

HEARING TESTS

Monday • Dec 11 • 10:00 AM-1:00 PM

No appointment necessary.

BREAKFAST FOR LUNCH

ON PJ DAY

Thursday • Nov 2 • 10:00 AM

Put on your slippers and grab your bathrobe! **Come to the Clubhouse for PJ Day!** Lunch (breakfast) will be served at noon. Bingo is for everyone...special bingo prizes will be awarded! **So wake up early and grab some grub!**

FREE!

FLU VACCINATION CLINIC

Tuesday, Nov 7 • 10:00 AM-2:00 PM

Ages 18+ years. No insurance necessary.

Provided by the County of Orange Health Care Agency.

FREE!

BLOOD PRESSURE CHECKS

(Activities Room) • Monday •

10:00 AM-12:00 PM

Oct 16 • Nov 20 • Dec 18

BAGELS & BINGO

Tuesday • 10:30 AM

Oct 3 • Nov 7 • Dec 5

JAVA WITH JEN

Wednesday • 11:30 AM-12:30 PM

Oct 4 • Nov 1 • Dec 6

Are you new to the area? Looking for a doctor who specializes in senior issues?

A Monarch HealthCare representative will be available to discuss your options.

AARP DRIVER REFRESHER SAFETY COURSE

1-Day Session • Friday • Nov 10

8:30 AM-1:00 PM

\$15 AARP Members • \$20 Non-Members

For additional information, call (949) 461-3450.

PLUS SPECIAL OCCASIONS!

VETERANS DAY CELEBRATION

Thursday • Nov 9 • 10:30 AM

We begin our Veterans Day Celebration with a Color Guard presentation to honor our men and women who have given over and above to protect our country. We'll have a special speaker, and CAL VET will be there to help answer any questions for all you veterans.

FREE! MEDICARE ANNUAL ENROLLMENT

Tuesday • Nov 14 • 9:00 AM-5:00 PM

It is that time of the year! Medicare Annual Enrollment! HiCAP (Health Insurance Counseling) is part of a nationwide network of State Health Insurance and Assistance Programs. HiCAP counselors are registered with the State of California to provide free, unbiased and confidential Medicare counseling to Orange County residents. **Call (949) 461-3408 to schedule an appointment: Lake Forest residents, call October 2; Non-residents, call October 19.**

MEDICATION REVIEW WITH PHARMACIST BILL

Wednesday • Oct 25 • 11:00 AM-2:00 PM

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

EL TORO HIGH SCHOOL CHORALISTICS

Thursday • Dec 7 • 1:00 PM

WHITE ELEPHANT

LUNCHEON

Reservations

Required •

Thursday •

Dec 14 •

10:30 AM • White

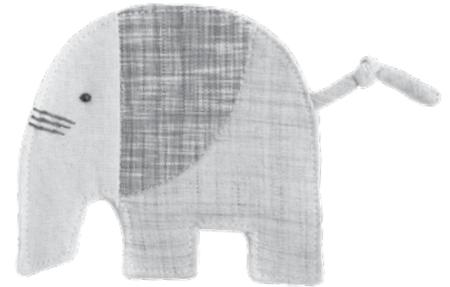
Elephant Begins

1:00 PM • Charles

Dickens Carolers

bringing good cheer with their holiday music!

For reservations, Lake Forest residents: call Tuesday, November 14. Non-residents: call Tuesday, November 21. **Voice mail messages not accepted.**



MAHJONG

10:00 AM-2:00 PM

Every Monday and Wednesday.

PING PONG

10:00 AM-12:00 PM

Every Tuesday.

2:30-4:30 PM

Every Wednesday and Thursday.

SCRABBLE

10:30 AM

Every Wednesday.

DROP-IN COMPUTER LAB AND FREE PUBLIC WI-FI

Monday/Tuesday/Thursday • 10:00 AM-2:00 PM

Wednesday • 11:00 AM-2:00 PM

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



GOING GREEN AT THE CLUBHOUSE

We need your help! Please bring in your own coffee cup from home! Did you know that most plastics and styrofoam are not considered organic material and cannot be recycled? **Recycle, reuse, reduce.**

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Activities Room

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Training Room

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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

SUN	MON	TUE
1	2 8:45 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows	3 9:30 AM A Matter of Balance (LFSP) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Bagels & Bingo (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
8	9 8:45 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows	10 9:30 AM A Matter of Balance (LFSP) 10:00 AM Mini Excursion – Pickleball Expo at Lake Forest Sports Park 10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
15	16 8:45 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Blood Pressure Checks (AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A) 12:00 PM Hot Chocolate and Marshmallows	17 9:30 AM A Matter of Balance (LFSP) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Crafts – Scarecrow Centerpiece (CC-AR) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
22	23 8:45 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 11:00 AM PrimeTimer – Poker Walk and Hot Dogs 12:00 PM Hot Chocolate and Marshmallows	24 9:30 AM A Matter of Balance (LFSP) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 11:00 AM PrimeTimer Horseshoes 12:30 PM PrimeTimer – Bean Bag Toss 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
29	30 8:45 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows	HAPPY HALLOWEEN 31 9:30 AM A Matter of Balance (LFSP) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Halloween Rummikub Tournament (CC-A) 10:00 AM Pilates (S&S Club) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)

WED	THU	FRI / SAT
4	OKTOBERFEST 5	FRI 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 Scrabble (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 (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L) Bratwurst	1:00 PM Bowling League (FL) <hr/> SAT 7
11	12	FRI 13
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 Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – The Zookeeper's Wife (CC-L) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab 10:00 AM Physical Fitness (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L) Soup and Salad	1:00 PM Bowling League (FL) <hr/> SAT 14
18	19	FRI 20
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Rocky Mountain Chocolate Factory 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 1:30 PM Excursion – Queen Mary 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Club – The Nest (CC-El Toro Room) 10:00 AM Drop-In Computer Lab 10:00 AM Physical Fitness (LFSP) 10:30 AM Legal Aid Society 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:15 AM Seminar – HiCAP 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L) Baked Ziti	1:00 PM Bowling League (FL) <hr/> SAT 21
25	HALLOWEEN COSTUME LUNCH 26	FRI 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 Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Legion of Brothers (CC-L) 11:00 AM PrimeTimer – Water Balloon Toss 11:00 AM Medication Review with Pharmacist Bill 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 10:00 AM Physical Fitness (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:00 AM PrimeTimer – Awards 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Advanced Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L) Stew	1:00 PM Bowling League (FL) 5:00 PM Senior Advisory Board Application Deadline 7:00 PM Halloween Bunco (CC-A&B) <hr/> SAT 28

**Due to the popularity of the
Thursday Lunch Program, we encourage you
to arrive by 11:00 AM for seating.**

OCT

LEGEND

CH
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FL
Forest Lanes
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 (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

SUN

MON

TUE

NOV



SENIOR SANTA AND FRIENDS

Donation drop-off begins Nov 1 and continues through Dec 14

<p>5</p> <p>DAYLIGHT SAVINGS TIME ENDS</p> <p>Set your clocks back one hour</p>	<p>6</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab</p> <p>12:00 PM Hot Chocolate and Marshmallows</p>	<p>7</p> <p>10:30 AM Bagels & Bingo (CC-A) 10:00 AM Flu Vaccination Clinic 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club)</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>12</p>	<p>13</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab</p> <p>12:00 PM Hot Chocolate and Marshmallows</p>	<p>14</p> <p>6:45 AM Excursion – Dr. Phil 9:00 AM Medicare Annual Enrollment 10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club)</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>19</p>	<p>20</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Blood Pressure Checks (CC-AR) 10:30 AM Bingo Mania (CC-A) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab</p> <p>12:00 PM Hot Chocolate and Marshmallows</p>	<p>21</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Crafts – Fall Flowers (CC-AR)</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>26</p>	<p>27</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Surprise (CC-A)</p> <p>12:00 PM Hot Chocolate and Marshmallows</p>	<p>28</p> <p>10:00 AM Mini Excursion – OC Water District 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p>

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1	2	3
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 Scrabble (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 (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 10:00 AM PJ Day 10:00 AM Drop-In Computer Lab 10:00 AM Physical Fitness (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Advanced Practical Spanish (CC-AR) 2:30 PM Ping Pong (CC-L) Breakfast!	FRI 1:00 PM Bowling League (FL) <hr/> SAT 4
8	9	10
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) 10:00 AM Senior Advisory Board Meeting 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L)	VETERANS DAY CELEBRATION 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab 10:00 AM Physical Fitness (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Veterans Day Ceremony 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L) Meatloaf and Mashed Potatoes	FRI 10 8:30 AM AARP Driver Safety Refresher Course (Lounge) 1:00 PM Bowling League (FL) <hr/> SAT 11 VETERANS DAY
15	16	17
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 Scrabble (CC-A) 10:45 AM Movie Day – Everybody Loves Somebody (CC-L) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Club – My Beloved World (CC-EI Toro Room) 10:00 AM Drop-In Computer Lab 10:00 AM Physical Fitness (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L) Tom and Tina Turkey (reservations req'd)	FRI 17 1:00 PM Bowling League (FL) <hr/> SAT 18
22	23	24
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 Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L)	HAPPY THANKSGIVING  CITY HALL AND CLUBHOUSE CLOSED	FRI 24 1:00 PM Bowling League (FL) City Hall closed for the Thanksgiving Holiday <hr/> SAT 25
29	30	
8:30 AM Birds of the World (LFSP Mtg Rm 2) 10:00 AM Mini Excursion – Foothill Ranch Shopping 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:45 AM Movie Day – Beauty and the Beast (CC-L) 11:00 AM Drop-In Computer Lab 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 10:00 AM Drop-In Computer Lab 9:00 AM Advanced Practical Spanish (CC-AR) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:15 AM Seminar – Scam Stoppers 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L) Italian Feast	<div style="border: 1px solid black; padding: 10px;"> <p>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.</p> </div>

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Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.

3	4	5
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Bagels & Bingo (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
10	11	12
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Hearing Tests 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 12:00 PM Hot Chocolate and Marshmallows	10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)
17	18	19
	9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Blood Pressure Checks (CC-AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A) 12:00 PM Hot Chocolate and Marshmallows	10:00 AM Mini Excursion – Roger’s Gardens and Fashion Island 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Spice Cookie Recipe (CC-AR) 2:00 PM Beginning Practical Spanish (CC-AR)
24	25	26
	MERRY CHRISTMAS 	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A)
31	CITY HALL AND CLUBHOUSE CLOSED	

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 Scrabble (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 (CC-A)

12:00 PM Mini Excursion Registration (CC-A)
2:30 PM Ping Pong (CC-L)

7
7:45 AM Golf Days (LFGPC)
10:00 AM Drop-In Computer Lab
10:30 AM Bingo (CC-A&B)
10:30 AM Current Issues/Gov't (Lounge CC-L)
12:00 PM Lunch (CC-A&B)
1:00 PM El Toro High School Choralistics
1:00 PM Beading and Stringing (LFSP)
2:00 PM Aquatic Fitness (LFBTC)
2:00 PM Advanced Practical Spanish (CC-AR)
2:30 PM Ping Pong (CC-L)

Cheeseburgers

FRI **8**
1:00 PM Bowling League (FL)
**7:00 PM Crazy Holiday
Sweater Bunco
(CC-A&B)**

SAT **9**

13
8:30 AM Birds of the World (LFSP Mtg Rm 2)
10:00 AM Mahjong (CC-A)
10:30 AM Scrabble (CC-A)
**10:45 AM Movie Day –
Kong: Skull Island (CC-L)**
11:00 AM Drop-In Computer Lab

2:30 PM Ping Pong (CC-L)

14
7:45 AM Golf Days (LFGPC)
**9:30 AM Book Club – The Wedding Dress
(CC-EI Toro Room)**
10:30 AM Bingo (CC-A&B)
10:30 AM Current Issues/Gov't (Lounge CC-L)
**11:00 AM White Elephant Exchange
(reservations req'd)**
12:00 PM Lunch (CC-A&B)
1:00 PM Charles Dickens Carolers
1:00 PM Beading and Stringing (LFSP)
2:00 PM Senior Santa and Friends Ends
2:00 PM Advanced Practical Spanish (CC-AR)
2:30 PM Ping Pong (CC-L)

Ham and Yams (reservations req'd)

FRI **15**
1:00 PM Bowling League (FL)

SAT **16**

20
8:30 AM Birds of the World (LFSP Mtg Rm 2)
10:00 AM Mahjong (CC-A)
10:30 AM Scrabble (CC-A)
11:00 AM Drop-In Computer Lab

2:30 PM Ping Pong (CC-L)

21
7:45 AM Golf Days (LFGPC)
10:00 AM Drop-In Computer Lab
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
2:30 PM Ping Pong (CC-L)

Chili and Cornbread

FRI **22**
1:00 PM Bowling League (FL)

SAT **23**

27
10:00 AM Mahjong (CC-A)
10:30 AM Scrabble (CC-A)
10:45 AM Movie Day – Band Aid (CC-L)
11:00 AM Drop-In Computer Lab

2:30 PM Ping Pong (CC-L)

28
**PRE-NEW YEAR'S EVE
CELEBRATION**
7:45 AM Golf Days (LFGPC)
10:00 AM Drop-In Computer Lab
10:30 AM Bingo (CC-A&B)
11:30 AM Birthday Celebrations (CC-A&B)

12:00 PM Lunch (CC-A&B)
2:30 PM Ping Pong (CC-L)

Pizza

FRI **29**
1:00 PM Bowling League (FL)

SAT **30**

Oct/Nov/Dec 2017

11

Senior Scene

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling (949) 461-3408 the first Monday of the month and leave your name and phone number. Call Oct 2, Nov 6, and Dec 4.

Crafts may change due to availability of supplies.



SCARECROW CENTERPIECE

Tuesday • Oct 17 • 10:30 AM

Danette will show you how to make the cutest Scarecrow Centerpiece for any table in your home. All supplies provided.



FALL FLOWERS

**Tuesday •
Nov 21 •
10:30 AM**

So, you noticed the large flowers on the bulletin board in the Clubhouse. Many of you have asked if you could have them. Instead, we'll show you how to make them!

SPICE COOKIE RECIPE

Tuesday • Dec 19 • 10:30 AM

The perfect gift, or keep it yourself! Mix all the dry ingredients and put them in a decorated mason jar. Attach a recipe, and "voila"!

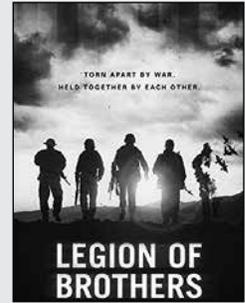
October



The Zookeeper's Wife

**(PG-13) • Oct 11
2 Hrs, 6 Min**

A true story of a wife and mother who became a hero to hundreds during World War II. In 1939 Poland, a wife and her husband have a flourishing zoo under their care. When their country is invaded by Germans, the couple is forced to report to the newly appointed chief zoologist, Lutz Heck.



Legion of Brothers

**(NR) • Oct 25
1 Hr, 16 Min**

After the attack on September 11, the US government initiated a secret war: deploying fewer than 100 Special Forces to fight against the enemy, al-Qaeda. This film shows an abundance of camaraderie and sadness about tragedies and triumphs.



MOVIE DAYS

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

November



Everybody Loves Somebody
(PG-13) • Nov 15
1 Hr, 40 Min

A beautiful young girl has it all: a great job, a big house in LA and a fun-loving family. The one thing she doesn't have is a love in her life, but she doesn't want her family to know. So she has her co-worker pose as a boyfriend at a family wedding... where the comedy begins!



Beauty and the Beast
(PG) • Nov 29
2 Hrs, 9 Min

Beauty and the Beast is a tale as old as time about a beautiful, independent young woman who is taken prisoner by a beast in his castle. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the Beast's exterior where she realizes the kind heart and soul of the true Prince within.

December



Kong: Skull Island
(PG-13) • Dec 13
2 Hrs

A diverse team of explorers is brought together to venture deep into an uncharted island in the Pacific. The explorers are unaware they are crossing into the domain of the mythic Kong!



Band Aid
(NR) • Dec 27
1 Hr, 34 Min

Band Aid is a story about a young grieving couple, who can't stop fighting. Advised by their therapist to try and work through their grief unconventionally, they are reminded of their shared love of music. They decide to turn all their fights into songs! A hilarious perspective of modern love.

SENIOR SANTA AND FRIENDS

Nov 1 through Dec 14

Give cheer to older adults in need of support this holiday season. **Drop off your gift at the clubhouse between 10:00 AM and 2:00 PM, Monday through Thursday!**

Items needed: blankets, new clothing, household appliances and gift cards.



SEMINARS

October

Medicare Annual Enrollment: Get the Most Out of It Thursday • Oct 19 • 11:15 AM



Both medical needs and Medicare plans can change each year. Medicare Annual

Enrollment (Oct 15 through Dec 7) is the time to review and assess your Medicare plan. Find out how by attending a HiCAP Medicare Plan Review. This seminar can help you determine the best possible drug and health plan to meet your needs and maximize your Medicare benefits.

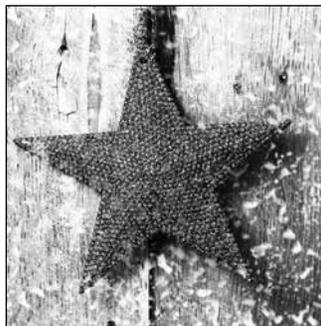
November

Scam Stoppers by Lake Forest Police Services Thursday • Nov 30 • 11:15 AM

Each day people are getting scammed, with long-running scams, while other scams may be new. Lake Forest Police Services will tell you the latest scams and how you can protect yourself by knowing what to look out for!

December

To accommodate holiday closures and other special activities, there will be no seminar in December.



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 or the Lake Forest Sports Park Monday-Thursday from 10:00 AM-2:00 PM

- Call AWSS at (949) 855-9766 24 hours in advance. Cost is 50 cents one way.
- When the AWSS Bus is full, call California Yellow Cab* 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 are available for sale at City Hall. You must be a Lake Forest resident, 60 years of age or older, and be able to provide proof of residency, age and photo ID; cash, check or credit cards.**

DAILY LIFE IN L.F.

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 which are provided the 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

BOOK CLUB

Thursday • 9:30 AM • El Toro Room

Join Janet Swanson and the Lake Forest Senior Reading Circle to discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse to enjoy a hot lunch and bingo.

October



Oct 19
The Nest
by Cynthia
D'Aprix
Sweeney

A dysfunctional family is waiting for a trust fund "The Nest" to finally become available. The nest's value has soared along with the stock market, and the family has been counting on the money to solve a number of self-inflicted problems.

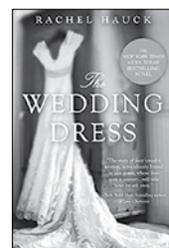
November



Nov 16
My Beloved World
by Sonia
Sotomayor

The first Hispanic on the US Supreme Court, Sonia Sotomayor writes about her life before becoming a judge. Justice Sotomayor recounts her life from the Bronx housing project to the federal bench.

December



Dec 14
The Wedding Dress
by Rachel
Hauck

Charlotte owns a bridal boutique. And, with her own wedding day approaching she can't find a dress until she discovers a vintage dress in a battered trunk. The mystery begins... who wore this 100 year old wedding dress?



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

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LAKE FOREST SENIOR PROGRAMS

It's Your Turn to Name the New Center!

The City of Lake Forest is building a new Senior Center and wants your input on a name! The current "*Senior Scene Clubhouse*" has held its name since the senior program began in 2002. A new home needs a new name, and it doesn't have to include the word "Senior." Be creative, use your imagination, and brainstorm with your friends to find a name that encompasses the friends, programs and great memories you are sure to make at the new center.

Suggested Name: **The Clubhouse**

Why That Name? **I like "The Clubhouse" because it has name recognition.**

**It has been called the Clubhouse for 15 years, and I immediately know what it is.
The Clubhouse is my second home.**

Suggested Name

Why This Name?

Your Name

Phone

**Please cut out and place in the suggestion box
at the Senior Scene Clubhouse by Friday, March 30, 2018.**

