

## Music

### Beginning Guitar Lessons

Playing the guitar is an enjoyable and relaxing way to enrich your life with music. Experience interaction with other beginning guitarist in a small and supportive group environment. The aim of the class is to transform the novice into a self-reliant musician. Learn to play easy chords, fun melodies, strum styles and many popular songs. Instructor Ron Gorman has enjoyed teaching this class for the City of Laguna Niguel for the past 12 years. Have a blast and bring your own guitar to class. (5 weeks)

**Instructor:** Ron Gorman

**Location:** CVP, Patio Room

8974	10+ yrs	Sep 6-Oct 4	Tu	6-7pm	\$95
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Free trial class on Tue 8/30 at 6pm.

Call Ron at 362-0778 to reserve your spot.



### Ukulele

Ukulele is making a big comeback. Come join our beginning ukulele class and learn how to amuse yourself and amaze your friends. You will learn basic strums, chords, and a bit of music theory to guide you along. (8 weeks)

**REGISTER:** Call instructor at 364-1643 or email: rossini05@hotmail.com

**Instructor:** Ross Costa

**Location:** SCC

Beg.	18+yrs	Aug 24-Oct 12	W	1-2pm	\$80*
Beg.	18+yrs	Oct 19-Dec 14	W	1-2pm	\$80*
Beg.	18+yrs	Aug 25-Oct 13	Th	7-8pm	\$80*
Beg.	18+yrs	Oct 20-Dec 15	Th	7-8pm	\$80*
Int.	18+yrs	Aug 23-Oct 11	Tu	7-8pm	\$80*
Int.	18+yrs	Oct 18-Dec 13	Tu	7-8pm	\$80*

\*\$10 (cash) material fee is payable to instructor at class.

## NOTIFY ME

Sign up to receive email notification of City events and subscribe to our E-Newsletter by visiting:

[www.cityoflagunaniguel.org/NotifyMe](http://www.cityoflagunaniguel.org/NotifyMe)



### Sea Country Senior & Community Center

24602 Aliso Creek Road  
425-5151

**Senior Center Hours:** M-F, 9am-4pm

**Community Center Hours:** Open for classes/room rentals as scheduled. Call for information.



### Fall Concert Series

Each month a different live band will perform a variety of music with many of your favorites. Come by and bring a friend for this fun Fall Concert.

8903	Oct 28 (Chico)	F	1-2:30pm	\$5
8904	Nov 17 (Kid & Nic)	Th	1-2:30pm	\$5

### Timeless Melodies

Take a trip down memory lane and learn about famous stars from yesteryear. Find out more about their lives and learn interesting facts and insights. The Timeless Melodies presentations include music, short videos, and historical pictures from the past. Light refreshments served at the end of the presentation.

**Register:** In office

**Information:** 425-5151 / Location: SCC

#### 1920's

8911	Sep 2	F	1:30-3pm	\$5
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#### SING-A-LONG

8912	Oct 21	F	1:30-3pm	\$5
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### Bunco Blast Parties

Join us for the fun game of Bunco! Bunco is an easy to learn dice game. Refreshments will be served. Winners will win prizes.

**REGISTER:** In office or call 425-5151

**Location:** SCC

Sep 9	F	1:30-3pm	Free
Oct 7	F	1:30-3pm	Free
Nov 4	F	1:30-3pm	Free



## Computer Classes

### Computer Classes at Sea Country

REGISTER/INFORMATION: Call 425-5151

Instructor: Lavinia Istrate / Location: SCC

#### COMPUTER BASICS

Learn about Desktops, Laptops, Tablets / iPads, etc. Learn about Microsoft Windows, create files and folders, tips and tricks about pictures and computers. Optional, create your own free Gmail, the most popular email, and get ready for the Internet and Emails class. Get familiar or better with using the mouse and the keyboard.

8998	Sep 13-Oct 18	Tu	10am-12pm	\$36
8999	Nov 1-Dec 13	Tu	10am-12pm	\$36

\*No class Nov 22.

#### INTERNET & EMAIL BASICS

Learn about World Wide Web, URL, hyperlink, web browser, cloud, and more Internet essential concepts. Learn the tips and tricks of navigating the internet, and how to save your favorite websites, how to find people and places online. Become better at using emails, how to send emails the right way, to reply, forward and email pictures. Manage your contacts, add new contacts, remove others, and make changes. Use your Gmail or create a new one.

9000	Sep 15-Oct 20	Th	10am-12pm	\$36
9001	Nov 3-Dec 15*	Th	10am-12pm	\$36

\*No class Nov 24.

#### INTERNET & EMAILS – PART II

Master internet navigating skills, organize your favorite websites, tips and trick on YouTube, Google Maps, Google Earth and much more. Use popular websites to watch movies, TV shows, listen to music or lectures, and follow your favorite radio shows, podcasts. Learn advance techniques and tips on using your emails, changing passwords, save pictures sent to you on emails, print from internet or from your emails.

(Pre-requisite: Internet & Email Basics, Gmail account)

9002	Sep 13-Oct 18	Tu	1-3pm	\$36
9003	Nov 1-Dec 13*	Tu	1-3pm	\$36

\*No class Nov 22.

#### DIGITAL CAMERA, CD'S & CELLPHONE PHOTOS

Learn how to download photos from your digital camera, a CD or smart-phone to your computer, store and organize them in your computer, enhance the photos, rotate the ones that need it and be able to change the brightness and contrast and start using them in your projects. (6 weeks)

(Prerequisite: Flash drive 4Gb, or 8Gb, digital camera or cell phone connection wires)

9004	Sep 14-Oct 19	W	1-3pm	\$36
9005	Nov 2-Dec 14*	W	1-3pm	\$36

\*No class Nov 23.

#### GOOGLE DOCS, GOOGLE DRIVE OR DROPBOX

Learn the "cloud based" basics. The most used programs to write notes or letters, to create flyers, cards, "to do" lists. Create useful spreadsheets such as monthly expenses and easy budgets. Design greeting cards for family and friends. Learn how to make changes in a document, how to save it, print and send it via email.

(Pre-requisite: Internet & Email Basics, Gmail account)

9006	Sept 15-Oct 20	Th	1-3pm	\$36
9007	Nov 3-Dec 15*	Th	1-3pm	\$36

\*No class Nov 24.

#### TABLETS – HANDS-ON

Tablets are very popular and easy to use. Any Tablet, Android Tablets or iPads, they all are fun and useful to use when you learn how. Learn to connect to any local Wi-Fi, visit websites, search for items and people, visit places and find them on the map, get recipes on line, play games, watch videos, check your emails, reply, forward and send emails. Take pictures with your Tablet and send them to friends and family.

9008	Sep 14-Oct 19	W	10am-12pm	\$36
9009	Nov 2-Dec 14*	W	10am-12pm	\$36

\*No class Nov 23.

## Enrichment

### Story Writing Techniques in Memoir & Fiction

Whether you're writing memoir or fiction, it's important to know how to structure a story, develop good scenes, improve dialogue, and to show, not tell. Whether you are the hero of your own story or creating a fictional hero, these stories come from the heart and there are ways to make characters more memorable, techniques in developing setting and scene, and reasons for the narrative arc. Highly recommended for anyone interested in memoir or fiction, this class involves lecture, discussion, and optional critique of any work-in-progress. (8 weeks)

Location: SCC

8905	Sept 6-Oct 25	Tu	9:30-11:30am	\$69
8906	Nov 1-Dec 20	Tu	9:30-11:30am	\$69

### Journaling

This popular, on-going, interactive workshop incorporates a variety of timed journaling activities, dynamic discussion, art, poetry, and prompts to help nurture your inner creativity, heighten self-awareness, and discover your true potential. Journaling is not about writing; it is a journey of self-discovery through eye-hand-brain exploration that helps you make decisions, solve problems, overcome difficulties, deal with life's issues, and discover your strengths. Register early. Seating limited.

Instructor: MaryAnn Easley

Location: SCC

8907	Sep 8-Oct 27	Th	9:30-11:30am	\$69 (8wks)
8908	Nov 3-Dec 15*	Th	9:30 - 11:30am	\$52 (6wks)

\*No class Nov 24.

### Writers Circle Critique Workshop

Whether you're currently writing or simply thinking about writing, this is the place to discover what it's all about. Here we analyze and respond to the writing of others, as well as, our own work-in-progress. We brainstorm plot, characterization, author voice, and find constructive and honest feedback. This workshop will heighten your awareness of the overall writing process. Whether you're interested in memoir, fiction, screen/stage plays, poetry, nonfiction, blog posts, columns, queries, or marketing, we discuss and brainstorm it all in this user-friendly writer's workshop.

Instructor: MaryAnn Easley

Location: SCC

8909	Sep 8-Oct 27	Th	1-3pm	\$56 (8wks)
8910	Nov 3-Dec 15*	Th	1-3pm	\$42 (6wks)

\*No class Nov 24.

## Free Lecture Series

### Fall Prevention Lecture

Hal Nelson, Physical Therapist, with Nifty After Fifty, will show how to make many areas of the home more safe. He will also demonstrate how to evaluate and improve your balance with some simple tests and exercises. With increased awareness you can eliminate potential falls.

**REGISTER: In office or call 425-5151**

**Location: SCC**

Sep 22	Th	2-3:30pm	Free
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### It's Your Estate

This free 8-week series will give you the knowledge to be in control of your estate! Get information on: Annuities & mutual funds, financial planning, long term care, equity investing, fixed income investing, investment rules, and stock market. Reservations are required. (8 weeks)

**REGISTER: In office or call 425-5151**

**Location: SCC**

Sep 13-Nov 1	Tu	1-2:30pm	Free
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### Medicare Essentials

Legal Counsel for the non-profit Orange County council on Aging and their HICAP program (Health Insurance Counseling and Advocacy Program) will give an overview of what's new with Medicare. Health Insurance specialists will review changes in Medicare health plan options for 2017. You will learn what you need to know to be a good health care consumer.

**REGISTER: In office or call 425-5151**

**Location: SCC**

Oct 18	Tu	1:30-3pm	Free
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### HICAP Annual Enrollment Clinic

The Sea Country Center and the Council on Aging HICAP Program are offering free one-on-one appointments to assist seniors to compare their health plan during the open enrollment period. Call for appointment and to review what to bring with you.

**REGISTER: In office or call 425-5151**

**Location: SCC**

Nov 7	M	9:15-3:15pm	Free
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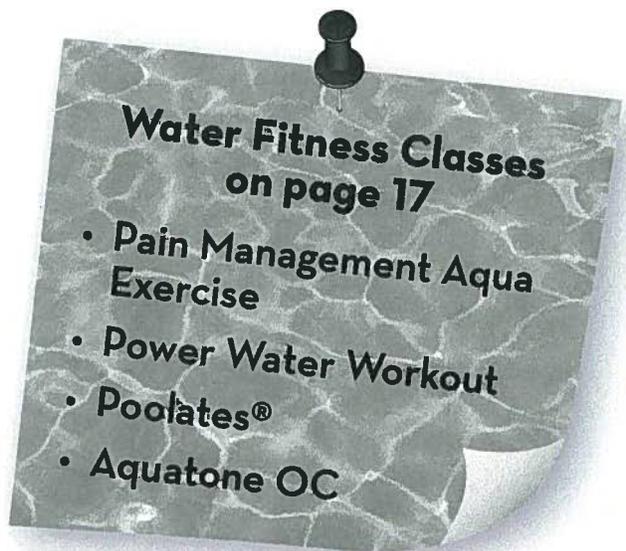
### Flu Shot Clinic

Flu shot vaccines will be available at Sea Country on a first come-first serve basis, while supplies last. Please call prior to November 6th to confirm availability of the vaccine. We do not give flu shot to individuals who are ill on the day of vaccine, have had Gillian Barre Syndrome, or are allergic to eggs.

**Location: SCC**

Nov 3*	Th	10am-1pm	Free
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*\*Date subject to change pending availability of vaccine.*



### Fall Boutique & Crafts Faire

**Don't miss this popular annual event!**

More than seventy five vendors will be selling unique, handcrafted items. This is a great opportunity to buy gifts, home décor, jewelry and a variety of beautifully crafted items. Free admission! Food will be available for purchase. Additional parking available on Yosemite St.

**Information: Call 425-5100**

**Location: Sea Country Center**

Oct 1	Sa	10am-3pm	Free
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While visiting our facilities, parks and events, please be aware that City staff and photographers may be taking photos or video for marketing purposes. If you do not want your image used, please notify the photographer at the time of the photo.

**FITNESS CENTER  
At Sea Country Center  
Adults 50+**

The fitness center has 15 pieces of equipment including cardio, strength and flexibility.

**Hours of Operation**

Monday – Friday, 9am-4pm

**Annual Fitness Center Fee**

**Residents:**

\$25 for Group Equipment Orientation

\$45 for an Individual Equipment Orientation

**Non-Residents:**

\$40 for Group Equipment Orientation

\$60 for an Individual Equipment Orientation

The Fitness Center is located within the Sea Country Senior and Community Center. A registration packet that includes a registration form, liability waiver, a medical release form, to be signed by your doctor, is required at the time of registration. Proof of residency is required by showing a utility bill. Fitness Center membership cards will be issued once all required forms are submitted and an equipment orientation has been completed.

**Fitness/Well Being**

**Line Dancing**

Line Dancing is a fun and easy way to get moving. Come learn this popular dance and get in shape at the same time! This class is appropriate for beginners and no partner is needed! Classes are taught indoors. (6 weeks)

**Instructor: Tricia Bowman**

8913	Sep 9-Oct 14	F	9:15-10am	\$38
8914	Oct 28-Dec 9*	F	9:15-10am	\$38
				Drop-in: \$8

\*No class Nov 11, 25.

**Yoga**

With practice; improve strength, flexibility, balance, focus and peace of mind. Four different levels of classes, each 9 sessions for the season. Pre-registration by August 13th: \$112\*\* – \$130 thereafter. Take TWO sessions (i.e., Saturdays and Tuesdays): \$162 for 18 classes by August 13.

**REGISTER: 949-273-3660, 949-633-3654, yogaknights711@aol.com**

**Instructor: Angie Knight**

**Location: SCC**

Gentle Yoga	18+yrs	Sep 12 – Nov 13*	M	10-11:30am	\$112*
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\*No class Oct 10.

**MELT Anti-Aging Workshop**

This all-levels workshop uses specialized soft body rollers and small MELT Hand and Foot balls to get you out of pain, focusing on neck, shoulders, upper back, hips and legs. Your entire body will feel the changes. Reduce inflammation, ease chronic neck and low back strain, improve alignment and keep your whole body feeling great. 90 minute workshops. Bring water and small towel. Must be able to get up/down one time from floor unassisted.

**Instructor: Niki Parker**

**Location: SCC**

8915	Sep 12	M	1-2:30pm	\$18
8916	Oct 10	M	1-2:30pm	\$18
8917	Nov 7	M	1-2:30pm	\$18

**Zumba Gold**

ZUMBA Gold is a fusion of high energy and motivational Latin and International music/dance themes creating a dynamic, exciting, effective fitness system! Based on the principle that a workout should be "FUN AND EASY". Zumba Fitness is great for the body and mind. Perfect for any fitness level! (12 weeks)

**Instructor: Anette Monroe**

**Location: SCC**

8918	Sep 12-Nov 28	M	9:15-10am	\$84
8919	Sep 14-Nov 30	W	9:15-10am	\$84
				Drop in: \$10

**Arthritis Exercise**

A gentle exercise class offered for people with arthritis. Exercises can be performed standing or sitting. Classes are taught by an Arthritis Foundation Certified Instructor. Drop-ins welcome. (8 classes)

**Instructor: Cristina Stiefel**

**Location: SCC**

8920	Sep 1-27	Tu/Th	11:30am-12:30pm	\$16
8921	Sep 29-Oct 25	Tu/Th	11:30am-12:30pm	\$16
8922	Oct 27-Nov 22	Tu/Th	11:30am-12:30pm	\$16
				Drop-in: \$3

**Geri-Fit® Workout With Weights For Older Adults**

Improve your strength, stamina, balance, and arthritic conditions in this 45-minute evidence-based strength training exercise class for older adults. No aerobics or floor work. Most of the exercises are done seated in chairs. Bring a set of 2 or 3 pound dumbbells (each), a stretch band, and water. Suitable for all senior ages and fitness levels.

**Register: Call Gerifit 1-888-437-4348**

**Instructor: Geri-Fit Staff**

**Location: SCC**

Sep 12-Oct 5	M/W	1:45-2:30pm	\$48
Oct 17-Nov 9	M/W	1:45-2:30pm	\$48
Nov 14-Dec 7	M/W	1:45-2:30pm	\$48

## Services

### Lunch at Sea Country Center

Hot or cold lunches are available Mon., Wed., and Fri. at 11:45am. Cold lunches, weather permitting, are available on the courtyard Tues. and Thurs. A suggested Donation of \$4.50 is requested for seniors age 60+. Reservations are encouraged, but not required. For more information call all our on-site nutrition coordinator at 362-2807. (All meals are provided by Age Well Senior Services.)

### Meals on Wheels

For those who qualify, home delivered meals are available through Age Well Senior Services. Monday-Friday, volunteers deliver meals to those who are unable to come to the center. For more information call 362-2807.

### HICAP

A HICAP (Health Insurance Counseling Advocacy Program) counselor is here on the first Monday of the month from 1-3pm. The counselor will help you answer your questions and understand your insurance better and can facilitate the handling of billing issues. Please call 425-5151 to schedule an appointment.

### Benefits Enrollment Program

New assistance geared towards helping low-income seniors and people with disabilities find and apply for benefit programs through OC Council on Aging. Program includes: Medicare Part D Extra Help, Medicare Savings Programs, CalFresh/Food Stamps, Medi-Cal with Medicare, Supplemental Security Income, and Utilities Assistance Program. Counselor available on Mondays and/or Wednesdays 9am-12pm. Appointment required, call 425-5151.

### Nursing Services

Come visit our public health nurse. The nurse is here on the 2nd Thursday of each month from 9am-12pm. Your free health assessment may include: health and nutritional assessment and counseling, individualized health care plan, and health screening. The following health screening can be provided: pulse, blood pressure, hearing, vision, hemocult, hemoglobin, blood sugar, weight and height, and skin. Please call 425-5151 to schedule an appointment.

### GAMES

#### Bingo – Sr. Club

Wed, 12:30-3pm  
Must arrive by 12:20pm  
(Doors close at 12:20pm)  
Doors open at 11:30am  
Call the Sr. Club for pricing: 362-2937

#### Bridge – ACBL Duplicate

Th, 12-4pm ..... \$7/day  
Call Mary at 275-5602 or email at  
mscott40@cox.net

#### Bridge (Party) – Sr. Club

Wed, Fri (1st, 2nd, 4th)  
12:30-3:30pm ..... Free  
Call Marina Lopez 240-7631

#### Mah Jongg

Mon, 12:30-3:30pm ..... Free  
Tu, 12:30-3:30pm ..... Free

#### Backgammon

Mon, 9am-12pm ..... Free  
Fri, 9-11:30am ..... Free

#### Pinochle

Wed, 1-3pm ..... Free

#### Table Tennis

Tu, 9am-12pm ..... Free  
Wed, 9am-12pm ..... Free  
Fri, 9am-3pm ..... Free

#### Scrabble – Sr. Club

Th, 1-3pm ..... Free



**EMERITUS INSTITUTE**  
*First. For Lifelong Learning*

### Saddleback College Emeritus Classes

Founded in 1976, the Saddleback College Emeritus Institute was established to create lifelong learning opportunities, primarily for the older adult. A dynamic array of high-quality, academic classes are available in over 30 disciplines taught by expert instructors. Classes are offered at a variety of locations throughout the community on a non-credit, tuition-free basis. As the burgeoning generation of baby boomers becomes active senior adults, we continue to offer academically-rigorous, socially-engaging, mentally-stimulating, and physically-strengthening courses throughout South Orange County. The Emeritus Institute is one of the fastest growing programs at Mission Viejo's Saddleback College, and we look forward to new students joining the lifelong learning movement with us!

*For more information on this exciting program visit us at:*

*[www.saddleback.edu/emmeritus](http://www.saddleback.edu/emmeritus) or call the Emeritus Institute at (949) 582-4835. Saddleback College Emeritus Institute; First. For Lifelong Learning.*

### Fall Schedule:

<b>Exercise to Music</b>	<b>Bird Life</b>
Tu/Th	Mon
9:15-10:05am	9:15am-12:05pm
<b>Film as Literature</b>	<b>Pilates</b>
Mon	Wed
1-3:50pm	9:30-11:20am
<b>Art History</b>	
Tu, 1-2:50pm	

SEA COUNTRY CENTER: 425-5151

ONLINE REGISTRATION: [cityoflagunaniguel.org/registration](http://cityoflagunaniguel.org/registration) | REGISTRATION FORM: Page 32