



CITY OF LAKE FOREST

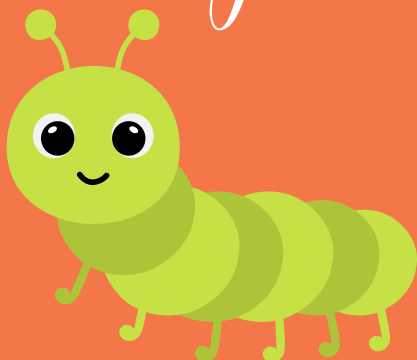
# THE CLUBHOUSE CALENDAR



[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) | [www.facebook.com/lakeforest.clubhouse](https://www.facebook.com/lakeforest.clubhouse) | MARCH - MAY '25



## Spring Has Sprung!



**SPECIAL HIGHLIGHTS INCLUDE:**

- BUNCO NIGHTS AT THE CLUBHOUSE - PG. 10
- CARLSBAD FLOWER FIELDS & OUTLETS - PG. 11
- FREE INCOME TAX PREPARATION - PG. 12
- LUCK OF THE LEPRECHAUN LUNCHEON - PG. 7
- MOTHER'S DAY LUNCHEON - PG. 11
- SENIOR ADVISORY BOARD APPLICATIONS - PG. 12
- WELCOME TO THE JUNGLE DANCE - PG. 13

# THE CLUBHOUSE UPDATES

## THE CLUBHOUSE: WHERE YOU MEET NEW FRIENDS AND CREATE LASTING MEMORIES!



Hello spring - let the sunshine and blossoms begin! The Clubhouse has a variety of events and programs this spring season including an excursion to the Carlsbad Flower Fields & Outlets, a fun night of Bunco, the Welcome to the Jungle dance, and our annual Luck of the Leprechaun and Mother's Day Luncheons! We also have six exciting Mini Excursions scheduled including Irvine Spectrum, The Muckenthaler, South Coast Plaza, Santa Ana Zoo, Anaheim Packing District, and the Outlets at Orange.

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. Please see page 12 for more details.

Interested in making a difference at The Clubhouse? Join the Senior Advisory Board! Applications are available from Thursday, February 13th through Thursday, February 27th. Please see page 12 for more details.

Ready for Summer Emeritus Classes? Summer priority registration is Wednesday, April 23rd through Friday, April 25th and Monday, April 28th through Tuesday, April 29th. Open enrollment begins Wednesday, May 7th and classes begin starting Tuesday, May 27th. For a list of Summer Emeritus Classes through Irvine Valley College and Saddleback College, please see page 16 for the respective college's website.

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 spring 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

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

*This is an in-person class. However, we do offer exceptions for craft pick-ups. If opting for a craft pick-up, crafts must be picked up within 30 days of the class date.*

Fee: \$3.00 Residents & Non-Residents

Time: 10:30 AM - 12:00 PM

Activity #: 13126 - Tuesday, March 18, 2025

Bottle Bunny

Activity #: 12925 - Tuesday, April 15, 2025

Pressed Flower Lantern

Activity #: 12926 - Tuesday, May 20, 2025

Spring Wreath



## THE CLUBHOUSE GARDEN CLUB

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

Fee: Free

Time: 10:30 AM - 11:30 AM

Activity #: 13129

Tuesday, April 1, 2025

*Starting Summer Veggies*



## 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 20, 2025

*The Orphan Keeper* by Camron Wright

Thursday, April 17, 2025

*All Creatures Great and Small* by James Herriot

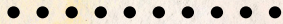
Thursday, May 15, 2025

*James* by Percival Everett



# 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 #: 13131 - Monday, March 17, 2025
- Activity #: 13132 - Monday, April 21, 2025
- Activity #: 13133 - Monday, May 19, 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 #: 13130

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

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



Wednesday, March 12, 2025

### *Ordinary Angels*

Rated PG, 2024, Biography/Drama

A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help.



Wednesday, March 26, 2025

### *Small Things like These*

Rated PG, 2013, Drama

In 1985, coal merchant Bill Furlong uncovers disturbing secrets in a small Irish town that's controlled by the Roman Catholic Church.



Wednesday, April 9, 2025

### *Hard Miles*

Rated PG-13, 2024, Drama/Sport

A prison social worker assembles a cycling team of teenage convicts and takes them on a transformative 1,000-mile ride. *Hard Miles* is inspired by the life of Greg Townsend and the Ridgeview Academy cycling team.

Wednesday, April 30, 2025

### *Wicked*

Rated PG, 2024, Fantasy/Musical

Elphaba, a misunderstood young woman because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.



Wednesday, May 21, 2025

### *The Complete Unknown*

Rated R, 2024, Drama/Music

In the early 1960s, 19-year-old Bob Dylan arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.



Wednesday, May 28, 2025

### *Conclave*

Rated PG, 2024, Drama/Mystery

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a conspiracy that could shake the very foundation of the Catholic Church.

# 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 3, 2025

Monday, April 7, 2025

Monday, May 5, 2025

## BINGO MANIA

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

Time: 10:00 AM - 2:00 PM

Monday, March 24, 2025

Monday, April 28, 2025

Monday, May 19, 2025

## BINGO THURSDAYS & SPECIAL CLUBHOUSE LUNCHESES!



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 #: 13122 - (Fee: \$4.00 Residents & \$7.00 Non-Residents)

Luck of the Leprechaun Luncheon - Corned Beef & Cabbage - *Don't forget to wear green!*  
Thursday, March 13, 2025

Activity #: 13123  
Club Costco Luncheon - Chicken Bakes  
Thursday, April 24, 2025

Activity #: 13124  
Spring Fling! - Mongolian Beef & Broccoli  
Thursday, May 29, 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.



## MARCH: IRVINE SPECTRUM



Enjoy a fun day at one of Southern California's most popular shopping, dining, and entertainment lifestyle destinations with more than 130 stores, restaurants, and entertainment venues.

This excursion has moderate walking.

Fee: Free

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

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

## MARCH: THE MUCKENTHALER

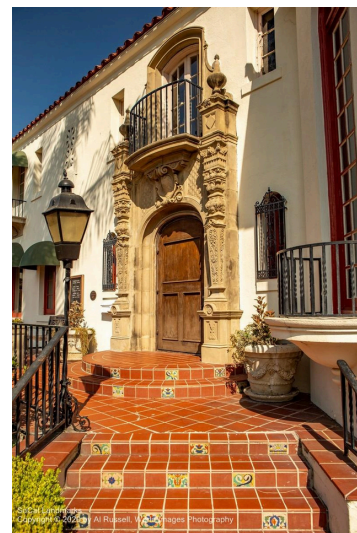


Visit the historic 1920's Muckenthaler House, a large Spanish Colonial Revival mansion in the heart of Fullerton. The 8-acre property houses art galleries, sculptures and gardens, and hosts performances and educational programs for the public. This mini excursion has moderate walking.

Fee: \$5.00 Due Day of Excursion

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

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



## APRIL: SOUTH COAST PLAZA



Spend an afternoon with friends strolling through South Coast Plaza, a shopping destination with more than 250 extraordinary boutiques and critically acclaimed restaurants. This mini excursion has moderate to excessive walking.

Fee: Free

Registration Date: Wednesday, April 2, 2025 at 10:30 AM

Excursion Date: Tuesday, April 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.



## APRIL: SANTA ANA ZOO



Explore the historic 20-acre zoo and learn about the animals and plants of Central and South America. See their extensive primate collection with over a dozen species from around the world, check out their aviary, and enjoy the scenic outdoors with their inhabitants. This excursion has moderate walking.

Fee: \$10.00 Due Day of Excursion

Registration Date: Wednesday, April 2, 2025 at 10:30 AM

Excursion Date: Wednesday, April 30, 2025 from 10:00 AM - 2:00 PM

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## MAY: 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, May 7, 2025 at 10:30 AM

Excursion Date: Tuesday, May 13, 2025 from 10:00 AM - 2:00 PM



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## MAY: OUTLETS AT ORANGE



Visit Orange County's only outlet shopping mall, home to more than 120 outlet and value stores and over 25 restaurants and cafes.

This mini excursion has moderate walking.

Fee: Free

Registration Date: Wednesday, May 7, 2025 at 10:30 AM

Excursion Date: Wednesday, May 21, 2025 from 10:00 AM - 2:00 PM



# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

## MYMEDICAREPLAN BLOOMING WITH SENIORS FLOWER SHOP CLASS



Join MyMedicarePlan for a free flower shop class! Spots are limited.  
Please see The Clubhouse front desk to register.

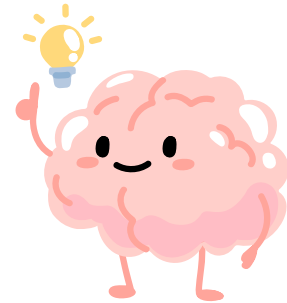
Monday, March 10, 2025 from 10:00 AM - 11:00 AM  
Monday, May 12, 2025 from 10:00 AM - 11:00 AM

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## ALZHEIMER'S OC MEMORY SCREENINGS



Join Alzheimer's OC for a free memory screening!  
Please see The Clubhouse front desk to register  
for a 30-minute one-on-one appointment.



Wednesday, March 19, 2025 from 10:30 AM - 12:30 PM  
Wednesday, April 23, 2025 from 10:30 AM - 12:30 PM

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## MYMEDICAREPLAN PAINTING ART CLASS



Join MyMedicarePlan for a free painting art class! Spots are limited.  
Please see The Clubhouse front desk to register.

Tuesday, April 8, 2025 from 10:00 AM - 11:00 AM

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## 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 #: 13121 - Friday, April 11, 2025 from 6:30 PM - 9:00 PM

# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS

## CARLSBAD FLOWER FIELDS & OUTLETS



Kick off the arrival of spring with one of the most spectacular and coordinated displays of natural color and beauty anywhere in the world. In the rolling hills of North San Diego County, 55-acres of Giant Tecolote Ranunculus flowers make up The Flower Fields at Carlsbad Ranch and are in bloom for approximately six to eight weeks each year. Enjoy a lunch break and some retail therapy at the Carlsbad Outlets which boast over 80 brand-name stores. This excursion has excessive walking.

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

Activity #: 13125 - Wednesday, April 16, 2025  
from 8:30 AM - 5:00 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.



Activity #: 13368 - Thursday, May 8, 2025 from 12:00 PM - 12:30 PM

## ALZHEIMER'S OC MIND YOUR BRAIN WORKSHOP



Join Alzheimer's OC for their free Mind Your Brain Workshop and learn strategies for cognitive strength. Please see The Clubhouse front desk to register.

Tuesday, May 27, 2025 from 1:00 PM - 2:00 PM

## SPRING FUN - ICE CREAM SOCIAL!

Cool off this spring with ice cream at The Clubhouse! This event is free to attend. No registration required.



Wednesday, May 28, 2025 from 11:30 AM - 12:00 PM

# THE CLUBHOUSE SPECIAL EVENTS & PROGRAMS



## JOIN THE SENIOR ADVISORY BOARD!

The Clubhouse Senior Advisory Board (SAB) is committed to support and serve the 50+ population in our community, with a focus on health, education, optimal aging, and wellbeing. The SAB is made up of five board members who are appointed by the Community Services Commission.

Two of the five seats for the board are available for appointments in 2025.

The appointed SAB members will have terms congruent with the Commissioner who they were appointed by; terms are either 2 or 4 years. SAB meetings are held once a quarter on Wednesdays at 10:30 AM and last approximately 2 hours.

Applications are available Thursday, February 13th through Thursday, February 27th. For any questions or to receive an application, please see The Clubhouse front desk or contact Senior Recreation Supervisor, Courtney Wysocki, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov) or (949) 461-3439.



## FREE INCOME TAX PREPARATION!



As a service to the surrounding community, Abiding Savior Lutheran Church in Lake Forest is offering free tax preparation and filing of your federal and state income taxes (income limit is \$67k Adjusted Gross). There is no cost and most can be e-filed for faster refunds!

Register for an appointment at [www.abidingsavior.com/vita](http://www.abidingsavior.com/vita) or call (949) 830-1011.

Abiding Savior is located at 23262 El Toro Road near the intersection of Muirlands and El Toro Road. Services are available Tuesday evenings and Saturday mornings.

Looking for additional tax prep locations? Visit [www.ocfreetaxprep.com](http://www.ocfreetaxprep.com) and search for the closest location to you with your address or zip code.



welcome to the

# JUNGLE



DRESS IN YOUR FAVORITE TROPICAL OR JUNGLE THEMED ATTIRE AND LET THE RHYTHM OF THE NIGHT TRANSPORT YOU TO THE HEART OF THE WILD. ENJOY A NIGHT FILLED WITH DANCING, A CATERED DINNER, SNACKS AND REFRESHMENTS, PHOTO BOOTH STATION, SPECIAL ENTERTAINMENT, AND A LOT OF FUN!

ACTIVITY #: 13136

FRIDAY, APRIL 25, 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 #: 13134

Date & Time: Thursday, March 18  
from 9:00 AM - 1:00 PM

### AARP Driver Safety Two-Day Course

Activity #: 13135

Date & Time: Monday & Tuesday, May 5 - May 6  
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, March 6, April 3, and May 1  
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, March 11, April 8, and May 13  
from 10:30 AM - 12:00 PM

## "DONUT" STRESS ABOUT MEDICARE

*Don't stress over Medicare, MyMedicarePlan 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 5, April 2, and May 7  
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, March 11, April 8, and May 13  
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 22  
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, April 29  
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#: 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

### 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

### 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

### 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

### 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

### 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

## 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

## 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

## 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

## 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

# 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

## 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
Mercy Warehouse Food Distribution.....	949-910-0024 x2
Non-Disabled Housing Info.....	714-480-2864
OC Access (Transportation).....	877-628-2232
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
VA - South Orange County Veterans Center.....	949-348-6700

# MARCH 2025

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

SUN MON TUE WED THU FRI SAT

1

IT'S NATIONAL PEANUT BUTTER LOVER'S DAY!



2

3

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

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

4

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

5

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM - MARCH  
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 - HOSPICE & PALLIATIVE  
CARE SEMINAR (CH-MPR)


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

7

8

9

DAYLIGHT  
SAVING TIME



10

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MYMEDICAREPLAN  
BLOOMING WITH SENIORS  
FLORAL CLASS (CH-ACR)

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

11

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - HICAP (CH-CR)

10:30 AM - OC MOBILE LIBRARY  
(CH-LOBBY)

12

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:  
IRVINE SPECTRUM

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

13

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)

14


15

IT'S NATIONAL  
QUILTING DAY!



16

IT'S NATIONAL  
PANDA DAY!



17

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

Happy  
St. Patrick's  
Day

18

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

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

19

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:30 AM  
ALZHEIMER'S OC  
MEMORY SCREENINGS  
(CH-CR)

20

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

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

12:00 PM - DR. TRINH SEMINAR  
(CH-MPR)

21

22

23

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

24

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - MINI EXCURSION:  
THE MUCKENTHALER

10:00 AM  
RUMMIKUB TOURNAMENT  
(CH-MPR)

25

10:00 AM  
THE CLUBHOUSE  
DAILY PROGRAMS

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

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

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  
BINGO THURSDAYS!  
(CH-MPR)

28

29

IT'S NATIONAL  
PITA DAY!



30

31

10:00 AM - THE CLUBHOUSE  
DAILY PROGRAMS

# APRIL 2025

## 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)

**APRIL FOOL'S DAY!**

**2**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:30 AM - APRIL 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 READ A ROAD MAP 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 - MYMEDICAREPLAN PAINTING ART CLASS (CH-ACR)

10:00 AM - HICAP (CH-CR)

10:30 AM - OC MOBILE LIBRARY (CH-LOBBY)

**9**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

**10**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

12:00 PM - DIABETES & NUTRITION WITH NEWPORT HOME CARE SEMINAR (CH-MPR)

**11**

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

**12**

IT'S NATIONAL LICORICE DAY!



**13**

**14**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

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

**15**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:30 AM CRAFTY CRAFTERS (CH-ACR)

**16**

8:30 AM CARLSBAD FLOWER FIELDS & OUTLETS EXCURSION

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

**17**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

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

12:00 PM - MEMORY RETENTION WITH REGALMED SEMINAR (CH-MPR)

**18**

**19**

**20**

IT'S NATIONAL PINEAPPLE UPSIDE DOWN CAKE DAY!



**21**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:30 AM CLUBHOUSE KARAOKE (CH-ACR)

**22**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

10:00 AM - MINI EXCURSION: SOUTH COAST PLAZA

**EARTH DAY**



**23**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:30 AM ALZHEIMER'S OC MEMORY SCREENINGS (CH-CR)

**24**

10:00 AM - THE CLUBHOUSE DAILY PROGRAMS

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

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

**25**

5:00 PM WELCOME TO THE JUNGLE DANCE! (CH-MPR)

JOIN US FOR A NIGHT FILLED OF DANCING AND FUN!



**26**

**27**

IT'S NATIONAL GUMMI BEAR 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 - RUMMIKUB TOURNAMENT (CH-MPR)

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

**30**

10:00 AM THE CLUBHOUSE DAILY PROGRAMS

10:00 AM MINI EXCURSION: SANTA ANA ZOO

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

# MAY 2025

## 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 - BINGO THURSDAYS! (CH-MPR) 1:00 PM - LEGAL AID (CH-CR)	2	3 IT'S NATIONAL GARDEN MEDITATION DAY! 
4 IT'S NATIONAL FITNESS DAY! 	5 9:00 AM - AARP DRIVER SAFETY TWO-DAY COURSE (CH-CR) 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BAGELS & BINGO (CH-MPR) 	6 9:00 AM AARP DRIVER SAFETY TWO-DAY COURSE (CH-CR) 10:00 AM THE CLUBHOUSE DAILY PROGRAMS	7 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - MAY MINI EXCURSION REGISTRATION 11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)	8 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BINGO THURSDAYS! (CH-MPR) 12:00 PM MOTHER'S DAY LUNCHEON (CH-MPR)	9	10
11 	12 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM MYMEDICAREPLAN BLOOMING WITH SENIORS FLORAL CLASS (CH-ACR) 10:00 AM GRIEF SUPPORT GROUP (CH-CR)	13 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MINI EXCURSION: ANAHEIM PACKING HOUSE 10:00 AM - HICAP (CH-CR) 10:30 AM - OC MOBILE LIBRARY (CH-LOBBY)	14 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM SENIOR ADVISORY BOARD MEETING (CH-CR)	15 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BOOK CLUB (CH-CR) 10:00 AM - BINGO THURSDAYS (CH-MPR) 12:00 PM - CARE FOR SOCIAL SEMINAR (CH-MPR)	16	17
18	19 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO MANIA (CH-MPR) 10:30 AM - CLUBHOUSE KARAOKE (CH-ACR)	20 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM CRAFTY CRAFTERS (CH-ACR)	21 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MINI EXCURSION: OUTLETS OF ORANGE 10:30 AM - CLUBHOUSE MATINEE MOVIES (CH-CR)	22 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - MEDICATION REVIEW (CH-CR) 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - LIGHTING BASICS WITH BRAILLE INSTITUTE SEMINAR (CH-MPR)	23	24 IT'S NATIONAL SCAVENGER HUNT DAY! 
25 IT'S NATIONAL TAP DANCE DAY! 	26 THE CLUBHOUSE IS CLOSED 	27 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM RUMMIKUB TOURNAMENT (CH-MPR) 1:00 PM ALZHEIMER'S OC MIND YOUR BRAIN WORKSHOP (CH-CR)	28 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - CLUBHOUSE MATINEE MOVIES (CH-CR) 11:30 AM - SPRING FUN - ICE CREAM SOCIAL (CH-LOBBY)	29 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! SPRING FLING! LUNCHEON (CH-MPR) 12:00 PM - THURSDAY CLUBHOUSE LUNCH - MONGOLIAN BEEF & BROCCOLI (CH-MPR)	30	31