



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 2018

## ATTENTION LAKE FOREST SENIOR TAXI PROGRAM CUSTOMERS!



Beginning September 4, 2018,

exciting changes are coming to the Senior Taxi Program.

You no longer need to purchase Taxi Vouchers!

*A Lake Forest Senior Taxi Program Photo ID Card will replace your paper vouchers! You will no longer need to purchase pre-paid vouchers to take a taxi!*

**FOR ADDITIONAL DETAILS** on how to get your Lake Forest Senior Taxi Program Photo ID card (and new Senior Taxi Program pricing beginning July 1, 2018) see page 14.

## SUMMER IS HERE!



### SMOOTHIES!

**Mondays • 12:00 PM**

Enjoy a healthy and refreshing fruit smoothie at the clubhouse throughout the Summer months.



### HEAT RELIEF

Senior Clubhouse will remain open until 4:00pm when the temperature is over 90 degrees.

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Mini Excursions

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and Such!  
Plus Special  
Occasions!

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July  
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September

**12-13** Crafty Crafters  
Movie Days

**14** Transportation  
Daily Life in L.F.

**15** Seminars  
Book Club

**16** Prime Timer  
Games

### 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 at 12:00 p.m.

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 12:00 PM

#### July

Lake Forest Residents:  
**Wed Jul 11**  
Non-residents:  
Thu Jul 12

#### August

Lake Forest Residents:  
**Wed Aug 1**  
Non-residents:  
Thu Aug 2

#### September

Lake Forest Residents:  
**Wed Sep 5**  
Non-residents:  
Thu Sep 6

## JULY MINI EXCURSIONS

### Sawdust Art & Craft Festival • Laguna Beach

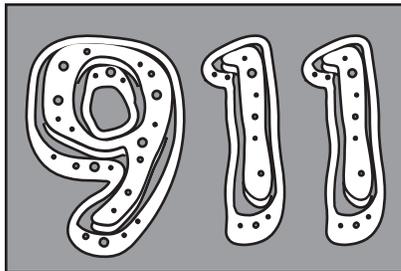
**Tue, July 24**  
**10:00am-2:00pm**  
**Fee: \$7.00 pp**  
*(pay at the door)*



The Sawdust Festival draws more than 200,000 visitors each year. Shop along sawdust covered paths through a handcrafted village of fine arts and superb artistry. The festival also offers refreshments and live musical entertainment.

### 911 Emergency Communications Bureau • Silverado

**Tue, July 31**  
**10:00am-12:30pm**  
**Fee: Free**  
*(docent-led tour)*



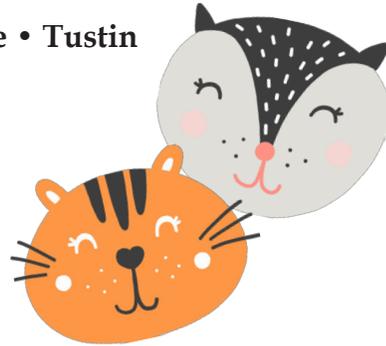
Tour the Loma Ridge Emergency Operation Center. Discover how the Center's backbone radio systems are utilized by law enforcement, fire services, and other local government agencies.

## AUGUST MINI EXCURSIONS

**The Fun Zone Boat Tour**  
• Balboa Island  
**Wed, August 15**  
**10:30am-2:00pm**  
**Fee: \$11.00**  
*(Pay at Registration)*

Get your sea legs ready! Enjoy a day of cruising Newport Harbor as the Captain narrates points of interest such as celebrity homes, mansions, their yachts and the history of the Harbor.

**OC Animal Care • Tustin**  
**Tue, August 21**  
**10:15am-1:30pm**  
**Fee: Free**



Visit the county animal shelter's new \$35 million home! A docent-led tour will take you through the new state-of-the-art surgical suites, air-conditioned kennels and play areas. Oh...and we won't forget to visit all the pets for adoption too!

## SEPTEMBER MINI EXCURSIONS

**Foothill Ranch Towne Center Shopping**  
• Lake Forest  
**Mon, September 10**  
**10:00am-2:00pm**  
**Fee: Free**  
*(lunch on your own not included)*

Here is a chance to go shopping and let us do the driving. First stop: Walmart. Next Stop: 99 Cent Store. Last Stop: Lunch at the Foothill Ranch Towne Center Food Court or bring your own! Enjoy a day of shopping and lunch with friends.

**Richard Nixon Presidential Library and Museum • Yorba Linda**  
**Tue, September 18**  
**10:00am-2:00pm**  
**Fee: \$14.00**  
*(Pay at registration)*



Enjoy a docent-led tour through the 50-year public service career of former President Richard Nixon. Visit a replica of the Oval Office, artifacts and images of the Vietnam War, global issues President Nixon challenged, and Watergate. This educational tour will give you a lasting memory of our former president. There is a café on the premises.

# FUN STUFF AND SUCH!

Come visit us at the Senior 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!

Jul/Aug/Sep 2018

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Senior Scene

## JAVA WITH JEN & MONARCH

Wednesday • 11:30 am • August 1

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

Tuesdays • 10:30 am • July 3 • Aug 7 • Sep 4

## FREE! LEGAL AID APPOINTMENTS

Thursday • 10:30am • Jul 19

Wednesday • 10:30am • Aug 15 • Sep 19



## BINGO MANIA

Monday • 10:30am • Jul 16 • Aug 20 • Sep 17

## FREE! BLOOD PRESSURE CHECKS

Monday • 10:00am-12:00pm

Jul 16 • Aug 20 • Sep 17

## CELL PHONES, IPAD, NOTEBOOK 101

Monday • 12:00pm-1:00pm

Jul 23 • Aug 27 • Sep 24

Master your phone, iPad and Notebook! Jennifer from Monarch HealthCare will show you how. No appointment necessary.

## PING PONG

10:00am-12:00pm Tuesdays

2:30-4:30 pm Wednesdays & Thursdays

## BIRTHDAY CELEBRATIONS

Last Thursday of each month • 11:30am

## RUMMIKUB TOURNAMENT

Last Tuesday of each month • 10:30am

## SENIOR ADVISORY BOARD MEETINGS

Wednesday • 10:00am • Jul 11 • Sep 12

## MEDICATION REVIEW WITH PHARMACIST BILL

July 25 • 11:00am-2:00pm

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



## LAKE FOREST GOLF & PRACTICE CENTER SENIOR GOLF DAYS!

2 Sessions: Jul 19 – Aug 23 • Sep 6 – Oct 11

If you like being outdoors and meeting new friends, Outdoor Explorations Senior Golf is for you! It is six outings of nine holes of golf, warm-up, snacks, and a weekly putting contest. Senior residents - \$66.00 Non-residents - \$84.00 Lake Forest Golf and Practice Center (23308 Cherry Ave.) Call for more information: Angela Kelly (949) 632-0300

## CONVERSATION, COFFEE & DONUTS

Wednesday, August 29 • 10:00am

Bring a Friend! Enjoy coffee and donuts on us!

## DROP IN COMPUTER LAB / FREE PUBLIC WI-FI

Monday/Tuesday/Thursday

10:00am-2:00pm

Wednesday

11:00am-2:00pm

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

## AARP DRIVER 2-DAY SAFETY COURSE

Friday, July 20 • 8:30 am – 12:30 pm

Saturday, July 21 • 8:30am – 12:30pm

\$15.00 AARP members • \$20.00 Non-Members

Call (949) 461-3450 for additional information.

Would you like to be more confident behind the wheel? This instructional class is for mature drivers 50 years and over.

# PLUS SPECIAL OCCASIONS!

## **WATERMELON EATING CONTEST! WEAR RED, WHITE & BLUE!**

**Thursday, July 5 • 11:15am**  
Let's kick off the summer with our annual Watermelon Eating Contest. Sign Up Today! Winner Winner Chicken Dinner! Plus...a Watermelon!

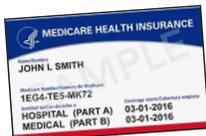


## **FREE! HEARING TESTS & FREE HEARING AID CLEANING!**

**Wednesday, July 18 • 10:00am**  
Be sure to sign up at the Clubhouse!

## **HICAP MEDICARE INFO TABLE**

**Thursday, August 2 • 10:00am-2:00pm**  
Do you have questions about the New Medicare Health Insurance Card? HICAP will be here to answer questions!



## **ANGELS BASEBALL DAY!**

**Thursday, July 26 • 10:00am**  
Hotdogs • Prizes • Fun  
Show Your Spirit and Wear your Angels Clothes, Caps, Pins and anything else you want to show to support our baseball team!



## **PJ DAY & BREAKFAST FOR LUNCH**

**Thursday, August 23 • 11:00am**  
A full day of pajama fun awaits you! Wear pajamas, slippers, bathrobes and appropriate clothing for games, prizes and we'll have breakfast for lunch!

## **15<sup>TH</sup> ANNUAL SENIOR RESOURCE FAIR & VACCINATION CLINIC**

**Thursday, September 20 • 10:00am-12:00pm**  
Helpful information and tips! Free Screenings and Samples! The City and Walgreens partner, offering free flu vaccinations to Medicare recipients, with minimal fees for non-recipients. Please bring your Medicare card. **HMO and Kaiser Members are not eligible for free vaccinations.**

## **ADMINISTRATIVE POLICY Lake Forest Senior Scene Clubhouse Code of Conduct**

The City of Lake Forest is committed to serving senior residents ages 50 and above. The Administrative Policy was created to ensure a safe and enjoyable environment for all who utilize the Senior Scene Clubhouse (SSC) Programs. While taking part in SSC programs participants are expected to:

1. Be considerate and treat others with kindness, courtesy and respect.
2. Refrain from using abusive, obscene, threatening, harassing, insulting or suggestive language.
3. Refrain from engaging in (or threatening) physical violence, verbal outbursts, or boisterous behavior.
4. Not maliciously destruct and/or deface City property or the property of others.
5. Only consume foods served at the SSC while on the premises; "leftovers" are not to be taken home by participants at any time.
6. Not consume or be under the influence of any alcoholic beverages and/or illegal drugs during any SSC related program.
7. Follow non-smoking policies.
8. Adhere to all posted rules and signs.

The Administrative Policy governs the suspension of SSC patrons who fail to comply with the regulations of the Lake Forest Municipal Code (Section 13.05.030). The policy also defines the types of violations, and the length of time that a participant may be suspended from the Clubhouse. A SSC participant who behaves in a way that is counter to the Administrative Policy may be prohibited from taking part in any SSC related program for up to a year depending on the severity of the violation. Cause for suspension from SSC programs includes actions that:

- Interfere with the operations of the SSC;
- Cause unsafe circumstances for program participants;
- Cause the loss of enjoyment on an excursion or program, and/or;
- Improper use of a facility or City property in a facility.

Copies of the Administrative Policy for the Senior Scene Clubhouse are available upon request.

# LEGEND

**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**

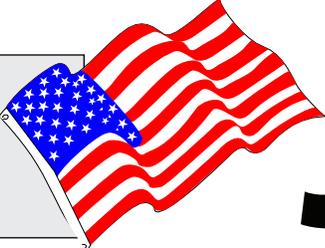
**Saddleback College**

(949) 582-4835

SUN		MON		TUE	
<b>1</b>		<b>2</b>		<b>3</b>	
		10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A)  12:00 PM Summertime Smoothies (CC-A)		9:00 AM Adv. Practical Spanish (CC-AR) 10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-A)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)	
		<b>Cold Box Lunch</b>		<b>Cold Box Lunch</b>	
<b>8</b>		<b>9</b>		<b>10</b>	
		10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A)  12:00 PM Smoothies (CC-A)		9:00 AM Adv. Practical Spanish (CC-AR) 10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM HICAP Appointments (AR)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)	
		<b>Cold Box Lunch</b>		<b>Cold Box Lunch</b>	
<b>15</b>		<b>16</b>		<b>17</b>	
		10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A) 10:00 AM Blood Pressure Checks (CC-AR) 10:30 AM Bingo Mania (CC-A)  12:00 PM Smoothies		9:00 AM Adv. Practical Spanish (CC-AR) 10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Summertime Wreath (CC-AR)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)	
		<b>Cold Box Lunch</b>		<b>Cold Box Lunch</b>	
<b>22</b>		<b>23</b>		<b>24</b>	
		10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A)  12:00 PM Cell Phones 101 (CC-A) 12:00 PM Smoothies (CC-A)		9:00 AM Adv. Practical Spanish (CC-AR) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Mini Excursion—Sawdust Festival 10:00 AM Pilates (CC-B) 10:30 AM Rummikub Tournament (CC-A)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)	
		<b>Cold Box Lunch</b>		<b>Cold Box Lunch</b>	
<b>29</b>		<b>30</b>		<b>31</b>	
<b>SUMMER CONCERT</b> 5:30PM AT PITTSFORD PARK		10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab  12:00 PM Smoothies		10:00 AM Drop-In Computer Lab 10:00 AM Pilates (CC-B) 10:00 AM Mini Excursion : 911 Emergency Communications Bureau 10:30 AM Rummikub Tournament (CC-A)  12:30 PM Dyna-Band (CC-B)	
		<b>Cold Box Lunch</b>		<b>Cold Box Lunch</b>	

WED	THU	FRI / SAT
<p style="text-align: right;"><b>4</b></p>  <p style="text-align: center;"><b>INDEPENDENCE DAY</b></p>	<p style="text-align: right;"><b>5</b></p> <p><b>WEAR RED, WHITE &amp; BLUE</b></p> <p>7:45 AM Golf (LFGPC)  9:00 AM Adv Practical Spanish (CC-AR)  10:00 AM Drop-In Computer Lab  10:30 AM Bingo (CC-A&amp;B)  10:30 AM Current Issues/Gov't (CC-L)  <b>11:15 AM Watermelon Eating Contest (CC-AB)</b></p> <p>12:00 PM Lunch (CC-A&amp;B)  2:00 PM Beg. Practical Spanish (CC-AR)  2:00 PM Aquatic Fitness (LFBTC)  <b>Wraps &amp; Potato Salad</b></p>	<p style="text-align: right;"><b>6</b></p> <p><b>FRI</b></p> <p>9:00 AM Intermediate  Practical Spanish (CC-AR)  10:00 AM Physical Fitness (CC-B)  1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT</b> <b>7</b></p>
<p style="text-align: right;"><b>11</b></p> <p><b>9:00 AM Excursion: Museum of Making Music</b>  9:00 AM Intermediate Practical Spanish (CC-AR)  10:00 AM Senior Advisory Board Mtg. (El Toro Rm)  10:00 AM Mahjong (CC-A)  10:00 AM Physical Fitness (CC-B)  10:00 AM Drop-In Computer Lab  10:45 AM Movie Day:  Jumanji Welcome to the Jungle</p> <p>12:00 PM Mini Excursion Registration (CC-A)  2:30 PM Ping Pong (CC-L)  <b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>12</b></p> <p>7:45 AM Golf (LFGPC)  9:00 AM Adv. Practical Spanish (CC-AR)  10:00 AM Drop-In Computer Lab  10:30 AM Bingo (CC-A&amp;B)  10:30 AM Current Issues/Gov't (CC-L)</p> <p>12:00 PM Lunch (CC-A&amp;B)  2:00 PM Beg. Practical Spanish (CC-AR)  2:00 PM Aquatic Fitness (LFBTC)</p> <p style="text-align: center;"><b>Italian Feast</b></p>	<p style="text-align: right;"><b>13</b></p> <p><b>FRI</b></p> <p>9:00 AM Intermediate  Practical Spanish (CC-AR)  10:00 AM Physical Fitness (CC-B)  1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT</b> <b>14</b></p>
<p style="text-align: right;"><b>18</b></p> <p>9:00 AM Int. Practical Spanish (CC-AR)  10:00 AM Mahjong (CC-A)  10:00 AM Physical Fitness (CC-B)  10:00 AM Drop-In Computer Lab  <b>10:00 AM Hearing Test &amp; Hearing Aid Cleaning (CC-CL)</b></p> <p>2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>19</b></p> <p>7:45 AM Golf (LFGPC)  9:00 AM Adv Practical Spanish (CC-AR)  9:30 AM Book Club: Undocumented  10:30 AM Bingo (CC-A&amp;B)  10:30 AM Current Issues/Gov't (CC-L)  10:30 AM Legal Aid (Computer Room)  <b>11:15 AM Seminar: Modern Pacemakers (CC-A/B)</b></p> <p>12:00 PM Lunch (CC-A&amp;B)  2:00 PM Beg. Practical Spanish</p> <p style="text-align: center;"><b>Chinese Feast</b></p>	<p style="text-align: right;"><b>20</b></p> <p><b>FRI</b></p> <p>8:30 AM Driver Safety Two-Day Course (CC-L)  9:00 AM Intermediate  Practical Spanish (CC-AR)  10:00 AM Physical Fitness (CC-B)  1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT</b> <b>21</b></p> <p>8:30 AM Driver Safety Two-Day Course (CC-L)</p>
<p style="text-align: right;"><b>25</b></p> <p>10:00 AM Physical Fitness (CC-B)  10:00 AM Mahjong (CC-A)  10:00 AM Drop-In Computer Lab  10:45 AM Movie Day:  The Greatest Showman (CC-L)  11:00 AM Medication Review (CC-AR)</p> <p>2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>26</b></p> <p><b>Wear Your Angels Baseball Gear!</b></p> <p>7:45 AM Golf (LFGPC)  10:00 AM Angels Baseball Day  10:00 AM Drop-In Computer Lab  10:30 AM Bingo (CC-A&amp;B)  11:30 AM Birthday Celebration</p> <p>12:00 PM Lunch (CC-A&amp;B)</p> <p style="text-align: center;"><b>Hot Dogs</b></p>	<p style="text-align: right;"><b>27</b></p> <p><b>FRI</b></p> <p>10:00 AM Physical Fitness (CC-B)  1:00 PM Bowling League (FL)  7:00 PM Bunco</p> <hr/> <p style="text-align: right;"><b>SAT</b> <b>28</b></p>

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



JUL

# LEGEND

**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**  
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**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
<h1>AUG</h1>		<p>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.</p>

<b>5</b>	<b>6</b>	<b>7</b>
	10:00 AM Mahjong (CC-A) 10:00 AM Start Signing Up for PrimeTimer Games 10:00 AM Drop-In Computer Lab  12:00 PM Smoothies  <p style="text-align: center;"><b>Cold Box Lunch</b></p>	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (CC-B) 10:30 AM Bagels & Bingo  12:30 PM Dyna-Band (CC-B)  <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>12</b>	<b>13</b>	<b>14</b>
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab  12:00 PM Smoothies  <p style="text-align: center;"><b>Cold Box Lunch</b></p>	10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM HICAP 10:00 AM Pilates (CC-B)  12:30 PM Dyna-Band (CC-B)  <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>19</b>	<b>20</b>	<b>21</b>
	9:00 AM Wearable Art (CC-L) 9:00 AM Beg. Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:00 AM Free Blood Pressure Checks (CC-AR) 10:30 AM Bingo Mania (CC-A)  12:00 PM Smoothies  <p style="text-align: center;"><b>Cold Box Lunch</b></p>	10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab <b>10:15 AM Mini Excursion—OC Animal Care</b>  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)  <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>26</b>	<b>27</b>	<b>28</b>
<b>SUMMER CONCERT</b> 5:30PM AT SPORTS PARK	9:00 AM Wearable Art (CC-L) 9:00 AM Beg. Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A)  12:00 PM Cell Phones 101 12:30 PM Dyna-Band (CC-B) 12:00 PM Smoothies  <p style="text-align: center;"><b>Cold Box Lunch</b></p>	<b>SENIOR CLUB HOUSE CLOSED!!</b>  10:00 AM Ping Pong (CC-L) 10:00 AM Pilates (CC-B)  2:00 PM Aquatic Fitness (LFBTC)  <p style="text-align: center;"><b>NO Box Lunch</b></p>

WED		THU		FRI / SAT	
<b>1</b>	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:00 AM Physical Fitness (CC-B) 11:30 AM Java with Jen & Monarch (CC-A)  12:00 PM Mini Excursion Registration (CC-A) 2:30 PM Ping Pong (CC-L)  <b>Cold Box Lunch</b>	<b>2</b>	7:45 AM Golf (LFGPC) 10:00 AM HICAP Information Table (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B)  12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L)  <b>Mexican Madness</b>	<b>3</b>	10:00 AM Physical Fitness (CC-B) 1:00 PM Bowling League (FL)  <hr/> <b>SAT</b> <b>4</b>
<b>8</b>	10:00 AM Mahjong (CC-A) 10:00 AM Physical Fitness (CC-B) 10:00 AM Drop-In Computer Lab 10:45 AM Movie Day: The Commuter (CC-L)  2:30 PM Ping Pong (CC-L)  <b>Cold Box Lunch</b>	<b>9</b>	7:45 AM Golf (LFGPC) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B)  12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L)  <b>Fried Chicken</b>	<b>10</b>	10:00 AM Physical Fitness (CC-B) 1:00 PM Bowling League (FL)  <hr/> <b>SAT</b> <b>11</b>
<b>15</b>	10:00 AM Mahjong (CC-A) 10:00 AM Physical Fitness (CC-B) 10:30 AM Legal Aid <b>10:30 AM Mini Excursion:</b> <b>The Fun Zone Boat Tour - Balboa</b> 10:00 AM Drop-In Computer Lab  2:30 PM Ping Pong (CC-L)  <b>Cold Box Lunch</b>	<b>16</b>	7:45 AM Golf (LFGPC) <b>9:30 AM Book Discussion – Educated</b> <b>(CC-EI Toro Room)</b> 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar-Foot Care  12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L)  <b>Chinese Feast</b>	<b>17</b>	10:00 AM Physical Fitness (CC-B) 1:00 PM Bowling League (FL)  <hr/> <b>SAT</b> <b>18</b>
<b>22</b>	9:00 AM Tai Chi Mobility (CC-B) 10:00 AM Tai Chi (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:45 AM Movie Day: Murder on the Orient Express  1:00 PM Yoga (CC-B) 2:30 PM Ping Pong (CC-L)  <b>Cold Box Lunch</b>	<b>23</b>	7:45 AM Golf (LFGPC) 9:00 AM Adv. Practical Spanish (CC-AR) 10:00 AM Physical Fitness (LFSP) 10:00 AM Drop-In Computer Lab 10:30 AM Current Issues/Gov't (CC-L) 10:30 AM Bingo (CC-A&B) <b>11:00 AM PJ Day Parade</b> 12:00 PM Lunch (CC-A&B) 1:00 PM Beading & Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L)  <b>WEAR YOUR PJ'S TO THE CLUBHOUSE Breakfast For Lunch</b>	<b>24</b>	9:00 AM ASAP (CC-B) 1:00 PM Bowling League (FL)  <hr/> <b>SAT</b> <b>25</b>
<b>29</b>	8:30 AM Birds of the World (LFSP Mtg. Rm 2) 9:00 AM Tai Chi Mobility (CC-B) 10:00 AM Tai Chi (CC-B) 10:00 AM Mahjong (CC-A) <b>10:00 AM Conversation, Coffee &amp; Donuts</b> <b>NEW!</b> 10:00 AM Drop-In Computer Lab  1:00 PM Yoga 2:30 PM Ping Pong (CC-L)  <b>Cold Box Lunch</b>	<b>30</b>	7:45 AM Golf (LFGPC) 9:00 AM Adv. 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 & Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Ping Pong (CC-L)  <b>Italian Feast</b>	<b>31</b>	9:00 AM ASAP (CC-B) 1:00 PM Bowling League (FL)  <hr/>

# LEGEND

**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

SUN	MON	TUE
<b>2</b>	<b>3</b>	<b>4</b>
	 <b>LABOR DAY</b>	10:00 AM Pilates (CC-B) 10:00 AM Ping Pong 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-L)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)  <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>9</b>	<b>10</b>	<b>11</b>
	9:00 AM Wearable Art (CC-L) 9:00 AM Beg. Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) <b>10:00 AM Mini Excursion:</b> <b>Foothill Ranch Shopping &amp; Lunch</b>  12:00 PM Smoothies  <p style="text-align: center;"><b>Cold Box Lunch</b></p>	10:00 AM Pilates (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 Beg. Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC) 5:15 PM Excursion – Angels Baseball Game  <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>16</b>	<b>17</b>	<b>18</b>
	9:00 AM Wearable Art (CC-L) 9:00 AM Beg. 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)  12:00 PM Smoothies  <p style="text-align: center;"><b>Cold Box Lunch</b></p>	10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab <b>10:00 AM Mini Excursion:</b> <b>Nixon Presidential Library &amp; Museum</b> 10:30 AM Crafts—Craft Stew (CC-AR)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)  <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>23</b>	<b>24</b>	<b>25</b>
	9:00 AM Wearable Art (CC-L) 9:00 AM Beg Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 11:00 AM PrimeTimer Games 1 Mile (LFSP)  12:00 PM Cell Phones 101 (CC-A)  <p style="text-align: center;"><b>Cold Box Lunch</b></p>	10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A) 11:00 AM PrimeTimer Games (CC-A)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)  <p style="text-align: center;"><b>Cold Box Lunch</b></p>
<b>30</b>	<div style="text-align: left;">  <h1 style="margin: 0;">PRIMETIMER GAMES!</h1> <h2 style="margin: 0;">LET THE GAMES BEGIN SEPTEMBER 24-27<sup>TH</sup>!</h2> </div>	

WED	THU	FRI / SAT
<p><b>5</b></p> <p>8:30 AM Birds of the World (LFSP)            9:00 AM Tai Chi Mobility (CC-B)            10:00 AM Tai Chi (CC-B)            10:00 AM Mahjong (CC-A)            11:00 AM Drop-In Computer Lab            11:30 AM Java with Jen &amp; Monarch (cancelled)</p> <p><b>12:00 PM Mini Excursion Registration (CC-A)</b>            1:00 PM Yoga (CC-B)            2:30 PM Ping Pong (CC-L)</p> <p><b>Cold Box Lunch</b></p>	<p><b>6</b></p> <p>7:45 AM Golf (LFGPC)            9:00 AM Adv. Practical Spanish (CC-AR)            10:00 AM Drop-In Computer Lab            10:00 AM Physical Fitness (LFSP)            10:30 AM Bingo (CC-A&amp;B)            10:30 AM Current Issues/Gov't (CC-L)</p> <p>12:00 PM Lunch (CC-A&amp;B)            1:00 PM Beading &amp; Stringing (LFSP)            2:00 PM Aquatic Fitness (LFBTC)            2:30 PM Ping Pong (CC-L)</p> <p><b>Cheeseburgers</b></p>	<p><b>FRI 7</b></p> <p>9:00 AM ASAP (CC-B)            1:00 PM Bowling League (FL)</p> <hr/> <p><b>SAT 8</b></p>
<p><b>12</b></p> <p>8:30 AM Birds of the World (LFSP)            9:00 AM Tai Chi Mobility (CC-B)            10:00 AM Tai Chi            10:00 AM Senior Advisory Board Meeting            10:00 AM Mahjong (CC-A)            10:45 AM Movie Day-Hunt for the Wilderpeople            11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B)            2:30 PM Ping Pong (CC-L)</p> <p><b>Cold Box Lunch</b></p>	<p><b>13</b></p> <p>7:45 AM Golf (LFGPC)            9:00 AM Adv Practical Spanish (CC-AR)            9:30 Book Discussion- Still Life (CC-EI Toro Rm)            10:00 AM Drop-In Computer Lab            10:00 AM Physical Fitness (LFSP)            10:30 AM Bingo (CC-A&amp;B)            10:30 AM Current Issues/Gov't (CC-L)            11:15 AM Seminar: Dr. Bill Liu O.C.H.C.A.</p> <p>12:00 PM Lunch (CC-A&amp;B)            1:00 PM Beading &amp; Stringing (LFSP)            2:00 PM Aquatic Fitness (LFBTC)</p> <p><b>Meatball Sandwiches</b></p>	<p><b>FRI 14</b></p> <p>8:30 AM AARP Driver Safety Refresher Course (CC-L)            8:30 AM YWCA Mammogram (CC-B)            9:00 AM ASAP (CC-B)            1:00 PM Bowling League (FL)</p> <hr/> <p><b>SAT 15</b></p>
<p><b>19</b></p> <p>8:30 AM Birds of the World (LFSP)            9:00 AM Tai Chi Mobility (CC-B)            10:00 AM Tai Chi (CC-B)            10:00 AM Mahjong (CC-A)            10:30 AM Legal-Aid (CC-AR)            10:45 AM Movie: Gifted (CC-L)            11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B)            2:30 PM Ping Pong (CC-L)</p> <p><b>Cold Box Lunch</b></p>	<p><b>20</b></p> <p><b>SENIOR RESOURCE FAIR 10AM-12PM</b></p> <p><i>All Emeritus Classes held at City Hall Clubhouse are Cancelled Today</i></p> <p>7:45 AM Golf (LFGPC)            10:00 AM Physical Fitness (LFSP)</p> <p>1:00 PM Beading &amp; Stringing (LFSP)</p>	<p><b>FRI 21</b></p> <p>9:00 AM ASAP (CC-B)            1:00 PM Bowling League (FL)</p> <hr/> <p><b>SAT 22</b></p>
<p><b>26</b></p> <p>8:30 AM Birds of the World (LFSP)            9:00 AM Tai Chi Mobility (CC-B)            10:00 AM Tai Chi (CC-B)            10:00 AM Mahjong (CC-A)            10:30 AM PrimeTimer Games (CC-A)            11:00 AM Drop-In Computer Lab</p> <p>1:00 AM Yoga (CC-B)            2:30 PM Ping Pong (CC-L)</p> <p><b>Cold Box Lunch</b></p>	<p><b>27</b></p> <p>7:45 AM Golf (LFGPC)            9:00 AM Adv Practical Spanish (CC-AR)            10:00 AM Physical Fitness (LFSP)            10:00 AM Drop-In Computer Lab            10:30 AM Bingo (CC-A&amp;B)            10:30 AM Current Issues/Gov't (CC-L)            11:15 AM PrimeTimer Game's Ceremony            11:30 AM Birthday Celebration (CC-A&amp;B)</p> <p>12:00 PM Lunch (CC-A&amp;B)            1:00 PM Beading &amp; Stringing (LFSP)            2:00 PM Aquatic Fitness (LFBTC)            2:30 PM Ping Pong (CC-L)</p> <p><b>Chinese Feast</b></p>	<p><b>FRI 28</b></p> <p>9:00 AM ASAP (CC-B)            1:00 PM Bowling League (FL)</p> <hr/> <p><b>SAT 29</b></p>

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

# SEP

## CRAFTY CRAFTERS

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 and leave your name and phone number. Call July 2, August 6 and Tuesday, September 4 (due to holiday).

### SUMMERTIME WREATH

Tuesday, July 17 • 10:30 am



Just in time for summer! Create a beautiful summer wreath for your front door or give as a gift! Staff will provide all the supplies and the instructions.

### PHOTO PENDANTS

Tuesday, August 21 • 10:30 am

Bring a small photo (very small, 1" diameter) of anything you want! A family pet, a friend, or staff will provide a decorated piece, pendant, ribbon, and twine! You'll wear your pendant proudly!

### CRAFT STEW...(What's Craft Stew)?

Tuesday, September 18 • 10:30 am

Was there a craft in the past that you wished you could have made, but didn't sign up? Well, guess what? You can make it now! This craft day will feature past crafts! Just pick a craft and staff will help you put it together.

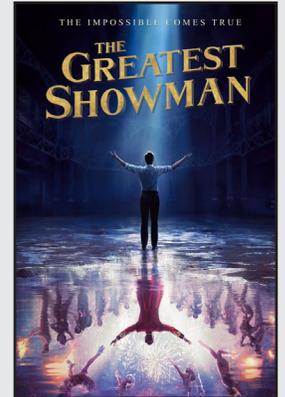


## July



**Jumanji:  
Welcome to  
the Jungle**  
(PG-13) • July 11  
119 mins

Four teenagers in detention discover an old video game console with a game they have never heard of. When they decide to play, they are immediately sucked into the jungle world of Jumanji in the bodies of their avatars. They will have to complete the adventure of their lives filled with fun, thrills and danger or be stuck in the game forever!



**The Greatest  
Showman**  
(PG-13) • July 25  
105 mins

Step right up... into the musical spellbinding imagination of a man who set out to reveal that life itself can be the most thrilling show of all! Inspired by the legend P.T. Barnum, comes a tale of a brash dreamer who rose from nothing to prove that anything you can envision is possible and that everyone, has a stupendous story worthy of a world-class spectacle!

# MOVIE DAYS

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

## August



**The Commuter**  
(PG-13) • Aug. 8  
104 mins

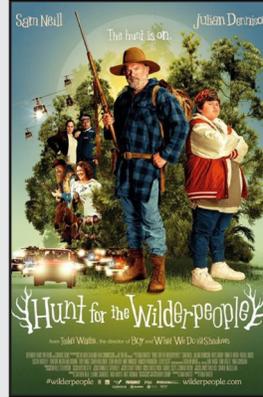
In this action packed thriller, an insurance salesman's daily commute home quickly becomes anything but routine. After being contacted by a mysterious stranger, Michael the salesman, is forced to uncover the identity of a hidden passenger on his train before the last stop. As he works against the clock, he realizes he is unwittingly caught up in a criminal conspiracy with life and death stakes.



**Murder on the Orient Express**  
(PG-13) • Aug. 22  
113 mins

Based on a novel by Agatha Christie, Murder on the Orient Express follows renowned detective Hercule Poirot as he attempts to solve what would become one of the most infamous crimes in history.

## September



**Hunt for the Wilderpeople**  
(NR) • Sept. 12  
113 mins

Raised on hip-hop and foster care, defiant city kid Ricky gets a fresh start in the New Zealand countryside. He finally finds himself with a loving family, when tragedy strikes. Ricky's foster organization wants to ship him to another family. He and his foster father go on the run in the bush. As a national manhunt ensues, the newly branded outlaws must face their options.



**Gifted**  
(PG-13) • Sept. 19  
101 mins

Frank is a single man raising a child prodigy-his spirited young niece, Mary. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother, Evelyn, whose plans for her granddaughter threaten to separate Frank and Mary.

## 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.

For AWSS bus service from your residence to the Senior Clubhouse Mon-Thurs 10:00AM - 2:00PM, call (949) 855-9766 24 hours in advance. Cost is .50 cents one way.

### TAXI RIDE PRICES:

Starting July 1, 2018, new taxi ride prices are listed below. Your existing vouchers will be honored until 12/31/18.

- \$1.50 - one-way**  
To Senior Clubhouse or Lake Forest Sports Park
- \$1.50 - one-way**  
Back to your residence
- \$3.00 - one-way**  
Within Lake Forest City limits (24/7)!
- \$7.00 - one-way**  
Non-emergency medical appointments at Saddleback Memorial Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), Hoag Hospital (Irvine) and Mission Viejo Hospital.

### SENIOR TAXI PROGRAM:

Beginning September 4, Taxi ID Cards will replace Paper Taxi Vouchers. Existing vouchers will be honored until December 31, 2018. Call (949) 461-3450, in September, to schedule a time to have a Photo Taxi ID Card made. This program is for Lake Forest senior residents only.



## 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

# SEMINARS

## July

### World's Smallest Pacemaker

Thursday • July 19 • 11:15 am



Dr. Paul Drury, M.D., a Cardiac Electrophysiologist, will discuss the latest technology on pacemakers. Did you know there are Pacemakers as small as 1.10 inches, shaped like a bullet? Find out how Pacemakers are inserted and how they work.

## August

### When Your Feet Need to Last a Lifetime

Thursday • August 16 • 11:15 AM

Join Podiatrist Dr. David Sabet in his presentation about feet, common problems, and how to prevent and treat problems.



## September

### Probiotics: What is Your Gut Feeling?

Thursday • Sept. 13 • 11:15 AM

The National Institutes of Health (NIH) states that probiotics are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut. Probiotics are available to consumers mainly in the form of dietary supplements and food. Many claims have been made for Probiotics. What does science say? Please join us for a discussion on this topic.

Jul/Aug/Sep 2018

15

Senior Scene

# BOOK CLUB

Thursdays • 9:30am • El Toro Room

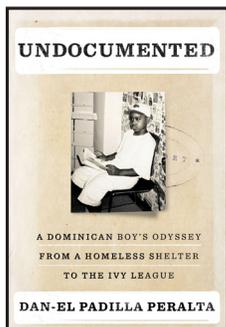
Join Janet Swanson and the Lake Forest Senior Reading Circle to discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse to enjoy a hot lunch and bingo.

## July

**JULY 19**

### UNDOCUMENTED: by Dan-el Padilla Peralta

A young boy arrives in the US from Santo Domingo with his family. He and his family join the ranks of homeless in NYC. His only refuge is a public library. Read how his life changed.

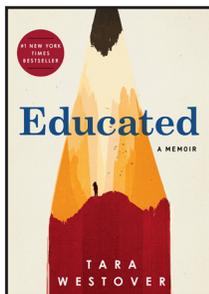


## August

**AUGUST 16**

### EDUCATED: A Memoir by Tara Westover

Tara Westover was seventeen the first time she went to school. She was born to a family of survivalists in the mountains of Idaho, who prepared for the end of the world by stockpiling canned goods and supplies. Learn how she overcame her parents' lifestyle and how she educated herself.

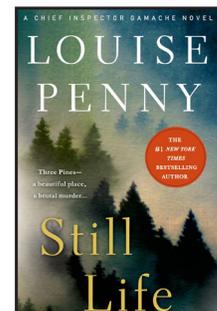


## September

**SEPTEMBER 13**

### STILL LIFE by Louise Penny

Jane Neal, a longtime resident of Three Pines, south of Montreal, is found dead in the woods. The locals are certain it's a tragic hunting accident, but Chief Inspector Gamache finds a more sinister murder than just a careless bow hunter.





**City of Lake Forest Senior Scene**

25550 Commercentre Drive  
Lake Forest, CA 92630  
949-461-3408

# PRIMETIMER GAMES!



**LET THE GAMES BEGIN SEPTEMBER 24-27<sup>TH</sup>!**

- Monday, Sept. 24: 1 Mile Walk (Sports Park)  
Tuesday, Sept. 25: Horseshoes - Beanbag Toss  
Wednesday, Sept. 26: Nerf Throw  
Thursday, Sept. 27: Celebrate PrimeTimers  
*All events at the Clubhouse except the 1 mile walk.*



**Sign up starting Monday, August 6th!**  
**Prizes will be available to all who participate!**