

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) | SEP - NOV '24



*Oh my gourd-ness, it's Autumn!*



**SPECIAL HIGHLIGHTS INCLUDE:**

- BUNCO NIGHTS AT THE CLUBHOUSE - PG. 11
- FRIENDSGIVING CELEBRATION - PG. 7
- HICAP MEDICARE ANNUAL ENROLLMENT - PG. 11
- MOTION PICTURE MUSEUM EXCURSION - PG. 10
- PIANO CONCERT WITH NICHOLAS GALINAITIS - PG. 10
- SENIOR SANTA & FRIENDS - PG. 12
- SUMMER LOVIN' SOCK HOP DANCE - PG. 13
- SWEATER WEATHER SOCIAL POP-UP EVENT - PG. 11
- THE CLUBHOUSE SENIOR RESOURCE FAIR - PG. 14
- THE GARDEN CLUB - FLORAL ARRANGEMENTS CLASS - PG. 4
- VETERANS DAY CELEBRATION - PG. 12

100 Civic Center Drive | Operating Hours: Monday through Thursday 10:00 AM - 3:00 PM | (949) 461-3408



# THE CLUBHOUSE UPDATES

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



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Hello fall! The Clubhouse has a variety of events and programs this fall season including an excursion to the Motion Picture Museum, a fun night of Bunco, a Summer Lovin' Sock Hop, and our annual Veterans Day Celebration and Friendsgiving Luncheon! We also have six exciting Mini Excursions scheduled including Fire Station #54 & Cook's Corner, Downtown Laguna Beach, Marconi Auto Museum, Moulton Museum, River Street Marketplace, and Roger's Gardens.

Make sure to stop by and check out our newly updated Arts & Crafts Room Patio at our Sweater Weather Social on Tuesday, October 8! The Arts & Crafts Room Patio is going to be a great addition to The Clubhouse for new classes, programs, and events!

Our annual HICAP Medicare Enrollment Clinic is on Tuesday, October 22, from 9:00 AM - 4:00 PM. Beginning Tuesday, September 3, please call The Clubhouse at (949) 461-3408 to schedule an appointment.

As we transition into the holiday season, Senior Santa & Friends is returning in November! Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program. This "gift" giving program provides some cheer to older adults with disabilities and income only slightly above the federal poverty level. All donations are tax deductible. Items needed (must be new and unused) include:

- Clothing, Blankets, and Household Items
- Nutritional Supplements (i.e., Ensure and Glucerna)
- Gift Cards (Grocery Stores, Department Stores, and Pharmacies)

Between November 4 and December 5, 2024, drop-off your gift(s) at The Clubhouse during operating hours.

The City is committed to ensuring the enjoyment, safety, and proper use of The Clubhouse, which is governed by The Clubhouse Administrative Policy. To view The Clubhouse Administrative Policy, please visit <https://www.lakeforestca.gov/en/clubhouse>.

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

- Courtney Wysocki  
Senior Recreation Supervisor

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## The Clubhouse Senior Advisory Board

The City of Lake Forest Senior Advisory Board is committed to supporting and serving the 50+ population in our community, with a focus on health, education, optimal aging, and wellbeing. In addition, the Board serves in an advisory capacity to the Community Services Commission.

Senior Advisory Board Chair: Sandy Stang  
Senior Advisory Board Vice Chair: Michelle Wood

Senior Advisory Board Member: Elaine Blais  
Senior Advisory Board Member: Shirley Maldonado  
Senior Advisor Board Member: Jan Wiviott



# THE CLUBHOUSE DAILY SCHEDULED PROGRAMS

## The Clubhouse Operating Hours

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

### MON

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

10:00 AM - 3:00 PM  
AMERICAN & CHINESE  
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 - 1:05 PM  
CHAIR EXERCISE  
(CH-WR)

1:30 PM - 2:45 PM  
BEGINNING CONVERSATION  
(CH-ACR)

### TUE

10:00 AM - 3:00 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  
PILATES  
(CH-WR)

10:30 AM - 11:20 AM  
LINE DANCE  
(CH-MPR)

11:30 AM - 12:20 PM  
LINE DANCE  
(CH-MPR)

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)

1:30 PM - 2:45 PM  
INTERMEDIATE IDIOMS  
(CH-ACR)

### WED

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  
AMERICAN & CHINESE  
MAHJONG (CH-GR)

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

10:30 AM - 11:20 AM  
CIRCUIT TRAINING  
(CH-ACR PATIO)

10:30 AM - 11:20 AM  
YOGA  
(CH-WR)

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

1:00 PM - 1:50 PM  
TAI CHI  
(CH-MPR)

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

1:30 PM - 2:45 PM  
BEGINNING CONVERSATION  
(CH-ACR)

### THU

10:00 AM - 12:50 PM  
BEGINNING KNITTING  
(CH-ACR)

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)

12:30 PM - 1:20 PM  
CHAIR EXERCISE  
(CH-WR)

1:30 PM - 2:35 PM  
STRETCH & FLEXIBILITY  
(CH-WR)

1:30 PM - 2:45 PM  
INTERMEDIATE IDIOMS  
(CH-ACR)

### FRI

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

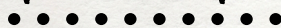
Irvine Valley  
College Emeritus  
(949) 367-8343

#### SBC

Saddleback  
College Emeritus  
(949) 582-4835

# THE CLUBHOUSE PROGRAMS

## Crafty Crafters



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

Fee: \$3.00 Residents & Non-Residents

Time: 10:30 AM - 12:00 PM

Activity #: 12674 - Tuesday, September 17, 2024

Spooky Wooden Pirate Ship

Activity #: 12675 - Tuesday, October 15, 2024

Flower Pot Scarecrow

Activity #: 12676 - Tuesday, November 19, 2024

Winter Teacup Garden



## The Clubhouse Garden Club



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

Fee: Free

Time: 10:30 AM - 11:30 AM

Activity #: 12677 - Tuesday, September 10, 2024

Orchid Care

Activity #: 12678 - Tuesday, October 1, 2024

Floral Arrangements (\$5.00 Fee)

Activity #: 12679 - Tuesday, November 5, 2024

Prop Swap Day (Plant Propagation)



## Young at Heart - Lake Forest Book Club



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, September 19, 2024

*Growing Up* by Russell Baker

Thursday, October 17, 2024

*The Women* by Kristin Hannah

Thursday, November 21, 2024

*The Phoenix Crown* by Kate Quinn & Janie Chang





# THE CLUBHOUSE PROGRAMS CONTINUED

## Clubhouse Karaoke



Join us for unforgettable karaoke, hosted by Bob Ampe! Bob will lead you through classic hits and hidden gems. Whether you're a seasoned karaoke veteran, or a first timer, there's a song for everyone! Don't miss this chance to showcase your talent, or simply enjoy the performances of others in a friendly, supportive environment. Bring your friends, warm up your vocal cords, and let's hit those high notes together!

Time: 10:30 AM - 11:30 AM

Activity #: 12896 - Monday, September 16, 2024

Activity #: 12897 - Monday, October 21, 2024

Activity #: 12898 - Monday, November 18, 2024

## The Clubhouse Games & Fun!



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

## Computer Lab Hours



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

## 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 #: 12673

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

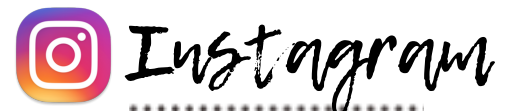


## Add Us on Social Media!

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 PROGRAMS CONTINUED

## Clubhouse Matinee Movies

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



Wednesday, September 11, 2024

### *Blue Angels*

Rated G, 2024, Documentary

Follows the veterans and newest class of Navy and Marine Corps flight squadron as they go through intense training and into a season of heart-stopping aerial artistry.



Wednesday, September 25, 2024

### *A Star is Born*

Rated R, 2018, Drama/Music

A musician helps a young singer find fame as age and alcoholism send his own career into a downward spiral.



Wednesday, October 16, 2024

### *The Great Lillian Hall*

Rated PG-13, 2024, Drama

Lillian Hall, a Broadway actress, has never missed a performance throughout her long, illustrious career. Yet in the rehearsals her confidence is challenged. People and events conspire to take away her ability to do what she loves most.

Wednesday, October 30, 2024

### *Hocus Pocus*

Rated PG, 1993, Comedy/Family

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.



Wednesday, November 13, 2024

### *Fly Me to the Moon*

Rated PG-13, 2024, Comedy/Romance

Marketing maven Kelly Jones wreaks havoc on launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, the countdown truly begins.



Wednesday, November 20, 2024

### *Stan & Ollie*

Rated PG, 2018, Biography/Comedy

Laurel and Hardy, the world's most famous comedy duo, attempt to reignite their film careers as they embark on what becomes their swan song: a grueling theatre tour of post-war Britain.



# 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, September 9, 2024

Monday, October 7, 2024

Monday, November 4, 2024

## Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, September 23, 2024

Monday, October 28, 2024

Monday, November 25, 2024

## 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.

**REGISTRATION IS REQUIRED. PLEASE REGISTER EARLY AS LUNCHESES MAY SELL OUT!**

Thursday Clubhouse Lunch Fee:  
\$2.00 Residents & \$5.00 Non-Residents

Activity #: 12668  
Leaves & Laughter - Vegetable Lasagna  
Thursday, September 26, 2024

Activity #: 12669  
No Tricks, Just Treats - Beef & Broccoli - *Don't forget to dress up in your favorite Halloween costume!*  
Thursday, October 31, 2024

Activity #: 12670 - (Fee: \$4.00 Residents & \$7.00 Non-Residents)  
Friendsgiving Celebration - Turkey Feast & All the Fixings  
Thursday, November 14, 2024

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.

## September: Fire Station #54 & Cook's Corner

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Join us on a tour of local Fire Station #54, followed by lunch at the historically famous Cook's Corner roadhouse. Motorcycle rides not included. This excursion has minimal walking.

Fee: Free

Registration Date: Wednesday, September 4, 2024 at 10:30 AM

Excursion Date: Tuesday, September 10, 2024 from 10:00 AM - 2:00 PM



## September: Downtown Laguna Beach

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There's something for everyone in Laguna Beach! From art galleries and restaurants to shopping and beach boardwalk views, every turn is an adventure. This excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, September 4, 2024 at 10:30 AM

Excursion Date: Wednesday, September 25, 2024 from 10:00 AM - 2:00 PM



## October: Marconi Auto Museum

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The Marconi is home to a collection of over 100 vehicles worth \$60 million consisting of Ferraris, Lamborghinis, muscle cars, race cars, motorcycles, memorabilia, and more. This mini excursion has moderate walking.

Fee: \$15.00 Due Day of Excursion

Registration Date: Wednesday, October 2, 2024 at 10:30 AM

Excursion Date: Wednesday, October 16, 2024 from 10:00 AM - 2:00 PM





# 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.

## October: Moulton Museum & Lunch



Keeping the history of Orange County and its ranching era alive, the Moulton Museum includes farm implements and buggies to documents, artwork and images of the period. End the afternoon with your choice of eatery among walkable locations. This excursion has minimal walking.

Fee: Free

Registration Date: Wednesday, October 2, 2024 at 10:30 AM

Excursion Date: Tuesday, October 22, 2024 from 10:00 AM - 2:00 PM

## November: River Street Marketplace



Explore the newly built 60,000-sqft community destination in the heart of San Juan Capistrano. Located in the Los Rios district, this marketplace features modern dining concepts, curated retail, local art, a butcher, and a full bar and brewery. This excursion has moderate walking.

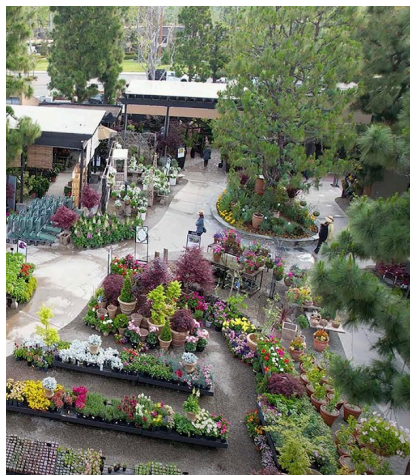
Fee: Free

Registration Date: Wednesday, November 6, 2024 at 10:30 AM

Excursion Date: Wednesday, November 13, 2024 from 10:00 AM - 2:00 PM



## November: Roger's Gardens



Explore the beautifully decorated grounds and gardens, shop their holiday collections, or grab lunch with friends at the award-winning Farmhouse restaurant. This excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, November 6, 2024 at 10:30 AM

Excursion Date: Tuesday, November 26, 2024 from 10:00 AM - 2:00 PM



# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

## Smart Phone & Tablet Help with Humana Health Care



Sign-up for a free 30-minute appointment with Humana to learn how to use your smart phone and tablet!

To register, please see the Front Desk or call The Clubhouse at (949) 461-3408.

Tuesday, September 17, 2024 from 10:00 AM - 12:00 PM

## Motion Picture Museum Excursion



The Motion Picture Museum is the first large-scale museum of its kind in the United States, and houses more than 13 million objects dedicated to the history, science, and cultural impact of the film industry. This 4-level museum in Los Angeles features over a dozen themed exhibits, two theaters, a restaurant and café, and gift shop.

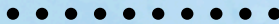
Activity fee includes transportation, snacks, and non-alcoholic refreshments.

Fee: \$52.00 Residents & \$57.00 Non-Residents

Activity #: 12680 - Wednesday, September 18, 2024 from 9:00 AM - 5:00 PM



## Piano Concert with Nicholas Galinaitis



Nicholas Galinaitis is a dynamic and upcoming concert pianist who has been living in Los Angeles since 2019. He has been trained by Dr. David Kreider in Westminster, MD and Leticia Gomez-Tagle, in Vienna, Austria. He has performed for various venues such as the Los Angeles Breakfast Club in Los Angeles, Art For Hearts' Sake Concert Series in Baltimore, as well as various small local venues for performances that were warmly received by the community. He specializes in the Romantic Repertoire of Chopin, Rachmaninoff, and Liszt.

Please join us for a wonderful FREE one-hour concert in our very own Performing Arts Center, located across from The Clubhouse Senior Center!



Activity #: 12910 - Tuesday, September 24, 2024  
from 11:00 AM - 12:00 PM

TO REGISTER, VISIT [WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM) OR IN-PERSON AT THE CLUBHOUSE FRONT DESK.  
RESIDENT REGISTRATION: TUESDAY, AUGUST 20 | NON-RESIDENT REGISTRATION: TUESDAY, AUGUST 27



# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS



## Sweater Weather Social



Put on your coziest sweater and join The Clubhouse as we celebrate fall at our newly renovated Arts & Crafts Room Patio! Live music, refreshments, snacks, and a lot of fun is provided!

Fee: FREE!

Activity #: 12911 - Tuesday, October 8, 2024  
from 11:00 AM - 12:00 PM

## Optum Medicare Comparison



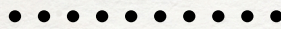
Join Optum to learn about the 2025 Medicare plans!  
Come with questions, get answers, and make changes to your health plans or compare different plans for the upcoming year.

To register, please see the Front Desk or call The Clubhouse at (949) 461-3408.

Wednesday, October 16, 2024 from 1:00 PM - 2:00 PM  
Monday, October 21, 2024 from 10:00 AM - 11:00 AM  
Monday, November 18, 2024 from 10:00 AM - 11:00 AM  
Tuesday, November 19, 2024 from 10:00 AM - 11:00 AM



## Bunco Nights at The Clubhouse!

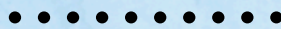


Let the good times roll! Join us for a fun night of Bunco! No skill is involved, just lots of luck!  
Enjoy appetizers, beverages, and prizes. Don't forget to dress up in costume!

Fee: \$13.00 Residents & Non-Residents

Activity #: 12667 - Friday, October 25, 2024 from 6:30 PM - 9:00 PM

## HICAP Medicare Annual Enrollment



Make an informed decision about the new 2025 Medicare Health and Drug Plans!  
HICAP counselors will provide you with a health and drug cost comparison analysis of your options.

Tuesday, October 22, 2024 from 9:00 AM - 4:00 PM

Beginning Tuesday, September 3, call (949) 461-3408 to schedule an appointment.  
Please leave a message with your name and phone number.

# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

## Estate Planning Clinic - Understand Your Legal Rights .....

The Elder Law and Disability Rights Center is providing a free estate planning clinic to provide information on wills, advance healthcare directives, power of attorneys, and trusts. After the presentation, you will have the opportunity to meet one-on-one with a lawyer or legal worker to complete an advance healthcare directive and talk about your personal needs.

To register, please see the Front Desk or call The Clubhouse at (949) 461-3408.

Tuesday, October 29, 2024 from 10:00 AM - 1:00 PM

## Senior Santa & Friends .....

In conjunction with the County of Orange Operation Santa Claus program, this "gift" giving program provides some cheer to older adults with disabilities and income only slightly above the federal poverty level. All donations are tax deductible.

Items needed (must be new and unused) include:

Clothing, blankets, and household items

Nutritional supplements (ie, Ensure and Glucerna)

Gift cards (grocery stores, department stores, and pharmacies)

Between November 4, 2024 and December 5, 2024,  
drop-off your gifts at The Clubhouse during operating hours.



## Veterans Day Celebration - Heroes & Hotdogs .....

Join us for a Veterans Day Celebration during Thursday Bingo!

A hotdog stand, desserts, and refreshments are provided.

If you are a veteran, please send us your favorite photo from when you were in the military service! Email photos to Senior Recreation Supervisor, Courtney Wysocki, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov).

You do not need to be a veteran to attend.

Fee: FREE!

Activity #: 12672 - Thursday, November 7, 2024 from 12:00 PM - 1:00 PM



TO REGISTER, VISIT [WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM) OR IN-PERSON AT THE CLUBHOUSE FRONT DESK.  
RESIDENT REGISTRATION: TUESDAY, AUGUST 20 | NON-RESIDENT REGISTRATION: TUESDAY, AUGUST 27



the clubhouse presents

# SUMMER LOVIN' SOCK HOP

DUST OFF YOUR POODLE SKIRTS AND SADDLE SHOES  
AND JOIN US ON A TRIP BACK TO THE FABULOUS FIFTIES!  
ENJOY A NIGHT FILLED WITH DANCING, A CATERED DINNER,  
SNACKS AND REFRESHMENTS, PHOTO BOOTH STATION,  
SPECIAL ENTERTAINMENT, AND A LOT OF FUN!

**ACTIVITY#: 12681**

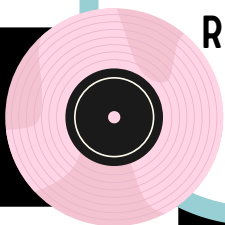
FRIDAY, SEPTEMBER 27, 2024 | 5:00 PM - 8:00 PM

*(THE CLUBHOUSE FRONT DOORS OPEN AT 4:30 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

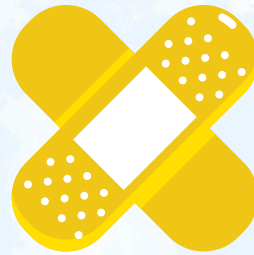




**THE CLUBHOUSE PRESENTS**

# Senior Resource Fair

THE CLUBHOUSE SENIOR RESOURCE FAIR PROVIDES THE COMMUNITY WITH AVAILABLE RESOURCES FOR THE 50 AND BETTER DEMOGRAPHIC INCLUDING:



CITY SERVICES  
COMMUNITY RESOURCES  
FREE FLU SHOTS (*INSURANCE REQUIRED*)  
HEALTH SCREENINGS  
NON-PROFIT GROUPS  
FOOD & REFRESHMENTS

**ACTIVITY #: 12671**

MONDAY, OCTOBER 14, 2024 | 10:00 AM - 1:00 PM

THE CLUBHOUSE - MULTIPURPOSE ROOM

FEE: FREE

REGISTER ONLINE AT [WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)

OR IN-PERSON AT THE CLUBHOUSE FRONT DESK

THE FIRST 100 PATRONS TO REGISTER WILL RECEIVE A GIFT!

# 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 #: 12682

Date & Time: Monday, September 16  
from 9:30 AM - 3:00 PM

### AARP Driver Safety Two-Day Course

Activity #: 12683

Date & Time: Wednesday & Thursday, Oct. 23-24  
from 9:30 AM - 3:00 PM

## Grief Support Group

Find support and healing for the hurt of losing a loved one. The Grief Support Group provides emotional support, validation, and education about grief.

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

The Grief Support Groups meets every 2nd Monday  
from 10:00 AM - 11:00 AM

## Legal Aid

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

Date & Time: Thursday, Sep. 5, Oct. 3, and Nov. 7  
from 1:00 PM - 3:00 PM

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

## OC Mobile Library

Come check out the OC Public Libraries' On-The-Go Mobile Library! Get access to books and sign-up for a library card!

Tuesday, September 10, October 8, and November 12  
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, Sep. 4, Oct. 2, and Nov. 6  
from 11:30 AM - 1:30 PM

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

## 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, Sep. 10, Oct. 8, and Nov. 12  
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, October 31  
from 10:00 AM - 1:00 PM

## OC Public Library E-Resources

The El Toro Library provides free e-resource classes to 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, November 26  
from 11:00 AM - 12:30 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://www.ivc.edu/emergitus> or call (949) 367-8343.

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

## Irvine Valley College Emeritus Classes

### *Aqua Fitness Training*

Physical fitness through water aerobic conditioning.

Tic#: 64490

Date & Time: Tuesdays, August 20 - December 17  
from 2:00 PM - 2:50 PM

Tic#: 64440

Date & Time: Thursdays, August 22 - December 12  
from 2:00 PM - 2:50 PM

Location: Lake Forest Beach & Tennis Club

### *Chair Exercise*

This course encourages health and wellness.

Tic#: 64380

Date & Time: Mondays, August 19 - December 16  
from 12:00 PM - 1:05 PM

Tic#: 90240

Date & Time: Thursdays, August 22 - December 12  
from 12:30 PM - 1:20 PM

Location: The Clubhouse - Wellness Room

### *Dyna-Band Workout*

Use resistance bands in combination with low-impact aerobics and gentle stretching.

Tic#: 64350

Date & Time: Tuesdays, August 20 - December 17  
from 12:30 PM - 2:20 PM

Location: The Clubhouse - Wellness Room

### *Beginning Conversation*

Help beginning ESL students develop their emerging listening and speaking skills of American English.

Tic#: 62600

Date & Time: Mon/Wed, August 19 - December 18  
from 1:30 PM - 2:45 PM

Location: The Clubhouse - Arts & Crafts Room

### *Circuit Training*

Addresses the physical and mental health of the older adult through fitness activities.

Tic#: 61400

Date & Time: Wednesdays, August 21 - December 18  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Arts & Crafts Room Patio

### *Intermediate Idioms*

Offers intermediate ESL students extensive oral and written practice with new idiomatic vocabulary.

Tic#: 62660

Date & Time: Tue/Thu, August 20 - December 17  
from 1:30 PM - 2:45 PM

Location: The Clubhouse - Arts & Crafts Room

### *Line Dance*

Line dancing for the older, mature adult.

Tic#: 64255

Date & Time: Tuesdays, August 20 - December 17  
from 10:30 AM - 11:20 AM

Tic#: 64335

Date & Time: Tuesdays, August 20 - December 17  
from 11:30 AM - 12:20 PM

Location: The Clubhouse - MPR



# EMERITUS CLASSES

## Physical Fitness

Low impact weight bearing aerobics, strength training, stretching, and flexibility movements.

Tic#: 64450

Date & Time: Wednesdays, August 21 - December 18  
from 11:30 AM - 12:20 PM

Tic#: 64395

Date & Time: Thursdays, August 22 - December 12  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

## Strength & Balance

This course addresses the physical and mental health through the use of exercise and fitness.

Tic#: 64305

Date & Time: Mondays, August 19 - December 16  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

Tic#: 64360

Date & Time: Wednesdays, August 21 - December 18  
from 10:00 AM - 10:50 AM

Location: Lake Forest Beach & Tennis Club

## Tai Chi Mobility

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

Tic#: 64405

Date & Time: Wednesdays, August 21 - December 18  
from 1:00 PM - 1:50 PM

Location: The Clubhouse - MPR

## Pilates

Pilates strengthens and tones muscles. Wear comfortable clothing and bring a mat to class.

Tic#: 64300

Date & Time: Tuesdays, August 20 - December 17  
from 10:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

## Stretch & Flexibility

Addresses the physical and mental health of the older adult through fitness activities.

Tic#: 90235

Date & Time: Thursdays, August 22 - December 12  
from 1:30 PM - 2:35 PM

Location: The Clubhouse - Wellness Room

## Yoga

Stretching, relaxing, and breathing in rhythm.

Tic#: 64345

Date & Time: Wednesdays, August 21 - December 18  
from 10:30 AM - 11:20 AM

Tic#: 64460

Date & Time: Wednesdays, August 21 - December 18  
from 1:00 PM - 2:50 PM

Tic#: 64485

Date & Time: Thursdays, August 22 - December 12  
from 11:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

# Saddleback College Emeritus Classes

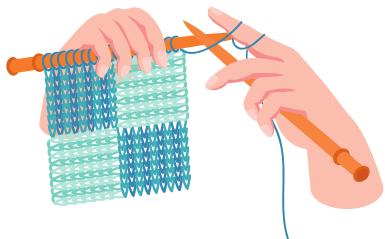
## Beginning Knitting

Introduction to knitting stitches, techniques, and fibers.

Tic#: 13130

Date & Time: Thursdays, August 22 - December 12  
from 10:00 AM - 12:50 PM

Location: The Clubhouse - Arts & Crafts Room



## Intermediate Clothing Construction

Clothing construction and pattern alterations.

Tic#: 10365

Date & Time: Wednesdays, August 21 - December 18  
from 10:00 AM - 12:50 PM

Location: The Clubhouse - Arts & Crafts Room

## Life & Technology Integration for Older Adults

Introduces students to the use of emerging technologies.

Tic#: 80160

Date & Time: Tuesdays, August 20 - December 17  
from 1:00 PM - 2:50 PM

Location: The Clubhouse - Computer Lab

# TRANSPORTATION SERVICES

CITY OF LAKE FOREST

## Transportation Options for Seniors

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via the Age Well Senior Services (AWSS) Bus and California Yellow Cab company.

For additional information, call (949) 461-3408.



### California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or own a vehicle? We have transportation for you with California Yellow Cab!

#### OPTIONS AND RATES:

- **FREE!** (Within Lake Forest city limits to The Clubhouse, non-emergency medical appointments, socializing, movies, etc).
- **\$5.00 One-Way (\$10.00 Round Trip)**  
Within city limits of Laguna Hills, Laguna Niguel, Laguna Woods, Mission Viejo, Rancho Santa Margarita, Costco in Irvine and Laguna Niguel, Hoag Hospital Irvine, Kaiser Hospital Irvine, Irvine Spectrum, Mission Viejo Mall, and the VA Clinic in Laguna Hills.
- **VA Clinic in Santa Ana—Cost: \$10.00 One-Way (\$20.00 Round Trip)**
- **John Wayne Airport—Cost: \$20.00 One-Way (\$40.00 Round Trip)**

For new program users to take advantage of the Senior Taxi Cab program:

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.



**NOTE:** All Taxi passengers must be 60 years of age or better. It may take up to two weeks from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation.

Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation and pay the taxi driver directly with either cash or a credit card.

### AWSS Bus Service

**FREE**

*JOIN THE FUN!*

From Your Residence to The Clubhouse  
Monday – Thursday  
10:00 am–2:00 pm





# 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
CA Yellow Cab Dispatch.....	888-242-8294
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
Second Harvest Food Bank.....	949-653-2900

# SEPTEMBER 2024

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

**SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT**

<p>1</p>	<p>2</p> <p>THE CLUBHOUSE IS CLOSED</p> <p>★ <b>LABOR DAY</b> ★</p> <p>☆☆☆</p>	<p>3</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p>	<p>4</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM - SEPTEMBER MINI EXCURSION REGISTRATION</p> <p>11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)</p>	<p>5</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! (CH-MPR)</p> <p>1:00 PM - LEGAL AID (CH-CR)</p>	<p>6</p>	<p>7</p> <p>IT'S NATIONAL SALAMI DAY!</p> 
<p>8</p>	<p>9</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - GRIEF SUPPORT GROUP (CH-CR)</p> <p>10:00 AM - BAGELS &amp; BINGO (CH-MPR)</p>	<p>10</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - MINI EXCURSION: FIRE STATION #54 &amp; COOK'S CORNER (CH-LOBBY)</p> <p>10:00 AM - OC MOBILE LIBRARY (CH-LOBBY)</p> <p>10:30 AM - THE CLUBHOUSE GARDEN CLUB (CH-ACR)</p> <p>10:00 AM - HICAP (CH-CR)</p>	<p>11</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM CLUBHOUSE MATINEE MOVIES (CH-CR)</p>	<p>12</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! (CH-MPR)</p> <p>12:00 PM - DR. TRINH SEMINAR (CH-MPR)</p>	<p>13</p>	<p>14</p> <p>IT'S NATIONAL PARENTS DAY OFF!</p> 
<p>15</p> <p>IT'S NATIONAL CHEESEBURGER DAY!</p> 	<p>16</p> <p>9:30 AM - AARP DRIVER SAFETY ONE-DAY REFRESHER COURSE (CH-CR)</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:30 AM - CLUBHOUSE KARAOKE (CH-ACR)</p>	<p>17</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - SMART PHONE &amp; TABLET HELP WITH HUMANA HEALTH CARE (CH-CR)</p> <p>10:30 AM - CRAFTY CRAFTERS (CH-ACR)</p>	<p>18</p> <p>9:00 AM MOTION PICTURE MUSEUM EXCURSION</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p>	<p>19</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! (CH-MPR)</p> <p>10:00 AM - BOOK CLUB (CH-CR)</p> <p>12:00 PM - FYZICAL SEMIINAR (CH-MPR)</p>	<p>20</p>	<p>21</p>
<p>22</p> <p>IT'S NATIONAL ICE CREAM CONE DAY!</p> 	<p>23</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM BINGO MANIA (CH-MPR)</p>	<p>24</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - RUMMIKUB TOURNAMENT (CH-MPR)</p> <p>11:00 AM - PIANO CONCERT WITH NICHOLAS GALINAITIS (PERFORMING ARTS CENTER)</p>	<p>25</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - MINI EXCURSION: DOWNTOWN LAGUNA BEACH</p> <p>10:30 AM - CLUBHOUSE MATINEE MOVIES (CH-CR)</p>	<p>26</p> <p>10:00 AM - THE CLUBHOUSE DAILY PROGRAMS</p> <p>10:00 AM - BINGO THURSDAYS! LEAVES &amp; LAUGHTER LUNCHEON (CH-MPR)</p> <p>12:00 PM - THURSDAY CLUBHOUSE LUNCH - VEGETABLE LASAGNA (CH-MPR)</p>	<p>27</p> <p>5:00 PM SUMMER LOVIN' SOCK HOP DANCE (CH-MPR)</p> <p>JOIN US FOR A NIGHT OF DANCING AND FUN!</p> 	<p>28</p>
<p>29</p>	<p>30</p> <p>10:00 AM THE CLUBHOUSE DAILY PROGRAMS</p>					



# OCTOBER 2024

## 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  
THE CLUBHOUSE  
GARDEN CLUB  
(CH-ACR)

2

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM - OCTOBER MINI  
EXCURSION REGISTRATION

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

3

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

1:00 PM  
LEGAL AID  
(CH-CR)

4

5

IT'S NATIONAL  
DO SOMETHING NICE  
DAY!



6

7

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

8

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

10:00 AM - OC MOBILE LIBRARY  
(CH-LOBBY)

11:00 AM - SWEATER WEATHER  
SOCIAL (CH-ACR PATIO)

9

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM  
SENIOR ADVISORY BOARD  
MEETING  
(CH-CR)

10

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

12:00 PM - ESTATE PLANNING  
SEMINAR (CH-MPR)

11

12

13

IT'S NATIONAL  
TRAIN YOUR BRAIN  
DAY!



14

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - GRIEF SUPPORT  
GROUP (CH-CR)

10:00 AM - SENIOR RESOURCE  
FAIR (CH-MPR)

15

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM  
CRAFTY CRAFTERS  
(CH-ACR)

16

10:00 AM THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:  
MARCONI AUTO MUSEUM

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

1:00 PM - OPTUM MEDICARE  
COMPARISON (CH-CR)

17

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

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

12:00 PM - HICAP: WHAT'S NEW IN  
MEDICARE 2025 SEMINAR  
(CH-MPR)

18

19

IT'S NATIONAL  
SWEETEST DAY!



20

21

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - OPTUM MEDICARE  
COMPARISON (CH-CR)

10:30 AM - CLUBHOUSE  
KARAOKE (CH-ACR)

22

9:00 AM - HICAP MEDICARE  
ANNUAL ENROLLMENT  
(CH-ACR)

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:  
MOULTON MUSEUM

23

9:30 AM  
AARP DRIVER SAFETY  
TWO-DAY COURSE  
(CH-CR)

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

24

9:30 AM - AARP DRIVER SAFETY  
TWO-DAY COURSE (CH-CR)

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

12:00 PM - FINANCIAL LITERACY  
SEMINAR (CH-MPR)

25

6:30 PM  
BUNCO NIGHTS  
AT THE CLUBHOUSE!  
(CH-MPR)

26

27

IT'S NATIONAL  
BLACK CAT DAY!



28

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
BINGO MANIA  
(CH-MPR)

29

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
ESTATE PLANNING CLINIC  
(CH-CR)

10:00 AM  
RUMMIKUB TOURNAMENT  
(CH-MPR)

30

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

31



10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

10:00 AM - BINGO THURSDAYS!  
NO TRICKS, JUST TREATS  
LUNCHEON (CH-MPR)

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

# NOVEMBER 2024

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

SUN MON TUE WED THU FRI SAT

1

2

IT'S NATIONAL BISON DAY!



3

IT'S NATIONAL SANDWICH DAY!



4

SENIOR SANTA & FRIENDS BEGINS!

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

5

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:30 AM THE CLUBHOUSE GARDEN CLUB (CH-ACR)

6

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:30 AM - NOVEMBER MINI EXCURSION REGISTRATION

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

7

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

12:00 PM - VETERAN'S DAY CELEBRATION (CH-MPR)

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

8

9

10

11

THE CLUBHOUSE IS CLOSED

VETERANS DAY

12

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM HICAP (CH-CR)

10:00 AM OC MOBILE LIBRARY (CH-LOBBY)

13

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM MINI EXCURSION: RIVER STREET MARKETPLACE

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

14

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

12:00 PM - THURSDAY CLUBHOUSE LUNCH - TURKEY FEAST & ALL THE FIXINGS (CH-MPR)

15

16

17

18

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - OPTUM MEDICARE COMPARISON (CH-CR)

10:30 AM - CLUBHOUSE KARAOKE (CH-ACR)

19

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - OPTUM MEDICARE COMPARISON (CH-CR)

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

20

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

21

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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


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

12:00 PM - MEDICARE PRESCRIPTION CHANGES SEMINAR (CH-MPR)

22

23

IT'S NATIONAL ESPRESSO DAY!



24

IT'S NATIONAL SARDINES DAY!



25

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM BINGO MANIA (CH-MPR)

26

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - MINI EXCURSION: ROGER'S GARDENS

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

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


27

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

28

THE CLUBHOUSE IS CLOSED

HAPPY THANKSGIVING



29

30