

CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JUNE - AUGUST '23



Let's Celebrate Summer!



SPECIAL HIGHLIGHTS INCLUDE:

THE CLUBHOUSE GARDEN CLUB - PG. 4

BUNCO NIGHTS AT THE CLUBHOUSE - PG. 9

FATHER'S DAY LUNCHEON - PG. 9

THE RICHARD NIXON LIBRARY AND MUSEUM EXCURSION - PG. 9

HAVANA NIGHTS DANCE - PG. 10

ANNUAL 4TH OF JULY PARADE - PG. 11

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

50
The CLUBHOUSE

THE CLUBHOUSE UPDATES

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



Hello summer and warmer weather! The Clubhouse has a variety of events and programs this summer season including an excursion to the Richard Nixon Library and Museum, a dance with the theme of "Havana Nights", fun nights of Bunco, and a Father's Day Luncheon! We also have three exciting Mini Excursions scheduled including the Tucker Wildlife Sanctuary Nature Walk, a fire station tour and lunch at Cook's Corner, and Dana Point Harbor.

Don't forget, our annual 4th of July parade is coming up! The parade begins at 9:30 AM and starts on the corner of Toledo Way and Ridge Route Drive and ends on Serrano Road and Ridge Route Drive. The Clubhouse will have a float this year, so if you are interested in riding in the parade, be on the lookout for our sign-up list!

While the summer months are a time of fun and adventure, here's some helpful tips for the warmer season!

1. *Boost your hydration!* The 50 and better population should drink at least 8 glasses of water a day.
2. *Slather on sunblock and dress for success.* Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure.
3. *Preserve your vision.* Sun exposure can irritate eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.

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

- Courtney Wysocki
Senior Recreation Supervisor



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
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 - 12:00 PM
STRENGTH & BALANCE
(CH-WR)

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 - 11:50 AM
PILATES
(CH-MPR)

12:00 PM - 1:20 PM
DYNA-BAND WORKOUT
(CH-WR)

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

WED

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

10:00 AM - 1:50 PM
INTERMEDIATE
CLOTHING
CONSTRUCTION
(CH-ACR)

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

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

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

1:00 PM - 2:15 PM
YOGA
(CH-MPR)

THU

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 - 11:45 AM
PHYSICAL FITNESS
(CH-WR)

12:00 PM - 1:15 PM
YOGA
(CH-WR)

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: \$2.00 Residents & Non-Residents

Time: 10:30 AM - 12:00 PM

Activity #: 11690 - Tuesday, June 20, 2023

Patriotic Pots

Activity #: 11691 - Tuesday, July 18, 2023

Flamingo Snow Globes

Activity #: 11692 - Tuesday, August 15, 2023

Button Heart Tote



The Clubhouse Garden Club

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

Activity #: 11693

Time: 10:00 AM - 11:00 AM

Tuesday, June 6, 2023

Wild World of Fungi

Tuesday, July 11, 2023

Homesteading

Tuesday, August 1, 2023

Pass the Plants

(Presentation by the University of California Master Gardener Program)



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, June 15, 2023

Into Thin Air by Jon Krakauer

Thursday, July 20, 2023

The Fire and the Ore by Olivia Hawker

Thursday, August 17, 2023

The Girl in the Tower by Katherine Arden

THE CLUBHOUSE PROGRAMS CONTINUED

Computer Lab Hours

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

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

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

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 #: 11689

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



.....
[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 - Wellness Room.



Wednesday, June 7, 2023

The Lost Weekend: A Love Story

Rated NR, 2023, Documentary

A love story that took 50 years to tell, "The Lost Weekend: A Love Story" explores the 18-month romantic relationship between John Lennon and his Chinese-American assistant, May Pang.



Wednesday, June 21, 2023

Big Fish

Rated PG-13, 2003, Adventure/Drama

When Edward Bloom becomes ill, his son, William, travels to be with him. William has a strained relationship with Edward because his father has always told exaggerated stories about his life, and William thinks he's never really told the truth. Even on his deathbed, Edward recounts fantastical anecdotes. When William, who is a journalist, starts to investigate his father's tales, he begins to understand the man and his penchant for storytelling.



Wednesday, July 12, 2023

On a Wing and a Prayer

Rated PG, 2023, Drama/True Story

After a small-town pilot mysteriously dies during flight, passenger Doug White is forced to land the plane to safety and save his entire family on board.

Wednesday, July 26, 2023

Big George Foreman

Rated PG-13, 2023, Biography/Sport

From Olympic Gold medalist to World Heavyweight champion, boxer George Foreman leads a remarkable life. He finds his faith, retires, and becomes a preacher. When financial hardship hits his family and church, George steps back in the ring and regains the championship at age 45, becoming the oldest heavyweight champion in boxing history.



Wednesday, August 9, 2023

Book Club: The Next Chapter

Rated PG-13, 2023, Comedy

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.



Wednesday, August 23, 2023

About My Father

Rated NR, 2023, Comedy

Encouraged by his fiancé, a man and his father spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a culture clash, allowing the father and son to discover the true meaning of family.

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, June 5, 2023
Monday, July 10, 2023
Monday, August 7, 2023

Bingo Mania

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

Time: 10:00 AM - 2:00 PM

Monday, June 26, 2023
Monday, July 24, 2023
Monday, August 28, 2023

Bingo Thursdays & Special Clubhouse Lunches!



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

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

Activity #: 11697

Party in the USA - BBQ Chicken Sandwiches - *Don't forget to wear red, white, and blue!*
Thursday, June 29, 2023

Activity #: 11698

Orange You Glad It's Summer - Orange Chicken
Thursday, July 27, 2023

Activity #: 11699

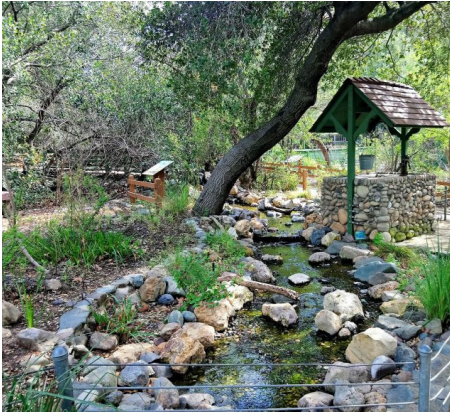
Hula on Over - Pesto Chicken Pasta
Thursday, August 31, 2023

Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in all bingo activities. This is a one time cost. You may purchase as many cards as you'd like, but you can only play with one card. To register for Thursday Clubhouse Lunches, visit www.lfparksandrecca.com 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.

June: Tucker Wildlife Sanctuary Nature Walk



Enjoy the great outdoors exploring this 12-acre sanctuary nestled in Modjeska Canyon. It includes a natural history museum, bird observation deck, and picnic area. This mini excursion has excessive walking.

Fee: Free

Registration Date: Wednesday, June 7, 2023 at 10:30 AM

Excursion Date: Tuesday, June 13, 2023 from 10:00 AM - 2:00 PM

July: Fire Station Tour & Cook's Corner

Join us on a tour of local Fire Station #42, followed by lunch at the historically famous Cook's Corner roadhouse. This mini excursion has light walking.

Fee: Free

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

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



August: Dana Point Harbor



Spend an afternoon at Mariner's Village! The Harbor offers a variety of recreational amenities, dockside dining, and unique shopping experiences. Enjoy picturesque harbor views while walking to baby beach or checking out the Ocean Institute. This mini excursion has moderate/excessive walking.

Fee: Free

Registration Date: Wednesday, August 2, 2023 at 10:30 AM

Excursion Date: Wednesday, August 16, 2023 from 10:00 AM - 2:00 PM

THE CLUBHOUSE SPECIAL EVENTS

Bunco Nights at The Clubhouse!



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

Fee: \$12.00 Residents & Non-Residents

Activity #: 11687 - Friday, June 9, 2023 from 6:30 PM - 9:00 PM

Activity #: 11688 - Friday, August 4, 2023 from 6:30 PM - 9:00 PM

Father's Day Luncheon



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

Thursday, June 15, 2023 from 12:00 PM - 12:30 PM

The Richard Nixon Library and Museum Excursion

The Richard Nixon Library and Museum is the presidential library and burial site of Richard Nixon and his wife, Pat Nixon. The 9-acre campus houses more than 70 highly visual exhibits that take visitors through the life and career of America's 37th President, including a full-sized recreation of President Nixon's Oval Office and an original 12-foot-high section of the Berlin Wall. You can also walk through the presidential helicopter, take a splendor of the White House East Room, and stroll through Pat Nixon's outdoor rose gardens.

Activity fee includes transportation, entry into the Richard Nixon Library and Museum, snacks, and non-alcoholic refreshments.

Fee: \$50.00 Residents & Non-Residents

Activity #: 11700 - Wednesday, June 21, 2023 from 10:30 AM - 3:30 PM



Summer Fun - Ice Cream Social!

Cool off this summer with ice cream at The Clubhouse!
This event is free to attend.

Tuesday, July 25, 2023 from 11:30 AM - 12:00 PM

A vibrant tropical floral border surrounds the central text. It features a variety of flowers including yellow hibiscus, pink orchids, white plumeria, and red bird of paradise flowers, interspersed with lush green tropical leaves like monstera and banana leaves. The entire design is set against a solid black background.

THE CLUBHOUSE PRESENTS

Havana NIGHTS

WE'RE "HAVANA" PARTY AT THE CLUBHOUSE!
COME DANCE THE NIGHT AWAY, TROPICAL STYLE!
ENJOY A NIGHT FILLED WITH DANCING,
A CATERED DINNER, PHOTOBOOTH,
SPECIAL ENTERTAINMENT, AND A LOT OF FUN!

.....
ACTIVITY #: 11701
.....

FRIDAY, AUGUST 25, 2023 | 5:00 PM - 8:00 PM
THE CLUBHOUSE - MULTIPURPOSE ROOM
FEE: \$15.00 RESIDENTS & NON-RESIDENTS

REGISTER ONLINE AT WWW.LFPARKSANDRECCA.COM
OR IN-PERSON AT THE CLUBHOUSE FRONT DESK

2023

4TH OF JULY *Magic of Lake Forest*

Tuesday, July 4th - SCHEDULE OF EVENTS



29th Annual

4TH OF JULY PARADE

9:30AM • TUES, JULY 4

FREE!

ALL AGES
WELCOME!

PARADE VIEWING

Parade Start: corner of Toledo Way
and Ridge Route Drive

Parade End: on Serrano Road
and Ridge Route Drive

For additional information, call the Community
Services Department at (949) 461-3408.

Parking Information: In the shopping center of El Toro Road
and Serrano Road (Grocery Outlet). Parking can also be found
off Lake Forest Drive and Trabuco Road (Ralphs Shopping
Center) or Lake Forest Drive and Serrano Road (Rancho Cañada
Elementary School).

BE IN THE PARADE! REGISTER NOW!

Interested in being an entry in the parade?

We are looking for non-profit groups,
businesses, community organizations, car
clubs, etc. to participate in this patriotic event!

**Register online at bit.ly/3KYTXKb by
5:00pm, Monday, June 5.**

For more information, contact
Courtney Wysocki at
cwysocki@lakeforestca.gov or (949) 461-3439.

El Toro  **5K**
Chargers

EL TORO CHARGERS 5K & 1K Run/Walk

7:00am

www.eltorochargers5k.org

Proceeds benefit the El Toro High
School Education Boosters
Program. The run starts and
finishes at the corner of Lake
Forest Drive & Chinook Drive.



KIWANIS PANCAKE BREAKFAST

7:00am to 10:00am

\$9 per person

Located in front of the El Toro
High School Gym

Proceeds benefit the Key Club—
youth volunteer groups.

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 #: 11694

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

AARP Driver Safety Two-Day Course

Activity #: 11695

Date & Time: Monday & Tuesday, August 28 and 29
from 8:30 AM - 1:00 PM

Legal Aid

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

Date & Time: Thursday, June 1, July 6, and August 3
from 1:00 PM - 3:00 PM

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

OC Public Library E-Resources

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

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

Date & Time: Tuesday, August 22
from 11:00 AM - 12:30 PM

OCTA Workshop

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

Pre-register at The Clubhouse front desk.

Tuesday, August 8, 2023 from 10:00 AM - 11:30 AM

"DONUT" Stress About Medicare

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

Date & Time: Wednesday, June 7, July 5, and August 2
from 11:30 AM - 1:30 PM

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

Free Blood Pressure Checks

The Clubhouse hosts free blood pressure checks on Monday, June 19, July 17, and August 21

from 10:00 AM - 12:00 PM

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

No appointment necessary.

HICAP

(Health Insurance Counseling & Advocacy Program)

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

Date & Time: Tuesday, June 13, July 11, and August 8
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, August 24
from 10:00 AM - 1:00 PM

EMERITUS CLASSES

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

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

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

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

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

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

Irvine Valley College Emeritus Classes

Aqua Fitness Training

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

Tic#: 61830

Date & Time: Tuesdays, May 30 - August 8
from 2:00 PM - 3:20 PM

Tic#: 61950

Date & Time: Thursdays, June 1 - August 10
from 2:00 PM - 3:15 PM

Location: Lake Forest Beach & Tennis Club

Physical Fitness

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

Tic#: 61915

Date & Time: Thursdays, June 1 - August 10
from 10:30 AM - 11:45 AM

Location: The Clubhouse - Wellness Room

Dyna-Band Workout

Dyna-bands or resistance bands (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching.

Workouts include a cool down time with gentle stretching and breathing to relax all body parts.

Tic#: 61875

Date & Time: Tuesdays, May 30 - August 8
from 12:00 PM - 1:20 PM

Location: The Clubhouse - Wellness Room

Pilates

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

Tic#: 61860

Date & Time: Tuesdays, May 30 - August 8
from 10:30 AM - 11:50 AM

Location: The Clubhouse - Wellness Room

EMERITUS CLASSES

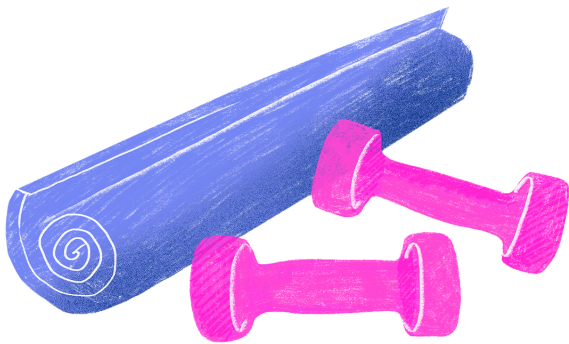
Strength & Balance

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

Tic#: 61960

Date & Time: Mondays, June 5 - August 7
from 10:30 AM - 12:00 PM

Location: The Clubhouse - Wellness Room



Yoga

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

Tic#: 61865

Date & Time: Wednesdays, May 31 - August 9
from 1:00 PM - 2:15 PM

Location: The Clubhouse - MPR

Tic#: 61825

Date & Time: Thursdays, June 1 - August 10
from 12:00 PM - 1:15 PM

Location: The Clubhouse - Wellness Room

Saddleback College Emeritus Classes

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

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

For more information regarding Irvine Valley College's Emeritus offerings, visit <http://academics.ivc.edu/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.

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

Intermediate Clothing Construction

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

Tic#: 12470

Date & Time: Wednesdays, June 5 - July 30
from 10:00 AM - 1:50 PM

Location: The Clubhouse - Arts & Crafts Room

TRANSPORTATION SERVICES

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



CA Yellow Cab



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

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

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

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



Age Well Senior Services Bus Service



Cost: FREE One-Way

From your Lake Forest residence to The Clubhouse

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

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

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

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

NEED TO KNOW NUMBERS & RESOURCES

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

JUNE 2023

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

SUN MON TUE WED THU FRI SAT

				1 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - MEMORIALCARE SEMINAR (CH-MPR) 1:00 PM - LEGAL AID (CH-CR)	2	3
4 IT'S NATIONAL CHEESE DAY! 	5 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BAGELS & BINGO (CH-MPR)	6 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM THE CLUBHOUSE GARDEN CLUB (CH-ACR)	7 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - JUNE MINI EXCURSION REGISTRATION 10:30 AM - CLUBHOUSE MATINEE MOVIES (CH-WR) 11:30 AM - "DONUT" STRESS ABOUT MEDICARE (CH-CR)	8 8:30 AM - AARP DRIVER SAFETY ONE-DAY REFRESHER COURSE (CH-ACR) 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - AASCSC MENTAL HEALTH SEMINAR (CH-MPR)	9 6:30 PM BUNCO NIGHTS AT THE CLUBHOUSE!	10 IT'S NATIONAL ICED TEA DAY! 
11	12 10:00 AM THE CLUBHOUSE DAILY PROGRAMS	13 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - HICAP (CH-CR) 10:30 AM - MINI EXCURSION: TUCKER WILDLIFE SANCTUARY NATURE WALK	14 10:00 AM THE CLUBHOUSE DAILY PROGRAMS	15 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BOOK CLUB (CH-CR) 10:00 AM - BINGO THURSDAYS! 12:00 PM - FATHER'S DAY LUNCHEON (CH-MPR)	16	17 IT'S NATIONAL EAT YOUR VEGETABLES DAY! 
18 HAPPY FATHER'S DAY! 	19 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM FREE BLOOD PRESSURE CHECKS (CH-CR)	20 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:30 AM CRAFTY CRAFTERS (CH-ACR)	21 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:30 AM - CLUBHOUSE MATINEE MOVIES (CH-WR) 10:30 AM - THE RICHARD NIXON LIBRARY AND MUSEUM EXCURSION	22 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! (CH-MPR) 12:00 PM - APPRAISAL SEMINAR (CH-MPR)	23	24
25 IT'S NATIONAL STRAWBERRY PARFAIT DAY! 	26 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM BINGO MANIA (CH-MPR)	27 10:00 AM THE CLUBHOUSE DAILY PROGRAMS 10:00 AM RUMMIKUB TOURNAMENT (CH-MPR)	28 10:00 AM THE CLUBHOUSE DAILY PROGRAMS	29 10:00 AM - THE CLUBHOUSE DAILY PROGRAMS 10:00 AM - BINGO THURSDAYS! PARTY IN THE USA! LUNCHEON (CH-MPR) 12:00 PM - THURSDAY CLUBHOUSE LUNCH - BBQ CHICKEN SANDWICHES (CH-MPR)	30	

JULY 2023

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

SUN MON TUE WED THU FRI SAT

1

IT'S NATIONAL U.S. POSTAGE STAMP DAY!



3

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

4

THE CLUBHOUSE IS CLOSED,
BUT JOIN US AT THE
4TH OF JULY PARADE!

HAPPY INDEPENDENCE DAY!



5

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - JULY 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)

1:00 PM
LEGAL AID (CH-CR)

8

10

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

11

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

10:00 AM - HICAP (CH-CR)

12

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

13

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

12:00 PM - MONA CABRERA
DIETICIAN SEMINAR
(CH-MPR)

15

IT'S NATIONAL
I LOVE HORSES DAY!



17

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

18

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM
CRAFTY CRAFTERS
(CH-ACR)

19

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
MINI EXCURSION:
FIRE STATION TOUR
& COOK'S CORNER

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 - UCI MIND ALZHEIMER'S
SEMINAR (CH-MPR)

22

24

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

30

31

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

25

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
RUMMIKUB TOURNAMENT
(CH-MPR)

11:30 AM
SUMMER FUN
ICE CREAM SOCIAL
(CH-LOBBY)

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!
ORANGE YOU GLAD IT'S
SUMMER LUNCHEON
(CH-MPR)

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

29

IT'S NATIONAL
LASAGNA DAY!



AUGUST 2023

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

SUN MON TUE WED THU FRI SAT

1

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

2

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:30 AM - AUGUST 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

6:30 PM
BUNCO NIGHTS
AT THE CLUBHOUSE!

5

IT'S NATIONAL
MUSTARD DAY!



6

IT'S NATIONAL
FRIENDSHIP DAY!



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 - OCTA WORKSHOP
(CH-ACR)

10:00 AM - HICAP
(CH-CR)

9

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM - SENIOR ADVISORY
BOARD MEETING (CH-CR)

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

10

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

12:00 PM
ANGEL CONNECTION SEMINAR
(CH-MPR)

11

12

IT'S NATIONAL
BOWLING DAY!



13

14

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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:
DANA POINT HARBOR

17

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

10:00 AM
BOOK CLUB
(CH-CR)

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

18

19

20

IT'S NATIONAL
CHOCOLATE PECAN
PIE DAY!



21

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

22

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

23

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

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

24

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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

25

5:00 PM
HAVANA NIGHTS
(CH-MPR)

JOIN US FOR A FUN
NIGHT OF DANCING!



26

27

28

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

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

29

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

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

30

10:00 AM
THE CLUBHOUSE
DAILY PROGRAMS

31

10:00 AM - THE CLUBHOUSE
DAILY PROGRAMS

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

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