

### Trip Procedures & Rules

Please read before signing up.

- No refunds / credit** will be given unless the trip is cancelled by the City. Trip refunds will be issued only to the individual(s) listed on the sign-up sheet. Online service fees will not be refunded by the City.
- If a trip participant wishes to cancel, the procedures are as follows:
  - Notify the Center of your intent to cancel.
  - Make arrangements for someone to take your place or call the Center to see if a waiting list is available.
  - If replacement is made by the participant, notify the Center of your replacement's name and phone number immediately.
- All trip participants must be self-sufficient and capable of walking and climbing stairs without assistance of others. If unable to do so, a wheelchair and/or trip attendant will be required and prior arrangements need to be confirmed. Please notify staff at the time of registration if wheelchair arrangements are required.
- Trip participants are encouraged to notify a family member/friend of his/her trip destination and come prepared with emergency and medical information on the day of the trip.
- The completion of a liability release form is required prior to each trip.
- All minors must be accompanied by an adult.
- Due to liability concerns, all participants are required to depart and return on the excursion bus.
- All trips depart from the Ziggurat Federal Building parking lot in Laguna Niguel.

## 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:** (949) 425-5151  
**Location:** SCC

### THE 50'S FROM SWING TO SING

9340	F	Sep 1	1:30-3pm	\$5
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### THE 1960'S

9467	F	Oct 6	1:30-3pm	\$5
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## Sea Country Senior & Community Center

24602 Aliso Creek Road  
 (949) 425-5151

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

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

## Senior EXPO

Come check out the resources for today's senior. Discover a variety of vendor booths, health screenings, and vital information. There will be **Door Prizes, Raffles, Giveaways, Live Music and Free Food!** Don't miss out on the information that can help you be healthy, enjoy life and plan for the future.

**Information:** (949) 425-5151

**Location:** SCC

**PLATINUM SPONSORS:**



F	Sep 22	9am-12pm	Free
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## Variety Show with Danny Jacobson

Join us for an unforgettable afternoon of fond memories of your favorite music, movie, and TV stars of the past. Danny Jacobson will transport you back through time to the Golden Ages of Las Vegas and Hollywood with his one man variety, impressionist show. Enjoy a tasty dessert selection while being entertained by Danny's tributes of legendary artists such as Elvis, Ray Charles, Johnny Cash, The Rat Pack, and many other musicians, actors, and comedians.

**Register:** In office / **Location:** SCC

9468	F	Sep 8	2-3pm	\$8
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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 2nd 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

Th	Nov 2 *	10am-1pm	Free
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\*Date subject to change pending availability of vaccine.

## 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 (949) 425-5151

**Location:** SCC

F	Sep 29	1:30-3pm	Free
F	Oct 20	1:30-3pm	Free
F	Nov 17	1:30-3pm	Free



# COMPUTER CLASSES

## Computer Classes at Sea Country Center

Register/Information: Call (949) 425-5151

Instructor: Lavinia Istrate / Location: SCC

### Computer Made Simple for Seniors

Learning to use computers the simple and fun way for beginners! Learn about desktops, laptops, notebooks, tablets/ iPads, etc. Learn how to use Microsoft Windows, create files and folders, tips and tricks about pictures and computers. Get familiar or better with using the mouse, the keyboard and USBs. (6 weeks)

9443	Tu	Sep 19-Oct 24	10am-12pm	\$36
9444	Tu	Oct 31-Dec 12*	10am-12pm	\$36

\*No class Nov 21.

### Internet & Email Made Simple

Learn how to surf the web conveniently and efficiently with the most popular browsers, learn to create and use your own email address, to sign in and out of your email, create, manage and use your contacts list. Learn to send, receive and manage your emails, and more. (6 weeks)

9451	Th	Sep 21-Oct 26	10am-12pm	\$36
9452	Th	Nov 2-Dec 14*	10am-12pm	\$36

\*No class Nov 23.

### Internet & Emails-Beyond Basics

Master the Internet navigating skills, organize your favorite websites, tips and trick on how to master the Internet videos, YouTube, Google Maps, Google Earth and much more. Learn how to organize and manage favorite websites, how to remove cookies, history entries and other tracking information, how to set a personalized homepage, how to email pictures, documents and other miscellaneous files, and how to send emails to several people at once. (6 weeks) (Prerequisite: Internet & Email Essentials)

9445	Tu	Sep 19-Oct 24	1-3pm	\$36
9446	Tu	Oct 31-Dec 12*	1-3pm	\$36

\*No class Nov 21.

### Digital Camera, Cellphones or Tablets Photos

Learn how to download photos from your tablet, iPad, digital camera, cellphone or smartphone 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 have them ready to be used in your projects. (6 weeks)

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

9447	W	Sep 20-Oct 25	1-3pm	\$36
9448	W	Nov 1-Dec 13*	1-3pm	\$36

\*No class Nov 22.



SEA COUNTRY CENTER: (949) 425-5151

ONLINE REGISTRATION: [CityofLagunaNiguel.org/Registration](http://CityofLagunaNiguel.org/Registration) | REGISTRATION FORM: Page 32

## Tablet, iPad or Laptop Fun Activities

Learn about the internet, emails and Facebook activities with your tablet, iPad or laptop. Get ready to explore interesting websites, do virtual traveling, learn and practice how to shop online, without shopping; Facebook is optional; read blogs, read books, listen to your favorite music or talk-shows, tips about banking online. (6 weeks)

(Pre-requisite: Internet & Email made Simple and Gmail account required).

9449	W	Sep 20-Oct 25	10am-12pm	\$36
9450	W	Nov 1-Dec 13*	10am-12pm	\$36

\*No class Nov 22.

## Google Docs & Photo Albums

Learn the magic, convenience and power of Google programs all "cloud based." You'll learn how to write notes, letters, to create flyers, greeting cards, "to do" lists, and more using the new modern technology. Learn to create easy list for your bills, or expenses from your trip, or any other event. (6 weeks)

(Pre-requisite: Internet & Email made Simple and Gmail account required).

9453	Th	Sep 21-Oct 26	1-3pm	\$36
9454	Th	Nov 2-Dec 14*	1-3pm	\$36

\*No class Nov 23.

# ENRICHMENT

## Creative Journaling

Using proven techniques, this popular, interactive workshop incorporates writing drawing, poetry, art and mindful hands-on activities to help you reach your full potential as a creative human being. Science has proven that journaling integrates the left and right brain, relieves stress, promotes recovery and healing, and increases overall awareness of the Now. Nurture your inner child. Discover how you too, can live at a more optimal level. Register early to assure a seat. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

9428	Th	Aug 31-Oct 19	9:30-11:30am	\$69
9429	Th	Oct 26-Dec 21*	9:30-11:30am	\$69

\*No class Nov 23.

## Writers Circle Critique

Let's talk writing! Fiction, non-fiction, poetry, screen/stage plays, memoir, blog posts, columns, publishing, marketing. If you're a writer, you need to join this dedicated tribe. Receive valuable critique on story structure, dialogue, transitions, voice, and point of view. Marketing and publishing tips, information on contests and other opportunities for writers. (8 weeks)

Instructor: MaryAnn Easley

Location: SCC

9426	Th	Aug 31-Oct 19	1-3pm	\$69
9427	Th	Oct 26-Dec 21*	1-3pm	\$69

\*No class Nov 23.



## ENRICHMENT CONTINUED

### Story Structure Memoir and Fiction

There's no better time than now to write your memoir. Whether you're leaving a legacy for family members, writing a short personal essay, or hoping to create a bestselling book, this workshop will help you accomplish your goal. Includes everything you need to get started and finish your memoir. Discussion of story structure, theme, dialogue, and character development plus personal critique and coaching. (8 weeks)

**Instructor:** MaryAnn Easley / **Location:** SCC

9430	Tu	Sep 5-Oct 24	9:30-11:30am	\$69
9431	Tu	Oct 31-Dec 19	9:30-11:30am	\$69

### Sea Country Fitness Center for 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, and 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 / **Location:** SCC

9435	F	Sep 8-Oct 20	9:15-10am	\$38/\$8 Drop-in
9436	F	Oct 27-Dec 16	9:15-10am	\$38/\$8 Drop-in

### Brain Fitness Class

The brain is not a muscle but it can function as one. When we exercise it, our brain gets stronger. To keep it strong, we need to keep challenging it regularly. Memory, word naming, reasoning, problem solving, concentration and logical sequencing will be practiced. (6 weeks)

**Location:** SCC

9566	W	Oct 4-Nov 8	1-2:30pm	\$20
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### 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

9441	M	Sep 11-Nov 27	9:15-10am	\$84
9442	W	Sep 13-Nov 29	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

9432	Tu/Th	Sep 19-Oct 12	11:30am-12:30pm	\$16
9433	Tu/Th	Oct 17-Nov 9	11:30am-12:30pm	\$16
9434	Tu/Th	Nov 14-Dec 12*	11:30am-12:30pm	\$16

\*No class Nov 23.

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 two or three pound dumbbells (each), a stretch band, and water. Suitable for all senior ages and fitness levels.

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

**Location:** SCC

M/W	Sep 25-Oct 23*	1:45-2:30pm	\$48
M/W	Oct 25-Nov 20	1:45-2:30pm	\$48
M/W	Nov 22-Dec 18	1:45-2:30pm	\$48

\*No class Oct 9.

### Yoga

With practice; improve strength, flexibility, balance, focus and peace of mind. Four different levels of classes, each 11 sessions for the season. Pre-registration by August 19- \$147\*\*-\$176 thereafter. Take two sessions (i.e. Saturdays & Tuesdays): \$198 for 22 classes by August 19.

**REGISTER:** Call (949) 633-3654 / YogaKnights.com

**Instructor:** Angie Knight / **Location:** SCC

Gentle Yoga	M	Sep 11-Dec 4*	10-11:30am	18+yrs	\$147*
Yoga Basics	Tu	Sep 12-Dec 5*	6:30-8pm	18+yrs	\$147*
Yoga Level 1&2	Th	Sep 14-Dec 7*	6-7:30pm	18+yrs	\$147*
Yoga Moderate	Sa	Sep 9-Dec 9*	10-11:30am	18+yrs	\$147*

\*No class Oct 7, Nov 6, 7, 9, 11, 20, 21, 23, 25.



## FREE LECTURE SERIES

**REGISTER:** In office or call (949) 425-5151 (for all lectures)

**Location:** SCC

### Fall Prevention

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.

Th	Sep 28	2-3pm	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.

M	Nov 6	9:15am-3:15pm	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 2018. You will learn what you need to know to be a good health care consumer.

Tu	Oct 17	1:30-3:00pm	Free
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### SCAM Lecture

Don't be fooled! Have you been solicited, scammed, or receive mail about winning a prize or calls asking for your Medicare number or the caller is from the IRS? Scams reach us in various ways, via telephone, mail, email or even in person. This special workshop will include the Council on Aging's Financial Abuse Specialist Team (FAST) and Police Services to educate you on the common and latest scam updates and what you can do to protect yourself and where to report scammers.

Th	Sep 7	1:30-3:30pm	Free
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## SERVICES

### Lunch at Sea Country Center

Hot or cold lunches are available Mon., Wed., and Fri. at 11:45am. A suggested donation of \$4.50 is requested for seniors age 60+. Reservations are encouraged, but not required. For more information, call our on-site nutrition coordinator at (949) 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 (949) 362-2807.

### HICAP

A HICAP (Health Insurance Counseling Advocacy Program) counselor is here on the first Monday of the month from 10am-2pm. The counselor will help you answer your questions and understand your insurance better and can facilitate the handling of billing issues. Please call (949) 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 the first Monday of the month from 10am-2pm. Appointment required, call (949) 425-5151.

### 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: (949) 362-2937

#### Bridge – ACBL Duplicate

Th, 12-4pm \$7/day  
Call Mary at (949) 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 (949) 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**

### 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. For more information: [saddleback.edu/emertus](http://saddleback.edu/emertus) or call the Emeritus Institute at (949)582-4835.

#### Fall Schedule:

**Exercise to Music**  
Tu/Th, 9:15-10:05am

**Film as Literature**  
Mon., 1-3:50pm

**Art History**  
Tu, 1-2:50pm

**Stocks & Bonds**  
Mon., 1-2:50pm

**Bird Life**  
Mon., 9:15am-12:05pm

**Pilates**  
Wed., 9:30-11:20am

**Tai Chi**

Tu, 1:30-3:20pm

