



City of Lake Forest Senior Scene

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

GET FREE TAX HELP THROUGH AARP

Appointments available

The City of Lake Forest and AARP
are excited to offer
FREE TAX PREPARATION
to middle and low-income taxpayers.

AARP Tax-Aide is a
charitable non-profit organization
that has assisted over 34 million taxpayers
in filing their tax returns.

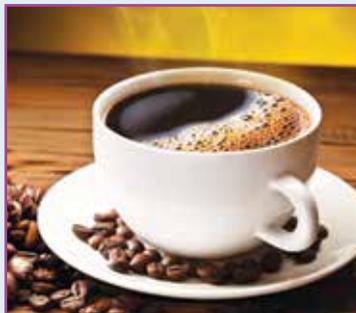
Taxpayers with complex tax returns
will be advised to seek professional tax assistance
(i.e., Partnerships, Rentals, and Estates).

**For an appointment,
call Monday, January 22, 2018 at 10:00 am.**

**Appointments start on
Monday, February 5, 2018.**

THE CLUBHOUSE HAS "GONE GREEN"

Please remember
to bring in your own
coffee cup or water glass
from home.



Jan/Feb/Mar 2018

Inside THIS ISSUE

2-3 Registration /
Mini Excursions

4-5 Fun Stuff
and Such!
Plus Special
Occasions!

6-11 Calendars
January
February
March

12-13 Crafty Crafters
Movie Days

14 Seminars
Transportation

15 Daily Life in L.F.
Book Club

16 Happy
New Year!

SENIOR SCENE CLUBHOUSE HOURS

Monday through 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

January

Lake Forest Residents:
Wed, Jan 3, 12:00 pm

Non-Residents:
Thurs, Jan 4

February

Lake Forest Residents:
Wed, Feb 7, 12:00 pm

Non-Residents:
Thurs, Feb 8

March

Lake Forest Residents:
Wed, Mar 7, 12:00 pm

Non-Residents:
Thurs, Mar 8

JANUARY MINI EXCURSIONS



**Heritage Hill
Historical Park •
Tuesday, January 23 •
10:15 am-1:30 pm •
Fee: FREE**

Take a one hour docent-led tour with Victor Scherr. Visit the Bennett Ranch House, El Toro Grammar School and Saint George's Episcopal Church. Find out all the history behind these historic buildings and more.

After the tour enjoy

lunch at Bagels & Brew or bring your own lunch.

**Yakult Factory •
Fountain Valley •
Wednesday, January 24 •
10:00 am-1:00 pm
Fee: FREE**

Tour the state-of-the-art facility to see how Yakult probiotic drink is made.

The factory produces over 400,000 bottles per day, and 40,000 bottles per hour. You will learn how beneficial "good bacteria" is for your digestive system.



FEBRUARY MINI EXCURSIONS

**Chapman University
Leatherby Library •
Holocaust Exhibit
& Huell Howser
Archives • Orange •
Tuesday, February 13
10:00 am-2:00 pm •
Fee: FREE**

Take a docent-led tour through the history of individual lives that were affected by the Holocaust. Afterwards, take a guided tour through TV legend Huell Howser archives.

**Old Orange County Courthouse •
Santa Ana • Wednesday, February 21 •
10:15 am-1:00 pm • Fee: FREE**



This docent-led tour guides you through the Old Orange County Courthouse in Santa Ana.

The Courthouse was built in 1897 as a County Jail and later became the Courthouse. Find out the history of this Orange County landmark.

MARCH MINI EXCURSIONS

**Tessman Planetarium,
Santa Ana College •
Santa Ana •
Tuesday, March 13 •
10:30 am-1:30 pm •
Fee: \$5 per person
(pay at the door)**

Come along on an interactive journey through the solar system!

Learn about gravity, stars, constellations and NASA's space program.



**Piecemakers Country Store • Costa Mesa •
Tuesday, March 27 • 10:00 am-2:00 pm •
Fee: \$8 per person (pay at the door;
includes lunch; please note: beverages
and desserts are an additional cost).**

Enjoy the Piecemakers Country Store...from the homemade buffet lunch to the handmade quilts! A docent-led tour includes the history behind the store.

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 St. Patrick's Day, March 15.

Jan/Feb/Mar 2018

4

Senior Scene

JAVA WITH JEN & MONARCH

Wednesday •

11:30 am-12:30 pm

Jan 3 • Feb 7 • Mar 7

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.



BAGELS & BINGO

Tuesday • 10:30 am

Jan 9 • Feb 6 • Mar 6

FREE! LEGAL AID APPOINTMENTS

Thursday • 10:30 am

Jan 18

BINGO MANIA

Monday • 10:30 am

Jan 22 • Feb 26 • Mar 19

FREE! BLOOD PRESSURE CHECKS

Monday •

10:00 am-12:00 pm

Jan 22 • Feb 26 • Mar 19

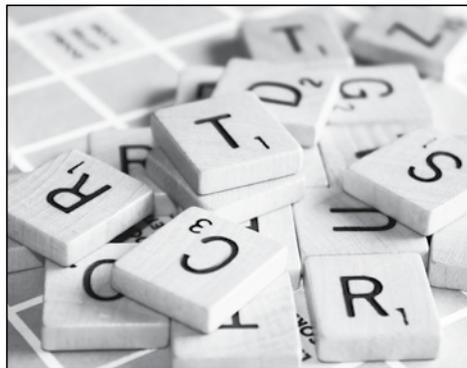
CELL PHONES, IPAD, NOTEBOOK 101

Monday • 11:30 am-12:30 pm

Jan 22 • Feb 26 • No meeting in March

Master your phone, Ipad, and Notebook!

Jennifer from Monarch HealthCare will show you how. No appointment necessary.



MEDICATION REVIEW WITH PHARMACIST BILL

Wednesday • Jan 24 • 11:00 am-2:00 pm

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

YAHTZEE TOURNAMENT

Monday • Mar 26 • 10:30 am

Roll dice with friends in the world's #1 dice game!



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. See pages 12 and 13 for tax preparation closings.

BIRTHDAY CELEBRATIONS

Last Thursday of each month • 11:30 am

Jan 25 • Feb 22 • Mar 29

RUMMIKUB TOURNAMENT

Last Tuesday of each month • 10:30 am

Jan 30 • Feb 27 • Mar 27

PLUS SPECIAL OCCASIONS!

CALL FOR NOMINATIONS

Wednesday • January 24 • 11:00 am-2:00 pm



Nominate a senior volunteer who has made the largest impact on the City's senior programs. Nomination forms will be available on the senior website www.lakeforestca.gov/seniors and at the Clubhouse. Nomination deadline: 5:00 PM, Thursday, February 22.

HAPPY TRAILS DINNER DANCE

Friday •

February 9 •

4:00 pm-7:00 pm •

\$10 per person

(reservations required)

Mosey on over to the Clubhouse for a rootin-tootin good time! DJ Michael will provide tunes and teach a couple of line dances to boot scot around the dance floor. So what are ya waitin' for? Register online, mail-In or walk-In at the City of Lake Forest. For more information, call (949) 461-3450.



AARP DRIVER TWO-DAY SAFETY COURSE

Friday • February 16 • 8:30 am-12:30 pm

Saturday • February 17 • 8:30 am-12:30 pm

\$15 AARP Members • \$20 Non-Members

For additional information, call (949) 461-3450. Would you like to be more confident behind the wheel? This instructional class is for mature drivers 50 years and over.

SUPER BOWL THURSDAY CELEBRATION

Thursday • February 1 • 11:30 am

Wear your football team's colors...t-shirts, jerseys, or caps! Kick off the Super Bowl Sunday on a Thursday along with tailgating inside the Clubhouse.

ST. PATRICK'S DAY "GREEN WITH ENVY" CELEBRATION LUNCHEON

Thursday • March 15 • 12:00 pm

No Blarney Corned Beef
(reservations required)

Don't get pinched! Wear Green! Lake Forest residents call (949) 461-3450 on Tue, Feb 6. Non-residents may call on Tue, Feb 13. Call at 8:00 am. **Voicemails will not be accepted.**



Don't Miss Out!

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

ROSE PARADE

Monday • January 1 • 6:00 am-2:00 pm

\$115 per person. A box lunch is included.



VIEJAS CASINO & OUTLET CENTER EXCURSION

Tuesday • February 27 • 9:00 am-6:00 pm

\$10 per person.

LEGEND

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

CC
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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

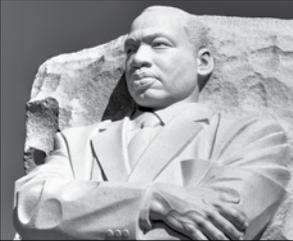
LFGPC
Lake Forest Golf &
Practice Center
 23308 Cherry Ave.
 (949) 859-1455

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

SUN	MON	TUE
	1	2
	HAPPY NEW YEAR!  6:00 AM Excursion – Rose Parade CITY HALL AND CLUBHOUSE CLOSED	CITY HALL OPEN AND CLUBHOUSE CLOSED 
7	8	9
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab Cold Box Lunch	10:00 AM Ping Pong (CC-L) 10:00 AM HiCap Appointments (AR) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) Cold Box Lunch
14	15	16
	MARTIN LUTHER KING, JR. BIRTHDAY  CITY HALL AND CLUBHOUSE CLOSED	10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Adorable Bubblegum Machine (CC-AR) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Beginning Practical Spanish (CC-AR) Cold Box Lunch
21	22	23
	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) 10:30 AM Bingo Mania (CC-A) 10:00 AM Drop-In Computer Lab 11:30 AM Cell Phones, iPad, Notebook 101 (CC-A) Cold Box Lunch	10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:15 AM Mini Excursion – Heritage Hill Historical Park 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Beginning Practical Spanish (CC-AR) Cold Box Lunch
28	29	30
	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 Cold Box Lunch	10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC) 2:00 PM Beginning Practical Spanish (CC-AR) Cold Box Lunch

WED	THU	FRI / SAT
3	4	5
10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 11:00 AM Drop-In Computer Lab 11:30 AM Java with Jen & Monarch (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 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)	1:00 PM Bowling League (FL) <hr/> SAT 6
Cold Box Lunch	Mexican Madness	
10	11	12
10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:45 AM Movie Day – War for the Planet of the Apes (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 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:30 PM Ping Pong (CC-L)	1:00 PM Bowling League (FL) <hr/> SAT 13
Cold Box Lunch	Pulled Pork and Beans	
17	18	19
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 1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – The Invention of Wings (CC-El Toro Room) 10:00 AM Physical Fitness (LFSP) 10:30 AM Legal Aid Appointments 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) 2:30 PM Ping Pong (CC-L)	9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL) <hr/> SAT 20
Cold Box Lunch	Italian Feast	
24	25	26
8:30 AM Birds of the World (LFSP Mtg Rm 2) 9:00 AM Tai Chi Ch’uan (CC-B) 10:00 AM Medication Review (AR) 10:00 AM Mini Excursion – Yakult 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 12:30 PM Medication Review (AR) 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Physical Fitness (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 – The 10 Signs of Alzheimer’s (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) 2:00 PM Aquatic Fitness (LFBTC)	9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL) <hr/> SAT 27
Cold Box Lunch	Chinese Feast	
31	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 am for seating.</p> </div>	
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 – Wonder Woman (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		

JAN

FEB

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

LFSF
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

<p>4</p>	<p>5</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>6</p> <p>10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (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> <p style="text-align: center;">Cold Box Lunch</p>
<p>11</p>	<p>12</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>13</p> <p>10:00 AM Mini Excursion – Leatherby Library & Huell Howser Archives 10:00 AM HiCap Appointments (AR) 10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 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;">Cold Box Lunch</p>
<p>18</p>	<p>19</p> <p>PRESIDENTS' DAY</p> <p>CITY HALL AND CLUBHOUSE CLOSED</p> 	<p>20</p> <p>10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Marble Mugs (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 style="text-align: center;">Cold Box Lunch</p>
<p>25</p>	<p>26</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Blood Pressure Checks (CC-AR) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A) 11:30 AM Cell Phones, iPad, Notebook 101 (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>27</p> <p>9:00 AM Excursion – Viejas Casino & Outlet Center 10:00 AM Pilates (New Location – CC-B) 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> <p style="text-align: center;">Cold Box Lunch</p>

WED	THU	FRI / SAT
	SUPER BOWL THURSDAY 1 Wear Your Favorite Team's Colors 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Physical Fitness (LFSP) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (CC-L) 11:30 AM Super Bowl Celebration 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) Meatball Sandwich	FRI 2 9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL) <hr/> SAT 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) 11:30 AM Java with Jen & Monarch (CC-A) 11:00 AM Drop-In Computer Lab 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L) Cold Box Lunch	8 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Physical Fitness (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) Chick-Fil- A	FRI 9 9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL) 4:00 PM Happy Trails Dinner Dance (reservations req'd) <hr/> SAT 10
VALENTINE'S DAY (Wear Red) 14 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 Red Hot Biingo! 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 2:00 PM Ping Pong (CC-L) Cold Box Lunch	15 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – The Whip (CC-EI Toro Room) 10:00 AM Physical Fitness (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) El Pollo Loco	FRI 16 8:00 AM Mammograms (CC-A) 8:30 AM AARP Two-Day Driver Safety Course (CC-L) 9:00 AM ASAP (CC-B) 10:30 AM Intermediate Pract. Spanish (CC-AR) 1:00 PM Bowling League (FL) <hr/> SAT 17 8:30 AM AARP Two-Day Driver Safety Course (CC-L)
8:30 AM Birds/ World (LFSP Mtg Rm 2) 21 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:15 AM Mini Excursion – Old Orange County Courthouse 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – The Secret Scripture (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	22 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Physical Fitness (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 – Depression (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) 2:00 PM Aquatic Fitness (LFBTC) 5:00 PM Senior Volunteer of the Year Nominations Deadline Chinese Feast	FRI 23 9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL) <hr/> SAT 24
28 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 – Flatliners (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		

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

<p>4</p>	<p>5</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>6</p> <p>10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (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> <p style="text-align: center;">Cold Box Lunch</p>
<p>11</p> <p>SPRING FORWARD!</p>  <p>Set your clocks ahead one hour</p>	<p>12</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>13</p> <p>10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM HiCap Appointments (AR) 10:00 AM Drop-In Computer Lab 10:30 AM Mini Excursion – Tessman Planetarium</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;">Cold Box Lunch</p>
<p>18</p>	<p>19</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Blood Pressure Checks (CC-AR) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>FIRST DAY OF SPRING</p> <p>20</p> <p>10:00 AM Pilates (New Location – CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Funny Bunnies (CC-AR)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR)</p> <p style="text-align: center;">Cold Box Lunch</p>
<p>25</p>	<p>26</p> <p>9:00 AM Wearable Art (CC-L) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Preparation (CC-TR) 10:00 AM Mahjong (CC-A) 10:30 AM Yahtzee Tournament (CC-A)</p> <p style="text-align: center;">Cold Box Lunch</p>	<p>27</p> <p>10:00 AM Mini Excursion – Piecemakers Country Store 10:00 AM Pilates (New Location – CC-B) 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> <p style="text-align: center;">Cold Box Lunch</p>

WED	THU	FRI / SAT
	1	FRI 2
	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Physical Fitness (LFSP) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (CC-L)	9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL)
	12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	SAT 3
	Chicken Bowl	
	7	FRI 9
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 & Monarch (CC-A)	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Physical Fitness (LFSP) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (CC-L)	9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL)
12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	SAT 10
Cold Box Lunch	Italian Feast	
	14	FRI 16
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) 10:45 AM Movie Day – Dunkirk (CC-L) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab	ST. PATRICK'S DAY CELEBRATION 15 Reservations Required – Wear Green 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 9:30 AM Book Discussion – The Marriage of Opposites (CC-El Toro Room) 10:00 AM Physical Fitness (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)	9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL)
1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	SAT 17
Cold Box Lunch	No Blarney Corned Beef – Don't Get Pinched	
	21	FRI 23
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	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Physical Fitness (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 – Magician Jeff Abbit (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL)
1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	SAT 24
Cold Box Lunch	Chinese Feast	
	28	FRI 30
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 Mountain Between Us (CC-L) 11:00 AM Drop-In Computer Lab	7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Physical Fitness (LFSP) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (CC-L) 11:30 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)	9:00 AM ASAP (CC-B) 10:30 AM Intermediate Practical Spanish (CC-AR) 1:00 PM Bowling League (FL)
1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)	12:00 PM Lunch (CC-A&B) 1:00 PM Beading and Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)	SAT 31
Cold Box Lunch	Mexican Madness	

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 January 8, February 5 and March 5.

Crafts may change due to availability of supplies.



ADORABLE BUBBLEGUM MACHINE

Tuesday, January 16 • 10:30 AM

You will make a bubblegum machine with Terra Cotta pots. Maybe Hershey Kisses

instead of bubblegum for Valentine's Day. And yes...we will provide all the supplies.

WATER MARBLE MUGS

Tuesday, February 20 • 10:30 AM

You're going to love your new coffee cup! Who knew what nail polish and water could create? Danette can't wait to show you how!

FUNNY BUNNIES

Tuesday, March 20 • 10:30 AM

Enjoy making bunny pops and Easter eggs with balloons and mod podge! Keep them or give them away as a gift. Just show up and we'll have all your supplies waiting for you.



January



War for the Planet of the Apes
(PG-13) • Jan 10
2 Hrs, 20 Mins

Caesar and his apes are forced into a deadly conflict with an army of humans led by a ruthless Colonel.

After the apes suffer unimaginable losses, Caesar wrestles with his darker instincts and begins his own mythic quest to avenge his kind.



Wonder Woman
(PG-13) • Jan 31
2 Hrs, 21 Mins

When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior in training, leaves home to fight a war, discovering her full powers and true destiny.

DROP-IN COMPUTER LAB CLOSINGS

The Drop-In Computer lab will be closed the following days to facilitate 2017 tax preparation:

MOVIE DAYS

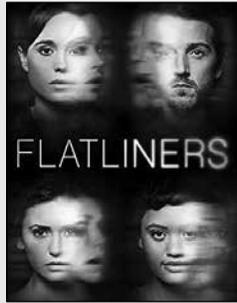
Wed • 10:45 am • Lounge
Movies may change based on availability

February



The Secret Scripture
(PG-13) • Feb 21
1 Hr, 48 Mins

Weaving together past and present day, Rose McNulty (Rooney Mara/Vanessa Redgrave) keeps a diary of her extended stay at a mental hospital, unraveling the mystery of her incarceration and the tale of her passionate, yet tortured, life.



Flatliners
(PG) • Feb 28
1 Hr, 50 Mins

Five medical students, hoping to gain insight into what lies beyond the confines of life, embark on a daring and dangerous experiment. By stopping their hearts for short periods of time, they are forced to confront the sins of their pasts, and contend with the consequences of the other side.

March



Dunkirk
(PG-13) • Mar 14
1 Hr, 46 Mins

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach, using every serviceable naval and civilian vessel that could be found.



The Mountain Between Us
(NR) • Mar 28
1 Hr, 43 Mins

Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow covered mountain. When they realize help is not coming, they embark on a terrifying journey across hundreds of miles of wilderness, pushing one another to endure while igniting an unexpected mutual attraction.

February

Monday, February 5
Monday, February 12
Monday, February 26

March

Monday, March 5
Monday, March 12
Monday, March 19
Monday, March 26



SEMINARS

January

The 10 Signs of Alzheimer's Thursday, January 25 • 11:15 am

We all lose our car keys or misplace them. We all go from one room to another and forget what we went for. Are we all getting Alzheimer's? An Alzheimer's Orange County Representative will discuss signs of Alzheimer's and how to respond to them.



February

Healthy Ways to Treat Depression Thursday, February 22 • 11:15 am



Depression is a common problem in older adults. Depression affects every aspect of your life. Dr. Leong, a Monarch doctor,

will talk about depression, symptoms and treatments.

March

Magician Jeff Abbit Thursday, March 22 • 11:15 am



You'll be amazed by this high energy comedy magic show. Jeff Abbit is a renowned magician who knows how to entertain an audience! You will see illusions, slow-motion juggling and lots of audience participation... And no, you won't see any large tigers magically appear.

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!

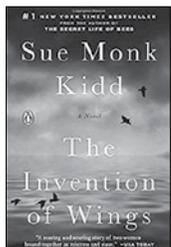
AARP	(888) 687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	(949) 855-8033
Caregiving Resource Directory	(888) 721-9797
City of Lake Forest City Hall	(949) 461-3400
Council on Aging	(714) 479-0107
Non-Disabled Housing Information	(714) 480-2864
Elder/Disabled Adult Abuse	(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.

January



Jan 18
The Invention of Wings
by Sue Monk Kidd

Hetty "Handful" Grimke, years for life beyond the walls of slavery that enclose her in the Grimke household. Sarah, the Grimke's daughter, knows she is meant to do something large in the world, but is hemmed in by the limits imposed on women.

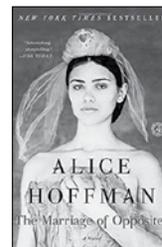
February



Feb 15
The Whip
by Karen Kondazian

Charley, a young woman, fell in love with a runaway slave and had his child. She became a renowned stagecoach driver. Charley killed a famous outlaw, had a secret love affair, and lived with a housekeeper who, unaware of her true gender, fell in love with her.

March



Mar 15
The Marriage of Opposites
by Alice Hoffman

Growing up, Rachel dreams of life in Paris. Rachel's mother has never forgiven her daughter for being a difficult girl who refuses to live by the rules. Rachel seizes her own life story, beginning a defiant, passionate love affair that sparks a scandal affecting all of her family.



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

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LAKE FOREST SENIOR PROGRAMS

HAPPY NEW YEAR!

Let us gather and celebrate the beginning of a brand new year. May 2018 bring happiness, prosperity and joy to your life!

As we prepare to move into our new home, you can look forward to lots of new and exciting changes.

New program offerings will include additional emeritus and computer classes, new workshops, guest lecturers, outdoor concerts, events and more! You may have already noticed some great changes at the Senior Scene Clubhouse. The Clubhouse has "Gone Green" (thank you all for bringing in your own water glasses and coffee cups). We started the first annual *PrimeTimer Games* and now offer emeritus classes on Fridays. Look for more great programs, events and fun in 2018!

Thank you for participating in our Senior Scene Clubhouse programs over the past year! Your wonderful suggestions and input are helping to shape future City of Lake Forest Senior facilities and programs.

