



City of Lake Forest

# Senior Scene

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

## LAKE FOREST SENIOR ADVISORY BOARD

The City of Lake Forest Parks & Recreation Commission is looking for candidates who are interested in the future of our senior programs and the new clubhouse.

Two seats are available to serve on the Senior Advisory Board (SAB) beginning January 2019. 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. 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 24, at [www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) as well as at the Senior Scene Clubhouse, 25550 Commercentre Drive.

**Applications must be submitted to the Parks & Recreation Commission before 5:00 PM on Friday, October 26, 2018.**

Interviews will be conducted starting at 7:00 PM on Thurs., Nov. 15th. For more info. on the SAB contact Recreation Supervisor, Karen Rice at [krice@lakeforestca.gov](mailto:krice@lakeforestca.gov) or call (949) 461-3445.



## HOT COCOA & MARSHMALLOWS

As weather starts cooling down, staff will be serving hot cocoa with marshmallows at the clubhouse.

Oct/Nov/Dec 2018

Inside  
THIS ISSUE

2-3 Registration /  
Mini Excursions

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

6-11 Calendars  
October  
November  
December

12-13 Crafty Crafters  
Movie Days

14 Transportation  
Daily Life in L.F.

15 Seminars  
Book Club

16 Housing Repair  
Program

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

#### October

Lake Forest Residents:  
**Wed Oct 3**  
Non-residents:  
Thu Oct 4

#### November

Lake Forest Residents:  
**Wed Nov 7**  
Non-residents:  
Thu Nov 8

#### December

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

# OCTOBER MINI EXCURSIONS

## Heritage House & Fullerton Arboretum • Fullerton

**Wed, Oct 10**  
**10:00am-2:00pm**  
**Fee: \$5.00**  
*(pay at the door, docent-led tour)*



This docent led excursion will include Heritage House and the Fullerton Arboretum. Visit one of Fullerton's oldest homes built by Dr. George Crook Clark in 1894. The Arboretum gardens are situated on 26 gorgeous acres with botanical collections sectioned into zones: temperate, tropical, and arid. Be sure to wear comfortable shoes. **You will be doing lots of walking on dirt paths.**

## Marconi Auto Museum • Tustin

**Mon, Oct 22**  
**10:00am-1:30pm**  
**Fee: \$5.00**  
*(pay at the door, self-guided tour)*

Visit the Marconi Automotive Museum and see a collection of high performance racecars. The collection includes vehicles from Lamborghini, Ferrari as well as some one of a kind American Muscle cars!



# NOVEMBER MINI EXCURSIONS

**OC Zoo • Irvine**  
**Tue, Nov 13**  
**10:15am-2:00pm**  
**Fee: \$3.00**  
*(pay at the door, docent-led tour)*



The OC Zoo exhibits bears, mountain lions, monkeys and other animals in naturalistic habitats. Also, featuring an extensive collection of native plants and a petting zoo. Bring your lunch or purchase lunch there in the picnic area. **Considerable walking and standing.**

**Downtown Disney • Anaheim**  
**Mon, Nov 26**  
**10:00am-2:00pm**  
**Fee: Free**  
*(not including lunch on your own)*



Visit Downtown Disney's outdoor shopping center located at the Disney Resort in Anaheim. Take your time and shop at the unique boutiques or have lunch!

# DECEMBER MINI EXCURSION

**Fashion Island • Newport Beach**  
**Wed, Dec 19**  
**10:00am-2:00pm**  
**Fee: Free**  
*(not including lunch on your own)*

Here is a chance to do your last minute holiday shopping at the beautiful Fashion Island in Newport Beach! Enjoy lunch on your own!



# 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!

Oct/Nov/Dec 2018

4

Senior Scene

## AARP DRIVER 2-DAY SAFETY COURSE

Friday, November 9 • 8:30 am – 12:30 pm

Saturday, November 10 • 8:30am – 12:30pm

Would you like to be more confident behind the wheel? This instructional class is for mature drivers 50 years and over. Act# 6068

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

Call (949) 461-3450 for additional information.

## JAVA WITH JEN & MONARCH

Wednesdays • 11:30 am

Oct 3 | Nov 7 | Dec 5

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 • Oct 2 • Nov 5 • Dec 4

## FREE! LEGAL AID APPOINTMENTS

Thursday • 10:30am • Oct 18

## BINGO MANIA

Monday • 10:30am

Oct 15 • Nov 19 • Dec 17



## FREE! BLOOD PRESSURE CHECKS

Monday • 10:00am-12:00pm

Oct 15 • Nov 19 • Dec 17



## EMERITUS AQUATIC FITNESS (LFBTC)

IRVINE VALLEY COLLEGE (949) 367-8343

Thursday • 2:00 pm • August 23 - December 13

Tuesdays • 2:00pm • Aug 21-Dec 18

## PING PONG

Tuesdays • 10:00am-12:00pm

Wednesdays & Thursdays • 2:30-4:30 pm

## SCRABBLE

Wednesdays • 10:30am

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

Mondays/Tuesdays/Wednesdays/Thursdays

10:00am-2:00pm

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

## BIRTHDAY CELEBRATIONS

Last Thursday of each month • 11:45 am

## RUMMIKUB TOURNAMENT

Last Tuesday of each month • 10:30am

## SENIOR ADVISORY BOARD MEETINGS

Wednesday • 10:00am • Nov 7

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

Mondays • 10:00am

Be sure to sign up at the Clubhouse!

## FREE FLU VACCINATION CLINIC!

Thursday • Oct 25 • 10:00 am - 2:00 pm

No Insurance Necessary

Ages 18 and up. **Provided by**

**the County of Orange**

**Health Care Agency**

GET YOUR  
FLU SHOT!

# PLUS SPECIAL OCCASIONS!

## OKTOBERFEST

Thursday, October 4 • 10:45am

Time to put on your Lederhosen and celebrate Oktoberfest the Lake Forest way! Reservations are not necessary.

## CONVERSATION, COFFEE & DONUTS

Wednesday, October 17 • 10:00am

Bring a Friend! Enjoy coffee and donuts on us!

## MEDICATION REVIEW WITH PHARMACIST BILL



Wednesday, October 24 • 11:00am-2:00pm

Make a one-on-one appointment with the County of Orange Health Care Agency's consulting pharmacist, Dr. Bill Liu. Dr. Liu will assess your medication regimen for efficacy, appropriateness, alert you to side effects and identify any potential drug interactions. Call (949) 461-3408 to make your appointment.

## VETERANS DAY CELEBRATION

Thursday, November 8 • 10:30am

We begin our Veterans Day Celebration with a Color Guard presentation to honor our men and women who've gone above and beyond to protect our country. A special guest speaker and Cal Vet will be here to answer any questions for all veterans.

## HICAP'S ENROLLMENT CLINIC 2019

Wednesday, November 14 • 9:00am-5:00pm

It's time for Medicare annual enrollment. Have you assessed your health and drug plan? Unsure of which plan maximizes your benefits?



Make an informed decision! At a HICAP Annual Enrollment Clinic you will learn about the new 2018 Medicare Health and Drug Plans. HICAP counselors will provide you with health and drug cost comparison analysis of your options. HICAP (Health Insurance Counseling and Advocacy Program) is part of the nationwide network of State Health Insurance and Assistance Programs (SHIP). HICAP counselors are registered in California, to provide free, unbiased and confidential Medicare counseling to Orange County residents. Call (949) 461-3408 to make an appointment.

## FRIENDSGIVING!

Thursday • November 15 • 10am-2pm

Join the fun! Enjoy a full turkey meal with all the trimmings and a Pumpkin Pie Eating Contest! It's more like eating your way through mounds of whipped cream to find a pumpkin seed buried in the bottom of a plate! Plus, Friendsgiving Bingo!

**You must be registered to participate!** Please note: participants who have not arrived by 10:45 for the luncheon will lose their seat to those on the waitlist.

## EL TORO HIGH SCHOOL CHORALISTICS

Thursday, December 6 • 1:00pm

## WHITE ELEPHANT LUNCHEON

Thursday, December 13 • 10:00am



Put on that Holiday sweater and join us at the for some good old Holiday Cheer at the Clubhouse!

- White Elephant starts at 10:45am
- Charles Dickens Carolers Music 1:00pm

At 10:30am, participants who have not arrived for the White Elephant Gift Exchange will lose their seat to the first person on the waitlist.

Remember...Reservations are necessary!

**Don't Forget to bring an unwrapped gift and staff will bag it for you!**

## MATTER OF BALANCE WORKSHOP

Fridays • January - 4 - February 22 • 9-11:00am

FREE



A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. Sign up December 6th at 11:00am at City of Lake Forest or by calling 949-461-3408.

# 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

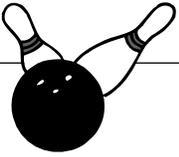
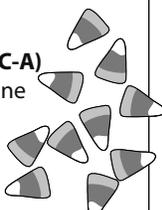
**FL**  
**Forest Lanes**  
 22771 Centre Drive  
 (949) 770-0055

**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
	<p><b>1</b></p> 9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A) 10:00 AM Hearing Tests (AR) 10:30 AM Hot Cocoa (CC-A)  <b>Cold Box Lunch</b>	<p><b>2</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 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>7</b>	<p><b>8</b></p> 9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (LFSP) 10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A) 10:30 AM Hot Cocoa (CC-A)  <b>Cold Box Lunch</b>	<p><b>9</b></p> 10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM HICAP (AR)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)  <b>Cold Box Lunch</b>
<b>14</b>	<p><b>15</b></p> 9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (LFSP) 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) 10:30 AM Hot Cocoa (CC-A)  <b>Cold Box Lunch</b>	<p><b>16</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 Crafts – Fall Banner (CC-AR)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)  <b>Cold Box Lunch</b>
<b>21</b>	<p><b>22</b></p> 9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Mahjong (CC-A) <b>10:00 AM Mini Ex-Marconi Museum (CC-A)</b> 10:30 PM Hot Cocoa (CC-A)  <b>Cold Box Lunch</b>	<p><b>23</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)  <b>Cold Box Lunch</b>
<b>28</b>	<p><b>29</b></p> 9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Hot Cocoa (CC-A)  <b>Cold Box Lunch</b>	<p><b>30</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)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Prac. Spanish (CC-AR)  <b>Cold Box Lunch</b>

WED	THU	FRI / SAT
<p style="text-align: right;"><b>3</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)            10:00 AM Drop-In Computer Lab            11:30 AM Java w/ Jen (Monarch) (CC-A)</p> <p>12:00 PM Mini Excursion Registration (CC-A)            1:00 PM Yoga (CC-B)            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>4</b></p> <p><b>OKTOBERFEST CELEBRATION!</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&amp;B)</p> <p>12:00 PM Lunch (CC-A&amp;B)            1:00 PM Beading &amp; Stringing (LFSP)</p> <p style="text-align: center;"><b>Bratwurst</b></p>	<p style="text-align: right;"><b>FRI 5</b></p> <p>9:00 AM ASAP (CC-B)            1:00 PM Bowling League (FL)</p> <p>7:00 PM Bunco (CC-A&amp;B)</p> <hr/> <p style="text-align: right;"><b>SAT 6</b></p>
<p style="text-align: right;"><b>10</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)  <b>10:00 AM Mini Ex- Fullerton Arboretum (CC-A)</b>            10:00 AM Mahjong (CC-A)            10:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B)            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>11</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)</p> <p>12:00 PM Lunch (CC-A&amp;B)            1:00 PM Beading &amp; Stringing (LFSP)</p> <p style="text-align: center;"><b>Italian Feast</b></p>	<p style="text-align: right;"><b>FRI 12</b></p> <p>9:00 AM ASAP (CC-B)            1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>SAT 13</b></p> <div style="text-align: center;">  </div>
<p style="text-align: right;"><b>17</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 Coffee &amp; Donuts (CC-A)            10:00 AM Mahjong (CC-A)            10:45 AM Movie Day-5th Passenger (CC-L)</p> <p>1:00 PM Yoga (CC-B)            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>18</b></p> <p>7:45 AM Golf (LFGPC)            9:00 AM Adv Practical Spanish (CC-AR)  <b>9:30 AM Book Club – Thunder Dog (El Toro Rm)</b>            10:00 AM Physical Fitness (LFSP)            10:30 AM Bingo (CC-A&amp;B)            10:30 AM Legal Ad (CC-TR)            12:00 PM Lunch (CC-A&amp;B)            1:00 PM Beading &amp; Stringing (LFSP)</p> <p style="text-align: center;"><b>Mexican Madness</b></p>	<p style="text-align: right;"><b>FRI 19</b></p> <p>9:00 AM ASAP (Cancelled)</p> <p>1:00 PM Bowling League (FL)            4:00 PM <b>Freaky Friday Halloween Dance</b>            (CC-A&amp;B)</p> <hr/> <p style="text-align: right;"><b>SAT 20</b></p>
<p style="text-align: right;"><b>24</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)  <b>10:30 AM EX- Hollywood Museum</b>            11:00 AM Drop-In Computer Lab            11:00 AM Medication Review (CC-AR)</p> <p>1:00 PM Yoga (CC-B)            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>25</b></p> <p>7:45 AM Golf (LFGPC)            9:00 AM Adv Practical Spanish (CC-AR)            10:00 AM Flu Clinic- Co. Orange Health Care Agcy.            10:00 AM Physical Fitness (LFSP)            10:00 AM Drop-In Computer Lab            10:30 AM Bingo (CC-A&amp;B)            11:15 AM Seminar-Medicare Enrollment            11:45 AM Birthday Celebrations</p> <p>12:00 PM Lunch (CC-A&amp;B)            1:00 PM Beading &amp; Stringing (LFSP)</p> <p style="text-align: center;"><b>Chinese Feast</b></p>	<p style="text-align: right;"><b>FRI 26</b></p> <p>9:00 AM ASAP (CC-B)</p> <p>1:00 PM Bowling League (FL)            5:00 PM <b>Deadline for Senior Advisory Board Applications</b></p> <hr/> <p style="text-align: right;"><b>SAT 27</b></p>
<p style="text-align: right;"><b>31</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)            10:00 AM Drop-In Computer Lab  <b>10:30 AM HALLOWEEN Bingo (CC-A)</b>            10:45 AM Movie-Waking Ned Devine</p> <p>1:00 PM Yoga            2:30 PM Ping Pong</p> <p style="text-align: center;"><b>Cold Box Lunch</b></p> <div style="text-align: right;">  </div>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 10:30 AM for seating.</b></p> </div> <div style="text-align: right; font-size: 4em; font-weight: bold; margin-top: 20px;">       OCT  </div>	

**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

# NOV



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

<b>4</b>	<b>5</b>	<b>6</b>
	9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Hearing Test (CC-AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-A) 10:30 AM Hot Cocoa (CC-A)	<b>SENIOR CLUBHOUSE IN LOUNGE</b> 10:00 AM Pilates (Cancelled) 10:00 AM Ping Pong (Cancelled) 10:00 AM Drop-In Computer Lab  12:30 PM Dyna-Band (Cancelled) 2:00 PM Beg Prac Spanish (Cancelled)
<b>11</b>	<b>12</b>	<b>13</b>
	9:00 AM Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Hot Cocoa (CC-A)	10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM HICAP <b>10:15 AM Mini EX-OC Zoo</b>  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Prac Spanish (CC-AR)
<b>18</b>	<b>19</b>	<b>20</b>
	9:00 AM Beg. Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 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) 10:30 AM Hot Cocoa (CC-A)	10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts-Holiday Cork Wreath (CC-AR)  12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Practical Spanish (CC-AR)
<b>25</b>	<b>26</b>	<b>27</b>
	9:00 AM Beg. Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) <b>10:00 AM Mini Ex-Downtown Disney (CC-A)</b> 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Hot Cocoa (CC-A)	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)  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>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>

**WED****THU****FRI / SAT**

**SENIOR SANTA  
& FRIENDS  
DONATION  
DROP-OFF**

**AT SENIOR SCENE CLUBHOUSE  
NOV. 1 - DEC. 14**

**1**

7:45 AM Golf (LFGPC)  
9:00 AM Adv. Prac Spanish (CC-AR)  
10:00 AM Physical Fitness (LFSP)  
10:00 AM Drop-In Computer Lab  
10:00 AM Hearing Test (CC-L)  
10:30 AM Bingo (CC-A&B)  
11:15 AM Seminar: DA's Office, Scam Stoppers

12:00 PM Lunch (CC-A&B)  
1:00 PM Beading & Stringing (LFSP)  
2:30 PM Ping Pong (CC-L)

**Chicken Vegetable Soup**

**FRI****2**

9:00 AM ASAP(CC-B)

1:00 PM Bowling League (FL)

**SAT****3****7**

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 Senior Advisory Board (El Toro Room)  
10:00 AM Mahjong (CC-A)  
10:00 AM Drop-In Computer Lab  
11:30 AM Java w/Jen (Monarch) (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**

**VETERANS DAY CELEBRATION**

**8**

7:45 AM Golf (LFGPC)  
9:00 AM Adv. Prac Spanish (CC-AR)  
10:00 AM Physical Fitness (LFSP)  
10:00 AM Drop-In Computer Lab  
10:30 AM Veterans Day Ceremony (CC-A&B)

12:00 PM Lunch (CC-A&B)  
12:30 PM Bingo (CC-A&B)  
1:00 PM Beading & Stringing (LFSP)  
2:30 PM Ping Pong (CC-L)

**Meatloaf & Mashed Potatoes**

**FRI****9**

8:30 AM AARP Driver Safety  
Course (CC-L)  
9:00 AM ASAP (CC-B)

1:00 PM Bowling League (FL)

**SAT****10**

8:30 AM AARP Driver Safety  
Course (CC-L)

**14**

8:30 AM Birds of the World (LFSP)  
**9:00 AM Medicare Annual Enrollment**  
(Computer Room)  
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-Overboard  
  
1:00 PM Yoga (CC-B)  
2:30 PM Ping Pong (CC-L)

**Cold Box Lunch**

**FRIENDSGIVING!**

**15**

7:45 AM Golf (LFGPC)  
9:00 AM Adv. Prac Spanish (CC-AR)  
**9:30 AM Book Discussion – The Paris Secret**  
(El Toro Room)  
10:00 AM Physical Fitness (LFSP)  
10:00 AM Drop-In Computer Lab  
10:45 AM Pie Eating /Turkey Calling Contests (CC-A&B)  
12:00 PM Lunch (CC-A&B) Friendsgiving  
12:30 PM Bingo (CC-A&B)  
1:00 PM Beading & Stringing (LFSP)  
2:30 PM Ping Pong (CC-L)  
7:00 PM SAB Interviews

**FRI****16**

9:00 AM ASAP (CC-B)  
1:00 PM Bowling League (FL)

**SAT****17****21**

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)  
11:00 AM Drop-In Computer Lab  
  
1:00 PM Yoga (CC-B)  
2:30 PM Ping Pong (CC-L)

**Cold Box Lunch**

**22**

**THANKSGIVING HOLIDAY**

**Senior Clubhouse Closed  
City Hall Closed**

**FRI****23**

**Senior Clubhouse Closed  
City Hall Closed**

**SAT****24****28**

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)  
10:00 AM Drop-In Computer Lab  
10:45 AM Movie-Game Night (CC-L)

1:00 PM Yoga (CC-B)  
2:30 PM Ping Pong (CC-L)

**Cold Box Lunch**

**29**

7:45 AM Golf (LFGPC)  
9:00 AM Adv. Practical Spanish (CC-AR)  
10:00 AM Emeritus Regist. /Saddleback College  
10:00 AM Physical Fitness (LFSP)  
10:00 AM Drop-In Computer Lab  
10:30 AM Bingo (CC-A&B)  
11:15 AM Seminar-D.A.'s Office - Scams  
11:45 AM Birthday Celebrations (CC-A&B)  
12:00 PM Lunch (CC-A&B)  
1:00 PM Beading & Stringing (LFSP)  
2:30 PM Ping Pong (CC-L)

**Meatball Sandwich**

**FRI****30**

9:00 AM ASAP (CC-B)  
1:00 PM Bowling (FL)

**SAT****Oct/Nov/Dec 2018****9****Senior Scene**

# 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> 9:00 AM Beg. Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Hearing Test (CC-AR) 10:00 AM Mahjong (CC-A) 10:30 AM Hot Cocoa (CC-A)	<b>4</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)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>9</b>	<b>10</b> 9:00 AM Beg. Chinese Brush Painting (CC-B) 9:00 AM Wearable Art (CC-L) 10:00 AM Mahjong (CC-A) 10:30 AM Hot Cocoa (CC-A)	<b>11</b> 10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM HICAP  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>16</b>	<b>17</b> 10:00 AM Beg. Chinese Brush Painting (CC-B) 10:00 AM Wearable Art (CC-L) 10:00 AM Blood Pressure Checks (CC-AR) 10:00 AM Mahjong (CC-A) 10:30 AM Bingo Mania (CC-A) 10:30 AM Hot Cocoa	<b>18</b> 10:00 AM Pilates (CC-B) 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts—Custom Coffee Cups (CC-AR) 12:30 PM Dyna-Band (CC-B) 2:00 PM Beg. Prac Spanish (CC-AR)
	<b>Cold Box Lunch</b>	<b>Cold Box Lunch</b>
<b>23</b>	<b>24</b> <b>Senior Clubhouse Closed</b> <b>City Hall Closed</b>	<b>25</b> <b>CHRISTMAS HOLIDAY</b> <b>Senior Clubhouse Closed</b> <b>City Hall Closed</b>
		
<b>30</b>	<b>31</b> 10:00 AM Mahjong (CC-A) 10:30 AM New Year's Bingo! (CC-A) 10:30 AM Hot Cocoa (CC-A)	
		

WED	THU	FRI / SAT
<p style="text-align: right;"><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 w/ Jen (Monarch)</p> <p>12:00 PM Mini Excursion Registration (CC-A)            1:00 PM Yoga (CC-B)            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>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)</p> <p>12:00 PM Lunch (CC-A&amp;B)  <b>1:00 PM El Toro High School Choralistics</b>            1:00 PM Beading &amp; Stringing (LFSP)            2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;"><b>Mexican Madness</b></p>	<p style="text-align: right;"><b>7</b></p> <p><b>FRI</b></p> <p>9:00 AM ASAP (CC-B)</p> <p>1:00 PM Bowling League (FL)            7:00 PM Holiday Bunco</p> <hr/> <p style="text-align: right;"><b>8</b></p> <p><b>SAT</b></p>
<p style="text-align: right;"><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 (CC-B)            10:00 AM Mahjong (CC-A)            10:45 AM Movie Day- Book Club (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 style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>13</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)            12:30 AM Bingo (CC-A&amp;B)  <b>11:00 AM White Elephant Exchange</b></p> <p>12:00 PM Lunch (CC-A&amp;B)  <b>1:00 PM Charles Dickens Carolers (CC-A&amp;B)</b></p> <p style="text-align: center;"><b>Ham &amp; Yams</b></p>	<p style="text-align: right;"><b>14</b></p> <p><b>FRI</b></p> <p>9:00 AM ASAP (CC-B)            9:00 AM Senior Santa &amp; Friends Pick-Up</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>15</b></p> <p><b>SAT</b></p>
<p style="text-align: right;"><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)  <b>10:00 AM Mini Ex – Fashion Island</b>            10:45 AM Movie –                Jurassic World: Fallen Kingdom (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 style="text-align: center;"><b>Cold Box Lunch</b></p>	<p style="text-align: right;"><b>20</b></p> <p style="text-align: center;"><b>Senior Clubhouse Closed            City Hall Open</b></p>	<p style="text-align: right;"><b>21</b></p> <p><b>FRI</b></p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>22</b></p> <p><b>SAT</b></p>
<p style="text-align: right;"><b>26</b></p> <p>10:00 AM Mahjong (CC-A)            10:45 AM Movie Day –                Solo: A Star Wars Story (CC-L)            11:00 AM Drop-In Computer Lab</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>27</b></p> <p style="text-align: center;"><b>NEW YEAR'S CELEBRATION 2019!</b></p> <p>7:45 AM Golf (LFGPC)            10:00 AM Drop-In Computer Lab            10:30 AM Bingo (CC-A&amp;B)            11:45 AM Birthday Celebration (CC-A&amp;B)</p> <p>12:00 PM Lunch (CC-A&amp;B)            2:30 PM Ping Pong (CC-L)</p> <p style="text-align: center;"><b>Chinese Feast</b></p>	<p style="text-align: right;"><b>28</b></p> <p><b>FRI</b></p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p style="text-align: right;"><b>29</b></p> <p><b>SAT</b></p>

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



## CRAFTY CRAFTERS

Due to the popularity of the crafts program, you must register downstairs for all craft classes or call (949) 461-3408 the first Monday of the month. Leave your name and phone number. Call October 1, November 5, December 3.

### FALL BANNER

Tuesday, October 16 • 10:30 am

Just in time for the fall Holidays! Create your own custom banner for your home or to give as a gift. All supplies will be provided...just sign up!



### HOLIDAY CORK WREATH

Tuesday, November 20 • 10:30 am

Let Sue show you how to make an adorable Holiday Wreath to hang on your front door. Don't worry about bringing any art supplies...we provide it all.

### CUSTOM COFFEE CUPS...With Lids!

Tuesday, December 18 • 10:30 am



Bring your favorite photo or photos. Staff will make copies for you and you can make yourself a collage photo coffee cup.

We will provide the cups and you provide your choice of photos!

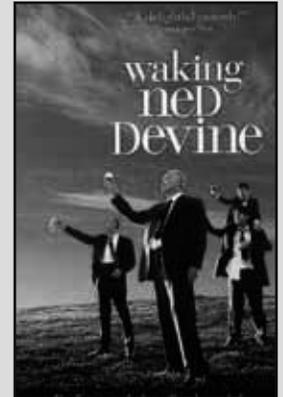
## October



### 5th Passenger

Wednesday•Oct 17  
1hr 29 mins  
(TV-14)

Five crew members are forced into an escape pod built for four after their starship is destroyed. Just as rescue seems imminent, an alien creature boards their craft and attacks.



### Waking Ned Devine

Wednesday•Oct 31  
1hr 35 mins  
(PG-13)

National lottery winner Ned Devine is so taken by his luck that he dies of shock! News of the win spreads quickly in the scenic little Irish village of Tully More, but not the secret news of Ned's demise. With lottery officials closing in to confirm the prize claimed by the deceased Devine, Ned's closest friends scheme to keep the prize money close to home, in memory of Ned of course! However, as the plot twists humorously, they learn it is hard to keep such a secret in a small town.

# MOVIE DAYS

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

## November



### OverBoard

Wednesday • Nov 14  
1 hr 52 mins  
(PG-13)

Rich playboy "Leonardo", hires "Kate", a working class single mom to clean his luxury yacht. After unjustly firing Kate and refusing to pay her, Leonardo later falls overboard. Kate shows up at the hospital and convinces Leonardo he is her husband putting him to work - for the first time in his life. Leonardo's billionaire family are hot on their trail, plus his memory may return any time. Will Leonardo put the clues together and leave them?



### Game Night

Wednesday • Nov 28  
1 hr 40 mins  
(R)

A group of friends who meet regularly for game nights find themselves entangled in a real-life mystery when dangerous gangsters seemingly kidnap the shady brother of one of the group.

Special Movie Day on December 26!  
Corndogs & Popcorn provided!

## December



### Book Club

Wednesday • Dec 12  
1hr 40 mins  
(PG-13)

Diane is recently widowed after 40 years of marriage. Vivian enjoys her men with no strings attached. Sharon is still working through a decades-old divorce. Carol's marriage is in a slump after 35 years. Four lifelong friends' lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, each inspires the other to make the next chapter their best chapter.



### Jurassic World: Fallen Kingdom

Wednesday • Dec 19  
2 hrs 8 mins  
(PG-13)

Owen and Claire rescue dinosaurs when the island's volcano roars to life.



### Solo - A Star Wars Story

Wednesday • Dec 26  
2 hrs 15 mins  
(PG-13)

Han Solo's life story before joining the Rebellion unfolds.

## 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. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age.

### 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 \$1.50 one way.

### SENIOR TAXI PROGRAM:

Use your Photo Taxi ID Card for the Lake Forest senior resident taxi program. Need an ID? Call (949) 461-3450, to schedule a time to have one made. Still have Paper Taxi Vouchers? Vouchers will only be honored until December 31, 2018.

**\$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 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

## October

### Medicare Annual Enrollment

Thursday • Oct 25 • 11:15 am  
*Get the Most Out of It!*

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

### District Attorney's Office: Fraud Prevention

Thursday • Nov 1 • 11:15 AM

Assistant District Attorney Ted Burnett from the O.C. District Attorney's Office will provide a presentation on Fraud Prevention. Learn about the different types of fraud targeting older adults, including identity theft, telemarketing fraud, mail/internet fraud, and investment fraud. He will share how to avoid fraud and provide information on what to do if you become a victim of fraud.



### FREAKY FRIDAY HALLOWEEN PARTY

Friday • Oct. 19 • 4:00-7:00 PM  
Act# 6070

Don't miss out! Wear your favorite costume, scary, funny, anything goes! Dance to some spooky tunes like Monster Mash and Transylvania Twist! During the bewitching hour dinner will be served...\$10.00 per person includes, dinner, dancing and fun! **Registration required.**

# 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.

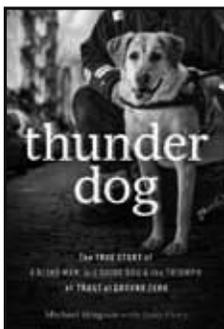
## October

### OCTOBER 18

#### THUNDER DOG

by Michael Hingson & Susy Flory

Thunder Dog tells the true story of Michael Hingson and his guide dog Roselle as they worked together to



escape from the North Tower of the World Trade Center on September 11, 2001.

## November

### NOVEMBER 15

#### THE PARIS SECRET

by Karen Swan

When high-powered fine art agent Flora Sykes is called in to assess objets d'art in a Paris apartment that has been abandoned since WWII, she is skeptical at first—until she discovers that the treasure trove of paintings is myriad... and priceless.



## December

### DECEMBER 20

#### NOTORIOUS RBG:

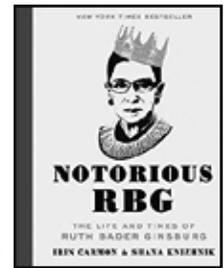
The Life and Times of Ruth Bader Ginsburg

by Irin Carmon & Shana Knizhnik

*Please Note:*  
Book Club will not be held at City Hall this month.

Please call Janet Swanson at (949) 559-1447 for location info.

Best Wishes for a joyful holiday Season!





**City of Lake Forest Senior Scene**

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

# SENIOR HOUSING ASSISTANCE REPAIR PROGRAM



Do you own a home in the City of Lake Forest? Does your home need repairs or does your home need to be more accessible as you age? Are the repairs to your home too expensive? The City of Lake Forest has a program that may help you get those repairs done!

**Call (949) 461-3473 to find out how to qualify for help.  
To download the applications go to [lakeforestca.gov/paint](http://lakeforestca.gov/paint).**