



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) | DEC '24 - FEB '25



## It's a Holly Jolly Holiday Season!



**SPECIAL HIGHLIGHTS INCLUDE:**

**BETTER IN BOOTS DANCE - PG. 13**

**BUNCO NIGHTS AT THE CLUBHOUSE - PG. 11**

**CARS & COFFEE POP-UP EVENT - PG. 12**

**HOLLY JOLLY HOLIDAY LUNCHEON - PG. 7**

**HUNTINGTON LIBRARY EXCURSION - PG. 11**

**SENIOR SANTA & FRIENDS - PG. 10**

**SOUNDSATIONS & CHORALISTICS AT THE CLUBHOUSE - PG. 10**

# THE CLUBHOUSE UPDATES

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



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Hello winter! The Clubhouse has a variety of events and programs this winter season including an excursion to the Huntington Library, two fun nights of Bunco, a Better in Boots western themed dance, and our annual Holly Jolly Holiday Luncheon! We also have five exciting Mini Excursions scheduled including Fashion Island, Lido Marina Village, Modjeska House, Mission San Juan Capistrano, and OC Museum of Art!

Make sure to stop by and check out our newly renovated Arts & Crafts Room Patio at our Cars & Coffee pop-up event on Tuesday, January 28! The Arts & Crafts Room Patio is a great addition to The Clubhouse for new classes, programs, and events!

Don't forget, Senior Santa & Friends ends on Thursday, December 5! 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 and can be dropped off at The Clubhouse during operating hours.

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)

Please note, The Clubhouse is closed Monday, December 23 through Thursday, December 26 for our annual holiday closure and January 1 and January 2 in observance of New Years.

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>. **Please note, The Clubhouse does not allow any free-standing decorations, props, or marketing materials in the facility that are not purchased, designed, or sponsored by the City of Lake Forest.**

We thank you for your continued support and look forward to a memorable winter 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

### TUE

### WED

### THU

### FRI

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)

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

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

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)

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

10:00 AM - 11:50 AM  
INTERMEDIATE PRACTICAL  
SPANISH  
(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)

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 - 2:20 PM  
LINE DANCE  
(CH-WR)

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

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 #: 12924 - Tuesday, December 17, 2024

Winter Candle Holder

Activity #: 12925 - Tuesday, January 21, 2025

Wooden Heart Bouquet

Activity #: 12926 - Tuesday, February 18, 2025

Button Flower Canvas



## 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 #: 12927 - Tuesday, December 3, 2024

*Planning for the Unexpected:*

*Gardening Emergencies*

Activity #: 12928 - Tuesday, January 7, 2025

*Homesteading Suburban Wellness*

Activity #: 12929 - Tuesday, February 4, 2025

*What's New in Gardening*



## 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, December 19, 2024

*The Santa Suit in Wales* by Mary Kay Andrews

Thursday, January 16, 2025

*By Any Other Name* by Jodi Picoult

Thursday, February 20, 2025

*Good Night Irene* by Luis Alberto Urrea



# 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 #: 13092 - Monday, December 16, 2024
- Activity #: 13093 - Monday, January 13, 2025
- Activity #: 13094 - Monday, February 10, 2025

## 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 #: 12923

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, December 18, 2024

### *A Christmas Story*

Rated PG, 1983, Holiday Comedy

In the 1940s, a young boy named Ralphie Parker attempts to convince his parents, teacher, and Santa Claus that a Red Ryder Range 200 Shot BB gun really is the perfect Christmas gift.



Wednesday, January 15, 2025

### *The Secret Life of Walter Mitty*

Rated PG, 2013, Comedy/Adventure

When both he and a colleague are about to lose their job, Walter takes action by embarking on an adventure more extraordinary than anything he ever imagined.



Wednesday, January 29, 2025

### *Never Too Late*

Rated PG-13, 2024, Music Documentary

Elton John looks back on his life and the early days of his 50-year career. As he prepares for his final concert in North America at Dodger Stadium, Elton recounts his struggles and shares how he overcame them to become the icon he is today.

Wednesday, February 19, 2025

### *Robert & Frank*

Rated PG-13, 2012, Drama

A former jewel thief with dementia, Frank, receives a gift from his son, a robot programmed to take care of his every need. Initially reluctant to accept the robot, Frank soon finds that it may have its uses, as he introduces it to a life of crime.



Wednesday, February 26, 2025

### *Reagan*

Rated PG-13, 2024, Biography/Drama

From the glitter of Hollywood to the world stage, Ronald Reagan overcomes the odds to become the 40th president of the United States.



# 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, December 2, 2024

Monday, January 6, 2025

Monday, February 3, 2025

## Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, December 30, 2024

Monday, January 27, 2025

Monday, February 24, 2025

## 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 #: 12918 - (Fee: \$4.00 Residents & \$7.00 Non-Residents)

Holly Jolly Holiday Luncheon - Ham & Yams - *Don't forget to dress up in your favorite holiday attire!*  
Thursday, December 12, 2024

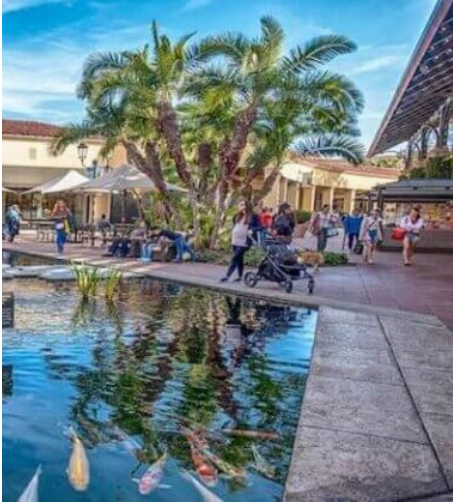
Activity #: 12919  
Frostfire Fiesta - Chicken Enchiladas  
Thursday, January 30, 2025

Activity #: 12920  
Mardi Gras Masquerade - Chicken Pesto Pasta  
Thursday, February 27, 2025

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.



## December: Fashion Island

Celebrate the holiday season with Fashion Island's iconic 90-foot white fir tree, decorated with 19,000 lights and ornaments! Experience premiere, upscale coastal shopping with 3 floors of over 150 stores, dining, and services. This excursion has excessive walking.

Fee: Free

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

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

## January: Lido Marina Village

Enjoy wandering around the village-style waterfront complex of charming boutiques, cafes, and restaurants with outdoor seating. This mini excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, January 8, 2025 at 10:30 AM

Excursion Date: Tuesday, January 14, 2025 from 10:00 AM - 2:00 PM



## January: Modjeska House

Tucked away amidst a live oak grove on the banks of Santiago Creek in Modjeska Canyon lies the century-old home of world-renowned actress Madame Helena Modjeska. Named for the grounds' resemblance to the Forest of Arden in the Shakespearean play, "As You Like It," Arden is designated a National Historic Landmark. This mini excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, January 8, 2025 at 10:30 AM

Excursion Date: Wednesday, January 22, 2025 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.

## February: Mission San Juan Capistrano

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Tour the Birthplace of Orange County, a historical landmark and museum that was founded more than two hundred years ago. Originally built as a self-sufficient community by Spanish Padres and Native Americans, the Mission was a center for agriculture, industry, education, and religion.

Famous for the Annual Return of the Swallows, Mission San Juan Capistrano is the Jewel of the California Missions.

This excursion has excessive walking.

Fee: \$15.00 Due Day of Excursion

Registration Date: Wednesday, February 5, 2025 at 10:30 AM

Excursion Date: Wednesday, February 12, 2025 from 10:00 AM - 2:00 PM

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## February: OC Museum of Art

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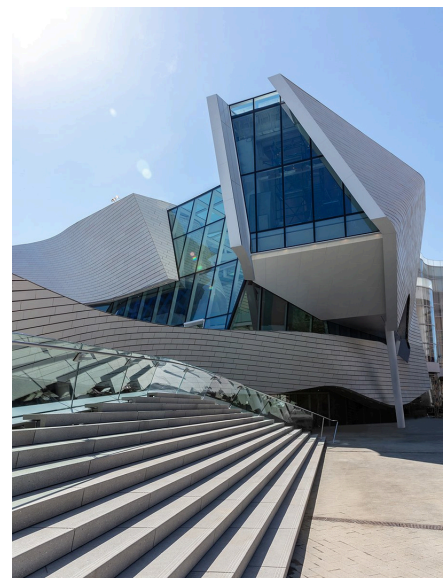
View the new permanent home located on the Segerstrom Center for the Arts campus. Comprising over 4,500 works of art, OCMA's permanent collection focuses on art produced during the twentieth and twenty-first centuries by artists with ties to California.

This excursion has excessive walking.

Fee: Free

Registration Date: Wednesday, February 5, 2025 at 10:30 AM

Excursion Date: Tuesday, February 25, 2025 from 10:00 AM - 2:00 PM



# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

## 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.



## Soundsations & Choralistics at The Clubhouse



Our very own El Toro High School has two outstanding vocal performance teams, Soundsations and Choralistics! There are over 50 students in these two singing and dancing groups, and they have won top honors and several gold level awards in their competitions!

The event is free to attend.

Thursday, December 5, 2024 from 1:00 PM - 2:00 PM



## Charles Dickens Carolers Holiday Performance



The Charles Dickens Carolers will be spreading holiday cheer at The Clubhouse! Their repertoire of novelty holiday arrangements is sure to get you in the holiday spirit!

No registration is required.

Thursday, December 12, 2024 from 12:30 PM - 1:00 PM

## Optum Blooming with Seniors Flower Shop Class



Join Optum for a free flower shop class! Spots are limited.

Please see The Clubhouse front desk to register.

Monday, January 6, 2025 from 10:00 AM - 11:00 AM

Monday, February 24, 2025 from 10:00 AM - 11:00 AM



# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

## 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: \$13.00 Residents & Non-Residents

Activity #: 12916 - Friday, January 17, 2025 from 6:30 PM - 9:00 PM

Activity #: 12917 - Friday, February 7, 2025 from 6:30 PM - 9:00 PM

## Medicare 101 with Optum

Join Optum as you learn the basics of Medicare! The workshop is free to attend.  
Please register at The Clubhouse front desk.

Tuesday, January 21, 2025 from 11:00 AM - 12:00 PM

## Super Bowl Celebration

Join us for a Super Bowl celebration during Thursday Bingo! A hotdog stand, desserts, and refreshments are provided. The event is free to attend.

Activity #: 13117 - Thursday, February 6, 2025 from 12:00 PM - 1:00 PM

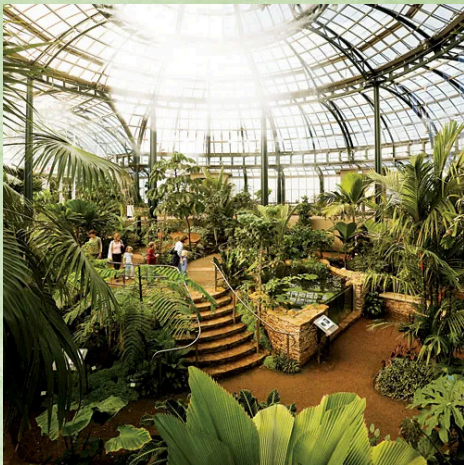


## Huntington Library Excursion

The Huntington Library, Art Museum and Botanical Gardens is a collections-based educational and research institution in San Marino, California. In addition to the library and its 430,000 rare books, the museum houses an extensive art collection with a focus on 18th and 19th century European art and 17th to mid-20th century American art. The property also has approximately 120 acres of specialized botanical landscaped gardens. Various dining options are available throughout the grounds.

Fee: \$59.00 Residents and \$64.00 Non-Residents

Activity #: 12921 - Wednesday, February 19, 2025  
from 9:00 AM - 6:00 PM



# CARS & COFFEE

*"Just Having Fun" Car Show*



JOIN THE CLUBHOUSE FOR CARS & COFFEE WITH THE  
"JUST HAVING FUN" CAR CLUB! THIS EVENT IS FREE TO  
ATTEND. REGISTRATION IS REQUIRED.

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**ACTIVITY #: 13118**

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TUESDAY, JANUARY 28, 2025 | 11:00 AM - 12:00 PM  
THE CLUBHOUSE - ARTS & CRAFTS ROOM PATIO & PARKING LOT

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



SADDLE UP! YOU'RE INVITED TO

**BETTER IN  
BOOTS**



DUST OFF YOUR COWBOY HATS, SHINE THOSE BOOTS, AND GET READY TO ENJOY A NIGHT FILLED WITH DANCING, A CATERED DINNER, SNACKS AND REFRESHMENTS, PHOTO BOOTH STATION, SPECIAL ENTERTAINMENT, AND A LOT OF FUN!

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**ACTIVITY #: 12922**

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FRIDAY, FEBRUARY 28, 2025 | 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



# 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 #: 13060

Date & Time: Thursday, February 13  
from 9:00 AM - 1:00 PM

### AARP Driver Safety Two-Day Course

Activity #: 13061

Date & Time: Wednesday & Thursday, Jan. 22-23  
from 9:00 AM - 1:00 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, December 5 | Tuesday, January 7 | Thursday, February 6  
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, December 10, January 14, and February 11  
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, Dec. 4, Jan. 8, and Feb. 5  
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, Dec. 10, Jan. 14, and Feb. 11  
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, February 27  
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, February 25  
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/emertus> or call (949) 367-8343.

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

## Irvine Valley College Emeritus Classes

### *Aqua Fitness Training*

Physical fitness through water aerobic conditioning.

Tic#: 65500

Date & Time: Tuesdays, January 14 - May 20  
from 2:00 PM - 2:50 PM

Tic#: 65510

Date & Time: Thursdays, January 16 - May 11  
from 2:00 PM - 2:50 PM

Location: Lake Forest Beach & Tennis Club

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### *Chair Exercise*

This course encourages health and wellness.

Tic#: 65555

Date & Time: Mondays, January 13 - May 19  
from 11:30 AM - 12:20 PM

Tic#: 65735

Date & Time: Thursdays, January 16 - May 15  
from 12:30 PM - 1:20 PM

Location: The Clubhouse - Wellness Room

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### *Dyna-Band Workout*

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

Tic#: 64350

Date & Time: Tuesdays, January 14 - May 20  
from 12:30 PM - 2:20 PM

Location: The Clubhouse - Wellness Room

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### *Intermediate Idioms*

Develop oral and written practice with new vocabulary.

Tic#: 63455

Date & Time: Tue/Thu, January 14 - May 15  
from 1:30 PM - 2:45 PM

Location: The Clubhouse - Arts & Crafts Room

### *Beginning Conversation*

Develop listening and speaking skills of American English.

Tic#: 63260

Date & Time: Mon/Wed, January 13 - May 21  
from 1:30 PM - 2:45 PM

Location: The Clubhouse - Arts & Crafts Room

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### *Circuit Training*

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

Tic#: 65740

Date & Time: Wednesdays, January 15 - May 21  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Arts & Crafts Room Patio

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### *Line Dance*

Line dancing for the older, mature adult.

Tic#: 65640

Date & Time: Tuesdays, January 14 - May 20  
from 10:30 AM - 11:20 AM

Tic#: 65620

Date & Time: Tuesdays, January 14 - May 20  
from 11:30 AM - 12:20 PM

Location: The Clubhouse - MPR

Tic#: 65755

Date & Time: Thursdays, January 16 - May 15  
from 1:30 PM - 2:20 PM

Location: The Clubhouse - Wellness Room

# EMERITUS CLASSES

## *Physical Fitness*

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

Tic#: 65525

Date & Time: Wednesdays, January 15 - May 21  
from 11:30 AM - 12:20 PM

Tic#: 65670

Date & Time: Thursdays, January 16 - May 15  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

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## *Strength & Balance*

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

Tic#: 65635

Date & Time: Mondays, January 13 - May 19  
from 10:30 AM - 11:20 AM

Location: The Clubhouse - Wellness Room

Tic#: 65680

Date & Time: Wednesdays, January 15 - May 21  
from 10:00 AM - 10:50 AM

Location: Lake Forest Beach & Tennis Club

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## *Pilates*

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

Tic#: 65645

Date & Time: Tuesdays, January 14 - May 20  
from 10:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

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## *Tai Chi Mobility*

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

Tic#: 65505

Date & Time: Wednesdays, January 15 - May 21  
from 1:00 PM - 1:50 PM

Location: The Clubhouse - MPR

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## *Yoga*

Stretching, relaxing, and breathing in rhythm.

Tic#: 65530

Date & Time: Wednesdays, January 15 - May 21  
from 10:30 AM - 11:20 AM

Tic#: 65595

Date & Time: Wednesdays, January 15 - May 21  
from 1:00 PM - 2:50 PM

Tic#: 65545

Date & Time: Thursdays, January 16 - May 15  
from 11:30 AM - 12:20 PM

Location: The Clubhouse - Wellness Room

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## *Saddleback College Emeritus Classes*

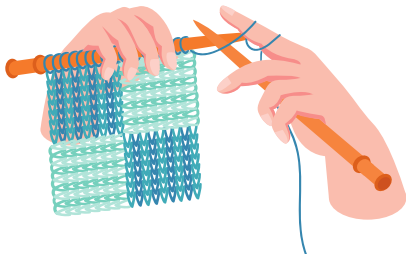
### *Intermediate Knitting*

Introduction to knitting stitches, techniques, and fibers.

Tic#: 12420

Date & Time: Thursdays, January 16 - May 15  
from 10:00 AM - 12:50 PM

Location: The Clubhouse - Arts & Crafts Room



### *Intermediate Practical Spanish*

Fundamentals of practical Spanish.

Tic#: 12445

Date & Time: Wednesdays, January 15 - May 21  
from 10:00 AM - 11:50 AM

Location: The Clubhouse - Arts & Crafts Room

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### *Life & Technology Integration for Older Adults*

Introduces students to the use of emerging technologies.

Tic#: 11895

Date & Time: Tuesdays, January 14 - May 20  
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


# DECEMBER 2024

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


SUN MON TUE WED THU FRI SAT

1	2 10:00 AM THE CLUBHOUSE DAILY PROGRAMS  10:00 AM BAGELS & BINGO (CH-MPR)	3 10:00 AM THE CLUBHOUSE DAILY PROGRAMS  10:30 AM THE CLUBHOUSE GARDEN CLUB (CH-ACR)	4 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  10:30 AM - DECEMBER MINI EXCURSION REGISTRATION  11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)	5 SENIOR SANTA & FRIENDS ENDS!  10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  10:00 AM - BINGO THURSDAYS! (CH-MPR)  1:00 PM - LEGAL AID (CH-CR)  1:00 PM - SOUNDSATIONS & CHORALISTICS (CH-MPR)	6	7
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8 IT'S NATIONAL CROSSWORD SOLVERS DAY! 	9 10:00 AM THE CLUBHOUSE DAILY PROGRAMS  10:00 AM GRIEF SUPPORT GROUP (CH-CR)	10 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  10:00 AM - MINI EXCURSION: FASHION ISLAND  10:00 AM - HICAP (CH-CR)  10:00 AM - OC MOBILE LIBRARY (CH-LOBBY)	11 10:00 AM THE CLUBHOUSE DAILY PROGRAMS	12 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  10:00 AM - BINGO THURSDAYS! (CH-MPR)  10:00 AM - HOLLY JOLLY HOLIDAY LUNCHEON (CH-MPR)  12:00 PM - THURSDAY CLUBHOUSE LUNCH - HAM & YAMS (CH-MPR)  12:30 PM - CHARLES DICKENS CAROLERS (CH-MPR)	13	14 4TH ANNUAL TREE LIGHTING CEREMONY AT THE CIVIC CENTER CAMPUS FROM 3:00 PM TO 6:00 PM! SEE YOU THERE! 
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15 IT'S NATIONAL CUPCAKE DAY! 	16 10:00 AM THE CLUBHOUSE DAILY PROGRAMS  10:30 AM CLUBHOUSE KARAOKE (CH-ACR)	17 10:00 AM THE CLUBHOUSE DAILY PROGRAMS  10:30 AM CRAFTY CRAFTERS (CH-ACR)	18 10:00 AM THE CLUBHOUSE DAILY PROGRAMS  10:30 AM CLUBHOUSE MATINEE MOVIES (CH-CR)	19 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS  10:00 AM - BOOK CLUB (CH-ACR)  10:00 AM - BINGO THURSDAYS! (CH-MPR)  12:00 PM - OC ANIMAL ALLIES (CH-MPR)	20	21
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22	<b>THE CLUBHOUSE IS CLOSED HAPPY HOLIDAYS!</b>				27	28
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29	30 10:00 AM THE CLUBHOUSE DAILY PROGRAMS  10:00 AM BINGO MANIA (CH-MPR)	31 10:00 AM THE CLUBHOUSE DAILY PROGRAMS  10:00 AM RUMMIKUB TOURNAMENT (CH-MPR) 				
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# JANUARY 2025

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

SUN MON TUE WED THU FRI SAT

1

THE CLUBHOUSE IS CLOSED



Happy New Year

2

THE CLUBHOUSE IS CLOSED

HAPPY 2025!

4

IT'S NATIONAL SPAGHETTI DAY!



6

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - OPTUM BLOOMING WITH SENIORS FLOWER SHOP CLASS (CH-ACR)

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

7

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

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

8

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:30 AM - JANUARY MINI EXCURSION REGISTRATION

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

9

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

11

IT'S NATIONAL MILK DAY!



13

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

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

14

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - MINI EXCURSION: LIDO MARINA VILLAGE

10:00 AM - HICAP (CH-CR)

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

15

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

16

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

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

12:00 PM - ALZHEIMER'S OC SEMINAR (CH-MPR)

17

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


19

IT'S NATIONAL POPCORN DAY!



20

THE CLUBHOUSE IS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY!



21

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

11:00 AM - MEDICARE 101 WITH OPTUM (CH-CR)

22

9:00 AM - AARP DRIVER SAFETY TWO-DAY COURSE (CH-CR)

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - MINI EXCURSION: MODJESKA HOUSE

23

9:00 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 - PACIFIC SYMPHONY SEMINAR (CH-MPR)

26

IT'S NATIONAL GREEN JUICE 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)

11:00 AM CARS & COFFEE POP-UP EVENT (CH-ACR PATIO & PARKING LOT)

29

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

30

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

12:00 PM - THURSDAY CLUBHOUSE LUNCH - CHICKEN ENCHILADAS (CH-MPR)

# FEBRUARY 2025

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

**SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT**

**1**

IT'S NATIONAL  
DARK CHOCOLATE  
DAY!



**2**

IT'S NATIONAL  
GROUNDHOG DAY!



**3**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**4**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**5**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM - FEBRUARY MINI  
EXCURSION REGISTRATION

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 - SUPER BOWL  
CELEBRATION & BIOFIX THERAPY  
SEMINAR (CH-MPR)

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

**7**

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

**8**

**9**

**10**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

10:30 AM  
CLUBHOUSE KARAOKE  
(CH-ACR)

**11**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
HICAP  
(CH-CR)

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

**12**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:  
MISSION SAN JUAN  
CAPISTRANO

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

**13**

9:00 AM  
AARP DRIVER SAFETY ONE-DAY  
REFRESHER COURSE  
(CH-CR)

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM  
BINGO THURSDAYS  
(CH-MPR)

**14**

**15**

**16**

**17**

THE CLUBHOUSE IS CLOSED  
IN OBSERVANCE OF  
PRESIDENTS' DAY!



**18**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM  
CRAFTY CRAFTERS  
(CH-ACR)

**19**

9:00 AM - HUNTINGTON LIBRARY  
EXCURSION

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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)

12:00 PM - HOAG INSTITUTE  
SEMINAR (CH-MPR)

**21**

**22**

IT'S NATIONAL  
COOK A SWEET  
POTATO DAY!



**23**

IT'S NATIONAL  
BANANA BREAD  
DAY!



**24**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - OPTUM BLOOMING  
WITH SENIORS FLOWER SHOP  
CLASS (CH-ACR)

10:00 AM - BINGO MANIA  
(CH-MPR)

**25**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:  
OC MUSEUM OF ART

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

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

**26**

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

**27**

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS


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

10:00 AM - BINGO THURSDAYS!  
MARDI GRAS MASQUERADE LUNCHEON  
(CH-MPR)

12:00 PM - THURSDAY CLUBHOUSE  
LUNCH - PESTO CHICKEN PASTA  
(CH-MPR)

**28**

5:00 PM  
BETTER IN BOOTS  
DANCE! JOIN US FOR A  
NIGHT FILLED OF  
DANCING AND FUN!  
(CH-MPR)



**29**