

CITY OF LAKE FOREST

# THE CLUBHOUSE CALENDAR



[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) | [www.facebook.com/lakeforest.clubhouse](https://www.facebook.com/lakeforest.clubhouse) | MARCH - MAY '23



## Let's Celebrate Spring!

### **SPECIAL HIGHLIGHTS INCLUDE:**

NEW START TIME FOR CLUBHOUSE MATINEE MOVIES | PG. 6

LUCK OF THE LEPRECHAUN MUSICAL PERFORMANCE | PG. 9

PECHANGA RESORT & CASINO EXCURSION | PG. 9

BUNCO NIGHTS AT THE CLUBHOUSE | PG. 9

SPRING INTO THE 70'S DANCE | PG. 10

4TH OF JULY PARADE COMMITTEE VOLUNTEERS | PG. 11



# THE CLUBHOUSE UPDATES

## The Clubhouse: Where You Meet New Friends and Create Lasting Memories!



Hello Spring and warmer weather! The Clubhouse has a variety of events and programs this Spring season including an excursion to the Pechanga Resort & Casino, a dance with the theme of "Spring Into the 70's", a free slice of pie on "Pi" Day (3/14), a St. Patrick's Day musical performance, a fun night of Bunco, and the Mother's Day Luncheon! We also have three exciting Mini Excursions scheduled including the Anaheim Packing House, Fullerton Arboretum, and Downtown Santa Ana.

Don't forget, if you need help with filing taxes, [www.ocfreetaxprep.com](http://www.ocfreetaxprep.com) has multiple locations in Orange County that can provide free assistance. The Lake Forest location is Abiding Savior Lutheran Church and their phone number to set-up an appointment is (949) 830-1001.

Interested in Summer Emeritus Classes? Summer priority registration is Tuesday, April 25th through Thursday, April 28th. Open enrollment begins Monday, May 1st and classes begin the week of May 31st. For a list of Summer Emeritus Classes through Irvine Valley College and Saddleback College, please see page 13 for the respective college's website.

We thank you for your continued support and look forward to a memorable Spring at The Clubhouse!

- Courtney Wysocki  
Senior Recreation Supervisor



## Add Us on Social Media!

Add The Clubhouse on Facebook and Instagram to stay informed with upcoming programs, activities, and events!



[www.facebook.com/lakeforest.clubhouse](http://www.facebook.com/lakeforest.clubhouse)



[lakeforest.clubhouse](https://www.instagram.com/lakeforest.clubhouse)



# THE CLUBHOUSE DAILY SCHEDULED PROGRAMS

## The Clubhouse Operating Hours

Monday through Thursday, 10:00 AM - 3:00 PM

### MON

### TUE

### WED

### THU

### FRI

10:00 AM - 3:00 PM  
COMPUTER LAB  
(CH-CL)

10:00 AM - 3:00 PM  
MAHJONG  
(CH-GR)

10:00 AM - 3:00 PM  
RUMMIKUB  
(CH-MPR)

10:00 AM - 3:00 PM  
PING PONG  
(CH-MPR)

10:30 AM - 11:20 AM  
STRENGTH & BALANCE  
(CH-WR)

12:00 PM - 2:50 PM  
BEADING & STRINGING  
(ONLINE COURSE)

10:00 AM - 12:30 PM  
COMPUTER LAB  
(CH-CL)

10:00 AM - 3:00 PM  
BRAIN GAMES  
& PUZZLES  
(CH-GR)

10:00 AM - 3:00 PM  
RUMMIKUB  
(CH-MPR)

10:30 AM - 12:20 PM  
COUNTRY LINE DANCE  
(CH-MPR)

10:30 AM - 12:20 PM  
PILATES  
(CH-WR)

12:30 PM - 2:20 PM  
DYNA-BAND WORKOUT  
(CH-WR)

12:45 PM - 3:00 PM  
PING PONG  
(CH-MPR)

1:00 PM - 2:50 PM  
LIFE & TECHNOLOGY  
(CH-CL)

10:00 AM - 12:15 PM  
PING PONG  
(CH-MPR)

10:00 AM - 12:50 PM  
INTERMEDIATE  
CLOTHING  
CONSTRUCTION  
(CH-ACR)

10:00 AM - 3:00 PM  
COMPUTER LAB  
(CH-CL)

10:00 AM - 3:00 PM  
MAHJONG  
(CH-GR)

10:00 AM - 3:00 PM  
RUMMIKUB  
(CH-MPR)

1:00 PM - 1:50 PM  
TAI CHI MOBILITY  
(CH-WR)

1:00 PM - 2:50 PM  
YOGA  
(CH-MPR)

10:00 AM - 2:00 PM  
BINGO  
(CH-MPR)

10:00 AM - 3:00 PM  
COMPUTER LAB  
(CH-CL)

10:00 AM - 3:00 PM  
BRAIN GAMES  
& PUZZLES  
(CH-GR)

10:30 AM - 11:20 AM  
PHYSICAL FITNESS  
(CH-WR)

11:30 AM - 12:20 PM  
YOGA  
(CH-WR)

THE CLUBHOUSE  
IS CLOSED

#### CH

**The Clubhouse**  
100 Civic Center Dr.  
(949) 461-3408

#### CH-ACR

**The Clubhouse**  
Arts & Crafts Room

#### CH-CL

**The Clubhouse**  
Computer Lab

#### CH-CR

**The Clubhouse**  
Classroom

#### CH-GR

**The Clubhouse**  
Game Room

#### CH-MPR

**The Clubhouse**  
Multi-Purpose Room

#### CH-WR

**The Clubhouse**  
Wellness Room

#### CC

**Civic Center/City Hall**  
100 Civic Center Dr.  
(949) 461-3400

#### 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 Dr.  
(949) 770-0055

#### S&S Club

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

#### IVC

Irvine Valley  
College Emeritus  
(949) 367-8343

#### SBC

Saddleback  
College Emeritus  
(949) 582-4835

# THE CLUBHOUSE PROGRAMS

## Crafty Crafters

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Each class is designed to spark your creative and artistic side!

Fee: \$2.00 Residents & Non-Residents

Time: 10:30 AM - 12:00 PM

Activity #: 11616 - Tuesday, March 21, 2023

Bunny Canvas

Activity #: 11617 - Tuesday, April 18, 2023

Floral Wreath

Activity #: 11618 - Tuesday, May 16, 2023

Memorial Day Centerpiece



## The Clubhouse Garden Club

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The Clubhouse Garden Club provides education, inspiration, and a sense of joy.

Activity #: 11619

Time: 10:00 AM - 11:00 AM

Tuesday, March 7, 2023

DIY Decor - Fun Ideas to Style Your Garden Space

Tuesday, April 4, 2023

Prop Swap Day!

*Bring plants/cuttings to swap with classmates.*

Tuesday, May 2, 2023

The History of Gardening



## Young at Heart - Lake Forest Book Club

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Join your Clubhouse friends and discuss assigned books at a monthly meeting.

To join the Book Club, please call  
The Clubhouse at (949) 461-3408.

Time: 10:00 AM - 11:30 AM

Thursday, March 16, 2023

*The Last Year of the War* by Susan Meissner  
*Please Note: Book Club in March will begin at 9:30 AM.*

Thursday, April 20, 2023

*The Midnight Library* by Matt Haig

Thursday, May 18, 2023

*Lessons in Chemistry* by Bonnie Garmus



# THE CLUBHOUSE PROGRAMS CONTINUED

## Computer Lab Hours

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The Clubhouse patrons may use the Computer Lab to check email, surf the net, and practice computer skills to improve proficiency.

Monday, Wednesday, and Thursday  
10:00 AM - 3:00 PM

Tuesday  
10:00 AM - 12:30 PM

## The Clubhouse Games & Fun!

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The Clubhouse offers many fun games and activities to keep your brain active and promote positive socialization!

Join us for the following programs Monday through Thursday from 10:00 AM - 3:00 PM.

Brain Games

(Sudoku, Crossword Puzzles, and Word Searches)

Dominoes

Mahjong

Puzzles

Rummikub

Various Card Games and Books to Read

## Ping Pong

.....

Break out your paddles and join us for a friendly game! Paddles and ping pong balls are available to rent for free. Please see The Clubhouse front desk to loan the specified items.

Activity #: 11637

All participants must be registered prior to playing.

Location: The Clubhouse - MPR

Monday 10:00 AM - 3:00 PM

Tuesday 12:45 PM - 3:00 PM

Wednesday 10:00 AM - 12:15 PM



## Senior Bowling League at Lake Forest Lanes

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Fridays from 1:00 PM - 3:30 PM

For more information call: (949) 770-0055

Location: Forest Lanes, 22771 Centre Drive

Fee: \$10.00 Residents | \$12.00 Non-Residents

\$3.00 Shoe Rental

# THE CLUBHOUSE PROGRAMS CONTINUED

**NEW START  
TIME OF  
10:30 AM!**

## Clubhouse Matinee Movies

Clubhouse Matinee Movies begin at 10:30 AM and are located at The Clubhouse - Wellness Room.



Wednesday, March 8, 2023

### *Sam & Kate*

Rated R, 2022, Comedy/Drama/Romance

Four characters become tangled in a love triangle. Because of this, they will be forced to confront their pasts and make new love work in their life.



Wednesday, March 22, 2023

### *Goodnight Oppy*

Rated PG, 2022, Documentary

Good Night Oppy tells the inspirational true story of Opportunity, a rover that was sent to Mars for a 90-day mission but ended up surviving for 15 years. The film follows Opportunity's groundbreaking journey on Mars and the remarkable bond forged between a robot and her humans millions of miles away.



Wednesday, April 5, 2023

### *The Greatest Showman*

Rated PG, 2017, Musical/Biography

*The Greatest Showman* celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Wednesday, April 19, 2023

### *Devotion*

Rated PG-13, 2022, Action/Drama/War

*Movie will be shown in the Classroom.*

An aerial war epic based on the bestselling book of the same name, tells the harrowing true story of two elite US Navy fighter pilots during the Korean War. Their heroic sacrifices would ultimately make them the Navy's most celebrated wingmen.



Wednesday, May 10, 2023

### *Dog Gone*

Rated PG-13, 2023, Biography/Drama

Based on the true story of a father and son who repair their fractured relationship during a forced hike of the Appalachian trail to find their beloved lost dog.



Wednesday, May 24, 2023

### *80 for Brady*

Rated PG-13, 2023, Comedy/Drama

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.



# THE CLUBHOUSE BINGO PROGRAMS

## Bagels & Bingo

Join us every month for bingo games and bagels from Bagels & Brew!

Time: 10:00 AM - 2:00 PM

Monday, March 6, 2023

Monday, April 3, 2023

Monday, May 1, 2023

## Bingo Mania

The Clubhouse hosts Bingo Mania the fourth Monday of every month.

Time: 10:00 AM - 2:00 PM

Monday, March 27, 2023

Monday, April 24, 2023

Monday, May 22, 2023

## Bingo Thursdays & Special Clubhouse Lunches!



Feeling lucky? Join us for games of bingo every Thursday from 10:00 AM - 2:00 PM! The Clubhouse offers a catered lunch once a month during Bingo Thursdays at 12:00 PM.

Thursday Clubhouse Lunch Fee:  
\$2.00 Residents & \$4.00 Non-Residents

Activity #: 11622

Luck of the Leprechaun Luncheon - Corned Beef & Cabbage - *Don't forget to wear green!*  
Thursday, March 16, 2023

Activity #: 11623

Cloudy with a Chance of Meatballs - Meatball Sandwiches  
Thursday, April 27, 2023

Activity #: 11624

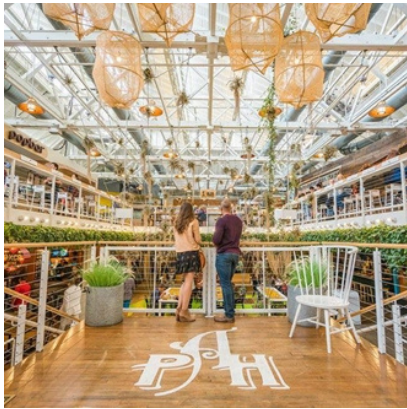
Where the Wild Things Are - Mongolian Beef & Broccoli  
Thursday, May 25, 2023

Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in all bingo activities. This is a one time cost. You may purchase as many cards as you'd like, but you can only play with one card. To register for Thursday Clubhouse Lunches, visit [www.lfparksandrecca.com](http://www.lfparksandrecca.com) or register in-person at The Clubhouse front desk. Please call (949) 461-3408 for any questions.

# THE CLUBHOUSE MINI EXCURSIONS

Join us for our upcoming Mini Excursions! Please note that registration is IN-PERSON ONLY. Due to limited space, Lake Forest residents will have priority registration. Non-residents may register the following day of the noted registration date.

## March: Anaheim Packing House



Check out one of the last remaining citrus packing warehouses in Orange County, which has been historically preserved and retrofitted as an upscale food court with local vendors, bars, and shops. This mini excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, March 1, 2023 at 10:30 AM

Excursion Date: Wednesday, March 15, 2023 from 10:00 AM - 2:00 PM

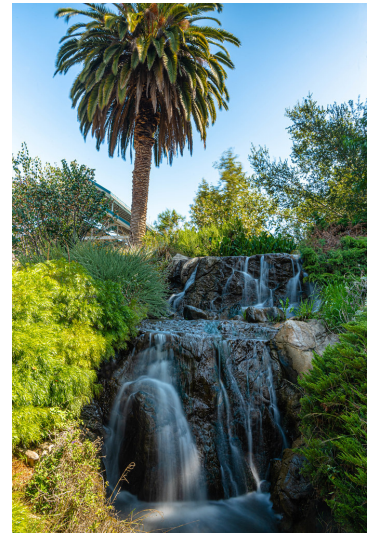
## April: Fullerton Arboretum

Enjoy a beautiful day outside strolling the 26-acre botanical garden filled with ponds, trails and over 4,000 plants from around the world. This mini excursion has excessive walking.

Fee: Free

Registration Date: Wednesday, April 5, 2023 at 10:30 AM

Excursion Date: Wednesday, April 19, 2023 from 10:00 AM - 2:00 PM



## May: Downtown Santa Ana



There's a little bit of something for everyone! The downtown historic district has many restaurants, shops, art galleries, and more. This mini excursion has excessive walking.

Fee: Free

Registration Date: Wednesday, May 3, 2023 at 10:30 AM

Excursion Date: Tuesday, May 16, 2023 from 10:00 AM - 2:00 PM



# THE CLUBHOUSE SPECIAL EVENTS



## It's Pi (3.14) Day!

It's National Pi Day! Join The Clubhouse as we celebrate Pi (3.14) Day with you guessed it - pies!

Activity #: 11657

Tuesday, March 14, 2023 from 11:00 AM - 12:00 PM

## Luck of the Leprechaun Musical Performance



We're feelin' green for the luck of the Irish! Visit The Clubhouse for a FREE special performance by the singer and saxophonist, Dan Dunshee, as he shamrocks our world!

Thursday, March 16, 2023 from 12:30 PM - 1:00 PM

## Pechanga Resort & Casino Excursion



Pechanga Resort & Casino has 200,000 square feet of gaming space that features more than 4,500 slot machines, 154 table games, and an ultra-modern 700-seat bingo facility. Explore their wide variety of dining options and boutique shops that carry designer brand apparel and accessories.

Activity fee includes transportation, snacks, and non-alcoholic refreshments.

Fee: \$25.00 Residents & Non-Residents

Activity #: 11625 - Tuesday, April 11, 2023 from 9:30 AM - 4:30 PM

## Bunco Nights at The Clubhouse!



Let the Good Times Roll! Join us for a fun night of Bunco! No skill is involved, just lots of luck! Enjoy appetizers, beverages, and prizes.

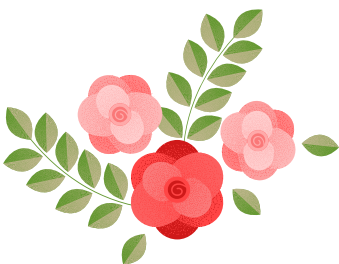
Fee: \$12.00 Residents & Non-Residents

Activity #: 11615 - Friday, April 28, 2023 from 6:30 PM - 9:00 PM

## Mother's Day Luncheon

Join The Clubhouse as we celebrate Mother's Day with all of our amazing women! A special FREE lunch will be served for all patrons in attendance.

Thursday, May 11, 2023 from 12:00 PM - 12:30 PM



The Clubhouse Presents

# SPRING INTO THE 70'S



LET'S GET GROOVY AND TURN BACK TIME AT THE CLUBHOUSE! COME DANCE THE NIGHT AWAY, 70'S STYLE! ENJOY A NIGHT FILLED WITH DANCING, A CATERED DINNER, PHOTOBOOTH, SPECIAL ENTERTAINMENT, AND A LOT OF FUN!

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## ACTIVITY #: 11626

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FRIDAY, APRIL 14, 2023 | 5:00 PM - 8:00 PM  
THE CLUBHOUSE - MULTIPURPOSE ROOM  
FEE: \$15.00 RESIDENTS & NON-RESIDENTS

REGISTER ONLINE AT [WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)  
OR IN-PERSON AT THE CLUBHOUSE FRONT DESK



# We Want You!

JOIN THE 4TH OF JULY PARADE  
VOLUNTEER COMMITTEE



ARE YOU INTERESTED IN VOLUNTEERING?  
JOIN THIS GROUP OF PARADE HISTORIANS  
AND MAKE A DIFFERENCE!

MEETINGS ARE HELD THE FIRST MONDAY OF THE MONTH  
AT 6:00 PM AT THE CLUBHOUSE SENIOR CENTER,  
100 CIVIC CENTER DRIVE.

ALL VOLUNTEERS WILL BE ASSIGNED  
A DUTY FOR THE 4TH OF JULY PARADE.



FOR MORE INFORMATION, CONTACT  
COURTNEY WYSOCKI  
[CWYSOCKI@LAKEFORESTCA.GOV](mailto:CWYSOCKI@LAKEFORESTCA.GOV)

# HEALTH & WELLNESS PROGRAMS & RESOURCES

## AARP Driver Safety Courses

These instructional classes are for the mature driver (50+). You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing these great courses.

Fee: \$20.00 AARP Members, \$25.00 Non-Members  
(Payment is due the first day of the course, check payable to AARP)

## AARP Driver Safety One-Day Refresher Course

Activity #: 11620

Date & Time: Thursday, March 9  
from 8:30 AM - 1:00 PM

## AARP Driver Safety Two-Day Course

Activity #: 11621

Date & Time: Monday & Tuesday, April 24 and 25  
from 8:30 AM - 1:00 PM

## Legal Aid

Obtain free legal advice on government benefits, health, housing, consumer programs, and elder abuse.

Date & Time: Thursday, March 2, April 6, May 4  
from 1:00 PM - 3:00 PM

Call: (949) 461-3408 to schedule your 30-minute appointment.

## OC Public Library E-Resources

The El Toro Library provides free e-resource classes to the older adult community. You will learn about popular apps, accessing e-books, e-audiobooks, music, movies, magazines, and more!

Call: (949) 461-3408 to reserve your spot.

Date & Time: Tuesday, May 30  
from 11:00 AM - 12:30 PM

## OCTA Workshop

Learn about the different local transportation options available to you! Each participant will receive an information folder with (2) one-day passes.

Pre-registration is required.

Tuesday, April 18, 2023 from 10:00 AM - 11:30 AM

## "DONUT" Stress About Medicare

Don't stress over Medicare, Optum can help! If you're trying to make sense of Medicare parts A, B, C, D, and all the rest, swing by and learn the fundamentals. Treat yourself to a donut while you learn, all for free.

Date & Time: Wednesday, March 1, April 5, May 3  
from 11:30 AM - 1:30 PM

Call: (949) 461-3408 to schedule your 30-minute appointment.

## Free Blood Pressure Checks

The Clubhouse hosts free blood pressure checks on Monday, March 20, April 17, and May 15

from 10:00 AM - 12:00 PM

Call: (949) 461-3408 for more information.

No appointment necessary.

## HICAP

(Health Insurance Counseling & Advocacy Program)

Get to know what benefits and services you're entitled to and how the health care system works.

Date & Time: Tuesday, March 14, April 11, and May 9  
from 10:00 AM - 1:00 PM

Call: (949) 461-3408 to schedule your 1-hour appointment.

## Medication Review

The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements, or a detailed list of medications you take.

Interested individuals may call (949) 461-3408 to schedule a 20-minute appointment.

Date & Time: Thursday, May 11  
from 10:00 AM - 1:00 PM



# EMERITUS CLASSES

Emeritus Classes are offered for seniors through partnerships between the City and Irvine Valley College and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population.

**Registration is required directly through the colleges for all Emeritus Classes.**

Please note that Emeritus Classes are in-person at The Clubhouse unless otherwise stated.

For more information regarding Irvine Valley College's Emeritus offerings, visit <http://academics.ivc.edu/emmeritus> or call (949) 367-8343.

For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emmeritus> or call (949) 582-4835.

Please contact The Clubhouse at (949) 461-3408 for any questions or more information.

## Irvine Valley College Emeritus Classes

### *Aqua Fitness Training*

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water and training to improve balance and cardiovascular fitness.

Tic#: 66120

Date & Time: Tuesdays, January 17 - May 23  
from 2:00 PM - 2:50 PM

Tic#: 66110

Date & Time: Thursdays, January 19 - May 18  
from 2:00 PM - 2:50 PM

Location: Lake Forest Beach & Tennis Club

### *Beading & Stringing*

Students will learn about foundational structure, color and design, marketing and selling, and artistic sensibilities versus traditions and trends. Students are encouraged to bring any beading supplies they currently own. A list of items to purchase will be given to students after the first class.

Tic#: 65945

Date & Time: Mondays, January 23 - May 22  
from 12:00 PM - 2:50 PM

Location: Online Course

### *Country Line Dance*

Through country line dancing, this course addresses the physical and mental health of the older, mature adult, using exercise and fitness activities to maintain an active, independent lifestyle.

Tic#: 65985

Date & Time: Tuesdays, January 17 - May 23  
from 10:30 AM - 12:20 PM

Location: The Clubhouse - MPR

### *Dyna-Band Workout*

Dyna-bands or resistance bands (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts.

Tic#: 66070

Date & Time: Tuesdays, January 17 - May 23  
from 12:30 PM - 2:20 PM

Location: The Clubhouse - Wellness Room

# EMERITUS CLASSES

## Pilates

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Wear comfortable clothing and bring a mat to class.

Tic#: 66000

Date & Time: Tuesdays, January 17 - May 23  
from 10:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

## Physical Fitness

This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness aimed at maintaining an active, independent lifestyle.

Tic#: 66190 (*Strength and Balance*)

Date & Time: Mondays, January 23 - May 22  
from 10:30 AM - 11:20 AM

Tic#: 66185

Date & Time: Thursdays, January 19 - May 18  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

## Tai Chi Mobility

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits.

Improve balance, lower high blood pressure and increase vitality with tai chi!

Tic#: 65995

Date & Time: Wednesdays, January 18 - May 24  
from 1:00 PM - 1:50 PM

Location: The Clubhouse - Wellness Room

## Yoga

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing, and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Tic#: 66115

Date & Time: Wednesdays, January 18 - May 24  
from 1:00 PM - 2:50 PM

Location: The Clubhouse - MPR

Tic#: 66180

Date & Time: Thursdays, January 19 - May 18  
from 11:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

## Saddleback College Emeritus Classes

### Intermediate Clothing Construction

Clothing construction and pattern alterations. Examine and utilize commercial patterns, fabric textures, and principles of color design.

Tic#: 18370

Date & Time: Wednesdays, January 18 - May 24  
from 10:00 AM - 12:50 PM

Location: The Clubhouse - Arts & Crafts Room

### Life & Technology Integration for Older Adults

This class introduces students to the effective use of emerging technologies and how to create ease, efficiency, and comfort in completion of daily tasks. Students will learn about internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

Tic#: 14775

Date & Time: Tuesdays, January 17 - May 23  
from 1:00 PM - 2:50 PM

Location: The Clubhouse - Computer Lab

# TRANSPORTATION SERVICES

The City of Lake Forest offers door-to-door transportation to Lake Forest senior residents via Age Well Senior Services (AWSS) and CA Yellow Cab. To qualify for CA Yellow Cab, you must be a Lake Forest resident, 60 years of age or better, and do not drive or own a vehicle.



## CA Yellow Cab



Cost: \$2.00 One-Way (\$4.00 Round Trip)

Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.

Cost: \$5.00 One-Way (\$10.00 Round Trip)

To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).



## Age Well Senior Services Bus Service



Cost: FREE One-Way

From your Lake Forest residence to The Clubhouse

Bus Service Operating Days: Monday through Thursday, 10:00 AM - 2:00 PM

*Due to COVID-19, Age Well Senior Services may require you to wear a mask on the bus.*

To apply for Senior Transportation, you must have a current DMV Identification Card verifying you are a Lake Forest resident and of qualifying age.

For more information or an application, please call The Clubhouse at (949) 461-3408.



# NEED TO KNOW NUMBERS & RESOURCES

AARP.....	888-687-2277
Access (Reservations/Info).....	877-628-2232
Access (Eligibility).....	714-560-5956
Age Well Senior Services, Inc.....	949-855-8033
City of Lake Forest City Hall.....	949-461-3400
City of Lake Forest – The Clubhouse.....	949-461-3408
Council on Aging.....	714-479-0107
Elder/Disabled Adult Abuse.....	800-451-5155
Hazardous Waste, Disposal of Expired & Unused Medicine, & Old Cell Phones.....	714-834-4000
HICAP Services.....	800-434-0222
Human Services Info.....	2-1-1
Irvine Valley College/Emeritus.....	949-367-8343
Meals on Wheels.....	949-380-0155 x12
Medicare Fraud Hotline.....	800-447-8477
Non-Disabled Housing Info.....	714-480-2864
OCTA (Transportation).....	800-636-7433
Office on Aging.....	800-510-2020
Orange Caregiver Resource Center.....	800-543-8312
Police Services Non-Emergency Dispatch.....	949-770-6011
Saddleback College/Emeritus.....	949-582-4835

# MARCH 2023

## OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

**1**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:30 AM - MARCH MINI EXCURSION REGISTRATION

11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)

**2**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS! (CH-MPR)


12:00 PM - MEMORIALCARE SEMINAR (CH-MPR)

1:00 PM - LEGAL AID (CH-CR)

**3**

**4**

IT'S NATIONAL MARCHING MUSIC DAY!



**5**

**6**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM BAGELS & BINGO (CH-MPR)

**7**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM THE CLUBHOUSE GARDEN CLUB (CH-ACR)

**8**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:30 AM CLUBHOUSE MATINEE MOVIES (CH-WR)

**9**

8:30 AM - AARP DRIVER SAFETY ONE-DAY REFRESHER COURSE (CH-ACR)

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS


10:00 AM - BINGO THURSDAYS! (CH-MPR)

**10**

**11**

**12**

DAYLIGHT SAVINGS TIME



**13**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

**14**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

11:00 AM - PI (3.14) DAY! (MPR PATIO)

**15**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM MINI EXCURSION: ANAHEIM PACKING HOUSE

**16**

9:30 AM - BOOK CLUB (CH-CR)

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS! LUCK OF THE LEPRECHAUN LUNCHEON (CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE LUNCH CORNED BEEF & CABBAGE (CH-MPR)


12:30 PM - ST. PATRICK'S DAY MUSICAL PERFORMANCE (CH-MPR)

**17**

*Saint Patrick's Day*

**18**

IT'S NATIONAL CORN DOG DAY!



**19**

IT'S NATIONAL LET'S LAUGH DAY!



**20**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM FREE BLOOD PRESSURE CHECKS (CH-CR)

**21**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:30 AM CRAFTY CRAFTERS (CH-ACR)

**22**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:30 AM - CLUBHOUSE MATINEE MOVIES (CH-WR)

1:30 PM - OPTUM MEDICARE SEMINAR (CH-ACR)

**23**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS! (CH-MPR)

12:00 PM - BRAIN HEALTH WITH COGNITIVE CARE SEMINAR (CH-MPR)

**24**

**25**

**26**

IT'S NATIONAL SPINACH DAY!



**27**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM BINGO MANIA (CH-MPR)

**28**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM RUMMIKUB TOURNAMENT (CH-MPR)

**29**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

**30**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM BINGO THURSDAYS! (CH-MPR)

**31**

# APRIL 2023

## OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

**SUN      MON      TUE      WED      THU      FRI      SAT**

**1**

APRIL FOOLS' DAY!



**2**

IT'S NATIONAL PEANUT BUTTER AND JELLY DAY!



**3**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
BAGELS & BINGO  
(CH-MPR)

**4**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - THE CLUBHOUSE  
GARDEN CLUB (CH-ACR)

**5**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM - APRIL MINI EXCURSION  
REGISTRATION

10:30 AM - CLUBHOUSE  
MATINEE MOVIES (CH-WR)

11:30 AM - "DONUT" STRESS  
ABOUT MEDICARE (CH-CR)

**6**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!  
(CH-MPR)

12:00 PM - OCTA SEMINAR  
(CH-MPR)

1:00 PM - LEGAL AID  
(CH-CR)

**7**

**8**

**9**

**10**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

**11**

9:30 AM - PECHANGA RESORT  
& CASINO EXCURSION

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

**12**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

**13**


10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
BINGO THURSDAYS!  
(CH-MPR)

**14**


5:00 PM  
SPRING INTO THE 70'S  
(CH-MPR)

JOIN US FOR A FUN  
NIGHT OF DANCING!



**15**

NATIONAL TAX DAY



**16**

IT'S NATIONAL ORCHID DAY!



**17**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
FREE BLOOD  
PRESSURE CHECKS  
(CH-CR)

**18**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - OCTA WORKSHOP  
(CH-CR)

10:30 AM - CRAFTY CRAFTERS  
(CH-ACR)

**19**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:  
FULLERTON ARBORETUM

10:30 AM - CLUBHOUSE  
MATINEE MOVIES  
(CH-CR)


**20**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
BOOK CLUB (CH-CR)

10:00 AM  
BINGO THURSDAYS!  
(CH-MPR)

**21**



**22**

EARTH DAY



**23**

IT'S NATIONAL PICNIC DAY!



**30**

**24**

8:30 AM  
AARP DRIVER SAFETY  
TWO-DAY COURSE  
(CH-ACR)

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
BINGO MANIA  
(CH-MPR)

**25**

8:30 AM  
AARP DRIVER SAFETY  
TWO-DAY COURSE  
(CH-ACR)

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
RUMMIKUB TOURNAMENT  
(CH-MPR)

**26**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

1:30 PM  
OPTUM SOUND BATH CLASS  
(CH-ACR)

**27**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!  
CLOUDY WITH A CHANCE  
OF MEATBALLS LUNCHEON  
(CH-MPR)

12:00 PM - THURSDAY  
CLUBHOUSE LUNCH -  
MEATBALL SANDWICHES  
(CH-MPR)

**28**

6:30 PM  
BUNCO NIGHTS AT  
THE CLUBHOUSE!

**29**



# MAY 2023

## OPEN MONDAY THROUGH THURSDAY, 10:00 AM - 3:00 PM

SUN MON TUE WED THU FRI SAT

1

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
BAGELS & BINGO  
(CH-MPR)

2

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
THE CLUBHOUSE  
GARDEN CLUB  
(CH-ACR)

3

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM - MAY MINI  
EXCURSION REGISTRATION

11:30 AM - "DONUT" STRESS  
ABOUT MEDICARE (CH-CR)

4

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!  
(CH-MPR)

1:00 PM - LEGAL AID (CH-CR)

5



6

IT'S TIME FOR THE  
KENTUCKY DERBY!



8

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

9

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
HICAP  
(CH-CR)

10

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM  
CLUBHOUSE  
MATINEE MOVIES  
(CH-WR)

11

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MEDICATION REVIEW  
(CH-CR)

10:00 AM - BINGO THURSDAYS!  
(CH-MPR)

12:00 PM - MOTHER'S DAY  
LUNCHEON (CH-MPR)

12

13

IT'S NATIONAL  
APPLE PIE DAY!



15

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
FREE BLOOD  
PRESSURE CHECKS  
(CH-CR)

16

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
MINI EXCURSION:  
DOWNTOWN SANTA ANA

10:30 AM  
CRAFTY CRAFTERS  
(CH-ACR)

17

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

18

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - BOOK CLUB  
(CH-CR)

10:00 AM - BINGO THURSDAYS!  
(CH-MPR)

12:00 PM - REGALMED SEMINAR  
(CH-MPR)

19

20

IT'S WORLD  
BEE DAY!



22

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
BINGO MANIA  
(CH-MPR)

23

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

24

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM  
CLUBHOUSE  
MATINEE MOVIES  
(CH-WR)

25

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - BINGO THURSDAYS!  
WHERE THE WILD  
THINGS ARE LUNCHEON  
(CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE  
LUNCH - MONGOLIAN BEEF &  
BROCCOLI (CH-MPR)

26

27

29

THE CLUBHOUSE IS CLOSED

MEMORIAL DAY



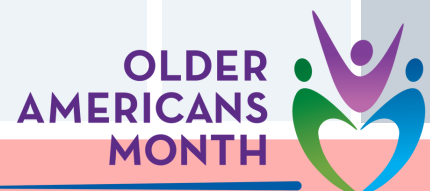
30

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - RUMMIKUB  
TOURNAMENT (CH-MPR)

11:00 AM - OC PUBLIC LIBRARY  
RESOURCES (CH-ACR)

IT'S NATIONAL  
HAMBURGER DAY!



# HAPPY OLDER AMERICANS MONTH!

AGING UNBOUND: MAY 2023